

North Gosford Learning Centre

Term 1

March 2021

Principal's News

Welcome to the Term 1, 2021 Newsletter.

Welcome to our first Newsletter for this year. We're all hoping for a better year than 2020 on the pandemic front. We have started with a number of changes to staff, students, classes and buildings.

I would like to welcome our new staff; our Assistant Principal - Miss Ward and our new Classroom Teacher – Mr Lange. Welcome back Mr Taylor and Miss Wolfe who were with us in 2020. We also have new SLSO staff including Hannah Rowe and Melinda Yardy.

As usual for our school we have a number of new students starting at NGLC this year. I would like to welcome them and their families and encourage them to make the most of this opportunity to learn new skills and focus on achieving your goals.

We have an additional class in 2021 requiring a new classroom and staff. It's exciting to see our school grow and continue to provide an innovative and challenging program of study.

Finally, we have completed a number of additional resources and building structures including a new primary playground and staff facilities. We look forward to planned other additions such as a senior student covered area and outdoor play activities such as chess and table tennis tables.

We have planned up to four camps in 2021 to best cater for all our students. We are working hard to ensure every student has the opportunity to participate in some way in our camp programs.

I am looking forward to working with families this year and am encouraged by the positive start for many of our students. As I mentioned, this school is an opportunity to make real changes along with participating in many challenging and exciting activities.

Daniel Hayes
Principal

Dates to remember:

Last day of term 1 is Thursday 1st of April 2021.

1st day back for all students' term 2 is Tuesday 19th April 2021.

Last Day of Term 2 is Friday 25th June 2021

1st day back for all students' term 3 is Tuesday 12th July 2021.

Last Day of Term 3 is Friday 17th September 2021.

1st day back for all students Term 4 is Tuesday 5th October 2021.

Last Day of Term 4 is Thursday 17th December 2021.

School Development Day SDD Information

NGLC will not be operational on:

Term 2 SDD: **Monday 19th April 2020**

Term 3 SDD: **Monday 12th July 2020**

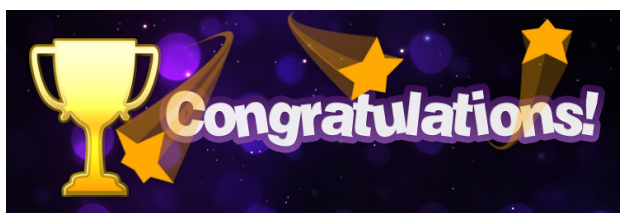
Term 4 SDD: **Friday 17th December, 2020.**



Cathie Munns 20 years service

Cathie Munns – NGLC's Senior Administration Manager (SAM) has recently reached a significant milestone with 20 years of service in the NSW Department of Education.

Cathie performs many important roles and responsibilities in our school covering financial, resource and people management. She is a crucial member of our team. We value her enthusiasm and willingness to actively support our staff, students and their families. Hopefully Cathie you are looking forward to another 20 years?



NAPLAN Online 2021

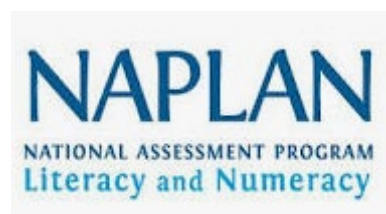
The National Assessment Program – Literacy and Numeracy (NAPLAN) is a point in time assessment of literacy and numeracy skills that are essential for every child to progress through school and life. Students in Years 3, 5, 7 and 9 participate in the annual NAPLAN tests in writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy.

Our school will be participating in NAPLAN Online between **11 and 21 May 2021**.

In preparation for NAPLAN Online, our school will also be participating in practice tests between 22 March and 1 April. The practice test is a trial-run and key preparation activity for NAPLAN Online in May. It is not an assessment of student ability and the tests will not be marked.

Excessive preparation for NAPLAN Online is not recommended. Students can use the public demonstration site (<https://www.nap.edu.au/online-assessment/public-demonstration-site>) to familiarise themselves with the types of questions and tools available in the NAPLAN Online tests.

If you have any questions about NAPLAN Online, please contact your child's teacher.



New Playground

Class 1 were lucky enough to be the first students in the school to test out the new playground. The students really enjoyed the playground and described it as fun, challenging and a little dangerous (due to Andrew's crazy manoeuvres). The favourite pieces of equipment for Class 1 were the rope pyramid, the monkey bars as well as the hanging rings. Class 1 are extremely grateful for the new playground and suggest all students in year 5, 6 and 7 to have a go!



Class One

This term all students have had the opportunity to engage in yoga sessions designed to promote health and wellbeing. They have developed new skills under the instruction of Bree with lessons focussed on developing strength, flexibility, relaxation and having fun!

"Our Yoga Teacher is fun to learn with and my favourite pose is the headstand. We have learnt lots of different poses including downward dog, warrior 1 and warrior 2, the bowl and the bridge."
– Kaiden

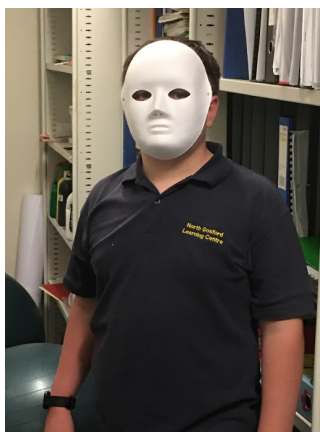


"My favourite poses are the child's pose, handstand, plank and many more. The teacher we have is really nice and smart, caring and very active. I am very excited to do yoga again next week because it made me feel relaxed, calm, strong and ready for the rest of the day."
– Amber



Class 2 Visual Art

Students in Class 2 have already produced some interesting art work this term. This includes 2 dimensional art challenges, acrylic landscape painting, sculpture and masks and as a part of our indigenous education program, students have been learning traditional Aboriginal stories and practices and completing artworks to go along with each story.



PCYC:

Students from Classes 4 & 5 have been challenging themselves physically whilst developing important social and emotional skills during the PCYC training program. Students have travelled to Umina PCYC every Thursday for an hour session where they have demonstrated persistence and resilience when working together under the tutelage of Chris from Central Coast calisthenics.

Work Skills

Students have started the year in a positive way, developing important workplace skills through a variety of programs. Classes 3, 4 and 5 have worked hard on the NGLC Ag-plot, weeding, trimming and cutting the garden, which became wildly overgrown over the summer break. Every student did well to complete the theory and practical safety assessments.

Big thanks to Nathan who has continued to teach Barista Skills to some of our Stage 5 students. Students use technology to take orders in line with industry standards, they learn to prepare a variety of hot beverages in a safe and hygienic manner.

Joanne Murray from Volunteering Central Coast visited the school speaking to Stage 5 students about the benefits of volunteer work and the opportunities available to them. Joanne has run formal interview days, aiming to develop the capacity of students to enter the workforce; we hope to have some of our students out working in the community of the following terms.



Class 1 Cooking Program

Students from Class 1 are completing a focus unit based on developing safety skills as a part of their Food Technology program. Students certainly enjoyed cooking and eating a variety of dishes and have become quite comfortable trying new ingredients and combinations of flavours.

This unit includes improving their knife skills, preparation techniques, kitchen equipment, following a recipe and improving time management in the kitchen. Dishes so far giant choc chip cookie, pizza scrolls, tacos and burritos, Italian breakfast bowls and banana berry bread. Well done to Class 1 students who successfully completed both the theory and practical components of the course. Bellissimo!!!



LOVE BiTES

During Term One, NGLC has been running the *Love Bites* program for our Year 10 students.

Love Bites is an award-winning program aimed at promoting respectful relationships. It is supported by national and state governments and is designed to be delivered to students in years 9-10.

Love Bites is widely delivered in mainstream schools and we strongly believe that students of NGLC should also have access to this excellent program.

The overall aims of the program are to equip young people with the knowledge needed to have respectful relationships, encourage and develop their skills in critical thinking and assist them in being able to problem-solve and communicate effectively.

This would assist our students to make the right choices for themselves, to maintain relationships that are free from violence and abuse and to assist others experiencing difficulty in relationships.

The program provides a safe environment in which to examine, discuss and explore healthy relationships. It takes a strength-based approach and sees young people as active participants who are able to make choices for themselves and their relationships when supported with information and opportunity for skill development.

Love Bites covers themes such as; communicating mindfully, warning signs of abusive behaviour, power in relationships, responding to concerns as bystanders, rights and responsibilities in relation to sharing sexualised images, how certain behaviours impact on others, how to support a friend and where to go for support.

Trained facilitators have delivered the program every Tuesday this term and it has been a challenge for some students to:

- Respectfully receive information and advice from 'outside' presenters
- To engage in mature discussion
- To respect the opinions expressed by others
- To explore difficult topics with an open mind
- To 'sit with' and process uncomfortable emotions
- To assess personal habits, attitudes and beliefs.

We believe that growth can come from meeting challenges and it has been heartening to see some students make excellent and insightful contributions to discussions.

Although there have been moments of awkwardness and resistance, we have seen the planting of many positive 'seeds' in the minds of our students. We will be encouraging the growth of those seeds into healthy, considerate and well-informed attitudes and behaviours in the future.

Surf Survival

Term 1 has again allowed us to get out to the beach to participate in our Surf Survival Program. It has been great to see the majority of students involved in the program this term and actively engaging so well. Students have been working towards achieving their Surf Survival Certificate which involves completing swim assessments, rescues and demonstrating a high degree of surf safety. Well done to all involved!



English - Fiction

During 2020, as a part of English, Class 1, 2 and 3 students participated in a daily creative writing and narrative unit to look at the way stories have been told during history. This included the study of Australian folklore stories, fairy tales and the importance across cultures. Due to COVID restrictions last year, we were unable to attend a performance of The 91 Storey Treehouse by Andy Griffiths, however, this year the performance was held at the Civic Theatre in Newcastle and students were able to see a book turned into a live play to support their understanding. We also managed to do a quick historical tour of some parts of Newcastle. Thank you to the students who attended, it was a fabulous day out.



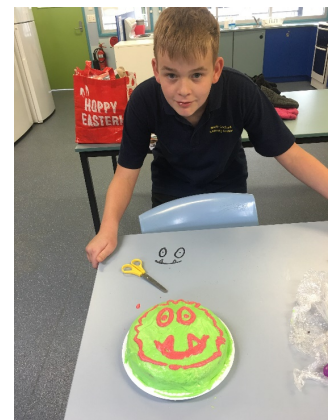
Class 2

Smiling Minds

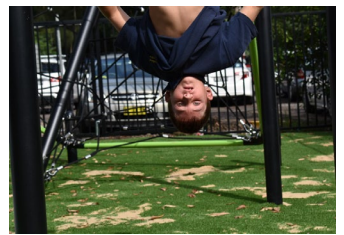
Students in Class 2 have started a daily program called Smiling Minds. Smiling Minds is Australia's number one Mindfulness app and are working towards helping young people practice mindfulness and meditation to help them be happier and healthier. The school program includes 10 minutes a day of training included as a part of our Social and Emotional education program. So far this year, class 2 have been positively engaged in the program.

Food Technology

Once again the Cooking program at NGLC is under way. Students have enthusiastically completed their practical and theoretical assessment which enables them to safely and hygienically participate in the Cooking program. Students in Class 2 are trialling peer master classes in which each student chooses a recipe in which they feel confident and coach their classmates through the procedure. This has been very successful so far and some of the benefits of students instructing each other are developing connections with students in their class, leadership, planning and organisational skills and the opportunity to demonstrate their knowledge and skills.



New Equipment & Exercise Equipment



Surf Survival





Walking and cycling are great ways to get exercise but it's important we keep ourselves and others as safe as possible. Here are some tips to help keep you safe.

WALKING

- Take your time and plan your walk – you're more likely to slip or trip if you're rushed.
- Wear safe shoes with slip resistant soles.
- Wear bright colours to increase your visibility, especially at dawn or dusk.
- Ensure you wear your hearing aid or glasses.
- Use the footpaths and shared pathways when available.
- Be aware of children, joggers, cyclists and animals.
- When you're on a shared pathway, keep to the left to allow room for cyclists to pass.
- Listen out for nearby cyclists who are encouraged to ring their bell or horn to warn pedestrians that they're about to pass.
- If you stop to talk with someone, if possible move off the shared pathway or footpath, or to the far left of the path.
- When crossing the road, take the safest, shortest and most direct route.
- Use pedestrian crossings or traffic lights. If there aren't any, look for the safest place to cross.
- Wait for vehicles to stop completely before stepping off a kerb.
- Check for turning vehicles and cyclists at intersections before crossing.
- Never assume a driver can see you – their vision may be affected by poor light, sunlight or parked cars.
- If you're a bit unsteady, use handrails on stairs or ramps.
- Wear brightly coloured clothing so you're easily seen by others.
- Your bike must have a working brake, bell or horn and a rear reflector. If used at night, it must also have a front white light and a rear red light.
- Check your bike every ride: (A) Air in tyres (B) Brakes are working (C) Chain intact.
- Travel at a speed that is safe for you and the pedestrians you encounter.
- Always be in control of your bike and ride in a predictable manner so that others do not have to react suddenly to your movements.
- When riding on shared pathways, keep to the left. If you're planning to pass someone, slow down and use your bell or horn to let them know you're close by and pass carefully on their right side.
- Allow pedestrians one metre of space on shared paths when passing, where possible.
- Children should be closely supervised and should not ride near busy roads.
- Obey all road rules, including traffic lights, 'Stop' and 'Give Way' signs.
- Use hand signals when changing lanes or turning left or right.
- Stay a 'car door width' away from parked vehicles.
- Riding on footpaths is not permitted. Exceptions to this rule are children under 16 years and supervising adult(s), who may ride on the footpath unless signs state otherwise. Children 16 years and older may also ride on the footpath when with an adult accompanying a child/children who are under 16 years.

WALKING WITH A DOG

- Keep dogs on short leads and under control at all times.

CYCLING

- By law, you must wear an Australian and New Zealand approved helmet. Make sure the straps on your helmet are not twisted and it fits securely around your ears and under your chin.

For more information, go to: transport.nsw.gov.au

November 2020

**Coronavirus
(COVID-19)**

SIMPLE STEPS TO HELP STOP THE SPREAD.

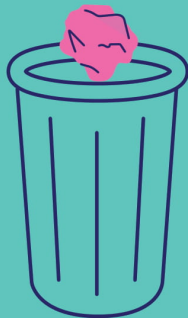
**Cough or sneeze
into your arm**



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.

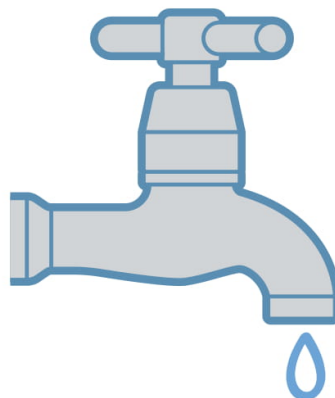
TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

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

**Australian Government**

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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