



# Year 7 2023 Information Handbook

**WHOLE CHILD | WHOLE SCHOOL | WHOLE COMMUNITY**



## **Year 7 at Nowra Anglican College**

We are a growing and learning community! We strive to develop the whole child. Our students are nurtured to become creative, resilient leaders and learners. They develop as resourceful young adults, well-prepared for their journey beyond school as compassionate contributors to their community.

**Our vision is to be a community of learners, living and serving in Christ's world.**

Our mission is to provide a high-quality Christian education within a welcoming community, where all individuals are valued and belong. As a community of learners, we strive for excellence, unlocking the potential of each individual, developing confident, active learners who improve their world.

**Our values are respect | compassion | wisdom.**

We are a respectful community grounded in Christ's compassion, learning to live with wisdom.

This booklet seeks to inform families about our approach to Senior School education.

**Growing Learners**

**Growing Resilience**

**Growing Futures**

## Growing Learners

The ultimate goal of Nowra Anglican College is to build powerful learners. Every member of our school community, including staff, are continually developing better learning capabilities to enable them to answer questions and solve problems. We do not seek to simply impart information. Instead, we seek to inspire curiosity and equip our students to research, learn and access the vast reserves of information available.

### Building Learning Power

Our current teaching and learning framework, Building Learning Power, empowers students to be active learners. This pedagogy drives the content learning and skill acquisitions in all subject areas by building understanding about how to learn best. Through explicit instruction, directed supported practice and personal reflection, we aim to grow all students into becoming powerful learners. We focus on building all areas of our brain development.

- The emotional and feeling aspects of learning - Resilience
- The cognitive and thinking aspects of learning - Resourcefulness
- The strategic and management aspects of learning - Reflectiveness
- The social and relational aspects of learning - Relationships
- The spiritual foundation of learning - Restoration

All of these elements combine to build our students into flexible analysts, problem solvers and navigators of their world. The foundation of all of these elements is Restoration which embeds relationships with each other and our God as the base of all learning and success.

### We value learning

*"Tell me and I forget, teach me and I remember, involve me and I learn"* (Benjamin Franklin) The world beyond school is constantly changing and changing quickly. At NAC, we believe it is important to meet the needs of our students, where they are right now, and also to prepare them for what they will need for their lives beyond school.

The Melbourne Declaration on Educational Goals for Young Australians (2008) recognises fundamental changes in how 21<sup>st</sup> Century students learn, especially with regard to their use of interactive technology and its access to instant information. It is important that we maintain relevance and teach students how to be successful learners, confident, creative and well-informed.

### Building powerful learners

Neuroscientists have discovered that the brain is a highly active and malleable learning machine, capable of growing in response to learning and experiences. This means the more we engage and challenge our brain, the stronger and higher functioning it becomes.

We provide an environment that is relevant and challenging for all students to positively and intentionally exercise every aspect of their brain.

We encourage a growth mindset (Dweck, 2015), where effort, time and proactive feedback foster engagement, motivation and higher achievement through all of their years of learning at Nowra Anglican College.

## **What we do is based on current educational research**

Year 7 is structured in such a way that it embeds the latest research regarding learning and building intelligence.

Excellent results are achieved at Nowra Anglican College through our promotion of:

- Open-mindedness
- Critical thinking
- Global thinking
- Visual and performing arts

## **How is Year 7 structured at Nowra Anglican College?**

Year 7 is structured around mixed ability classes, as inclusive schooling leads to improved learning outcomes for all students. This is well-supported by research (Hattie, 2008). An inclusive class environment in the crucial first year of senior school can have a positive impact on a student's academic and social development. It encourages our students to believe that achievement can be improved through effort, time and guidance.

Research supports that all students benefit in a wide variety of ways, by integrating with a mix of students in their classes.

## **How will NAC cater to each child's needs?**

We have a number of strategies to ensure we give every student the opportunity to achieve to the best of their ability.

Our Enrichment program seeks to offer Enrichment, Differentiation and Gifted Education. Under the guidance of our Deputy Principal, Learning and Innovation and the Diverse Learning Team, we offer learning support and extension opportunities for students who require additional challenges or targeted assistance to meet their individual learning needs. Our Year 7 Enrichment English and Mathematics programs are examples of our strategy to meet the needs of those students who require challenge, by spending time with like-minded individuals to foster learning in a collaborative environment.

Similarly, students who require intensive, explicit and targeted instruction in learning support will be grouped, where appropriate, to help students develop their skills and improve results.

At Nowra Anglican College, we focus on the whole child. This means that learning in the classroom is continually adjusted and monitored to cater to each student's individual needs. We also incorporate social and emotional learning into our curriculum through our THRIVE program each day. THRIVE seeks to support student well-being by helping them to understand themselves and their relationships with each other and the wider community. We also offer numerous co-curricular and extra-curricular activities that challenge students, develop resilience and build leadership qualities in our students.

## **Other benefits from our Year 7 structure**

There are many social and cognitive benefits for our students in mixed-ability classes. There is less pressure to maintain or improve a student's status within their cohort, allowing them the chance to build supportive relationships with their peers in their first year of Senior School.

Students are free from early 'labels' such as being academic or less able. Instead, they have the time to explore their strengths and interests within the diverse and stimulating Senior School environment. This removes the risk of being pigeonholed at a difficult time in their development and grants them the opportunity to flourish across all areas of College life.

Our students benefit from experiencing diversity in the classroom. It is healthy to appreciate the broader composition of society. Students in Year 7 mixed ability classes share a number of 'firsts' and get to observe and appreciate how other students with different strengths and experiences tackle these challenges. This is a valuable experience that teaches us that we all have different strengths and approaches to challenges. It also generates respect for each other which will be critical as students complete their schooling.

## **What subjects does NAC offer?**

Nowra Anglican College has a wide range of subjects, taught by excellent teachers, in great facilities. Our 2025 suite of subjects is listed below. However, as we are a growing school, we are constantly adding more electives into Years 9 to 12, and can also support students who select subjects that are delivered online or via distance education.

All elective subjects studied at Nowra Anglican College are driven by student interest and may vary from year to year. We are always willing to introduce new subjects for our students to study as we find increased engagement leads to increased motivation and learning. This, in turn, leads to an increase in thriving, flourishing and happy students.

### **Subjects studied in Year 7**

English

Mathematics

Science

History

Music  
Sport  
Visual Arts  
Design & Technology  
PDHPE

Christian Studies  
Building Learning Power  
Chapel

### **Subjects studied in Year 8**

English  
Mathematics  
Science  
Geography  
Music  
Sport  
Visual Arts

Design & Technology  
PDHPE  
Christian Studies  
French or Japanese  
Chapel

### **Core subjects Studied in Year 9**

English  
Mathematics  
Science  
History  
Sport

Geography  
PDHPE  
Christian Studies  
Chapel

### **Elective subjects offered in Year 9 in 2025**

Commerce  
Dance  
Drama  
Food Technology  
French  
History Elective  
Industrial Technology (Timber)

International Studies  
Japanese  
Marine and Aquaculture Technology  
Music  
Physical Activities & Sport Studies (PASS)  
Photography & Digital Media  
Visual Arts

### **Core subjects Studied in Year 10**

English  
Mathematics  
Science  
History  
Geography

PDHPE  
Christian Studies  
Chapel  
Sport

## Elective subjects offered in Year 10 in 2025

Commerce	Industrial Technology (Electronics)
Design and Technology	Industrial Technology (Timber)
Dance	Marine and Aquaculture Technology
Drama	Music
Food Technology	Physical Activities and Sport Studies (PASS)
French	Visual Arts
History Elective	

## Subjects Offered in Years 11 and 12 in 2025

Ancient History	Maths Extension 2
Biology	Mathematics Pathways
Business Studies	Modern History
Chemistry	Music 1
Christian Studies	Music 2
Community and Family Studies	Music Extension
Dance	PDHPE
Design & Technology	Physics
Drama	Science Extension
Economics	Society & Culture
Engineering Studies	Software Engineering
English - Advanced	Sport, Lifestyle and Recreation
English Extension 1	Studies of Religion
English Extension 2	Visual Arts
English - Standard	<b>VET/TAFE Courses</b>
English Studies	Entertainment Industry
Geography	Electrotechnology
History Extension	Construction
Human Movement Science	Hospitality
Industrial Technology - Timber Products and Furniture Technologies	<b>Distance Ed. Courses</b>
Japanese	
Legal Studies	
Maths - Standard	
Maths - Advanced	
Maths Extension 1	



## Technology as a vehicle for learning

*"We need technology in every classroom and in every student and teacher's hand, because it is the pen and paper of our time, and it is the lens through which we experience much of our world." David Warlick*

Nowra Anglican College is considered a leader in the use of technology in the classroom. Our Senior School students each bring their own laptops to school. These are used to aid learning in many creative ways and work to establish strong digital literacy, preparing students for the current innovative age.

## A whole-child approach to learning

Learning extends beyond the classroom. Participation in a range of activities from sports to debating to performing arts encourages teamwork, resilience and problem-solving.

Students at Nowra Anglican College have many opportunities to represent the school in sports, join an ensemble, debate, get involved in mock trials, and much more.

### Creative and Performing Arts

*Music and performance benefit the whole curriculum.*

Creative and Performing Arts opportunities are vibrant at Nowra Anglican College. We have a strong history of excellence in the Performing Arts both within the curriculum and through co-curricular groups. Our biannual musical, presented at Shoalhaven Entertainment Centre, is always a popular production, granting many students the opportunity to perform, design, or provide technical support. Students can also have peripatetic lessons with a qualified tutor at the College (additional fee).

Our ensembles are:

- Senior Orchestra
- Choir
- Brass Ensemble
- String Ensemble
- Jukebox Ensemble
- Percussion Ensemble
- Senior Dance Company

## Sports

Nowra Anglican College prides itself on offering students many opportunities to participate in sporting teams and also to represent the College.

The sports pathway for students is

1. Selection to represent the College at Southern Anglican Schools Sports Association (SASSA) events
2. Selection to represent SASSA at Association of Independent Co-educational Schools (AICES) sporting competitions
3. Selection to represent AICES at NSW Combined Independent Schools (CIS) competitions
4. Selection to represent CIS at NSW All Schools (Independent, Public and Catholic Schools combined)
5. Selection to represent NSW and compete against the other Australian States

Students also represent the College in local and knockout competitions. Students may also participate in Inter-school competitions organised by Equestrian, Mountain Biking, and Snow Sports Associations.

**The following is a list of sports choices that may be on offer.**

AFL	Gymnastics
Netball	Softball and T-Ball
Athletics	Hockey
Rowing	Squash and Fitness
Basketball	Tennis
Rugby	Indoor Soccer
Cricket	Ten Pin Bowling
Martial Arts and Fitness	Lawn Bowls
Dancing	Touch Football
Self-defence	Learn to Surf
Fishing	Ultimate Frisbee
Flexibility and Relaxation	Mountain Biking
Slider Hockey	Volleyball
Soccer	Walking

*NB: The sports in this list are subject to change and may not be offered at every year level*

## **Growing Resilience**

Student wellbeing encompasses all aspects of a child's schooling which are related to the behavioural, emotional, psychological, social and spiritual domains. We have a whole school approach where all our staff works together to care for our students.

With the Christian faith core to our learning community, a holistic approach to Christian education seeks to positively influence all areas of student well-being and learning. We will provide opportunities for staff and students to appreciate Biblical teaching and the impact this can have on their lives.

We also offer extensive pastoral to support student well-being as they encounter various challenges throughout their adolescent years.

## **Christian Education**

As a Christian school in the Anglican tradition, Nowra Anglican College is founded on Biblical beliefs and we aim to embed a Christian Worldview in all our classrooms. All students participate in Christian Studies and Chapels and it is our hope that they will come to know Jesus as their saviour. Our wellbeing framework is based on Christian principles and the College offers various co-curricular activities and groups with a Christian focus.

## **Pastoral Framework**

Nowra Anglican College has a comprehensive approach to student wellbeing that supports them as they journey through their years in school, and also gives them tools as they branch out into further studies or the workplace. Social and emotional learning is promoted through various programs including Thrive, Chapel services, PDHPE, targeted visiting speakers, school camps and other co-curricular events. Our Thrive program is run during our long homeroom time, where students meet for 30 minutes each day. It involves explicit instruction and activities to develop student's understanding of wellbeing and support their development of positive relationships and social skills that reflect our College values of respect, compassion and wisdom. We also have a Wellbeing Hub, supervised by our Pastoral staff, where students can go if they need support or de-escalation throughout the day.

## **Pastoral Team**

Each student will be placed in a homeroom, based upon their House, with dedicated teacher/s that they will see each day. We also have a Year Coordinator and Assistant Year Coordinator, who run fortnightly Year Meetings as well as supporting students who are experiencing low to medium level difficulties.

Nowra Anglican College has a Director of Student Wellbeing who, along with the Deputy Principal - Wellbeing and Growth, is involved in actively promoting student wellbeing and providing intervention for students who experience medium to high level difficulties.

We have a College Chaplain, who is available to support and pray with students and families, as well as College Psychologists and Counsellors who work with those who require additional assistance.

We also have two Aboriginal Education Mentors and a Defence Education Mentor.

## **School Camps**

A vital part of our pastoral program is our annual camp for each year group. These camps are three days and assist students as they build relationships, resilience and resourcefulness.

The outcomes of camps are:

- A strong positive social identity
- Self-confidence
- Independence and self-reliance
- Social/community interdependence
- Seeing the benefits of challenges
- Personal growth
- Insight
- Teamwork
- Environmental appreciation
- Understanding of the gospel
- Reflection on personal faith
- Leadership
- Perseverance
- Resilience

## Co-curricular Opportunities

Nowra Anglican College offers a wide range of co-curricular activities that support students in their learning:

Art Club	Percussion Ensemble
Brass Ensemble	Rugby
Card Game Club	Science Club
Chess Club	Sewing Club
Choir	Soccer (Futsal)
Defence Groups	Social Justice Club
Dig-In Christian Group	Spearfishing, Fishing and
Dance Company	Diving Club
Duke of Edinburgh	Sport Conditioning
Japanese Club	String Ensemble
Jukebox Ensemble	Tech Club
Mountain Biking Club	Volleyball
Netball	Weight Training
Orchestra	Writers Workshop

# Growing Futures

Nowra Anglican College wants every child to become creative, resilient leaders and learners. We want them to leave us as resourceful young adults, well-prepared for their journey beyond school as compassionate contributors to their community.

## HSC Results

We recognise that success in the HSC is as individual as the students that we have at the College. We provide a broad range of subjects to meet the needs of each child. We offer challenging academic subjects, languages, and creative and humanities-based subjects. We also offer an HSC program for students who do not need an ATAR as they are not wanting to attend University. This is a vocational-based program that allows students to kickstart their trade careers.

### Areas of High Achievement

The College community is proud of the achievements of our Year 12 cohort on their excellent performance and commitment to the 2023 Higher School Certificate. Nowra Anglican College has again been named the top-performing school across the Shoalhaven and South Coast with a ranking of 113 in the State. Our school is also identified as one with outstanding academic “value add” allowing all students at all levels to achieve their best. The College always has students with ATARs in the 90s and in 2023 our Year 12 cohort achieved 71 Band 6 results, with 31 individual students named on the Honour Roll and 14 students achieving ATAR's over 90.

There has been much to celebrate with a considerable number of Band 6 results achieved by many students across a wide number of subjects. Our Year 12 students have worked hard to achieve these results and we commend them for their perseverance and positive outlook. Of particular note this year are the results in English Advanced, English Extension 1, Mathematics Advanced, Mathematics Standard, Mathematics Extension 1, Mathematics Extension 2, Modern History, History Extension 1, PDHPE, Physics, Earth and Environmental Science, Biology, Society and Culture, Business Studies, Japanese Beginners, Music 1, Music 2, Music Extension, Drama, Dance, Entertainment Industry, Hospitality, French Continuers and Studies of Religion 2 Unit.

In keeping with our tradition of a strong culture of achievement in the creative and performing arts, a number of students have received accolades for their major works in Dance and Drama, including a nominations for Onstage, Encore and Callback, with one of the group performances for Drama performing at the Onstage concert earlier this year..

There is much happening at Nowra Anglican College that has heightened the focus and performance in academics as well as the co-curricular activities that the school offers our students to develop and achieve their best. This includes the strategy of providing mentors for each Year 12 student as well as a focus on applying the “Ten Percent on Top” principle to student achievement. The focus we place on student well-being and maintaining high expectations is working, with our students flourishing in their attitude, skills and performance.

We have many wonderful stories over the years of students’ overall results and pathways for their post-secondary school life. Many of our students are offered early entry to University courses across the state. We are proud of our Alumni in many parts of the world who are using the skills gained at NAC to make a difference.

Our staff is incredibly proud of the achievements of all of our students who have demonstrated exceptional commitment, resilience and perseverance in their studies. We are confident that they will do well as they head into the next stage of their lives.

## **Cultural Immersion**

Our Cultural Immersion program spans local and national communities. Students participate through indigenous experiences in their classroom learning along with local cultural experiences.

## **Service Learning**

Our service learning spans local, national and global efforts. Students participate in fundraising as well as getting practically involved in on-the-ground efforts. We hope to be able to offer some of our Year 11 students the opportunity to be part of our annual Cambodia trip in the future. This trip challenges our students to interact directly with international aid efforts.

## **Pathways and Partnerships**

Our Pathways and Partnerships Coordinator is involved in providing opportunities for our students to explore the myriad of career possibilities available. Students attend career expos, visit Universities and participate in work experience (usually from Year 10 onwards). We offer a great deal of support to assist students to find their passion and link this with their future.

We look forward to joining together in partnership with you to build your child into a resilient, engaged and successful learner, across their Senior School career and into the future.