

# NORTH SHORE NEWSLETTER

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## A MESSAGE FROM NATIONAL MANAGING DIRECTOR

*Mr Anson MAK*

As we are heading to Easter in late March, I would like to wish everyone a lovely Easter ahead of the longer term break in April.

The development of strong writing skills in both pen-and-paper form and online can never be overstated. **Writing proficiency and confidence in writing are central to students' success during the school years.** From our experience, many students enjoy reading but find writing challenging. Students should spend time on the development of skills in grammar and constructing different sentence types with appropriate punctuation. Reading a variety of genres and writing on a variety of content concurrently boosts students' comprehension and creativity. A strong vocabulary allows students to create expressive and interesting compositions. Writing can be learned and developed over time with regular practice and application of good writing techniques, reinforced through regular reading and discussing characters, ideas and good pieces of writing. Speak to our campus if you require further writing development. We have a range of term and holiday programs that may provide additional support and challenge for you.

**Students should develop accurate and effortless handwriting, spelling and typing as difficulty with these skills will affect writing quality.** Whilst the Y5, 7 and 9 NAPLAN writing tasks are typed, and Selective School and Opportunity Class Placement Tests are also moving online gradually, the HSC, as well as many school assessment tasks remain a pen-and-paper task. Moreover whilst the development of good typing skills is important, the legibility and speed of writing by hand must not be neglected. Correct hand grip, strength, mobility and neat handwriting should also continue to be a priority.

Whilst the term is coming to an end, the opportunity to learn and enrich doesn't! We have a selection of **holiday programs** you may be interested in, or it may be a wonderful opportunity to just relax and recharge. Whatever you choose, have a lovely school term break!

Our annual **SWAT Mock Exam** has opened for enrolment. The SWAT Mock Exam provides students in Years 3, 4 and 5 intending to sit the OC Placement Test, Selective High School Placement Test, Scholarship Exam and Private School Entrance Exam with a mock exam experience. It is a good opportunity to compare your standard to other students and identify potential areas for development. This year we will be offering paper-based and online options. Additionally, there will be 60+ scholarships to be won. Register now at [www.swatexam.com.au](http://www.swatexam.com.au).

Our charity organisation, **North Shore Coaching College Charity Foundation** in memory of Mrs Demi Mak, continues to support community organisations. Recently we supported **Canrevive**, a not-for-profit organisation supporting the work of the Canrevive Cancer Support Service. This organisation believes that no one should face cancer alone and provides direct relief of stress and suffering of cancer patients and their carers by offering emotional support and information services. Our Chatswood Head office also serves as the Northern Sydney Centre for cancer patients and carers to build up friendships, share feelings and develop coping skills through mutual support and survival experiences via a series of group sessions.

Wishing all a lovely Easter break and happy and safe holidays!



# TALKING ABOUT SCHOOL: WHY CHILDREN SOMETIMES FIND IT HARD?

**Mr David Koina - National Deputy Principal**

'How was school?' is a big question. To answer, your child has to sum up a whole day, and that's hard for children (and even adults!) to do.

A child might really want to say, 'My day was so jam-packed with ideas and classes and social stuff that I don't know where to start'. So it's easier just to say, 'OK'.

Some children feel their school experiences are private, so they might not want to share them. This is a typical part of school-age development as children start to shape their own identities and social worlds. But your child still needs to know you're available when they're ready to talk.

## **WHY TALKING ABOUT SCHOOL IS IMPORTANT**

Talking with your child about the school day shows you're interested in what's going on in their life. This interest boosts your child's mental health, happiness and wellbeing. It can also have a very positive effect on your child's behaviour and achievement. It shows your child that you value school and education, which encourages them to value it too.

Talking together about school also helps you get to know more about what's expected of your child at school, how they learn and how they handle challenges. It can help you understand when your child is feeling less interested in school or having problems.

When you're in touch with your child's feelings about school, you're more likely to see problems before they get too big. This way you can work on overcoming challenges together.

And talking about school issues – like school projects or friendship problems – is also a great chance for you to express your family values about things like teamwork, respect for self and others, friendships, relationships, problem-solving and so on.

## **STRATEGIES FOR TALKING ABOUT SCHOOL WITH YOUR CHILD**

When your child first gets home from school in the afternoon, they'll probably be tired and hungry or thinking about other things. So easing the transition from school or after-school activities to home can help your child feel more like talking.

It's best to avoid asking your child a lot of questions straight away – this can be overwhelming for your child. You can just let your child know that you're glad to see them and talk about non-school topics for a while. Younger children will probably also like unpacking their bags and going through any notes before you ask about school.

Saving questions about homework for later on can also take the pressure off!



Every afternoon or evening will be different. Even if your child usually likes to share their day with you, there'll be days when they don't want to talk. Sometimes it's a matter of sensing your child's mood and picking the right moment. Some days there might not be a right moment at all, and that's OK.

**Simple, positive and specific questions about parts of the day** can get your child talking. It's good to use questions that invite more than a 'yes', 'no' or 'OK' response. For example:

- What's the news from school today?
- What was fun?
- What did you like best at school today?
- What does your classroom look like at the moment?
- What did you do in class after recess?
- Who did you hang out with today?
- What subjects did you do today?
- What topics are you working on in science at the moment?

## **TIPS FOR TALKING ABOUT SCHOOL WITH PRIMARY SCHOOL CHILDREN**

These tips can help you get a conversation going:

- Make time to talk. This can often be when you're doing something with your child. For example, your child might like to talk when you're walking the dog or preparing dinner together.
- Give your child your full attention if they want to talk with you about their day.
- Take seriously whatever your child tells you. For example, you can say things like, 'That's really interesting. Then what happened?' or 'And how do you feel about that?'
- Use respectful language when you talk about the school and teachers with or in front of your child. For example, 'I can see that's frustrating, but Ms Adams is your teacher and you need to speak respectfully to her', or 'Yes, that seems unfair, but perhaps you don't know the whole story'.
- Use active listening techniques. These can help you pick up on your child's feelings and work out whether they want to talk.

Your child's behaviour and communication style might seem to change overnight when they start school. Suddenly everything's 'awesome', or they're rolling their eyes at everything you say. Your child is learning all kinds of new things from their friends and teachers, so this is part of developing a unique identity.



## **IDEAS FOR TALKING ABOUT SCHOOL WITH SECONDARY SCHOOL CHILDREN**

As your child develops into the teenage years, they might want more privacy and time to themselves, which can make it harder to talk about school. But this isn't the end of your warm, close relationship – it's just that getting some distance from you is how your child becomes a more independent individual.

### **Stay connected**

Staying connected to your child can help you balance respect for their independence and privacy with your need to keep in touch with their life. It can also help you pick up on the moments when your child is ready to talk.

### **Ask about links between schoolwork and future plans**

At this age, your child might be more open to talking about the links between their schoolwork and what they want to do when they finish school.

So rather than asking about your child's day-to-day activities, you could try focusing on future plans. For example, 'How's the webpage you were designing in information technology coming along? Are you still thinking you might want to get into web design after school?'

### **Look out for signs of problems**

Even if you usually have a good relationship with your child, they might not always tell you when they're having a tough time. If your child is upset or nervous about discussing school or refuses to answer a question, there might be a problem at school.

If you're worried, you could try talking to other adults who know your child. You could also make an appointment with your child's year coordinator or the school counsellor to talk about what's going on.

### **Stay calm around tricky topics**

Conversations with your child about school might bring up tricky topics. Try to stay calm, listen without judgement and focus on how your child is feeling. This is a great chance for you to be supportive and show your child that you value their honesty.

If your child doesn't want to talk with you about a tricky topic, it might help to find another adult for them to talk with. You could suggest someone they trust and feel comfortable with, like a relative, friend, teacher or counsellor.

# RE-ENROL EARLY TO SAVE!

APRIL HOLIDAY PROGRAM & TERM 2 PROGRAM

# Early Bird

discount available before 19 March 2024

## Academic Tuition for K-Y12

### Fastrain / Fastcoach Programs

North Shore Coaching College's Fastrain/ Fastcoach Program is the cornerstone for success in school life for K-Y10 students.

Our programs are tailored to meet the diverse needs of students of all ages and abilities. With our experienced educators and proven teaching methods, your child will be well-prepared for the challenges ahead.

Don't wait! **Enrol today** to secure your child's spot in our **Term 2 Programs** and/or **April Holiday Programs**.

### K - Y6 Core Program

### Fastrain/ Fastrain Extended Program

**K-Y2 FASTRAIN PROGRAM (3 Hours)**  
English, Maths, General Ability  
Reading Comprehension, Grammar, and 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

[www.north-shore.com.au](http://www.north-shore.com.au)

SINCE 1991 | 65+ CAMPUSES IN AUSTRALIA & HONGKONG

### HIGH SCHOOL SUCCESS

We Equip Our Students With The Knowledge, Skills & Confidence To Achieve Their HSC Goals.

**Year 7 - 12**

**NORTH SHORE**  
Coaching College

**Fastcoach Program - Year 7 - 10**  
**HSC Success - Year 11 - 12**  
Future Writers | Future Mathematicians  
English | Maths | Science  
Physics | Chemistry And More...

SINCE 1991 | 65+ CAMPUSES IN AUSTRALIA & HONGKONG

### YEAR 3-4 OPPORTUNITY CLASS

### EXAM PREPARATION PROGRAM

YOUR PATH TO CONFIDENCE AND SUCCESS

OVER 30 YEARS OF SUCCESS STORIES  
Preparing students for exam success since 1991

[www.north-shore.com.au](http://www.north-shore.com.au)  
Over 65 campuses across Australia & Hong Kong. There must be a campus near you!

### YEAR 5-6 SELECTIVE SCHOOL/ SCHOLARSHIP

### EXAM PREPARATION PROGRAM

YOUR PATH TO CONFIDENCE AND SUCCESS

OVER 30 YEARS OF SUCCESS STORIES  
Preparing students for exam success since 1991

[www.north-shore.com.au](http://www.north-shore.com.au)  
Over 65 campuses across Australia & Hong Kong. There must be a campus near you!

Join our 🏆 **[Exam Preparation Programs]** which are designed to help students reach their full potential in preparing for exams.

At North Shore Coaching College, we take the stress out of exam preparation by offering challenging but well-paced educational programs, crafted and delivered by the most passionate and qualified educators. **Enrol now** for Tuition That Works!

**Speak to our Campus Directors for further information.**



# Ace your exam with SWAT MOCK EXAM - Y3,4,5

SWAT 2024 will be held on Saturday 6 July 2024!

The SWAT MOCK EXAM is an annual mock examination experience for primary school students in Years 3, 4 and 5 intending to sit the Opportunity Class (OC) Placement Test, Selective High School Placement Test, Scholarship exams or private school entrance exams. Thousands of students have sat the SWAT exam. This comprehensive exam experience will be held across several North Shore Coaching College campuses in NSW and online with remote supervision. Visit our website today to register and secure your spot for [SWAT 2024](#)!

## Benefits of SWAT Mock Exam:

- *Practice in a Test Environment*
- *Expertly Developed Academic Content*
- *Detailed Assessment Reports*
- *An Affordable 'Big Exam Experience'*
- *Review Incorrectly Answered Questions*
- *Win a Scholarship*

## SWAT MOCK EXAM



Paper-based & Online options

SATURDAY  
**6 JUL**  
2024

~~\$90~~  
**\$75**

Year 3 & 4  
9:30am – 11:45am

Year 5  
1:00pm – 4:30pm

60+ scholarships  
to be won!

**ACE YOUR EXAM**

**Mock Exam  
Experience**

**Year 3, 4, 5** for students  
intending to sit the

- OC Placement Test
- Selective High School Placement Test
- Scholarship Exam
- Private School Entrance Exam

Register at  
[www.swatexam.com.au](http://www.swatexam.com.au)



Contact us for  
more information [enquiry@north-shore.com.au](mailto:enquiry@north-shore.com.au) 02 9415 1860

**SPECIAL OFFER**

Paper-based &  
Online options

**NORTH SHORE  
STUDENT  
SPECIAL PRICE**

Use code "NSCC15" to get  
**\$15 off discount offer** for  
North Shore students.  
**Expires 30th April 2024.**





# NORTH SHORE COACHING COLLEGE CHARITY FOUNDATION

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



**North Shore Coaching College Charity Foundation** in memory of Mrs Demi Mak recently supported **Canrevive**, a not-for-profit organisation supporting the work of the Canrevive Cancer Support Service. CanRevive provides the largest range of free professional services to ensure no one is alone when navigating life with cancer.

Our Chatswood Head office also serves as the Northern Sydney Centre for cancer patients and carers to build up friendships, share feelings and develop coping skills through mutual support and survival experiences via a series of group sessions. Learn more from [here](#).



## What do Parents say about North Shore...

*"North Shore's curriculum is more advanced than the local school level. I have noticed an improvement in my children's English abilities and this has been echoed by the school's teachers. As a full-time working mum, I like the fact that there is a curriculum that I can review with my children and understand what they are learning. They also have a reward system where students can earn certificates for writing good recounts and obtaining perfect scores for spelling. These certificates can be exchanged with a medal or trophy. This has certainly motivated my boys to put extra effort into their work."*

- Kelly, 2024

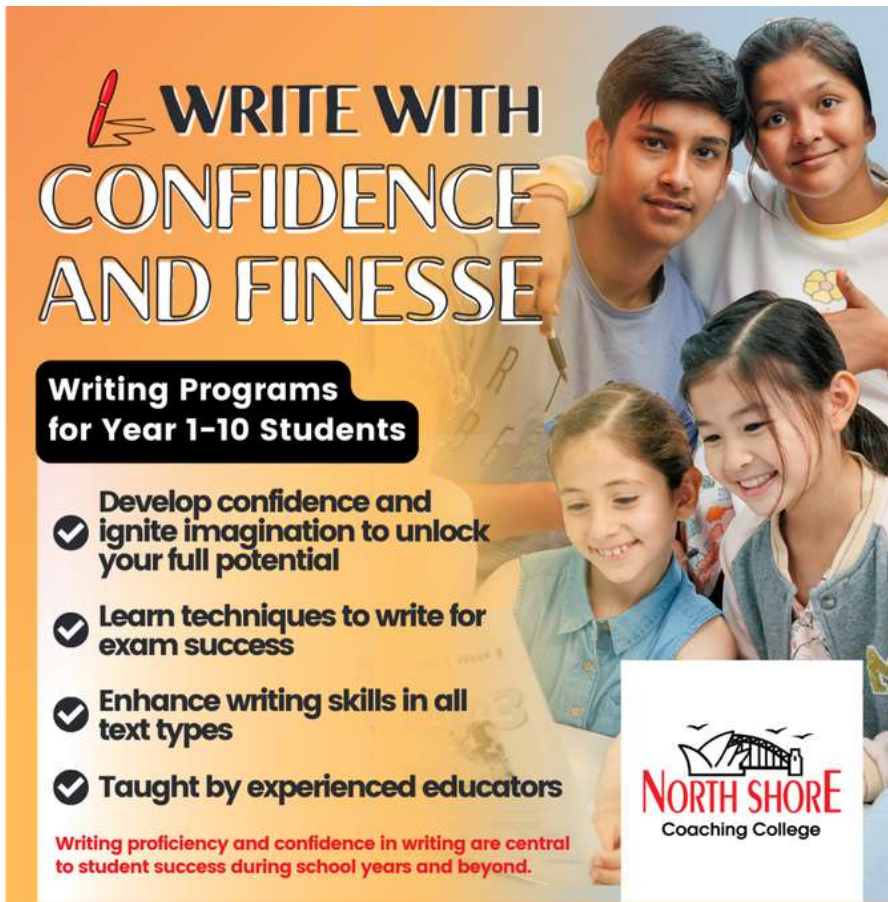
*"In terms of tuition, this is the best you can get. Their curriculum is more advanced which allows students to be more ahead in school, as I've been able to see my academic improvements especially during my older years here. Each classroom has a nice learning environment, and all their toilet facilities are clean. I've been quite lucky to have some really great teachers throughout my years her"*

- Alice, 2024



# Write with Confidence and Finesse

Writing proficiency and confidence are fundamental to your child's success in school and beyond. Whether it's crafting compelling writing for exams, articulating thoughts clearly, or expressing ideas creatively, proficient writing opens doors to endless opportunities.




**WRITE WITH CONFIDENCE AND FINESSE**

**Writing Programs for Year 1-10 Students**

- ✓ Develop confidence and ignite imagination to unlock your full potential
- ✓ Learn techniques to write for exam success
- ✓ Enhance writing skills in all text types
- ✓ Taught by experienced educators

Writing proficiency and confidence in writing are central to student success during school years and beyond.



## For program details & enrolment

Enrol before 19 Mar 2024 to enjoy the early bird discount!

**CONTACT US**

## Writing Programs



### Creative Writers Program (Y1-2)

A foundational writing course cultivates robust skills and builds techniques essential for future success in school.



### Future Writers Program (Y3-10)

An advanced writing course enhances writing techniques skills in all text types and develops essential writing techniques needed for exam success.

### Fastrain Writing Program (Y3-6)

A weekly writing program tailored to each grade level.



GOOD  
LUCK  
IN  
NAPLAN

All Year 3, 5, 7 & 9  
Students!

**North Shore Coaching College**  
wishes all our Year 3,5,7&9  
students good luck in their  
**NAPLAN tests.**

The assessments are an opportunity for students to demonstrate what they have learned in class. Parents or carers of students who sit for the NAPLAN tests will receive a written report of their child's achievement in August.

## North Shore Official Bookshop

Discover a vast selection of books and study materials at the North Shore Book Shop, catering to students from Kindy to Year 12. From our very own Year 3-5 Exam Preparation Papers to 1000+ book titles, past exam papers, competition papers, puzzle books and more, the North Shore Shop has it all.

Visit [northshoreshop.com.au](http://northshoreshop.com.au) today and unlock an exclusive 10% discount with code NSW10.



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10% off on all orders  
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**Tuition That Works!**

## Road Safety

### Parking Restrictions

A reminder to parents to observe any parking restrictions in place outside your North Shore Campus. The police regularly patrol the area to enforce the restrictions and may issue large fines.

In the interest of the safety of our students, please be mindful of the parking signage. Pulling up outside of the Campus to drop off or pick up your child will most likely be a breach of the parking restrictions.



### Crossing the Road

Please use the pedestrian crossings if you need to cross the road.

