



NAVIGATOR - 2009



TERM 4, October 9, 2009

Narangba Valley High -
"The Leading High School in
NAPLAN results!"

Once again Narangba Valley High have excelled and this year we are the lead high school across the district in regard to the National Literacy and Numeracy testing programs. Our Year 9 students have achieved outstanding results with district data revealing that we are leading the way in Literacy and Numeracy learning. We have placed first in the areas of Numeracy, Writing, Spelling and Grammar and Punctuation with a third in Reading. This outstanding outcome is due to a range of factors including the great work of our local primary schools in preparing their students for success in high school as well as the intensive and highly effective Literacy and Numeracy programs offered by our teachers. Further exploration of the data shows also that we as a secondary school make more of a difference to Literacy and Numeracy performance with students in the 18 months approximately that we have them from the start of Year 8. This truly shows strong evidence as to the high quality and effectiveness of our specialised Literacy and Numeracy programs on offer here at Narangba Valley High. We however are not resting on our laurels and have already made modifications to our current programs of study to ensure we take our learning outcomes to even greater heights in the future. Congratulations to all students and our staff!

PRINCIPAL'S COMMENT

A warm welcome back to all students and families. Term 4 is already shaping up to be a busy and exciting one! So much is happening this term that I am sure it will rush by for all students and before we know it Christmas will be upon us.

Summer Uniforms: With the start of Term 4 we are back in summer mode for uniforms. Please refer to your child's diary to access information about the summer uniform. It is essential that the uniform is worn correctly each day. We are proud of our students and our school as I know you are and we wish the broader community to have the same view. This will and does benefit our students from the point of view of gaining employment and other opportunities due to the good reputation of our student body and school. Please note that black shoes must be worn.

Date Claimer:

1. Our gala academic night of the year is "Celebration Showcase". This evening is to be conducted on Tuesday 27th October in the PALACE. It is a fantastic evening where the great work of students and teachers is recognised.

2. We are also having a presentation for students sporting achievements. This will be held on Thursday 15th October in the afternoon session of the normal school day.

3. A Gala Evening is to be held for the AFL and Netball Academies. This is to be held on the evening of the 20th November. Another great opportunity to recognise our outstanding athletes.

4. The Film & Television "eNvy" awards are to be held on the evening of the 30th October. A fabulous night to celebrate the outstanding creativity and talent of our students.

Study Programs: We are heading towards the finalisation of our learning programs and it is imperative as we head in to the final assessment period that students give maximum focus to their studies and assignments. Please ensure you discuss this issue with your child and ensure you and they are comfortable with their planning and allocation of time for these assessment requirements. This is crucial to success. In effect for example Year 12 students have four weeks of learning left and Year 11 have five weeks left before the testing period.

Ross Mackay
Principal

DEPUTY NEWS

Uniforms

Winter appears to be well and truly over and as we now go into the warmer months, students are reminded of the following uniform requirements, Mondays, full Formal Uniform and for senior students, this includes the wearing of school ties.

On other days, either the Formal or Sports Uniform may be worn, but students are reminded that they are to wear a complete uniform and not mix and match the Sport and Formal uniforms. Also, students are reminded they need to wear black shoes and follow the schools make-up and jewellery policy (as in the student diary). We will be holding a number of "uniform checks" and students found not in correct uniforms (and with no valid reason), may receive appropriate consequences.

Educational Programs and All Students

As we commence the final Term for the year, it is timely to remind students of why they attend school. It needs to be acknowledged that the key reason for students attending school is to achieve optimum learning outcomes. All students must ensure they meet their obligation of attending school regularly, being on time, having all the necessary resources to function effectively in classes and meeting assignment, homework and other assessment requirements. Achieving rigour regarding schoolwork at school and at home is essential for your child to experience success. Please support your son or daughter to achieve the best educational outcomes, in order to maximise their opportunities in the future. Your child can only benefit now and in the long term with your vigorous support of the school.

For post compulsory students legislation indicates that cancellation of enrolments may occur if certain expectations are not realised. The grounds for cancellation for a student who is more than the age of compulsory attendance are:

- (a) the student's persistently disruptive behaviour is adversely affecting the education of other students at the institution or
- (b) the student's behaviour amounts to refusal to participate in the program of instruction provided at the institution.

Examples of this may include:

- persistent and extended truancy
- failure to complete assessment requirements across subjects
- failure to actively participate in teacher guided activities

Student absence from school and/or lateness to school is a serious concern. All students have the responsibility to ensure they discuss with the teacher and catch up any work that may have been missed. Students must be encouraged to take ownership of their own learning and educational progress.

Mr Sean Bennett
Mr Adam Colley

Ms Jennifer Skeahan
Ms Cathy Pfingst

EVENTS

Wed – Fri 14 th – 16 th Oct	Biology Camp
Wednesday 21 st October	Dance Night
Friday 23 rd October	Murrumba District Dance Comp
Thursday 15 th October	Sports Awards
Friday 16 th October	Gold level BBQ

KIDS IN THE JAPANESE KITCHEN



Cooking Curry Rice (Karee Raisu)

Japanese people love a good curry with rice. Here is a recipe that Year 8 enjoyed making this week in Japanese class. All these ingredients can be found in the Asian food section of most Coles or Woolworths stores.

Ingredients:

- 1KG beef steak (we used porterhouse) cubed
- 2 1/2 cups of beef stock
- 1 packet of Japanese **Mild** Golden Curry – cubed finely
- 3 large potatoes peeled and cubed
- 3 large carrots peeled and chopped
- 500 grms Medium grain calrose rice in the red packet (or short grained Japanese rice) –steamed

Method:

Combine all ingredients in a slow cooker and cook on low heat for 6-8 hours, or in a saucepan on the oven top, stirring occasionally until the potatoes and carrots are soft. Serve with steamed, fluffy rice. (Don't forget to wash the rice three times before steaming or until the water from it runs clear.)

Itadakimasu! Oishii! (Eat up, it's delicious!)



CREATIVE GENERATION

Prior to the holidays, Elizabeth Parker, Christina Brown and George Foster were selected to participate in the Creative Generation Regional Exhibition at the University of the Sunshine Coast.

The Creative Generation Excellence Awards in Visual Art and Design recognises and promotes excellence in senior visual arts education throughout Queensland's state and non-state schools.

Congratulations on your fantastic work!

Jean-Maree Pool
Acting HOD Visual Art

MATHEMATICS DEPARTMENT

Australian Mathematics Competition

A number of students recently sat the Australian Mathematics Competition exam. This is a very challenging competition which is held all throughout Australia and a number of Asian countries and is usually only attempted by the top 5-10% of Maths students in each school.

The students at Narangba Valley High School did exceptionally well, with results as follows:

Credit – Jack Drapier, Tom Grieve, Amber Major, Chris Cole, Ashleigh Fleischfresser, Luke Mitchelson, Yohann Durga and Aaron Hamilton.

Distinction – Alec Cosgrove, Sarah Woods, Tristian Delroy, Carly Booth, Matt Vickers, Justin Hamilton and Angela Zhang.

High Distinction – Nathan Newton and Chris Murphy

Alex Gilmour in Year 12 achieved a score significantly above a high distinction and won a cash prize for his efforts. This puts him in an elite group of students in the state to win a prize for this competition – well done Alex.

ICAS Mathematics Competition

During Term 3, all students in the school sat the International Competitions and Assessments for Schools Mathematics Competition. Again, this is a highly competitive and tough exam that is sat by students throughout Australia and overseas. This allowed the school to collect a range of useful data on students to assist in their Mathematics education.

A large number of students did very well on the exam, with 197 credits, 39 distinctions and 3 high distinctions. The students receiving a high distinction were Alec Cosgrove (Yr 8), Ryan Palfrey (Yr 8) and Chris Murphy (Yr 12). All students who sat the test will soon receive a certificate and letter detailing their results.

Maths Tutorials

Another reminder that Wednesday afternoon Maths tutorials will continue every Wednesday from 2:40 – 3:30pm in H11 throughout term 4 for any students seeking assistance with their Maths. Students are welcome to simply turn up in the afternoon to get help with things such as assignments, homework, revision, class work, etc.

Kevin Fullbrook
Head of Department - Mathematics

CANTEEN ROSTER

Monday	12/10	Cathy
Tuesday	13/10	Chris
Wednesday	14/10	Diane
Thursday	15/10	Carol, Gordan and Kharla
Friday	16/10	Liz
Monday	19/10	STUDENT FREE DAY
Tuesday	20/10	Chris and Julie
Wednesday	21/10	Diane
Thursday	22/10	Gordan, Carol, Kharla and Heather
Friday	23/10	Liz and Judy

MESSAGE FROM YOUR SCHOOL NURSE

Mental Health Week 5-11th October 2009

Mental Health Week helps to highlight that looking after our mental health is sometimes a necessity we largely ignore. Up to 1 in 4 people will experience some mental health issues within their lifetime.

It is important to remember that people in good mental health can feel "down" sometimes, and it is quite normal to occasionally experience:

- Lack of energy and interest in life
- Changes in sleep or appetite patterns
- Feeling of helplessness or hopelessness.
- Confusion
- Inability to make decisions
- Irritability or moodiness

However, if symptoms are severe or long lasting, or are affecting your relationships, job, schoolwork or physical health, you need to seek help. The sooner you do this the better! These symptoms may be caused by physical problems also, so see your doctor for a check up. To help nurture and manage our mental health and well-being, we need to look after ourselves. Some strategies can include:

- Eating a healthy balanced diet
- Exercise - a great way to relieve stress
- Get enough sleep
- Plan and manage time wisely
- Set aside time for yourself
- Relaxation exercises
- Try not to be perfect – it's impossible!

.If you would like any further information on this subject, you can make an appointment to see Helen, your school nurse, or, another member of the school support team.

Other contacts include:

www.health.gov.au/mentalhealth

www.sane.org

www.beyondblue.com.au

www.mentalhealth.org.au

For urgent assistance call:

Lifeline – 13 11 14, Kids Helpline – 1800 551 800

MIDDLE SCHOOL NEWS

YEAR 9 NAPLAN REPORTS

On Wednesday 16th September all Year 9 Students who completed the NAPLAN Tests in May received their individualised reports. The reports detail student achievement in the areas of Numeracy, Spelling and Grammar, Reading and Writing. They also show how students compare in relation to the National Average and if they are performing above the National Benchmark. If students were absent and did not receive their report they have been instructed to go to the office at lunch times to collect it. If you have any queries regarding the report please do not hesitate to contact me.

PUBLIC SPEAKING COMPETITION

Year 8 and 9 students are invited to participate in the Narangba Burpengary Cluster School's Public Speaking Competition. This annual event will be held on Tuesday 10th November and the topic for this year is "What does it mean to be Creative". If students are interested in participating they need to see Miss Senior for information.

PARENT INFORMATION EVENING

Further to feedback from parents we will be holding a Parent Information Evening in Term 4 instead of the Parent Morning or Afternoon Tea. Parents are invited to attend the session on Thursday 5th November from 6.30pm to 8.00pm. Hosted by our School Nurse, Helen Cootes and Guidance Officer, Ali Dunbar, the topic of the presentation and discussion will focus around Cyber Safety. For this evening to go ahead we need at least 50 parents to RSVP by Thursday 29th October on 3385 4555 or middle.school@narangbavalleyshs.eq.edu.au. When you RSVP please leave your name and contact details. If you have any queries related to any of the information above please do not hesitate to contact me.

Liz Senior

Middle School HOD

SPORTS AWARDS CEREMONY

The Annual Sports Awards ceremony to celebrate our students' top sporting achievements for 2009 will be held on Thursday 15 October in period 4 in the PALACE. A number of sporting achievements will be acknowledged at this function ranging from Service to Sport, Regional and State team representation through to the announcement of the Sportsperson of the Year for 2009. Students who believe that they are entitled to attend this function to receive an award and have not as yet received a formal invitation must report to either Mr. Webster in Rafter or Mr. O'Rourke in Laver to confirm their sporting achievement and a spot at the Sports Awards ceremony.

Mr. O'Rourke – HOD – HPE / Home Economics

IT'S A MISTAKE

HOW DID YOU GO? This exercise, developed and used extensively throughout the English department, has been used successfully in schools throughout Queensland and is highly recommended by Education Queensland who recognises its value in promoting literacy across the entire school curriculum.

Try it yourself! Below is an example of the kind of exercise set by teachers. In it, there are: **3 grammatical errors, 10 spelling mistakes and 19 problems with punctuation.**

*what im reely interested in is science
said toby well in this lesson well be
having a chance to writ about science
ms kingston replyed were gonna writ
letter's too the space agency nasa wow
brilliant toby coundt weight 2 get started*

The corrected paragraph should read:

*"What I'm really interested in is science," said Toby.
"Well, in this lesson we'll be having a chance to write about science," Mrs Kingston replied. "We're going to write letters to the Space Agency NASA."
"Wow! Brilliant!" Toby couldn't wait to get started.*

Take the initiative with your children and ask them from time to time to spell words that they are using in their conversations with you. When you make it fun, they will begin to look forward to your asking, especially when they get their spelling correct.

Anthony Sharrock (English Department)

DANCE NIGHT

*Watch our Dance Students
display their amazing talents!*

Where: The PALACE
When: Wed 21st Oct. 7pm
How much: \$7



TICKETS WILL BE SOLD FROM
THE CASHIER AT
LUNCHTIMES FROM 12TH
OCTOBER .

NO door sales on the night.

A NOTE FROM STUDENT SERVICES

Students when arriving to school late please go to student services for a Late Slip, if you don't do this there will be a text message sent out for an unauthorised absence.

Sick students – Parents please do not send students to school when they are showing signs of cold or flu. When you are feeling unwell at school you must report to sick bay located at student services. Student Service's staff will make the necessary phone calls to parents and guardians on your behalf, to arrange for you to be collected from school. **Students are not permitted to phone home on their mobiles to inform them of an illness.**