



# Pittwater Press

Ph: 9999 4035  
Fax: 9979 5088  
Mona St, Mona Vale 2103



Term 2 Week 2B

2 May 2012

## ACTING PRINCIPAL'S REPORT

### Welcome back

It is my great pleasure to welcome you back for Term 2. I feel fortunate to be acting as Principal of Pittwater High School for three weeks while Tania Turik is on leave. I am in my fourth year as Principal of The Forest High School so this is a great opportunity for me to work in another school with a highly effective team of teachers and to become acquainted with the Pittwater High School Community.

I would like to thank the staff, students and parents for welcoming me so warmly. It was a real pleasure to attend the P&C meeting last week. In response to parental requests, I am including some useful internet links. In order to access the 2011 Annual School Report, which was published in April, access the school website at <http://www.pittwater-h.schools.nsw.edu.au> then select "Our School" from the top menu and then select "Annual School Report". You will find a wealth of detailed information within the report about the school's performance across a range of areas.

Parents who are interested in finding out more about NAPLAN testing might also wish to visit the ACARA website at <http://www.nap.edu.au/index.html>

### Uniform Reminder

We will be focusing on uniform this term, particularly shoes. To meet Government Work, Health and Safety regulations, it is compulsory that all students wear enclosed, black leather footwear. Students may be excluded from practical lessons including science and TAS if their footwear does not meet safety standards. It is very important that all students wear the school uniform including the appropriate jumpers and jackets. Uniform identifies members of our community and is one of the methods we use when identifying visitors on our site. We ask parental support in ensuring that all students are in full school uniform. To review the uniform requirements visit <http://www.pittwater-h.schools.nsw.edu.au/our-school/rules-policies/pittwater-high-uniform>

### Tax rebate for school items

The Education Tax Refund provides up to 50 per cent back on a range of children's education expenses. In the 2011-12 tax year, you could claim up to \$409 for primary students and \$818 for secondary students.

## Week 2

### Calendar Dates Term 2

Fri 4 May  
Wed 23 May  
Fri 4 June

School photographs – winter uniform  
P&C Meeting 7.30pm in the Library  
Y7 Vaccinations – Chicken Pox & HPV – girls  
Y10 Vaccinations – Diphtheria/tetanus  
All students

The Education Tax Refund now includes school-approved uniforms, purchased from 1 July 2011, so items of clothing including hats, footwear and sports uniforms approved by a school as its uniform may be claimed from 1 July 2012.

Keep your receipts for school uniforms and other education-related purchases so you can claim them at tax time. You will need them to calculate your refund and you may need to show them as proof of purchase.

The website [www.educationtaxrefund.gov.au](http://www.educationtaxrefund.gov.au) will help you decide if you are eligible and explains what you can claim and how to claim.

### World Asthma Day

World Asthma Day is on 3 May. If you or someone in your family is one of the 10 per cent of people in Australia with asthma, you can find lots of resources to understand and manage this condition at: [www.asthmafoundation.org.au](http://www.asthmafoundation.org.au) If your child suffers asthma, we recommend the school be given an up to date asthma management plan available from your child's GP or specialist. If they require an inhaler, please ensure there is one in their bag at all times.

Rosemary McDowall  
Acting Principal

be responsible be respectful aspire

Cont/

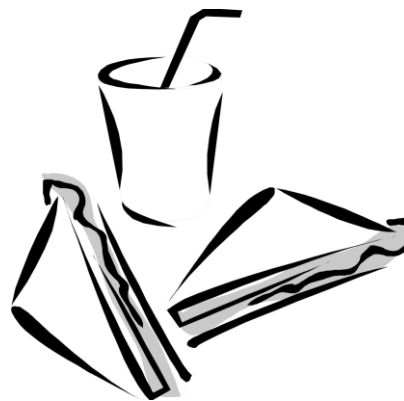
## TAS Update

The Year 12 Construction class completed a week of work placement in Term 1. This involved the students working with a local construction company or builder and learning onsite applications. They learnt more about what is involved in the construction industry and gained experience using specialised tools and equipment in real life situations. The students reported that it was very worthwhile and has allowed them to make clear decisions about their future directions. The students found that the construction industry offers a vast number of employment opportunities with a range of skills required. The class discussed that aspects of the industry are quite diverse, for example, Rhys and Adam reported that the landscaping industry involved both the design side and the gardening side. Sam assisted with formwork and framing all week and Paul experienced brickwork and concreting. Brett had an excellent opportunity to work with an electrician. This was the second workplacement for most of the students and completes a mandatory component of the Construction Pathways course. Shown below are some photos of the students at work.

Miss Carolyn Samojlowicz (HT TAS)







**The P&C completed the election of Executive Members for 2012 with**

**Stephen Howard (President)  
Dianne Del Pozo and Greg Lee (Vice Presidents)  
Michael Kotow (Secretary) and  
Steve Cooper (Treasurer) appointed.**

**Dean White (Education Director, Peninsula) gave an update on the process of appointing a new principal. We are hopeful that a new principal will be appointed for a Term 3 start.**

**Dean also gave an update on the NAPLAN process and how the results are used by the school to tailor programs for students. For information on the NAPLAN and sample assessments go to <http://www.naplan.edu.au/>**

**The draft minutes of the meeting and various reports are on the school website at <http://www.pittwater-h.schools.nsw.edu.au/our-school/parents-citizens>**

**The P&C are volunteers working on your behalf to address your priority issues in conjunction with the school for the best outcomes for our children. Come along to the next meeting and provide your input.**

**The next P&C meeting will be on Wednesday May the 23rd – put this in your diary and come along and get involved in your school!**

Pittwater High School P&C

Stephen Howard

PO Box 1250

Mona Vale

NSW 1660

M: 0414 744 836

E: [stephen@successfulresumes.com.au](mailto:stephen@successfulresumes.com.au)

## *Canteen News*

**Wednesday 2<sup>nd</sup> May**

**Janet Carter, Anne Carolan, Dani Britton,  
Liz Macdonald**

**Thursday 3<sup>rd</sup> May**

**Fiona Little, Deb Holmes, Greg/Debbie  
Edwards, Carolyn Currie, Sharon Winney**

**Friday 4<sup>th</sup> May**

**Catherine Campbell, Lisa James HELP  
NEEDED**

**Monday 7<sup>th</sup> May**

**Cher Bailey, Joanne Leak, Deb Steward,  
HELP NEEDED**

**Tuesday 8<sup>th</sup> May**

**Joe Van Hesden, Katrina Mellon, Leigh  
Griffiths, Alison Cassidy, Michelle**

**If you are unable to make your rostered day please try to arrange a swap or advise canteen managers Lisa/Katrina (ph 9999 4035 x122).**

**Thank you to all the helpers that we have this year.**

**Penny Winterbottom**

**Canteen roster co-ordinator**

**[Pennywinterbottom1@hotmail.com](mailto:Pennywinterbottom1@hotmail.com)**

**Phone 0432 679977**

Peer Support at Pittwater High has been running for all of Term 1 and has been a great opportunity for the current Year 7 students to interact with each other and of course with their Year 10 leaders. During the term, activities have been planned to both orientate and stimulate the students. The leaders have discussed issues such as "tackling study time at home", "team work" "getting to know your peers" and "decision making within a group". From the feedback we have received, both the leaders and the Year 7 students have had an excellent time engaging with each other, learning about their school and generally having fun in a relaxed, non threatening situation. A huge thank you to our fabulous leaders who have done such a great job in taking on their new roles and performing it so honourably.

Mrs Lagois and Ms Purvis  
(Peer Support Co-ordinators)







# WOMEN IN SCIENCE DAY

A few weeks ago, on Thursday 13th March, a group of year 10 girls went to Macquarie University for Women in Science day. There were two main speakers in the morning, followed by question time, where a panel of women scientists from all different fields sat at a long table at the front of the room and students were able to ask any questions they liked. Later in the afternoon, there was a more hands on experience where we got to do a little bit more practical work.

Firstly, Dr Melanie Bishop, a biologist, talked to us about her career. We learnt about where she started, what drew her to work in biology and where she had had the opportunity to travel to throughout her career. Then, Associate Professor Catherine McMahon, an audiologist, told us a little bit about her field of science. She also told us all about what drew her to audiology, what kinds of groups, studies and events she was involved in, and where in the world she had been. It was really interesting to learn how you can start from a general degree in science and very soon fall into a very specific field, where you can really learn and prosper.

Once the speeches were over, we were able to go and buy some lunch from the food court area. There was some really awesome food, much more variety than the average school canteen.

After lunch, we had question time. A panel of women scientists from all different areas of science sat at a table up the front of a room full of girls in years 10-12 from all around Sydney and answered questions about their particular line of work.

After all important questions had been answered, we made our way into a hall-like area where little stalls, from mathematics to geography, were set up to exhibit the range of jobs that were offered to women who chose science as their career path.

One such stall intrigued many. We were made to hide our hand behind a makeshift wall while we stared at a dummy's hand on the other side. The lady running the stall would brush both our hand and the dummy's hand with a paintbrush. The resulting effect; believing that the dummy's hand was our own. The women running the stall studied the brain and various illusions that affected the mind.

Another stall demonstrated chemical reactions. A cleaning agent was applied to coloured liquid in a small plastic cup. As we stirred both elements they combined slowly to form a jelly.

However, the most amazing stall had to be the gigantic, inflatable planetarium sitting in the middle of the room. Inside this massive dome, there was a projector trained on the ceiling of the room. We all lay down as the show started. The sky almost looked real as the projector focused in on the stars and the different constellations.

The 'Women in Science' day has really exposed the many options and career paths that can be taken in the field of science. This excursion has demonstrated that not only men, but women can be and are involved in science.

Lauren C

Year 10

On the 23<sup>rd</sup> of March I woke up at 5am to go on my first Duke of Edinburgh walk (Bronze) and was still half asleep when I joined the 23 other students and three teachers (Miss Austen, Mr Oughtred and Miss Morrissey) at Narrabeen Sports High, who were coming on the hike.

The bus ride allowed me to catch up on some sleep and by the time we arrived at our starting point, I was awake and ready to go! We began by walking along a completely flat road and I was wondering how I was going to survive, as I was already feeling tired. We reached our first check point and then made a turn into the bush and followed a small track before the 'bush bashing' started!

After lunch we continued on our way to the campsite and walked down a hill that never seemed to end. Many memories were formed on this section of the walk, a personal favourite being Issy's face-plant. She luckily was not hurt and instead, launched into a fit of laughter about it. We were all having a great time until we got to the bottom of the hill, crossed a small creek and looked up at the other side of the valley that we had to climb. This part of the walk took a lot of time but was easier than I had expected.

Reaching the campsite that evening was the best feeling I think I have ever experienced. Everyone was exhausted and after setting up our tents and having dinner we got a very well-deserved night's sleep. Getting up the next morning was another of the exceptionally challenging aspects of Duke of Ed. Nearly all of the second day was on track though which made it easier than the first day.

There were times on Duke of Ed when I seriously wondered what it was that had made me think I should sign up for it. But the sense of achievement that I felt afterwards, the memories that were formed and Mr Oughtred's NEVER ENDING enthusiasm definitely made it worthwhile. Everyone discovered new things about themselves and the amount of strength that some people had (like Kim who walked half of the first day and the entire second day with a sprained ankle) was completely inspiring.

Duke of Edinburgh is a fantastic program that I would highly recommend to everyone! Although it was highly challenging, I had so much fun and will always remember it. Thank you to Miss Austen, Miss Morrissey and Mr Oughtred for giving up your time and putting in so much effort to make this walk possible. CAN'T WAIT FOR SILVER!

Rosalind H  
Year 10



After having no idea about what Rhys T and I, Gemma L (year 10) were walking into. What a weekend we had.



An inspirational experience, focusing on the building of confidence and teamwork. Not to mention the importance of trust and communication in times of difficulty.

The weekend was played out in a way where over 70 students from 35 different high schools were having everlasting fun whilst learning valuable lessons for life.

At the start of the camp, we were placed in groups with others we had never met before, and forced to overcome the awkwardness and nervousness - and become a team. A team you could depend on.

From making a stretcher, to Code-breaking and Bomb Disposal (paint bomb), Film-making, to trivia.

Rotary's concept is "Youth leading Youth". The young Rotarians who lead the group activities couldn't have been more enthusiastic and happy.



I would like to express my appreciation to Mrs Austin, for recommending Rhys and me for this wonderful camp and Pittwater Rotary Club for their sponsorship.





# **PITTWATER INTERSCHOOL TEAM RACING REGATTA**

The PHS Team sailors comprising of students from Years 8 to 12 have been training hard twice a week over the last 2 terms for their 2 big events, the Pittwater Interschool Regatta held Sunday 22nd April and the State Championships 27<sup>th</sup>, 28<sup>th</sup> & 29<sup>th</sup> April.

Our team, led by Captain Oscar S all sailed brilliantly at the Pittwater Interschool Regatta, winning every race sailed against 5 other private schools teams, in a round robin series. The wind unfortunately died when the finals were sailed & PHS were very unlucky to lose the last 2 out of 3 races, however finishing with a very creditable 2<sup>nd</sup> placing against Mater Maria.

**WELL DONE PHS TEAM SAILORS!**



## **PHS WINS TEAM RACING STATE CHAMPIONSHIPS**

Pittwater High Team Sailors are overall winners against 11 other school teams in the NSW Secondary Schools Teams Racing Championships held over 27<sup>th</sup>, 28<sup>th</sup> & 29<sup>th</sup> April at Woollahra Sailing Club, Rose Bay. 128 races were sailed over a gruelling 3 day event, with conditions ranging from 2 days of light variable winds and the last day sailed in wild conditions of 20 to 25 knot winds.

The PHS Team won the knockout ¼ finals against Sydney High to take on their arch rivals Cranbrook (winners the last 5 years) and convincingly win the 1<sup>st</sup> 2 in a best of 3 semi final races. The finals were against Scotts College & again PHS sailed brilliantly winning the 1<sup>st</sup> 2 races in a best of 3 series.

The ¼ finals, semis & finals were sailed approaching sunset in cold, strong 20+ knot winds after 3 long hard days of sailing and illustrated the amazing strength, stamina and skill of our sailors. It took enormous effort just to keep the boats upright let alone make split second decisions about blocking opposition boats to assist their own team members.

Team Racing is an adrenalin packed, furiously paced form of racing where knowledge and manipulation of the rules, trapping of opponents as well as advanced boat handling skills, are paramount. It involves 3 boats each from 2 teams racing against each other on a course, often with the lead boat backtracking to assist a team member who is being trapped by an opponent. It calls for quick decision making and nerves of steel, as there can be much challenging and yelling of rules between opponents.

Team members are; Captain Oscar S Yr 12, James F Yr 10, Angus S Yr 10, Xavier K Yr 10, Adam B Yr 10, Harley W Yr 9 & Travis T Yr 9.

The team would like to thank Stan Walters, an ex PHS teacher, team racing coach & grandfather of team member Harley, who has assisted with coaching the team.

Pittwater's participation, good sportsmanship & now WIN, has given our school enormous exposure & raises the profile of PHS yet again, in the local and wider community.

PHS and Sydney High were the only government schools competing in a list of the most prestigious Sydney schools who spend unlimited amounts on preparation & coaching of their teams. The PHS sailors are renowned amongst umpires, race officials and other competing schools, for their politeness, friendliness and respectful attitude and are a credit to their school.

First 5 placings were: 1<sup>st</sup> PHS; 2<sup>nd</sup> Scotts College; 3<sup>rd</sup> Cranbrook; 4<sup>th</sup> Riverview; 5<sup>th</sup> Mater Maria

Leisa Stranack  
Team Racing Manager





## **THE AG REPORT – MAY 2012**

Term 1 is always a very busy term in the Ag Department. The sheep return to school, the sow arrives, has her piglets and then leaves and the Ag shows are on. Along with this there have been three excursions in Term 1; Year 11 to the “Future Dairy”, Year 12 to Country Fresh Milk Processing company and all of the Ag students went to the Royal Easter show. The show team also had a Saturday at Castle Hill show where our sheep won second and fourth prizes and our poultry secured 4 firsts, 2 seconds and a third. (These birds will hopefully begin producing the “stars” of the future.) Well done to the show Team. Our “correspondent” from the Royal Show will give a separate report on that excursion and results elsewhere in the newsletter.

Now on to Term 2 and it won't be slowing down. Two calves have “appeared” over at the farm for Year 10 to care for. Unfortunately the heifer has been quite ill and it has taken a lot of time and effort to get back on her “hooves” (Cattle don't have feet!). Looking good now so Year 10 are in charge. We also had a surprise arrival of a dorper lamb halfway through the holidays. This wasn't supposed to happen!!! She is a lovely, feisty individual named by Year 9 as “Acorn”. They will no doubt get to know her well as they will be studying sheep this term. Year 8 get moving with their poultry studies which includes the chance for the students to take home a day old chick which may become an egg producer for their family in the future.

Year 11 will begin their breed trials early this term where they will be comparing the growth rates of two breeds of poultry in an experiment which observes the correct use of Scientific method. The students must take regular accurate measurements of the birds' growth over a period of 4 weeks and present a detailed record of their work for assessment.

Year 12 have begun their penultimate term. The HSC is just around the corner and we are working hard to be as well prepared as possible. These students are of great help to me are always willing to “pitch in” when there is a job to be done. They are part of the reason why our school oval looks so good!



Champion Poultry handler Charlotte M and "Darth Vader"





Chloe, Charlotte and Sammi with two of our show poultry.



Megan and friends help feed our heifer. Note the lovely coat which was made by the Felicity and Meg P to keep her warm while she recuperated.



**"Acorn" having a drink**

**Thank you to all the Ag students for a great Term 1.**

**Leigh Thatcher.**

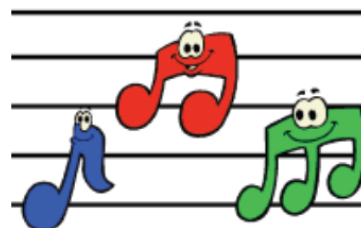
**PS Special thanks to Brendan Doyle for a lovely load of horse manure  
and also "Time 4 Timber" for an ongoing supply of wood shavings.**



# Music News

## TIES ARE IN!

You can get them, and any other uniform requirements from Geri Kotow 0407 602 795



## PERFORMANCES & DIARY DATES:

*\*\* Please continue to check back as various dates are subject to change*

### TERM 2

Tue May 1<sup>st</sup>

Tue May 1<sup>st</sup>

Sat Jul 21<sup>st</sup>

**>>> UPDATED <<<** Euro 2012 Tour Meeting @ **6:00pm** in PHS Hall – FOLLOWED BY...  
**Music Committee Meeting; STARTING @ ~7:00-7:15pm** in School Common Room  
NSW Band Festival; Concert and Symphonic bands

### *Music Committee Vacancy – Trea\$urer*

Calling all Band parents – we need someone to fill the position of Treasurer. Perhaps a new face? This is a tremendous opportunity to become part of the Band Committee and be involved in your child's music at the school. For a job description please contact Karin Krueger on 0419 991 267 or come to the next meeting @ 7pm Tuesday May 1 in the School Common Room.

### *Calling all Band students and parents - Pittwater Food and Wine Fair 2012*

PHS will be providing car parking for the Pittwater Food and Wine Fair 2012 this Sunday, 6 May from 9.30am to 4pm. Entry is by gold coin donation with all proceeds going towards the Europe Tour. This is a great opportunity for Band students and Band parents to help with fundraising efforts for the European tour by manning the school car park. We ask those band students and parents who haven't been able to assist in fundraising to date to volunteer their money collecting and traffic guiding skills by contacting the band fundraising committee's Mal Toolin on 9940 1080 or 0412 713 915 or [mtoolin@optusnet.com.au](mailto:mtoolin@optusnet.com.au). Even if it's for a few hours, your help is appreciated.

### *Band rehearsal times*

Parents and students are reminded of band rehearsal times:

Mon	5.15pm – 6.15pm	Symphony Orchestra
Mon	6.30 pm – 7.30 pm	All Strings
Tues	7.30 am – 8.30am	Senior Stage
Tues	3.00pm – 4.00pm	Concert Band
Tues	4.15 pm – 5.45pm	Symphonic Band
Wed	7.30 am – 8.30am	Concert Band
Wed	7.30 am – 8.30am	Senior Strings
Fri	7.30 am – 8.30am	Junior Stage

Karin Krueger  
Band President  
[karin@kdkmedia.com.au](mailto:karin@kdkmedia.com.au)

Saturday 2nd June 2012  
Doors open: 7.00pm Performance: 7.30pm  
Venue: Pittwater High School, Mona Street, Mona Vale

# *Euromania*



FEATURING THE  
MO AWARD-WINNING  
ENSEMBLE

## *Black Tie*

MORE MUSIC AND LAUGHTER  
FROM AUSTRALIA'S UNIQUE VOCAL  
AND INSTRUMENTAL FAMILY ACT!

**Tickets:** \$25 per person, \$20 concession

Tickets are available from Pittwater High School Office

All proceeds go to the 2012 European Band Tour

BYO, glasses & snacks Gourmet cakes, plunger coffee & tea available

Further details call Kim Newland at the school office 99994035



# State Music Camp Student Applications

<https://www.artsunit.nsw.edu.au/music/music-camps/music-camp-student-applications>

Please note in 2012 The Arts Unit will be using **online nominations only** (go to above URL). The nomination process has been split into three steps:

1. Nominees are required to complete and submit the nomination form online
2. Once the form has been submitted, nominees will be directed to a confirmation page where they must download a confirmation pdf and obtain relevant signatures from parents and school principals.
3. Nominees must return a completed confirmation form before the due date to complete the nomination process. **Online submissions which are not accompanied by signed confirmation forms will not be accepted.**

**All communication is via email; please ensure you have entered your email address correctly.**

Nomination is the first step and all applications are subject to review by the selection panel. If no instrument standard is indicated on the application form it is difficult for the panel to make a fair assessment of the student's suitability for camp. As a guide, third grade AMEB or equivalent is the minimum standard required for camp.

We are particularly interested in expanding the vocal and string sections of the camp and encourage more vocalists and string players to apply.

## Timeline

- Nominations close on Tuesday 1 May 2012.
  - The selection process will be finalised by 14 May 2012.
  - All student notification emails will be issued by 15 May 2012. Successful applicants will be sent an email directing them to The Arts Unit website where all necessary documents will be available for download.
  - Unsuccessful students may be placed on a waiting list and second round offers may be made in late May/early June.
- Online

### Camp fees

Fees for the 2012 State Music Camps are \$595.00 (including GST) per student per camp. Do not send payment with your application. Payment information will be issued upon acceptance in to camp.



The girls may choose to wear a summer weight dress in this material or a skirt with 2 box pleats, and a pale blue blouse. (Lowes has advised they will no longer stock the white blouse as Mater Maria are changing their uniform). The dress will be a summer weight and the skirt material will be an autumn weight suitable all year. In winter the girls may wear black stockings/tights under the skirt.

The blue blouse is a student Midford blouse with a Peter Pan collar and pin tucks, identical in style to the previous white blouse.

A black scarf may be worn in winter. The girls may combine to wear black slacks in winter in the same style as the band uniform.

## **Privacy Awareness Week** **27 April – 5 May 2012**

**Privacy Awareness Week is a chance to remind your children to protect their personal details and information, especially online.**

**Australians lead the world when it comes to average monthly social media use and we share many details of our lives online.**

**As a parent, you can help your child behave in safe and smart ways to minimise the risks of their online activity.**

**To ensure that your kids are protected from cyberbullying, unwanted attention or privacy breaches, you can:**

- **remind them not to share their usernames and passwords with anyone**
- **go through the privacy settings of social networking sites with them to make sure they are only sharing their personal information with their friends**
- **talk to them about the danger of identity theft and the permanence of online sharing.**

**For more information on how to educate your children about protecting their privacy online and how to avoid being a victim of identity theft or even how to stop junk mail, go to:**

**<http://www.privacyawarenessweek.org/youth.html>**



# Pittwater High School Uniform Shop Order Form

update march2012

DATE: \_\_\_\_\_ ORDER TAKEN BY (Internal use): \_\_\_\_\_

STUDENT'S NAME: \_\_\_\_\_ ROLL CALL: \_\_\_\_\_

CONTACT PHONE NO'S: (Home) \_\_\_\_\_ (Parent Mobile) \_\_\_\_\_

				Order Details		
	Item	Sizes	Item Price	Size	Qty	Total Price
Girls	Jnr Tartan tunic - Summer	6-22	\$65.00			
	Jnr skirt Tartan - Summer (new)	6-22	\$45.00			
	Jnr Blue Polo - Summer (new)	6-22	\$28.00			
	Jnr Blue short-sleeved, pin-tucked blouse	10-22	\$25.00			
	Jnr pleated Tartan skirt - Winter	8-22	\$55.00			
	Jnr & Snr long Black pants - Winter	4-16	\$20.00			
	Snr White s/s blouse with maroon piping, with PHS embroidered	8-22	\$30.00			
	Snr Grey, front pleated skirt - Summer & Winter	8-22	\$55.00			
Boys	Jnr Maroon polo shirts with PHS emblem	10-26	\$35.00			
	Jnr & Snr grey surf style shorts	xxs-5xl	\$45.00			
	Jnr midford grey elastic waist shorts	12-18	\$28.00			
	Snr white collar short sleeved button shirt	16-26	\$28.00			
	Snr maroon school tie with PHS embroidery		\$22.00			
Unisex	Maroon fleecy zippered (Hoodie) with PHS embroidered	xxs-xxl	\$50.00			
	Jnr Grey woollen 'V' neck jumper	10-18	\$70.00			
	Snr Maroon woollen 'V' neck jumper with PHS emblem	10-24	\$75.00			
	Snr Maroon school blazer with PHS emblem	14-24	\$110.00			
Sports Uniform Unisex	Maroon microfibre shorts PHS logo	xs-xxl	\$35.00			
	White polo shirt with PHS emblem	10-24	\$30.00			
	Navy micro fibre tracksuit pants	12-xl	\$45.00			
	Navy micro fibre tracksuit zip-up top with PHS emblem	12-xl	\$45.00			
	PHS Maroon rugby shorts	xs-xl	\$22.00			
	Maroon & White long rugby socks		\$10.00			
Other	Black Winter stockings - girls	S-M-L	\$9.00			
	Scientific Calculators - required for Y7 Mathematics		\$33.00			
	Jnr maroon sweatshirt (sloppy joe)	12-22	\$27.00			
<b>TOTAL AMOUNT TO PAY</b>						

Please circle method of payment: CASH CHEQUE Credit Card: MASTER CARD VISA

Name of cardholder: \_\_\_\_\_ (Exactly as shown on card)

Card No:

Expiry: \_\_\_\_/\_\_\_\_/\_\_\_\_ Total Amount: \$ \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

1. No Eftpos facilities available
2. Cheques are to be made payable to 'Pittwater High School Canteen'
3. All orders must be accompanied with payment and put in an envelope, clearly marked 'Uniform Order', and placed in the 'red box' in A-block or given to a supervisor in the canteen. Collect uniforms during opening times.
4. A selection of second-hand uniforms are available for purchase at reduced prices.
5. Jnr and Snr boys long grey trousers not available for purchase at the uniform shop.
6. The Uniform Shop is open every Tuesday and Friday from 8.15am to 11.15am, and located at the far end of the Canteen - enquiries 9979-6968 or contact the Uniform Manager Kim Gobbe.

# CAREERS NEWS

## YEAR 12

**Jetstar** is offering two **pilot cadet programs** that Year 12 students can apply for : Jetstar Oxford Program (based in Australia) or Jetstar CTC Program (based in New Zealand)

Email: [info@pilotaptitude.com](mailto:info@pilotaptitude.com)

**Remember:** I am also your assistant **Year Adviser** if you need any support?

**Careers Expo:** 11<sup>th</sup> May-bring your yellow permission notes in!

## YEAR 11

**TAFE**-please notify me if you will be absent from TAFE for any reason.

## YEAR 10

**Careers Classes:** students should be updating their Careers Portfolio each fortnight!

**Work Experience Dates:** weeks of 14<sup>th</sup> and 28<sup>th</sup> of May, and 30<sup>th</sup> July-see me for documentation!

**Careers Expo:** 11<sup>th</sup> May-bring your yellow permission notes in!

**YEARS 10, 11 AND 12 STUDENTS:** Please log onto "My High School Careers" website-Pittwater High School subscribes to this website. To login: use "**parent**" or "**student**" then password "**outlook**". You can also register for email alerts! The "Calendar" is great info! "**Some**" of the careers news alerts from mhscareers will be sent in a **separate email**, (BUT-I can't possibly put ALL announcements in so students and parents should get into the habit of checking on mhscareers.com or getting the email alerts!!)

**Mrs Bates (Careers Advisor, ext 106)**

For apprenticeships checkout:  
**Indeed.com**



# Parent Workshop

## 'Tricks of the trade' to assist children with learning disabilities

An Australian tour by renowned international educator and author **Neil Mackay**.

- Two Hour Workshop
- Designed specifically for parents/carers.

Staying connected to your child and their learning can be difficult when the challenges of dyslexia or other differences arise. This is particularly apparent when it comes to homework and studying for tests. Focusing on aspects such as reading for meaning, spelling tricky words, and organising ideas on paper, this unique workshop teaches parents some of the 'tricks of the trade'.

**\* NEIL MACKAY** is an educational consultant and trainer who created the concept of Dyslexia Friendly Schools in the UK. He is an experienced teacher who has taught for 26 years, working with children of all ages with a wide range of needs and abilities.

Neil is known for his ability to provide lively, entertaining and practical suggestions for parents, grandparents and others supporting children out of school hours. He has written a number of books including the extremely popular *Removing Dyslexia as a Barrier to Achievement* and *Taking the Hell out of Homework*. Both books can be purchased through the AUSPELD website – [www.auspeld.org.au](http://www.auspeld.org.au)

### "Dyslexia Aware Parenting" – Supporting Your Child At Home

Being a parent is stressful at the best of times – and none more so than when helping a child with reading, writing and spelling. If the child has special learning needs the potential for stress can be much greater and there is always the risk of "tears before bedtime!"

Often the child's fear of failure and the concerns held by parents affect the way in which child and parents work together.

The situation will always arise when a child needs help and a parent does not know quite how to go about it. The focus of the parent workshops is to give parents some of the 'tricks of the trade' to help parents develop the confidence to work at home with techniques recognised as appropriate and successful.

**WHEN** Sunday 3rd June, 2012  
2pm – 4pm

**WHERE** The Holme Sutherland Room  
The Holme Building, Science Road  
University of Sydney NSW 2006

**ENQUIRIES** Email: [enquiries@speldnsw.org.au](mailto:enquiries@speldnsw.org.au)

**COST** \$60 SPELD members  
\$85 Non-members

**REGISTRATION** Visit [www.speldnsw.org.au](http://www.speldnsw.org.au) to download a registration form or call us on (02) 9739 6277.

# Tax Invoice

SPELD NSW. ABN 27 508 090 871.

'Tricks of the trade' to assist children with learning disabilities

Please complete the registration form below and fax it to **SPELD NSW** OR post it to **SPELD NSW 2/172 Majors Bay Road Concord NSW 2137**

**COST**

(GST inclusive)

☐ \$60 per day SPELD NSW Member

☐ \$85 per day Non-Member

**NAME OF PERSON ATTENDING** (Please Print) \_\_\_\_\_

**PLEASE NOTE** Payment is required in order to confirm registration.

**ADDRESS** \_\_\_\_\_

**P/CODE** \_\_\_\_\_

**EMAIL** \_\_\_\_\_

**TELEPHONE** (Daytime) \_\_\_\_\_

**MOBILE** \_\_\_\_\_

**PAYMENT OPTIONS**

☐

My cheque payable to SPELD NSW is enclosed

Please post to **2/172 Majors Bay Road Concord NSW 2137**

**OR PLEASE DEBIT MY CREDIT CARD**

☐

Bankcard

☐

MasterCard

☐

Visa

**EXPIRY DATE** \_\_\_\_\_ / \_\_\_\_\_

**AMOUNT \$** \_\_\_\_\_

**CREDIT CARD ACCOUNT NO** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**NAME ON CARD** (Please Print) \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_

**OFFICE USE ONLY** Receipt Number \_\_\_\_\_

**CANCELLATION POLICY** SPELD NSW has a 'no refund' policy. The exception would be if the event had to be cancelled. Registration can be transferred from one staff member to another if required. Please advise SPELD NSW of any changes.

For additional copies of this registration form visit [www.speldnsw.org.au](http://www.speldnsw.org.au)



IN COLLABORATION WITH

2 / 172 Majors Bay Rd Concord NSW 2137 | T (02) 9739 6277 | F (02) 8765 1487  
E [enquiries@speldnsw.org.au](mailto:enquiries@speldnsw.org.au) | W [www.speldnsw.org.au](http://www.speldnsw.org.au) | W [www.auspeld.org.au](http://www.auspeld.org.au)

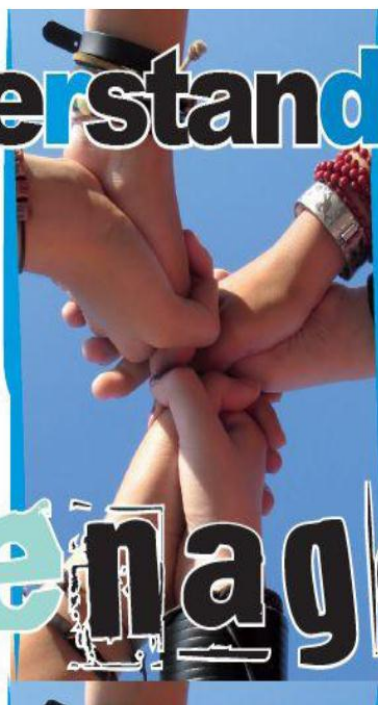
**AUSPELD**  
supporting people with learning disabilities





# Understanding your

# teenager



## Parent Forums

### Topics

School Stress

Body Image

Internet

Sexualisation of Youth

Safe Partying

Mental Health



Ku-ring-gai Council and Ku-ring-gai Youth Development Service (KYDS) invite parents of teens to a series of forums. Each forum is held on a **Monday from 6.30pm - 8.30pm** (registration from 6:15pm) at Ku-ring-gai Council Chambers, Level 3, 818 Pacific Highway, Gordon.

### Parent forums

March 26	Making the Grade - Is there Life During Study	August 6	Sexualisation of Youth
May 7	Body Image	September 17	Safe Partying
June 25	Internet - Tool and Weapon	October 22	Building Positive Mental Health

**\$5  
ENTRY**

### Guest speakers

<b>Judith Wheeldon</b>	Former Principal of Abbotsleigh and Queenwood school for Girls, Trustee of the Powerhouse Museum, Director of the Australian Learning and Teaching Council, Member of the Ministerial Advisory Council on HIV Aids, Aboriginal Sexual Health and Hepatitis C) and Director of the Montessori Children's Foundation.	<b>Prof. David Bennett</b>	Head of the NSW Centre for the Advancement of Adolescent Health at the Children's Hospital Westmead. He is co-author of <i>What to do when your children turn into teenagers, You can't make me: Seven simple rules for parenting teenagers and I just want you to be happy- Preventing and tackling teenage depression.</i>
<b>Prof. Garry Walter AM</b>	Area Clinical Director of Child & Adolescent Mental Health Services in Northern Sydney. He is also the Chair of Child and Adolescent Psychiatry at the University of Sydney.	<b>Dr Philip Tam</b>	Child and Adolescent Psychiatrist at the Rivendell Unit in Concord. Expert on problematic internet use in young people.
<b>Parent Forum Key Team</b>	David Citer, Kym Carlson ( Adolescent and Family Counsellors at KYDS), Jason Guest, Claire Reed and Jordan Howe (Youth Officers at Ku-ring-gai Council)		

Bookings required. Contact Ku-ring-gai Council Youth Services on **9424 0837** or [youth@kmc.nsw.gov.au](mailto:youth@kmc.nsw.gov.au)  
For more information on the forums contact KYDS on **9416 9824** or visit [www.kyds.org.au](http://www.kyds.org.au)