Principal’s update

Do just once what others say you cannot do and you will never pay attention to their limitations again

Captain James Cook

HSC major works - Well done Year 12!
Amidst all the activity around getting ready for the HSC students have been completing major works in Industrial Arts Wood, Visual Arts, Design and Technology, History Extension and English Extension 2. The showcase of works was formally opened in the Library on Wednesday August 28th. The displays have been magnificent and are a true reflection of the enormous effort that goes into these works. Congratulations to students and teachers.

Car Boot Sale
Last Sunday saw another very successful Car Boot Sale organised by our fantastic P/C. A special THANK YOU goes out to all of those students and parents who have helped make it such a success, especially Geoff Bateman, Vyv Roberts and Jo Moyes.
NEiTA - rewarding fantastic teachers!
It is with great pleasure I announce the nomination by the P/C of Jeff Conroy for the NEiTA awards. NEiTA awards are in recognition of inspirational teaching and leadership of education. Mr Conroy has been a teacher and Head Teacher of History/ HSIE at Narrabeen for 23 years and in that time has positively influenced the lives of many, many students. He has a passion for our school and our students and constantly aims to look for ways to improve their learning. Over the years he has encouraged and nurtured students, achieving fabulous HSC results along the way. Well done and good luck with the next step of the process Jeff!

Appropriate use of technology at school:
Students in all years have access to the NSHS and DER network. Students are only allowed to access the NSHS network or the DER network using their own log in details. This especially applies to the use of TAFE log in details to access either network to allow the viewing of sites such as Facebook and/or YouTube. Whilst some of our students also attend TAFE, this does include the use of students own TAFE log in details while using any computer at NSHS. Students are not to use their own devices (ie: iphones) to access Facebook/ You Tube and like sites during class time. Due to ongoing concerns in regards to this, there will be strict consequences if these sites are accessed at school. Student who are not able to access the NSHS or DER network with their own log in details are encouraged to see Mr Lazzopina in the Library at lunch or recess.

Year 8 Subject Selection Evening
August 26th was Year 8 into 9 subject selection night where parents and students were given detailed information on the structure of the Record of School Achievement which replaced the School Certificate as well as the selection of Elective options. It is important students choose subjects they are interested in and feel they can do well in. Students and parents are encouraged to seek advice before submitting the forms. Further information can be obtained from Ms Peacock or subject Head Teachers.

Bring Your Own Device (BYOD)
I have flagged with the P and C and the school’s executive major discussions we will be having with you regarding technology next year, in particular BYOD. As you would know, the department’s laptop program known as the DER finishes this year and so ends the distribution of a laptop to Year 9 students for their personal and school use until school ends, and retained by students after their schooling. Clearly, we need to find an alternative to this program which was so effective for student learning. We want to ensure that students have access to cutting edge technology and that they are competitive across the state. Currently, we are listening to others, seeing what’s possible and weighing up options.

Hall refurbishment
I’m delighted to announce that the refurbishment of the school Hall. It has been painted inside and outside, receiving much needed TLC. It’s all looking terrific.

Knowing how to relate to teenagers
Michael McQueen renowned psychologist was invited by the Peninsula Community of Schools to address staff on Tuesday August 27th. Believe it or not, there’s a science to understanding and relating to teenagers. They want to be valued and loved and don’t relate well to not being involved in decisions which involve them. Whilst they are very technology saavy they don’t expect us to be and they especially don’t want us to act like them. Michael’s forum outlined these key features as well as provided straightforward advice – communicate clearly and openly, choose a time when you are alone with them such as driving in a car heading to sport. Tell them you love them. As teachers we don’t quite go that far but I encourage all staff to show they care.
Congratulations in August:

- All Work experience students for the outstanding way in which you conduct yourself.
- Year 7 and 8 girls for finishing second in the rugby league state championships held at Macquarie university fields on Thursday 22nd August. The girls only had the minimum of 10 players for the duration of the tournament and had to play 6 games with no reserves.
- Year 7 History Ancient Egypt projects which are outstanding.
- Our ESL and international students who are achieving wonderful progress.
- The Literacy Team who are teaching the teachers, the best approaches to improving literacy.
- Our junior debaters last Friday, who lost against Cromer, in a very close competition.
- Mateo Tapia Bryce (10) who took out the title at the National Golden Gloves Tournament in Queensland last week.
- Caio de Godoy who is playing representative football for U16’s Australia, in a tournament in Myanmar. The team he is captain of has recorded three wins against Cambodia, Brunei and Myanmar.
- Year 8 Bronze PBEL Awards - Lauren Woodcock, Joab Woodcock, Ella Donohoe and Samantha Judd, Richard Ouakrim and Zack Pritchard-Booth. Tahlia Floreno achieved a Silver merit award.
- Jaiya Bray, Jacob Boyd, Kyla Bolterstenj and Gina Groskops of year 10 for assisting on the Duke of Ed expedition as part of their community service component for their Silver Duke of Ed awards.

Lance Berry
Principal

Deputy Principal’s report

Year 8 students and their families attended a subject information evening on Tuesday night as they are currently selecting the subjects that they would like to study for Years 9 and 10. Students are required to select two electives from the regular range of subjects and another from the choices of The Academy, Project Based Learning, Big History and The Performance Project. This new arrangement of curriculum means that students who do not wish to be a part of the Academy can engage in learning aligned with their interests and abilities. The pink subject preference forms are due back to me by Friday 30th August.

Sports photos are now displayed in the gymnasium. Students wishing to purchase these are required to get a photograph envelope from the front office and return it by the 9th September indicating on the front, the photographs that are to be ordered. Money should be placed in the envelope provided.

Technology and social media continues to cause difficulties for our young people. Below are some tips that might be helpful.

What is a blog?
A blog (which is an abbreviation of a weblog) is a personal website that gets updated regularly. There is no set format, but generally blogs read like a diary with the most recent entry at the top.

Blog etiquette
With blogging becoming more popular, take the time to talk about personal websites with your child. Remind your child that anything that appears on a website is part of cyberspace forever. They might think something is a great idea at the time, but down the track, potential employers may start Google searching names and see what comes up as representative of the person blogging.

Remind your child that they should be proud of whatever they blog about while remaining the good person they already are. If they don't want you to read their website, then you may have something to worry about.

Explain to your child that whatever they write represents them and they should always consider the repercussions of publishing information for the world to see.

Mention that blogging shouldn't be used to write unkind things about any other person, but rather discuss what's going on, and other important issues in their lives.

Email
Here are a few "do's and don'ts" your child should keep in mind before sending their next email.

Do
- Think about how they will write their message and read it back to make sure it says what they want it to say.
- Use things called 'emoticons' like :-) (happy face) or :( (sad face) :-O (surprised face) to make their message more interesting and funny.
- Be polite and friendly. If they are upset about something, tell them to wait a while before writing an email.
- Be careful with sending to 'Reply All'. Do they really want everyone to get this message or only the person who sent it to them?
- Put a subject in the subject box so people know what it is about before they open it.

Don't
- Use capital letters in their emails. IT WILL LOOK LIKE YOU ARE SHOUTING AND THAT IS RUDE!
- Reply to emails from people or email addresses they don't know.
- Reply if someone bullies them or writes something bad to them. Ask them to tell you or their teacher.
 Open pictures or attachments from people they don't know. They could contain 'viruses' which might hurt the computer.
 Send spam or chain letters on to their friends. This junk mail fills up their inboxes and may stop them getting other important messages.
 Say anything in an email that they wouldn't want anyone else to see.

SPAM - How to avoid spam (junk mail in your inbox):
 Keep your email address private! Only give out your email address to people and groups that you know and trust
 Don't reply to any emails if you don't know who they are from.

Source: www.cybersmartkids.com.au

Tech talk – Instant messaging
Instant messaging (IM) is a service available on the internet that allows people to chat to each other in real time and responses can be discussed immediately. IM programs are usually free to download from the internet.

When children use instant messaging services there is potential for the following problems to occur:
 IM is very addictive and may take up time that should be used for school work
 As conversations happen in real time, there is no opportunity to "take something back"
 Once your child has an IM account, they can log into any computer and start chatting, that is, they might not be at home under your supervision when they next log on to chat
 Online predators use public chat rooms to single out victims and provide them with a false friendship in order to coerce them to meet in real life.

Driving brings with it great freedom but also great responsibility.
When your child gets their "Ps" it is another good time to discuss with them strategies for getting home safely.

Before your child goes out, particularly when partying, spend some time discussing options for getting home safely. Some ideas to consider are:
 Leave the car at home
 Catch a train or bus - check timetables to avoid waiting at stations or bus stops
 Organise to be picked up by someone who is not drinking
 Stay overnight with a friend.

Also discuss:
 Dealing with pressure from friends to drive unsafely
 Being a responsible passenger.
 Parents helping teenagers plan safe outings by offering to drop them off and pick them up.

Lastly, I would like to encourage our Year 12 students and their families to view this website, 1800Schoolies. It has some good tips to stay safe during Schoolies and some good contacts that could be placed in their phone whilst away.
**Student medical forms**

During Terms 3 and 4 we will be updating our medical records systems to ensure we have the most up-to-date information on your child’s health.

If you have a child with a medical condition you will receive a copy of the new forms in the mail and will need to fill them out and return them to us as soon as you can.

The good news is we have already started collecting some of this information, which means less for you to do.

The new forms will help us collect your child’s important medical information and the introduction of new systems will mean we’ll be able to better manage the daily and emergency health needs of your child.

We appreciate your support as we start collecting the information, and if you have any questions please call the school office on 9913 7820

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**Careers News**

**Year 10**

Term 2 saw all Year 10 students interviewed by a Careers Adviser in a 20 minute interview to obtain useful information regarding their Post School Destinations and the subjects most useful for them to achieve their goals. Thankyou to all those parents who rearranged their work and hectic schedules in order to attend this worthwhile program, as the majority of parents attended the interview with their students. It is well documented that students perform best when parents are involved in their learning and if so, these Year 10 students are well on their way to success. PCS Careers Advisers from schools other than Narrabeen, also commented to me on how polite and respectful students were at the interviews, which was wonderful feedback. Quite a few Year 10 students took the opportunity at the end of the term to test their skills in the world of work, by embarking on a week of Work Experience. Congratulations to those students who all received glowing reports from their Employers when we visited them at their worksites in the diverse fields of Childcare, Information Technology, Boatbuilding, Construction, Electrical, Marine Engineering, Plumbing, Real Estate and Smash Repairs. 2 students were even offered employment at the end of Year 10 which was a great result, so congratulations! The feedback from students was also really positive. This Work Experience week was a valuable educational experience and contributes to learning in a most practical way. All students need to include their Work Experience in their Resumes, ready for their Mock Interviews in Term 4. There is another Work Experience week scheduled for Term 4 in Week 9 – December 2-6.

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**Year 11**

Year 11 enjoyed Megafest excursions earlier in August on Mondays 5 and 12 – Men of Honour (male students) was on August 5 and Day of Hope (female students) was on August 12. These excursions were very positive and are certainly the most worthwhile school excursion I have experienced for students in my years of teaching, as I have attended the Girls Only event for the past 4 years now, since it’s inaugural year in 2010. The presentations addressed topics such as Making Wise Decisions, Drugs & Alcohol, Goal Setting, Positive Relationships, Money and Nutrition. This year Mr Wood accompanied the males and I accompanied the females. These were wonderful
excursions, confirmed by all who attended and hopefully we can continue our participation next year for Year 11 students.

Year 11 have also had Careers Interviews in August, with all students interviewed by either Mr Wood or myself, in order to find out where students’ interests lie and for us to make them aware of relevant jobs and courses. Students who have a realistic goal to aim for at the end of Year 12, tend to perform better throughout their senior years of schooling and it is for this reason that we do these worthwhile interviews. Reflection of the school / life balance was also an important component of the interviews and the majority of students realised that they need to increase their study load in order to reach their goals. Part time work, although highly recommended for all students, should not exceed 9 hours in Year 12 if students are expecting to gain entry to university. Physical activity especially team sports, are also encouraged in senior years. Next year in Year 12 we will again interview these students and check that they have followed our advice and completed tasks such as updated a Resume, attended University Open Days, spoken to people in their areas of employment interest, checked out the UAC website and scholarships etc.

**Year 12**

Next week I look forward to interviewing all Year 12 students to check that they are on track for leaving school and have their University preferences entered, if that is the path that they wish to follow or employment lined up. Students have had the opportunity to attend two UAC workshops that I ran recently at lunchtimes and are also reminded that applications to University close on **Friday September 27**, for on-time applications. After this date a late fee of $122 is incurred, so please ensure you enter your preferences by this important date! Students should also be attending **University Open Days** which begin this weekend; see dates below. Year 11 students are also encouraged to attend these important days to familiarize themselves with universities and to ask questions so that they make the right choice regarding their University preferences.

**2013 University Open Day Calendar - Sydney**

Sydney University- Saturday August 31, 9-4

UTS, University of Technology Sydney- Saturday August 31, 9-4

UWS, University of Western Sydney – Sunday September 1, 10-2

UNSW, University of NSW – Saturday September 7, 9-4

ACU, Australian Catholic University – Saturday, September  7, North Sydney & Strathfield Campuses

Macquarie University – Saturday September 14, 10-4

**Top 5 University Open Day Tips!**

1. Plan Your Day - Check out the websites & make a day of it with your friends or family. Allow travel time, especially if you are using public transport.

2. Register & Study - Study the program available & make sure you register where necessary.

3. Chat to the Academics – Students are encouraged to speak to the academics representing the course they are interested in studying.

4. Visit Any Support Departments- Staff are on hand throughout the day to answer questions about cost, accommodation, careers & welfare.

5. Take a Tour – Sample what the university has to offer by taking a tour of the campus, accommodation & sporting facilities.

Enjoy!

**Whitecard Qualification** – The Work Health & Safety Course, more commonly referred to in the building industry as the Whitecard, will be run at this school on **Friday September 13** for the whole day, running from 8-4. Students were told about the course and Expressions of Interest gathered, with permission notes followed up with these students. Money and notes were to be finalized by Wed 28/8 and students will be given more details regarding the day. Full school uniform is to be worn and students will have breaks throughout the day, including pizza for lunch.

*Julie Weller*

*Careers Adviser*

*Proud supporters of the Peninsula Community of Schools*
Art News

Year 8 have been working industriously over the term to create lino-prints that depict a mood of isolation and alienation. They have used the skills of perspective learnt in term 1 to recreate an environment that explores line, shape and texture. Carving has been challenging and we have almost lost some fingers but because of the momentous effort and dedication they have been the most successful prints seen in years. Congratulations Year 8 and continue to enjoy the printing process.

Shannon Purcell
Visual Arts

LOTE Report

Three of the year 7 classes have continued their study of Chinese this Term. They are extending their knowledge of the structure of Chinese characters and practise writing them, paying attention to copying them using the correct stroke order. With Chinese being a tonal language, it is necessary to hear examples of the four tones often to discriminate between the sounds and part of the lessons are spent listening and pronouncing the tones. They have learnt how to apologise and respond and also ask people how they are feeling. They used a website to discover what their names were in Chinese and inserted them onto a Chinese-style picture, which are now decorating the back of the language classroom.

7O are continuing studying French with Miss Raffaele. Late in Term 2, they learnt to speak about their friends French style. They practised a variety of vocabulary to be able to describe a friend and meanwhile enjoyed playing the games "Simon dit" (Simon says) and "C’est qui?” (Who is it?). Term 3 began with a comparison between a typical school day in France and in Australia. After having studied a French teenager’s timetable, they practised saying which subjects they like and gave their reasons. Afterwards, it was time for “croissants”. This unit ended with a description of a few of their teachers. Recently, the class watched a DVD entitled “France revealed” which presented them with an interpretation of modern day France. Meanwhile students sampled chocolate croissants. At the moment students are learning the names of items which they bring to school.
The other year 8 class began their study of language for the second Semester at the beginning of Term 3. They have started learning French and spent the first few lessons identifying cultural aspects of France and the French-speaking world. Greetings and introductions were the first topics covered, followed by asking how people are feeling. They are now able to count to 20 and can ask and say how old people are. There is a website that they have been using to practise the topics learnt using interactive exercises and activities to consolidate their learning.

Year 9 are enjoying the continuation of their study of French this Term and should be commended on their ability to pronounce the language which is coming along nicely. They are now able to describe who is in their family and the relationships between them. They can say who they resemble and what age family members are. They have also learnt the names of pets and how to talk about people’s professions. There is a cultural research task on famous French people which is due towards the end of term.

Lucianne Watson
Language Teacher

Year 12 Report Term 2 and 3

Term 2 and 3 have been extremely busy time for Year 12 and they are on the home stretch to the HSC exams. The whole year has been studying very hard and has been continuously working on assessment tasks and major works. Term 2 and Term 3 have not just been busy with assessments, but also with school activities and we have had a number of great achievements from students.

Year 12’s last Athletics Carnival was last term and it was great to see so many of the students turn up for a fun-filled action-packed day. Many students dressed up in their house colours and participated in as many events as they could! We had a number of students including Lucas Dockary, Jackson Mackenny, Rosalia Tale and Brooklyn Goddard move on to the zone level. Well done! It was definitely a memorable last athletics carnival.

The Year 12 Prefects and Captains, as part of their leadership portfolio, took part in the Northern Beaches Expo on May 25th-26th last term. The group collected work samples from all faculties and promotional material on the school and th Sports Academy. It was a great opportunity for them to showcase what the school is all about and enlighten the community on the many great things we do at Narrabeen Sports High School.

Also on the agenda for Year 12 the past two terms has been the bootsale and I would like to take this opportunity to thank all Year 12 students who have assisted with the bootsale during the year. We had many helpers from all year groups and it was great to see Year 12’s helping out on the BBQ. Amid the business of the HSC, Year 12 managed to spare a few hours of service to give back to the school.

A big congratulations is also in order for School Captains Lakshay Kumar and Keely McDonough who have both achieved outstanding results. Lakshay has recently competed in various National tennis tournaments and has made it into the quarter-finals. This is an exemplary sporting achievement. Keely has recently finished her Gold Duke of Edinborough Award, and is the first student ever in Narrabeen Sports High School to complete all three levels of the award. We are very proud of these students.
Year 12 have also just completed their Trial HSC’s and their major works. The Art and Design and Technology major works were on display on Wednesday 29th August. It was wonderful to see the fantastic masterpieces the student had created.

Year 12 have their graduation ceremony on the 19th September which should be a very memorable day for all of them and then their formal to look forward to on the 14th November at the Manly Pacific in Manly.

Year 12 must be congratulated on a very hard working Term 2 and 3 and they should be very proud of their efforts. Keep it up! Only a few weeks to go till and the HSC exams begin. Well done Year 12.

Regards
Ms Job
Year 12 Adviser

Musical Waves

Congratulations to the twenty-six students involved on the 6th and 7th of August, the Musicale Night. Students from years eight to eleven performed either in solo singing, choir, instrumental ensembles, rock band or the wind ensemble. We also had a dancing item from Ramon Pace demonstrating his groove as well as an excellent drama item from Gina Groskops and Kyla Boltenstenj.

Each student gave up a multiple of lunch times to perfect their acts towards the many rehearsals, matinee and evening show. An enormous thank you to the staff and students of Narrabeen North, Narrabeen Lakes as well as Elanora Heights Primary feeder schools for attending our Matinee. We appreciate your great written feedback. A special thank you to the technical crew Hamish Roggiero, Mitchell Nero, Ryan Duke as well as Tom Chen, Jaiya Bray and Gina Groskops for assisting on stage as well. Mitchell Nero was very sick but gave up of his time of which I much appreciated his assistance.

I was really impressed by all of the talent and dedication of each and every student but one student needs to be highly commended over the last few months for her assistance through the singing ensemble items and that is Ms Erin Healy of year nine, a songstress with a voice of an angel. We were all incredibly impressed! The year five gifted and talented program that is made up of our feeder schools, has been very successful. We meet every second Thursday to have keyboard lessons in C18. Thus far the students have learned Beethoven’s "Ode to Joy" in harmony, "Marimba Blues" in part playing as well as create a soundscape to a movie scene. It has been a great pleasure working with these very talented young students who have enjoyed the workshops. We hope you will join us in the future.

Free keyboard lessons have commenced each Friday in the keyboard room at 8.15 to 8.50am. Year seven and eight are especially welcome to join these free lessons to help build up each students’ musical expertise and encourage them to select elective music in year nine. Normally private teachers charge $35.00 per half hour so please take advantage. Also, the singing ensemble meets at lunchtime on Tuesdays in the music room.

Year eleven students will be entering year twelve soon. One cannot underestimate how important it is to have a private instrumental tutor to help each of the students gain their best possible music assessment mark for the HSC. This situation is commonplace practice in this subject to achieve the best possible mark.

On a professional note, on September the 29th, I will be presenting an academic paper in Canberra. This national conference for the Australian Society of Music Education Committee, which is the largest national music affiliation, is connected to the worldwide association, ISME that represents professional musicians, teachers and music professors. This paper also coincides with another academic publication in the International Journal of Music Education the most prolific academic journal for musicians around the world has also published another paper of mine. These papers have been written about the students of Narrabeen Sports High and how they collaborate with each other musically through improvising and composing.

Dr Sylvana Augustyniak
Music Coordinator
A SNAPSHOT OF THE PERFORMERS FROM MUSICALE
Help wanted

PARENT VOLUNTEERS NEEDED
WE NEED YOU!

**MultiLit Tutors**
We need a couple of 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](mailto:stephanie.salter@det.nsw.edu.au)

School Tel: 02) 9913 7820

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**Congratulations**

RACHEL KELLY
REILEY FRANKHAM
JESSICA GRAHAM

For winning Macquarie Dictionaries in the poetry competition for National Literacy and Numeracy Week.

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**MULTILIT**

MultiLit is now up and running 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](mailto:stephanie.salter@det.nsw.edu.au)

School Tel: 02) 9913 7820

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**COMING UP IN WEEK 8**

**Games and creative writing**
Room c11 lunchtimes Monday and Tuesday

**HOMEWORK CLUB**
Every Monday after school in the library
Students in Years 7 to 12 in 2014 are invited to trial for a place in the surfing program and gain membership to the Northern Sydney Scholastic and Sports Academy at Narrabeen Sports High School (NSHS).

The trial will be held on Monday 16 September from 3.45 pm to 5.00 pm. *(The venue and other details will be provided in the week prior to the trial)*

To assist with your application, please attach a brief *handwritten* applicant response to the following:

- What is your major goal with surfing?
- Explain why you wish to join the program?

*Send this completed form (and attachment) with a copy of a recent school report* to:

Northern Sydney Scholastic and Sports Academy
Narrabeen Sports High School
10 Namona Street,
North Narrabeen NSW 2101

*Only attach a report if you are not currently a student at NSHS*

**STUDENT INFORMATION**

Family Name: ____________________________ Given Names: ____________________________

Date of Birth: ________________ Age ______ [ M / F ]

School currently attending ____________________________________________ Class year ______________

Brief summary of participation (e.g. best contest results)

________________________________________________

________________________________________________

________________________________________________

Parent/Guardian name ____________________________

Home Address: ____________________________ P/Code: ______

Telephone Home: ________________ Mobile __________________

Email: ____________________________

Parent/Guardian Signature: ____________________________ Date: ______________

For more details on the Academy, go to the school website [www.narrabeen-h.schools.nsw.edu.au](http://www.narrabeen-h.schools.nsw.edu.au) and the Academy facebook page (under the heading *Northern Sydney Scholastic and Sports Academy*).
Thank you to all our volunteers, teachers, parents and students.

NSHS and the P&C appreciates all the volunteers.
On that perfect August market day, from 5am until 3pm you came and went, you played an essential part, and made our day!
It would not be possible without YOU!

We hope you had some fun and found a bargain or two!
30 YEAR REUNION
Narrabeen High School Leavers
1983 (Year 12) and 1981 (Year 10)

You and a guest are invited to our 30 & 32 Year School Reunion to be held on Saturday 2nd November 2013.

For details please contact:

Michele Harvey (nee Micky Beuzeville)
on: M:0409074030 or email:
Reunion2013@bigpond.com