proudly presents
LIVE ON STAGE
Disney’s
BEAUTY AND THE BEAST

TICKETS ON SALE NOW
Students/Children/Concession $5.00 Adults: $15.00
Family (2 adults, 2 children): $30.00

2014 PERFORMANCE DATES
Friday 1 August at 7pm (Opening Night)
Saturday 2 August at 2pm (Matinee)
Saturday 2 August at 7pm
Friday 7 August at 7pm
Saturday 9 August at 7pm
From the Principal:

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

I wish each and every member of our school community a happy and safe holiday for the upcoming break. Term 2 has been a successful one at Narrabeen. The school has a fantastic reputation as a result of the commitment student’s show to their learning both inside and outside of the school as well as the dedication and hard work of our fantastic teaching staff. The school continues to receive positive letters for the way our students behave in the community and show commitment to the school uniform. Narrabeen is an excellent school and students are the ultimate beneficiaries of this excellent reputation. This excellent reputation is built upon our Positive Behaviour for Engaging Learners program (PBEL), which focuses on the following three core values and expectations:

- Respectful
- Responsible
- Successful

Beauty and the Beast
Rehearsals are well and truly in full flight for this year’s musical “Beauty and the Beast”, ready for opening night on Friday 1st August for five dazzling performances. As always, there will be a matinee performance for our partner primary schools. In many ways, our musicals are a community event involving not just the school but its local community, providing connections and links so important for social cohesion, relationship building and good communication.

The cast this year is enormous with over 50 students on stage, a large orchestra comprising students from our own school and partner Primary schools, teachers as well as stage crew, sound and lighting crew and front of house attendants. The directors of the show, Miss Caity Dalrymple, Dr Sylvanna Augusyniak and Mr Chris Fish are working with so many talented, creative staff and students to “bring the house down” in a little over six weeks’ time. Ticketing information will be made available on our website and will also be emailed home shortly.

Sydney North Dance Festival, June, 2014
I had the great pleasure on Friday to watch the talented dancers from Narrabeen showcase their skills at the Sydney North Dance Festival, Glenn Street Theatre. The Festival lasts two weeks and concludes at the end of this week. Our fabulous students performed under the guidance of Apryl Curtain, our wonderful dance teacher, and were professional and inspirational.

Congratulations and well done ladies. It was pleasing to see a lot of audience support in the shape of parents and students there for our dancers. A special thank you also goes to Mrs Shepherd who was our behind the scenes support at each of the performances.

Sydney Regional School Surfing Titles 2014:
John Lettoof, Narrabeen's very own surfing guru took our Academy surfing students along to the Sydney regional School Surfing Titles at Cronulla and submitted the following summary of his fantastic experience:

'School Surfing has grown so rapidly that what was once a one-day event this year blew out to three! The venue, as it has been for the past few years, was Cronulla. In its inaugural year, the school’s Surfing Academy had virtually its full contingent of surfers representing Narrabeen in all four divisions: Senior Boys and Girls, and Junior Boys and Girls.

- Day One: Wednesday, 4th June
  Most of our Senior and Junior Boys progressed through the Round One heats in gorgeous conditions.

- Day Two: Thursday, 5th June
  Three Senior Boys progressed to Round Two.
  April made it to the Round Two heats in the Junior Girls.
  In the Junior Boys, three placed first in their Round Two heats to compete in the ensuing Quarters, Semi's and the Final on Day Three.

- Day Three: Friday, 6th June
  In atrocious conditions (just like Day Two!), our Senior Boys bowed out - out of approximately eighty initial contenders, Ben placed 12th overall, with Kai and Dakoa on equal footing.
  In the Junior Girls, Emme managed 31st overall, and April 20th - well done in their first shot at this!
  Ryan made it right through to the Junior Boys Final, at the end of the day ending up 4th out of roughly seventy students who kicked off in the Round One heats. Ethan managed 12th overall with Jamie barely behind him - impressive stuff!

The school's thanks go out especially to the parents who had to have their children on the school bus by six a.m. for three days in a row, and for their generous attendance at Cronulla to watch the boys and girls compete.

Learning Support Update
Narrabeen has a very structured Learning Support network in place. Our learning Support Team meets every Thursday where student needs are discussed and appropriate intervention is applied. In addition to this our Learning Assistance Support Teachers (LAST) provide extra support to students. This takes the format of assisting with the
completion of assignments, helping with writing or numeracy, getting work organised and putting together study plans. If you are concerned about your child’s progress, especially after they bring home their Semester One report, please contact either Leila Agha or Laura Buxton through the front office.

**Report evaluation and distribution**

The Half Yearly examinations are complete for all years. Whilst reading through students reports I have been most impressed with how the majority of our students have approached their studies. Year 12 parents and carers need to be aware that Year 12 were issued their reports in Week 5 and therefore, should have shown them to you be now.

The Half Yearly Reports are important feedback on the progress of every student in every class. As such all students do a personal evaluation on how they have progressed during the semester. This takes place at the time of the reports being handed to students; they are handed their reports whilst sitting in the hall in exam desks, given time to read through each comment.

At Narrabeen the teachers put a great deal of time and effort into the massive task of report writing and it is important for students to read each comment carefully and examine their outcomes. All students complete a personal evaluation focussing upon the need to be moving forward in their achievement of course outcomes and improving their skills. In these evaluations students are challenged to set themselves the goal of gaining a better report than their previous one. I certainly hope this will be the case this half year. Years 8, 10 and 11 will receive their reports this week coming while year 7 and 9 will receive theirs during the first week back.

**Study Notes**

It is essential that students constantly ‘review their situation’ and reflect on their progress as students. In addition, it is important for students to demonstrate one of our three values, ‘responsible’, by taking control of their own learning. Students in have now finished their mid-course examinations. As students reflect on their recent assessment period, it is important that they consider ways in which they could improve for their final examinations at the end of the year. Sometimes, students leave their study and revision too late and find it difficult to consolidate the information they have learned in class. It is imperative that students make study notes as they learn new content in class. Students are encouraged to write study notes in all grades. The best study notes are made on the day that students learn the information in class, so it is fresh in their minds.

The following website contains a wealth of information about study skills and preparing for examinations:


Students sometimes find it difficult to get started with study notes. The best way is to simply start writing out information learned in class. If you encourage your child to write out three pieces of information learned in each class each day, this means that they will write out 18 dot points. Over the week, they will generate 90 dot points. Over the year they were generate 3,600 dot points of information and a firm foundation for study notes, all from writing out three sentences from each class.

**Surviving the HSC**

If your child is studying for the HSC, you’re probably feeling the stress too. Many parents want to help but don't want to interfere. As well as pre-exam tension, there are other common factors that can make life seem even more challenging for the whole family. Year 12 is often the year when students:

- lose interest in school
- develop an intense relationship with a boyfriend or girlfriend
- get their driver’s licence
- experiment with legal or illegal drugs
- have a part-time job
- develop an eating disorder
- suffer from depression.

If any of these concerns sounds familiar, don’t despair. You’re not alone - and this won't last forever. Find out more about surviving the HSC on the School A to Z website.

**Year 12 HSC Trial Examinations**

Year 12 HSC Trial Examinations will be taking place in the first two weeks of next term. It is imperative students make valuable use of their time during the holiday break in order to prepare adequately for these exams. I know the Narrabeen staff are planning holiday workshops for added academic support so I urge all students to make use of these wonderful opportunities. Similarly, those students working on practical projects, major works and performances really need to put in the extra effort during this time in order to meet the Term 3 deadlines for these major works.

In preparation for the trial HSC examinations, it is important for Year 12 students to be fully aware of the resources available on the website of the NSW Board of Studies, Teaching and Educational Standards. In particular, students need to focus on reading the marking guidelines and notes from the marking centre (http://www.boardofstudies.nsw.edu.au/hsc_exams/2013/) and completing online multiple choice questions (http://www4.boardofstudies.nsw.edu.au/) as a means of effective revision. Students should complete as many past papers as possible, provide these to their teachers for feedback and then use this feedback to perfect their answers. Good luck Year 12 and their parents and carers during this stressful time.
Time Management
Teachers at Narrabeen regularly speak to students about the need to manage their time both generally and during examinations. This is an important skill that is needed in the workplace. In addition, Year 12 teachers spend a considerable amount of time talking with students about how to manage their time during examinations to ensure that they spend the appropriate amount of time on each question. For example, for examinations with essays, students typically spend 45-50 minutes on each essay, depending on the specific examination paper. However, teachers have increasingly noticed that Generation Z students do not wear watches.

Students in this generation have grown up with a much more technology than their predecessors and as such, use devices such as mobile phones to check the time. This is a cause for concern in relation to examination technique, which demands that students manage their time across different sections of multiple papers. In particular, Year 12 students need to develop skills in this area.

As a result, it is important that all Year 12 students have a watch with them during their upcoming trial HSC examinations to ensure they can effectively manage their time. It is also good practice for students in other grades to get into the habit of managing their time with the use of a watch.

Positive schools create positive students:
Positive Psychology is an approach which is gradually being embedded within the framework of our school. It relies on all school community members, both staff and students, being realistic on what their strengths are and how they can achieve the outcomes they want within a positive framework. In schools the core essence of positive psychology embodies:

- being systematically embedded throughout a school and significantly related to wellbeing, relationships and academic performance.
- being designed to improve resilience and prevent mental illness and is linked into C21st teaching and learning.
- addressing negatives in life and aims to repair, reduce negatives, builds on strengths and virtues.
- an emphasis on wellbeing, flourishing, character, meaning and virtue aligning with whole school learning in C21st learning.
- adding to rather than replacing approaches to wellbeing that seek to reduce negative factors
- the strong belief that student wellbeing is linked to strong academic performance, which is reinforced by research.
- resilience and character strengths which are explicitly taught by our teaching and welfare staff.
- the evaluation and measurement of strategies to ensure success.
- focussing upon serenity in students which allows for improved insight, expanded attention, integrations of thoughts and emotions, stress reduction and heightened compassion.
- the belief that a relationship is formed so messages can be continually reinforced. Teachers will thus have an ONGOING relationship with the student during this. Also positive psychology can be embedded in subjects including arts, languages, PD/H/PE etc.

All welcome at our next P and C meeting
If you’re not a regular attender at P and C meetings I invite you, time permitting, to schedule the first Tuesday of each month for an opportunity to find out more about our school, ask questions and join in with the friendly discussion on sometimes controversial, but always pertinent, issues. The meetings start at 7 pm and are held in the staff common room.

Subject Selection
Thanks to all of the parents and students who attended the subject selection evening for Year 10 into Year 11 (2015) earlier this month. This event was well-attended and provided students with an excellent understanding of school processes for choosing subjects for the senior school. Students are reminded to choose subjects that they are interested in and subjects in which they excel.

The Year 8 into Year 9 (2015) subject selection evening which will be held early into Term 3 and information will be distributed shortly. This is an important event on the school calendar and represents an opportunity for Year 8 students and their parents to find out more about elective choices within the school and the structure of learning in Stage 5.

The overuse of technology by students – ‘game over’:
‘Game Over’ is a workshop presented by Glen Gerryn (http://oxygenfactory.com.au/glen-gerreyn/). Glenn’s focus is on the overuse of technology such as mobile phones and computer games and the main points he makes are:

- It is a psychological addiction in that it is mood altering and progressive (gets worse over time).
A study indicated that children who had technology taken away for 24 hours showed signs of irritability, moodiness, sadness, etc.

It takes 44 days for a complete 'detoxification' to occur. However, 90% of people will return to their excessive use of technology as the 'cold turkey' approach only cures the physical addiction rather than the psychological addiction.

Children develop "trust" in their use of mobile phones and computer games as they make them feel empowered, better, improved mood, etc.

There are FOUR phases that children go through with regard to excessive/inappropriate use of technology (but also drugs, etc):

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

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

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

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

Providing information to the student on the risks of technology/drugs is only useful in Phase 1/2. By the time the student is in Phase 3/4, simply providing information is not effective and professional help needs to be sought. Students can be referred to the On-Line Gamers Anonymous website ([http://www.olganon.org/](http://www.olganon.org/)) for further assistance, which is a support group for people addicted to computer games.

**Chewing Gum**

Parents and students are reminded that chewing gum is a banned item and has been a banned item ever since the school opened. It is important everyone keeps the school looking fresh. Earlier in the year the school was cleaned by pressure hoses and unfortunately, we are finding that the 'look' of the school is being affected by chewing gum being left on the ground and under tables. It is an important part of our PBEL expectations that students respect themselves and each other. We ask parents to support the school in ensuring their children do not bring gum to school and especially our school’s presentation is looked after.

**Uniform**

Narrabeen is most definitely a uniform school and we request students comply with the school’s expectations in this regard. Students are able to send a clear signal to their teachers that they are ‘ready for learning’ by wearing the school uniform, as well as the wider community in that they respect the way they present themselves for school. Parents and students are reminded that the school prefers for uniform items to be purchased from the school’s uniform shop. Alternative versions from other commercial suppliers are not appropriate for school as often the sloppy joes and pants are of a different colour or do not have the school name, as is the case for the white polo and blue sloppy joes.

We are getting students ready to be effective future members of the workforce. In doing so, we recognise that their future workplaces may require them to adhere to a uniform code or dress code. The school website has detailed information on the school’s uniform policy: [http://www.narrabeen-h.schools.nsw.edu.au/our-school/school-uniform](http://www.narrabeen-h.schools.nsw.edu.au/our-school/school-uniform).

Our shoes must be black, leather and lace up without logos, in particular the following are not acceptable forms of footwear and must not be worn to school:
Congratulations and thanks:
- Academy surfing students for their Cronulla efforts!
- Academy Dance students for their commitment and performances at the Sydney North Dance Festival.
- Touch and Rugby League students for their efforts in recent tournaments.
- The whole cast and crew who are contributing to the upcoming Beauty and the Beast.
- Jo in Year 11 for her brilliant bass playing and assisting Year 12 HSC Music performances.

Lance Berry

From the Deputy Principal

Students in Year 12 are reminded that this holiday period must be spent preparing study notes and completing practice essays to submit to staff. Work/life balance remains important for overall wellbeing but students in Year 12 should now start to consider reducing work commitments so they can better focus on their studies in Term 3.

The Trial Higher School Certificate begins in week one of next term and major works will soon be due. This is a very busy and stressful time for students so it is important that students use the supports available such as classroom teachers, teacher mentors, the senior study room on Monday afternoons. They can also see Ms Agha and Ms Buxton if needed, to manage this period of their schooling. All students require a study plan to manage their schooling and out of school commitments and our learning support team is available to assist all students in this way.

Year 12 students have been having interviews with Ms Weller or Mr Berry to ensure they are on track to produce the very best results possible in their up-coming examinations. Areas of strength and weakness were identified and support put into place to ensure the best chance of success for our students.

At present there are only three or four students in the entire school who are wearing incorrect footwear and they either have a note of explanation or are involved in uniform reflection at lunchtime. We thank parents for their support with ensuring correct uniform is worn each day and Mr Berry continues to receive many positive comments regarding uniform from parents considering sending their children to our school.

With the current cold weather, layering of clothes underneath school attire is permitted but any non uniform item worn because of the cold weather requires a note from home. Hoodies are unacceptable. Boys should wear long grey uniform are required to bring a note to me in the morning to be issued with a uniform pass. Students out of uniform end of the day. A reminder that polo shirts and sloppy joes require the Narrabeen Sports High logo. Students out of uniform are required to bring a note to me in the morning to be issued with a uniform pass. Students out of uniform without a note will be required to have uniform reflection time at the beginning of lunch.

I have recently had some students in Years 7 and 9 report to me that their friends have been harassed by other students. I was so impressed that these students reported this and demonstrated this kind of responsibility and respect for others. I issued these students with Deputy Principal awards for their efforts. I have since interviewed students, issued warnings and conducted mediations. Every student must feel safe and happy at school and if we aren’t aware of issues of bullying, we can’t stop it. This also applies to harassment through social media at any hour. If harassment means that one of our student’s welfare or learning is impacted, we will act. Please print the evidence and bring it to Mr Date or me. This will be confidential. We would also encourage families to take control of their child’s social media accounts and contact police for issues of ongoing harassment.

Students experiencing bullying at school are reminded of the process to follow. Students should assertively tell the bully to stop and then if it continues, report it to a Year Adviser or Deputy Principal. Depending on the nature of the bullying, at this point we will issue a warning and if the harassment continues we will issue a formal caution and then if it still continues, suspend the student from school. Reports are handled confidentially so students should not be fearful of making a stand. There is no room for bullying at this school as we aim to provide a safe place for students to learn.

Semester Reports are almost complete and I am impressed with the large number of students receiving the highest level in the effort column for each subject. Achieving our personal best is an important goal for all of us and this is promoted at our school. Early next term, we will be holding our first Awards Ceremony to present students with certificates for achieving their personal best in the semester reports. You are reminded that if you would like to discuss any aspect of your child’s Report then please ring the classroom teacher to make an appointment but Mr Berry, Mr Date and I are also available.

YouthSource is a free directory in the Northern Sydney region for young people, and those who work and live alongside them. It is a joint partnership between the Department of Education and Communities, NSW Health Northern Sydney Local Health District, and North Sydney Council. This partnership developed from a need to inform young people of existing local services that cater to their diverse needs. Services fall into the following 24 categories: Aboriginal, Accommodation, Alcohol & Other Drugs, Community Service, Counselling, Disability, Education & Training, Emergency Information, Employment, Financial, Gambling, General Health & Wellbeing, Government Agency, Hospital, Legal & Justice, Library, Mental Health, Multicultural, Nutrition & Eating Disorders, Parenting Services, Relationships, Sexual Health, University, and Youth Centres. Service listings show the following information: service

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Lance Berry
name, service category, address, phone number, email address, website, opening hours, appointment requirements, age restrictions, referral requirements, cost, and languages spoken.


With the YouthSource app, you can: search for local services easily and confidentially, access service details such as cost, location, opening hours and languages spoken, use the directory even if your device is not connected to the internet, contact services directly from the app, and save to Favourites for easy access, activate the Around Me feature to list services closest to you on an interactive map, get step-by-step driving, walking, cycling and public transport directions, browse events happening in your area, and share service or event information with friends via text or email. The app is available to download for free on the Google Play Store and Apple App Store.

A reminder that as we come to the end of term, we operate normal lessons until 3:15pm on the last day. Students are expected to attend as normal. If they do not have a justifiable reason for absence as outlined in the “Regular School Attendance” information in this newsletter, students will be recorded as having an unexplained absence. This will be evident on the students Report and may be viewed negatively by potential employers. Please support the school to promote high academic expectations and results by sending your child to school until the last lesson on the last day and we will support you by providing quality learning. Students who are absent with good reason will still be required to catch up on work missed.

Next term the Prefect selection process will begin for current Year 11 students. Students should therefore start to consider whether they would like a leadership role within the school. More information will be provided in the first week in term 3.

Lisa Peacock

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

### Week 1A Term 3

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<th>Date</th>
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<tr>
<td>14 July</td>
<td>NSHS HSC Trial Examinations</td>
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<td>15 July</td>
<td>Staff Development Day</td>
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<td>16-18 July</td>
<td>Al students return</td>
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<td>18 July</td>
<td>Year 9 Camp @Outdoor Education Morriset</td>
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### Week 2B Term 3

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<td>21-22 July</td>
<td>NSHS HSC Trial Examinations</td>
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<td>21 July</td>
<td>Regional Athletics Carnival</td>
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<td>22 July</td>
<td>Learning Links Antibullying Seminar for parents in School Hall</td>
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<td>23-24 July</td>
<td>Yr 8-9 Subject Selection Evening</td>
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<td>25 July</td>
<td>Open Girls Touch @Tenterfield</td>
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<td>26 July</td>
<td>Taronga Zoo Excursion Year 7 Science</td>
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<td>Buckley Shield - Rugby League U/14 @Lambton</td>
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<td></td>
<td>English Macbeth Performance @Opera House Year 9/10 English</td>
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### Visual Arts

#### Year 12 Photography

The Visual Art department has acquired four new Canon Eos digital SLR cameras thanks to the funding provided by our valued P&C. These cameras will be utilised by Photography students as well as our elective Visual Arts students to create a variety of artworks. The first to be able to use them are the Year 12 Photography class. These are some of the digital images they have created this Term using the old cameras, so imagine what they will produce with the new cameras! The theme for the Term was the "Seven Deadly Sins". The first work represents Wrath, the second represents Sloth and the third in the series is Greed.

#### Year 9

Students have been learning about the expressive qualities of paint. They are currently using their new skills to create textured paintings of nature inspired by the artists Tim Maguire, Georgia O'Keefe and Vincent Van Gogh. Hopefully they will finish them in time to enter their paintings in the annual Warringah Art Exhibition for this year. We have entry forms in the Visual Arts staffroom for any interested students and entry is free. There are some size and weight conditions which can be viewed at events@warringah.nsw.gov.au or Ms Purcell and I can provide further information for interested students.
**Year 11** elective Visual Arts are currently working on micro world made from natural and recycled materials. Their artworks are commenting on the human impact on the natural environment. All seem to be enjoying the freedom of choosing and experiencing with materials that would not normally be used in artworks.

![Year 11 Visual Arts students working on their micro worlds.](image)

**Year 10** elective Visual Arts are telling a narrative or a story through the medium of clay. They have just finished the modelling stage and their works are currently in the kiln for the first fire. The glazing will be applied in the coming weeks and will refine and harden the ceramic pieces. The students have created some outstanding narrative sculpture that will be on display in the front office shortly. Clay is an extremely difficult medium so all student should be proud of their technical skills and ability to manipulate the clay. We are all happy there have been no explosions yet!

*Ms Schneider/Ms Purcell*
Visual Arts staff

**June Musical Waves, 2014**

On the 6th of May, Year 10 and 12 elective music students attended a Recording and Producing Workshop at Balgowlah Boys High School run by the "Oxygen Recording Music Group". They learned about the music industry and also had an opportunity to perform with a recording artist. Student feedback agreed it was a very productive workshop.

On the 16th of May, Year 9 elective music attended the Australian Institute of Music to watch and listen to some of the greatest recorded songs originally sung on film. The standard of musicianship was very high and year 9 loved the concert.

The year 12 elective music students have been practicing in a workshop situation since Friday the 23rd of May until the end of the 3rd term with Mr Rick Robertson, jazz musician and Woodwind tutor at lunchtimes. He has been musically supporting them in ensemble playing in preparation for the PCS Festival on the 28th and 29th of July as well as HSC Music performance in September. Students will immensely benefit from his knowledge and experience. A special thank you to Joanna and Atani of year 11 for supporting these sessions.

On the final day of term the Millennium Band will be running a workshop on the Narrabeen Sports Oval. Our students will be attending this workshop that should be a great experience!

On the 31st of July the next upcoming event will be “It Sounds Like Rock” incursion that will be run in the school hall for year 7 and 8 and elective music students. This show will highlight the most famous songs of the 50s to present times.

The school Musical cast for “Beauty and the Beast” have been practicing on Tuesdays at lunchtimes and Wednesdays after school with Mr Fish and myself until approximately 5pm. They are to be congratulated for their diligence and hard work.
Year 10 subject selections are currently being conducted for 2015. Students who are serious about taking elective music are strongly encouraged to have a music tutor outside of school to lift their musical performances to HSC performance standard. This is normal in all schools as students will be competing against musicians who have been performing for thirteen years when sitting for a HSC in music. The results will be well worth it.

Wishing you all the best,

Dr Sylvana Augustyniak  
Music teacher in charge.

L.O.T.E. Report

In Term 2 language students in Chinese, German and French have continued to enthusiastically embrace the skills necessary to develop spoken and written language and cultural awareness.

All students have been tested on the four language skills (listening, reading, speaking and writing) and the year 7 and 8 classes were also given a cultural research assignment. I’m delighted to say that most students have tried hard, made good progress and have been successful in their language studies. Some, however, need to be more organised and make the effort to hand assignments on time.

Chinese students in year 7 have been learning numbers up to 100 and can ask and say their phone numbers. Recently they have spent time focusing on the structure of Chinese characters and practising writing some of the characters for the words learnt. They also know more greetings for different times of the day.

Year 8 will finish their study of German at the end of this term and will start to learn French in Term 3. They can count to 100 and ask and say their age in German. We have now started a unit on family and they will be able to describe their family members and ask and say if they have brothers and sisters.

Year 9 elective language class is continuing with their French studies. They can talk about the subjects they are studying and discuss timetables which concluded the unit on school. The next unit will look at talking about their friends as well as themselves. In a number of lessons we make use of the CD Rom that accompanies the textbook and use websites which have interactive activities to help develop their language skills with known topics. They are also enjoying using their laptops in class and have signed up to Quizlet which is a website to practice their vocabulary and structures learnt.

The Year 10 French class 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 are finishing the unit with talking about what sights they want to visit in Paris and will be imagining they are there to write a postcard about their plans.

Lucianne Watson  
Language Coordinator

Debating

On the 26th of May, Carl, Chris, Rebecca and I of Year 10 competed against Barrenjoey High School in a debate. The debate was a great learning experience as it is yet another stepping stone in the development of our leadership and public speaking skills. It was also a great opportunity to meet teachers and students from neighbouring schools. Mutual nervousness and inexperience were a common thread between our schools but altogether it was a calm, relaxed and healthy atmosphere. In the end, we pulled together as a team and were able to successfully win the debate. We look forward to competing in more debates over the coming weeks and months and further developing the camaraderie between local Peninsula schools. – Erin Healy

Sports High School Gala Day

On the 22nd May 2014 Narrabeen Sports High - Netball Academy participated in a Sports High School Development and Gala day against Illawarra Sports High School and Matraville Sport High School at the NBISC. The junior (Years 7-8) and senior (9-10) teams participated in specialist coaching from coaches from all schools as well as senior players. Both teams also played 8 round games against teams of all ages and developmental levels. Congratulations to both junior and senior’s won played hard all day against some very challenging teams and showed
outstanding sportsmanship. Special congratulations to our senior team who overall came in 2nd, beating the Illawarra Sports High School’s 10-12 team. Also thank you to Kathleen for her fantastic umpiring on the day.

Junior team: Gracie, Daniela, Eve, Emily, Jasmine, Mia, Aster, Brianna, Kerry, and Arimbi.
Senior team: Rebekah, Bailee, Summer, Ella, Tara, Madison, Bronte, Brenna and Emma.
Success at the recent Zone Athletics Carnival.

On Thursday 29th of May 66 students competed at the Zone Athletics Carnival. The team performed really well and there were some outstanding individual performances which are outlined below.

<table>
<thead>
<tr>
<th>12 Years</th>
<th>13 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taya</td>
<td>Abbey</td>
</tr>
<tr>
<td>1st Long Jump</td>
<td>2nd Long Jump</td>
</tr>
<tr>
<td>1st High Jump</td>
<td>2nd High Jump</td>
</tr>
<tr>
<td>1st 100m</td>
<td>3rd Shot Put</td>
</tr>
<tr>
<td>1st 200m</td>
<td>2nd Discuss</td>
</tr>
<tr>
<td>Macy</td>
<td>Arimbhi</td>
</tr>
<tr>
<td>3rd Long Jump</td>
<td>1st Shot put</td>
</tr>
<tr>
<td>2nd 100m</td>
<td>Rebekah</td>
</tr>
<tr>
<td>2nd 200m</td>
<td>1st Discus</td>
</tr>
<tr>
<td>2nd 800m</td>
<td>1st Javelin</td>
</tr>
<tr>
<td>Zac</td>
<td>Jamie</td>
</tr>
<tr>
<td>3rd High Jump</td>
<td>1st High Jump</td>
</tr>
<tr>
<td>Angus</td>
<td>Luke</td>
</tr>
<tr>
<td>1st Discus</td>
<td>3rd Long Jump</td>
</tr>
<tr>
<td>Mitchell</td>
<td>2nd 800m</td>
</tr>
<tr>
<td>Jamie</td>
<td></td>
</tr>
<tr>
<td>1st 800m</td>
<td></td>
</tr>
</tbody>
</table>

Taya was also the 12 Year Girls Age Champion

<table>
<thead>
<tr>
<th>14 Years</th>
<th>16 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maddi</td>
<td>Sinead</td>
</tr>
<tr>
<td>1st High Jump</td>
<td>1st Long Jump</td>
</tr>
<tr>
<td>Georgia</td>
<td>Caitlin</td>
</tr>
<tr>
<td>1st Shot Put</td>
<td>2nd 100m</td>
</tr>
<tr>
<td>Adam</td>
<td>Rebecca</td>
</tr>
<tr>
<td>3rd High Jump</td>
<td>3rd 200m</td>
</tr>
<tr>
<td>Charlie</td>
<td>Jessica</td>
</tr>
<tr>
<td>1st Long Jump, 3rd Javelin</td>
<td>3rd 100m</td>
</tr>
<tr>
<td>Zac</td>
<td>Jarrah</td>
</tr>
<tr>
<td>2nd Long Jump, 1st 400m</td>
<td>3rd Long Jump, 2nd 100m, 2nd 200m</td>
</tr>
<tr>
<td>Charlie</td>
<td>Clayton</td>
</tr>
<tr>
<td>3rd 400m</td>
<td>3rd Shot Put</td>
</tr>
<tr>
<td>Bailee</td>
<td>Michael</td>
</tr>
<tr>
<td>3rd 400m, 2nd 800m, 2nd 1500m</td>
<td>2nd Discus</td>
</tr>
<tr>
<td>Ethan</td>
<td></td>
</tr>
<tr>
<td>1st 100m, 3rd 200m</td>
<td></td>
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<tr>
<td>Moises</td>
<td></td>
</tr>
<tr>
<td>1st 100m, 1st 200m</td>
<td></td>
</tr>
</tbody>
</table>

We had some outstanding results in the relays with 12 year girls, 14 year boys and 15 year girls coming first. The 13 year girls, 16 year girls, 13 year boy and 13 year girls came 2nd.

Students who finished 1st and 2nd will now represent Narrabeen Sports High School at the Regional Athletics Carnival on the 21st and 22nd July at Homebush.

Success at the Year 9/10 Touch Football Competition

On Tuesday 17th December Narrabeen Sports High entered in the Year 9 and 10 Touch Football Competition at David Thomas Oval Manly. We entered 2 boy teams and 1 girl team and all three teams represented the school with pride. We had some outstanding performances in particular the girl’s semi-final against Stella Maris and the boy’s grand final against St Pauls both ending in Narrabeen winning in a drop off as there was a draw at full time. Both the girls and boys teams won their respective grand finals and will now progress to the State Finals. Congratulations to all students involved and we wish you all the very best at the State Finals next term.


Narrabeen girls teams: Georgette, Caitlin, Jennay, Sinead, Ruby, Brianna, Lily, Elise, Drew, Hayley, Bailee, Macy and Piper.
Regional Cross Country Carnival

The Regional Cross Country Carnival was held on the 12 June and Nick, Jamie, Macy, Brandon, Luke, Lauren, Emme and Ben competed. All students should be commended on their performance in particular Macy who finished 10th and is a reserve for the State Carnival and Bailee who finished 6th and will now compete at the State Cross Country Carnival next term. We wish Bailee all the very best for the State carnival and congratulations on this fantastic achievement.

Careers

Year 10 had their Term 2 Careers Day on Tuesday June 3, where they heard all about Subject Selections for Senior Study and why they should choose certain subjects. Work Experience was also addressed and is to take place in the last week of Term 2, from Monday June 23 to Friday June 27. Although this is not mandatory, students are encouraged to perform one of the Work Experience weeks, as there is another block of Work Experience occurring in Term 4 in week 9, from Monday December 1 to Friday December 5. Students planning to perform Work Experience in Term 2 were to locate and secure their own placement and returned all completed paperwork to Careers by Wednesday June 11. Students were given plenty of notice for this schedule. Failure to return their paperwork by 11/6 prevented students being able to attend Work Experience in Week 9, as Employers need to be contacted and visited for suitability by Careers and paperwork checked off for insurance purposes, before permission could be granted for students to attend.

The Year 10 Careers Day followed the Subject Selection Evening, to which parents were invited on Monday June 2. Clarification of subject requirements and ATAR were addressed, as well as suitability of subjects for individual students. At the end of the Careers Day, students were given a survey form to record their initial subject choices, but before firm subject selections are made all year 10 students will be interviewed in order to check that their choices are suitable for their post school direction. This process will happen at the end of Term 2/start of Term 3 and students are to also bring along their reflection sheets – Senior School Subjects “How Do I Decide?” During Subject Selections presentations, both past & present senior students spoke to year 10 about the reasons students should continue their senior studies at Narrabeen, a wonderful school with much to offer. The success of the past students who addressed Year 10; Keely McDonough and Jesse Arundell, serves to reinforce why this school should be the first choice for students continuing into Year 12.

The Planning My Future program was launched to parents on Thursday June 5 at an afternoon tea, where the parents of selected Year 9 and 10 students heard about the opportunities available to them as part of the program. Careers issues were addressed and students encouraged to consider their strengths, so that appropriate career paths are investigated. The following week, presenters of Project Hero addressed the students in a workshop, in order to unite and empower the students utilising a combination of learning strategies covering the different types of learning styles. Last week I visited Northern Beaches Tafe at Brookvale, where a few of our Year 10 students are participating in courses along the lines of the career paths they are seeking – in Beauty, Construction and Landscaping.

Congratulations to these 3 students for being adventurous and trying something out of their comfort zone during terms 1 and 2 where they attended Tafe for 1 day a week. Students are encouraged to take up opportunities offered to them, as these qualifications and programs can only improve their educational experiences, plus their resumes.

Julie Weller
Careers Adviser

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.
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:

70

- Computer Skills  20 MAY $8.80
- Science  4 June $8.80
- Writing  16-20 June $18.
- 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 ______________________
All children have a right to an education. Only by regular school attendance can children make the most of educational opportunities, leading to greater social and economic outcomes.

Schools play a vital role in the social and emotional development of children. Regular attendance enables students to develop a sense of belonging to a peer group and assists in building important coping and friendship skills. Confident children are less likely to engage in anti-social behaviour.

If students miss out on the basic skills in the early years of school, they may experience learning problems in later years. Ultimately, unsatisfactory attendance at school may affect the awarding of the School Certificate.

Schools, in partnership with parents, are responsible for promoting the regular attendance of students. While parents are legally responsible for the regular attendance of their children, school staff, as a part of their duty of care, monitor part or whole day absences. Parents and schools have specific responsibilities concerning children’s attendance at school.

Responsibilities of the principal

Principals are legally responsible for maintaining accurate records of student attendance. When reasons for absences are provided to the school by parents, principals are accountable for their decision to record a student’s absence as justified. Principals may decline to accept as satisfactory an explanation for an absence and will record that absence as unjustified.

Principals may request medical certificates or other documentation when absences explained as being due to illness are frequent or prolonged.

Responsibilities of parents

The Education Act 1990 requires that parents (including carers) ensure that children of compulsory school age are enrolled at and regularly attend school, or are registered with the Office of the Board of Studies NSW for home schooling. The New South Wales Department of Education and Training may take legal action against parents and carers who do not send their children to school without a valid reason.

What is a justified reason for being absent from school?

Justified reasons for absences may include the student:

- having an unavoidable medical or dental appointment (preferably, these should be made after school or during holidays)
- being required to attend a recognised religious holiday
- being required to attend an exceptional or urgent family circumstance (such as attending a funeral)
- being sick, or having an infectious disease.
Head lice infestations can be a common occurrence, particularly in primary schools. Parents should check their child’s hair regularly for head lice and undertake treatment where eggs or lice are identified. Information on how schools can support parents to manage and prevent the spread of head lice can be accessed from the student health section of the Department’s website at http://www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/headlice/index.php. Advice from NSW Health indicates that there is no need for students to be sent home or excluded from school because of head lice. Having head lice is not a justified reason for prolonged absences from school.

Absences for reasons such as some of the following may not be justified:

- Shopping
- Sleeping in
- Working around the house
- Minding younger siblings and other children
- Minor family events such as birthdays
- Hair cuts.

It is important to realise that parents (including carers) may be prosecuted if children have recurring unjustified absences from school.

**Keeping the school informed**

If your child has to be absent from school, it is important to tell the school and provide a reason for the absence. To explain an absence parents and carers may:

- send a note, fax or email to the school
- telephone the school, or
- visit the school.

Whenever possible, parents and carers are encouraged to provide an explanation for absences before the absences occur. The principal of the school has the right to question parents’ requests for their child to be absent from school. They may also question an explanation given for a child’s absence from school.

**Holidays**

Parents and carers are encouraged not to withdraw their children from school for family holidays. If this is necessary parents should discuss these absences with the principal and may be requested to apply for a Certificate of Exemption from attendance at school. This will ensure that these absences are not permanently recorded as unjustified.

When considering applications for Certificates of Exemption, principals may consider a variety of factors. These may include compassionate reasons, family reunions, the educational merits of the holiday and agreement for the student to complete assignments while on holiday. In some cases application for Distance Education may be more appropriate than seeking an exemption from school attendance.

**Arrival on time**

Arriving at school and class on time:

- ensures that students don’t miss out on the important learning activities scheduled early in the day when the students are most alert
- helps students learn the importance of punctuality and routine
- gives students time to greet their friends before class and therefore,
- reduces the opportunity for classroom disruption.

Lateness is recorded as partial absence and must be explained by parents or carers in the same way as other forms of absence.

**Must my child attend all activities, including sport?**

**YES.** Sport and other physical activities help the healthy physical and mental development of children. Sports and sports carnivals are normal school activities and students must attend.
Our Library has a wide variety of books for your enjoyment

Be curious!

You might find out that reading is quite an adventure
Dear Parent/ Carer,

Re: Nationally consistent collection of data on school students with disability – 2014

Please do not be alarmed about the letter attached regarding your child. As part of our schools involvement in the collection of data, which becomes mandatory next year, this means that information regarding learning adjustments and the level of input from Learning and Support for your child is accounted for and reported.

Disabilities can be permanent or temporary (such as an accident) and may include intellectual disability, physical disability, vision impairment, hearing impairment, language disorder, mental health conditions or autism.

The learning and support team at Narrabeen Sports High works closely with children that require additional support including: classroom aides, adjusted assessment and learning in the classroom, literacy work and one-on-one individualised learning.

If you have any further questions on the process, please do not hesitate to contact Learning and Support or the Principal.

Kind regards

Leila Agha (on behalf of)
Learning and Support Team
May 30th 2014
Dear Parent/ Carer;

**Nationally consistent collection of data on school students with disability – 2014**

Our school is participating in the collection of nationally consistent data on school students with disability. We will be collecting information already available in the school about the support that is being provided to students with disability. Better data will help the Government plan for students with disability. The data collection will have no direct impact on your child and they will not be involved in any testing process.

The NSW Department of Education and Communities will provide data to the Australian Government from all NSW public schools in such a way that no individual student or school will be able to be identified. In this way, we will ensure the privacy and confidentiality of all students.


If you do not want your child to be counted in the data collection you must complete the attached form and return it to the school before the end of Term 2, 2014. A decision to exclude your child will not affect the support they currently receive.


If you have any questions about your child being included in the data collection please contact the school. If you need help with English to make an enquiry contact the Telephone Interpreter Service on 131 450 and ask for an interpreter in your language. The operator will call the number you provide and get an interpreter on the line to assist you with your conversation. You will not be charged for this service.

Kind regards

Lance Berry
Principal
If you do not want your child to be counted in the data collection, please complete the attached form and return it to the school before the end of Term 2, 2014.

Nationally Consistent Collection of Data on School Students with Disability – 2014

I/we __________________________________________________________
Name of parent/carer

[do not] wish my child ______________________________________ to be counted
Name of child

for the purposes of the collection of nationally consistent data on school students with disability.

Parent/Carer signature: ____________________________ date: __________
MAKE-UP WORKSHOPS for Tweens + Teens (and you too Mum!)

2 hour group workshops
Age appropriate make-up // Foundation // Skincare // + more

NORTH NARRABEEN SESSIONS (6 to choose from)

WHEN: Thursday 3rd July or Thursday 10th July
COST: $49 - Receive a free gift & a luxury skincare sample
BOOKINGS: Call Cathy 0421 186 581 or book below

www.skincareandcosmeticsworkshops.com
www.facebook.com/cathysniche
WHAT'S ON IN TERM 3 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Teens Course
Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.
★ Understanding teenagers today & communication skills
★ Emotional intelligence skills
★ How to prevent behaviour problems & conflict resolution

Chatswood 5 wks/2.5hrs (12/8 - 9/9, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop
★ Learn how to restore a respectful & positive relationship with your teenager
★ Understand what it is like being a teenager today
★ Learn how to talk so that they listen & how to listen so that they talk to you

Chatswood (5/8, 7.00-9.30pm)

Tuning in to Kids Course - Chatswood (13/8 - 10/9)
Triple P (Positive Parenting Program) Course- Chatswood (28/7- 8/9)

NEW Communicating with Kids Workshop (based on PET)-Chatswood (4/9)

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS - 9887 5830
★ Dealing with Teen's Back Chat ★ Resilient Kids
★ Transition to High School ★ Bully Busting Workshop
★ Triple P Seminar Series (Teens)

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)
★ Understanding Your Toddler/Discipline & Tantrums ★ Older Sibling - New Baby
★ Tucker without Tantrums/Toilet Training ★ Transition to School
★ Speech & Language Development/Sleep ★ Grand Parenting - Chatswood (15/9)
★ Triple P (PPP) Seminar Series (1-12 years) ★ Communicating with Kids

Enquiries: Child & Adolescent Parenting 9887 5830
HOW TO ENROL

PLEASE READ THE BOOKING CONDITIONS CAREFULLY BEFORE PROCEEDING

COMPLETE the Application Form;
MAKE cheques/money orders payable to:
Northern Sydney Local Health District
POST the completed Application Form and the fee to:
Child & Adolescent Parenting
PO Box 142
NORTH RYDE NSW 1670
or fax forms, using Mastercard or Visa to:
FAX: 9887 2941

Staff Concessions:
20% discount for staff of Northern Sydney Local Health District on courses only.

Childminding:
We regret we cannot provide childminding.

Public Holidays:
Classes are NOT held on public holidays.

Receipts:
Receipts and confirmations are posted after your enrolment has been processed. Please allow adequate time before enquiring.

Refunds/Credits:
Select your course carefully. Refunds and/or credits cannot be given unless a course is cancelled.

COURSE VENUES

Chatswood Community Health Centre, 57 Hercules St

ALL OUR LEADERS ARE PARENTS & PROFESSIONALLY QUALIFIED

Couples discount available for courses only.
We regret that we cannot provide childminding.

Parenting Education for Mums, Dads and Carers
TERM 3 2014
July to September

CHILD & ADOLESCENT PARENTING
9887-5830
### FOR CHILDREN 1–12 YEARS

#### Toddler Workshops: Terrible or Terrific

<table>
<thead>
<tr>
<th>Term 3</th>
<th>Thurs</th>
<th>7.00-9.30pm</th>
<th>7/8(1), 14/8(2), 21/8(3)</th>
<th>Chatswood</th>
</tr>
</thead>
</table>

#### Tuning in to Kids

<table>
<thead>
<tr>
<th>Term 3</th>
<th>Wed</th>
<th>7.00-9.30pm</th>
<th>13/8 – 10/9</th>
<th>Chatswood</th>
</tr>
</thead>
</table>

#### Triple P (Positive Parenting Program)

<table>
<thead>
<tr>
<th>Term 3</th>
<th>Mon</th>
<th>7.00-9.30pm</th>
<th>28/7-18/8 &amp; 8/9</th>
<th>Chatswood</th>
</tr>
</thead>
</table>

#### Communicating with Kids Workshop

<table>
<thead>
<tr>
<th>Term 3</th>
<th>Thurs</th>
<th>7.00-9.30pm</th>
<th>4/9</th>
<th>Chatswood</th>
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</thead>
</table>

### FOR TEENS

#### Tuning in to Teens

<table>
<thead>
<tr>
<th>Term 3</th>
<th>Tues</th>
<th>7.00-9.30pm</th>
<th>12/8-9/9</th>
<th>Chatswood</th>
</tr>
</thead>
</table>

#### Resilient Kids Workshop

<table>
<thead>
<tr>
<th>2.5hrs</th>
<th>$45pp</th>
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</table>

**Content:** Helping your child recognise, accept & express feelings, develop optimistic thinking, coping skills & problem solving, deal with negative emotions.

<table>
<thead>
<tr>
<th>Term 3</th>
<th>Wed</th>
<th>7.00-9.30pm</th>
<th>17/9</th>
<th>Chatswood</th>
</tr>
</thead>
</table>

#### Dealing With Teen’s Backchat Workshop

<table>
<thead>
<tr>
<th>2.5hrs</th>
<th>$45pp</th>
</tr>
</thead>
</table>

**Content:** Are you struggling with a teenager who answers back all the time? Learn how to restore a respectful and positive relationship between you and your teenager, understand what it is like being a teenager today, learn how to talk so that they will listen and how to listen so that they will talk to you.

<table>
<thead>
<tr>
<th>Term 3</th>
<th>Tues</th>
<th>7.00-9.30pm</th>
<th>5/8</th>
<th>Chatswood</th>
</tr>
</thead>
</table>

#### Triple P (PPP) Seminars (2hrs) $480ea

**Organised through schools, centres and councils**

- Positive ways to promote children/teens development
- **1-12yrs:** Seminar 1: Power of positive parenting
- Seminar 2: Raising confident, competent children
- Seminar 3: Raising resilient children

**TEENS:** Seminar 1: Raising responsible teenagers
Seminar 2: Raising competent teenagers
Seminar 3: Getting teenagers connected

### Workshops and Seminars Organised Through Schools, Centres & Councils

#### Community rate $480 group booking (25 people)

**Residential:** $55pp over 25. Corporate rate available on request.

**To organise a workshop/seminar OR for details of workshops/seminars scheduled, phone 9887 5830.**

#### Toddler Workshops 2.5 hours

1. Understanding Your Toddler/Discipline and Tantrums
2. Tucker Without Tantrums/Toilet Training
3. Speech and Language Development/Sleep

#### Older Sibling – New Baby 2.5 hours

Content: Understanding your older child’s feelings, development & reactions, strategies to help juggle 2 children & manage the older child’s behaviour, community services & networks.

**THURS 31/7 7.00-9.30pm CHATSWOOD**

#### Grand Parenting 2.5 hours

Content: Role of grandparents in today’s world, challenges and joys of being a grandparent, supporting children/grandchildren through active listening & problem solving, discussion around real life scenarios.

**MON 15/9 7.00-9.30pm CHATSWOOD**

#### Communicating with Kids Workshop 2.5hrs

Content: Communication skills for building positive relationships, problem ownership, listening skills, assertive skills and problem solving skills.

### Transition to School 2.5 hours

Content: the emotional transition from home to school, effective communication and listening skills, how to say “no” assertively, problem solving skills and how parents can look after themselves.

#### Bully Busting and Cyber Bullying for Parents 2.5 hours

Content: who is affected by bullying behaviour, myths about bullying, how to help your child if they are being bullied, they are doing the bullying behaviour or if they witness bullying behaviour.

#### Resilient Kids 2.5 hours

Content: helping your child recognise, accept & express feelings, developing optimistic thinking, coping skills & problem solving, dealing with negative emotions & stressful events.

### Transition to High School 2.5 hours

Content: learn practical tips to make the transition smoother, understand the changes ahead, build self-esteem, use communication skills and how parents can look after themselves.

#### Dealing with Backchat 2.5 hours

Content: restore a respectful & positive relationship between you and your teenager, understand teenagers today, how to talk so that they will listen & listen so that they will talk to you.
Bullying in Australian schools is a huge concern for teachers, parents and students. While schools are promoted as a safe place for students and anti-bullying policies are in place, there is a gap in linking parents and school professionals to work together in understanding and providing early intervention.

This workshop will assist parents in identifying bullying, the different forms of bullying and what proactive strategies can be implemented. With appropriate support and intervention, the impact of bullying can be lessened and students can feel safe at school.

**YOUR PRESENTERS:**

**Katherine McFarlane** is a registered Psychologist who has an interest in child assessments and behaviour interventions, family dynamics and counselling, disabilities, adult pain management and injury rehabilitation.

Katherine holds a Bachelor in Psychology with Honours from the University of Newcastle.

**Leah Ballin** has been a registered psychologist for 10 years who has experience working in schools, multi-disciplinary clinics, and workplaces in both the public and private sector.

In addition to holding a Master of Psychology (Educational and Developmental) she is a member of the APS College of Educational and Developmental Psychologists.

**To Register:** Call (02) 8568 8200
Bookings essential.
YOUTH LEADING the World

2-3-4 Sept 2014

Youth Congress - day 1 & 2
Measure eco-footprint, identify concerns, create a vision, brainstorm for change.

Community Forum - day 3
Invitation to government, local business, parents teachers and Indigenous leaders to...

come! listen! be inspired!

Register at
www.ozgreen.org