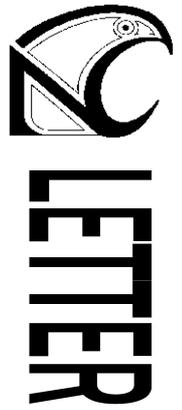


NARRABUNDAH COLLEGE

NEWS



www.narrabundahc.act.edu.au February 2020 Issue 1



PRINCIPAL'S NOTE

THE PASSING OF ONE OF ACT'S LEADING EDUCATORS

Dr Mick March passed away on Sunday, 16 February 2020.

He was a visionary and one of the founders of the ACT Senior Secondary College System which continues to lead the country today in the delivery of innovative curriculum.

We acknowledge his contribution to Narrabundah High School as Principal from 1973 – 1974 and as the founding Principal of Narrabundah College 1975 – 1988.

WELCOME TO 2020

Welcome to those students new to Narrabundah College and to the returning Year 12 students: I hope you have a most successful year.

Initial feedback from our new students indicates that they have settled well into college life and are embracing their college experience well.

We focus on supporting our students' transition from high school to college and offer significant support through classroom teachers and easy access to Student Advisers.

At our college, we continue to create a strong culture where students are challenged to engage with and own their learning while maintaining a balance in their lives.

Students need to make the most of opportunities on offer to achieve the very best outcomes they can at this college. These include:

- Maths tutorials during school time
- Study Hub on Mondays and Wednesdays from 3pm-5.30pm where students have the opportunity to complete homework under the supervision of teachers from all subject areas and with student

mentors. Also, the Study Hub runs targeted programs throughout the year including: study skills, time management, essay writing support, how to reference written work, how to develop a creative response with rationale, lab reports, maths assignments, Psychology reports etc.

- Preparing for and spending plenty of time on assessment tasks
- Seeking advice on courses, packages and careers from their class teachers and Student advisers
- Embracing our Curriculum of Giving and getting involved in a wide range of activities within the college and further afield including: Student Governance Group, Peer Ed, The Environment Group, Debating, volunteering, sport, outdoor ed etc.

CAREER OPTIONS

In speaking to students since the beginning of this year many clearly do know what career they want to pursue and are focused on achieving the results to get there; however, others are not at all sure what they want to do post college. My advice to all students is to make the most of all opportunities concerning careers while at college and do at least one work experience placement as well as connect with the Student Services' Advisers regularly. Please access our Facebook page on the college Website for more information on Careers.

Our year began with the All Colleges' Conference: **Impact 2020** which opened with our keynote speaker, Simon Breakspear, whose focus was on: **Enhancing Teacher Expertise**.

He challenged us all to think about how we can keep getting better at teaching: how we need to increase our capacity to have a positive impact on the learning lives of our diverse students.

Staff do embrace this challenge and do maintain their commitment to improve pedagogy to enhance all student learning in all classes every day.

Narrabundah College's Strategic Plan 2016-2020 will be reviewed this year and after the Review in May we will be developing our new 5 Year School Improvement Plan.

Our priorities over the last 5 years have been:

- 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.

These priorities affirm our commitment to our students attaining the best possible learning outcomes to prepare them for post college pathways.

We will be seeking your input in the College Review process and in the development of the new School Improvement Plan as this year unfolds.

INFORMATION EVENING FOR YEAR 11 STUDENTS

A large number of parents and students attended last Tuesday night's Information Evening for Year 11 students. During the course of the evening we ran small groups where information was presented regarding college terms and expectations, and lots of questions were asked. Please continue to access such events including the next information event, "What do Scores and Grades mean?" on April 29 followed by Parent Teacher Evening on April 30 where you will have the opportunity to meet all your child's teachers.

STUDENT SUPPORT FUNDS

The ACT Government has provided the college with some funds to assist those students and families in financial need to provide for some of their education costs. If a student wishes to access the Student Support Fund, please come and see me. It is important that every student feels he/she is able to benefit from the range of curricula and extra-curricular activities by the college.

2019 RESULTS:

I wish to celebrate the outstanding success of our 2019 Cohort:

- Our Dux attained 99.95 and shared the top score in the ACT. We have topped the ACT for the last 3 years consecutively.
- 2 students attained an ATAR of 99.9+ so 3 of the top 5 students were from Narrabundah College.
- 20 students attained an ATAR over 99
- 80 students attained an ATAR over 95
- 130 students (35%) attained an ATAR over 90
- 227 students (62%) attained an ATAR over 80
- 303 students (82%) attained an ATAR over 65
- The median ATAR for the top 200 students was 93.20

- Our median ATAR of 368 students who completed the ACT system was: 84.5
- The top IB score of 42 was equal to an ATAR of 99.25
- 50 students graduated from the ANU Extension Program - 7 of the 11 courses were topped by our students and 4 students came second.
- Most students attained ATARs 5-10 marks above their estimate.
- The top French Baccalauréat student attained an ATAR equivalent of 99.2, 6 students above 95, 7 between 90 & 95, 2 between 80 & 90 and 4 attained an ATAR between 60 & 80 results.

Our students were delighted by their excellent results.

STUDENT SUCCESSES

I would like to take this opportunity to congratulate several of our students for recent achievements:

- Marion H and Alejandro A (French Bac) were the only students from outside France to have qualified for the Physics Olympiad in Paris and they were placed third.
- Kelsang D won Heywire and will have the opportunity to workshop her media project with the ABC.
- Fatima A won a Youth Grant for a STEM Project – see her article in this newsletter.
- Maria E. S. attended a UN Australian Youth Conference and was runner up in the War Memorial's 2020 Simpson Prize.

The following students have won Capital Chemist Scholarships for 2020: Ryan W, Vincent G and Tahli M.

ALUMNI

- Trent H's film will be screened in the upcoming Orlando Film Festival.
- Neha K had a most successful trip to the USA for UN Youth. Please read her account of her trip in this newsletter.
- Patricia Piccinini gave an exceptional presentation to our art students here this week.

We are pleased to welcome the following new staff:

Matt Hanley, Sam Boak and Jaime Brown to Science; Baba Al Hadji and Stella Lee to Languages; Maria Waldron and Luke Williams to English, History and Legal and Emma Filer to Humanities.

I look forward to working with you over the course of this year.

Kerrie Grundy
Principal

NATIONAL YOUTH SCIENCE FORUM

The National Youth Science Forum (NYSF) was an incredible program that not only taught me about science outside of a school setting, but also helped me learn so much about myself.

Attending the program and living with 200 other students from all over Australia for two weeks gave me the opportunity to connect and network with like-minded students, whilst also participating in numerous fun activities. The lectures and lab visits we attended were targeted at our interests and the workshops and activities challenged our views and perspectives. The student staff leaders, affectionately known as 'staffies', were inspiring and motivating, addressing issues that may arise in Year 12 as well as sharing their personal experiences. The program helped me discover my passion for biomedical engineering, something I never realised I was interested in, but am keen to pursue in university.

NYSF has opened up so many opportunities for me including partaking in several videos for the Department of Industry, Innovation, and Science and hosting my own radio show. I highly recommend the NYSF program to any Year 11 student interested in science, technology, engineering, or math and encourage all to apply at <https://www.nysf.edu.au>.

Fatima

P&C NEWS

A very big warm welcome to new and continuing students and parents! We hope that you all enjoy your time at the 'Bundah. Thank you to all those parents who attended our AGM on 18 February.

Craig Boyle has been elected again as our Treasurer. However, we are seeking to fill the positions of President, Vice-President, Vice-Treasurer, Secretary, Public Officer and Delegate to the ACT P&C Council. A short Special General meeting will be held on **Wednesday, 18 March 2020 at 6.00pm** in the College Conference Room to elect those office-bearers, followed by a P&C General Meeting. All parents are very warmly urged to attend.

Kath Montefiore-Gardner
President, P&C

INTERNATIONAL BACCALAUREATE NEWS

INTERNATIONAL BACCALAUREATE RESULTS 2019

Students, parents and teachers attended the IB graduation night on February 12th. Our IB DUX for cohort 2019 is Ziqi Y (99.25) and our IB median is 33 (90). Our students received early offers to a number of universities overseas and at home such as ANU, University of Sydney, UNSW and Macquarie University in line with the early offer International Baccalaureate programme. They will complete a variety of degrees including double degrees of Arts/ Law; Philosophy, Politics and Economics; Genetics and International Relations; Medical Sciences and Astro-Physics.



Ziqi Y. IB Dux 2019

Important Information

The College will be trialling a new system of reporting by sending out mid-session and end of session reports to an email address.

These reports will be sent to the student's email and the 1st priority parent of each family contact on our College data base.

Please ensure that your contact email is correct.

If you have any questions or would like to check/change your email address, please contact the college on 6142-3201.



Musical performance by Benjamin G.

YEAR 12 IB

Our Year 12 IB students are working hard on their Extended essays which are due March 30th and their internal assessment (IA). A Maths IA morning has been organised for April 7th as per the calendar. Details to follow on the IB classroom page.

YEAR 11 IB

A large cohort of Year 11 IB students had an enthusiastic start to the year. All year 11 students attended an IB induction day on 20th February where they were able to meet the rest of their cohort and were introduced to the requirements of the core (TOK and CAS), Group 4 and each IB subject. It is important that all students have attained permission from parents to access Google apps (as all IB information is contained on the IB Google Classroom website) and Turnitin.

CAS ART & LANGUAGE TRIP PARIS JULY 2020

Unfortunately, this trip has been cancelled due to security concerns. Another CAS trip to different destinations will be organised for 2021.

Christine Ward

International Baccalaureate & CAS Coordinator

INTERNET BANKING – DIRECT PAYMENT

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

Westpac QuickWeb.

Go to: **Contact us, Payment.**

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

FRENCH BACCALAURÉAT NEWS

EXCURSIONS



On the last day before the holidays, the EFS students visited Parliament House and the High Court of Australia. They were able to learn more about how Australia's institutions work and its constitution. The visit to the High Court was particularly enriching thanks to the guides who explained concrete examples of cases dealt with by this institution, such as the 'Mabo case' for example. In the afternoon, they went to the ANU at the ECI (Energy Change Institute),

accompanied by Ms. Lamarque and Mr. Grenet. This excursion had been preceded by a sensitization on climate change and the energy transition to renewable energies.

During this excursion, the students were able to visit the ANU laboratories dealing with the latest technologies for the development of renewable energies. Afterwards, Mr. Ken Baldwin, Director of the Institute and former parent of a student at Telopea and Narrabundah College organized a very informative discussion with the students.



PHYSICS OLYMPIADS

Marion, Alejandra, Laure and Isabelle worked for the physics Olympiads during their Y10 on a project about exoplanet's atmospheres and were selected for the finals. Thanks to the support of the ANU, Marion and Alejandra were able to defend their project in Paris in front of a jury of twenty scientists, visit some physics lab and participated in a public exhibition. They were the

only representatives of a foreign school and won a third prize! They can be very proud of the work they've done!



WHAT'S GOING ON IN AP?

This term AP (Personalised Support) sessions will focus on further studies for Y12, with the enrolment on Parcoursup, web platform for French post-bac studies.

The Y11 will be focused on finding a work experience and choosing which specialty they want to drop for next year. We will also be working on meditation to give them the tools to be more resilient.

CALENDAR

Term 1

Week 5/term 1: Conseil de classe- 2^{de} période-Y12/Tales.

Week 5/term 1: Conseil de classe- 2^{de} période-Y11/1ères.

Floriane MICHEL

French Baccalauréat Coordinator

CAREERS AT NARRABUNDAH

While students are at college, it is important that they are thinking about their future directions. There are a variety of tools available to assist them with this.

One of these is called "Pathways Planning" and is used widely throughout the ACT Education Directorate. Ask your student if they have set up a Pathways Plan.

If not, Pathways Planning may be accessed at <https://pathways.act.edu.au>.

There are also many other Career Planning tools available and they may be found in the Google Class "Careers 2020".

All students are expected to join, "Careers 2020" – Code: 2vov2he

This is where much of our information about careers, apprenticeships, jobs, universities and enrolment procedures, scholarships etc. will be posted.

Students who are not members will be missing out on important information.

WORK EXPERIENCE

The Work Experience Program at the college provides an excellent opportunity for students to experience potential career options. Work experience helps students to develop employability skills and points are allocated for each completed placement.

Students who participate in our Work Experience Program gain valuable insights into specific career and employment areas. This knowledge can be most valuable to draw upon during interview processes. Applicants for some tertiary institutions may also be given preference where the applicant has participated in relevant work experience. Universities will recognise it for meeting cocurricular requirements. On some occasions successful work experience placements have also led to employment at a later date.

In session one, work experience is open to Year 11 and Year 12 students and will take place from **6 – 9 April**. Students will not miss classes during this time. Other WEX weeks will be **7 – 11 September** and **30 November to 4 December**.

Remember, this is the second last time that Year 12 students will have the opportunity to participate in the Work Experience Program and some students may need the points to go towards their ACT Senior Secondary Certificate. Places are filling up quickly so don't leave it too long.

The first step is for students to have a careers conversation with Glenda in the Careers Office. Applications are due by **Monday, 16 March**

WHITE CARD AND ASBESTOS AWARENESS TRAINING

This is required for anyone who wants to work in the Construction Industry. If you are thinking about Work Experience in any areas of construction, you will need to have a completed White Card and Asbestos Awareness Training. See Glenda in the **Careers Office** for further information.

CAN YOU HOST A STUDENT FOR WORK EXPERIENCE?

Parents and other members of the Narrabundah College Community, if you can help support our WEX Program by hosting a student for Work Experience, I would be very pleased to hear from you. Please phone Glenda: on 6142-3218.

Glenda Nimmo

Careers/Transition/WEX Advisor

ROAD READY

Road Ready training will take place at the college on **Friday, 3 April** and **Monday, 6 April** from 9.00am to 3.30pm. Testing will be carried out on Tuesday, 7 April.

We can only accommodate **30** students. A sign-up sheet is on the notice board outside the Careers Office.

Sanjay Sharma
Road Ready



STUDENT SERVICES NEWS

The new school year has started and students seem to be settling in very well. Each student has an identified adviser, depending on their surname, who will be an essential contact over the two years for checking progress, explaining packages, monitoring attendance, coordinating leadership and community service opportunities, arranging work experience, helping with career and post Year 12 options or just for advice.

Students and/or their parents are welcome to make an appointment with any of our team. Students can see their adviser by just dropping into the area when they have a free line or by making an appointment by writing their name on the timetables on their adviser's door. Parents can also telephone the relevant adviser for an appointment. (See contact details on page 8). Each adviser would like to meet Year 11 students in their section of the alphabet sometime during this first session – just book in on our doors on a free line.

ABSENCES

Students are reminded to keep a close check on absences.

Attendance at all classes in which you are enrolled is compulsory. When you enrol in a class you agree to attend every timetabled lesson for that class.

PROCEDURES WHEN ABSENT

Parents replying to absences using the SMS notification is strongly encouraged, to become a greater environmentally friendly school.

Parents have 15 hours to respond to SMS messages. After this time a written response is required (student absence form can be found in "Resources & Forms" on the college website).

Absences during Weeks 1-2 will not count due to the many class changes. If students are marked absent and believe this is incorrect, they must see their teacher to sort out.

Students must find out from their teachers what work they may have missed – It is the student's responsibility to catch up.

Students attending excursions should let their teachers know in advance.

For absences of one lesson or up to three days, an SMS response or doctor's certificate (or similar documentation) is required. For absences of four days or longer; a doctor's certificate (or similar documentation) is necessary.

On every document, ensure that your full name, year, ID number and date/week of absence/s are given.

If students are absent for any assessment item a medical certificate is required.

NOTE: Absences are checked on a weekly basis. Your parent/guardian will be contacted regarding repeated unexplained absences, or if your attendance falls below 90%, that is more than 3 unexplained absences in Session 1 and 3 and more than 6 unexplained absences in Session 2. **This is to meet BSSS requirements.**

Could we also please ask that all parents/guardians ensure you have supplied up-to-date mobile contact details to the college. Please email or deliver any change of contact details to the Front Office email: info@narrabundahc.act.edu.au.

APPROVAL FOR LEAVE (FOR LONG-TERM FORESEEABLE ABSENCE)

Students seeking leave for one week or more must seek approval from the Principal or Deputy Principal (Students). **This approval needs to be sought well in advance of the leave requested.** Leave outside holiday periods is generally discouraged, as our courses have minimum attendance requirements and we value class time.

Students whose attendance is unsatisfactory will not normally be assessed in the unit. You will receive a 'V' grade, which means the unit does not count towards your ACT Senior Secondary Certificate. Poor attendance restricts achievement and so results in lower grades.

All Year 12 students are encouraged to see an adviser during this session for a package check. They should now have completed enough units to have at least minors in most courses and would have been given an estimate of their ATAR at the meetings with parents at the end of Year 11. Also, for Year 12 students interested in careers in the health sciences, (e.g. medicine, dentistry, physiotherapy, and optometry) will need to sit the University Clinical Aptitude Test (**UCAT**) in July this year. Bookings open Monday, 2 March. Any students interested in these pathways please inform an Adviser for more information and also contact either,

Glenda Nimmo, for relevant Work Experience placements.

This week Year 12 students will need to indicate their intention of a T (ATAR) or A package. Students intending a T package will be required to sit AST 1st and 2nd September. **If any students are undecided – sign yes at this stage and see an adviser soon.** Many alternative pathways to university are available for students doing an A package.

Any Year 12 students needing special consideration for AST need to see an adviser this week.

We would like to say a big thank you to the Peer Education Team for their work with the Year 11 transition.

NARRABUNDAH COLLEGE STUDY SUPPORT 2020

The following learning and study support services are available for all students:

Study Hub: Mondays and Wednesdays 3.00 – 5.30pm in the library. Assistance from teachers and some peer tutoring available in most subject areas.

Students are also advised to:

Consult the class teacher if unsure what an assessment task involves.

Ask questions if there is any difficulty understanding information - others will be grateful!

Use the Student Info Handbook (on the College website) as a 'cross-college' assignment resource. This highlights a range of information from library resources and websites to help with study skills, to essay writing tips and information about written assessment requirements from all faculties including general report writing and science practicals.

Use the 'drafting' process to gain valuable feedback on structure and writing skills.

Inform the school Psychologist or student adviser about any personal, physical or learning difficulties – additional support may be available.

SUPPORTING NOTES FOR PARENTS WHO MISSED THE INFORMATION EVENING FOR YEAR 11 STUDENTS ON 18 FEB.

1. Certificates you can obtain:

ACT Senior Secondary Certificate (ACTSSC)
Tertiary Entrance Statement (ATAR)
Statement of Attainment

2. Standard Units – Session 1 and 3 are worth 0.5 of a standard unit per subject. Session 2 is worth 1 standard unit per subject.

3. **ACTSSC** – 17 standard units and at least 4 minors including English.

4. **ACTSSC** with an **ATAR** (Tertiary Package) – 20 standard units and a combination of 3 majors and 3 minors or 4 majors and 1 minor, or 5 majors (minimum requirements) including English.

Courses must come from 3 DIFFERENT course areas.

5. Course patterns

MINOR – a minimum of 2 standard units – Equivalent to one year of study.

MAJOR – a minimum of 3.5 standard units - Equivalent to two years minus one short session of study.

MAJOR/MINOR – a minimum of 5.5 standard units.

DOUBLE MAJOR – a minimum of 7 standard units.

NB. Some courses are sequential and must be completed in the order delivered.

6. AST – Australian Scaling Test

2 hr 15 min - Multiple Choice questions.

2 hr 30 min - Writing Task.

1 hr 45 min - Short Response (short answer) questions.

7. **ATAR** (Australian Tertiary Admission Rank) – Percentile Rank is made up from the student's best 3 majors and 0.6 of the next best major or minor.

8. **A/T/H/V** Accredited Units / Registered Units.

9. A-E Achievement Grades / V Grades/ S grades.

10. Assessment is likely to be more challenging than high school. Usually no students achieve 100% on an assessment item. It can also take time for students to adjust to the pace of delivery of subject matter.

11. Student timetable / N Group function / role of the advisers.

12. Unit outlines are issued for all subjects. The use of unit planners is encouraged for organisation.

13. Rolls marked each lesson. BSSS policy of 90% attendance, 70% assessment. **College uses SMS/email to notify parents of absences daily.**

14. GAFE (Google Apps for Education) is the IT platform used at Narrabundah College. Students must access this as teachers leave resources here, including work, if teachers are absent.

15. Student Information Handbook - This resource has further useful information for students and parents and can be found on the College website.

29 April	Information Evening for Parents - 'What do your scores and grades mean?'
30 April	Parent/Teacher Evening
23 June	Information Evening for Parents - 'What's the ATAR?'
7-9 December	Year 11 Review Interviews (Parent/Student/Staff)

FACILITIES

The Student Services area has 4 Student Advisors, a School Psychologist, a Transition and Career Officer and a Special Needs teacher. Our role includes academic and career advice; work experience, attendance monitoring and personal support/counselling. We can be most effective if we are kept up to date with information that is relevant to your student's progress. Prompt contact regarding absences, illness or changed family circumstances is essential if we are to implement recommendations for special consideration.

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

International Baccalaureate Contact

Christine Ward christine.ward@ed.act.edu.au	6142-3212
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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

LIBRARY NEWS

A great start to 2020 due to the patience and understanding of Narrabundah College students. During the first week of this year students borrowed subject specific textbooks supporting the curriculum and student learning. Thank you to the students for your help and cooperation during this period of time. Students who for any reason have not collected texts, due to absence or change of subject, are able borrow their books at recess or lunchtime. Students who are changing subjects should return the books from the subject from which they are withdrawing. There are a small number of students in Year 12 who still have text and library books from last year. Please return these books over the next few days.

Narrabundah College textbooks that are loaned out for session 1 are due back on Thursday, April 2, books loaned out for the year are due back on Tuesday, November 24. Should a student withdraw from a subject, where textbooks have been borrowed, these books automatically fall due on the day that the withdrawal occurs. Students who leave Narrabundah College must return all books prior to leaving.

The Narrabundah College library has an extensive collection of non-fiction books (including foreign language books) for research and study purposes and a large collection of fiction books for recreational reading. These books can be borrowed for periods of two weeks (14 days) and fall due on the day that they were borrowed a fortnight later. Students please note that you must have your ID card to borrow.

Narrabundah College subscribes to an online reference generator called **CiteMaker**. Students will find this useful tool on their computer 'shortcuts' and on the College website under the resources and forms tab. We will be offering some instruction sessions to students in the Library in the coming few weeks.

Malcolm Baker

Librarian

LIBRARY OPENING HOURS

The opening times are:

Monday	8.30am – 5.30pm
Tuesday	8.30am – 4.00pm
Wednesday	8.30am – 5.30pm
Thursday	8.30am – 4.00pm
Friday	8.30am – 4.00pm

This may help some students who are collected from the college after hours. The Library will also open at 8.00am during exam periods.

Each day borrowing and returning will be available from 8.00am – 4.00pm.

Monday and Wednesday afternoons the Library has extended opening times (4.00pm – 5.30pm). Free qualified tutorial help in most subject areas.

STUDENT STUDY HUB

Staffed by a teacher and qualified peer mentors (alumni students) that can 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. Also, some H course (ANU) support and specialised IB support. FREE to Narrabundah students.

Safe and Supportive School Contact Officers

We are committed to building a diverse and inclusive learning environment that benefits all our students. As part of this our school has two members of staff, one female and one male, who support and respond to students who may be experiencing bullying, racial or sexual harassment. They have undertaken specific training for this important role. They frequently remind students that they are available to help them with any concerns. If you would like to know more about the range of approaches we take to ensure our school is safe and supportive of all students, please talk to your child's student advisor or the principal.

VISUAL AND PERFORMING ARTS NEWS

To kick off week 4, students studying Visual Art, Ceramics and Photography were treated to a special guest lecture by internationally renowned artist (and Narrabundah College Alumni), Patricia Piccinini.

In Canberra during the leadup to the launch of her latest balloon sculpture, SkywhalePapa, Piccinini shared insights into her practice, where she finds inspiration and her hopes for the future, whilst analysing some of her key works. Discussions around evolution, climate change and new notions of masculinity were unpacked in front of a packed audience in the Hawk Theatre.

When year 12 student, Dana S, queried Piccinini and her role in the physical production of her prolific body of work, Piccinini offered insights regarding the fabrication of her work, explaining the labour intensive and time consuming process of attaching hair to a figure, strand by strand, "The direction and placement has to be so accurate... if just one of my team were to leave the studio or retire it would destroy me!"

Skywhalepapa will launch on May 2. We hope to see you there!



Samuel Townsend
Teacher, Ceramics, Arts

TEXTILES STUDENTS HELPING YOUNG WILDLIFE ORPHANED IN BUSHFIRES

When young wombats, wallabies, kangaroos, bandicoots, gliders or possums come into care they need to be kept warm and quiet. WIRES (Wildlife Rescue) carers are always in need of suitable pouches.

Year 12 Textiles students have been using their textiles skills to make much needed pouch liners for orphaned joeys.



These pouches will then be used by WIRES South Coast to help care for affected joeys. Not only have the students been able to work sustainably by using leftover fabrics, they have also developed their understanding of the ways in which their efforts and textiles skills can benefit the greater community and aid bushfire relief.

Alison Bogg

Design & Textiles teacher

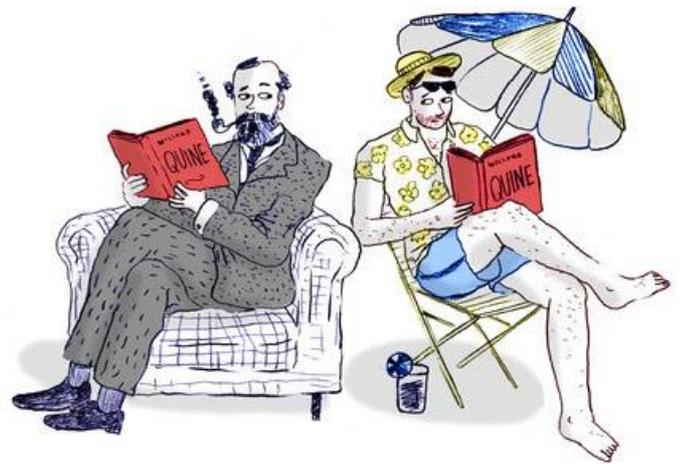
HISTPHILENGPOL HAPPENINGS NEWS

LITERATURE AS THERAPY

Given a rather desultory summer, one could be excused for forming the view that English is not as relevant as fresh air, uninfected health, the ability to avoid climate change, or good governance. Nearly everyone knows someone whose life has been impacted by recent extreme weather events, and many people's travel plans during December and over the New Year have been affected by forces out of our control. Similarly, the corona virus is forcing us to be extra careful. If you missed all of this, you cannot avoid noticing that the air

quality of Canberra has been sub-optimal for several weeks and months now.

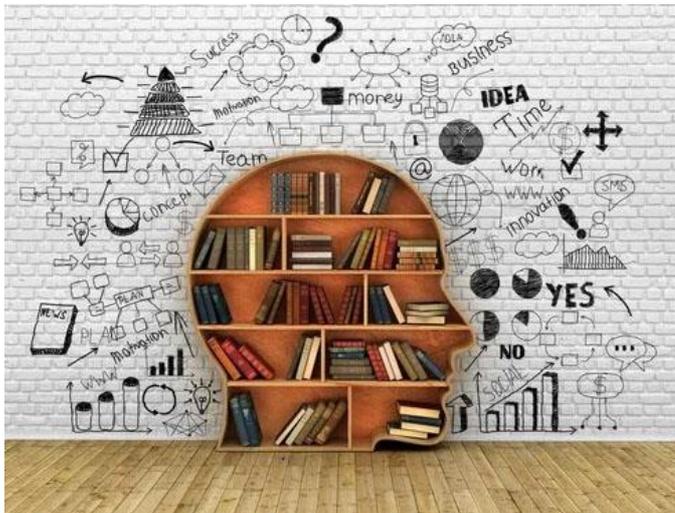
English can be a vehicle for self-analysis, a place to find hope and inspiration as well as a refuge for those who seek the comfort of reading about the lives and struggles of others. In the latter case such readers often discover that the situation they are in is not actually as acute as they themselves thought, that others in fact have lived through worse and survived strongly. English is a mandated course of study. Most people think that this is so that people become proficient in their powers of expression in English, and this is certainly a motive for making English an important life skill. But there are several fringe benefits to reading a well-written text. In reading texts set for English courses of study, you get more for the price of reading one book.



The texts we choose at NC for students to engage with is for several equally, if not more important, purposes. The first of these is a way of holding up text as a mirror to ourselves. Literature has the wonderful ability to mirror our hopes and anxieties, our aspirations and desires. One of the popular units of study is entitled 'Communication of Meaning'. This examines how writers express themselves, how they articulate their opinions, and how tone, style and theme are developed to convey meaning. By selecting texts such as J.D. Salinger's *The Catcher in the Rye*, or Larry Watson's *Montana 1948*, we allow teenagers to see how others deal with and overcome adversity. Poems like 'Carpe Diem' by Horace (Ode 11, 24 BCE), 'Invictus' by William Ernest Henley (1875) or 'Still I Rise' written by Maya Angelou (1978) and quoted by Nelson Mandela during his inauguration speech can provide a moral compass, hope and positive sentiments at a time when one can be forgiven for losing sight of what strengthens life.

A second way literature often works is philosophically. Some philosophers and literary theorists believe that philosophy and literature converge in a number of places. Great literature is often deeply philosophical, and great philosophy is often great literature, sometimes in the form of fictional narrative. Yes, it is true that Henry Lawson, unlike Banjo Patterson, held a rather negative view of our colonial landscape ("We'll all be

rooned, said Hanrahan"). But writers can also pursue optimistic and life-affirming principles of philosophy, such as the aphorisms of Friedrich Nietzsche, who is better known for having said that "that which does not kill you makes you stronger". As we currently are experiencing a convergence of a health epidemic as well as unusually challenging weather conditions, one could once again be forgiven for giving in to sentiments of despair. Here, Friedrich Nietzsche again comes to our aid: 'If you stare into the abyss too long, the abyss will stare back at you'. In his work 'The Will to Power' he lays out a framework for human strength, not hopelessness or anguish. As writers often incorporate philosophic thoughts, these can be life-affirming in moments of uncertainty.



Reading fiction is a dynamic process, where material is actively interpreted in light of the reader's circumstances. From a psychodynamic perspective, fictional materials are believed to be effective through the processes of identification, catharsis and insight. In this manner literature acts as bibliotherapy; story telling can be healing. So the next time you pick up a good book, you may surprise yourself that you are getting more than you expected. You gain insight into the writer's mind, you also get insight into how the writer views the world, and how the writer has come to form the views he or she holds. Socially engaged writing can also champion themes such as social justice, equality. In times of neo-liberal narcissistic greed and ego-centricity, a good book can salve the soul more even than a glass of wine. A good book will also remind you that saving the planet has a certain priority over the economic profits. A library can be the hospital of the mind. Try it, it is carbon-neutral, non-chemical and non-binary! Side effects could include personal growth.

Dr Michael Kindler
Teacher, English

FIRST AID NOTICE

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

AMERICAN POLITICAL TOUR

Over the summer holidays, I had the unique honour of being a part of UN Youth Australia's 2020 American Political Tour, along with 15 youth, aged 16-18, from across Australia. Embarking in late December, the month-long tour covered both the East and West Coasts of the US and a variety of cultural, educational and social experiences.

Under this year's theme, "*A Shifting Democracy*", the tour focused upon the changing nature of American democracy and the complexities of the American political system, with a particular focus upon the influence of history upon the US' contemporary political order. Beginning with the historical underpinnings of American society in Boston and concluding with modern political issues in San Francisco, the tour provided unique insight into America's political, historical, and cultural development.

Our first city, Boston, encompassed a visit to the Massachusetts State House and a consultation with State Senator William Brownsberger, as well as a visit to Harvard University. From there we spent a week in New York City, where we were given invaluable educational opportunities, including consultations with professors at Columbia University as well as with Mitch Fifield, Australia's Permanent Representative to the United Nations, and a variety of significant experiences, including touring the United Nations' Headquarters, the 9/11 Memorial Museum and the MET. We also met with a local youth organisation advocating for education reform in New York, which was a particularly unique and insightful opportunity! In Washington D.C., our final city on the East Coast, we gained an understanding of the political structures that exist in the US, and through opportunities including sitting in the House of Representatives and the Supreme Court, a consultation at the International Monetary Fund and at the Rand Corporation (a global think tank), we were able to extend our knowledge of the US' political and judicial systems through a variety of perspectives; be they social, political, or economic. On the West Coast, spending just over a day in Sacramento, we had the opportunity to visit the California State House and have a consultation with Senator Hannah-Beth Jackson, which allowed us to gain insight into the challenges facing women in politics.

Our final city, San Francisco included participating in Martin Luther King Day and cultural experiences at Alcatraz as well as concluding and consolidating both the historical and contemporary political development of the US.

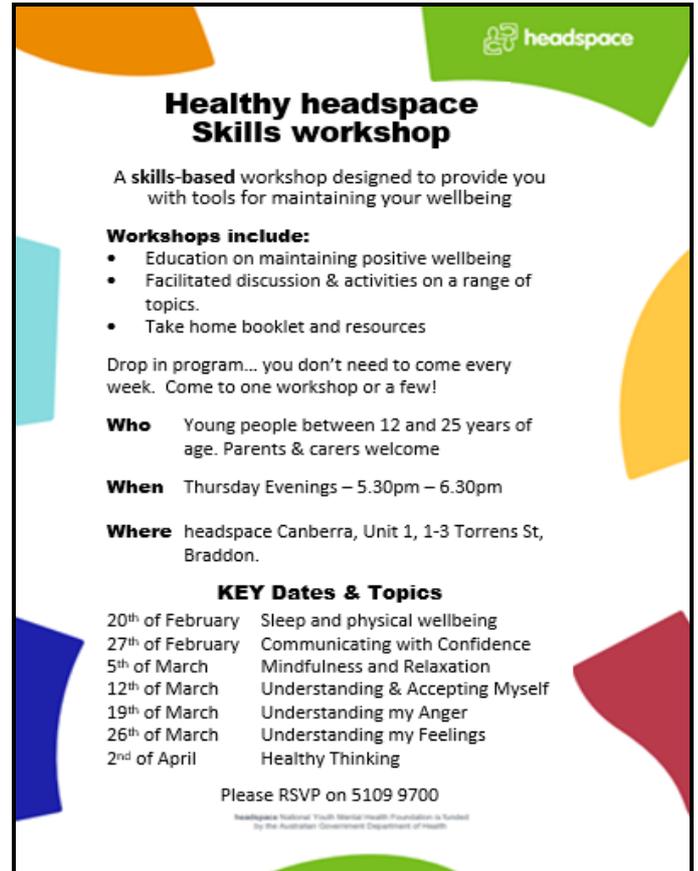
Perhaps some of the most notable experiences, aside from the aforementioned educational and cultural ones, were experiencing hostel living, travelling in public transport with large amounts of luggage and rooming with 9 other individuals, all of which were unique experiences that have helped my growth but also are some of the memories that I cherish the most. In addition, the genuine and close friendships I made with like-minded youth are amongst the most valuable takeaways from APT and I'm especially glad to know that I now have a couch to sleep on across Australia. Furthermore, I thoroughly enjoyed gaining firsthand experience of American culture, food and art, and these facets along with interactions with a variety of local individuals as well as some vital tourist activities (including viewing the Golden Gate Bridge, the Statue of Liberty and of course, the White House) enhanced my enjoyment but also provided a deeper understanding of the tangible impacts of the political system.

The American Political Tour was the perfect beginning to my university journey and consolidated my interests whilst also providing me with vital skills for personal development. The experiences and opportunities I was provided throughout APT were invaluable and the appreciation I have to have had the chance to participate in this experience cannot be understated.

Neha Kalele
2019 Graduan

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.



Healthy headspace Skills workshop

A **skills-based** workshop designed to provide you with tools for maintaining your wellbeing

Workshops include:

- Education on maintaining positive wellbeing
- Facilitated discussion & activities on a range of topics.
- Take home booklet and resources

Drop in program... you don't need to come every week. Come to one workshop or a few!

Who Young people between 12 and 25 years of age. Parents & carers welcome

When Thursday Evenings – 5.30pm – 6.30pm

Where headspace Canberra, Unit 1, 1-3 Torrens St, Braddon.

KEY Dates & Topics

20 th of February	Sleep and physical wellbeing
27 th of February	Communicating with Confidence
5 th of March	Mindfulness and Relaxation
12 th of March	Understanding & Accepting Myself
19 th of March	Understanding my Anger
26 th of March	Understanding my Feelings
2 nd of April	Healthy Thinking

Please RSVP on 5109 9700

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



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Thrive



**New group program available at headspace
Canberra commencing 3rd March 2020**

What is it:

- The aim of the program is to develop psychological flexibility.
- The program will teach young people skills to do what they care about, even if they experience difficult thoughts and feelings.
- Includes take home workbook.

Who: Young people between 13 and 16 years of age.

When: 3rd March – 7th April (6 weeks)
Tuesday evenings 4pm-5.30pm

Where: headspace Canberra
Unit 1, 1-3 Torrens St, Braddon

Cost: \$100 - Discounted rates available for individuals experiencing financial difficulties.

About the group

Thrive is a group program that uses an Acceptance Commitment Therapy approach adapted for adolescents, to help young people live with vitality and strength. The program will run for 6 weeks, with each session building on skills from previous weeks.

Contact **headspace** Canberra on 5109 9700



**NEED TO CHAT ABOUT SUPPORTING
YOUR CHILDREN ABOUT THE RECENT
HEALTH & CLIMATE EVENTS?**

Phone for free counselling 6287 3833

Important Dates

3 March	Moderation Day (Student Free).
6 March	Last day withdrawal from units.
9 March	Canberra Day Public Holiday.
10 March	IB Information Night for 2021 prospective students and parents – 6.00pm
11 March	Session 2 grid available to students. Test timetable published. Yr 11 & Yr 12 separate assemblies – 12.00pm.
16 March	Work Experience & Vocational Placement applications close.
16 – 20 Mar	Music Performance Assessment Week
18 March	Session 2 student unit choices due Special General / P&C Meeting – 6.00pm Autumn Concert – 7.00pm
23 March	Parent Teacher Online information emailed

27 Mar – 2 Apr	Test Week – Excursion Free.
30 March	Parent Teacher Online (PTO) bookings open.
2 April	Return library books and Session 1 textbooks.
3 and 6 April	Road Ready – 9.00am – 3.30pm
3 – 9 April	Assessment Week - Excursion and Student Free. Work Experience and Vocational Placement Week.
8 April	Board Meeting – 4.30pm P & C Meeting – 6.00pm
10 - 27 April	School Holidays – Includes Good Friday, Easter Monday and Anzac Day Public Holiday.
28 April	Session 2 Commences Feedback Day – All students

Newsletter of Narrabundah College

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NARRABUNDAH ACT 2604

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