Principal’s report
"You cannot escape the responsibility of tomorrow by evading it today."
(Abraham Lincoln)

Achieving personal best
Our 16 year old boys 4 x 50 m relay team won their regional event and are now competing at the Combined High Schools championships in April. The team is made up of Moritz Faith, Brian De Bono, Jye McDonough and Daniel Jenkins. Additionally Moritz and Brian qualified for individual events. We wish the boys all the very best.

Our students, tomorrow’s leaders
It is a pleasure to reward our students for ongoing and consistent demonstration of our school’s Positive Behaviour Engaging Learners (PBEL) values. Teachers at Narrabeen role model our expectations of Respect, Responsibility and Success and our students demonstrate these values regularly. In recent weeks the PBEL team have enthusiastically introduced the reward structure for Years 7 – 10 where students are rewarded by staff by receiving stamps on a small card or voucher, depending upon their year for positive behaviour, academic success and citizenship. Particularly pleasing are the students who progress through our Rewards structure. Congratulations to the following Year 8 students who have achieved Bronze Awards – Ben Jansen and Jamie Knight. It is particularly pleasing to acknowledge the achievements of Patrick Curley and Lauren Woodcock who have received Silver Awards.

Our school pride
Last Wednesday, Narrabeen hosted a very crowded Year 7 2014 Open Night. The numbers of prospective parents who came to check out our fabulous school was very pleasing. It is important to note without the ongoing hardwork, dedication, cooperation and goodwill of our students, teachers and parents, the showcase would not have been as successful. Thank you to all who make our school so fantastic!

Doing our school and community proud
We would like to thank those students who always wear the correct uniform and take pride in representing the school in this manner.

One of our Positive Behaviour for Engaging Learners expectations is that students are ready for learning. By wearing the school uniform, students provide a clear signal to their teachers that they want to be a part of our school community and accept responsibility for themselves. Students are expected to wear the school uniform at all times.

Students who are out of uniform must present a note signed by a parent or caregiver, explaining the reason for being out of uniform. When the entire school attends the assembly on Mondays, it is a pleasure to see that almost all students are in school uniform each day and accept this responsibility as they mature into young adults.

Taking responsibility pays off
As we head towards the end of Term 1 it is important to focus upon the core business of what Narrabeen Sports High School is about – getting the best out of the teaching and learning process. One of our Positive Behaviour for Engaging Learners expectations is ‘responsibility’ and this extends to the completion of assessment tasks, coursework and homework. It also applies to class participation. Hard work is the key to success and students should maximise their learning by managing their revision time at home.

Students in Year 7 should complete at least one hour of study or revision each night and Year 12 students should be preparing for their upcoming Half Yearly HSC examinations on a daily basis, for several hours, if they wish to gain the best possible marks. Obviously, all students in all grades need to dedicate themselves to regular study and revision. Students are required to complete their classwork, homework and assessment tasks in order to meet course requirements. If a teacher feels that a student is failing in any of these areas, they may send home an N-award warning letter, which is a formal letter from the school outlining the work that needs to be completed and the consequences of non-completion. If a student receives such a letter, this is to be treated seriously and the work should be completed immediately.

Students in Year 10, Year 11 and Year 12 need to ensure that their work is complete and up-to-date to ensure that they receive the appropriate credential at the end of the year. Classroom teachers and head teachers are available to assist
students who are experiencing difficulties. In addition, the learning support staff are also to help students who require some more support. There is absolutely no shame in asking for help and this is an important skill that some students need to learn.

**Instant contact pays off**
Friday March 15th signifies the National Day of Action Against Bullying and Harassment. Unfortunately in a real world bullying and harassing behaviour exists and it is incredibly important to up skill our students with the resilience and ability to deal with unwanted situations. Always encourage your child to report bullying and harassing situations, the more they allow it to unnerve them, the harder it is to resolve the issue. If your child reports incidents to you about another student from our school, please involve the school straight away so we can sort the issues and put any necessary support into place. Avoid getting involved yourself. The key people to contact at Narrabeen apart from myself are the Year Advisers, Mrs Kiprioti the Welfare Coordinator, Ms Blundsen the school counsellor and Ms Peacock, the Deputy Principal.

**Planning to reap the rewards**
So far this term, Years 10, 11 and 12 have undertaken study skills training. The purpose of these sessions is to provide our students with tools to progress successfully throughout school. The key message to students is to plan ahead and organise their work so they can balance their commitments. Setting out a schedule covering the weeks ahead and sticking to the schedule helps students get into a routine. Teenagers learn through routine. For Year 10 students, the study skills session was topped of by a visit from Mark Gerrard, an ex student from the class of 2000. Mark is a successful International Rugby player who spoke to students about the importance of planning and goal setting to achieve the end result. Mark especially made the point to students to focus upon the here and now at school. Putting in the hard work now will pay off.

**Coming events of importance**
March 21st – World’s Greatest Shave  
March 25th – Parent Teacher Night Years 8, 10 and 12  
March 27th – Year 9 DERR Laptops information Evening

**Congratulations and thanks:**
- Zone and Regional swimmers who have competed exceptionally for Narrabeen Sports.
- Jaiya Bray, Teegan Jabuka, Tony Halliday, Lucas Breheny, Holly Smith and Shannon Dive for your creative contributions to our Academy Mentoring Room.
- Jesse Cathersides (Year 11) for your outstanding efforts as a Peer Support Leader
- SRC, Prefects, Captains, Year 11 Hospitality and other volunteer students for your outstanding contributions in making last week’s Open Night a success.
- Joshua Judd for making the Junior National Championships for Athletics. Good luck in Perth.
- Shae Straker and Sofia Heszterenyiova (Year 10) for your achievement of Bronze Duke of Edinburugh.

Till next time

**Lance Berry**  
Principal

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**The World’s Greatest Shave at Narrabeen Sports High**

A note to all parents and caregivers,

On **Thursday 21st March**, all students will be permitted to **wear mufti** in support of the Leukaemia Foundation. This invitation comes with the expectation that students will be responsible with their clothing choices. They must wear **enclosed shoes** and **clothing is to be modest** - no revealing tops or shorts.

If students choose to wear mufti, a **gold coin donation** is expected. If we reach $1000 in donations, Mr Tapscott will shave his head too, so please give generously.

Regards,

**Miss Farrugia and the School Representative Council.**
From the Deputy Principal

There have been many extra-curricular activities provided this term. Study Skills workshops for Years 10-12 organised by Ms Kiprioti, Mr Wigan, Mr Harris and many other teachers have taken Knock out sporting teams to competitions. English Incursions organised by Ms Vergos and her team, The World of Maths workshop organised by Mr Palme and the Academy breakfast organised by Mr Stokes and Ms Dipper. There have been many other activities this term. I am forever impressed at the number of activities delivered at this school that are outside what is required of teachers. Given our small number of staff, they are often trying to provide opportunities for students that are similar to much bigger schools where the work is spread more evenly amongst more people. For their dedication and commitment, we thank them.

Open Night was last Wednesday. It was a wonderful evening of celebration demonstrating the commitment of staff to the quality teaching and learning of our students. I would like to thank the many students who gave up their time to come and assist such is the feeling of connection to our school community. Please enjoy photographs from the evening which are included in this newsletter. Parents who would like to have a day tour of the school during normal operation are welcome to call Mr Berry or myself and we would be happy to assist.

Facebook is an innovation that assists us to readily communicate with friends and family. However, it can be the vehicle for cyberbullying. Parents are reminded that any cyberbullying that causes distress to a child should not be accepted as normal adolescent behaviour and should be reported to the police. Further, cyberbullying of any kind committed by any of our students should be reported to me and if proven may lead to the issuing of a formal caution or suspension. Often with Facebook, students believe their conversations, videos etc are private but the problem of “friends of friends” spreading rumours can create difficulties as regards privacy. Students should also be mindful that many employers now check Facebook. If students present themselves as respectful and ethical and then Facebook entries suggest something otherwise, employers may overlook them for positions. Please consider reading “The Very Unofficial Facebook Privacy Manual” by Angela Alcorn in order to fully understand privacy on Facebook. The link for this is below.


A reminder that Year 8, 10 and 12 Parent Teacher bookings are now open. This year bookings are being made online and I have included instructions with this newsletter. If staff are not available for a booking, please phone the school to make an appointment at another time as it is important that we work together to assist our students.

Year 12 Study Tip

You’ll want to make a success of your HSC year. Few of us have the luxury of being able to just study – life has to go on as well.

You’ve probably already figured out that having a plan helps you to study consistently (rather than giving up, or cramming in hours of work just before exams). But how can you make sure you actually stick to the plans which you’ve made?

Be Realistic

Firstly, be realistic. Many of us are prone to over-estimating how much we can get done – and studying is a high-energy, intense activity which requires a lot of concentration. You simply can’t focus at that level for hours at a time.

Sometimes, being realistic about your studying plans might mean looking at the other commitments in your life. Do you need to ditch something else in order to have time to study effectively? Can you cut down on social activities to give yourself a couple of weeknights free for studying?

Find Your Best Time of Day

Some people are at their best in the morning, before the demands of the day have crowded in. If that’s you, then try setting your alarm 30 minutes earlier so that you can spend this high-focus time on your studying.

Without the constraints of a school day, you can choose to study late at night, if that suits you. For parents, this can be a good time because children are in bed and the house is quiet.

Even if you think you know what time of day’s best for you, try experimenting for a week or two. Perhaps your lunch hour is a great opportunity to practice your French vocabulary, or maybe you can drive to a coffee shop on the way home from work and study there until 6.30pm.

Have a Place to Study

As well as finding the right time to study, you’ll want to find the right place. Your studying environment can make all the difference when it comes to sticking to your plans. You’ll want to find a place where:

- You’re not likely to be interrupted
- There are no noises intruding (music etc is fine – but it should be noise which you choose)
- You have enough space to spread out any studying materials that you’re using
- You’re in a studying mood – so the family den may not be the best place

If your schedule is very packed, you’ll probably want to study somewhere in or very near your home, so that you don’t spend much time simply getting there. If you have more time, you could try picking a study location a little further away – this can be useful because once you’re there, you’ll be much less tempted to wander back home the moment you get bored!

Mix Things Up

Director General’s Award for School Achievement ★ Minister’s Award for Cohesive School Community ★ NAB Schools First Impact Award
It’s easy to get bored with a study plan if you’re constantly working on the same things. Rather than trying to trawl through the whole of a particular topic in one week, try mixing up your plan a little. Working on one topic one day and something completely different the next will help you to stay energised and fresh.

You can also try a mix of different learning methods. There’s no one “right” way to study. Consider:

· Taking notes from books as you’re reading
· Reading for half an hour, then writing down notes from what you remember
· Listening to audio material while commuting
· Watching videos
· Going to seminars or classes
· Talking to fellow students about what you’re learning
· Writing an article or blog post based on what you’ve been studying (perhaps a beginners’ guide)
· Drawing diagrams or pictures to help you remember or understand a concept

Build in Flexibility
How often have you made a perfect study plan, only to have it fall apart as soon as something unexpected cropped up? Life happens – and sometimes you’ll have to cancel a planned study session in order to deal with an interruption or an emergency. Be prepared for this in advance: when you draw up your studying schedule, allow some “spare” time which you can use if you need to catch up. Even if your week goes perfectly, you may find that some areas of study simply take longer than you expected – and this buffer time lets you allow for that.

Track Your Progress
Finally, it’s easiest to stick with a plan when you can see that it’s working! There are lots of ways to track your progress: for example, you could tick off study sessions on your calendar. each week when you’ve successfully completely all the studying which you’d planned. You can also review the material that you’re learning: perhaps taking a quiz or practice exam at regular intervals. If you can see that you’re making constant improvements, you can remind yourself to stick with your studying despite day-to-day fluctuations in your motivation levels.

If possible, study in a well-lit place where you can sit comfortably and be quiet and alone. If you have one particular spot where you usually do most of your studying, you will almost automatically shift into gear and begin studying when you go to that place. Stay in good physical condition. Eat nourishing meals; you will probably master a difficult topic more easily if you have had a solid breakfast. Try to get an average of eight hours of sleep a night unless your system can manage with less. Also, try to exercise on a regular basis. A short walk in the morning will help sustain your energy flow during the day.

Use outside study help when needed. Studying with other people can be beneficial if everyone in the group is committed to doing work and really helping each other to learn the material. Someone else may be able to clarify concepts that you don’t quite understand, and the camaraderie may be just what you need to keep you going. Some students, however, use studying in groups to procrastinate further. You may end up wasting hours talking about things that have nothing to do with your studies, or simply complaining about how much you don’t want to study. If you become part of a study group, force yourself to ensure that the group stays on track and is helpful to you.

Lisa Peacock

Would you be interested?

Your P & C needs someone to take over the role of President of the Narrabeen Sports High School P & C. We currently do not have a person in this very important role.

Duties include:

Liaise with Principal
Liaise with Office staff
Chair P & C meetings
Represent school P & C at formal functions
Oversee sub-committees

If you are interested in this position please come to the next P & C meeting on Tuesday 2nd April at 7.30pm. For further information please contact Joan on 0418717420.

Thank you from the P & C committee
Year 9 DER Loan Laptop Information Evening

Parents, carers and students of Year 9 are invited to an information session about the new DER Lenovo school laptops. *All Year 9 students and a parent are required to sign a Laptop Loan Charter contract before the laptops are issued to the students.*

We will be holding 2 information sessions for Year 9 students and a parent to attend to explain your responsibilities with regard to the issue, use and care of the laptops. **The Laptop Information sessions will be located in the Library on Wednesday March 27, 2013, starting at 4pm or 5pm.**

Thank you

Craig Date
Computer Co-ordinator

Chris Lazzoppina
Technology Support Officer

Musical Waves

I would like to welcome Year Seven to Narrabeen Sports High. This term, Year Seven students are focusing on exploring sound combinations and musical concepts. A Sound Composition is an opportunity for students to place their knowledge into practice with the "Haunted House" which is their first task assessment to be presented in class as a group activity.

Year Eight are collaboratively working on making Commercial Music for their first task assessment. They are given the opportunity to compose their own jingle and add rhythmic riff to background music. Rock n’ Roll Music is the topic of study for Year Nine in term 1. Students are learning about the Walking Bass line and twelve bar blues influences.

Years Ten is studying Swing Music at the moment and have looked at the famous Swing piece “In the Mood” and also have completed a Saxophone Assignment.

Medieval Music is featured in the Year 11 Music 1 Course this term. Students have played in modal keys and improvised in them. They are currently working towards their practical assessment.

Singing Ensemble meets on Tuesday Lunchtimes. We will be working towards the PCS Festival. All year seven are welcome.

A Jazz Combo will commence in term two, once a week for interested parties. Rick Robertson has agreed to tutor the wind, guitar, drums and vocal ensemble as a group.

There are some instruments for hire. A letter will be sent home soon.
A Year Seven African Drumming Incursion features on the 5th June in the school hall. The cost will be $12.00 per person. This concert allows students to interact with the instruments while chanting, moving and performing. Lizottes Restaurant in Dee Why has asked us to perform this year. This will be a great opportunity for our students to improve their musical skills and stage presence.

Westfields’ Warringah Mall has given our students five hundred dollars after they performed at the food court in December last year. A bass amp was purchased with the money.

Once again, the importance of students who choose to take elective Music should have private tutoring, particularly in Years’ Eleven and Twelve as it is imperative for students to build technical prowess and musicality for the HSC.

**Dr Sylvana Augustyniak**  
**Music Co-ordinator.**

**Art News**

Year 12 is currently diligently working on their Body of Works for the Higher School Certificate. The Body of Work is an individual or series of artworks that showcase students talents and interests in artmaking. At the end of the course, the Body of Work is externally examined and will contribute to half of their HSC mark. The wide range of different art forms and development of concepts at this early stage is impressive and is shaping up to result in some promising works.

To ease the stress a little fieldtrip was organised to attend the ARTEXPRESS exhibition at the Art Gallery of NSW. The day gave students an opportunity to view the highest ranking Body of Works from the HSC for 2012. It showed students the exceptional quality that is required for a high rank in Visual arts and gave them inspiration for their own Body of Work. Aside from some sea sickness on the Manly Ferry and some students losing their bearings in the Botanical Gardens, all in all it was a fantastic day that the students gained insight to the diversity of concepts that students explore.

**Photos:**  
Keiran McCluskey,  
Ryleigh Bevan,  
Holly Harper,  
Cassandra Jones & Madison Eoff
We are looking forward to the coming weeks heading towards the HSC with students eager to show their art making skills and achieve some great results.

**YEAR 11 VISUAL ARTS**

Year 11 Visual Arts students have been working on designing an abstract composition using a variety of technical devices for their Term 1 artmaking task. They have been experimenting with a wide range of painting mediums and techniques to develop their skills for their abstract painting. Once the students have completed their paintings they will be displayed around the school to showcase their talent and achievement.

Year 11 Photography students have been making images from a cardboard box which is known as a pinhole camera. They have just completed making a negative print and will be working in the darkroom to develop a positive image. The students doubted that it was possible, but after engaging in the process they are convinced that a camera is not the only machine capable of capturing images.

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**Shannon Purcell**

Art Teacher

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**L.O.T.E. Report**

The first term of 2013 has been a successful and enthusiastic start to the year for German, French and Mandarin Chinese language students. All classes have been actively engaged in the skills necessary to develop spoken and written language and cultural awareness. We welcome back Ms Raffaele who is teaching one of the Year 7 classes French and team teaches in some of the other language classes.

你好(Nǐmen hǎo)! Year 7S, 70 and 7N are learning Mandarin Chinese for the year with Ms Watson. As well as learning some greetings and introductions they know how to count to 10, to write the number characters and can identify the four different tones in the spoken language. They have enjoyed learning about China and after finding out some of the etiquette surrounding chopstick use in China they practised using chopsticks to eat popcorn. The Chinese New Year was celebrated at the beginning of term and we looked at some of the activities and traditions that accompany this festival. One of these is the folk art of paper cutting so they cut out their own papercuts which are now decorating the language room.

Bonjour a tous! At the beginning of Term 1, the Year 7O class began their French experience with Ms Raffaele. Since then, they have learnt to speak about themselves in French. Topics studied include: greetings, health expressions, numbers 1-20 and colours. They now know how to say their age, telephone number, where they live and their nationality. They are currently practising role plays with their partners in preparation for their first speaking skills assessment. They enjoyed ‘un gouter francais’ (A French Afternoon Tea). This was well deserved because every member of the class handed in their cultural assignment which was due the same day. Well done 70!

Guten Tag! Year 8 students who are not part of the Sports Academy study language for either Semester 1 or Semester 2. The first group are learning German in Term 1 and French in Term 2. They know how to greet and introduce themselves and others in German. They can also ask about how someone is feeling and find out the reason. They have been learning about Germany and other German-speaking countries and tried a German breakfast of Schinkenbrot and Pumpernickel with various meats and cheese.

Bonjour tout le monde! We have an elective Year 9 French class who are enthusiastically embracing the new language. They can greet and introduce themselves, ask how someone is feeling, count to 20, say the French
alphabet and talk about classroom items they have or don’t have. They have been introduced to the different aspects of French pronunciation and enjoyed a French breakfast of chocolate croissants and baguettes.

Lucianne Watson
Language Co-ordinator

Academy Matters
Narrabeen Sports High School is quickly developing a reputation as a comprehensive public school with additional benefits, often only found in elite private education, without the significant additional school fees.

The strategic development of The Northern Sydney Scholastic & Sports Academy, launched in 2012, has been well received within the community. This exciting addition to the curriculum offered at the School is enhanced by an extensive upgrade of the School's main oval to a fully synthetic multi-purpose AFL, football and rugby ground (a world first!). The oval will be used for the School sporting and Academy programs, and will become a coveted ground for community use after school hours and on weekends. Commercial arrangements have also been negotiated with local businesses, and this has led to the repair and upgrade to the tennis courts and weights room found at the School in a bid to ensure that the sporting facilities are able to support the coaching and academically based mentoring programs which are to be delivered through the Academy.

The Academy is embedded into the framework and curriculum of the School and it is open to any student enrolled at the school. The focus of the Academy is to afford elite and emerging elite athletes an environment for academic and social development, whilst acknowledging and assisting with the development of the individual training and competition demands in a chosen sport.

Students in Year 7, 8, 9 and 10 are given the opportunity to take part in Academy based programs which are held between 8.15 am and 9.45 am on a Tuesday and Thursday. These programs include skill acquisition training sessions run by highly qualified coaches and mentoring sessions conducted by school staff and guest speakers. The mentoring session give students an opportunity to develop an understanding of sports nutrition, sports science, team building and how to apply organisation to the demands of balancing sport, academic pursuits and home life (see photos attached of our Sports Nutrition session conducted last week)

Students in Year 11 or 12 who have represented NSW or above in their chosen sport are offered membership to the Elite Athlete program within the Academy. Each student will be linked to a Teacher Mentor who is on staff at the school. The Teacher Mentor meets with the student and assists with balancing the demands of a competitive sporting program and school work.

For more photos and details on the Academy program, and the sports offered, go to the our Facebook page at NorthernSydneyScholasticandSportsAcademy.

Peter Stokes
Academy Director
Year 12 Report

2013 has started with a very busy schedule for Year 12.

I am very proud of the students behaviour and uniform and commitment to their studies this term. All students are focusing on their assessment tasks for term 1 and preparation for their Half Yearly Exams beginning on the Wednesday 3rd of April 2013.

Year 12 have recently been involved in a very rewarding Study Skills morning focusing on goal setting, planning and organising. The feedback from the students was how very valuable the information was towards them preparing for the HSC. Year 12 would like to thank M/s Kiprioti for organising the presenters.

HSC English students had the opportunity recently to attend a day at Sydney University to contribute to their studies for Paper 1. The theme was on the ‘Concept of Belonging’ and the students indicated they were engaged and gained so much information during the day. The feedback from the organisers was that their behaviour, uniform and enthusiasm was exemplary. Thankyou to the English staff for organising such an important study day.

A number of Year 12 students have been identified for the High Achievers Club which is a fantastic honour and all Year 12 are working closely with a teacher mentor to enhance their ability to cope with the demands of Year12. The Year 12’s really enjoyed the swimming carnival and their participation was fantastic.

Year 12 have been busy on the sporting arena representing the school in Touch Football, Basketball and Cricket knockout teams this term. Lakshay Kumar was selected in the CHS Sydney North Tennis team which is a great achievement. Jordan Lawler is heading off to Tahiti for the Pro Junior Surfing contest in April and we wish him all the best.

Year 12 Business Studies had the opportunity to visit a local business Blackmores and the experience was extremely beneficial for their studies in this subject.

The students gained invaluable knowledge on the operations and Human Resources of Blackmores and the feedback was ‘it was fun, hands on and interactive’.

Parent Teacher night is on the 25th March between 4pm-and 8pm and I look forward to catching up with parents on that night.

Regards

M/s JOB
Year Adviser
Sports news

Athletics
Congratulations to Rebecca Whitehead, year 9, who made it to State Athletics Championships for the 200m and 400m events. Unfortunately, Rebecca currently has a stress fracture in her leg, we hope you recover quickly Bec.

Basketball
Congratulations to the Open girls basketball team: Isabella Cowap, Victoria Crowyn, Shellie Davis, Shannon Dive, Hannah Dyball, Sally Ferguson, Danielle Golledge, Gina Groskops, Joanna Kot, Stella Livoti, Lena Riedel. They beat Freshwater High School 37-21 in the school knockout competition. They are now through to the 2nd round and will play up in Terrigal in March. Good luck girls!
Well done to Isabella Cowap, year 9, who has been selected for Under 16s division 1 Team for Hornsby Spiders Basketball team. A great achievement.

Equestrian
Well done to Sydney Evans, year 8, who recently competed at the NSW State Interschool Championships on behalf of Narrabeen Sports High School. Although her pony was unwell and did not compete to his fullest potential he placed 1st in the Elementary 3D test with a score of 64.23 and 4th in the Elementary 3C with a score of 56.13.
An excellent effort by Sydney and her horse. It is wonderful to have Narrabeen Sports High represented in the sport of Equestrian!

Zone Swimming Carnival Report
On March 5th, 34 students represented Narrabeen at the Zone swimming carnival. It was wonderful to see so many parents supporting our school at this event. We were easily the most vocal school in terms of cheering on our athletes, it was really great to hear and see the students supporting each other in this way.

A special congratulations to Gabriel Ley - 12 years boy age champion and Moritz Fath - 16 year boys age champion.

Also, many of our relay teams qualified for the regional championships. The 16 years boys 4 x 50m won in a competitive time of 1.54.77. Well done to Moritz Fath, Brian De Bono, Jye McDonough and Daniel Jenkins for being a part of this victorious team. Narrabeen will also be represented at regionals in the 12 year boys and girls 4 x 50m, 14 boys 4 x 50m and the all age girls and boys 6 x 50m relays.

It is also great to see so many of our new year 7 students make it through to the next round. An excellent effort by the entire team of Narrabeen students, who displayed fine sportsmanship and good performances on this day.

Individual place getters:
Moritz Fath- 1st 200m free, 200mIM, 100m Backstroke, 100m free, 100m B'Stroke, 50m Free & 100mFly
Makaela Dowling - 1st 100m B'stroke, 2nd 200m free, 200mIM, 100m free & 50m free
Gabriel Ley - 2nd 100m B'stroke, 100m free, 100m backstroke, 3rd 50m free
Briana Hibbert - 1st 100m B'stroke, 100m free & 50m freestyle
Brian deBono - 2nd 50m free & 100m backstroke
Andrew Gibbons - 3rd 200m freestyle
Jye McDonough - 3rd 200m freestyle
Max Moore - 3rd 100m breaststroke
Nicholas Ranzetta - 2nd 100m breaststroke
Jamie Donnelly- 3rd 50m free
Ella Donohoe- 1st 200m free, 3rd 100m Fly
Regional Swimming Report

Congratulations to the students who represented the Warringah Zone at the regional championships on March 12th. The Championships were held at the Homebush Aquatic centre, so it was an early start for most of our students, who boarded the zone bus at 6am outside of our school.

A huge congratulations to the 16 years boys 4 x 50m relay (Moritz Fath, Brian De Bono, Jye McDonough and Daniel Jenkins) who won their event in a time of 1.51.35. They are now set to compete at the CHS Championships to be held on the 4th-6th April.

Other outstanding performances included Moritz Fath who won the 100m Breaststroke and came 2nd in all of his events qualifying for CHS as did Brian De Bono in the 100m backstroke and Jordan Knapton in the freestyle.

Well done to all of our students who competed at these Championships:

Andrew Gibbons, Jye McDonough, Moritz Fath, Ella Donohoe, Makaela Dowling, Gabriel Ley, Max Moore, Nicholas Ranzetta, Briana Hibbert, Brian De Bono, Jamie Donnelly, Jake Roger, Zach Forsyth, Nick Hancock, Billy Harpur, Daniel Jenkins, Hayley Creed, April Myers, Lillah Francis, Zac Stracey, Shaylyn O’Mara, Jordan Hunt and Jordan Knapton.

Rebecca Deane
Sports Coordinator
Year 7, 9 and 11 Parent/Teacher/ Student Interviews  
Monday 8th April 2013  4pm – 8pm  in the School Library

Dear Parents

You can now book interviews at times that suit YOUR FAMILY BEST.
Go to www.schoolinterviews.com.au and follow these simple instructions.

Bookings will open on Monday  18th  March and close at 5pm on Saturday 6th April.

Enter THIS school event code. Then follow the 3 simple steps.

When you click finish, your interview timetable will be emailed to you automatically - check your junk mail folder if you do not receive your email immediately.
You can return to www.schoolinterviews.com.au at any time, and change your interviews - until bookings close.

For parents that don’t have access to the internet at home, at work, at a friend’s house or on their phones, a note can be provided to student advisers through your child with the approximate times required and they will make the bookings. Interviews are strictly 5 minutes and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Parents can change their interview bookings, any time prior to the closing date, by re-visiting the www.schoolinterviews.com.au website, and using the event code. Remember to use the same name and email address, you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact the school directly on: 9913 7820 and speak to their child’s student adviser.

We would love to hear what you think about online booking. If you get time, click on the “contact us” button on the www.schoolinterviews.com.au website, and leave some feedback - anonymously if you wish, but please include the school’s name and suburb.
Year 8, 10 and 12 Parent/Teacher/ Student Interviews  
Monday 25th March 2013  4pm – 8pm  in the School Library

Dear Parents

You can now book interviews at times that suit YOUR FAMILY BEST.  
Go to www.schoolinterviews.com.au and follow these simple instructions.

Bookings will open on Wednesday 6th March and close at 5pm on Saturday 23rd March.

Enter THIS school event code. Then follow the 3 simple steps.

When you click finish, your interview timetable will be emailed to you automatically - check your junk mail folder if you do not receive your email immediately.  
You can return to www.schoolinterviews.com.au at any time, and change your interviews - until bookings close.

For parents that don’t have access to the internet at home, at work, at a friend’s house or on their phones, a note can be provided to student advisers through your child with the approximate times required and they will make the bookings. Interviews are strictly 5 minutes and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Parents can change their interview bookings, any time prior to the closing date, by re-visited the www.schoolinterviews.com.au website, and using the event code. Remember to use the same name and email address, you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact the school directly on: 9913 7820 and speak to their child’s student adviser.

We would love to hear what you think about online booking. If you get time, click on the “contact us” button on the www.schoolinterviews.com.au website, and leave some feedback - anonymously if you wish, but please include the school’s name and suburb.
Practical Support for Higher School Certificate Examinations

Information for Students and Parents

The Board of Studies has a program to help students with practical support in their Higher School Certificate examinations. This practical support, known as provisions, assists students to read examination questions and to write their answers. Provisions include rest breaks and extra time. The use of any provision is not written on the student’s results.

Students may need provisions for:
• a permanent condition, such as diabetes or reading difficulty
• a temporary condition, such as a broken arm, or
• an intermittent condition, such as back pain when sitting for long periods.

It is not embarrassing to apply for or use provisions. More than 5000 HSC students apply for provisions each year. Provisions help students to show the markers what they know and can do.

To apply for provisions, the school submits an online application to the Board of Studies. This application tells us which provisions the student is requesting and includes recent evidence. Evidence may include medical reports, reading results, spelling results, writing samples and teacher comments.

Much of the evidence can be collected by the school, but the parents’ role is welcome and needed. Parents help by talking with the school, describing the student’s needs, and providing the school with medical or other reports.

Applications for provisions should be submitted by the school to the Board of Studies by the end of Term 1. Late applications are accepted for an emergency, such as a broken arm, until the time of the examinations.

Once the Board of Studies has made a decision about which provisions are approved or declined, a decision letter is provided to the school. The school will provide the student with a copy of the letter.

If you or the school are not satisfied with the Board’s decision, it is possible for the school to lodge an appeal. Appeals must state why the Board’s decision is unsuitable and must include new evidence to support the appeal.

If you think that you or your child may require support in completing the Higher School Certificate examinations, please discuss the matter with the Year Adviser, School Counsellor or teacher.
Swap Central specializes in women’s designer pre-loved clothing!

We sell our clothing at unbeatable prices but, we also offer our customers the unique opportunity to swap – yep swap!

You can swap your no longer wanted, needed or fitting clothing items with items in-store...

It’s sustainable, cost effective & most of all it’s fun!

Shop 6a, Robertson Rd, Newport
www.swapcentral.net.au
FIGHT LIKE A GIRL!

TERM TWO programs now enrolling

Real self defence, proven techniques

Don't just think about it! Do Something!
Learn to defend yourself, get super fit, train with other like-minded girls!

TERM TWO -
• long stick
• short stick
• armed & unarmed defence

• Be safe on the streets, walking home, empower yourself!
• Learn to overcome bullying and take back your confidence
• girls only classes

State & National competition experienced Instructors

inazumakumite.com
0413 376 356

TERM TWO
Avalon Dojos
Wed, Sat, Fri
0413 376 356

Glebe Dojo
Tuesdays
9660 2557
0413 376 356

Camperdown Fitness
Saturdays
8594 2900
Dear Narrabeen Sports High School

I am writing on behalf of CCCO to express our appreciation for the lending of sports equipment (padded floor mats) late last year.

We placed the mats around our jumping castle to ensure the safety of the children in case of a fall.

Thank you for helping in supporting our community, we want to acknowledge your contribution.

Sincerely,

Marko Lipar
V. President
Australia’s first commemorative $2 coin in colour has been unveiled by the RSL and the Royal Australian Mint. A unique Australian legal tender, this groundbreaking $2 coin is simply an outstanding keepsake for every Australian.

The coin depicts the red Flanders Poppy, which is synonymous with Remembrance Day and the sacrifices made by Australians in conflict.

All funds raised go to support our vital RSL programs helping thousands of Veterans’ and serving Defence personnel and their families in homes and communities across Australia.

Available from the RSL National Office at Level 3, 65 Constitution Avenue CAMPBELL ACT

Phone orders can also be made through the National Office at 02 6248 7199.

Please note there will be a minimum postal charge of $5 per coin.

www.rsl.org.au
Win an iPad Mini!

National Youth Week and Pittwater Council invite you to share your photos of your local area. Show us what you love about Pittwater and you could win some great prizes!

How to enter

1. Register online @ www.pittwater.nsw.gov.au/100YPP
2. Like the I Love Pittwater facebook page
3. Confirm your details on registration night Friday 5 April, 5 - 6pm Newport Community Centre
   Bring your ID, lucky door prizes including iPad Mini!
4. Upload your photos during competition weekend, 6 - 7 April
Thursday 21 March 2013
4pm-6pm
Aboriginal Community Event
Free BBQ and Art Activity
Mildred Avenue Playground
Corner of Jersey Street and Mildred Avenue, Hornsby

RSVP by 18th March 2013 by email to:
jkelly@hornsby.nsw.gov.au or spinckham@hornsby.nsw.gov.au

Campaigning for Indigenous health equality—Power through partnership

Aboriginal and Torres Strait Islander peoples are still dying 10 – 17 years earlier than other Australians.

“Our focus for 2013 is on the need for genuine, meaningful partnership with Aboriginal and Torres Strait Islander health peoples at all stages of health planning and delivery.” Oxfam 2013.

This event is an opportunity to develop relationships between local government, community and health services in the region around health issues, challenges in service delivery, the need for culturally appropriate health services, and community and health data.
OUTBACK YOUTH EXCHANGE!

Do you think you would make a good youth ambassador for Warringah?

Warringah Council is looking for six enthusiastic young people to join us in a visit to Brewarrina as part of the Sister Cities Youth Exchange Program.

Brewarrina is a remote community located in north-west NSW. Activities include visiting Lightning Ridge, learning about Aboriginal culture and visiting a sheep station in a unique outback experience to promote friendship between beach and bush communities. This week also coincides with Brewarrina’s 150 year celebrations.

WHEN: 20-27 April 2013 during the school holidays
WHO: Young people aged 14 to 19 residing in or connected to the Warringah area
COST: FREE!! That’s cheap.

WANT TO KNOW MORE?
Contact Justin on 9942 2401
e-mail: youth@warringah.nsw.gov.au

Closing dates for applications 15 March
Application forms and info available online warringah.nsw.gov.au
ARE YOU A SINGLE PARENT?

Every week **Single with Children** provides fun and exciting activities especially for single parents and their children (many activities are subsidised or even free)

It’s a great way to meet and get to know people in your area

To find out more and get a FREE copy of our social calendar, contact us today.

**Call 1300 300 496**

Or visit our website: [www.singlewithchildren.com.au](http://www.singlewithchildren.com.au)
Warringah Council presents

Northern Composure
Band Comp
2013

HEAT 1 : 8 March
lost trolleys
fire for effect
solarflare
denver
we found wally

HEAT 2 : 15 March
mask
square one
brightener
blue moon theatre
hailstone

HEAT 3 : 22 March
encounters
josh muncke
cyanide
owl house
karmas relent

FINALS
5 April

yoyosgigs.info

Lucky door prizes!
Courtesy of
NewsLocal Manly Daily

yoyos youth centre * forestway shopping centre
frenchs forest * 7.30-11pm * $10 entry

proudly sponsored by:
NEWS LOCAL
Manly Daily

and supported by:
88.0 Raw FM
rawfm.com.au
JAMINAJAR
www.jaminajar.com
CONTINUUMUSIC
M4LLMUSIC
perfect pitch
www.perfectpitch.com.au
Fender
www.fender.com.au
Hurley
WyAC
Warringah Youth Advisory Committee

no drugs, alcohol or intoxicated people - security provided
all ages - enquiries: 9942 2401 or youth@warringah.nsw.gov.au

warringah.nsw.gov.au
ATHLETICS CLASSIFICATION

The Australian Paralympic Committee is conducting a classification day for athletes with a physical disability in the Sydney Metropolitan area wishing to be classified for Athletics.

Following the classification day athletes will have a National Classification enabling them to compete up to and including National Championships. Generally athletes who attend this day will compete in AWD events at school carnivals or club events.

Who can attend?
Anyone with a physical disability wishing to compete in Athletics events against other athletes with a disability.

Date: Saturday 6th April 2013.
Times are available between 9am – 4pm.

Location: Sydney Olympic Park Athletics Centre
Edwin Flack Avenue
Sydney Olympic Park  NSW  2127

Parking: Parking is available behind the Athletics Centre (P2 carpark)
Parking rates apply

Cost: There is no cost involved.

Registration: Bookings are required in advance.
Please complete a request for athlete classification and contact Kara Retford to arrange an appointment:

Kara Retford
Australian Paralympic Committee
Phone: 02 9704 0531
Fax: 02 9704 0589
Email: kara.reford@paralympic.org.au

What do I need to wear?
You need to wear comfortable clothes, preferably close fitting shorts and singlet, so the classifiers can observe your movement properly.

What do I need to bring?
If you have cerebral palsy or any other disorder relating to the brain, you need to bring a letter or report from your treating neurologist stating your diagnosis, and what the physical signs are (spasticity, ataxia, abnormal reflexes, paralysis).

If you have any other physical disability you should bring a letter from your treating doctor stating what the disability is.

Classification takes between 45 - 60 minutes, but may take longer.

Classification sessions are limited, book early to avoid disappointment.
# ATHLETICS CLASSIFICATION

## Request for Athlete Classification

<table>
<thead>
<tr>
<th>Athlete Personal Details</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Surname:</td>
<td>First Name:</td>
</tr>
<tr>
<td>Date of Birth: <em><strong>/</strong></em>/_______</td>
<td>Age:</td>
</tr>
<tr>
<td>Address:</td>
<td></td>
</tr>
<tr>
<td>Suburb:</td>
<td></td>
</tr>
<tr>
<td>State:</td>
<td>Postcode:</td>
</tr>
<tr>
<td>Phone (h):</td>
<td>Phone (mob):</td>
</tr>
<tr>
<td>E-mail:</td>
<td></td>
</tr>
</tbody>
</table>
| Previous Classification: Yes No   | Please list:_____________________

For Junior Athletes

<table>
<thead>
<tr>
<th>Name of School:</th>
<th>Year:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact at School:</td>
<td>Phone</td>
</tr>
</tbody>
</table>

Parent or Guardian (if under 18)

<table>
<thead>
<tr>
<th>Surname:</th>
<th>First Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relationship to Athlete:</td>
<td></td>
</tr>
<tr>
<td>Phone (mob):</td>
<td>E-mail:</td>
</tr>
</tbody>
</table>

Disability Information*

<table>
<thead>
<tr>
<th>Diagnosis (primary):</th>
<th>Date of Onset:</th>
<th>Cause of Onset:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Description of functional impairment / disability:</td>
<td></td>
<td></td>
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</tbody>
</table>

| Other Disabilities / impairments: |

*please note you will be required to bring medical documentation to the classification session which outlines your diagnosis

## Sport details

<table>
<thead>
<tr>
<th>How long involved in this sport?</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of training sessions / week</td>
<td></td>
</tr>
<tr>
<td>Club</td>
<td></td>
</tr>
<tr>
<td>Coach</td>
<td></td>
</tr>
</tbody>
</table>

Please return this form to Kara Retford
Email kara.retford@paralympic.org.au or fax to 9704 0589
The Teen Triple P Group is a 7 week parenting program aimed at parents or carers of teenagers aged 12-16 years who have or are at risk of developing behaviour problems. Teen Triple P teaches parents how to encourage emotional self-regulation and to help their teenager develop the social skills they need to get along with others and be successful at school and in the wider community. Teenagers who grow up with positive parenting are more likely to develop appropriate life skills, feel good about themselves, and are less likely to develop serious problem behaviours.

The group work program involves the first 4 weeks at Brookvale Family Centre, 2 weeks of phone calls and one final week at Brookvale Family Centre.

DATE: 8th May – 19th June (2013)

TIME: Wednesday Evenings 6pm-8pm

VENUE: Brookvale Family Centre
9B/44 Wattle Road,
Brookvale NSW 2100

PRESENTERS: Laura Hurstfield & Jacque Stone

TOTAL COST: $50

BOOKINGS ARE ESSENTIAL AND PRE-SCREENING REQUIRED
Please contact Melinda or Laura on 8425 8700 or email naremburnfamilyservice@dbb.org.au

Please note children are not able to attend and childcare is not provided