

NARARA VALLEY HIGH SCHOOL

**NEWSLETTER**

**August 2024**

# PRINCIPAL REPORT

Term 3 is well underway, with so much already having taken place across our school community. With the weather slowly starting to warm and the days getting longer, we look forward to all that Semester 2 has to offer.

## **NAPLAN SUCCESS!**

Narara Valley High School recently received cohort results for NAPLAN 2024. This was an extremely successful endeavour for the school. Mrs Karazinov has provided more detail in her article, but it is worth highlighting here that the school scored above statistically similar schools in all areas of Year 9 NAPLAN and above state average in Year 9 Reading. This is an outstanding achievement for the students and their teachers. Well done!

## **VISIT FROM EDOGAWA YOUTH WING**

The visit from the Edogawa Youth Wing was an early highlight, with the touring Japanese students given a wonderful opportunity to stay with Narara Valley families and experience what life is like for a young person in Australia. It was my pleasure to attend the opening and closing dinners and to interact with the students and tour leaders in between. I want to thank our Narara Valley community for warmly welcoming the visiting students, as well as the parents and carers who ensured that their every need was met. Thanks also to the Gosford Sister City Committee for their generous support. I would like to lastly recognise the excellent work of Mrs Amy Robinson who ensured that the whole event ran smoothly and authentically.

## **PARENT TEACHER NIGHT**

On Tuesday 30 July the school held the Years 7-10 parent teacher evening in the school hall. It was great to see how many parents and carers took this vital opportunity to meet with their child's teacher. My thanks to all who attended and to the teaching staff for ensuring good quality feedback and advice was provided for each student.

## **YEAR 12 INFORMATION EVENING**

It was wonderful to welcome parents and carers of our Year 12 students to a meeting on Wednesday 14 August to discuss all things HSC and post school. We aim to make these targeted information sessions for parents and carers a regular feature of our yearly calendar so that we can ensure students and their families are supported by the school as well as we possibly can. My thanks to Ms Ludlam and Ms Green for leading the organisation of this event.



ANDREW SKEHAN  
Principal

# UPCOMING EVENTS

## AUGUST

27th Boys 7/8 Oz tag Champion of champions Gala day

## SEPTEMBER

2nd Year 10 Snow Trip

4th Catch up immunisations

5th Year 10 Snow trip return

11th CHS Athletics Carnival

12th 2025 Humanitarian House Build in Cambodia Information Evening

16th Year 11 Exams

25th Year 12 Breakfast

26th Year 12 Graduation Ceremony

27th Last day of Term

**SAVE THE DATE**

\*Dates current at time of this issue and may be subject to change.



# DEPUTY PRINCIPAL REPORT YEAR 7 & 10

## YEAR 7

### Courage to Care

During the term Year 7 had the privilege of hosting the organisation 'Courage to Care'. Brave holocaust survivors spoke to our students about their experiences of war and how important it is to stand up for justice and care for those around them. By highlighting the extraordinary acts of ordinary people who intervened to save others during World War 2, the survivor speaker stories show participants that they too can be Upstanders – in their own schools, workplaces and wider communities.

Courage to Care promotes the importance of acceptance and diversity across society by creating awareness of the dangers of prejudice, racism and discrimination. They educate to challenge attitudes and behaviours and demonstrate that every individual can make a difference. They also transform “bystander” behaviour to “up-stander” action. Please see the link below if you are interested in further information: <https://couragetocare.org.au>

The Courage to Care event was huge success and all students involved displayed Respect, Responsibility and Personal Best during the talks. Reports for the speakers and staff were extremely positive. We hope all students gained an insight into the importance of caring for others and that we can all make a positive difference in our community.

## YEAR 10

A reminder for all Year 10 students to ensure they are keeping up with the requirements of their coursework. Should any students have N Awards outstanding please see your class teacher, Year Advisor or myself to gain appropriate support. We are more than happy to provide any assistance to support students to resolve outstanding N Awards. In preparation for Stage 6 in 2025, I remind students to develop effective study routines and healthy habits that balance school, work and life. Remember there are always people to support you at home and in our school community.

### Subject Selection Update

A big thank you to Mrs Green for all her hard work supporting students through the subject selection process. Based on student voice, we are in the process of creating the lines for the subjects we can offer in Year 11 2025. Students will be advised in due course of subject choices available. We will do our best to cater for the needs of all students. But unfortunately, some subjects will not be offered as only a few students selected them. Please do not hesitate to contact me should you have any further queries.



ROY GOODENOUGH  
Deputy Principal  
Year 7 & 10

# Education

## DEPUTY PRINCIPAL REPORT YEAR 9 & 12

I hope this newsletter finds you well as we approach the midway point of Term 3 at Narara Valley High School. As Deputy Principal, I am delighted to share some important updates, achievements and reminders with you.

It has been fantastic to see Year 9 students participate in a range of activities in a positive manner such as Aboriginal Survival Technology Presentation run by the wonderful HSIE faculty and various sporting events.

I would like to remind students of the importance of being in class on time and utilising the full 60 minutes each lesson to maximise their learning outcomes.

Finally, to our wonderful Year 12 students, who are approaching the Trial Exam period and finish the term celebrating their achievements. It was fantastic to see so many students and parents at our information evening for Year 12. I would just like to remind everyone of the quote I shared on the evening from former NSW premier Mike Baird:

“Life isn’t defined by your exams. It begins after they are finished. It’s always important to give everything you do your very best shot, but make sure you keep some perspective.”

I would like to remind students to check the HSC guidelines and equipment lists so they are prepared for their Trial Exams:

<https://educationstandards.nsw.edu.au/wps/wcm/connect/7f63462b-d33f-4c63-9e1e-c971fab0d36b/2024-rules-and-procedures-guide.pdf?MOD=AJPERES>

<http://educationstandards.nsw.edu.au/wps/portal/nesa/1112/hsc/rules-and-processes/exam-equipment-list>

Please reach out to our wonderful staff members and welfare team if you need any additional support during this period and I look forward to celebrating their wonderful achievements during the graduation ceremony at end of this term after they have of course been defeated in our annual staff vs student events.



**GEOFF FLEMING**  
Deputy Principal  
Year 9 & 12

best of  
**LUCK**



# DEPUTY PRINCIPAL REPORT YEAR 8 & 11

## NUMERACY AND LITERACY SUCCESS

We are delighted with the success of our students in NAPLAN. Our year 7 students have demonstrated numeracy and literacy skills that are above similar schools and have also exceeded state average in literacy. Our Year 9 cohort have also shown incredible growth across all numeracy and literacy areas since starting high school. Teachers have been analysing our Year 7 and 9 NAPLAN data and identified many students who have achieved high bands for reading, writing and numeracy. We are very proud of our students' efforts.

## PARENT TEACHER INTERVIEWS

Our parent teacher night for our Year 7 to 10 students was held in week two. It was great to see many parents and carers attend to discuss how their children are progressing in their studies. Maintaining a productive partnership between parents and caregivers and the school is a key element in building successful students. Teachers were able to discuss half yearly reports, assessment results, areas of strength and further development. We hope that you have used this information as an opportunity to discuss your child's progress with both your child and their teachers. Teachers allocate substantial time to professional development and planning for teaching and learning to support your child, so we encourage parents to participate in the conversation of how we can continue to best meet the needs of our students. If you were unable to attend these parent teacher meetings, I encourage you to contact the school to organise an alternate time to discuss your child's progress.

## YEAR 8

Year 8 have now selected their elective subjects that they will complete in Year 9 and 10. Over the coming weeks the timetabling process will occur and elective patterns will be finalised. Students will be notified if there is a clash with their elective choices or if a subject will not run. If students wish to change their choice of electives, please notify Mrs Karazinov.

## YEAR 11

Year 11 students are nearing the end of their preliminary course. They should be focusing on the completion of their assessments, coursework and studying for their end of course examinations. Year 11 will be completing their final examinations during Weeks 9 and 10 of this term. There will be no timetabled classes during these two weeks. Students are expected to be actively studying and attending their scheduled exams. If a student misses a scheduled examination due to illness or injury, they will need to submit medical certificate and complete an illness misadventure form which can be found in their assessment booklet. Their Year Advisor, Mr Murray and subject teachers will continue to work with students on examination preparation and study skills. Students have been advised to create a study timetable to organised their time. This practice will be essential when they commence their HSC courses in Term 4.



NATALIE KARAZINOV  
Rel. Deputy Principal  
Year 8 & 11

# WELLBEING

## YEAR 9 TARGETED PROGRAM: CREATING CHANCES: COACHES AND CHAMPIONS

In week 3, some students in Year 9 commenced a program called Creating Chances: Coaches and Champions.

### Champions Component

- Creating self-aware and responsible learners.
- Champions programs use workshops and sports activities to inspire participants to develop their personal and social skills as they learn to understand themselves, others and their community.
- Participants will reflect on their experiences, draw out key concepts and lessons, relate the lessons to themselves and learn how to apply the key messages to their lives.

### Coaches Component

- Creating leaders & community connections
- Coaches programs provide participants the opportunity to grow as leaders and feel empowered as role models as they design and deliver sport programs for primary school or Year 7 students.
- Participants will actively develop their leadership, communication and conflict resolution skills, gain experience in giving and receiving feedback, and learn how to take responsibility for the safety of others.

We commend our students for their active participation in session one and are excited to see their continued growth and development throughout the semester.

## creating chances youth development pathway



# WELLBEING

## WHIN MICHELLE

Congratulations to Michelle, our school WHIN, on her new position with NSW Health. Since joining the NVHS Well-being team in 2021, Michelle has been an invaluable asset, offering support and assistance to countless students and their families. Her efforts have profoundly impacted many lives, and her presence will be greatly missed.

NSW Health are in process of recruiting a new WHIN to be assigned to NVHS, in the meantime please continue to contact the Head Teacher's Well-being, Lauren Rolfe and Nicole Ludlam if you have any well-being concerns or questions regarding your child.



## JEANS FOR GENES DAY

A huge thank you to all the staff and students who participated and donated in our Jeans for Genes Day fundraiser. We raised approximately \$150 to donate to the charity.

The BBQ lunch organised by our LINC class and staff was a raging success.





# WELLBEING

## BULLYING NO WAY WEEK

Bullying No Way Week, 12 to 16 August 2024, is Australia's key bullying prevention initiative and connects schools and communities to find workable solutions to prevent bullying.

Today we started our event with pancakes for all students given out at Breakfast Club this morning. Our students and staff embraced the colours of purple and orange and you might even see some of our DPs rocking some accessories.

The vibe continued with handball at recess and Pickle ball at lunch with some awesome prizes on offer.

A huge thank you goes to our LINC Class and Teacher as well as our wonderful SLSOs who made today's event possible.

The theme for 2024 is 'Everyone belongs'. When we all feel like we belong, bullying struggles to find a place. It's about embracing who we are, respecting everyone's differences and standing up together against unkindness.





# WELLBEING

## DENTAL VISIT

A reminder to families to please complete and return the consent forms if you wish for your child to participate in the upcoming Dental Visit.

The visit is planned for week 8 - date to be confirmed.

If you require another consent form the can be collected at the front office or see Mrs Ludlam in the Wellbeing Office.

**NVHS Dental Visit**

Please check you emails for more information

Australian Dental Health NSW

Consent forms have been sent home this week and need to be returned if you would like attend the visit



NICOLE LUDLAM  
Rel. Head Teacher  
Wellbeing



LAUREN ROLFE  
Rel. Head Teacher  
Wellbeing

# HUMAN SOCIETY & ITS ENVIRONMENT

Welcome back to Term 3 and the HSIE Faculty would like to wish Year 12 all the best for their upcoming Trial HSC Examinations. Another busy term ahead for students. Please make sure students come to every class prepared to learn with a book and pen.

## CHAU CHAK WING MUSEUM

As part of the Year 11 Ancient History classes study of Ancient Egypt and Ancient Rome on the 1st of August, 2024 students visited the Chau Chak Wing Museum at Sydney University. Students participated in an educational program where they were able to examine, discuss and handle artefacts from the ancient world, before touring the museum to see its wonderful displays of Ancient Egyptian, Roman and Greek artefacts.





# HUMAN SOCIETY & ITS ENVIRONMENT

## EDOGAWA YOUTH WING VISIT TO NARARA VALLEY HIGH SCHOOL

It has been a busy but very fulfilling 9 days welcoming 20 students from our Sister City of Edogawa, Tokyo.

We started the week with a Welcome Dinner held at The Edogawa Japanese Gardens in East Gosford. Students spent the Wednesday and Thursday experiencing school life at Narara Valley High School, attending classes and making some beautiful friendships and memories. Friday was a slightly wet, windy but fun day at Taronga Zoo. Despite the rain, the seal show was a hit as was the Aussie Bush Walk. Students enjoyed the weekend with their host family. Monday was time for formalities with a visit to the Central Coast Council at Wyong, followed by a visit to NAISDA to participate and experience cultural dance. The students' visit was completed with a sausage sizzle and visit to the school farm during the day and the always enjoyable Sayonara Party in the evening.

A huge thank you to all the families who have opened their homes to host a student, without you this program would not be the same. I would also like to thank everyone else who is involved: The Sister City Committee, Central Coast Council, Mr Skehan, The SASS staff who have helped with all the behind the scenes efforts, the HSIE staffroom, in particular Mrs Debenham and Ms Spence and all the staff who have hosted students in their class and have helped in any way at all.





# HUMAN SOCIETY & ITS ENVIRONMENT



thank  
you 😊

# HUMAN SOCIETY & ITS ENVIRONMENT

## YEAR 9 GEOGRAPHY INCURSION

On Wednesday the 14th of August 2024 Year 9 were treated to a dynamic presentation that provided students with a visual and tactile experience of traditional technologies used by First Nations peoples across the varied environments of Australia – deserts, mountains, rivers and sea shores. The presenter Philip Green has a large collection of museum-quality artefacts which were handed out in multiple touch-boxes for students to examine and handle. This learning opportunity is part of the students Sustainable Biomes unit that they were studying and examining how different cultures have used and use the land. Students engaged with the presentation and are commended for their positive behaviour.



### UPCOMING DATES:

- Year 11 Examinations Weeks 9 and 10.
- Year 10 History assessment task due Week 8.
- Year 9 Geography assessment task due Week 9.
- Year 7 and Year 11 Ancient History Tutankhamun Roadshow Incursion - Wednesday Week 5.



**CARLA DEBENHAM**  
Head Teacher HSIE



# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

## SLR TAKES PART IN THE PARIS OLYMPICS 2024

It has been Olympic fever in the PDHPE staffroom. Mr Koen and Mr Rodrigues hosting their very own Olympics with Year 12 SLR. All students were representing different countries and competing in modified Olympic events.



## YEAR 10 PDHPE

Year 10 PDHPE have their final assessment before their Yearly Examination in Term 4. Students were distributed with their Dance Assessment Task. Students have been given class time to learn and practise their dance. The formal Dance Assessment Task Date is Thursday the 22nd of August.

## YEAR 9 AND 10 SPORT

Year 9 and 10 have School Sport every Week B on a Thursday. We have had some exceptional behaviour and are proud of our students attending external Venues. A new addition to sports for Semester Two was Soccer 5's at Tuggerah. Please make sure your child's sports payments are up to date.



## YEAR 12 CAFS AND PDHPE

We wish our PDHPE and CAFS classes great success in their HSC Trials which commence in Week 5. The PDHPE examination is on Tuesday the 27th of August and the CAFS examination is on Thursday the 29th of August. Our Year 12 teachers Mrs Ludlam and Mr Wickert have been working hard to help prepare our students and will continue to provide important revision and support until the HSC is concluded in Term 4.



## YEAR 11 PDHPE

Year 11 PDHPE are finishing up their Preliminary Option Fitness Choices. They will move on to the First Aid Option in Week 5. As a part of this unit of work, we are providing the opportunity for students to complete their First Aid Certificate. An email was sent home on the 8th of August with further information including payment.



# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

## SPECIAL MENTIONS

Mrs Moody, Mr Koen and Mr Bannister recently worked at the Sydney North Athletics Carnival. They were lucky enough to see some of our students compete. Congratulations to the following students who have made it to CHS Athletics.

- Phoebe Wells
- Josh Roberts
- Luke Roberts
- Zahli Fisher

Congratulations to the following students on their selection into the NSW CHS Cross Country Team to compete at NSW All Schools!

- Josh Roberts
- Luke Roberts



## KNOCKOUT SPORTS / GALA DAYS

→ **NVHS Under 15 Girls Basketball Team.** The girls team travelled down to St Ives High School during week 1 this term. A big day for the girls and they unfortunately lost the game but should be proud of their effort. Thank you to Mrs Moody for organising this day.

→ **NVHS 9/10 Girls 9/10 Netball Team.** Mr Carey took the 9/10 girls netball team to participate in the Sydney North Netball knockout gala day. The girls had a sensational day with wins against Barrenjoey and Northlakes and a loss by one point to Terrigal High School. Girls missed out on playing in the semi finals by one point. A huge thank you to Chloe Keegan from Year 8 who came along to umpire on the day.

→ **NVHS Under 16s Rugby League.** Mr Rodrigues and Mr Bowers took a group of Year 9 and 10 boys to play in the Rugby League gala day. The boys played well and although they didn't get any wins for the day, they demonstrated the school values of respect, responsibility and personal best.







# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

## UPCOMING SYDNEY NORTH REGIONAL SPORTS TRIALS AND INFORMATION

- Sydney North Water Polo Boys and Girls
- Sydney North Cricket Boys and Girls

If you play at representative levels for these sports and are interested in attending the trials, please see Mr Koen in the PDHPE staffroom to get a permission note.

<https://app.education.nsw.gov.au/sport/sydney-north/calendar?t=380&a=8&sp=&el=0&et=&act=&st=1,2,8,3,5,4&pl=false&par=true&dis=true&se=true&nep=false&nes=false&ml=False&vat=true&vaw=false&vad=false>



**JACKIE MORRISON**  
Rel. Head Teacher PDHPE





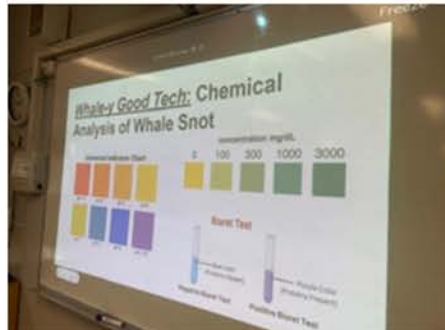
# SCIENCE

## SCIENCE WEEK 2024

This year, Narara Valley High School will begin an exploration of the theme Species Survival. Stage 4 and 5 students are set to dive deep into the fascinating world of whales, examining the science behind these majestic creatures and the efforts to conserve them since the end of whaling. Through engaging activities and discussions, students will learn about the critical role whales play in marine ecosystems and how science has been pivotal in their protection.

From understanding the Biology of these magnificent mammals to exploring the history and impact of whaling, our students will gain valuable insights into the ongoing efforts to ensure their survival. This week promises to be both educational and inspiring, as we reflect on the importance of conservation and the positive changes that have been made in protecting our planet's wildlife.

Congratulations to our prize winners of Matinka in Year 7, Louis in Year 8, Xanthe in Year 9 and Gariella in Year 10. and thank you to Mrs Clouston and our fantastic Science teachers for a fun and engaging week of Science activities.





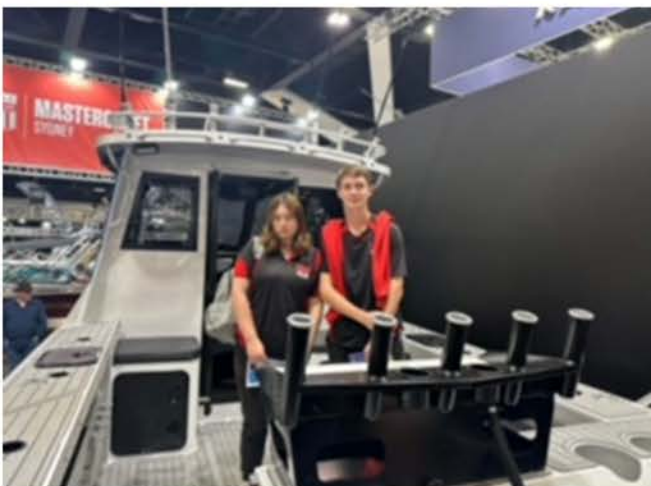
# SCIENCE

## MARINE EXCURSION - MR ENDERS AND MRS ROLFE

On Thursday 1st August, Marine Studies students across Year 10 and 11 attended the Sydney International Boat Show at the Convention Centre in Darling Harbour. This annual event is one of the largest of its kind in the Pacific region and our students were fortunate enough to attend.

The day involved a private Marine Careers talk by various people within the Marine industry, followed by a walk-through the exhibition hall where hundreds of boating displays were on show. The day culminated in a visit to the harbour where students were able to inspect docked super-yachts worth millions of dollars.

We would like to thank the Boating Industry Association (BIA) who kindly subsidised the cost of the excursion for our students, along with the students themselves who were exemplary in their behaviour throughout the excursion.





# SCIENCE

## YEAR 11 PHYSICS CONDUCTING A STANDING WAVE EXPERIMENT

Year 11 Physics students enjoyed conducting a standing wave experiment.



### DATES FOR THE DIARY

- Year 8 VALID - 28th October
- Year 10 VALID - 10th September
- Future Year 12 (Current Year 11 Seniors) - Sydney University KICKSTART Excursion 7th November
- Year 12 ANSTO Excursion - 19th September

### TERM 3 ASSESSMENT TASKS

- Year 8: Independent Research Project due Week 8, 11th September
- Year 9: Science Task 3, The Block, due week 9 20th September. Marine Task 3 Assessment due Week 7, 30th August.
- Year 10: Science Task 3 VALID Examination Week 8, 10th September. Marine Task 3 Assessment due Week 9, 19th September
- Year 11: Final Examinations weeks 9 and 10, 16th September to the 27th September
- Year 12: Trial HSC Examinations weeks 5 and 6, 19th August to the 30th of August



AMANDA BARRALE  
Head Teacher Science





# TECHNOLOGICAL AND APPLIED STUDIES

TAS has hit the ground running in Term 3. This week, Year 12 students submitted their Major Projects for Industrial Technology, covering both Timber and Multimedia. Their hard work and dedication have been evident throughout the process and they should be commended on their efforts and commitment to the course. These projects will be evaluated over the next three weeks and will account for 60% of their HSC marks. We extend a huge thank you to Mr. Hunt and Mrs Sellars for their extra hours of support, helping students complete their projects on time.

We have also rotated for the second time in Year 7 Technology Mandatory. Students in Year 7 will have changed teachers for the first time this year and are now exploring new subject areas such as Timber, Textiles and Food and Agriculture. Year 8 have also rotated and are completing new TAS areas also.

We wish all the best to the Year 12 students sitting their Trial Exams over the next 2 weeks and then later in the term to all Year 11 who will be sitting their Year 11 exams.

Students have begun Semester 2 projects in TAS so a reminder to parents/guardians about payment of subject fees so students can continue enjoying the practical components of our subjects and we can keep providing great materials for them to work with. Any issues with payment please contact the school.



MITCH GULPERS  
Head Teacher TAS



# LIBRARY

## BOOK WEEK IS HERE!

Look out for some fun competitions happening in the Library during the week and why not borrow a book while you're there.



## PREMIERE'S READING CHALLENGE CLOSES FRIDAY, 23RD AUGUST

All student entries must be finalised by this date. There will be meeting Wednesday, 21st August at recess in the Library for all participating students.



Artwork by Sami Bayly



SUSAN THOMAS  
Librarian

NSW Department of Education

## 2024 NSW Premier's Reading Challenge

Start reading now!

[www.premiersreadingchallenge.nsw.edu.au](http://www.premiersreadingchallenge.nsw.edu.au)

### Key dates for students in K-10:

Challenge opens Monday 26 February  
Challenge closes for student entries Friday 23 August



# COMMUNITY ANNOUNCEMENTS

**OPEN DAY**

**SPRING into SPRING**  
21 September 2024  
9am - 2pm

*working together to build resilient communities*

- Live Music
- Market Stalls
- Garden Stalls
- Face Painting
- D.I.Y. Activities
- Devonshire Tea
- Sausage Sizzle
- Prizes & More!

**WHERE?**

**WYOMING COMMUNITY CENTRE**  
147 Maidens Brush Road, Wyoming Ph: 02 4323 7438

We acknowledge the Darkinyong people as the traditional custodians of the lands on which we work and support our community

**AVOCA BEACHSIDE MARKETS**  
2024 DATES

JANUARY 28TH	JULY 28TH
FEBRUARY 25TH	AUGUST 25TH
MARCH 24TH	SEPTEMBER 22ND
APRIL 28TH	OCTOBER 27TH
MAY 26TH	NOVEMBER 24TH
JUNE 23RD	DEC 7TH TWILIGHT

**HEAZLETT PARK FORESHORE**  
9AM - 2PM

**NORTH AVOCA SLSC REGISTRATION DAY**

The 2024/25 Surf Life Saving Season is upon us. Come to our registration day and let us welcome you and your family to our club!!!

**SUNDAY 15TH SEPTEMBER**      **9AM - 12PM @ THE SURF CLUB**

Online registrations  
<https://northavoca.com.au>

A game for everybody!

**TRY BASEBALL**

**GOSFORD PIRATES**

**FREE BBQ**

- DATE: 18 AUGUST
- TIME: AT 10 AM - 12.30 PM
- PLACE: BASEBALL PARK, SPRINGFIELD

**KIDS 4 - 16 YRS**

[WWW.GOSFORDPIRATES.COM](http://WWW.GOSFORDPIRATES.COM)