

NARRABUNDAH COLLEGE

NEWS



www.narrabundahc.act.edu.au November 2020 Issue 7



PRINCIPAL'S NOTE

OUR YEAR 12S' JOURNEY

This year has been like no other but our students have risen to the challenges and have started their last week of tests at school.

The two year journey for our year 12s may seem brief but it is nevertheless a profound one. During their time at college students choose subjects in which they are interested, start to decide what their post college pathway will look like, they expand their interests and skill set to be well prepared for their future and they really do develop into the person they want to become.

I would like to quote a parent about her child's experience at this college: the teachers have supported and nurtured my child's growth intellectually and as a maturing young person who leaves Narrabundah having been accepted into two courses of choice - outcomes that were only dreams a couple of years ago.

Our year 12s are nearing the end of their journey and many with whom I have spoken in the last few weeks say that they are excited about the next stage in their education and most know what they want to do post college. They recognise that they are well prepared but they do say that their time here has gone too quickly.

11s also acknowledge that their learning experience at college has been demanding but they are ready to take on the challenges of year 12 in 2021.

I wish to thank the parent representatives on the Board and to the members of our P&C for their significant contributions and support throughout this year.

ENROLMENTS FOR 2021

To our prospective year 11 students and their families we look forward to beginning a very strong connection with our new students in our challenging, exciting and very supportive learning environment.

At this point incoming students should have chosen units/courses for next year with a member of the

enrolment team. Details of the timetable, week one program for 2021 and other very useful documents that will help you understand key operational aspects at Narrabundah College will be mailed out in January next year. Should you have any questions please do not hesitate to call the college.

PARENT/STUDENT/STAFF REVIEW INTERVIEWS

We offer an interview process for current year 11s in December. This process allows Year 11 students and parents/carers to review the year with Student Advisers/Executive Teachers. Please take up this opportunity to be informed about your child's progress in year 11 and then to plan for year 12 as well as post college. See more details later in this newsletter.

YEAR 12 EVENTS

This is a very special time for our year 12 students as it is the end of 13 years of schooling and there is a number of special events to celebrate their time at the college:

- Friday, 27 November students will attend the Year 12 Breakfast.
- Friday, 27 November is the Formal which will be held at The Arboretum – we are so thrilled that this Formal is going to happen at this venue.
- Then finally, Year 12 Graduation surnames A-K 10-12pm and surnames L-Z 1-3pm on Wednesday, 16 December, where Year 12 students will be presented with their ACT Senior Secondary Certificate. The two Graduation ceremonies will allow for 2 guests per student to attend.

There is limited seating capacity in the Gymnasium and we ask that all students advise the college of their guests on the form available at Reception or return invitation on page 12 to reception. We look forward to students and their parents/carers attending.

CONGRATULATIONS

Congratulations go to all students who have accepted the challenge of volunteering for numerous leadership opportunities this year. I would like to acknowledge the work this year of the Student Governance Group led by Dinu Chellakudam. Our students will be receiving some recognition on their academic records for leadership participation in events such as United Nations Youth Association, Student Governance, The Interact Club, debating and representing the college in a wide range of forums. We do believe that students should be involved in a broad range of extra-curricular activities to broaden their experiences and contribute to the community.

Congratulations also to the following students and teams for their outstanding successes:

- Idaf A, Richu G, Katherine H, Johan J, Elaine L, Seyam M and Nicholas U who have been accepted in the Careers Starter Program in Finance.
- Sarah M, Bridget D, Sasha B and Aedan M. for their stellar performance coming second in the Australasian Association of Philosophy National Philosophon.
- Sqami T and Elanor P. who were selected to represent the ACT at the UN Youth Evatt National Finals in December.
- George L. who won one of the major awards in the 2020 Litlinks Creative Writing competition.
- Ren R who won a prize in the Australian Mathematics Competition.
- Awad Z, Stanley L, Ranusha N, Jinglin W, Sander C and Yelin Y who were awarded High Distinctions in the Australian Mathematics Competition.
- Nandini R, Kushal K, Liyou Y, Junwei B, Sriya T, Liya Y, Mohammad A, Ayush A, Judy T, Adib A, Sri Harshitha T, Zhouan C, Daksh T, Hojin Y and Keyu Y who were awarded Distinctions in the Australian Mathematics Competition.
- All the students who were awarded Credits in the Australian Mathematics Competition - see in the Maths Report.
- Nada V who was awarded a Certificate of Excellence in the Mandarin Contest and Kieren McC for the most Improved in the Contest.
- Tait, Harry and Huy Duan for winning the first ever Intramural Badminton Championship.
- The 47 year 12 students who graduated from the ANU Extension Program.

Kerrie Grundy
Principal

Year 11 Progress Interviews

We invite you to attend a 20-minute interview on one of the following dates:

Monday, 7 December	9.30am – 3.00pm
Tuesday, 8 December	9.30am – 3.00pm
Wednesday, 9 December	9.30am – 3.00pm

For Year 11 IB Students only:

Monday, 7 December	9.30am – 3.00pm
Tuesday, 8 December	9.30am – 3.00pm

The interview will be conducted by **one** college staff member to discuss your student's academic package and an estimated ATAR based on the scores achieved so far.

On **Friday, 20 November** you will be sent a login and a PIN number by email. All parents will need a PIN number to access the Parent Teacher Online (PTO) system and make a booking.

Link to the PTO booking system will be live on the college website from **9.00am, Monday, 23 November 2020 to Friday, 4 December 2020.**

PTO will be available on the College website at: http://www.narrabundahc.act.edu.au/contact_us/parent_teacher_online

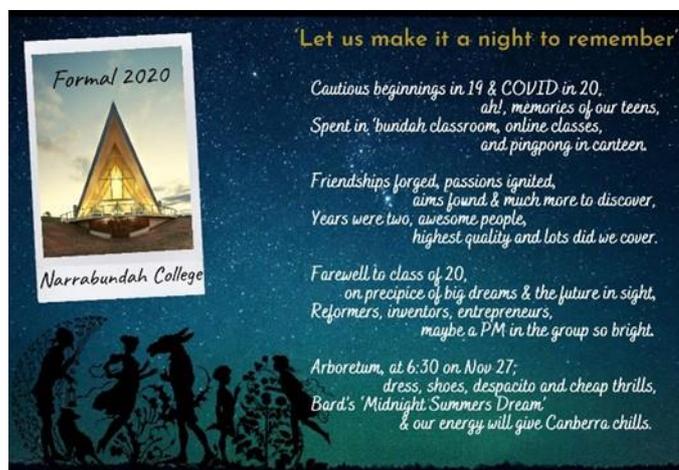
You can access the PTO by either clicking on the above link or scrolling down the College homepage and clicking on the Parent Teacher Online icon .

1. Access the Narrabundah College website: www.narrabundahc.act.edu.au.
2. Use the link for "PTO" to gain access to the login page of the online booking system.
3. Use your login/PIN that has been emailed to you to access the PTO portal and make a booking.

If you don't have access to a computer or have any problems accessing your PIN (you may have changed your email address), please call the Narrabundah Office on 6142-3201 between 23 November and 4 December for assistance.



YEAR 12 FORMAL



'Let us make it a night to remember'

*Cautious beginnings in 19 & COVID in 20,
ah!, memories of our teens,
Spent in 'bundah classroom, online classes,
and pingpong in canteen.*

*Friendships forged, passions ignited,
aims found & much more to discover,
Years were two, awesome people,
highest quality and lots did we cover.*

*Farewell to class of 20,
on precipice of big dreams & the future in sight,
Reformers, inventors, entrepreneurs,
maybe a PM in the group so bright.*

*Arboretum, at 6:30 on Nov 27;
dress, shoes, despacito and cheap thrills,
Bard's 'Midnight Summers Dream'
& our energy will give Canberra chills.*

The College Formal is planned for **Friday, 27 November** at the **National Arboretum, Forest Dr, Molonglo Valley**. All Year 12 students are welcome and the event will adhere to government guidelines to make it a COVID safe Formal.

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

There will be a DJ for the music, photoboosts sanitised after each use and a sit-down dinner at tables of 10 from **7.30pm until 9:30pm**.

The tables and three photoboosts will be spread out throughout the venue. There will be dancing, however the DJ will not take any song requests from students to ensure physical distancing requirements are met.

Staff who attend will also encourage students to keep enough physical distance from each other when standing in queues at the photoboosts.

Students need to pay at the Front Office by Friday, 13 November with extensions under exceptional circumstances until Monday, 16 November if negotiated with Jenny Budd.

DROP OFF AND REGISTRATION - students either dropped off or drive themselves to the venue between **6:15pm and 7:15pm**. The **ticket** must be presented at the Formal during registration.

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 AND VENUE DEPARTURE - students are to leave the venue by **10:30pm**. They can either be picked up or drive themselves home. **Staff will be present until 10:45pm**.

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

INTERNATIONAL BACCALAUREATE NEWS

YEAR 12

IB Exams

The IB examinations are almost complete. The students are to be congratulated on all their hard work leading up to these exams. Well done!

Results will be released via the internet on 3 January at 9am. Each Year 12 student has been given their personal PIN code and other information about assessing and interpreting results. Students must not lose their ID and PIN number as this is the only way to access their results. Diplomas will arrive at the college around late March. If you know you will not be in Canberra, please give me a certified mail self-addressed envelope and I will mail out the diploma.

IB Graduation

IB Graduation will take place next year in February. Due to COVID restrictions and the possibility that these may change, the details for the ceremony are TBA.

YEAR 11

IB Exams

Year 11 Environmental students have received a personal PIN code and information to retrieve their exam results on Thursday, 3 January, 9am. Students must not lose their ID and PIN number as this is the only way to access their results.

Year 11 IB Progress Interview: 7 and 8 December

Please book IB interviews for either 7 or 8 December as Year 11 IB students will be attending an IB study session from 9 - 11 December. Please refer to Progress Interview booking instructions on Page 2 of this newsletter.

Year 11 IB Study Session: 9 - 11 December

This session is designed to prepare students for the following year. Year 11 students will receive a timetable on the IB Google classroom page.

Topics include:

- Maths projects
- Visual Arts Comparative Study Preparation
- History investigation
- TOK orals presentations (practice)
- Language B orals
- CAS

Please note: Extended Essay drafts are due 1 December.

Christine Ward

International Baccalaureate & CAS Coordinator

FRENCH BACCALAURÉAT NEWS

Good News!

The new French teachers stranded in France are finally all in Canberra and have started teaching face to face! Thanks everyone for your patience and support.

Canberra 2060: The Future of the Capital City

Last September, Year 11 Students participated in the interactive and online theatrical game called Canberra 2060 as a part of the "Where You Are" festival.

It challenged them to look for positive change in our city and "put the future of Canberra in their hands".

Working in teams of four, students needed to make choices about possible future threats to the city and work cooperatively to find solutions.



Geological Excursion

Last September, students studying SVT (biology and geology) in Year 11 visited outcrops and local **geology sites around Canberra**.

After the State Circle, we went to see fossils of Brachiopods (near Fairbairn avenue). Did you know that the layers of rock visible from State Circle are around 435 million years old? Students also voted for their favourite ACT fossil emblem online.



The conseil de classe for Year 11 took place on the 22nd of October at Narrabundah College. This is an important part of the French program where teachers and class representatives discuss the results and achievements of each student.

It was followed on the 29th of October by an **Information Night** starting with a presentation of the new French Bac, post Bac studies and parent-teacher interviews.

The presentation is available electronically on the Telopea Park School French Website: <http://www.telopea.act.edu.au/fr>.

News from AP (Accompagnement Personnalisé/ Personalised Support) Class

As the time for students to choose their post-secondary study choices is getting closer, the AP class is more focused on helping students compare different universities and schools in France and in Australia.

In the Calendar:

Mock Bac Exams: from 30th of November to 4th of December

Students will undertake mock written and oral exams to help them prepare for the next steps of the French Bac "epreuves communes" in March 2021. The timetable will soon be given to the students.

An information night for Year 10 EFS students (future Year 11 French Bac students) will take place Thursday, the 19th of November 2020. Students and their parents will have the chance to learn more about the new French Bac program.

Aurelie Le Nevez
French Baccalauréat Coordinator

STUDENT SERVICES NEWS

As you all know the end of the year is approaching fast! Here are some reminders to help you finish on a high note:

- See an adviser as soon as possible if you have any doubts about your package.
- Ensure textbooks are returned straight after your tests are completed.
- For Year 12s, please be aware of UAC/VTAC etc. dates including late applications and change of preference. Make sure you are clear about the process of offers and acceptances, as most of this will happen during the January break when the college is closed. We look forward to seeing you all at the Formal on Friday, 27 November at the Arboretum.

Feedback Day

There will be a mini-timetable day on **Wednesday, 25 November** for both Year 11 and Year 12 students for this session's results.

All Year 12 students must attend the final data check on Friday, 27 November. It is the last time any results can be checked and corrected before certificate information is finalised and the process of ATAR calculation begins at the BSSS. If a student is unable to attend, they must arrange for a trusted friend or family member to check on their behalf. This person will need to provide written authority from you.

Students can come to Student Services at the college on the afternoon of Tuesday, 15 December **after** 2.00pm and be told their ATAR, but the full package of certificates etc will be given out by the Principal at presentation/graduation day.

Students unable to attend the Graduation Ceremony, must ring the College to arrange collection on the morning of Thursday, 17 December and from Monday, 18 January 2021.

For Year 11 students, results will be available on feedback day, but reports and an ATAR estimate will be issued at the end of the year at **Year 11 Progress Interviews** held at the college between 7-9 December inclusive. At that meeting **one** of the student advisers and/or executive staff member will review the progress to-date of each student and suggest any course changes or any change of focus for the following year. Parents need to book for these meetings through the PTO system online. (See page 2 of this Newsletter for instructions).

Finally, good luck for all students for the crossline tests that are approaching.

Important Dates:

13 November	Crossline Tests begin
25 November	Mini Timetable Feedback Day
27 November	Year 12 Breakfast - 9.00am and Year 12s final data check
27 November	Year 12 Formal
16 December	Year 12 Graduation Day Group 1 - A-K - 10.00am - 12.00pm Group 2 - L-Z - 1.00pm - 3.00pm

Delisia Wiild
Executive Teacher, Student Services

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

Canberra Institute of Technology

Email: infoline@cit.edu.au and arrange an appointment.

Mary Weddell
Student Support

Unable to attend Graduation Day?

If you are **unable** to attend **Graduation Day on Wednesday, 16 December**, you may:

- 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
- Arrange for another person to collect** your Certificate for you, but you must give them a signed letter authorising them to do so.
- 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>
- 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 Day.

Beyond Year 12: Student Support at ANU, UC, and CIT

A group of students in the graduating class of 2020 have overcome significant health or other personal challenges to complete their programs and gain places at ANU, UC or CIT. These students, based on medical or other documentation, have received some 'reasonable adjustments' to their assessment conditions and requirements. These adjustments are sanctioned by the BSSS and are integral to our inclusion practices. Students with ongoing challenges will receive similar assessment adjustments in their chosen institution. Provide updated documentation and make contact (asap) with the relevant office.

University of Canberra

Call the [Inclusion and Engagement](#) Office.

To make an appointment (which usually takes 30 minutes), you can call +61 2 6201 5233 (TTY: (02) 6251 4601), or drop in to Building 1, Level B, Room 156.

Australian National University

Call the Access and Inclusion Office on +61 2 6125 5036 or email access.inclusion@anu.edu.au

LIBRARY NEWS

Narrabundah College library staff acknowledge and thank students and staff for their contribution to this year's library program. The library has a constant 24/7 presence through our Google classroom page the access code is 4siaes4. Through backpack (online) we also provide 24/7 access to the library's catalogue Oliver. Click on this icon  to access Oliver. The library also provides access to CiteMaker. CiteMaker provides a location where students can prepare academically accurate and compliant bibliographic work including intext referencing and bibliographies. This can be accessed from Narrabundah College's website click on *Resources* &

Forms and then click on *Other Resources & Forms* and you will find the CiteMaker link.

The *Resources & Forms* tab also provides access to our alumni form. All students in year 12 and all year 11 students not returning in 2021 should complete the alumni form and hand the completed form to a member of the library staff at the library's circulation desk. The link also provides access to BSSS Declaration of Original Work forms and access to the College's 2020 Student Info Handbook. Students may find pages 28-29 and 53-66 useful during the assessment and examination period.

A reminder that all students must return all library books and other items no later than 4pm on November 19 (the conclusion of the final exam). Books that are currently overdue or that are no longer needed should be returned immediately.

We also thank students for their cooperation and understanding due to the minor inconveniences that occurred throughout the painting of the library's internal brick walls during the term 3 vacation. Feedback from students on the new interior has been positive and well received. Narrabundah College library welcomes the return of Robyn Hill from retirement to the library after Loraine Bryant accepted a position at St Francis Xavier College - we wish her well. Robyn will be with us to the end of this year.

Again, we thank all students for their participation in the difficult 2020 COVID-19 library program, we wish all students well during the examination and assessment period. For year 12 students and those year 11 students not returning in 2021 we hope that your future pathway, be it through university or elsewhere, realises your dreams and brings to you the prosperity that you truly deserve. We look forward to this year's year 11 students returning as year 12 students and to welcoming new year 11 students to the library next year.

Lost Property

The library has a large collection of lost and unclaimed property. We ask all students to check with the library for any missing items. Towards the final days of term 4 all unclaimed lost property will be donated to charity.

Malcolm Baker
Teacher Librarian

LIBRARY OPENING HOURS

Exam Timetable

13 November - 19 November

8.00am - 4.00pm during exam time
for borrowing and returning.

HISTPHILENGPOL HAPPENINGS

UN Youth Evatt Competition

On Wednesday, 16 September (Week 1, Session 3), the two Politics classes participated in an all-day Evatt Competition incursion run by ACT UN Youth as part of their International Relations unit. Our Year 11 and 12 students simulated the UN General Assembly in a Mock UN debate, joined discussion workshops and negotiated practical solutions to real-world problems. The feedback from the UN Youth facilitators was overwhelmingly positive as they were very impressed with the intelligent contributions, enthusiasm and knowledge displayed by our Politics cohort. Students were very excited to have the opportunity to partake in this experience outside the classroom and are keen to do it all again next year! A special mention is due to Sami T (Y12) and Elanor P (Y11) who were selected by the UN Youth facilitators to represent the ACT at the Evatt National Finals in December. Congratulations Sami, Elanor and all of our amazing Politics students!



Chloe Diggins and Tara Mairs
Politics Teachers

Year 12 Politics Excursion



On Friday, Week 5, Year 12 Politics students attended an excursion program at **the Museum of Australian Democracy** in Old Parliament House. This session, students have been learning about the role of the media in shaping the political landscape in Australia and throughout the world. The students were given the opportunity of sitting in the House of Reps to discuss the history of the press gallery and the development of media technology which enabled everyday Australians to access press coverage of parliament.

The students were then guided through a special program designed for the new 'Truth, Power and a Free Press' exhibition at the museum. We learned about a range of media-related issues impacting our democracy including media ownership, fake news and press freedom. There were lots of interesting items in the exhibition including an original printing press from the 1850s and the prison uniform worn by journalist Peter Greste in Egypt. The students were also given access to the ABC's old TV studio in the building which was fitted out with some very 70s furniture. The Year 12s came away from the experience armed with some excellent ideas for the upcoming exam, and a greater sense of responsibility as democratic citizens engaging with politics and the media.

Tara Mairs
Politics Teacher

Year 12 Philosophy Excursion to the National Gallery

Our Year 12 Philosophy class is currently studying Aesthetics – the philosophy of art and beauty. We were lucky to have an excursion to the National Gallery of Australia on Friday, 25 September as part of this unit. Students toured the gallery under the guidance of the NGA educators, and were given the opportunity to consider big philosophical questions such as 'What is art?', 'What is beauty?' and 'What kind of knowledge can art convey?' Students were enthralled by the incredible artwork on display and have selected specific pieces of art to investigate in their first assessment task of Session 3.



Narrabundah Takes 2nd Place at the National Philosothon!

During the school holidays, a combined team of student philosophers from Narrabundah College and Telopea Park School participated in the 2020 Australasian Association of Philosophy National Philosothon, a national philosophy competition. I'm extremely proud to report that our team came 2nd overall, beating a range of some of the most elite and privileged private schools from around the country. Over 20 schools from Australian and New Zealand competed and we were beaten only by North Sydney Girls' School, who are the reigning champions for about 4 years in a row now.

A special congratulations to Sarah M (Y12), Bridget D (Y12), Aedan M (Y11) and Sasha B (Y11) for their incredible performance. The students worked hard to prepare effectively and demonstrated exemplary skills of discussion, reflection, critical and creative thinking and collaboration on the day to achieve this stellar result.



Chloe Diggins
Philosophy Teacher

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.

MATHS NEWS

Australian Mathematics Competition Results

50 students took part in the annual AMC on 30 July with great success. Congratulations to the following students for their achievements:

Prizes: Ren R.

High Distinctions: Awad Z, Stanley L, Ranusha N, Jinglin W, Sander C, Yuelin Y.

Distinctions: Nandini R, Kushal K, Liyou Y, Junwei B, Sriya T, Liya Y, Muhammad A, Ayush A, Judy T, Adib A, Sri Harshitha T, Zhouan C, Daksh T, Hojin Y, Keyu Y

Credits: Chunyao Z, Xianzhe W, Rosette W, Zheming Z, Zhaoyue H, Chantelle L, Neha D, Diya J, Youyou W, Isabella P, Andrew C, Lily C, Laasya T, Rui H, Zongyan S, Thasaangan D, Carol G, Yixuan Z, Agamdeep S, Nara C, Juan K, Maanav S, Sri Nikhila T, Puthearath A, Lakshitha K.

Any uncollected certificates can be picked up from the Maths staffroom.

Australian Mathematics Olympiad Competition

Congratulations to Lily C for achieving an Honourable Mention in this prestigious competition. Fewer than 150 students in Australia are invited to take part!

Australian Informatics Olympiad

3 students took part in this competition that combines mathematical thinking with programming skills. Congratulations to Ryan W for scoring 100% in this competition and being awarded with a Gold Certificate.

Tutors Wanted!

The Maths faculty keeps a list of tutors which we provide to students and parents on request. If any current year 12 students know that they will be working or studying in Canberra next year and would like to earn some extra money as a Maths tutor, we are happy to add them to the list. Please email me your name and contact details or

drop your information into the staffroom and I will add you to the list for 2021.

Any students (or their parents) who are looking to employ a Maths tutor are welcome to contact me for a copy of the tutors list.

End of Year

As students start preparing for their final Maths assessments, please remember that your teachers are available for help. Come and see us in the staffroom if you need help with your revision.

On behalf of the faculty I would like to wish our graduating Year 12s all the best for their futures as they move on to the next exciting phase in their lives. It has been a pleasure and a privilege working with you over the last two years.

Nicole Burg

Executive Teacher, Maths

HUMANITIES NEWS

Students are close to finishing the race.... engrossed with their end of session exam preparation and completing assessments tasks for the final session of this year.

Robotics and Mechatronics

Another successful year of robotics for line 6 students, culminating in the big race on Melbourne Cup day.

This year it was taken out by Saurav V. and Abolfazl M.



Students in line 2 are designing an automated robotic arm using [Arduino microcontroller and programming in C](#). They will be showcasing their work to the Principal, their Teachers and peers on Friday, 13 November.

Networking and Cyber Security

Students one week away from completing their game programmed in Python language.

Behavioural Sciences

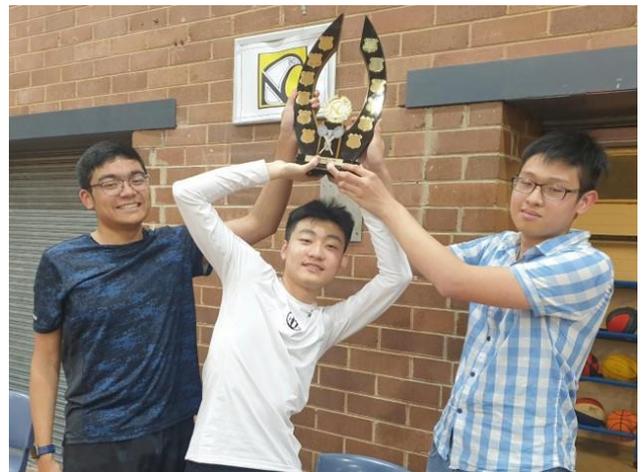
Our current year 12 IB psychology students are sitting their final exams on Tuesday the 10th and Wednesday the 11th of November. All year 11 and year 12 BSSS Sociology and Psychology students will sit their exams for session 3 on Monday the 16th and Tuesday the 17th of November respectively. We wish all of our students the best of luck.

We also warmly welcome our prospective year 11 students to Behavioural Sciences and strongly encourage students to enrol in a Behavioural Science double major which includes a major in Sociology and a major in Psychology. For college aged students, the Behavioural Sciences is more than just the interesting and relevant content. At Narrabundah College the courses draw significantly from the 'General Capabilities' in the Australian Curriculum. These are broader, transferrable, and enduring skills and humanising dispositions such as personal and social capabilities, intercultural and ethical understandings as well as critical and creative thinking.

Archana Aggarwal
Executive Teacher, Humanities



Narrabundah Intramural Championship (2020). Pictured (left to right, front to back): Manjot M, Yixuen (Lilly) C., Xuan Ting (Chantelle) L., Ron A., Tait T., Zheming (Harry) Z., Shaazaan M., James H., Sylvan D., Daivik W., Sonsiri (Gemma) J., Kanokphit (Honey) J., Glen S., Paras P.



Narrabundah Intramural Champions (2020). Pictured (left to right): Tait T., Zheming (Harry) Z., Huy Duan L.

SPORTS REPORT

It has been a great final term for sports here at Narrabundah, with great rates of participation and support for numerous events including badminton, basketball, squash, and mixed touch football.

Narrabundah Intramural Badminton Championship

The term began with the conclusion of our first ever Narrabundah Intramural Badminton Championship. It was a closely contested final round, with fantastic play being seen from all teams. It was the aptly named team Here 2 Win, consisting of Tait, Harry and Huy Duan taking the victory. Congratulations to them on their win and a big thank you to everyone who participated.

ACT Intercollege Basketball (Boys)

In the first week back from the holidays, the boys attended the ACT Intercollege Basketball competition. It was a great day out, with all the boys demonstrating great teamwork and effort but were unable to make the finals. Well done to everyone that participated.



ACT Intercollege Basketball (Boys) (2020). Pictured (left to right, back to front): Matthew Diep (Teacher), Vaibhav R., Richu G., Daniel B., Burhan A., Patrick F., Josh H., Daivik W., Nicholas P., Brian E., Lachlan B. (Absent: Seyam M.)

ACT Intercollege Basketball (Girls)

In the second week back, the girls attended their respective day for ACT Intercollege Basketball. The girls improved from game to game and displayed great sportsmanship. The photograph for this day is yet to be taken at school.

ACT Squash

In Week 3, Narrabundah hosted the ACT Squash event, at the nearby Woden Squash Centre. It was a great day out for all involved, with Dickson College winning the boys' tournament and Amber C. from Narrabundah winning the girls' tournament.



ACT Intercollege Squash (2020). Pictured (left to right, back to front): Diego ., Archie W., Amber C., Jake ., AA., Rohan ., Noah B., James H., Ron A., Sylvan D., Flora Y., Kanokphit (Honey) J., Daivik W., Glen S., Lam Ha T., Sonsiri (Gemma) J.



ACT Girls Squash Champions (2020). Pictured (left to right): Sonsiri (Gemma) J., Amber C., Kanokphit (Honey) J.

ACT Mixed Touch Football

Lastly, the most recent sporting event was the ACT Mixed Touch Football day, held at the Deakin Playing Fields. Although the weather started off a bit rough, the team displayed great tenacity and effort, getting better from game to game as well as having a lot of fun.



ACT Intercollege Mixed Touch Football (2020). Pictured (left to right, back to front): Matthew Diep (Teacher), Jake R., Bethany R., Odessa J., Max G., Wanlin N., Jehanvi A., Patricio P., Will R., Lauren M., Charlotte S., Zoa S., Jackson B., James C., Thomas B.

INTERNET BANKING – DIRECT PAYMENT

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

Westpac QuickWeb.

Go to: **Payment tab on the home page.**

Please identify your payment by including the student's name.

A big thank you to everyone that has participated in, supported, or otherwise been involved in sports at Narrabundah. It has been great to see such enthusiasm and talent displayed in the gold and black. I'm looking forward to seeing this effort continue in the future.

Matthew Diep
Sports Coordinator

Narrabundah College Year 12 Graduation



Wednesday, 16 December 2020

Graduation Group 1: A-K, 10am-12pm in the Gym

Graduation Group 2: L-Z, 1pm- 3pm in the Gym

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

Guest:

Guest:

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 a RSVP

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



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Education

Online eSafety Resources for Families of Young People

The [Office of the eSafety Commissioner](#) provides advice and support to all Australians in understanding how to be safe in the online world. To support your young person to navigate their digital world and avoid harmful online experiences, the following information can assist you in having the hard-to-have conversations about online safety and setting boundaries.

Your support and guidance can give your young person the confidence to make sound decisions online – and know where to go for help when they need support or advice.

Be engaged, open and supportive

- Get involved. Share online time with your young person as a part of family life. Talk about favourite apps, games, and websites.
- Keep lines of communication open. Ask about their online experiences, who they are talking to and whether they are having any issues.
- Reassure your young person they can always come to you, no matter what. Let them know you will not cut off internet access if they report feeling uncomfortable or unsafe when online – this is a real concern that may stop your child from communicating with you openly.
- Get to know the devices you and your young person use and set them up for [privacy and online safety](#).
- Use parental controls as appropriate to set boundaries.
- If you feel your young person needs support, please maintain contact with your school so you can work together to support them. Seek professional help if your young person is distressed or shows marked changes in behaviour or mood, remembering that organisations such as [Kids' Helpline](#) and [Beyond Blue](#) can help.
- If you feel your young person is in immediate danger or at risk of harm, call Triple Zero (000) and stay with them until they are safe.

You can find additional information and resources at the [Office of the eSafety Commissioner](#) to support you and your young person.



WELLBEING HUB
A COMMUNITY SERVICES #1 INITIATIVE

Garden, cook and grow together through CS#1's Growing Healthy Kids project

Have you ever wanted to have your own kitchen garden to increase the fresh food in your house, but don't know how?

Join us for fortnightly sessions to learn how to plant, harvest and prepare fresh fruit and vegetables for your family.

- Children are welcome but must be with an adult
- Learn about sustainable, seasonal planting
- Get tips on cooking child-friendly, nutritious food
- Make friends and grow your support network

10am every second Monday

The Wellbeing Hub at CS#1

63 Boolimba Crescent

Narrabundah

Places are limited so please register with

Romney Kelly to attend:

wellbeing@communityservices1.org

6126 4700



COMMUNITY
SERVICES #1
enable • enhance • enrich

Important Dates

13-19 November	Test Week
20-26 November	Assessment Week
23 November	Parent Teacher Online bookings open - for Year 11 Progress Interviews
25 November	Feedback Day - All students to attend. Unit Scores displayed
27 November	Year 12 Breakfast - 9.00am Year 12 Formal Arboretum - 7.30pm - 9.30pm
7, 8 December	Year 11 IB Progress Interviews with parents and students - 9.30am-3.00pm
7,8,9 December	Year 11 Progress Interviews with parents and students - 9.30am- 3.00pm
11 December	Board / P&C Morning Tea
16 December	Year 12 Graduation (Gym) Group 1 - A-K - 10.00am - 12.00pm Group 2 - L-Z - 1.00pm - 3.00pm

1 February 2021	SESSION 1 Commences Year 11 and <u>new</u> Year 12 students.
2 February	Year 12 continuing students return.
8 February	Work Experience and Vocational Placement applications open.
10 February	Board Meeting - 4.30pm
16 February	P&C AGM - 6.00pm Year 11 Parent Information Evening - 6.30pm

Newsletter of Narrabundah College

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Narrabundah College
NARRABUNDAH ACT 2604

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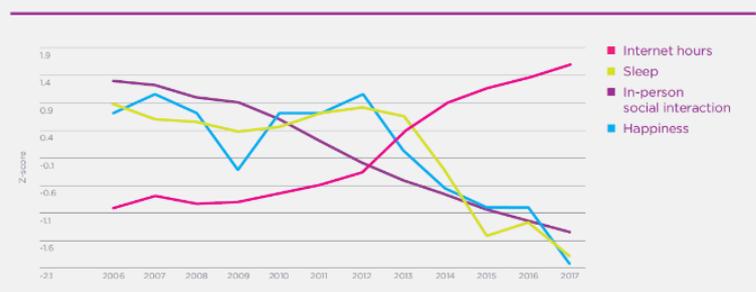
Social Media: a Bicycle for the Mind¹ or a Visual Pacifier?



Since about 2012, incremental presence of smart phones is impacting on our lifestyles in both positive and harmful ways. Gen Z (born after 1997) are both beneficiaries and victims of a social phenomenon known as digital dependence. What is a suitable balance?

Jean Twenge in her article *The Sad State of Happiness in the United States and the Role of Digital Media*² charts the increasing time spent on social media by American teenagers and a corresponding drop in their wellbeing. Simply described, the hours spent daily and weekly on social media and the internet have dramatically increased, while the hours of sleep and time spent socially interacting face-to-face have decreased, resulting in a disturbing rise in statistics of mental health issues, such as social anxiety, depression, self-harm at a time when the quality of life has never been higher. How to account for this? See the attached graph.

Figure 5.4: Time spent on the internet, sleeping more than 7 hours a night most nights, frequency of in-person social interaction across 7 activities, and general happiness, standardized (Z) scores, 8th and 10th graders, Monitoring the Future, 2006-2017



Smart phones make many mundane aspects of life more expedient. What Steve Jobs meant by the 'bicycle of the mind' is that retrieval of information is accelerated, which is true. Gen Z today know all the answers, but not what the questions are. Sure, messaging family and staying in touch with friends, managing e-mails and schedules and surfing the net have unquestioned benefits. Is constant umbilical digital connectedness desirable or necessary? No-one questions the beneficial aspects of social media, but is there a flip-side? Are teenagers too dependent about their image on Facebook (FB)/Instagram, causing Snapchat dysmorphia, where the user seeks cosmetic surgery to improve their online image?

The Social Dilemma (2020) is a Netflix documentary that explores some nefarious aspects of smart phone dependence with tech experts sounding the alarm on their own creations (experts who worked on Facebook, Snapchat, Twitter, Instagram, YouTube, Tiktok, Google, Pinterest, Reddit and Linked In). While computer processing power has grown exponentially, our brains have not. Artificial Intelligence (AI) is already intruding into our lives. Software writers use algorithms which shape opinions, which in turn equals intelligence which in fact is machine learning. Technology overwhelms our weaknesses. This is not deliberate, but consequential, not the intention, but the result.



In response to this documentary Facebook³ refutes that FB/social media are addictive, refutes the allegation that we are the product, that algorithms are designed to be manipulative and tailor our reading options, that data is not private, that FB drives political polarisation and influences elections, and that FB contains fake news and misinformation. Who to believe?

My own observation these last two years teaching at several Colleges in Canberra have shown that students are a pleasure to work with anywhere, but many readily admit that the technology is controlling them,

¹ Quote originally attributed to Steve Jobs, 1980, found at Rightpoint, <https://www.rightpoint.com/thought/2017/10/25/if-the-computer-is-a-bicycle-for-our-minds-artificial-intelligence-is-a-harley-davidson#:~:text=In%20a%201980%20interview%20for,power%20of%20the%20human%20brain.>

² In *World Happiness Report*, 2019, <https://worldhappiness.report/>, Chapter Five. Twenge is also author of *iGen*

³ *Face Book*, <https://about.fb.com/wp-content/uploads/2020/10/What-The-Social-Dilemma-Gets-Wrong.pdf>

rather than they being in charge of how they manage their time. In one respect young adults should have the freedom to use their time as they will and learn from time well spent and time less well spent. But when psychological dependence inadvertently kicks in, lessons are disrupted, it is no wonder that teachers are considered an unnecessary distraction from their private lives. Are teachers irrelevant, is person-to-person contact truly a thing of the past?

This photo shows how in one lesson no fewer than 10 students voluntarily surrendered their phone into a plastic tray (returned at the end of the lesson) so that they could concentrate on the lesson without being distracted. This was a cordial exchange, all of us aware of how intrusive smart phones have become.



Coupled with Covid19, we risk isolating ourselves in a bubble, and are at risk of moving from the information age to a disinformation age. The creators of *Social Dilemma* are right to question the ethical basis of the software platforms which are geared to make a profit at all cost, and they have made billionaires richer and richer, while nobody is working to make such platforms less addictive. Social media loses its way when the primary concern is how to monetise platforms.

If you are not paying for the product, you are the product, is one of the arguments promulgated in *Social Dilemma*. There is no plot to make us dis-ingenuous, rather, it is a gradual, slight and imperceptible change in behaviour that happens when our privacy is taken away and our data sold to the highest bidder. We now have markets that deal in human futures and this is very lucrative. More information about us is available than could ever have been imagined. It is now possible to even make behavioural predictions. The business model of social media platforms is to engage the user, to grow the market by inviting friends, and advertising.

Cultivating criticism as true optimism is constant and necessary for us to overcome such addiction. Critical literacy is the foundation stone of anyone's education, formal or informal. Social media hacks people's psychology, making us behave like lab rats, diminishing our willpower as FOMO (Fear of Missing Out) drives our anxieties and increases our dopamine deficits. We curate our lives around this perceived sense of perception.

Social Dilemma provides examples of how algorithmic programming can influence social division in the way it targets users by location and by demographic background. Examples cited include climate change and climate change deniers or hoaxers and encourages political polarization as also occurs around antivaxxers, extreme right- and left-wing movements as well as biasing against truth. Tribalism ruins us, and AI cannot solve the problem of fake news. Truth now is considered boring, conspiracy theories are more shocking and alluring. No wonder that democracy is facing a crisis of confidence. Manipulation by third parties, like by Russia in the example of the US 2016 are today more commonplace than we are prepared to consider. The race to keep people's attention is not going to go away.



Is there a way forward? Some students have already demonstrated required self-awareness as illustrated above. Such Socratic self-knowledge needs to be nurtured not just for its own sake, but also to stop social media infantilizing us. Further, parents and families have a responsibility to be on a time budget and have time out for devices from dinner tables, restaurants and bedrooms. Social media may begin to

decline of its own accord by the self-harm it is doing, much like opioid epidemic and pandemics are causing those who want to survive to change how they live.

Dr Michael Kindler