

NORTH SHORE NEWSLETTER

Term 4, November 2025



Mr Anson MAK JP

A Message from National Managing Director

I hope everyone is having a wonderful Term 4 so far.

We have just passed Halloween and World Teachers' Day. We thank all our educators at North Shore Coaching College for their dedication, passion, and hard work in educating our students.

Congratulations to Ms Ella Do and the team at our newly opened campus at Gables.

Thank you to all the OC and Selective High School winners who have notified us to date and we have been very happy to reward you with a supersized trophy. If any students are yet to notify us, please come and speak to us. We hope that the trophy

continues to be a reminder of the importance of continued hard work and dedication to your studies to achieve future success.

Applications are now open for entry in 2027 into a Selective High School or Opportunity Class (OC). If your child is currently in Year 3 or Year 5, you can [apply](#) from now until 20 February 2026, to complete the test from 1-2 May 2026. There are some subtle changes with the exam which you can read more about inside our newsletter. Please consult our campuses if you would like any advice and/or assistance in relation to filling in your application. Our Exam Preparation Programs are a great opportunity to have a real exam-like experience to discover gaps in skills and knowledge, build confidence, reinforce skills, and benchmark progress by completed mock exams.

For year 4 and 5 students, we have been excited to transition some writing tasks from paper-based handwritten tasks to computer-based tasks in our MyStudy portal. We recognise the importance of both handwritten and computer-based tasks to achieve success in an increasingly AI world. The Selective High School Placement Test, NAPLAN and many other important exams, have gone totally online, and we are reflecting the changes and making sure North Shore keeps up to date. This year was also the first year in which some HSC exams were completed totally online, with more exams moving in this direction. We need to ensure students are familiar with working online as this will become even more important over the next few years in all schools.

National Principal Andy Mak and myself have also been recently invited to contribute a chapter in relation to the role of AI in education into a book which will be published and available for sale in early 2026. We look forward to sharing this with you in the next newsletter.

Our Principal - NSW Operations Tony has also written a very insightful article on resilience which I encourage you to spend time reading.

The importance of reading a wide variety of text types can never be overstated. I was recently talking to a few parents who have recently arrived from overseas. I stressed the importance of encouraging a love of reading and developing good reading comprehension from a young age as a foundation for future success in writing. To support a love of learning at home, we would like to remind you that we have our very own community library/Book Nook at Chatswood campus and selected campuses. We encourage you to TAKE A BOOK, GIVE A BOOK, SHARE A BOOK. If you have any unwanted spare reading books appropriate for students from Pre-

School to Year 12 which are in good condition, we would love for you to donate any books to our Campus so we can share the love of reading with your children.

Philanthropy and supporting organisations which make meaningful differences in education and cancer research remains an important part of what we do. Our very own charity foundation – North Shore Coaching College Charity Foundation in memory of Mrs Demi Mak, continues to support the community. Recently, we have been able to support the work of Jesuit Mission in their [Battambang Education Project in Cambodia](#), where 132 students from very disadvantaged families in Northwest Cambodia have benefited from scholarships at six student centres that enable students from remote areas to attend higher education - by providing accommodation, food, cover school fees, school materials, and, for some, bicycles for travel to the education campus, and [Jesuit Education Project in Timor Leste](#), where 1300 students at the ISJB teacher training college and the secondary college CSIL, have the chance to access quality education in the Ignatian tradition. Graduates of ISJB are highly sought for teaching roles while the CSIL graduates go on to tertiary studies with scholarship support, and to employment.

Thank you for your ongoing support to North Shore Coaching College. It is a privilege to be part of your child's learning journey and we hope you have a wonderful learning experience with us for the rest of 2025 and beyond.

Wishing all our North Shore Coaching College families and staff a very Merry Christmas and a healthy and happy new year in 2026.

2026 Changes to the **NSW Selective School** and **OC Exam**

You may be aware that the application for entry into a Selective High School and Opportunity Class (OC) in 2027 recently came out, but were you aware of some subtle changes?

For the OC Placement Test, the Reading Test will now be 40 minutes, with 14 questions, 3 of which have multiple parts to answer.

For the Selective High School Placement Test, the Reading Test is now 45 minutes, with 17 questions, 3 of which have multiple parts to answer.

New to the Reading Test is an additional question style incorporating word/phrase choice to complete a cloze passage. Students attending North Shore Coaching College programs are well prepared for this style of questions. Our Exam Preparation programs will also be adapting these changes into Reading mock exams.

All other test components and time remain the same.

The NSW Department of Education has also announced the Gender Parity model where from 2027 intake and onwards, an equal number of selective places will be made available for girls and boys at all coeducational selective and partially selective high schools, as well as opportunity classes in public primary schools. This is likely to balance out classes at co-educational Selective High Schools and OC classes currently dominated by a particular gender.

This year also sees the requirement to include a photo as well as the option to select up to 4 preferred OC classes.

Since 1991, we have been preparing students in our training programs to achieve Selective High School, OC and scholarship exam success. We encourage students to join our Exam Preparation programs for hints and tips and more mock exam practice.

For further advice of the application process, please do not hesitate to approach our campuses for further assistance.



What parent hasn't looked upon their child and wished they could protect them from all the trials and tribulations that life will throw their way?

Even if you could somehow magically be there every day, every moment, through the rest of their lives, you would be doing your child a grave injustice. **You would be raising an emotionally stunted adult unable to fend for themselves in the real world.**

There is a way, however, to teach your child to be their **own champion** against life's challenges.

It's called resilience.

Put simply, resilience is the capacity to withstand or to recover quickly from difficulties. It is about bouncing back into shape when life throws you an unexpected and unpleasant surprise.

In our post-COVID world, researchers, child psychologists and teachers are seeing more children struggle with adversity. Resilience has definitely taken a hit.

Children who lack resilience are less able to perform well in school. Both their academic and social skills success suffers.

Interestingly, the problems associated with a lack of resilience do not stop at childhood.

Research shows that adults who lack resilience encounter more conflict in their workplace. They miss out on promotion due to their inability to cope with adversity.

How to Build Resilience in Children:

1. Help them connect

Research shows that people who have a strong social network have higher resilience and are better placed to deal with depression and anxiety. Teach your child the importance of building connections with their peers. Most importantly help them build the skill of empathy and listening, **ACTUALLY LISTENING** to others. It's also important to build a strong family network. Encourage a Zoom connection with grandparents, cousins, uncles and aunts overseas. Teach them to ask questions of people in their family - especially older members. Let them see the value and validity of every member of their family network.

2. Don't fight their fights

Disagreements with friends and classmates is an expected part of growing up. Let your child sort out their little disagreements themselves; obviously with some well-placed subtle advice, but try to stay out of the firing line. Only intervene if the problem escalates.

If your child has done something at school that has concerned the teacher don't immediately jump to their defence. We all did something naughty at school - there is a high likelihood that your child will do something naughty as well. It is best to have them reflect on the situation, acknowledge their part in the problem and plan a way forward. This allows for the healthy psychological development of the child whilst showing them that facing a problem, as opposed to finding an excuse for their behaviour, is the best way to resolve conflict.

3. Increase resilience through helping others

Children who may feel helpless can feel empowered by helping others. Engage your child in age-appropriate volunteer work or ask for assistance yourself with tasks that they can master. At home, brainstorm with your child about ways they can help younger siblings, you and their grandparents.

4. Stick to a daily routine

We are all happiest when our lives move in a predictable manner. Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Work with your child to develop a routine, clearly defining times that are for homework, silent reading and free play. Particularly during times of distress or

transition, you might need to be flexible with some routines. At the same time, schedules and consistency are important to maintain.

5. Let it go!

Don't cry over spilt milk. There are things in life we cannot change and as much as it may frustrate us we have to accept our lack of control. Teach your child how to focus on something that they can control or can act on. Talk through what has happened and help them divert their thoughts and energies to something positive they can build or create. Teach a deep-breathing technique such as 'breathe in happy thoughts, breathe out anger'.

6. Teach health

Teach your child the importance of eating properly, exercise, and get sufficient sleep. Eating properly may also involve allowing for 'junk' food in moderation - that is your choice to make. Make sure your child has time to have fun and to participate in activities they enjoy. Caring for oneself and even having fun will help children stay balanced and better deal with stressful times.

7. Define reachable and realistic goals

Reality Check: our chances of being prime minister are slim, but our chances of a successful career and a satisfying life are boundless. Teach your child to set reasonable goals and help them to move toward them one step at a time. Establishing goals will help children focus on a specific task and can help build the resilience to move forward in the face of challenges. When assisting with homework, break down large assignments into small, achievable goals for younger children, and for older children, acknowledge accomplishments on the way to larger goals.

8. Ban Instagram - Encourage a positive self-view

Help your child remember ways they have successfully handled hardships in the past and help them understand that these past challenges help build the strength to handle future challenges. Develop your child's trust in themselves to solve problems and make appropriate decisions.

Social media can present a sanitised world of perfect smiles on impossibly beautiful and handsome people. Teenagers look at the images on Instagram and other social media platforms and feel that they 'come up short' against the digitally-enhanced images.

This feeling of 'not being good enough' can lead to body dysmorphic disorder, eating disorders, anxiety and depression. Start a conversation about how unrealistic the images are. Beauty fades but strong character stays with us through our lives.

Remember, teenagers are good at getting around obstacles! They can get around the recent laws governing social media access. You still need to be vigilant when it comes to what your children see when they access the internet.

9. Keep things in perspective and maintain a hopeful outlook

Even when your child is facing very painful events, help them look at the situation in a broader context. Encourage a long-term perspective. Although your child may be too young to consider a long-term outlook on their own, help them see that there is a future beyond the current situation and that the future can be good.

'Sadness is but a wall between two gardens'.

This inspiring thought, from Khalil Gibran, can be presented through an example from your own life to help your child understand. An optimistic and positive outlook can enable children to see the good things in life and keep going even in the hardest times. Remember - those who win never quit; those who quit never win.

As a society, it is our sons and our daughters who inherit the future. The future won't wait for them, and it won't care if they are ready or not. It will, however, place increasingly complex demands on them as the climate becomes less predictable and the geo-political situation becomes less stable. Resilience will not be optional for those who seek to succeed. It will be the reason that they are able to succeed.

Your child deserves to succeed.

Stay strong. Stay engaged with the magic of learning and be the resilience that you want your child to have.



CORE PROGRAMS

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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 skills 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.



BOOSTER PROGRAMS

Targeted Support for Academic Success

- ✓ Expert guidance
- ✓ Focus on essential skills
- ✓ Rapid improvements
- ✓ Develop exam skills
- ✓ Boost exam confidence



EXAM PREPARATION PROGRAMS

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



Turn the **Holidays** into a **Head-Start**

At North Shore Coaching College, we believe **learning never stops** — not even when school does.

Our **Holiday Tutoring Programs (from Pre-School to Year 12)** give students a chance to **revise, strengthen and extend** their knowledge in a **fun and structured** environment.

School holidays are the perfect time to:

- **Refresh key concepts** learned during term time.
- **Strengthen academic foundations** and study habits.
- Explore new topics to **get ahead** for the next school year.

We offer face-to-face classes during every public-school holiday period, designed to fit easily into your family's schedule.

Each program runs between 1 to 3 weeks per holiday, with one daily lesson each week.

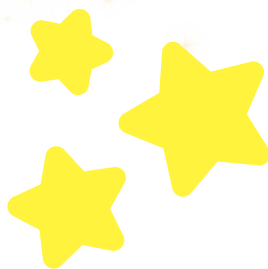
Join us for **Tuition That Works** — where every holiday becomes a step toward greater confidence and readiness for Term 1.

Build confidence early

Refresh skills

Start strong

Get ahead



**Speak with your nearest campus to
Book Your Spot Today**

NSW 2026 **Scholarship** News

— Get Ready for the 2027 Intake

Many of NSW's leading independent and prestigious schools will soon open applications for their **2027 scholarship intake**, giving high-achieving students the chance to earn partial or full scholarships through academic testing.

These competitive exams assess a student's **reasoning, problem-solving, literacy, and numeracy skills**, providing an opportunity to gain recognition and entry into top schools across the state. Each year, numerous NSW independent schools participate through national testing bodies such as **ACER** and **AAS**.

Families are encouraged to start preparing early, as the scholarship process is both rigorous and selective. At North Shore Coaching College, our **specialised Scholarship Preparation Courses** are designed to build exam confidence, strengthen key skills, and help students perform at their best. For tailored advice on the right preparation pathway for your child, contact your nearest North Shore campus — our staff are here to guide you every step of the way.

To view the latest list of 2026 participating schools, please scan the QR code and visit our website.






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