

## North Gosford Learning Centre

Term 1

April 2020

### Principal's News

Welcome to the Term 1, 2020 Newsletter.

The year 2020 will not be what we expected it to be that's for sure. Our lives have been incredibly disrupted due to the threat of COVID19.

However, if we can "keep calm, stay wise and be kind to each other" we will get through this together. I expect we will come out of this as a more resilient people and caring nation. The challenge is ahead of us and I know it will also create many challenges and very real difficulties for our school's families.

I want to assure you that the NGLC staff team are available and ready to support you with whatever it takes to help you or to identify who can help if the need is out of our area of expertise.

We will be contacting you regularly to check in and offer any support available. Please don't hesitate to call us if needed. Send a text if out of hours and we will respond in a timely manner.

The transition to online learning and remote learning packages is in full swing and our team is responding to this challenge to support our students to continue their learning from home. We are currently exploring options to assist any family with hardware or connectivity issues. If you have difficulties in accessing or using technology let us know and we will try to help where we can.

A COVID 19 information sheet for parents is attached to assist you to understand many of the issues around this pandemic. Again I would stress don't hesitate to call us and together we can manage this crisis in a positive and progressive way.

Daniel Hayes  
Principal

### Dates to remember:

1<sup>st</sup> day back for all students term 2 is Tuesday 28th April 2020.

Last Day of Term 2 is Friday 3<sup>rd</sup> July 2020

1<sup>st</sup> day back for all students term 3 is Tuesday 21st July 2020.

Last Day of Term 3 is Friday 25<sup>th</sup> September 2020.

1<sup>st</sup> day back for all students Term 4 is Monday 12<sup>th</sup> October 2020.

Last Day of Term 4 is Wednesday 16<sup>th</sup> December 2020.

### School Development Day SDD Information

NGLC will not be operational on:

Term 2 SDD: **Monday 27th April 2020**

Term 3 SDD: **Monday 20<sup>th</sup> July 2020**

Term 4 SDD's: **Thursday 17<sup>th</sup> & Friday 18<sup>th</sup> December, 2020.**



## New School Updates App



The Department of Education's first ever app – the 'School Updates' app for parents – was launched recently by the Minister for Education and is now available for download.

The free, opt-in app is another way for parents and carers to receive information about their child's school (or schools).

Users can download the app and sign up to receive an alert if the school they have pre-selected is non-operational (and another when the school is operational again).

The app is available for both iOS and Android users.

### **The app does not store any personal or identifiable information**

When the app is in use, it communicates with the department's servers storing a unique identifier for the user's device; the schools that have been pre-selected; and whether the user has opted in to receive push notifications.

### **Users are able to register for multiple schools**

The app allows the user to select any number of public schools for which to receive updates.

### **The information in the app is updated at the same time as it is published by department**

Typically we update the non-operational schools list on the school safety page in the late afternoon or evening, but depending on the circumstances, updates may happen throughout the day. Information is published as soon as it is provided to the department by schools

## Class 1

Class 1 has had a fantastic term. They have completed work to a great standard. The class completed numerous units including; You Can Do It (YCDI), Great Barrier Reef (GBR) and Graffiti Art. During the GBR unit of work students have completed numerous written and art projects. The art projects have been collaborated to create a class display. The student's favourite project consisted of them working as a team to create a Minecraft Great Barrier Reef world. Overall it has been a fantastic term for class 1.



## Aboriginal program

This year we have Bruce Waia offering Cultural programs for both our indigenous and non-indigenous students once a week. Bruce has been overseeing our students work on the story poles which are located around our yarning circle. Staff are continuing to attend local Aboriginal education working groups to offer more opportunities to our students.

### The Wholesome collective

A big thanks to Mary Wills and Michael Paterson from The Wholesome Collective. Over a 4 week period several students attended the Wyoming Community Centre where they learned about nutrition, home economics, hygiene and cooking. Students were encouraged to try different foods and cooking techniques and were provided with a cookbook to take home and share with their families. Well done to all those students who participated in the program.

### Raw Challenge

On the 6<sup>th</sup> of March students and staff participated in a multi-school event at the Doyalson Raw Challenge. The day was a big success with all students demonstrating resilience, persistence and teamwork whilst completing the varied and challenging array of obstacles.



### Careers/Volunteering

NGLC has continued its partnership with Volunteering Central Coast to interview and place our senior students in volunteer roles. Our stage 5 students have made terrific progress in 2020 with their work experience, with a large number of our cohort out in the community improving their skills for future employment. Students from classes 4 and 5 are working up to two days per week in a number of industries including; hospitality, landscaping and retail all over the Central Coast. NGLC would like to extend its gratitude and thanks to Joanne Murray from Volunteering Central Coast for her ongoing support and efforts to assist our students!

### Lola

Lola has had a wonderful start to 2020 and made it her personal mission to make all our staff and students smile each and every day! She continues to assist our students in the classroom with their reading and writing whilst offering to help them finish their recess and lunch. Lola is working on getting around to all classrooms to assist as many students as possible as frequently as possible. If any of our parent, carer and learning community are on Instagram, don't forget to follow her using the handle

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



## Physical Health and Wellbeing

Stage 5 students are working tirelessly on their physical health and wellbeing by engaging in a number of programs to develop their skills and understanding. Since the beginning of Term 1 Stage 5 NGLC students have been participating in the FIT FOR LIFE program at PCYC Umina. Our students have made amazing progress in their physical fitness and produced excellent results in their fitness testing. Our students have also been accessing Top Blokes which is a program targeting improving young male health and wellbeing. Top Blokes targets key areas of young men's social skills including resilience, empathy and respect for self and others. Our senior students have shown great knowledge and participation this Term and created an extremely supportive environment for all involved. NGLC will continue to attend the program throughout the 2020 school year and put a focus on our overall health and wellbeing.



## Class 2 Geography-Focus Study the Great Barrier Reef

Class 2 have been engaged in a focus study of the Great Barrier Reef and environmental issues which place it in danger. Students have examined the impact of agriculture, over fishing, climate change and pollution. Each factor has been recreated in an experiment to gain a hands on view of the cause and effect of the damage to the marine park. This unit of work also included learning new skills in mapping, topography, graphing and report writing.

The fun parts were the experiments!!

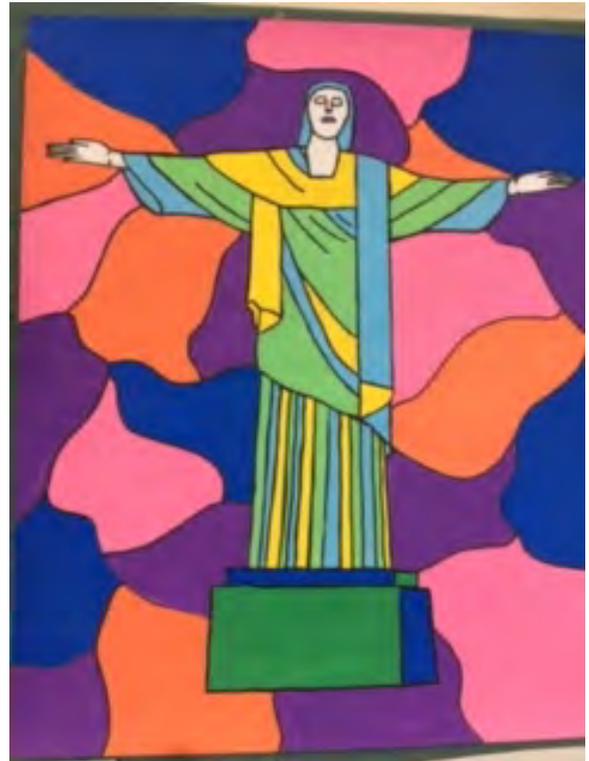
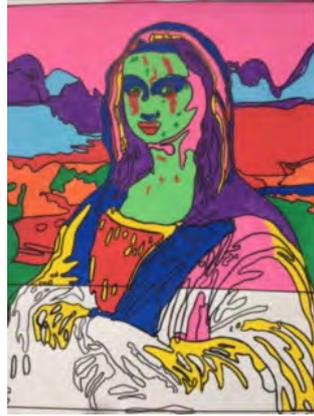


### Class 2 Visual Art skill

Following the ocean theme, students created an underwater scene using vanishing points and perspective in a watercolour and collage project.



### Class 2 Visual Art - Just for fun



## Landscape Photography

One of our elective options this term has been Landscape Photography. Students who chose this elective have learnt about landscape composition, manual camera settings and methods in post editing images. Students were given the opportunity to use high quality digital SLR cameras to photograph a variety of scenic locations. Many, many photos have been taken this term and plenty of these have been high quality images. Well done!



Gosford Waterfront by Todd

## Surf Survival

Many students from classes 1, 2 and 3 have participated in our Surf Survival program this term. Students have focused their learning on beach safety, including identifying potential hazards and how to be safe at the beach. This has been a fantastic program that all students involved have participated well and demonstrated a good level of learning and skill development.



## Class 5

NGLC has developed a 21<sup>st</sup> Century learning environment to cater for the modern student in 2020. The new look Classroom 5 is making waves amongst the students and staff who are thoroughly enjoying the setup. Class 5 is utilising the many different spaces available for learning including a boardroom meeting table, stand-up desks and individualised spaces for independent teaching and learning. Class 5 have also been hard at work with the Distance Education and Career studies in Term 1, working toward achieving their outcomes and future part time and post NGLC employment goals.



## Distance Education

Stage 5 students have been successfully enrolled into Sydney Distance Education High School. Students have worked through starter packs for all key learning areas with the majority starting their online programs. Distance education is an important part of our senior school program as it allows students to access all subjects for their Year 10 ROSA.



# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



## ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

### Whole School Sport



### Class 2



### Raw Challenge



### Cooking Elective



NSW Department of Education

# Remote learning guidelines for students and parents



## Stay connected



## Ask questions

.....  
If you don't understand something, ask your teacher or classmates online.

## Workspace



.....  
Work in a quiet area, at a desk or table and try to limit distractions.

## Use classroom language

.....  
Talking to your teachers and in class is different from how you speak to your friends online. Use proper grammar and avoid excessive emojis.

## Focus



.....  
During calls with your teacher, stay focused on the call. Avoid reading chats or looking at other tabs.

## Take breaks

.....  
Take breaks away from screen. Move around and try not to sit all day.

## Your normal routine



.....  
Eat breakfast, brush your teeth and get dressed in the morning.

[education.nsw.gov.au](http://education.nsw.gov.au)



Coronavirus  
(COVID-19)

# SIMPLE STEPS TO HELP STOP THE SPREAD.

**Cough or sneeze into your arm**



**Use a tissue**



**Bin the tissue**



**Wash your hands**



**TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.**

For more information about **Coronavirus (COVID-19)** visit **health.gov.au**



Australian Government

Coronavirus  
(COVID-19)

# KEEPING YOUR DISTANCE.

Help stop the spread of coronavirus by keeping your distance. Remember, don't shake hands or exchange physical greetings. Wherever possible stay 1.5 metres apart and practise good hand hygiene, especially after being in public places.

## TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

Advice regarding **Coronavirus (COVID-19)** will change regularly. Keep up to date. Visit **health.gov.au**





www.health.nsw.gov.au

# Practice simple hygiene by washing hands regularly



**1** Wet hands

**2** Apply soap

**3** Lather & scrub



**4** Rinse hands

**5** Turn off tap

**6** Dry hands



**Spend 20 seconds washing your hands.**

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