Principal’s report

‘Vision without a task is only a dream. A task without a vision is drudgery. But a vision with a task is a dream fulfilled.’

Welcome back to Term 4:
It’s hard to believe but the end is in sight for 2013 – almost. There’s ten school weeks to go but there is much to be done. The upcoming weeks involve the assessment and reporting process. All students Years 7 – 11 have exams and/or assessments. It is important for parents to ensure their children have a study routine happening, are revising frequently and doing practice answers for their upcoming exams. Please check with your child’s class teacher or Year Adviser if you want further clarification of material to be tested.

Farewell and best wishes to our fabulous year 12:
The last week of Term 3 was indeed a sad one for our teaching staff and Year 12 2013 students who graduated. I have attached excerpts from my graduation speech:

Good morning parents, special guests – Mr Miller, thank you for coming back, Year 12, students.

The purpose of today’s ceremony is to congratulate year 12 on this important milestone. Finishing year 12 with the HSC qualification is a fantastic achievement. It’s an achievement, like all important ones which requires dedication, tenacity, perseverance, organisation and planning. To be sitting here proves you have those qualities – well done.

Whilst it is just one of the many important events in your life, the majority of which are yet to come, it is significant you, as individuals are here. Achieving this qualification and graduating from our school is like the hare and the tortoise race – those who haven’t planned and coordinated, fall by the wayside. You can be truly proud of being here at the finish line and achieving what you have. Though, not to burst your bubble too much, the finishing line is in sight but you still have about 6 weeks to go! The final preparation for the exams is crucial. The study plans still have to be written each week until you are finished – don’t lose sight of that final goal.

As you can guess I don’t know you as well as other staff members and feel like a tag on at the end of your schooling here – and in a way, that signifies you as a unique group at Narrabeen, not many year groups can go through a school under the guidance, nurturing and leadership of three principals, two of whom are here today.

For me personally, there are mixed feelings in the sense I have gotten to know some of you really well, and others apart from saying hello, not at all. On the whole I have found as a group you are happy, respectful, friendly and
above all genuine young people. Your commitment to our school is noteworthy. At each of the P/C carboot sales there were many year 12 students, the prefects and captains staffing the stalls at the expo without fuss, a few worked in the canteen regularly. The quality of your efforts at school are pleasing – those of you in the audience who saw the Visual Art/ D&T display would know that.

Since I don’t know you that well, I’m short on personalised anecdotes but I did ask the staff for feedback, and from the lots of replies and three things are significant, which sum you up as a year group – your personal qualities I have experienced Mr Wigan detailed which highlight what you guys are like as individuals, it’s based on your excursion to Queensland.

- Brooke, Brooke, Ebony, Hannah and Emily became eco-warriors rescuing a sick turtle and restoring him to good health with the help of the staff at University of Queensland.
- The boys: Abe, Jackson and Keiran’s horror at the thought of walking into a leech-infested swamp, and their incredible ability to link every single activity back to ‘erosion’.

Secondly it is very noteworthy, we have two Australian representatives in such as small cohort – Keiran for baseball and Jordan for Surfing. The tenacity, commitment and dedication required for such an achievement is incredible. To have two of you, suggests Narrabeen is lucky.

Thirdly, the staff feel it is important to pay tribute to the efforts of the Prefects and Captains today. The quality of leadership at Narrabeen has proven to be one of the strengths of our small community. Keely, Lakshay, Hannah, Ebony, Nicola, Lucas, Tristan, Danielle, Alex and Danijela thank you! You carried out your responsibilities to a standard the staff and certainly I, truly appreciate.

I want to also acknowledge your teachers, who are your best resource, they have guided you throughout your journey at Narrabeen Sports. Without them success at High School is not as likely. Finally I want to thank you for your gift to the school of $1200. We are going to use that to put an etched glass piece into the Front Office with the School Crest on it.

So Year 12, it’s come to this - thank you for your commitment and I wish you the very best.

HSC 2013:
Since their graduation, Year 12 have been busily preparing for their HSC examinations which was evidenced in the holidays when many students came to school to access their best resource – their teachers. There were revision lessons in English, Modern and Ancient history and Geography. A special thanks to Ms Vergos, Mr Conroy, Ms Turner and Mr Wigan. The first HSC exam commenced on October 14th.

With the end so near in sight, to be successful students are:
- encouraged to keep a healthy balance between study and recreation which is aided by regularly exercising, eating well and getting plenty of sleep,
- using a study timetable which maps out the remainder of the HSC and sticking to it,
- to arrange their study based upon their syllabi for each topic having their HSC questions slotted under the each dot point for each topic, with notes underneath,
- writing plenty of practice essays and getting their best resources, their teacher, to go through it,
- motivating themselves by focussing upon their ATAR goal, desire to do their best, setting up a reward system, competing with their friends,
- structured in their approach with a focus upon their goals, is what works best.

Narrabeen Sports High School wishes all Year 12 the very best of luck for their HSC exams and future!

Taste of high school:
As one year group embark upon the challenges of life post school, another group are being introduced into Narrabeen. Year 6 students from 18 Primary Schools embarked on a taste of high school day October 14th. Lessons were conducted in English, Maths, Science, History, Geography and Art. A special thanks goes to Mr Palme, the Head Teacher of Maths who did an outstanding job organising the day, as well as Mr Wigan, Ms Turner, Ms Vergos, Ms Purcell and Ms Davis for initiating our future year 7’s in the practice of how high school operates.

Year 12 2014:
Year 11 have completed the first qualification on the road to the HSC – their RoSA for Preliminary HSC and will have their Year 12 information evening on October 29th. This evening is very important for students and parents and will involve presentations from school staff on how the HSC works now Year 12 has started, including an explanation of ATAR as well as information on assessment schedules. Year 12 2014 are encouraged to stay with at least 11 units as it’s been proven by the BOS students with 11 or more units achieve higher results. The explanation is apparently to be configured in a routine and sticking to it. Parents of students wishing to drop units of study, are invited to meet with our Deputy Principal for Year 11, Mr Date and/or the careers advisers to discuss the change in light of their children’s Preliminary HSC report. Year 11 reports will be distributed in Week 4 of this term.

NAPLAN 2013
Year 7 and 9 will receive their long awaited NAPLAN results next week. Overall students at Narrabeen showed growth and value adding. Areas of improvement for 2013 include Numeracy, boys writing and our girls in general. Whilst it is what is it – tests in literacy and numeracy over three two hour sessions, NAPLAN provides teachers with an array of information which helps with catering for the skills of students in their classrooms.
Community mentoring
Narrabeen is offering a mentoring program for year 11 students in 2014 where we are inviting interested community members to assist students based upon career. In a successful mentoring relationship, the mentor effectively acts as an experienced and trusted adviser, concerned with enabling and extending the students competence. The role of the mentor is to help the mentee gain knowledge, skills and experience. If you are interested please contact Julie Weller or Ian Wood on the school number to find out more.

Congratulations and well done:
• Duke of Edinburgh – Bronze: Jett Coulter, Mitchell Donnelly, Olivia Giuliano, Taylah Hammond, Harrison Knampton, Jack O'Brien; Silver: Olivia Giuliano, Samantha Judd, Conor Hickey; Gold: Lauren Woodcock, who is our first Year 8 Gold Level .
• School promotions stars: Asma Aryal, Jaiya Bray, Joanna Kot, Reiley Frankham, Rachel Kelly, Otto Schultz, Holly Smith, Gina Groskops, Jamie Donnelly, Nick Kot, Jessica Graham, Stella Livoti, Kyla Bolsterstenj, Rad Spadina, Jacob Boyd, Alex Hemp
• Ella Donohoe who won the U16 division in the Mid-North Coast Women's surfing competition.

Lance Berry

Calendar Of Events

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| 22 October | • Year 9 and 10 Examination week  
• Academy Excursion – Gymstar – Football Tennis Dance 8-9:30am C Frost I/C |
| 24 October | • Academy Excursion – Gymstar – Basketball, Swimming, Netball – C Frost I/C |

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| 29 October | • Year 12 2013/14 Parent Evening  
Staff Common Room 6:30 – 7:15pm |
| 30 October | • Rugby 7s Presentation 14s and 16s Winners – Roll Call |
| 31 October | • Academy Excursion – Gymstar  
RAC, Touch Football, AFL – C Frost I/C |

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| 05 November | • Year 7 and 8 Examination Week  
• Academy Beach Fitness Session  
Dance, Tennis, Football –North Narrabeen Beach – C Frost I/C |
| 06 November | • Last HSC Examination today  
• History Extension Day – State Library and Museum of Sydney - J Turner I/C |
| 06/07 November | • Year 7 and 8 State Touch Football Team – Bathurst – R Deane I/C |

Deputy Principal’s report

Students in Year 8 and 10 have now made their subject selections for 2014. They will soon be notified of the subjects the school is able to offer them based on the number of students wishing to study similar courses and available staffing.

A reminder to try to communicate with your child regularly regarding school. A regular casual discussion allows you to understand better the relationships your child values and struggles with at school, how they are progressing academically and any difficulties they are facing. Once we are made aware of issues worrying you or your child we will be able to respond and make school a more positive experience and allow your child to achieve their personal best.

Even though adolescents don’t generally tell their parents much, if you indicate that you are willing to listen without judgement you may find that your child will approach you to chat. I have found with my own teenagers that I have to be ready when they want to talk and not when it’s necessarily convenient for me. I include this advice today as I have recently had cause to manage a case of bullying which I did not know about and if I had, I could have managed it earlier. Bullying of any kind is dealt with quickly at Narrabeen Sports and Reporters names are kept in the strictest confidence. In the past our school has had the reputation of managing bullying quickly and we would very much like that to continue but students must be encouraged to tell us. If your child is not confident enough to report, please contact one of the Deputy Principals or Mr Berry.
Year 12 began their Higher School Certificate examinations this week. These examinations are a stressful time for our students as it forms 50% of their final result. Mr Berry and I addressed the cohort on Monday before the start of the English examination. We wish them well and all staff are available throughout the examination period to provide support and advice.

Year 11 students begin their Higher School Certificate year in Term 4. This week they had a meeting with Mr Berry who outlined the expectations of a senior student and the process for modifying their pattern of study, if they so choose. We would encourage students to commit to a minimum of 11 units of study in Year 12 as statistics repeatedly indicate that better performing students engage in more than 10 units at the Higher School Certificate level.

Students wishing to modify their program of study should seek advice from their classroom teacher, head teacher and possibly the Careers Adviser as these decisions may impact on University admission requirements. Students will need to obtain a "Year 12 Change of HSC Program of Study" form from Mrs Peacock. Requests for a variation of a study program require an interview and will not occur until week 5 when end of year Reports are available. This will allow for an informed decision to be made in the best interests of the student.

Further, to support Year 12 in their final year, from week 3 students will not be required to attend sport on Wednesday afternoons. We would encourage students to remain at school to use this time for valuable study.

An information evening for Year 12 2014 will take place on Tuesday 29th October at 6:30pm in the Common Room. Here we will outline requirements for the Higher School Certificate, explain scaling and the ATAR as well as indicate the support available for students during the year.

During week 3, Year 9 and 10 will be completing their end of year examinations. It is expected that all students will make a serious attempt at these examinations and this is especially important for Year 10 who may put at risk their Record of School Achievement (RoSA). All courses are completing revision work at the moment and students should draw on the study skills provided during the year to ensure they are prepared to demonstrate their personal best in these examinations.

Normal classes will continue for Year 10 until week 6 at which point a varied program will commence. Details of this will be provided after their examinations.

Students in Years 10 and 11 who are planning on leaving school at the end of 2013 have the opportunity to complete optional literacy and numeracy tests. The content of the tests is drawn from the Australian Core Skills Framework (ACSF) and developed and endorsed by the Australian Government Department of Education, Employment and Workplace Relations (DEEWR). This test will give parents and employers an indication of the numeracy and literacy capabilities of a student at the exit point of their schooling.

The tests are taken at the school and offered online and under teacher supervision. The results are reported separately from the Record of School Achievement (RoSA) credential. The tests are not available to all students, only those who indicate that they wish to leave school.

In 2013 the test is available on Monday 28th October from 9-11am. If students decide to remain at school for longer they can sit the same examinations again later.

If you would like your child to sit this examination it is critical that they complete the permission note provided at school and returned to me by Friday 18th October as there are significant administrative processes related to managing this test.

Lastly, Years 7 and 8 will be commencing their final examinations beginning on 4th November. Again I would encourage students to complete outstanding tasks, create mindmaps, complete practice questions and make summaries to ensure they to are prepared. We wish them all good luck.

Lisa Peacock

Proud supporters of the Peninsula Community of Schools
What is this article about?
If you have told the school that your child is diagnosed a risk of anaphylaxis you should have received a letter from Mr Berry. This article provides more information about anaphylaxis.

What is an EpiPen® and an Anapen®?
EpiPen® and Anapens® are the emergency treatment for children who are having an anaphylactic reaction.

What is anaphylaxis?
Anaphylaxis is a severe and sometimes sudden allergic reaction. If your child has been diagnosed by a doctor as being at risk of anaphylaxis there are some important things to remember that will help the school to support your child’s health care needs.

Why you need to keep us informed if your child is diagnosed as being at risk of anaphylaxis or if his or her condition changes. This includes if they have an anaphylactic reaction while not at school.
The school can only respond to risks it knows about. Please keep your year adviser informed so that we can plan to support your child at school.

Why you need to provide the school with your child’s current ASCIA Action Plan for Anaphylaxis and an EpiPen® or Anapen® signed by their doctor
The plan sets out the steps the school needs to follow in an emergency. It is essential for us to have this to keep your child safe.

We will keep a copy of your child’s ASCIA Action Plan for Anaphylaxis stored with your child’s EpiPen® or Anapen®.

Why it is important to talk regularly with your child about some simple steps to help keep them safe
It is important to regularly talk with your child about when and where they are at risk of contact with the things they are allergic to and how to avoid this. If you have told them not to take part in sharing food at school, regularly remind them of this.

Reassure them that if they do come into contact with something they are allergic to or they feel unwell at school they won’t get into trouble. They need to tell a teacher immediately.

Consider whether your child should carry their own EpiPen® or Anapen®
If your child has been diagnosed with anaphylaxis you can request that they carry their own EpiPen® or Anapen® to school and at school. A request form has been sent home and is also available from the office).

If you request that your child carry an EpiPen® or Anapen® with them to school and at school you will still need to provide the school with at least one additional EpiPen® or Anapen® for storage in a central location within the school and for access by staff in an emergency.

The school will contact you about any request you make for your son or daughter to carry their own EpiPen® or Anapen®.

Why does the school need to know if your son or daughter is carrying their own EpiPen® or Anapen®?
Staff need to know your child carries an EpiPen® or Anapen® in an emergency. For this reason this information will be included in your child’s individual health care plan.

They also need to be able to find it quickly so it is important that it be in an easily identifiable and accessible spot (eg. not a locker).

To find out more go to the Department’s public schools website:
English Report – Striving for Personal Excellence

Students, supported by their dedicated English teachers are engaged with learning new concepts and developing their literacy skills. It is very important for students to take responsibility for their learning. Class work including assessment tasks need to be completed to the best of their ability. Students must manage their time effectively in order to meet deadlines. They may visit the Writers’ Workshop every Tuesday lunch time (see Flyer), attend the Homework Centre every Monday in the school library or email their work to their teacher for feedback. Our aim in English is for every child to do their best and to enjoy what they are learning.

We encourage students to read for pleasure every night for 15-20 minutes. Please support your child in this endeavour. We are always delighted to hear students reading books. At the moment, a group of students are reading the novel, The Book Thief by Markus Zusak. They are riveted to their seats and are anxiously waiting for the much anticipated film version of the text.

Year 12 on Monday and Tuesday sat for their HSC English examinations and we wish them every success.

Year 11 students have been issued with their HSC Belonging Assessment task and are familiarising themselves with the Belonging rubric from the English Syllabus.

Year 10 has just completed a poetry unit exploring Conflicting Perspectives. Students will be studying the Horror Genre and its conventions after their Yearly examination.

Year 9 is currently creating their own Protest poems. We are very much looking forward to their presentations.

Congratulations to Isabella Cowap for receiving a credit in the UNSW ICAS English competition.

Year 8 is researching on the plight of child refugees in connection with their study on Parvana.

Year 7 is also writing their own Through My Window poems. Their teachers are delighted with their ability to use poetic devices.

Stop Press

| Week 3, Years 9 & 10 English Yearly exams. |
| Week 4, Years 7 & 8 English Yearly exams. |

A Taste of High School

We had a lovely time on Monday with Year 6 students from our local schools getting a ‘taste’ of high school. In English, we focussed on sensory imagery evoking feelings and emotions. Students explored tactile, oral, olfactory, visual and aural senses to write a poem on their favourite fruit. We have included some poems demonstrating the fruits of their labour. We would like to thank the Year 8 students who assisted on the day.

The apple tree stands in the harsh wind,
Apples growing upon its branches,
As if giving birth to beings of nature
Humans arrive,
Their task being to pluck apples from the tree they were born,
The apples,
Hoping to enlighten those, who choose to bite into its tender skin.
By James

I eat apples everyday
I love them at their best
Every time I get to the core
I always eat the rest
They’re juicy and yummy and I eat them all the way.
You will send the doctor running home if you eat one everyday
By Robbie

Mandarin
Feels like a squishy smooth, silky rainbow
Sounds squizzy like a song
Looks stringy like a rope with fruit dripping around it
Tastes like a banana tropical island paradise
By Cruz

Forestway Fresh
346 Mona Vale Road
Terrey Hills
Phone: 9486 3340
7 days a week
Hours: 7am to 6pm

We would like to thank Forestway Fresh for their generation donation of fruit.
Drama Report

The Year 10 Drama class and the Year 7 Drama group put on an impressive performance last term for all of year 7. The audience had a wonderful time and the parents who came along were so pleased that the Year 7 Drama group showcased their talents in comedy skits and were able to see how they can grow as actors to reach the level the Year 10s are at now with their extravagant Commedia dell’Arte performance.

Students involved are:
- Luke Bosco
- Reiley Frankham
- Jessica McMurdo
- Jessica Graham
- Nick Kot
- Beau Harpur
- Anton Breheny
- Angie McIwraith
- Rad Spadina
- Grace Morrissey
- Asma Aryal
- Kyla Bolterstenj
- Carina Favoreto
- Troy Finch
- Teaghan Watkins
- Oliver Scherer
- Gina Groskops
- Alana Salvador
- Jemma Sellars
- Joanna Kot
- Sofia Heszterenyiova
- Shae Straker
- Stella Livoti
- Shellie Davis
- Vaishnavi Kala
- Josefine Schedlowski

On Monday 25th of November at 6:30 pm a dedicated and talented group of performers within our school will be performing our musical “Pridelands High”:

Somewhere in all of us there is a desire for greatness and the rites of passage to achieve this greatness ring true in every generation. The struggle for ownership of the future, and a need for something or someone to bring us together are universal and human experiences.

Seen through the eyes of the students at Pridelands High, and spoken through the lyrics of popular artists Narrabeen Sports High invites you to experience an old tale in a new way.

Be prepared.

The following students are members of our cast:

- Jaiya Bray
- Holly Smith
- Gina Groskops
- Kyla Bolterstenj
- Asma Aryal
- Joanna Kot
- Sofia Heszterenyiova
- Isabeau Wellington
- Josh Sevelle
- Jessica Graham
- Angie McIwraith
- Rad Spadina
- Carina Leon De La Barra
- Reiley Frankham
- Arimbi Robertson
- Lauren Bateman
- Milica Obradovic
- Franchette Rodriguez
- Erica Alojado
- Katherine Molinaro

It has been an exciting year for performance with more to come!

Caity Dalrymple
Help wanted

PARENT VOLUNTEERS NEEDED

WE NEED YOU!

**MultiLit Tutors**

We still need parents to help with our MultiLit Program. All you need is enthusiasm and an hour a week to spare.

Training will be provided.

stephanie.salter@det.nsw.edu.au

School Tel: 02) 9913 7820

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**HOMEWORK CLUB**

Every Monday after school in the library

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**MULTILIT**

MultiLit is continuing into Term 4 and the pupils taking part have their timetables.

MultiLit Reading Tutor Program is a research initiative of Macquarie University to support pupils in reading.

See the link for more information http://www.multilit.com/about/

Please contact me if you would like to ask about this program for your child.

stephanie.salter@det.nsw.edu.au

School Tel: 02) 9913 7820

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*Well done to those pupils taking part. Their hard work is starting to show great results!*
Bronze Duke of Edinburgh Test Hike

On Friday August 30, eleven year 9 students travelled to Dharug National Park in Wisemans Ferry to undertake a two-day test expedition for their Bronze Duke of Edinburgh award. With the weather forecast to tip 30°C, they embarked on their journey with plenty of water and nervous anticipation about the challenge ahead.

As with all test expeditions, the students were required to independently navigate their way between checkpoints in their respective teams. Armed only with compasses, topographical maps, an emergency radio and their prior safety and navigation training, both groups did a great job traversing to the recess spot (while doing their best to avoid the leaches) and ascending onwards and upwards towards lunch.

Little did we realise that this day would prove to be the most challenging thus far, with one group losing their way and completing the longest night navigation in Narrabeen history guided by Mr Moore and myself. While the experience was at times extremely stressful and exhausting, the group were determined to return to camp in high spirits and performed exceptionally well.

Needless to say, day two was far more relaxed and laidback with all eleven students hiking together and working with staff to navigate their way around a shortened circuit. Camaraderie was high as we ascended and descended over tough terrain both on-track and off and looked forward to a pit stop on the drive home.

I would like to extend a huge thank you to Mr Moore and Mr Small for their invaluable assistance on this expedition. I would also like to thank Jaiya Bray, Jacob Boyd, Kyla Bolsterstenj and Gina Groskops of year 10 and recognise the absolutely phenomenal job they did as pseudo-staff members.

Congratulations to the following students for their success: Emma Chattaway, Isabella Cowap, Tomas Frankham, Lochie Francis, Jeremy Hulme, Olivia Palmer-Davies, Kaleb Patterson, Carl Saunders, Natalie Welsh, Rebecca Whitehead, and Isabeau Wellington.

Melinda Tan
Duke of Ed Coordinator
Careers News

Firstly congratulations to the following 3 students who have received Awards from TAFE for their TVet courses: Tara Hoare – Outstanding TVet Student 2013 for Excellence in Tourism 2, Danijela Pokler – Outstanding TVet Student 2013 for Excellence in Financial Services and Tom O’Sullivan – For Effort & Achievement in Sport and Recreation (Year 11). Both Tara and Danijela will be sitting their HSC exams in the subjects of Tourism and Financial Services, so hopefully these wonderful awards will transfer across to some great results in their exams too. “The awards relate to due diligence, good attendance, application, attitude to study and involvement and contribution to class.” Congratulations!

Year 12

The last few weeks of Term 3 were spent catching up with the Year 12 students at interviews, to ensure they were organised before their HSC and had submitted their applications for University by the September 28 cut off date and had an updated Resume, ready for the workforce. Students who are unsure about university study should also apply to Tafe for a related course and the majority of Tafe courses require application online by October 30. There is no fee for Tafe application, but the UAC entry for University applications is $28 and for late applications (after 28/9/13) the fee is an extra $122.

Use these websites for further information: – www.tafensw.edu.au and uac.edu.au /undergraduate. Students were also reminded of the wonderful website to which our school subscribes and uses in Careers lessons – www.careersworks.com.au This site is especially useful for Year 12 and 10 students, for school leavers and with subject selections.

Year 12 students interested in Teaching may be interested in the following Scholarship opportunity

Dear Principal

With the HSC beginning this week, there is an opportunity to encourage suitable students to apply for a teach.Rural scholarship.

As a teach.Rural scholar, students receive a $6,000 annually while studying full time for a teaching qualification. When they complete their studies, they are guaranteed permanent employment in an agreed rural and remote location and awarded a further $5,000 to assist with expenses such as relocation costs.

Applications for a teach.Rural scholarship are now being received. Closing date is Friday 15 November 2013.

For more details and to apply, go to


I would appreciate your support in promoting these opportunities to your talented HSC students and encourage them to consider a future career as a teacher in NSW public schools.

Yours sincerely

Mark Anderson

Year 12 received information in their graduation folders regarding the Careers Advisers helpline, which is a service available once students receive their HSC results. This free service is invaluable and available to all Year 12 students from December 19th to 24th from 9am to 5pm, either online at www.cas.det.nsw.edu.au or call for free advice on 1300 300 687.

Friday September 13 saw a group of 20 students completing their Whitecard – the Work Health & Safety Qualification, so Congratulations! to the following students for completing this worthwhile qualification – Lucas Dockary (Yr 12), Eli Hall (Yr 11), Jarrod Hummelstad & Dylan Peppernell (Yr 10), Luke Gifford, Jye McDonough, Jeff Han, Michael Riggio, Jordan Bullock, Lachlan Skaarup, Sean Chivers, Daniel Nero, Justin Hrnjack, Liam Moir & Tom Summerhayes (Yr 9), Mitchell Donnelly, Hayden Leopold, Ben Markovic, Daniel Riggio and Brett Rooke (Yr 8). Hopefully we can look forward to some of these students putting their skills into practice by contributing towards the improvement of the school grounds in Term 4.

Student / Mentor Program in 2014 – “It takes a community to raise a child”

At the recent Year 8 Subject Selection Evening, the 2014 Student / Mentor Program idea was launched to parents, whereby a group of 10 students in this year’s Year 10 cohort will be chosen and matched with a community mentor who is involved in the Career industry of a particular student. Expressions of Interest for Mentors were available on the night and we had a favourable response to the program. The students chosen are those who we believe will
benefit most by their involvement in such a program and we hope to see focus, maturity and higher grades emerging as a result. Mr Ian Wood and myself visited 2 schools in Term 3 to see the Mentoring Program in action – at Crestwood and Glenwood High Schools and we were equally impressed by the outcomes to both students and Mentors. If you are interested (or know of someone who might be suitable) in becoming a Mentor ie. being a support person for a school student at structured morning sessions at school – either next year, or going onto a data base for the future (please keep in mind that your particular industry may not have a matching student next year amongst the chosen student cohort) please contact either Ian Wood or myself for further information. Thankyou.

Year 11 students had Careers Interviews in Term 3 with either Mr Wood or myself in order to reflect on their progress post-exams and to check that their aspirational goals are realistic and on track. It also provided Careers with the opportunity to get to know the students better so that we are able to pass on information to students for particular areas of interest eg. when there are Open Days in faculties at universities, Industry Days or Job Opportunities available, we are now better able to seek out relevant students. We will also use this collected information to follow up with the students in their Year 12 Interviews next year before they leave.

Year 10 students have begun work on their Resumes in Careers classes and regardless of whether they already have a job or not, each student is expected to have a Mock Interview before an interview panel in order to submit their Resume and Cover Letter, so that that they are well prepared for a real job interview post school. Dates are yet to be confirmed this term, but students will be informed during their Careers classes. Students are also reminded of the opportunity to attend a week of Work Experience during Week 9 ie. December 2-6. This may be additional for those students who already attended Work Experience in Term 2 as long as it is in a different industry, or it may be a students’ first time at Work Experience. If you are a Year 10 student who is attending the Geography Excursion to Queensland during this time, but would still like to do Work Experience, please see Careers early this term to organise alternative dates.

Julie Weller – Careers Adviser

Sports news

Athletics
Congratulations to Joshua Judd, (year 11), who competed at the NSW All Schools Athletics competition in Homebush. He competed in the 100m -10.84sec and 200m – 22.79sec which were both Josh’s personal best times. Well done Joshua!

Surfing
Ella Donohoe (year 8) won the U16 division in the Mid-North Coast Women’s surfing competition. She also starred on the local channel 9 News as a result from her victory. Ella has also joined the school surfing program on a Wednesday afternoon. It is great to have a girl join the sport which has been dominated by the boys in the past. We hope more girls will gain their surf rescue certificate so they can join this sport in 2014. Well done Ella!

Touch Football
Congratulations to Hannah Dyball, Shellie Davis and Aleya Wiggins who recently competed in the NSW All Schools Touch Football competition in QLD. The NSW girls were narrowly defeated by a stronger QLD team.

Sporting Success
If your child has achieved significant sporting results outside of school, please let me know. Our school would love to acknowledge and celebrate their success, but sometimes students are too shy to let us know! Please feel free to email me: rebecca.deane2@det.nsw.edu.au

Rebecca Deane
Sports 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.
Warringah Council presents

**Transition to High School**

*With respected psychologist – Jacqui Marquis-Conder*

FOR PARENTS AND CARERS OF YEAR 6, 7 AND 8 CHILDREN, LOOKING TO ENHANCE THEIR CHILD’S EARLY HIGH SCHOOL EXPERIENCE.

Topics include:
- Working with changing relationships with family, teachers and peers
- Building strong, resilient, resourceful and confident teens
- Tools to assist teens through difficult or challenging times

Jacqui has worked in NSW and Queensland across many areas of child, youth and family work including counselling, school programs, child protection, out of home care, family mediation, and community education.

**Wed 20 Nov**
6.30 – 8.30pm
NBSC Freshwater Senior Campus, Harbord Road, Freshwater
FREE, but bookings essential by email only on youthbookings@warringah.nsw.gov.au.
Enquiries 9942 2681
Are you Cyber Savvy?

A QUARTER OF AUSTRALIAN CHILDREN HAVE REPORTED THAT THEY HAVE BEEN BULLIED ONLINE, WITH MANY MORE INADVERTENTLY COMING ACROSS ADULTS-ONLY CONTENT ON THEIR HOME COMPUTER OR MOBILE DEVICE.

Cyber Safety Advocate Leonie Smith says it’s time parents of primary and high school students had their home computers and mobile devices set up for safe online use.

Leonie has more than 16 years online experience in computing, online marketing and social media and will discuss strategies on how to keep lines of communication open with our children in regards to their online lives at this Cyber Safety Presentation.

The presentation will include:

- Updates on the latest in apps and platforms
- Safe search settings
- Dangerous apps and blogging sites
- What is cyber bullying?
- Common traps for young people
- Q&A discussion on communication strategies

Tuesday 26 November, 7-8.30pm,
The Forest High School
135 Frenchs Forest Rd, Frenchs Forest
FREE but bookings essential on
nikki.welch@warringah.nsw.gov.au
or for more information call 9942 2681

WARRINGAH.NSW.GOV.AU
MEDIA RELEASE

Wednesday 25 September 2013

YOUNG VIEWS SOUGHT FOR NSW

Minister for Citizenship and Communities Victor Dominello today called for applications from young people who want to make a real difference in NSW to join the 2014 Youth Advisory Council.

Mr Dominello said council members provide advice to the NSW Government on policies that affect youth. The council is made up of 12 members, all aged under 25 years.

“The Youth Advisory Council makes a valuable contribution to the NSW Government’s work and the way we deliver services for young people in NSW,” Mr Dominello said.

“Representations from the Youth Advisory Council, for example, helped learner drivers in NSW to cut their compulsory supervised driving hours by one-third, to 80 hours, if they enrol in a Safer Drivers Course and conduct 10 hours of professional driver training.

“These young leaders also examined how to increase opportunities for young people to participate in their communities, particularly through volunteering, and how to improve information to young people on the risks of sexual transmitted infections.

“They meet regularly throughout the year to discuss significant issues facing young people as well as monitor and evaluate policy and legislation that affects young people across NSW,” Mr Dominello said.

The NSW Government is seeking to attract a diverse range of applicants, including a balance of gender, cultural and linguistic backgrounds including young Aboriginal people, as well as metropolitan, regional and rural residents.

“I’ve really enjoyed working with the 2013 council members and I look forward to welcoming new faces next year,” Mr Dominello said.

Chair of the Youth Advisory Council, Ms Astha Rajvanshi from West Pennant Hills, said that being a member was a great opportunity to learn more about the processes of government.

“It’s been a rewarding experience to be part of the Youth Advisory Council, especially as the Council gets to actually inform on specific policy for the betterment of young people in NSW,” she said.

Advertisements inviting young people to apply for appointment to the 2014 NSW Youth Advisory Council will appear in a range of metropolitan, regional and multicultural newspapers over the next few days.

For more information and to apply, visit www.youth.nsw.gov.au/youth-advisory-council or contact yac@yac.nsw.gov.au or (02) 8762 9844.

The closing date for applications is Monday 4 November 2013 at 5:00pm.

The names of the current Youth Advisory Committee follows on the next page.

Media: Michael Evangelidis 0428 975 461
NSW Youth Advisory Council:

- Ms Astha Rajvanshi from West Pennant Hills, age 21 (Chair)
- Mr Piero Craney, Wyoming, 18
- Ms Gina Zheng, Eastwood, 16
- Ms Teleria Milson, Dubbo, 16
- Ms Kayla Lochner, Randwick, 18
- Mr Jesse Hanna, Bexley, 20
- Mr Jake Green, Thirroul, 17
- Mr Nathan Inwood, Bathurst, 20 (Deputy Chair)
- Ms Rosemarie Costi, Riverview, 19
- Mr Alexander Leighton, Gloucester, 18
- Ms Marie Nemani, Kogarah, 16
- Ms Melissa Wolfshoerndl, Richmond, 18