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 8 August at 7pm
Saturday 9 August at 7pm
Principal’s Update

The individual who know the score about life sees difficulties as opportunities.

Norman Vincent Peale

Welcome back to Term 3. It was pleasing to see so many staff and students from year 12 making the most of the holidays to prepare for the trial HSC exams. We welcome back Mrs Thomas in PE, who returns to Narrabeen two days a week, from maternity leaving sharing her position with Ms Bernard. Staff development on the first Monday focussed upon quality teaching and improving teacher delivery with special attention to literacy. Our staff were inserviced on various processes to improve curriculum delivery. Already this term Year 9 have enjoyed a fabulous Year camp which had a focus upon leadership and self focus, both are valuable learning tools for students in our twenty first century world.

Narrabeen does Beauty and the Beast – come and watch us!
Starting on Friday August 1st, Narrabeen is hosting its second musical in two years – the Disney production 'Beauty and the Beast'. I extend a warm invitation to all members of our school community to come along and support this fantastic production. An immense amount of work has been put into this behind the scenes and thanks goes to Ms Dalrymple and Mr Fish for their efforts. Also a special acknowledgement must go out to all of the parents who have worked tirelessly on the set and costuming. Thank you!

Tokushima-Bunri High School has arrived:
Narrabeen is playing host at present to twenty two students and two teachers - Keiko Hamade (Kay-ko Ha-ma-day) who is the school's DP and Kumi Fukui (Koo-me Foo-kooee) who is a teacher of English, from Japanese school Tokushima-Bunri High for the next two weeks. We welcome our guests back for the second year running, thank the many members of the school community who are playing host to the students and have set a variety of activities in the schedule of cultural exchange for them to enjoy.

Getting the learning right – Reports, individualised student evaluations and learning assistance:
Semester 1 reports have been distributed to all students. I apologise to parents of Years 7 and 9 for the delay; we had unexpected glitches which threw our process back. On the whole students have shown their capacity in Semester 1 with many achieving fantastic results. A key part of success in learning is about evaluation and taking ownership of
the good, bad and indifferent in the report. Students in each year group were provided individual time to read through their reports and complete a reflection survey of their progress, looking at their success and areas to improve in each subject. Students in all years have set individual learning goals for Semester Two with a view to improve upon Semester One. The key areas students have selected include setting a regular study plan, choosing to monitor their own behaviour more, plan assessments and complete them on time and ask for help when it is necessary.

The best support for improved student outcomes is the class teacher. If students are unsure of how to complete a task they are encouraged to ask their class teacher. If more individual attention is needed, especially if there are concerns in more than one subject, students are reminded our Learning Support Team operates out of the English staffroom at present and Ms Buxton and Mrs Agha are willing to provide that crucial assistance, whether it be advice on organisation, setting up a study plan or researching an assessment. Our student diaries provide study tips for junior students.

There’s strong leadership depth at Narrabeen - SLRC elections:
The process of selection for the Student Leader Representative Council for the 2014/ 2015 year is currently underway. Students in Years 7 through 11 are encouraged to participate. Leadership skills are a given in the workplace and there’s no better way of improving leadership skills than by participation in the SLRC. The 21st Century insists its young people are enthusiastic, energetic, intelligent and collaborative. If your child shows initiative, tenacity and innovation, advocates for social justice and/or the environment and can make decisions about the type of school they want, then a leadership position within our school will develop their individual skills and capacity and improve our school. All students play a role in developing and building the culture of our school. I encourage all students to think about the positive change they can bring through active participation in our leadership team.

Uniform
A special thank you to all parents and students for supporting our school in the proud wearing of our uniform. I receive positive feedback on a daily basis about the appearance and conduct of our students in the community. A reminder that the school uniform has the school name/logo as a way of encouraging collective ownership of our school. The Narrabeen uniform with logo is able to be purchased from our uniform shop, contact Wendy Wiggins on 99975792 or visit the shop on Tuesday’s 8.15 am – 9.00 am. It is expected students will only wear uniform with the Narrabeen name on it.

Future directions
In the coming semester we will be busy consulting with parents, students and staff regarding the future directions of the school and to establish the new strategic plan for the coming three years – but with a ten year focus. The consultation process will take the form of Surveys and Focus group meetings with parents and community members. There will be separate meetings for all stakeholders. It is most important that we can all articulate a clear sense of common purpose and then to look at how we will put programs in place to achieve this purpose. Simon Sinek’s "Golden Circle” on TED talks, provides some guidance to the DEC’s process overview that we are seeking to embed in our forthcoming work.

Maintaining a happy and safe school - Anti-Harassment Policy:
The Narrabeen Anti-harassment policy is an important document. The following provides details on the aim of the policy, strategies for parents and most importantly strategies for students.

The Anti-Harassment and Anti-Bullying Policy aims to:
- Provide students and staff with an understanding of issues related to harassment and bullying.
- Empower students and staff with the skills to effectively deal with harassment and bullying.
- Provide a framework within which those who harass others see their behaviour as unacceptable and change their behaviour.

Strategies for parents to deal with bullying:
- Disbelief is natural. Stay calm and accept that all of us have the capacity to be involved on either the giving or receiving end of bullying.
- Listen calmly; note specifically what your child is saying.
- Let the school know what is happening.
- If your child is the target let them know it is not their fault.
- Try not to model bullying behavior at home.
- Find the facts from the school. Do not ring other parents as this causes unnecessary concern and often anger.

Report Bullying - Depending on the area where bullying occurs, students need to report the bullying immediately to the adult present or closest e.g. teacher on duty, to their parents when they arrive home, to the bus driver, a known & trusted community member in the street. Actions can then be taken by that adult: contacting the school and/or home is important.

Strategies for students to deal with bullying - There is no one response to stop bullies, nor a clear answer about the best actions students can take when they are being bullied. It can be very difficult for students to stop it on their own.

Here are some suggested responses /strategies for students who ask for help to use when dealing with a bully:
- Try asking them calmly and politely to stop it and then increase this to telling them firmly and loudly to stop it.
• Consider putting on a ‘protective shell’ by acting unimpressed. If you feel up to it, make a funny comment.
• Keep notes (what, who, where and when) and make sure they know about it.
• Talk to a friend and ask for support and ideas about what you could do to solve the problem.
• Don’t ignore it! Tell someone. If they don’t help you, tell someone else until it is dealt with. Bullying is too important not to report. This includes incidents which involve someone else as the victim, not just yourself.
• If the problem reoccurs then tell the same person again.
• Don’t be fooled by the bully’s threat to “get you” if you tell. You have a much better chance of being protected if you can say, “I’ve already told Mrs …….. and she knows that if I’m hurt, she should come looking for you.”
• Avoid joining in to encourage bullying. Being part of a group that is bullying someone else is just as bad as bullying yourself.
• Try to remain in sight of adults if you have been bullied.
• Stay close to friends or other children whenever possible. Being on your own makes you more vulnerable.
• If you are being bullied before or after school, then vary the times and routes for travelling to and from school.
• Leave expensive possessions and money at home. If you don’t have it with you, it can’t be taken away.
• By showing you are not upset or angry, you are giving the bully the message you are strong. (It’s okay if you yell or get upset later.) Taking some strong breaths will help you stay calm.
• When you let your hands hang loose by your sides, you are giving them the message that you are relaxed and you’re not afraid. (Even though you are a bit.)
• When you stand up tall, you are giving the message that you’re not going to be pushed around.
• When you look a bully in the eye, you are giving them the message that you are in control and they can’t be the boss of you.
• When you speak in a clear and steady voice, you are giving them the message that you know what you want and you’re going to get it. (Think of the voice your parents use when they say ”NO” and really mean it.)
• When you tell the bully “Stop, I don’t like it when you …….. I want you to stop”, you are giving them the message that you are not going to let them hurt you.

Year 11 – the HSC is looming
Year 11 has entered the last term of their Preliminary HSC and the vast majority is progressing very well. There is a real culture in Year 11 of wanting to succeed and strive for success which is very pleasing to see. Students are reminded to ensure they are up to date in all subject and especially have N Warnings redeemed. Students will not be progressing into a Year 12 pattern of study if they have shown they are not able to maintain a consistent and fair progress in the Preliminary HSC. Whilst this applies to only a small minority it is disappointing when students with potential do not give themselves a chance at HSC success.

Tips for Preparing for Exams
- Devise a study timetable and stick to it!
- Find out what is being tested in all your subjects;
- Gather all your notes for each subject making sure you get any notes you may be missing;
- Arrange all your information under topic headings summarising relevant notes;
- Condense your notes as much as possible to the main points you will need to remember;
- Revise these notes studying for each subject at least once every three days;
- Use your teachers and ask questions if you don’t understand anything at all;
- Ask for, and use, practice questions to ensure you are thoroughly prepared for the exams;
- Eat a healthy balanced diet;
- Get a little exercise every day to keep you alert;

Year 12 – the end is clearly in site but managing the stress of the HSC is an art:
Year 12 have completed their Trial HSC exams and early feedback from staff is reassuring that the vast majority are working to capacity and are making the most of the HSC opportunity. As mentioned in previous newsletters, this is a very very stressful time as the last term of school is pivotal to students completing the last of their courses pattern of study – no teacher has completed teaching their course. It is also the key time to get that explicit feedback from their teacher - teachers are the best resources. The Year 12 Teacher Mentor program has been running throughout the year and many Year 12 students have embraced the support provided. The purpose of the program is to give Year 12 students extra support if they want it. It is based on student choice. Throughout the program Mentors meet at agreed times with their Mentees and discuss:
• their progress,
• upcoming assessments such as the Half Yearly exams etc
• study skills

What makes the program successful is the students have another port of call to seek support from within the school. Many Year 12 students find the stress difficult to combat and Mentors make simple but effective suggestions, guiding their student towards improvement. This final term of school is a key time to ensure everything is on track.

Advice from those who have been there many times
• Have a balance between study and recreational/ leisure activities
• Balance:
1. Helps reduce stress
2. Reduces procrastination
3. Helps maintain overall focus

Reducing stress
- Planning ahead
- Keep Year 12 real – everything will work out
- Focus on class work
- Take time to relax
- Sleep at least 8 hours
- Take multi vitamins/ eat breakfast/ use snacks as a reward
- Exercise regularly
- Keep a social life
- Plan to and keep routines
- Study effectively in 50 minute lots
- Keep deadlines
- Break large tasks down into smaller parts
- Minimise distractions

Study plan
- Use a study plan which focus’ upon at least a fortnight in advance
- Have all tasks mapped out
- Aim for between 2 – 3 hours of work a night
- Stick to the same study times a day
- Regular study helps you keep focussed
- Prioritise your study: homework/ assessments/ revision
- Keep focussed upon your ATAR goal, this will improve your desire to do your best.
- Associate with friends who want to do well also and talk to them about tasks – this will bring out the competitive edge.
- Have your leisure time based around completing study
- Reward yourself
- Quality of study time is much better than quantity
- Make notes based upon your syllabus dot points
- Write practise essays consistently using common HSC questions – put your notes together so they answer common HSC questions
- Keep a quote file for relevant subjects
- When putting notes together focus on creating extremely detailed notes – closer to exam/ assessment time re-examine these notes and add new material.

Regaining concentration can be difficult. Try the following:
1. Eat something
2. Exercise by walking around the block
3. Listen to Music
4. Try doing something to break the monotony for an hour or so
5. Change your study environment

Congratulations and THANKS:
- Caitlyn, Brittany, Chris, Olivia, Charlotte, Carl, Maxx, Rebecca, Jennaya and Natalie from Year 10 for outstanding leadership in the Junior Leaders program working with Elanora Heights PS students from Years 3/ 4.
- Charlie Year 8 for making the state 100 m relay team
- Rebecca in Year 10 for an outstanding performance at the PCS Music Festival.
- Jo, Kyla, Jya in Year 11 and Ramon and Mikel Year 12 for a brilliant and very polished performance at the PCS Music Festival.
- Daniel, Brandon and all of Year 9 who participated in the camp Week 1 of this Term. The venue’s feedback was overwhelmingly positive.
- Our Year 9 Debating team, Caedyn, Felix, Maddie and Lauren for a fabulous effort against Galston HS.
- Our students who have participated in Work Experience for engaging and making the most of the opportunities.
- Taya, Year 7 for her Australian Representation at the International Children’s games in December.
- Jacob, Year 9 for his Australian Representation in the upcoming Athletics tour of Canada.
- Our Jamie Lyons Cup team for winning the competition. Well done Blake for outstanding leadership.
- The Year 9 and 10 boys and girls Touch teams for making the State Finals.
- Geogettte, Year 10 for coming third in the Alpine course at the Inter-schools skiing competition. She has also been invited to the NSW State Championships for the Alpine Course.
- Josh in Year 9 for achieving personal best time in the Snowboard Cross course at the Inter-schools skiing competition.
- Alex in Year 10 for winning a gold medal in his weight division at the Brazilian Jiu Jitsu Championships.
- Remy in Year 9 for representing Sydney North Rugby union at the State competition.
- Josh and Harrison, Year 9 for dedication to practising Music during lunch.
- Caedyn for his love of exploring Music, Georgia and Lauren for extracurricular musical involvement.
- Carina, Drew, Nick and Billy for their dedicated work in Music.
Deputy Principal’s report
As I write my Report we are preparing for our semester one award assembly which will be held on Thursday 31st July. This is an opportunity to acknowledge students who achieved their personal best in all subjects as indicated in their semester one reports. This is an important occasion and very much enjoyed by the school community. Parents whose children are receiving awards will have received an invitation. There are quite a few students receiving awards and this reflects the positive attitude of the majority of our students and their improved academic success.

Students in Years 7-11 have been briefed by Ms Farrugia regarding being part of the 2014-2015 Student Leadership and Representative Council. Students in Years 7-10 were asked to have their application to Ms Farrugia by Tuesday 29th July with Prefect submissions due from Year 11 students by Monday 28th July. These students will be required to make a public speech, a ballot will be held and the successful candidates announced on August 8.

Interviews for School Captain and Vice-Captain will be announced shortly after. This is an exciting time for Year 11 students and the Prefect Induction ceremony is an occasion that will be remembered by successful candidates and their families long after school is finished.

Students in Year 12 have now finished their Trial Higher School Certificate examinations and many are now concentrating on completing their major works in subjects such as Industrial Technology, Visual Arts and Music as they are shortly due to the Board of Studies. Students should still be busy completing past papers and using the Board of Studies online multiple choice tests to assist them in their preparation for their final examinations. Staff will be expecting students to submit extra written work as part of the revision process and students must embrace all opportunities provided by staff such as lunch time classes or mentoring as we approach the final stage of their learning. Students should be working with their Teacher Mentors to pinpoint areas of weakness from the Trial examinations and receive support over the next few weeks. Thank you to the staff who spent the last holiday period here at school assisting students to complete these projects.

Mr Berry and Mr Date will shortly be organising parent meetings with Year 10 students who are at risk of not satisfactorily meeting the requirements for a RoSA (Record of School Achievement). We are working with the student and their family to develop a support plan that will see the achievement of this important qualification.

I am so impressed with the number of students wearing school uniform with pride. Students look fantastic at present. They look well groomed and ready for a day of serious learning. Thank you to parents and Ms Postle for supporting us in developing responsible, respectful young people.

I just received a lovely phone call from a Collaroy Plateau resident. He said he was on the bus at 3:30pm on Wednesday 23rd July and was so impressed with our students. He said he has a slight disability but our students got out of the way, let all the adults on and were so polite. He said they were a credit to themselves, their parents and our school. Similarly, Ms Vergos came back from the Year 10 Macbeth excursion indicating that our students were in perfect uniform, on time, polite and beautifully behaved and that they even asked her to organise another performance they enjoyed it so much. We are so proud. Our students are clearly respectful and responsible.

We would appreciate it if parents would continue to support us in ensuring students are on time to school as over time a significant amount of learning can be lost through lateness. Lateness without a satisfactory explanation is listed as an “unexplained partial absence” on Reports and this can be detrimental when seeking employment as employers may see this as meaning, “unreliable”.

Students who use the NIBISC car park must note that they must now park “rear to curb”. This is because there are a significant number of children who walk through that area and reversing can mean our students don’t have a clear view of little children.

We are in the final stages of developing our 2015 Curriculum. Students in Year 8 had a subject information evening on July 29 to explain the process and the requirements, to achieve a Record of School Achievement at the end of Year 10 and choose electives for Year 9.

Year 10 subject selection forms for Year 11 2015 were due to Mr Date on July 29. It is imperative that all forms are submitted so that we can plan effectively at a whole school level.

Team photos will be taken on Thursday 7th August. A timetable will be displayed at school on the glass door of the Administration Block. Photographs for debating, Academy, school sports teams, Regional and State teams will be taken during the day. Team uniforms will be required to be worn whilst the teacher in charge of the team will coordinate students for their photograph. When we receive the prints I will display them in the gym so students can decide if they would like to make a purchase. Students who would like to purchase these photographs will need to collect an envelope from the front office. I will indicate the closing date when I receive the prints.

Lance Berry
Year 11 students should be completing summaries and asking staff for past papers as their final examinations start on September 9. Making mindmaps, reading over summaries and improving past essays by sending them to teachers for feedback are important for success in these examinations. If students have older friends who have studied at other schools, it would be wise to ask them for their old Year 11 papers and attempt them as part of their preparation. Sending responses to teachers for feedback is an important part of the process. Year 11 students with any outstanding N awards tasks must have those redeemed as soon as possible as I will be asking staff for the names of students who have not satisfactorily completed courses on August 22. This may mean students cannot progress to the Higher School Certificate year.

Lisa Peacock

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<th>Calendar of Events</th>
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<td><strong>Week 3A - Education Week</strong></td>
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<td><strong>Tokushima Bunri Snr High School visit</strong></td>
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<td><strong>31 July</strong></td>
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<td>Music Concert (Gillian and Terry Murray)– Year 7 and 8</td>
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<td><strong>01 August</strong></td>
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<td>Beauty and the Beast Performance - Opening Night 7pm</td>
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<td><strong>02 August</strong></td>
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<td>Beauty and the Beast Evening Performance – 7pm</td>
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<td><strong>Week 4B - Tokushima Bunri Snr High School visit</strong></td>
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<td><strong>04 August</strong></td>
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<td>Under 15s Girls Knockout Basketball – NBISC 10:30am-12:30pm</td>
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<td>Girls Rugby League – Kieran Foran Cup – 4-5pm Nolans Reserve Manly</td>
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<td>Homework Centre Library 3:15-4:15pm</td>
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<td><strong>05 August</strong></td>
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<td>SLRC Candidate Speeches and Ballot</td>
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<td>Sports High School Netball Gala Day Berkeley Stadium 8am-3pm</td>
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<td>Beauty and the Beast Evening Performance – 7pm</td>
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<td><strong>09 August</strong></td>
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<td><strong>Week 5A</strong></td>
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<td><strong>11 August</strong></td>
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<td>Homework Centre Library 3:15-4:15pm</td>
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<td><strong>12 August</strong></td>
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<td>Premiers Sporting Challenge Learning to Lead Year5-8 and Coaches 9-10</td>
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<td>Student submission of captain and Vice applications</td>
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<td><strong>21 August</strong></td>
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**Mathematics Report**

Here we are, three weeks into the term. And so many assessment tasks have already been finished. The Trial HSC exams are over and year 12 students are reviewing their performances. Only 7 weeks to go! Year 11 students have completed their third assessment last Thursday July 24 and their Preliminary examinations will be happening in 6 more weeks. And the year 9 stage 5.2 students have completed their third task this week on Monday.

For your information the following assessment dates are the remaining tasks still to be completed this term:
Please remember to ask your daughter or son what they have been learning in Mathematics class whenever you get the opportunity to talk to them about their schoolwork or when they are completing their homework (which they should have after every lesson). The opportunity to talk about what they did in class is a wonderful chance for students to review the ideas covered during the lesson.

Mangahigh continues to allow students to learn and practise the ideas covered in class with the aid of a computer. We have won and lost few Fai-to’s. The ones against international schools are the difficult ones to win because of the time differences. All students should know their log in details and the company which provides the program is continually improving the way they support us as teachers. Teachers can now quickly see which students are attempting the set tasks as well as whether they have passed the set task (green dots) or need to attempt it again (red dots).

There are so many resources and opportunities made available to students of Mathematics here at Narrabeen Sports High School and I hope that by providing this information in our newsletter, parents are more informed with the process for learning Mathematics at our school.

Michael Palme

Year 9 Debate

On Thursday the 24th our Year 9 Debating Team competed against Galston High School. The topic was “Should we introduce voluntary euthanasia?” Narrabeen voted to be the affirmative. The team comprised of: Caedyn, our Captain, 1st speaker; Felix, our 2nd Speaker; Maddie, our 3rd speaker and Lauren, our advisor. We came out with some strong points but Galston had a strong team and despite our best efforts they came out on top.

“It’s not that we lost, it’s just that we didn’t win.”
Foundations of Athleticism Elite Training Session

On Thursday June 26, seven senior students participated in a specialist training session as part of their involvement in the Academy’s Elite Athlete Mentoring program. The session was run by Ms Cathy Walsh – a former World Championship representative in athletics and director of the organisation “CAT Speed” – and saw our State and National representatives put through their paces with a number of strength and speed and agility drills.

Well done to the following Elite Athletes for their participation and involvement in the session: Isa, Brian, Shellie, Meri, Ben, Dylan and Aleya.

The two-hour session also enabled students to gain further insight into the nature and advantages of dynamic flexibility and warm up movements, the importance of which was emphasised for athletes of all sports. While they were challenged both physically and mentally at times, all of the students appeared to thoroughly enjoy the session and truly embodied our school expectations of respect, responsibility and success.

Melinda Tan
Elite Athlete Mentor

Science Challenge

After such a successful start to the year, the year seven and eight Science Challenge continued into term two. Each Tuesday at lunchtime, year seven and eight students work in teams to compete in weekly challenges. Each week teams are awarded points for placing first, second or third and each team receives participation points for entering.

Term two challenges included O-Wing Gliders, Hanging in There (magnetism), Salty Science (neutralization), Ripper Coin Trick and Milk Carton Car Races.

With the term two victors winning by just one point, big congratulations go to Jessica, Mark and Kym.

Coming in a very close second place was our term one winners; Doohan, Benjamin and Joron and Sophie were awarded third place.

Congratulations go to all the term two participants of the Science Challenge.


Ms Frost
Head Teacher Science
Duke of Edinburgh
Silver Practice Expedition

On Saturday June 7, ten students from Year Ten travelled to Ben Bullen State Forest in Lithgow to undertake a 3-day practice expedition as part of their Silver Duke of Edinburgh Award. In a similar vein to their Bronze expeditions, students developed their skills in navigation through both on-track and off-track terrain. However, they were also required to brave extremely cold temperatures (down to 2°C) overnight and complete a night navigation challenge to further test their knowledge and teamwork.

The students performed exceptionally well and were rewarded with only a minimal amount of rain and some amazing cliff-top views. They traversed a remarkable 45 kilometres over the three days and forged a new set of unforgettable memories – including a hilarious time rocking out to songs such as Bohemian Rhapsody and Billie Jean on the way home.

My deepest gratitude goes to Mr Moore for his willingness to volunteer his long weekend to assist on this expedition. Congratulations to the following students for their outstanding achievement: Lochie, Tomas, Carina, Kaleb, Antonio, Olivia, Charlotte, Maxx, Isabeau and Rebecca.

A reminder to all participants

All students working towards their respective awards are reminded that trip reports must be submitted to me as soon as possible in order to be eligible for the upcoming test expeditions. The current dates and locations of these hikes are as follows:

Bronze Test (Dharug National Park): Thurs-Fri August 28 & 29 (Week 7 Term 3)
Silver Test (Blue Mountains National Park): Thurs-Sat September 11, 12 & 13 (Week 9 Term 3)
Gold Test (Kosciuszko National Park): Sun-Fri November 30, Dec 1, 2, 3, 4 & 5 (Week 9 Term 4)

Students should also be setting up or continuing to log their activity hours on their Online Record Books. Those students who are working towards their Gold Awards should also be considering their Residential Project and referring to a recent email from NSW Sport & Recreation regarding a timeline for their Award completion.

If you have any further queries or questions, please don’t hesitate to contact me via the school phone number or email at: Melinda.tan3@det.nsw.edu.au.

Melinda Tan
Duke of Edinburgh Coordinator
CAREERS – JULY
The last week of Term 2 saw several Year 10 students attend Work Experience and I was absolutely thrilled at the positive feedback our students received from their employers. Every employer reported how delighted they were with the students’ attitude, punctuality and work ethic. Well done to all of the participants for venturing out of their comfort zones in order to trial the world of work in areas including Administration, Building, Butchery, Childcare, Electrical, Events Management, Floristry, Hospitality, Mechanics and Retail.

A big thank you is extended to the following businesses that have supported our students this year in the Work Experience program:

A Team Electrical, Mona Vale
Danstruct Builders, Warriewood
Devitts Meats, Narrabeen
Guys & Dollz Formal Wear, Warriewood
Hills Flower Market, Terrey Hills
New Leaf Nursery, Ingleside
Only About Children Childcare, Mona Vale
Red Moon Events, Narrabeen
Royal Australian Navy
Student Exchange Australia & New Zealand, Mona Vale
Sunrise Café, Warriewood
Webform Constructions, Newport
Wilkinstruct, Narrabeen

These businesses all kindly gave their time to support our students in this valuable program. Thank you!

Year 12 will be receiving their UAC guides at their Year Assembly on Thursday July 31. A workshop will be held in August on how to apply to UAC. All Year 12 students should have had their Careers Interview by the end of week 3. Please see Ms Weller if you haven’t already done so.

At a recent university day that I attended, Careers Advisers were most interested in how the recent Budget has affected students planning to attend university once they graduate from high school. Huge changes have occurred and some of the concerns senior students may have include:

Declining employment rates for fresh graduates.
Would I be able to afford increased fees for university study?
Does higher education remain a good investment in my career?

For updated information see StudyAssist Website -

Year 10 will be having their Subject Selection interviews in Week 4 with parents invited to attend. Please be reminded that all students are to bring their completed questionnaire with them to their interview.

Thank you.
Julie Weller – Careers Adviser

The Tenterfield Travellers (Open Girls Touch)
The Open girls touch team have had a very successful NSW school knockout campaign this year. We began the year with three comprehensive wins, which progressed us to the regional final at Gosford. At Gosford we made the semi-final and easily beat Cromer and therefore matched up against Mackellar in the Grand Final- which again was a victory! Thus the Regional champions and we progressed as team A to the next round of games – the last 20 in the state!

We then had to play either Tamworth or Tenterfield as an away game (A and B teams of the North West region) - as luck would have it we were to play Tenterfield High School- (a nine hour drive North West). Hence the Tenterfield travellers were on a “road trip”! Unfortunately though, missing the talented Sinead who had injured herself just before the trip.

The team set off on the 23rd of July on a chilly morning in a convoy of 3 vehicles. Luckily we had the trusty Charles and Wendy Wiggins driving 3 of the team and the lovely Ms Creed filling up her car with 6 of the noisy mob. My car had the rest of the team and the Head Coach Jye Malcom. Through Cessnock, Singleton, and Scone we passed, along
the New England Highway before stopping at the tourist attraction “The Golden Guitar” at Tamworth for lunch. By this time there were a number of “are we there yet’s?” and the two Year 7 “gremlins” had still not rested. Jye and I however had comprehensively beaten Hannah, Shellie and Caitlin in every car game you could think of, so at least there was one victory to the adults!

After Tamworth, the convey headed to the old town of Uralla (the home of Thunderbolt the bush ranger) and took the road past Armidale and then Deepwater- the road was looking more “Wolf Creek” the further we went, and the trip seemed endless..... But we made it to the comfortable surrounds of Tenterfield Golf Club. The rooms were clean and spacious, and most of all warm. The meal in the club was delicious and the girls certainly “bonded” over the dinner table conversation! Lights out at 10:30pm and a good sleep ready for the big game in the morning.

The day dawned and was not too cold and after a self-prepared breakfast we headed to the field- the importantly named “Federation Oval”. However it did not quite match up to its illustrious description and was very dry, yellow and a bit bumpy. This proved no problem to this group- they went out there, warmed up impressively and there were already a few doubtful looks from the opposition. The game started, and in the first 10 minutes we were up by 3. This was due to some excellent teamwork and some fancy footwork from the fabulous Hannah. Shellie then defended impressively and guided the team around the park. Ruby, Jenneya, Aleya and Caitlin all made some great runs and defended really well and so we only conceded one try before half time to bring the half time tally to 6-1.

The second half started like the first, Caitlin and Georgette both going over for tries and Hannah added to her tally to have a total of 3. The mighty gremlins Macey and Piper performed at a level beyond their years and Drew kept them out by defending tirelessly in the middle. Our fantastic wingers of Bailee, Hayley and Brianna covered every break and went close to scoring a number of times. Bailee, only to be denied by a desperate dive from probably their best player. The final score was 12 – 3, which made the trip worthwhile. Narrabeen despite being clearly a level above Tenterfield were gracious in their victory and as always the leadership group of Aleya, Hannah and Shellie were excellent role models for sportsmanship and teamwork.

Please note the photographs featured are from the Regional finals - thanks Charles

The trip home was long and tiring, but the girls were well fortified by lollies and snacks. Another lunch stop at the Golden Guitar to further refuel was quick and we still had another five hours to go! This was alleviated by some more car quizzes and excellent singing through the car walkie talkies and some interesting commentary from Piper. The victorious travellers finally made it home at 8pm and I am sure slept very well that night, as did the drivers! We now are heading to State Finals on the 19th of August and are in the final ten of NSW.
Big thanks to Wendy, Charles and Dana for being such an excellent support crew. Jye for his professionalism- the girls are so lucky to be coached (and mentored) by such a well-credentialed and knowledgeable person. Finally to the team, their behaviour was impeccable, and they were at all times cooperative and fun to be around. They are fantastic ambassadors for Narrabeen Sports High- not to mention being excellent touch players!

Bring on the state finals!
Ms T Postle

Success at Regional Athletics

On Monday 21st and Tuesday 22nd July 34 students competed at the Regional Athletics Carnival at Homebush Stadium. There were some outstanding performances and we would like to congratulate the following students who were successful in their respective events and will now compete at the State Athletics Carnival. We have not received the full published results and therefore there may be some additional results to publish. Congratulations to all students on their success at the carnival.

Tayanita: 1st 100m, 1st 200m, 2nd High Jump
Maddison: 1st High Jump
Georgia: 2nd Shot-putt
Moises: 1st 100m, 2nd 200m
Jacob: 2nd Long Jump, 2nd 200m hurdles, 3rd 100m hurdles
Rebecca: 1st 400m
Caitlin: 2nd 200m
U14B Relay: 1st (Jacob, Moises, Ethan, Charlie)
U16G Relay: 2nd (Caitlin, Rebecca, Angelique, Jennaya)

Regional competitors: Ella, Macy, Ashleigh, Rebekah, Angus, Sasha, Charlie, Jaylin, Tayanita, Jamie-Lee, Luke, Jamie, Abbey, James, Hayley, Moises, Charlie, Georgia, Briana, Bailee, Zac, Ethan, Nick, Brad, Maddison, Brandon, Jacob, Angelique, Jarrah, Rebecca, Jennaya, Ben and Josh.

15 Years Boys Knockout Basketball Team Match Report 24/7/14

The NSHS 15 years boys’ knockout basketball team had a convincing win and defeated Balgowlah Boys High School last Thursday when they played at the NBISC. With a score line of 51 to 23 the result was never in doubt. Narrabeen got away to a strong start and led at half time 27 points to 13. The boys played as a tight knit team and displayed real fighting spirit. They constantly encouraged each other on the basketball court and discussed tactics to maintain their lead. Hunter in Year 7 was the top scorer for the game with 10 baskets and a free throw. Our fantastic new international centre, Tom was excellent in blocking shots, collecting rebounds as well as scoring 5 baskets and a free throw. Jayden with his never give up attitude scored a very handy 4 baskets.

The team consisting of: Sebastian, Callum, Hunter (Year 7); Jayden, Dylan, Mitchell (Year 8); Nick, Daniel, Christian (Year 9), Tom and Joshua (Year 10) are to be congratulated for their sportsmanship, team spirit and exemplary behaviour in representing NSHS with pride.

Thanks also to Morgan (Year 12) for coaching the boys during the game.
We look forward to our next match.

Alison Mumford

SUCCESS AT THE YEAR 7/8 TOUCH FOOTBALL COMPETITION

On Tuesday 29th July Narrabeen Sports High entered in the Year 7 and 8 NSW Touch Football Competition at Nolan’s Reserve Manly. We entered 2 boy teams and 1 girls’ team and all three teams should be very proud of their effort and achievement on the day.

The Year 7/8 boys Team 1 had some very strong wins in their pool matches against Cromer and Barrenjoey however were defeated by St Pauls. The boys had a convincing semi-final win against Cromer winning 10-1 and had to play St Pauls in the final. The boys dug deep and gave it their best however down 2-0 in the final.

The Year 7/8 Boys Team 2 played some very strong teams and despite not winning their games they played with immense sportsmanship and continued to develop as a team as the day progressed. Thank you to Daniel for coaching this team.

The Year 7/8 girls’ team had wins in their pool matches against Riverside, Stella Maris 3 and were beaten by Stella Maris 1 in a very close encounter 1-0. The girls progressed to the quarter finals against Stella Maris 2 and were outstanding winning 6-0. The semi-final saw the girls take on Stella Maris again and the game ended 0-0 in normal time. The game went to a drop off and after 6 mins the girls were playing 3 players against 3 players for another 10
mins. Eventually Stella Maris scored and won 1-0 in what was a very exciting game. The girls should be exceptionally proud of their effort and achievement.

Narrabeen boy’s teams:

Narrabeen girl’s teams:
Piper, Jamie-Lee, Morgan, Macy, Bailee, Georgia, Ruby, Briana, Hayley, Chloe, Mia

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.
YEAR 11 & 12  
SCHOLARSHIP 2014

S.C.C.E. is offering a 2-month Program Scholarship  
December 2014 - January 2015 

to your choice of country:

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Join thousands of S.C.C.E. returnees in their decision  
to make a difference to their future!

Scholarship valued at $3,925 towards the full program fee

Scholarship is based on 50% off the full program fee. It includes:

- Return flights to destination country on Singapore Airlines
- Domestic transportation in host country and Australia
- Selected host family
- Attendance at overseas local school
- Full 24/7 support in host country
- S.C.C.E. professional support
- Fully comprehensive insurance cover
- Program departure date: 27 Nov 2014    Returning: 23 Jan 2015

How to apply:

Email your name, address, phone number and name of your school and year level to scceaust@scce.com.au
Ask for a scholarship application kit or enquire at www.scce.com.au
You will need to submit a 1,000 word essay (maximum length) on a particular topic by 1 September 2014.
SCHOLARSHIP FOR CURRENT YEAR 9 STUDENTS

S.C.C.E. is offering a 5-month Program Scholarship

January - June 2015

Experience the first semester of Year 10 in
France, Germany or Italy!

Return to finish Year 10 in 2015

Join thousands of S.C.C.E. returnees in their decision to make a difference to their future!

Scholarship valued at $4,475 towards the full program

Scholarship is based on 50% off the full program fee. It includes:
- Return flights to destination country on Singapore Airlines
- Domestic transportation in host country and Australia
- Selected host family
- Attendance at overseas local school
- Full 24/7 support in host country
- S.C.C.E. professional support
- Fully comprehensive insurance cover
- Program departure date: 20 Jan 2015
- Returning: 1 July 2015

How to apply:
Email your name, address, phone number and name of your school and year level to sccaustr@scce.com.au
Ask for a scholarship application kit or enquire at www.scce.com.au
You will need to submit a 1,000 word essay (max. length) on a particular topic by 15 September 2014.
Warringah Council presents

TEENAGE TRIPLE P SEMINARS
Positive Parenting Program

Gitta Laub from Child and Adolescent Parenting, Northern Sydney Local Health District present these three seminars based on the internationally recognised Triple P Program.

Wed 23 Jul
7–9pm
SEMINAR 1
RAISING RESPONSIBLE TEENAGERS
Positive family relationships and healthy lifestyles

Wed 30 Jul
7–9pm
SEMINAR 2
RAISING COMPETENT TEENAGERS
Helping teenagers make the most of their time at school

Wed 6 Aug
7–9pm
SEMINAR 3
GETTING TEENAGERS CONNECTED
Strategies to encourage teens to become involved in socially appropriate activities

FREE but bookings essential on:
stockg@warringah.nsw.gov.au or 9942 2681

Please indicate which seminars you would like to attend.

All seminars are held at:
Warringah Council Civic Centre
Civic Drive, Dee Why 7–9pm
Parking available at Dee Why Library carpark
Warringah Council presents all ages band night

NORTHERN COMPOURE 2014 REVISITED

WITH

JESTER
ARMATA FUNK MILITIA
PRO GEN
MINDLESS EXCESS
VERTIGO
LILLIPUTIAN

AUDIENCE CHOICE AWARD
VOTE FOR YOUR FAVOURITE BAND ON THE NIGHT

8 August

7-11pm, YOYO’s Youth Centre
Forestway Shopping Centre
cnr Warringah Rd and Forest Way, Frenchs Forest
$10 entry • All ages • Security • No alcohol
No passouts • No intoxicated people

More info 9942 2681
youth@warringah.nsw.gov.au
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: BRENDA INGLIS-POWELL**

**“RAISING DIFFICULT CHILDREN”**

Brenda Inglis-Powell is the Group Program Coordinator for the Pastoral Counselling Institute and co-author with her husband, Dr Peter Powell, of “Raising Difficult Children – Realistic Behaviour Management to Help Children Lead Creative Lives”.

Having raised two sons has added to her skills in developing effective and workable strategies for living with learning and social difficulties. Brenda and her husband, Dr Peter Powell, are committed to helping parents become confident in their parenting, so that as many children as possible reach their full potential. They conduct lectures, seminars and workshops throughout Australia, often sharing their own struggles and experiences.

**Monday 8th September 2014 @ 7.00-9.00pm**

The Pittwater RSL, Main Sail Room, 82 Mona Vale Road, Mona Vale

Ticket reservations essential via


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

Venue kindly sponsored by Pittwater RSL Club
NEW DEGREES IN FINANCIAL SERVICES

Finance degrees for ambitious students, from one of the world’s top universities.

REGISTER NOW

CBD OPEN DAY
SAT 30 AUG
Join us at our Sydney City campus Open Day to hear about our new degrees in banking and financial services. Meet the lecturers. Tour the campus. Meet students, corporate partners and the Executive Dean of the Faculty of Business.

The two specialised undergraduate degrees offered at our Sydney City campus were designed in collaboration with corporate partners. Students will acquire the knowledge needed to meet the challenges of an expanding financial sector.

The Bachelor of Accounting and Financial Services and the Bachelor of Banking and Financial Services are ideal for ambitious students wanting to establish a profession in areas such as banking, financial planning, superannuation, accountancy, funds management, investment analysis and business development.

Date: Saturday 30 August 2014
Time: 10:00am – 2:00pm
Place: Sydney Business School Gateway Building, Level 8 1 Macquarie Place, Circular Quay
RSVP: Monday 25 August 2014 to business-events@uow.edu.au

For more information please visit business.uow.edu.au or contact Kimberley Humphries: on phone 02 4221 5661.
At World Challenge we believe that life skills are developed through real life experience.

We believe that everyone has a mission or calling inside them and that if young people are encouraged to chase their dreams, then they'll achieve great things.

Peninsula Community Project

Borneo

Three week expedition departing January 2016

At World Challenge we believe that life skills are developed through real life experience.

We believe that everyone has a mission or calling inside them and that if young people are encouraged to chase their dreams, then they'll achieve great things.

We are organising an expedition for your community which you can take part in! To learn more come along to the information night and bring your parents!

4th August 2014 at 6.30pm
Newport Community Centre

www.worldchallenge.com.au

Borneo/WorldChallengeAsiaPacific @worldchallenge_au
SURVIVING YEAR 12

With Dr Michael Carr-Gregg

The presentation will include:

- Studying smarter
- Dealing with stress and anxiety
- Setting and achieving goals
- Emotional health and social life
- Managing the family
- Exercise, diet and sleep
- Coping with exams
- Keeping things in perspective
- Enjoying the final year

Wed 13 August
6.30-9pm

Glen Street Theatre
Corner of Glen St and Blackbutts Rd, Belrose
FREE but bookings essential on youthbookings@warringah.nsw.gov.au
or for more information call 9942 2681
Can your Students Climb Sydney’s Tallest Building?

We would love to invite your students to be part of the ‘School’s Challenge’ at this year’s Sydney Tower Stair Challenge on August 24. This is a great chance for teams of 4 to take on the 1504 stairs from Pitt Street Mall to the Observation Deck at the Sydney Tower Eye. **Participants have to be 12 years or older.**

Each stair climbed will assist Giant Steps who operate a school and intervention service for children and young people (2-20) who have been diagnosed with Autism Spectrum Disorder.

For more information and to register simply go to [www.active8change.com.au](http://www.active8change.com.au). Alternatively you can contact Steve Corrie at Active8Change on 0439 975 759 for specific event day information or Michelle Jocum at Giant Steps on (02) 9879 4971.