

North Gosford Learning Centre

Term 1

April 2024

Principal's News

Welcome to the end of Term 1.

What a start to the year. All students returned in 2024 in a positive frame of mind and have contributed positively to the school environment throughout the term with only a few little hiccups and big activities including the RAW Challenge, Clean Foreshore and the Surfing program.

This term has seen students engaging positively in many of the opportunities being presented to them. Surf Survival was a massive hit with our largest group ever successfully completing the Surf Survival Certificate. Students received this certification from Surf Lifesaving New South Wales, making them eligible to participate in our Surfing program. Congratulations to all students who participated in this program. Staff regularly returned on Wednesday and Thursday afternoons glowing in their appraisal of student engagement and performance.

Term 1 was also an opportunity for students to participate in the Raw Challenge, this is a program offered to students to promote resilience and perseverance in the face of difficulties. All students who participated demonstrated their commitment to overcoming adversity by challenging themselves throughout the obstacle course, overcoming fear of heights and filthy water. Well done to all students who took the opportunity, their commitment and behaviour throughout the day was outstanding.

Next term with the change of season, I'd like remind students about our school uniform, which is a navy jumper and grey or navy pants, students may also wear their home school uniform. There will also be some exciting opportunities including an increase in opportunities for Community Access, these learning opportunities will have a heavy focus on developing resilience and students will be working on building their capacity to be successful in the community.

Staff have planned several new and exciting programs to begin in Term 2 and we are looking forward to students taking these opportunities when they are presented.

On a final note, I would like to take this opportunity to congratulate Mr Ian Yates, who was successful in obtaining the Assistant Principal position on a permanent basis, Mr Yates has led the school and is a respected and highly regarded member of the school community not only within North Gosford Learning Centre but throughout the Central Coast.

I hope everyone has a safe and happy break and we are all looking forward to the return of our students on the 30th April.

Shane Garnett

Principal

IMPORTANT DATES

Last Day of Term 1 is **Friday April 12**

First Day of Term 2 is **Tuesday April 30**

Last Day of Term 2 is **Friday July 5**

School Development Day (SDD) Information

NGLC will not be operational on:

Term 2 SDD: **Monday 29th April**



Youth Week

Youth Week NSW runs from the 11th to the 21st of April and will see a host of events pop up all around the Central Coast through the school holidays. Below is a link to the calendar of events. Have a look through the calendar to find events near you and check to see which events are free and those that require pre-booking or payment. If you would like to find additional information, search 'NSW Youth Week' online and specify the Central Coast Council area in the search bar at the bottom of the website.

<https://www.nsw.gov.au/arts-and-culture/nsw-youth-week-2024/events>

In the Garden

As we head into Autumn, students have been working hard preparing the garden for winter veggies including broccoli, cauliflower, carrot, radish, beetroot, onions and a variety of herbs. Other jobs students have completed include giving the chook coop a full muck out, building a bamboo teepee structure to grow a variety of beans and planting out a winter flower bed for the bees and butterflies.

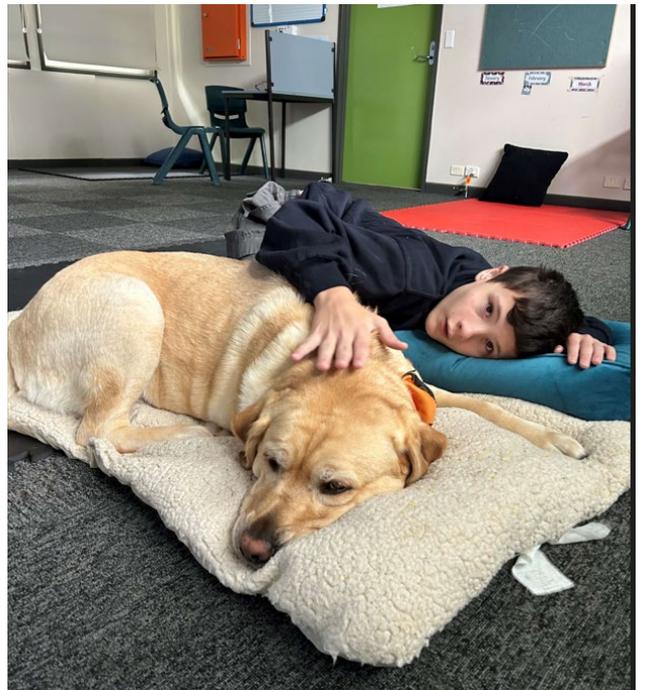


Class 1

Angus, a friendly and gentle Labrador Retriever, has spent considerable time in Class 1 during Term 1. Angus is a regular visitor to our classroom, providing comfort, companionship, and a sense of calmness to our students. His presence has been particularly beneficial for those students who may feel anxious or stressed during the day.

Throughout the term, Angus has participated in various classroom activities, from reading time to group discussions. He has a remarkable ability to sense when someone is in need of a friend and is always there to offer a paw or a wag of his tail.

One of the highlights of having Angus in class has been seeing the positive impact he has had on the emotional well-being of our students. Many students have expressed that spending time with Angus helps them feel happier and more relaxed, which has had a noticeable effect on their overall mood and behavior in class.



Class 1

Class 1 students have been orientating themselves with maintenance and jobs associated with the care and up-keep of our outdoor learning environments. These areas include our Bush Tucker garden and agriculture plot and involves collecting eggs, watering established plants, planting and harvesting fruit and vegetables. Students enjoy taking responsibility for completing these tasks and gain satisfaction from their involvement.



Class 1 (cont.)

Class 1 have stick insects as class pets. Students are responsible for collecting fresh eucalyptus leaves every second day as a food source for the insects. They are sprayed with eucalyptus infused water on alternate days and are thriving in their enclosure in the classroom. While some students are willing to handle the insects, some are more reluctant to be around when they spend time out of their enclosure.



Class 2

In Term 1, Class 2 have been learning about the Viking's in history. They have learnt about the Viking's daily life, clothing, raids, settlements, transportation and beliefs. Each student has researched a God of their choice and created a profile that is displayed in the classroom. They have also created posters with their names translated into Viking Runes with a drawing of a Viking or their own family shield. Furthermore, the students have also been working on an artwork of a longship where they have sketched a longship and used a range of different methods to add colour such as; pastels, textas and pencils.

Overall, the students have been engaged and shown a positive interaction with the unit of work.



Beeswax Wraps

In week 10 we had some positive engagement from students with a beeswax wrap making session. Reusable food wraps are a great way to wrap your sandwich for school and there is no wastage!



Class 3

Class 3 should be very proud of their efforts this term with students showing great growth in their academic studies. They have also been part of different programs outside school with students having amazing success in Surf Survival and the Surfing Program.

Class has also been kicking goals in the kitchen with the students cooking different foods that you can eat with your hands including San Choy Bow and Big Mac Tacos. I just want to say a big thank you to the students and families of Class 3 for their continued effort and support in the classroom this term. We are excited to see what's in store of class 3 next term.



Surf Survival Program

It has been great to see most students participate in our Surf Survival Program this term. The Program has been held at numerous locations across the Central Coast; providing students with a wider experience of surf conditions that different beaches can offer. Students have developed and built on their awareness and ability to be safe in the water, as well as developing skills in water-based rescues and surfing and bodyboarding.

Well done to all.



Class 4

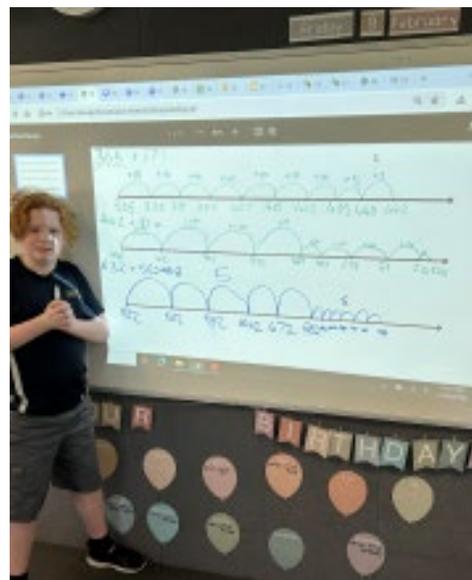
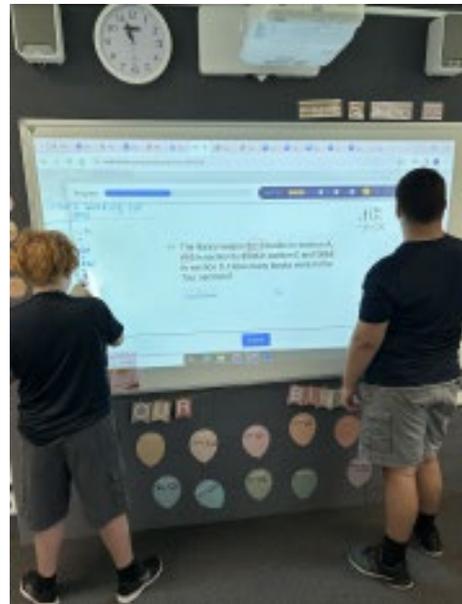
Each student in Class 4 is settling in well to their program and has had a great start to the new year in 2024. Students have established individual goals for this term and it has been great to watch them work hard to reach these goals.



Class 4 has also had the opportunity to spend a lot of time with Angus, our school's therapy dog. Angus has been a source of companionship for the students, and has been able to provide well-being support to all students while listening to them read, watching them learn and being a source of joy for the students.



During this term, we have provided students with the opportunity to participate in collaborative learning as well as group activities each day. This has helped to foster an environment of open communication and cooperation in the classroom. Students have also had the chance to learn from each other and develop a better understanding of the concepts they are learning. We have been enjoying hands-on maths activities with all students participating in a wide range of maths tasks including using real life objects to complete tasks, maths games, interactive technology and using mini whiteboards to solve questions.



Class 4 (cont.)

Students in Class 4 have been enjoying working with Mrs Forward in Environmental Studies. Students have been assisting in watering the gardens in the agricultural plot, potting native grass seedlings, extracting sunflower seeds and preparing labels for a range of garden plants.



Students in Class 4 have been engaging well into our school music program. It has been amazing to watch students experiment with a range of new and different musical instruments such as the trumpet, trombone, drums and chime bars. Students have also been busy composing, mixing and recording music on the computer, mostly using the creative tool Ableton.

Thanks for a great term Class 4!

Class 6

During Term 1, Class 6 have been engaging in the PCYC program. Students have accessed a variety of programs and activities. They have been engaged in a boxing program where they have been working on their fitness and boxing skills whilst getting an understanding of the discipline it takes to be a boxer. Students have also engaged in preparing and cooking lunches on the BBQ along with a special session with a famous chef who showed the boys the finer parts of how to prepare basic meals. Whilst watching and learning how to prepare meals, he also spoke to the students about hard work discipline and setting goals for their work and personal lives.



Class 5

Class 5 has thrived in various aspects of learning and personal development in Term 1. Here are some highlights of our journey so far:

Transition to Distance Education:

Class 5 transitioned to Distance Education and are beginning to adapt to this new way of learning. They've been using online resources, having group lessons, and are also working independently to keep up with their studies. Students have shown great adaptability and resilience in this new process.

Art:

Class 5 have shown great artistic talent in a range of projects such as; weaving, sculpture making and using technology to create drawings and posters.

Food Technology Adventures:

Andrew and Kaiden showcased their culinary talents in our Food Technology program, mastering the art of sushi and burrito making. From selecting ingredients to perfecting cooking techniques, they demonstrated creativity and skill in the kitchen. We're proud of their culinary achievements!

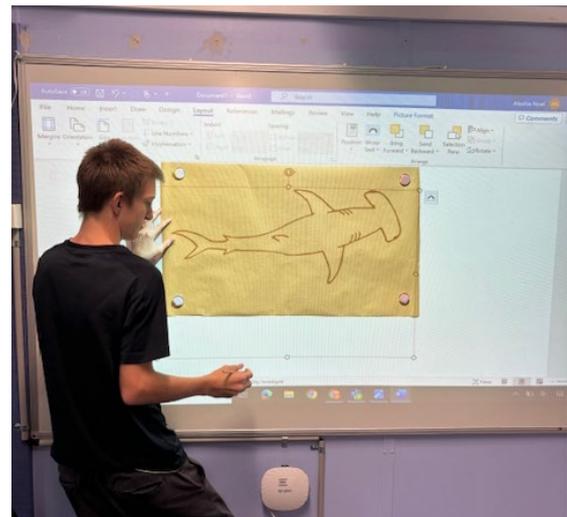
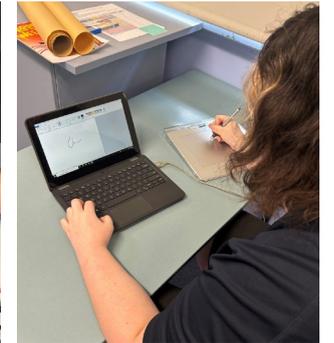
Gym Program Participation:

Andrew, Kaiden, and Clay embraced the opportunity to stay active and healthy through our Gym program with Nathan. Their dedication to fitness saw them boarding the bus to the gym, where they worked hard and pushed their physical limits.

Musical Exploration:

Class 5 students immersed themselves in the world of music under the guidance of Cody and Sarah. Kei showed amazing skill on the piano showcasing their musical talent and dedication. Meanwhile, Clay, Kaiden, and Akira delved into the realm of music production, experimenting with different beats and sharing their musical preferences.

As we look ahead to the rest of the year, we're excited to continue nurturing the growth and development of each student in Class 5.



Class 7

Class 7 our senior Year 10 - 11 class, have been completing their academic work through Distance Education. The class have all been working hard on completing formal assessment tasks and exams. Students should be extremely proud of themselves for staying up to date with their work and assessments.

Currently, Jaymz is enrolled in the TAFE automotive course to pursue his Certificate 2. Jaymz shares; 'I've gained knowledge into how an engine functions and learnt skills in vehicle servicing. In a few weeks, I'll be embarking on a work placement at Brian Hilton Motor Group, an opportunity I am grateful to have. I highly recommend Year 10 students to consider enrolling in the TAFE Yes programs to explore potential study paths in Year 11.'

Students in Year 11 are also currently studying Agriculture under Mrs Forward. Recently they had an engaging experience of creating a bonfire where they explored the seasonal use of fire to promote plant growth. They enjoyed baking damper and roasting marshmallows over the fire, making it a memorable and educational activity.

Class 7 have been actively involved in a Mentoring Program facilitated by Volunteers Central Coast. Mentors visit the school weekly, providing one-on-one support to students in activities of their choice. Toby, who recently completed the program, encourages younger students to participate in mentoring, emphasising its benefits for personal growth and development.



Chickens and Agriculture



Camp Fire - germinating seeds



School Sport



Angus



Raw Challenge



The School Opal card

The School Opal card gives eligible students free or discounted travel between home and school using metro, train, bus, ferry and light rail services you nominate in your application.

Who can apply?

To be eligible for a School Opal card, students may need to live a minimum distance from their school:

Years K-2 (Infants)

There is no minimum distance.

Years 3-6 (Primary)

More than 1.6km straight line distance or at least 2.3km walking.

Years 7-12 (Secondary)

More than 2.0km straight line distance or at least 2.9km walking.



If you live too close to be eligible for free travel, you may still qualify for a School Term Bus Pass, which offers travel on buses between home and school at a discounted rate for the whole school term.

Who needs to apply

A new application is only required if the student has not had a School Opal card before.

If the student already has a School Opal card and is changing schools, campuses or home address, you will need to update their Opal card for the new school year before mid-December at transportnsw.info/ssts-update

How to apply

Applications for next year open at the start of Term 4 this year.

Step 1

Once the new school has confirmed your child's enrolment, complete the application at transportnsw.info/school-students

Step 2

The school endorses your application.

Step 3

Once Transport for NSW has approved the application, a School Opal card will be sent to the address provided on the application.



A parent or guardian must apply for students 15 years and under. Students 16 years and over can apply for themselves.



Better together

The School Opal card is only for travel to and from school. So it's a good idea to get a Child/Youth Opal card for travel after hours, on weekends or during school holidays.

Child/Youth Opal card benefits

- Concession fares across the Opal network
- Half-price travel after eight paid journeys each week*
- \$1 transfer discount for every transfer between modes (metro/train, ferry, bus or light rail) as part of one journey within 60 minutes from the last tap off¹
- Set auto top up and link it to your credit or debit card so there's always enough value on the card to travel.

Find out more at transportnsw.info/opal or pick one up from an Opal retailer. To find a retailer in your area visit transportnsw.info/opal-retailers



Secondary students aged 16 and over can travel with a Child/Youth Opal card when carrying a Transport Concession Entitlement Card. To apply contact your school or institution.

* Excluding Sydney Airport station access fee.

Privacy

For information on how we handle personal information please refer to the Opal Privacy Policy at transportnsw.info/tickets-opal/opal/opal-privacy-policy and the School Pass Terms transportnsw.info/school-pass-terms



Transport for NSW provides students with **free** school travel

In return, we ask that you tap on and tap off every time when travelling on public transport to and from school.



Tap on and tap off your
School Opal card every time



It is a condition of the School Pass Terms and the Student Codes of Conduct when travelling that students in possession of the School Opal card must tap on and tap off every time when using public transport to travel to and from school. Per section 3.2 of the Opal Privacy Policy, Transport for NSW collects information from taps on and taps off to support coordination, planning and policy development for transport, transport services and transport infrastructure.

Tap on and tap off every time

because it tells us how many people are using public transport. This allows us to better plan services for you.



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Tap on and tap off your
School Opal card every time

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**

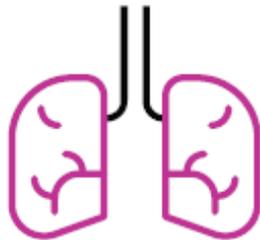


FRUITY D

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

