Don’t judge each day by the harvest you reap but by the seeds that you plant.

Robert Louis Stevenson

With Term 1 all but over I want to thank the school community for making my first term welcoming and enjoyable. Narrabeen is a fantastic learning community and the opportunities for our students are second to none. The Term has been a great success which is evidenced by all the events which occur. In the past week alone we have had parent teacher night, numerous knockout sporting competitions, Year 12 Half Yearly exams, a Year 7 camp, an audit, Year 6 PCS Leadership presentation, a visit from the Minister for Sport and a Duke of Edinburgh camp. Without the support of our dedicated staff, fantastic students and committed parents, our school would not be as focussed upon success nor would it be as vibrant. Thank you!

The smile of success
Congratulations to Moritz Fath, Brian De Bono, Jye McDonough and Daniel Jenkins who completed in the 16 years boys 4 x 50 m relay at the State Championships. The boys achieved a creditable 7th in the final. The finishing for 4th through to 7th place was very close. The boys have been training hard for a month leading up to this event and can be very proud of their achievement. Moritz, is heading to the National competition for swimming for his individual efforts.

On your bike, but please wear a helmet.
Bike safety is such an important thing in the modern world, especially for students who attend our school, with Pittwater Road only metres away. I ask you to support the school to ensure all students who ride bikes to school wear helmets. Not only is it a legal requirement but is common sense. Accidents do happen. I would like to think the school community has done everything in its power to avoid unnecessary harm or hurt to students/families. The expectation is for students riding bikes to Narrabeen Sports High School from Term 2 onwards, to have bike helmets.

Your attendance is important
Whilst we are all aware school attendance is compulsory, sometimes we forget why. Every minute of learning counts, especially for teenagers. Teenagers need routine and structure which is why schools are run on timetables and bells with structures and policies regarding learning, homework, behaviour and uniform. When our students get out of the routine, their organisation and focus suffer. Students need the ongoing routine to ensure they understand concepts and have time to practice these. Adolescents therefore need to be on time and at school. Please encourage your child to be on time and to be at school every day. Their success is dependant on it.

A matter for the Minister
On Tuesday April 9th Narrabeen hosted the Hon. Graham Annesley, State Minister for Sport and Recreation, who visited our school to view the fantastic facilities put into place in recent years. The minister spoke to the Academy students about the importance of sport and commitment. Whilst he was touring the Minister saw mentoring sessions, strength and conditioning workshops and trials games. I thank Mr Stokes and the Academy staff for organising and coordinating the outstanding display put on by Narrabeen students.

Capitalising on leadership
The PCS (Peninsula Community of Schools) Student Leaders Program presentations made by students from each of the ten partner schools were fantastic. The event was hosted by Narrabeen’s very own Hayley, Jessica, Jayden and Joshua who demonstrated their own leadership capabilities. The presentation was attended by the Hon. Robert Stokes, Member for Pittwater, the Mayor Jacqueline Townsend, School Education Director Dean White and the Principals from each of the partner schools and focussed upon the theme ‘Be Active Be Happy’. The program focussed upon students honing their skills in terms of communicating, working in teams and showing creativity and initiative.
Accessing Asia Narrabeen style

The Australian Curriculum is being introduced in 2014 and planning is currently happening to ensure our digitalised teaching and learning programs match up with the needs of our students. There is an extra Staff Development Day on April 30. A key aspect of the new syllabi is the importance of Australia’s relationship with Asia, which is important in regards to appreciating other cultures and understanding the multicultural nature of Australia, as well as understanding the complex aspects of our relationship with our neighbours. One easy example of this is the teaching of Mandarin to students in Year 7.

Helpful hints from the DEC

The DEC’s ‘school a to z’ www.schoolatoz.nsw.edu.au/is a very helpful website with information on many aspects of school life. For example in relation to boys it provides the following advice:

At a glance

Boys thrive when they are respected by their parents. Show your son that homework is worthwhile by getting involved in it with them. School attendance is critical to a boy’s success at school. Point out things that your son is doing well at school before moving to a specific area where they may not be doing so well. Help your son value their learning by pointing out the connections between what they do at school and what's going on in the world.

NAPLAN – surviving the stress

Narrabeen does NAPLAN for Years 7 and 9 during Week 3 Term 2. The school has additional resources in the front office for parents to request. These resources are just a taste of the type of skills students will be tested on. Teachers are focussing upon developing the skills in class, so these resources are an extra offer of support to ensure our students are well prepared. Contact the school on the above numbers and we send them home with your child. We are more than happy to provide more support as requested.

Coming events of importance:

- School Holidays
- Staff Development Day April 29th and 30th

Congratulations and thanks:

- Alex Popovic, Jarrod Taylor and Gina Groskops of year 10 for achieving their Bronze Duke of Edinburgh award.
- Alex Popovic also assisted on the recent Bronze hike as a volunteer.
- Lachlan Haines for making the regional team for AFL.
- Jordan Knapton for making the All Schools State Championships for 50 m breaststroke.
- Hayley Creed, Gabriel Ley, Lauren Woodcock, Jake Seale, Ella Donohue, Nick Hancock, Caitlin Cimarosti, Michael Riggio, Shannon Dive, Moritz Fath, Victoria Crowyn and Anton Koryukin for success in the Cross Country as Age Champions.

Till next time

Lance Berry
Principal
### Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>29 April</td>
<td>School Development Day</td>
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<tr>
<td>30 April</td>
<td>School Development Day</td>
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<tr>
<td>03 May</td>
<td>Poetry Incursion Year 7 and 8 in School Gym 2pm</td>
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<tr>
<td></td>
<td><strong>Week 2B</strong></td>
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<tr>
<td>06 May</td>
<td>School Athletics Carnival</td>
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<td>07 May</td>
<td>Buckley Shield</td>
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<td>08 May</td>
<td>Year 12 Post HSC Options Day – All Year 12</td>
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<tr>
<td>09-10 May</td>
<td>Sydney Region Surfing Titles – Cronulla Beach</td>
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<td><strong>Week 3A</strong></td>
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<tr>
<td>14-17 May</td>
<td>NAPLAN Tests in school hall</td>
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<td>16 May</td>
<td>International Student Volunteer Program Presentation to Year 10 and 11</td>
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<tr>
<td>17 May</td>
<td>Junior Girls Football Competition</td>
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<tr>
<td></td>
<td>Northern Beaches Career Expo All Year 12 1-3pm</td>
</tr>
</tbody>
</table>

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**Dear Parents / Carers in Pittwater,**

The Northern Beaches Community Drug Action Team (CDAT) are working on a campaign to raise awareness around 'secondary supply' and underage drinking, called Supply Means Supply.

The first step in the campaign is to survey parents and carers living on the northern beaches which will help ascertain the social norms and pressures associated with providing alcohol in your home to underaged drinkers.

If you are interested in providing some insight by completing the survey, you could win an iPad! Please follow the link below:


I have attached an information sheet which provides more details of the campaign (at end of newsletter). If you have any questions about the project you can either contact myself at Pittwater Council on 9970-1152, or Amanda Watkins at MDECC on 9977-0711.

Thank you.

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**From the Deputy Principal**

Thank you to all the parents who have supported us with our goal to have all students in correct school uniform. It has certainly improved the look of our students. A reminder that next term the weather will start to turn cooler and students will want to wear warmer clothes to school. Grey school regulation style pants or shorts are required for boys. The only acceptable jumper is the navy blue Narrabeen Sports High jumper. If students are cold, it is acceptable to wear another jumper or long sleeved white shirt underneath. No hoodies are to be worn at all and students will be asked to remove non uniform items unless they provide a note to me before school. Girls are to wear black or skin coloured tights or if navy blue pants are worn, we ask that they are not body contoured such as dance pants. Black leather lace up shoes are required as are calf length white socks. Students in Academy are required to wear correct Academy uniform to each session.

The Year 7 Camp was an enormous success despite the poor weather. I would like to thank Mr Moore for the huge task of organising this event as well as Ms Kiprioti, Mr Small and Ms Turner for attending and making this camp possible.
In terms 2 and 3, Years 7-10 will be involved in Special Religious Education. Please read the attached note regarding this program and instructions for requesting an exemption.

Students in Year 7 and 9 will be involved in NAPLAN testing in Week 3 of Term 2. Our staff have been working hard to prepare students for the persuasive writing component of these tests. Every faculty has been focussing on this style of writing and I would like to thank Ms Vergos and Mr Palme for the Trial NAPLAN tests which allowed students to become familiar with the process and allowed staff to identify areas of strength and weakness in our students so that we could focus on the areas of need.

Year 11 have been working hard as many courses are having mid course examinations. Over the holidays Year 11 students must work hard to prepare summaries and catch up on work missed. Some mid course examinations are in early term 2 and having just looked at the assessment calendar for term 2, it is certainly very full and will be a busy time for our students.

Year 12 students will receive their results from their recent examinations at the beginning of Term 2. After that, it is important that they completely understand how they could have improved their work and rewrite examination responses to be of the highest standard. It is also a time to work with their nominated Mentor to identify areas of strength and weakness and develop those areas of need. We will soon have meetings with each Year 12 student and a parent to discuss progress and any assistance that may be required to ensure success.

Some students have started using an Iphone application Called “Kik”. This is similar to Facebook and comes with the same dangers. People under the age of 13 are not to join Kik. It is important that anyone who experiences harassing messages through this media block the offending person, investigate the ability to report this behaviour to Kik and provide screenshots to police if threats or harassment occur. I have included in this newsletter some advice about Kik from our School Safety and Security Directorate.

Staff Development Day is Monday 29th and Tuesday 30th April. During this time, staff will be preparing for the introduction of the Australian Curriculum which is to be implemented for Years 7 and 9 in 2014 for English, Mathematics, Science and History. Staff will also attend an Anaphylaxis workshop, develop professional learning plans and plan for our Positive Behaviour Engaging Learners program within the classroom. Students return to school as normal on Wednesday 1st May.

Lisa Peacock

Proud supporters of the Peninsula Community of Schools

2013 NAPLAN

Year 7 and Year 9

Dear Parents/ Caregiver,
Years 7 and 9 students at Narrabeen Sports High will be sitting for NAPLAN in Week 3, Term 2. All exams will be held in the School Hall. Students are to ensure they arrive on time for NAPLAN testing. Please make sure students get a good night’s sleep and have a healthy breakfast in the morning.

Students will sit for the NAPLAN exams during period 2 and period 3 on Tuesday 14th, Wednesday 15th and Thursday 16th May. Students must bring their school books and equipment for periods 1, 3 (half a lesson), 4 and 5. Students will attend normal classes.

The exams will assess the following areas:
Tuesday 14th- Language Conventions (45 minutes) and Writing, persuasive text (40 minutes)
Wednesday 15th May – Reading (65 minutes)
Thursday 16th May – Numeracy (Calculator allowed-40 minutes) and Numeracy (Non- Calculator- 40 minutes)
Friday 17th May is ‘make up’ day for students who are not able to sit for the tests on Tuesday, Wednesday or Thursday. Students are to see Mrs Vergos in the English staffroom once they return to school.
Students are to ensure they bring the following materials for NAPLAN:

- Eraser
- Sharpener
- Pencil (supplied)
- A reading book if students finish early
- Calculator on Thursday for the Numeracy Calculator test. Don't forget to check the batteries
- Reading glasses if required

Students are not permitted to bring the following:

- Mobile phones
- I Pods
- Liquid paper or correction fluid
- Highlighters
- Dictionaries
- Laptops

Students who are involved in the Academy will attend their training sessions as normal. The coaches have been notified to dismiss students early and for students to arrive promptly at the start of period 2.

All students are following Narrabeen’s PBEL (Positive Behaviour Engaging Learners) Policy:

- Be Respectful,
- Be Responsible
- Be Successful

during the exam period. Students who do not comply will be removed from the exam and their parents notified.

Please do not hesitate to contact me regarding any concerns about NAPLAN.

Ms Stratia Vergos
Head Teacher English/CAPA
NAPLAN Coordinator
stratia.vergos@det.nsw.edu.au

CAREERS NEWS

This year I welcome Mr Ian Wood into the Careers role at Narrabeen and with his background as not only a classroom teacher, but also in TAFE Teaching and Business, he has brought a wealth of experience to the role. Mr Wood is in Careers each Wednesday and Friday and I continue to work each Monday, Tuesday and Thursday.

We have seen the usual rush in Careers for Term 1, with the start of senior study or Year 11 and TAFE for senior students with TVET electives. This year has seen some Year 10 students also beginning courses for Semester 1 at TAFE, such as Sport for Life, Landscaping, Café Skills and Hair.

Year 9 students have also had opportunities at Ingleside in the Jumpstart program participating in courses such as Painting & Decorating, Landscaping and Beauty. I recently attended a meeting at Brookvale and witnessed some of our students in action, providing morning tea for the region’s Careers Advisers, which was lovely. Mr Wood was also impressed with the students in action at the Ingleside site for the Jumpstart program when he recently checked on their progress.

Upcoming Events in Careers include the Post HSC Options Day for Year 12 on Wednesday May 8, followed by the Northern Beaches Careers Expo the following week on Friday May 17. The Post HSC Options Day comprises presentations from various speakers and will take place in the Library for periods 1 -4 instead of the students’ normal
scheduled lessons. So far speakers from an Apprenticeship company, Macquarie University and a private college have agreed to speak to our students at school. This day is intentionally organised the week before the Careers Expo, so that students begin to seriously think about their life post Year 12. Careers Expo has approximately 100 stalls for students to visit and ask questions, including representatives from numerous employers & private colleges, all NSW universities, Tafe and employment agencies. Both of these events are compulsory for Year 12 and a permission note for the Careers Expo will be sent home early in Term 2, as travel will be by bus to Terrey Hills during periods 4 and 5, otherwise it will be a normal school day for Year 12.

Year 11 have the Oxygen Factory’s Megafests to look forward to in August and it is anticipated that all males will attend the Men of Honour Day on Monday August 5 and all females will attend the Day of Hope on Monday August 12. These days are fabulous, inspiring days and more information will be sent home closer to the date. Posters are around the school and brochures will be sent home with permission notes.

Year 10 will be visited by the Australian Taxation Office for a presentation on Thursday June 6 in period 5. This will take place of the fortnightly Careers lesson for each class.

A WhiteCard workshop is currently being planned for a day in Term 2, so that students can obtain this worthwhile qualification, enabling them to work on jobsites. It also enables students to have more choice when it comes to Work Experience which is also being planned for Year 10 later in the year; dates to be confirmed. The workshop although aimed at Years 9 & 10 students, may also be done by students in Years 11 and 12 if interested. Please advise Mr Wood or myself if you are a student interested in obtaining this worthwhile qualification before you leave school. Numbers will be limited and Years 9 and 10 will be given preference.

Other events which may be of interest to Year 12 students include;

The Institute of Chartered Accountants Cadetship Evening for Year 12 students on Wednesday, May 15 at Darling Harbour. Students will be told more at their next year assembly where I will have brochures, but registration is at charteredaccountants.com.au/students

JMC Academy Open Days – Saturdays May 4 and August 17 from 1030 -3 @ 561 Harris St, Ultimo. Bookings essential – jmcacademy.edu.au

Not only for Year 12 students, but parents of Year 10 -12 students may be interested in Vocational Assessments for their students, which will be done by a Careers company who visited me at school this week. Testing will take place at school on a day in Week 4 and will cover such aspects as Work Preference, Occupational Search Inventory & Personality Scales to measure Work Rewards & Expectations, Vocational Interests and Temperament. Occupational Recommendations are then made and a report provided, followed up by an interview in Week 6 with student and parents. The cost is $140 and if parents are interested, please contact either Mr Wood or myself so that further information can be passed on and bookings made.

Have a safe and happy holiday and see you back here in Term 2.

Julie Weller
Careers Adviser

Canteen Notice:

Workplace Health and Safety

We are no longer able to heat prepackaged noodles etc for students. We will however reheat homemade products delivered to the canteen, in microwaveable containers, prior to school commencing for the day for a nominal cost of 20c, fork or spoon additional 10c each (please nominate whether it is required for RECESS or LUNCH).

We would appreciate if you could ensure your children are aware of this matter.
Year 7 Peer Support Camp. 3rd to 5th April 2013

Eighty-one students and four staff spent the two nights and three days at the beautiful Stanwell Tops including thirteen Peer Support leaders from Year 11 who have been specially trained and have worked with Year 7 throughout their start to high school.

After a week of glorious sunny weather, the clouds burst and one of the wettest starts to April on record commenced. It could only be time for Year 7 to go camping. With Wakehurst Parkway closed for flooding, we arrived late to camp and headed straight for lunch, in high spirits despite the weather and delays. Twenty minutes later, the groups headed out for their first activity.

The activities included archery, a survivor problem solving challenge course, abseiling, vertical cluster, pedal carting and the dreaded giant swing. These provided students with a chance to face their fears and grow into stronger individuals. The instructors and school staff were all very impressed with the persistence and bravery that the Year 7s showed in conquering their fears, especially with abseiling into the bush below some big slippery cliffs. The camp offered indoor activities as a wet weather alternative but all students seemed keen to get cold, wet and muddy and demonstrated that they are a tough group of individuals. Jake Roger even managed to complete these activities with a plastic bag covering his broken foot!

The Peer Support successfully organised a quiz night and lots of games to entertain all in the evenings. We finished on Friday lunch time with an impromptu 85 person Harlem Shake and boarded the bus back to Narrabeen as the sun made its first appearance.

"One of the activities was Survivor and there were 3 rounds of different games. In the first round there were tyres scattered around and a both ends there were green tyres which were our goals. We were given 4 planks of wood and had to come up with strategies to get to the other end by moving the planks to make a path. The main idea of the game was learning about teamwork and having fun. During our time at camp, we developed new friendships and experienced some great memories."

Luke Bosco

"Abseiling was my favourite activity. First of all we got our harnesses on and then watched two Year 11s go down. It was funny watching them shake and quiver! Then it was Year 7s turn. For most, the first part was the worst. You had to slowly let go of the rope and keep your body in a bit of an L-shape, it was hard. It was starting to rain which made the rock a bit slippery, but all the Year 7s thought of it as a time to play in the rain without Mum and Dad telling them to get inside. Abseiling was a lot of fun and we all had some life changing experiences in that one terrifying and amazing activity."

Arimbi Robertson

"My favourite thing at camp was the Giant Swing, because it was really cool and fun; everyone says it is scary but it is not. I really enjoyed it, even with a broken foot."

Jake Roger

Many thanks to all Year 7s who participated so enthusiastically, the Peer Support leaders for their hard work and to the staff who spent nights away from their families to make this a really successful excursion.

Peter Moore
Year 7 Adviser

Duke of Edinburgh

The Duke of Edinburgh award scheme has entered into its 5th full year of implementation at Narrabeen by welcoming another large group of students into the Bronze level. These students have been completing compulsory navigation and camp craft training during Wednesday sport this term, culminating in their first practice expedition.

With excited though nervous anticipation, 16 students from years 8-10 dutifully arose to meet at school by 6am on Friday April 5. After a 2 hour bus trip, they arrived at Marramara National Park, ready to tackle the challenge of a strenuous 24km hike.

While many students were shocked by the ruggedness of the terrain we traversed, they bravely set one foot in front of the other to conquer their fears over some nail-biting descents and climbs and most importantly for some, anxiety over not having a bathroom close at hand.
The trip was an intense mental and physical challenge for all that put learnt skills to the ultimate test. While all students returned home extremely tired and sore, they should be extraordinarily proud of their efforts and resilience throughout the two days.

I would like to extend a huge thank you to Mr Mark White for returning to Narrabeen from Goulburn High School to assist on this expedition. Thanks also to Alex Popovic of year 10 for his help and to Kaz Wharepouri for volunteering to accompany our group.

Congratulations to the following students for their success: Emma Chattaway, Isabella Cowap, Tomas Frankham, Lochie Francis, Min Soo Han, Jeremy Hulme, Samantha Judd, Carina Leon de la Barra, Milica Obradovic, Olivia Palmer-Davies, Kaleb Patterson, Carl Saunders, Natalie Welsh, Rebecca Whitehead, and Isabeau Wellington.

Flashback!
Senior First Aid Certification
On Friday March 22, 14 of our students and 35 students from Pittwater High School participated in a Senior First Aid Assessment day run by Royal Lifesaving. Prior to their practical and theoretical assessments on the day, all students had to complete a rigorous workbook detailing many of the issues that may be faced by a qualified first aider.

These 48 students undertook the certification to contribute towards the community service component of their Bronze Award. I would like to extend a huge thank you to Ms Frost for supervising the students on the day.

Congratulations to the following year 9 students for their commitment and achievement: Emma Chattaway, Isabella Cowap, Tomas Frankham, Lochie Francis, Jeremy Hulme, Samantha Judd, Carina Leon de la Barra, Milica Obradovic, Olivia Palmer-Davies, Kaleb Patterson, Carl Saunders, Natalie Welsh, Rebecca Whitehead, and Isabeau Wellington.

Mel Tan
Duke of Edinburgh Coordinator

Sports News
Cross country
Congratulations to the students who qualified for the Zone cross country. A special congratulations to Moritz Fath and Shannon Dive who achieved the fastest boys and girls times on the day! Zone Cross country will be held at RAT Park on May 21st. Students will receive a permission slip in Term 2.

2013 AGE CHAMPIONS Cross Country

12 years
Haley Creed Gabriel Ley

13 years
Lauren Woodcock Jake Seale

14 years
Ella Donohoe Nick Hancock

15 years
Caitlin Cimarosti Michael Riggio

16 years
Shannon Dive Moritz Fath

17 + Years
Victoria Crowyn Anton Koryukin

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.
Narrabeen Sports High School

**Car Boot Sale**

Sunday May 26th 2013  
7am – 2pm, Namona St.

Support your school by either

Helping with the BBQ or parking

or

Having your own Car or Trailer space

Your time helps raise funds to support your school,

1 hr, 2 hrs, 3 hrs

Boot spaces and BBQ sales is what we do to raise extra funds for NSHS, *a 30 year tradition*!

Your SUPPORT is greatly appreciated.

*Questions, or to volunteer:*
Call Jo Moyes 0421810019 Boot Sale Co-ord.

[www.narrabeenbootsale.org](http://www.narrabeenbootsale.org)

Bookings 0421 810 019
[www.narrabeenhighcarboot.org](http://www.narrabeenhighcarboot.org)

*The NSHS P&C supporting your school.*
## 2013 ICAS

**International Competitions and Assessments**

**ICAS SITTING DATES**

<table>
<thead>
<tr>
<th>Subject</th>
<th>Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computer Skills</td>
<td>Tuesday 21(^{th}) May $8.80</td>
<td>Closing Date: 23(^{rd}) April</td>
</tr>
<tr>
<td>Science</td>
<td>Wednesday 5(^{th}) June $8.80</td>
<td>Closing Date: 8(^{th}) May</td>
</tr>
<tr>
<td>Writing</td>
<td>Tuesday 17(^{th}) June to 21(^{st}) June $18.70</td>
<td>Closing Date: 20(^{th}) May</td>
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<tr>
<td>Spelling</td>
<td>Tuesday 18(^{th}) June $12.10</td>
<td>Closing Date: 21(^{st}) May</td>
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<tr>
<td>English</td>
<td>Wednesday 31(^{st}) July $8.80</td>
<td>Closing Date: 3(^{rd}) July</td>
</tr>
<tr>
<td>Mathematics</td>
<td>Tuesday 13(^{th}) August $8.80</td>
<td>Closing Date: 16(^{th}) July</td>
</tr>
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</table>

**All of the above** $66.00

Please return the permission slip and entry fee ASAP to **Mrs Vergos, ICAS Co-ordinator**

Students can now prepare for ICAS and other skills based tests with EEA’s new Practice Online Series. Practice Online is a series of ten interactive online tests designed for students from Years 3-12. Each student who participates receives a comprehensive individual report detailing their overall results and their performance in each area assessed. Practice Online is now available for Mathematics and will soon be available for Science and other subjects.

For more information please visit the Educational Assessment Australia website at [www.eea.unsw.edu.au](http://www.eea.unsw.edu.au) or contact Customer Service on (02) 8344 1010 or by email at [info@eea.unsw.edu.au](mailto:info@eea.unsw.edu.au)
2013 ICAS PERMISSION SLIP
Please return THIS section to Ms Vergos, ICAS Coordinator

I give permission for my child..........................................................of Roll Class.........................
to participate in the following 2013 ICAS Competitions:

- Computer Skills 21 MAY $8.80
- Science 5 June $8.80
- Writing 17 June to 21 June $18.60
- Spelling 18 June $12.10
- English 31 July $8.80
- Mathematics 13 August $8.80
- All of the above $66.00

Please find enclosed the amount ......................entry fee.

Name of Parent/ Guardian............................................. Date: ...........................................

Signature of Parent/ Guardian .................................................................
STOP PRESS: POETRY IN ACTION PERFORMANCES

Due to unforeseen circumstances, the poetry incursions have been rescheduled. The company has apologised profusely and are grateful Narrabeen Sports High understands their predicament.

The new dates for the Poetry Incursions are:

Years 7 and 8: Friday 3rd May, Period 5
Years 9 and 10: Monday 29th July, Period 5

Thank you to all the students who have already brought in their money, it is greatly appreciated. However, there are still some students who have not brought in their permission note and money. Please see below permission notes. If there are any concerns please do not hesitate to contact me.

Ms Vergos, Head Teacher English/CAPA

Year 7 and Year 8 English Incursion- Poetry in Action Performance

During Period Five, Friday 3rd May, Year 7 and 8 English students are being given the opportunity to attend Poetry in Action Performance by Shaman Productions in the School Gymnasium. This is a wonderful way to further a student’s understanding of language and aid them in their study of Poetry in Stage 4.

The title of the performance is Poetry at Play. Poetry can be used to makes us laugh, make us cry and can take us to places we might not ever visit. From an everyday trip to the supermarket, to the heightened realms of imagination see how poetic imagery can transport us into a different world.

It is compulsory for all students attend this incursion as there will be follow-up work.

The cost of the performance is $10.00. Both the payment and the signed permission note are to be placed in an envelope and given to the student’s English teacher.

Yours sincerely,

S. Vergos
Head Teacher English

--------------------------------------------------------------------------------------------------------------------------------------------

Year 7 and 8 English students

PERMISSION NOTE

My son / daughter _______________________________ of class ________ will be attending the Poetry in Action Performance in the School Gymnasium on Friday 3rd May, 2013 at the cost of $10.00.

Signed _______________     Date________________
Year 9 and Year 10 English Incursion- Poetry in Action Performance

During Period Five, Monday 29th July, Year 9 and 10 English students are being given the opportunity to attend Poetry in Action Performance by Shaman Productions in the School Gymnasium. This is a wonderful way to further a student’s understanding of language and aid them in their study of Poetry in Stage 5.

The title of the performance is Home Grown Poems. This show delivers a tightly woven narrative that illuminates the power of Australian poetry and its ability to transport us across a vast landscape, through history and speak universal wisdom in a voice unique to Australia.

It is compulsory for all students attend this incursion as there will be follow-up work.

The cost of the performance is $10.00. Both the payment and the signed permission note are to be placed in an envelope and given to the student’s English teacher.

Yours sincerely,

S. Vergos
Head Teacher English

PERMISSION NOTE

My son / daughter ____________________________ of class ________ will be attending the Poetry in Action Performance in the School Gymnasium on Monday 29 July, 2013 at the cost of $10.00.

Signed ____________________________         Date________________
SPORT: YEARS 8-11:

Term 2 and 3 Grade Sport for information

Term 2 and 3 is the start of the Grade sport competition against other Peninsula schools. Your son / daughter will have the opportunity to trial for one of the team sports listed below. If they are successful, they will be competing every Wednesday afternoon in a ‘home and away’ competition. If they are not selected in a school team, they will stay at school for general sport.

*Please note that junior teams are Under 15’s. This means that you can turn 13, 14 or 15 this year but not 16.*

- Senior Boys Soccer  Senior Girls Netball
- Junior Boys Soccer  Junior Girls Netball
- Senior Boys Touch  Open Girls Volleyball
- Junior Boys Touch  Open Girls Touch
- Senior Boys Basketball  Open Girls Basketball
- Junior Boys Basketball  Senior Girls Soccer
- Open Boys Volleyball  Junior Girls Soccer

We will conduct trials and training during the first two weeks of Wednesday sport in preparation for the start of Grade sport in week 3 on the 15th May.

Thank you for your cooperation in encouraging your child to participate in their chosen sport to their best of their ability.
Athletics carnival information

Narrabeen Sports High School’s Athletics Carnival will be held on Monday 6th May, 2013 at the Sydney Academy of Sport in Narrabeen. Students will need to arrive at school by the normal time in their PE uniform. Roll call will be taken in the gym at 8:50am and the buses will leave at 9am from school. Students will be dropped back at school at 3pm and be dismissed right away.

Students will have received a permission note and need to return them to their roll call teacher asap. The program for the day is listed below. Students wishing to compete in the javelin and the 1500km need to make their own way to the track by 8.30am. We are looking forward to a great day!

Ms R Deane

Sports Coordinator
“Supply Means Supply”

WIN one of two Apple i-Pads

“Secondary Supply” is the provision of alcohol in a private home to young people aged under 18 years, usually by an adult, sibling etc. Secondary Supply is the main way young people under 18 years obtain alcohol. Almost 40% of under-age drinkers get alcohol from their parents and only 5% buy it themselves. (Australian Drug Foundation, May 2012)

The Northern Beaches Community Drug Action Team (CDAT) together with NSW Police, Manly Drug Education and Counselling Centre, (MDECC) Northern Sydney Local Health District and local Councils are working together to implement the Supply Means Supply campaign.

The first step of the campaign is to survey parents/carers living on the northern beaches about their attitudes and behaviours relating to secondary supply. The survey will help CDAT to ascertain the social norms and pressures placed on this group.

Step two is to use survey results to tailor an awareness raising campaign and develop parent/carer workshops that focus on better communication skills, legislation relating to secondary supply of alcohol, and to identify the harms associated with underage drinking in young people. The workshops will also allow parents/carers to link into further support programs should they need ongoing support.

Simply click on the link below for your chance to win.


If you have any questions about the project, please contact Amanda Watkins Health Promotion Coordinator, Manly Drug Education and Counselling Centre on 9977 0711.
Are you interested in a new sport?

Floorball may be the next Olympic Sport.

Floorball is a fascinating sport. It is like ice hockey without the ice or physical contact. It’s fast, safe, easy to master and most importantly super popular with children of all ages.

The Northern Beaches Floorball Association is currently looking to grow their junior teams and are running trials for all ages on Tuesdays at Balgowlah Boys High School gymnasium.

Please email trial@northernbeachesfloorball.com.au to find out when and where. All equipment is provided and it is free to try.

Food and Wine Fair

Sunday 5 May
10am to 4pm
Winnererremy Bay
Mona Vale

Enquiries - 0417 426 925

- Tasting and sales from 11 vintners and boutique breweries
- International food - Mexican, Chinese, Himalayan, Thai, German, Turkish, Dutch & Spanish
- Gourmet food stalls and cooking demonstrations
- Live music from 2 Shots Classic Rock Band and the Kristen Lane Band
- Kids entertainment including craft, rides, face painting and cup cake decorating
- Sustainability lane - eco-living stalls, native animal show and touch table for the kids
- Free native plant giveaway for Pittwater residents
- Visit the volunteer expo and find out how you can make a difference
- Parking at Pittwater High School (gold coin donation) or ride your bike (free racks available)
FREE fun program for kids to become fitter, healthier & happier

Do you have children 7 to 13 years old? Are you worried about their weight?

Go4Fun runs for 10 weeks during school term for children and their parents. Sessions are run twice a week for two hours after school and include games, activities, tips on healthy food, label reading and portion sizes plus much more!

Registrations for the next school term are now open. Details of a local program are outlined below. To find out more or enquire about other locations, phone:

Free call 1800 780 900

SMS your name, kids name & suburb to 0409 745 645 and we will call you back!
You can also register online by visiting www.mendcentral.org/go4fun

Where:
North Ryde RSL Youth Club
Magdala Rd, North Ryde
Hornsby PCYC
94 George St Hornsby
Pittwater Sports Centre
1525 Pittwater Rd, North Narrabeen

When:
Tuesdays and Thursdays
4pm-6.00pm
Mondays and Wednesdays
4.30pm-6.30pm
Tuesdays and Thursdays
4.30pm-6.30pm
BOOK CLEARANCE

lifeline book warehouse
5 chard rd, BROOKVALE

19-23 april
10am-3pm

Thousands of quality books at CLEARANCE prices
Northern Beaches ADHD Support Group

A problem shared is a problem halved

So come share your ADHD-related problems …

The Northern Beaches ADHD Support Group is a new voluntary group offering support for parents of children or teenagers with ADHD via regular meetings.

The group is run by parents and aims to provide a supportive environment to discuss and learn more about ADHD and its co-morbid conditions in order to best help parents and kids alike.

Experienced parents and those new to ADHD are all welcome to attend our meetings to receive and extend support to other parents.

Depending on demand talks from ADHD specialists will be organized at future meetings.

Meetings will take place every 6 weeks at

Memorial Hall (next to the library)
1606 Pittwater Road, Mona Vale 2103

Date of Next Meeting: Monday 13 May 2013
Time: 7.00-8.30pm

A $2 donation would be appreciated to help cover costs
Please RSVP via email to give us an idea of numbers

Email: nbadhdsupportgroup@hotmail.com
www.northernbeachesadhdsupportgroup.com.au