

WELCOME TO TERM 2!

PRINCIPAL'S REPORT



When was the last time you felt tired, sad or a little grumpy? Perhaps you have felt lonely because a friend doesn't seem to have as much time to spend with you lately, or frustrated that your younger brother always gets away with things at home? Maybe you felt it was unfair when a teacher singled you out for not listening in class, or you felt upset after some tough interactions with customers on your work shift? Sometimes, you might simply feel flat or not yourself even when there isn't even a specific reason you can't point to.

Without a doubt, you're not meant to feel 'good' about these situations and you certainly wouldn't be alone in wishing that they never happened. If that were the case, we would never have to feel insecure or unfairly accused or lonely and nothing would ever challenge our sense of self-worth. But as tough as it can feel, facing big emotions, experiencing uncertainty, and overcoming your doubts is all a normal, ongoing part of being human which everybody experiences to some extent.

While we can't always control what happens in our lives and especially the actions of other people, what we can decide is how we want to respond and the choices we want to make following a hard experience. We can feel and accept all our different emotions when they come up, while also recognising that they don't have to define us or dictate how we act if we don't want them to. Of course, this is not an overnight process, and it definitely requires us to have some trusted supporters who can help us along the way! But it's a skill that we can practice, as we identify our emotional state in the moment, why we might be experiencing it, and how we can help ourselves to move through feelings that arise.

At NGC, we think this is what wellbeing is really about – not a 24/7 rush of happiness, but feeling a whole range of emotions and knowing that you have the inner strength and the external support to cope with them, with a sense of perspective, acceptance, courage and resilience. We want you to realise just how capable you are of tackling tough challenges or conversations when they happen. And most of all? We want you to seize all the opportunities for learning, joy and connection that come your way. This might be mastering a new skill in the classroom even when you initially thought you wouldn't get it, making someone else feel great with an act of kindness, talking to someone you trust, or taking the time to get active before or after school because it gives you energy.

I look forward to seeing you all back at school for Term 2!

Andrea, NGC Principal

TERM	START	FINISH
2	Wednesday 26 April	Friday 23 June
3	Monday 17 July	Friday 22 September
4	Monday 9 October	Thursday 14 December



TEACHERS' REPORTS

Acknowledgements

A big thank you to:

- Dymocks Children's Charity for their kind donation of books worth \$7,000. We think it's time to set up our NGC library!
- The Red Cross Avoca Beach for continuing the Free Food Fridays program and contributing to exciting upcoming activities for our young people, including Bangara, cultural education and the Roundabout Circus.
- The Inner Wheel North Gosford for assisting with a fantastic salon upgrade for our Retail students to enjoy.
- The Rotary Club of Karing/Somersby for supporting the delivery of the Top Blokes program.

Programs Update

Hope everyone has made the most of these school holidays (I reckon Autumn is the best time of year on the Coast!) NGC enjoyed a good mix of productivity and fun in Term 1. Highlights included uncovering an epic new swimming hole, as well as our first ever mountain-bike ride thanks to local charity, It's Sunny Somewhere (www.itssunnysomewhere.org).

In Term 2, we are planning to keep getting out and about as much as possible for Outdoor Rec, Sports Lifestyle and Recreation, and Photo, Video and Digital Imaging field trips. This will build up to our always-popular Glenworth Valley Laser Skirmish Rewards Excursion at the end of term.

For Stage 5 Standing Strong on Tuesdays, we will be continuing the Top Blokes and Cultural Education programs we started in Term 1. Can't wait to get amongst it!

Rick, Programs Manager



TEACHERS' REPORTS

Parent Portal Update

First of all a big thank you to those of you that have already registered for and started using our Parent Portal on Sentral. I am hoping that even more of you will sign up in Term 2!

The Parent Portal keeps you up to date on attendances, timetables, parent and teacher nights and other school and community events. It also provides documents such as newsletters and excursion permission slips. As we continue to improve and add to this new service, we are confident you will enjoy accessing the portal and being an even bigger part of your young person's educational journey.

In order to register for the Parent Portal, you'll need a family access key. If you don't already have a family access key, please e-mail sentral@ngc.nsw.edu.au to receive your unique code. This will link you to the school and your young person's information.

Should you experience difficulties or have any questions, please do not hesitate to contact me (NGC's Business Manager) on sentral@ngc.nsw.edu.au for assistance. I also look forward to hearing from you about your experience with our Parent Portal, and any feedback will be gratefully received!

Vidar, Business Manager

English

Stage 5: Our English students will be looking at the life and works of Shakespeare in Term 2. We will study one play in particular, *A Midsummer Night's Dream*. We will read portions of the play and view various scenes as depicted on film over the past 80 years. In May, our class will also be attending a performance of *Euphoria*, a play being performed at the Wyong Art House.

Year 11: In Preliminary English Studies, students will work on the module *On the Road*. We will be learning travel-related vocabulary and research techniques, which everyone will put into practice as they plan a 7-day overseas holiday for their assessment. This will include figuring out budgets, accommodation, travel and activities for the holiday, with consideration to the local culture and relevant travel guidelines.

Year 12: HSC students will be studying *MiTunes* which is all about the study of language through music. In particular, students will undertake a focus study on Pink Floyd and their concept album *The Wall*.

Kirk, English Teacher

History

Our Stage 5 History students will be continuing their study of Human Rights and Freedoms in Term 2. We will focus on the achievements of Aboriginal and Torres Strait Islander activists and their impact on Australia's history.

This unit will help students understand how our human rights and freedoms are fought for and protected through advocacy, protest, and working with government and community organisations. Particularly as Australia moves towards The Voice referendum, our students can reflect on why this is a significant step forward for reconciliation and truth-telling in our nation.

We also plan on undertaking an excursion to Bobbin Head during the term to provide a hands-on learning experience.

Kirk, History Teacher

TEACHERS' REPORTS

Science

Stage 5: It has been great to see Stage 5 Science students once again demonstrate their understanding of science in the unit Energy and Energy Transformations and hone their investigation skills through a range of interesting practicals. These have included constructing working traffic light models and models of whirling waterwheels.

In Term 2, students will learn about the structure of atoms, atomic theory and the benefits and problems of nuclear energy in a medical and industrial context. In the Types of Reaction unit, students will carry out first-hand investigations to test theories, use scientific equipment, and undertake investigations to learn about various chemical reactions.

Year 11: Year 11 Preliminary Investigating Science students have been learning about Cause and Effect and the scientific investigation process in their Module 1 first-hand observation and secondary source investigation activities. These will continue during the first 6 weeks of Term 2, as we investigate the quality of water and its effect on plant and animal life in locations around the Central Coast.

Through Module 3, students will then explore Scientific Models, as a means of helping people understand and visualise scientific concepts. Students will complete a Depth Study Assessment Task, where they research, construct, and evaluate their own model in order to solve a problem they have identified.

Year 12: Year 12 HSC Investigating Science students have been working through their Module 6 Technologies unit. In their Assessment 2 task, they investigated the Continual Cycle of Technological Development where each student researched their own topic and then presented their findings to the class.

In Term 2, we will study Module 7 unit called 'Fact or Fallacy', which explores how the scientific process is the most powerful tool available for generating knowledge about the world. During this unit, students will analyse various factual or fallacious claims (including those made in the media) through first-hand and secondary source investigations and come to understand the benefits of peer review.

Janice, Science Teacher

