



CONGRATULATIONS TO THE HSC CLASS OF 2012 ON OUTSTANDING HSC RESULTS

PRINCIPAL'S REPORT

Students and staff are to be congratulated on outstanding results in the HSC. Across all subjects sat at Pittwater High, students achieved 245 band 5 and 6 results (marks in the 80s and 90s) placing the schools results well above state average. Special congratulations to two students, Nicola McKern our dux with an ATAR of 99.1 and also placed 4th in the state in French Beginners. Also Mallie Lambert is to be congratulated with receiving 100% in French Beginners placing him 2nd in the state. Also for many students they are to be congratulated on clearly receiving personal best results as evident in value added growth data from the School Certificate. As a school we are committed to continuing to raise the bench mark and support students strive for excellence.



Welcome Year 7 students and parents

Starting high school is an exciting time for students although some may have felt a little apprehensive on their first day. However by all accounts Year 7 are settling in very well. Be reassured you have chosen a great school that is moving forward from strength to strength with many opportunities. I look forward to meeting many families and students at our Year 7 Welcome BBQ and information session on Tuesday February 12 - 5.00pm.

New Senior Executive Team

It is with great pleasure that I welcome Ms Renee Andrews as the new Deputy Principal at Pittwater High School. Ms Andrews was an outstanding applicant and was appointed on merit through the interview process at the end of last year. She brings a wealth of experience from several different comprehensive high schools including Carlingford HS and Asquith Girls, and also as a Senior Education Officer in technology. One of Ms Andrews responsibilities is working with the technology team to increase the availability and usage of technology across the school in teaching and learning. Also returning to the helm is Mr David Muirhead who was on leave during 2012. Mr Muirhead is an exceptionally experienced Deputy and I welcome the knowledge and wisdom he brings to his role. In terms of student welfare and discipline, Ms Andrews is responsible for years 7,9 and 11; Mr Muirhead is responsible for years 8,10 and 12. As a senior executive team we greatly look forward to working together as we lead the school forward.

After School Learning Centre Initiative

For all students 7 to 12, we are running a Learning Centre after school on Monday afternoons in the library until 4.30. This has been established to provide a supportive environment for all students who want to work on assignments and homework after school, and also may wish to have guidance of the teacher on hand. It is also an ideal place for students to meet who need to work on group tasks, or to access resources in the library including computers. All students are required to do is let their parents know when they are attending, sign in when they arrive and then make the most of this opportunity.

Newsletter

In future the newsletter will be published fortnightly and be emailed to parents and students by Tuesday or Wednesday of weeks 2,4,6,8 and 10 of each term.

REPORT FROM THE DEPUTY PRINCIPALS

Welcome back to 2013!

As Deputy Principals we split the years between us.

Mr David Muirhead is responsible for Years 8, 10 and 12.

Ms Renee Andrews is responsible for Years 7, 9, and 11.

We would like to share a few thoughts about this year.

There are many opportunities provided here at Pittwater High School that will assist students to develop into independent, responsible learners and leaders. We encourage all students to take responsibility in their learning, be organised for lessons and show a positive attitude in class that will provide the best environment for everyone to learn. There are many areas of interest to encourage involvement at school including music, sports, arts, leadership and much more. We ask all students to demonstrate respect for each other and their teachers and to behave in a cooperative manner. We are a uniform school and there is information available on the school website and in the student handbooks about the expectations here at Pittwater High School in relation to uniform.

ASPIRE. BE RESPONSIBLE. BE RESPECTFUL.

On Wednesday 6 February 2013, we are having an information evening for Year 9 and 11 parents and students. Year 9 starts at 6.00pm and Year 11 at 7.00pm in the school hall. The focus for Year 9 is around opportunities in Stage 5 and safe use of technology. In the Year 11 session we will be focusing on the expectations in the Senior School and assessment processes. Constable Denis Goodwin, School Youth Liaison Officer, will also be attending and speaking to parents and students in both sessions.

We are both looking forward to working with our respective year groups throughout the year.

David Muirhead and Renee Andrews



Valentines Day

Love is in the air as it will be shown in Pittwater High School for the following week. The prefect body is setting up stalls to sell roses to the ones we cherish, song dedications to the special and love serenades to the ones who are truly appreciated. Stalls start Thursday and proceed until Wednesday. Prices range from \$3-\$5. Get the one who means most to you feeling as special as they are to you.



CALENDAR—TERM 1

Tuesday 5 February	Band registration 6pm in the Hall
Wednesday 6 February	Information Evening Y9—6pm Y11— 7pm
Thursday 7 to Wednesday 13	Valentines Day rose sales
Tuesday 12 February	Y7 Welcome BBQ 5.00pm
Monday 18— Wed 20th February	Y7 Camp
Thursday 21 February	French Tour Information evening 6.30pm
Friday 22 February	Swimming Carnival
Monday 25 February	All Y7 and Y9 boys—HPV All Y7 students—Hepatitis B
Tuesday 5 March	Open Night—5.15pm
Friday 15 March	Blood Bank

**PITTWATER HIGH SCHOOL
SWIMMING CARNIVAL
Compulsory School Day**

DATE: Friday 22nd February, 2013

VENUE: Lane Cove Aquatic Centre

TIME: 8.55am – Roll Call in the school quad
9.10am – Buses depart
2.00pm – Buses depart pool
3.25pm – Year 7-12 students dismissed from school

COST: Carnival fee of \$30 will be included in school fees .

WHAT TO BRING: Lots of Energy and Enthusiasm

Plus:-

- Sunscreen
- Hat
- Swimming costume
- Towel
- Dry clothes
- Lunch & water bottle

All students must travel to and from the venue by bus.

Remember to wear your house colours.

Novelty events to be run on the day.

All parents are invited to come and cheer their son/daughter along.

Look forward to seeing everyone there.

R. Askew and R. Fleming (Sport 2013)



Welcome to Year 7 2013 !!!



After a very busy and tiring week for most of the year 7 students, I would like to welcome all students to Pittwater High. I feel privileged to be your year adviser and am looking forward to getting to know each of you individually. I am very lucky as I have three year 7 classes so I will get to know you all a little quicker.

I would like to thank Mrs Lagois and Ms Purvis as well as the peer support leaders for a wonderful day on Wednesday, which included the lovely barbecue they cooked for all of year 7.

I am found in C block in the staff room at the top of the stairs, so please see me with any issues that you may be having.

Carol Roulston

Year 7 Year Adviser

YEAR 7 CAMP AT BROKEN BAY

This is a message for year 7 to ensure that you bring all the relevant information to camp. Our camp is February 18-20 in Week 4. All students were provided with an information sheet at Orientation Day which included a pink form on what to bring to camp. Mrs Roulston has some spare pink sheets and she will be handing them out at Thursday's year meeting this week (7th February).

Please do not bring anything valuable to camp as the camp is not responsible for any theft. It is clearly written on the pink form WHAT NOT TO BRING TO CAMP so please abide by the rules to make camp an enjoyable time for all.

Please remember we will be leaving from the jetty at Newport to be transported by ferry to Broken Bay. **YOU MUST BE AT NEWPORT BY 9am.** The ferry will not be able to wait if you are late. So remember if you are late you will miss the ferry and subsequently miss camp.



Carol Roulston

Year 7 Year Adviser

MUSIC NEWS

TERM 1 WEEK 2

REHEARSAL, PERFORMANCE & MEETING DATES



Please note that rehearsals start week beginning 4 February

Term 1 - Instrumental Music Programme Registration – all ensembles

The PHS Band Uniform will be available to view and to order. Every member must have the correct uniform.

05-Feb-2013	Tuesday	6.00pm	Performance Space
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- Instrumental Music Programme Committee Meeting and AGM

19-Feb-2013	Tuesday	6.30pm	Pittwater RSL
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- Rehearsals Commence 4 February. New Members, please attend First Rehearsals

Rehearsal Times – **highlights** indicate revised rehearsal times. All rehearsals are in the Performance Space.

Band	Day	Time	Location
Symphony Orchestra	Monday	5.00 – 6.15pm	Performance Space
String Ensemble (All years)	Monday	6.30 – 7.30pm	Performance Space
Senior Stage	Tuesday	7.30 – 8.40am	Performance Space
Concert Band (Yrs 7 – 9)	Tuesday	2.45 – 4.00pm	Performance Space
Symphonic Band	Tuesday	4.15 – 5.45pm	Performance Space
Senior Strings	Wednesday	7.30 – 8.40am	Performance Space
Concert Band	Thursday	7.30 – 8.40am	Performance Space
Junior Stage (Yrs 7 – 9)	Friday	7.30 – 8.40am	Performance Space

Euro Tour 2012 Musicians: We hope that you had a tremendous trip and that you learned a great deal at the same time as having fun! Congratulations on your excellent behaviour, you were wonderful ambassadors for our School and Australia!

New Band Members and Parents: Welcome to PHS and the PHS Instrumental Music Ensemble. Pittwater is highly regarded for the standard of its Music Ensembles - not just here but overseas - so be ready for fun, hard work and success! Parents, please feel free to come along to rehearsals and meetings, we look forward to meeting you all.

CONTACTS:

Band President - Karin Krueger: karin@kdkmedia.com.au or 0419 991 267;

Secretary - Joanne Gwatkin-Williams: joanne@thevastydeep.com or 0437 408 801;

Treasurer - Rick Elliott: icycoldlager@gmail.com or 9979 4149;

Uniform - Geri Bergstein: geribergstein@hotmail.com or 9997 6263.

- The Band Programme starts for everyone (including new members), week beginning Monday, 4 February.
- Students in Year 7 should come to the Concert Band Rehearsal in the Performance Space (near the Hall), on Tuesday, 5 February at 2.45 with their instruments, ready to join rehearsals.
- Registration for the Band takes place at outside the Performance Space at 6.00pm on Tuesday, 5 February

Streetlevel Volunteering

On the 11th of December, seven Year 9 students went on an excursion to volunteer at Streetlevel Mission at Surry Hills. Streetlevel is a drop in centre for homeless and socially disadvantaged people run by the Salvation Army. There we played card and board games with the clients, listened to their life stories and found out how they ended up at Streetlevel. We brought morning tea which we shared with the staff and clients & went on a tour of the facilities. We had a great time and learnt a lot by talking to the people there. It was a good opportunity to experience another side of Sydney and an eye opener for us. We discovered how fortunate we are to have the everyday things that we take for granted. – Ella H

These are the impressions of the girls who volunteered their time at Streetlevel:

I really enjoyed helping less fortunate. It was really nice to chat and get to know them and let them know that people care. – Ebony G

I loved bringing in morning tea and giving it to the clients. I also loved hearing their stories! – Anika S

I enjoyed hearing the client's stories about their life and playing games with them. –
Charlotte M

I loved meeting new people that are more disadvantaged than us. It really shows you that the happiest people are the ones with barely anything or much money. - Georgia B

Everyone was so lovely. One lady said to me that she was happier with not much at all because she can see how kind some people are. – Molly J

It was an amazing experience just seeing people's smiles when we gave them the food and sitting and listening to these people's amazing stories. It really makes you realise how lucky we really are. – Chloe G



Is your child interested in going to



We are planning a 14-day cultural excursion for April 2014. It will be an eye-opening adventure where students will gain an invaluable insight into French language and culture.

There will be many exciting experiences such as visiting famous Parisian monuments and art galleries, travelling by TGV, enjoying delicious French cuisine, visiting the beautiful chateaux of the Loire Valley and travelling to the glorious south of France. We may even squeeze in some time for a bit of shopping...

If you are interested in this once-in-a-lifetime experience for your child, please come along to the information evening. Details below:

France 2014 Information Evening

When: 6:30 pm Thursday 21st February

Where: PHS Staff Common Room (upstairs in A Block)



Tea and coffee provided. Both students and parents welcome.

Please RSVP if you are coming to the information evening.

Either email kirsty.cosentino@det.nsw.edu.au or return the slip below to Kirsty Cosentino (language faculty)

✂ _____

I/We will be attending the France 2014 information evening on 21st February.

Name: _____

Number of people attending: _____

SPORTS UPDATE – MS FLEMING

Welcome back everyone to what promises to be an exciting year for sport at Pittwater high School.

The PDHPE faculty at Pittwater is committed to the development of all students at our school. As a result we will be dividing the sport responsibilities within the faculty to enable there to be greater opportunities for individual and team sports.

SPORT RESPONSIBILITIES 2013

Sport Coordinator (Wednesdays)	Ms Rachel Fleming
Knockout Sports	Mr Robert Askew
Carnivals (School to CHS)	
Swimming	Mr Robert Askew
Cross Country	Ms Alicia Wild
Athletics	Mr Mark Dailhou & Ms Rachel Fleming
Gala Days (Year 7 & 8)	Ms Rachel Fleming

TERM 1 SPORTS SELECTIONS (YEARS 8, 9 & 10)

Thank you to everyone last year for a quick reply with the sports selection and permission notes for this year.

Sport starts on Wednesday 6th February.

SPORTS STARS 2012 CON'T

Congratulations to the following students who achieved excellent results in their chosen sports towards the end of last year:

Lochie M – won the Year 10 consolation final in the Pennant Hills Tennis Tournament.

Junto Q – won the 14/u boys singles consolation of the Pennant Hills School tournament and the 14/u District championships. He also won the 2012 Northern Beaches Junior 16/u boys doubles. An amazing effort from a very talented tennis player --- watch this space for more on Junto in 2013.

Olivia T – has been selected in the NSW CHS girls cricket team. Well done Olivia.

Welcome Year 7, 2013

On Wednesday 30th January, Pittwater High welcomed our new Year 7 cohort for 2013. The sun was shining after all that rain, to provide beautiful weather for their first day. The students were teamed up with their Peer Support Leaders in the morning who helped them to understand their new timetables and get to know the daily routine of the day. It was then into class for period 3. The Year 7 students were treated to a sausage sizzle by their Peer Support Leaders for lunch and were able to mingle and relax after a very busy morning. The afternoon was spent meeting some of their new teachers and classmates for periods 4 and 5. Mrs Roulston, the Year 7 Student Adviser was ever present as she fielded many questions and assisted all the students to enjoy their first day as Pittwater High School students.



Instrumental European Tour

In the last two weeks of term 4, 2012, 46 students, three teachers and several parents from Pittwater toured Austria, Germany, The Czech Republic, Italy and Slovenia to play concerts and partake in workshops.

The students did Pittwater High School proud as they gave outstanding performances to audiences in schools, community venues, workshops and a festival. Each concert included the Symphony Orchestra, Symphonic Band and Stage Band and after every concert I was approached by audience members who congratulated us on our fine performances. Prior to going on the tour we auditioned to be included in the Munich Winter Music Festival and were successful. This festival was held in several large tents close to the centre of the city. Audience members were able to visit several venues at once within the festival and it therefore came as a surprise that our tent was full for our performances that ran for close to two hours. All other concerts were very successful as well with several audiences giving us standing ovations. My favourite concerts however, were the concerts where our students could interact with others. One particular concert was in a small Austrian town. The town was covered in fresh snow about a meter deep and very picturesque. The bus had to make several difficult manoeuvres on a snow road just to get to the venue. The students of the town were very friendly and welcomed us with traditional Austrian music. After the concert our students were able to converse (as best they could) with the Austrians and learn more about their way of life. The Austrians do have a cute saying which we found amusing "there are no kangaroos in Austria".

We visited many magnificent historically and musically important sites with a guided city tour in all the cities we visited including Prague, Venice, Ljubljana, Munich, Vienna and Salzburg. These tours were conducted outside in below freezing conditions and were most informative. Our students were extremely respectful and learnt a great deal from them. Other guided tours included the Neuschwanstein Castle in Bavaria, the Venetian court house and rooms in Doges Palace where we also walked across the Bridge of Sighs and a highlight of the trip; a guided tour of the Melk Abby with the head of the abbey, Father Martin. He seemed to really enjoy taking us around and even took us up to the organ loft and allowed a few of us to play it.

Our students were outstanding in every sense. They were respectful when spoken to, they were always on time and performed brilliantly. I would like to thank all parents for allowing the students to come on the tour, the staff at the school for their support, particularly the staff who toured with us and the parents who assisted with the tour. A particularly big thank you should go to Babette Lake for her incredible organisation and hard work without which the tour would not have happened. I now look forward to the next one in a few years time. Dr Hardy

Dr Hardy





On Monday 17th December Annette Mauer, Head of Learning from Object: Australian Design Centre, visited Pittwater High School to speak to interested teachers and parents from the P&C about the centre's Design Thinking education program, 'Design Emergency'. Earlier in the year a small group of Year 8 students had represented the school at a full day workshop with six Australian Designers piloting the education program at the Museum of Contemporary Art as part of the Vivid Festival.

Annette spoke to staff about the applicability of 'Design Thinking' across all Key learning Areas and the possibilities and opportunities to apply the principles of design thinking within the school context. Annette spoke about the nature of 'good' design and that this was not limited to 'objects' but included systems and methodologies. She communicated how designers unravel 'messy or wicked problems' and come up with design solutions where no easy answer is initially apparent. As the school participated in the pilot program, the Object: Australian Design Centre is now offering any group within the school of either teachers or parents, the opportunity to be involved in their pilot adult training program.



CANTEEN NEWS

WEDNESDAY: 6 FEBRUARY:

Vicki Gurman, Bess Brooks, Helena Nobbs – HELP NEEDED

THURSDAY 7 FEBRUARY:

KIM GROSSER, SHARRYN BROWN, DIANE DEL POZO, - HELP NEEDED

FRIDAY 8 FEBRUARY:

DEBBIE HAVENSTEIN, SUE NICOL – HELP NEEDED

MONDAY 11 FEBRUARY:

Karen Vukobratovich, Martha Leonard, Melissa Livingstone – HELP NEEDED

TUESDAY 12 FEBRUARY:

Leonie Olivari – HELP NEEDED

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 volunteers. This year we have a few changes to the roster, so we now have some great days and spots available:

2 people needed on Mondays

7 people needed on Tuesdays

3 people needed on Wednesdays

5 people needed on Thursdays

5 people needed on Fridays

If any parents, friends, family or grandparents to the school are able to assist on any of these days please let me know.

A full day is 9am to 2:30 or 3pm—a half day is 3 hours

Penny Winterbottom

Canteen roster co-ordinator

AN INVITATION TO HELP

Welcome to all our new parents and carers. Our wonderful canteen is short of helpers this year, so once again we extend an invitation to come and join us for a few hours or one day a month. Please feel free to ring us and discuss a timeslot that suits YOU. We look forward to hearing from you. Lisa and Katrina, Canteen Managers.

NSW SCHOOL-BASED IMMUNISATION PROGRAM

Each year NSW Ministry of Health offers the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school –based vaccination program.

In 2013 the following vaccines will be offered:

Hepatitis B vaccine - a 2 dose course for all Year 7 students who have never received a course of Hepatitis B vaccine when they were a baby.

Varicella (Chickenpox) vaccine - 1 dose for all Year 7 students who have **not** previously received Varicella vaccine or had chickenpox disease.

Diphtheria, Tetanus and Pertussis (Whooping cough) vaccine - 1 booster dose. This dose was previously recommended at 15 years of age. Your child will only be offered this vaccine in Year 7.

HPV vaccine (Human Papillomavirus) - a 3 dose course. The vaccine will be offered to Year 7 male and female student and Year 9 male students as a 3-dose course over the school year. Students who commence HPV vaccination in Year 7 at school but do not complete the course may be offered catch-up doses at school in Year 8.

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to read all the information provided, complete the Consent Form and return it to their child's school. Please ensure the child eats breakfast on the day of the school vaccination clinic.

Parent/guardians who wish to withdraw their consent for any reason may do so in writing to the School Principal. The Procedure for withdrawal of consent is on the NSW Ministry of Health website at www.health.nsw.gov.au/immunisation

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11th number beside the child's name) on the Consent Form, as this is required to record the student's information on the National HPV Register and for female students only, link to the National or State Cervical Screening Program.

A Record of Vaccination will be provided to each student vaccinated at the clinic. Parents / guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this record of Vaccination.

MORNING TEA WITH THE PRINCIPAL FOR OUTSTANDING ENGLISH STUDENTS

On Monday 4th February, the PHS English Department had the honour of commending 19 outstanding students for their completion of The Premier's Reading Challenge in 2012. For several of these students this occasion marked 5 or even 7 years of consecutive challenges and these students were awarded with gold or platinum certificates respectively. We are very pleased to announce that we also commemorated one student's lifetime achievement award as Kathleen P had completed the challenge for all of her years at school. She was presented with a gold medal from the Premier for all of her hard work, diligence and dedication to English throughout the years.

The students were presented their awards on a special celebration Morning Tea with the Principal in the PHS school library during our morning tea period. Healthy refreshments were provided by the school canteen and the gluten free cakes and fruit tropical fruit were enjoyed by all.

The PHS English Department has very few chances to congratulate our dynamic, high-achieving students and we take great pride in the efforts these students make; therefore we congratulate them for their successes! As they continue to aspire to reach beyond their potential we encourage others to take on the challenges offered in the next couple of years!

Pittwater High School English Department would like to extend a Big Congratulations! to the following students for taking on and completing the Premier's Reading Challenge 2012:

Jason B	Amelia K
Liam D	Lucie L
Andrew B PLATINUM AWARD	Noah M
Ian E GOLD AWARD	Evan M
Zara E	Jessica PLATINUM
Georgina G PLATINUM AWARD	Olivia R PLATINUM
Harry H	Taylor S
Maaika H	Tashi T
Stephanie H	Ella T

Kathleen P GOLD MEDAL


This is truly a prestigious award that will remain on the student's records as a testament to their hard work and dedication. Well Done, Pittwater High School.

Thank you, Ms Jones, Ms Waters, Ms Ferris and Ms Ferguson

Every year, the Premier's Reading Challenge is offered to all of our Junior Students from Year 7-9 to undertake the challenging task of reading 20 books for the comprehensive reading list compiled and approved by our Premier. The list includes all of our newest most contemporary novels as well as all of the tried and true classics that have engaged readers for decades. Students have been enticed to read outside of their usual genres by having to choose books from the Premier's list and are thus exposed to wide and varied reading. Each year the list is updated and new titles are added to encourage students to read the latest and freshest literature. 2013 will present another opportunity for our eager students.



Stressed?
Procrastinating?
Overwhelmed?




Managing HSC Stress: A Guide for Students

It is widely acknowledged that Year 12 can be a very stressful time for students. The Managing HSC Stress program is based on cognitive behaviour therapy (CBT), which is widely supported in the literature as an effective intervention for stress management. The program is delivered by clinical psychologists experienced in working with adolescents.

The following content is covered in the program:

- Sources of stress for students
- The fight-or-flight response
- The three step approach to managing stress:
 1. Identify and challenge unhelpful thinking (cognitive therapy skills)
 2. Take an action (goal setting, problem solving, study skills, strategies to beat procrastination, rewards)
 3. Looking after yourself (diet, exercise, time out, sleep strategies)
- Keeping it in perspective
- Sources of further help



How much:

\$330

Time frame:

1 hour

More information:

Phone 9514 4077 or email
health.psychology@uts.edu.au

NORTHERN BEACHES HOME TUTORING

- ✓ 1 on 1 Programming & Tuition in Your Home
- ✓ Primary, High, TAFE & Uni
- ✓ All Subjects, especially
- ✓ Maths and English
- ✓ HSC Modern & Ancient History
- ✓ Remedial Assistance
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- ✓ Qualified Tutors
- ✓ Best Value

Call John 9972 1469 (24/7)



Through Toys 'n' Tucker, ANGLICARE provides Christmas food and gifts for those who otherwise would go without



Share the joy!

Toys 'n' Tucker 2012

Thank You!

It's amazing to think that we have reached the end of Toys 'n' Tucker for another year. Once again we couldn't have done it without the fantastic support of so many schools, churches and businesses. We really appreciate your partnership in this program.


Please remember that this Christmas as you are enjoying time with your friends and family, there are many families in Sydney having a special Christmas because your school community cared enough to 'Share the Joy' with them.

After ten years with ANGLICARE I will be moving on to new things next year. However, ANGLICARE would still love to visit your school and thank your students for their assistance. If you would like to book a visit, please email us at toysntucker@anglicare.org.au.

I would like to wish you all a wonderful Christmas and thank you for your wonderful partnership in recent years. I have really enjoyed working with you.

www.toysntucker.org.au


Stressed?
Procrastinating?
Overwhelmed?



Managing HSC Stress: A Four-Week Program

It is widely acknowledged that Year 12 can be a very stressful time for students. The Managing HSC Stress program is based on cognitive behaviour therapy (CBT), which is widely supported in the literature as an effective intervention for stress management. The program is delivered by clinical psychologists experienced in working with adolescents. The following outlines content covered in the program:

- Sources of stress for students
- The fight-or-flight response
- The three step approach to managing stress:
 1. Challenge unhelpful thinking (cognitive therapy skills)
 2. Take an action (goal setting, problem solving, study skills, strategies to beat procrastination, rewards)
 3. Self-care (diet, exercise, time out, sleep strategies)
- Strategies for managing HSC stress:
 - Identifying sources of stress
 - Goal setting and action planning
 - Problem solving
 - Slow breathing
 - Strategies to beat procrastination
 - Strategies to tackle perfectionism
 - Challenging unhelpful thinking
 - Using study skills effectively
- Sources of further help



How much:

\$90 per student

When:

4:00-5:30 on a Tuesday for 4 weeks


Where:

Ground Floor, 174 Pacific Hwy, St Leonards

More information:

Phone 9514 4077 or email
health.psychology@uts.edu.au

Stressed?
Worried?
Overwhelmed?




Managing HSC Stress: A Guide for Parents

It is widely acknowledged that Year 12 can be a very stressful time for students. Parents often wish to know what they can do to help support their children during this challenging time. The Managing HSC Stress: A Guide for Parents presentation is based on cognitive behaviour therapy (CBT), which is widely supported in the literature as an effective approach for stress management. The program is delivered by clinical psychologists who are experienced in working with adolescents and their parents.

The following gives an outline of the content covered in the program:

- Common challenges that parents and students face during the HSC year
- Strategies for managing HSC stress:
 - Maintaining family connectedness
 - Maintaining a balanced lifestyle
 - Goal setting and action planning
 - Challenge unhelpful thinking (cognitive therapy skills)
 - Strategies to beat procrastination
 - Using study skills effectively
- Identifying when further help is needed
- Parent self-care strategies
- Sources of further help



How much:

\$330

Time frame:

1 hour

More information:

Phone 9514 4077 or email
health.psychology@uts.edu.au

Student Exchange – Memories and Skills for a Lifetime!



Give your child the opportunity to gain international experiences and language skills to kick-start a future career. Along with distinct language benefits, exchange students mature, gain confidence and develop a much more worldly approach upon their return to Australia.

World Education Program Australia (WEP), a not-for-profit student exchange organisation registered with the education departments, is now accepting applications for students to live overseas in 2013/14 as exchange students for a summer, semester or year.

WEP is offering two **\$3000 scholarships** towards semester-long student exchange programs to Argentina and China commencing in 2014.

Find out more!

- Visit www.wep.org.au
- Attend one of WEP's information evenings and open days
- Call 1300 884 733

Upcoming Information Sessions

Melbourne

12 February 2013 / 7:30-9pm
Northcote Town Hall
189 High Street
Northcote

19 February 2013 / 7:30-9pm
Kingston Arts Centre
979 Nepean H'way
Moorabbin

13 March 2013 / 7:30-9pm
Kew Court House
188 High Street
Kew

Sydney

13 Feb, 13 Mar, 14 May 2013
7:30-9pm
Bowlers Club of NSW
Level 2 / 95-99 York Street
Sydney

Brisbane

21 Feb, 14 Mar, 30 Apr 2013
/ 7:30-9pm
Garden City Library
Cnr Kessels & Logan Roads
Upper Mt Gravatt

Sunshine Coast

28 February 2013 / 7:30-9pm
Maroochy Neighbourhood Centre
2 Fifth Avenue
Cotton Tree

Toowoomba

19 March 2013 / 7:30-9pm
Cedar Centre
36 Baker Street
Toowoomba

BLOOD BANK VISIT

The Red Cross Blood Bank will visit Pittwater High School again this year. The Blood Bank will set up in our school Hall on Friday the 15th March and students, staff, parents and ex-PHS students are able to visit to donate blood. We are hoping that you can volunteer to donate from 8am and last donations will be accepted at 2.30pm. If you would like to donate please contact Mrs Milliken on 9999 4035 or see her in B4 to make an appointment. More reminders and information will be available in the next newsletter.

Thank you,

Cathy Milliken Special Education Teacher MC Class

NSW Premier's Student Volunteering Award School Coordinator

Pittwater High School



Pittwater Tigers Junior AFL

Play AFL with your mates in 2013!

Boys & Girls Ages 5 - 16 years

Registration Days

Saturday 2nd February 10am - 2pm

Saturday 9th February 10am - 2pm

North Narrabeen Reserve
Walsh Street, North Narrabeen

www.pittwaterafl.com.au

e: pittwatertigers@gmail.com

Registrar: 0422 503 149



UNIFORM SHOP HOURS THIS WEEK: Thursday 7th February 8.15 to 11.15am.

Closed Friday 8th February

Maroon jersey sports shorts size 12 are now available.

PITTWATER HIGH SCHOOL UNIFORM SHOP ORDER FORM at 27 November 2012

DATE _____ Order Taken By (Internal Use): _____

STUDENT'S NAME _____ ROLL CALL: _____

CONTACT PHONE NO's (Home): _____ (Parent Mobile) _____

	Item	Sizes	Price	Order Details		
				Size	Qty	Total Price
GIRLS	Junior Tartan Tunic – Summer	6-22	65			
	Junior Tartan Skirt – Summer	6-22	35			
	Junior Tartan Skirt –all year round	4-18	59			
	Junior Blue Short-Sleeved, Pintucked Blouse	10-22	25			
	Junior & Senior Long Black Pants – Winter	4-16	20			
	Senior White Short-Sleeved Blouse with Maroon Piping, PHS Embroidered	8-22	30			
	Senior Grey, Front Pleated Skirt – Summer and Winter	8-22	59			
BOYS*	Junior Maroon Polo Shirts with PHS Emblem	10-26	30			
	Junior & Senior Grey Surf Style Shorts	XXS-5XL	39			
	Junior Midford Grey Elastic Waist Shorts	12-18	25			
	Senior White Collar Short-Sleeved Button Shirt	16-26	30			
	Senior Maroon School Tie with PHS Embroidery	16-26	22			
UNISEX	Maroon Fleecy Zippered (Hoodie) with PHS Embroidery	XXS-XXL	50			
	Junior Maroon Sweatshirt (Sloppy Joe)PHS Embroidery	12-22	29			
	Junior Grey Woollen "V" Neck Jumper	10-18	70			
	Senior Maroon Woollen "V" Neck Jumper with PHS Emblem	10-24	75			
	Senior Maroon School Blazer with PHS Emblem	14-24	110			
SPORTS UNIFORM UNISEX	Maroon Microfibre Shorts PHS Logo	XS-XXL	35			
	Maroon Knit Short PHS Logo	12-16	25			
	White Polo Shirt with PHS Emblem	10-24	30			
	Navy Microfibre Tracksuit Pants	12-XL	45			
	Navy Microfibre Tracksuit Zip Up Top with PHS Emblem	12-XL	45			
	PHS Maroon Rugby Shorts	XS-XL	22			
	Maroon and White Long Rugby Socks		10			
OTHER	Scientific Calculators – required for Yr 7 Mathematics		33			
	Portable USB 2GB		5			
	Black Winter Stockings – Girls	S,M,L	9			
	Year 7 book pack		70			
	Year 8 book pack		41			
TOTAL AMOUNT TO PAY						

Please CIRCLE method of payment CASH CHEQUE Credit Card – MASTERCARD VISA

NAME OF CARDHOLDER: _____ (exactly as shown on card)

Card No: _____/_____/_____

Expiry: ____/____/____ CCV No: _____ Total Amount \$ _____

Signature: _____ Date: _____

1. EFTPOS facilities available - 1% surcharge on credit card purchases
2. Cheques are to be made payable to "Pittwater High School Uniform Shop" and have a 5 day clearance hold on items purchased.
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. 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 Shop manager Kim Gobbe.