Principal’s Update

Vision without action is but a dream. Action without vision is a waste of energy. But a vision with action can move mountains.

Lao-Tze

Narrabean’s very own golden girl:

Keely McDonough, one of our fantastic school captains in 2013, deserves every ounce of success; she has earned it. At a special awards ceremony at St James’ Anglican Church in the CBD Keely’s effort in the scheme during her time at Narrabeen saw her awarded the Gold Duke of Edinburgh by Her Excellency Professor Marie Bashir, Governor of NSW.

It is no mean feat to achieve this level of recognition and our school is very proud of Keely and her achievements as a student at Narrabeen. The Duke of Edinburgh scheme places many expectations on students and develops strong personal qualities such as:

- to strive to achieve their full potential.
- embark on a journey of self-discovery.
- develop leadership, self-understanding, confidence, optimism and a commitment to personal achievement.
- extend their capacity and skills in, analysis, problem solving.
- communication, collaboration, organisation and teamwork.
- exercise judgment and accept responsibility for their actions.
Students being supervised before and after school:
The school will provide supervision in Area A for students who arrive between 8.30 am – 8.50am. All students are expected to stay in this area and undertake passive activities. Students arriving before 8.30 am will not be actively supervised and are to remain seated in Area A until supervision arises.

Students are reminded if they are travelling south from the school down Pittwater Road, they are to catch the buses which pick up from the school on Namona St in the afternoons. The only students who should be catching buses on Pittwater Road are those who are travelling to Elanora Heights as the school provides supervision on Namona St but not on Pittwater Rd.

Success is about having the desire to aspire:
ASPIRE is a study skills approach Narrabeen promotes to our students to achieve success. It emphasises the importance of aiming high and working hard to get there. Having high aspirations provides our students with more options, but it requires planning and determination. Years 7-11 will be sitting their Semester 1 examinations this term. In class, students have been working diligently to prepare for these examinations. Students need direction to develop skills that help them study, organize and manage their time. The following approach can provide a pattern of study that parents can use to set up a home study program to help children develop regular study habits and succeed.

"A.S.P.I.R.E." – A Study System

A: Approach/attitude/arrange
- Approach your studies with a positive attitude.
- Arrange your schedule to eliminate distractions

S: Select/survey/study!
- Select a reasonable chunk of material to study.
- Survey the headings, graphics, pre- and post-questions to get an overview.
- Study and highlight any information you don’t understand and get your teacher to explain it.

P: Piece together:
- Piece together what you’ve studied, either alone, with a study pal or group, and summarize what you understand.

I: Inspect/Investigate/inquire:
- Inspect what you did not understand.
- Investigate alternative sources of information you can refer to: other text books, websites, experts, tutors, etc.
- Inquire from support professionals (academic support, librarians, tutors, teachers, experts,) for assistance.

R: Reflect/relay
- Reflect on the material: How can I apply this material to what I am interested in?
- Relay understanding: How would I make this information interesting and understandable to other students?

E: Evaluate/examine/explore:
- Evaluate your grades on tests and tasks look for a pattern
- Examine your process toward improving it
- Explore options with a teacher, support professional, tutor, etc.

Other tips which support the ASPIRE program are:
- Create a study timetable – and stick to it!!
- Find a quiet place to study.
- Read over the coursework.
- Make new notes from the coursework, in your own words.
- Read a page from your workbook, close the book. In a new book, write four points that you remember. Check it with the information in the workbook.
Complete practice papers.  
Do textbook review questions (textbooks and text discs may be borrowed from the library for some subjects)

**NAPLAN UPDATE: Years 7 & 9**

In Week 3 (13.05.14-16.05.14), the National Assessment Program – Literacy and Numeracy (NAPLAN) will be completed by students in Years 7 and 9. NAPLAN assesses each student’s level of attainment of specific skills in literacy and numeracy.

This year, the writing assessment will require students to produce either a persuasive (exposition) or narrative text. At present Narrabeen is focusing on ensuring all Year 7 & 9 students understand the structure of a persuasive (exposition) text and have had an opportunity to practise the writing of such a text. We ask parents and carers to please reinforce the importance of mastering this skill as successful writing will support student learning far beyond school.

Student performance in NAPLAN provides the school with specific information about what individual student can do. This information is used to develop teaching and learning programs and resources that support students in their academic improvement. It is important that all students participating in NAPLAN attempt all sections of the assessment, as the information attained will help us design learning programs that will accurately cater to the needs of our students.

Further information and resources can be found at http://www.nap.edu.au/naplan/naplan.html

**Be careful where we step - Cyber Safety and Our Digital Footprint**

The power of social networking has become prevalent in the 21st Century. But with technology being what it is today, kids have the privilege of being able to carry their world around with them in their pocket, given that mobile phones allow access to the internet at any time. They use it constantly and its changing nature makes it difficult for us as parents and carers to advise them on the most appropriate manner in which to behave with technology.

Being internet savvy is important for our students. No matter how private Facebook settings are – it is a public forum. There is no such thing as a private viewing when it is uploaded. Narrabeen encourages students to think carefully about what they post on the various social media sites they use. Throughout the year to date, there has been an emphasis upon cyber safety where, we are encouraging students to think about their digital footprint as future employers can, and do, access information about a prospective employee through Facebook and the internet before they invite them for an interview. One silly mistake or funny joke could cost them a future employment opportunity so students do need to think about what they wish to leave as their digital footprint.

**Building positive self-image in our students:**

Life is full of its challenges and resilience is one of the most important strengths needed to be successful and happy in life. It is imperative we help our students build resilience so they make the most of their life and learn to 'bounce back' rising above adversity and obstacles over which they have no control. Helen Splarn’s following tips for building resilience are invaluable for parents and carers:

1. **Make connections** – teach children how to make friends and develop empathy. Encourage them to be a friend in order to get friends. Connecting with others provides social support.
2. **Teach children to help others** – children who help others feel empowered.
3. **Daily routine** – following a routine is comforting for children and gives them a sense of control. It is important for children to develop positive routines.
4. **Take a break** – children need to be helped to focus on things other than what might be worrying them.
5. **Self-care for children** – children need to be taught to eat properly, groom themselves, exercise and rest so they are able to stay healthy both physically and mentally.
6. **Goals** – teach children to set reasonable goals and move towards them one step at a time. Moving towards that goal and being praised for doing so will help them to focus on what they have accomplished.
7. **Nurture a positive self-view** – help children remember ways they have successfully handled hardship in the past and this can help them handle future challenges. Help children to learn to trust themselves to solve problems and make appropriate decisions.
8. **Be optimistic** – even when children are facing painful events, help them look at the situation in a broader context. A positive outlook enables children to see good things in life and keep going even in the hardest times.
9. **Come to discover** – change and tough times are often when children learn the most about themselves. Help children to understand that change is part of life and always constant but it doesn't always have to be scary.
10. **Make home a safe haven** – as teenagers grow they face so many changes in their world it can be every daunting. During these times they want home to be constant, safe and emotionally secure.

**Well done Year 12!**

Year 12 is to be congratulated on the maturity and dedication with which they have approached the recent examinations. With a focus on personal improvement, they have been applying themselves with diligence to produce their best work and are to be commended on their efforts. They worked extremely hard in preparation for their examinations, making effective use of all resources at their disposal and actively seeking feedback from their teachers for further improvement. Their strong work ethic will work to their advantage as they prepare for the upcoming HSC examinations.
What a great carnival!
On Friday May 2nd our 2014 Athletics carnival took place and was a fabulous success with many long standing records falling and increased student participation in events. It was a well organised event and many thanks go to Ms Hesp, Mr Russell, Ms Bernard, Mr Wood and the whole staff for making it such as great success.

Thanks and congratulations:
- Lillah for successfully trialling for the U 16 Sydney Girls AFL Team.
- U 14 Narrabeen Sports Rugby League team were Regional winners and now go on to participate in the State Championships
- Nathan, Conor, Daniel and Elijah who won the State Championships in U15’s as part of the Sydney North team.
- Futsal 14s boys - won regional tournament, now going to state comp in Penrith: McKenzie, Jarret, Zach, Oliver, Jamie, Conor, Jaylin, Ben.
- Futsal 16s boys - reached semi-finals and lost to eventual winners Bally Boys
- Jaiya, Kyla and Alex in year 11 have all achieved their Silver Duke of Ed awards. They are all now eligible for an extra ATAR point with UNSW.
- All of the Age Champions and record breakers from Friday’s carnival.
- Shellie, Hannah, Aleya, Caitlin and Georgette who made the Sydney North Open Girls Touch Football Team.
- Jarrah who made the Sydney North Open Boys Touch Team.

Lance Berry

From the Deputy Principal

RoSA update – up2now

BOSTES (Board of Studies, Teaching and Educational Standards) recognises that many employers and places of further education are interested in more than academic results. As a result they are piloting an online resource as an adjunct to the RoSA to help senior secondary students bring together evidence of a range of extracurricular activities including school results, awards and achievements, including non-school activities.

The up2now – my ongoing learning portfolio website allows Year 10, 11 and 12 students to record, organise and share evidence of their extracurricular activities, such as first-aid qualifications or volunteer work.

Using up2now provides students with the opportunity to develop skills in describing, organising and presenting their broader learning, community service and volunteering involvement, results, awards and achievements. Students can use up2now to share this information with prospective employers, to customise resumes or use it to access other education or training pathways.

Our school is part of this pilot program and our Year 10, 11 and 12 students have been emailed their login credentials. I will have a training session in the near future to show students how to use this program. Below is the interface of up2now.

The web address is:  www.up2now.net.au
School Uniform
Now that the weather is getting cooler, parents and students are reminded about the importance of correct school uniform, particularly jumpers. Rightly or wrongly, a school is judged by how well their students wear uniform and it is therefore a focus of this school. Students are to wear the navy blue school jumper to school. If they are especially cold of course they can wear additional layers under the school jumper. Girls are to wear black or flesh coloured tights and boys are required to wear long grey school regulation trousers if cold but can also wear grey shorts all year if they wish. Grey skinny jeans/shorts are not acceptable. Track pants should not be worn by any student in Year 7 to 11, except for Wednesday sport or during PE practical lessons. Our school community is looking wonderful and we appreciate the support of parents in ensuring students are in full school uniform. If your child is unable to wear correct school uniform please provide a note of explanation to me in the morning. Many students are being responsible by doing so.

We would also ask that parents address the length of their daughter’s skirts. Some girls are wearing them quite short and this is a concern for many staff members. I have had cause to have conversations with a number of girls about respect of self and would appreciate the support of parents with this matter.

Athletics Carnival
I would like to.congratulate Mr Russell, our staff and students on the recent Athletics Carnival. I watched with great pride as students and staff interacted in a relaxed environment demonstrating once again that relationships formed are fundamental to our success as a small school. Year 12 had a wonderful time, involving themselves at their last carnival.

Year 12 Reports
Year 12 Reports are being written at present and soon both parents and students will be invited to an interview to check progress. Now is the time for Year 12 students to approach their Teacher Mentor to review their half yearly results and determine an approach for the rest of the year. Further, the High Achievers Club will be having a session in the next week to analyse their results. A reminder that all Year 10, 11 and 12 students are welcome.

School Attendance Policy
Parents are reminded that the DEC School Attendance Policy 4.1.2 states that “Parents are required to explain the absences of their children from school promptly and within seven school days to the school.” After this time, the computer system automatically changes this absence to one being “unexplained”. This cannot be modified. All absences are reported on the semester reports and many prospective employers may interpret an unexplained absence as the student being unreliable. The easiest way to prevent this is to respond to the SMS that goes out each morning, phone the school or send a note indicating the reason that your child is absent.

Justifiable absences include sickness, unavoidable medical appointments, religious holidays or an urgent family situation. Unjustified absences include a student involved in paid work, work experience not organised by the school, birthdays, holidays during the term, last day of term, lateness, frequent transport difficulties, picking up family from the airport. These may be recorded as unjustified on a student’s report.

The Principal must give approval for any leave other than those reasons listed as acceptable. A letter should be provided in advance for the Principal to consider.

Special Religious Education
SRE (Special Religious Education) begins in week 3. It will occur on Monday for Years 7 and 8 and Friday for Years 9 and 10. Students have been informed that should they wish to be exempt from attendance, they must get an exemption form from me. If students approach me for an exemption on the morning of SRE, I will not be able to process it until the following week and they will be required to attend the session of that day. There are many associated administrative processes that need to be amended so that we know the whereabouts of all students in our care. For further details please see the information page attached to this newsletter.

Victoria, our school Vice Captain and I had a meeting this week with the Northern Region Traffic and Services Manager for the State Transit Authority of NSW. We expressed our concern over our bus service on Tuesday and Wednesday afternoons and the 775 which arrives very late each day. Victoria was very well informed and as a result was very helpful during this meeting. The Manager left most impressed and has taken our concerns seriously. Hopefully we will see a more satisfactory bus service early next term.

On Monday I had the great pleasure of watching the junior boys and girls play Futsal at the NBISC. The intensity of the match and the passion of the players was exciting to watch. Stand out players were Georgia, Lauren, Jaelin and Zac. Congratulations to all who represented our school and for the respectful and responsible conduct of all who were there.

Lisa Peacock
Proud supporters of the Peninsula Community of Schools
## Calendar of Events

### Week 3A

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
</tr>
</thead>
</table>
| 12 May | Year 11 Debating 10am-12pm  
City North Dance Trials 12:30-3:15pm Newport PS  
Homework Centre 3:15-4:15pm |
| 13 May | NAPLAN – School Hall Years 7&9 students |
| 14 May | NAPLAN – School Hall Years 7&9 students  
PCS Drama Excursion - Chalkdust Theatres Parramatta  
Mentoring – 8-9am Library |
| 15 May | NAPLAN – School Hall Years 7&9 students  
Northern Beaches Careers Expo 11am-1pm - Year 12 & Year 10  
Rugby League - Jamie Lyon Cup 3:45-4:45pm |
| 16 May | Movie Themes Concert - AIM Institute Year 9  
NAPLAN Make Up day  
Vaccinations visit 2- All Year 7 and Year 9 boys  
Junior Boys Bill Turner Cup KO Football Vs Oxford Falls @NSHS 11am  
Junior Girls KO Football Vs Oxford Falls @Oxford Falls 12pm |

### Week 4B

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>19 May</td>
<td>Homework Centre 3:15-4:15pm</td>
</tr>
<tr>
<td>20 May</td>
<td>Zone Cross Country @Rat Park</td>
</tr>
<tr>
<td>21 May</td>
<td>AFL KO @Pennant Hills</td>
</tr>
</tbody>
</table>
| 22 May | Sydney Writers’ Festival @Chatswood Years 7-10 extension English  
Rugby League - Jamie Lyon Cup  
Netball Sports High Schools Gala Day @NBISC 5-6pm |

### Sydney Jewish Museum Excursion

Last week, our Year 12 Advanced English class travelled to the Sydney Jewish Museum in Darlinghurst to attend a series of lectures in preparation for their upcoming HSC Module C, ‘History and Memory’. The class made wonderful contributions to the opening tutorial and were moved by the stories and artefacts of the museum. Students listened to presentations by the author of their prescribed text 'The Fiftieth Gate', Mark Baker and a Holocaust survivor, Eddie. Each man spoke with eloquence and dignity as they recalled their heartbreaking and heroic stories - Eddie as a Jewish prisoner and Mark as a second generation survivor, discovering the stories of his family.
The Writing Gallery
For
Year 11 and 12 students
Date: Every Thursday
Time: 3.15-4.15pm
Venue: C4
Please make an appointment with Mrs Vergos

Careers

By the time of this publication, Year 12 will have already experienced their Careers Day – Post HSC Options Day on Thursday May 8, where representatives from Macquarie University, the International College of Management Sydney, Northern Beaches TAFE, Apprenticeship Companies as well as Human Resources are to speak to the students.

Students will hear about the various pathways to institutions and the opportunities available to them, as well as job interview tips and what employers are looking for in applicants. This annual event is to take place in the School Library. The following week on Thursday May 15, the Northern Beaches Careers Expo takes place and Year 12 students should have already returned their permission notes and $12 for this important excursion. The Lessons will be normal for periods 1, 2 and 5 on this day, with students leaving school at the end of period 2 and returning at the end of period 4 as our scheduled timeslot at the Miramare Function Centre at Terrey Hills is from 1130 -1230 this year. Hopefully students will be motivated and made more aware of Post HSC possibilities by their day in the Library on May 8 and will be encouraged to seek out representatives at the Careers Expo to answer any questions they may have regarding their destinations post school.

Year 12 are also invited by the Institute of Chartered Accountants Australia to their annual NSW Cadetship Evening on Thursday 22nd May at 5pm - Luna Park, 1 Olympic Drive, Milsons Point. Smart casual or school uniform is to be worn and there is no cost.
Register: charteredaccountants.com.au/cadetshipeveningNSW

The Year 11 Community Mentoring Program is running along smoothly each month with both Mentors and Mentees pleased with the results. Ten Year 11 students are being mentored by wonderful people from a variety of backgrounds, who are generously sharing their knowledge and wisdom with the students and acting as positive role models to them. The Mentors have been matched with a student of like interests. The program will continue throughout the year. A big thankyou is extended to Justin at Mona Vale Subway who generously donated a delicious and healthy breakfast for our Community Mentoring Program last month.

Year 10 have their next Careers Day in the Library on Tuesday June 3 and senior subject selection will be addressed, with presentations by Head Teachers informing students about particular subjects. ATAR and non ATAR (Vocational) pathways will also be discussed along with Work Experience which is taking place later this term for Year 10 from June 23 – 28 and in term 4 from December 1 -5. Year 10 subject selection interviews with students and parents by Careers Advisers will follow this day later in the term.

Julie Weller
Careers Adviser
Friday the 2nd of May saw Narrabeen Sports High School make their way to the Sydney Academy of Sport for our 2014 School Athletics Carnival. It was a fresh morning with the early starters in the 1500m and Javelin, reluctant to take their jackets off due to the cold breeze sweeping across the track. By the time the rest of the school had arrived the sun had well and truly come out and it turned out to be a lovely day for athletics. It is fantastic to see the talent that we have at this school as teachers, parents, and fellow students marvelled at the athletic prowess on display. We had several new records set on the day, these being set in our younger age groups which is exciting to think what they may achieve now and in the future years here at Narrabeen.

### 2014 NSHS ATHLETICS RECORDS

<table>
<thead>
<tr>
<th>Athlete</th>
<th>Age</th>
<th>Event</th>
<th>Time/Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jamie</td>
<td>12</td>
<td>Boys 400m</td>
<td>1:17.25</td>
</tr>
<tr>
<td>Macy</td>
<td>12</td>
<td>Girls 400m</td>
<td>1:14.07</td>
</tr>
<tr>
<td>Jacob</td>
<td>14</td>
<td>Boys 400m</td>
<td>1:00.66</td>
</tr>
<tr>
<td>Mark</td>
<td>12</td>
<td>1500m</td>
<td>6:32.2</td>
</tr>
<tr>
<td>Chloe</td>
<td>12</td>
<td>Girls Javelin</td>
<td>7.72m</td>
</tr>
<tr>
<td>Tayanita</td>
<td>12</td>
<td>Girls Long Jump</td>
<td>4.29m</td>
</tr>
<tr>
<td>Jacob</td>
<td>14</td>
<td>Boys Long Jump</td>
<td>5.80m</td>
</tr>
<tr>
<td>Tayanita</td>
<td>12</td>
<td>Girls High Jump</td>
<td>1.55m</td>
</tr>
<tr>
<td>Jacob</td>
<td>14</td>
<td>Boys Triple Jump</td>
<td>10.83m</td>
</tr>
</tbody>
</table>

Age champions are the athletes who across the many athletic disciplines consistently place well in their age group. These include track events, high jump, long jump, shot put, javelin, discus and triple jump.

<table>
<thead>
<tr>
<th>Age</th>
<th>GIRLS</th>
<th>BOYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>Macy</td>
<td>Angus</td>
</tr>
<tr>
<td>13</td>
<td>Rebekah</td>
<td>Jaylin</td>
</tr>
<tr>
<td>14</td>
<td>Bailee</td>
<td>Jacob</td>
</tr>
<tr>
<td>15</td>
<td>Ella</td>
<td>Brandon</td>
</tr>
<tr>
<td>16</td>
<td>Rebecca</td>
<td>Michael</td>
</tr>
<tr>
<td>17</td>
<td>Victoria</td>
<td>Dylan</td>
</tr>
</tbody>
</table>

A big congratulation to all our 2014 Age Champions!!!

I would like to thank all the students who attended, competed, and cheered along their fellow peers, parents for coming down and watching, as well as offering assistance, staff for their continuously committed work and efforts on the day and finally a special thanks to Mr Date, Mr Wood, Ms Bernard, Ms Hesp and Mr Harris for their massive contribution prior to, and during the carnival.

Regards,
Ian Russell
11th April, 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 while exploring 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.

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

Address: 10 Namona St, North Narrabeen, NSW 2101 Phone: (02) 9913 7820
Email: narrabeen-h.school@det.nsw.edu.au Website: www.narrabeen-h.schools.nsw.edu.au
Dear Parents/ Caregivers,

Years 7 and 9 students at Narrabeen Sports High will be sitting for NAPLAN in Week 3, Term 2. Exams will be held in the School Hall and C7. Students are to ensure they arrive on time for NAPLAN testing. Please make sure students get a good night’s sleep and have a healthy breakfast in the morning.

Students will sit the NAPLAN exams on
Tuesday 13 May – Periods 1, 2, 3. Normal classes periods 4 and 5. Students must bring their school books and equipment for these lessons.
Wednesday 14 May - Periods 1 and 2. Students will attend normal classes for periods 3, 4 and 5. They must bring their school books and equipment for these lessons.
Thursday 15 May- Periods 1 and 2. Students will attend normal classes for periods 3, 4 and 5. They must bring their school books and equipment for these lessons.

The exams will assess the following areas:
Tuesday 13 May- Language Conventions (45 minutes) and Writing, persuasive text (40 minutes)
Wednesday 14 May – Reading (65 minutes)
Thursday 15 May – Numeracy (Calculator allowed-40 minutes) and Numeracy (Non- Calculator- 40 minutes)
Friday 16 May is ‘make up’ day for students who are not able to sit for the tests on Tuesday, Wednesday or Thursday. Students are to see Mrs Vergos in the English staffroom once they return to school.

Students are to ensure they bring the following materials for NAPLAN:
- Eraser
- Sharpener
- Pencil (supplied)
- A book to read in case they finish early
- Calculator on Thursday for the Numeracy Calculator Test. Don’t forget to check the batteries
- Reading glasses if required

Students are not permitted to bring the following:
- Mobile phones
- I Pods
- Liquid paper or correction fluid
- Highlighters
- Dictionaries
- Laptops

Year 7 and Year 9 students who are involved in The Northern Sydney Scholastic and Sports Academy will NOT be attending their training sessions on Tuesday or Thursday. The coaches have been notified.

All students will follow Narrabeen’s PBEL (Positive Behaviour Engaging Learners) Policy:
- Be Respectful
- Be Responsible
- Be Successful

during the exam period. Students who do not comply will be removed from the exam and their parents notified.

Please do not hesitate to contact me regarding any concerns about NAPLAN.
Ms Stratia Vergos
Head Teacher English/CAPA
NAPLAN Coordinator
stratia.vergos@det.nsw.edu.au
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  Monday 16 June to 20 June $18.70
                    Closing Date: 19 May

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

English  Tuesday 29 July $8.80
                    Closing Date: 1 July

Mathematics  Tuesday 12 August $8.80
                    Closing Date: 15 July

All of the above  $66.00

Please return the permission slip and entry fee ASAP to Ms 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 Negotiable’
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 ___________________________
Welcome back to T2

Just a refresher of what our library can offer you.

Year 7 to 9 – check the Premier’s Reading list on our Web Enquiry. Click on the “Reading Lists” hyperlink and find some age appropriate titles.

Year 10 and 11 – Using the Web Enquiry you will be able to choose a book by Author (NAME tab), Title, Subject OR Series.

Year 11 and 12 – Just a REMINDER! Books directed to Senior Studies are housed in the upstairs glassed room.

If anyone needs any help in finding some resources or reading suggestions, feel free to ask the library staff who will be more than happy to assist you.
THE PITTWATER
SHORT STORY AWARD

Berkelouw Books invite the creative writers of Pittwater aged 9 and up to enter The Pittwater Short Story Award for 2014.

To be eligible your story needs to be identifiably located in Pittwater and has to incorporate a reference to “AN OPEN BOOK”.

Entries open: MONDAY APRIL 28TH

and close: FRIDAY JUNE 6TH

CATEGORY 1
Writers: 9-12 years of age
Prize: $100 Berkelouw Book Voucher
Length: No more than 500 words

CATEGORY 2
Writers: 13-16 years of age
Prize: $200 Berkelouw Book Voucher
Length: No more than 1000 words

CATEGORY 3
Writers: Open age group
Prize: $300 Berkelouw Book Voucher
Length: No more than 2000 words

Entries should be submitted in hard copy. Pick up an entry form or download one online. Submissions should be received at Berkelouw Books no later than 5:00 pm on Friday June 6, 2014.

For more information visit:
Berkelouw Books
12 - 14 Park St
Mona Vale, NSW, 2103
t: (02) 9979 2112
e: monavale@berkelouw.com.au

LOOKING FOR INSPIRATION OR SUPPORT
Wednesday May 21, is Writer’s Day at Mona Vale library – there will be workshops, storytime sessions and writing workshops. Visit www.pittwater.nsw.gov.au/library, for more details.
Youth awards in literature 2014

a competition in prose and poetry for young writers

Entries Close 31/5/14
Winners Announced 27/8/14

Enquiries Mosman Library 9978 4091
605 Military Road | Mosman NSW 2088

Entry forms available Mosman Library or at www.mosman.nsw.gov.au/library/teens

MOSMAN LIBRARY
Mosman Council
Cash prizes totalling more than $2000 to be won!
NSHS P&C Car Boot Sale

Sunday, May 25th 2014

Parents and students, the P&C needs your help to keep these events going every 3 months. Car Boot sales are great fundraisers for our school, so please think about what you can do from the list here.

- **BBQ cooking and drink sales** – 2 hour shifts 7am-2pm.
- Early shift to help with parking stall holders. 5.00 – 7.30am, getting all the cars and trailers parked.
- Parking attendant shifts, assisting with the visitor parking.
- End of day cleaning up, 1-3pm.

**NSHS P&C Volunteer contacts:**

**BBQ helpers**, please call Vyv Roberts on 9913 9659 from 8 till 1 Mon.-Fri. to be added to the BBQ roster. You can also email, vyvyienne.roberts@det.nsw.edu.au.

**Boot sale set up, clean up and parking helpers**, please call Jo Moyes on 0449 082 514, or email narracarboot@gmail.com.

**P&C Car Boot Information Line: 0421 810 019**

Email: narracarboot@gmail.com

website: [www.narrabeenhighcarboot.org](http://www.narrabeenhighcarboot.org)
FREE two day workshop and information sessions for PARENTS/CARERS of school age students on the autism spectrum

Workshop: 2014NSWPC8  Location: Northern Beaches

The Positive Partnerships initiatives have been developed and delivered by Partnerships between Education and the Autism Community (PEAC) and funded by the Australian Government Department of Education, through the Helping Children with Autism package.

What will you learn?
As a result of participating in the workshops and information sessions as parents/carers you will gain:

- a greater understanding of the impact of autism on your child, both at school and at home
- knowledge about how to develop effective parent, school and teacher partnerships
- specific strategies on how to:
  - advocate for your child
  - support your child’s participation at school
  - develop an awareness of ongoing learning needs
  - information about your local school system’s processes
  - opportunities to network and share strategies with other parents/carers and key community members
  - opportunities for discussion around a range of topics relevant to students with an ASD and their families

Some key community representatives that support families living with autism will be identified and invited to participate in the workshop with a view to supporting a community focus beyond the workshop.

Workshop details
Venue:  Bayview Golf Club
        1825 Pittwater Road, Bayview NSW 2104

When:  Two day workshop – Tuesday 3 & Wednesday 4 June 2014
        Day 1:  9.00 am - 4.30 pm (Registration from 8.15 am)
        Day 2:  9.00 am - 3.30 pm

Registration opens Monday 28 April 2014 and closes 2 days prior.
Registration may stay open until one day before the workshop if spaces are still available, but we strongly recommend that you register as soon as possible.
You will receive a confirmation of your registration.

Online registrations preferred: please go to the website www.positivepartnerships.com.au.

Only complete the following form if you do not have access to the internet and fax or mail to:
Fax: 02 9451 9661; Mail: Positive Partnerships, ASPECT, PO Box 361, Forestville NSW 2087

Positive Partnerships Info Line number: 1300 881 971

The Positive Partnerships initiative is funded by the Australian Government Department of Education through the Helping Children with Autism Package. The views expressed in this publication do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.
Christmas in July
Charity Ball

Join Us!
25 July 2014
8:00pm – Midnight
Miramare Gardens, Terrey Hills

Event to Feature

• Doug Parkinson and The Wiseguys
• Complimentary Beer and Wine
• Canapés and Champagne

• Delicious 2 Course Christmas Dinner
• Fantastic Prizes and Auctions
• Surprise Special Guests

Buy Tickets at
www.fightonthebeaches.com

Proceeds to benefit Cure Cancer Australia
Ku-ring-gai Council and KYDS invite parents of teens to an Alcohol Fuelled Violence Forum with Michael Christie (Father of Coward Punch victim Daniel Christie)

**Monday 12 May from 6.30pm - 8.30pm**
*(registration from 6:15pm)*

Discussion around risk factors associated with alcohol fuelled violence and ways to keep our young people safe. The evening will also investigate other drivers of youth violence and what can be done!
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.

SPEAKER EVENING: SARAH MITCHELL
“ADVOCATING FOR YOUR ADHD CHILD AT SCHOOL”

Sarah Mitchell is a psychologist, school counselor and mother of four children, some of which are diagnosed with ADHD and will be sharing tips on how best to advocate for your ADHD child at school.

Monday 12th May 2014
7.00-9.00pm
The Pittwater RSL, Main Sail Room,
Mona Vale Road (corner of Foley Street), Mona Vale

Ticket reservations essential via

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

Venue kindly sponsored by Pittwater RSL Club
Northern Beaches
ADHD
SUPPORT GROUP

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.

INFORMATION EVENING WITH TAFE
“ALTERNATIVE LEARNING PATHWAYS”

Staff from The Northern Sydney Institute/TAFE NSW will be coming to talk about alternative pathways of learning for students in Y10-12 who may want options other than staying at school and completing the HSC. This evening is for both parents and students.

Monday 8th May 2014
7.00-9.00pm
The Pittwater RSL, Main Sail Room,
Mona Vale Road (corner of Foley Street), Mona Vale

Ticket reservations essential via

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

Venue kindly sponsored by Pittwater RSL Club
Teaching someone to drive can be a happy experience.

You can learn all the simple steps on how to teach a learner driver at a FREE two hour workshop.

The next workshop in your area will be held:

<table>
<thead>
<tr>
<th>Time and date:</th>
<th>Tuesday 13 May 2014</th>
<th>Thursday 15 May 2014</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>6.30 - 8.30pm</td>
<td>6.30 - 8.30pm</td>
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<tr>
<td>Venue:</td>
<td>Pittwater Council</td>
<td>Warringah Council Chambers</td>
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<td></td>
<td>Mona Vale Library</td>
<td>Civic Centre</td>
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<tr>
<td></td>
<td>Park Street, Mona Vale</td>
<td>725 Pittwater Road, Dee Why</td>
</tr>
<tr>
<td>Book now on:</td>
<td>9970 1196 or</td>
<td>9942 2447 or</td>
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<tr>
<td></td>
<td><a href="mailto:michelle_carter@pittwater.nsw.gov.au">michelle_carter@pittwater.nsw.gov.au</a></td>
<td><a href="mailto:roadsafety@warringah.nsw.gov.au">roadsafety@warringah.nsw.gov.au</a></td>
</tr>
</tbody>
</table>
Child Dental Benefits Schedule (CDBS) has been launched in 2014, and this means that eligible patients, children aged 2-17, are able to receive bulk-billed Dental treatment for 2014 and 2015.

**What does this mean for you?**
Your expenses at the Dentist for 2014 and 2015 will be paid for by Medicare, as Elanora Dentistry bulk bill Medicare for the treatment provided. Just bring your Medicare card to your appointment to claim.

**Who is eligible for this?**
A child's eligibility is assessed at the beginning of each year and lasts the whole calendar year. A child is eligible if they are aged 2–17 years for at least 1 day of the calendar year, are eligible for Medicare and are either part of a family receiving Family Tax Benefit Part A or other government/centrelink payments.

Note: Bulk billed items are for check up/clean & radiographs, other treatments may incur a gap payment.