

# Meet Our Executive Team for Year 7 2025

Welcome To  
Lisarow High School



Principal  
Mr Murray Balfe



Deputy Principal  
Year 7 2025  
Mr Adam Rumppler



Year 7 2025 Year Advisor  
Mr Jacob Gilbert



Year 7 2025 Assistant Year Advisor  
Ms Brydie Burton



Head Teacher Wellbeing  
Mrs Jodie Haydn



Student Support Officer  
Mrs Jess Barwise



Enrichment Class  
Head Teacher  
Teaching & Learning  
Miss Ellouise Plowman



CAPA Academy  
Head Teacher CAPA  
Mrs Kylie Bolger



Technology Class  
Mr Adam Walsh



Sports Academy  
Head Teacher PDHPE  
Mr Liam McKechnie



YEAR 7 2025

INTEGRITY

RESPECT

COMMITMENT

RESP

STRIVE

# Opportunities for Lisarow High School Students

## Provided for Year 7

- Stationary pack including calculator pens, work books, Diary, pencil case & more
- Mobile phone pouch

## Excursions

- Zoo Snooze
- Art Galleries
- Stage It
- Star Struck
- Central Coast Showcase
- Royal Easter Show
- YIPA
- WWI Living History
- Schools Spectacular
- Exhibitions
- Performances

## Incursions

- Backflip against bullying
- Love Bites
- Big Science Show
- Tutankhamun Bus
- Bro & Sister Speak
- Police Talks
- Peer Support (Yr 7)
- Smashed Alcohol

## Educational Groups

- Debating
- Chess Club
- Science & Engineering Challenge
- Public Speaking
- STEM Club
- Homework Centre
- Duke of Edinburgh

## School Camps

- Year 7
- Year 9
- Year 11 Ski Trip

## First Nations Groups

- Ngaylia
- Yarning Circle
- IBelong
- Reconciliation Week

## Wellbeing Groups

- Top blokes
- Perfect Presence
- Song Lab
- Aspire
- Overnight outdoor education Hikes
- Girls/Boys Wellbeing Groups

## Ag Farm

- Outdoor classroom
- Greenhouse
- Farm animals
- Horticulture



## Special Days

- International Womens Day
- RUOK Day
- ANZAC Day representatives
- Newcastle Knights
- Central Coast Mariners
- Harmony Day
- Jersey Day
- Pyjama Day

## Positive Behaviors for Learning

- Yearly Lisarow Legends House Winner
- Points won for positive mentions, upholding the school values, responsibility, commitment, integrity, excellence, attendance, uniform, school service, strive scores & more
- End of Year Cup Presentation

## End of Term / School Year

- Strive Rewards Day
- Attendance Rewards
- Fun Days
- Colour Run
- Reward BBQs

## Tuesday - Sports

- In school sport
- Year 7 Swimming Program

External sport including:

- Sporting Academies
- Ice skating
- Beach Sports
- Fishing
- Jiu-Jitsu
- Ninja Warrior
- Pulse Climbing
- SLAM Factory
- Ten Pin/Laser Tag

## Careers

- RYSS Re-engage
- White Card Training
- University Visits
- Girls Can Too - Trade Program
- Work Experience
- RSA
- First Aid Training
- Unlocked
- Careers Expo's

## School Sporting Teams

- Aerobics
- Softball
- Basketball
- Baseball
- Netball
- Tennis
- Table Tennis
- AFL
- Rugby League
- Cricket
- Water Polo
- Futsal
- Soccer
- Volleyball
- Tenpin Bowling
- Bocce
- Interscholar Sporting Challenge
- Zone Gala Day
- Sydney North