



NARARA VALLEY HIGH SCHOOL

# NEWSLETTER

# August 2025



# PRINCIPAL REPORT

Term 3 is off to a great start, with a huge array of activities having already taken place. Many of these will be detailed in this newsletter.

Term 3 is a very important one for our Year 12 students, with major works being submitted, the Trial HSC taking place and students and teachers completing and reviewing course work. Our teachers and wellbeing team are working extremely hard to support our students at this time.

## Annual visit from Japanese students

Our traditional visit from Japanese students, as part of the Gosford Sister City agreement with Edogawa city, has taken place once again. This was a huge success for all involved. Our visiting students were welcomed into the homes of Narara Valley High School families once again and were able to see firsthand what life is like for a student their age in Australia.

I would like to acknowledge the leadership of Mrs Amy Robinson, who was the school based coordinator of the event. As usual, Mrs Robinson meticulously planned the entire visit and ensured that everyone was taken care of. She was ably assisted by a great team of staff, including Mr Carey, Mr Fleming, Mrs Barrale, Mrs Dougherty, Mrs Spence and our preservice teacher, Mr Tame. My sincere thanks to the host families without whose generosity and kindness the program could not run. I also thank and acknowledge the Edogawa Youth Wing, Sister City Committee and Central Coast Council for their outstanding efforts.



*Thank You*



# PRINCIPAL REPORT

## NAPLAN

NAPLAN results for 2025 have been published, with many positive results for Narara Valley High School. Our school comfortably outperformed statistically similar schools in almost every area across Years 7 and 9. NAPLAN is but one collection of data which assists the school in planning and resource allocation. My thanks to Mrs Dougherty who led the NAPLAN testing process and to Mrs Barrale and our learning and support team who are busily analysing data and formulating our next steps.

## CAPA Evening

On Tuesday August 5th we held a very successful performance evening for our elective Music students. The student performers did a great job and entertained the audience throughout. It was great to see them enjoying the experience and pushing their creative boundaries. Sincere thanks to the wonderful staff team who made it possible, including Mrs Akhurst, Ms Hunter and Lily Akhurst.

## AECG Awards

It was our pleasure to host the annual Cooina AECG awards for 2025 on Monday August 4th. It was great to see the very high number of students and families from schools in our local area attend. Special thanks to Ms Taeya Davison for her work in bringing this event together, with the help of Mrs Ludlam, Ms Rolfe, Ms McCabe and Ms Thorley.



ANDREW SKEHAN  
Principal



# DEPUTY PRINCIPAL REPORT YEAR 7 & 10

Welcome back to Term 3! I hope you all had a restful and enjoyable break. As we begin this new term, I would like to take a moment to share some important information and updates.

## Academic Focus

Term 3 is a great time for students to continue settling into their routines and building positive relationships with their peers and teachers. If your child needs any additional support—whether academic, social, or emotional—please don't hesitate to reach out to our wellbeing team or Year 7 teaching staff. Term 3 is a pivotal time for Year 10 students as they continue to develop essential skills and knowledge that will prepare them for senior studies and future pathways. Students are encouraged to maintain consistent effort in all subjects and seek support when needed.

## Curriculum and Learning

This term, students will be engaging in a range of exciting learning activities across all subjects. Assessment tasks will be scheduled throughout the term, so we encourage students to stay organised and seek help early if they experience any challenges.

## Attendance and Engagement

Regular attendance is crucial for student success. We ask parents and carers to support their children in maintaining consistent attendance and punctuality. If your child is absent, please notify the school promptly.

## Positive Behaviour and Wellbeing

Our school values respect, responsibility, and personal best. We encourage all students to exemplify these values in their interactions and learning. Wellbeing programs continue to support students in managing stress and building confidence. We understand that Year 10 can be a challenging year. Our wellbeing team is available to support students with any academic, social, or emotional concerns. Students are encouraged to access these services as needed.

If you have any questions or concerns, please do not hesitate to contact me. Let's work together to make Term 3 a positive and productive experience for our Year 10 students.



GEOFFREY FLEMING  
Deputy Principal  
Year 9 & 12





# DEPUTY PRINCIPAL REPORT

## YEAR 9 & 12

# Education

### Year 9

We're well into Term 3, and it's been fantastic to see Year 9 engaging so positively in both their learning and co-curricular activities. Here's a quick look at what's been happening!



#### Aboriginal Survival Technology Presentation

Recently, our Year 9 students participated in a fascinating **Aboriginal Survival Technology** presentation. The session was an incredible opportunity to deepen understanding of traditional knowledge, tools, and sustainable practices used by Aboriginal peoples for tens of thousands of years. Students were respectful, curious, and engaged throughout — well done!



#### Term 3 Sport – New Choices, New Challenges

This term, students have been enjoying a fresh range of **sport options** during weekly sport sessions. From team sports to fitness-focused programs, it's great to see so many students getting involved, trying something new, and showing great sportsmanship.



#### PBL in Action: Respect, Responsibility & Personal Best

We're proud to report that the **majority of Year 9 students** are consistently demonstrating our school's **Positive Behaviour for Learning (PBL)** values:

- Respect – towards peers, staff, and learning environments
- Responsibility – coming prepared and making positive choices
- Personal Best – putting in effort, staying focused, and striving to improve

Keep it up — these values set you up for success both in and out of the classroom.

Term 3 is a great time to build momentum and finish the year strong. Whether it's in the classroom, on the field, or during special events, we encourage all students to stay committed, support one another, and keep aiming for their personal best.

Thanks for being a great cohort!

KEEP UP  
THE  
GOOD WORK

# DEPUTY PRINCIPAL REPORT YEAR 9 & 12

# Education

## Year 12

The **HSC Trial Examinations** are fast approaching — a key moment in your Year 12 journey. These exams are a great way to practise exam techniques, identify areas for improvement, and prepare for the final HSC.

### Key Dates

Trials begin on **Monday 18<sup>th</sup> August 2025** and finish on **Friday 29<sup>th</sup> August 2025**. Check the timetable carefully and arrive early for each exam.

Please use this link to view the 2025 HSC exam timetable and how students can prepare for their exams including a exam equipment, approved calculators and other exam advice and resources.

<https://www.nsw.gov.au/education-and-training/nesa/key-dates/hsc-written-exam-timetable>

### Study Smarter, Not Harder

- **Use past papers** to practise under exam conditions.
- **Prioritise your revision** based on what you find most challenging.
- **Stay consistent**—regular study sessions beat last-minute cramming.
- **Ask for help**—you're not in this alone.
- **Bonus Tip:** Check out the SMH HSC Study Guide 2025 for expert advice and insights from top achievers:

👉 [HSC Study Guide 2025 – SMH](#)

### Stay Positive, Stay Healthy

Trials can be stressful, so take care of yourself:

- Get enough sleep
- Eat well and stay hydrated
- Take regular breaks
- Reach out if you're feeling overwhelmed





# Education

## DEPUTY PRINCIPAL REPORT YEAR 9 & 12

### SPECIAL SHOUT-OUT: CAPA STUDENTS

Best of luck to our amazing Dance, Drama, and Music students who are already sitting their official HSC practical and performance exams. Your creativity, passion, and commitment have been inspiring. We're all cheering you on — go shine on stage and in the studio!

### YEAR 12 FORMAL – COMING SOON

The Year 12 Formal is being finalised! Mr Murray will be sharing more information soon, including event details and when payments are due. Keep an eye on your emails and notices for updates — it's going to be a night to remember!



AMANDA BARRALE  
Rel. Deputy Principal  
Year 9 & 12

# DEPUTY PRINCIPAL REPORT

## YEAR 8 & 11

### Year 8:

#### Positive behaviour and interactions

Positive behaviour is one of the most important things we can bring to school each day. It's more than just following rules—it's about creating a community where everyone feels safe, respected, and motivated to learn. When we all choose to act positively, our school becomes a happier, more welcoming place where everyone can succeed.

#### **Why is Positive Behaviour Important?**

Positive behaviour helps build trust and respect between students, teachers, and staff. It means we can focus on learning without distractions or conflicts. When you show positive behaviour, you are helping yourself and others to feel comfortable and confident. This creates a supportive environment where everyone can do their best.

#### **How Can You Show Positive Behaviour?**

Here are some simple but powerful ways you can display positive behaviour every day:



##### **Be Kind**

Kindness is about thinking of others and acting in ways that help them feel valued and cared for. This could be as simple as smiling at someone who looks lonely, helping a classmate with their work, or saying encouraging words when someone is feeling down. Kindness spreads positivity and can make a big difference in someone's day.



##### **Respect Others**

Respect means listening when someone else is speaking, valuing their opinions even if they are different from yours, and treating everyone with fairness. By showing respect, you help create a peaceful environment where everyone feels safe to share their ideas and be themselves.



##### **Take Responsibility**

Taking responsibility means owning your actions and choices. If you make a mistake, admit it and learn from it. If you forget your homework or disrupt the class, acknowledge it and try to improve. Responsibility also means being organised, completing tasks on time, and helping keep the school environment clean and safe.



##### **Stay Positive**

Having a positive attitude means looking for the good in every situation, even when things are challenging. Instead of giving up when a task is hard, try to see it as an opportunity to learn and grow. Positivity helps you stay motivated and encourages those around you to keep trying as well.

#### **The Impact of Positive Behaviour**

When you practise positive behaviour, you help build a supportive community where everyone can thrive. It leads to better friendships, less bullying, and a more enjoyable school experience for all. Teachers notice and appreciate students who show good behaviour, and this often leads to more opportunities and rewards.

Let's work together to make our Year 8 year the best it can be by displaying positive behaviour every day. Remember, every small positive action counts and helps make our school a fantastic place to learn and grow.



# DEPUTY PRINCIPAL REPORT

## YEAR 8 & 11

### Year 11:

With Week 8 exams just around the corner, it's the perfect time to focus on your preparation. These exams are a crucial checkpoint in your learning journey this year. They not only assess your understanding of the content covered so far but also help you develop study habits and exam skills that will be essential for your final HSC year. Putting in consistent effort now will boost your confidence, reduce stress, and improve your results.

### Why is Exam Study Important?

Exams are more than just tests—they're opportunities to reflect on what you have learned and identify areas where you may need to improve. Regular study helps you:



#### Reinforce knowledge

Revisiting topics helps move information from short-term to long-term memory.



#### Build understanding:

Deepen your grasp of complex concepts by reviewing and applying them in different contexts.



#### Improve exam skills:

Practising under timed conditions helps you manage your time and approach questions effectively.



#### Reduce anxiety:

Feeling prepared reduces exam-day stress and helps you perform your best.

### Tips for Effective Study:

Preparing well means studying smart, not just hard. Here are some detailed strategies to help you maximise your study sessions:



#### Create a Study Schedule

Planning is key to avoid last-minute cramming. Start by:

- Listing all subjects and topics you need to review.
- Breaking down your study into manageable chunks spread over the days leading up to exams.
- Allocating more time to subjects or topics you find challenging.
- Including regular breaks to rest and recharge.
- Using a planner or digital calendar can help you stay organised and track your progress.

# DEPUTY PRINCIPAL REPORT

## YEAR 8 & 11



### Find a Good Study Environment

Your environment can greatly affect how well you concentrate. To create an effective study space:

- Choose a quiet area with minimal distractions like noise, phones, or TV.
- Ensure good lighting and a comfortable chair and desk.
- Keep all your study materials—books, notes, stationery—within reach.
- Consider using noise-cancelling headphones or background music if it helps you focus.
- A dedicated study space signals your brain that it's time to work, improving concentration.



### Use Active Study Techniques

Engaging actively with the material helps you understand and remember it better than passive reading. Try these methods:

- **Summarise notes:** Rewrite key ideas in your own words to deepen understanding. Flashcards: Use them to memorise definitions, formulas, or vocabulary. Quiz yourself regularly.
- **Teach someone:** Explaining concepts to a friend or family member forces you to clarify your thinking.
- **Practice past papers:** Familiarise yourself with exam formats, question styles, and timing. Review your answers critically to identify areas for improvement. Mixing different techniques keeps study sessions interesting and effective.



### Take Care of Yourself

Your brain works best when your body and mind are healthy. Remember to:

- **Get enough sleep:** Aim for 7-9 hours per night to consolidate learning and stay alert. Eat nutritious meals: Fuel your brain with balanced foods rich in protein, fruits, and vegetables.
- **Exercise regularly:** Physical activity boosts mood and cognitive function.
- **Take breaks:** Short breaks during study sessions prevent burnout and maintain focus.
- **Manage stress:** Practice relaxation techniques like deep breathing or mindfulness. Balancing study with self-care helps you stay motivated and perform at your best.



### Staying Motivated

It's normal to feel pressure as exams approach, but try to focus on the positive:

- Set realistic goals for each study session.
- Celebrate small achievements to keep your momentum going.
- Visualise your success and remind yourself why you're working hard—whether it's for your future career, personal growth, or pride in your accomplishments.
- Reach out to teachers, friends, or family if you need support or encouragement.
- Remember, every bit of effort now is an investment in your future success.





## DEPUTY PRINCIPAL REPORT YEAR 8 & 11

Year 11, your Week 8 exams are a fantastic opportunity to demonstrate your learning and build strong study habits for the rest of the year. Start preparing today with a clear plan, active study, and good self-care. Believe in your ability to succeed—you've got this! Good luck and keep aiming high!

You've  
**GOT**  
**THIS**



ROY GOODENOUGH  
Deputy Principal  
Year 8 & 11

# WELLBEING



## National Week of Action - Bullying. No Way!



On Thursday 14<sup>th</sup> August, we celebrated Bullying No Way Day, with a focus on raising awareness, promoting kindness and encouraging help-seeking behaviours among our students.

To mark the occasion, all students were treated to a sausage sandwich for lunch before a special presentation for Years 7–10.

Our presentation began with some of our amazing Year 10 students speaking passionately about this year's theme: Be Bold. Be Kind, Speak up.

This message was woven throughout the event as we encouraged all students to take a stand against bullying by showing empathy, speaking up and supporting one another.

Following the student presentations, we viewed a webinar from Kids Helpline, which reinforced the types of bullying and the role of bystanders and the avenues of support available to young people.

To wrap up the event, students participated in a fun and interactive game of Heads and Tails, where it was fantastic to see how well they could identify trusted sources of support both in and outside of school.

It was a powerful and positive day ✨





# WELLBEING





# WELLBEING

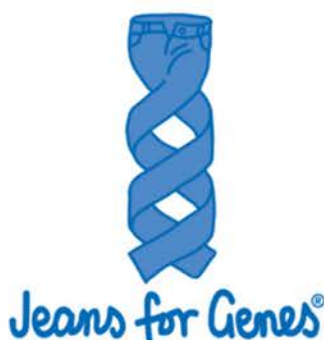




# WELLBEING

## Jeans for Genes, Bake it Blue

On Thursday 7th August our school had a Jeans for Genes Day fundraiser, where students wore mufti and our support classes had a bake sale. Our school raised \$760 today, Lowes have matched our donation resulting in over \$1500 being donated to this worthy charity.



## Year 10 Life Changer Program

On Thursday 7th August our Year 10 students took part in a powerful wellbeing session led by Life Changer.

They engaged in open, honest and often vulnerable conversations with their peers — a brave step toward building resilience, empathy and self-awareness.

We are incredibly proud of their maturity, respect and the way they supported one another throughout the experience.

A huge thank you to Life Changer for creating such a safe and impactful space for our students.





# WELLBEING



## New Uniform Addition for Years 9-11!

We're excited to introduce the latest addition to our school uniform – a black jumper, now available for students in Years 9, 10, and 11.



Cost: \$50



Available at: Our onsite uniform shop



Sizes: Medium, Large, and X-Large (small's will be arriving soon)



An inclusive school uniform allows students to wear clothing options, promoting a more welcoming and equitable learning environment.



This update reflects the feedback and input from our students and wider school community, and we're proud to offer a new choice for our students.



## Cooinda Awards Night



Last night, NVHS was proud to host the Cooinda Awards Night, and we were thrilled to welcome so many Aboriginal and Torres Strait Islander students, families, and colleagues from across our community.

Students from a range of schools within the AECG were recognised for their achievements in creative and performing arts, academics, attendance, and sporting talent.

Congratulations to all award recipients, especially our very own NVHS students—we're incredibly proud of your accomplishments!



A special mention goes to Taeya Davison, who was honoured on the night for her outstanding commitment to students, community, and culture.

Taeya, your dedication is truly valued—our school and community are so fortunate to have you.





# WELLBEING



*Congratulations!*



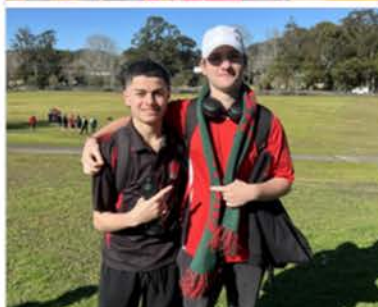
# WELLBEING

## Rabbitohs, Souths Cares Tour

At the start of this term we were fortunate to host South Cares, who delivered the Rabbitohs Wellbeing Program with a proactive and empowering approach—encouraging students to take charge of their health, wellbeing, and social impact.

Students participated in three engaging sessions focused on skill development, nutrition, and mental health. Throughout the day, they showed great respect and enthusiasm. Some even walked away with prizes for their participation and efforts!

A big thank you to South Cares and the Rabbitohs team for providing such a valuable and inspiring experience for our students.



## Purple Box Project

One of our amazing Year 12 students, Gabriella Lints, is the creator of The Purple Box Project — a heartfelt initiative she's developed as part of the Max Potential Program.

Gabriella is collecting donations to support Coast Shelter, and we'd love your help!

Suggested donations can be handed in at the school's front office or placed directly into The Purple Box in the library.

Let's rally behind this great cause and show our support for Gabriella's inspiring work!

Follow the project on Instagram: @the\_purplebox\_project

Thank you for your generosity!



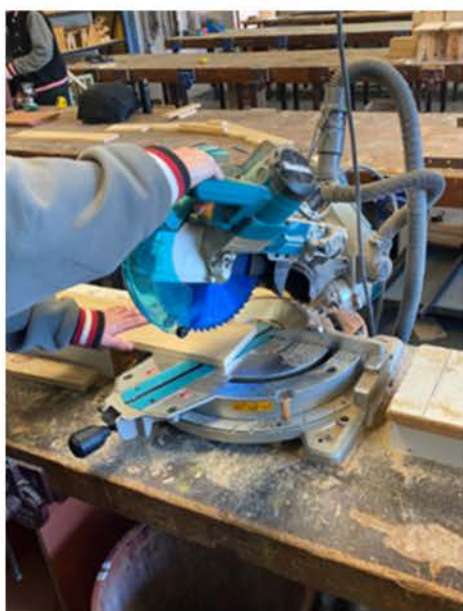


# VOCATIONAL EDUCATION AND TRAINING (VET)

As we reach Term 3, we are proud to celebrate the progress and achievements of our VET students across all levels.

Our Year 10 students are now halfway through their hospitality program, having completed rigorous safety and hygiene competencies, including food hygiene certification and workplace risk awareness. These foundational competencies align with nationally recognised standards, ensuring students understand vital health, safety, and food-handling. Having mastered these basics, students are now actively progressing into customer service training.

In our school café, they've embraced hands-on learning—practising coffee making, perfecting basic espresso techniques, and engaging with customers in real service scenarios. Their confidence and teamwork are growing daily.



Year 12 students are approaching the culmination of their vocational courses. Those preparing for the HSC are urged to adopt consistent, productive study habits—balancing revision with rest, and focusing on areas likely to appear in exams.

At the same time, all Year 12 candidates must maintain momentum in completing assessments and demonstrating final competencies, essential for achieving sign-off in their vocational qualification.



Excellence extends beyond academics: next month, our Year 11 hospitality students will prepare and serve the Year 12 graduation breakfast. This event has been a long-standing school tradition, one that not only celebrates our Year 12 cohort but also offers Year 11 the opportunity to showcase their service skills in a real-world setting—menu planning, plating, and front-of-house delivery.

As Year 11 students look forward to their next stint of work placement in early Term 4, now is the time to begin preparation. Students should be asking questions, preparing their schedules outside of school and giving notice to teachers and employers where needed. Students will be advised of their exact dates in the coming weeks.

We extend a huge thank-you to all VET students—across Year 10, 11, and 12—for their dedication, enthusiasm, and positive engagement in their chosen pathways. Their effort and motivation sets a fine example for younger students and reflects the strong reputation of our vocational programs. We encourage our students to keep striving for excellence as their hard work now lays the foundation for future success, whether in further study, apprenticeships, or exciting careers in other vocational areas.





# VOCATIONAL EDUCATION AND TRAINING (VET)

For more information regarding our VET courses visit the link below.

<https://www.nsw.gov.au/education-and-training/nesa/curriculum/vet/stage-6-industry-curriculum-frameworks>

## Important upcoming VET dates:

- **YR 12 TRIAL EXAMINATIONS** (Hospitality, Business Services & Construction) – Term 3, Weeks 5 & 6
- **YR 11 YEARLY EXAMS** (Hospitality & Construction) – Term 3, Weeks 8 & 9
- **YR 12 GRADUATION BREAKFAST** (Yr 11 Hospitality) – Term 3, Week 10
- **YR 11** (Beginning Year 12 Students) **WORK PLACEMENT ROUND 2** – Term 4, Week 3-6



**SARAH ANDERSON**  
Rel. VET Coordinator

Real Skills. Real Experience. Real Futures.

## NVHS

VOCATIONAL  
EDUCATION

& TRAINING

**What's on offer at NVHS in 2026?**

- Stage 6 Construction Pathways
- Stage 6 Hospitality
- Stage 6 Business Services
- Stage 6 Manufacturing & Engineering
- Stage 5 Hospitality






# ENGLISH

The year has been busy and engaging and we have started Term 3 in the same way.

## Year 9:

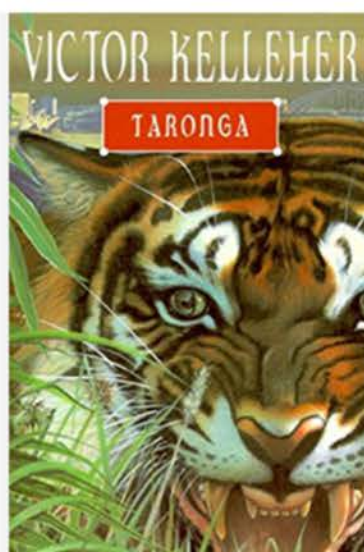
**Year 9 English** completed their Voices in Poetry Study and a unit that explored the idea of Media Literacy and is designed to develop critical thinking skills. The recent assessment task, in which students were required to present a fake news story, demonstrated the creative skills and conceptual understanding of our students.

Currently we are engrossed in a novel study, each class studying something different, with a focus on the power of narrative and character.



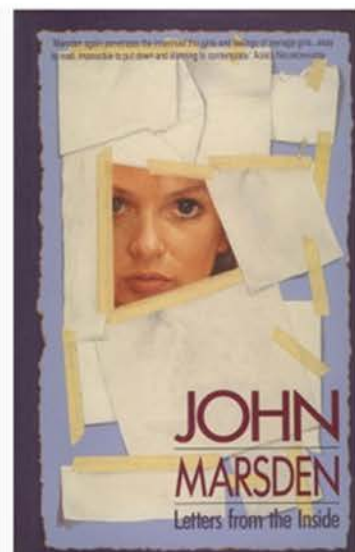
### The Dog, Ray

When twelve-year-old Daisy dies in a car accident, she is reincarnated as a dog named Ray. As she adjusts to her new life, Daisy navigates loyalty, loss, and love while trying to make sense of her second chance.



### Taronga

In a post-apocalyptic Australia, teenager Ben has the ability to communicate with animals. Seeking safety, he journeys to the Taronga Zoo, where he must face moral choices about survival, power, and trust.



### Letters from the Inside

Two teenage girls, Mandy and Tracey, begin a pen-pal friendship that seems ordinary at first. Through their letters, dark secrets about violence, control, and hidden truths slowly emerge.



# ENGLISH

## Year 10:

**Year 10 English** have completed their novel unit and a study of Shakespeare's Romeo and Juliet. The students are examining the ways in which Shakespeare's original play has been adapted and appropriated to appeal to audiences in a changing society. They have then completed an Assessment Task on the concept study It's a Wonderful World, analysing a series of short texts and an image.

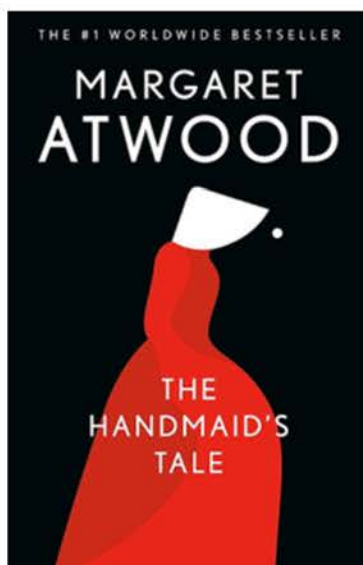
Now, they are studying the poetry of Wilfred Owen, who captured the brutality and futility of World War 1. Students will be writing their own poem and analysing it for their Assessment Task.



## Year 11:

Year 11 English Advanced and English Standard have completed their multimodal presentations in Week 10 on their study of Handmaids Tale and V for Vendetta, and Searching.

This term, they are studying Shakespeare's Othello in Advanced and the play Jasper Jones in Standard. These will be assessed in the exam as well as a short answer section on a variety of short texts.



11 English Studies have completed their film study on Jasper Jones and are currently working on their writing portfolios for their Digital Worlds unit of study.

Year 11 English Extension are continuing their work on Gothic fiction, complementing their study of Dracula with contemporary vampire fiction.

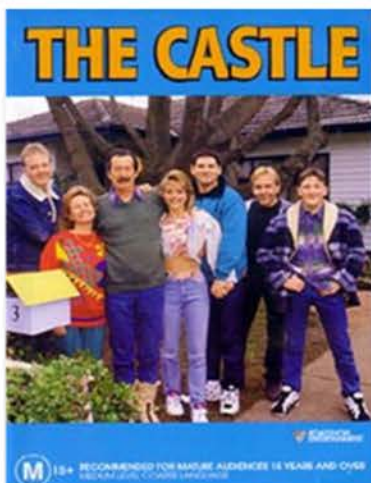




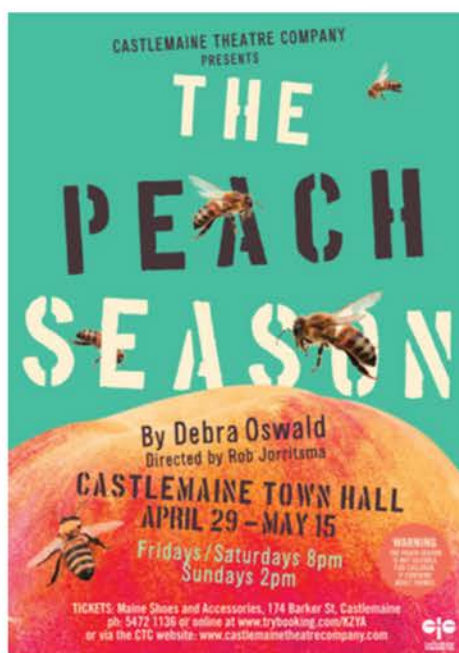
# ENGLISH

## Year 12:

Year 12 English Advanced and Standard are wrapping up their final HSC unit and gearing up for the Trial HSC. Standard are examining the film, *The Castle*, as part of their study on Language, Identity and Culture, while Advanced are comparing the poetry of John Keats and *Bright Star*.



Year 12 Studies have completed their Module on Media and now study their final HSC Module: Part of the Family. Studies students will engage in a range of texts that explore the idea of family, including the contemporary play *The Peach Season*.



# 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!

## SPORT

This term we have reverted back to traditional sport with our Year 9 & 10 students engaging in our out of school sport options. So far this has been a huge success with all of the students displaying exemplary behaviour and engagement throughout a range of activities.

A reminder that each fortnight, students are required to bring their money for their sport and payments will be made at the venue. Please see below for the cost of each sport.

- **Clip n Climb:** \$16.50
- **Lasertag:** \$14-18 depending on the amount of games played
- **Gym:** \$6.50
- **Tenpin Bowling:** \$10
- **School Sport:** Free

## Student Achievement

Congratulations to the following students who competed at the Sydney North Athletics Championships and qualified for the NSW CHS Athletics Championships:



Student	Age	Events
Zahli Fisher	14 Girls	Discus (1st) Shotput (1st)
Phoebe Wells	16 Girls	Discus (2nd) Shot Put (1st)
Imogen Mobberly	13 Girls	Shot Put (2nd) Discus (4th)
Luke Roberts	MC	800m (1st) Javelin (3rd)
Josh Roberts	MC	800m (3rd) Long Jump (1st)

A huge congratulations for our superstar cross country runners, **Luke and Josh Roberts** who also qualified for the National Cross Country Championships on the Gold Coast. This is a massive achievement that not many athletes get the chance to compete in. Well done boys.



# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

## Excursions

Term 3 will be an exciting time for our students, with a range of engaging and enriching excursions across different year groups and programs. These experiences will provide students with opportunities to apply their learning in real-world settings, strengthen team dynamics, and explore future pathways.

On **Thursday 25 September**, selected students will represent our school at the **Paddle Australia School Series** held at the **Penrith Whitewater Stadium**. This is a unique opportunity for students to attend an Olympics Unleashed presentation, stadium tour, interactive activities and the chance to watch canoe slalom athletes in action.

The **Targeted Sports Program (TSP)** students will also be involved in a variety of excursions throughout the term, including sessions at **Gee Recovery**, **Laser Tag**, and **Ninja Warrior**. These experiences are designed to support both the physical and mental development of student athletes. Gee Recovery will allow students to explore state-of-the-art recovery modalities such as cryotherapy and compression therapy, while the Laser Tag and Ninja Warrior excursions will focus on building camaraderie, agility, and fun through movement-based challenges.

In addition, **Year 11 PDHPE students** undertaking the **Health, Movement and Sport (HMS)** course will participate in a **depth study excursion to Gee Recovery**. This experience provided valuable insight into contemporary recovery techniques and the importance of rest and regeneration in athletic performance. Students will be able to directly link their theoretical knowledge with practical applications, supporting their understanding of syllabus content related to training and recovery.

## KNOCKOUT SPORTS / GALA DAYS



Lots of teams coming up this term with touch football, rugby league nines and netball gala days. Results for our competitions will be posted at a later date.

***“NEVER SAY NEVER BECAUSE LIMITS, LIKE FEARS, ARE OFTEN JUST ILLUSIONS” - MICHAEL JORDAN***



EVAN NEATE  
Head Teacher PDHPE



# CREATIVE & PERFORMING ARTS

## ELECTIVE MUSIC NIGHT





# CREATIVE & PERFORMING ARTS



## CONGRATULATIONS

Recently some of our Narara Valley High Dance students were selected for the CCDF Ensemble groups. The following dancers have been successful in their audition for State Dance Festival.

Heidi Thorne  
CCDF Musical Theatre Ensemble  
CCDF Senior Ensemble

Lillian Martinson  
CCDF Musical Theatre Ensemble  
CCDF Senior Ensemble

Jasmine Martinson  
CCDF Musical Theatre Ensemble  
CCDF Intermediate Ensemble

Heidi Breen  
CCDF Musical Theatre Ensemble



We can't wait to see these girls shine on stage at the Seymour Theatre in September. This is a very exciting moment for the girls and the school and we can't wait to see what the future holds for these amazing dancers from Narara Valley High School.



# COMMUNITY ANNOUNCEMENTS



## School Community Charter

 **Collaborative. Respectful. Communication.**

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

### What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

### The best education happens when parents and schools work together.

The School Community Charter aligns with Our Plan for NSW Public Education.



### Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- To be welcomed into our schools to work in partnership to promote student learning.
- Communication from school staff will be timely, polite and informative.
- Professional relationships with school staff are based on transparency, honesty and mutual respect.
- To be treated fairly. Tolerance and understanding are promoted as we respect diversity.

**We treat each other with respect**

**We prioritise the wellbeing of all students and staff**

**Unsafe behaviour is not acceptable in our schools**

**We work together with the school**

**Ensuring respectful learning environments for all members of NSW Public Schools communities.**

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# COMMUNITY ANNOUNCEMENTS



We create  
**collaborative**  
learning  
environments

We  
all play  
**our part**

We work  
**in partnership**  
to promote  
student  
learning

## Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process:  
[education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students](https://education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students)

## Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

## Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



**Collaborative.  
Respectful.  
Communication.**

**School Community Charter**

[education.nsw.gov.au](https://education.nsw.gov.au)



# COMMUNITY ANNOUNCEMENTS



**headspace**  
**outdoor movie**  
**night!**

GOSFORD LEAGUES CLUB PARK  
screening  
**the greatest showman!**

Join us for a night of fun, games and cinema, with free gelato and popcorn, prizes and activities! Grab your friends or come with the whole family - while tickets last!

free gelato provided by:  
**SPOON BAY**  
GELATO

snacks available for purchase from:  
**SKEWER DYS**  
BELLAS BEANZ

**aug 30**  
saturday  
games, food and activities from 4:30PM  
movie starts at 6PM

**tickets are free!**  
grab yours here:



this is an alcohol free event