



NARARA VALLEY HIGH SCHOOL

**NEWSLETTER**

**November 2025**

# PRINCIPAL REPORT

Term 4 is progressing rapidly at Narara Valley High School, with a broad range of activities both inside and outside the classroom keeping us all engaged.

Our 2025 Year 12 students are, at the time of writing, in the final stages of the HSC examinations. I want to congratulate these wonderful young people on reaching this point in their schooling. We look forward to receiving their results at the end of the year, but whatever the outcome, we are very proud of each and every one of them. I would like to recognise the huge efforts of some key staff members, in particular Mr Murray as Year Adviser and Mr Bowers as Assistant Year Adviser, Ms Green and Mrs Sellars who coordinated the HSC examination period and the many classroom teachers who so expertly mentored their students.

Years 7-11 are now completing final examinations and assessment tasks. It is great to see how hard they are trying in these. These tasks provide us with vital information for the end of year reports and future planning. One of the great events in our school calendar is the Valley Schools Leadership Project. In 2025, the theme was "Be the reason someone smiles." I was so proud of the work put in by the Narara Valley High School team, whose project was centred on work they did in a local aged care home. On the presentation evening, the Narara Valley High School band did an outstanding job entertaining the audience. I would like to thank Mrs Bush and Ms Thomas for mentoring our leadership team in this and so many other endeavours as well as our CAPA staff for their work with our band.



ANDREW SKEHAN  
Principal



# DEPUTY PRINCIPAL REPORT YEAR 7 & 10

Dear Year 7 and 10 Families and Students,

Welcome back to Term 4! I hope everyone had a restful and enjoyable break, and that our Year 7 students are feeling refreshed and ready to engage fully in this important final term of the year.

Term 4 is a busy and exciting time for Year 7 as students continue to settle into high school life, build on their learning foundations, and prepare for upcoming assessments and activities. This term, we encourage all students to focus on establishing good study habits, maintaining consistent attendance, and actively participating in both classroom and extracurricular opportunities.

## Yr 7 - Some key points for Term 4:

- **Learning and Assessment:** Students will be involved in a range of assessment tasks and Yearly examinations across all key learning areas. It is important that students stay organised and communicate with their teachers if they need support.
- **Wellbeing:** We continue to prioritise student wellbeing. Year 7 students are encouraged to seek help from their teachers, counsellors, or support staff if they face any challenges.
- **Extra-curricular Opportunities:** Term 4 offers numerous opportunities for students to get involved in sports, and curriculum related programs with a beach day organised near the end of the year. These activities are valuable for personal growth and building friendships.
- **Parent Engagement:** We value the partnership between home and school. Please encourage your child to share their experiences and progress with you. Should you have any questions or concerns, feel free to contact your child's Year Adviser or myself directly.

As Deputy Principal, I am proud of the resilience and enthusiasm our Year 7 cohort has shown this year. Let's work together to make Term 4 a positive and productive conclusion to their first year of high school.

STAY  
STRONG &  
POWER ON



# DEPUTY PRINCIPAL REPORT YEAR 7 & 10

Term 4 is an important time for our Year 10 students as they begin to finalise their preparations for the next stages of their education, including subject selections for Years 11 and 12.

This term, students will be focusing on consolidating their learning, completing assessments, and engaging in career and pathway planning activities. It is essential that students maintain strong attendance, stay organised, and seek support when needed to ensure they finish the year on a strong note.

## Yr 10 - Some key points for Term 4:

- **Assessment and Coursework:** Students will complete final assessments and projects. Staying on top of deadlines and actively participating in class will be crucial.
- **Course Selection and Careers:** Term 4 includes important guidance sessions to help students make informed decisions about their subject choices for senior school. Over the next few weeks students will be interviewed to finalise the subjects they have selected for the next two years. I encourage students to take advantage of these opportunities and discuss their plans with teachers, careers advisers, and family.
- **Wellbeing Support:** Balancing academic demands with personal wellbeing is important. Our support services remain available to help students manage stress and maintain a healthy balance.
- **Engagement and Leadership:** There are opportunities for Year 10 students to engage in leadership roles and extracurricular activities. These experiences are valuable for personal development and building skills for the future.

I commend Year 10 students on their hard work and maturity this year. Let's continue to encourage them to give their best effort and to take full advantage of the resources and support available as they prepare for their senior years.

Thank you for your ongoing support.



GEOFFREY FLEMING  
Deputy Principal  
Year 9 & 12



# UPCOMING EVENTS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24

## NOVEMBER

- 10th Year 12 2025 Sign Out Day
- 11th Remembrance Day Assembly
- 13th Year 12 2025 Formal
- 14th Zone Gala Day
- 18th White Card Course
- 25th Year 7 2026 Specialist Programs Taster Lesson
- 26th Year 7 2026 Taster Lesson - WPS, VVPS
- 27th Year 7 2026 Taster Lesson - NPPS
- 28th Year 7 2026 Connecting Program



## DECEMBER

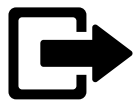
- 1st First Nations Transition Day
- 2nd Year 7 2026 Orientation Day
- 2nd Year 7 2026 Parent Information Evening
- 19th Last day of Term 4

\*Dates current at time of this issue and may be subject to change.

# DEPUTY PRINCIPAL REPORT YEAR 9 & 12

## CONGRATULATIONS CLASS OF 2025

Congratulations to the Year 12 Class of 2025 on completing their HSC examinations! We are incredibly proud of your hard work, perseverance, and achievements throughout the year.



**Year 12 Sign Out Day** will be held on **Monday 10 November**. Students are asked to return all school equipment and textbooks, finalise any voluntary fees, and are welcome to donate their uniforms to the **Uniform Pod**.



The final celebration will be the **Year 12 Formal** on **Wednesday 13 November** at **Linton Gardens**. Mr Murray and Mr Bowers have been working with students to create a memorable evening. Please contact **Mr Murray** with any questions.

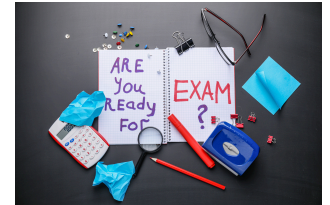


Come and share your HSC results with us! Join staff and friends in the **NVHS Café** on **Thursday 18 December from 10:00–11:00am** for a catch-up over **coffee and cake**.

Well done, Year 12 — we are so proud of you and wish you all the best for your next chapter!

## YEAR 9 - Preparing for Yearly Examinations

Year 9 students will begin their Yearly Examinations on Monday 10 November. These exams are an important opportunity for students to demonstrate their learning and progress across all subjects. Please encourage your child to finalise all classwork and assessment tasks to be fully prepared.



## PBL Values Reminder

Students must continue to demonstrate our PBL values of Respect, Responsibility, and Personal Best to represent the school and attend excursions. Students who consistently demonstrate these values will be recognised with end-of-year PBL rewards. Additionally, there is a special attendance reward initiative for students who achieve 100% attendance in Term 4.

## White Card Opportunity

Mr Carroll and Ms Green are coordinating the next chance for students to complete their White Card at school this term. This qualification provides essential construction safety training and is valuable for future work in trades or construction. Students should see either teacher for a permission note.



AMANDA BARRALE  
Rel. Deputy Principal  
Year 9 & 12





# DEPUTY PRINCIPAL REPORT YEAR 8 & 11

Dear Students, Parent and Carers,

It has been my pleasure in recent weeks to step into this role as Relieving Deputy Principal for Mr Goodenough.

As we navigate through this busy term, I want to take a moment to acknowledge and celebrate the outstanding effort demonstrated by our Year 8 students during their recent exams. Your hard work, focus, and perseverance have been impressive, and many of you have shown real growth and resilience under pressure. Well done on your achievements so far! As we move toward the end of the year, it is crucial to maintain this positive momentum. Keep engaging deeply with your learning, meeting deadlines, and working collaboratively with your teachers and peers. The final weeks offer a valuable chance to consolidate your knowledge and finish the year on a high note.



I also want to highlight the important role of being an **upstander** in our school community. This means standing up against bullying and injustice, supporting your classmates, and promoting a culture of respect and kindness. By speaking out and taking positive action, you help make our school a safer and more welcoming place for everyone. Remember, each one of you has the power to make a difference through your words and actions.

Turning to our Year 12 students, this is your pivotal year, and it's essential to start strong and stay consistent throughout. One important task this term is finalising your course load—please take the time to carefully evaluate which course you might need to drop to best suit your strengths, interests, and future goals. Make sure you complete all the necessary paperwork promptly; delays can impact your study plan and final results.

With the new timetables now in place, I want to remind you to approach your flexible attendance permission with responsibility and maturity. This flexibility is designed to help you balance study, revision, and wellbeing effectively, but it must be used appropriately. Avoid taking liberties with attendance or using the flexibility as an excuse for absenteeism. Regular attendance and consistent engagement in all classes are key factors that contribute to success.

Starting Year 12 with a clear focus, good organisation, and a strong work ethic will set a solid foundation for a successful final year. Make a plan, stick to it, and seek support whenever needed. Remember, your teachers, support staff, and I are here to help you reach your goals.



Keep up the excellent work, Year 8 and Year 12. Let's finish this year with determination, integrity, and pride.

JANELLE RAE  
Rel. Deputy Principal  
Year 7 & 11





# WELLBEING



This year, Narara Valley High School is once again proud to support the We Care Connect Christmas Toy Appeal, helping to bring joy to over 4,000 children across the Central Coast and Hunter.

We'd love your help! You can drop off new, unwrapped gifts to the school front office, or students can bring them directly to the library.

We'll be collecting donations until the end of November — starting early helps the caseworkers pack and deliver presents in time for Christmas Day.

Thank you in advance to our amazing Narara Valley community for your generosity and kindness — together, we can make a real difference.



## 2025 Christmas Toy Appeal

**Let's make Christmas brighter together!**

**We'll be collecting donations until the end of November — starting early helps We Care Connect caseworkers pack and deliver presents in time for Christmas Day.**

**Thank you in advance to our amazing Narara Valley community for your kindness and generosity.**



## Gift Ideas

- ✿ Newborn to 1 year: Board or cloth books, soft toys, soft balls, rattles, activity mats, stacking blocks, Duplo, pull-along toys, bath toys, shape sorters
- ✿ 2 years: Board books, soft toys, dolls, simple puzzles, blocks, Duplo, crayons, Play-Doh, push/pull toys like prams or wagons, cars/trucks, activity sets, shape sorters, CoComelon or similar characters, beach hoods, buckets and spades, bath toys
- ✿ 3-5 years: Puzzles, books, matching/memory games, Lego/Duplo, Magna-Tiles, dress-ups (superhero, doctor, kitchen, shop, farm), activity books, washable textas, wipe/draw tablets, Bluey, Peppa Pig, Paw Patrol, dolls/Barbies and accessories, tea sets, musical instruments, vehicles, dinosaurs, sensory/fidget toys
- ✿ 6-10 years: Lego, puzzles, Magna-Tiles, Meccano, outdoor and sporting gear (balls, cricket, soccer, frisbees, water balloons, water pistols), board and card games (Guess Who, Uno, Snap, etc.), remote control or stunt vehicles, monster trucks, Hot Wheels, dolls and accessories, craft/science/magic kits, scooters, skateboards, sensory/fidget toys
- ✿ Tweens & Teens: Vouchers (movies, Timezone, stores), STEM/science kits, Technic Lego, art/craft/journal sets, board games (Monopoly, Cluedo, Uno, Game of Life, etc.), sports and beach gear (balls, kites, bodyboards, towels), toiletries, nail polish, cosmetics, jewellery, Bluetooth speakers, stress balls and fidget things
- ✿ 15+ years: Movie and food vouchers, sweets, skincare and hair products, cosmetics, sunglasses, jewellery, fishing gear (rods, tackle boxes), art and candle-making kits, scented candles, phone mounts, power banks, wireless chargers, Bluetooth speakers, Rubik's cubes, juggling balls, small puzzles



# WELLBEING

## MILKSHAKE MONDAY

We celebrated Milkshake Monday as part of Mental Health Month in October, creating a space for students to connect, check in with each other and start positive conversations about wellbeing.

Milkshake Monday was all about bringing people together, checking in with friends, and reminding our young people that it's okay to ask for help. Our students enjoyed connecting over milkshakes, while promoting kindness, empathy and support within our school community.

Mental Health Month invites us all to pause, reflect and prioritise our wellbeing — not just today, but every day.



# WELLBEING

## Year 7 2026 - Transition

We are excited to welcome our incoming Year 7 2026 students and their families to Narara Valley High School!

Our Transition Program is designed to ensure a smooth, supportive and engaging start to high school — with tailored taster lessons, specialist program experiences, additional support for identified students and key opportunities to explore our school and meet staff.

Please see below for the dates and times of each of our taster lessons. Primary school teachers will ensure that students are attending the appropriate days.

The program will conclude with our official Orientation Day and Parent Information Evening on Tuesday 2nd December, where families can learn more about high school life at NVHS and feel confident for the exciting journey ahead.

We can't wait to meet our future Narara Valley students and begin this next chapter together!

## UNIFORM REMINDER

As we settle into Term 4, a friendly reminder that all students are expected to be in full NVHS school uniform each day.

- ✓ Junior (Years 7–10) and Senior (Years 11–12) uniforms must be worn as per the school guidelines.
- ✓ Sport uniform can be worn with appropriate footwear any day of the week.
- ✓ Track pants must be the approved school style, with our school emblem.
- ✗ Please note — non-school shorts with logos, branding or stripes are NOT permitted.
- ✗ Bike shorts, activewear or leggings are not part of the school uniform and should not be worn at any time.

**ALL UNIFORM ITEMS ARE AVAILABLE THROUGH OUR SCHOOL UNIFORM SHOP.**

**IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT THE SCHOOL OFFICE.**



**YEAR 7 2026  
TRANSITION PROGRAM**

Starting high school is an exciting milestone for students and their families. We are delighted to welcome all new and returning families to Year 7, 2026 at Narara Valley High School. Below you will find important information about our Transition Program.

**PROGRAM:**

- ✓ **Tuesday 25 November, 2025**  
Taster Lesson Program - Specialist Programs  
TSP, CAPA & STEP  
8.30am-2.15pm
- ✓ **Wednesday 26 November, 2025**  
Taster Lesson Program  
Wyoming Public School  
Valley View Public School  
8.30am-2.15pm
- ✓ **Thursday 27 November, 2025**  
Taster Lesson Program  
Niagara Park Public School  
Other 2026 Year 7 Enrolments  
8.30am-2.15pm
- ✓ **Friday 28 November, 2025**  
Connect Program  
Additional transition and support for identified students  
8.30am-2.15pm
- ✓ **Monday 1 December, 2025**  
First Nations Transition Day  
8.30am-2.15pm
- ✓ **Tuesday 2 December, 2025**  
Orientation Day  
All students in our Year 7 cohort for 2026 are invited to attend.  
8.30am-2.15pm
- ✓ **Tuesday 2 December, 2025**  
Parent Information Evening  
Held onsite at Narara Valley High School.  
5-6pm



# WELLBEING

## Uniform Donations - Give Your Old Uniforms a Second Chance!

Do you have any Narara Valley High School uniforms at home that are no longer being used? We'd love to give them a new life!

Donations will go toward helping families in need and for day-to-day student use.

Please drop any clean, good-condition uniform items at the school's front office.

If your family is experiencing hardship and requires uniform support, please reach out to one of our Head Teachers Wellbeing for confidential assistance.

## Uniform Donations

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Do you have old uniforms at home? We'd love to use them.



Donations will be used for day to day use and for families requiring support.



Please make any uniform donations to the school's front office.



If your family requires uniform support please contact the school and speak with one of our Head Teacher's Wellbeing.

## UNIFORM REMINDER



Junior (Year 7-10)\*



Year 9-12



Sport Uniform



Senior (Year 11-12)\*\*



Track Pants

\*Jnr Optional: Grey or Black Trousers  
Black Stockings under skirts

\*\*Snr Optional: Black Trousers  
Black Stockings under skirts

Available through our schools uniform shop

**AVAILABLE NOW**

Please contact the schools office for more information

## Coast Shelter

One of our most rewarding activities this month... volunteering alongside our exceptional students to prepare and serve dinner to the most vulnerable members of our community.

Well done, Ash and Ivy...you demonstrated remarkable commitment!

Thank you to Mrs Gilmour and Mrs Martin for their tireless efforts outside school hours in supporting both our students and community.



# WELLBEING

## Attendance - Every Day Counts at NVHS!

When students are here:



They're part of the conversations and experiences that shape their learning



They build strong friendships and confidence



They maximise their learning — now and for life



Let's aim for regular attendance, together. Because Every Day Matters 💙



## ATTENDANCE

*Matters*

Every day counts at NVHS!



# STUDENT LEADERSHIP TEAM

## Leadership Collaboration Day

As we entered the beginning of Term 4, our student leadership team attended a leadership collaboration day at Ourimbah University to encourage our team to establish potential goals, build strong relationships, work within collaborative environments and discuss events for the future of our school.

## Liesl Tesch Leadership Forum

Some of our young leaders represented NVHS at the Liesl Tesch Leadership Forum, collaborating with student leaders from across the central coast to discuss issues which are impacting our community. They provided valuable insight as young perspectives of the broader community, developing ideas and solutions which will shape positive change for the future.

## Breast Cancer Awareness

With October being Breast cancer awareness month, our senior leadership team organised and hosted a pink fundraising event to help raise awareness and fundraise for breast cancer research. We raised \$300 towards the cause and It was amazing to see so much pink and want to thank everyone who helped donate towards breast cancer research. Congratulations to Imogen Mobberly who won our lolly guessing competition and everyone who got involved in helping to spread awareness for an important cause.

**Thank you to all our leaders who have been attending our meetings and we look forward to creating more opportunities, establishing new goals and events for the future of our school and community.**



# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

As the year continues, our many sporting endeavors grow and the blacksnakes continue to be successful across a range of programs and competitions!

## SPORT

This term we have reverted back to traditional sport with our Year 9 & 10 students engaging in our out of school sport options.

A reminder that each fortnight, students are required to bring their money for their sport and payments will be made at the venue. Please see below for the cost of each sport.

- **Bus Cost:** \$55.00 (increase this term due to further distance travelled for sport.)
- **Ice Skating:** \$11.50 per fortnight (to be paid at venue)
- **Beach Sports:** Free
- **School Sport:** Free



## STUDENT ACHIEVEMENT

Isabella Hennessy recently competed at NSW State Championships in Waterpolo where she was successful in being crowned state champions! A huge achievement for Isabella!

## STAFF ACHIEVEMENT

The staff Oztag team - Get Taught - broke through for their maiden victory in division 5, Thursday night social league at Adcock Park. The team has been building through the first 5 games of the season, culminating in a victory for the ages. Led by Captain/Coach, Mr Jones, the training sessions at lunch paid off with some exceptional skill demonstrated through our attacking set plays. Notable mentions to Mr Carroll who suffered a suspected AC Joint injury whilst diving for a try and Mr Carey for acquiring 20/20 vision and connecting the ball and his foot for a well placed kick. The team remains in the hunt for a finals berth.





# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

## EXCURSIONS

Term 4 will be an exciting time for our students, with a range of engaging and enriching excursions across different year groups and programs. These experiences will provide students with opportunities to apply their learning in real-world settings, strengthen team dynamics, and explore future pathways.

- The **Targeted Sports Program (TSP)** students will be involved in a variety of excursions throughout the term, including sessions at **Pulse Rock Climbing, Terrigal Haven & Beach, and AquaSplash**. These experiences are designed to support both the physical and mental development of student athletes.
- In addition, Year 11 PDHPE students undertaking the Health, Movement and Sport (HMS) course will participate in a depth study excursion to **Uplift Gym**. This experience provided valuable insight into a variety of training types and methods. Students will be able to directly link their theoretical knowledge with practical applications, supporting their understanding of syllabus content related to training and recovery.

## 2025 PDHPE STAFF

Mr Neate - Head Teacher

Ms Moody - Tues, Wed, Thursday, Friday (Sports Coordinator)

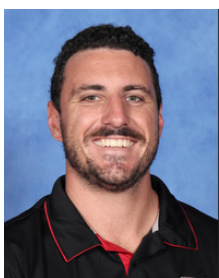
Mr Wickert - Mon, Tues, Wed, Thurs, Friday - Athletics Carnival Organiser

Mr Koen - Mon, Tue, Thur, Fri - Year 11 Year Advisor

Mr Rodrigues - Mon-Fri - Cross Country Carnival Organiser

Ms Ludlam - Head Teacher Welfare

Mr Bowers - Mon-Fri - Swimming Carnival Organiser - Rel Year 12 Year Advisor



EVAN NEATE  
Head Teacher PDHPE



# COMMUNITY ANNOUNCEMENTS

## Term 4 Parent Support Series

### *Free Parent Webinars*

*Join us and Elevate Education for FREE 60-minute webinars designed to help you support your child's studies at home.*

[Click here to Register](#)

#### *In Term 4 we'll cover:*

1. **How You Can Help Your Child Manage Their Time**  
- 29<sup>th</sup> October @6:30 (AEDT)
2. **How To Help Your Child Alleviate Stress**  
- 12<sup>th</sup> November @6:30 (AEDT)
3. **How You Can Build Resilience in Your Child**  
- 26<sup>th</sup> November @6:30 (AEDT)
4. **How You Can Set Your Child Up for Success**  
- 10<sup>th</sup> December @6:30 (AEDT)

**elevate**  
education





# COMMUNITY ANNOUNCEMENTS

## COME & TRY TENNIS!



**INCLUSIVE • FUN • ACTIVE • FOR EVERYONE**

**FREE TENNIS DAY FOR PEOPLE  
OF ALL ABILITIES!**

Come along and give tennis a go – no experience needed!  
This is a welcoming, inclusive session designed for  
people with disabilities of all ages and skill levels.

 **Date: 13 December**

 **Time: 11am – 1pm**

 **Location: Terrigal  
Tennis Courts**

**Gold coin donation -  
Money raised goes to  
Special Olympics**



**To register, call or text 0423 783 441**

Proudly supported by     