From the Principal

‘When you change the way you see things, the things you see change’.

School Captains, Vice Captains Prefects and Student leadership Representative Council representatives for 2014/ 2015

On August 28th Narrabeen inducted its leaders for 2014/ 2015. We congratulate these students on their success and know they will do us proud in their positions.

School Captains - Gina Groskops and Jaiya Bray
Vice Captains - Kyla Bolterstenj, Jacob Boyd and Kirby Barrett.
Prefects - Joanna Kot and Holly Smith

Year 7
Alvin-J Bousfield
Daniela Anastasia
Tayanita Robertson
Cooper Syron
Ethan Raper

Year 8
Jessica Graham
Mackenzie Syron
Luke Bosco
Joshua Sevelle

Year 9
Lauren Bateman
Felix Berry
Caedyn Hardy
Georgia Waldron

Year 10
Carl Saunders
Rebecca Whitehead
Joshua Gacelos
Sean Chivers
Carina Leon de la Barra
Natalie Welsh

2015 Academy Captains
Remy Lowe
Daniel Riggio
NAPLAN

Our year 7 and 9 students have received their NAPLAN results. Although the NAPLAN is only one measure of student ability the results will give the school valuable information on your child’s skills in literacy and numeracy. They will also show the growth of these skills since their previous NAPLAN in Years 5 and 7 respectively.

Our Year 9 NAPLAN results were pleasing with both Reading and Writing above state average. Areas for development within literacy include Spelling and Grammar. Our Numeracy results are very pleasing, the cohort have shown improvement individually. The trend of improvement in Numeracy over the past two years has continued with the current Year 9 students. Whilst we can’t necessary claim as our own the fabulous results from Year 7 as they had only completed a Term of High School before sitting the test, they were very pleasing. Year 7 as a whole showed growth in comparison to previous Year 7 groups.

If you have not received your report by the end of next week, or you wish to discuss your child’s results, please don’t hesitate to contact the school on 9913 7820.

Fantastic sporting success

In recent weeks Narrabeen has achieved wonderful success in the sporting arena. Last Monday our Buckley Shield lost narrowly in the semi-final of the statewide competitions after beating many other teams along the way. Our Open Girls touch team also lost narrowly in the final of the state finals to be crowned second in the state. Additionally we had fantastic results in the recent Combined High Schools Athletics Championships held at Homebush. Congratulations and well done to all students who have represented our school!

Creating a happy and safe school

Narrabeen is a Happy and Safe school. Students are encouraged to report concerns which make them feel unhappy or unsafe. The concept of dobbing, which means to deliberately and maliciously target someone, is often a preventative for students to report. They feel that to let someone know is ‘dobbing’, which is not the case. Reporting is where students are admitting to themselves and you, their parent, or us the school, there is a problem and they want help. The school’s role then is to help resolve the situation so everyone feels happy and safe. Please encourage your child to ask for help.

What outstanding English ICAS results:

The International Competitions and Assessments for Schools (ICAS) is an independent skills-based assessment. The tests are designed by a University of NSW team of subject matter experts and are reviewed by experienced teachers to ensure that they accurately assess students’ skills and are relevant to what they are learning at school. Students at Narrabeen participate on a voluntary basis. Our results in the recent ICAS English are very pleasing:

- Year 7: Jordan Katz - Merit, Nic Palmer Davies - Distinction and Principal’s award
- Year 8: Kym Cartwright - Merit, Jessica Graham - participation, Nicholas Kot - Credit, Kerry Macdonald - participation, Samuel Wang - Participation.
- Year 10: Erin Healy - Distinction and Principal’s award

SASS Appreciation

From Monday 1st to Friday 5th September students and teaching staff at Narrabeen acknowledged the hard work done by the School Administrative & Support Staff (SAS Staff) as part of National Recognition week. SAS Staff are a dedicated group of professional workers who are a vital part of our organisation and are an important part of our school’s success in the provision of quality education for your children.

I would like to take this opportunity to acknowledge the SAS Staff at Narrabeen Sports High School in their various roles for their dedication, professionalism and diligence in supporting our teachers and students.

Starting Year 7 at Narrabeen in 2015

Narrabeen has great relationships with the partner primary schools with the aim to ensure students adjust to high school smoothly. On Monday October 13th all students coming up to Year 7 at Narrabeen will have a taste of what high school is about. Students will receive individualised invitations. Additionally the school will host a parent evening in mid term 4 for interested parents who would like to know what to expect when their children start high school.

School contributions:

Thank you to all those parents who have paid their school contributions and subject costs. Often it is an oversight, while other parents welcome a payment schedule to help them. To assist me, it would be greatly appreciated if you could contact the school to settle these accounts or arrange a payment schedule. For senior students, these accounts need to be resolved before the sign out process is completed at the end of this term – year 12 as they finish school and year 11 prior to them starting year 12 courses next term.

The Peninsula Community of Schools Science Fair:

Last Wednesday Narrabeen hosted the PCS Science Fair which saw year 5 and 6 students from each of the 10 feeder Primary Schools, along with Year 7 from Pittwater, Barrenjoey and Narrabeen participate. It was a sensational day of Science with displays on Physics, Chemistry and Biology. The students certainly enjoyed the opportunity to display their investigations and report on their findings.
Taste of Narrabeen – Keep November 13th free!

Narrabeen is celebrating its 60th Year as a school. In 1954 we opened our doors as Narrabeen Girls HS, followed by Narrabeen Boys in 1959. The schools merged in 1974 to become Narrabeen High School and later we became Narrabeen Sports High School in 1994, offering a selective sports program. With all of these coinciding dates, we are celebrating on Thursday November 13th. The celebrations will coincide with ‘A Taste of Narrabeen’ which is a showcase of our school to the community.

Concert Band 2015

On the back of the success of our recent Musical Production Beauty & the Beast, Narrabeen is developing a Concert Band, beginning in Term 4. This ensemble will begin as a training band, and by 2015 eventually become a performing ensemble for the school at various events, such as Presentation Evening, Open Night, future Musical Productions, School Formal Assemblies and various other occasions across the school calendar.

The Concert Band will be made up of both students who currently play and those wanting to learn an instrument. A list of instruments involved in a concert band is included below:

<table>
<thead>
<tr>
<th>Flute/Piccolo</th>
<th>French Horn</th>
<th>Mallet Percussion</th>
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</thead>
<tbody>
<tr>
<td>Oboe</td>
<td>Baritone</td>
<td>(E.g. Xylophone)</td>
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<tr>
<td>Clarinet/Bass Clarinet</td>
<td>Horn/Euphonium</td>
<td>Auxiliary Percussion</td>
</tr>
<tr>
<td>Alto/Tenor Saxophone</td>
<td>Tuba</td>
<td>(E.g. Triangle)</td>
</tr>
<tr>
<td>Bassoon</td>
<td>Keyboard</td>
<td>Rhythm Percussion</td>
</tr>
<tr>
<td>Trumpet</td>
<td>Bass Guitar</td>
<td>(E.g. Drums, Timpani)</td>
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<tr>
<td>Trombone</td>
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Narrabeen invites your child to be a part of this program. Other than further expanding their musical knowledge and skill set they will experience a host of benefits from this extra-curricular venture, including improved reading skills, increased speed in number processing, enhanced hand-eye co-ordination, better and more focused listening skills, improved attention and auditory memory, greater co-operative teamwork skills, advanced leadership qualities, and most importantly the benefit of participating in an enjoyable and successful group experience with their peers. We will be organising for instruments to be available for hire through the school. Tuition will also be available through school with a list of instrument tutors currently being established. More information will be circulated in the early stages of Term 4. If you are interested, please contact our Term 4 Music teacher, Mr Chris Fish.

Wellbeing

Work-related stress and anxiety is commonly experienced by students, particularly in the senior school. These are often related to how students manage their workload, particularly when multiple tasks are due around the same time and at examination time. This is unavoidable and something that they will experience often in real life and the workplace. There are some simple, common sense, things that students can do to develop the skills needed to become highly organised and minimise these sorts of stresses. These include:

- attend every lesson
- if a class is missed, see the teacher about catching up on the work, and then do so immediately
- ask if they do not understand
- **start working on assessment tasks as soon as they are given. Aim to finish them a few days before to allow for proof-reading and editing. Please note: if absent, it is the student’s responsibility to find out what was missed and collect the relevant work.**
- research on the topics that are being studied in class. Do additional reading, watch a relevant you tube clip, use study websites. This will help to develop deeper understanding through exposure to a variety of explanations.
- if sick, go to the doctor, get the right medical treatment and collect a doctor's certificate.
- in Years 9-12, absent students who miss a task must report immediately to their deputy principal, with their medical certificate on the first day of their return to complete the relevant paperwork to apply for special consideration. Please note, not all appeals will be granted. Repeated instances will be carefully evaluated.

If stress and anxiety is an overwhelming concern, there are a variety of services available for students to access. The main services are:

- [http://au.reachout.com/](http://au.reachout.com/) - both a website and an app
- Headspace – free counselling service
- Kids Helpline 1800 55 1800
- Your GP

Thanks and Congratulations:

- William Brown, Eve Baker, Gracie Marnoch, Jamie Thomson, William Shaw and Jordan Hunt for helping with the PCS Science Fair.
- Luke Bosco, Carolina Guarino, Lochie Francis, Gabbie Bate, Joshua Gacelos, Charlotte Rees-Oakley, Olivia Palmer-Davies, Alex Hogan and Hayley Creed for helping with the Car Boot Sale.
- Sophie Taylor who won the Central Coast Youth Girls AFL grand final.
• Joanna Kot, Kyla Bolterstenj, Jaiya Bray and Gina Groskops of Yr 11 for their musical support of Yr 12 HSC students during weekend rehearsals and HSC Exam.
• Lana Sexton, Georgia Waldron, Lauren Bateman, Josh Green, Alvin-J Bousfield and Tom Bartsch for their outstanding performance at the Leadership Induction Ceremony.
• Lauren Bateman, Kaleb Bakker, Felix Berry, Maddie Chappelow, Jett Coulter, Mikaela Dive, Mitchell Donnelly, Claudia Duffy, Caedyn Hardy, Hemi Rigby-Curtis, Brad Johnson, Max Moore, Richard Ouakrim, Chaska Salazar, Christian Senior, Celina Shead, Joab Woodcock for their outstanding leadership and resilience on the Bronze Duke of Ed Test Hike.
• Lotech Francis and Olivia Palmer-Davies in year 10 were outstanding assistants on the recent Bronze Test Hike.
• Tayanita Robertson who received two bronze medals at the Combined High School Athletics Championships.
• Moises De Asis, Charlie Griffiths, Ethan Carr, Jacob Winston, Caitlin Cimarosti, Rebecca Whitehead, Jennaya Wiggins, Jessica Deal, Angelique Massa who represented our school at the Combined High School Athletics Championships.
• Georgette Randall who placed 9th out of 53 in the Alpine Division 2 race at the NSW State Interschools Championships.
• Personal Best in UNSW ICAS Competitions - Nic Palmer Davies - credit in spelling, Jessica Graham - merit in writing, Emme Barclay credit in writing, Zara McElroy participation in writing and spelling, Ashleigh Churn-participation in writing.

Lance Berry

<table>
<thead>
<tr>
<th>Calendar of Events</th>
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<tr>
<td><strong>Term 3 Week 10B Year 11 Final Examination 15-16 September</strong></td>
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<tr>
<td><strong>15 September</strong></td>
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<tr>
<td><strong>17 September</strong></td>
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<td><strong>18 September</strong></td>
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Deputy Principal’s Report

Sports photos will shortly be displayed in the gymnasium. Students wishing to purchase these are required to get a photograph envelope from the front office and return it by Week 4 next term. Students should indicate on the front of the envelope, 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

A blog is a personal website that gets updated regularly. 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.


**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.

**New Drivers**

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.

A reminder that homework centre occurs each Monday from 3:15-4:15pm in the Library. It is staffed by two teachers each time and allows students to get support and guidance with their classwork. The senior study group also occurs at this time but is upstairs in the Library away from the junior students. Ms Buxton runs this support group and is available to assist seniors with organisation, planning tasks or essay writing skills.

There is an increasing number of students wearing navy blue sloppy joes and white polo shirts without the Narrabeen Sports High crest. Please understand that if your child is wearing this they are out of uniform and will be issued a detention if they do not provide a note of explanation to me in the morning so I can issue them a red Out of Uniform Pass. We very much want to work with our parents as regards having every student in full school uniform but we recognise that at times there are circumstances that mean this is difficult for families. If you are in this situation please call Mr Berry and we will discuss a solution.

Lastly, I would like to encourage our **Year 12 students and their families** to view these websites, 1800Schoolies and Red Frogs Australia. They have some good tips to stay safe during Schoolies and some good contacts that could be placed in your child’s phone whilst away. We wish them every success in their final examinations and request that they continue to send completed past papers to their teachers for feedback and attend any seminars organised by their teachers over the holiday period so that they can achieve their absolute personal best.
Lisa Peacock

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

McGrath
ACADEMY TERM 3

Term 3 has been a fantastic term for the students who are involved in the Academy Program. The students have had the opportunity to participate in a variety of activities including Hapkido, School Service and Nutrition. The students learnt discipline and control in the Hapkido sessions led by Master Brown.

In horrendous weather the students involved themselves in school service which has seen some our school gardens transformed beautifully. The Academy Room has also been painted by the students.

Nutrition has been a great end of term activity. The students have been able to choose their own ingredients for their healthy chicken burger and were able to work out the nutritional value of their burger based on the ingredients chosen.

Congratulations to Remy Lowe and Daniel Riggio who have been elected Academy Captains.

We would like to thank all the students and staff for another successful Academy term. We are looking forward to Term 4 mentoring where students will be involved in a Sports Journalism Competition, Athlete Workshop and a World of Sport Day.

L.O.T.E. Report

In Term 3 language students in Chinese and French have continued to enthusiastically embrace the skills necessary to develop spoken and written language and cultural awareness.

Chinese students in year 7 began the term by learning to ask and say their age. The topic they have been focusing for the rest of the term has been family. They can identify all immediate family members and ask and say who is in their family and ask if someone has certain siblings. Recently they have spent time focusing on the structure of Chinese characters and practising writing some of the characters for the words learnt. Most students have completed their culture assessment task on ancient Chinese inventions but some need to be more responsible and hand them in on time. They enjoyed tasting dumplings and eating them with chopsticks.

Year 8 are learning French for Semester 2. They have learnt how to greet people and introduce themselves. They can count to 12 and also ask and say where they live. They have spent time in the computer room consolidating what
they have learnt using online internet activities. Most students submitted their research task on France on time. At the beginning of term they sampled ‘tartines’ (baguettes with butter and jam) which a typical French student would have when they return home from school.

Year 9 elective language class is continuing with their French studies. They can talk about their friends and about nationalities and ethnic origins. They are able to describe people’s physical and personal characteristics and ask and say what the date is. They have recently started a new unit on family and can identify family members. We have introduced some new grammar concepts which they need to practise by using the flashcard website Quizlet that they have signed up to. They have recently been given a cultural task to research a French region which they will be presenting it to the class in Week 10.

The Year 10 French class has learnt how to talk about things they have done using the past tense. It is a difficult concept but they have had plenty of practice and have worked hard to understand it. They can also discuss what they intend to do in the future using the ‘near future’ tense. They have been taught prepositions so can say where things are. There is a culture task to complete on French-speaking countries which they will be presenting to class.

Lucianne Watson
Language Coordinator

What’s Happening in TAS?

Term 3 is traditionally a hectic term in the Technology Applied Studies faculty. It is the consolidation of learning in the major works area and the major works for Industrial Technology and Design and Technology are due. These major works are have a compulsory portfolio component whereby there is all design and planning documented as well as commercial viability and marketing. Design and Technology major works are not limited to one material and they are required to be more innovative, whereas the Industrial Technology Timber major works must be predominantly timber and they are marked more thoroughly for workmanship. As seen by the accompanying photographs we had some excellent results this year and the students worked really hard in completing their finished projects. Mr Tapscott (Industrial Technology), Mr Small (Design and Technology) and Mr McClung also gave a lot of time and effort after school, in the holidays and on the weekends, in order for these works to be completed so professionally.

As Head Teacher I must thank them for their continued hard work and professionalism in working with these Students, as well as congratulations to the students who all gave their utmost to completing projects that they can be very proud of.

Term 3 is also the last term of formal schooling for our year 12 students. We have classes in Food Technology, Hospitality, Construction, Design and Technology and Industrial Technology this year so all in all, most Year 12 students do at least one subject in the TAS area. As a cohort of 2014 we are really pleased with their progress and believe that with some hard work and effort can achieve very highly in the Higher School Certificate. So best of luck year 12, we as a faculty wish you well!

Ms Tracy Postle
Head Teacher Technology Applied Studies
Musical Waves

On the last day of Term 2 the Millennium Marching Band visited our school giving a brilliant performance. Made up of students from Years 7 through to 10 across Sydney, the band utilised the space on our front oval and demonstrated its marching band skills. All of Year 7 and 8 students participated as an active audience in the marching band exercises which were absolutely enjoyable. Our students had lots of fun.

“Sounds like Rock” occurred in July and featured session musicians, Terry Murray and Gillian Eastoe who sung and played guitar songs from the fifties, sixties, seventies and eighties. Year 7 and 8 and elective Music students made up the audience and gained a lot of valuable experience and understanding in how live music is put together from the workshop.

Narrabeen has a depth of talent in performance capability. To mention a few standout performances we congratulate:

- Jett Coulter, Year 9 Elective Music student, who came second in the Narrafest competition in August.
- Rebecca Whitehead, Year 10, brought the house down, singing a Lady Gaga song at Pittwater High Auditorium in the PCS Festival on Monday the 30th of July.
- Mikel Salvador-Jara and Ramon Pace performed the very next evening at the PCS Festival, playing “Master Blaster” supported by the Year 11 students, Joanna Kot on Bass Guitar, Jaiya Bray, Gina Groskops and Kyla Boltersten.
- Tom Bartsh will be playing the piano at the Year 12 Graduation Ceremony. We look forward to their performances.

Our HSC Music class performed fabulously in the lead up to their assessment in Week 8. Supported by students in Year 11 and practicing in the weeks leading up to the assessment, the students did us proud.

The importance of music in our lives should go without saying; however, research has proven the importance of learning music in and out of the classroom helps increase all round brain activity. This activity in turn helps develop cross domain learning in several areas not to mention the benevolence of music being a pure relaxing experience to help soothe the savage beast. During Term 4 I will be on long service leave and my classes will be taught by Mr Fish. I look forward to seeing you all again when I return in 2015.

Dr Sylvana Augustyniak
Music teacher

Science Fair

The Science Fair is a PCS initiative involving our school and both the other local high schools and primary schools. I would like to acknowledge these 6 students in representing Narrabeen Sports High, in their commendable contribution to the Science Fair. Eve Baker, Will Brown, Jordan Hunt, Gracie Marnoch, Will Shaw and Jamie Thomson. They collaboratively put together a fascinating presentation “Sustenance in plants” under the general theme of “Food for our future”.

Science Fair
It was an interdisciplinary approach drawing on science, maths and music with some art work thrown in. They grew bean seeds under different conditions of fertiliser, fruit juice and salt levels to monitor the shoot and root growth. Then results were comparatively graphed on a spread sheet. On the day, microscopes depicted the cell structures of plant leaves. In their crafted presentation they interacted with their joyous audience to do Narrabeen Sports High proud.

Dean Jericevic  
Science

Term 3 Careers News

I recently attended the Skills Showcase Workshop at NIDA and was delighted to see a past Narrabeen Sports High School Captain Cassilda Parkinson, who is currently studying Costume Theatre Design. As a Careers Adviser, it was satisfying proof that when one follows their passion and works hard towards a goal they can succeed. Along these lines, Year 10 have now all been interviewed to check they have chosen Year 11 subjects which interest them.

An ‘Applying for University Workshop’ was conducted for Year 12 on Friday 5/9 to inform students on the UAC application process, course preferences etc. Students have had over a month now to research the 2014-15 UAC guide and have all been interviewed for their post school Career choices. Hopefully they are now quite confident about their choice of preferences. A reminder that the closing date for on-time University applications is Tuesday September 30, 2014 and the cost is $29. After this cut off date the fee rises to $154, so ensure you get in early.

Any Year 12 student wishing to apply for TAFE next year should also already have checked the courses available on www.tafensw.edu.au. On Tuesday 9/9 a public announcement was made regarding Tafe Applications, Enrolment Procedures and Fees. This information will be on the Tafe website.

Interested in a Career in the Automotive Industry?  
Your Pathway To An Automotive Career  
MTA Apprenticeships Plus is a group training company owned and operated by the Motor Traders Association of NSW which has Apprenticeships in the following trades: Light or Heavy Vehicle Mechanics, Plant & Farm Machinery Mechanics, Spray Painting, Panel Beating, Tyre Fitting, Transmission Specialist. Visit www.mtaplus.com.au

Julie Weller  
Careers Adviser
2014 Exhibition

On the 27th of August staff, students, parents and community members were invited to attend the annual Exhibition of Year 12 Body of Works from Visual Art, Design and Industrial Technology. The works intrigued and entertained the audience with the variety of ideas underpinning the works and the skill of the manipulation of materials by the students. It was a fun social event to showcase the talents of our students and acknowledge the time they invested in their work. There is a People's Choice Award which the audience voted for and we are proud to announce the winner is Aleya Wiggins.
CHS ATHLETICS CHAMPIONSHIP

On Thursday 4th, Friday 5th and Saturday 6th September Narrabeen Sports High School students competed in the Combined High School State Championships at Homebush. The 9 students achieved some outstanding results and should be very proud of their success at what is a highly competitive event; Narrabeen Sports High School had two relay teams compete and both made the final of the 4 x 100m relay, another amazing performance.

Results:

12 Year Girls:

Tayanita Robertson: 3rd High Jump 1.43m, 3rd 200m 27.73s

14 Year Boys

Moises De Asis: 5th 100m 12.30s, 7th 200m 25.08s and 5th 4 x100m 48.31s

Charlie Griffith 4 x 100m 48.31s

Ethan Carr 4 x 100m 48.31s

Jacob Winston 5th 200m hurdles 29.54s, 6th Long Jump 5.50m and 5th 4 x100m 48.31s

Maddison Langman 8th High Jump 1.40m

16 Year Girls

Caitlin Cimarosti: 11th 100m, 11th 200m, 7th 4 x 100m 54.47s

Rebecca Whitehead 9th 400m, 7th 4 x 100m 54.47s

Jennaya Wiggins 7th 4 x 100m 54.47s

Jessica Deal 7th 4 x 100m 54.47s

Angelique Massa 7th 4 x 100m 54.47s

Premiers Sporting Challenge – Learn to Lead Workshop

On the 1st September 2014 a selected group of Narrabeen Sports students participated in the Premiers Sporting Challenge “Learn to Lead” workshop day with Narrabeen North Primary School and Elanora Heights Primary School.
Selected leaders in Year 9 and 10 became specialist coaches for the day, working with groups of Year 5, 6, 7 and 8 students, coaching them in the skills and basic rules for their specialised sport.

Thank you and well done to the following students:

**Year 7:** Eve, Brennan, Macy, Rebekah, Jordan, Piper, Jarred, Tay, Luke, Cooper, Ali.

**Year 8:** Josh, Hayley, Bailee, Georgia, Briana, Jade, Sally, Zach, Charley, Ruby, Mackenzie, Oliver, Jarret.

**Coaches:**
- **Tennis** – Nadia & Chaska
- **Touch** – Caitlin & Michael
- **Dance** – Elise, Lily & Lauren B
- **Soccer** – Marcello & Lauren W
- **Basketball** – Sean C & John E
- **Netball** – Maddison & Emma
- **Basic Sports Skills** – Jye, Jennaya & Nick

**Under 15’s Knockout Girls Basketball**

On the 29th August 2014 Narrabeen Sports High School’s under 15’s basketball team competed in Round 3 and 4 in Sydney North - knockout basketball competition held at Scholastic Stadium in Terrigal.

Our first game (Round 3) was against Kincumber High School, it was a tough contest and leaders were consistently changing throughout the game. However the girls lifted and snatched the win, 42 to 36. Allowing us to progress to Round 4 - the final round.

The final game was against Terrigal High School who won their round 3 quite convincingly. The girls played brilliantly coming back from 12 points down to unfortunately go down in the dying seconds 46 – 44.

Congratulations to the girls who played exceptionally well against some very tough teams.
Team: Rebekah Dallinger, Jade Black, Hayley Creed, Sally Ferguson, Georgia Harvey, Katherine Molinaro, Bailee Nix, Ruby Reid, Maddison Langman and Lauren Woodcock.

A very special Thank you to Rhonda Ferguson for making this day possible by driving the girls up to Terrigal and running the score bench all day.

Buckley Shield 2014

The ‘Buckley Shield’ rugby league team travelled to Ashcroft to play in the semi-finals of the state wide combined high schools competition. The boys played as a strong holistic unit and both the attack and defence were admirable. Like in all games played throughout this competition they supported each other well and played as a great team should. The players who must receive special mention are those who played well in all games for Narrabeen Sports High School in this competition; Zac Stracey and Ethan Carr demonstrated little fear when running the ball, Zach Symons and Jacob Winston for defending well against all opposition no matter their size or strength, and Elijah Pai, Conor Hickey and Nathan Van Buuren who directed the team well and used their high skill sets to play strong individual games and allow supporting players to reach their full potential.

The boys did lose the game against Ashcroft who were physically a larger team but Narrabeen Sports played as a team until the final whistle sounded, with sportsmanship and mateship high on their priority list. Well done Narrabeen Sports High School on your top 4 placing in the state for the U’14s rugby league competition.

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.
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Are you confused about what advice to give regarding further study or potential work choices?

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Call Sharon Stone on 0414 824 444 for an obligation free discussion.
North Narrabeen Surf Club

invites all families to our Nipper Registration Days.

Sunday 14th & 21st September 2014
9am to 12pm

Upstairs in the Clubhouse
Malcolm Street, North Narrabeen

Our aim at North Narrabeen SLSC is to educate children to be competent and safe on the beach and in the water. Surf knowledge and techniques are gradually introduced to the children in relation to their age and ability. Nippers participate in age groups starting from 6 years through to 14 years. We encourage nippers and their families to have fun and enjoy coming to the beach each Sunday.

For more information or to download a registration form visit www.nnslscnippers.com

For all registration enquiries please contact Katina Hurd – Registrar, NNSLSC Junior Committee
Email: registration@nnslscnippers.com
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