

NORTH SHORE NEWSLETTER

Term 3, August 2025



Mr Anson MAK JP

A Message from National Managing Director

Welcome to the August 2025 edition of our North Shore Newsletter.

I hope everyone is having a wonderful term so far.

If your child has achieved a successful placement outcome in the **Selective High School** or **OC** results for 2026 entry (to be released by the end of this month), we would love to reward them with a **supersize trophy** and celebrate their success. Please contact our Campus Directors for more information. We have also gathered very valuable feedback from our students in relation to this year's exam, which we will incorporate into our training programs.

Whilst this column is often filled with information of an academic or teaching and learning nature, it is important to stop for a moment to remind ourselves of the importance of holistic development and maintaining a good balance and variety of activities in our daily routines. Although it is important to give our very best to aim for academic success, it is equally important to take time to engage in regular active exercise such as ball sports, jogging, swimming, or the like. This leads not only to a healthy body but also a healthy mind. We may sometimes be too "busy" to have time to exercise, but it is beneficial to make the extra effort. This can, in fact, lead to productivity gains and a clearer mind for study. Exercise is proven to have significant positive benefits to the brain and learning, such as improved concentration, enhanced memory and cognitive function, reduced stress, and improved sleep quality, which arguably all lead to better overall academic wellbeing and academic performance. Take baby steps to doing a little exercise a day or a couple of times each week, and it will become a natural routine for you.

Our upcoming **holiday and term schedules** are now available online. Plan and enrol early to secure your spot to enjoy discounts with your enrolment.

NAPLAN results have been released earlier this month. If your child is currently in Year 3, 5, 7, or 9 and you have any concerns about the results or your child's achievement in reading, numeracy, and/or writing, have a chat with us.

Exciting news! We have developed and launched a brand-new **Comprehension Skills Course** designed specifically for **Year 5 students**. This program develops essential comprehension strategies through structured lessons and supported online homework, helping students build stronger reading skills and confidence that carry across all school subjects.

Are there any topics you would like to read about in our newsletter? Have you had a great experience with us? We would love to hear any **feedback** you may have to help us continually improve and continue delivering exceptional teaching and learning programs for our students. **Email us at feedback@north-shore.com.au.**

We wish you a great rest of Term 3 ahead.

Break your Child's Screen Addiction!

MR TONY HANLON
NSW Principal



At a Glance

Too much screen time is proven to cause

- sight problems,
- sleep disruption,
- obesity, and
- increased risk of anxiety & depression.

Strategies to Break the Addiction

- Create **screen-free zones**: Keep devices out of bedrooms and off the dinner table.
- Put a **password** on all devices that your child doesn't know.
- **Homework** should be done on the **computer located** in a central part of the home so that you can monitor usage.
- **Model healthy habits** – children learn by example.
- **Prioritise movement** – encourage outdoor play, regular exercise, and active breaks during work.

For many families, screen time can be more accurately described as '**scream**' time. Our addiction to devices is leading to more arguments as we try to get our children to put down their devices. Unfortunately, we are all becoming more addicted to screens at the expense of our health and ability to engage with other people and the world around us.

One of the most concerning effects of prolonged screen exposure is its impact on mental health. Studies have linked excessive screen time - especially on social media platforms - to increased rates of anxiety and depression. It can even affect our children's abilities to make new friends. The constant barrage of notifications, comparisons, and digital noise can overwhelm the brain's reward system, leading to emotional fatigue and reduced self-esteem.

Children and teens are particularly vulnerable. Research shows that heavy screen use can impair emotional regulation, reduce attention span, and even alter brain development. In adults, it can contribute to burnout, irritability, and difficulty concentrating. Recent studies from Denmark* reveal alarming trends, including higher blood pressure, cholesterol, and insulin resistance with each extra hour of screen time children and teens spend online. (*published in the Journal of the American Heart Association)

So how can we reduce our addiction?

Firstly, as with all addictions, we need to admit we have a problem. A quick survey of your family on an average Saturday night at home will give you a good indication. Say it is 7 pm - what is each family member doing? If the answer is that everyone is on a screen, then it's time to take action.



The bullet points below are some '**quick fixes**' to get your family into **healthier digital habits**!

- How much homework and school projects **actually require the use of the computer**? - request to see the actual homework assignment sheet or project notification so you can judge how much online/computer time is actually needed.

- The device used for homework should be **located in the family living or dining room** so that you can readily monitor how it is being used.
- Create **screen-free zones**. Keep devices out of bedrooms and off the dinner table.
- Get your child to **handwrite a draft** of their homework or assignment where possible. Another family member might even be able to type up the actual homework for them to further reduce your child's screen time.
- Put a **password on devices** that your child doesn't know - they won't be able to use the device unless you unlock it.
- **Don't be afraid to say no**. Sometimes we can't be our child's friend - we have to be their parent.
- Use a **distraction strategy**. Depending on the age of your child encourage another activity for their free time such as Lego, a family activity such as Scrabble or Monopoly.
- Teach your child **chess, checkers, card games**, etc. - let them see there are other ways to entertain themselves.
- Get them to **read more** - set a minimum number of pages to be read every night/week and provide a reward if the weekly target is met.
- Provide some 'approved free-use time' when it is okay to use devices for entertainment; however, set a **weekly** limit. Once the limit is reached, no more screen time for that week. There are 'apps' available that can monitor screen time usage.
- **Set a good example** by limiting the time you spend on devices when they are around.
- Have books or cards, etc in the car to encourage them to do something **other than screentime when in the car**.
- **Model healthy habits**: Children learn by example - adults who unplug inspire kids to do the same.
- **Prioritise movement**: Encourage outdoor play, regular exercise, and active breaks during work.

More time away from our screens leads to a happier and healthier life for all our families. Our devices are there to assist and liberate us, to maximise our free time. It is up to us to go out and live life in 3D - not through a screen.



Tony Hanlon
Principal - NSW Operations



CORE PROGRAMS

- **Build Strong Academic Foundations**

Our Core Programs lay the foundation for academic excellence, helping Pre-School to Year 12 students master English, Mathematics, Thinking Skills, and Science. Through structured learning, they build key concepts, sharpen problem-solving, and develop critical thinking to stay ahead.

- **Key Features**

✓ Comprehensive Learning – Strengthens core subjects to ensure a solid academic foundation.

✓ Lifelong Study Habits – Equips students with skills for continued success.

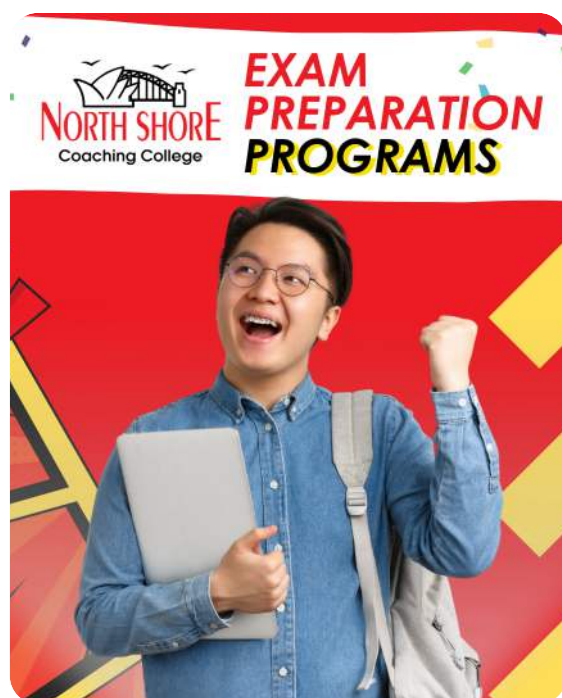
✓ Confidence & Independence – Encourages self-motivation and a love for learning.

At North Shore, we don't just teach—we inspire. Join us in building a brighter future for your child!

BOOSTER PROGRAMS

- **Targeted Support for Academic Success**

Is your child struggling with schoolwork or needing extra help in key subjects? Our Booster Programs offer targeted support to help students catch up, reinforce concepts, and strengthen specific skills like writing. Designed for accelerated learning, it ensures students gain confidence and improve their academic performance.



EXAM PREPARATION PROGRAMS

- **Maximise Exam Success**

Our Exam Preparation Programs are designed by expert educators to help students master exam structures, question patterns, and marking criteria.

Students gain advanced problem-solving techniques, exam strategies, and time management skills, ensuring they perform at their best. With mock exams, feedback sessions, and targeted practice, they build confidence and excel under pressure.

- **Perfect For:**

Students sitting high-stakes exams, including:

✓ OC Placement Test

✓ Selective High School Placement Test

✓ NAPLAN

✓ Private School Scholarship Exams

NAPLAN

The latest NAPLAN results for Years 3, 5, 7 and 9 are out this month.

For many students, these results are not just about marks — they represent progress, growth, and the confidence that comes with learning.

At North Shore, we celebrate every step forward. NAPLAN provides valuable insights into your child's strengths and areas for improvement, and with the right support, those insights can be turned into real success — and smiles of achievement.

How We Help Students Shine

- Explain and guide families through NAPLAN reports
- Strengthen literacy and numeracy foundations
- Tailor programs to boost outcomes and confidence
- Build skills for exams and beyond



Our Promise to Families

For over 30 years, North Shore has been helping students move from results to readiness. With caring coaching, encouragement, and the right tools, every child can approach challenges with confidence and joy.

Next Steps

If you'd like support in understanding your child's NAPLAN results and planning their learning journey, reach out to your nearest North Shore Campus. Our Campus Directors are ready to guide you and help your child reach their full potential.



Celebrating OC & Selective Success

Results for 2026 Entry – Coming Soon!

We expect results to be released by the end of August.

Share the Joy!

Students who achieve successful placements will be honoured with a Supersize Trophy.

Please speak with your Campus Director for details.



Struggling with Reading & Comprehension in Year 5?

Comprehension is the make-or-break skill in Year 5. Without it, students can quickly fall behind across subjects.

That's why North Shore has launched a new Comprehension Skills Course, designed to develop deep comprehension through structured lessons and supported online homework.

What Your Child Will Gain

1. Proven strategies to **understand and interpret texts faster**.
2. Development of comprehension through in-depth study of **literal**, **inferential**, **evaluative**, **reorganisational**, and **appreciative** skills.
3. Skills that lift performance across **school subjects**.

Don't Wait

Weak comprehension today can create stress in every subject tomorrow. Give your child the skills and confidence to succeed.

Contact your local Campus Director now — limited spaces available.





From **Pre-School** to **Year 12**...
From **first steps** to **final exams**...
Supporting through **NAPLAN**, **OC**, **Selective** and **HSC**.

Trusted Tuition
since 1991

Academic
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Enrichment

Thousands of
high achievers
every year

Tuition that works!



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