

NARARA VALLEY HIGH SCHOOL

NEWSLETTER

February 2025

PRINCIPAL REPORT



2025 has gotten off to a great start at Narara Valley High School. With almost half of Term 1 completed already, we have seen a great deal of activity in classrooms and in our co-curricular activities.

Year 7 enjoyed a wonderful few days at The Great Aussie Bush Camp in Week 2. Year 7 camp gives students the opportunity to get to know new friends and some of the key staff members and student leaders supporting them. I would like to thank and recognise the wonderful staff and student leaders who gave up their own time to make camp possible.

The annual swimming carnival was another great success this year, thanks to the work of Mr Bowers as organiser, Mr Neate as HT PDHPE and all staff and students who supported them. Participation levels were again high, and we look forward to this being the case at our cross country and athletics carnivals.

We were very sad, as a school community to farewell long term teacher, head teacher and acting deputy principal, Mrs Karazinov. Mrs Karazinov gained employment in the Catholic School system and her new position commenced in Week 5 of Term 1. There was a significant outpouring of gratitude for her incredible work across many years at Narara Valley High School, in the Teaching and Learning faculty as well as in the portfolios she led as acting deputy principal. The school's recent successes in literacy and numeracy, as measured by NAPLAN, were largely attributable to her skilled leadership. On behalf of our entire school community, I want to thank and recognise Mrs Karazinov's outstanding contributions as a teacher and educational leader. All the very best, Mrs K!



ANDREW SKEHAN
Principal



DEPUTY PRINCIPAL REPORT YEAR 7 & 10

What an extremely busy start to 2025 it has been for both year 7 and year 10 students at Narara Valley High School.

It was fantastic to get away with Year 7 students on the Great Aussie Bush Camp. The participation from our students in the various activities I managed to get around to on the three days was amazing. I congratulate all the students that attended the camp on their behaviour and willingness to step out of their comfort zone and participate in activities such as the High Ropes and Power. I am sure that all the students that attended took away some great memories from the experience.

I would like to thank all the staff that attended the camp. Without dedicated staff members willing to spend time away from their own families, opportunities such as this would not be available to our students. On that note I was extremely impressed by our Senior leaders who also attended the camp. They displayed exemplary leadership skills and made the teachers' jobs much easier. I hope they also took away some great memories from the experience.

I look forward to meeting more Year 7 parents when we have our **meet and greet BBQ** later this term.

Year 10 students have had a very settled start to the year and seem to be working well in all their subjects. I would like to remind students to focus on working to the best of their ability in all subjects, and to start to thinking about which subjects they are hoping to study as they transition into Senior students in 2026. It will not be long before these decisions will need to be made, so I encourage students to have some meaningful discussion with both parents and staff during the beginning of this year about future goals and aspirations.



GEOFFREY FLEMING
Deputy Principal
Year 9 & 12

Education

DEPUTY PRINCIPAL REPORT YEAR 9 & 12

As we embark on another exciting school year, I would like to extend a warm welcome back to all our students and families. I hope you had a refreshing break filled with joy and relaxation, and that you are ready to tackle the challenges and opportunities that this new year will bring.

Uniform Reminder

Maintaining a consistent and tidy appearance is essential in promoting a sense of pride and unity within our school community. Full school uniform or sports uniform, with appropriate footwear, is to be worn each day. A reminder that bike shorts, leggings, or track pants and jumpers with logos, of any colour, are not acceptable. If your child cannot wear any part of their uniform on a given day, they are to wear another appropriate piece of clothing and will require a signed note from a parent or caregiver. This is to be handed to their roll call teacher. If a note is not provided, students will be directed to change into a loan uniform directly after roll call.

Please ensure that your child comes to school dressed appropriately every day. It not only reflects our school's values but also contributes to a respectful and focused learning environment. If you require assistance obtaining uniform, please contact the school.



Truancy Notifications

Regular attendance is vital for academic success and we encourage all parents and caregivers to promote the importance of attending school every day. To support this, we have a truancy notification system. If a student is absent for any part of a lesson without an explanation or is found to be truanting, an email notification will be sent to parents or guardians. This is intended to keep you informed and engaged in your child's education, allowing for timely interventions if necessary. We appreciate your cooperation in ensuring that your child understands the importance of regular attendance and is actively participating in their education.

Education

DEPUTY PRINCIPAL REPORT YEAR 9 & 12

Mobile Phone Policy

In our increasingly digital world, we recognise the role technology plays in our students' lives. However, to foster an environment conducive to learning, we have strict guidelines regarding mobile phone use. In line with the NSW ban on mobile phones in schools, students are not permitted to use their mobile phones during school hours, including in classes and on school grounds. Any student found using their phone will be given a recess detention. This policy is in place to minimise distractions and ensure that all students can fully engage in their educational activities.

We ask for your support in reinforcing this policy at home and discussing its importance with your child.

A Fond Farewell

As the school year begins, it is with a heavy heart that I share my decision to leave Narara Valley High School to pursue a new role at another school. After nearly two decades here, I have been privileged to be part of a community that genuinely cares for its students, their wellbeing and their academic success.

Throughout my time at Narara Valley High School, I have created countless memories with dedicated staff and inspiring students. From school events and classroom activities to strong relationships built over many years with students and families, each moment will be treasured dearly.

I will dearly miss the vibrant spirit of our school and the strong sense of community we have at Narara Valley High School. Thank you for your unwavering support and partnership throughout the years. It has been an honour to serve in this role, and I am proud of the achievements of our staff and students.

As I transition to this new chapter, I carry with me the invaluable lessons and memories from my time at Narara Valley High School. I wish all of you a successful and rewarding school year ahead.



NATALIE KARAZINOV
Rel. Deputy Principal
Year 8 & 11



DEPUTY PRINCIPAL REPORT YEAR 8 & 11

I am excited to introduce myself as the Relieving Deputy Principal for Term 1. Having been part of the school community in various roles, I am eager to support our students, staff, and families in fostering a positive and engaging learning environment.

With experience in student wellbeing, Positive Behaviour for Learning (PBL), and curriculum development, I am committed to ensuring that every student has the opportunity to succeed academically and personally. I look forward to working alongside our dedicated staff to continue providing high-quality education and strengthening our school culture. Please feel free to reach out—I am always happy to collaborate, support, and celebrate the achievements of our students and school community.

Our **Year 8 and Year 11** students have settled in well and are quickly adjusting to their school routines. **Year 11** students are navigating the challenges of Stage 6 courses, and we encourage them to be proactive in managing their time to keep up with their subject demands. If your child needs any support with their subject choices or TAFE course, please tell them to see either myself or Ms Green (CAREERS office). Meanwhile, **Year 8** students are enjoying their new Technology and CAPA subjects, alongside their core Mathematics, Science, and Humanities lessons.

Year 11 Assessment and Support

Year 11 students have received their assessment schedule booklet, which was also emailed home and is also available on the school website under the 'Assessments' section. This booklet outlines all assessment tasks for each subject, allowing students to plan effectively. It also contains essential guidelines for assessment submission and Stage 6 requirements, as set by NESA (NSW Education Standards Authority).

To support their success, Year 11 students are encouraged to regularly check in with their mentors for guidance on **time management and course requirements**. It is crucial that students complete all course components to remain eligible for their **HSC year**, even if they do not plan to continue a specific subject.

Students must submit tasks by the due date, and if absent due to illness, a **medical certificate** is required. For any assessment-related concerns, students should speak directly with their class teachers or seek support from their **Year Advisor, Mr. Koen**.

Year 11 students are finalising their Senior Jacket orders and these should be ready for students to wear in Term 2. Students will be allowed to wear a plain black jumper or the school black jumper with their jacket when the weather gets cooler. In the meantime, we would like all Year 11 students to be wearing black shorts and jumpers without logos, students who wear items of clothing with logos will be issued with a uniform detention and asked to change to a loan uniform for the day. Please see Mrs Rolfe or Mrs Ludlam in the Wellbeing Office if you need any support with getting your child wearing the correct uniform.

DEPUTY PRINCIPAL REPORT YEAR 8 & 11

Year 11 Information Evening

In **Week Three**, we hosted the **Year 11 Information Evening**, where parents and carers had the opportunity to hear from staff about **VET pathways, assessments, early university entry, special provisions, and life skills**. If you were not able to attend the presentation has been emailed home. It was a fantastic evening and so encouraging to have so many parents / carers there on the night.

Looking forward to a great term ahead!



AMANDA BARRALE
Rel. Deputy Principal
Year 8 & 11



WELLBEING

Earlier this week, our Year 8 students had the opportunity to be part of Gibber's interactive performance, **Smashed**. This engaging and thought-provoking session explored key issues faced by teens, including peer pressure and underage drinking.

Students were captivated by the performance and actively participated in discussions, gaining valuable insights along the way.

A big thank you to Gibber for delivering such an impactful session!



EVENTS



Year 7 Welcome BBQ & Meet the Teachers!

Join us for our Year 7 Welcome BBQ.

Date: Tuesday, 11th March

Location: School Quad

This is a fantastic opportunity for parents and caregivers to meet their child's teachers and learn more about the year ahead. We look forward to seeing you there!



Join us for a sausage sizzle
and the opportunity to
meet the teachers

YEAR 7 BBQ

**TUESDAY
11TH
MARCH**

starts at 5:30 PM

ALL OF YOUR CHILD'S TIMETABLED
TEACHERS WILL BE IN
ATTENDANCE

PLEASE MEET
JOIN US IN THE
QUAD



WELLBEING



Attention Year 12!

On **Tuesday, March 18**, we've organised a **Study Skills Session** to help your study techniques, boost motivation and build confidence for your exams.

Facilitated by Elevate – known for their high-impact workshops that make a real difference!

Time: 8:30 AM - 12:00 PM

Where? School Hall

After the session, students will return to timetabled classes for Periods 4 & 5.

Parents/carers have been emailed further information via School Bytes. Make the most of this opportunity and take your study game to the next level!



CLASS OF 2025

ELEVATE STUDY SKILLS

Year 12 Students

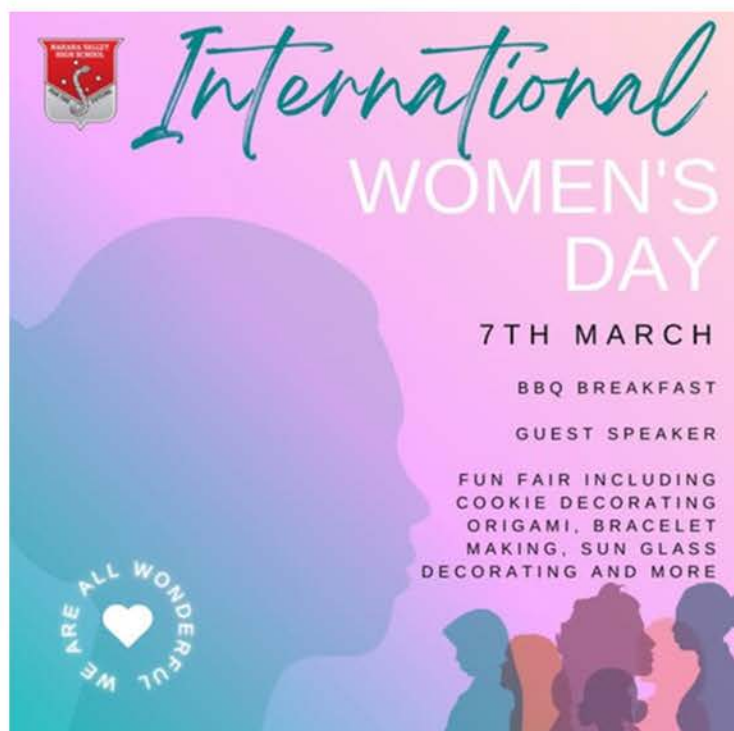
Tuesday 18th March

elevate
education

Period 1-3

<https://au.elevateeducation.com/home>

Please contact Mr Murray if you have any further questions



**International
WOMEN'S
DAY**

7TH MARCH

BBQ BREAKFAST
GUEST SPEAKER

FUN FAIR INCLUDING
COOKIE DECORATING
ORIGAMI, BRACELET
MAKING, SUN GLASS
DECORATING AND MORE

WE ARE ALL WONDERFUL



International Women's Day

We are excited to host our schools International Women's Day event on Friday 7th march. All female students and staff will be participating in the event during periods 1 and 2 next Friday.

WELLBEING



Attention Future Year 7 Families!

Year 6-7 Transition

We are excited to invite you to our **School Tours & Year 7 2026 Information Evening on Tuesday, March 18th!**

School Tours: 4:30 PM – 5:30 PM

Explore our school and see our learning spaces in action!

Information Evening: From 5:45 PM in the School Hall



Learn about our specialist programs:



CAPA (Creative & Performing Arts)



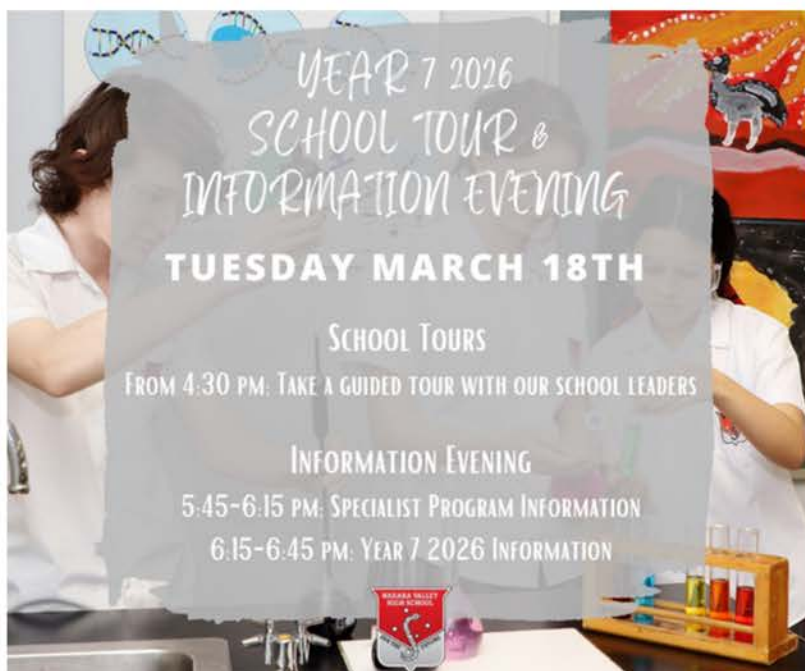
STEP (Student Target Enrichment Program)



TSP (Targeted Sports Program)



Plus, from 6:15pm, staff will present the key info for a smooth transition to high school!



WELLBEING



Community Announcements

Over the weekend, some of our exceptional athletes Luke and Josh, along with one of our amazing school counsellors, Tim, crossed paths at the Memory Walk & Jog, raising awareness and funds for dementia.

These NVHS legends are spreading the important message: "Get Active, Beat Dementia!"

A huge shoutout to Luke, Josh, and Tim for their dedication to this social cause.

#GetActiveBeatDementia #NVHSCommunity #Proud



FREE Podiatry Consultations for Kids!

The University of Newcastle Podiatry Clinic at Wyong Hospital is offering **FREE lower limb assessments for children** aged 0-17 years!

- Footwear & flat feet advice
- Treatment for foot warts & leg pain
- Help with walking issues & 'growing pains'

Assessed by final-year students, supervised by a podiatrist.

Mondays | 10th March – 26th May 2024
Wyong Hospital

Book now: 4394 7280

**THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA**

NSW

**FREE PEDIATRIC
PODIATRY
APPOINTMENT
AVAILABLE**

The University of Newcastle Podiatry Clinic at Wyong hospital is offering children age 0-17 free lower limb assessments.



WELLBEING

Uniform Reminder

As the temperatures start to drop, make sure you're ready with a school jumper and trackpants! These are available for purchase from our on-site uniform shop.

If you have any questions or concerns, please don't hesitate to contact the school.



WINTER UNIFORM OPTIONS

AVAILABLE @
OUR SCHOOLS
UNIFORM SHOP



PRICES SCHOOL JUMPER: \$50 TRACK PANTS: \$35

Operation back to school team

We extend our heartfelt thanks to Kate Manners, the Operation Back to School team, and all the incredible sponsors who have generously contributed to this initiative. Your support provides many of our students at Narara Valley High School with essential school supplies, boosting their confidence as they step into the classroom prepared and ready to learn. Having the right gear removes barriers to success, allowing students to focus on their education without the stress of missing essentials. It's inspiring to see students still using their backpacks a year later, a testament to how much this initiative means to them.

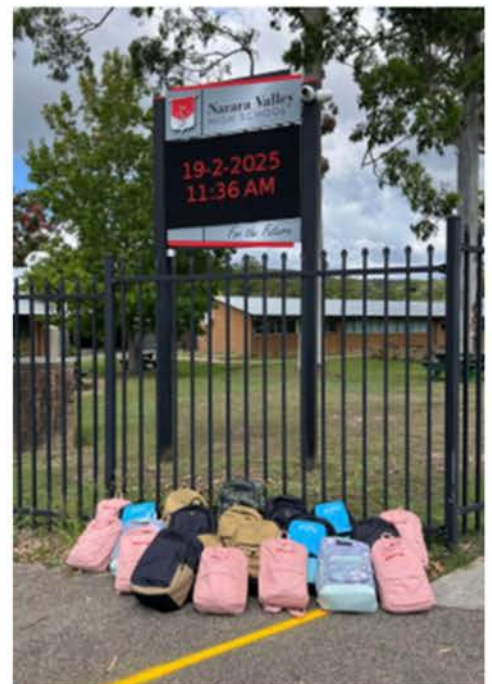
Thank you for making a real difference in their lives. Your generosity is truly appreciated!



NICOLE LUDLAM
Rel. Head Teacher
Wellbeing



LAUREN ROLFE
Rel. Head Teacher
Wellbeing





TECHNOLOGICAL AND APPLIED STUDIES

Welcome Back to 2025 from the TAS Faculty

We are excited to kick off another great year in TAS! Our faculty for 2025 includes:

- **Mr. Mitch Gulpers** – Head Teacher
- **Mrs. Jeanette Sellars**
- **Mrs. Sarah Anderson** – VET Coordinator
- **Mrs. Tansia Green** – Careers and Transition
- **Mr. Steve Hunt**
- **Mr. Andrew Willetts**
- **Mrs. Louise Miller** – Young Parents Program, Careers and Transition
- **Mrs. Jeanette Lawley** – Kitchen Assistant



Our Food classes including Food Technology, Café Culture, and Hospitality—have started the year producing some fantastic dishes in the kitchen. A reminder that all students must bring an apron and a container for Food Technology lessons in order to complete their practical tasks. Additionally, we are unable to provide plastic forks or spoons, so students will need to bring their own utensils if required.



As students transition into practical spaces after completing their introductory WHS training and theory, they must wear correct leather school shoes for safety (WHS) in all our TAS courses.



TECHNOLOGICAL AND APPLIED STUDIES

For students in Years 9, 10, 11, and 12 who have chosen a TAS elective, please note that these subjects have associated fees to cover resources and materials. Invoices will be sent home shortly, and we appreciate your support in ensuring these payments are made so we can continue purchasing materials to provide engaging and hands-on learning experiences.



Finally, we want to acknowledge the incredible work of our 2024 Year 12 Industrial Technology – Multimedia students, led by Mrs. Sellars. They completed some outstanding multimedia projects for their HSC and as such were nominated for the SHAPE showcase. Congratulations to Dion Papalexion, Xander Rush and Abdul-Aziz Quddeh, Year 12 students from 2024. Looking forward to a fantastic year ahead.



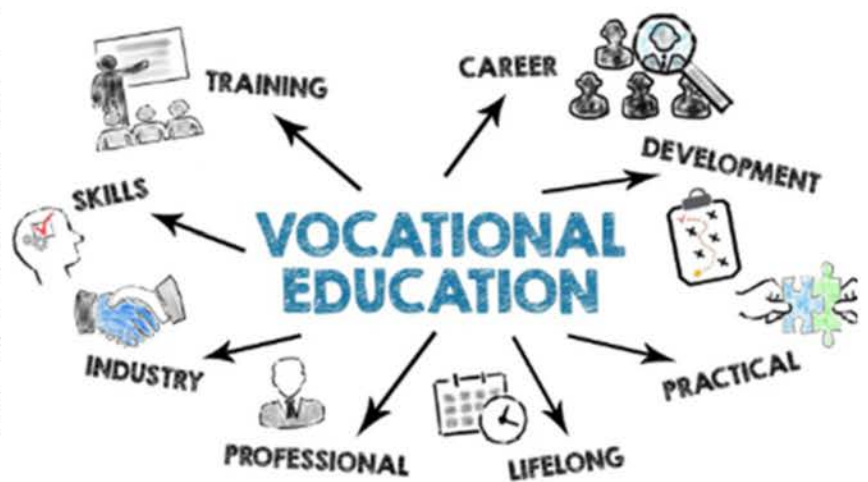
MITCH GULPERS
Head Teacher TAS

TECHNOLOGICAL AND APPLIED STUDIES

NVHS VET 2025

Welcome Parents and Caregivers to your child's VET journey for 2025!

We are so lucky to be able to deliver Vocational Education in our school, offering Construction, Primary Industries (Yr 12), Business Services (Yr 12), Manufacturing & Engineering and Stage 5/6 Hospitality in this upcoming year. We are looking forward to working with your students to gain their respective qualifications in 2025. VET is an incredibly worthwhile study pattern for your students. We want to prepare your child for the world of work. This includes skills and knowledge of specific areas, but also important work-related traits such as teamwork, problem-solving, work ethic, responsibility, etc, that are required for strong employability.



Our staff for 2025 are as follows:

Steven Hunt (Construction), Andrew Willets (Manufacturing & Engineering), Michelle Pierce (Business Services) and Sarah Anderson (Hospitality, Primary Industries and VET Coordinator).

Below are a few pieces of information that will be important for you to know in order to support your child through their VET journey.

- **Work Expectation** - Students must understand that their work effort, behaviour, skill development and comprehension of knowledge need to be **demonstrated to an industry standard**. Teachers will have high expectations to effectively prepare them for the workplace and assist them in becoming employable young persons. Our job as VET teachers is just that....to make them employable. In general, and in their respective areas.
- **Fees** - Students will have associated fees for their respective courses which will need to be paid either in full, or in increments across the year. Students will be informed of their fee amounts in the coming weeks. Please reach out if you think you may need to discuss this.
- **Mandatory Work Placement** - All Yr 11/12 students studying VET must complete **mandatory** work placement. This is a NESAs requirement. If they do not complete 70 hours (2 weeks - 35 hours) of placement they will not receive their HSC. Students will be given information regarding work placement constantly and will be going out to their respective areas early in Term 2 and again early in Term 4. This means that they will not come to school in that period. Students will need to touch base with their other teachers to arrange any coursework that may be missed during this time. Some students are enrolled in more than one VET subject, so will need to complete 70 hours per course. Placement locations are organised by a company called The Skill Engineer who have been working with the school for years.



TECHNOLOGICAL AND APPLIED STUDIES

- **Assessment** - There are no marks in VET. Students will be deemed competent or not competent. Students have been made aware of this process. School and NESAs policies are still in place in terms of completing work by due dates and N-Warnings will apply where students are not following the policies.
- **Uniform and PPE** - Student are expected to cooperate with their teachers regarding wearing the designated uniform and personal protective equipment. We **MUST** comply with these industry standards to keep our students safe. Hospitality students will be required to purchase a Food and Beverage Uniform (as outlined in course information at Subject Selection). This process will begin soon.



MANDATORY VET INDUCTION - FRIDAY MARCH 7TH, 11:00AM TO 1:00PM, ROOM T6. (Week 5). Students will need their Medicare card details (written down or a photo will do). An email has been sent to parents and students with further information.

PRINCIPAL'S CONFERENCE FUNCTION (YR 12 HOSPITALITY STUDENTS) – Year 12 students will be catering for the Central Coast Principal's Conference being held in week 5. Students are reminded to attend the day in their full Food & Beverage uniform and need to report to the T5 kitchen at 8:30am. This will be a fantastic opportunity to showcase our students' skills.

WORK READY TRAINING – Students are reminded to ensure they are working in the lessons to complete the mandatory work-ready training. This is the first step in being ready to go out on work placement later in Term 2.

WHITE CARD TRAINING – Any students in Year 11 Construction who have not obtained their White Card will need to attend the course later this term. We will hopefully be running the course in Week 7, but will confirm those details with the students ASAP.

VALLEY WAY CAFÉ – The school café will open again from Week 6. Stage 5 and 6 Hospitality students will have the opportunity to run an authentic café for the staff to assist them with gaining their qualifications.

Another busy, but exciting year ahead and we look forward to sharing the student's successes with you as we progress. Please reach out if you have any questions or concerns.



PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

Welcome back Blacksnakes!

TSP

Under way with our first session completed as a group and coaches beginning this week. Our first session saw Year 7 & 8 participate in fitness testing to gain baseline data for them to improve on over the course of the year. The students participated well and all attempted their best - some high levels of fitness were recorded!

SPORT

With two weeks of School Sport already this year, 2025 is looking bright. A reminder to all students and parents that sport is conducted at school during double periods for each year group. This is to promote and engage students into a variety of physical activity and games. Year 9 and 10 are to be commended on their attitude and approach to this new form of sport. If there are any issues or concerns, please contact Mrs Moody (Sports Organiser).

NVHS ANNUAL SWIMMING CARNIVAL

Our 34th Annual Swimming Carnival took place on Friday 21st at Gosford Olympic Pool. It was an excellent day all round with high levels of participation from all students. It was amazing to see everyone completing their mandatory swims for SLR, TSP, Biology and Marine Studies in the morning. There were some incredible performances in the pool and all our competitors are to be congratulated.

The most important race of the day was held at the finale of the carnival with the annual staff vs students competition taking place. As usual the staff dominated, although special mention to the Phoebe Wells-led girls team who pushed the staff the whole way.



House Point Results:

1. Saxby 455
2. Gardner 448
3. Mackay 300
4. Bannister 240





PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

KNOCKOUT SPORTS / GALA DAYS

- ★ Opens Boys Basketball and Open Boys Cricket competed last week, unfortunately both went down in their opening round fixtures.
- ★ Our fearless Basketball coach Mr Rodrigues, penned the below recap:

On Thursday our Open's Boys Basketball team ventured out down south to the Northern Beaches preparing for a formidable match against Freshwater High School.

The boys were stoked with a team bonding trip on the way down, singing along to classics such as Sweet Caroline and Taylor Swift led by Samuel Henderson & Cooper Quick. The boys spirits were riding a high.

The game started off strong with a back and forth battle keeping the points distance close, before unfortunately the lead became increasingly further apart as the game went on. During this, the boys still did not back down with fresh legs in the form of William Wighton, draining some much needed 3 pointers providing an extra kick of energy. This energy was then passed onto Oscar Dawson having a hot hand draining a big 3 point shot, shooting even more energy into this Blacksnakes squad. However, this was unfortunately not enough to turn the tides of battle with our Blacksnakes succumbing to a tough loss.



Special shoutout to veteran player Ben Warncken for his final basketball game as a Blacksnake.

- ★ Our Open Girls Netball team had a convincing win over our local rivals, Henry Kendall. Mrs Moody with the report:

The NVHS Open Girls Netball Team played Henry Kendall High School and were winners, 48-34.

The Blacksnakes displayed outstanding sportsmanship and skill as a team throughout the entire game.

Co-captains Reiss Walker and Phoebe Wells, lead from both ends of the court with their talk and expertise, Ellie Hart dominated with her skills throughout the middle, Isabella Hennessy got several important stops in defence, Sarah Ransley shot well and made several important turnovers, Phoebe Ham was eager for the ball and her long arms made it difficult for anyone to pass over them, Aurorah made it difficult for her opponent at any opportunity and Tiana chased down loose possession and made several awesome assists. A special thank you to Ruby Apps for scoring.

The team was positive from the outset. They wanted to have fun, smile and play the game they love! I am looking forward to the next round. Lookout, here come the Blacksnakes!



PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

★ **Open Boys cricket also played a tight fought match, here is Mr Stofberg with the report:**

Cricket is a game that teaches us about life. It teaches us about teamwork and service, persistence and obdurate courage. The Narara Valley High open boys cricket demonstrated all of the above in their match against Gorokan High.

On a hot and muggy day at Toukley, skipper Jaden D'Souza won the toss and elected to bat, on the reasoning that it would be better to field in the morning and then bat in the increasing midday heat. This judgement was quickly vindicated when Miller Geary ripped two quick wickets with his wickedly swinging seamers. This left Narara in a bouyant mood and indeed the first ten overs of this Twenty20 encounter showed Gorokan battling to get on top of the Narara bowling. Aiden Keegan snaffled a wicket bowling niggardly offspinners mixed with faster balls. Harrison Blandford put up a classy spell of accurate seamers that grabbed another pole for the Blacksnakes. The surprise and welcome contribution was the bowling of Bodhi Richards, who chimed in late in the innings with a wicket caught at mid-on by Coen Ashworth. However, this second 10 overs did see a resurgence by Gorokan, who eventually put up a total of 108 for Narara to chase.

The chase started well with Coen Ashworth and Saxon Weston opening the batting and occupying the crease, to the frustration of the Gorokan bowlers. The shot of the innings was hit by Saxon, who struck a booming shot to the boundary through midwicket in the early overs. Both openers eventually fell, but special mention to Coen who demonstrated considerable concentration to occupy the crease for several overs, supporting his partners and confounding the Gorokan attack. Aiden showed his class, with the bat this time, hitting a solid 10 which included a boundary. It is pleasing to report that not one Narara batter threw their wicket away, all shots were considered cricket shots, played to the best ability of the player in question. In the end though, Narara managed a total of thirty, as the Gorokan bowlers' radar started to kick in and stifled the attacking options open to Narara.

Although the result was far from what would have been deemed ideal, Narara acquitted themselves with tremendous maturity and courage. And was playing some very good cricket. Bring on next season!!



Year 11 Life Ready

Year 11 will be embarking on their Life Ready journey starting with **RYDA on Tuesday 4th March**. This will be followed by **RAW Challenge on Tuesday 1st April** and the course will be completed on **Monday & Tuesday of Week 10, Term 3**.

Life Ready is a mandatory course for all Year 11 students in NSW government secondary schools, as required by the Curriculum Planning and Programming, Assessing and Reporting to Parents K-12 Policy Standards. Schools must deliver this program for a minimum of 25 hours, which may be scheduled in Year 11, Year 12, or a combination of both. While Life Ready builds on the knowledge, skills, and attitudes developed in the K-10 PDHPE curriculum, it is not part of the PDHPE syllabus. Instead, it is a whole-school wellbeing initiative designed to support students in their transition to adulthood.



PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

UPCOMING SYDNEY NORTH REGIONAL SPORTS TRIALS AND INFORMATION

- **BOYS HOCKEY:** 25TH FEB, WYONG REGIONAL HOCKEY COMPLEX - ZEKE NEWMAN
- **GIRLS HOCKEY:** 25TH FEB, WYONG - JOCELYN ATMORE
- **GIRLS FOOTBALL (SOCCER):** 27TH FEB, NARRABEEN SPORTS HIGH SCHOOL - SCOTT WHITE & LYNDA DAVIS
- **GIRLS & BOYS 15 YEARS TOUCH FOOTBALL:** 28TH FEB, ADCOCK PARK - BROOKE PLAYFORD & PAUL FARAH
- **GIRLS 18 YEARS RUGBY 7'S:** 3RD MARCH, NARRABEEN SPORTS HIGH SCHOOL - LYNDA DAVIS & JANNELLE GARLAND
- **BOYS 15 YEARS AFL:** 4TH MARCH, ROFE PARK, HORNSBY - DAMIEN BADIOR & MAX ENDERS
- **GIRLS AFL:** 4TH MARCH, ROFE PARK, HORNSBY - MICHAEL STRAPPAZZON & LEANNE WARWICK
- **GOLF:** 6TH MARCH, GOSFORD GOLF COURSE - TY PURNELL
- **GIRLS BASKETBALL:** 7TH MARCH, BREAKERS INDOOR SPORTS STADIUM, TERRIGAL - ANDREW BULL
- **BOYS BASKETBALL:** 7TH MARCH, BREAKERS, TERRIGAL - PHIL WEBSTER
- **BOYS FOOTBALL (SOCCER):** 11TH MARCH, CROMER PARK, CROMAR - ASHLEY MATHIESON & DANIEL CUNNINGHAM
- **BOYS 18 YEARS RUGBY UNION:** 13TH MARCH, OURIMBAH RUGBY CLUB - JAMES BLANCH & WILLIAM LAMBERT
- **SYDNEY NORTH SWIMMING CARNIVAL:** 19TH MARCH AT SYDNEY OLYMPIC PARK
- **NETBALL:** 4TH APRIL, BREAKERS INDOOR STADIUM, TERRIGAL - BROOKE PLAYFORD
- **BOWLS:** 4TH APRIL, OURIMBAH RSL - CHRISTOPHER MACNAMARA

TERM 1 NSW CHS TRIALS

- **BOYS & GIRLS U16S RUGBY UNION TRIALS:** 24TH MARCH, ONLINE APPLICATION.
- **NETBALL 15 YEARS & UNDER TRIAL -** ONLINE APPLICATIONS CLOSE 28TH FEB - TRIAL DATE IS 26TH MARCH.

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

Below is a link to see Sydney North and NSWCHS updated trials for sports, dates and extended information:

[https://app.education.nsw.gov.au/sport/Calendar/TermCalendar?](https://app.education.nsw.gov.au/sport/Calendar/TermCalendar?t=420&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)

[t=420&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](https://app.education.nsw.gov.au/sport/Calendar/TermCalendar?t=420&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)





PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION



SPECIAL MENTIONS

One of former students - Jesse Walker, who graduated last year, was awarded the highest honour in Sydney North sport at the annual sporting awards. Jesse received a CHS Sporting Blue for his outstanding achievements in Touch Football.

We are extremely proud of Jesse, not only for his incredible talent on the touch football field, but for his exemplary efforts throughout his schooling and for the person he has grown into. Congratulations Jesse.

2025 PDHPE Staff

Mr Neate - Head Teacher
Ms Moody - Tues, Wed, Thursday, Friday (Sports Coordinator)
Mr Wickert - Mon, Tues, Wed, Thurs, Friday - Athletics Carnival Organiser
Mr Koen - Mon, Tue, Thur, Fri - Year 11 Year Advisor
Mr Rodrigues - Mon-Fri - Cross Country Carnival Organiser
Ms Ludlam - Head Teacher Welfare
Mr Bowers - Mon-Fri - Swimming Carnival Organiser

We look forward to meeting you, see you throughout the year ahead.

'Make sure your worst enemy doesn't live between your own two ears.'

- Laird Hamilton



EVAN NEATE
Head Teacher PDHPE

CREATIVE & PERFORMING ARTS

Last Year's Outstanding HSC Results

We are thrilled to celebrate our outstanding 2024 HSC results, with five Band 6 achievements across the Creative and Performing Arts. Congratulations to William Parkhouse, Lincoln Burkinshaw, and Joshua Ray in Music, and Aylin Doushabchizadeh and Lyndal Hillier in Visual Arts. A Band 6 is the highest score in a HSC subject, reflecting an outstanding level of skill and dedication—an achievement that only a small percentage of students reach each year.

A huge shout-out to William Parkhouse, who was also nominated for Encore, a prestigious showcase of the best HSC Music performances in NSW. Being considered for Encore is a testament to William's exceptional musical talent and hard work. We also congratulate Ryan Landini, who was nominated and featured in Callbacks for his Dance film. Callbacks is a showcase of the highest-achieving HSC Dance students in NSW, recognising outstanding performance and choreography across the state. This is a remarkable accomplishment, and we are incredibly proud of Ryan's success!

WHAT'S ON IN CAPA THIS SEMESTER?

Callbacks:

This term, a group of Narara Valley High School Dance students had the exciting opportunity to attend the Dance HSC Callbacks at the Seymour Centre. This showcase celebrates the outstanding dance works from last year's HSC students, providing inspiration and insight into the level of excellence achieved in the course.

A special highlight was seeing the incredible Major Film & Video work of our very own Ryan Landini (Class of 2024) featured in the event! We are so proud of Ryan's achievement and thrilled to see his talent recognized on such a prestigious platform. His work also showcased the amazing performances of Iyla Skelton and Alyssa Clarke, whose artistry brought the film to life.

Adding to this incredible moment, Ryan was invited to speak in the pre-show Q&A, where he shared passionate insights about his experience and compositional process. He provided fantastic advice for future Dance students, offering valuable tips for those interested in creating Dance films. Congratulations, Ryan, Iyla, and Alyssa!

Central Vision:

We are thrilled to announce that several of our talented Visual Arts students have been selected to exhibit their work in A Central Vision, a prestigious regional art exhibition showcasing the creativity of students from public schools.

The exhibition will be held at Gosford Regional Gallery, with the official opening on Thursday, 27th February at 6:00 PM. The exhibition runs from 28th February till 23rd March from 9.00am 4.00 pm. This is a fantastic opportunity for our students to display their artistic achievements in a professional gallery space alongside peers from across the region.

We encourage families, friends, and the school community to attend and celebrate the incredible talent on display. The evening will feature light refreshments, entertainment, and awards for outstanding works across various expressive forms.

A huge congratulations to our selected students; Emma Evangelatos, Lyndal Hillier, Aylin Doushabchizadeh, Zac Dunkerley, Annika French, Holly Thomson, Heidi Brean, Tess Hersey and Jasmine Smith. We are so proud of your achievements!

CREATIVE & PERFORMING ARTS

Music:

Choir is back for 2025! Love singing in the shower? Wish you could belt out your favorite tunes with a group of legends? Well, choir is the place for you! Run by Ms Hunter, we meet every Wednesday at recess—no experience or audition needed, just bring your enthusiasm! From Adele to The Beatles, we sing it all. We have big plans for excursions and performance opportunities this year, so stay tuned for updates. New members are always welcome, bring your friends and come along to join the fun!

We're also looking forward to the return of our fortnightly Lunchtime Sessions—a series of concerts in the CAPA Quad for any and all elective music and CAPA students to showcase their talent! Stay tuned for the upcoming performances in the second half of this term, and get ready to join us for some amazing live music!

Drama:

If you love acting, being an audience member or just belonging to a fun, creative environment you need to check out Drama Club! This year, Theatre Sports will be run by Ms Davidson every Friday in the studio at lunch time. This fast-paced, interactive style of improvisation encourages students to develop their acting skills through fun, spontaneous performance games. No scripts, no pressure to perform, just creativity, quick thinking, and plenty of laughs! Drama Club is open to everyone—no experience needed, just a willingness to have fun! Bring your friends and join us for an inclusive, welcoming space where everyone gets a chance to shine.

Dance:

If dancing is your thing, or you just want to try something new, come be a part of our Dance Troupe! We meet in the Performance Space every Monday at recess for an exciting, high-energy session where the focus is on fun, not perfection and no performing! We'll be learning a new combo every week, awesome moves, and confidence building skills, while bringing music to life—no experience needed! All ages and skill levels are welcome, whether you're a seasoned dancer or just here for a good time. Come along, bring your friends, and let's get groovy!



MATHEMATICS

Welcome back from the Maths Faculty. We hope you all had a relaxing break and are ready to throw yourselves into another year of learning. Students are settling into the new year nicely, and it's pleasing to see so many students focused and eager to achieve their personal best.

2025 MATHS TEACHERS

- Mrs Dougherty – Head Teacher, Junior Maths, Year 11 Numeracy, Year 12 Advanced and Extension (Mon-Fri)
- Mrs Air – Junior Maths, Year 11 Advanced, Year 12 Standard (Mon-Fri)
- Mrs Del Rosario – Junior Maths, Years 11 and 12 Standard (Wed-Fri)
- Mrs Richardson – Junior Maths, Years 11 and 12 Standard (Mon, Tue, Fri)
- Mrs Gilmour – Junior Maths (Mon-Fri)
- Ms Gorst (Relieving) – Junior Maths, Year 11 Numeracy, Year 12 Standard 1 (Mon-Fri)

MATH
THE ONLY SUBJECT THAT
COUNTS

YEARS 7 & 9 NAPLAN

It's that time of the year again... NAPLAN provides schools with valuable information about your child's learning progress in literacy and numeracy. These tests are one of the many ways student learning is assessed in Years 7 and 9 in high school. Students are not expected to study for NAPLAN and do not need excessive preparation. You can support your child by reassuring them that NAPLAN is a part of their school program. Your child's teacher is preparing students with appropriate support and guidance.

The NAPLAN assessments will be completed on laptops. Students are not able to use their own due to software requirements. All students will require a pair of plug in headphones, wireless or Bluetooth will not work with the lockdown browser.

TEST SCHEDULE

		Year 7	Year 9
Wednesday 12 th March	Writing 42 minutes	Period 3	Period 1
Thursday 13 th March	Reading 65 minutes	Period 3 & 4	Period 1 & 2
Friday 14 th March	Language Conventions 45 minutes	Period 3	Period 1
Monday 17 th March	Numeracy 65 minutes	Period 3 & 4	Period 1 & 2

Catch-up sessions for individual students who were absent on the day of a scheduled NAPLAN test will be on Tuesday 18th, Wednesday 19th and Thursday 20th March, as necessary.

MATHEMATICS

UPCOMING SCHOOL ASSESSMENTS

- Year 8 – Class Test on 27th March, 2025. P1 Kerr, P2 Catley, P3 Raso and Fowler
- Year 9 – Class Test on 20th March, 2025 P1
- Year 10 – Class Test on 21st March, 2025 P1
- Year 11 Numeracy – Assignment due 25th March P5
- Year 11 Standard – Class Test on 2nd April, 2025 P1
- Year 11 Advanced – Class Test on 31st March, 2025 P1 & 2
- Year 11 Extension 1 – Class Test on 26th March, 2025 P0
- Year 12 Standard 1 – Assignment due 21st March P3
- Year 12 Standard 2 – Assignment due 21st March, 2025 4pm
- Year 12 Advanced – Assignment due 21st March, 2025 4pm
- Year 12 Extension 1 – Assignment due 14th March, 2025 4pm



MAKING THE MOST OF MATHS

MISSED LESSONS

As Mathematics is a cumulative subject, every lesson builds on the previous. Therefore, it is imperative that students are up to date with their work. Should they, for whatever reason, miss a lesson, please ensure that missed work is caught up on, and they see a teacher with any difficulties. All the maths staff are more than willing to help 😊

EQUIPMENT

Students need a 5mm grid book (approx. 190 pages) each lesson. Students should also have a pencil case with pens, pencils, ruler, protractor, and calculator.

CALCULATORS

Calculators are used in every maths lesson and there are minimal loan calculators available. All students studying maths are required. The recommended calculator is the Casio fx-82AU plus II or fx8200. These are available for purchase from the school office for \$40.70.



MATHS HELP MONDAYS

Join Ms Air on **Monday afternoons from 2.30pm – 3.30pm in A5**. These are designed to support homework and clarify understanding of any classwork.

SONIA DOUGHERTY

Head Teacher MATHEMATICS





LIBRARY



2025 NSW Premier's Reading Challenge

Artwork by Matt Ottlev

The NSW Premier's Reading Challenge is now open and Narara Valley High School is excited to be participating!

What is the NSW Premier's Reading Challenge?

The PRC is a statewide Challenge that encourages students to develop a love of reading for leisure and pleasure in students and enables them to experience quality literature. It is not a competition, but a challenge to encourage each student to read, to read more, and to read more widely.

All students who complete the challenge and have their reading record validated by the school's PRC coordinator will receive a certificate signed by the Premier of NSW.

How many books do students need to read?

Students in Year 3 to Year 10 are challenged to read 20 books independently. At least 10 of these books must be from the relevant Challenge booklists, and up to 10 books can be personal choice books.

If a book is from an approved PRC series, students can enter up to 5 books as Challenge books, and can read up to 10 other books from the same series as Personal Choice books. More information on the rules of the Challenge can be found on the PRC website.

Books must be added to a student's online reading record by Friday 22 August 2025 in order for their reading record to be validated and receive a certificate.

How do students log their reading?

Students can access the PRC's Student Experience site using their DoE username and password, or can log into the site via the Student Portal. A video guide explaining how to use the Student Experience site can be found [here](#).

Fortnightly meetings

Optional fortnightly meetings will be held in the Library to talk books, assist with entries and compare notes with fellow readers.

PRC Coordinator – Susan Thomas

LIBRARY

2025 NSW Premier's Reading Challenge

Artwork by Matt Ottlev

A quick guide for logging books:

1. Log into the **Student experience site** using your DoE student username and password.
2. Use the blue search bar to search for books you have read.

Or just looking for a particular book ?

🔍 Search by Title, Author, ISBN or PRCID

Search

- 2a. If the title appears, click "Add to Reading Log" to add it as a PRC book.

Wylah the Koorie warrior
Gould, Jordan & Pritchard, Richard (ill)

Year 5 - Year 6

🔖 Save + Add to Reading Log

- 2b. If the title does not appear, you will need to enter it as a personal choice book.

To enter a personal choice book:

1. Click on the icon in the top right hand corner:
2. Click on "My reading log"

Home Rules Log out



Public School

1/30 Books read

Book Worm Current Level

Saved Books (3) My Reading Log Challenge History


3. Fill in the book details under the "Add a Personal Choice book" field and click "add"

Add a PRC book Add a Personal Choice book (Added 0 of 10 max)

🔍 Search a PRC Book Add The Curie Society Heather Einhorn Add

If you have any issues with logging books, please speak to Ms Thomas in the Library.

COMMUNITY ANNOUNCEMENTS





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WYOMING NARARA NETBALL CLUB – 2025 REGISTRATIONS

Wyoming Narara Netball Club are looking for players to join our small, friendly club this year. We have quite a few students and parents already playing with us, so come and join your friends for some fun and competition with your local club.

All ages welcome, boys (7 to 12 years old) and girls turning 7 this year all the way to seniors. Registration is now open, go to www.playhq.com.au and register. For more information, please email wncsec@gmail.com



Scan me
for fast registration