

NARRABUNDAH COLLEGE

NEWS



www.narrabundahc.act.edu.au September 2020 Issue 6



PRINCIPAL'S NOTE

VALE SIR KEN ROBINSON

Sir Ken Robinson, a leading and provocative educator, challenged us all with his renowned image of a 20th century school being nothing but a factory line churning out students.

He fired up the imaginations of teachers around the world and inspired countless teachers sharing his insightful commentary on pedagogy that “teaching is an art form.”

This year has posed significant challenges for us all: students, teachers, parents and carers alike. However, we have all risen to these challenges to continue to make learning worthwhile for our students in their final two years of school.

We have become more creative and embraced the challenges of online learning and assessment to connect our students to their learning in very different ways. Most students connected well with the “new normal” at the end of term 1 and for 4 weeks in term 2. Throughout this year students have exhibited resilience and a willingness to give new ways of learning a go and have succeeded.

Our journey this year has involved reimagining education: we have striven to encourage innovation and increase the creative energy in our school, all to strengthen our college culture for its community of learners.

Teachers, students and parents do continue to access more google classroom and google meets to tap into different learning styles and information as well as to restore the classroom connections and all to provide a stimulating learning environment.

COLLEGE REVIEW

The college undertakes a Review every five years to reflect on and analyse our improvement agenda and how well we aligned with our 2016-2020 Strategic Plan.

The Review will take place at the college in week 1 term 4. The Review Team: Ron Bamford (ACER), Julie

Murkins (Principal Lake Tuggeranong College) and Rob Emmanuel (Principal Lyneham High School) make up the Review Panel.

They will meet with Senior Executive, the Executive Team, most teachers, Administrative Staff, students and of course members of our community specifically the Board members and the P&C members.

Our three Priorities are:

- To develop assessment strategies to improve student outcomes
- To improve student use of feedback to enhance learning
- To improve the quality of teaching and learning to enhance student outcomes

The Panel will write up the report by the end of week 1 term 4 and will work with the college to develop a new plan with the continued focus on improving student outcomes.

I will keep you informed about the new Strategic Plan's development.

SESSION 3 AT NARRABUNDAH

Students recently received session 2 results and reports. It is important that students continue to reflect on the feedback given in the assessment tasks and their reports and how they can use this feedback to improve their outcomes. At this time of year it is not surprising that our year 12 students are thinking about post college pathways for next year while our year 11 students are talking about how to use their recent feedback to effect improvements in their learning. Many believe they are on track overall to achieve their desired results.

Thank you to parents, students and staff for their participation and feedback in the **2020 Narrabundah College Satisfaction Survey**. We will share these results when available and we will use this data to inform our Action Plan for 2021.

Towards the end of last session, all students also completed unit evaluations for each subject. Our teachers will analyse this feedback from students to reflect and improve on their teaching practices and where necessary, to improve the overall learning outcomes for our students.

ATAR ESTIMATES AND CERTIFICATION

Year 12 students aiming for university should already have an ATAR estimate and I know all students are aware of the requirements for further study post college. All students should also be aware of the requirements they need to complete certification at the end of the year.

IB EXAMS

Students undertaking the International Baccalaureate exams commence their 'stuvac' on 19th October. Examinations commence on 27 October and conclude on 13th November. We know our students are well prepared and wish them well in their exams after two intense years of work.

LEGAL AID

Under an exciting, new partnership between the Education Directorate and Legal Aid ACT, Lauren D will be on site to give legal advice to students. Bookings online or in the library.

STUDENT ACHIEVEMENTS

Students from our College excel in a wide variety of endeavours. Below is a list of a few that have come to my attention. Congratulations to these students.

- Nicholas L. has won a cash prize as a recipient of a 2020 Australian Defence Forces Future Inovator's Award for his modelled formula 1 car with the least drag co-efficient in his Engineering class session 1, 2019. He is planning to study Architecture at UC next year.
- Tommy L. Recipient of the Long Tan Award for his significant leadership in our college community.
- The Award Recipients for the Australia China Friendship Awards are: The Best Mandarin Language Student is Nada V and the Most Improved Mandarin Language Student is Kieran McC.
- Lucy G as a member of the ANU Open School Trio was is a finalist in the recent Grand Música Viva Competition playing Dvorak.
- Our Girls' and Boys' Badminton Teams won their ACT Competition.

Regards

Kerrie Grundy
Principal



YEAR 12 FORMAL

NOTE: The College is, at this stage, proceeding ahead with Formal ticket sales pending further advice from the Education Directorate.



The College Formal is still planned for **Friday, 27 November** at the **National Arboretum, Forest Dr, Molonglo Valley**.

The College in consultation with the Student Governance Group has made some changes to adhere to government guidelines for social distancing.

The *1 in 4 square metre* guidelines will be enforced at the National Arboretum with a maximum of **300 students** allowed to attend.

There will be **no** arrivals, **no** parents on site, **no** guests and **no** dancing*.

* Subject to change as ACT Health allows students from the same school to dance but only if number of attenders is less than 100 at off-site venue. This is based on current guidelines.

However, there will be a DJ for the music, photobooths sanitised after each use and a sit-down dinner at tables of 10 from **7.30pm until 9:30pm**. The tables and three photobooths will be spread out throughout the venue.

Staff who attend will encourage students to be socially responsible and keep enough physical distance from each other when standing in queues at the photobooths.

The **ticket costs \$120.00** and must be presented at the Formal for checking. The price of the ticket includes a three-course meal and soft drink package.

Ticket sales will open on **Monday, 12 October** at the College's front reception. They will be on sale until **Friday, 6 November**.

DROP OFF - students either dropped off or drive themselves to venue between 6:30 and 7:15pm.

Students to go and sit at their table by **7:15pm**. Three-course dinner starts from **7:30pm**. Students are to stay seated at their table during meal service.

PICK UP - students are to leave the venue by **10pm**. They can either be picked up or drive themselves home. **Staff will be present until 10:30pm.**

Students who leave the building for any reason will **not** be permitted to re-enter. The National Arboretum is a non-smoking venue.

Remember, **dress** is fitting for a formal occasion. In the past, male students who have not hired formal suits have chosen to wear smart casual shirts and trousers, with or without ties.

PHOTOGRAPHS: We have organised a professional photographer and students may have photographs taken at the venue. Students who attend the Formal will be emailed a link which will allow them to access their photos online.

*The Formal is organised by the college with staff attending. Of course, normal college rules apply so alcohol and other illicit substances are **not** tolerated and if students breach the rules or arrive at the venue under the influence of any such substances, they will be sent home.*

Narrabundah College has established an excellent reputation for exemplary behaviour at past Formals. This has resulted in successful and very enjoyable memorable evenings for everyone.

****** The College does NOT support any pre or post Formal parties. ******

IMPORTANT: If the Formal is to be cancelled based on advice from the ACT Government, students/carers will be notified, and **refunds** will be issued for ticketholders.

Dinu Chellakudam
SGG Coordinator



Narrabundah College

Year 12 Graduation

Wednesday, 16 December 2020

Time: T B A

Student:

(Given name - please print) (Surname - please print)

Will you be present to receive your certificate?

Yes No

RSVP: Please return this form to Reception no later than Friday, 4th December 2020

Please Note: Graduating Year 12s will not be reserved a seat without an RSVP

If you have any queries please contact Reception on 6142-3200

Forms available from the Front Office

Unable to attend Graduation Night?

If you are **unable** to attend **Graduation Night on Wednesday, 16 December** commencing **TBA**, you may:

- a. **Collect** your Certificate from the college Reception on:
 - Thursday, 17 December 2020 – 9.00am - 3.00pm**
 - Friday 18 December 2020 - 9.00am – 12noon**
 - and from
 - Monday, 18 January 2021 – 9.00am - 3.00pm**
- b. **Arrange for another person to collect** your Certificate for you, but you must give them a signed letter authorising them to do so.
- c. **For postage in Australia** – Purchase a **\$7.20 prepaid registered B4 envelope** from a post office.
<https://shop.auspost.com.au/product/registered-post-b4-prepaid-envelope-0590192m>
- d. **For postage overseas** – Purchase a **\$27.50 prepaid registered B4 envelope** from a post office. (Write student's *name* and *address* on both sides of prepaid B4 registered envelope. Place envelope in the box in Delisia Wiild's office in Student Services.)
<https://auspost.com.au/sending/send-overseas/registered-post-international>.

Please note: You must fill in the Lodgement Slip receipt with student's own address and details and we will post on your behalf.

International Private Students (IPS) will have their certificates posted by the International Section in the ACT Department of Education.

Please note: Certificates are **not available** before Graduation Night.

INTERNATIONAL BACCALAUREATE NEWS

Year 12 IB

Congratulations to all Year 12 IB students who have attended and completed their IB trials - well done! Students are now able to focus on their exam preparation and should attend all tutorials up until study vacation which begins on Monday, 19th October.

IB Examinations begin on October 27th and finish on November 13th. The November 2020 examination timetable is on the IB classroom page.

Year 11 IB

Extended Essays

All students should have contacted their EE supervisors, so they are able to work on their Extended essays during the October break.

Christine Ward

International Baccalaureate & CAS Coordinator

International Baccalaureate Contact

Christine Ward

christine.ward@ed.act.edu.au

6142-3212

INTERNET BANKING – DIRECT PAYMENT

There is a 'Payment' option on the school website (www.narrabundahc.act.edu.au)

Westpac QuickWeb.

Go to: **the Payment tab on the home page.**
Please identify your payment by including the student's name.

2020 Student/Parent Calendar & Student Info Handbook

can be found on our website,
[http://www.narrabundahc.act.edu.au/resources
and_forms/other_resources_and_forms](http://www.narrabundahc.act.edu.au/resources_and_forms/other_resources_and_forms)

Click on 2020 Student Calendar

FRENCH BACCALAURÉAT NEWS

Start of "Année de Terminale" for our Year 11

July marked the beginning of the final French academic year for our Year 11 students. In the coming months they will sit a number of exams before graduating with their French Baccalauréat in July 2021. This year there are new curricula and students will undertake more continuous assessment, as well as a final oral examination and a paper-based philosophy examination. We wish them all the best.

Like you, we are looking forward to the arrival of our new teachers arriving from France. Covid-19 has caused many disruptions to their travel plans, but we are expecting two of them to arrive in the country this week. In the meantime, the teachers are providing work and videos for the students to minimise the impact.

New Textbooks for Year 11 students



Great news! Each student will be able to borrow new French textbooks from the library covering the new curricula and the different units they have chosen.

Thanks to everyone at Narrabundah College who made it possible. From now on students don't need to buy them. It is a great achievement.

Merci et Bon Voyage!

Finally, in July we said goodbye to a number of teachers and students returning to France. We would especially like to thank Floriane Michel for her hard work and enthusiasm as the French Baccalauréat Coordinator.

Aurelie Le Nevez

French Baccalauréat Coordinator

STUDENT SERVICES NEWS

Year 12

Students heading into university study for 2021 should be applying to the university admission centres across Australia by 30 September 2020. You are still able to apply after this date, but a late fee will be charged. All students should have at least registered with one or more of the admissions centres in each state and put down some preferences of courses. These preferences can be changed right up to early January 2021, and certainly can be changed after students receive their actual ATAR on December 15.

It is extremely important that Year 12 students check their package and in particular do not void units. The loss of points and/or subjects could jeopardise their eligibility for an ATAR or an ACT Senior Secondary Certificate. Some students have had approval to undertake 4 classes this last quadrimester at the college as they have completed more than a full-time load at some stage over the past two years. However, care needs to be taken not to void any of these units, as the approval has been granted on the understanding of staff, parents and students that students will complete all 4 classes. If a student is in any doubt whatsoever as to where they stand as far as their package is concerned, they should consult their adviser as soon as possible. Updated ATAR estimates that include the last session are now available from the advisers.

Year 11

Parents of some Year 11 students may be called for an interview after the October holidays if there are significant problems/issues or concerns regarding attendance and/or progress. We have noticed more and more students trying to organise their classes over a reduced number of lines. We have a seven-line timetable created to maximise flexibility and diversity of curriculum offerings. Students should avoid timetabling work and other out of college commitments during school hours as we cannot guarantee subjects if line choices are restricted.

At the end of this year we will be holding 3-way parent/teacher/student interviews as a review of progress throughout Year 11. Parents will be asked to book a meeting in college hours from 6-10 December inclusive that will involve either the student's Adviser or an Executive Teacher. This meeting will provide the opportunity to check progress, get their first ATAR estimate and make decisions about areas to focus on for Year 12 to ensure each student makes the most of their time at the college.

Delisia Wiild

Student Services, Executive Teacher

Student Services: Stress Relievers!



The 'team' now have a variety of 'fidget toys'. The sensory input provided by these toys may calm and regulate the nervous system of those suffering with anxiety or other sensory processing conditions. Although definitive research is limited, anecdotal accounts confirm that 'fidget toys' support users to focus attention and reduce anxiety. Toys include sponge or spike balls, putty, beaded bracelets and spinners.

Stressed students are invited to use these items and keep the one that works!

Student Support also has weighted lap blankets and a massage chair overlay. Both these very different items have been seen to provide 'calming' influences on their users. In particular, the weighted lap blankets and have helped some students sit still and complete tasks. (Appropriate Covid safe practices are in place)

Student Adviser Contact Details and Student Surname Alphabet

	Phone No.
Julie Bauer Student Surnames A - F julie.bauer@ed.act.edu.au	6142-3219
Assunta Corrado-Nitz Student Surnames G - L assunta.corrado-nitz@ed.act.edu.au	6142-3215
Birgit Matwijiw Student Surnames M - Sm birgit.matwijiw@ed.act.edu.au	6142-3216
Delisia Wiild Student Surnames Sn - Z delisia.wiild@ed.act.edu.au	6142-3220
Glenda Nimmo Careers/Transition/WEX glenda.nimmo@ed.act.edu.au	6142-3218
Mary Weddell Student Support	6142-3200
Rosanne Biernaux School Psychologist	6142-3200

P&C NEWS

Dear Parents and Carers

Congratulations to the Year 12s for completing their AST exams. Our Year 12s are in the final strait towards graduating while the Year 11s are watching and learning about the process.

Our P&C has had a busy month in advocating on important issues for our students, parents and families.

The P&C has been working closely with the ACT P&C Council to lobby the Education Directorate to ensure parents can be involved in their child's **Year 12 graduation events**. We are also coordinating with Kerrie Grundy to share some ideas for how this could happen in a Covid-safe way. You may have seen the Canberra Times article quoting our Principal; it's great to have this positive publicity for our College.

Narrabundah College was an early mover in announcing we would hold a graduation and formal. Our P&C will work to ensure that parents can be involved for these special rituals that mark the end of the schooling experience. Covid will mean there may be some restrictions, but if you have any innovative ideas for how parents can engage, please drop us a line. Thanks to our P&C executive parent Paul Buckley for his work on this issue.

Following our advocacy for the **College modernisation**, Education Minister Berry wrote back to the P&C on 8 September confirming that there will be a modernisation of the College. A business case is the next step and Minister Berry wants the P&C to remain engaged in the process. The letter is attached to this newsletter.

We will keep pressing to ensure that the re-design of the College provides future facing education infrastructure and technology, is environmentally friendly, sustainable amenities to allow for future student growth in the area.

The school has now announced **parent-teacher interviews** via telephone on 24 September, so please support our Principal's initiative by enrolling for calls about your child's progress.

Fingers crossed!

The P&C has submitted our application for a Parent Engagement grant of \$20,000 to revitalise the canteen and surrounding space into an Engagement Hub for students and parents. We hope that as parents are welcomed back onto the campus in 2021, that this will be a place where we can hold our meetings, events for parents and information evenings. We will let you know if successful.

A big thank you to parent Angelique who has offered to assist with the design and decor of the Hub so the students have a comfortable, safe and welcoming space to have their lunches or to study or relax during classes.

Supporting student projects

Given our P&C's current strong financial situation (thanks to our Treasury team), we have been able to support some student initiatives. We are providing funding to the Green Team Environment Group for **Narrabundah College-branded keep cups**. Please watch out for news from Dana and the Green Team on the keep cups and where students can buy them.

We are also really pleased to be supporting the design of the **2021 Year 12 jerseys**, which is being run by the Student Governance Group. This is a signature annual product that is being designed by our talented students.



Zoe G who created the winning 2021 Rugby Jersey design and will be receiving her Year 12 Jersey from the P&C. The winning design by Zoe captures the spirit of the College and signifies the primary school colours – black and gold yellow. The P&C was pleased to support the jersey design competition.

2021: Get Involved

2021 is just around the corner now and we will be holding our P&C AGM some time in March. Please consider becoming involved in our dynamic P&C executive group. All positions will become vacant and there are roles for everyone with organisational, creative, financial, communication, business and design skills. Please be in touch with us on narrabundahpc@gmail.com if you are interested. One of our friendly team will get back to you about available roles.

A plug for our **new website** at <https://narrabundahpandc.org/> where you can register with the P&C and have a chance to get involved with the community.

Next Meeting

Our **next P&C general meeting will be on Wednesday, 10 October** in the Narrabundah College staffroom. Attending our meetings is a great way to get across the issues that impact on your child's education and to hear direct from the school management.

It is a socially distanced meeting, but everyone is welcome to join. Please drop us a line if you plan to attend, to ensure we have a clear idea of numbers narrabundahpc@gmail.com. If for some reason you are unable to attend in person, we would be pleased to provide alternatives for you such as phone dial in.

See you soon,

Jenny Grant-Curnow and Renae Scott

Narrabundah College P&C

Email: narrabundahpc@gmail.com

P&C Website: <https://narrabundahpandc.org/>

LIBRARY NEWS

Thank you to all students for your patience when borrowing textbooks for session 3. Lending for session 3 is now complete. Thank you to all students who returned books from sessions 1 and 2. A small number of students still have overdue books and we ask that these be returned over the next few days.

End of year arrangements: Narrabundah College library staff ask that all books, regardless of the due date, be returned by **Thursday, 19 November** (the final day of the session 3 exams). We also ask that all overdue books and all books that are no longer needed be returned as soon as possible. During session 3 and in the lead up to the assessment period we ask all year 12 students and all year 11 students who are not returning in 2020 to leave their alumni details on our database in the library. The alumni database provides a point of future contact for students to celebrate their achievements, participate in reunions and to reconnect with their former peers. Adding your details now saves time and avoids congestion during the sign out process after the exams.

Library upgrade during term 3 vacation. All internal brick work will be painted as this will enhance the aesthetics of the library and improve the visual appearance of our working environment. Minor inconveniences will occur in the last few days of term 3 as books, shelving and posters are relocated to make way for the painting and again in the first few days of term 4 as the library returns to normal. The library thanks students for their understanding and co-operation.

CBCA Book Week 2020. The announcement of the winners and the celebration of Book Week will occur in the week October 17-23 (week 4 of session 3). All shortlisted books are available from and on display in the Narrabundah College library. For further information and to follow the progress of events please go to <https://www.cbca.org.au/> and follow your preferred links.

Malcolm Baker

Teacher Librarian

LIBRARY OPENING HOURS

The opening times are:

Monday	8.15am – 5.30pm
Tuesday	8.15am – 4.00pm
Wednesday	8.15am – 5.30pm
Thursday	8.15am – 4.00pm
Friday	8.15am – 4.00pm

The Library will also open at 8.00am during exam periods. Each day borrowing and returning will be available from 8.30am.

STUDY HUB

On Monday and Wednesday afternoons, the Library has extended opening times

(3.00pm – 5.30pm for Study Hub)

Staffed by a teacher and qualified peer mentors (alumni students) that support students in many curriculum areas including English (includes the drafting process and preparation and presentation of orals), History, TOK, all Sciences and all levels of Mathematics. There is also specialised support for some H courses (ANU) and IB. FREE to Narrabundah students.

HISTPHILENGPOL HAPPENINGS

Outside of a dog, a book is a man's best friend. Inside of a dog, it's too dark to read. – Groucho Marx

Session Three has started in the usual hectic fashion and students of English, History, Geography, Politics, Philosophy and Legal are already immersed in their studies. For many, the holidays will be a welcome break, and we encourage all students to spend some time relaxing. However, we also suggest that students might help themselves by spending some time consolidating their learning and getting ahead of the curve, perhaps by reading their allocated class novel. Term Four tends to race along, with assessment in late October and again in mid-November.

Whilst the day-to-day running of classes occupies most of our time, teachers are still looking at the bigger picture – reviewing programs and assessing the impact of changes. This might not be evident to parents or students as this happens behind the scenes, but the culture of continuous improvement is something that the college takes very seriously and is embedded into the Strategic Plan. To illustrate this, I'd like to share some results of a survey that we conducted with Year 12 English students in Session Two. At the end of 2019, the faculty spent some time reviewing programs, analysing student feedback and comparing enrolment data. From this, we decided to implement some changes to the curriculum and assessment procedures, with a view to improving the engagement and wellbeing of students. The survey captured student responses to these changes. I have included a sample of responses below.

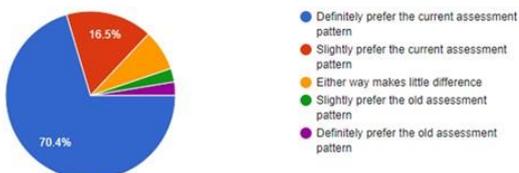
As you can see, the reaction to the changes was overwhelmingly positive. Students clearly favoured the new assessment pattern and commented on the improvement in their wellbeing. Similarly, students overwhelmingly favoured online submission of work, as this removed the stress of printing their tasks at school, on the same day as 900 other students were trying to do the same thing. These responses certainly affirmed the faculty's decisions and set the groundwork for future directions.

There was one question, however, for which the responses were particularly intriguing. We asked the students whether they preferred reading novels online, or whether they preferred hard copies. Sometimes we assume that students are digital natives and are fully immersed in increasingly digitised forms of communication. Imagine our surprise (and delight) when a clear majority of students said that they much preferred to read a hard copy of the novel over the digital version! So for now, we'll be sticking to the old fashioned way of reading novels. Despite dramatic societal events going on around us, I guess it's still true that there's nothing better than curling up on the couch, under a blanket, with a cup of tea and a good book.

Glen Stretton
SLC
English/History/Politics/Philosophy/Legal/Geography

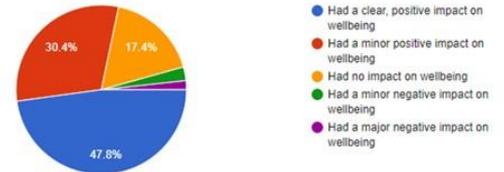
Last year, in the long session, the order of assessment was Creative (30%) in week 6, Investigation (30%) in Week 12 and Exam (40%) in Week 16. This year, we changed this such that we had the creative in Week 5, Exam in Week 9 and the Investigation in Week 16, with no final exam. Our thinking was that this allowed you to have a proper break over the holidays, without an investigation task hanging over your head. Furthermore, it meant one less end of session exam, which hopefully alleviates some of the stress of the exam period. The objective was to improve overall student wellbeing. So, overall, do you support these changes or would you prefer to go back to the old assessment pattern?

115 responses



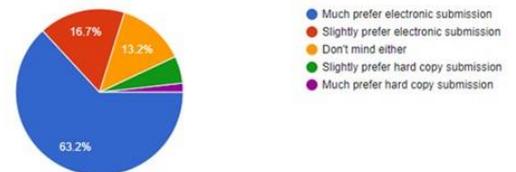
Although you may have had work to do in other subjects over the mid session holidays, you had no assessment to complete for English. Did you find that this had an impact on your wellbeing?

115 responses



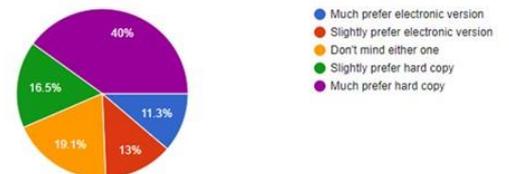
In the past, all tasks needed to be submitted via hard copy. This session, both take home tasks (creative and investigation) were submitted electronically. Which did you prefer?

114 responses



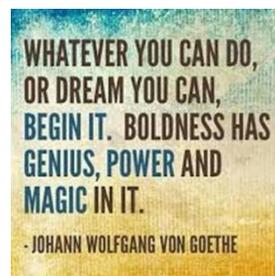
During the COVID remote learning time period earlier in the year, we trialled online submission of work, online feedback and use of online books. Since coming back to face-to-face learning, many English classes have retained some of these approaches. We'd like to get your feedback on how you feel about these approaches. Firstly, do you prefer to read/study novels in hard copy or electronic versions?

115 responses



2020: AN OPPORTUNITY FOR NEW BEGINNINGS?

For many, 2020 has managed to disrupt how we lived in 2019, and events of this year are likely to partly influence how we will live in 2021. For some, not much has changed, for others, a lot. We can choose to feel threatened and retreat, or we can choose to embrace the new to reaffirm old values and find different ways to define our existences.



This quote is from Goethe's play in two parts called *Faust*, arguably the most renowned work in German literature. It is a tragedy with a happy ending as the central character explores how to live a worthwhile life and manages to partly redeem himself.

The year started with several extreme weather events - bush fires in Australia - that managed to make us nervous, altered holiday plans for many, and dramatically reduced our freedom of movement. As these began to subside, a pandemic came along to deepen these feelings of anxiety and created a whole new phenomenon, social distancing.

As the year progressed, we learned to adapt to distance teaching and learning and became more dependent than ever on digital devices and the internet only to find some hackers getting momentarily in the way of our new normal. For many, their work situation changed dramatically, with many losing jobs as businesses closed and bankruptcies increase.

Given such adverse developments and disruptions, how should we end the year and approach 2021? Here are some positive ways forward. First is the importance of social connection. Social isolation can increase loneliness if not properly managed. Social isolation includes staying vicariously connected on social media sites like Instagram, Twitter, Facebook, TikTok, YouTube, SnapChat, Pinterest and so on. The need to feel constantly connected and capable of instantaneously responding no matter how trivial the matter is, generates anxiety as it increases FOMO, fear of missing out. One way forward is to distinguish vicarious messaging from face-to-face human contact, to decrease the former, and to increase opportunities and frequency of the latter.

This is going to be difficult at the time of writing as it is unlikely that end of year College formals will be able to go ahead as gatherings of more than 100 pose an ongoing risk. Year groups will have to find new ways of gathering in smaller numbers to celebrate the end of the year and of their secondary years. This calls for new ways of thinking. New ways of thinking bring new opportunities.

Another challenge given to us in 2020 is the greatly reduced chances of free movement between urban centres, interstate travel and air travel. This has already resulted in people spending less on holidays and being at home more than in the past. This is not altogether a terrible thing, as data already shows that people are spending less and saving more. While we may have currently less freedom of movement, we still have the opportunity to re-define our freedoms in new and socially connecting ways.

Australia is entering a recession which will have consequences for years to come. It is not surprising to question what is happening to our economy and a rising unemployment rate, especially but not only for young people. As happened in postwar recessions, this recession will cause everyone to rethink our relationship to materialism and maybe less can be more, living in socially connected communities can bring a value greater than solitary individual pursuits of videogaming on the latest console. A service mentality, volunteering to help our less fortunate can become a most satisfying and fulfilling pastime that does not involve money but keeps people connected, respected and valued in an increasingly disconnecting world.

Noreena Hertz and Naomi Klein are economists who have written several books that touch on hot button issues such as rampant neoliberalism that enriches the rich while

further impoverishing the poor. Sociologists like Jean Twenge comment on the demographic cohort of Millennials and warn of digital device over-dependency and one book published this year even warns of *The Lonely Century*.

Finding meaningful ways to live in the new normal is a challenge that we all must consider if we want to ensure our continued wellbeing. Here are five takeaways:

1. Stay connected to your loved ones and friends. Make an effort to regularly come out of your shell, meet people both new and familiar. Manage your online time without becoming a digital recluse.
2. Examine what matters to you and why. You may find that goals you held or still hold are not as important as you originally thought. Be prepared to re-evaluate how you live what needs doing and what is less necessary than you thought.
3. Identify your hopes and dreams and assess their realizability against the new normal we are in. Can you see some realizable short, medium- and long-term goals?
4. Don't be afraid to change; as Goethe said every new beginning has an inherent new energy in and you never know what you are capable of until you try.
5. Take care of your mental health and wellbeing. Balance exercise, diet, social connectedness with a positive outlook on life: while we are healthy, young and full of beans, the world is still at our feet, albeit altered in ways that are new. This can be confronting but also enabling.

Just as high employment leads companies to raise their prices, high unemployment forces retailers to cut prices in order to move goods and services. Changes to the status quo can end up benefiting us as individuals and as a society. New businesses, hitherto unimagined, will emerge and thrive. Existing businesses will find new ways of saving on costs while still meeting the needs of their customers. Nearly all of us will be impacted by this recession in some ways. During times of economic downturns, we are reminded of how important it is to live below our means (or at the very least, within our means). Oh, I nearly forgot; here is the rest of the quote from Faust:

Only engage, and then the mind grows heated, —
Begin it, and the work will be completed!

Dr Michael Kindler
Teacher

LANGUAGES NEWS

Japanese Class Asian Cuisine Celebration

Year 12 Japanese class had the end of the unit celebration with Asian cuisine on Wednesday, Week 15. This was the celebration of learning Japanese customs including table manners. All dishes were provided by students and their families. There were a variety of Asian food; Sushi made by students, Kimchi homemade by a mother of a student, sweet sour pork made by a father of a student, Korean spicy cup noodle brought by a student, steamed rice cooked by the teacher, Takoyaki (octopus balls), Taiyaki (a fish-shaped pancake filled with soy bean paste) and rice cake sweets brought by students. The students practised Japanese table manners, such as chopsticks rules and greetings before and after the meal etc. and enjoyed authentic food from East Asian countries.

Michiko Barber
Japanese Teacher



SPORTS NEWS

After a quiet second term in which sports were put on hold, it has been fantastic to see the return of intercollege sports in the second half of Session 2. The sporting days have been great fun and are a good way to get to know your fellow students outside of the classroom. This term, Narrabundah entered both the ACT Volleyball Schools Cup and were crowned champions of the ACT Intercollege Badminton event.

ACT Volleyball Schools Cup (14/08/20)

During Week 14, Narrabundah entered a boys and girls team in the ACT Volleyball Schools' Cup, held at the Lyneham Hockey Centre. It was a great day of volleyball for all involved, with lots of fun had and a great level of improvement from game to game. Well done to everyone who was involved in the event.



ACT Volleyball Schools Cup (2020). Pictured (left to right, front to back): Muhammad M., Matthew Diep (Teacher), Alexander A., Noah B, Emma McK, Lucia Z., Luke R., Tyla H., Timothy J., Kemily S. V., Ryan Y., Conor C-DJ, Jehanvi A., Sonsiri (Gemma) J., Kanokhphit (Honey) J., Danyal S.

ACT Intercollege Badminton (21/08/20)

During Week 15, Narrabundah entered two boys' and girls' teams for the ACT Intercollege Badminton, held at the ANU Sports Hall. It was a dominant showing for our students, with all teams making the finals for their respective competitions and ultimately taking the day out, demonstrating great skill and sportsmanship.

Congratulations to all involved in Narrabundah becoming the 2020 ACT Intercollege Badminton Champions, for both boys and girls!



ACT Intercollege Badminton (2020). Pictured (left to right, front to back): Matthew Diep (Teacher), Wanlin N., Shaazaan M., Yixuan (Lily) C., Noah B., Bidushi P., Ron A., Daivik W., Sarvesh K., Tait T., Huy D. L., Dea S., Kelsang D., Sneha D., Ancelin V., Kanokhphit (Honey) J., Sonsiri (Gemma) J.

Thank you to everyone that has participated in and supported the different sporting events this session. Your continued support for Narrabundah sports is appreciated and I am looking forward to finishing the year strong in Session 3!

Matthew Diep
Sports Coordinator

FIRST AID NOTICE

Please Note:
We DO NOT supply
ANY medication
to students.

GENERAL NOTICE FOR **PARENTS/CARERS**

Parents are welcome to visit the Narrabundah College Front Office or call 6142-3200 to make enquiries regarding our students. Please do not walk around the college looking to make contact with staff.



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- » Trouble completing a tax return?
- » Not sure whether you need to lodge a tax return?
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The ANU Tax Clinic provides guidance and information on income tax matters.

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RUOK?
A conversation could change a life.

1. Ask R U OK? **Start a conversation using these 4 steps** 4. Check in

2. Listen without judgement 3. Encourage action

Arm yourself with the skills to save a life. Do QPR today:
<http://lifespansresearch.qprtraining.com/setup.php?myorg=ACTEDU>



CANBERRA WE ARE HERE FOR YOU

FREE telephone counselling sessions Monday to Friday 9am-5pm

Sessions via Zoom or Skype
 Limited availability for FREE face-to-face counselling sessions

Sadly our groups and training are temporarily suspended

Contact us for a FREE confidential chat

6287 3833 parentline

parentline@parentlineact.org.au

Information About Question, Persuade, Refer (QPR)

What Is Question, Persuade, Refer?

Question, Persuade, Refer (QPR) is an evidence based on line suicide prevention training being made available in the ACT through the ACT LifeSpan initiative. The training was developed by the QPR Institute and has been modified for Australian audiences in collaboration with Black Dog Institute.

Question, Persuade, Refer (QPR) was developed for people with no assumed knowledge of mental health or suicide prevention. It teaches people to recognise and respond effectively to someone exhibiting suicide warning signs and behaviours and connect the person in need of help with the right professional care.

QPR online takes approximately 60 minutes to complete and can be done over multiple sessions. Once you have finished QPR you can continue to access the program for 3 years to refresh your skills and knowledge. The web-based course is delivered through a mixture of videos, written content and quizzes and covers:

- common myths and misconceptions about suicide
- warning signs of suicide
- how to ask someone whether they are experiencing suicidal ideation
- how to persuade someone to stay alive
- how to refer individuals to appropriate professional help

A printable QPR booklet is also made available to download, providing more detailed reference materials and guidance. This training is being made available for free to school staff and families through the following process.

How to register for QPR?

1. Clicking on this unique link for the Education Directorate <http://lifespansresearch.qprtraining.com/setup.php?myorg=ACTEDU>
2. You will need to create an account by providing your name and email, then selecting Create Training Account.
3. You should now receive direct access to QPR.

If you have trouble registering with the above URL, then follow these directions:

1. Navigate to <http://lifespansresearch.qprtraining.com/setup.php> in your browser.
2. Select Change Organization below the Create Account button.
3. Enter ACTEDU into the Organization Code input box and select Create Training Account.
4. Enter your details into the account details and select Create Training Account.

WEDNESDAY →

5 PM PILATES

6 PM YOGA RESTORE

14 OCT - 16 DEC (10 WKS)

Pilates Shed Narrabundah

← **THURSDAY**

5 PM PILATES

6 PM PILATES

15 OCT - 17 DEC (10 WEEKS)

Salvo's Hall Braddon

\$125/100/80*

bookings:
 pilates.shed.narrabundah@gmail.com
 Narrabundah
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 Braddon

TERM 4 2020

PILATES + YOGA RESTORE

*Waged/Unwaged/Student

Sp Adobe Spark



Narrabundah College
Narrabundah ACT 2604

Telephone: (02) 61423200

Fax: (02) 61423209

2020 COURSE CONSUMABLES – 3RD SESSION

STUDENT'S NAME:		FAMILY KEY:	
		\$	Amount Paid
Ceramics	CE	50
Creative Art	CR	50
Design	DES	30
Digital Photography	DP	40
Food and People	FP	50
Graphic Design/Architectural Studies/CADD	GRA	30
Music	MUS	30
Photography	PHO	55
Textiles and Fashion	TD	30
Woodwork	WOOD	40
Information Technology	IT	20
Media:			
Film Making	FS	50
Media	MED	20
TOTAL AMOUNT DUE:		\$

PAYMENT can be made by **CASH, CHEQUE** (payable to Narrabundah College) or **EFT** (www.narrabundahc.act.edu.au, Quickweb, choose payment)

COMPLETE THE FOLLOWING INFORMATION IF PAYING BY CREDIT CARD:			
MASTERCARD	<input type="checkbox"/>	VISACARD	<input type="checkbox"/> (Place X in box)
CARD NO:	<input type="text"/>	<input type="text"/>	<input type="text"/>
Name on card		Amount: \$
Signature:		Expiry date on card:

Please note: under the Education Act 2004 financial contributions are voluntary.

Important Dates

28 Sept - 9 Oct	School Holidays (Includes Public Holiday - 5 October)
13 & 14 October	AST Test 2 nd Sitting
22 October	Year 11 English Mid-Session Exam
23 October	UN Day <i>Cancelled</i>
26-30 October	Languages Test - Over lunchtime 1.15 - 2.00pm
26 Oct - 6 Nov	Music Assessment Week
27 October	IB Exams Start
30 October	Year 11 IB Enviro Exam
2 November	Year 11 IB Enviro Exam
4 November	Session 1, 2021 grid available to students. Test Timetable published

6 November	Last day withdrawal from units.
11 November	Board Meeting - 4.30pm P&C Meeting - 6.00pm
12 November	Arts Night & Fashion Parade - Accompanied by music and drama students - Hawk Theatre - 5.00 - 7.30
13-19 Nov	Test Week
19 November	Return all library books and textbooks.
6-10 December	Year 11 Progress Interviews with parents/students.
16 December	Presentation Night - Details TBC

Newsletter of Narrabundah College

If undelivered return to



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NARRABUNDAH ACT 2604

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Yvette Berry MLA

Deputy Chief Minister

Minister for Education and Early Childhood Development

Minister for Housing and Suburban Development

Minister for the Prevention of Domestic and
Family Violence

Minister for Sport and Recreation

Minister for Women

Member for Ginninderra

Ms Jenny Grant-Curnow
President
Narrabundah College P&C

Ms Sally Aplin
Secretary
Narrabundah College P&C

Ms Renae Scott
Vice-President
Narrabundah College P&C

Mr Craig Boyle
Treasurer
Narrabundah College P&C

Dear Ms Grant-Curnow, Ms Scott, Ms Aplin and Mr Boyle

Thank you for your email of 4 August 2020 seeking an update on the Narrabundah College modernisation project.

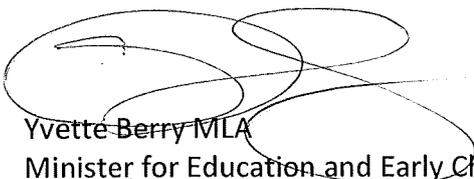
Like you, I was happy to see through the community consultation that Narrabundah students, families and the broader local community love the college and its contribution to South Canberra. It is valued not only for its educational outcomes, but also for its role as a facility for the whole neighbourhood.

I can assure you that if a Labor government is re-elected, the Narrabundah College modernisation project will go ahead. As parent representatives, the P&C will continue to be consulted throughout the process- that consultation doesn't end because the community consultation has concluded.

The Education Directorate have recently received a report following the detailed site investigation that occurred during the term two school holidays. This report, alongside the consultations from late 2019, will inform the next step in this process, which is the development of a business case for the modernisation of the college.

Thank you for your engagement and ongoing interest in the planning work. I am committed to continuing to work with the Narrabundah College P&C to deliver for the school community.

Yours sincerely



Yvette Berry MLA
Minister for Education and Early Childhood Development

8 SEP 2020

ACT Legislative Assembly

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 YvetteSBerry

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