PRINCIPALS UPDATE
The first step towards getting somewhere is to decide you are not going to stay where you are.

World of Maths day
Last Monday Narrabeen hosted the World of Maths Day which was a fabulous opportunity for students in Years 7 and 8 to experience Maths in a user friendly and hands on manner. It was a great success, with all students working in teams to problem solve the various puzzles and activities presented. Opportunities like this are important for students as Maths is presented in real world terms. Additionally all students have recently been working on Manga High, an online computer Maths program which presents Maths in easy to understand and clear formats. A special thank you to our hard working Maths Head Teacher Michael Palme for organising these opportunities.

Building our capacity - Peninsula Community of Schools update
Narrabeen Sports is an active member of the Peninsula Community of Schools. This learning alliance of 13 schools includes the two other High Schools north of us as well as ten primary schools on the Northern Peninsula. Ian Wood is our school contact who coordinates the various PCS events for Narrabeen Sports. Our involvement benefits Narrabeen Sports directly and indirectly. Through building the capacity of our feeder Primary Students as seen in the recent Young Leaders Program, these skills will flow into our high school in the years which follow. The photo shows the Director of Education Dean White, presenting to our young leaders from the PCS Primary Schools.

Two weeks ago the PCS coordinated the extension test for Year 7 2015, held at our school with a view to ensure we are extending the learning capacity of students on the Peninsula. The PCS builds capacity in both students and staff through increased opportunities made available as a result of its relationship with Macquarie University and our professional link with Adobe. The outcome for our teaching staff is the direct access to opportunities to become more
proficient in pedagogy and the implementation of technology in teaching and learning. Such ongoing and relevant Teacher Professional Learning builds the capacity of our staff. In everyday terms, Narrabeen Sports benefits from the curriculum sharing arrangements we have with the other two high schools. This offers a greater range of subject choices for our students.

**Headspace seminar March 18th**

On Tuesday March 18th Headspace presented to about 40 of our parents. The session focussed on understanding the various stages of teenage development and particularly developing clear and concise communication with our teens setting sound boundaries. Teenagers want to be respected and feel valued. Headspace reaffirmed the importance of negotiating with our teens rather than dictating and discussing issues and working through problems. If you have any concerns in regards your child and mental health please do not hesitate to ring through to our school counsellor, Sue Blunsden or contact your GP to initiate a health plan.

**Parent- Teacher evening**

Last Monday we had our first Parent-Teacher night for 2014 in the library for Years 8, 10, 12. If you missed the evening, please do not hesitate to contact your child’s year adviser for feedback. It is important parents have a good relationship with the school to ensure success is a key outcome.

Our second Parent Teacher evening is Monday March 31st for Years 7, 9, 11. I look forward to seeing all relevant parents so staff will be able to provide effective feedback on the progress of your child. I cannot urge you enough to book an appointment through the online booking service to gain productive information on where your child is at academically. The information has been distributed – do not hesitate to contact the office if you require more details.

**Hard work pays off**

As we head towards the end of Term 1 it is important to focus upon the core business of what Narrabeen Sports High School is about – getting the best out of the teaching and learning process. One of our Positive Behaviour for Engaging Learners expectations is ‘responsibility’ and this extends to the completion of assessment tasks, classwork and homework. It also applies to class participation.

Hard work is the key to success and students should maximise their learning by managing their revision time at home. Students in Year 7 should complete at least one hour of study or revision each night and Year 12 students should be preparing for their upcoming Half Yearly HSC examinations on a daily basis, for several hours, if they wish to gain the best possible marks. Obviously, all students in all grades need to dedicate themselves to regular study and revision. Students are required to complete their classwork, homework and assessment tasks in order to meet course requirements.

If a teacher feels that a student is failing in any of these areas, they may send home an N-award warning letter, which is a formal letter from the school outlining the work that needs to be completed and the consequences of non-completion. If a student receives such a letter, it is to be treated seriously and the work should be completed immediately. In particular, students in Year 10, Year 11 and Year 12 need to keep their work complete and up-to-date to ensure that they receive the appropriate credential at the end of the year. Classroom teachers and head teachers are available to assist students who are experiencing difficulties. In addition, the learning centre has specialist staff and resources to help students who require some more support. There is absolutely no shame in asking for help and this is an important skill that some students need to learn.

**Harmony at Narrabeen**

On Friday March 21st Narrabeen celebrated Harmony Day - the National Day of Action Against Bullying and Harassment. Students wore Orange, the colour of Harmony and participated in activities assisting them to understand the importance of acceptance and tolerance.

Unfortunately in a real world bullying and harassing behaviours exists and it is incredibly important to equip our students with the resilience and ability to deal with unwanted situations. Always encourage your child to report bullying and harassing situations. The more they allow it to unnerve them, the harder it is to resolve the issue. If your child reports incidents to you about another student from our school, please involve the school straight away so we can sort the issues and put any necessary support into place. Avoid getting involved yourself. The key people to contact at Narrabeen apart from myself are the Year Advisers, Mrs Kiprioti the Welfare Coordinator, Ms Blundsen the school counsellor and Ms Peacock and Mr Date, the Deputy Principals.

**Cyber Safety / Awareness**

Please ensure your children are safe on line by using the appropriate filters and supervision on your home internet. It is all too easy for our kids to unwittingly get caught up giving out personal information over the internet. Simple things like ‘tagging’ and ‘checking in’ via Facebook can give undesirables their current location potentially putting them at risk of harm.
Sick Students at School
Sometimes when students are ill they come to school. It is important they stay at home as student immune systems are immature and illness spreads so quickly through the student population. We do not have the facilities or staff to care for them. They also need the chance to get well quickly through rest at home.

If your child becomes ill at school they must report to the sick bay with a teacher’s note. Students are not to contact you on their phones. We will contact you and expect you or someone of your choosing will collect your child.

Mobile Phones – off and out of sight at school
Phones are to be switched off and out of sight while at school. They can be a distraction to learning and we believe that face-to-face interaction during lunch and recess is important. It is a little disconcerting that recently some students have misused their phones and some parents feel the need to contact their son or daughter via their mobile whilst students are in class.

If the situation is an emergency please ring the school and we will get the message to the child or bring them down to the front office to talk to you. If your child is sick we will look after them in sick bay and ring you.

Inappropriate behaviour
A recent concern at Narrabeen has been the practice by a small minority of students of ‘nuggetting’ other students’ bags. This is the process of taking all the possessions out of another students’ bag and turning it inside out. No one has the right to interfere with another person’s possessions. Narrabeen has the core values of Respect, Responsibility and Success. It is important students respect the property of other students and respect themselves and do not interfere with the possessions of other students.

Aerosol/Spray Deodorant Cans
Aerosol/spray deodorant cans in recent times have been used inappropriately by students. We are requesting students not bring aerosol/spray deodorant cans to school. The school will be enforcing the ban as students have been injured.

Congratulations
To our students who have represented the school so well in sport during the first term of school. We have had the Zone Swimming Carnival, Open Boys and Girls Touch, Boys and Girls Tennis, Cricket, Surfing, Open Boys Basketball, Open Girls Football and Open Girls Netball Teams all out competing against other schools. Thank you to the staff who take out the teams and to the staff who cover their classes on top of their normal classes back at school.

Good Luck
To Year 12 who are completing their Half Yearly Exams over the next couple of weeks, and to Year 11 who are busily working on their assessments at present.

Thank you
To Parents and Caregivers who have paid their subject contribution fees.
All staff for their hard work during First Term.

Congratulations and Thanks to:

- Tay in Year 7 who competed in the NSW State Little Athletics Championships winning Silver in the high jump and 200 m sprint.
- Brian in Year 11 who competed in the Warringah Zone School Swimming coming 1st in 100 backstroke, 2nd in 50 freestyle, 2nd in 100 freestyle and fourth in the 4 x 50 freestyle relay. Brian will be competing in four events during the Australian Age Nationals.
- Lochie of Year 10 has successfully completed his Bronze Duke of Ed Award.
- All of 10SC1 also submitted their science research assignments on time.
- Carl, Tomas, Lochie, Kaleb, Becky and Olivia in Year 10 for assisting on the Duke of Ed Bronze Practice Hike.
- Open girls touch have made the regional finals
- Holli Johnson Year 7 good bystander behaviour
- Mikel and Ramon from Year 12 as well as Atoni Year 11 for commitment to HSC Music.
- Kade, Luke, Robbie, Robert, Jess, Jordan, Nick, April, Arimbi, Josh, Kenzie and Sophie who participated in Project Green Turtle at Long Reef as leaders mentoring students from Wheeler Heights PS, Collaroy Plateau PS and Cromer PS
- All students who are auditioning for Beauty and the Beast, our 2014 Musical

Lance Berry
From the Deputy Principal

Parent Teacher evening was held for Year 8, 10 and 12 on Monday night. It was a great success with many students and parents engaging in meaningful conversation regarding academic progress. Thank you to parents for coming along to this important evening.

Parent Teacher for Years 7, 9 and 11 will be held on Monday 31st March from 4-8pm. I have again included the code for the electronic booking of this event. Our staff are looking forward to speaking with as many parents as possible during this evening.

In terms 2 and 3 students in Years 7-10 will be involved in Special Religious Education. Please read the attached note regarding this program and instructions for requesting an exemption.

After Easter the weather tends to turn colder. Students have been reminded that the navy school jumper is the only acceptable jumper this year. If students are cold they can layer up underneath this jumper but hoodies of any kind will not be allowed. Students are also reminded that if they are unable to be in uniform, a note from home needs to be provided to me before school and I will give them a pass to excuse them from detention.

As Deputy Principals Mr Date and I often find ourselves working through situations which impact on the welfare of our students even though they have occurred after school hours. This is because we as teachers have a duty of care and are by law, Mandatory Reporters if we suspect a student is at risk of harm. One of the situations that often arise is when students sleep at a friend’s house. It is critical that parents ring the home of the visiting child to ask if it is allowed. Teenagers tend to tell untruths such as, “My Mum knows I’m here”. There have been times that parents have felt their child has run away, called police and contacted the school when in fact the child has stayed at a friend’s house overnight. All it takes is one phone call to a parent to ease this worry. It takes a community to raise a child and the school is part of this community as are the parents of our child’s friends. We are all responsible for keeping our young people safe.

Safe partying is important to discuss with all of our children. Social media such as Facebook means that events such as an upcoming party can be communicated to a very wide range of people of different ages and intentions. Again some of our children lie about where they are going to be at a given time so it is quite possible that they may find themselves at a party where they are placed at great risk. I have included in this newsletter some tips for parents from Youthsafe. Youthsafe is a not for profit company and lead organisation for preventing serious injury in young people aged 15 to 25 years in NSW. The tips include making a plan to ensure your child is safe at parties. I have also included a safe celebration contract which you might like to discuss with your child so there is an agreement about acceptable behaviour and methods of ensuring personal safety. Children should always be provided with a safety plan when they are not supervised by a responsible adult. Even if you do not feel that your child is going to events where they are at risk, it is important to have this conversation as even the most respectful adolescents will push the boundaries of acceptable behaviour as they find their way to adulthood. More information can be found at the web address listed below.


Year 12 are about to begin their half yearly examinations. We wish them well during this important time and ask them to remember that staff are always available for assistance. I have included some advice here that I hope will be helpful.

Year 12 Study Tips
1. Focus your attention on the materials you are studying.
Attention is one of the major components of memory. In order for information to move from short-term memory into long-term memory, you need to actively attend to this information. Try to study in a place free of distractions such as television.

2. Avoid cramming by establishing regular study sessions.
Studying materials over a number of sessions gives you the time you need to adequately process the information. Research has shown that students who study regularly remember the material far better than those who do all of their studying in one marathon session.

3. Structure and organize the information you are studying.
Researchers have found that information is organized in memory in related clusters. You can take advantage of this by structuring and organizing the materials you are studying. Try grouping similar concepts and terms together, or make an outline of your notes and textbook readings to help group related concepts.

4. Utilize mnemonic devices to remember information.
Mnemonic devices are a technique often used by students to aid in recall. A mnemonic is simply a way to remember information. For example, you might associate a term you need to remember with a common item that you are very familiar with. The best mnemonics are those that utilize positive imagery, humour or novelty. You might come up with a rhyme, song or joke to help remember a specific segment of information.
5. Elaborate and rehearse the information you are studying.
In order to recall information, you need to encode what you are studying into long-term memory. One of the most effective encoding techniques is known as elaborative rehearsal. An example of this technique would be to read the definition of a key term, study the definition of that term and then read a more detailed description of what that term means. After repeating this process a few times, you'll probably notice that recalling the information is much easier.

6. Relate new information to things you already know.
When you are studying unfamiliar material, take the time to think about how this information relates to things that you already know. By establishing relationships between new ideas and previously existing memories, you can dramatically increase the likelihood of recalling the recently learned information.

7. Visualize concepts to improve memory and recall.
Many people benefit greatly from visualizing the information they study. Pay attention to the photographs and charts in your notes. If you do not have visual cues to help, try creating your own. Draw charts or figures in the margins of your notes or use highlighters or pens in different colours to group related ideas in your written study materials.

8. Teach new concepts to another person.
Research suggests that reading materials out loud significantly improves memory of the material. Educators and psychologists have also discovered that having students actually teach new concepts to others enhances understanding and recall. You can use this approach in your own studies by teaching new concepts and information to a friend.

Lisa Peacock

Proud supporters of the Peninsula Community of Schools

Calendar of Events

<table>
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<th>Week 10B</th>
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<tr>
<td>26 March - 01 April</td>
<td>Shizuoka HS Visit</td>
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<td>30 March</td>
<td>Farewell Activities In Hall</td>
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<td>Homework Centre 3:15 -4:15 in Library</td>
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<td>03 April</td>
<td>Senior Girls KO Football</td>
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<tr>
<td>04 April</td>
<td>Year 12 Half Yearly examinations commence</td>
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<td>04-05 April</td>
<td>Bronze Duke of Edinburgh Practice Hike - M Tan I/C</td>
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<th>Week 11A</th>
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<tr>
<td>06-08 April</td>
<td>CHS Swimming Carnival Homebush</td>
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<td>07 April</td>
<td>Under 13’s and 15’s Rugby League Gala Day Nolan’s Reserve</td>
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<td>Homework Centre 3:15 -4:15 in Library</td>
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<td>09-11 April</td>
<td>Year 7 Camp The Tops Conference Centre Stanwell Tops</td>
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<tr>
<td>10 April</td>
<td>Open Girls Regional Touch Finals Gosford</td>
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<td>Anzac Day Ceremony</td>
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Academy Term 1

It has been a busy start to the year with new coaches, new teacher supervisors and a new sport in surfing being added to our already fantastic Academy Sports program.

Thank you to the Academy Dance girls who performed on Open Night. It was a fantastic effort and a great advertisement for the school. The whole school appreciates you giving up your time to help promote the great things Narrabeen is achieving in Dance. Good luck in your upcoming events.
Surfing
I would like to welcome our new coaches Beau Mitchell and Gerard McCallum to our Academy surfing program. The program is conducted at Warriewood Beach and has been the talk of the community. Beau and Gez (Gerard) bring a wealth of talent to the program and this has been evident already with Narrabeen Sports High School winning the Surfing Sports High Schools Trophy. Congratulations to Jamie, Kai, Daniel and Ben for all making the final of the trophy with Daniel the overall champion. Narrabeen is again a dominant force in Surfing, with the regional finals coming up in May, we plan to take away our biggest and strongest team in many years.

Academy Surfing 2014
I would also like to welcome Mr Lettoof to the Surfing program as a Sports Supervisor. Mr Lettoof has been a stalwart of Surfing at Narrabeen and has been a key driver in the sport’s revival in the Academy program.

Welcome
Welcome to our Academy coaches and teaching staff. With the continued growth in school enrolment, we have made sure the Academy program is suitable for all ages and skill levels of our students. This means we are not diluting the sporting and educational message we pass on to our Academy students. We have ensured small groups and added new coaches to our sporting programs.

Dramatic growth in Football has seen the arrival of 2 new coaches: Jesse Van Stratten – specialised Goal Keeping coach and Callum Hinwood – Football Assistant coach. Both coaches have the knowledge and experience required for our footballers to develop into elite athletes.

Mark Leavy takes over from Matt Bryne as we continue to develop our AFL program. Mark’s experience and direct links to the Sydney Swans has benefitted our students and we look forward to him ensuring the continued success of the AFL program.

We also have new teaching staff in the Academy: Mr Small (RAC/Touch), Ms Shepherd (Dance/Tennis), Mr Moore (AFL/Football), Ms Bernard (Basketball/Netball/Swimming) and Ms Hesp (Sports Mentor). All are enjoying their new roles within the Academy, with Miss Shepherd working on her backhand and Mr Moore thinking he is back in England with an eager group of footballers who just love the game. If students or parents have issues or concerns relating to their Academy Sport please liaise with the staff members mentioned above as they will be able to help.

Key Information – Where to get all Information Academy
To download the App simply click on the link below and begin downloading:
Further details are available on our Facebook page as well:
http://www.facebook.com/NorthernSydneyScholasticAndSportsAcademy

Key Dates:
1) Enrolment applications are now open for 2015.
2) Mentoring Timetable issued – 10/04/14
3) Semester 2 – Invoices and re-enrolment for Semester 2 sent out - 12/05/14.
4) Semester 2 - Deadline for application and money to be submitted to the Academy office – 13/06/14.
5) Parent’s morning tea – 22/05/14 – Invitations to be issued.

PDHPE
Welcome to the new staff members, Mr Russell, Ms Bernard and Ms Hesp. They are a welcome addition to the Narrabeen Sports High School staff and are working hard to ensure a better sporting experience for our students.

The PE department has been in overdrive with all knockout sports, all three major carnivals Wednesday afternoon sport and our regular PE lessons to be organised. We have been looking at various areas of health in all year groups and want to wish the Year 12 PDHPE class all the best in their half yearly exams. Mr Russell is encouraging them to study and is looking forward to some good results.

All practical lessons from Years 7 to 12 have been focussing on the fitness aspect of health which is very timely with the upcoming Cross Country and Athletics Carnivals. Our new indoor high jump equipment has been a big hit with the students and we are looking forward to some records being broken at the Athletics Carnival. We encourage all students to be preparing for both carnivals in their own time with a walk or jog around the block a great way to kick start a fitness program or to relax of an afternoon.

Students are still forgetting to bring their PE uniform to practical lessons. Students should be wearing their blue NSHS PE shirt, blue NSHS shorts and bringing a change of runners or sneakers. To participate to the best of their ability it is
important for all students to wear the appropriate equipment. If for any reason this cannot happen please write a note for your son or daughter to hand to the PE teacher before school or during the PE lesson.

**Upcoming Dates:**
2nd May 2014 – School Athletics Carnival

**SPORT**

**Zone Swimming Carnival**

Narrabeen Sports High School Swimming Team had a fantastic day at the Warringah Aquatic Centre on the 12th of March. The team met Mr Russell and Mr Palme at the school and set off on the school bus. As per usual spirits were high in the Narrabeen camp and Connor set the tone early by leading the school into a few loud cheers to spur our 200 metre and individual medley swimmers. The cheers must have worked with Brian winning both his 200 metre freestyle, and individual medley races. As we moved through the different individual stroke disciplines we experienced consistent successes with Max, Brian, Jordan all finishing 2nd in the 100 metre breaststroke and Macy and Makaela winning their breaststroke races. Jye finished 2nd in the backstroke with Macy and Brian both winning their events. The 50 metres free style saw Zac, Aiden, Macy finish 2nd and Brian winning his race. The last individual event was only for the brave, and two of our swimmers were victorious, Brian and Macy winning the 100 metres butterfly.

The carnival ended with the relays, and as we arrived, unified and full of cheer, we ensured that is exactly how we would finish the Zone Swimming Carnival.

The 12 Years boys set the tone in the opening race finishing second, the 13 Years boys also qualified for Region, while our 17 Years boys only just missed out on breaking the Zone record as they blitzed the field by 10 metres. The girls rallied together and swam very well, with our 14 Years advancing through to Zone as well.

Congratulations to Brian who was the 16 Boys Age Champion, and also to Macy who only just missed out on being an age champion herself.

Thank you to all the parents who came down and supported, and a very special thank you to Mrs Wilson and Ms Stracey for their help in organising relay teams and keeping up to date results and to Ms Bernard and Mr Harris for volunteering to take on carnival duties for the day.

**Regards, Mr Russell**

**Girls Senior Knockout Football**

Narrabeen showed their domination of the game early with a goal in the first five minutes to Caitlin. Their skills shone throughout the first half as our attackers scored five goals. Hannah was a star in the midfield, making endless penetrating runs through the middle of the pitch and scoring one beautiful goal herself, the result of a solo effort from half way.

[Image of girls soccer team]

Chaska was a creative player both in defence and the midfield, easily threading her way through the opposition to lay the ball off to Lauren, who finished with two goals. At half time they were up by five goals. In the second half they continued to excel.
Aleya moved into defence and, with continued support from Shaylyn, Carina, Lily and Lauren kept Cromer goalless. Georgia moved into forward late in the game but still managed to score two goals. Shellie and Georgette showed their speed on the wing, crossing the ball time and again into the centre after sprinting down the line. Sinead stepped up to play in goal second half and was cool and confident under attack, making a number of timely saves. Elise led our cheering from the sideline and kept us motivated with her enthusiasm.

The final score was 10-0. Congratulations on an excellent second round win!

Regards,

Mrs Turner

Other Results
Sports High School Surfing Champions – Winners! – Congratulations to the Team – Thanks Mr Lettoof

Boys Senior Basketball - defeated by Davidson High School, 31 to 23 (Round 3) – Thanks Mr Wood

Boys Senior Touch Football – defeated by Barrenjoey High School, 4 to 3 (Round 3) – Thanks Ms Hesp

Girls Senior Touch Football – won against Terrigal High School, 15 to 1 (Good luck at the regional finals) – Thanks Ms Postle

Senior Boys Tennis – defeated by Pittwater High School (Round 2) – Thanks Mr Tapscott

Senior Girls Tennis – defeated by Killara High School (Round 1) – Thanks Mr Tapscott

Senior Cricket Team – defeated by North Sydney Boys – 177 to 123 – Thanks Mr Conroy

Senior Girls Netball – defeated by Manly Selective High School, 33 to 27 (Round 1) – Thanks Ms Bernard.

Senior Netball 2014

Sydney North Representatives
Well done to Jason, Semi, Harlen and Isa for Rugby Union, Sean and Jack for Baseball and Nathan, Conor, Elijah and Daniel for Touch Football.

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.
Dear Parents

You can now book interviews at times that suit YOUR FAMILY BEST. Go to www.schoolinterviews.com.au and follow these simple instructions. Bookings will open on Friday 14th March and close on Sunday 30th March.

Enter THIS school event code. Then follow the 3 simple steps.

When you click finish, your interview timetable will be emailed to you automatically - check your junk mail folder if you do not receive your email immediately. You can return to www.schoolinterviews.com.au at any time, and change your interviews - until bookings close.

For parents that don’t have access to the internet at home, at work, at a friend’s house or on their phones a note can be provided to classroom teachers or year advisers requesting an interview. Teachers will make the booking for you but will not be able to guarantee the requested booking time can be accommodated.

Interviews are strictly 10mins and spaces are limited. If you require more time, please contact the teacher directly to make alternative arrangements.

Parents can change their interview bookings, any time prior to the closing date, by re-visiting the www.schoolinterviews.com.au website, and using the event code. Remember to use the same name and email address, you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact the school directly and speak to Mrs Peacock, Deputy Principal.
2014 ICAS

International Competitions and Assessments

ICAS SITTING DATES

Computer Skills       Tuesday 20 May $8.80
Closing Date: 22 April

Science                       Wednesday 4 June $8.80
Closing Date: 7 May

Writing                       Tuesday 16 June to 20 June $18.70
Closing Date: 19 May

Spelling                     Tuesday 17 June $12.10
Closing Date: Tuesday 20 May

English                      Wednesday 29 July $8.80
Closing Date: 1 July

Mathematics            Tuesday 12 August $8.80
Closing Date: 15th July

All of the above        $66.00

Please return the permission slip and entry fee ASAP to Mrs Vergos, ICAS Co-ordinator

Students can now prepare for ICAS and other skills based tests with EEA’s new Practice Online Series. Practice Online is a series of ten interactive online tests designed for students from Years 3-12. Each student who participates receives a comprehensive individual report detailing their overall results and their performance in each area assessed. Practice Online is now available for English, Mathematics and Science.

For more information please visit the Educational Assessment Australia website at www.eea.unsw.edu.au or contact Customer Service on (02) 8344 1010 or by email at info@eea.unsw.edu.au
2014 ICAS PERMISSION SLIP  
Please return THIS section to Ms Vergos, ICAS Coordinator

Please place a tick inside the box of each competition you wish your child to enter.

I give permission for my child…………………………………………………………………………….of Roll Class…………………

to participate in the following 2014 ICAS Competitions:

- Computer Skills 20 MAY $8.80  
- Science 4 June $8.80  
- Writing 16-20 June $18.70  
- Spelling 17 June $12.10  
- English 29 July $8.80  
- Mathematics 12 August $8.80  
- All of the above $66.00

Please find enclosed the amount ......................entry fee.

Name of Parent/ Guardian........................................ Date: ........................................

Signature of Parent/ Guardian ...............................................................

PAYMENT DETAILS

Please tick preferred method of payment  
Cash [ ] Cheque [ ] Payable to NSHS crossed 'Not Negotisable'  
OR
Please debit my Visa [ ] Mastercard [ ]  

$ __________

Name of Cardholder ___________________________ Date __________

Student Name ___________________________ Payment For ___________________________

Expiry Date: ______/______  
Signature: ___________________________

(Office Use Only) Authorisation No ___________________________ NSHS Receipt No ___________________________
25th March, 2014

Special Religious Education (SRE) Years 7-10

Dear Parent / Guardian,

Under the Education Act 1990 Section 32 there is a legislative requirement that "In every government school, time is to be allowed for the religious education of children of any religious persuasion". In accordance with this section of the Act we are starting our Program of Religious Education.

Religious Education benefits students by allowing learners to analyse their own values, better understand themselves and others, develop a knowledge of issues facing the community including ethical and moral aspects whilst explore meaningful questions about what is important and valuable in life.

Volunteers who are trained by Approved Providers teach a one period class during period 1 on Mondays for Year 7 and period 2 for Year 8. Year 9 SRE will occur on Fridays period 1 and Year 10 during period 2. This will occur every two weeks from week 2 term 2 and all of term 3. All volunteers have had a police record check and signed a Prohibited Employment Declaration.

The Religions available in 2014 will include Catholic and Protestant groups. Students will attend the religious education group listed on their enrolment form. Students of smaller religions will be placed in the Protestant group unless a parent note indicates otherwise. Students who indicated “No Religion” at enrolment will complete private study with a classroom teacher.

If you object to your child attending religious education classes please obtain an Exemption Form from me. This must be returned prior to the commencement of this program. Students who have been granted exemption have been noted in the 2014 rolls so parents do not need to take further action.

At any time, you have the right to change your special religious education nomination or withdraw your child from special religious education lessons. Students who do not attend Religious Education classes will complete private study under the supervision of a teacher.

Lisa Peacock
Deputy Principal
Where are you going to be?
Young people often meet and socialise in locations that increase their risk of injury. Checking where your teenager is going lets you talk with them about possible injury risks and how they can manage these. This also gives you a chance to decide whether a situation is likely to be too risky for your teenager to handle.

What time are you going out and when will you be home?
Negotiating how long your teenager can stay out allows you to make sure their social life isn’t interfering with their study, work, and sporting commitments. Knowing what time they’re due home will help you decide whether they could be in trouble if they fail to arrive at the agreed time.

How are you getting there and getting home?
Young people are often more interested in being out with their friends than making travel plans. This can lead to unsafe, unplanned transport choices. Ensuring they know how they’re getting home and having a back-up plan, such as an agreement with a responsible adult, means they won’t ever have to make risky, last-minute choices.

Driving is both exciting and risky for young people who often regard driving as a social activity in itself. They are still learning about managing road risks and their lack of experience can lead to over-confidence and deliberately dangerous driving. There is strong evidence that carrying passengers substantially increases the crash risk for young drivers. Explaining this to your teenager will help them avoid making unsafe choices as both a driver and a passenger.

Greater parental involvement, boundary setting and parental supervision are closely associated with less risky behaviour by young people.

Alcohol: yes? no? Agreed limit?
Alcohol and other drugs increase the risk of injury for young people, especially in unsupervised or unsafe locations. Teenagers, who are inexperienced with alcohol and other drugs, may not understand their effects until they are intoxicated. For many teenagers, the purpose of consuming alcohol is to become intoxicated, which leads to binge-drinking. By negotiating how much, if any, alcohol or other drugs your teenager can consume they can stick to limits you both consider safe and reasonable.

Newly-licensed drivers have a zero alcohol limit as they need to be able to fully concentrate on the road, free from alcohol and other drugs. P-platers should be aware that they may still be over the legal limit the next day, especially if they have drunk a large amount of alcohol.

Who is the host?
Who is supervising?
Young people are more likely to enjoy themselves if they’re in a secure, supervised environment. There should always be responsible, sober adults around to check that everyone is safe. Gatecrashers are also less likely to arrive or gain entry at a well-supervised party. Always check that alcohol limits, adequate security and safe transport home for guests have been organised by party hosts.

What friends will be with you?
Young people who are going out in a group can stick together and look out for each other. This will help keep your teenager safe. Encourage your teenager to stay with their group and return home with them.

Contact Youthsafe for more information about Safe Celebrating:
Ph 9809 4615
e-mail / office@youthsafe.org
www.youthsafe.org

Turn over for strategies when making an agreement with your teenager.
Strategies for making an agreement with your teenager

- **Aim** for a win-win outcome for everyone rather than simply insisting your teenager does as you say.

- **Consequences** could involve adding extra chores or taking away privileges, i.e. the car, TV, phone or grounding.

- **Clearly state** what is negotiable and what is not and be prepared to follow through with your decisions.

- **Set** a definite time to review the agreement, such as three or six months.

- **Include** your teenager in the decision-making by offering them choices and alternatives but avoid using inflexible either/or ultimatums that may lead to arguments.

- **Avoid** randomly adding new clauses or conditions to the agreement, or allowing your teenager to do so, until the agreed time limit has passed. This will build trust.

- **Don’t** agree to your teenager continuing to do something simply because you previously gave permission, e.g. You may withdraw permission to drink alcohol at parties once they start driving. Discuss the reasons for setting these new conditions with your teenager.

- **Tell** them they can always call. Don’t give in to the temptation to automatically introduce sanctions or punishments if your teenager needs to call you for help. They will have kept their side of the agreement and will lose trust if you don’t keep yours.

- **Negotiate** a desirable reward for your teenager for sticking to the agreement. Only promise what you can deliver and do your best to provide the agreed reward[s] on time e.g. extending their curfew, letting them borrow the car, tickets to see their favourite band, etc.

- **Be very clear** with your teenager about what will happen if they break your agreement. This will build trust, avoid misunderstandings and set clear consequences. Consider asking them to choose the consequences for failing to keep to your agreement.

- **Give** small rewards to encourage them along the way, such as top up money for their mobile or new music.

- **Plan** a secret code your teenager can use if they want to be picked up but don’t want their friends to know, e.g. “Has Lisa rung?” That’s your code to ring back in a few minutes and arrange to collect them.

“**My daughter calls me and uses a secret code if she wants me to come and collect her. That’s my cue to call back in a few minutes and make arrangements to pick her up”**

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I have agreed to host a party for my 16 year old. As part of this I was going to provide food, alcoholic and non-alcoholic drinks. I am worried about providing alcohol but apparently 'it's at everyone's parties'.

Did you know that in NSW, except in specific circumstances, it is illegal to sell or supply alcohol to people under the age of 18? The law applies anywhere and at all times, including homes, halls and public places generally.

As the host of a party where alcohol is supplied, you could be issued with an on-the-spot fine of $1,100 by the police for every minor that you serve. You may also be liable for a court penalty of $11,000 and/or 12 months imprisonment for each person under the age of 18 who is supplied with alcohol. An exception to this is where a parent or guardian supplies liquor to their child away from licensed premises. You may also have a defence to a prosecution if a parent or guardian has specifically authorised you to supply alcohol to their child, although you would need to be able to prove this in court.

The law also makes it illegal for minors to drink alcohol on licensed premises. The minor can receive an on-the-spot fine of $220 or the court can impose a maximum penalty of $2,200.

A minor must not take delivery of any liquor sold over the telephone or by facsimile or by mail order or through an internet site unless he/she was ordered or requested to do so by his or her parent or guardian. The minor can receive an on-the-spot fine of $220 or the court can impose a maximum penalty of $2,200.

However, a person must not order or request a minor to take delivery of liquor sold over the telephone or by facsimile or by mail order or through an internet site. An on-the-spot fine of $330 or a court imposed maximum penalty of $3,300 applies to a person for this offence.

For more information about the liquor laws and young people refer to the NSW Office of Liquor, Gaming and Racing website (www.olgr.nsw.gov.au).

This publication is intended as a guide only. The contents do not constitute legal advice and should not be relied upon as such. Persons wishing formal advice on matters referred to in this publication should consult their solicitor.
NARRABEEEN
LAKES SCHOOL MARKET

Our art and design market will have lots of fabulous stalls featuring unique, handmade products / great food and live entertainment...

FIRST SATURDAY IN APRIL

by the lake, next to the sea
1299 Pittwater Rd, Narrabeen
(opposite the fire station)