

# TERM 2

## AROUND THE GROUNDS







# PRINCIPAL

## HEIDI CURRIE

Sharing a most successful term with the school community has been very rewarding. There have been so many events and showcases as school life slowly returns to normal. Our teaching staff have endured some very challenging days and weeks to keep our school operational, but they have done so with great motivation and purpose to ensure quality learning for our students. I wish to thank our teaching and administrative staff for their efforts this term.

### STAFF CHANGES

It is with great fondness that we farewell Mr Craig Date, our Deputy Principal of Year 7 and 9. Mr Date has been successful through a highly competitive merit selection process in gaining a Deputy Principal position at Killara High School. He came to Narrabeen in 2008 from Mudgee High school as HT Science. For about 10 of the 15 years of his service to this school, he has been in a relieving/acting and substantive Deputy role.

In his time at Narrabeen, Craig has introduced the current wellbeing and Positive Behaviour for Learning structures, developed and implemented the BYOD program and introduced Google Apps for Education. In addition, Craig ensured that Narrabeen was at the forefront of the digital revolution through ensuring all staff were trained in using COMMBbox, Google classroom and the associated pedagogies. Craig's curriculum expertise is outstanding and he is also an experienced timetabler with a great understanding of staffing and school operations. His management of Sentral, school reporting and student reports has been highly valued. Other initiatives and programs he supported include Sports Academy, Inbound International Study Tours, and International Students. Good luck in your new endeavour Mr Date.

This term, Mr Lyndon Pullen from HSIE and Ms Victoria Mukherjee from English have also taken new roles in schools closer to their homes. We wish them both all the best and thank them for their dedication to our students.

We welcome Ms Catherine Arnott as our newest permanent member of staff in the TAS Faculty. She is a great addition to our staff as she is an outstanding young teacher who engages students in all aspects of learning in technology studies.

Mrs Tammy Devereux also joins our school as a NSW Wellbeing Nurse on Mondays and Tuesdays. She will work closely with local health and social services to support students and their families on a wide range of health and wellbeing issues.

### FUTURE SUCCESS

Schools of the future will need to value career readiness and preparing students for specialist tertiary studies equally. When we pose the question 'What does a good job look like?', we often get a very traditional response around above average pay, full-time work and a superannuation package.

Part of our current challenge is to re-calibrate our thinking in response to rising workplace and lifestyle expectations.

Instead of a 'general degree for all' approach, we need to expose students to specific study and career options to gain an understanding of opportunities available and the skills required. We do this by:

- Preparing all Year 7-9 students for rigorous senior school studies, and
- Preparing all Year 10-12 students for a tertiary credential that can lead to specialised career readiness & pathways aligned to students skills and interests

My aim is to set the highest expectations and relentlessly provide support for each student to be equipped for success. This aligns with our three school improvement priorities - Student Growth and Attainment, Specific and High Expectations, and Relationships. It is more important than ever to ensure strong K-12 pathways with primary school enrichment, and junior and senior high school 'bold goals' for student success. Our NEST collaboration with Elanora, Narrabeen Lakes and Narrabeen North, helps us to achieve many of these goals. View this [link](#) to read the latest NEST Newsletter and learn more about the great initiatives of this collaboration.

Every student at Narrabeen Sports High School will be motivated and supported to meet the challenging goal of becoming both university and career-ready. Therefore, our whole-school and classroom practices need to hold all students to the same high standards, regardless of their post-school plans. I look forward to working shoulder-to-shoulder with the school community to achieve future success.

### ATOMI TRIAL

Mrs Stubbs has secured a free Atomi trial for our stage 6 students. Atomi is an online platform, which offers video lessons, interactive quizzes and smart revision powered by AI. This will provide another option for students to gain access to high quality learning and revision material to assist them in preparing for their upcoming assessment tasks, Trials, and HSC examinations.

### NEST INITIATIVES

The NEST Collaborative continues to roll out

- Combined Band Performance - What a great evening of musical entertainment from our high school band and bands from Elanora Heights, Narrabeen Lakes and Narrabeen North primary schools. The vision from Mr Zappia (Principal of Narrabeen Lakes) finally came to life.
- Year 5 NEST enrichment class - Ms Catherine Arnott has begun to teach this class at the high school on Tuesday mornings. The students are highly motivated and having lots of fun learning about drones. >

*It is reflection  
and then action  
that will make the  
biggest difference!*

PARENT TEACHER EVENINGS

It was fantastic to have so many of you access the online parent teacher sessions this term. Research indicates the conversations around student improvement and engagement leads to positive outcomes. Feedback and conversations between your child’s teacher and you are important.

THE NARRABEEN WAY

This term, the school relaunched our school values and expectations matrix in a new and simplified format. We hope that this forms the basis for restorative conversations and the explicit teaching of values that promote positive learning environments.



THE NARRABEEN WAY IS TO BE

RESPECTFUL	RESPONSIBLE	SUCCESSFUL
We:	We:	We:
Interact positively	Follow instructions	Challenge ourselves
Care for all	Act safely	Persevere
Accept differences	Show accountability	Celebrate achievements

STAFF TRAINING IN TRAUMA INFORMED PRACTICE

Teachers have recently undertaken this training to raise the awareness among all staff about the impact of trauma. Trauma-informed practice recognises student behaviour as communication and helps staff build their confidence so they can help students who have experienced trauma get ready to learn. Following this training staff will have a toolkit of evidence-informed strategies to create safe spaces that are inclusive and promote positive classroom practices so all can learn. This learning will underpin our school behaviour and wellbeing discussions as we review and implement new procedures.

Happy and safe holidays.

Heidi Currie  
Principal



AROUND THE GROUNDS

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### RAISE THE ROOF

This year the Narrabeen Sports High School's Literacy and Numeracy Committee have developed the Words of the Week Spelling tests as a year group literacy competition within the school. We are proud to report on some of the best spellers in Y7-10 for Term 2:

#### YEAR 7

- Alexander Durdevic - 7RTR3
- Bronte Raubal - 7RTR8
- Mayah Reekers - 7RTR8
- Hamish Stening - 7RTR9
- Alba Carter - 7RTR2
- Eleni Christides - 7RTR2
- Georgia Clark - 7 RTR2
- Jae Pike - 7RTR8
- Juia Ralston - 7RTR8
- Maiia Salbieva - 7RTR8
- Thomas Chambers-McLean - 7RTR2

#### YEAR 8

- Flynn Greenow - 8RTR4
- Isabel Higgs - 8RTR4
- Tahirah Ova - 8RTR7
- Mae Barber - 8RTR1
- Gemma Bench - 8RTR1
- Samantha Roberts - 8RTR8
- Jin Tamura - 8 RTR8

#### YEAR 9

- Lily Crabbe - 9RTR2
- Cai Evans - 9RTR3
- Lucas Durdevic - 9RTR3
- Radek Czerwinski - 9RTR2
- Carissa Smyth - 9RTR9

#### YEAR 10

- Ivan Legarde - 10RTR6
- Seth Martin - 10RTR6
- Edward Sethaphanich - 10RTR8
- Polina Mykheienko - 10RTR7



Bronte Raubal



Isabel Higgs



Lily Crabbe



Seth Martin



Flynn Greenow



Cai Evans



Alexander Durdevic



**THE MORE THAT YOU READ, THE MORE THINGS YOU WILL KNOW. THE MORE THAT YOU LEARN, THE MORE PLACES YOU'LL GO.**

Dr Seuss



# CLASSROOM

## BECOMING A BARISTA

Year 10 Hospitality students were given the opportunity to travel into Haymarket, Sydney, and complete a basic coffee skills course. 20 students broadened their knowledge of how espresso coffee and the machines used can produce a range of beverages whilst strengthening their understanding of safe equipment use, teamwork and food hygiene. The students were successful and can engage in the schools onsite café now throughout the year.

## I DON'T NEED AN INSPIRATIONAL QUOTE... I NEED COFFEE!



## MUSIC & ART ON DISPLAY

This term the school band and elective music classes presented their first Soiree for 2022. This intimate performance was a great opportunity for students to gain performance practice. The musical standard was high, thankfully the nerves not so much.

Artworks by the Year 11 Visual Arts students were also on display. Another great showcase of the creative talents of our students.

## INSPIRING YEAR 12 STUDENTS

- Laura McDonald
- Jamie-Lea Nix
- Latalia
- Milli Owers
- Tian Rae
- Cameron Jones
- Jack Panetta
- Jas Beauchop
- Oliver Tibbett
- Aidan Cimarosti
- Lara Hines
- Anya Vigour
- Madi Cosh





# IN SHORTS

## SHORT BUT MIGHTY

### SCHOOL LEADERS

We are proud of Daisy Batty and Saxby Bolton-Johnson, representing Narrabeen at some incredible leadership events over the term. They went to Parliament House as part of a Secondary Schools Leaders Program taking part in 'Have Your Say Day'. This is a student run initiative led by Northern Beaches School Captains at which they were advocates for proactive solutions around the issues most effecting our school community. They presented to fellow school leaders in addition to Northern Beaches Mayor Michael Regan, NSW MP Rob Stokes and Federal MP Dr Sophie Scamps. Congratulations Daisy and Saxby.



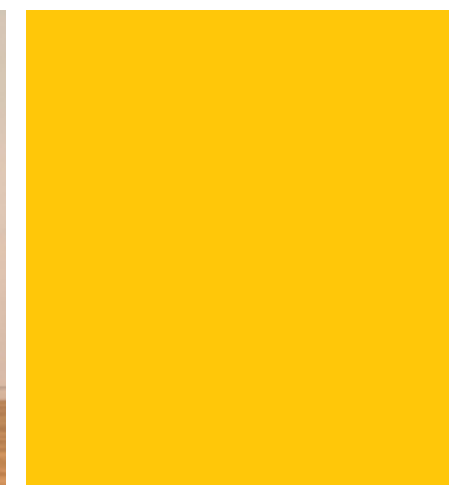
### SEAN MULLIGAN

Congratulations to Sean Mulligan has already received early entry into two different universities for a Bachelor of Music. Sean is a singer/song-writer who is very talented on the piano, guitar and singing. His voice is what sets him aside from other musicians. He sings with maturity and passion. Already performing professional gigs and has original songs on spotify and apple music. He has participated in the Talent Development Program (TDP, a highly acclaimed scouting and development program for young musicians) for two years in a row, learning a lot about the industry and how to fine tune his skills. To get into Uni, he had to record himself performing a number of songs as well as submit a written response about music. We wish you all the best Sean!

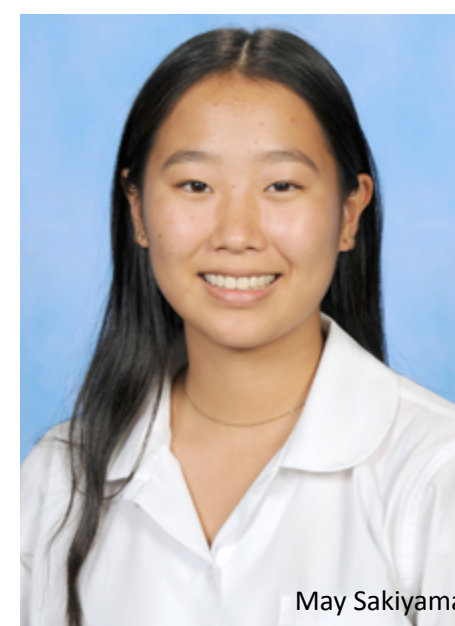


### MAY SAKIYAMA

May Sakiyama has achieved 100% in both of her assessment tasks for Advanced Mathematics. These included a written examination and a Calculus Learning Journal. For the latter, she conducted a self-initiated exploration of the derivatives of functions using the DESMOS graphing app. May aims to study Extension 1 and Extension 2 Mathematics in Year 12.



Sean Mulligan



May Sakiyama





# SPORT

## IN THE WATER

### SWIMMING

Congratulations to Year 10 student Dominique M., Narrabeen alumni Zac George, Kyan Winn, Ryan Yii and Brian De Bono and teacher Miss Wilson who recently competed at the 2022 Australian Swimming Championships.

This was a selection event for the 2022 World Championships and Commonwealth Games. A gold and silver medal was achieved by Miss Wilson's Manly relay team!! Well done to all athletes on competing at this elite level of competition.



Congratulations Miss Willson and her Manly Team

### SURFING

Congratulations and good luck to Narrabeen SHS surfers Gabi S (left) and Isabel H (top) who are representing Australia and Thailand respectively at the ISA World Junior Surfing Championships in El Salvador. An incredible achievement to be selected to represent their country on the world stage!



### KAYAKING

Congratulations to Year 12 student athlete Bailey Clues on his outstanding success at the recent National Sprint Canoe (Kayak) Championships in Adelaide.

Bailey achieved four Gold, two Silver and two Bronze medals in the Under 18s across both individual and teams events. Incredibly Bailey also collected a silver medal in the Opens K4 500m. Watch this space!





# SPORT

## ON THE FIELD

### OZ TAG

Congratulations to our Narrabeen Sports High School Oz Tag Teams who were crowned tournament champions at the NSW Oz Tag Regional Gala Day. Our teams took out first place in all divisions and to quote the organisers, 'Narrabeen are a force to be reckoned with'.

This outstanding success secured all teams a place in the Champion of Champions tournament to be held later this year. A special mention to Chelsea S, Kobe M and Charlie B (picture bottom) who were voted by the referees, coaches and players as the overall Most Valuable Players of the entire tournament.

### RUGBY LEAGUE

Congratulations to Patrick S, Tā Moko BD and Amari-Jay T (pictured top) on competing at the U15's NSWCHSSA U15's Rugby League tournament in Wollongong. Both Ta Moko and Amari-Jay were selected in the NSW Combined High School team.

### DANCE

Academy Dance program performed at the IRBD Eisteddfod and received 'Highly Commended' for their Hip Hop routine which was choreographed by Narrabeen SHS alumni, former Academy Dance member and now teacher, Lettie Staples. They then became Champions at the 'Extreme Dance' Hip Hip. An incredible demonstration of the success of the whole program. Well done dancers!

### TOUCH FOOTBALL

Congratulations to our 9/10's Girls and Boys Touch Football Teams who won the NSW Touch Football Sydney Metro Competition. Both teams will now progress to the All Schools State Finals. Also, congratulations to Kelsey B, Carissa S and Tamoko B who represented NSWCHS at the U15's All Schools Touch Football competition at the Sydney Academy of Sport. Both the girls and boys teams won gold, with Kelsey B and Tamoko B gaining selection into the NSW All School Team.



Champion Academy Dancers



Our Oz Tag Champions



# SPORT

## ATHLETICS

### CROSS COUNTRY

Many Narrabeen Sports High School students represented Warringah Zone at the Sydney North Cross Country Championships in Gosford. The NSHS students all showed excellent drive and sportsmanship. Special mention to Henri T who ran as a support runner for the Multi Class students.

The following students will be competing at the CHS championships on the 22nd of July 2022.:

- Dylan M - U13's - 3rd place
- Mitchell C - U13's - 9th place
- Baelei R - U14's - 5th place
- Charlie C - U14's - 6th place
- Henri T - U16's - 6th place
- Marissa S - U17's - 5th place
- Indi W - U17's - 7th place
- Lachlan D - U17's - 9th place

### SCHOOL ATHLETICS

The following students were awarded 2022 Age Champions:

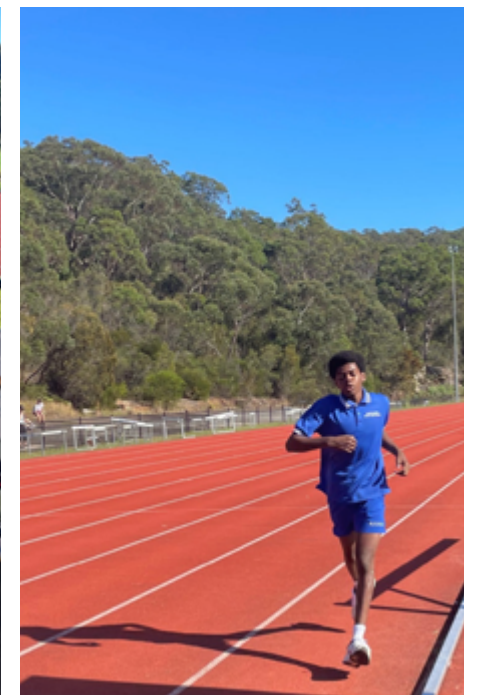
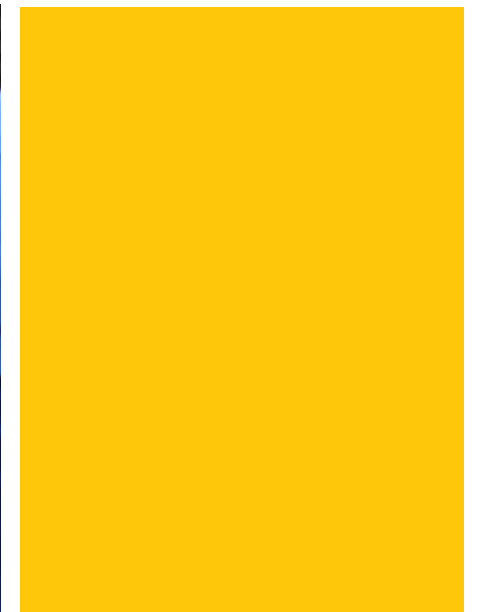
U12's - Girls: Sophie C/ Boys: Vincent C  
U13's - Girls: Madeline S/ Boys: Brody C  
U14's - Girls: Baelei R/ Boys: Alex F  
U15's - Girls: Carissa S/ Boys: Jordan W  
U16's - Girls: Tay N/ Boys: Henri T  
17's+ - Girls: Marissa S/ Boys: Evan N

### ZONE ATHLETICS

Despite field events being canceled, we had a huge team of 66 students attend the Warringah Zone Athletics Carnival with many students achieving excellent results and showing true Narrabeen SHS spirit. Congratulations to the following record breakers:

- Taylor Nickson - 16 girls 400m - new record of 1:07.56
- Rio Porter Sheen - 17-19 boys 200m - new record of 23.52

We also had many students and relay teams progressing to the Sydney North Regional carnival. Congratulations to all students who participated on the day.





# FROM OUR STUDENTS

I've just spent 3 weeks Skateboarding in California. In preparation for the 2022 Skateboarding World Championships and Olympic Qualifier in Brazil. I've been training with 3 other Australian Athletes- Ethan Copeland, Dylan Donnini and Olympic Gold medallist Keegan Palmer.

I've been travelling to the USA competing in skateboarding contest since I was 6. The USA has some of the best skate parks in the world and Southern California is the hub of Skateboarding worldwide, due to the amount of Skate parks and pro skateboarders who live here.

We have been training in a specialised indoor skate park called CA-TF (California Training Facility) owned by California skateparks who build skate parks for the Olympics, X games and Vans park series. The CA- TF is a huge park as well as a large street section complete with gym and treatment area. The skate park is not open to the public, only through National organisations like Skate Australia or through a major sponsor like Nike SB or Vans.

Most days I wake up at 6am and I try to surf until 9am then breakfast. 11am-2pm at the TF. Lunch and then off to another skate park 4-6pm, dinner at 7ish in bed by 9pm. Pretty much every day.

It's hard finding girls to train with in Australia as female skateboarding has only been popular for a few years now. So when I'm in the US I can get to train with Olympians like Skyand Sakura who are gold and bronze Olympic medallist. I love to skate with these girls as they're the best in the world and I can see the level I need to be to reach the top. All of us encourage one another even though we compete against each other. Skateboarding has a culture of supporting each other when we land our tricks.

Its always hard being away from home. I miss my Mum and my sisters, Narrabeen and my school friends.

So that's a quick look at my time in the USA.

Ruby

RUBY TREW, YEAR 8



SAM BLOWS, YEAR 7

**What has been a highlight from Term 2?**  
Camp!

**Do you have a goal for yourself for the rest of the year?**  
To do better in Science!

**Who inspires you and why?**  
My friends.

**What are you looking forward to the most over the holidays?**  
Not being at school.

**If you could improve one thing in the school, what would it be?**  
New toilets.



TYLER READING, YEAR 9



**What has been a highlight from Term 2?**  
Getting good marks.

**Do you have a goal for yourself for the rest of the year?**  
Keep being better and taking advice

**Who inspires you and why?**  
My brother, just someone I have always looked up to as a person.

**What are you looking forward to the most over the holidays?**  
Spending time with family and friends.

**If you could improve one thing in school, what would it be?**  
Taking more advice from teachers and peers.



OLIVIA WICKS, YEAR 11

**What has been a highlight from Term 2?**

I am a dancer and a big highlight of my year was getting to compete with the amazing friends at my studio. Our comp seasons have been all over the place with Covid and so it was amazing to spend the weekend competing and the amazing outcomes made it even better!

**Do you have a goal for yourself for the rest of the year?**  
My goal for the rest of the year is to stay organised and on top of all my school work.

**Who inspires you and why?**  
I am inspired by my older sister because she is so confident in who she is and is always so supportive.

**What are you looking forward to the most over the holidays?**  
I'm just excited to just have a relaxing break and sleep in.

**If you could improve one thing in the school, what would it be?**  
I think an indoor space where we could go at recess or lunch that we were allowed to eat in could be a really great addition, particularly in winter.





## FROM OUR STUDENTS



CLODAGH CARROLL, YEAR 7

**What has been a highlight from Term 2?**  
Year 7 Camp

**Do you have a goal for yourself for the rest of the year?**  
Get good grades.

**Who inspires you and why?**  
My friends and my parents.

**What are you looking forward to the most over the holidays?**  
To go on holidays.

**If you could improve one thing in school, what would it be?**  
Better bathrooms.

*To do better  
in science!*



EDWARD SETHAPHANICH, YEAR 10

**What has been a highlight from Term 2?**  
The highlight of my year is being able to meet a friend who lives overseas.

**Do you have a goal for yourself for the rest of the year?**  
Yes I do. The goal for the rest of the year is to come first in my grade while being able to do the best in all of my subjects..

**Who inspires you and why?**  
An individual who perhaps, inspires me is Mr McDonald because of his 'idiosyncratic' nature which enables him to make science lessons more enjoyable and unique. Furthermore, Mr McDonald has this noticeable ability to easily assist students making complex topics, highly engaging. The same can be said for Mr David and Mr Palme whom I enjoy attending classes to.

**What are you looking forward to the most over the holidays?**  
During the upcoming holidays, I am mostly looking forward to revising my schoolwork while spending a bit of time, outdoors.

**If you could improve one thing in the school, what would it be?**  
If I could improve one thing in the school, it would mainly be the classroom equipment and material which perhaps, could allow students to engage in learning a bit more.



CARISSA SMYTH, YEAR 9

**What has been a highlight from Term 2?**  
I made a CHS touch football team.

**Do you have a goal for yourself for the rest of the year?**  
Get better marks in English.

**Who inspires you and why?**  
My mum

**What are you looking forward to the most over the holidays?**  
I am going away to Townsville.

**If you could improve one thing in the school, what would it be?**  
The bathroom facilities. We also need to increase the uniform options and make them cheaper so people are willing to buy them.



Mr McDonald



# FROM OUR SASS STAFF

**How long have you been at Narrabeen Sports High School?**  
5 Years

**What is your role at the school?**  
Finance Manager

**What do you enjoy about it?**  
Working in the finance area and having the opportunity to work with our parent community.

**What has been a highlight during your time at NSHS?**  
Working with such a great group of people.

**What is your number one tip for students at NSHS?**  
Take advantage of the opportunities our great school provides to give yourself a great start to your future.

**How do you see the future of our school or community?**  
I see the school community going from strength to strength with our caring and diligent teachers and forthcoming renovations.

**Last words...**  
In a world where you can be anything, be kind.

GAIL BATEMAN

VIV WELSH

**How long have you been at Narrabeen Sports High School?**  
Nine and a half years

**What is your role at the school?**  
School Administration Officer - Finance.

**What do you enjoy about it?**  
Its never dull always bustling.

**What has been a highlight during your time at NSHS?**  
Working in lots of different roles and faculties within the Admin team.

**What is your number one tip for students at NSHS?**  
Enjoy your time at school, one day you will look back on it with fond memories.

**How do you see the future of our school or community?**  
Growing.

**Last words...**  
Treat each day like it is your last day, make the most of it.



# TEACHER SPOT LIGHT

CATHY ARNOTT

**How long have you been at Narrabeen Sports High School?**  
This is my third year at Narrabeen.

**What is your role at the school?**  
I'm a TAS teacher as well as Year 8 Co-Year Adviser.

**What do you enjoy about it?**  
I love exploring students innovative ideas and helping them come to life. I am a strong believer that one of the best ways for students to develop skills through developing projects. I have a background in digital technology and the students at Narrabeen have so many skills they've been developing through personal interests, having the ability to explore those skills is fulfilling. All the TAS teachers are so different and have such a wealth of skills, one of my favourite things about the school is that we work together to develop programs and projects to bring out the best in our students.

**What has been a highlight during your time at NSHS?**  
It's hard to pin down just one highlight. Every time one of our students has a break through on a project or they finish something they've been working on, as a teacher it's a huge rush.

Recently I've been working with the NEST collaboration to implement an Enrichment Program and I'm really excited about what's to come with that. I was able to succeed in getting a grant for the school to have a set of drones earlier this year and I can't wait to start using them in the teaching space.

**What is your number one tip for students at NSHS?**  
You get out what you put in. You have a team of teachers who would go great lengths to support you in your ambitions.

**How do you see the future of teaching or what would you like to see for teachers and students?**  
In my dream world I would love to see a cross-KLA teaching space, where learning between subjects is intertwined. By focusing on skill building students can focus on develop learning pathways that will help them succeed in the fast paced nature of todays society.

**Last words...**  
School is your chance to follow your interests down the rabbit hole. It might not always lead where you expect but you will always have a team of students and staff to support you.



School is your chance to follow your interests down the rabbit hole!



# FACULTY

## SPOTLIGHT

### NEWS FROM OUR TAS FACULTY

2022 is already a busy year in TAS. We farewell Mr Neale Asby at the end of 2021. We congratulate Ms Catherine Arnott's permanent appointment to our department and we also wish Ms Amy Chong well on her maternity leave and say hello to Ms Dianne Leeson, Mr Peter Whittaker and Mr Shannon Higgins.

**Stage 6:** Year 12 Industrial Technology Timber and Design and Technology classes are busy working on their Major Projects and related portfolios that are due in Term 3. Year 11 Design and Technology have completed their first project designing lamps and we saw some creative designs, they are now working on their next design task, children's toys. Year 12 Food Tech have been developing line extensions or me-too products for the Food Product Development unit and Yr 11 have been studying Food Quality, how and why food behaves the way it does. Year 12 VET Hospitality and Construction classes have completed their workplacements with various local businesses and Year 11 VET Hospitality are completing workplacement in term 3.

**Stage 5:** Year 10 Industrial Technology Timber classes have just completed a tool carry-all and related portfolio with a special mention by Baxter H and Jesse R. Year 9 completed a pot stand and planter box with special mention to Mya, Flynn, Byron, Cam, Rex and Harrison for their great practical work. Year 10 Food Technology completed their first unit, Nutrition for Life unit and are now studying Food Equity. Year 9 Food Technology are studying Australian food habits, investigating bush foods and working towards researching other cultures and their influence on Australian cuisine. Textiles and Design have just completed an apparel unit where they made shorts or skirts and are now showing their creativity in textiles arts. Information Software Development completed game design development and are now developing their video editing skills. Design and Technology have shown their creativity by using the 3D printer, timber, fabric and even clay to produce their storage solutions. Our school cafe is up and running as our year 10 VET Hospitality students are developing their coffee making, cafe and customer service skills and attended a day at a coffee school. Year 9 Industrial Technology Multimedia is a new elective course this year and they have been designing and creating brands through marketing and website development

**Stage 4:** Yr 7 and 8 Technology Mandatory are busy working on their second unit, either Food and Agriculture, Mixed Materials or Engineered Systems. Food and Agriculture students have prepared foods based on the Australian Dairy industry, which concluded with students designing and preparing their individual shake or smoothie. Students in Mixed Materials used the sewing machines and fabric decoration techniques to design and make a tote bag or cushion cover and Engineered systems students designed and made CO2 powered speed racer cars or timber cam toys. Digital Technology is developing the year 8 students' coding skills.

Ms Arnott and Mr Page took a combined group of yr 10, 9 and 8 IST, Multi Media, and Technology Mandatory Digital HPGE students to a drone day where students programmed and flew drones through a series of challenges. The students came back inspired and we look forward seeing their drone flying skills later in the year.

Is it really only the end of term 2? The TAS staff look forward to more creative activities and solutions by our students in the remainder of the year.





# GEARING UP FOR TERM 3, 2022

## YEAR 12 SUPPORT

As the HSC draws near our Senior students are encouraged to accept the support systems that are available to them. 'Band Aid' club is available at breakfast, during Raise the Roof and lunchtime.

We also have an extensive study skills program for Years 11 and 12, delivered by teachers and external providers. Key ideas include how to read a syllabus, how to make effective summary notes, how to organise your time (Study planner or Google Calendar) and tips for revision. Our Teacher-Librarian supports students in their private study time with proof-reading and essay structuring.

Fostering positive wellbeing and how it can become a powerful force in students' learning and development underpinned everything we do at Narrabeen Sports High School. Some of the additional support include:

- Teacher mentor for each Year 12 individual student
- Year Advisers Miss Lynch and Mr Moore
- Fortnightly year assemblies with guest speakers and help strategies
- Student Support Officer (Ellen)
- School Counsellors
- Wellbeing programs such as Tomorrow Man and Tomorrow Woman and Paul Dillon (Director and founder of DARTA {Drug and Alcohol Research and Training Australia})

## DATES FOR THE DIARY

DATE	EVENT
18 Jul	Staff return Term 3
19 Jul	Students return Term 3
28 Jul	Year 12 Trials begin
22 Aug	Year 7 Warringah Zone Gala Day
28 Aug	Car Boot Sale
05 Sep	Year 11 Exams begin
07 Sep	CHS Athletics Carnival
21 Sep	Year 12 Formal
23 Sep	Year 12 Graduation
23 Sep	Last day of Term

## CANTEEN MENU 2022

### BREAKFAST MENU

Freshly baked assorted muffins	\$2.50
Oven-baked hash browns	\$1.50
Ham & 2 eggs roll	\$6.00
Assortment of cereals	\$3.50

You are welcome to contact me at:  
belindaskitchen@gmail.com with dietary requirements  
eg gluten free. Pre – Order to avoid disappointment and waiting time.

### ALL DAY MENU

Freshly baked assorted muffins	\$2.50
Assortment of fresh wraps	\$5.00
Chicken Schnitzel, crispy lettuce & whole egg mayo	
Ham, cheese, tomato, crispy lettuce & mayo	
Egg, crispy lettuce & mayo	
Assortment of salad wraps	
Canteen made sausage rolls	\$4.00
Spinach & ricotta quiche	\$4.00
Vegetarian quiche	\$4.00
Ham & Cheese quiche	\$4.00
Burgers	
All made with lettuce, melted cheese and sauce	
Chili chicken	
Chicken fillet	
Beef	
Vege	
Assortment of bread rolls	TBA

### DRINKS AVAILABLE ALL DAY

300ml Milkshakes	\$3.00
Chocolate strawberry vanilla malt	
Water pump 750ml	\$4.00
Water 300ml	\$2.00
Juices orange apple	\$3.00
No sugar mineral water	\$2.80
Raspberry, apple & black currant	

### SALADS

\$6.50

**CAESAR SALAD** - Crispy cos lettuce, chicken, crispy bacon, parmesan, egg, croutons & whole egg mayo

**GREEK SALAD** - Cherry tomatoes, cucumber, red casicum, Spanish onions, Danish fetta & canteen made vinaigrette

### SPECIALS OF THE DAY

\$6.00

**MONDAY** - Penne Neapolitan (a tasty tomato based pasta with garlic, onion, mixed herbs, crushed tomatoes & tasty cheese)

**TUESDAY** - Honey soy drummy's served with jasmine rice

**WEDNESDAY** - Lasagne (Beef, crushed tomato's layered with lasagne sheets and topped with parmesan & tasty cheese)

**THURSDAY** - Butter chicken and basmati rice (a blend spices with a butter chicken paste blended in a light cream)

**FRIDAY** - Beef ravioli served with bolognese sauce & a sprinkling of cheese, or sushi







WELCOME BACK FOR TERM 3  
FROM THE ENTIRE NSHS COMMUNITY

