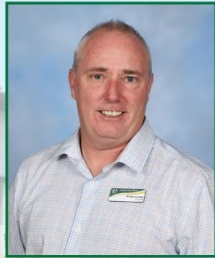


# Meet Our Team

## Year 7 2026

Welcome To

Lisarow High School



Principal  
Mr Murray Balfe



Deputy Principal  
Year 7 2026  
Mrs Katrina Walsh



Year Advisor  
Year 7 2026  
Mr Joshua Pallot



Assistant Year Advisor  
Year 7 2026  
Ms Chrystal Benkovic



Relieving  
Head Teacher Wellbeing  
Mrs Jodie Haydn



Student Support Officer  
Mrs Jess Barwise



Enrichment Class  
Head Teacher  
Teaching & Learning  
Miss Ellouise Plowman



CAPA Academy  
Relieving  
Head Teacher CAPA  
Mr Jeff Chung



Technology Class  
Co-ordinator  
Mr Adam Walsh



Sports Academy  
Relieving  
Head Teacher PDHPE  
Mr Liam McKechnie



Year 7 2026

INTEGRITY

RESPECT

COMMITMENT

RESPONSIBILITY

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
- Taronga Zoo
- Art Galleries & Exhibitions
- Royal Easter Show
- WWI Living History
- Cake n Plate

## Incursions

- Backflip against bullying
- Love Bites
- Big Science Show
- Tutankhamun Bus
- Bro & Sister Speak
- Police Talks
- Smashed Alcohol
- Italian Cucina!

## Educational Groups

- Debating
- Chess Club
- Science & Engineering Challenge
- Public Speaking
- STEM Club
- Homework Centre
- Illuminate Challenge

## Ag Farm

- Outdoor classroom
- Greenhouse
- Farm animals
- Horticulture

## School Camps

- Year 7
- Year 9
- Year 11 Ski Trip

## First Nations Groups

- Ngaylia
- Yarning Circle
- IBelong
- Reconciliation Week

## Wellbeing Groups

- Perfect Presence
- Aspire
- Yr 7 Surf Fun Day
- Overnight Outdoor Education Hikes
- Girls/Boys Groups
- Peer Support
- Stop, Think, Do

## CAPA Opportunities

- Stage It
- YIPA
- Central Coast Showcase
- Central Coast Dance Festival
- Band Workshops
- Schools Spectacular
- Encore / On Stage
- Callback



## 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