

## North Gosford Learning Centre

Term 3

September 2023

### Principal's News

Welcome to the end of Term 3.

This term has been a big one for staff and students. The term started with the annual snow trip. All students actively participated to a high degree, to some individual's detriment and a few students had to exit early because of some minor injuries. All students returned in high spirits and were extremely grateful to the time taken out of staff's daily lives to support a weeklong activity.

Mr Peek has since spent considerable time coordinating the video which highlighted the benefit of the trip for all students involved. This excursion is a difficult trip to manage and only a select number of students are chosen to go because of the difficulty involved in coordination and management of the physical nature of the outing. So, a massive congratulations to all involved and particularly those who successfully navigated the entire week away.

This term has seen several programs continue and other programs return. We had a few students participate in the Wholesome Food Collective, learning a range of skills to utilise in the kitchen. Nathan has begun the implementation of the RAGE program to support our students with a variety of strategies to develop their ability to manage their emotions in times of frustration and anger. Most students involved so far have been able to identify strategies to support their ability to succeed in the school environment. A celebration of completion of these programs is planned for early Term 4. A massive congratulations to all the individuals who have put the effort into successfully developing these skills.

Throughout Term 3 there has been a focus on a number of different physical programs that have allowed students to develop and demonstrate a variety of skills. Students in Classes 1 to 3 have been actively engaged with the community through these activities which have included a bike program that saw students check and prepare bicycles to ensure their safety whilst on the road. This culminated in a trip to the BMX track at Terrigal where students had an outstanding time. Some students have been fortunate enough to also have the opportunity to participate in a golfing program. This has involved students mastering their swing on the oval at school before taking these skills into a golfing simulator and finally out on the course.

As the weather begins to warm up we encourage students and their families to ensure they are being SunSmart. The school has purchased a number of hats for students to borrow during recess and lunch activities. We do recommend where possible students provide their own, however, these are available if required.

As the term draws to a close we have a reward activity scheduled for Treetops Adventure Park. This will require students to attain the goals they have set collaboratively with their teachers throughout the last few weeks. We hope that we can have as many students as possible participating in the activity.

Enjoy the break, stay safe and we look forward to the return of students on the 9<sup>th</sup> October for the beginning of Term 4.

Shane Garnett

Principal

## IMPORTANT DATES

Last Day of Term 3 is **Friday September 22nd**

First Day of Term 4 is **Monday October 9<sup>th</sup>**

Last Day of Term 4 is **Friday December 15<sup>th</sup>**

### School Development Day (SDD) Information

NGLC will not be operational on:

Term 4 SDD: **Monday 18<sup>th</sup> December and**  
**Tuesday 19<sup>th</sup> December**

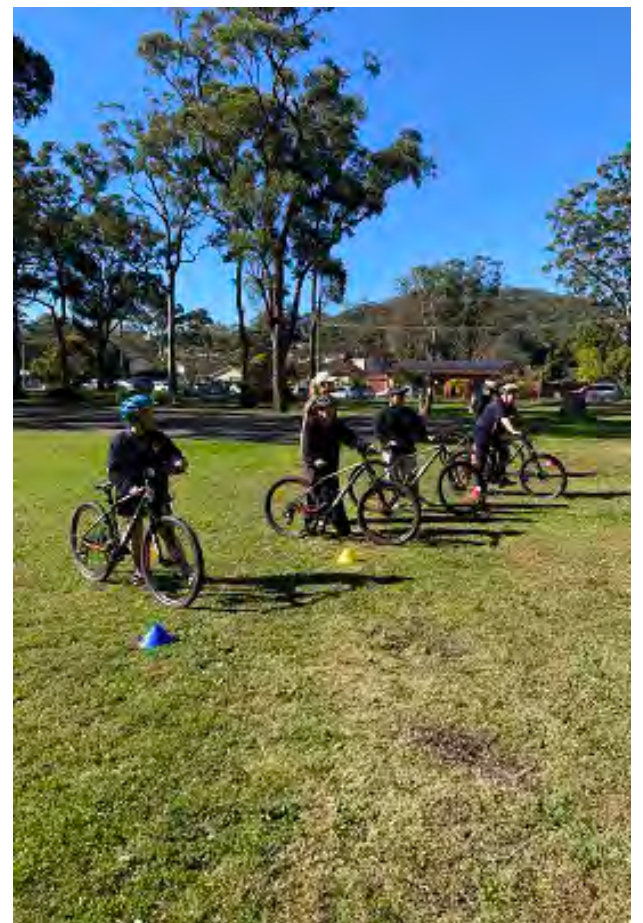
## Class Three

This term Class Three have had the opportunity to learn lots of new skills. Students with the help of Miss Noel took part in weaving. The students demonstrated excellent persistence and resilience in completing these lessons as it could get frustrating at times. Overall, Class Three really enjoyed these lessons and produced some excellent work samples. Term 3 has also allowed Class Three to get back into the kitchen. Many of the students in the classroom love cooking and have really enjoyed their times in these lessons. Overall, it has been a positive term for Class Three with many of the students meeting their own independent goals.



## Community Access

This term Classes One, Two and Three have participated in biking riding as part of their community access program. Students have demonstrated the ability to safely ride their bikes, check their bikes and ride as part of a group. Students completed various bike rides across the Central Coast which gave students an excellent opportunity to explore new places. To complete the bike riding program some of the students had the opportunity to visit Terrigal BMX track which allowed them to further extend their skills on the bike. Overall it was a great program which students and staff really enjoyed. Well done to all involved!



## Community Access (continued)

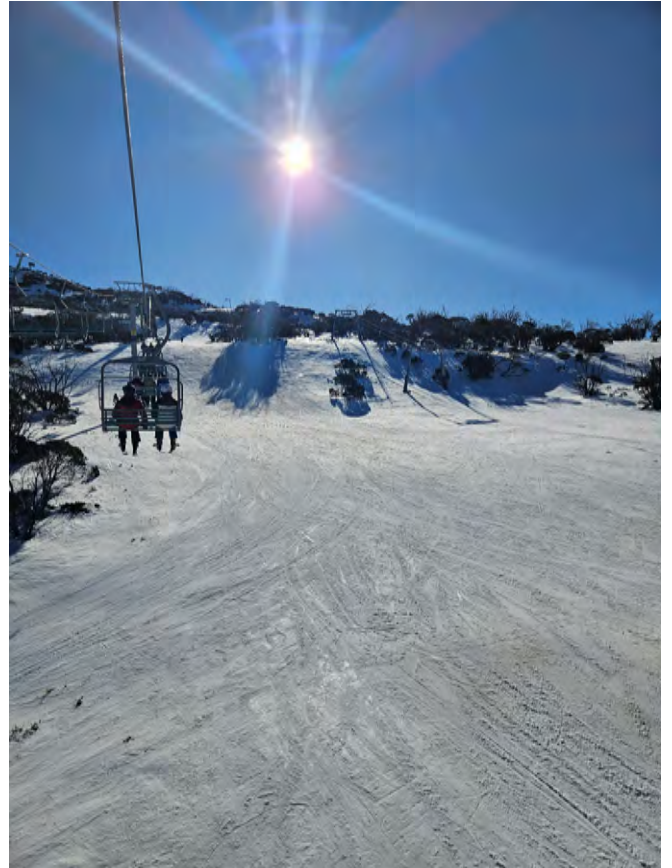


## Snow Trip

A select group of students were lucky enough to spend a week down at Kosciusko National Park skiing at the Perisher Blue resort. Students stayed in Smiggin Holes in the Apex Magic Castle Chalet where they were able to access the snow fields directly from their doorstep.

All students participated in Ski lessons each morning and demonstrated tremendous improvement through persistence and high levels of resilience to work with staff and pick up the necessary skills. All staff and students had an amazing week and should be congratulated on their efforts and positive behaviour.





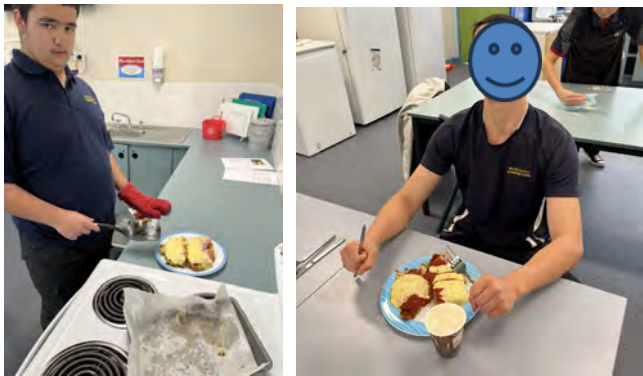
## Golf Program

Community Access for Classes One, Two and Three this term has involved the implementation of a golf program. This has involved students learning to drive, chip, pitch and putt a golf ball and has seen students attend a driving range as well as a golf simulator. All students have engaged extremely well throughout this program and have improved their skills by a long way. It has also been great seeing how positive students have been in providing advice as well as positive feedback to their peers. It has been a great program and all students involved should be proud with all the improvements made.



## Class Four

Class Four has had an enjoyable Term 3. We have welcomed some new faces to the classroom who have all been able to begin their time at NGLC successfully. Class 4 has engaged in lots of fun programs and activities including cooking, snorkelling, fishing as well as Clean4Shore. Another program that has been a real hit has been music with Cody, its great to see Class Four getting in with Cody and showcasing their skills in the studio.



## Class Five

Class Five has been participating in career-focused activities as our students gear up to step into the world of work.

A number of Class Five students have been actively participating in work experience placements. Archie has successfully completed his stint with a local construction company, while Toby started a work placement at a pet store. We are grateful to the businesses that have welcomed our students, providing them with opportunities to develop their skills and kickstart their careers. Class 5 also continues to complete school-based work experience maintaining our school and landscaping our gardens.

Our students had the privilege of visiting Palanciki Cafe in Ettalong. Owner, Marick shared insights into the world of business and career development with a touch of comedy. This visit not only gave our students a behind-the-scenes look at the cafe but also provided them with valuable advice on how to present themselves professionally when looking for a job.

Several students have undertaken valuable training from outside training providers, achieving their White Card and First Aid Certificates. These certifications are a fantastic addition to students' resumes, helping to set them up for success. Thank you to Mr Host for running this training.

In the classroom, our students have been exploring 'Sustainability' in both English and Science. They've been learning about the Great Pacific Garbage Patch and discovering how small individual actions can have a big positive impact on the environment. We have also welcomed Miss Steed from the University of Newcastle for her internship, and our students have been eagerly participating in her lessons.

### Class Five (continued)

In Food Technology, our students have prepared recipes from around the world. From Chicken Parmigiana to Fried Rice and Pad Thai, they've been mastering their cooking skills. Students have also been refining their social skills by sharing meals together, using cutlery, and practicing proper table etiquette.

Class Five continue to participate in Community Access each week. Students have been participating in various outdoor education activities, including travel training, bike riding, snorkelling, swimming, abseiling, and The Clean4shore initiative. Students are improving their fitness, exploring our local community and learning valuable life skills. As the weather warms up next term, we are preparing for our Surf Survival program.

Thanks for a great term.



## Fishing



## Clean4shore

We are proud to continue to participate in the Clean4shore program led by Graham Johnston and Simon. On Thursday September 14<sup>th</sup>, our team met at Gosford Sailing Club, put on the safety gear and listened to a safety briefing. The team then headed to Woy Woy Bay for a clean-up mission of the local waterways.

Over a distance of 600 meters along the foreshore, we managed to fill an astonishing 13 bags with debris. The clean-up efforts included removing treated pine, marine seats, plastic drums, buckets, and an abandoned campsite and we noted an old car wreck that needs removing in the future.

Our team recovered a 16-foot derelict fiberglass vessel that had drifted into the mangroves south of Woy Woy station. The team's efforts not only helped clean up our local waterways but also prevented potential harm to the delicate ecosystem. The rescued vessel was carefully towed back to the Gosford Sailing Club, where it was "flipped" onto the barge to offload at the Woy Woy Tip.

After all their hard work, our students and staff enjoyed a well-deserved healthy lunch of cold meat and salad rolls provided by Clean4shore. A staggering 440 kilos of waste and debris were removed from Woy Woy Bay, leaving it cleaner, safer, and more beautiful than before. Thank you to all students, staff and the Clean4shore Team for making this clean-up a success.

If you would like more information about the program head to

<https://www.facebook.com/Clean4shoremacs/>





## Class One

During Term 3 Class One have been fortunate to have two final year practicum students from the University of Newcastle working in our room.

Miss Besley and Miss Dockerty have worked with students to create learning experiences that students will remember for a long time. We wish both teachers well as they begin their career in the teaching profession.

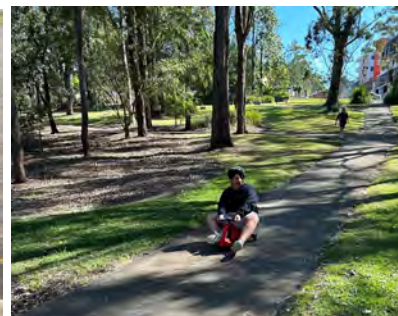
Jamal and Izaac have been working on a project since last term in culture group. They have been guided by Casey Natty. Casey selected a piece of wood, which had been hollowed out naturally, for each student to sand to and ultimately turn into a didgeridoo they could play. Both students worked persistently during their sessions with Casey each week.



Class One continued their food technology program. We extended on our ability to bake by following recipes that involved cooking pasta, peeling and grating vegetables and cheese, making simple sauces and the safe handling and storage of chicken.



We had the opportunity to take the carts out the back as a reward during this term. Students who participated enjoyed negotiating the winding paths. The carts can be propelled forward by pulling the steering wheel from left to right, creating the ability to move forward even on flat ground.



## Class One (continued)

Miss Dockerty taught a maths unit on tessellating shapes. Corbin was exceptional at copying patterns and creating some interesting patterns himself.



An opportunity arose in week 9 for Xavier to attend a class sport lesson at Clip and Climb Gosford. Jared and Xavier had an amazing time and displayed great speed getting up the wall.



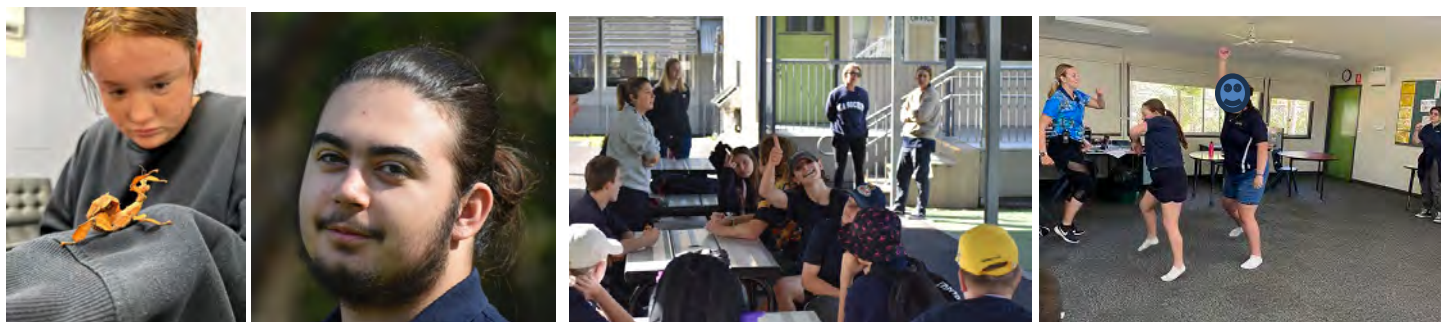
As part of our stem program students were given a design brief. They were required to engineer and make a vessel that would protect an egg when it was dropped from a height of 2m. Students used a variety of materials and all were successful in the task.



## Abseiling



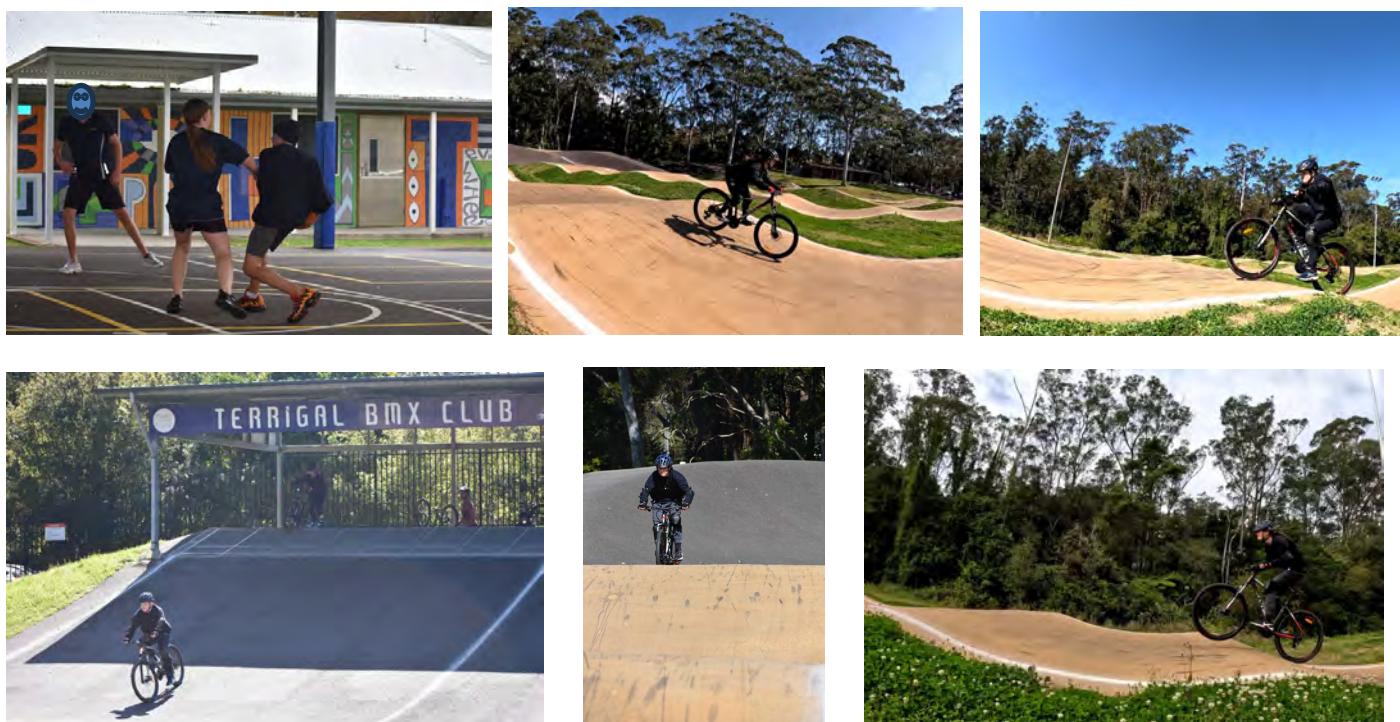
## AROUND NGLC



## SPORT



## BMX



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**

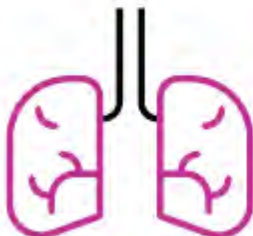


FRUITY

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](https://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](https://health.nsw.gov.au/vaping)

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## 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

D

## 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**



**HELP  
STOP  
THE  
SPREAD**  
AND STAY HEALTHY

**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