

North Gosford Learning Centre

Term 2

June 2021

Principal's News

Welcome to the Term 2, 2021 Newsletter.

As a team NGLC staff are constantly searching for new or improving existing programs and activities to best engage our students. In Term 2 we have greatly expanded our Music program and continued Yoga lessons. Both are popular with students and staff alike.

We have been fortunate to receive Covid Intensive Learning Program funding and have implemented a very successful literacy and numeracy program – “Quicksmart”. I’m looking forward to many positive results from student efforts working the program.

Our staff are often called upon to provide support and training to other schools. This often involves student observations and staff training to better manage student behaviours. We currently have a number of our experienced teachers working on a three-year project – TRUST in schools, Central Coast. This project aims to introduce trauma sensitive understanding and strategies in three of our local primary schools. Our teachers will also be given opportunities to spend time in these schools learning from their teachers and other staff.

Many NGLC students are working toward attending one of our three camps in 2021. We have a range of programs including a snow camp for 5 nights, Mugomurra camp for three nights and a Point Wollstonecroft Sport and Recreation camp for two nights. We are currently matching students to their best-fit camp option. The main focus and key ability we are looking at is for a student’s ability to follow staff instructions and requests in a sensible and safe manner. Look out for a note home regarding one of these opportunities soon.

Parent support of our school is always vital and greatly appreciated. We encourage our parents to get in touch with us at any time if needed and thank you for your efforts in Term 2.

Daniel Hayes
Principal

Dates to remember:

Last Day of Term 2 is Friday 25th June 2021

1st day back for all students’ term 3 is Tuesday 13th 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 16th December 2021.

School Development Day (SDD) Information

NGLC will not be operational on:

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

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



Class 2

Students in Class 2 have been studying an integrated Geography, LOTE and Food Technology unit during term 2. Through both practical and theory activities students have improved their mapping and co-ordinate skills, their understanding of how water is used in different countries and how water in our region is managed as a valuable resource. A visit to Mangrove Creek Dam provided students the opportunity to explore a part of the Central Coast catchment and gain a better understanding of where our water comes from.

A focus study on Asian tastes and experiences in Food Technology has given students the opportunity to learn about the countries that make up Asia and experience some of the flavours and dishes from this large region. San Choy Bau, Chinese custard tarts, fried rice and Ban Mi have all been prepared and taste tested. Students must also be congratulated on gaining their Food Safety and Hygiene certificates for Term 2, involving both practical and theory assessments - they passed with flying colours!!

LOTE (languages other than English) have provided students with the opportunity to gain an understanding of Indonesian culture. Language lessons included greetings, numbers and animals. Students have also studied indigenous Australian languages this term through traditional stories thanks to Bruce our Aboriginal SLSO.



Class One

Friday Fun Day

Friday Fun Day has taken a messy but creative turn this term. There has been a lot of food colouring, shaving cream and printmaking enjoyed by students! Friday Fun Day is an opportunity for students to try new sensory experiences whilst creating some magnificent artworks (and a lot of mess!) The floor of the classroom was also turned into a giant underwater scene using chalk and some very creative drawings by students. Students also enjoy working together, learning activities for their leisure time and persistence and completing projects. A fun term!!



Class One

Students in Class 1 have been cooking up a storm during Term 2. Cooking classes were based around practicing and refining safety skills, independently following a recipe and demonstrating food safety and hygiene. Students have also worked hard to pass their theory and practical assessment tasks this term. Some delicious goodies such as ham and egg cups, scones, chocolate crackles and cupcakes have been prepared by the students. Well done Class 1!



Class Five

Apart from six academic subjects, students of Class 5 have been involved in a range of other activities to enrich their knowledge and experiences at North Gosford Learning Centre. Some students have shown increasing participation and benefits from the Yoga program. This has not only been in exploring personal limits and gains in the physical tasks but also enjoying the (literally) laid-back experiences of Yoga Nidra in which the focus is more on the mind. We thank Bree for her skilled instruction and admirable patience.

Cooking is always a popular activity at NGLC. This term, Class 5 has been exploring cooking from different cultures; everything from leeks to linguine and jam to jambalaya. Our Singapore Noodle meal was even more authentic after students learnt how to eat it with chopsticks. It was hard to eat quickly but at least it was a novel experience.



White Card: Students in Class Five successfully attended training to qualify for a 'White Card'. This "Prepare to work safely in the construction industry" course is a mandatory health and safety legal requirement in Australia for all people involved in the construction industry and highly regarded in many other work environments. This course is designed to help students identify health and safety legislative requirements, identify construction hazards and risk control measures, identify health and safety communication and reporting processes and identify incident and emergency response procedures.

Class Five

When the academic part of the day has concluded, it has usually been time for co-operative games. Some of these activities are very physical and others more sedentary. In the age of video games and eye-catching screen animation, it is encouraging to see students still able to enjoy a board-game as they sit around a communal table. This allows students to learn new games, teach each other the rules and strategies and to put them to the test. Staff happily join in and it is very common for staff to be completely outclassed by the students when it comes to clever tactics, strategic thinking and reading a game well. It often falls to our hapless staff to model best-practice in losing with good grace and dignity.



Succulent Planter Boxes

Mothers' Day provided a focus for an excellent woodworking exercise. Mr Peek provided the idea and materials and the students did the rest. They created beautiful, rustic planter boxes featuring succulents, decorative stones and unique patterns etched with a wood-burner. The boxes were made using recycled wood which needed to be sanded and cut to size before being assembled. 'Pyrographics' is a fancy word for burning patterns into wood. It was a satisfying exercise for students as it yielded tangible results and reward for effort, persistence and creativity. We are sure it was also rewarding for Mums.



Well done to all the students that took part in building the succulent planter. All students worked really hard to make some fantastic looking boxes with amazing and unique designs.



The Music Production Program at NGLC

In the Music Production Program held on Wednesdays and Thursday's, students have been exploring a range of styles and techniques of music making.

On guitar, students have been learning songs and learning how to play together with other people. The new acoustic guitar, a much-appreciated gift from Maton Guitars, has been getting worn in and has a beautiful warm sound.

Some students are taking an interest in music production using Ableton Live software. It was amazing to watch a song for Harmony Day come together, and to see students collaborating so creatively. Students have also done remixes, recorded real instruments and vocals, used samples and loops, made beats and bass lines, and learned about music theory including chords and scales. Using Ableton, some students recreated songs they like using real and electronic instruments, whilst others produced their own songs.

It has also been really exciting to watch as some students take a step into the world of DJing. They engaged really well with the technology, and can now blend electronic and hip-hop songs together, and also use the large range of effects on the Pioneer decks.

In other news, a group of students went down to Ultimo TAFE in the city to learn more about recording studios, audio engineering and music production. This was a really interesting learning experience and a good source of music inspiration.



Class One

As a reward Class 1 visited Erina High School to see Mr Nicol and Lola. All students were very excited to see them (mostly Lola), and had a great time. Thanks to Mr Nicol for having us 😊.



Class Three

Class 3 have been working on an Asia theme across many KLA's this term. They have been cooking a storm in the kitchen producing many different Asian dishes including fried rice, Chinese custard tarts and banh mi. Students have also been learning words from Indonesia such as:

Halo – Hello.

Apa Kabar – How are you.

Baik – Good.

terima kasih – Thank you.

Overall, Class 3 have been extremely busy this term and have produced some fantastic pieces of work.



Community Access

This term Classes 1, 2 and 3 have been accessing our community to participate in a variety of sports. They had the opportunity to play Tennis at Gosford Tennis Centre, Frisbee Golf at Koala Park, Bike Riding at Adcock Park and indoor sports at Tumbi Indoor Sports Centre. During these excursions all students manage to demonstrate excellent social skills when interacting with the public. Students also demonstrated a wide range of sporting skills during the activities.

Cross Country

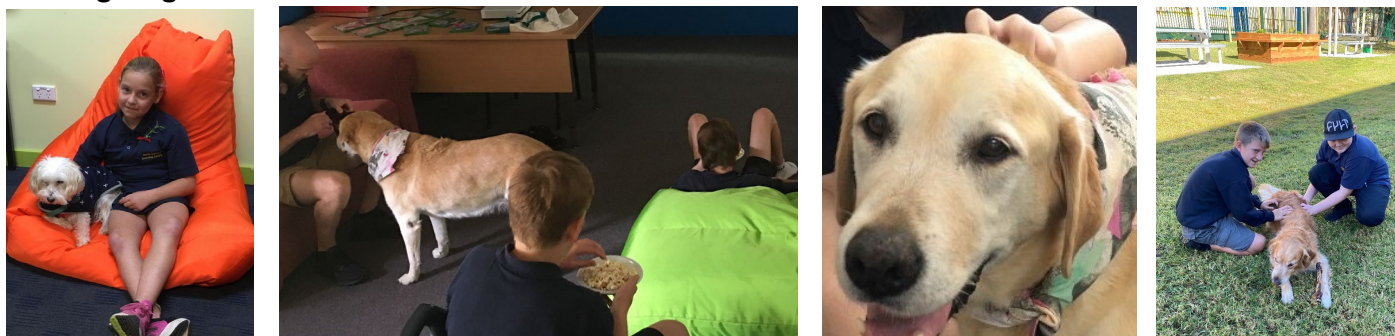
This term NGLC participated in their annual Cross-Country event. This year it was great to see such a high percentage of students participating in the event. The event was held at Adcock Park and was enjoyed by both staff and students

School Sport

This term Classes 1, 2 and 3 have been looking at American sports during their sporting lessons. Students have had the opportunity to learn new sporting skills such as Lacrosse throwing and catching, NFL throwing and catching, NFL attacking plays. Students have also had the opportunity to build on previous skills in more familiar American sports such as basketball.

Pizza Reward Day



PCYC**Sport****Visiting Dogs****Community Access****Friday Fun Day**



SAY NO TO ADDICTION

Most e-cigarettes contain nicotine – the same **HIGHLY-ADDICTIVE** chemical that's in regular cigarettes. This increases your risk of other types of addiction in later life.

#SayNoToVaping

Health
Central Coast
Local Health District


SAY NO TO ANXIETY & DEPRESSION

Nicotine found in e-cigarettes can **AFFECT BRAIN DEVELOPMENT** in teens, impacting their learning, concentration and mood, causing **ANXIETY AND DEPRESSION**.

#SayNoToVaping

Health
Central Coast
Local Health District


SAY NO TO EXPLOITATION

Many e-cigarettes are made by the same companies that produce regular cigarettes. Their marketing **TARGETS YOUNG PEOPLE** to get you hooked. **DON'T BE A PUPPET!**

#SayNoToVaping

Health
Central Coast
Local Health District


SAY NO TO SERIOUS HEALTH RISKS

E-cigarettes contain or produce **CHEMICALS KNOWN TO CAUSE LUNG DAMAGE AND CANCER**. There are also thousands of cases of injuries caused by their **BATTERIES EXPLODING**.

#SayNoToVaping

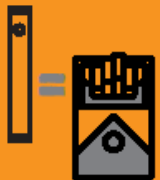




Health
Central Coast
Local Health District

SAY NO

**E-CIGARETTES ARE NOT GOOD FOR YOUR HEALTH.
SAY NO TO VAPING AND NO TO ITS HEALTH RISKS.**



Health
Central Coast
Local Health District

 <p>A single STIG can contain the SAME AMOUNT OF NICOTINE as an entire pack of cigarettes, making them HIGHLY ADDICTIVE.</p>		<p>Research shows kids who vape are much MORE LIKELY TO START SMOKING CIGARETTES.</p> 
<p>Nicotine found in e-cigarettes can AFFECT BRAIN DEVELOPMENT in teens, impacting their learning, concentration and mood, causing ANXIETY AND DEPRESSION.</p> 	<p>They contain HARMFUL CHEMICALS that can cause serious LUNG DAMAGE AND CANCER.</p>	 <p>Companies are TARGETING YOUNG PEOPLE to get them hooked – DON'T BE A PUPPET!</p>

#SayNoToVaping



SAY NO TO POLLUTION

Vapes create **PLASTIC WASTE** from devices and cartridges. **TOXIC WASTE** from their hazardous chemicals and **ELECTRONIC WASTE** from their batteries.

#SayNoToVaping



Health
Central Coast
Local Health District



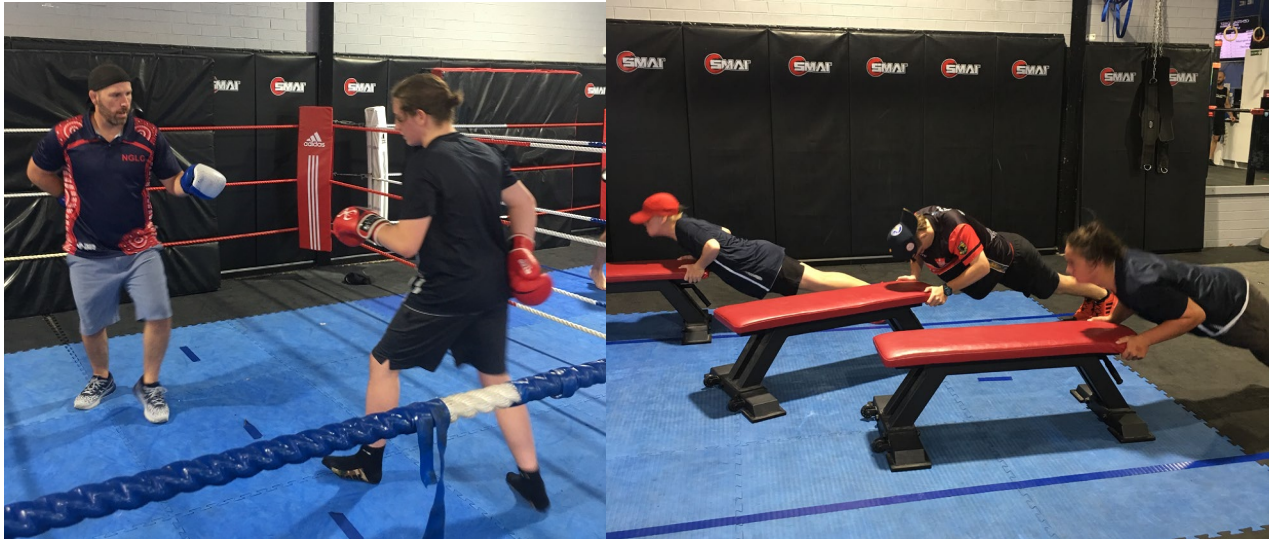
SAY NO TO SMOKING

Research shows kids who vape are much **MORE LIKELY TO START SMOKING CIGARETTES.** It can also lead to **OTHER DRUG USE.**

#SayNoToVaping



Health
Central Coast
Local Health District



Physical activity and mental health

Regular physical activity is great for children and young people's healthy development and helps prevent and relieve mental health issues

How does exercise affect mental health and wellbeing?

Physical activity promotes many aspects of child and adolescent development, including social and emotional skills, as well as physical development of motor skills.

It also supports mental wellbeing. We know that high levels of inactivity can lead to a greater risk of both physical and mental health problems.

Physical activity:

- can increase levels of serotonin and endorphins, the neurotransmitters involved in regulating and improving mood
- promotes sleep – which also helps regulate moods, increase energy levels and improve memory and learning
- increases the connections between the brain neurons, which improves memory and learning capacity

- pumps blood to the brain to boost mood, concentration and alertness
- promotes relaxation by reducing skeletal muscle tension
- provides children and young people with an outlet for excess energy and frustration, which relieves tension
- provides an opportunity for children and young people to socialise and meet new people, reducing loneliness and isolation
- improves motor and cognitive skills, which boosts self-esteem
- distracts children and young people from negative thoughts.

These benefits also serve to improve classroom behaviour and promote a more positive learning environment.



With delivery partners



Funded by





Nutrition and mental health

Nutrition affects mental health and wellbeing. When good-quality food is eaten, children and young people's behaviour and academic performance improves.

How are nutrition and mental health linked?

Healthy eating helps children and young people cope more effectively with stress, better manage their emotions and get a good sleep – all of which are essential for assist learning.

Most research about nutrition and mental health has focused on adults. We know that good nutrition is associated with better mental health outcomes, whereas a poor diet is associated with a greater risk of depression and anxiety. However, emerging research that focuses on children and young people has also found a relationship between unhealthy diet and poorer mental health outcomes.

Poor nutrition has been associated with:

- externalising behaviour (such as hyperactivity, aggression, disobedience)
- symptoms of attention deficit hyperactivity disorder
- poor concentration and tiredness, which interfere with learning
- immune system function, which is also linked to mental health

- delayed brain development – high-fat, high-sugar diets can affect proteins in the body that are important for brain development
- iron deficiency, which has been linked to cognitive function impairments associated with learning and memory
- nutrient deficiencies, which have been associated with mental health conditions including depression and anxiety (we know that fruits and vegetables, grains, fish, lean red meats and olive oils are rich in important nutrients such as folate, magnesium, vitamins and zinc which all impact on body and brain functions, including mood regulation).

Dietary habits aren't always a choice

'Food insecurity' – where people don't have enough food because of, for example, unemployment and poverty – is also a problem for many families in Australia. Food insecurity can result in:

- psychological stress – high levels of ongoing stress have been related to depression and delayed brain development
- poorer academic performance
- time off from school

**Coronavirus
(COVID-19)**

SIMPLE STEPS TO HELP STOP THE SPREAD.

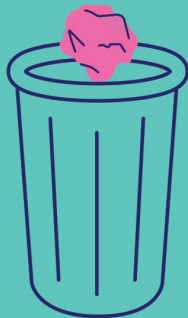
**Cough or sneeze
into your arm**



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



Practice simple hygiene by washing hands regularly



1 Wet hands



2 Apply soap



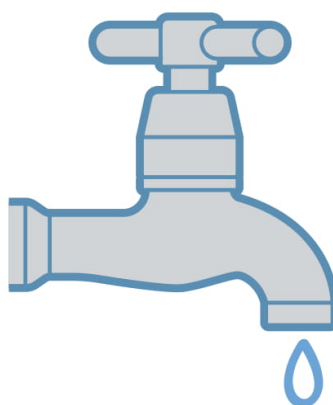
3 Lather & scrub



4 Rinse hands



5 Turn off tap



6 Dry hands



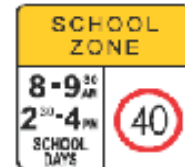
Spend 20 seconds washing your hands.

© NSW Ministry of Health 2020 SHPN (HP NSW) xxxxxx

Traffic and Parking around your School

Parking rules are designed to stop vehicles from parking where it would be dangerous or inconvenient for others. Please consider the residents when parking in streets surrounding your school.

- ✓ A **School Zone** is the area around a school with a speed limit of 40 km/h. Between the School Zone and End School Zone signs you must obey the school zone speed limit. The school zone speed limit only applies on gazetted school days and during the times shown on the sign.



- ✓ **School Bus lights** – buses use signs and orange flashing 'wigwag' lights to warn motorists and pedestrians that they are picking up or setting down school children. The lights begin to flash when the bus stops and the doors are opened. They keep flashing for about 30 seconds after the doors close and continue even after the bus moves off. You must not drive past the bus in the same direction at more than 40 km/h while the 'wigwag' lights are flashing as there may be children crossing or about to cross the road.



- ✓ A **No Parking Zone** means that you must not stop for more than two minutes. You must remain in or within three metres of the vehicle. No Parking Zones are suitable for dropping off and picking up.



THESE SIGNS MEAN YOU MAY STOP HERE TO DROP OFF / PICK UP

BUT YOU MUST

- stop for up to 2 minutes only
- stay within 3 metres of vehicle

**Kids look to you to keep them safe - please park legally in school zones
HEAVY FINES and DEMERIT POINTS APPLY**

- ✓ A **Bus Zone** means that the area is restricted for bus use only. If hours of operation are shown, the restriction only applies to this time. You may use this area outside of these times.



- ✓ A **No Stopping Zone** means no stopping at any time.

