Principal’s Update

There is no medicine like hope, no incentive so great and no tonic so powerful as the expectation of something better tomorrow.

Orison Swatt Marden

We are now well into Term 4 and already many of our students have either had their yearly examinations and assessments or will do so in the following weeks. This is an extremely busy time for both students and staff with end of year examinations and reports being finalised. Even though examinations will conclude before the end of the month, students need to be aware the work they complete in class up until the end of the year will lay the foundations for the skills required in the following academic year as well as inform the classes into which they will be enrolled for 2015.

Narrabeen is the All Schools NSW Touch Football State Champion for Year 9 / 10 boys

Narrabeen is always proud of its students – they are exemplary. At the moment we are especially proud of our Year 9 and 10 Boys and Girls Touch Football Teams. Both teams were Regional Champions and qualified for the NSW All Schools Touch Football Tournament on Friday 7th November in Penrith.

The Year 9/10 boys team had a very successful day winning the State Finals 3-2 against Patrician Brothers. In their 1st pool game Narrabeen defeated Wade High 3-2, in their 2nd pool game they had a 2-2 draw against Tweed River, their 3rd pool game the boys had a convincing 8-0 win against Young High and their final pool match against St Edwards CB they had a 2-1 win. The boys finished 1st in their pool and progressed through to the Quarter Finals defeating Woolooware 4-3. The boys had another close Semi Final win against Red Ben CC 3-2. The boys progressed through to the State Final and in what was one of the best games of School Touch Football Narrabeen fought hard, gave their very best and successfully defeated Patrician Brothers 3-2. The boys should be super proud of their attitude, effort and determination. Congratulations to Michael Riggio who was named player of the Final. Massive thank you to Super Coach Jye for his amazing guidance on the day.

9/10 Boys Team: Charlie Griffith, Mitchell Quetcher, Zac Stracey, Nathan Van Buuren, Nick Hancock, Conor Hickey, Jordan Murphy, Elijah Pai, Brandon Reading, Daniel Riggio, Zach Symons, Jordan Bullock, Michael Riggio, Jarrah Rogan

The year 9/10 girls team defeated Murawe 5-2, Plumpton 6-0, were defeated by Tweed River 3-0, defeated St Josephs Central College 3-0 and defeated Wade High 4-0 in their pool matches. Narrabeen finished 2nd in their pool.
and progressed through to the Quarter Finals of the State Finals however were defeated by Hills Sports High who were eventual winners of the girls division. The girls should be proud of their efforts and achievements on the day.

9/10 Girls Team: Macy Carrothers, Piper Martin, Hayley Creed, Briana Hibbert, Bailee Nix, Ruby Reid, Drew Alexander, Elise Black, Lily Brown, Caitlin Cimarosti, Sinead McNamara, Jennaya Wiggins, Georgette Randall (absent)

Thank you to the parents for supporting, Dana and Paul Creed for organising and driving the bus, Tracy Postle, Jye Malcolm, Rheanna Hesp and Michael Adams for their coaching and organisation on the day.

Uniform update
There are a few changes occurring in regards the uniform shop and uniform at present. The school Uniform Shop is being coordinated by the school at present as a result of Pied Piper being sold. The Uniform Shop will be open as usual on a Tuesday morning 8.15 – 9.00 am. The school is aiming to open the Uniform Shop for additional hours and will circulate a survey shortly to ascertain the best days for parents.

For 2015 students in our school will be divided between Juniors (Years 7 – 9) and Seniors (Years 10 – 12). Students in current Years 9, 10 and 11 and staff were surveyed on the change which resulted in clear support for the change. Subsequently at the last P&C meeting I presented the changes for discussion.

In 2015 the senior uniform will be a button up short sleeve shirt with the school logo on the pocket. The girls blouse will have a peter-pan collar. The polo and plain white (no logo) shirt for students in Years 10, 11 and 12 will be phased out. For 2015 all students are to have Narrabeen Sports HS logo school shirts, whether it be the new shirt or the phasing out of the NSHS polo. Girls in Year 10 will start to wear the senior navy skirt. Junior students will continue to wear the NSHS polo and likewise, only NSHS Polo’s will be accepted. The reason for the button up shirt for seniors is create the distinction from the juniors as well the cotton shirts are preferred by many senior students.

For 2015 all female students will be expected to have their skirt on the knee. Please ensure your daughter has enough length in the skirt for next year to meet this requirement.

The reasons behind the change being suggested have to do with focusing upon raising the bar of success for our Year 10 students. Students in Years 10 – 12 all study for a qualification. It is a benchmark of where they are up to with their schooling. By setting the expectations of success clearly with Year 10 as the first year in the senior school, students are more willing to operate as senior students and act as role models. As the school grows, our assemblies will be split between Junior and Senior years. Please don’t hesitate to contact me if there are any concerns.
The Gr8 GATsby
Ms Agha is busy putting together Narrabeen’s inaugural Gr8 GATsby Gifted and Talented day. This will be held on November 20th in the school hall and will involve students from the partner primary schools in Years 5 and 6 working in vertically year based teams with our students from Years 7 and 8. There will be many challenges throughout the day from the various Key Learning Areas as students vie for a range of prizes, generously donated by local businesses. The aim of the day is for students to work in teams to problem solve a range of tasks.

BYOD for 2015
Narrabeen is gradually bringing in the Bring Your Own Device approach to technology. The final stage will take place in term 2 2015 when it is made available to students in Years 7, 8 and 9 2015. We are currently training our teachers to be familiar with the Google Apps for education. One of the fatal flaws of the DER program was the laptops were rolled out to students before most teachers had the chance to be familiarised with the options available. Staff adjusting to the technology were never in the position to catch up. Google Apps for Education will work on anything but really the key to this isn’t students and devices but rather staff and pedagogy. It’s about preparation and planning for success not just getting students to bring their own devices.

In regards the application of google Apps staff are currently being trained in the application of these to everyday teaching and this will continue into Term 1 2015. The school is building a relationship with Hewlett Packard who will build a parent portal for NSHS that will allow parents to buy chromebooks directly from HP.

In terms of what to buy your child, the school suggests parents in Years 7, 8 and 9 2015 wait until early Term 1 as devices are being updated all the time. The BYOD model will be implemented in Term 2 2015.

- As a minimum
  - 11 inch screen
  - 6 hours of battery life
  - External keyboard
  - **5.0 GHz wireless (a/b/g/n) – this is a must either in-built or by an adapter**
  - MS Office capable with OneNote (School will provide windows version)
  - A carry bag or some other protective case

- Think about an extended warranty

- We are recommending HP CHROMEBOOK but we will have an special offer and portal to buy direct from HP in March 2015

So … it’s drama you want?

Our wonderful year 11 Drama class put on their monologue performances last Wednesday. Our students demonstrated their skill and capacity to write, perform and stage produce a short 5 minute solo performance. Under
the guidance of the teacher, Caity Dalyrmple the students used the opportunity as a warm up for the journey ahead in their HSC Year.

New to High School parent information evening November 18th
Getting the transition into high school correct is one of the most important things. On Tuesday next week the Year 7 2015 Year Adviser, Rheanna Hesp and myself will be presenting on what starting high school means to students and what it can involve in regards parents. We will discuss how year 7 is structured, the programs we run at Narrabeen as well as provide information on the bigger picture with the development of the teenage brain. Parents of students in Years 4 and 5 are also encouraged to attend. The evening will be in the school library from 6.30 pm.

Year 11 and so the HSC begins for you …
This term our Year 12 2015 students have begun their Higher School Certificate studies in earnest. All class work and assessment from day 1 of term 4 contributes to the successful award of the HSC. Some students are taking up the challenge of Extension courses while others are consolidating their curriculum pattern and choosing courses best suited to their skills and abilities. All Year 12 2015 must maintain their focus and continue to work hard right to the end of term 4.

Earlier this Term, Year 12 2015 students and their parents had the opportunity to sit in on a presentation by Mrs Lisa Peacock, Deputy Principal, Mr John Wigan, Year Adviser and myself. We detailed how the HSC works and the Year 12 student mentoring program. Year 12 2015 students who wish to amend their study program are required to book an appointment with myself and their parents to discuss the implications any changes could have on their pattern of study.

Cyber addiction:
Cyber-addiction is a real issue and it is important for families to be aware of the following information:

- Cyber-addiction is a psychological addiction in that it is mood altering and progressive (gets worse over time).
- A recent study indicated that children who had technology taken away for 24 hours showed signs of irritability, moodiness, sadness, etc.
- It takes 44 days for a complete 'detoxification' to occur. However, 90% of people will return to their excessive use of technology as the 'cold turkey' approach only cures the physical addiction rather than the psychological addiction.
- Children develop "trust" in their use of mobile phones and computer games as they make them feel empowered, better, improved mood, etc.
- MMORPG stands for Massive Multiplayer Online Role-Playing Games. It is one of the newest and most important gaming category with millions of players worldwide. These games take place in online virtual worlds with hundreds and thousands of players playing in at once. Like most role-playing games, the player takes on the role and controls the actions of a specific character. Yet what distinguishes it from single player RPGs, is that players can interact with anyone playing online at the same time, which creates infinite possibilities for gameplay. Moreover, the game has a "persistent world," meaning that the world inside the game changes and develops even when you're not playing. Often, players will team up with other players in order to complete objectives that give them points. Team work, then, plays vital role in these type of games.

There are FOUR phases that children go through with regard to excessive/inappropriate use of technology:

PHASE 1: EXPERIMENTATION: This is unplanned and experimental in nature.

PHASE 2: MISUSE: The person intentionally misuses the technology in a planned way. At this stage, the most appropriate intervention is a six week detoxification program but they also need to discuss their issues with someone they trust. At this stage, the person has 'safe rules' ("I'll only play on weekends", "I'll only use my mobile phone before dinner", etc).

PHASE 3: FIXATION: There is a 'law of diminishing returns' in that they need to use the technology for longer and longer periods of time in order to get the same rush/relief/satisfaction/adrenalin. Their mind starts to wander. They start to break their 'safe rules' and lose control, resulting in bad moods. However, the only way they see to improve their bad mood is to use the technology even more. They are stuck in a vicious cycle. At this stage, the most appropriate intervention is professional counselling.

PHASE 4: DEPENDENCY: The person no longer experiences the rush, relief, satisfaction or adrenalin from using technology. They are generally in low moods but this improves only to 'normal' when they are using technology. When they stop playing, their mood goes down to low again which becomes their normal state of living. They experience physical problems, mental problems, no desire to live and will "lie, cheat and steal" in order to secure access to technology. At this stage, the most appropriate intervention is long term rehabilitation.

Strategies for dealing with the excessive use of technology include:
Provide information on the risks: Providing information to your child on the risks of technology is only useful in Phase 1/2.
Professional help: By the time the student is in Phase 3/4, simply providing information is not effective and professional help needs to be sought.

Support groups: Students can be referred to the On-Line Gamers Anonymous website (http://www.olganon.org/) for further assistance. As the name suggests, this is a support group for people addicted to computer games.

Limit time spent on technology: Parents should place limits on the number of hours spent on technology from an early age.

Location of technology: Ensure that there are no TVs or computers in children’s bedrooms. Computers should be accessed from a more public space in the house such as a lounge room. Ensure that mobile phones are checked in with parents overnight.

Internet controls: Consider installing ‘net nanny’ type software on a home computer and/or iPhone: https://www.netnanny.com/blog/parental-controls-for-ipod-touch-iphone-and-ipad/.

**Hands Off Policy**

Narrabeen Sports High School has a ‘hands-off’ policy and signage reminding students of this expectation is displayed around the school. It is important that students develop skills in communicating with each other as young adults. There is never any reason for a student to make physical contact with another student.

**Congratulations and thank you …**

- Yesterday the Australian Touch Football Association named their youth teams for the upcoming Trans Tasman against New Zealand in January. Narrabeen has two Year 12 students Shellie Davis (under 18s) and Hannah Dyball (Under 20s) who have made the Australian Teams. This is a fantastic achievement for both girls
- Gina Groskops for participating in the NSW Constitution Convention at Parliament House.
- Gina Groskops and Kyla Bolterstenj who represented the school at the Young Women’s Leadership Forum last month.
- Celina Shead for making a concerted effort towards completing her Duke of Edinburgh Bronze Award recently.

**Lance Berry**

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**Calendar of Events TERM 4**

| Week 7A |  
|-----------------|--------------------------|
| 17 November | **GP’s in Schools Program - All Year 10 & 11**  
**Homework Club- Library 3:15- 4:15pm**  
| 18 November | **SLRC Forum #2 10am – 12:15pm**  
**Future Year 7 Parent Information Evening Library 6:30-7:30pm**  
| 20 November | **Premier’s Sporting Challenge - Leading with Action – Year 8 and 9 - Freshwater Senior Campus**  
**Gr8 Gatsby – GATS Day in Hall 9am – 2pm**  
**HSC Chemistry/Ancient History Excursion – ANSTO Lucas Heights**  

| Week 8B |  
|-----------------|--------------------------|
| 24 November | **Year 8 History/Geography Excursion - Australian Museum and Imax**  
**PCS FIRST LEGO LEAGUE - Hall, Gym, Library, Seminar Rooms, C19 & C20**  
**Homework Club- Library 3:15- 4:15pm**  
| 25 November | **Academy - Football to Warriewood Beach**  
| 26 November | **Junior Leaders Training – C19**  
| 27 November | **Junior Leaders Training – C19**  
**Year 10 Commerce Excursion – Manly Law Courts**  
| 28 November | **C3 Church Pancake Morning 7:30- 8:45am**  
**Year 12 Mentor mentee Morning Tea and Launch 10:50 -11:35am**  

Week 9A

Year 10 Work Experience Week – Various Locations

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<tr>
<th>Date</th>
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<tr>
<td>01 December</td>
<td>Homework Club - Library 3:15-4:15pm</td>
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<tr>
<td>03 December</td>
<td>Orientation Day – Year 7 2015</td>
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<td>04 December</td>
<td>Year 10 AMOW and Up2 Now – Library 9-11am</td>
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<td>05 December</td>
<td>Students on Track Telstra 500 Super V8's – Homebush Bay Academy Football to A League match and training session - North Sydney Oval 5-11pm</td>
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Year 8 HSIE Excursion to IMAX Theatre and the Australian Museum

Year 8 students are reminded to return their permission notes as soon as possible for the HSIE Excursion to IMAX Theatre and the Australian Museum. The excursion will take place on Monday 24th November, departing school at 9am. This is a fantastic opportunity for students to enjoy the Aztec Exhibition currently touring at the Australian Museum. Students are reminded that they must wear correct school uniform and bring their own lunch on the day.

Ms Mumford

From the Deputy Principal’s Desk

All students have now completed their final examinations and are all to be congratulated for the serious attitude they have had towards this important assessment. Students will soon be receiving feedback from teachers and it is important that they take on board the advice given so that they can improve their performance in the upcoming weeks and into the future. We encourage all students to be the very best they can be in everything that they do as there is nothing worse than reflecting and thinking that if we worked harder and achieved more we could have reached our goals. It is important that students continue to have good attendance after the examinations as some assessment tasks may still need to be completed and students need to show “diligence and sustained effort to the experiences provided” to qualify for a Record of School Achievement.

Students in Year 7-10 and Year 12 are reminded to hand in their PBEL passports or merits to their Year Advisor as final tallies will soon be made in preparation for the 2014 presentation evening. Already I am secretly aware of the students in Year 11 2014 who are receiving academic prizes and I look forward to finalising those in other years very soon.

Students in Year 10 who are planning to leave school may do so on 21st November but documentation must be provided to prove enrolment in TAFE or 25 hours of employment or a combination of these.

This week, Year 8 participated in a statewide Science assessment program (ESSA) which is based on the NSW Science Syllabus. This test assesses a students’ ability to see the relevance of science and to make meaning of scientific knowledge, skills, values and attitudes. Parents will be sent the results of this test.

Similarly, students in Years 10 and 12 who sat the BOSTES Numeracy and Literacy Tests will be able to access their results from 12th November. If they are unsure how to do this can contact me for assistance. Also on this day, students in Year 12 will be able to access their Year 11 RoSA results online and print an eRecord via students online.

Year 12 students are now well into the start of their HSC courses. It is expected that all students will be regularly attending classes and working towards completing assessment tasks. Students are required to work in the library during study periods unless they are working on a major project in a specialist room. It is expected that all Year 12 students have a serious approach to their studies and use all available time to make summaries, seek teacher assistance and work on set tasks. There is no room for disruptive behaviour or non-compliance with school rules as our seniors are expected to be role models for success, responsibility and respect. Students have been issued their Assessment Schedule for Year 12 and it is imperative that they refer to this booklet frequently to note the assessments that are coming up. This will allow them to better plan their time. Year 12 students are reminded that they need to return the document provided regarding being able to leave the grounds at lunchtime and the document related to driving to school. Students who leave the grounds without returning the required document may be issued a formal caution.

Students in Year 12 have been asked to approach a staff member to be their Mentor for their last year of school. Students should approach a teacher they feel comfortable with and it will be the role of the teacher mentor to assist
students to establish good study habits, reflect on examination results, assist with time management and assist with student welfare. Please discuss with your child, the Mentor they might like to choose.

I have included in this newsletter some information regarding educating boys. It is from the website school a to z www.schoolatoz.nsw.edu.au which contains many interesting topics related to the development of adolescents and it provides guidance for parents. Please read the following as it may be helpful.

“Teen boys and learning at a glance

- Too much focus on internet games can be a distraction to teen boys' learning.
- For many teen boys it's "not cool to be smart".
- Goal-setting and getting boys organised are great ways to help them learn.
- Motivating boys through ideas about their future helps them to see how learning is worthwhile.
- It's good for a parent to get involved in the school's efforts to motivate their son's learning.

It's always been tough being a teenage boy but it's never been tougher than it is for the boys growing up in early part of the 21st century.

Why boys struggle in their learning

Over the past 10 to 15 years there has been a decline in academic achievement among teenage boys. This has happened around the same time that the playing field has been levelled for girls, and is attracting the attention of many teachers and researchers.

One reason for this decline is the advent of digital technology, which has really captured boys' attention, says Dr Ian Lillico, author and expert on boys' education issues.

"Boys have really succumbed to the digital era," Ian says.

"There are now so many distractions like mobile phones and the internet, the Xbox and PlayStation and, of course, TV. And even though girls spend as much time on these devices, they tend to use them more as a tool where the boys use them much more as a toy."

"Don't assume that if they are in their bedroom for two hours doing homework that things will happen.”- Dr Ian Lillico

Boys have also struggled with a shift in emphasis in the curriculum, which has become much more literacy-based. In the past, a maths question may have been a straightforward challenge to solve an equation, now the student may be asked to read a paragraph of information before being able to determine what the equation is.

For some boys, it's also become "not cool to be smart", Ian says.

"When boys start to do well with homework and answering questions in class, there is a danger their peer group will think they are nerds and that they should be out playing sport instead," he says.

"Often boys don't want to pull themselves away from their peer group by doing well academically and risking being ostracised."

And on top of all these problems are the traditional testosterone-fuelled challenges of trying to grow from being a boy into a man.

However, there are plenty of things parents can do to help their teenage sons succeed at school. Prime among these is simply helping them to get organised.

Getting boys organised

Compared with girls, boys' ability to organise and plan their schoolwork is often poor, with homework and assignments frequently getting done only at the last minute or not at all.

"Don't assume that if they are in their bedroom for two hours doing homework that things will happen; they probably won't," says Ian.
"You have to muscle in a little bit and help them plan, maybe by writing things in a diary or using their mobile phone to store lists and reminders."

Motivating boys to learn

Motivation to learn is often another big hurdle for boys and it is here that having a concrete goal can be helpful.

"Parents need to really sit down and talk about the types of jobs and the types of careers that their sons want to do," says Ian.

"If the boy gets even a little bit excited about a job that they really want to do then sometimes the sacrifice they have to make becomes worthwhile to them."

Parents can also become involved in school activities aimed at expanding their sons' ideas about the roles and jobs they would like to do when they grow up.

Ten tips to help boys succeed at school at a glance

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

Professor Andrew Martin, gives his best ideas on helping boys to excel at school.

1. Good relationships are vital

If boys feel liked and respected, they'll respond in a really positive way.

"As a parent or caregiver, show that you respect and care for them, that you want them to do well, and you really like them"

"For boys to be receptive to the positive messages we send them you've got to be on the same page and you've got to have credibility," adds Professor Andrew Martin, a research fellow with the University of Sydney's Faculty of Education and Social Work.

Characteristics of a good relationship

- Giving respect
- Showing patience
- Having a sense of humour
- Actively listening to them
- Knowing who they are, who their friends are, and what they like and dislike
- Seeing things from their perspective

2. Get involved in your son's homework

Sit down with your son and show interest in his homework.

"It's not so much being able to do it, but being able to talk with them about what they're doing and to make sure it's seen as really important."

This makes boys feel like homework is worthwhile, which is great for motivating them.
3. Ensure your son goes to school every day

Research shows that school attendance has a critical role to play in a boys' academic success. Children who miss out on eight days of school a term will miss a year's education by the time they finish primary school and not much less for high school.

When a boy comes to school they are able to learn. If they stay at home, they can't. It's as simple as that.

4. Ensure your son is learning using a variety of styles

Boys thrive when they are given opportunities to tap into the way they learn best.

As parents, we have to make sure that kids are being given possibilities to learn and get assessed in a whole variety of ways. If they're coming home with the same sort of projects, that would ring alarm bells for me.

If his work is not varied, discuss with your son if there are options as to how the task can be done.

5. Keep an eye on technology use

With access to technology and laptops at school, boys have the opportunity to read and communicate using many different forms, but it doesn't mean technology should take over to the detriment of books, magazines and talking with people.

Parents need to ensure their boys don't spend too much time on the computer; there are other ways they can access information and communicate with people.

6. Recognise the good things in boys' lives

Shutters come down fairly quickly if the first thing you do is point out negative aspects of your son's school life or behaviour, says Andrew, also author of How to Motivate Your Child for School and Beyond. Point out things that your son is doing well at school before moving to a specific area where they're not doing well.

"It's a nice way of saying you don't think the whole thing is going badly," he says.

7. Help boys experience success often

Boys love success, Andrew says.

"They gravitate to teachers where they experience competence and they gravitate to subjects where they feel better about themselves and their capacities."

When your son comes home with an assignment, suggest 'chunking' the project into smaller tasks so that he can experience 'mini successes' along the way.

Ways boys can achieve 'mini-successes' in their assignments

- Break the question into key parts
- Really understand each part
- Search for the information on the internet
- Visit the library for some good books
- Sort the information into major themes

8. Help boys experience even more success

Not all boys have to come top of the class to be successful.

"Too often people labour under a narrow view of what success is – marks, pecking order, rank," Andrew says.

Success in the steps of learning such as improvement and knowledge building are equally important, if not more important, for a boy's ability to do well after school.
"All of these are achievements in the academic domain," Andrew says.

"They're the attributes that walk a boy through life."

**Success in the steps to learning**

- Improving in marks or grades
- Achieving personal bests
- Developing skills
- Understanding something
- Participating in class

9. **Help your son value school**

The best way for your son to value their learning is by pointing out the connections between what they do at school and what's going on in the world, Andrew says. This may include connections between their current interests and their future work life. Valuing school yourself is also important.

"Boys won't value school if parents are running the school or teachers down in front of them," Andrew says.

10. **Be courageous about failure**

Boys can have a disproportionate fear of failure and hate making mistakes or looking dumb. Parents need to help their son develop the courage to have a "frank and fearless" view of mistakes, Andrew says.

"Mistakes are information for future improvement; setbacks are windows of opportunity," he says.

It's where boys can learn something about themselves and learn to do things better next time.

"Parents really need to encourage their boys to see that effort sets them up for improvement, not a fall."

**A note for young boys**

All of these principles can be used as early as preschool, Andrew says.

"Just valuing and modelling the importance of learning, the importance of falling over and getting up again, always having conversations and discussions about the wonders of effort ... these ideas all cater very nicely to young boys," he says.

"If you're building up these principles in those infant and primary years, it then doesn't need to be such an explicit exercise in high school."

**Risk-taking is natural**

Boys are more prone to risk-taking from puberty because the brain chemical dopamine, which is responsible for motivation and pleasure, declines in potency for a while. Teen boys become more lethargic and grumpy, and they start taking more risks because they're actually looking for a lift in dopamine, Andrew says.

**Lifting dopamine levels includes giving boys:**

- rewards
- regular feedback
- reassurance they're loved
- clear expectations and boundaries
- encouragement to do activities with lots of repetitive movement such as handball, volleyball, swimming or drumming.
Serious risk-taking

Associate Professor Susan Towns, head of the Department of Adolescent Medicine at The Children's Hospital at Westmead, says also during adolescence the area of the brain responsible for executive functions is going through immense change, which can play havoc with decision making and organisational skills.

However, Sue says dangerous risk-taking doesn't just happen. There are signs early on that may show a boy is more vulnerable and usually it's a combination of factors including:

- ADHD and other developmental issues
- inadequate parenting support
- personality traits or developing mental health problems such as depression or anxiety
- school-related issues such as being bullied or peer pressure.

Sue says the best parenting approach to support boys through this time is one that is loving, but firm – high warmth, high structure, high supervision and guidance done in a supportive way.

"It's about creating boundaries," Sue says. "They respond to structure. Certainly during the adolescent years they push the boundaries and it's the parents' job to say what's appropriate and what's not."

Approaches that can encourage rebellious behaviour in boys include laissez-faire parenting where there is a lot of love and nurturing but not enough boundaries or structure, and 'authoritarian' parenting, which is low on warmth and nurturing but high on strictness and discipline, she says.

"We don't want boys to feel as though they can't chase after their dreams ... but it's a matter of being safe and supported and knowing how to do that."

Wise boundaries to give your teenage son

- Ask them to tell you what time they will be home.
- Have an agreement that trust develops if they keep to the rules.
- Have house rules and household chores.
- Know how much money your son has.
- Talk to the school as needed.
- Know who their friends are.
- Be introduced to their friends.
- Talk to other mums and dads about their sons' boundaries and ideas they have on parenting.

If you feel your son's behaviour is putting him in danger, contact your local health professional or contact The Department of Adolescent Medicine at The Children's Hospital at Westmead, which can help you find local support."

Lisa Peacock

HSIE HAPPENINGS

Students in our Faculty have been very busy this term preparing for, and completing, their Yearly Examinations. The HSIE teachers strongly believe that formal examinations are an essential part of the educational process and provide students with the necessary skills for success in the HSC Examination. It's never too early to start. Our Year 9 and Year 10 students have achieved at a very high standard and it has been encouraging to see so many impressive results.

The following students achieved 90% or more in their examination, which is equal to a Band 6 if replicated in the HSC.

Year 9 Commerce: Brad Johnson
Year 9 History: Brad Johnson, Joab Woodcock, Max Moore, Christian Estrella, Chaska Salazar, Chris Halliday, Alex Hogan, Caedyn Hardy

Year 10 Geography: Nick Ranzetta

Year 10 History: Tomas Frankham

Congratulations to all these students.

Year 8 students are also looking forward to the combined History/Geography excursion on 24 November. The cost is a very reasonable $35 as the excursion will satisfy compulsory syllabus requirements in these two subjects. So it’s really two excursions in one. At the Australian Museum students will be looking at the Aztec exhibition while at IMAX they will be going “Under the Sea”. Further details can be obtained by contacting Mrs Mumford.

The annual Remembrance Day service was a moving reminder of the sacrifice made by a few so that the many can live in a free and open society. The service was well planned by Ms B and the Prefects and included a wreath laying at Narrabeen Cenotaph after the service. It’s hard to believe that it is 96 years since the guns fell silent on the “war to end all wars.” Of course next year will mark 100 years since the ANZAC landings at Gallipoli.

Jeff Conroy
Head Teacher (HSIE)

Year 8 Youth Eco Summit

On the 23rd October forty inquisitive Year Eight students set out to Sydney Olympic Park to take part in the 2014 Youth Eco Summit. This cross curricular program engaged students in enrichment activities relating to Stage 4 Science and Geography outcomes. Narrabeen students participated in a range of workshops such as the impact of climate change on food production, organic worm farming, soil composition, dairy value-adding, sustainable house design and making a traditional stone axe. Between workshops students visited stalls where they got to meet native fauna, taste sustainable foods and watch sheep-shearing demonstrations.

After the day’s activities, students (and teachers) have been enthused about the possibilities for Science Club and Extension Geography in 2015. Ms Frost and I would like to thank all students for their respectful, positive attitudes – these students were a credit to our school.

Mr Wigan
Elite Athlete Altitude Training Session
On Thursday October 30, eight senior students participated in a specialist training session as part of their involvement in the Academy’s Elite Athlete Mentoring program. The session took place at Altitude Fitness in Brookvale and saw our State and National representatives put through their paces with a sprint-repeat program in a reduced oxygen environment.
The hour-long session enabled students to gain further insight into the nature and advantages of altitude training to enhance endurance, power and speed. While they were apprehensive prior to entering the gym, all of the students thoroughly enjoyed the session and truly embodied our school expectations of respect, responsibility and success.

Well done to the following Elite Athletes for their participation and involvement in the session: Shaun, Jess, Brian, Hannah, Shellie, Meri, Ben and Dylan. Congratulations must also be extended to Shellie for setting a new women’s record – 120m in 30 seconds – in the Ski-Erg Challenge.

Melinda Tan
Elite Athlete Mentor

Girls Rugby League Development Day
Selected Year 7 & 8 girls participated in the Girls Rugby League Development Day on Monday the 27th October at Nolans Reserve in Manly. The girls played against 5 schools within the Sydney North Region – Mater Maria, Pittwater, Cromer, St Ives and Chatswood.

Narrabeen were undefeated in their round matches and finished 1st in their pool. The girls defeated Pittwater in the semi final and progressed through to the grand final. Narrabeen were narrowly defeated in the final minutes of the match by Cromer.

Congratulations to the girls who played exceptionally well with outstanding team performances all day.
A big thanks you to Piper Martin, Remy Lowe and Brenna Rose for helping out throughout the day. Thank you to Miss Hesp for organising and coordinating such a successful and fun day which was aimed to promote Girls Rugby League within our region.

Team:
Jade Black, Hayley Creed, Molly Graham, Georgia Harvey, Briana Hibbert, Ellie Morgan, and Ruby Reid.

Under 15’s Knockout Netball

On the 29th October 2014 Narrabeen Sports High School’s under 15’s netball team competed in the round 2 and 3 Sydney North – Knockout Netball competition help at Adcock Park in West Gosford.

The girls won their first game (round 2) against Ku-Ring-Gai, progressing through to round 3 against Galston. In the final game the girls pulled together as a team, winning the game 59 – 19. Well done to the girls who played brilliantly, especially, the fantastic sportsmanship and team performance throughout the day.

Team: Jade Black, Rebekah Dallinger, Aster Emerson, Sally Ferguson, Brianna Hunter, Maddison Langman, Kerry MacDonald, Bailee Nix and Ruby Reid.

Very special Thank you to Christine Black for making this day possible by driving the girls up to Gosford and scoring all day.
Year 9 Report

The end of another year is almost upon us with Year 9 to return in 2015 as the youngest members of the senior school. We have welcomed a few new and returning students this semester – Blair, Janni, Jordan and Oliver – and it has been pleasing to see them integrate so seamlessly into the grade.

Yearly Examinations & Reports

Year 9 completed their yearly examinations throughout week 3 and will soon have their Semester Two reports finalised and issued. Many students conducted themselves with admirable maturity during these examinations and truly embodied our school-wide expectations of respect, responsibility and success. Students have been reminded however that they still have coursework to complete over the remaining weeks of this term and thus cannot relax until the summer holidays begin.

Seniors 2015

Mrs Peacock excitedly announced to Year 9 last week that upon their return to school next year, they will be considered to be an integral part of the senior school. As they work towards achieving the formal qualification that is the Record of School Achievement (ROSA), students will be invited to take part in opportunities usually offered only to Years 11 & 12. They will also wear a senior uniform in order to be distinguished from younger grades – grey pants and a button-up shirt for boys and a navy blue skirt and button-up shirt for girls. I look forward immensely to seeing students embrace this change and set a great example for their younger peers.

SLRC Representatives

Earlier this semester, nominations and votes took place to draw together a new Student Leadership and Representative Council (SLRC) under the guidance of Ms Farrugia. Congratulations to Lauren, Georgia, Caedyn and Felix for your successful induction as representatives as well as to Remy and Daniel for your instatement as Academy Captains for 2014-15.

End of Year Activity

Recently, Year 9 voted overwhelmingly to partake in an end-of-year activity at Skyzone Trampoline Centre. This will undoubtedly be a fun-filled event, which is scheduled to take place on Wednesday December 10 (Week 10). Permission notes have been issued to all students and a deadline set for their return by Monday December 1 (Week 9). Students are reminded that if they do not return their notes by the deadline, they will be excluded from the activity due to invoicing requirements. To all parents and guardians, please ensure that you read the permission note carefully as Skyzone has a strict code of conduct that must be followed by all students.

Bronze Duke of Edinburgh

Students working towards achieving their Bronze awards are reminded that trip reports for the recent test hike are now well overdue. Scaffolds were sent via email to help students write their reports shortly after our return. These reports must be submitted to me via email or in hard copy in order to qualify for award completion. Congratulations to Lauren, Mikaela and Celina for being the only students to have so far fulfilled this requirement!

Should you have any further queries or questions regarding Year 9, please don’t hesitate to contact me via phone on 9913-7820 (ext 117) or via email at: melinda.tan3@det.nsw.edu.au.

Melinda Tan
Year 9 Adviser

Year 9 students working diligently in Visual Arts
Save The Date!

Sunday, November 30th

P&C Car Boot Sale

This is the last one for the year and our busiest!

Please sign up to help out on the day:

*** BBQ cooking and drink sales.

*** Early shift to help with parking stall holders! 5.15-7.30am to get all the cars and trailers set up.

*** School parking, gate and parking management.

*** End of day cleaning up, get those end of day bargains and help us finish the day off. 1-3pm.

Please contact:

BBQ help: please call Vyv Roberts on 9913 9659 during school hours Mon.-Fri. to be added to the BBQ roster. You can also email, vyvyienne.roberts@det.nsw.edu.au.

Boot sale set up, clean up and parking help: please leave a message for Sue on 0421 810 019, or email narracarboot@gmail.com.

THANK YOU for all your continued support for the school!

P&C Car Boot Information Line 0421 810 019
Email: narracarboot@gmail.com  website: www.narrabeenhighcarboot.org

All the P&C funds raised directly support NSHS.
Smoke-free working environment – The facts

Notification of the current legislative requirements regarding smoking in public places including school entrances.

Smoking has been prohibited on all school premises and in administrative areas since July 1988. This ban is detailed in the Department’s Drugs in Schools policy, which outlines the requirement that Smoking on school premises, including school buildings, gardens, sports fields and car parks, is prohibited. This includes students, employees, visitors and other people who use school premises, including community groups. This ban is reinforced in the Code of Conduct.

The agreement with community groups who use school facilities includes the prohibition of smoking as a condition of use. Further information on this is available in the Community Use of School Facilities Policy Statement and Implementation Procedures.

Schools are also reminded of legislative requirements under NSW smoke-free laws. The Smoke-free Environment Act 2000 (the Act) requires enclosed public places to be smoke-free. The Act also requires certain outdoor areas to be smoke-free including within 10 metres from children’s playgrounds, public swimming pool complexes, public transport stops and stations, spectator areas of sports grounds and within 4 metres from an entrance used by pedestrians to get into or out of a building. Pedestrian access points may include areas such as school gates and entrances where there is limited opportunity for people to avoid second hand tobacco smoke.

Second hand smoke causes a range of serious health problems, especially in children. Banning smoking in these areas is a key measure in reducing community exposure to second-hand tobacco smoke, tobacco related harm and the uptake of smoking in the community.

NSW Health has processes to ensure compliance with smoking bans including; enforcement activity, compliance monitoring and education and public reporting of outdoor smoking ban breaches. A $300 on the spot fine may apply for anyone who fails to comply with the law.

Principals should take appropriate opportunities to promote the Department’s policy on smoking on school premises, for example in school newsletters, and ensure that the prohibition of smoking on school premises is well known to their staff, students, and communities. Schools wishing to display signs may order free materials and signage from NSW Health. NSW Health also has an online form to report breaches of outdoor smoking bans. This form can be accessed here.

Further information, including a guide on smoking bans within 4 metres of a pedestrian access point, is available from the NSW Health website.

Work Health and Safety advice is also available from your local WHS Consultant or by calling the WHS Directorate on 1800 811 523.
Narrabeen Sports High School

Concert Band
Starting 2015

Instruments available to learn:
- Flute
- Clarinet
- Bass Clarinet
- Alto Sax
- Tenor Sax
- Trumpet
- Trombone
- Baritone Horn
- Tuba
- Percussion

Always wanted to learn an instrument?
Do you enjoy being part of a team?

Narrabeen Sports High School is starting a concert band in 2015. If you would like to learn an instrument to join our band next year, leave your name and email address at the front office with your instrument of choice. We will pair you with an instrument tutor so that you can start learning right away!

Tuition and instrument hire costs will be arranged depending on your instrument of choice. Enquire with Mr. Fish today:
christopher.fish1@det.nsw.edu.au
Narrabeen invites all parents of children in years 4, 5 and 6 to attend an information session on ‘what high school is all about’. This evening will especially benefit parents who have not had children start high school before and those who have children in Year 6 at present.

The key areas addressed on the evening will include the nature and expectations of high school, anti-bullying policies, changes students will face in high school compared to primary school and basic background on the ‘teenager brain’.

When: Tuesday November 18th 2014
Where: School Library
Time: 6.30 – 7.30 pm
RSVP: narrabeen-h.school@det.nsw.edu.au
Wednesday 5 November 2014

Dear Resident,

Re: Proposed kerb, gutter and shared pathway construction - Oak Street, North Narrabeen

Over the years, Pittwater Council has received numerous letters of concern from residents regarding the current condition of the road environment, as well as pedestrian and road safety concerns in Oak Street. We are also aware of concerns regarding the safety of students travelling to and from Narrabeen North Public School and Narrabeen Sports High School and the issues which are experienced due to the current informal parking arrangement for vehicles in Oak Street during peak school and sporting periods.

Pittwater Council is pleased to advise that funding has been allocated in the 2014/2015 Improvement Program to contribute towards the construction of kerb, gutters and a shared pathway (western side) in Oak Street.

This proposal will see the formalisation of the current informal parking arrangement in Oak Street and will also improve travel for vehicles, pedestrians and cyclists. The shared path will connect Oak Street to the Pittwater shared path cycling network by linking with Jacksons Road and Namona Street.

The concept plan for the kerb, gutter and shared path in Oak Street has been included in this information pack and we are seeking feedback and comments from Oak Street residents prior to finalising the design.

**Oak Street Frequently Asked Questions**

**When will work commence?**
We expect that we will commence work early 2015, however, this may be delayed due to inclement weather or unforeseen circumstances. All residents will be notified one week prior to work actually commencing.

**How long will work take?**
We expect that works will take up to 12 weeks. This may be extended due to inclement weather or unforeseen circumstances.

**Who do I contact for design and construction information?**
**Survey and Design** - Greg Fardell has worked on the survey and final design for Oak Street and can be contacted on 9970 1342 to discuss any questions or concerns relating to the design.

**Construction** - James Phan will be managing the construction process and can be contacted on 9970 1346 for any questions or concerns while construction works are underway.
If you are planning works to your driveway as part of an approved DA, we strongly recommend that you contact us to discuss your plans, as there may be impacts during the construction process.

**What will happen to my driveway access?**
As part of the construction process, Pittwater Council will be restoring vehicle access via one driveway/lay-back (where they exist) to each property to appropriate Council standards and to an equivalent standard/finish as per the existing structure; for example:

- existing sound concrete driveways will be replaced with a new sound concrete driveway,
- existing earth driveways will be replaced with a new earth driveway,
- existing asphalt driveways will be replaced with a new asphalt driveway.

Please note that Council will only provide plain concrete driveways and that the cost of restoration for approved cosmetic/coloured driveway treatments and upgrading non-approved driveway/provision of laybacks will be at the full cost to the property owner. Cosmetic finishes will also require the completion of a Deed of Agreement with Council (fee applicable) for approval.

**Will any landscaping be carried out?**
The gum trees in Oak Street will remain, although it will be necessary to remove some existing vegetation and trees to allow the roadworks to proceed. At the end of the construction process, Council will restore the nature strip area with turf.

**Will there be a financial cost to property owners?**
Yes, in order for the construction of the kerb and gutter to commence, it is a provision (under the Roads Act 1993) that Council seeks financial contributions from Oak Street property owners to fund their full property street frontage/s.

The Pittwater Council 2014 – 2018 Delivery Program and Budget has set the current public road rate for the 2014/2015 Financial Year for kerb and guttering at:

- $105/metre for primary street frontages for your rateable property address;
- $53/metre for secondary street frontages (properties with two street frontages).

Once construction has been completed, Pittwater Council will send an invoice to Oak Street property owners for the cost of the kerb and guttering. Please contact our Finance Department on 9970 1111 to discuss payment options, if you are experiencing any financial difficulties which may prevent you from paying your invoice by its due date.

Pittwater Council will be funding the construction of the shared pathway through its 2014/2015 Footpath Program budget.

**Have your say**
The submission period is now open and we are asking for feedback on the proposed design to be sent through to us by Friday 21 November 2014. You can send your feedback to Pittwater Council by post or email. Details are:

**Post:** Pittwater Council, PO Box 882, Mona Vale, NSW, 1660
**Email:** pittwater_council@pittwater.nsw.gov.au

If you would like to speak with a member of staff regarding the proposal, please contact Paul Davies, Principal Engineer on 9970 1177.

Kind regards,

Paul Davies
**PRINCIPAL ENGINEER STRATEGY, INVESTIGATION & DESIGN**
Point Break Drama Theatre company presents

William Shakespeare's

A Midsummer Night's Dream

Directed by Blair Cutting and Paul Winchester

November 18th - 22nd

www.pointbreakdrama.com.au
**Cast**
Joshua Emmelkamp
Anna Ritchie
Adele Samus
Joseph Fuller
Ivan Hui
Jemma Newlyn
Edward Gay
Harry Gay
Arran Burns
Kimberley Schiphof
Katie Sproule
Caitlin Magyar
Inez Curro
Taylor Sheahan
Nicola Denton
Ellen Trimble
Meagan Trimble
Lily Maud Horton
Cecily McCrann
Molly McCrann
Zara Gatland

**Performances**
Tuesday 18th Nov • 8pm
Wednesday 19th Nov • 8pm
Thursday 20th Nov • 8pm
Friday 21st Nov • 8pm
Saturday 22nd Nov • Matinee - 2pm
Saturday 22nd Nov • 8pm

**Tickets**
Adults $33.00
Students/kids $27.00
School groups (10+) $22.00 each
*(School bookings must be booked through school.)*

**Venue**
Point Break Drama Studio
Newlife Baptist Church
28 Fisher Road
DEE WHY NSW

William Shakespeare's
**A Midsummer Night's Dream**

For enquiries call (02) 9973 2790
A problem shared is a problem halved

The Northern Beaches ADHD Support Group is a voluntary group offering support for parents of children or teenagers with ADHD via regular meetings. The group is run by parents and aims to provide a supportive environment to discuss and learn more about ADHD in order to best help parents and kids alike.

SOCIAL EVENING & XMAS

We have purposefully left this meeting without a speaker to enable parents to have more time to chat with each other and share stories and support.

The bar will be open in the Main Sail Room and people will be free to get a drink, some nibbles, chat and mingle while looking at the market stalls selling educational books, toys and other quality products. We will also set up tables with labels for certain issues such as ‘anxiety’ or ‘social skills’ which people are free to gravitate towards if they so wish. At these tables you will have the opportunity to chat with others about that particular issue and swap ideas. A 15-minute limit will be set per table so people have time to rotate to a maximum of 4 tables during the evening.

We hope that this will enable people to chat with others with similar issues and are sure that this will be a fun and useful meeting to end the year and allow people to get to know each other better.

Monday 24\textsuperscript{th} November 2014 @ 7.00-9.00pm
The Pittwater RSL, Main Sail Room, 82 Mona Vale Road, Mona Vale

Ticket reservations essential via:

https://www.facebook.com/BeachesADHDSupport
nbadhdsupportgroup@hotmail.com
www.northernbeachesadhdsupportgroup.com.au

Venue kindly sponsored by Pittwater RSL Club
Warringah Council presents

MULTICULTURAL YOUTH FORUM 2014

Have Your Say

Schools are invited to send 6 - 10 students of varied backgrounds, cultures and interests to:

- learn about youth services in our area
- consult around Warringah’s upcoming Multicultural Strategy
- have a say about youth issues

Fri 5 Dec

9am - 3pm

Warringah Council Chambers
725 Pittwater Rd, Dee Why

Morning tea, lunch and afternoon tea will be provided

For more information contact youth@warringah.nsw.gov.au or 9942 2681

YOYOSGIGS.INFO