From the Principal

What you do speaks so loud that I cannot hear what you say.
- Ralph Waldo Emerson

I would like to welcome you all to 2013 and give a particularly warm Narrabeen Sports welcome to our new students and parents. I am also appreciative of the welcome I have received as the new Principal replacing Mr Barry Miller, who retired at the end of 2012. I have come to realise very quickly Narrabeen Sports is an amazing school because of the calibre of the students, teachers and parents who continually work together to create a rich learning environment.

Staff Development Day Term 1 2013

On the first day this term all staff from Narrabeen were participants in workshops with three other local high schools targeting the development of differentiation of learning in the classroom. A special thank you goes to our very own Ms Peacock and Mr Wigan who presented workshops on Project Based Learning and Instructional Rounds respectively. These are two very successful programs operating at Narrabeen which develop successful learning. Successful learning is dependent upon a student’s confidence, connectedness and being actively involved in all they do. Through a focus on continual improvement Narrabeen Sports High School gives all students the best possible education.

Fantastic HSC Success

The 2012 HSC results were cause for celebration at the end of last year. The school community were extremely proud of the results. This is testament to the hard work and dedication of both students and staff as they continue to establish a tradition of academic excellence at Narrabeen Sports High School.

Welcome New Staff

A warm Narrabeen Sports welcome is extended to the following new members of staff:
Ms Caitlyn Dalrymple – English Drama, Mr Jason Ashby – Maths for Term 1, Ms Tori Daly – Maths and Science Term 1 replacing Mr Dean Jericevic whilst he is recovering from surgery.

Farewell

Ms Laura Buxton who has moved to The Forrest High. She will be sorely missed.

Positive Behaviour Engaging Learners

When you next come into the school you will see the new signage promoting PBEL. The signs are an important next step in the implementation of this program at Narrabeen Sports as teachers use the key words Respect, Responsibility and Success in everyday situations to redirect student behaviour and focus them upon achieving success in the classroom. As with all things, teaching is an important aspect of developing knowledge, for example if someone doesn’t know how to drive, they are taught. If students are not aware how to behave in a specific situation, they are taught the correct approach, rather than punished. The program has had significant success already. A big thank you goes to our PBEL coordinator Mr Craig Date and his PBEL team of Ms Courtney Frost, Mr Peter Moore, Ms Clare Schneider, Mrs Romayne Kiprioti and Ms Rebecca Deane. A special thank you also goes to the P & C who have contributed to the costing of the signage.

Uniform

I am asking all parents to support the school in its policy of full school uniform. Parents of students who are out of uniform can expect a phone call or letter home from us alerting them to the issue. It is a Work Health and Safety expectation for students to wear hard leather shoes and it is an expectation at Narrabeen students will be wearing the
traditional hard leather shoes from Week 4 of Term 1. If there is any reason why shoes cannot be purchased by then, a letter addressed to me detailing a specific and reasonable date rectifying the problem, is appreciated.

In particular the following non-uniform items are causing concern:

- Grey socks
- Ballet flats
- Canvass shoes
- Coloured under shirts

We will be enforcing high standards with uniform. For this to happen, we all need to work together to ensure that community standards for school attire are upheld and valued. Thank you for your continued support.

**NAPLAN – Year 7 & 9**

As many of you are aware the nationwide NAPLAN assessment takes place in May every year. We shall be spending time preparing Year 7 & 9 for this assessment. Both year groups will be having trial NAPLAN Tests in Week 4 of this term. The written component will be a persuasive / exposition text this year. There will be focus on the development of these skills ensuring all Year 7 & 9 students understand the structure of a persuasive / exposition text and have had an opportunity to practise the writing of such a text. We ask parents and carers to please reinforce the importance of mastering this skill as successful writing will support student learning far beyond school.

**Photographs - Permission**

I ask that any parent who objects to film images, pictures or photographs of their child appearing in promotional materials or website pages for this school, contact the school and request a copy of our Permission to Publish form, indicating clearly that they do not give permission and then return it to the school.

**Attendance focus 2013**

Please help us elevate student attendance patterns. If a post compulsory age student is choosing not to attend, in fairness we will need to look at them pursuing other options. This option cannot be underestimated. We require parents to respond to our text messages. Many very good parents visit the school, phone us or email through a response whilst at work. All methods are excellent. Thank you. You can always check attendance patterns of your child by contacting our school office.

Our big concern is the number of students arriving late. Each time a student is late they are missing important curriculum. What will a poor absentee record look like to an employer? What school work is missed? Can the experience missed ever be recreated?

**Senior Student Expectations**

So far I have had meetings with Years 10, 11 and 12. I have issued updated expectations policies for each year group and explained the subtleties of our school expectations in relation to meeting Course outcomes and our standards for senior students in relation to uniform and work completion. All students need to know the policy and adhere to its specific expectations. Copies were issued to all students. Spare copies are available from student advisers or Ms Peacock, the Deputy Principal. Year 11 and Year 12 students are required to return their signed slip to student advisers. Year 11 and 12 students receive certain privileges given their stage of schooling. It is important students put as much of their effort as possible into their study and utilise these privileges to achieve their personal best.

**Coming events of importance**

- **Swimming Carnival February 18th** – parental support would be very much appreciated. Please contact Ms Rebecca Dean.
- **Trial NAPLAN tests for years 7 and 9 February 19th – 21st.**
- **School photo’s February 22nd.**
- **Year 7 parent information Evening February 25th from 6 pm.** It’s an informal evening, designed to develop relationships, introduce you to the staff and then see the school from another perspective. I look forward to meeting as many of you on the evening as I can.
- **Academy Presentation February 28th.**
- **Open Night 2013 for year 7 2014 March 6th** starting in the TAS block at 6.30 pm

**Congratulations:**

The Northern Sydney Region Blues Sporting Awards were held last Tuesday evening and it was pleasing three of our 2012 students received Regional recognition for their contribution to teams. Congratulations Karl Hoschke Year 12 2012, Rachelle Davis Year 10 2013 and Hannah Dyball Year 10 2013. Thank you to Mr Peter Stokes, Director Sports, for representing our school at this event.

Till next time

Lance Berry
Principal

Director General’s Award for School Achievement ☆ Minister’s Award for Cohesive School Community ☆ NAB Schools First Impact Award
Welcome to all our families, existing and new to the school. I hope a restful holiday was had by all and that students are ready for a busy year. If I was to say one thing about the year ahead it would be to remind students to take every opportunity that presents itself whether it be sporting, academic or leadership. Take a risk with something not attempted before and be proud that you did. Whatever the result, you would never have known your capabilities without taking that chance. Make the most of your time at school to discover your talents so that you don’t waste time later discovering them rather than developing them now.

As regards uniform, all students are required to wear formal school uniform including traditional black leather lace up school shoes. Suede and leather skate shoes are unacceptable. A reminder that girl’s skirts should fall to one inch above the knee and that this will be enforced. White socks should be a mid calf length without logos. Navy blue caps are the only acceptable style and hoodies are not allowed. Non school uniform items will be confiscated for the day and reflection time issued if a note is not brought to me before school.

Academy students are able to come to school dressed in the Academy uniform on Tuesdays and Thursdays as it starts before school. It is important though that they get changed into their formal uniform before moving to period 2. Students who have PE period 1 are required to come to school in their formal uniform and get changed. The same applies to period 5. Students must get changed into their formal uniform to leave the grounds.

Wednesday is sports day for Years 7-11. On this day, students may wear their sports uniform all day. Students must be mindful that should they have a practical class on that day such as Mandatory Technology or Science, covered leather shoes will be required in order to participate. A reminder that the uniform shop is open at 8:15am each Tuesday.

Raising children is a difficult task and as parents we need a lot of support. School atoz is a practical guide of support for parents of school aged children. I have included the web address below and a screen shot of a page that may be of interest.


On the recent Staff Development Day, our staff joined those from Killarney Heights, The Forest and Davidson High in joint professional learning. This was an uplifting conference with lots of energy and enthusiasm about improved teaching and learning methods. Staff engaged in workshops such as inquiry based learning, providing quality feedback, using SMART data to modify learning and understanding.
instructional rounds. Ms Salter, Mr Wigan and I presented workshops at this conference and our staff commented on how much they enjoyed the shared professional dialogue with colleagues from our nearby schools.

School photos will be taken on Friday 22rd February. Students must be in full formal school uniform to be included in the Year Group photo. Students will soon be receiving an Advanced Life Photography envelope for payment which must be given directly to the Photographer on the day.

Lastly, parents are reminded that should they wish to speak to any teacher an appointment can be made by phone. All our staff are committed to the care and learning of students and welcome parental contact.

Lisa Peacock
Deputy Principal
The Writing Gallery
Year 11 and 12 students
Date: Every Thursday
Time: 3.15-4.15pm
Venue: C4
Please make an appointment with Mrs Vergos

The Writers’ Workshop
Every Tuesday Lunchtime in C4

Your English teachers can help you Tuesday lunchtime on the following:

Bring your lunch and a friend. We would love to ‘CU’ in C4.

- How to plan and write an essay
- Homework
- Class activities and exercises
- Assessment tasks
- Exam Preparation
- Visual Literacy
- The TEA Method (Thesis, Evidence, Analysis)
- TEE (Technique, Example, Effect)
- MR RAPASSO and MS J HOTTIE
- PEEL Method (Point, Example, Explanation, Link)

- Public Speaking and Debating
- Reading
- Creative Writing
- Language Techniques
- Comprehension
- Spelling, Punctuation and Grammar
- Talking through an idea
- Editing draft copies of work
- HSC online
- SConline

English Report- Striving for Personal Excellence

Head Teacher English: Ms Stratia Vergos.
English Teachers: Mr John Lettoof, Ms Melonie Farrugia, Ms Caitlin Dalrymple (English and Drama), Ms Vanessa Calil (English as Second Language).
Learning Support Staff: Ms Christine Rawlinson.

We would like to welcome all students. The English Faculty has ‘high expectations’ for students to achieve their personal best at Narrabeen. I have been visiting English classes and I am delighted to say students are on task and engaged with learning. Students need to ensure they bring their books, diary and equipment to every lesson.

In English, we have one extension class in each year and the rest are mixed ability. We do not grade classes. Students receive the same assessment tasks across the board. Tasks are also modified to enrich and extend a
Every task is unpacked, scaffolded and modelled in class by the students’ teachers so that they may work on it at home.

English homework is regularly given and parents are to check their child’s diary. Homework will include completing class and/or assignment work, spelling quiz, literacy booklet exercises and wide reading. Please provide a note if your child is unable to complete work or alternatively parents may wish to communicate with their child’s English teacher via the school diary.

Students are encouraged to read for pleasure approximately 15-20 minutes every night. Students can read novels, non-fiction books, newspapers or magazines. Parents should act as role models. Children love it when their parents read to them even in high school. Please find some time in your busy schedule to read to your child and show an interest in their work. Research clearly shows reading is the greatest gift a parent can give to their child.

Year 12 Advanced, Standard and ESL students presented their ‘Belonging’ speeches last week. They had spent time refining their theses, developing ideas and arguments and analysing literary techniques from a variety of texts. Students will be attending the ETA Paper 1 HSC Study Day Friday, 1st March, to further consolidate their understanding of the Area of Study, ‘Belonging’. Permission notes have been issued. Advanced students will also see a performance of ‘Frankenstein’ at the Opera House later this month.

Year 12 students are strongly encouraged to submit their draft copies for teacher feedback and to visit the Writers’ Workshop and the Writing Gallery. (See flyers)

Year 12 English Studies students are focussing on ‘Australian Identity’.

Year 11 Advanced, Standard, English Studies and ESL students are settling in well and are adjusting to the demands and rigour of senior schooling. Students are exploring the concept, Journey and are studying the texts; Kite Runner by Khaled Hosseni, The Happiest Refugee by Anh Doh and Stand by Me by Stephen King.

Year 10 is investigating the representation of Justice and the value, empathy. Students are reading the ‘classics’; To Kill a Mockingbird by Harper Lee, Lord of the Flies by William Golding and Of Mice and Men by John Steinbeck.

Year 9 is immersed in the global citizen unit, Surfaid. Students are researching the Mentawai Islands and the different perspectives regarding western development of the islands and loss of cultural identity. Year 9 are working on their literacy booklet as well.

Years 7 and 8 students are reminded to bring their reading book to every English lesson. The first ten minutes of the lesson is quiet reading and this is linked to their Wide Reading assignment due at the end of the term. Students have also been issued with a literacy booklet.

Year 8 is exploring Myths and Legends. Students are scrutinising the Hero’s Quest in his/ her endeavour to fend off danger for good to prevail. This is a testimony to the hero’s strength of character and their ability to face any obstacle and learn from it.

Year 7 is concentrating on the art of persuasion and the manipulation of truth by creating an advertising campaign for Cool Ads Company.

Book Amnesty
Some students have not returned their English texts from 2012. English books are a valuable teaching tool and I am asking parents and students alike to check in cupboards and closets, under the bed, on the bookshelf and at the bottom of the school bag to see if there are any English texts.

Did you leave a book at a friend’s place? PLEASE LOOK CAREFULLY and return the book to the English staffroom.

We are looking forward to another exciting year with our students, working hard to improve their literacy skills and developing an appreciation for Literature.

Stop Press:
Week 4: Tuesday 19th, Wednesday 20th (Period 2) and Thursday 21st TRIAL NAPLAN PRACTICE for Years 7 and 9, Periods 2 and 3.
Week 7: Thursday 14th March, ‘Poetry in Action’ incursion for Years 7-10 in the school gymnasium. The details of the incursion will be forwarded to students next week.

Ms Stratia Vergos
Head Teacher English
Stratia.vergos@det.nsw.edu.au
Mathematics

Term one has started with a rush. Classes have been organised, classrooms cleaned, assessment dates planned, and excursions and teaching programs prepared.

The organisation of Year 7 and 8 Mathematics classes has continued in the same way as in recent years. One class has been selected from their previous year’s results, selecting students who have demonstrated good mathematical capabilities. The other classes have been organised so that students’ abilities are spread across the other classes. The big news this year is that there are 4 classes in Year 7.

Year 8 classes have been determined by last year’s Mathematics results with the top achieving students being placed in the first class. Once again the other two classes are mixed ability classes.

In years 9 and 10, students have been placed into one of three classes, one for each of the courses presented by the Board of Studies. The Stage 5.1 class is for the students who struggle with the ideas presented; the Stage 5.2 class is for the average level students and the Stage 5.3 class is for the students who demonstrate a better than average capacity for mathematics. Students’ results in their assessments and the teacher’s observations of how students are focussing on their work will provide information as to whether the particular course is suitable for each student.

In Year 11, the new General Mathematics course has commenced with all 42 students studying the General 1 Maths course in two separate classes. At the end of term 3, students’ assessment results will assist them to make their choice as to which course they should study in Year 12. If they choose to study the harder General 2 Maths course, students can use their HSC result to count towards their ATAR calculation. If they choose to study the General 1 Maths course, it will not be allowed to count towards their ATAR rank because that particular level of General Maths does not have an HSC examination. There is also a two unit class with a good sized group of students who all seem eager to achieve in this difficult course.

Year 12 mathematics classes continue with all students focussing on achieving their best in the upcoming HSC assessment tasks.

All mathematics students in all classes have been asked to have two exercise books for their study. One book which should be an A4 size with about 160 pages is for their class and home study work. The other is a smaller exercise book which will be used to write the theory notes which students need to recall in assessments. This book should be kept until they finish their mathematical studies, hopefully when they reach year 12.

All students should also have a calculator to use, both in class and at home. The Casio FX-82AU is the one chosen to use at Narrabeen Sports High as it is an excellent calculation tool for all courses. They are available from the Mathematics department for $20, which includes having each student’s name engraved on the back to assist the return of misplaced calculators.

Textbooks are a necessary evil for Mathematics as students need to practise the ideas covered in class. Due to the damage done to textbooks in recent years, all junior students are being provided with an electronic copy of the textbook which they can load onto their computer, either their laptops for years 9 to 12 or onto their home computers for Year 7 and 8. **If a student does not have access to a computer at home, then parents need to contact Mr. Palme.** Students can use the computers in the library at lunch and after school on Mondays in the homework Club with Miss Tan. New textbooks are being ordered for the year 11 General Maths students but due to heavy demand, they are on back order with the book sellers.

The following assessment dates have been entered into the Assessment calendars.

<table>
<thead>
<tr>
<th>Year</th>
<th>Date/Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Monday 11 March, Week 7</td>
</tr>
<tr>
<td>8</td>
<td>Monday 4 March, Week 6</td>
</tr>
<tr>
<td>9 (All courses)</td>
<td>Wednesday 27 February, Week 5</td>
</tr>
<tr>
<td>10 (All courses)</td>
<td>Monday 25 February, Week 5</td>
</tr>
<tr>
<td>11 – 2 unit and General Maths</td>
<td>Tuesday 5 March, Week 6</td>
</tr>
<tr>
<td>11 Extension One</td>
<td>Monday 25 March, Week 9</td>
</tr>
<tr>
<td>12 – 2 Unit and General Maths</td>
<td>End of term 1 exam period, Week 10, 11</td>
</tr>
<tr>
<td>12 Extension One</td>
<td>Thursday 7 March, Week 6</td>
</tr>
</tbody>
</table>

A new incursion is happening on Friday March 1. Year 7 will be treated to a visit by the World of Maths team, who come from Queensland. They will provide students with hands on activities to allow students to apply Mathematics in a completely different way to their classroom activities. This will be held in the hall in two morning sessions. More information and permission notes will be coming home next week.

Mangahigh continues again this year for all students from Year 7 to 11. The school has made a significant commitment to provide this as a valuable addition to the teaching activities for Narrabeen Sports High students for the next three years at least. Students are being given their log-in details and teachers always have a back-up copy for those students who forget or misplace their details.
At this starting time of the year it is appropriate that we consider why Mathematics should be studied. 
“One should study Mathematics simply because it helps to arrange one’s ideas”. 
M. W. Lomonossow

I hope the practices we are asking your children to participate in here at Narrabeen Sports High School will help them do exactly that!

**STOP PRESS**
There are trial Naplan tests happening next week in lessons 2 and 3 on Tuesday, Wednesday and Thursday. Please remember to bring a B pencil, eraser and a calculator. There are no spare calculators which can be lent to students as the spares that the Mathematics department has need to be kept in the examination room if anyone’s calculator breaks down.

Have a great year.

**Michael Palme**
**Head Teacher Mathematics**

**Year Eight Report**
Year Eight have made an excellent start to the school year and appear to be enjoying their involvement in lessons with a greater diversity of peers. Many students are continuing to strive towards embodying the school’s expectations of respect, responsibility and success and should be very proud of their efforts.

As we begin to settle into 2013, I would like to highlight some items and achievements that have arisen over the last two weeks:

**Uniform**
All students have been informed that traditional, hard leather school shoes must be purchased by week 4 of the school term. This is extremely important for students’ safety and participation in practical lessons but will also strengthen their image in the wider community. Girls should also ensure that their skirts fall to an inch above the knee. If students have PE during period 1, they must bring their sport uniform in a bag to school and change at the start of the lesson.

**Booklist & Diaries**
A list of required books for each subject was disseminated at our year assembly last week. Students should ensure that they have purchased all of the outlined items including a USB device which will be used to save school work. While students will not need to get their diaries signed this year, random checks will be carried out during roll call and detentions will be issued for students who do not present their diary.

Unfortunately, a number of students have already reported losing their diaries while others have found themselves in trouble for not completing homework. I strongly encourage students to ensure that they check their diaries every night so that they don’t forget set tasks and to help them pack their bags. Should your son or daughter require a replacement diary, please don’t hesitate to contact me via phone or email.

**Merit Awards**
Congratulations to Caedyn Hardy and Patrick Curley for their achievement of the first year adviser awards for year eight this year. Students are reminded that merits from last year can still be submitted and contribute towards their pursuit of Bronze, Silver and Gold merit awards. All students in year eight should have an envelope in their diaries to collect much-deserved merits. While our reward system will be reinvigorated in the near future, merits will continue to be used to recognise exemplary behaviour.

**Photo Day**
A letter and envelope for school photo day was also disseminated at year assembly last week. The photo day will take place on Friday February 22. Students are required to wear full school uniform and bring their envelopes on the day with exact payment for their particular order. Should your son or daughter require an envelope, they can come and see me in the Science staffroom before school or during break times.

**A Fantastic Achievement!**

**Year 7 report**
Eighty-eight new Year 7s started Narrabeen Sports High School on Wednesday 30th January 2013. Their transition from primary school is assisted by Peer Support Leaders from Year 11 who offer help, support and advice. Mrs Smith organised a really successful day that settled everyone’s first day nerves and provided students with the essential
information they need to commence high school. Students have found their way around school, met all of their new teachers and made plenty of new friends along the way. Peer Support Leaders have run a variety of activities including team challenges and workshops that have proven great fun for all involved.

The students are demonstrating respect and responsibility through their work, play and self-conduct. Year 7 2013 have already earned an impressive amount of merit awards and Year Adviser Awards and are very enthusiastic to be successful. They are the best dressed year group in the school and look immaculate in the new uniform. With school photos fast approaching, they are sure to look amazing!

During Wednesday afternoon sport, Year 7 are working on chants and songs in preparation for the School Swim Carnival. These will earn house points at the carnival and are therefore being taken very seriously and well-rehearsed by all.

With over half of the Year 7 students being members of the Northern Sydney Scholastic and Sports Academy, the new enrolments have had the opportunity to start the coaching sessions in their chosen sport and meet a range of older students from Year 8 to Year 10. With coaching and mentoring sessions including fitness testing, stretching and nutrition throughout February, the new Academy students should be excited about the coming month.

Peter Moore
Year 7 Student Adviser
Student Quotes:
“Narrabeen Sports is a great high school. It has a lot of scholastic and sporting opportunities. I think Year 7 has settled in very well and are very grateful for a great school environment.” Brianna Hibbert.

“My first experience has been very welcoming. Everyone has been kind to me and high school has been very good.” Nick Kot

“I knew I would like Narrabeen, but it has really treated me well and I love it. It’s such a great school.” Jade Black

“Narrabeen is a great school. The teachers are very nice.” Reiley Frankham

“I have enjoyed high school. I have liked making friends and I know where lots of things are now.” Jacquelyn Warne

“I loved coming to Narrabeen. Everyone was really nice. I have so many friends and the Year 11s were awesome.” Josh Sevelle

SPORT
Blues award
Congratulations to Hannah Dyball and Shellie Davi (year 10) who are both receiving a Sydney North Secondary Schools Sports Association Blues Award for outstanding achievement in their chosen sport of touch football.

School Swim Carnival
This event will be held at Andrew Boy Charlton Pool on February 18th, 2013. Your child should have received a permission slip with information regarding this day. It is always a fun event! Please ensure that your child comes to school to catch the buses to the carnival, as this is a compulsory school day. Students are allowed to wear their house colours. Thank you for your support.

2013 sporting dates for your diary
Term 1 Wednesday recreational sports starts- 13th Feb
School Swim carnival (Andrew Boy Charlton pool, Manly) - 18th Feb
Zone Swim carnival (Warringah Aquatic centre) - 5th March
Regional Swim carnival- 12th March
School Cross country – (Long Reef-competitors only) - 2nd April
Zone Cross country (RAT Park) - 21th May
Regional Cross country – 13th June
CHS Cross country- 19th July
School Athletics carnival (Sydney Academy, Narrabeen) - 6th May
Zone Athletics carnival (Sydney Academy, Narrabeen) - 30th May
Regional Athletics carnival (Homebush) – 22nd July
CHS Athletics carnival (Homebush) 5th September
If you have any questions regarding sport please do not hesitate to ask Ms Deane (Sport Coordinator) or any of the PDHPE staff. We are looking forward to a great sporting year ahead!

Thank you,

R Deane  
PDHPE teacher and Sport Coordinator

Welfare and Study Skills Activities for 2013

This year a number of activities have been organised for the students of Narrabeen Sports High School. We will be running study skills seminars for all year groups during the first two terms of 2013. Year 11 and Year 12 students participated in a study skills seminar presented by Elevate Education. Year 11 participated in a "Study Sensi" seminar and Year 12 "Ace your Exams" seminar on Tuesday 12th February. Students found these seminars to be very informative and worthwhile.

A Parent information session will be run later this term for parents by Elevate Education. More information about this will be coming soon once a date has been fixed.

On Friday 15th February, Year 9 and 10 students will be watching a Brainstorm production performance called "Cyberia". This performance will focus on bullying especially around cyber bullying. The performance and discussion will hopefully continue to raise the awareness of bullying and how to stay safe and informed about cyber issues.

These activities and other activities that have been organised for later in the year for each year group have been costed and included in the school invoice. If we are to continue to run these and further activities planned for later in the year we are asking for students to pay for these activities which have proven benefits for students.

R. Kiprioti  
Welfare Co-ordinator

Junior Leaders

A group of year 9 students undertook training in leadership skills in term 4 of last year. They are going to assist students in our local primary schools throughout this year. This is a very enjoyable role which brings with it the responsibility to guide younger students and to be a role model.

It gives me great pleasure to introduce to you the 2013 Junior Leadership Team:

Asma Aryal       Kyla Bolterstenj       Jacob Boyd  
Jaiya Bray       Lucas Brehney        Tiarne Casey  
Tom Chen         Rachelle Davis        Hannah Dyball  
Carina Favoreto  Troy Finch          Gina Groskops  
Sofia Heszterenyiova Josh Hunneysett  Teegan Jabuka  
Paige Jeanneret  Vaishnavi Kala      Joanna Kot  
Stella Livoti    Oliver Maiolo        Michelle Mediati  
Dylan Peppernell Alexander Popovic   Alana Salvador  
Jemma Sellars    Holly Smith          Shae Straker  
Teaghan Watkins

Jane Smith  
Junior Leaders Coordinator 2012
Thank you Narrabeen from the Smith Family

At the end of last year, each roll call class nominated two students to go on a shopping trip on behalf of the roll call group. They bought a toy/s with the money donated by the students of the roll call class. The toys were then donated to the 2012 Smith Family Christmas Toy and Book Appeal.

Well done to all students who donated money towards the purchase of toys and books and thank you to the students who came shopping with me and Mrs Thomson to Centro Warriewood. The school donated a great pile of toys to the appeal. This showed great community spirit to those less fortunate.

We received the Certificate of Appreciation from the Smith Family and we will again be involved in this activity in 2013.

R. Kiprioti
Welfare Co-ordinator

2013 NSW School-Based Vaccination Program

Dear Parents/ Guardians,
Please make a note of the free vaccination program run by NSW Health. The program is for Year 7 students and the change this year is that Year 9 boys will be offered the Boys Human Papillomavirus (HPV).

Students will be receiving their information/ consent packs in the next week. The students need to returned the consent forms to their Year Adviser to be included in the program. If you do not wish for your child to take part in the program could you please complete the return slip on the information note that will be included as part of the information pack.

Our first visit will be the 8th March, 2013.

The following information has been provided by NSW Health.

NSW SCHOOL-BASED IMMUNISATION PROGRAM

Each year NSW Ministry of Health offers the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school – based vaccination program.

In 2013 the following vaccines will be offered:

- **Hepatitis B vaccine** - a 2 dose course for all Year 7 students who have never received a course of Hepatitis B vaccine when they were a baby.
- **Varicella (Chickenpox) vaccine** - 1 dose for all Year 7 students who have **not**
previously received Varicella vaccine or had chickenpox disease.

- **Diphtheria, Tetanus and Pertussis (Whooping cough) vaccine - 1 booster dose.** This dose was previously recommended at 15 years of age. Your child will only be offered this vaccine in Year 7.

- **HPV vaccine (Human Papillomavirus) - a 3 dose course.** The vaccine will be offered to Year 7 male and female student and Year 9 male students as a 3-dose course over the school year. Students who commence HPV vaccination in Year 7 at school but do not complete the course may be offered catch-up doses at school in Year 8.

*Parent Information Kits* will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to read all the information provided, complete the Consent Form and return it to their child's school. Please ensure the child eats breakfast on the day of the school vaccination clinic.


To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11th number beside the child’s name) on the Consent Form, as this is required to record the student’s information on the National HPV Register and for the female students only, link to the National or State Cervical Screening Program.

*A Record of Vaccination* will be provided to each student vaccinated at the clinic. Parents / Guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this record of Vaccination.

The NSW Ministry of Health has been informed that a small number of Parent Information Kits which contain forms for parents to read and sign for school vaccination may be missing important information.

Please check that all information is included in the Parent Information Kits:

- parents of **Year 7 female students** should receive a pink **Year 7 Girls** envelope that includes a checklist, privacy statement and 4 Consent Forms and Information for you and your child sheets for:
  1) Human Papillomavirus (HPV) (pink)
  2) Diphtheria-Tetanus-Pertussis (dTpa) (blue)
  3) Hepatitis B envelope (green)
  4) Varicella (chicken pox) (yellow)

- parents of **Year 7 male students** should receive two envelopes:
  - a blue **Year 7 Boys** envelope that includes a checklist, privacy statement and 3 Consent Forms and Information for you and your child sheets for:
    1) Diphtheria-Tetanus-Pertussis (dTpa) (blue)
    2) Hepatitis B envelope (green)
    3) Varicella (chicken pox) (yellow)
  - an olive green **Boys Human Papillomavirus (HPV)** envelope that includes a Consent Form and Information for you and your child sheet

- parents of **Year 9 male students** should receive an olive green **Boys Human Papillomavirus (HPV)** envelope that includes a Consent Form and Information for you and your child sheet.
If all the information is included and you would like your child to be vaccinated, please read the Information for you and your child sheet, sign the Consent Form and return the signed Consent Form to your child’s school. If you do NOT wish your child to be vaccinated, do NOT complete or return the Consent Form.

If any information is missing from your Parent Information Kit, please contact your child’s school immediately and a replacement Kit will be provided

Ms R Kiprioti
Welfare Coordinator

Bonafide advertising is accepted for the school’s newsletter. However use of the product/service advertised is at your own discretion as the school does not accept responsibility.

NORTHERN BEACHES

HOME TUTORING
✓ 1 on 1 Programming & Tuition in Your Home
✓ Primary, High, TAFE & Uni
✓ All Subjects, especially
✓ Maths and English
✓ HSC Modern & Ancient History
✓ Remedial Assistance
✓ Talented Extended
✓ Qualified Tutors
✓ Best Value
   Call John 9972 1469 (24/7)
Parents and Citizens Association of NSHS

What’s Going on at P&C?

Dear parents and carers,

It was wonderful to see so many people at our first P&C meeting of 2013. The start of the year is a busy time for most of us, so we appreciate that you took the time to come along. We hope that as the year progresses we will see more people who care about their child’s schooling feel comfortable enough to come along and see what the NSHS P&C is all about.

One of the primary objectives of the P&C is to encourage parental involvement in the school community and school decisions. The P&C provides practical support to the families of the school and is the best place to voice your ideas and your concerns. We welcome your participation because we want to hear what the students and their families feel are the issues and challenges, good and bad things about the school. You can be assured that at P&C there will be others who share the same concerns as you! With all that Narrabeen Sports High has on offer and that our children are involved in it is not surprising that you would have questions or need help finding your way. Parents who have been at the school longer are happy to share their experience with you and direct you to the appropriate party should you need any personal assistance.

At P&C meetings you will hear first-hand from the Principal of changes and developments affecting the school and students, and be party to some very enlightening information presentations. As part of the P&C you also have the opportunity to be involved in decision-making and liaise directly with the teachers.

To make the transition to high school easier for parents this year we are introducing Parent School Contact Groups. We are seeking one or two Contact Parents for each year group. The aim is to provide someone you can phone or email if you have a simple question, are confused or concerned about something. It could be for something as simple as “what day is the swimming carnival?” or something more complex. The Contact Parents will have the assistance of the other contact parents in the group, so will easily be able to obtain answers if they don’t already know them. If you are interested in becoming a Contact Parent for your year group, even if you can’t or don’t attend P&C meetings, please phone Vicki Smith on 0412 121 844.

We are also planning to run some social gatherings this year, to enable parents to get to know each other and find out more about the school in an informal setting. This we hope will be particularly good for mums and dads who are unable to get to P&C meetings because they have little ones at home that they can’t leave. We warmly invite you to the first of our social gatherings - a Coffee Morning at the Lifesaver Café (1 Malcolm St, Narrabeen) on Friday 22nd February at 10am. Tatjana, a Year 9 parent, will be your host that day.

We have many exciting things planned for this year, so come along to the Coffee Morning or the P&C meeting on 5th March and find out more!

Regards,

Vicki Smith and Tatjana Zajic
The quarterly Car Boot Sale is almost upon us! From now on the Boot Sale will be held on the school’s newly-renovated back oval.

This will be an exciting time for us as we finally get to move the boot sale into its new home!

For those who are new to the school, running the Car Boot Sales on the last Sunday of February, May, August and November each year is how we raise our P&C funds. It is, in essence, a giant garage sale and for a cost of a car or a trailer space, you can sell just about anything. We bring the crowd to you!

At the Boot Sale we run a barbeque stall at which we sell bacon and egg or sausage sandwiches, and cold drinks. There are coffee vendors selling cappuccinos on site as well.

These Boot Sales are our only fundraising activities, and we ask that you and your high school child(ren) help us out on at least one of these 4 days per year. There are a number of ways you can help. We need people for two hour shifts from early morning to mid-afternoon to help set up, run and pack up the barbeque stall, and to help with clearing up afterwards. We also need people to help with parking cars early in the morning. Consider doing an early shift, and having the rest of the morning to browse the market, or go to the beach.

Another way you can help is by booking a site for yourself. It is only $35 for a pre-paid car site, or $40 on the day. Trailer sites can also be booked if you have a lot to sell.

To put your name down to help out for the coming market, contact Vyv from the school canteen on 9913 7820. If you can help out with marshalling cars in the morning or packing and clearing up after the markets from about 1pm to 3pm, contact Geoff on 0417 681 728.

Not sure what it’s all about? Come and wander around on Sun 24th and have a look. If you can help out at the May market, have a chat to one of the Committee members on the day.

We welcome you on board at Narrabeen Sports High and look forward to meeting you at the Boot Sales.

Regards from the Car Boot Sale Committee
Regular School Attendance
Information for parents and carers

All children have a right to an education. Only by regular school attendance can children make the most of educational opportunities, leading to greater social and economic outcomes.

Schools play a vital role in the social and emotional development of children. Regular attendance enables students to develop a sense of belonging to a peer group and assists in building important coping and friendship skills. Confident children are less likely to engage in anti-social behaviour.

If students miss out on the basic skills in the early years of school, they may experience learning problems in later years. Ultimately, unsatisfactory attendance at school may affect the awarding of the School Certificate.

Schools, in partnership with parents, are responsible for promoting the regular attendance of students. While parents are legally responsible for the regular attendance of their children, school staff, as a part of their duty of care, monitor part or whole day absences. Parents and schools have specific responsibilities concerning children’s attendance at school.

Responsibilities of the principal

Principals are legally responsible for maintaining accurate records of student attendance. When reasons for absences are provided to the school by parents, principals are accountable for their decision to record a student’s absence as justified. Principals may decline to accept as satisfactory an explanation for an absence and will record that absence as unjustified.

Principals may request medical certificates or other documentation when absences explained as being due to illness are frequent or prolonged.

Responsibilities of parents

The Education Act 1990 requires that parents (including carers) ensure that children of compulsory school age are enrolled at and regularly attend school, or are registered with the Office of the Board of Studies NSW for home schooling. The New South Wales Department of Education and Training may take legal action against parents and carers who do not send their children to school without a valid reason.

What is a justified reason for being absent from school?

Justified reasons for absences may include the student:

- having an unavoidable medical or dental appointment (preferably, these should be made after school or during holidays)
- being required to attend a recognised religious holiday
- being required to attend an exceptional or urgent family circumstance (such as attending a funeral)
- being sick, or having an infectious disease.
Head lice infestations can be a common occurrence, particularly in primary schools. Parents should check their child’s hair regularly for head lice and undertake treatment where eggs or lice are identified. Information on how schools can support parents to manage and prevent the spread of head lice can be accessed from the student health section of the Department’s website at http://www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/headlice/index.php. Advice from NSW Health indicates that there is no need for students to be sent home or excluded from school because of head lice. Having head lice is not a justified reason for prolonged absences from school.

Absences for reasons such as some of the following may not be justified:
- Shopping
- Sleeping in
- Working around the house
- Minding younger siblings and other children
- Minor family events such as birthdays
- Hair cuts.

It is important to realise that parents (including carers) may be prosecuted if children have recurring unjustified absences from school.

### Holidays

Parents and carers are encouraged not to withdraw their children from school for family holidays. If this is necessary parents should discuss these absences with the principal and may be requested to apply for a Certificate of Exemption from attendance at school. This will ensure that these absences are not permanently recorded as unjustified.

When considering applications for Certificates of Exemption, principals may consider a variety of factors. These may include compassionate reasons, family reunions, the educational merits of the holiday and agreement for the student to complete assignments while on holiday. In some cases application for Distance Education may be more appropriate than seeking an exemption from school attendance.

### Arrival on time

Arriving at school and class on time:
- ensures that students don’t miss out on the important learning activities scheduled early in the day when the students are most alert
- helps students learn the importance of punctuality and routine
- gives students time to greet their friends before class and therefore,
- reduces the opportunity for classroom disruption.

Whenever possible, parents and carers are encouraged to provide an explanation for absences before the absences occur.

The principal of the school has the right to question parents’ requests for their child to be absent from school. They may also question an explanation given for a child’s absence from school.

### Need help?

If you are having difficulty getting your child to attend school regularly, you might like to talk to the school principal or the school counsellor. In primary school you could also approach the assistant principal and in secondary school, your child’s year adviser would be a good contact.

Home school liaison officers offer support with attendance at school. Some school areas also have Aboriginal student liaison officers who support the attendance of Aboriginal students.

Telephone your local Department of Education and Training regional office and speak to the student welfare consultant if you would like further support. A list of regional office telephone numbers can be accessed at the web site address: www.det.nsw.edu.au/contactus/index.htm or by telephoning 131 536.

Lateness is recorded as partial absence and must be explained by parents or carers in the same way as other forms of absence.

### Must my child attend all activities, including sport?

**YES.** Sport and other physical activities help the healthy physical and mental development of children. Sports and sports carnivals are normal school activities and students must attend.
# Canteen Menu Term 1 - 2013

**Pre order BEFORE school**

Avoid disappointment and waiting time

Phone 9913 9659

### SANDWICHES - ROLLS

We can make any sandwich or roll

- **Unbuttered Roll** 60c
- **Vegemite Roll** $1.00
- **Mayo and Lettuce Roll** $1.50
- **1/2 Chicken/Ham Salad Wrap** $3.00

NEW Salad Tubs prices as marked

- **extras $1.each**

### DAILY SPECIALS

- **Monday**
  - Chilli Chicken Wrap

- **Tuesday**
  - Lettuce, Cheese & 2 Strips $4.50

- **Wednesday**
  - Pasta Bolognaise $4.00

- **Thursday**
  - Chicken Burger Honey/Must Mayo $4.00

- **Friday**
  - **Chilli Chicken Strip** $1.50
  - **Mystery Day** $2.50

### BEFORE SCHOOL

- **Pizza Roundas** $2.50
- **Sausage Roll** 125gms $2.30, King Size $3.30
- **Traveller Pie** all var $3.30
- **Cheese & Bacon Roll** $1.00
- **Cheese & Spinach Roll** $3.50
- **Chilli Chicken Strip** $1.50

### HOT FOODS

- **Monday**
  - Chilli Chicken Wrap

- **Tuesday**
  - Lettuce, Cheese & 2 Strips $4.50

- **Wednesday**
  - Pasta Bolognaise $4.00

- **Thursday**
  - Chicken Burger Honey/Must Mayo $4.00

- **Friday**
  - **Chilli Chicken Strip** $1.50
  - **Mystery Day** $2.50

### SNACKS

- **Fresh Fruit** Seasonal
- **Cheese & Bacon Roll** $1.00
- **Red Rock Deli Chips** $1.00
- **Low Fat Yoghurt** $1.50
- **Frozen Yoghurt** $2.00
- **Chocolate Mousse** $1.50
- **Grain Waves** $1.00
- **Rice Rounds, Potato Stix, Cheesters, Eucalyptus Drops**
- **Butter Menthol, Hot Kid Cookies, Recreo Cookie All 50c**

### DRINKS

- **Freshly Baked Muffins**
- **Grain Waves** $1.00
- **Banana Bread**
- **Pump Water** 750ml $2.50
- **Up & Go Small** $2.00, large $3.00
- **Organic Spring Water** $1.00
- **Frozen Yoghurt** $3.00
- **Goulbourn Valley Fresh Juice** 250ml $2.50
- **Pump Water** 300ml $2.00
- **Orange or Apple** 350ml $1.50

Orders Must be in by 9am

*Volunteer help is always welcome*

revised Jan 2013
REAL SPARRING IN REAL TIME

School Sport friendly
Accredited & Certified Instructors with
State & National competition experience
Proven self defence techniques
safe - effective - challenging

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Physie and Dance is for girls and ladies of all ages. Classes incorporate modern dance, jazz, ballet, strength and stretching exercises with the opportunity to compete at a regional and national level. Come and join in the fun at Bayview Physie and Dance while gaining friends and fitness!

For more information on Physie and Dance and for class times contact Kate on 0411 469 184 or bayviewphysie@hotmail.com or check us out on facebook.