



The end of Term 2 has arrived. This signifies the end of the first semester, which means students will receive their reports. These have indicated pleasing results for the students engaged meaningfully in the numerous opportunities that have been provided this term.

Staff have spent untold hours working to organise different activities including the RAW Challenge at the beginning of the term. This is an activity we hold annually to build resilience and persistence in our students, it is a highlight on our calendar and everyone involved represented themselves and the school in a positive manner. We have also had our students involved in several other programs provided by external providers to support their engagement in the school this semester: The Top Blokes program, in which our Stage 5 students have displayed a mature commitment. The PCYC program to support healthy positive decision making in the community and an increase in our older students' fitness levels, most students took this opportunity and utilised it in a positive way.

The big event that took this place this term was of course our annual Snow trip, which hasn't occurred for a number of years due to the restrictions we have all been under. The students who participated in this activity had an amazing time and made some memories that they will hold dearly for the rest of their lives. They even managed to get an impromptu visit from Mr and Mrs Hayes, which just added to the enjoyment of the trip. The snow trip is a great opportunity and hopefully the students who didn't make it this

year continue to work towards their goals and are able to have that opportunity next year.

A massive thank you to all the staff who took time away from their busy lives to organise and attend the trip, which included weekends and public holidays, without this commitment the trip cannot operate.

The academic program is halfway through, and our students have been accessing a number of individualised programs to support their growth in these areas. The improvement across the school was evident through reading and viewing our reports and the results from a variety of assessments. Our year 10 students are coming to the end of their educational journeys at North Gosford Learning Centre and continue to focus on attaining their Record of School Achievement before they embark on their chosen pathway.

We look forward to continuing this journey over the next few terms, thanks everyone for the commitment they have shown over the last semester and we hope that this continues into Semester 2.

Shane Garnett
Relieving Principal

Dates to remember:

Last Day of Term 3 is Friday September 23rd

First Day of Term 4 is Monday 10th October

School Development Day (SDD) Information

NGLC will not be operational on:

Term 3 SDD: **Monday 18th July, 2022.**

Class 1

"On the 19th of May Class 1 ventured out in search of the rock carvings known as the Hieroglyphs. After some intense searching we accepted defeat and returned to school without laying eyes on the elusive rock carvings.

We took on the challenge again on the 2nd of June with the guidance from Jordan we were successful in locating the rock carvings. All students had a great time on both occasions, and it is our plan to engage in some more bush walks during term 3."



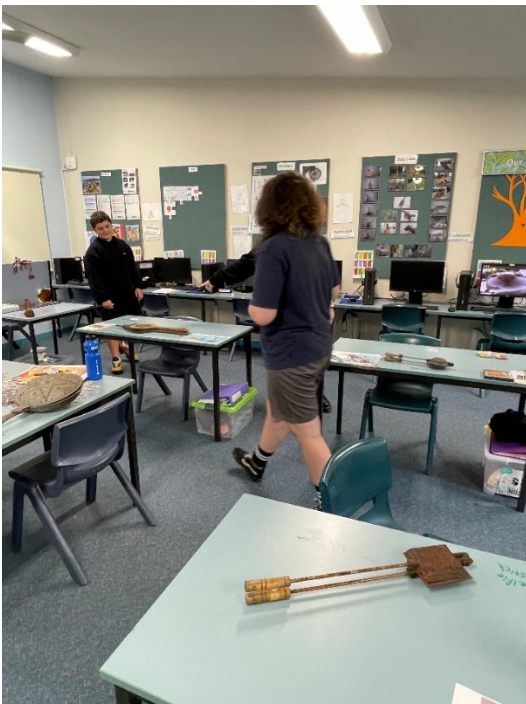
Class 2

History

Students in class 2 studying Expanding Contact this semester had the opportunity to experience how historians classify sources of information by visiting a makeshift museum set up in a classroom.

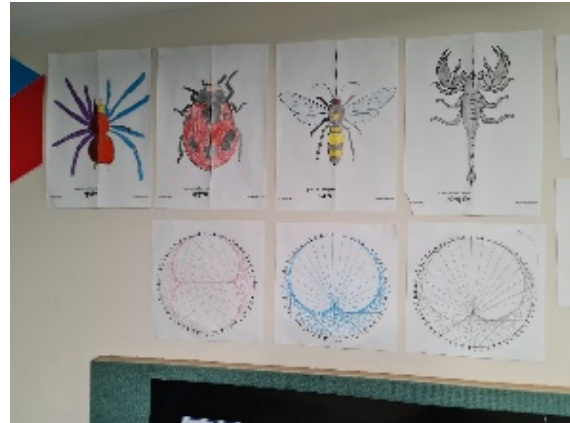
Not only did students have to opportunity to look at artefacts and antiques to determine what they were and their function but also had to determine if the items were a primary or secondary source of information.

This can be a confusing area of History and being able to imagine that they are the historian or archaeologist examining 25 objects and documents, helped the students to clarify how evidence and the recording of history can be difficult.



Class 3

Class 3 have had an excellent term. It has been great to see students develop both socially, emotionally, and academically. This term students have really engaged in their mathematic arts program. Students have also begun using a new program called Maths Online, students have really engaged in this program and have made excellent progress. Students have also really enjoyed cooking this semester and have gone out of their comfort zones and made things they have never had before including zucchini brownies, chicken korma meatballs and much more. Students have all created some fantastic designs which have been printed using the school's 3D printer.



AFL

Classes 1, 2 and 3 engaged in a 6-week AFL program this term. The student demonstrated great respect for their coach during these sessions. In just a short amount of time students' ability to kick and handball the ball improve dramatically. The students really enjoyed kicking for goal.



Networld

Students who did not get the chance to go to the snow participated in an excursion to Networld. It was great to see the school empty on excursion day as every student participated in the outing. I am not sure who enjoyed it more students or staff. It was a great day.



Class 4 & 5

Students from class 4 and 5 have been attending Community access each Wednesday. Students have participated in a range of careers focused activities and exploring Bush walks on The Central Coast.

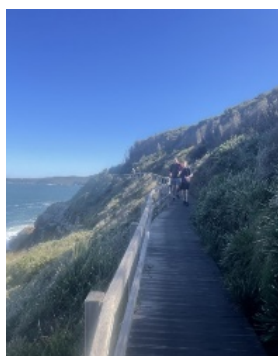
Students walked The Maitland Bay Bushwalk from Putty Beach, on the way students were lucky enough to see whales breaching very close by. Students have also completed the Crack neck bush walk which provided some great viewpoints.

Students have attended Volunteers Central Coast head office, and the Expo at Erina Fair. A small group of students help set up tables and chairs for the expo and then looked for volunteering opportunities at the Expo. One of our students attended Norah Head Lighthouse and has participate in Land Care, we are hoping to attend regularly next term.

Students were involved in the 'Top Blokes' program which explored many subjects that aren't often talked about as young people. This was an extremely successful program which students got a lot out of.

PCYC 'Fit for life' program has been running this term for Class 4 and 5, this involved students accessing fitness and boxing classes run out of PCYC. This has been an enjoyable program and will be continuing into next term.

Some Class 4 and 5 students have been able to successfully achieve their white card and first aid certificate this term with Mr Hoste. Those that have completed these courses should be extremely proud as these will.



Clean4shore Program

In week 6 of term a group of students volunteered with The Clean4shore Program. Students met Coordinator Graham and Barge operator Simon at Woy Woy The Lions Park, we boarded the Clean4shore Oyster Barge and left to Pelican Island and Davistown. The group worked tirelessly to collect debris and rubbish on Brisbane Waters. Students collected an abandoned boat engine, a caravan awning, balls, buckets, drink bottles, and general waste. After the hard work we returned to The Lions Park and were rewarded with a burger and chips for lunch. Great Work!!



Farewell Kathy

It is with regret that we have to notify our school community of the resignation of our fabulous SLSO Kathy.

Kathy has worked with our staff and students for over 10 years and we will all miss her smiling face and cheeky personality.

We wish Kathy well in her future endeavours.



Mrs BoutryExcursion to Grace Springs Farm

In Week 5, students and staff had a great day visiting Grace Springs Farm. Grace Springs Farm is a small, chemical free farm run by Virginia and her family. Grace Springs Farm operates using regenerative agriculture principles – regularly moving animals from paddock to paddock to mimic their natural behaviours and to manage and improve the soil. While students tried their best to avoid the many cow pats in the paddocks (!), Virginia shared with us the importance of the manure and the bugs that break it down, providing a natural fertiliser for the soil. The students loved meeting the sow (adult female pig) and her piglets, dairy cows, meat chickens and collecting eggs from the laying hens. It was interesting to notice that Virginia's chickens are also Hyline Browns, the same breed as our chickens at school. A highlight for some was meeting the Maremma dog who lives alone with the flock of meat chickens and loyally guards them (especially the chicks), protecting them from both foxes and birds of prey.

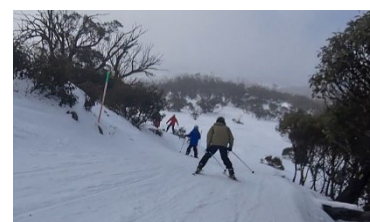
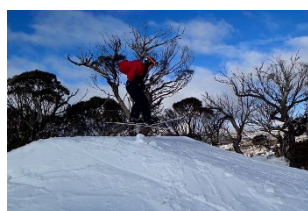
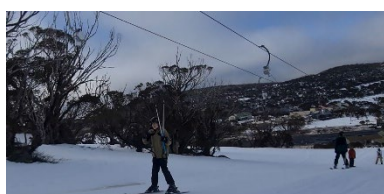
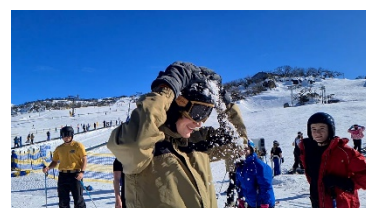
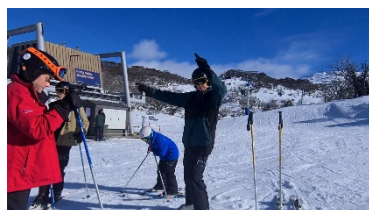
Thank you to all the students and staff who attended for such a great day.



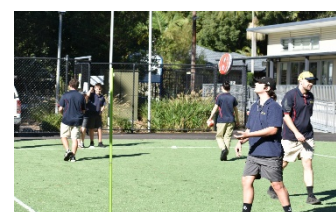
Raw Challenge



Snow Trip



AFL



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

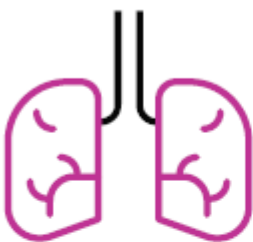
Many vapes contain nicotine making them **very addictive**

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**



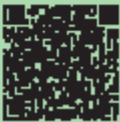
Vape aerosol **is not water vapour**



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



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

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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.

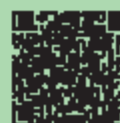
Have a reason or two that you can tell your mates why you don't want to vape.

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

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



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.

Practice simple hygiene by washing hands regularly



1 Wet hands



2 Apply soap



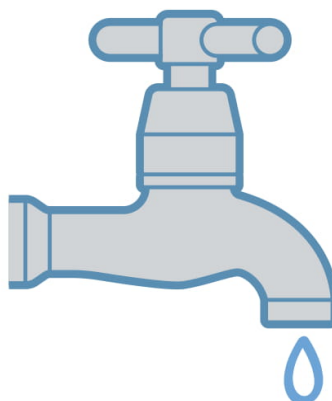
3 Lather & scrub



4 Rinse hands



5 Turn off tap



6 Dry hands



Spend 20 seconds washing your hands.