

North Gosford Learning Centre

Term 4

December 2022

Principal's News

The end of 2022 is in sight.

This year has been one of change at North Gosford Learning Centre. Mr Hayes, our Principal since the school's inception way back in 2006, has officially retired this term. He created the culture and the vision of the school and had a tremendous impact on everybody, students, families and staff, that have gone through the school in the last 16 years. As a school community I would like to take the opportunity to thank him for the time, dedication, and commitment he put into making, what I believe, is the best school of its kind in the state. We wish Mr Hayes all the very best in his retirement and hope he and Mrs Hayes get a few rounds of golf in in the future.

We have had a change of students this year and were lucky enough over the last term to welcome several primary students, allowing us to continue to develop the culture of the school through these young students. They have been busy engaging in a number of different programs throughout the school including, Science, the Ag program, and Surf Survival and have been fortunate enough to have their own dedicated swimming program created by Mr Hoste to support their development and engagement. It has been pleasing to see their progress already this term.

A few of our students have had class changes this term and all are doing exceedingly well. A number of our Year 9 students have stepped up their academic programs this term and have moved seamlessly into our Class 5 program which focuses on successful transition at the end of Year 10. All of these students have done exceptionally well and we look forward to supporting them throughout next year to ensure that they have a smooth transition into their chosen pathways.

This time of year, also brings us to the end of the journey for some of our students. This year we have 4 Year 10 students who will be moving onto different pursuits next year. It has been pleasing to see the growth in these students, whether they have been with us for 1 year or 5, all have produced significant achievements this year. Good luck in the future to Year 10 of 2022; Blake, Cruize, Karl, and Tylah.

This term has been a hectic one. We have had students engaged in transitions, we have had our Term 4 Surf Survival program, we have had a Swimming program and our students continue to work fastidiously on their academic programs. We have also seen a number of students recognised by external providers for their achievements. To finish it all off, students were able to attend Aquasplash at Gosford Waterfront as a reward and in the final week of term we have been lucky enough to have our end of year luncheon with staff and students, and our annual presentation day. Thank you to all the staff, students and families who have organised, supported and engaged to make Term 4 the most positive term of the year.

On a final note, thank you to all the families and agencies who have supported our students over the last year. It makes a huge difference knowing that we can rely on the support of others to make sure the young people at NGLC have access to the best support possible.

Enjoy the break, have a Merry Christmas and a Happy New year. But most importantly stay safe and look after each other.

Shane Garnett - Principal

Congratulations to Mr Shane Garnett, who was successful in his application for the important role as Principal at North Gosford Learning Centre.

Last Day of Term 4 is **Friday December 16th**

First Day of 2023 is **Tuesday January 31st**

Presentation Day is **Thursday December 15th**

School Development Day (SDD) **Information**

NGLC will not be operational on:

Term 4 SDD: **Monday December 19th and**
Tuesday December 20th

Term 1, 2023 SDD: **Friday January 27th and**
Monday January 30th

Menstrual hygiene program comes to North Gosford Learning Centre

The NSW Department of Education is introducing a menstrual hygiene program in NSW public school. As part of the program, schools are installing dispensers that provide free pads and tampons for students to access during school hours.

Our menstrual hygiene program aims to reduce any barriers that may prevent students from participating fully in school life. Menstruation (and its unpredictability) may stop students from attending school or taking part in learning activities. There are also known health risks from using improvised sanitary hygiene products.

The program has been successfully trialled in 31 schools, with positive feedback received from Principals and students alike. It is now time to introduce the program at our school.



Go4Fun is a FREE 10-week healthy wellbeing program for children aged 7 to 13 to enjoy along with their families. Please contact 1800 780 900 to see if you meet our criteria.



Quality time with whole family



Group activities and games



Professional tailored advice about nutrition, mental health and healthy behaviours



Make new friends, increase self esteem



Rewards and prizes for the kids

Run by trained health and community professionals, it's a fun way for kids to build self-esteem and learn about eating well, staying active and living a healthy life.

Term 1 2023 programs will take place at:



Wyong Olympic Pool, Mondays 4:00–6:00pm, starting 30th January (Aboriginal Program for everyone run by Bungree)



Mingaletta, Umina Beach, Tuesdays 4:00–6:00pm, starting 31st January (Aboriginal Program for everyone run by Bungree)



The Entrance Ocean Baths, Wednesdays 4–6pm, starting 1st February



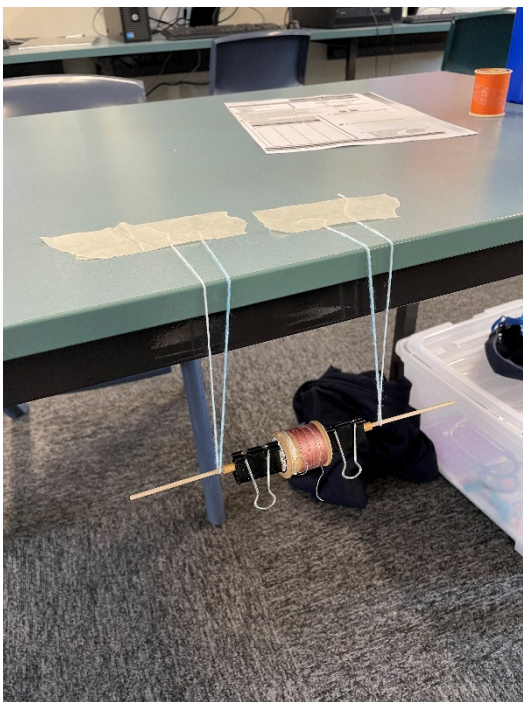
Lake Haven Recreation Centre, Thursdays 4–6pm, starting 2nd February

To register, visit go4fun.com.au or call 1800 780 900.

Class Two

Science

Science during term 4 has been the continued study of Forces and Motion. This term we have learnt about buoyancy, magnetic fields, levers, pulleys and structural engineering. Students have designed and conducted experiments, looked at forces in everyday life and the role of science in our world.



Class Two (Continued)

Visual Art/History-The Middle Ages and the Black Plague

Visual art has been a dive into the art of The Middle Ages. We created simulated stained glass using our secret recipe to create the glass and the lead edging.



Class Two (Continued)



Class Two (Continued)

Food Technology

Class 2 Food Technology this semester has been all about challenges and advanced skills.



Class Three

It has been a fantastic term for Class 3. They have completed numerous modules including a unit in history (Vikings), PDHPE (This is me), Science (Off this Planet) and Social and Emotional Learning (Social Awareness). Students have also participated in a number of different Yalunga games as part of their sport lesson.

During the History unit students have explored the way of life of the Viking societies of this period, focusing on cultural elements such as social and political structures, the role of religion and the economic foundations of the Viking people. Students have also worked on creating a Viking shield which included student personal touches.



Class Three (continued)

During PDHPE students have explored the nature and types of change experienced during adolescence and investigated the impact these changes could have on identity, relationships and health, and ways to seek help to assist them with overcoming challenges. Students contributed intelligent responses during class discussions. During Science, students designed and produced a creative presentation to raise public awareness and debate about the proposal to send people to live on another planet in the solar system. Based on scientific evidence gathered during investigations, students conducted a survey to gather information about the range of views, including social, economic and ethical issues, associated with the proposal to have humans live on another planet. They devised their own questions about the planet's environment and identified some problems associated with living there. Students investigated forces including gravity, the requirements of humans and how they interact with other living organisms, to help them solve problems associated with establishing an artificial ecosystem on their chosen planet.



Surf Survival and Surfing Programs

Students from all classes have had the opportunity to participate in our Surf Survival Program this term; visiting a range of beaches on the Coast and gaining necessary knowledge and skills to be safe in the water. Students have been learning how to identify potential hazards including rips and developing their ability to navigate varying surf conditions.

A smaller group of students who have completed their full Surf Survival Certificate have also become eligible to participate in our Learn to Surf Program. This program extends on Surf Survival and involves students using Surfboards and Bodyboards in a wider range of locations and conditions whilst learning to surf or extending on existing skills.

Both programs have been hugely successful this term and all participating students should be congratulated for their involvement.



Class Five

Class 5 have had a successful term. Students have been taking advantage of the warm weather and participating regularly in Surf Survival and Snorkeling each week to develop their water safety skills.

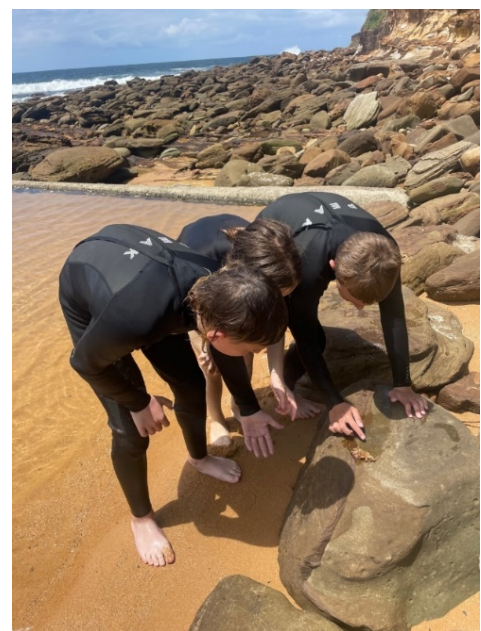
In Food Technology students have been cooking 'Food from around The Globe'. Students have been loving exploring different cultures and cuisines, with Moroccan Savory Pastries being a favourite dish.

Students are continuing to develop their work skills with students completing their First Aid Certificates and White cards with Mr Hoste. Class 5 have been assisting with landscaping and Gardening around the school grounds and are working with Ms Boutry to build a composting system.

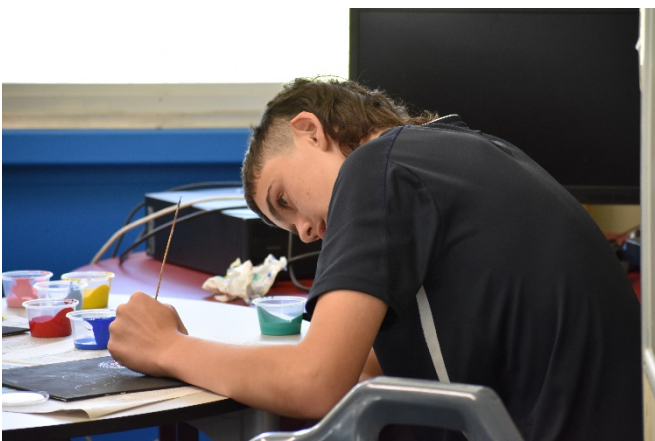
As a reward for positive engagement Class 5 attended Pulse Rock Climbing and were taught the basics of bouldering. It was a successful excursion and many of the students are eager to return next year.

Our year 10 students are in their final weeks of schooling at NGLC. Students have been busy finalising academic tasks while engaging in activities to ensure they have a smooth transition to the next phase of their education. A number of our students are enrolling with Global Skills Transition to Work Program, to continue with further training and education before they enter the workforce.

Well done year 10! NGLC staff and students wish you all the best in your future education and careers.



Dot Painting



Class One

At the beginning of this term Class 1 welcomed Corbin and Jamal to our class. Both students have made friends and settled in well.

We continued with our transition to high school program. This involved us commuting to Henry Kendall High School on a Tuesday afternoon. During this time, we were able to use the science laboratory facilities to conduct experiments. Experiments investigated the density, matter, the ph of certain liquids and energy transfer. It was a great experience for the students to gain an insight into how practical science lessons are conducted at high school.



Class One (continued)

As part of their transition to North Gosford, Corbin and Jamal participate in our orientation to water safety. They attended the program with Mr Hoste on a weekly basis at Gosford Olympic pool. They thoroughly enjoyed developing their skills in the water which included safe entry to the water, floating, retrieving objects and increasing their swimming stamina.



Clean4shore

In early November, students met The Clean4shore team at Woy Woy Lions Park for our final Clean4shore outing of the year. Students put on PPE gear and boarded the fluorescent boat before heading under the train bridge to clean behind Woy Woy Station. Students collected loads of old bottles, car wheels, camp gear, building materials and plenty of tennis balls. Students also found an old wrecked car that Jonno will report and have removed in the future. Our Clean4shore students assisted Jonno with chatting to a group of primary school students and educating them about keeping our waterways clean. Students were rewarded with a lunch and slushy provided by Clean4shore. Well done to all our volunteers!



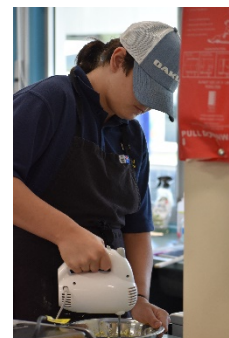
Fun and Games



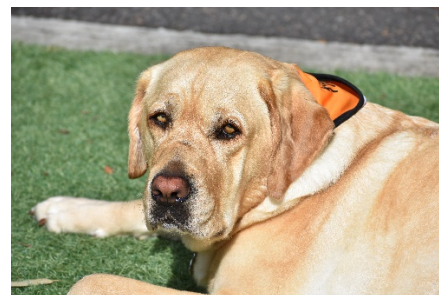
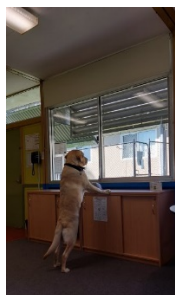
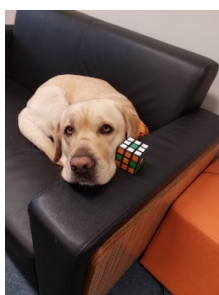
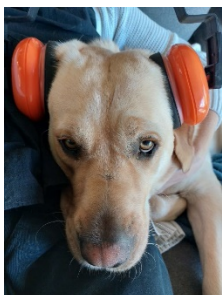
Rock Climbing



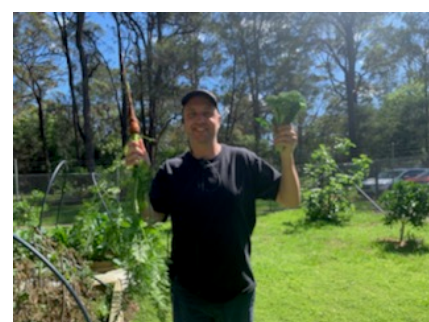
Cooking



Angus



Agriculture



NSW HEALTH Media Release



Friday, 8 December 2022

PARENTS URGED TO LOOKOUT FOR VAPES THIS SUMMER

In the lead up to the school holidays, NSW Health is urging parents to be aware of the dangers of vaping among young people.

NSW Chief Health Officer, Dr Kerry Chant encouraged parents to have early conversations with young people to help discourage vaping.

"We are encouraging parents to be aware of the dangers vapes pose and to be on the lookout for devices which could look like USB sticks, pens or highlighters," Dr Chant said.

"Vapes contain dangerous ingredients which could cause irreversible damage to the health and development of young people. There is no such thing as a safe vape."

"We are also aware that there are links between mental health concerns and vaping among young people. If parents or young people are concerned for their mental health, they can call the Mental Health Line on 1800 011 511 for referral to the most appropriate service. Quitline counsellors on 13 78 48 are also available to answer questions about vaping and provide advice and support for parents and young people."

As part of the Do You Know What You're Vaping? awareness campaign, which NSW Health [launched](#) earlier this year, a [toolkit](#) was published for parents, school staff and others who have interactions with young people, with information and guides to have a conversation with children about the dangers of vaping.

Health Minister Brad Hazzard said evidence shows that vaping is akin to breathing in the same harmful chemicals found in weedkiller and nail polish remover, dressed up in hundreds of flavours and bright colours to be attractive to kids.

"The potential harm is enormous and we need to share this information with our kids," Mr Hazzard said.

Between March and June 2022, the Do You Know What You're Vaping? campaign had over 11.5 million social media impressions and enabled over 100,000 young people, parents, carers and teachers to access materials and have conversations about the harms of vaping.

Dr Chant said: "It's encouraging to hear parents are taking action to protect their children, and we continue to urge the community to report retailers who are selling illegal vapes via the NSW Health website. This information really helps to inform our enforcement efforts."

NSW HEALTH Media

Tel. 02 9391 9121 A/Hours. 02 9962 9890 Web. www.health.nsw.gov.au

[healthdirect](#) AUSTRALIA – providing expert health advice 24 hours a day to NSW residents – Tel. 1800 022 222

"We continue to use this information to close in on retailers who break the law and sell illegal vapes and liquids containing nicotine. This quarter alone we broke records with nearly 53,000 products seized, worth over an estimated \$1.6 million.

"Earlier this year we put retailers across the state on notice, if they were selling illegal vapes, they would be caught, illegal items seized and destroyed, and they could face prosecution. We continue to make good on this commitment with NSW Health seizing more than 166,000 e-cigarette products totalling an estimated street value of over \$4.6 million from February 2021 to September 2022," Dr Chant said.

Parents and the community can provide information to inform the enforcement action at: <https://www.health.nsw.gov.au/tobacco/Pages/let-us-know-reportscomplaints.aspx>

Quitline counsellors are available to answer questions about vaping on 13 7848 (13 QUIT). Quitline is a telephone-based service offering information and advice. Quitline counsellors can provide tips and strategies, and help people to plan their quit attempts, based on their own needs and preferences. They can also help parents and carers think of ways to approach a conversation about vaping with young people.

The Mental Health Line can put you in contact with the most relevant mental health service. It is available to everyone in NSW and operates 24 hours a day, 7 days a week. Call 1800 011 511.

Anyone experiencing distress can seek immediate advice and support through Lifeline (13 11 14) or the Kids Helpline (1800 55 1800).

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?

 Many vapes contain nicotine making them very addictive	 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.

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:

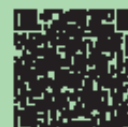
- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

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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