

NARARA VALLEY HIGH SCHOOL

# NEWSLETTER

# May 2025



# PRINCIPAL REPORT

Term 2 is moving past us at an extreme pace, with many great events having taken place in the school community.

## Non Operational days

My sincere thanks to our wonderful school community for the support shown to us when the school was declared non-operational for two days in Week 4. These are difficult scenarios to navigate, with situations evolving very quickly overnight and in the very early hours of the morning. We endeavour to make definite, early decisions using the best information available. We aim to allow families the greatest amount of time possible to make plans and of course, prioritise health and safety. A huge thanks also to our fantastic school staff who sprung to action in the very early hours to assist with the work that needs to be done on both of these days.

thanks  
for your  
support

## Annual Athletics Carnival

The Narara Valley High School Athletics Carnival was held on Friday May 9 at Mingara Regional Athletics Centre. Despite some patchy rain, it was a great day for students and staff, with some outstanding individual performances. My thanks to Mr Bowers, Mr Neate and the organising team, as well as our entire staff team, who worked so hard to make the day a success.

## Mid year examinations and assessment tasks

Students will be busily preparing for and undertaking mid year assessments as Term 2 progresses. This is an important and very busy time in the school as we look at how students have progressed over the first semester of 2025. It is vital that students see this as an opportunity to demonstrate their knowledge and skills, rather than something that causes high amounts of stress and anxiety. Of course, some nervousness is very normal, however, if this becomes extreme, it is essential that parents and carers inform the relevant classroom teachers, year advisers, wellbeing staff or executive staff so that timely assistance can be provided. Our Learning and Support team are always on hand to provide help as well.

## Staffing changes

At the commencement of Week 5, Mrs Barrale will return to us after a period of leave and act as Deputy Principal for Years 9 and 12. This will be in place for the remainder of 2025. I would like to acknowledge and sincerely thank Ms Rae for acting in this role over the course of Term 1 and the first part of Term 2.



We are all very grateful for the work she has done and the care and expertise she has demonstrated. Ms Rae will return to her substantive position as Head Teacher English at our school. Thanks also to Ms Grundy who has expertly relieved as Head Teacher English throughout this time. Narara Valley High School is very lucky to have such a large number of highly talented educational leaders.

ANDREW SKEHAN  
Principal





# DEPUTY PRINCIPAL REPORT YEAR 7 & 10

I would like to welcome students and families back for what is always a busy term....Term 2!

It is great to see so many sporting events and excursions being offered to students. I would like to thank the staff that organise these events. As you could imagine, the amount of paperwork and preparation that goes into organising any such event is huge. I would request that you encourage our students to be well organised and get any required paperwork in on time to ease the stress on the organising teacher having to chase up notes.

I like to remind students that during this time, the classroom teachers will be writing their Semester One reports, that will be issued at the end of this term. It is a good time for students to reflect on their efforts for the beginning of the year, and what level of achievement and what sort of comment their teachers will write on the report.

Year 10 students have been issued with an information package on the courses being offered for Year 11 in 2026. Students have some very important decisions towards the end of this term as they move into the next stage of their education or career pathways.

## ADVICE FOR YEAR 10 STUDENTS CHOOSING SUBJECTS FOR YEAR 11 AND 12:

### COURSE SELECTION CONSIDERATIONS:

- Abilities
- Interests/Motivation
- Career aspirations and needs
- Syllabus requirements - Practical/Major work components
- Subject combinations
- Other commitments
- **Years 11 and 12 subject choices and career opportunities:** Students can see the connections between their subject choices in Years 11 and 12 and the career opportunities these subjects can lead to after school.
- If you wish to undertake an ATAR pathway, any course the school offers, for which there is a **formal HSC examination in 2027**, can be used to calculate your ATAR.
- Choosing a broad range of subjects in your senior years may allow you to be better equipped to succeed in further education, training or work.

Students are encouraged to discuss subject selections with their parents, teachers and Mrs Green, the Careers Adviser, before making a final decision on choices.

# DEPUTY PRINCIPAL REPORT YEAR 7 & 10

## ATTENDANCE

I would just like to remind students that **our school day commences at 8:15am** and that every minute of schooling lost can have a negative impact on a student's ability to achieve!



**ATTENDANCE**

Does matter! Every **day** and every **minute** in class helps you build your future of **endless possibilities!**

**Learn** **Build Friendships** **Develop Life Skills**

LEARNING NEVER ENDS



## Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

| When your child misses just... | they miss days per year |
|--------------------------------|-------------------------|
| 5 mins per day                 | 3 days                  |
| 30 mins per day                | 18 days                 |

education.nsw.gov.au



Patterns of lateness can have a serious impact on your child's education.



**GEOFFREY FLEMING**  
Deputy Principal  
Year 7 & 10



# Education

## DEPUTY PRINCIPAL REPORT YEAR 8 & 11

It is fantastic to be back at Narara Valley High School after a term working for the Department of Education in Newcastle Education Office, focused on behaviour support for all students in our Public Schools. I have a couple of key messages for this newsletter relating to both Year 8 and Year 11 students.

- Attendance
- Friendships
- Self-help and coping with the tough stuff

Further resources are available on the NSW Department of Education website: <https://education.nsw.gov.au/schooling/school-community/attendance-matters-resources-for-schools> regarding attendance and the supports that can be provided for students to develop positive habits that promote high level attendance and participation in school.

The ReachOut for Schools website <https://schools.au.reachout.com/> has a wide range of courses, activities and advice regarding mental health, resilience, relationships and all topics relating to young people as they navigate social change and personal growth.

### Attendance Matters

The wellbeing of our students is extremely important to us. One way we protect the wellbeing of your child is by fulfilling our responsibilities as both parents/ carers and school staff by reporting and monitoring student absences. Please remember to contact us by phone, text or email early in the morning if your child is going to be away or late for school so your child's absence can be recorded correctly and we can provide appropriate support for you and your family. If you speak a language other than English and need help talking with our staff, please telephone the interpreter service on 131 450. This service is free. Listen in your language or see how to contact the Telephone Interpreter Service.

Mr. Britt and I have spoken to Year 8 classes regarding lateness and students leaving classes without permission. Although this represents a very small percentage of our students in the year group, their actions not only impact on their own learning, but have potential to disrupt the classroom and the lessons being taught to others. It is imperative that all students arrive to class on time and prepared to learn. This ensures they are settled and equipped to successfully engage in the lessons being taught.



The school has a range of welfare and discipline structures that will be implemented to support those students struggling to follow school rules and attend class on-time. Should your child require extra support, please reach out to the school as we are more than happy to help.



# Education

## DEPUTY PRINCIPAL REPORT YEAR 8 & 11

Mr. Koen and I are concerned that some Year 11 students are not meeting the minimum 85% school attendance required in Stage 6.

This significantly impacts on student learning of new concepts and overall preparation for the HSC. Our goal is for all students to be as close to 100% attendance as possible. This includes full day and class attendance. We want to ensure that all of our senior students have as much exposure to the curriculum and lesson to best ensure a successful HSC outcome.

### Why attendance matters



When your child misses school they miss important opportunities to:

-  Learn
-  Build friendships
-  Develop life skills

### Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just... they miss weeks per year and years over their school life

1 day per fortnight = 4 weeks = Over 1 year missed

1 day per week = 8 weeks = Over 2.5 years missed

### Every Day Matters

If your child misses as little as

1 day per fortnight

they will miss

4 weeks of school per year

which adds up to over

1 year missed over their school life

Make sure your child doesn't miss out on the important things like:

-  Learning
-  Strengthening friendships
-  Emotional development



Scan the QR code to learn more





# Education

## DEPUTY PRINCIPAL REPORT YEAR 8 & 11

### Positive Relationships and Connections

Friendships play a pivotal role in students' social and emotional lives, particularly during secondary school. Healthy friendships can therefore have a major impact on their mental health and wellbeing, helping to protect them against stress and strengthening their resilience. By providing students with a sense of belonging and connectedness, friendships develop their self-esteem, and their problem-solving and social skills.



Wanna be someone's BFF?  
Follow these seven steps.



#### 1 BE A GOOD LISTENER

Sometimes being a good friend means just being willing to listen. You don't need to have all the answers, and don't assume your friend wants advice – they may just want to talk, and to have someone hear what they're saying.

#### 2 GET THE FACTS

If your friend has a medical or mental health issue, learn about what they've been diagnosed with. Being interested in what they're going through shows them you care.

#### 3 ASK THEM WHAT THEY NEED

If you're worried about someone and want to be there for them, ask them what they need. You'll then know what they'll find helpful when going through tough times.

#### 4 BE FREE WITH YOUR HUGS

Hugging your friends is a great way to show that you care for them. Physical contact can be comforting, especially when someone feels alone. Just make sure you ask first.

#### 5 KEEP IN TOUCH

Show your friends you're there for them by making an effort to keep in touch through social media, emails, texts and calls.

#### 6 TELL THEM HOW YOU FEEL

You can make a real difference to how someone is feeling just by letting them know that they're important to you. So, go for it!

#### 7 BE WILLING TO MAKE A TOUGH CALL

If you think your friend's safety is at risk, you might need to act without their consent and get help. It can be a tough call, but remember that good friends care enough to step up.

Reich, H. (2018). <https://www.reachout.com/au/step-by-step-how-to-be-a-good-friend>

REACH  
OUT.COM



# DEPUTY PRINCIPAL REPORT

## YEAR 8 & 11

# Education

### 10 coping strategies for dealing with the hard stuff...

When you're experiencing a tough time or life seems particularly difficult, what do you do to get through the hard stuff? Whether you're in the middle of a stressful situation or feeling anxious about events from the past, knowing some reliable coping mechanisms and strategies can help you find relief.

Try using some of the coping strategies listed below. They'll help you to manage and relieve stress when you need it the most.

#### 1. Talk to someone

Coping with the hard stuff doesn't have to be done on your own. Share your worries with a trusted friend or family member. It could take pressure off your shoulders, and they just might have some advice that you'll find useful.

#### 2. Get journalling

Journalling is one of the most widely recommended coping mechanisms for a reason! Writing down your feelings can help you work out what might be troubling you and ways you can improve the situation. Don't worry too much about what you write; just write down whatever comes to mind. Keep your journal handy so that you can look back at what you've written.

take care  
of your mind

#### 3. Self-love

You've got to look after yourself! Try some regular exercise, or meditate, or listen to music. Do whatever makes you feel good, even if it's only for five minutes a day. Find some inspiration on how to cope with stress with these handy self-care ideas.

#### 4. Take a break when coping with stress

Don't feel like you must slog through the hard stuff. Give yourself permission to leave situations that make you feel stressed or angry. For example, if you're in a stressful conversation, try leaving the room for a moment and only resume talking when you feel calm and ready.

If you're involved in group chats, it can get a bit overwhelming, especially when you're already stressing out. If this happens, you can leave a chat or set some boundaries. For example, you could let your friends know that you're not going to check your phone for the rest of the day or only look at messages at a certain time each day.

#### 5. Be nice to yourself

It might sound strange, but an important step in coping through hard times is remembering to be easy on yourself. How we talk to ourselves makes a huge difference to how we feel. Using positive self-talk can help you overcome negative thought patterns.



# DEPUTY PRINCIPAL REPORT

## YEAR 8 & 11

# Education

### 6. Make a list of what needs to be done

Remember: you can't do everything. Make a list of the things you need to get done, and work out a schedule that will help you get there. Don't forget to schedule some fun and relaxing times, too!

### 7. Think about the big picture

One of the most useful positive coping strategies is putting things in perspective. When you're going through a stressful situation, ask yourself: 'How important is this? Will it matter in the long run?' Some people find it handy to ask themselves: 'Is this going to matter in five years' time?'

### 8. Focus on the positive

It can be so easy to get caught up in all the negatives. It may feel hard in the moment but trying to find the positives in a stressful situation can help you with coping and overcoming what you're going through. If you can find at least one positive thing about a situation (Is it teaching you something about yourself? Is it strengthening your relationship with someone?), it will help you to see a more balanced picture. This can be hard to do, but you'll improve with practice.

### 9. Say thanks

If you're feeling down, practise being grateful by writing down three things you're thankful for. They can be really little things, like your morning coffee. Look at these gratitude lists whenever you're feeling down.

### 10. Make the big things feel small

When life is being a difficult, you might feel tempted to get back into bed, pop your phone on aeroplane mode and avoid everything. Instead, try breaking big tasks down into smaller, more achievable goals. Celebrating small wins will help you to build confidence and stay motivated until life feels easier. These small wins may feel insignificant, but in time, you'll build up the mental and physical energy to take on the bigger things you're coping with. You've got this.

LEARN MORE



### Want to know more about coping with the hard stuff?

For answers to your questions, ask ReachOut on their parent portal <https://parents.au.reachout.com/> or for students there are plenty of activities, stories, articles and quizzes on the young person portal <https://au.reachout.com/>



ROY GOODENOUGH  
Deputy Principal  
Year 8 & 11

# YOU CAN DO HARD THINGS





# DEPUTY PRINCIPAL REPORT YEAR 9 & 12

As we approach the mid-point of Term 2, it's a timely opportunity to reflect on the importance of self-discipline and emotional regulation—skills that are essential for success both in school and in life. For our Year 9 and Year 12 students, these areas take on particular significance.



A LITTLE  
PROGRESS EACH  
DAY ADDS UP  
TO BIG RESULTS

For **Year 9 students**, this is a time of personal and academic growth. Developing strong habits around self-discipline—like managing time effectively, maintaining consistent effort in class, and taking responsibility for actions—sets a foundation for future success. Navigating friendships, study demands, and changing emotions can be challenging, but it's also a chance to grow resilience. We encourage our students to pause when emotions run high, to choose respectful responses, and to seek help when needed. These are essential parts of growing into young adults who live our school values of **Respect, Responsibility**, and striving for their **Personal Best**.

For our **Year 12 students**, the countdown to the HSC is well and truly on. It's a time filled with ambition, pressure, and, at times, overwhelming emotion. Staying focused on long-term goals while managing stress is not easy, but it's where self-discipline plays a critical role. Maintaining a routine, seeking support from teachers and peers, and practising strategies to handle big emotions—like mindfulness, exercise, or talking things through—can make all the difference. Now more than ever, living our school values means being respectful to themselves and others, responsible for their own learning, and determined to do their **Personal Best** in every effort.



Let's continue to support our students in building these vital life skills—because how they manage themselves today will shape who they become tomorrow.

I have enjoyed my time supporting your students. Mrs Barrale will be Relieving Deputy Principal from Week 5 until the rest of the year.

JANELLE RAE

Rel. Deputy Principal  
Year 9 & 12



# WELLBEING

## Year 12 Parent information Evening

On Tuesday 13th May, we welcomed our Year 12 students and their families to a valuable HSC Information Evening.

As Term 2 begins, we shared important information about university applications, alternative pathways, the upcoming trial exams, and the HSC exam schedule. Families also received wellbeing resources, study planners, and practical tips for managing stress during this crucial time.



A special thank you to six of our outstanding graduates from last year's Year 12 cohort who generously shared their experiences and insights into post-school life.

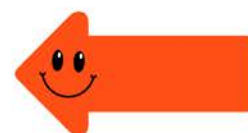
For those who couldn't attend, the presentation will be emailed home later this week.




headspace Gosford  
presents  
**ART LAB**  
with Maeve  
Painting, cartooning  
& more!

@ headspace Gosford  
every Tuesday  
3:30-4:45pm  
Contact Tracey on  
4304 7870 to register

## Community announcement



### Art Lab with Maeve

Headspace Gosford

Whether you're a beginner or an experienced artist, come along and explore your creativity in a relaxed and supportive environment.

Contact Tracey on (02) 4304 7870 for more information.



# WELLBEING



**DO IT  
FOR  
Dolly  
DAY'25**



A huge congratulations to the NVHS community for raising an incredible **\$1,254.15** for **Do It For Dolly Day!**

Your generosity and spirit help support such an important cause, spreading kindness and awareness around mental health and anti-bullying.

A special thank you to Mrs Thomas, Mrs Bush, and the NVHS leadership team for their amazing efforts in organising the day.



*Thank  
you*





# WELLBEING



**RECONCILIATION WEEK 2025**

Monday 26<sup>th</sup> May - Friday 30<sup>th</sup> May

**What's happening:**

- Whole school assembly - National Sorry Day
- Reconciliation Week Activities
- Amazing Race - Reconciliation Week Theme
- Coast Shelter Reconciliation Week Walk - First Nation Students

National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

The National Reconciliation Week (NRW) 2025 theme, *Bridging Now to Next*, reflects the ongoing connection between past, present and future.

*Bridging Now to Next* calls on all Australians to step forward together, to look ahead and continue the push forward as past lessons guide us.



**RECONCILIATION WEEK @ NVHS**  
26<sup>TH</sup> MAY - 30<sup>TH</sup> MAY

|             |                                   |                |
|-------------|-----------------------------------|----------------|
| 26<br>MON   | WHOLE SCHOOL ASSEMBLY             | PERIOD 1       |
| 27<br>TUES  | STAGE 4 ACTIVITY                  | IN CLASS       |
| 28<br>WED   | SUPPORT UNIT ACTIVITY             | IN CLASS       |
| 29<br>THURS | COAST SHELTER RECONCILIATION WALK | 9.30AM-12.20PM |
| 30<br>FRI   | AMAZING RACE WHOLE SCHOOL         | BREAK TIMES    |



# WELLBEING

## Treating and controlling headlice

## health

Head lice removal can be a meticulous process, but with patience and the right approach, it can be effectively managed. Here's a step-by-step guide:

- **Preparation:** Begin by gathering necessary supplies, including a fine-toothed lice comb, hair conditioner or a specialized lice treatment product, towels, and a well-lit area to work in.
- **Apply Conditioner or Treatment:** If using a lice treatment product, follow the instructions on the package. Alternatively, apply a generous amount of hair conditioner to dry hair, which helps to immobilize the lice and makes combing easier.
- **Section the Hair:** Divide the hair into small sections using clips or hair ties to ensure thorough combing. This makes it easier to check each part of the scalp and remove lice and nits (lice eggs).
- **Combing:** Starting from the scalp, use the lice comb to gently comb each section of hair. Wipe the comb with a tissue or rinse it in a bowl of water after each pass to remove lice and nits.
- **Rinse and Repeat:** Rinse the hair to remove the conditioner or treatment. Repeat the combing process every few days for at least two weeks to ensure all lice and nits are removed, as new lice can hatch from any missed eggs.
- **Clean the Environment:** Wash bedding, clothing, and brushes in hot water. Vacuum furniture and floors to remove any stray lice.
- **Monitor and Follow Up:** Regularly check the head for any signs of lice over the next few weeks. If lice persist, consider consulting a healthcare professional for further advice.

**By following these steps, you can effectively manage and eliminate head lice infestations.**



NICOLE LUDLAM  
Rel. Head Teacher  
Wellbeing



LAUREN ROLFE  
Rel. Head Teacher  
Wellbeing



# TECHNOLOGICAL AND APPLIED STUDIES

## Year 7 Shine in their first Textiles Project: Tote Bags with Style and Skill!

We are thrilled to celebrate the fantastic achievements of our Year 7 students, who have recently completed their very first project in the textiles room and what a success it has been!

Taking on the challenge of designing and making their own tote bags, our Year 7's showed incredible enthusiasm, creativity, and determination. For many, this was their first time working with fabric, sewing machines, and the tools of the trad, but you wouldn't know it from the results! Their finished tote bags are not only functional, but also bursting with personality, colour and thoughtful design.

The textiles room has been buzzing with energy as students learned to measure, cut, sew, and problem-solve, all while developing valuable practical skills.

A huge well done to all our Year 7's for embracing this new experience with such positivity. We can't wait to see how their skills grow in future projects!





# TECHNOLOGICAL AND APPLIED STUDIES

In the workshop, our Year 8 technology mandatory timber and Year 9 timber students have been busy with saws, chisels and hammers to transform wood into works of art. They have been shaping planks with care and skill, and joining them to create some nice timber boxes and stools.

Our Year 9, 10, 11 and 12 students have been impressing us in the kitchen with their incredible culinary creations and ever-growing skills. From beautifully presented main dishes to delicious baked goods, these students have shown a real flair for cooking and a strong understanding of food preparation techniques.

Over the past weeks, they've developed a wide range of skills including knife safety, accurate measuring, time management and more advanced methods such as sauce making, pastry work, and plating for presentation. It's been inspiring to see their confidence and creativity grow with each practical session, a true testament to their hard work and enthusiasm for food and nutrition.







A gentle reminder, if your child has chosen a TAS Elective or VET subject in Years 9, 10, 11, or 12, please be aware that there are associated fees to cover the costs of necessary resources. Invoices have been sent out and we extend our gratitude to families who have promptly settled these fees or made contributions. Students who have not fulfilled their fee obligations may be unable to access materials required for practical coursework. If families are facing financial constraints regarding fees, we encourage them to reach out to the school to discuss alternative payment arrangements



MITCH GULPERS  
Head Teacher TAS



# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

As the year continues, our many sporting endeavors grow and the Blacksnakes continue to be successful across a range of programs and competitions!

## TSP

Our Targeted Sports Program participants had an incredible time recently, stepping outside the usual training routine to experience two dynamic and engaging excursions.

Recently, the group visited Bungee Fitness, where they challenged themselves with this unique and exhilarating workout that combines aerial acrobatics with strength training. It was an excellent opportunity for participants to push their boundaries, build coordination, and most importantly, have fun while getting fit!



Last term, we ventured to the Skillion and Terrigal Beach, where the natural environment provided the perfect backdrop for fitness training. With the beach as our playground, participants engaged in team challenges, bodyweight exercises, and strength drills, all while soaking in the stunning coastal views. The fresh air and sandy terrain made for a challenging yet rewarding session, boosting both mental and physical endurance. These excursions not only provided a break from the usual routine but also helped our athletes discover new ways to engage with fitness, enjoy the outdoors, and develop teamwork skills. We can't wait for more adventures in the program!



We are thrilled to announce that our Targeted Sports Program athletes will be participating in the **Inaugural Central Coast Cup** at Tuggerah on **June 25th**! This marks a significant milestone as our athletes prepare to showcase their skills and represent the program in this exciting regional competition. More information soon.



# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

## SPORT

After consideration of the resources available during the sport periods, we have decided to combine Year 9 classes on a Wednesday A and Year 10 classes on Friday A during period 3 & 4. This is to promote and engage students into a variety of physical activities and games. This term we are utilizing the services of **Motiv8 sports** who are providing highly engaging and fun activities for all students. If there are any issues or concerns, please contact Mrs Moody (Sports Organiser).



## KNOCKOUT SPORTS / GALA DAYS



We have had many different knockout teams compete over the last term, however, our most successful has been our **Open Girls Netball Team** who continue to win through the ranks of Sydney North. We wish them luck as they compete in the Round of 16 match against Narrabeen Sports High School. We also wish our **Open Girls Touch Football Team** the best of luck in their Sydney North quarter final appearance at Adcock Park on Friday 16th May. The girls will compete in a gala day to progress through to see who progresses through to the state finals.

Good luck to both our incredible girls teams!

*Good!  
Luck!*



# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

## NVHS ANNUAL CROSS COUNTRY & ATHLETICS CARNIVAL

This year's Annual School Cross Country was a fantastic success, with students showing incredible energy and enthusiasm under the bright, sunny skies. The event saw high levels of engagement, as participants of all ages pushed themselves to reach new personal bests, while others cheered on their classmates with unwavering support.

The clear, sunny weather made for a perfect race day, with everyone enjoying the opportunity to be outside and active. Whether they were sprinting for the finish line or pacing themselves through the course, the spirit of camaraderie and friendly competition was evident throughout the day.

A huge congratulations to all participants for their dedication and hard work! It was a day that truly highlighted the power of school spirit and the importance of physical fitness. We look forward to next year's event and can't wait to see even more involvement and excitement!

### AGE CHAMPIONS:



**12G Isabella Winterton**  
**12B Phillip Ivanov**  
**13G Isla Swan**  
**13B Brodie Hart**  
**14G Myah Fox-Ferguson**  
**14B Daniel Draper**  
**15G Ellie Hart**  
**15B Connor Swan**  
**16G Isabella Hennessy**  
**16B Darren Draper**  
**17+G Reiss Walker**  
**17+B Luke Roberts**



### HOUSE POINTS:

**Bannister 220**

**Gardner 173**

**Mackay 148**

**Saxby 132**





# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION





## PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

# Congratulations!

Despite the wet weather, this year's Annual School Athletics Carnival was a huge success, filled with outstanding engagement and thrilling moments. Our athletes showed incredible resilience and determination, making the most of the challenging conditions.

The weather didn't stop our participants from giving their best across all events. In fact, several new records were broken, showcasing the incredible talent and hard work of our students. Whether it was sprinting through the rain or pushing through challenging field events, the spirit of friendly competition and sportsmanship shone brightly.

We also saw impressive support from the school community, with enthusiastic cheers and cheers echoing across the wet tracks, adding to the energy of the day. It was a wonderful demonstration of perseverance and teamwork, proving that nothing can stop our athletes when they set their minds to it.

Congratulations to all who participated, and a special shoutout to those who broke records, in particular **Zahli Fisher** who broke a 31 year old record for shot put in the 14 years old girls.



| Phoebe Wells    | Zahli Fisher    | Imogen Mobberly   |
|-----------------|-----------------|-------------------|
| 16 Years Girls  | 14 Years Girls  | 12/13 Years Girls |
| Javelin 27m     | Javelin 22.22m  | Javelin 17.42m    |
| Shot Put 11.04m | Shot Put 11.04m |                   |
| Discus 27.94m   | Discus 28.75m   |                   |



# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

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?t=430&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>



## 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 - Rel Year 12 Year Advisor



EVAN NEATE  
Head Teacher PDHPE



# CREATIVE & PERFORMING ARTS



**Year 7 & 8 Visual Arts** CAPA tutorial 2 have been working on Impressionist style Landscape paintings this Semester, and here are some beautifully finished pieces.

**8ART4 and 8ART5** learned a range of hand-building pottery techniques in Term 1. They designed, built and glazed sophisticated vessel. Here are some well refined vases.





# CREATIVE & PERFORMING ARTS

## Dance:

Congratulations to our talented CAPA, Year 9, and Year 10 dance students! They have been accepted to perform in the Central Coast Dance Festival this term, providing a fantastic opportunity to showcase their hard work and creativity. We are incredibly proud of their achievements!

**Reminder**

**Our dance troupe meets every Monday at recess.**  
Join us to learn a new combination each week!

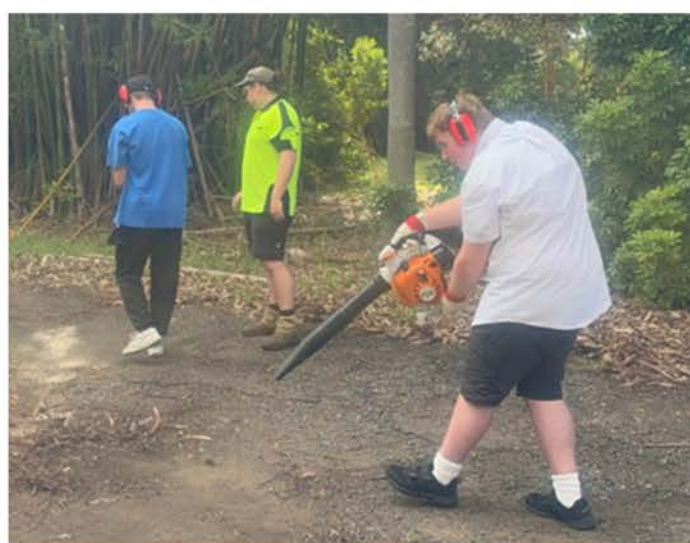


LYNNE AKHURST  
Head Teacher CAPA



## SUPPORT UNIT

On Wednesday 9th April Year 12 students from the Support Unit participated in the Groundworks Trial Day, hosted by Unisson. Students were able to experience using a variety of garden tools and see what it would be like to have a career as a grounds person. They all had a great time. We have a few potential gardeners in our group.



**DANIEL BARNES**  
Head Teacher Support





# SCIENCE

## Term 2 Assessment Tasks

### Year 8:

Week 6 Quiz (during a scheduled lesson)

### Year 9:

Practical Task on Monday, 26th May (during a scheduled lesson)

### Year 11:

Biology: Model and fact sheet due in Week 6 (6th June)

Chemistry: Research Task and in-class test in Week 8 (18th June)

Investigating Science: Model presentation in Week 9 (27th June)

Physics: In class topic test in Week 10 (2nd July)



## UPCOMING EVENTS

### 11 Investigating Science:

Wombeyan Caves Excursion: 10-11th June (Week 7)

Clean 4 Shore event: 13th June (Week 6)

### 12 Biology:

Excursion to Macquarie University: 18th June (Week 8)

### Year 10 and 9 Science:

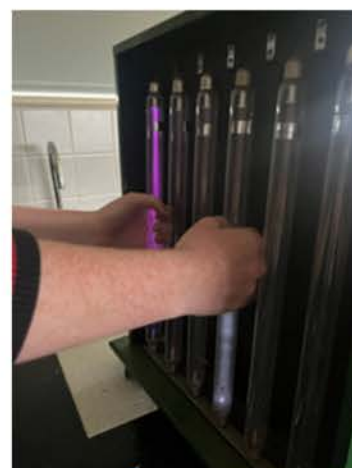
Science and Engineering Challenge for selected students: 17th June (Week 8)

## Term 2 highlights

The Science department has organised several engaging excursions and learning activities this term.

**Year 12 Physics** have been exploring atomic structure and quantum science related to matter, utilising discharge tubes for hands-on learning experiences..

Thank you for your continued support and engagement in our science programs!





# SCIENCE



**Year 9 Marine** students participated in a surfing excursion at Umina Beach, focusing on aspects of Beach Safety.



**Year 10 Marine** students have been snorkelling at Toowoomba Bay as part of their Basic Snorkelling topic.



**Year 10 Marine** students have also been studying Dangerous Marine creatures and creating models to represent them.



**CAROLINE CLOUSTON**  
Re. Head Teacher Science



# COMMUNITY ANNOUNCEMENTS

assessment<sup>2</sup>  
SQUARED®



## Comprehensive Psychological Assessments

At Assessment Squared, we empower individuals with clarity and understanding to make informed decisions about their health and wellbeing. Our expert psychologists provide accurate, personalised assessments for diagnostic clarity or to better understand health and support needs.

### Diagnostic Assessments for Children

- ADHD Assessments
- Academic Assessments
- Autism Spectrum Disorder (ASD) Assessments
- Intellectual Impairment and Cognitive Functioning (IQ) Assessments
- Mental Health Assessment (Anxiety)

### What is included in an assessment?

The length of time an assessment takes is dependent on the assessment provided. Our assessments are tailored to meet the individual needs of every client. Your assigned psychologist will explain the full assessment process to you. All assessments include initial interviews, psychological testing, report writing and a feedback session.

### For more information visit:



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### Why consider an assessment?

Our clients seek assessments for a variety of reasons:

- To determine learning difficulties that could impact performance in school or work environments
- To determine eligibility for additional funding / additional services, such as special education, funding for teacher aid, NDIS suitability and Disability Support Pensions.
- To better understand the contributing factors behind emotional or behavioural difficulties
- To better understand cognitive learning profiles



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