

2023

NEW STUDENTS HANDBOOK



Principal's Welcome



I am very much looking forward to working with Year 7 in their first year of secondary school. It is our aim to provide our Year 7 students with the skills, knowledge and support they require to experience success at Narrabeen Sports High School, this year and beyond.

Our dedicated team of exceptional teachers and support staff create a caring community committed to ensuring that every student is challenged in their learning and feels that they belong in their school community.

As a school community we value learning that is focused on growth and built on positive relationships and respect. I look forward to working in partnership with all parents in this important year to encourage our newest school members to be independent thinkers in an environment that supports all students to pursue excellence and achieve personal bests.

We have developed a proud reputation for sporting excellence and academic achievement, strong wellbeing support and a broad and inclusive program of activities that promote participation in the arts and leadership.

The most common feature of our school that visitors comment on is the welcoming and vibrant atmosphere. This is something that doesn't just happen, it is an aspect of our school that every staff member works hard to ensure is present in everything they do.

Welcome to all new families joining our community this year.

Heidi Currie
Principal



Year 7 Subjects

Brief Subject Overview

ENGLISH

Students will learn complex skills and concepts in order to enhance their creative flair and develop a sophisticated written expression. Through a broad range of literature and texts, students explore and appreciate the world around them and their connection to it.

Term 1: Through My Window - Poetry task

Term 2: Show Me The Money - PBL Marketing and Advertising campaign

Term 3: Representations of Survival - Essay task

Term 4: The Hero's Journey: Myths and Legends - Narrative task

MATHS

Term 1: Integers (compares, orders and calculates with integers to aid computation), Indices (positive-integer and zero indices of numerical bases), Time (performs calculations of time that involve mixed units, and interprets time zones)

Term 2: Time, Patterns & Algebra (generalises number properties to operate with algebraic expressions as well as creates and displays number patterns; graphs and analyses linear relationships and performs transformations on the Cartesian plane), Angles (relationships and parallel lines)

Term 3: Fractions, Decimals & Percentages (converting between types of numbers and making calculations)

Term 4: Measurement (unit conversion, perimeter, area), Probability (simple & compound events)

PDHPE

All students will take part in mandatory year 7 to 10 PDHPE which develops the knowledge, understanding, skills and attitudes needed to take action to protect and enhance students' own, and others', health, safety and wellbeing in varied and changing contexts. Having a mixture of practical and theory lessons each week.

PRACTICAL

Term 1: Team Building - Small sided tactical games; Athletics

Term 2: Invasion games - Netball, Basketball, AFL

Term 3: Invasion games - Football, touch football, league tag

Term 4: Striking games - Cricket, Teeball, Slide hockey

THEORY

Term 1: Changes and Challenges

Term 2: Health matters

Term 3: Growing and changing

Term 4: Staying safe - Aquatics



Year 7 Subjects Cont...

SCIENCE

Students will develop skills in working scientifically and complete modules of work that cover all branches of Science. Learning and activities have been created to foster an inquiring mind and progressively build toward studies in senior science.

Module 1: Introduction to Science

Module 2: Science of Toys (Physics)

Module 3: Circle of Life (Biology)

Module 4: Enough Water Fit for Drinking (Chemistry)

Module 5: Earth & Space (Earth and Environmental Science)

TECHNOLOGY MANDATORY

Three units are completed following a design process where they complete related theory and practical activities around the areas of:

- Food and Agriculture e.g. dairy focus including cheese making, smoothies
- Mixed Materials e.g. a reusable tie dyed bag
- Engineered Systems e.g. a CO2 racing car
- Digital Technology is also carried out in an integrated way throughout the units

HUMAN SOCIETY AND ITS ENVIRONMENT (HSIE)

One semester of **Geography**

Students will study TWO of the following topics in Year 7:

- Landscapes and Landforms
- Place and Livability
- Water in the World
- Interconnections

Over Years 7 and 8, students have the opportunity to complete fieldwork activities, including excursions in the local community. Formal assessment will include a topic test and project-based task.

One semester of **History**

Students will study the following topics:

- Investigating Ancient History (including Ancient Australia)
- Ancient Egypt
- Ancient China

Over Years 7 and 8, students have the opportunity to participate in at least one site study and will also be able to participate in historical demonstrations such as simulated archaeological digs. Formal assessment will include a research task and a scaffolded essay.

MUSIC

Term 1: Meet the Music

Students learn about the fundamentals of musical sound, instruments and notation

They will create their own 'home-made instrument' and learn to play basic melodies on the keyboard

Term 2: Music Around the World

Students learn to play in ensembles and complete a class performance of a popular African tune.

They will present a research project to their class about music from another culture.



Year 7 Subjects Cont...

Term 3: Australian Music

Students learn about Australian folk music, indigenous Australian music and Australian pop music culminating in an on-stage performance for MADD (music, art, dance & drama) showcase.

Term 4: Digital Composition

Students learn to navigate music software, creating their own music compositions. They will explore two different types of music software including looping and beat creation as well as traditional notation.

VISUAL ARTS

Term 1: Portraiture - Drawing self portraits in two different mediums

Term 2: Ceramics - Making Monsters that reflect their own personality

Term 3 & 4: Aboriginal Art and Landscapes - Creating a Landscape out of recyclable materials.

JAPANESE

Term 1 :About Myself and Japan - Self Introduction Speech

Term 2: Family and Pets - Hiragana Handwriting Booklet

Term 3: Food Task - Listening Test

Term 4: Sport - Yearly Exam

SPORT

Year 7 will take part in a whole school sporting program which runs on a Wednesday afternoon, this is mandatory for Year 7 to 10. Our options are vast due to our large use of local facilities and businesses with a number of recreational and home sport options, paid and unpaid options. Including selections such as, surfing, putt putt, Brazilian Jiu Jitsu, Stand up Paddle Boarding/Kayaking, Fishing, Basketball, Futsal and many more.

In term 2-3 students also get the opportunity to take part in the Warringah Zone Grade sport competition (Similar to the Primary PSSA system). Competing in sports such as Basketball, Netball, Touch Football and Soccer.

We also have 3 whole school carnivals - Swimming, Athletics, Cross Country which we encourage all students to take part in and earn points for their house.

ACADEMY

The focus of the Sports Academy is to afford elite, and emerging elite, athletes an environment for academic and social development, whilst acknowledging and assisting with the development of the individual training and competition demands in a chosen sport. The Sports Academy provides a representative pathway due our alliance and coaches from various sporting codes. Many students have gone on to representative teams and compete at a state and national level. Our Sports Academy is the selective Sports program at our school. There are 11 sports available with skill acquisition program being the focus every Tuesday and Thursday morning. It is an Elective subject that appears on a student's Record of School Attainment and is conducted by external coaches with high level coaching qualifications. We encourage all students (including out of area) to trial for a maximum of 2 sports. We have a strength and conditioning room, a physiotherapist onsite and an Academic Support program for our student-athletes to stay on top of their school work.



Supporting our Students

At Narrabeen Sports High School we aim to provide a safe, happy and stimulating educational environment in which students can achieve their personal best and where all members of the school community feel valued and supported.

The following staff support our students:

YEAR ADVISERS

Year Advisers are responsible for wellbeing and its impacts on the learning of the students in their year group. They work closely with the school wellbeing team and classroom teachers. They are usually the first point of contact for parents in relation to any issues or problems about a student. Year Advisers are dedicated and an integral part of the school community. They work closely with staff and parents to provide the earliest possible intervention that prevents problems for their students.

SCHOOL SOCIAL WORKER

Ellen Stretton is our full time dedicated social worker at school. She works exclusively with students and her office is in the library. Students are able to self refer through email, a QR code or may be referred through a member of staff. She sees her job as “walking alongside students as they navigate high school and helping work out the next steps for different concerns or situations that worry them, while also advocating to make sure their voice is heard and teaching them how to use it.”

SCHOOL COUNSELLORS

Our school counsellors Sue and Gabrielle support students with a range of issues related to learning, peer and family relationships, and managing emotions such as depression, anxiety, worry or isolation. They have post graduate qualifications in psychology and are empathetic listeners who have the ability to make students feel comfortable and at ease.

LEARNING SUPPORT TEAM

Our learning and support teachers, Ms Campbell and Ms Agha, in collaboration with classroom teachers, provide direct and timely specialist assistance to students in regular classes with additional learning and support needs and their teachers.

CAREERS ADVISER

Our award winning careers adviser, Ms Morris provides information, guidance and advice to help students explore their education and career options, create a resume, search for jobs, apply for jobs and/or apply for further study. She liaises with parents, teachers, employers, community agencies and training providers to support students with their future pathways,

PEER SUPPORT

The Peer Support program focuses on easing the transition to high school and developing communication skills, self-confidence and self esteem. The program involves older students meeting with year 7 students to offer them support.



Learning Centre

The Library is open before school, during recess and lunch and after school each Monday, Wednesday and Thursday. It is a central location where all students can study, complete work or find help with homework and assignments, careers and wellbeing.

The Homework Centre is available to all students and is open Monday and Thursday after school from 3 - 4pm. Teachers are available to provide assistance with homework, assignments and assessments.

The Student Athlete Support Program is run in the Library on Tuesday and Thursday mornings during Academy Sport. This facility provides support to our young student athletes by providing assistance with school work, scheduling and homework. Tutors are also available on Thursday mornings for small group tutorials.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	8.30am	8.30am	8.30am	8.30am	8.30am
Afternoon	4.00pm	3.00pm	4.00pm	4.00pm	3.00pm



Sports Academy



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Sports included in the academy program:

AFL, Baseball, Basketball, Cricket, Dance, Football, Netball, Rugby, All Codes Surfing, Swimming and Touch.

Sports Academy Selection Criteria

- All applicants must submit this form with their 2 most recent reports.
- All applicants must complete a trial for their selected sport
- Satisfactory background checks will be undertaken from previous school
- Applicants will be vetted by an internal/external panel as part of the selection process
- Applicants may be interviewed by the School Principal

Application available on our website.



[@narrabeensportshighschoolsportsacademy](https://www.facebook.com/@narrabeensportshighschoolsportsacademy)



School Uniform

Our students wear their school uniform with pride which has a positive affect on our school image in the wider community. In addition, there are safety issues around identifying students and WHS in practical lessons, for example wearing a sports uniform for PE.

Both summer and winter uniforms are comfortable and versatile and can be purchased online or visit the school uniform shop during school hours. Please support us and ensure your child is in the correct school uniform.

Uniform Shop located on Mezzanine Level of the Gymnasium. Open hours during school terms:

- Monday 8:00am - 10am
- Thursday 2:30pm – 4pm
- Friday 8:00am – 9:30am

Email uniformshop@narrabeenhs.com

We strongly suggest purchasing your uniform early to avoid lengthy queues in January.



Ensemble Program

The Faculty of the Arts Ensembles program is a co-curricular opportunity offered to students interested in music, dance, drama and visual arts. The program provides students with a wide variety of skill development, performance and exhibition opportunities.

Students will perform at school and personal best assemblies, Open Night, the winter and summer arts tour, Arts camp, MADD, Year 12 Graduation, Sports Awards assembly and Presentation Day. Rehearsals are held each week before, during and after the school day.

As a member of an ensemble you are invited to our Arts camp where you will develop and rehearse a show to tour.

Ensemble Programs include:

- School Band
- Senior Rock Band
- Junior Rock Band
- Vocal Ensemble
- Drama Ensemble
- Classical Guitar Ensemble
- Drum Line

Entry to the Ensembles Program is via application and audition.



BYOD Program

The **Bring Your Own Device (BYOD)** program allows students to tailor their technology to their own needs.

Specifications	Minimum	Preferred
Device Type	Tablet/Notebook	Laptop
Screen Size	At least 11"	At least 13"
RAM	4GB	8GB
Wireless	5GHz 802.11n essential	5GHz 802.11n essential
Browser	Chrome	Chrome
Keyboard	External	External
Battery Life	Minimum 8 hours	12 hours
Antivirus/Malware	Any, as long as up to date	Any, as long as up to date
Case	Suitable protective case	Suitable protective case
Warranty	1 Year	3+ Years
Operating System	Windows 10 OSX 10.12x or newer IOS 12X or newer	Windows 10 OSX 10.12x or newer IOS 12X or newer
Not Permitted	Mobile Phones Tablets with screens less than 11" Tablets without external keyboards	Mobile Phones Tablets with screens less than 11" Tablets without external keyboards
Considerations	Accidental loss and breakage insurance	Accidental loss and breakage insurance

Purchasing a carry case or protective sleeve and extended warranty for your child's device is highly recommended



Our P&C

The education and school experiences our children have are important to us all. But it's often difficult to understand how we can best help or play a part in this. The Narrabeen Sports High School P&C Association is both a voice and source of information for parents and the wider school community. Our children go through huge changes in their high school years. And, our school will also be going through significant changes over the next few years. The P&C can be a useful point of contact or way for you to get involved as these changes take place.

P&C MEETINGS

P&C meetings are a great opportunity to learn about what is happening in the school and have a say on issues and opportunities for our school and students.

Meetings are held on the second Tuesday of the month during term time. We meet in the staff common room in the administration block, starting at 7pm. In addition to agenda issues raised by parents and community members, a member of the school executive gives an update on school matters, plans and developments. Funding requests from the school and discussions on fundraising opportunities may also be discussed.

Please email pandc@narrabeenhs.com if you have any queries or would like any questions, concerns or ideas added to the agenda, for discussion at a meeting.

FUNDING

You'll know from your time as parents and carers of Primary School children, that the government funds only very specific things within all schools. Through the continued support of parents and community members, the P&C enhances and supports the quality education and school experiences of our high school students through a number of activities and initiatives.

Some recent examples are funds donated to install classroom air conditioning units to avoid our children being distracted away from learning by the heat in summer and cold in winter; the provision of sports bags for Year 7 students to keep soiled sportsclothes/shoes and school books separate; purchase of experiment materials and equipment to enhance the level of engagement of students in science; sponsorship of drug and alcohol awareness and education workshops for students, parents and teachers; and the improvement of canteen equipment.

Our main fund-raising activity is the quarterly car-boot sale, held on school grounds, on the last Sunday in February, May, August and November each year. These have been held for many years with great success. Money is raised primarily from stall holders' fees as well as food and drinks sold on the day.

To ensure stallholders and the public experience a well-run market we rely on volunteers to make the day a success. We require helpers for 1-2 hours early in the morning to help direct stallholders to parking areas and set up the grounds. Emails are sent out to parents and carers in the lead-up to the event with more details. Without parents' help, these fund-raising activities would not be possible, so please circle these event dates in your diary and plan to help out, at least once during the year.

The P&C has a Facebook page www.facebook.com/narrabeenhsPandCassoc where we publish meeting dates and information and we have a dedicated email address pandc@narrabeenhs.com if you have any questions or feedback you would like to provide.

In 2023 we would like to grow our P&C membership base (from the current 12 members) so that we can continue to run the P&C effectively and raise money for the school community. We have lots of great ideas but need more hands and bodies to see them come to light. Emails are sent out once per term and for any other special events.

Please contact the P&C to be included on the Narrabeen Sports High School Parents & Citizens database.

Narrabeen Sports High School P&C Association



Dates & Times

TERM DATES FOR 2023

Term	Start Date Teachers	Start Date Students	End Date
Term 1	Friday 27 January	31 January - 7, 11 and 12 1 February - 8, 9 and 10	Thursday 6 April
Term 2	Monday 24 April	Wednesday 26 April	Friday 30 June
Term 3	Monday 17 July	Tuesday 18 July	Friday 6 October
Term 4	Monday 9 October	Monday 9 October	Tuesday 19 December

BELL TIMES

	Monday, Tuesday, Thursday, Friday	Wednesday
Warning Bell	8:58	8:58
Period 1	9:00	9:00
Period 2	9:55	9:50
Bump It Up Mon (A) Assembly Mon (B) Year Meetings Roll Call	10:50	Sports Assembly 10:40
Recess	11:15	10:50
Period 3	11:35	11:05
Period 4	12:30	11:55
Lunch 1	1:25	12:45
Lunch 2	1:45	1:05
Period 5	2:05	1:25
End of Day	3:00	2:55
Academy Tuesday & Thursday	8:30 - 9:55	



Year 7 Book Pack

There will be a LIMITED supply of Book Packs available for purchase. You can pre purchase a book pack and it will be available for collection at Orientation Day. To pre purchase a book pack;

- Pay Online via www.narrabeensportshighschool.nsw.edu.au and click on the \$ symbol

TOTAL COST \$135 (approx)

SUBJECT	STATIONARY	
English	1x 192 Page A4 Book	2 x Highlighters
	1 x A5 Journal	1 x Post-it-notes
Language	1x 128 Page A4 Book	2 x Pens (Black & Blue)
	1 x Glue Stick	1 x 4B Lead Pencil
	1 x Student Scissors	1 x Headphones for Laptop
	1 x Pack of Coloured Pencils	
Mathematics	1 x Scientific Calculator	2 x 96 Page A4 Book (1/semester)
	1 x Glue Stick	1 x Blue Pencil Case
	1 x NSHS Ruler	
Science	1 x Document Wallet (Clear)	
HSIE	1x 128 Page A4 Book	
Music	1 x 96 Page Manuscript Book	
PDHPE	1 x 96 Page A4 Book	
Visual Arts	1 x 24 Pkt Colour Pencils	1 x 4B Lead Pencil
	2 x Brushes (12 & 6)	1 x Visual Arts Process Diary
	1 x 2B Lead Pencil	
TAS	1 x Document Wallet (Clear)	



Canteen Menu

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

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	
Chilli chicken	
Chicken fillet	
Beef	
Vege	
Assortment of bread rolls	TBA

SALADS \$6.50

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

GREEK SALAD - Cherry tomatoes, cucumber, red capsicum, 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 of spices with a butter chicken paste blended in a light cream)

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

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	

You are welcome to contact Belinda's Kitchen if you have special dietary requirements eg gluten or lactose free belindaskitchen@gmail.com. Pre-order to avoid disappointment and waiting time.



Communication

Our school has several methods of communication to our students, parents and the community. These include email, text messaging, parent portal, school smart phone and Social Media.



[@narrabeensportshighschool](https://www.facebook.com/narrabeensportshighschool)



[@narrabeensportshighschool](https://www.instagram.com/narrabeensportshighschool)



[@narrabeensportshighschoolsportsacademy](https://www.facebook.com/narrabeensportshighschoolsportsacademy)



narrabeen-h.school@det.nsw.edu.au



<https://narrabeen-h.schools.nsw.gov.au/>



Parent Portal - <https://narrabeen-h.sentral.com.au/portal2/>

