



North Gosford Learning Centre

Term 3

September 2022

Principal's News

Welcome to the end of Term 3.

The year appears to be flying by, this term has certainly been a busy one. With a number of different activities being planned and completed throughout. We have had a few different staff in the school, including 5 different students from the University of Newcastle, undertaking their internship at North Gosford Learning Centre, all of which contributed significantly to the running of the school, and we look forward to welcoming Mr Brock back next term for a few days a week.

This term has seen the continuation of our Community Access programs, where students have demonstrated appropriate behaviours within the community to allow them access to a wide range of opportunities across the Central Coast. For our older students, this has included a number of transition programs such as the Central Coast Career Expo and a visit from Central Coast Volunteering to prepare our students for their post school options. Other opportunities that have been presented to students include the Clean4Shore program, bushwalking, bike riding and fishing. Students have demonstrated throughout these activities that they can be exemplary members of the community and have proudly represented the school during these activities.

Term 3 was also a term where we ramped up some of transition programs, this included the transition of some of our students to mainstream schools. These transitions are only as successful as the student makes them. Several of our students have exceeded expectations during these transitions, and continue to work towards fulltime attendance in their mainstream schools. We were also supported this term by Henry Kendall High School, who supported our younger students through a program that utilised their Science Lab. This has been extremely beneficial for all students involved, most of which had never been in a Science Lab prior to the program starting. We thank Mr Backhouse and the staff at Henry Kendall High who have been so accommodating of our students and staff.

This term has also been an opportunity for staff to continue the engagement of students through a few different programs. Mr Yates has spent a lot of time working with students on their 3D printing projects and there have been some amazing results including Andrew's Castle, Novak's Car, and Kei's Caricature. Mrs Lott and Kei have made some amazing cookies to compliment Nathan and Stage 5's Barista program. Mr Lange has been working to develop the skills of several students at the golf range. Throughout these programs, students have demonstrated an increased level of perseverance to work through challenges that have arisen, and focus on solutions rather than problems.

Week 9 this term also saw a second camp for our students with a number of staff and students venturing up to Point Wolstoncroft Sport and Recreation Camp. Reports out of camp were all positive with student demonstrating appropriate behaviour throughout the event. Staff were impressed with all students, however, Mr Cash's ability to keep his shoes dry at all times, and his ability to sleep with the chainsaw operating in the same room was the most impressive.

This term has been another successful one for North Gosford Learning Centre, with several opportunities being presented and grasped by students, allowing them to continue to grow and develop their skills.

Term 4, is coming into Summer and we remind students of the importance of sun safety, particularly encouraging the use of sunscreen and hats whilst at school.

These are requirements for most of the programs that occur in term 4 particularly our Surf Survival program which is one of our most enjoyable programs.

I hope everyone has a safe and happy break and we are all looking forward to the return of our students on the 10th October.

Shane Garnett

Relieving Principal

Last Day of Term 3 is **Friday September 23rd**

First Day of Term 4 is **Monday October 10th**

Last Day of Term 4 is **Monday December 19th**
Presentation Day is **Thursday December 15th**

School Development Day (SDD) **Information**

NGLC will not be operational on:

Term 4 SDD: **Tuesday 20th December**



Mrs Boutry

In Week 3, students participated in National Tree Day activities. National Tree Day is a nationwide community event encouraging everyone to get outside, to spend time in nature, and to plant a tree (if you have the opportunity!). North Gosford Learning Centre received a generous donation of twenty native plants from Brian Hilton Toyota (who sponsor the event), as well as National Tree Day hats and gardening gloves. Students in Class 1 enthusiastically worked to plant the donated plants in our garden, which included some bush tucker plants. Class 1 students demonstrated excellent teamwork, care, and attention to detail as they worked together to complete the planting. It's great to see the students becoming confident in planting natives, with many of the students now able to teach less experienced students all the steps involved.

Thank you and well done to everyone involved!



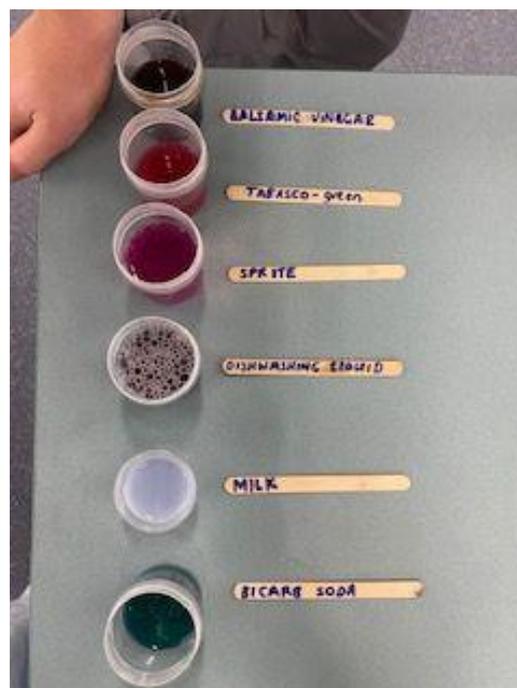
Class One

For community access this term, Class 1 have been exploring local bushwalking tracks. Our first few walks were in the Bouddi National Park and included the Bullimah Spur Track, The Maitland Bay Track and the Maitland Bay to Killcare Beach. Later in the term we tackled the Casurina track in the Rumbalara Reserve.

By far our most “interesting” walk was in week 7 when we attempted Girrakool Loop Track. Not even 500m into our trek we spotted a beautiful red belly black snake minding its own business just to the left of the track.

The students thoroughly enjoyed the term of bushwalking. We all increased our fitness and enjoyed visiting some of the Central Coast’s prettiest views.

Class One also participated in science lessons at Henry Kendall High School. Each student learnt how to use equipment safely and performed experiments that resulted in them being able to test the acidity of household liquids using a red cabbage indicator.



Class Two

Center of Mass

Science

Forces and Motion has been the topic of investigation for the Physical World in Science this term.

Students have focused on designing and conducting experiments to test theories, making hypothesis, recording and graphing data and transferring concepts and benefits of their research to everyday life.

Areas covered have been gravity, friction, balanced and unbalanced forces, the effects of push and pull energy and centre of mass. They have created models, built structures and used their own bodies in experiments.



Graphing



History and Visual Art

Class 2 have once again travelled back in time to explore the exciting and dark time of the Middle Ages in Europe, approximately 1300 CE. The most exciting topics of castle construction, attacking and defending a castle and who lived there provide a background leading to everyone's favourite topic - The Black Death.

Medieval life was hard, brought about many changes in society and provided opportunities for many tales and myths.

Students have explored the who was who in the medieval villages and manors, some of the jobs that existed and remain in modern times and aspects of daily life.

Students have recreated stained glass, shields with personal crests, made an entire medieval manor, with incredible detail, in Minecraft and one student has used the 3D printer to print a castle (thank you Andrew and Mr Yates). This made the job of exploring castles and their structures a lot easier.

Stay tuned as this is a Semester long unit which will continue next term where we will look at crime and punishment, food and feasting, education, festivals and fun in Medieval times.

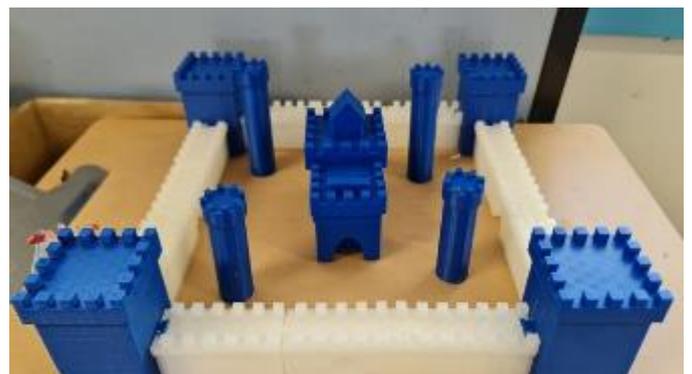
Class Two

Fun

Stained Glass



3D printing



Class Two

Mystery Box Noodle Challenge



Community Access - CYCLING

Since the beginning of term, Class 2 and 3 have been heading out for Community Access on a Tuesday. Students had to complete a bike safety skills introduction in class, prior to our first outing in Week 2 at Adcock Park. Students have had the opportunity to explore multiple bike track locations around the Central Coast including Gosford to Point Claire and Long jetty to The Entrance. All students wore bike helmets and showed responsible use of shared pathways. Due to students exhibiting correct bike safety protocols and appropriate behaviour on each outing, students were then rewarded with the opportunity to progress to the BMX track at Terrigal. Well done Class 2 and 3!

Miss Thoseby, Miss Tidyman and Miss Formby
(Our fabulous interns)

Class Four and Five

This term students continue to engage in our Work Education Program. Students have been participating in school-based work experience, including the Barista Program, and landscaping in the school gardens. We are pleased to see a number of our students successfully gaining casual employment and have begun their working career.

Stage 4 students recently attended a Careers Expo at Lake Haven Community Centre. Students were able to interact with various community organisations and employers to gather information to assist with choosing their career pathways.

Students have been involved in volunteering with Landcare at Norah Head Lighthouse. This program has given students the opportunity to positively contribute to the local community, learning how to care for our environment, identifying plants and clearing weeds.

Clean4shore Program

In week 8 staff and students joined forces with Clean4shore to volunteer to clean up Brisbane Waters. The team left from Woy Woy Lions Park on the Clean4shore Barge and headed towards the Rip Bridge clearing car tyres, oyster trays and litter. We later visited Pelicans Island clearing several large bags of litter. Students who have previously been involved in the Clean4shore Program, displayed great leadership qualities by showing our new volunteers the ropes. Our trip included collecting around 30 handballs, and rescuing a duck that was trapped on a boat. We finished the day with a well-earned lunch of burgers and milkshakes, provided by Clean4shore.



Distance Education

Stage 5 students continue to work on their Sydney Distance Education Program. Students in Years 9 and 10 complete the majority of their work online including daily web lessons. Distance Education is an important part of our Senior Program as it allows students to have access to all subjects for their Year 10 ROSA.

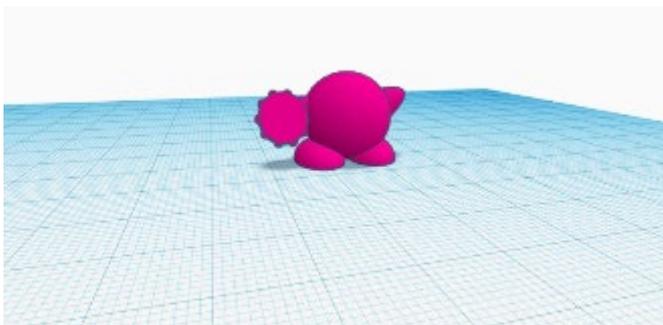
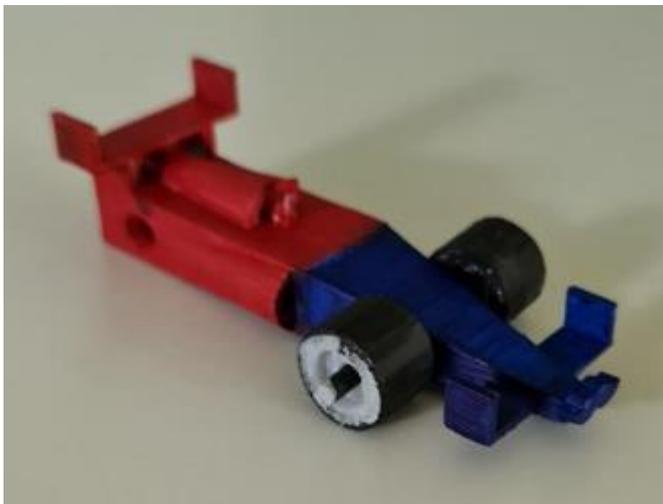


Class Three

Class 3 have had a great term. All students continue to make progress in both Literacy and Numeracy. They have also been challenged by completing some of the world's hardest riddles. The students have worked together to complete Einstein's Riddle, the bridge riddle, and the virus riddle. Students have also completed individualised art projects where they were able to demonstrate what they are passionate about.

STEM

This term students have taken 3D printing to the next level. We have students who have designed and printed model castles, working catapults, race cars as well as creating characters. Students continue to use TinkerCad to explore their problems and come up with solutions.



Camp - Point Wolstoncroft

Students attended the Point Wolstoncroft camp, which is located just north of Gwandalan, this term. The three-day, two-night experience was embraced by all students who attended. After arriving and unpacking on the first day, students were kitted up in their life jackets and boarded single or tandem kayaks for a paddle around the shore of Lake Macquarie. Upon returning the students and staff tried their hands at stand-up paddle boarding, with much success, some students were even able to demonstrate some yoga skills on the boards. The first day was wrapped up with a movie before bed.

Day two saw some fishing and archery during the morning session. Staff and students were both successful in landing some small fish and some very accurate bullseyes. After lunch, on a cold and windy afternoon students and staff pulled on their wetsuits and had a go at sailing. The wind made the conditions very challenging with several crews capsizing and some damage to a mast, but everyone was smiling at the end of the session, although freezing with the race on for the first showers.

The camp was rounded out on day 3 with a brisk bush walk out to the point, followed by cooking damper around an open fire.

All staff and students embraced the experience and gained new skills and experiences that will be remembered for a long time!







Angus

On August 25th we celebrated our Therapy Dog Angus' third birthday. There were celebrations with each class through the week where each class had the opportunity to pick out some presents for Angus that would help keep him engaged and provide more opportunities for the students to work with him. Class one flexed their baking muscles and whipped up a spectacular cake and a few extra dog treats for Angus. Everyone got to help Angus celebrate in the afternoon with a birthday sing-a-long and a piece of cake. It was fantastic to see all the students display how kind and generous they could be in trying to make it the best possible day for Angus.



Angus



National Tree Day



Fishing



Class Four



Cooking



FOR YOUNG PEOPLE

THE FACTS ABOUT VAPING

Vapes are electronic devices designed to deliver vapourised liquids into your lungs when you breathe in. Vapes aren't water. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

DO YOU KNOW WHAT YOU'RE VAPING?



NICOTINE D

Many vapes contain nicotine making them **very addictive**

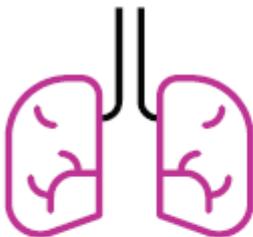


FRUITY D

The nicotine in 1 vape can
= 50
cigarettes



If you vape you are **3 times** more likely to take up smoking cigarettes



Vaping has been linked to **serious lung disease**



Vape aerosol **is not water vapour**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.



Do you know what you're vaping?
Get the evidence* and facts at health.nsw.gov.au/vaping

*All statements are backed by evidence which can be found on the website



VAPES ARE DESIGNED TO BE APPEALING TO YOU

The flavours (e.g. watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing. **Many vapes also contain nicotine, which you can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.



MOST YOUNG PEOPLE DO NOT VAPE

Vaping may seem popular, but in fact, research shows that 4 in 5 young people do not vape.

You might think vaping is harmless, but it isn't, and **the serious consequences of vaping are just starting to emerge.**

Any take up of vaping by young people is worrying.

NICOTINE IS HARMFUL FOR YOUR YOUNG BRAIN



Nicotine is a drug that is in many vapes and is very addictive for young brains. **It can cause long-lasting negative effects on your brain development.**

Nicotine changes the way brain synapses are formed in young people.

This can harm your ability to pay attention, learn and affect your mood and memory.

RISKS TO YOUR PHYSICAL AND MENTAL HEALTH

Vapes may expose you to chemicals at levels that have the potential to cause negative health effects. Vaping can impact your lungs and fitness. It can also leave you at increased risk of depression and anxiety. **Vaping has been linked to serious lung disease.** Importantly, many of the long-term harms of vaping are still unknown.

You're not vaping water. When you inhale from a vape you can be exposed to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

Vapes have even been known to explode causing serious burns.



Do you know what you're vaping?
Get the evidence* and facts at health.nsw.gov.au/vaping

*All statements are backed by evidence which can be found on the website

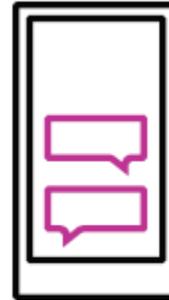


SELLING VAPES TO PEOPLE UNDER 18 IS ILLEGAL

It is illegal for anyone to sell any vape to people under 18 years of age, including retailers such as tobacconists, convenience stores and service stations. **It is also illegal to sell vapes to friends or contacts under 18 on social media.**

You may have heard that nicotine vapes are available with a prescription from a doctor. This is only for people over 18 years as a tool to help quit smoking. Even then, doctors will explain the risks of using vapes to patients.

There are a number of retailers who might illegally sell you vapes. This is a crime. If you think someone is selling vapes illegally, you can report this to NSW Health via its website or call the Tobacco Information Line on 1800 357 412.



THE SIGNS YOU ARE ADDICTED TO VAPING



How do you know you are getting hooked on vaping?

Nicotine addiction from vapes is the same as for smokers.

This can mean feeling irritable or anxious, as well as craving to vape.

You may also experience a lack of concentration when you can't vape and you can have trouble sleeping.

NICOTINE FREE



MISLEADING AND DANGEROUS LABELLING

Vaping products are often not labelled or are incorrectly labelled.

Most vapes with labels that claim to be nicotine free contain nicotine and a lot of other chemicals.

They just don't put it on the pack.



GOOD REASONS TO NOT VAPE

You don't want vaping to come between you and your friends.

Have a reason or two that you can tell your mates why you don't want to vape.

For example, "Vaping is not for me because I don't know what's in it" or "I care about my health and fitness and don't want vaping to ruin it" or "Vapes may taste or smell good, but I've heard they can contain nicotine and I don't want to get hooked like a cigarette smoker".



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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

Authorised by the Australian Government, Canberra