



YEAR 7 HANDBOOK 2022



Vision and Values

Vision

Northcote High equips young people to realise and enhance their talents. We know that learning is for us all. We are a community whose positive relationships allow us to challenge ourselves and each other. The paths we each follow will take us out into the world changed and confident.

Values

Achievement	We challenge ourselves. We are passionate about and take responsibility for our learning.
Curiosity	We are curious. We are open to new ideas and creative ways of thinking.
Humanity	We learn in and with our community. We are generous and strive for justice in the world.
Fairness	We are open and honest. We treat each other with respect.

School Motto

Meliora Sequamur – *Follow the better path*

Our school motto references our 90-year-plus tradition of education provision for the betterment of all. Following the 'better path' encompasses academic, moral, ethical and social behaviours, with the aim of creating a better future for oneself and others.

Welcome

Follow the better path

We are delighted to welcome you and your family to our school community at the beginning of what will be a productive and interesting 6-year journey.

You are joining a vibrant school with a rich tradition of learning, an intellectual culture and deep connections with the local community. Our explicit focus on classroom instruction, on building relationships and on knowing students as learners is fundamental to maintaining outstanding outcomes for students. We are focused on creating the conditions for success in each classroom and believe that every member of our community – students, staff and parents – are here to grow and learn.

Features of our school include:

1. An **inclusive** school where relationships really matter and every student has a place
2. An **academic** school known for its quality program and results
3. A **diverse** school with lots of choices for every student
4. An **international** school that prepares students for the world
5. A **music** school with one of the best programs in Melbourne

Whatever your child's passion, we look forward to celebrating it together, whether it is something pursued within the school or in the wider community.

We know that partnership between students; families and teachers make a difference. Our community's core values (Achievement, Curiosity, Humanity and Fairness) underpin all that we do.

We look forward to working with you to support your child as they learn to 'follow the better path'.

About this booklet:

This booklet will assist families and new students to become familiar with Northcote High School. We understand that the move from primary to secondary school for most students is very exciting and they are more than ready to take the next step in their learning journey. We are also conscious that for some (students and parents alike) the transition can be a challenge. We encourage you to keep this booklet in a safe place for use as a reference tool throughout the year.



Audra Keane
Head of Junior Sub-School



Katie Archibald
Assistant Principal

Transition Program Key Dates 2021 – 2022

The Year 7 2022 Parent Welcome Evening Wednesday 20th October 2021

The presentation will include specific information about your child's transition to high school presented by Acting Principal Chris Jones, Assistant Principal Katie Archibald and Head of Junior School Audra Keane. This is an evening for parents and students, providing you with an opportunity to meet the Principal and Year 7 Team. There will be an opportunity to clarify information or ask questions at the conclusion of the presentation.

Where: Via Webex - Virtual - 6:30pm-7.15pm

<https://eduvic.webex.com/eduvic/j.php?MTID=m5f142e61bf5e7a0bf67c09424f1b0a42>

Further Information:

Please contact Louise Penson, our Enrolment Officer if you have any queries on (**9488 2395** or via email louise.penson@nhs.vic.edu.au

1:1 Device Information Session Wednesday 10 November 2021 6.30pm

This event will be held virtually. A link to the event will be sent to families when confirmed.

Families will be supported in accessing and setting up the device for use. Additional information on managing the device and establishing appropriate boundaries will be explored. Information from this session will be made available after the evening

Orientation Day Tuesday 7 December 2020 8:50am - 2:30pm

The Department of Education have yet to confirm that this day can go ahead as planned. We will communicate any changes further to this date.

All new Year 7 students will have a chance to meet with our school community and fellow students including, peer support leaders, connect tutors and teachers. Students also experience a taste of the high school learning program.

The program will cover:

- | | |
|----------------------------|------------------------------|
| - Meet your connect tutor | - Meeting teachers and peers |
| - Starting school | - Some classes |
| - Meet Peer Support Leader | - Using a combination lock |
| - A tour of the school | (provided) |

Bring:

- Packed lunch & drink bottle
- Pens and paper

Wear:

- Neat casual clothing

Please do not bring your 1:1 device or any other valuables on Orientation Day

NOTE: 2022 key dates will be communicated through Compass and the newsletter.

Transition Program Key Dates 2021 – 2022 cont....

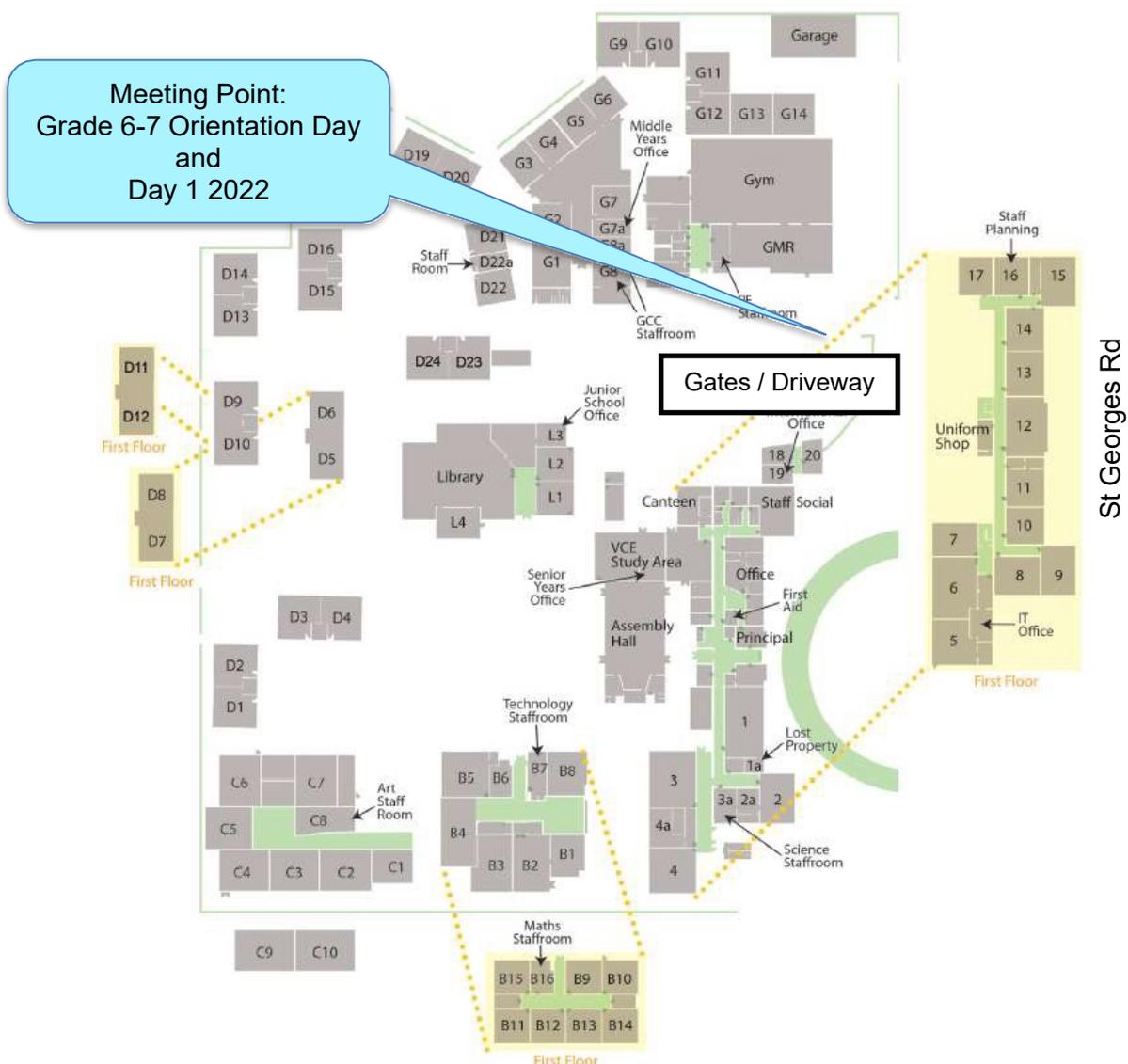
Year 7 – Day One: Tuesday 1st February 2022

We begin our high school journey. Students should wear full school uniform. All they need to bring is a couple of exercise books, pencil case and food and a water bottle (or money for the canteen). Students will be instructed as to when to bring their textbooks and other equipment.

Year 7 Camp (Week 1 – Term 2) 4th to 8th April 2022

As a part of the transition program, our students attend a two night, three day adventure camp. Students take part in a variety of activities and have a great opportunity to continue to build relationships with staff and their peers.

Meeting Point for Orientation Day 2021 and Day 1 2022



Key contacts

Teachers

Your child could have up to eight or more subject teachers to help assist with their learning. Make sure you meet your child's teachers at Parent / Teacher evenings and other school events.

Key contact teachers for you and your child:

Person	Role	Contact details
Connect Tutor	Your child will see their Connect tutor every day. The Connect tutor's role is to support your child, and is your first point of contact. Your child is encouraged to speak to their tutor if they are experiencing any problems at school or need advice.	Your child's Connect tutor will introduce themselves during the first week of Term 1 and provide their contact details.
Year Level Program Leaders (YLPL):	To manage the year 7 Experience, including Connect curriculum, excursions, assemblies and whole year events. The Program Leaders also assist parents with any concerns.	9488 2300
Head of School Audra Keane	The Head of Junior School is responsible for overseeing student learning management and well-being in Year 7 and 8. The Head of Junior Years ensures supportive environments are created to help foster positive relationships and promote student engagement while providing a strong foundation for lifelong learning.	9488 2300
Assistant Principal Katie Archibald	The Assistant Principal helps to guide and support the Sub School Leader.	9488 2300
Student Wellbeing Coordinator Megan Simmons	The Student Wellbeing Coordinator is available to provide individual support and referral to external services that can offer counselling, psychological support, family therapy and educational assessments.	9488 2388
General Office	Our friendly reception staff can help with any questions you may have about bell times, payments and operational matters at NHS.	9488 2300

Getting prepared for Northcote High

Our transition program is all about helping students feel connected to the school community. During transition, it is perfectly normal to feel a mixture of excitement and trepidation. Teachers and the older students are here to help and make our Year 7s feel welcome.

There are a number of things to organise before school starts.

Getting to and from school

Families should decide on the best form of transport to and from school: this may include bike, public transport or walking. As an environmentally conscious school we encourage students to walk or take public transport to school. This is also another informal opportunity for students to make connections with peers who may be in different classes or year levels.

Please remember that our students are representing our community whilst travelling to and from school. Appropriate manners, respectfulness, consideration and empathy for others are essential to ensure a smooth journey.

Purchasing a Student Myki Card

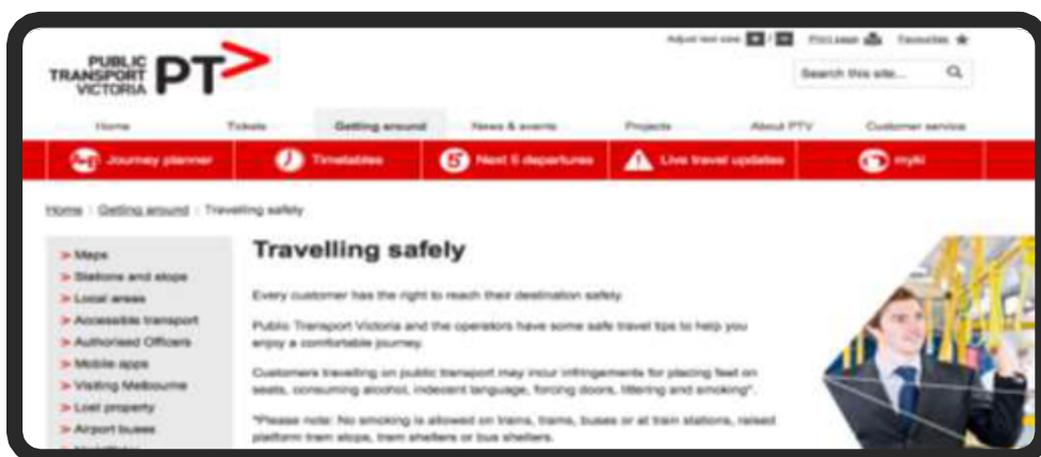
Families should purchase a Myki before starting high school. You may wish to purchase a weekly, monthly or yearly pass. You will be expected to have a Myki for school excursions. These cards can be purchased from 'premium' stations, where staff are in attendance from the first to the last train. The PTV website lists these stations. An application form will need to be submitted once it has been signed / verified by the General Office.



Parent Tip: Ensure your child practices their journey before school starts in January 2022 to allow for appropriate timing or potential detours.

The Public Transport Victoria website offers useful and practical advice to encourage safe travel. Please discuss this material with your children.

Web link: <http://ptv.vic.gov.au/getting-around/travelling-safely/>



Getting prepared for Northcote High cont....

Electronic devices

Students are expected to bring a digital device to school as part of the school's 1:1 Device Program. To aid transition, equity and effective teaching and learning practice, Northcote High School recommends a common device for students in Years 7 & 8, whilst students in Years 9-12 choose the device which best suits their learning program. More information about the device for Years 7&8 can be found in your welcome package.

Family Tips:

Avoid ringing or sending text messages to your child during school time as mobile phones are expected to be in lockers during the school day. If there is an urgent message, you can ring the school office to pass on a message to your child.

Most students have a tablet/laptop. We encourage families to only allow their child to have non-school apps on their devices (which will not be in class) to avoid distractions. This includes games and social media apps.

Computers and tablets should only be used at home in an open space to encourage active learning, connection with family and allow appropriate monitoring.



Mobile phones and handheld devices

In accordance with the Department's Mobile Phones Policy issued by the Minister for Education, personal mobile phones must not be used at Northcote High School during school hours, including lunchtime and recess, unless an exception has been granted. Mobile phones that are brought to school must remain in the student's lockers at all times during the school day.

Where a student has been granted an exception, the student must use their mobile phone for the purpose for which the exception was granted, and in a safe, ethical and responsible manner.

If using the device without permission during the day, students will be asked to take it to the front office for collection at the end of the school day.

NHS encourages device-free breaks.



Getting prepared for Northcote High cont....

Getting around

Classrooms are named by block name and number of the classroom in the block, for example: M1 (This room is in the main building and is room number one in the main building).

M	1	B	7
Main	Room 1	B-Block	Room 7
Building			

Students move from one classroom to another through the day to access specialist equipment. At the beginning your child may feel overwhelmed by the movement but older students are always helpful in guiding new students to where classrooms are located. As far as possible, new year 7s are located in a home-base room for subjects like English and Maths. Movement from one room to another is usually done as a group, which helps minimise the chance of getting lost!

At high school students are expected to take on more responsibility for managing their learning. They will be expected to use a planner, read timetables and manage having a variety of teachers. They will also have to carry their materials around from class to class. We will work students to develop their organization skills throughout the transition period in term 1.

Timetables

Subjects at NHS are taught in lessons of 57 minutes, called 'periods.' Subjects can be taught for either one or two periods at a time. On the first day of school, students will be given a paper copy of their timetable. The timetable shows period, subject names, teachers' initials and room number.

Family tip:

To help your child manage their subject materials it is a good idea to colour code subjects. This will assist your child to be organised each day. Subjects can be highlighted in different colours on their timetable and their books for that subject can be covered in the same colour.

Keep a printed copy of the timetable somewhere central at home to encourage forward planning.

Getting prepared for Northcote High cont....

Planner

Students are issued with a planner on the first day of school. The planner will help to record subject information homework and due dates and also contains important information about school procedures. Students are expected to bring their planner to each class (excluding PE/Sport) and home every night. The planner can also be used for communication between teachers and parents.



Parent Tip: Please encourage your child to keep their planner neat and tidy. This will make it easier to use the planner as a meaningful organisational tool. We ask that parents check the planner and sign the bottom of the page on a weekly basis.

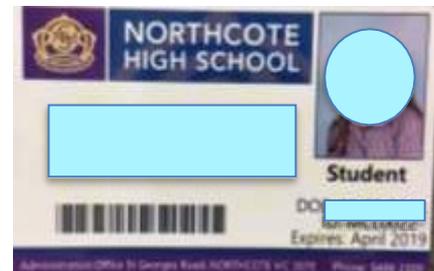


Photo ID cards

Photo ID cards are issued to students during Term 2. These allow the students to quickly sign in following a late arrival to school and sign out early if needed via the Compass terminal located at the GCC. They also enable the students to top-up printing credits and borrow library books. The cards can also be used as proof of enrolment to Northcote High should concession tickets / discounts be available for students. Students are expected to carry their ID card at all times.

Family Tip: Should your child lose their ID card, a replacement can be ordered (for a fee) via the Compass portal.

Lockers

Lockers provide a safe area for students to leave their belongings during the day. The use of lockers supports students in becoming more organised as they will learn to plan what books and equipment they will need for different times of the day. Students will leave their bags in their lockers during the day, which also helps reduce trip hazards and further increase safety within the school. Furthermore, it provides each year level their own area within the school to meet their friends.

During the first week your child will be allocated a locker to store their belongings. Your child will be provided with a combination lock for their locker. It is expected that your child keeps their locker clean and tidy at all times. ***It is advised that your child should not – ever - share their combination code with friends and should store the code safely at home.***

Uniform

Northcote High School's uniform was designed with and by students, parents and teachers. Our uniform communicates a belonging to and sense of pride in the school community.

Students are expected to wear full uniform each day, including when travelling to and from school, on excursions and when representing the school.

Northcote High School has a gender neutral uniform.

General uniform expectations

- All items of uniform are to be worn clean and in good condition at all times
- Non-uniform items of clothing are not to be worn
- Hairstyles and colour, hair accessories, jewellery, facial piercings, ear sleepers / studs, cosmetics/make-up should be neat and meet relevant class safety requirements
- The Academic uniform is the standard school uniform and is expected to be worn each day, unless Sport uniform is specified for a particular excursion or activity
- The Sport uniform is to be worn for practical Sport and Physical Education classes should be worn to and from school
- Use of the school backpack is strongly encouraged

Academic Uniform

- All items of the Academic uniform may be worn year-round
- Students may select the combination of items in the Academic uniform which best suits their needs (eg. shirt/pants/jacket; shirt/skirt/jumper; dress/cardigan/jacket etc).
- Shirts must be worn buttoned up
- The grey undershirt must not be worn as the outer garment
- All black shoes - business or sport styles are permitted
- Skirts, shorts and dresses should be of an appropriate length to allow for daily activities to be undertaken without restriction

Sport Uniform

- Suitable running/athletic shoes should be worn with the Sport uniform
- Non-uniform items are not to be worn
- Students may wear the Sport uniform to and from school on the days they have physical education or sport

Uniform cont...

- With the exception of the soft-shell jacket and the puffer vest, Academic and Sport uniform items may not be worn in combination with each other

Out of Uniform

If there is a legitimate reason that a student is out of uniform, they should bring a note from their parent/guardian and obtain a Uniform Pass from their Sub-School before Period 1.

Students out of uniform will be asked to remove the non-uniform item wherever practicable, and may be provided with a substitute loan item for the day.

Consequences such as Community Service may apply for students out of uniform without a Uniform Pass.

Purchasing Uniform

Uniform can be purchased from Noone Imagewear. See the booklet included in this package for pricelist and ordering information.

If you are experiencing financial difficulties and require assistance to purchase the uniform, please contact the School Office who can put you in touch with our Student Services team.



ACADEMIC UNIFORM



L/S SHIRT ← STRAIGHT CUT → S/S SHIRT



DRESS



CARDIGAN



L/S SHIRT ← TAILORED CUT → S/S SHIRT



SKIRT



PULLOVER



PANTS - LOOSE CUT



SOFTSHELL JACKET



PANTS - TAILORED CUT



TIGHTS



SHORTS - LOOSE CUT



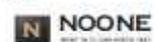
PUFFER VEST



SOCKS



SHORTS - TAILORED CUT



SPORT UNIFORM



SOFTSHELL JACKET



PUFFER VEST



SPORT CAP



SPORT SOCKS



PE TOP



LS PE TOP



PE SHORTS



PE SHORTS WITH BUILT IN BRIEF



TRACKSUIT PANTS

Example shoes suitable for Academic Uniform
(not available from Noone Imagewear)



BACK PACK



NOONE
BEST IN CLASS SINCE 1947

Official supplier of uniforms to



**NORTHCOTE
HIGH SCHOOL**

Northcote High School- New Uniform

Uniform Pricelist valid to 30 June 2022

ACADEMIC UNIFORM CO-ORDINATES		
Soft Shell Jacket	All sizes	\$91.95
Pullover	75-80-85-90	\$85.00
	95-100	\$90.00
	105-110-115-120	\$97.00
Cardigan	80-85-90	\$88.00
	95-100	\$93.00
	105-110-115-120	\$98.00
Dress	4A-12A	\$76.95
	14A-20A	\$81.95
Shirt Short Sleeve - tailored or straight cut	All sizes	\$35.95
Shirt Long Sleeve - tailored or straight cut	All sizes	\$36.95
Shorts - tailored cut	From:	\$49.95
Shorts - loose cut	From	\$48.00
Trousers - loose cut (charcoal)	From	\$55.50
Trousers - tailored cut	All sizes	\$59.95
Skirt	All sizes	\$101.95
Puffer Vest	All sizes	\$71.95
PHYSICAL EDUCATION UNIFORM		
PE Top - Short Sleeve		\$51.95
PE Top - Long Sleeve		\$56.95
Sports Shorts - stretch microfibre		\$39.95
Sport shorts - stretch microfibre with built in brief		\$48.95
Tracksuit Pants		\$45.95
Sport Socks 3 Pack		\$15.95
Sport Cap		\$16.50
ACCESSORIES		
Backpack		\$72.50
Bucket Hat		\$16.95
Grey Cotton Undershirt (to be worn under the shirt only)		\$12.50
Tights - Black Microfibre (2 pack)		\$18.95
Tights - Black Cotton		\$19.95
Socks - Black 3 Pack		\$14.95
Scarf - Black		\$9.95
Name Labels Pre-ordered Garment Labels (Sew or IRON on)	Per 50 Units	\$23.50

All prices are subject to change without notice.



Northcote High School



School uniform pricelist 2021/2022

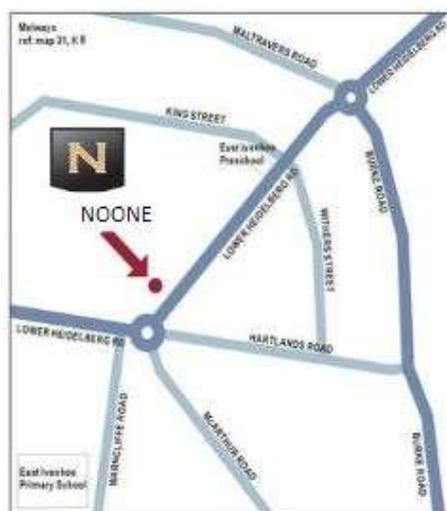
On Campus Uniform Shop

Trading Hours During Term

Tuesday: 12:30pm - 4:00pm

Friday: 8:30am - 11:30am

Northcote High School
St Georges Road
Northcote VIC 3070
Ph: (03) 8373 0706



Full uniform is also available at



**283 Lower Heidelberg Rd
East Ivanhoe Vic 3079**

Ph: 03 9499 1439 Fax: 03 9499 8466

TRADING HOURS:

Monday – Friday 9am – 5.00pm
Saturday 9am – 1.00pm

We work closely with Australian manufacturers to ensure the highest quality and performance standards are met in the manufacture of all our schoolwear garments.

On-Line shop: <https://www.noone.com.au/shop/at/nhs/>

LAY-BY, VISA, MASTERCARD AND EFTPOS ALL WELCOME

Phone: 03 9499 1439 Fax: 03 9499 8466 Email: ivanhoe@noone.com.au



Need-to-know processes

There are many similarities between primary schools and high schools, however sometimes the processes and procedures can be different.

Attendance

Students are expected to attend all classes unless there is an approved absence.

Absences

We encourage minimal absences throughout the year. Absence means students will miss out on vital learning, their learning routine can be broken and they can lose confidence. It is the responsibility of students to follow up on missed work.

Family Tips:

How do I tell the school my child will be absent due to illness?

If your child is absent for the day, you should enter the absence approval on Compass, as well as emailing your child's tutorial teacher. Please refer to the Compass Guide on the NHS website site. <https://www.nhs.vic.edu.au/enrichment-support/communicating-with-families/compass-help/>

Who do I contact if my child will be on extended holiday leave?

If you are planning to go on a holiday during the school year, parents must make contact with the tutorial teacher to obtain a **Student Leave Form**. Parents are to enter the absences on Compass.

Arriving late

We cannot stress enough the importance of ensuring students are at school and on time. A vast amount of research shows that academically and socially students flourish when they are here to engage with teachers and their peers. Students with more than a couple of late arrivals during the year are statistically more likely to experience both slow academic progress and peer relationship issues.

We recognise that on occasion arriving to school later is unavoidable. Year 7 & 8 students arriving late must sign in at the GCC Sub-school Office with their student ID card. A late pass will be issued and this is to be shown to the teacher when entering the class. Parents can enter approval on Compass in-lieu of a note, but the student still attends the office. If you have difficulty approving this on Compass, a signed and dated note will suffice.

Persistent lateness can mean unsatisfactory progress in your child's learning. Consequences such as community service will apply and may increase throughout the year as appropriate.

Need-to-know processes cont....

Family Tip: If you feel your child is overly anxious or avoiding coming to school, please connect with the Year Level Program Leaders or Sub-School Head.

Community Service Process

We feel it is important that our students understand there will be consequences for not meeting the school's expectations in terms of behaviour or uniform. Rather than conventional detentions, we encourage students to make amends through contributing to the school community after hours.

Should your child be required to complete Community Service a message will be communicated via Compass and/or phone call. Community service occurs after school from 3.15 pm to 4.00 pm.

Contacting Teachers

The school provides many opportunities to engage with the school curriculum and to meet your child's teachers, such as Parent / Teacher evenings, and Year 7 Family Picnic. If you need to contact your child's teacher you can email them using Compass. Alternatively, you are welcome to telephone the school. Please be mindful that some staff work part-time and therefore it may take a number of days for a response. Please direct all urgent concerns to the General Office who can direct your call / email as appropriate.

Early Departure

Students who have appointments that require them to leave school early must have parental approval via Compass. Students must leave via the General Office, show their student ID card and be signed out early.

Family Tip: If your child needs to leave early to attend an appointment, please pre-authorise this online via Compass.

Excursions, Camps and Making Payments

All school activities can be approved and paid for online via Compass. Payments and forms can also be taken to the General Office before school and at break times, not during class time.

Being involved – Working together

Home Learning

Your child will generally have homework to complete. This helps to reinforce work done in class and to develop other skills such as time management. It also helps to develop good study habits, concentration and self-discipline.

Your child will need to complete approximately 1 hour of extra study per night. To give students time to adjust, this may be lighter during the first term of Year 7. Homework may include:

- Completing homework tasks set by the classroom teacher
- Completing summary notes
- Informing family members about key concepts studied in class
- Answering extension questions
- Completing extended assessment tasks
- Using their timetable to plan for the next day
- Reading
- Independent research connected to class activities
- Reviewing / taking note of work deadlines

Family Tips:

- *Develop a study routine - set a regular time each day that homework is completed*
- *Study should happen in an open / family area*
- *Regularly check and sign the planner (at least weekly)*
- *Forward plan for extended assessment tasks*
- *Create a family calendar*
- *Let the school know of any family situations that may interfere with homework being completed such as a note in the planner to the classroom teacher or via email.*

School Activities

Getting involved at NHS means you can meet other parents and school staff. Some great ways to get involved include:

- Year 7 Family Picnic
- Volunteering to assist with production, music or sport
- Attending special school events such as school production, art show, parent workshops
- Attending Parent / Teacher evenings

Being involved – Working together cont....

Microsoft Teams

This year we are introducing Microsoft Teams & Microsoft 365 across the school. Students will have a safe and secure class team space where they can access resources, interact with their teachers and classmates and submit assessments. Students will be supported to access and use Teams by their classroom teachers as part of their transition program.



Feedback / Reporting

In addition to the Parent / Teacher evenings held towards the end of Term 1 and Term 3, our staff will be using continuous reporting throughout the year. You can log onto Compass and receive timely snapshots as to how your child is progressing and monitor movement in their Learning Behaviour Reports. With early identification of potential issues we can ensure we work collaboratively to address concerns and help our students to maximise their potential. Summative end of semester reports will also be published; these will provide an overview of the progress made throughout the reporting periods against the Victorian Curriculum standards.





Communication at Northcote High



COMMUNICATION AT NORTHCOTE HIGH SCHOOL

PARTNERING IN LEARNING



Regular communication is essential in a vibrant school community. These are the ways you can stay in touch with what's happening at Northcote High School, and partner with us in your child's learning.

COMPASS



- Links to myNorthcoteHigh and Newsletter
- Newsfeed: updates and reminders
- End of semester reports
- Learning Behaviours reports
- NAPLAN and standardised test results
- Student timetable
- Teacher email contact
- Attendance data and absence approval
- Payments and event consent forms

<https://nhs-vic.compass.education/>
PLUS download the app to your smartphone

Microsoft Teams



- Class pages
- Co-curricula pages
- Student notices
- Calendars
- Assignments
- Onenote & Class notebook
- Microsoft 365 products
- Asynchronous (online static) and Synchronous (online live) learning

NEWSLETTER



- Published fortnightly online
- Information on upcoming whole school, cohort and community events
- Celebrations of student learning and achievement
- Updates on school direction and policies, including Principal's report
- Parenting tips and articles
- Community notices

<https://newsletter.co/Northcote-High-School/>; link on Compass newsfeed; or subscribe directly

Families are provided with portal log on details. Please contact the office on 9488 2300 if you require assistance accessing this information. Links to the above sites can also be found at nhs.vic.edu.au.

Involvement at Northcote High and Beyond

Why Get Involved?

Vast amounts of academic research suggests that students who partake in non-compulsory, co-curricular activities are more likely to present as well-adjusted, happy, confident and successful teenagers.

Maintaining involvement in such activities...

- Helps students learn time management, prioritisation and organisational skills
- Further develops diverse interests
- Learn about long-term commitments
- Builds teams, encourages collaboration and further improves social skills
- Raises self-esteem
- Looks impressive on leadership and university applications.

Northcote High School offers a vast range of co-curricular activities. It should be noted that the benefits of engaging in non-compulsory activities can also be gained through activities offered in the community, such as team sports, scouting, drama clubs etc.

Please see below for some examples of the clubs or groups that regularly run at NHS.

Student Publications Ripples Magazine

Feminist Collective

Debating and Public Speaking Groups

STEAM Team

School Production

Anime Club

Sporting Teams

Improvisation Club

Captain Roles (Year Level, Class Leader, etc.)

Art Club

Gaming Club

Chess Club

Rainbow / Alphabet Club

Reptile Club

Green Team (Environment Club)

Astronomy Club

Volleyball Program

Magic Club

**THERE ARE LOTS MORE.
KEEP AN EYE ON THE eNEWS**

Sport @ Northcote High School

Students at Northcote High are provided with many opportunities to participate in a wide variety of sports. On top of co-curricular opportunities, listed below, Year 7 students also participate in one period of sport per week in addition to Physical Education lessons. In sport lessons, students are given the option to participate in a new sport each lesson and to play fun competitive games in their house teams. This weekly period is also a great opportunity for students to experience many of the interschool sports on offer throughout the year.

Students access details of training times and the team sign-up processes via their compass timetables on compass, following the completion of 'sport sign ups' (which Connect tutors will assist with in Week 1). NHS now also has an Instagram account. You can follow us to see team news, results, pictures and much more. You can find us by searching @nhs.sport

NHS Community Sport Carnivals

Northcote High will host several Community Sport Carnivals in 2022, some of which are compulsory and some that students can opt in to. These carnivals are an opportunity for students to participate competitively, or for fun, in a range of events and to also enjoy a day building social relationships with their peers. Parents are also encouraged to attend these events and volunteers are always welcome.

Sport	Dates	Location
<p>Athletics Carnival.</p> <p>This event is compulsory for all Year 7-9 students. All students are to make their own way to the venue with carnival events beginning at 10.00am.</p>	Friday 1st April 2022	Coburg Athletics Track
<p>Cross Country Carnival</p> <p>This is an opt-in carnival for all students (Year 7-12) and takes place during periods 4+5. The event utilises Merri Park and the Merri Creek trail and is used to select our Divisional Squad.</p>	TBC May 2022	Northcote High School
<p>Swimming Carnival</p> <p>This carnival is an optional event for all students (Year 7-12) and commences at a divisional level, meaning keen swimmers will have the opportunity to compete against other swimmers from neighbouring schools.</p>	Friday 11th March 2022	Fitzroy Swimming Pool
<p>Netball and Basketball Carnival</p> <p>These carnivals will run across Terms 2 and 3 and provide our students with the opportunity to participate in an intra-school competition. This is a great opportunity for students to socialise in a fun environment as well as providing opportunities for team selection for interschool sport. The carnivals run alongside the normal school day, therefore, students will be required to opt in should they want to be involved.</p>	TBC 2022	Coburg Basketball Stadium

Interschool Sport

Northcote High School competes in a wide variety of interschool sports governed by School Sport Victoria. Through these channels, students have the opportunity to represent NHS at Divisional, Regional and State Championships. Students at NHS are encouraged to attend tryouts and trainings for any sport that they are interested in playing. These opportunities will be advertised through student timetables, following completion of sport sign ups at the start of the year.

In 2022 we will be opening coaching expressions of interests towards parents for some sports – if interested, please email Jack O’Shea (details below) who will be in touch to discuss this opportunity further.

Volleyball Program

In addition to our carnival and SSV events, students have the opportunity to join one of our Volleyball Academy. In this program, students have access to qualified coaches from local community clubs who train students to compete in a variety of competitions across Victoria.

Please contact Jack O’Shea our Sport Coordinator via email - jack.oshea@education.vic.gov.au

Tips for getting organised

BEFORE DAY ONE

- Label all uniform and school supplies such as school bag, pencils and books.
- Practise travelling to Northcote High School. Make sure your child knows how to use a Myki.
- Practise using the combination lock
- Break in the new school shoes, label them and all items of uniform
- Ensure that your child is able to use their combination lock and the code number is stored safely in the house.

THE FIRST DAY Tuesday 1 February

- Pack the school bag the night before, (notepad & pen) + lunch (or canteen money) **NO computer.**
- Set the alarm.
- Talk positively to your child about the move to high school
- Ask them what the most exciting part about the first day was
- Ensure you have discussed the mode of transport home from school and established a meeting place if required
- Check the school bag and email for any notices

THE FIRST WEEK

- Photocopy the school timetable and place a copy on the fridge
- Ask your child to check their planner
- Establish a quiet, open study area in the house with a study calendar
- Ask them for one thing they've learnt at NHS each day
- Check the timetable each night to assist with packing the bag.

Orientation Day Schedule Tuesday 7 December 2021

Please note this day has not yet been confirmed by the Department of Education due to the impact of COVID 19 restrictions so may change

Time	Instructions
Arrive 8.50am	Meet your Peer Support Leaders by the gym (see map) Locate your name on the Connect Group list & join group
Start 9.00am	Whole year level welcome assembly in the Hall
09.20- 10.30 Connect group with tutor	School tour/Getting to know peers
10.30-10.50 Recess	Have something to eat
10.50-11.40 Classes	Class 1
11.40-12.30 Classes	Class 2
12.30-1.15 Lunch	Eat (feel free to use some PE equipment)
1.15-2.10	Tutorial/ Reflection with Connect group
2.10-2.30 Assembly- Hall	Good-bye assembly
2.30-2.45	Students informed about Music 2021 program, including voice – optional!

2022 Term Dates and Bell Times

Term Dates

TERM 1		
Commences	Tuesday 1 Feb	Year 7, 11 & 12
	Wed 2 Feb	Year 8, 9 & 10
Concludes	Friday 8 April	

TERM 2	
Commences	Monday 26 April
Concludes	Friday 24 June

TERM 3	
Commences	Monday 11 July
Concludes	Friday 16 September

TERM 4	
Commences	Monday 3 October
Last Day of 2022	Friday 20 December

Bell Times

	Normal Day (Mon, Tues, Thurs & Fri)	Normal Day (Wednesday)
Student arrival / consultation	8.50 am	8.50 am
Period 1	9.00 am	9.00 am
Period 2	9.57 am	9.57 am
Recess	10.54 am (30 Mins)	10.54 am (25 Mins)
Warning Bell	11.19 am	11.19 am
Daily Connect	11.24 am	No Daily Connect
Period 3	11.35 am	11.24 am
Lunch	12.32 pm (45 Mins)	12.21 pm (45 Mins)
Warning Bell	1.12 pm	12.56 pm
Period 4	1.17 pm	1.06 pm
Period 5	2.14 pm	2.03 pm
Dismissal	3.11 pm	3.00 pm

Understanding Adolescents

As children transition into high school there are many new experiences that coincide with the developmental changes children experience; social, emotional, physical and intellectual. Supporting and understanding these changes is critical for parents.

Meeting and making new friends

At NHS we help to support this process by:

- Offering orientation and transition to school programs
- Offering camps, excursions and whole school activities to help connect with the school and develop friendships in and outside the classroom
- Providing a Peer Support Leader program to provide positive peer relation support with older students in the school
- Providing student leadership opportunities

Physical changes and learning to be an adult

NHS staff are sensitive to understanding the hormonal and physical changes that your child will experience throughout high school. The school provides health based learning programs to help support your child during these changes.

Providing support in and outside of school

It's important to regularly talk to your child about their changing experiences and to seek help early if needed. If your child shows signs of not being interested in school or previously-enjoyed activities, encourage your child to talk to someone they trust. This could include:

- Connect teacher or any teacher at NHS
- School Wellbeing Coordinator
- Counsellors from external organisations
- Your local GP
- Community health centre
- Online support such as Headspace, Beyond Blue, Smiling Minds

Parenting resources

Adolescence can be tricky to navigate as a family and it is wise to be prepared for the changes your child will experience. There is a wide range of parenting advice and resources accessible online, through your local council and through your GP and the mental health support agencies mentioned above. NHS also runs a variety of workshops and 'edutainment' on parenting issues throughout the year. As a starting point, we can recommend:

- Dr Michael Carr-Gregg: <http://michaelcarrgregg.com/>
- Parenting Ideas: <https://www.parentingideas.com.au/>
- The Learning Potential app and website: <https://www.learningpotential.gov.au/>