

NORTH SHORE NEWSLETTER

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A Message
from
National
Managing
Director



Mr Anson MAK

Welcome to Term 4 2023 at North Shore Coaching College. I hope everyone had a restful break and time to reconnect and recharge with family, friends and loved ones.

Welcome to our new Assistant Principal – Mr David Koina, who has recently joined North Shore Coaching College. We are delighted to have David join the team with his wealth of experience as a principal in many schools, and consulting in Education Leadership & Management across primary and secondary schools. His main goal as an educational leader is to provide quality outcomes for students, families, staff and the wider community. Welcome David!

World Teachers' Day is coming up on 27 October 2023. I would like to take this opportunity to thank all of our dedicated teachers at North Shore who inspire our students each week to do their very best and train our leaders of tomorrow.

We were delighted to soft launch our **Problem Solving Assessment Platform**. Problem-solving skills are critical for success in life. Successful lawyers, doctors, entrepreneurs, architects, other professionals and students will in future rely on their problem-solving skills on a daily basis. We are delighted to draw on our 30+ years and history of educational research in problem-solving intervention to pilot a newly-developed online Problem-Solving Assessment Platform. It aims to supplement our face-to-face learning programs in Writing, English, Maths, and Thinking Skills, exclusively for our own students. **I would like to invite our NSW Year 3 and 4 students to complete our FREE Problem Solving Assessment. By completing the assessment in full, you will receive a chance to win a \$300 Prezzy Gift Card which can be used at a variety of retailers and receive a personalised report. Year 3 and 4 students would have recently received an email. Speak to your campus for further information.**

Term 4 sees some exciting initiatives on the curriculum front with updated English materials. A greater emphasis on teaching of grammar at school with the new English syllabus next year is already being incorporated into the learning materials in our Years 3 to 10 programs. Whilst there is a lot of debate on the merits on whole of language or phonics in the development of language and writing skills, by attending North Shore Coaching College English classes, you will learn essential skills, be well prepared and develop a strong foundation and learning habits for your English journey at school!

I would also be grateful if parents/caregivers could have a quick dialogue with students or a reminder about the importance of cleanliness and tidiness, and setting expectations on the importance of keeping their classroom and surrounding learning spaces tidy during and after class times. Cleanliness and the process of cleaning or tidying up (e.g. their own living space) have been associated with many positive mental health outcomes such as improving mood, giving a sense of control and reducing stress and anxiety, promoting a sense of responsibility and building self-esteem. By starting young, students are learning discipline and valuable life lessons, and of course, can save parents a bit of work down the track at home!

A friendly reminder that the application for Selective High School Year 7 entry in 2025 opens from 9 October 2023 to 20 November 2023. Contact us for any advice and/or questions you may have in relation to filling in the application form. Also, we wish to remind any successful Selective School entrants to contact us about their great news.

Scholarship season continues, so check out our [website](#) for the latest updates.

In addition to the education of students, philanthropy helps make life better for other people in small ways, which is an important part of our actions. **Our charity organisation – North Shore Coaching College Charity Foundation in memory of Mrs Demi Mak has recently supported the Save the Children charity organisation.** The Hands on Learning program is a practical well-being program that supports the social and emotional development of young people and the different ways they learn. It is run in more than 130 primary and secondary schools in Australia and builds wellbeing, engagement and increases student achievement by creating opportunities for young people to discover their talents and experience success through practical learning out of the classroom.

Wishing our Year 12 HSC students all the best for final exams.

I hope everyone has a wonderful Term 4 at North Shore Coaching College!

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WHAT IS A HEALTHY LEVEL OF EXPECTATION FOR YOUR CHILD?

Assistant Principal - Mr David Koina

Clearly setting expectations for your child, whether for general behaviour, academic goals or any other aspect of daily life, is key for their development. One of the most important things here is setting realistic expectations and targets that suit the child – some children may struggle where others thrive, so it's about knowing how to define your expectations in a way that helps the individual grow.

At North Shore Coaching College, we are dedicated to creating a safe and supportive environment where children can reach their full potential. Discover how you can set healthy expectations to support your child's endeavours in and out of school.

Why Set High Expectations For Children?

Expectations can act as a guideline for your child, covering both short and long-term goals and challenges. First, you must consider what your expectations for your child are and how realistic it is that they can fulfil them.

Generally, having high expectations can be healthy, as it keeps children safe and encourages them to work towards their goals. For example, when your child understands why and how they're expected to behave on a trip to the supermarket, everything is more likely to run smoothly. Likewise, when they have a specific grade or target to work towards with their school work, they are more likely to take actionable steps to reach it.

What Happens When You Have Unreasonable Expectations?



However, enforcing unrealistic expectations or those that aren't supported can cause stress, anxiety and rebellion from more realistic goals. This is especially relevant for academic expectations. When you expect something your child cannot fulfill yet, it sets them up for feelings of failure or negativity.

You will need to find a balance that works for your family when it comes to ensuring your children respect authority and work towards goals without feeling like they aren't 'good enough' if expectations aren't always met.

So, what should parents do to ensure they are setting healthy and useful expectations as their children develop?

1. View Your Child as an Individual

Children develop at different rates; what your child can and will achieve may be different from their peers. When setting expectations with your child, always keep their individual achievements, strengths and challenges in mind.

Comparing will often do more harm than good. You must treat your child's progress independently of other people's achievements.

2. Don't Project Your Own Challenges Onto Them

It can be easy to remain negative about subjects and things you yourself struggled with in school. Children will often pick up on this negativity, and you may inadvertently encourage a lower expectation of themselves.

While Maths may not have been your strength, it might be one of your child's best and most enjoyed subjects. Academic enthusiasm should be encouraged and supported, with expectations set around the reality of their strengths and challenges.

3. Be Enthusiast With Encouragement & Support

WELCOME

From the Assistant Principal – Mr David Koina

Hello formally to all in the North Shore Coaching College community. My name is Mr David Koina and I am the Assistant Principal. I have been here at Chatswood Campus since late August and in the time I have met many of the college's community already.

My goal as an educational leader is to provide quality outcomes for students, families, staff and the wider community.

There is a fine line between promoting higher self-esteem and encouraging your child to achieve their full potential and putting too much emphasis on failures or underachieved expectations.

Verbally telling children what you expect but not offering emotional support or constructive guidance is not a particularly healthy or productive way to help them. Be open and enthusiastic with your encouragement, from completing daily chores to achieving better test marks, most expectations are met more easily when your child is assured they CAN do it.

4. Focus on Positive & Realistic Expectations

If your child has trouble following rules or meeting their goals, it's essential you focus on realistic targets that can be met and built on over time. Start with positive changes that show your child the necessity of certain structures and expectations. If your child feels like what you expect of them is not achievable, they may be less likely to make an effort in the first place; whether it's the expectation to clean their room every week or get a certain grade in multiple subjects.

5. Develop Easily-Achievable Goals

Following on from this, breaking down long-term targets and expectations into smaller, more manageable goals is a great way to get the ball rolling when it comes to making positive change.

Making more immediate achievements that set them up for fulfilling future expectations is a great way to keep your child motivated and likely to meet higher expectations in the long run.

6. Prioritise Clear Communication

When setting out goals and expectations, talk them through with your child and, where necessary, make a plan of action together to make tasks, chores or things like homework feel more doable.

Be clear about what you expect, and if your child isn't doing their part to meet the expectations you've set out together, remain open with your communication. Explain again why certain goals are in place without diminishing any effort they have put in.



7. Be Consistent

Expectations will often have to be trained, with parents reminding and correcting children when rules are broken. Be consistent and patient with reminders, setting out clear consequences if behaviour or attitude continues to be poor and no effort is put into meeting expectations. So, set clear boundaries and ensure they're enforced consistently.

8. Accept That There Will Be Challenges

Try not to view your child's behaviour or academic performance with an all-or-nothing attitude. There will be challenges or times when your child does not meet your expectations; this doesn't mean they never will.

Children are constantly changing and progressing, so give them room to make mistakes and grow, ready to lend your support when they need it.

9. Be Flexible

It's natural that, over time, your expectations will change, transforming to support your child as they get older and continue to develop. However, it's important you remain open to shifting your expectations, even when this might not match up with the expected timeline.

Life is unpredictable, and every child is different, so be flexible and willing to reassess goals or previous expectations that are no longer achievable or relevant.

10. Celebrate Achievements

Acknowledge when your child has exceeded expectations or moved past something with which they were particularly struggling. Appreciating achievements and praising them with enthusiasm can go a long way in encouraging your child to continue trying their best in the future.

Let your child enjoy their successes without hurrying them along to the next goal.

Ultimately, supporting your child and keeping them motivated are the best things you can do to ensure they're able to meet expectations and achieve all they can!





NORTH SHORE COACHING COLLEGE CHARITY FOUNDATION

North Shore Coaching College Charity Foundation in Memory of Mrs Demi Mak was formed in 2020 to continue Mrs Mak's philanthropic legacy, generous heart and desire to make a difference in the education space.

Our Charity Foundation recently supported the Save the Children charity organisation - Hands on Learning Program. The program allows students to partake in practical projects like building or repairing infrastructure, or running a cafe, to develop confidence, self-awareness, collaboration, problem-solving, communication skills, and empathy. With the support of artisan teachers, employed by partner schools, who are both role models and mentors, students are equipped with the social and emotional capacities they need to succeed in work and life.



Hands on Learning



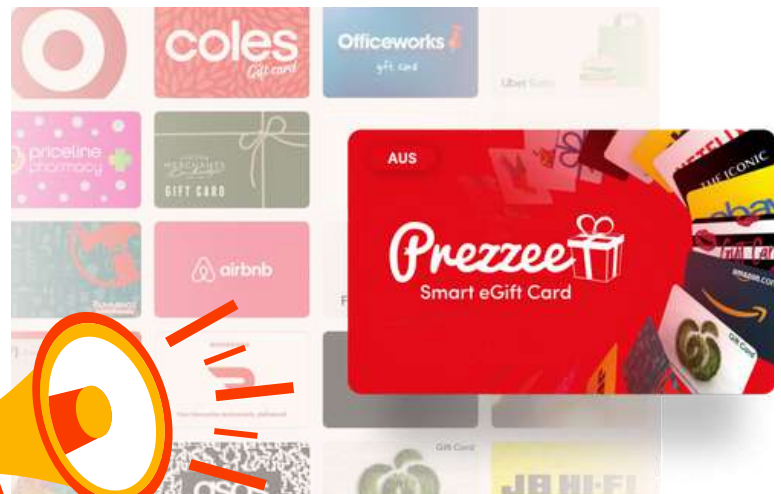
NSCC Problem Solving Platform

User Name *

Password *

☐ Remember me

SIGN IN



All Y3 & 4 Students

COMPLETE YOUR FREE PROBLEM SOLVING ASSESSMENT AND WIN A \$300 PREZZEE GIFT CARD

Due to the overwhelming success with our Problem Solving Assessment, we want to make sure that you do not miss out!

If you are in Year 3 & Year 4, and complete all 5 tests you will have a chance to win a \$300 Prezzye North Shore Smart e-Gift card to spend at a variety of retailers and receive a personalised report.

Use your Student ID to log into our Problem Solving Assessment Platform at <https://problemsolving.north-shore.com.au>. Read our [blog](#) on the importance of problem-solving.

2024 Important Exam Dates

Scholarships 2024/ 2025 Entry



2024 Key Dates

The ACER-CSTP Scholarship Exam date is
Saturday 24 February 2024.

Check our website [here](#) for the 2024 ACER-CSTP Scholarship Exam test dates and participating schools for 2024/2025 entry for scholarships.

Mark and save it in your calendar!

Contact each school for enrolment procedures.

Save the [page](#) for our further updates.

Selective School 2025 Entry



2024 Key Dates

Application website opens

9 October 2023

Application website closes

20 November 2023

Test centre and test authority advice released

25 April 2024

Selective High School Placement Test

9 May 2024

Illness/misadventure requests submitted

16 May 2024

Placement outcome expected to be released

Late - August 2023

Opportunity Class 2025 Entry



2024 Key Dates

Application website opens

March 2024 - TBC

Application website closes

May 2024 - TBC

Test centre and test authority advice released

TBC

Opportunity Class Placement Test

1 August 2024

Illness/misadventure requests submitted

TBC

Placement outcome expected to be released

TBC

IS YOUR CHILD PREPARING FOR OC, SELECTIVE SCHOOL AND/OR PRIVATE SCHOOL SCHOLARSHIP EXAMS?

The 2024 exam season is not far away! It's time to get ahead of the curve and secure your path to academic success!

See what North Shore has for exam preparation! Elevate your game and stay ahead of the competition!

- **Fastrain/Fastrain Extended Program:** Weekly concept building and reinforcement in English, Maths, Thinking Skills and (and Writing for Y3-6).
- **Exam Preparation Programs:** Weekly mock exams with full-length tests in Reading, Mathematical Reasoning, Thinking Skills (and Writing for Y5-6).

Whether it's the **OC Exam, Selective High School Placement Test, private school scholarships, high stakes exam, a national examination, or any other exams and assessments**, North Shore students have attributed their academic success to our expert tuition, refined through 30+ years of experience.



K - Y6 Core Program

**Fastrain/
Fastrain Extended
Program**

K - Y2 FASTRAIN PROGRAM (3 Hours)
English, Maths, General Ability
Reading, Comprehension, Grammar, Vocabulary
Including Writing

Y3 - Y6 FASTRAIN EXTENDED PROGRAM (3.5 Hours)
Writing Skills, Reading Skills, Mathematical
Reasoning Skills and Thinking Skills (General Ability)
Comprehension, Grammar, Vocabulary, Exam
Techniques & Lateral Thinking

Term Program
• 4 terms in a year, 10 weeks in a term
• Group based
• Experienced educators



EXAM PREPARATION

ENROL NOW!

**OC/SCHOLARSHIP/
SELECTIVE SCHOOL
EXAM SUCCESS!**

*We've got you covered every step of the way!
Over 65 campuses across Australia.
There must be a campus near you!*



30+ YEARS OF SUCCESS STORIES

Preparing students for exam success 30+ years since 1991.



20+ CAMPUSES IN NSW

Over 20 campuses in New South Wales and online learning options available



HEADSTART FROM PEERS

Start familiarising with exam-style questions under exam conditions NOW to reduce test anxiety and improve performance.

WORLD TEACHERS' DAY

#WORLDTEACHERSDAY2023



Let's show our appreciation for our amazing educators!

SAY THANK YOU

TO TEACHERS

FRIDAY 27 OCTOBER 2023



Happy World Teachers' Day!

H

This year's World Teachers' Day is on Friday, 27th October 2023.

Thank you to all our current and past educators. We thank you for inspiring North Shore Coaching College students and for your ongoing commitment and dedication.

We invite you to join us in showing your heartfelt appreciation for our amazing educators. Whether it's through a handwritten letter or a heartfelt spoken thank you, your expression of gratitude can make a significant impact.

Take a moment to let your educators know that their hard work and guidance are valued.

A NEW NSW SCHOOL CURRICULUM FROM 2024



The NSW Government is reforming the curriculum from Kindergarten to Year 12 so every student is prepared and ready for their future.

In anticipation of the upcoming changes in the English syllabus, **we are excited to share that we have already enhanced our English programs in Years 3 to 10.** The revised syllabus emphasises teaching grammar, and we're integrating changes into our learning materials.

While there's an ongoing debate about the merits on the whole of language versus phonics in language and writing skill development, our English classes at North Shore Coaching College offer a clear advantage. **By attending our classes, your child will gain essential skills, be thoroughly prepared, and establish a strong foundation and effective learning habits for their English journey at school.**

We're here to ensure your child excels in this new educational landscape, so they can confidently embrace the changes and succeed.



**GOOD
LUCK**

As Year 12 students across Australia have started sitting their final exams, North Shore Coaching College wishes you the very best of luck! No matter what happens, know that you can always find a way to achieve your dreams.

GOOD LUCK!

It's never too early or too late for high school students to start preparing! North Shore Coaching College equips our students with the knowledge, skills & confidence to achieve their HSC goals.

See what North Shore has for **high school students!**

【10% off on all orders】

Shop at www.northshoreshop.com.au today and use the promotional code: NSW10 to save 10% off your online purchase!

We have over 1,000 educational book titles and past papers to help keep your mind sharp and help in your exam preparations, puzzle books to help build your problem-solving skills and more! Shop online today at North Shore Shop.



**ALL
10%
OFF**



**Develop
Good
Habits**

Instilling good cleaning and tidying habits in children, whether at home, in classrooms, or in public areas, is essential for their overall development. It not only fosters a sense of responsibility but also teaches them the importance of cleanliness and tidiness. These habits promote a healthy living environment, reduce the risk of illnesses, and instil discipline. Moreover, as children grow, these habits translate into essential life skills, such as organisation, time management, and teamwork.

Learning to clean up after themselves also promotes respect for shared spaces and consideration for others.

FOCUS ON your good HABITS