



# Noble Park Secondary College

## Important dates

3 April	IELP Science Exc	7-23 April	SCHOOL HOLIDAYS
3 April	Yr7 R&R Bounce Exc	24 April	Student Free Day - NO SCHOOL
4 April	Student Free Day - NO SCHOOL	25 April	Anzac Day - PUBLIC HOLIDAY
4 April	Student, Parent, Teacher Conferences	3 May	Yr10 Int Students Uni Open Day Exc
5 April	Yr10 City Amazing Race Exc	4 May	Yr11 VCE Careers Expo
5 April	Yr9 R&R Comedy Festival	5 May	Yr12 VCE Careers Expo
5 April	Yr19 Drama Theatreworks Play	5 May	Yr9 Japanese Food Exc
6 April	Last Day of Term 1 - 2:30pm Finish	9 May	Yr10 VET, 11/12 VCE-VM Try a Trade

## From the Principal

### House Athletics

Thank you to all students and staff for organising and participating in a most successful House Athletics Sports held at the Knox Athletics Track on Tuesday 14th March.

Congratulations to Phoenix House for being crowned the overall winner.

Scores were as follows:

1st Phoenix House (Red) – 564 points

2nd Griffin House (Green) 533 points

3rd Serpent House (Blue) 515 points

The Athletics Cup will be presented at the House School Assembly. Please see photos of this great whole school event within this newsletter.

### Harmony Day/Thank you

On Tuesday 21st March, our College embraced Harmony Day, celebrating our cultural costumes and we all enjoyed the dancing at lunchtime with music from different cultural backgrounds.

A huge thank you to students and families who contributed food to our House Competition, for the collection of non-perishable items, which the College will be donating to local community organisations. Please see photos within this newsletter.

1st place – Serpent

2nd place – Phoenix

3rd place – Griffin

Appropriate House points will be given to each House.



Pam Dyson  
College Principal



3 Callaghan Street, Noble Park 3174 Ph: 9546 9066  
Email: [noble.park.sc@education.vic.gov.au](mailto:noble.park.sc@education.vic.gov.au)  
Website: [www.nobleparksc.vic.edu.au](http://www.nobleparksc.vic.edu.au)



nobleparksc



noble.park.sc



Noble Park Secondary  
College



Noble Park Secondary  
College

# From the Principal continued...

## Student Leaders

On Tuesday 28th March, the following students were presented with their badges to acknowledge their 2023 Leadership positions.

**School Captains** – Sehajdip Singh & Siti Binti Ibrahim

**School Vice Captains**- Na Gyi Ya Ya & Madina Mohsini

**International Student Captain** – Steven Heang

**International Student Vice Captain** – Tina Pham

**Junior School Leaders**- Kanani Olike (Year 7), Gul Wali Noorzai (Year 8), Mai Vu (Year 9), Farida Nazari (Year 9).

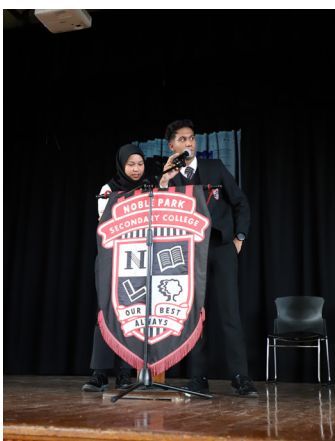
**House Captains**- **Griffin**: Pashtana Halim, Abdul Hussain Zada, Niharika Mittal, Thomas Mateariki. **Serpent**: Zala Shirzad, Lily Chhieng, Eddie Hoang, Nazi Nazari. **Phoenix**: Cleopatra Lorincz, Chhinna Hun, Rosey Soe, Dean Giaquinta, Josh Ly, Rashad Abdul-Khalek.

## Reminders:

- Tuesday 4th April will be a student free day as the College has Online Parent/Student/Teacher conferences. Please see Compass for more details including instructions on how to book.
- Last Day of Term 1 – Thursday 6th April with a 2.30 finish.

Wishing everyone a happy and safe holiday break.

# House School Assembly



3 Callaghan Street, Noble Park 3174 Ph: 9546 9066  
Email: [noble.park.sc@education.vic.gov.au](mailto:noble.park.sc@education.vic.gov.au)  
Website: [www.nobleparksc.vic.edu.au](http://www.nobleparksc.vic.edu.au)



nobleparksc



Noble Park Secondary College



noble.park.sc



Noble Park Secondary College



# Harmony Day Food Donations

As part of Harmony Day, we asked our students to donate a non-perishable food item to the College instead of bringing a gold coin donation.

We turned these donations into a House Points competition! Congratulations to Team Serpent for donating the most non-perishable food. House points have been awarded to first, second and third place.

We thank everyone who was able to give to this donation, and the goods will be going to a well deserved local community.



3 Callaghan Street, Noble Park 3174 Ph: 9546 9066  
 Email: [noble.park.sc@education.vic.gov.au](mailto:noble.park.sc@education.vic.gov.au)  
 Website: [www.nobleparksc.vic.edu.au](http://www.nobleparksc.vic.edu.au)



nobleparksc



noble.park.sc



Noble Park Secondary College



Noble Park Secondary College



# Athletics Day

A very big thank you to everyone for making the whole school carnival / House Athletics a very successful event.



3 Callaghan Street, Noble Park 3174 Ph: 9546 9066  
Email: [noble.park.sc@education.vic.gov.au](mailto:noble.park.sc@education.vic.gov.au)  
Website: [www.nobleparksc.vic.edu.au](http://www.nobleparksc.vic.edu.au)



nobleparksc



noble.park.sc



Noble Park Secondary College



Noble Park Secondary College



# Athletics Day

Congratulations to **Team Phoenix** for being awarded the overall Winners!



3 Callaghan Street, Noble Park 3174 Ph: 9546 9066  
Email: [noble.park.sc@education.vic.gov.au](mailto:noble.park.sc@education.vic.gov.au)  
Website: [www.nobleparksc.vic.edu.au](http://www.nobleparksc.vic.edu.au)



nobleparksc



Noble Park Secondary  
College



[noble.park.sc](https://www.instagram.com/noble.park.sc)



Noble Park Secondary  
College



# Harmony Day

Our College celebrated Harmony Day on Tuesday 21st March. Students wore their cultural clothing to school and enjoyed lunchtime activities which included dances in the courtyard.

We loved seeing and celebrating the diversity within our College.



3 Callaghan Street, Noble Park 3174 Ph: 9546 9066  
Email: [noble.park.sc@education.vic.gov.au](mailto:noble.park.sc@education.vic.gov.au)  
Website: [www.nobleparksc.vic.edu.au](http://www.nobleparksc.vic.edu.au)



nobleparksc



noble.park.sc



Noble Park Secondary  
College



Noble Park Secondary  
College



## Year 11 Camp

From March 20th-22nd some staff and students went to Cowes in Phillip Island for this years camp. They enjoyed activities such as going to A Maze N Things where they went on high ropes, played mini golf and made their way through the maze. Other activities undertaken were crate stacking, archery, attending the Phillip Island Penguin Parade, going for beach walks and going on the giant swing!



3 Callaghan Street, Noble Park 3174 Ph: 9546 9066  
Email: [noble.park.sc@education.vic.gov.au](mailto:noble.park.sc@education.vic.gov.au)  
Website: [www.nobleparksc.vic.edu.au](http://www.nobleparksc.vic.edu.au)



nobleparksc



Noble Park Secondary College



noble.park.sc

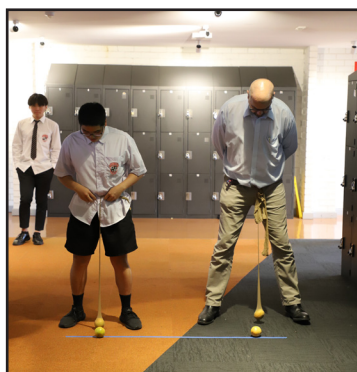


Noble Park Secondary College



## Year 12 Trivia

To wind down and help everyone get to know each other a little better, Mrs Soumplis along with some helpers organised a Year 12 Trivia for our students. We had rounds of trivia questions, some games and some prizes too!



## Year 10 Cultural Diversity Lifesaving Excursion



3 Callaghan Street, Noble Park 3174 Ph: 9546 9066  
Email: [noble.park.sc@education.vic.gov.au](mailto:noble.park.sc@education.vic.gov.au)  
Website: [www.nobleparksc.vic.edu.au](http://www.nobleparksc.vic.edu.au)



nobleparksc



noble.park.sc



Noble Park Secondary College



Noble Park Secondary College



## NPSC Beats Program

Students from the NPSC Beats Program will excitingly enough be in the news soon!

Please have a look at our music website for more music info: <https://sites.google.com/education.vic.gov.au/npscmusic/home?authuser=0>

Renee Freakley, Music Coordinator



## Sport Report

We won 12 events, a couple of 2nd places, 3rd places, a 4th place and a 5th place. Mai and Hoang – as per usual won every individual event they could enter which is 5 each. Marcus was fantastic. Second in the Butterfly, 3rd in the Freestyle and Backstroke. Smith had a go but his goggles didn't. An unlucky 4th and a brave 5th in his two events. Richard was the relay swimmer. We won both Boys age 18 Medley and Freestyle relays by less than 2 metres.

Overall we came 4th. Mai District Champion 15yrs Girls. Marcus 3rd for the 15yrs Boys. Hoang District Champion Senior Boys.

Jamie Sweatman



3 Callaghan Street, Noble Park 3174 Ph: 9546 9066  
Email: [noble.park.sc@education.vic.gov.au](mailto:noble.park.sc@education.vic.gov.au)  
Website: [www.nobleparksc.vic.edu.au](http://www.nobleparksc.vic.edu.au)



nobleparksc



noble.park.sc



Noble Park Secondary College



Noble Park Secondary College

## Grip Student Leadership Conference

On the 29th of March, our student leaders attended the Grip Student Leadership Conference. We got to learn loads of new things, develop our leadership skills and socialize with leaders from other schools. We also brainstormed ideas to make school a great place for everybody and run better events. Thanks to everyone from GRIP Leadership for an amazing and informative session.

Singh and Siti



## 2023 National Schools Constitutional Convention

One of our International Students, Borangsey (Sey) Samreth in Year 11 was selected to attend the 2023 National Schools Constitutional Convention (NSCC, the “Convention”)!

The convention was held on 21st-23rd March in Canberra at the Museum of Australian Democracy.



3 Callaghan Street, Noble Park 3174 Ph: 9546 9066  
Email: [noble.park.sc@education.vic.gov.au](mailto:noble.park.sc@education.vic.gov.au)  
Website: [www.nobleparksc.vic.edu.au](http://www.nobleparksc.vic.edu.au)



nobleparksc



Noble Park Secondary  
College



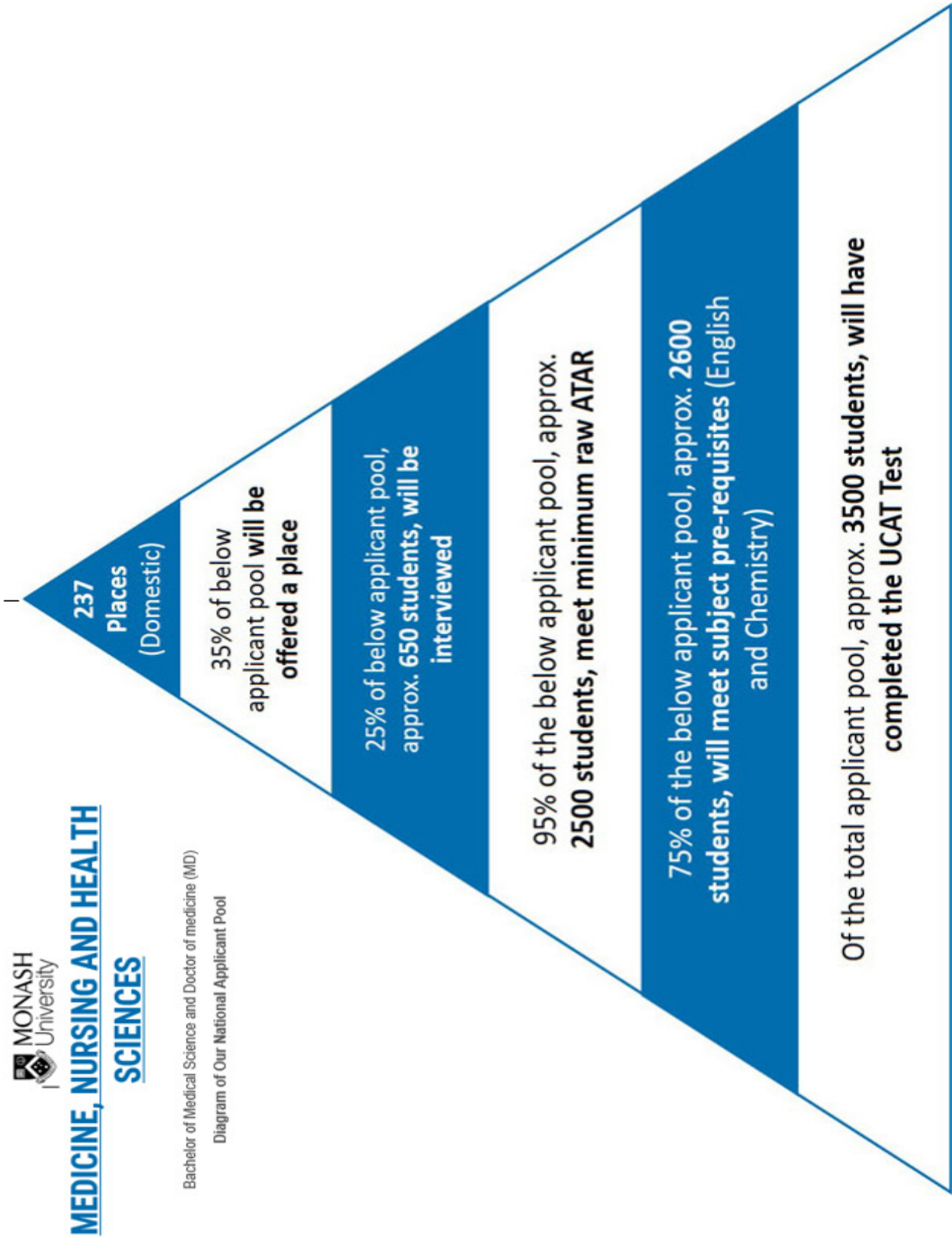
noble.park.sc



Noble Park Secondary  
College



# Careers - Medicine at Monash



3 Callaghan Street, Noble Park 3174 Ph: 9546 9066  
Email: [noble.park.sc@education.vic.gov.au](mailto:noble.park.sc@education.vic.gov.au)  
Website: [www.nobleparksc.vic.edu.au](http://www.nobleparksc.vic.edu.au)



nobleparksc



Noble Park Secondary College



noble.park.sc



Noble Park Secondary College

# Career News



npssc.careers

## UCAT Preparation Workshop

Strategic and determined students start their UCAT preparation early.

**Live Online Interactive:** 22 April 2023

**In-person Attendance (limited spots left):** VIC - Melbourne - 23 April 2023

### ENROL

#### **If you are sitting UCAT in 2023:**

The NIE Intensive UCAT workshops can really help fast-track your UCAT preparation, especially if you have not done much work yet. Even if you have been preparing already, the workshop is a great opportunity to attain some additional strategies and to also assess your readiness by attempting an actual UCAT difficulty level trial test, which you will receive as part of this program.

#### **If you are in Years 10-11:**

The NIE UCAT intensive training workshop is also beneficial for Year 10 students who are considering sitting UCAT in the future.

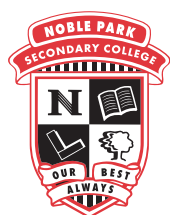
The ideal approach to preparing for the UCAT is to start low-frequency and high-consistency preparation in the early stages of senior high school years. While you can and will have to still spend some time preparing during Year 12, it would be much better if the bulk of your preparation has been completed prior to the start of the busy Year 12 schedule. This way, you would only need to spend 1-2 hours per week practicing to maintain your UCAT pace, rather than spending more time on the UCAT preparation and stressing about the Year 12 work. Therefore, we recommend that you officially start your UCAT preparation by participating in our full-day UCAT preparation workshop.

#### **Medical school interview preparation:**

Details of the full range of NIE's medical interview support and preparation services can be found here: **Medical Interview Training with NIE. Medical Interview Workshop: 15 - 16 April 2023 - Live Online Interactive (limited spots)**

### Workshop Enrolment Details

### Why you should start interview training early.



3 Callaghan Street, Noble Park 3174 Ph: 9546 9066  
Email: [noble.park.sc@education.vic.gov.au](mailto:noble.park.sc@education.vic.gov.au)  
Website: [www.nobleparksc.vic.edu.au](http://www.nobleparksc.vic.edu.au)



nobleparksc

Noble Park Secondary  
College

noble.park.sc

Noble Park Secondary  
College



## Career News continued

### Academic Insights Program

Medicine - Psychology - Engineering - Veterinary Studies - Business Management - Creative Writing - International Relations

Open to students from around Australia: 3 - 13 January 2023 (summer break), Age: 13 - 18 Years

Spots are strictly limited

This immersive Academic Insights summer program provides ambitious high school students with an unrivaled experience studying undergraduate-level subjects at the University of Sydney.

### Other links:

- UCAT 2023 Timeline
- 29 April 2023 - UCAT Verbal Reasoning Advanced Skills Workshop
- NIE Products and Services
- NIE Tutor Profiles
- Medical Interviews Preparation
- Why do you need to start Interview preparation in Year 11?

If you have any questions regarding the UCAT, Medical Interviews or a career in health, please see Rose or Tanya in the Senior Centre at the College, or you can email [enquiries@nie.edu.au](mailto:enquiries@nie.edu.au).

## Career News Excursion Dates

# South East Career and Try a Trade Expo

## Tuesday 9 May 2023



3 Callaghan Street, Noble Park 3174 Ph: 9546 9066  
Email: [noble.park.sc@education.vic.gov.au](mailto:noble.park.sc@education.vic.gov.au)  
Website: [www.nobleparksc.vic.edu.au](http://www.nobleparksc.vic.edu.au)



nobleparksc



noble.park.sc



Noble Park Secondary College



Noble Park Secondary College

# Information on Sleep

Dear families

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

## Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

## You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or waking unrefreshed, despite getting adequate length sleep, they should see a doctor.

## For more information on sleep health, you can refer to:

- [Sleep tips for children](#) and [Facts about sleep for parents and school staff](#), from the Sleep Health Foundation
- [Why sleep is so important](#), from the Kids Helpline's
- [Sleep explained](#), from the Better Health Channel.



3 Callaghan Street, Noble Park 3174 Ph: 9546 9066  
Email: [noble.park.sc@education.vic.gov.au](mailto:noble.park.sc@education.vic.gov.au)  
Website: [www.nobleparksc.vic.edu.au](http://www.nobleparksc.vic.edu.au)



nobleparksc



Noble Park Secondary  
College



noble.park.sc



Noble Park Secondary  
College



# DOCTORS IN SCHOOL

Dr David and Nurse Sarsha have appointments available at school on alternate Thursdays from 9:30am - 1:30pm.

You can make an appointment to discuss any health need that you would normally see your local doctor for.



To book an appointment,  
please go to the Doctors in  
Schools Building or email  
[nurse@nobleparksc.vic.edu.au](mailto:nurse@nobleparksc.vic.edu.au)



**Noble Park**  
Secondary College



**FREE SPORTS AND ACTIVITIES**  
**@ NOBLE PARK SECONDARY**  
**COLLEGE**

# **GIRLS ON THE MOVE**

**RUN BY GIRLS, FOR GIRLS**

**EVERY MONDAY AFTER SCHOOL**  
**@3:10PM - 4:00PM**

**COME ALONG AND ENJOY GAMES,  
SPORT, & ACTIVITIES AT THE HALL**

**JUST FOR FUN!**

