Principal's Update

Life is a series of natural and spontaneous changes. Don’t resist them. Let reality be reality. Let things flow naturally forward in whatever way they like.  

Lao Tzu

The Gr8 GATsby – Narrabeen’s future is bright

On November 20th Narrabeen hosted the inaugural gifted and talented day 'the Gr8GATsby', which included students from partner primary schools working in vertically structured teams. The schools represented were Elanora heights, Mona Vale PS, Narrabeen North PS and Narrabeen Lakes PS. The teams were appropriately named after intellectual individuals that have influenced our world including Mandela, Picasso, Earhart, JK Rowling, Shakespeare, Einstein as well as the former student Baz Luhrmann. Students formed groups and worked on higher order thinking skills solving Mathematical concepts applied to real world experiences. Students were led by year 8 and year 7 students from Narrabeen to complete brain bending challenges, figuring out how to represent and decode information accurately and creatively.

Parallel groups competed on a scientific challenge given tight budgets, time limits and emphasis on group effort to design a robust construction. Students were given codes to crack and Maths challenges that are centered on lateral and logical divergent thinking skills. Drama, History and English inspired students to recreate and innovate. Recreating Ancient Egypt, students dramatised the Egyptians way of life. Prizes streamed in for the winning three teams at the end of the event, including numerous lucky draws and spontaneous prizes. Thank you to our sponsors of the day:

Berkelouw Books, Coles Warriewood, Kmart Warriewood, Warriewood Health Store, Fresh Start Gym Narrabeen, Dial-a-book, Diamond Hill of Warriewood and Newport Education Centre

Our fantastic uniform:
The uniform at Narrabeen continues to be a source of pride in the community. Thank you students and parents who always ensure the uniform code is upheld.

For 2015 one key area the school is asking for assistance from parents with is the girl's skirts coming to the knee. The school has spent the past four months or so reminding our female students that next year, they will be considered out
of uniform if their skirt length does not comply. We are asking parents to check the length of their daughters skirts and modify them to meet this requirement. Girls are asked not to undermine the uniform code by wearing their skirts at a shorter length or rolling them up at the waist. In regards the shoes, all shoes must be black leather lace-up, no suede or logos. Buckle shoes are not accepted for the girls. If in doubt please ring the school for clarification.

To ensure uniformity, the school uniform from day one 2015 is to include only shirts labelled with the appropriate Narrabeen labels. The boys shorts and long pants are to be SCAGS brand which can be purchased from the school uniform shop along with the junior and senior skirts. Our senior uniform comes in from Year 10. The senior shirt from 2015 is a white button up shirt with the Narrabeen logo on the pocket. Our Juniors in years 7, 8 and 9 have the current polo shirt with the Narrabeen Sports high School labelling. If finance is a concern in keeping up with our uniform change, please don’t hesitate to contact the school.

We would like to thank the students, parents and carers who always take the time to ensure the uniform policy is upheld. Your support has a very positive impact on the good name of Narrabeen.

Orientation Day

December 3rd saw 134 eager Year 7 2015 students experience their second introductory day at Narrabeen. Students were immersed in a range of classes and peer support activities to ensure they enjoy high school. A special thanks goes to Ms Hesp and Ms Agha who coordinated the day. A great resource to assist parents is the DEC Schools A to Z website which can be found at: http://www.schoolatoz.nsw.edu.au/wellbeing/development/starting-year-7

Celebrating success

On December 9th Narrabeen hosted our Personal Best ceremony. It is our way of thanking the many students who strive to do well in the following categories in all classes:

- are punctual and prepared
- work cooperatively,
- complete tasks, homework and assignments,
- are respectful to teachers and peers,
- have a responsible attitude towards their learning,
- have made the effort to achieve a personal best,

It was a pleasure to back up on Wednesday evening December 10th to further acknowledge the Academic Awards at Presentation Evening. 2015 has been a very successful year for Narrabeen and the students recognised for Academic and Sporting achievement have made us very proud.

2015 technology – BYOD

As recently detailed, Narrabeen is introducing a Bring Your Own Device approach to technology in term 2 2015 for Years 7, 8 and 9 2015. We are currently training our teachers to be familiar with the Google Apps for education. The school is building a relationship with Hewlet 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

Internet safety – vigilance is important

Phones are important for students to have on the way to and from school to ensure safety. One area schools proactively combat is appropriate use by students of the internet. Easy access to the internet by teenagers in an unsupervised environment comes with the complication of potential targeting by cyber stalkers in chat rooms or cyberbullying. It is important for our teenagers to understand the dangers of online chat rooms and especially the way they want to be treated has to be foremost in their thoughts, so they treat others the same.

The following safety tips are issued by NSW Police for internet use:

- Be aware of how much time your child spends on the internet.
- Spend time talking to your child about the dangers associated with online conversations.
- Spend time exploring the internet with your children and let them teach you about their favourite websites.
- Keep the computer in a room the whole family can access; not in your child’s bedroom.
- Consider installing filtering and/or computer blocking software provided by your internet service provider. The Netalert web page provides information on a number of commercially-available products at www.netalert.net.au.
- Ensure you are able to access your child’s email/ social media sites and randomly check the contents.
• Check your phone bill for unusual outgoing calls, or consider using a caller ID device to identify incoming calls.
• Consult your phone company for options designed to ensure privacy and security.
• Inquire with your child's school, public library and places they frequent to find out what internet safety measures they have in place.

What parents should know about Instagram

It's hard to keep up with all the social media platforms and apps our kids want to use. Instagram is currently one of the most popular social networks for school-aged children at the moment. It's a free, photo and video sharing mobile application and social network for people aged 13 years and over. There's no age-verification process though, so younger children can create an account pretty easily, sometimes without parents even knowing. Instagram say they'll remove under-age users' accounts if they are reported.

Instagram has just published "A Parent's Guide to Instagram", and it's a great place to start if you want to know more about how it works and how it can be used safely.

The simplest way to stay informed is to ask your child what apps and social media they know about and ask them to show you how they work.

It's a good, non-threatening approach because:
• kids and teens find out about new apps, games and social networks long before we do
• even less chatty teens tend to enjoy the chance to share their expertise
• you'll narrow your focus down to only those social networks and apps your kids use
• it opens up the conversation about social media tools and their social life in general
• if you ask your child to show you how to "block" other users, "report" abuse, "delete" their own posts and change their privacy settings, you'll learn how it's done but also know they're able to use those options if they need to.

The good news is we don't have to be social media experts to keep our kids safe, but we do have to be good communicators and talk to them regularly about their social lives – both on and offline.

Literacy and Numeracy in 2015

Narrabeen had great success in 2014 with our ‘Quicksmart for Literacy’ program coordinated by Ms Laura Buxton. The students in Years 7 and 8 who participated in this program showed definite improvement and confidence in their reading, writing and comprehension. At significant costs, both financially and time to the school, it is important we have seen these measurable and substantial improvements for students. This outstanding program will continue into 2015. It really has been awe-inspiring to see the difference.

Additionally, we are introducing ‘Quicksmart for Numeracy’ for students in Years 7 and 8 who require assistance with the understanding of numerical concepts. Our expectation is for students who once were lacking in confidence or skill with times tables and elementary addition and subtraction, for example, will develop more confidence.

Taking risks

It's understandable that young people take risks. It's happened throughout many generations. But currently some serious accidents have occurred because young people have not worn helmets while riding bikes or skating. These risks are not worth it. Parents, please, can you remind your sons and daughters that wearing a helmet is an important aspect of bike and skateboard safety. We will certainly do this as well.

Managing depression in children

One in four kids over the age of 12 has significant depressive symptoms. For girls, depression generally appears between the ages of 11 through to about 14. For boys, depression generally appears between 12 and 16.

Signs your child may be suffering from depression - If you see a number of these problems starting to develop, it's time to ask the question, could this be a more significant emotional disturbance than general teenage moodiness or attitude?
• A persistently bad, often irritable mood
• withdrawal
• not experiencing pleasure
• not reacting to the environment the same way
• sleep disturbance
• changes in behaviour, changes in sleep and appetite, and the persistence of that state for more than a few days in a row, typically for some weeks
• doing badly at school
• not joining in with other social activities with other kids and withdrawing from peers
• abusing drugs and alcohol
• self-harm.
PODCAST: Go to the School A to Z website and listen to brain and mind specialist Professor Ian Hickie chat with James O’Loghlin on helping kids beat the blues. (There is also a transcription of the conversation.)

Reports – yes! It’s that time of the year again: 
Yearly Reports for Years 7, 8, 9 and 10 will be distributed between Friday 12th and Wednesday 17th December, 2014. Before taking the reports home, each student will be doing a personal reflection on how they have gone this semester. They will have the opportunity to compare this reflection to how they went mid year. The school requests parents to read the report, discuss the results and compare them with the Semester One results. This conversation is important as it shows value in students progress and reinforces to them the importance of putting in their personal best. Hopefully, you will notice an improvement in skills and understandings. Throughout the year students have been encouraged to perform at their personal best and the report is one of the most telling indicators of that improvement. If you are concerned about anything on the reports please don’t hesitate to contact the school and speak to the Year Adviser or Faculty Head Teacher for any subject results of concern.

Thank you and Merry Christmas:
• To our wonderful P&C who have committed their time to support Narrabeen. The P&C association provides parents with an important voice in providing input into school-based decision making. We understand that everyone is time poor, however, we encourage parents to attend one or more of our P&C meetings each year, as this assists us in helping meet your needs as parents of high school students. Much needed funds are raised through their hardwork and the school of which the is very appreciative.

The key support in 2014 came in the form of those parents who assisted with attending P/C meetings; the quarterly carboot sales; the school musical which wouldn’t have been as successful without the generous donation of community time and support; working in the canteen; driving students to sporting events; career mentoring program and covering of text books.

On Tuesday December 16th the school is hosting a ‘thank you’ Christmas event for the many ‘volunteers’ from the parent and general community as an acknowledgement of our sincere thanks for their time.

• To the Executive and Senior Executive who also deserve my gratitude, for without the support and dedication of this effective and dedicated management team my job as new Principal, would have been all the more harder. You truly have been an inspiration and a support to me and for that I am very grateful.

• To our wonderful, dedicated teaching and non teaching staff. The quality of the teaching and learning at our school is a reflection on the members of the community, but without the sensational efforts of all our staff, the standards would not be so high. You all contribute to Narrabeen being the school of choice in this area. You could not find a more dedicated or hard working group of professionals as those on the staff at Narrabeen, from the Ancillary staff through to the Deputy Principals, they continue to impress and outshine others in their field.

• To our parents/ carers and especially our student’s thank you for a productive and successful year. Once again Narrabeen triumphs through to our fabulous students and their families. It is always a pleasure to work with such respectful, responsible and focused young people as are the quality of Narrabeen students. We the staff at Narrabeen also enjoy working with the parents and carers in this extremely important job of educating and nurturing your children. We look forward to continuing this relationship in 2015.

Well done and congratulations:
• Brad Johnson – community service for promoting our school
• Lana Sexton who NSW State High School Croquet champion
• Luke Bosco, jo Kot, Gina Groskops, Ben Hokke, Grham Johnstone, Caroline Guacino, Teegan Jabuka and Rebecca Whitehead for their outstanding Community service for the recent carboot sale.
• Shaun Catlin for making the Australian Schools Boys Football Team.
• Tayanita Robertson who made the finals in two events for the International Children’s Games Track and Field.

Have a Merry Christmas and a safe relaxing holiday

Lance Berry
From the Deputy Principal

On the 9th December we recognised those students in Years 7-11 who have achieved their personal best as indicated in their end of year Report. At Narrabeen we hold in high regard those students who at all times work to the best of their ability as we wish to recognise their success. Presentation Evening last Wednesday 10th December was a wonderful formal occasion to celebrate excellence at our school and we acknowledge the hard work and diligence of the students receiving awards.

Keeping school uniforms clean is difficult in the rush of family life and as a mother of two teenage boys I have often had to soak their white school shirts and socks to get them presentable for school. I tend to use Napisan or any similar product and have to soak them for two days changing the solution in between. The school holidays is a good time to do this. We are all very aware that presentation is everything and looking fresh and ready for school assists students to feel ready for a day of work.

A reminder that from next year, girl’s skirts should be to the knee and all shirts and jumpers worn to school must have the Narrabeen Sports High logo. In 2015, students in Years 10 will be considered seniors and as such will require a senior uniform. The senior uniform will be a button up short sleeve shirt with the school logo on the pocket. The girl’s shirt will have a peter pan collar. The current polo shirt and button up shirt without a logo will be phased out for seniors. All uniform items will need to be purchased from the school uniform shop.

Students in Year 12 have met with their teacher mentors to start their support sessions and develop a study timetable. It is expected that Year 12 students will use the holidays to develop study notes and mind maps of their term 4 class work and review it before returning to school in 2015. Short regular study sessions moves information into the longterm memory making it easier to retrieve when necessary. Below are links to websites to assist with making a study timetable and using graphic organisers to summarise course work.

http://onlinestudyaustralia.com/study-planner-timetable.html
https://www.teachervision.com/graphic-organizers/printable/6293.html?detoured=1

This is an opportune time to thank our dedicated team here at Narrabeen Sports High for their commitment to the teaching, learning and welfare of students at our school and the support of parents in the many additional programs we have running to try and better engage students in their learning. Our school is well regarded in the community for the support and guidance provided to students and this can only occur because of our wonderful staff.

In 2015, school resumes for Years 7, 11 and 12 and new enrolments on Wednesday 28th January and all students on Thursday, 29th January. In the meantime, I wish our school community a happy Christmas and safe new year.

Lisa Peacock

Careers News

With this newsletter being the last for the year, it is a good opportunity to reflect on what has happened in Careers in the busy year that was 2014. There have been a few firsts – Careers lessons for Year 10 being presented each term for an entire day, instead of scheduled fortnightly. The Community Mentoring Program saw Year 11 students matched with a community member who worked in the students’ career interest area. The Planning My Future Program also had its inaugural year and will run again in 2015, but instead with scheduled lessons each week in the Careers Space.

Each of these programs displayed many positives and will all continue into 2015, but it was the Community Careers Mentoring Program that seemed to have the biggest impact on our school. The purpose was to engage the students more with their studies and to make their goal more realistic with monthly Mentoring sessions before school including breakfast. The graduation ceremony in November illustrated just how successful this program had been with each of the 10 students all stating the wonderful impact their Mentors had had on them and how they appreciated their generosity in giving up their time once a month in their busy schedule. Clearly, the impact was reciprocal with their
Mentors outlining how much they had gained from meeting regularly with the students. Thankyou to the P&C for their generosity in enabling me to attend the Australian Youth Mentoring Conference in Launceston in the July school holidays, which contributed to the organisation of the program at school.

Year 12 had a Post HSC Options Day in May in the Library, which was scheduled to compliment the Northern Beaches Careers Expo a week later. Students had several presentations from universities, a private college, an apprenticeship company, an employment agency and most memorably a Human Resources executive who supplied the students with great tips for their forthcoming job interviews and Resumes. Students were then able to expand on this information a week later at the Careers Expo where hundreds of information stands from private enterprises, universities, private colleges, apprenticeship companies had representatives imparting their knowledge to our students. All Year 12 students were interviewed by Careers, to ensure they were on track for their post school destinations. Lunchtime UAC workshops were also run, to familiarise students with the university application process.

Students had opportunities to obtain qualifications in the Responsible Service of Alcohol (RSA) and their Work Health & Safety Certificates (Whitecard) as workshops were run at school.

Year 10 were also individually interviewed in order to check that their senior subject choices were realistic and in line with their goals and interests. The Year 10 Careers Days (where I was ably assisted by Mr Ian Wood) each term in week 6, proved to be most successful and the day long allocation allowed more flexibility for presentations from outsiders, with the Australian Taxation Office speaking to the students, along with representatives from various businesses, to inform the students what exactly employers look for in applicants. The day long delivery for Careers is the preferred model by the Careers Association of NSW and is certainly the envy of other Careers Advisers in the region, due to the possibility of presentations, the fact that all students receive the same information on the same day and the obvious flexibility with the program.

Year 10 worked on logbooks which contain information on resumes and then culminate in the Mock Interview Program in week 10 of Term 4. Year 10 students also had 2 opportunities to do week long blocks of Work Experience in terms 2 and 4, with many students seizing the chance to experience the “World of Work”. Every report of our students on Work Experience was favourable, with much of the feedback from the employers reporting outstanding performances by the students, some of whom were offered Apprenticeships or part time employment. Work Experience is invaluable for students who are unsure if the career area of their choice is realistic and it also is good to list on their resumes when they apply for their part time jobs. Thankyou to the following businesses which kindly allowed students from our school to experience the “world of work” within their organisations, for which we are most grateful: AJK Construction, A Team Electrical, Avalon Public School, Bate & Bate Building, BLS Landscaping, CGR Performance, Danstruct Building, Devitts Meats, Graham Wilson Building, Graybuilt Construction, Guyz & Dolls Fashion, Hills Flower Market, Moon Events, McLachlan Experience Travel, Newleaf Nursery, NU Electrical, Only About Children – Childcare, Prodigy Beauty Salon, Royal Australian Navy, Shane Green Building, Spring Horticultural & Gardening Services, Student Exchange – Australia & New Zealand, Stuart Dickie Builders, Sunrise Café, Timbaworx P/L, The Professionals – Pest Controllers, Turramurra North Real Estate, Walker Automotive Services, Webform Constructions and Wilkinstruct Building.

In the Welfare role that my position often blends into, as it does with my participation in the Learning Support Team; Years 10 and 11 were fortunate to recently experience the GP’s in Schools Program. Both year groups had a brief presentation by a General Practitioner in the Library and then the cohort broke up into small groups with one of 10 doctors, who then answered any questions that students had regarding topics such as sex education, mental health and drug & alcohol use. It is a wonderful program and the generosity of the doctors who each gave up a few hours from their practices is a great community service which we appreciate.

Mrs Ivy Packham was employed in the Careers Department when I was on Leave at the start of this term and her experience in Careers and background in university pathways was invaluable. I look forward to working again with her in 2015. We are very lucky to have 2 qualified Careers Advisers working at the school, with Ian Wood being a fantastic assistant and asset in my role here as Careers Adviser. I’m looking forward to another interesting and busy year in 2015. Have a safe and happy holiday break.

Julie Weller
Year 7 students stationary requirements are catered for in the book pack, which can still be purchased on Day 1 2015, if not done so already.

Attached is the subject specific requirements for Years 8, 9 10 students. Students in Years 9 and 10 have selected two elective classes plus Academy/ Non Academy subject; their timetables will show what they are. Make sure all books are labelled with your child’s name and class on the front cover and covered with contact to protect them. Students are advised to have a separate book for each subject. Bring your own Device (BYOD) laptops should be brought to school fully charged each day and the charter followed for students in Year 10 2015. Students in Years 7 – 9 2015 will be expected to bring a BYOD laptop (unless the school has been notified to supply one as per financial assistance) from Term 2.

It is a school expectation students come to school with pens, pencils and books as not all work is completed on laptops. All students should come to school with a school bag e.g. backpack. Handbags or shoulder bags are not school bags and should not be used as such as students are unable to bring the required pencil case and books to lessons. A back pack will provide more back support for students rather than shoulder bags or handbags if worn correctly over both shoulders. Every student should have the following basic stationary requirements in a pencil case for every lesson:

- at least two blue or black pens
- a red pen
- a 30 cm ruler (in bookpack for Yr 7)
- two lead pencils (HB or 2B)
- an eraser
- glue stick (in bookpack for Yr7)
- a pencil sharpener
- a highlighter pen
- a calculator Casio fx-82AU , fx-82AU PLUS 1 or PLUS II Models

### Year 8 Subject Specific Requirements for 2015

<table>
<thead>
<tr>
<th>Subject</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>1 A4 display folder, coloured pencils, 1 x8GB USB, 1 A4 (198 page) exercise book</td>
</tr>
<tr>
<td>Mathematics</td>
<td>1 A4 (at least 128 page) exercise book for class work, 1 exercise book (196 page for theory notes) – this can be carried over from previous years, Calculator – Casio fx-82AU , fx-82AU PLUS 1 or PLUS II Models</td>
</tr>
<tr>
<td>Science</td>
<td>1 A4 or normal exercise book (128 – 196 page minimum)</td>
</tr>
<tr>
<td>History</td>
<td>1 A4 (128 page) exercise book</td>
</tr>
<tr>
<td>Geography</td>
<td>1 A4 (128 page) exercise book, Calculator, Protractor, coloured pencils</td>
</tr>
<tr>
<td>PDHPE</td>
<td>1 A4 exercise book (approx. 128 pages), 1 A4 display folder</td>
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<tr>
<td>Mandatory</td>
<td>3 A4 display folders</td>
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<tr>
<td>Technology</td>
<td>Lead pencils and coloured pencils</td>
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<tr>
<td>Language</td>
<td>1 A5 exercise book</td>
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<tr>
<td>Academy</td>
<td>All equipment is supplied</td>
</tr>
<tr>
<td>Visual Arts</td>
<td>2B pencil (plus an eraser and sharpener), Visual Arts diary from Year 7 will continue to be used</td>
</tr>
<tr>
<td>Music</td>
<td>Music exercise book</td>
</tr>
<tr>
<td>Performance Project</td>
<td>A device that can record performances e.g. phone, camera and is USB compatible</td>
</tr>
<tr>
<td>Planning My Future</td>
<td>1 A4 (128 page) exercise book</td>
</tr>
<tr>
<td>Music PBL</td>
<td>Music exercise book</td>
</tr>
<tr>
<td>School newspaper</td>
<td>1 A4 (128 page) exercise book, Laptop from Term 2 – fully charged</td>
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</tbody>
</table>

### Year 9 Subject Specific Requirements for 2014

<table>
<thead>
<tr>
<th>Subject</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>1 A4 display folder, 1x8GB USB, 1 A4 (198 page) exercise book, 1 packet sticky notes, highlighter</td>
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<td>Mathematics</td>
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<td>Subject</td>
<td>Requirements</td>
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<tr>
<td>Year 10 Subject Specific Requirements for 2014</td>
<td></td>
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<tr>
<td><strong>English</strong></td>
<td>1 A4 display folder 1x 8GB USB 1 A4 (198 page) exercise book 1 packet sticky notes Highlighter</td>
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</tr>
<tr>
<td><strong>PDHPE</strong></td>
<td>1 A4 exercise book (approx. 128 pages) 1 A4 display folder</td>
</tr>
<tr>
<td><strong>Elective: Commerce</strong></td>
<td>1 A4(128 page) exercise book calculator</td>
</tr>
<tr>
<td><strong>Elective: Geography</strong></td>
<td>1 A4 (128 page) exercise book calculator coloured pencils Protractor 30cm ruler</td>
</tr>
<tr>
<td><strong>Elective: Food Technology</strong></td>
<td>1 A4 (240 page) exercise book 1 A4 display folder Coloured pencils 1 white apron or blue apron from yr 7 book pack if clean – ($8 if purchased from the school – pay money to office and show receipt to class teacher)</td>
</tr>
<tr>
<td><strong>Elective: Drama</strong></td>
<td>2 x 96 page exercise books</td>
</tr>
<tr>
<td><strong>Elective: Wood Technology</strong></td>
<td>1 A4 display folder 1 A4 ( approx. 64 page) exercise book 2H and 2B lead pencils Highlighter pen Calculator</td>
</tr>
<tr>
<td><strong>Elective: Visual Arts</strong></td>
<td>2B pencil (plus an eraser and sharpener) Visual Arts diary will be provided by Art Dept</td>
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<tr>
<td><strong>Elective: PASS</strong></td>
<td>1 A4 (64 page) exercise book 1 A4 display folder</td>
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<tr>
<td><strong>Academy</strong></td>
<td>All equipment is supplied</td>
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<tr>
<td><strong>Big History</strong></td>
<td>Laptop from Term 2 – fully charged</td>
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<tr>
<td><strong>Performance Project</strong></td>
<td>A device that can record performances e.g. phone, camera and is USB compatible 1 A4 (128 page) exercise book</td>
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<tr>
<td><strong>Leadership</strong></td>
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Elective French
Elective: Visual Arts 2B pencil (plus an eraser and sharpener)
Visual Arts diary will be provided by Art Dept
Elective: Music Music exercise book
Elective: PASS 1 A4 (64 page) exercise book
1 A4 display folder
Careers 1 A4 display folder
Academy All equipment is supplied
Big History Laptop – fully charged
Performance Project A device that can record performances e.g. phone, camera and is USB compatible
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Planning My Future 1 A4 (128 page) exercise book
Laptop – fully charged
Music PBL Music exercise book
School newspaper 1 A4 (128 page) exercise book
Laptop from Term 2 – fully charged

Ms R Kiprioti - Welfare Co-ordinator

What’s happening in TAS?

There are many exciting opportunities in the TAS area during the year. TAS subjects encompass many areas of technology, using different materials to develop projects – including metal, timber, food, ICT and textiles. The TAS department also teaches the senior subjects: Food Technology, VET Hospitality, VET Construction, Industrial Technology, Design and Technology, and Community and Family Studies. This means that during the year there have been a wide range of projects produced and designs generated.

At Narrabeen Sports High School students usually study at least one TAS subject as an elective so we appeal to a wide range of students.

Our year 11 VET construction and Hospitality are working towards their competency areas for the second year of the course (Vet subjects being the only subjects in the school that are actually two year subjects). Our other seniors have started their senior year with style working in an organised manner to complete their first HSC assessment tasks. Community and Family Studies are researching about different groups in the Australian community- and societies perceptions of said groups.

The Year 10 Timber class have just finished some great major works and the Year 10 Food Technology class are completing their favourite unit “Food for Special Occasions” culminating in designing and producing their own special occasion cakes- some of which feature as photographs. The standard was very high this year and some real variety of themes made it more interesting.
Year 7 and 8 are finishing their Mandatory Technology projects and portfolio’s and we have seen some great work with projects as varied as Co2 powered hot wheel cars - the final races producing much excitement - picnics planned and catered for, herb boxes and money boxes generated (with accompanying business plans) and some great bags and wall hangings produced.

All in all a great term whereby designs are completed and creative plans realised. There certainly is some talent on show in TAS and also some great research and in depth work produced. This makes it very rewarding as a TAS teacher - and of course a TAS Head teacher of a faculty. It’s great to see genuine commitment from both students and staff.

Ms Postle  
Head Teacher TAS

Team 15 Report

Year 12 Mentors
The HSC course is well and truly underway with many subjects already having their first assessment task for Year 12. To support students through the HSC teachers have volunteered to work with Team ‘15 as mentors throughout the year. A special morning tea was held this week to officially commence this program and it was great to see students embracing this opportunity to work with their teachers to maximise their potential in the HSC. There are still some students who have not approached mentors and I strongly encourage those individuals to seek support from our fantastic teachers. In regards to HSC assessments, students are reminded to read and return the signed Acknowledgement sheet found in the 2014-2015 HSC Assessment Policy Handbook. This booklet clearly outlines students’ rights and responsibilities regarding assessment including misadventure and malpractice procedures. I encourage all students to re-read this document so they are fully aware of Board of Studies requirements.

Senior Uniforms
Team ‘15 look fantastic in their new Senior Jacket. The baseball style jacket was designed by students and features a bold Team ‘15 logo. While the weather may not be conducive to a jacket at the moment, it will be great to see Year 12 students in their team colours next year. All Year 12 students are reminded that their uniform must be perfect if they are to leave the school grounds during lunch breaks. This requirement was clearly articulated in the Senior Student Rights and Responsibilities document.

Excursions and Fieldtrips
Narrabeen Sports High School offers students many fantastic opportunities to learn beyond the classroom. Thank you to Ms Tan and Mrs Turner who led a cross curricular fieldtrip to the Lucas Heights Nuclear Reactor and Mr Tapscott for organising the brilliant Team Trip to the V8 Supercars at Olympic Park. In the
final days of term, Ms Frost and I will be taking Geography and Biology students to a sleep-over at Taronga Zoo and I know students will make the most of this excellent learning opportunity. Thank you to all staff who go to such efforts to organise excursions. Students, please ensure that you take the time to say thank you to staff for these opportunities!

Car Boot Sale
Thank you to the Team ‘15 students who supported the Car Boot Sale BBQ on Sunday 30 November. Gina, Joanna, Teegan, Carolina and Graham gave generously of their time to support this important school event. As in past years, the P & C is prepared to support Year 12 by providing money for the Senior Gift in exchange for Year 12 students working at Car Boot Sales. While I congratulate the five students who did work at the Car Boot Sale I am very disappointed by how few people participated. All of Team ‘15 have a responsibility to support our grade and our school. There are another three boot sales left for Team ‘15. Students who do not volunteer their time at one or more of these fundraisers will be required to make a financial contribution towards the Senior Gift. Team ‘15 is a TEAM. We ALL need to do our bit to support our community.

John Wigan
Team 15 Adviser

HSIE Report
Year 8 HSIE Excursion
On Monday 24 November, Ms Mumford, Ms Job and Mr Wigan led Year 8 on an exciting HSIE Excursion to IMAX Theatre and the Australian Museum. Students began their trip with an entertaining and informative film about threats posed by global warming to the world’s marine ecosystems. Year Eight Geography students are currently learning about threatened habitats and this IMAX film raises many key issues concerning sea temperature increase and acidification of the world’s oceans.

After lunch in Hyde Park, Year 8 travelled to the Australian Museum to visit the exciting Aztec exhibition. The exhibition featured many exciting artefacts (including human skulls), replicas and scale models to teach students about the culture and daily lives of Aztec people. This activity was designed to compliment students’ study of colonialism in History.

I commend Year 8 for their behaviour during the excursion. The majority of students were outstanding and represented our school with pride. Thank you to Ms Mumford for all her hard work coordinating this excursion.

John Wigan

Teacher Professional Learning at Narrabeen Sports High School
On Thursday 27 November, a team of teachers participated in a process of Instructional Rounds as part of our school’s commitment to Teacher Professional Learning. Instruction Rounds involves a team of teachers observing lessons to ‘take the pulse’ of the school on a given day to collect data about the type of teaching and learning
strategies used, student engagement and the structure of classrooms. This was our school’s third Instructional Rounds for 2014 and our specific focus was to assess “To what extent are students supported in Literacy at Narrabeen Sports High School?” A range of lessons and year groups were observed and the data will be used to set strategic directions for ongoing improvement next year.

Thank you to Ms Buxton, Mr Bromley and Ms Dalrymple for their work as observes and Mr David, Mrs Turner, Ms Job, Ms Hesp, Ms Dickfos, Mrs Calil, Ms Tan and Mrs Schneider for welcoming us into their classes.

John Wigan

**VISUAL ARTS**

Every year a student studying Visual Arts for the Higher School Certificate are given an opportunity to apply for the David Ayres scholarship. It is memory of a very keen and passionate Visual Arts and Photography student who attended our school and has since passed. The scholarship is a generous three hundred dollars that the student can utilise in the making of their Body of Work. We are happy to announce the well deserving recipient of the scholarship this year is Joshua Hunnysett. We look forward to seeing his Body of Work develop over the coming year.
The students have been very productive in this last term as you can see in the collaborative painting project by 7VA1 based upon Aboriginal art. Our Year 8 students have gained an understanding of how to successfully construct a Cubist composition in two and three dimensional works. Year 9 have been looking at the intricacy of nature and creating delicate mixed media sculptures. Year 10 have worked diligently on exploring painting techniques to make their beautiful Van Gogh inspired sunflower paintings. We wish our creative students a happy holiday and look forward to seeing them next year.

C Schnieder
Visual Arts

Academy Mentoring: Sports Journalism

Recently the Academy Mentoring Program focused on students writing their own journalism article on their experience of being a part of the Academy Program 2014. It was fantastic to see so many students engaged and sharing their stories on skill improvement, success and friendships developed as a result of the Academy Program. The following articles are the winners of each session (please read submissions later in Newsletter). Each student has been awarded a rebel voucher and the overall winners of the Sports Journalism Article Competition will win a bicycle and a helmet.

Netball and Basketball: Aster Emerson and Gracie Acton
Swimming and Surfing: Charlee Harker and Molly Graham
Football: Jared Mitchell and Cooper Syron
Touch Football: Georgette Randall and Briana Hibbert
Dance and Tennis: Lauren Bateman and Katherine Molinaro
The Northern Sydney Scholastic and Sports Academy

The Academy has grown considerably since its inception in 2012 and has rapidly increased membership to 207 students from the possible 487 whole school enrolments in 2014. The Academy Sports program has impacted positively on growth at NSHS and has increased the opportunities we offer to the students at the school and local community.

In 2014, we had four Australian and four NSW athletes represent NSHS, won the all schools state championship for year 9/10 boys touch football, finished runners up in the open girls touch football state knockout competition, finished fifth in the all schools state championship for year 9/10 girls touch football, won the Year 7 Rugby League Jamie Lyon Cup, finished 9th at the all schools Under 14 boys futsal championship, won the NSW all school Croquet Championship, sent a record 32 athletes to the State athletics meeting and created competitions for all Northern Beaches schools to compete, including The Northern Beaches Rugby 7’s and The Northern Beaches Surfing Competition (planning stages for 2015).

Courtney Frost and Rheanna Hesp are currently in charge of conducting the mentoring sessions which occur on a rotational basis (by sport/s) in which every student participates in the mentoring program. In 2014 we have seen a more structured approach to mentoring with new concepts and engaging lessons being introduced including fitness testing, beach fitness, sports physiology, sports coaching, guest speakers (Steve Menzies), team building, hapkido, school service, nutrition, core conditioning, sports journalism and finished the year with a world of sport competition.

Mel Tan has been focusing on building and developing the Elite Athlete program - Yr. 11 & 12. She has implemented an Elite Mentoring handbook for all Elite students and helps plans assessment task schedules and organise our Elite athletes. 2014 has seen the introduction of excursions for our elite athletes which have been scheduled to coincide with the athletes training programs.

In 2015 we are planning for another increase in enrolments with a potential 270 students being a part of the Academy structure. We would like to thank all the students and staff for another successful Academy year. Congratulations to Remy Lowe and Daniel Riggio who have been elected Academy Captains for 2015. We look forward to working with our emerging and developing students and their families again in 2015. We wish all Narrabeen families a happy and safe summer of fun.

PDHPE REPORT

This year has been an exciting and very successful year for the PDHPE Faculty. We have strived to provide many educational and sporting opportunities for our students.
Our Year 12 PDHPE class have recently completed their first assessment task for the HSC course and have shown great improvement in their attitude and effort towards their studies. Many of the students in this class balance their academic studies with a very successful sporting pathway. This year the following students have represented NSW, Australia or New Zealand in their respective sports. Congratulations to Shellie Davis, Hannah Dyball (Australian Touch Football Representatives), Isa Abdullah and Dylan Peppernell (CHS Rugby Union Representatives), Shaun Catlin (Australian Football Representatives), Harlan Collins (NZ Rugby League Representative) and Brian De Bono (CHS Swimming Representative).

Term 4 has also been an exciting time for Year 7-10 PDHPE classes with examinations and assessment tasks completed. In theory lessons students have been learning about being safe over the summer and minimising risks. In practical lessons, it has been a great term for class versus class competitions in various activities with many students being competitive and showing great sportsmanship. The PDHPE training facilities and resources have been upgraded and continue to be used consistently by sport groups, PDHPE classes and outside trainers. Our department’s facilities are the envy of most schools in the state and it is great to give our students the opportunity to have PDHPE lessons using first class equipment and surfaces. It is a pleasure to see our school facilities being utilised by the community in a dual purpose role.

This year Narrabeen Sports High School has again had some outstanding individual and team performances in the sporting domain. This year we had our best results ever in touch football with our Year 9 and 10 Boys Touch Football Team winning the NSW All Schools Champions and our Open Girls Touch Football Team were State Runners Up in the NSW Knock Out Competition. The Under 14 Buckley Shield Team were NSW Semi Finalists and our Year 7 Jamie Lyon Rugby League Team were Champions. Congratulations to all students involved.

Narrabeen had many students who represented our Region (Sydney North) including; Tayanita Robertson (Athletics), Maddison Langman (Athletics), Moises De Asis (Athletics), Jacob Winston (Athletics), Rebecca Whitehead (Athletics), Caitlin Cimarositi (Athletics and Touch Football), Ethan Carr (Athletics), Charlie Griffith (Athletics), Angelique Massa (Athletics), Jennaya Wiggins (Athletics), Bailee Nix (Cross Country), Aden Yee (Swimming), Jarrah Rogan (Touch Football), Jordan Murphy (Touch Football), Daniel Riggio (Touch Football), Conor Hickey (Touch Football), Nathan Van Buuren (Touch Football), Elijah Pai (Touch Football), Georgette Randall (Touch Football), Aleya Wiggins (Touch Football), Harlan Collins (Rugby League), Jason Tupou-Witchman (Rugby League), Semi Taukitoku (Rugby League), and Sean Chivers (Baseball) and Jack Stevenson (Baseball).

All students should be very proud of their achievements in 2014. We would like to wish everyone a safe and happy holiday from the PDHPE Department.

**NSW High Schools Croquet Championship.**

This is a one day competition played just for students. There were 11 competitors, Lana and ten boys. Whether she had an unfair advantage (all the good training PASS & Academy) but Lana won all her games. None were easy but she kept it together better than her opponents. The boys were mostly from Knox, one from Barker and last years’ winner from Maitland High School.

**L.O.T.E. Report**
Bonjour! Guten Tag! 你好！
2014 has been a successful and enjoyable year for all language students. All 5 classes of Year 7 have been learning Mandarin Chinese (the 100 hours mandatory course) for the year. One class of year 8 have had a taster course of German for the 1st Semester and French for the 2nd Semester. This year we have been delighted to have both year 9 and year 10 French elective classes. Here’s a summary of what all the classes have been studying this year.

In Terms 1 and 2, Year 7 students learnt greetings and introductions in Mandarin and enjoyed discovering about China, the Chinese New Year festival and how to use chopsticks to eat popcorn. They also found out their names in Chinese and inserted them on a Chinese style painting which are displayed in the classroom. They learnt numbers up to 100 in order to be able to ask and give their phone numbers. Talking about family members, age and pets were the topics for Terms 3 and 4 and they also made traditional Chinese papercuts and ate ‘jiaozi’ (dumplings). They researched ancient Chinese inventions for their last cultural assignments and these are also displayed in the classroom and there were no less than 40 discoveries – 非常好！

The year 8 class studied German and French for the year – two terms of each language. In both languages they learnt greetings and introductions, they were introduced to numbers in order to ask and give age, phone numbers and where they live. They then learnt to talk about how they are feeling and enquire about others. Throughout each term they have been learning about Germany and France and other German or French speaking countries. The class were exposed to German Easter traditions and enjoyed a typical German breakfast of various types of German bread with European cheeses and meats. In our French lessons we sampled baguettes with jam otherwise known in French as ‘tartines’. What an authentic European experience!

The year 9 elective class of French have been working on a number of topics including talking about themselves and how they are feeling. They can discuss what subject they have at school and when and what stationery items they have in their schoolbags. They are able to describe their friends using personal and physical characteristics and adjectives of nationality. They can say the days of the week and the months of the year, including their birthdays. They know the terms for immediate and extended family members and can say who they look like. They are coming to terms with learning how a foreign language works by analysing its grammatical structures. Meanwhile they have been sampling French food such baguettes and madeleines to get into the French mood. Oh là là!

The year 10 class have been fortunate to have the enthusiastic contribution of a German international student, Tom Barsch, who has inspired his peers by his positive approach to his French studies. They can talk about who does the various housework activities at home and discuss which leisure activities they like or don’t like. They can now also tell the time in French and use it to talk about their daily routines. They have been discussing why they like various sports and how often they play. They can talk about different genres of films and accept or refuse invitations to go and see them. They enjoyed discussing what sights they want to visit in Paris and imagined they were there to write a postcard about their plans. They have learnt how to talk about things they have done using the past tense and what they intend to do in the future using the ‘near future’ tense. They have also been taught prepositions so can say where things are. I wish the Year 10 class well in their future studies and hope that they have benefited from exposure to the learning of a foreign language and even get to France or a French-speaking country one day.

I would like to take this opportunity to remind parents and students that the benefits of learning a second language are well documented. For example, students’ higher-order thinking skills are improved and they also have a greater appreciation of other cultures. Learning another language can help their expression of English by learning more about language structure, words and their meanings and, importantly, it can promote greater levels of tolerance and understanding.

Lucianne Watson
Language Co-ordinator

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.
One Team One Dream

We are in the netball Academy and partake in Academy sessions every Tuesday and Thursday, which have made us all better individual players.

We have both been in the academy from year 7. When we started, we were both anxious and excited but soon became welcomed and comfortable.

Our sports supervisor is Miss Bernard; she is magnificent and is always willing to help us with increasing our skills and accomplishing our personal best. She organises all our gala days as we take our skills to the next level.

Our coaches are Karan Smith and Gin Welsh. We like that they are very interactive and take a personal interest in our individual development of skills. Our training benefits us in a number of ways including ball skills, timing, placement of passes, footwork and stronger passing. These have all helped us to become better at netball and improve our abilities.

Occasionally we have mentoring with Miss Frost and Miss Hesp. These help us with our health in different ways such as reflexes, nutrition and core conditioning. Every sport has different approaches and procedures to improve their skill levels.

We have many enjoyable and humorous moments as we all get along very well. We have seen a lot of growth in our ball skills, placement of the pass and fitness over the year as our skill levels soar.

We would definitely recommend netball Academy to other students as we are always building our netball family and we always get to expand our skills and make groups of friends in older years. We are all determined to keep broadening our horizon of netball abilities and talents. Academy is a great atmosphere to train in with our strong – minded coaches. Together we have many strengths and weaknesses but we form a fantastic team and we are opening up many opportunities by being in this team.

By Aster Emerson and Gracie Acton
A year in the life of a 2014 academy student

From the perspective of two students in the Academy swimming program.

The Academy program is coming to an end for 2014 and because we had such an incredible time, we want to share our story. Helping us throughout our endeavours in sport we not only have our coach to thank but we have a great sports supervisor as well. Miss Benard is an amazing role model for us and has encouraged us to go to training and try our best every single session.

Our coach Renato, has given us a helping hand every step of the way; he pushes us and works us hard even if we don’t like it sometimes because he knows if he pushes us we will succeed and our childhood dreams of competing at the Olympics will become a reality.

A normal training session for us would start with us doing some simple dynamic stretches followed by 15 minutes of core work. After that we get in the pool and swim for about 45 minutes to 1 hour. Every fortnight instead of core training we will get our runners on and go for a run through the Sydney Academy of Sport at Narrabeen.

Every 6 sessions our Academy program holds mentoring sessions to help us grow as people as well as athletes. Our favourite mentoring session was when we did nutrition; we made healthy chicken burgers and learnt the nutritional value of the ingredients in it.

We have had many great moments in our Academy life, but you can’t beat the feeling of going to zone and beyond, racing your best with some of your closest friends. This year’s regionals were held at the Sydney Olympic Aquatic Centre. It’s an amazing venue that has held regionals and many other events such as Olympics and more. We feel so honoured walking in and seeing the plaques on the walls of our idols and thinking one day that could be us as well. We have dreamt about being in their shoes since a young age and racing on the blocks that they did gives us such a rush.

During our time in the Academy we have improved dramatically due to the excellent coaching and help we received. Not just physically but also mentally, we have gotten stronger, fitter and more athletic. In the Academy we have a range of ages, from Chloe in year 7 to Flavia in year 12. As a team we have grown closer and put aside our age differences to make friendships that we will treasure for life. We have learnt how to respect and support others in their ambitions whether it is in sport or academics and to work together as a team and to strive towards our personal bests.

If you have a passion for swimming and are eager to succeed the great coaches at the Academy can help you achieve your goals and when your standing on that golden podium at the Olympics receiving your gold medal you will look back on your Academy life and think what would I have done without it.

BY CHARLEE HARKER & MOLLY GRAHAM
Football Aims for Glory

There are many sports in the world; Tennis, Rugby, Swimming. If you are into one of these activities, you most likely play it in your spare time. But! Have you ever wanted to miss a period in school to play your desired sport? Well, welcome to the Northern Sydney Scholastic & Sports Academy! In The Academy, you can play a sport of the selection that they have to choose!

Hello!! Our names are Cooper Syron and Jared Mitchell. We are both part of the Football Academy and have been for a year, and boy, we have enjoyed every bit of it! There are over 40 people in the Football Academy.

On Tuesday and Thursday, from 8:30-9:45am, we participate in a training session hosted by a variety of well-trained coaches, outfield and goalkeepers. The help us train to our full potential, while doing different types of drills. Drills include passing, first-touch and more. Mr Moore is our sports supervisor. Mr Moore gives us loads of advice that he finds while we train. This helps us improve the section of football that we struggle in.

We are put into groups, all with different coaches. Our coach is Callum. He is a well-experienced coach that gives us very enjoyable training sessions to do, while having fun. Our training is split up into 4 sections, warm-up, drills, games, and then a chat about activities to come. The warm-up involves a lap of the front oval, then a stretch to get us ready for the drills. There are many drills that we do each training session, all helping with different areas of football. After drills, the coach decides what we do next, if it is a passing game, possession game, or an actual match. At the end, Mr Moore and the coaches go over what we can improve.

Although the football Academy is formal, there is a lot of humour along the way. Jared and I have had a lot of funny moments in our year of the Academy. I was once dribbling the ball, and Jared went to strike the ball, it went really wide. Heading straight towards me! It hit my leg, which cause me to fall off balance, and trip over both balls! It was hilarious!

We’re not always on the field, we also do other activities, such as futsal and mentoring. Mentoring is not just one activity, there are loads! Our favourite mentoring session, out of all the choices, was Orienteering. In Orienteering, we ran around the school, doing mental and physical activities, but we had to do it in a time limit. Our group was close to winning!

The football Academy has helped us outside of school, and in football teams, by giving us tips and tricks to help us on the field. Our team Dee Why Division 1, with many of us in the football Academy, won our Grand-Final in Cromer Park. We all used skills that we have been taught in the Academy. We would recommend the Academy to any person who is interested in joining as it has helped us mentally and physically, by giving us drills, skills and lectures. It is also really great to miss 1st Period of school, playing a desired sport!

Jared has improved his first-touch, and getting around the defender, and I have improved finishing the ball and heading. The benefit of this Academy is that we can improve our desired sport, if we stick to it for many years. Imagine us being with the academy for years, and we end up getting scholarships for sporting teams! Then we have only one activity to thank...The Football Academy!

By Jared Mitchell and Cooper Syron.
Side stepping until the end

In Academy Touch Football throughout this year there has been many side steps to the end. We have been tested mentally and physically to help us achieve our personal best. There is a lot of time involved from teachers making this Academy possible and successful. Mr. Small, our academy supervisor, is always there on time to mark our names off the roles and to collect/hand out important notes and make sure we pay for special events.

Jye Malcolm is our main professional coach who is always organized and very interactive as he helps all of us reach our full potential. Dani Davis and Chris Arnold are also involved in coaching the touch Academy and leading in the footsteps of Jye.

With the facilities that Narrabeen Sports High School offers us we are able to train on vast oval meters from the school which makes it easily accessible. Training covers all perspectives of touch, including running drills to help with our attack and defensive policies, mentoring and fitness sessions teaching us the criteria’s to put to use in touch.

Academy also covers in school major gala days and representatives sides. Throughout the year there have been a lot of laughs and fun times. One of the funniest moments was when Caitlin and Brandon slipped on the cricket pitch while playing a game.

Our best mentoring sessions in the Academy are all the interactive, fun activities during the year. This includes martial arts, core training and nutrition where we learnt to make chicken burgers.

The Academy has helped many of us excel in touch football and is a stepping stone to get to higher levels. This course covers a lot of techniques used in touch. Showing how affective this Academy is, the open girls were runners up in the state and the 9-10 boys won it.

We would recommend the Academy to new students as it is a fun, interactive and welcoming sport therefore getting the most out of your session. The skills we have developed in are opening up our vision in the game to run holes where necessary and move when needed. We have also improved our passing skills.

From an older year perspective it is beneficial as you get to help the younger ones by encouraging them and to be the best they can! This also helps the older ones become more confident and take a leadership role. Being younger it helps to have role models you can look up to, developing and gaining friends from the academy builds on the growth of your specialized sport and helps you make feel more confident to be at school.

By Georgette Randall and Briana Hibbert
The Perfect Pirouette

It’s an 8:30am start and we’re in the dance room. Apryl shouts ‘Let’s do this!’

Every Tuesday and Thursday we start off stretching to warm up our body, followed by working on our technique. Corner work which includes kicks, turns and leaps. We finish off by adding on and perfecting our end of year and eisteddfod dances.

Our sports supervisor, Ms Ingrid Sheppard walks in every morning to mark the role and starts stretching with us. She’s definitely the star of our dance group.

Ms Apryl makes our Academy experience fun, enjoyable and has taught us to be more confident and made us better dancers overall. She is always on time, prepared and ready to go as long as she has her morning coffee.

Mentoring is DEFINITELY the best part of the academy. The best mentoring session was the Team Building session when we had to blindfold our partner and Katherine ran Lauren into a tree. Thanks Kath...

We would certainly recommend the Academy to others because it is a fun, joyful environment where we learn new things and make new friends. Also, mentoring gives us the tools to become great athletes. Thanks to this, we have improved our flexibility, confidence on stage and our technique. Oh, and we can make a mean smoothie.

The funniest moment we have had in the Academy this year was when Eve and Katherine were doing double cartwheels and Katherine’s head got stuck between Eve’s legs. Then Katherine lifted Eve upside down and the whole group was laughing hysterically.

Having people from other years in our dance group means we can meet new people, make new friends and the older girls support us and give us someone to aspire to be like.

We feel like we have improved as individuals and as a group and our dance team received 4th place in a Curtain Call Dance Eisteddfod which we wouldn’t have been able to achieve last year.

Overall this year at the NSHS Academy program has been a magnificent journey to have taken part in and our journey isn’t over yet.

By Lauren Bateman and Katherine Molinaro
Me, Remy Lowe, and my partner Felix Berry are participants of the Rugby All Codes Academy program that takes place every Tuesday and Thursday mornings. Our sports supervisor is the enthusiastic and energetic Mr. Small. In the past year Mr. Small has made sure we arrive on time, are always fully equipped for our training sessions and makes sure we don’t hurt each other too much. Our coach, Jason, is very helpful, lively and always tells us how to improve. James on the other hand is always keen to jump in, in game situations, and give advice.

Our training is extremely physically demanding and looks to improve our all over ability to play. We start off with a few laps around the oval and a couple of warm up stretches, then we play a game of kick touch, and then move onto passing or game play drills. After this we go into a defense and attacking drill and finish with a game or either Rugby League or Union. One of the best and funniest moments whilst training was when Remy flattened Charlie in a rugby league game.

Every term we have a couple of mentoring session. Mentoring sessions provide us with theoretical look on our sport and lifestyles. The best mentoring session for this year was when we got to cook healthy burgers in nutrition.

What Felix and I have learnt in the past year, we have applied our skills that we have learnt in the Academy to games outside school.

The Academy has stretched our abilities and is extremely useful if you are looking to improve your game and game understanding. The Academy is a great way to meet new people outside of your year group and creates opportunities that you normally would not be able to achieve.

During our time in the academy we have seen enormous change in ourselves not only physically, but mentally too. Our fitness has also improved thanks to the forceful Andrew who pushes us to our limits. Some of the benefits we find are training with students from all years. Our fear of tackling bigger people dissipates when we tackle older and bigger students.

Over all, the entire Academy has enhanced our physical and mental capability. Even though it has pushed us to our limit numerous times you can easily see the benefits.
Enrolling New Mentors Now

Raise Foundation, in conjunction with the Northern Sydney Institute of TAFE, secondary schools and community organisations, is conducting a training course on mentoring young people in the community in early 2015. Raise improves the lives of young people facing profound challenges through our Ismo program in high schools, and our Bump program for young mums.

Our mentor training course will be conducted at various TAFE Colleges and community venues, one day per week for three weeks, as per the list below. Practical sessions linking mentors to young people follow on various days at high schools and community locations for the remainder of the 2015 school year, across the Sydney, Melbourne and Brisbane metropolitan areas.

You might be retired, working with flexible hours, parenting at home, studying, working part-time, or an interested community volunteer of any age - other mentors are between 25 and 82! You don't have to be a teacher or an expert to be a good mentor. You need to be a good listener and able to act as a sounding board for ideas and aspirations. Your skills and life experiences can make a real difference to a young person in your local community. You need a couple of hours a week, a positive outlook and a genuine compassion for young people.

It is easy to become a Raise Mentor. Just complete our Mentor Enrolment Form at the link below, select your preferred training time, complete a Working With Children and National Police Check, and then get ready for an amazing experience, supporting an at risk young person in a professional and inspiring program. It takes a village to raise a child, join our village now.

Interested?

Training Course Details Include...

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Interested CLICK ON LINK https://docs.google.com/forms/d/1fV3Up0OR8Y5a3VH9s4a1W-AfHb8EiWftBbyTsyttTfnY/viewform?c=0&w=1&usp=send_form
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 24th 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.northernbeachesadhdsgroup.com.au

Venue kindly sponsored by Pittwater RSL Club
Take the kids to see The Magic Flute these school holidays
2-30 January 2015 | Sydney Opera House

Opera Australia's The Magic Flute is a great introduction to opera. Directed by Julie Taymor (Disney’s The Lion King), this production is full of colourful, larger-than-life puppets, enchanting special effects and fantasy characters. This is a shortened version performed in English – ideal for families and children over 8 years.

Puppet-making workshops before or after the show on 10, 15 & 17 January
Children will learn how to make their own fantastic puppets inspired by Flute characters, which they'll be able take home. Opera Australia’s expert puppeteers will teach them techniques used by Taymor herself, and all materials will be supplied.

Visit opera.org.au to book tickets to the opera and workshop today
Ever wondered what it would be like to live in another country and to swap your vegemite sandwich for a pop tart or croissant? Applications for WEP Student Exchange Programs to over 25 countries around the world are now open for programs starting from July 2015 onwards. Choose from more than 100 short and long-term programs, designed to fit into your Australian schooling. Find out more today!

From Emily in France:
France has been amazing so far! I love everything and even though there is still a huge language barrier I’ve slowly started to understand more and more. The Paris Orientation was beautiful and I was so shocked that we actually managed to cover a lot of places in such a short amount of time.

The Australian and French schooling systems are definitely different from each other. All of my teachers are incredibly nice and understanding. I think in my first week I had a mini freak out because I couldn't understand one word but being able to easily participate in Math, English and Gym has definitely helped and reassured me. I've even done a few tests for different subjects and actually managed to answer parts of it.

I've made quite a few friends, friends of my host sister and friends of my own. They've all been incredibly nice and try to speak English as well as French to me. Although I can't understand what they say half of the time it's still nice to hear them talk.

I absolutely love my host family; they are nothing short of perfect! My host sisters are absolutely hilarious and my host parents are always trying to help me. The family has been very welcoming and they are trying to help me out all the time but they've also integrated me into their lives. We all went to Dijon last Saturday actually.

Request Program Information Now
Whether you wish to go overseas or host an exchange student in your home, request an information pack today to find out more about WEP’s not-for-profit student exchange programs.

Visit: www.wep.org.au
Phone: 03 9598 4733 / 1300 884 733 (cost of a local call)
Email info@wep.org.au

In the picture: WEP exchange students from around the world during their orientation program in Paris