

North Gosford Learning Centre

Term 1

April 2022

Principal's News

Welcome to 2022, we are now a quarter of the way through the year and there have been a lot of changes to the way we operate since we came back to school in January. We began the year with limited opportunities for our students to access the programs that have made NGLC the successful venture that it has been for so many students over the years. However, as things have opened up we have been able to reengage in some of these programs to support our young people.

This year we have welcomed some new staff into the school and some returning faces. Jarred Steen has joined us for the beginning of the year and is working with our staff to support student engagement in programs across the school. Mr Hoste has returned to us after a stint in a mainstream school where he spent some time upskilling the staff in a support unit. His return has bought with it several opportunities for our students, already they are learning the basics in snorkelling and looking to implement these skills throughout 2022, whenever the opportunity arises. He has already begun booking students into complete their White Card training and will look at similar opportunities in first aid and other courses to support students transition to the workforce.

Term 2 looks likely that it will continue to allow us to access the programs that we have in the past albeit in a Covid Safe way. We will be continuing with the program Top Blokes, which is a program run in the school to support our young men with skills to benefit them in the future. Staff are already looking at other engaging ways to support our students including Volunteering Central Coast who have supported a number of our students in work experience and transition to work pathways. There is also the 'Fit for Life' program that is run by the PCYC which has been a feature of our program and increasing student knowledge around healthy

lifestyle choices and engaging with their community.

In creating and working through these programs one of the essential requirements is that students attend school. Staff spend a significant amount of time sourcing appropriate and beneficial programs to support our students, however, the thing that makes these programs difficult to operate is student attendance. To ensure we are getting the best results for these programs we need students at school to develop their Social and Emotional skills in an environment amongst peers of similar ages.

The year has started off in a positive way with growth in different programs to support student learning and engagement. Several students have already shown that they are willing to step up to the challenge and work on improving their academic and social and emotional skills. Nothing highlighted this more than the number of students who attained their goals and were able to attend Clip 'n' Climb this week. This is a credit to the work that students are putting in and as staff we are confident that this will continue for the remainder of the year.

Shane Garnett
Relieving Principal

Dates to remember:

Last Day of Term 1 is Friday 8th April 2022.

First Day of Term 2 is Wednesday 27th April 2022.

School Development Day (SDD) Information

NGLC will not be operational on:

Term 2 SDD: **Tuesday 26th April, 2022.**

Angus

Just before Christmas last year, NGLC was lucky enough to welcome our new Therapy Dog Angus to the team. Angus is a two- and half-year-old Labrador that was trained by Guide Dogs Australia and now lives with one of our SLSO's, Nathan. Angus has a big, calming presence and is more than happy to share that with everyone in the classroom and help students to achieve their goals in whatever way he can. It has been fantastic to see the students be so welcoming and respectful towards Angus and we can't wait to see all the other ways he can assist our school in the future.



NSW Health School Dental Program

NSW Health is working with public schools to offer **free dental check-ups** and preventive care to students as part of a school-based mobile dental program. Your child's school has been selected to participate in this program. The program involves a mobile dental team making scheduled visits to your child's school. During the first appointment a dental check-up and preventive care package will be provided, subject to parental consent. A letter will be sent to parents/guardians providing an update on the child's dental check-up..

The program is scheduled to visit your child's school from 23/05/2022 to 25/05/2022.

Parent Information and Consent Packs will be sent home early next term, including information sheets, consent forms and the program privacy statement. Please read, complete and return promptly.

Class 2 and 3 Sport

This term the school received some new differentiated volleyball equipment through volleyball Australia. With the new equipment Classes 2 and 3 have been able to develop a variety of new skills in a sport which was previously unknown to them. The sessions have allowed the students to develop the three key shots in volleyball: Dig, Volleyball and Spike. Overall Classes 2 and 3 have shown huge growth in their skill level and should be extremely proud of their efforts.



Class 3

This term Class 3 have been using different materials to produce various creations of eye artwork. Each student began by using a step-by-step procedure to complete an eye template. Students then use this template to create various artworks using pencil, oil pastels, paint and watercolours. Class 3 have also been busy using Tinker Cad and the school's 3D printer to create the impossible box. Overall Class 3 have made an excellent start to the year, and we look forward to a successful year.



Farewell Mrs Ward



It is with regret that we have to say goodbye to Mrs Ward at the end of Term 1.

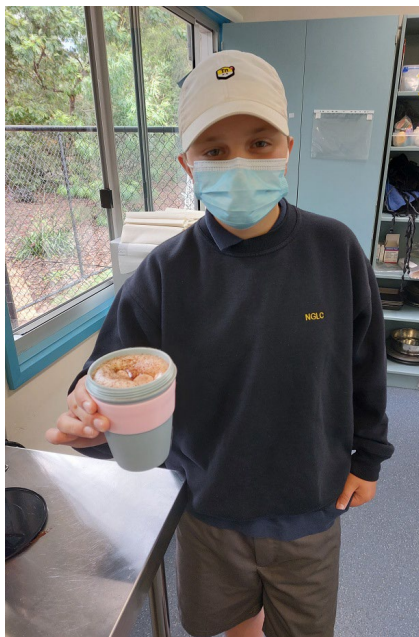
Mrs Ward has worked closely with our school community over the last year and a half. It has been a pleasure to work with her and we will all miss her professionalism, enthusiasm, cooking skills, caring nature and wonderful smile.

We wish you all the best as you move back to your substantive position at another school and all hope to see you again soon!



Hospitality Program

Both staff and students have been very excited to welcome back the Hospitality Program in 2022. We had a large portion of our highly experienced students move on at the end of last year and it has been great to see those we have left take on some extra responsibility to mentor the new students we have taking up the program. The program has now been updated to be completely cashless. This gives our students the opportunity to pick up the extra skill of taking EFTPOS payments, that is transferable when they are looking to move out into the workforce.



Surf Survival and Snorkelling

Term 1's easing of restrictions has allowed us to get out to the beach to participate in our Surf Survival and Snorkelling Programs. 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 and Snorkelling Qualifications which involves completing swim assessments, surf rescues, using snorkelling equipment correctly and safely, and demonstrating a high degree of surf safety.

Well done to all involved!



Mrs Boutry

Jake Cassar Bushcraft IncurSION

In Week 7, students and staff enjoyed an incursion by well-known bushcraft specialist, Jake Cassar. All students had the opportunity to participate in a workshop with Jake – students in Classes 1 and 2 in Session 1, and students in Classes 3, 4 and 5 in Session 2. With Jake we learnt about some new bush foods including some native berries nicknamed ‘Warheads’ for their sour flavour, the delicious Bunya nut (from the native Bunya Pine) which looks like a large pine nut, and the slightly sour pink berries of the Lilly Pilly tree. We learnt how to collect water from a Gymea Lily and to make soap in the bush using water and the leaves of a native wattle tree. A highlight in Session 2 was attempting to make fire using sticks – it was trickier than it looked, but a couple of students managed to generate smoke and charcoal – the beginnings of fire! It was a positive experience for students, and we hope to welcome Jake back to our school again for another workshop in the future. Well done everyone involved!



Mrs Boutry

Chicken Rescue

In the wild weather of Week 6, we relocated our chickens from the Ag Plot to the main school grounds. During the heaviest rainfall, the Ag Plot was flooded – the chicken coop had about 10 cm of water covering its floor! While the chooks were keeping dry on their perches, concerned the water level in the coop may keep rising, we moved the chickens to higher ground. They are now living temporarily in a smaller, but comfortable coop in the yard next to the shed. The students and staff are enjoying them being close by and we happily report the chooks are all back to laying one egg per day. The eggs are being used for our monthly school BBQ breakfasts, with the remainder sold to staff to fund outdoor projects. We'll begin cleaning up and preparing the bigger coop in the Ag Plot and their return in the warmer months. This may involve a project to build a raised floor or platform for the chickens to use during wet weather. Let Mrs Boutry know if you would like to be involved!



NAPLAN

In Term 2 students in Years 3, 5, 7 and 9 will sit the online NAPLAN assessments in literacy and numeracy. As students' progress through their school years, it's important to check how well they are learning the essential skills of reading, writing and numeracy. NAPLAN assesses the literacy and numeracy skills that students are learning through the school curriculum and allows parents/carers to see how their child is progressing against national standards and over time. NAPLAN is just one aspect of North Gosford Learning Centre's assessment and reporting process. It doesn't replace ongoing assessments made by teachers about student performance, but it can provide teachers with additional information about students' progress.

NAPLAN also provides schools, education authorities and governments with information about how education programs are working and whether young Australians are achieving important educational outcomes in literacy and numeracy.

You can support your child by reassuring them that NAPLAN is a part of their school program and reminding them to simply do their best.

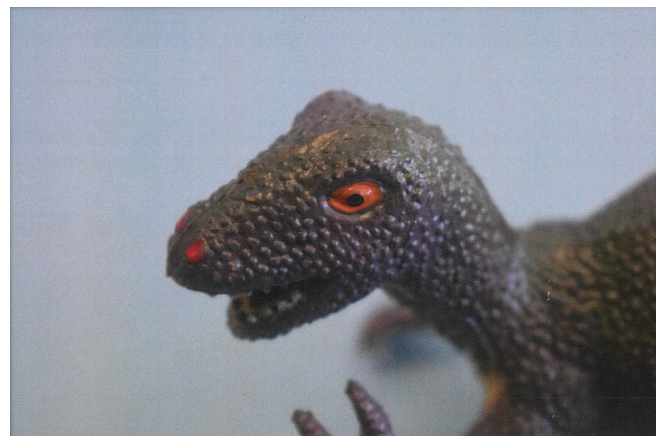
NAPLAN
NATIONAL ASSESSMENT PROGRAM
Literacy and Numeracy



Class 2

English - Film Study

Students in Class 2 have been studying Shrek as a part of their English unit this term. Shrek delivers messages and lessons about tolerance, friendship, accepting difference and gender stereotypes. Along with looking at the meaning in film, students have also been looking at some of the techniques used in film making and cinematography and have captured some interesting shots to show camera angles.



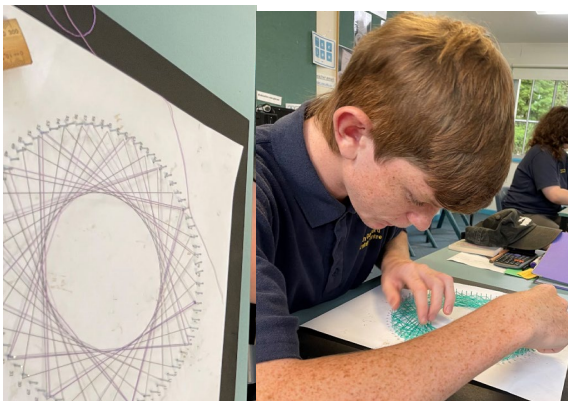
Class 2

TAS (Technical and Applied Studies)

Class 2 have participated in a mix of technologies this term. The theme of Term 1 Food Technology has been seasonal produce. Students have been looking at ingredients that are in season in our local area rather than using ingredients that are imported or have been stored and the effect on price and our carbon footprint. They have created some interesting dishes and have tried preparing fresh produce in new ways.

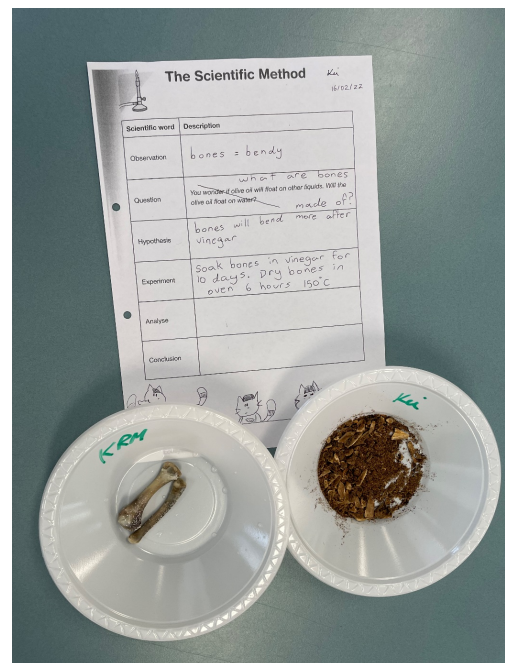
Woodwork this term was creating amazing pieces of string art. Students needed to sand and prepare the surface of their board for painting, create the frame for the art by hammering in lots and lots of small tacks whilst following a pattern. The work was completed by students following a number sequence to weave colourful string around the tacks - each piece was different and all students created amazing pieces of art.

Colourful hanging ceramic sculptures using the technique of slab building have also been made this term. Students were required to choose a simple animal or shape and repeat this several times to create pieces to be painted and hung using ribbon and beads.



PDH and Science

In both PDH and Science, students have been looking at scientific procedure and experiments. The main focus of PDH this term has been Body Systems. Students have explored the chemical composition of bones by dissolving the calcium carbonate in vinegar and this made the bones bend. They also baked bones for 7 hours to remove the collagen and make them brittle and crushable. This was then linked to bone health and the skeleton. Students have also recreated the circulatory system and conducted an experiment on blood types to determine what makes blood types different and to understand the process of blood donation, transfusion and genetics.



Class 2

Science has examined the world of plants and plant reproduction. Students carried out a dissection of hibiscus flowers to examine the female and male parts of a flower and this type of plant reproduction. Students also explored several other ways that plants can reproduce.

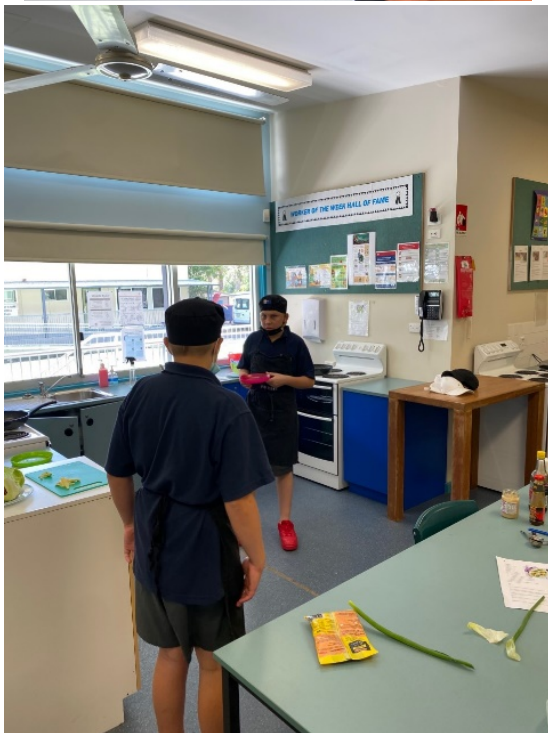


Class 4

Class 4 have engaged extremely well in their programs throughout Term 1. Each student is working towards their own individualised goals and with hard work they will achieve these goals. Food Technology has been a big hit for Class 4 this Term, each student has demonstrated a passion for cooking as well as showing that they have solid skills in the kitchen. Dishes we cooked so far include chicken burgers, pork san choy bow, pizza, spaghetti bolognese, chocolate brownies, fried rice as well as a stir fry.



Class 4



Students in Class 4 have also engaged in some in school work experience and gardening with Mrs Boutry. This has involved mowing and whipper snipping school grounds, cleaning out the chicken coup, clearing out garden beds as well as designing and planting a new garden out the front of the school. This program has been very beneficial for students who are developing new skills every week.

When weather has permitted we have taken part in Surf Survival and Snorkelling with Mr. Hoste. This has seen our students demonstrate they are capable swimmers and allowed them to get out to the beach and enjoy the ocean. I know Class 4 have really enjoyed these programs and will be excited with it continuing later in the year.

Top Blokes has also recently started at NGLC and we have seen all Year 9 students get engaged in this which has been great to see. All students have managed to talk about some difficult content whilst showing maturity which is awesome.

Class 4 is looking forward to Term 2 and whatever programs that may bring!



Class 5

Stage 5 students are working on developing skills and knowledge to transition into the work force. Stage 5 recently had a visit from Octet Training and Employment Service to provide students with information for post school training and employment options.

Students have been developing practical work skills through maintaining school lawns and establishing a native garden. Students have been developing barista skills in Hospitality Cafe each week, and hospitality skills in fortnightly food technology lessons. Students were also offered the opportunity to participate in The Clean4shore Program. In week 11 students will be attending The Central Coast Careers Pathways Expo at Avondale College to gain information on career, courses and training options.

NGLC Year 10 students are studying to achieve their ROSA through SDEHS. Students are currently studying The Vietnam War in History, a Film study of Ponyo in English, and reading Rabbit Proof Fence in PDHPE. It is fantastic to see our newly enrolled NGLC students displaying commitment in this area of their Education Program.



Clean4Shore Program

Stage 5 students had the opportunity to participate in The Clean4Shore Program. Students met coordinator 'Johnno' at Patonga Beach boat ramp, changing into provided PPE and boarding the bright green Oyster Barge to assist with cleaning up local waterways after the recent floods.

Students worked tirelessly to collect rubbish and debris, with a total of 30 large bags filled as well as several large items loaded onto the Oyster Barge. The team collected water tanks, car tyres, around 50 tennis balls, pieces of polystyrene, sheets of aluminium cladding, cans, and pieces of furniture.

We returned to Patonga to empty the rubbish into the skip bin and then enjoyed a well-earned lunch of 'fish and chips', kindly provided by Clean4Shore. This was an amazing contribution to our community and also a wonderful opportunity for students to develop work skills. We look forward to working with The Clean4Shore Program next term.



Volleyball



Class 2



Snorkelling



Clean4Shore



Around NGLC



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

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

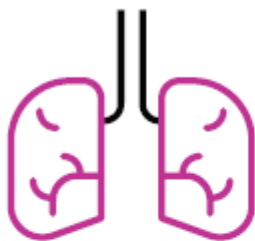


FRUITY

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.



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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.

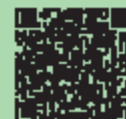
Have a reason or two that you can tell your mates why you don't want to vape.

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".



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

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Our school has a new look **online payment page!**

We're now accepting payment for North Gosford Learning Centre via the school's website. New features allow you to access:



Anywhere, anytime from a mobile or tablet (as well as a desktop computer)



In a preferred language



Easily without needing to log on, register or enter a Student Registration Number.



Education

Our school has a new look **online payment page!**

We're now accepting payments for North Gosford Learning Centre via the school's website. To make a payment, simply:



Visit our school website on your mobile, **tablet** or desktop computer



Select 'Make a payment' from the main page menu



Enter the required student, contact and payment details

Note: You are NOT required to provide the 9-digit Student Registration Number.



Check your email for a copy of the receipt of payment



Education

School Student Travel

Term 1 2022



School student travel information for parents and students

School Travel Passes

Students who need a School Opal card or travel pass but have not yet applied need to [apply](#) or [update](#) their details as soon as possible.

In the Opal network, students should travel with a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

New Student Opal cards (including new Term Bus Passes) will be sent to the student's nominated postal address within two weeks of their application being approved.

Students living in rural and regional (R&R) areas will receive their travel pass from their nominated transport operator. It may be issued via their school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

Terms of Use

Students using Opal cards must tap on and tap off in line with the [Opal terms of use](#).

All students are required to comply with the [Student code of conduct](#). The code of conduct aims to ensure the safety and well-being of school children and other passengers. It is important that parents ensure their child is aware of this, as failure to comply with the code of conduct can result in a suspension from travel.



Further information can be found at transportnsw.info/school-travel
Enquiries can be submitted at transportnsw.info/passes-concessions-feedback



Practice simple hygiene by washing hands regularly



1 Wet hands



2 Apply soap



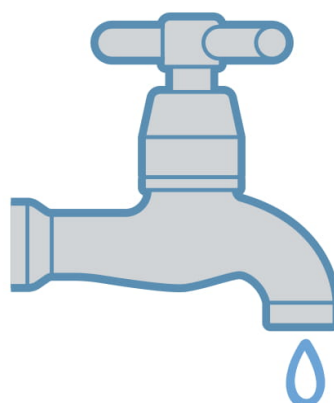
3 Lather & scrub



4 Rinse hands



5 Turn off tap



6 Dry hands



Spend 20 seconds washing your hands.

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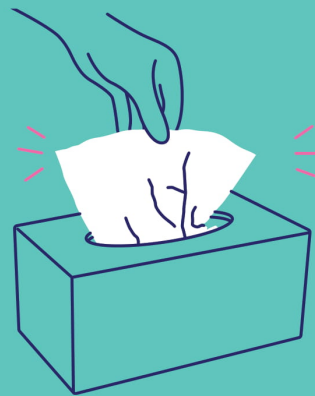
Coronavirus
(COVID-19)

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