PITTWATER HIGH SCHOOL

Pittwater Press

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



Term 3 Week 4

6 August 2013



ACED AT PITTWATER HIGH

PRINCIPAL'S REPORT

This year at Pittwater High we have had a major focus in professional development in learning being ACED for our students. ACED stands for: Accommodations and Assessment for Learning; Challenging and Creative learning with Choice; Engagement and Enrichment; and Curriculum Differentiation. Such a vision takes time to develop, but as a teaching staff it has given us a real focus and target as we review and develop programs especially in light of the new National Curriculum. To provide time for staff to work on this project, this year we invested in employing non-teaching staff to supervise the HSC trials. The advantage to year 12 students was that they also trialled external supervision as happens in the actual HSC. Faculties have made great strides on the ACED project and through presentations on Staff Development Day shared programs and teaching strategies.

Added to this, seven executive staff joined me at an outstanding Gifted and Talented three day Conference at the end of week one. I thank them for their enthusiasm and preparedness to give up a Sunday to participate in such a wonderful event. Key note international speakers on GATS education Dr Joyce Van Tassel-Baska, Dr C June Maker and Mr Manoj Chandra Handa, gave many insights into curriculum differentiation from which all students can benefit. We will be building on what we have learnt to further enrich our ACED project.

Musical Magic

I would like to personally add my comment to the wonderful magical musical that I had the pleasure of seeing on the second last night. It was awesome! The talent on show made me so proud to be principal of this fine school. But what impressed me even more was the obvious sense of collegiality between all participants, amazing teamwork and clearly a joyful event for all. To the performers on stage, musicians, stage crew, sound and lighting, construction students and textile students for costuming – thank you for your dedication and hard work. To all the staff and parents who produced, directed, ran Sunday and holiday rehearsals, painted props, made costumes, sold tickets, worked the canteen etc – again a huge thank you. There are too many individuals to name, but it would be remiss of me not to praise the driving force of Ms Deb Meyers so ably supported by Mr David Gleeson. Our school is truly blessed.

Change again to Staff Development Day next term!

My apologies, but although I followed processes for requesting a change to staff development day next term including informing you all, our request was knocked back. Although our Director of Northern Beaches had been open to the idea, higher authorities in the Department have decided to grant no variations to any school across the state. Therefore contrary to the information I sent out in a Principal Bulletin at the end of term, students return to school on Tuesday 8 October and last day of term is Wednesday 18 December. Staff will have the two staff development days on 19 and 20 December.

CALENDAR					
Monday 12 August	Yr 8 Gala Day				
Tuesday 13 August	Prefect Induction				
Monday 26 August	Yrs 7, 8 and 9 Commendation Assembly				
Thursday 29 August	Yrs 10 and 11 Commendation Assembly				

Website: www.pittwater-h.schools.nsw.edu.au

Principal: Jane Ferris

Email: Pittwater-h.school@det.nsw.edu.au Deputy Principals: Renee Andrews and David Muirhead

DEPUTY PRINCIPALS REPORT

Term 3 has started with a flurry of activity. Year advisers and assistant year advisers have been very busy interviewing all students in their year group, following reports going home at the end of last term. These interviews provided an opportunity for students to reflect on their report and set goals for themselves in relation to their learning. The interviews are also an opportunity for year advisers to engage in meaningful conversations with all students in their year group. Students who achieved outstanding academic results and/or demonstrated a commitment to their learning were invited to a Principals Morning Tea to celebrate their achievements. Well done to all those students who continually strive to achieve their personal best.

Subject selections are now complete for Year 8 into 9 and Year 10 into 11. Current Year 11 students are preparing for their Preliminary Exams coming up in Weeks 8 and 9 this term. I encourage them to start summarising in preparation for these exams. For any students who are interested I have lots of diagrams available in my office that they can use to help them in this process. They have also been asked to consider their proposed pattern of study as they prepare to start their HSC study in Term 4.

Year 12 are continuing to focus on their preparation for the HSC. They have been asked to collect information for their school references, this is an important process and they are encouraged to gather the information and hand it in as soon as possible to give teachers ample time to write the references.

Attendance matters

Any student arriving late to school must come to the front office and sign in prior to going to class. They should provide a note with a reason why they are late at the time of signing in.

Thank you to all parents who respond to the SMS messages they receive about their child's absence. Unfortunately the system we use does not have the capacity to send a message to more than one parent or to alternate the messages between family members. This also applies to email correspondence. We ask that in these instances you please forward the message on.

Renee Andrews and David Muirhead

VOLUNTEER WILDLIFE CONSERVATION WORKERS' PRESENTATION TO YEAR 8

Have you ever imagined what it'd be like to be dragged by your nose, hunted for your teeth or even killed for your skin? These are only some of the problems facing the globally recognised wild animals of Africa and some Asian countries. Did you know that over 100 million animals die each year by poachers in Africa alone? These are the facts and sadly this is the future.

Last week year 8 experienced the truth of these issues. We were presented with the facts from our speakers who volunteer and work for non-governmental anti-poaching and wildlife conservancy organisations in Zimbabwe and South Africa. We came to understand the terror that wild animals in these countries face every day. We learned that it's our moral responsibility as a global citizen to ensure the safety and future of these animals. The biggest problem of this illegal trade is demand, the demand for high-end manufacturing of illegal products like ivory, the ivory which can only be obtained by the hunting and the killing of an innocent elephant or the rhino for its horn. We were informed about the action we can take and were made aware of the alarming facts.

I can tell you with certainty that despite what may be said, 'we are the change we want to see' in this world. I must thank Shirley Michael and Phillip Hitschmann for presenting their talk about the volunteer work they do in Zimbabwe and South Africa and giving year 8 an awareness of this global issue.

BIOLOGY

WONDER OF WONDERS

This has got to be one of most exciting and wonderful practical work ever done in a student's life at school.

Year 12 Biology students had the opportunity to dissect a cow's eye last week. The structural intricacies and amazing functional processes of the eye were studied. Students were enthralled as during the hour-long dissection they probed the inner workings of the eye. Working with tissue that was once alive gave students a chance to experience awe inspiring aspects of the study of Biology. A truly thrilling experience.

L. Thatcher













WORK HEALTH AND SAFETY

STAFF FIRE TRAINING ON 23RD JULY 2013

The WHS committee decided to in service our teaching staff on how to extinguish fires. The staff had never been shown properly and we felt it was in the interest of keeping our students safe to experience how to use a fire extinguisher.

CHUBB are the company who service all our fire safety equipment so they were kind enough to come and show staff the correct use of extinguishers and fire blankets. They bought their own fires to practice on.

All staff were given the option to try and use an extinguisher and you can see below staff enjoying their training. Mr Rawlinson differentiated the curriculum in the group he was in, by turning the gas valves off when his fellow science staff members were trying to extinguish their fire.



















YEAR 9 ENGINEERING STUDIES

The year 9 Engineering class should be so proud of what they have learnt and achieved so far. The class has completed their first engineering report whist studying structures. They also constructed a sale bridge out of Balsa wood. On average the bridges span was 160mm and weighed no more than 28grams. All bridges held a minimum of 7kg with Tom B and Dorian M's bridge holding a whopping 15kg.

The class have just embarked on their new challenge of designing and constructing a mechanical arm that will need to either retrieve a mars bar from a tube or lift a soft drink can and move it. The mechanical arms will be constructed out of mixed materials and mechanisms used include pulleys, gears, linkages and even syringes as hydraulics. The brainstorming and problem solving is very impressive and the results should be excellent!







Year 9 Multimedia

Taps, toes, trash and keys were the subjects the class were given to photograph. The class was encouraged to be original, think outside the box and have fun with editing and different photography medias and settings. I received some outstanding images and already have expectations of future photographers, graphic designers and artists. The class has developed a range of multimedia skills and have gained knowledge about the industry and history of the technologies and how they influence society. The class is currently working on groups for either an animation or an entry film for the highly regarded TropFest. Jr.





Year 10 Industrial Technology - Timber

What do you get when you have 90 meters of 19mmx140mm Radiata pine, 30 metres of Dowel, 504 countersunk screws and 117 sets of nuts, bolts and washers?

36 wonderfully constructed and functional fold up stools. The two Timber classes developed a number of management, measurement and construction skills whilst making the stools. The classes work well as a team with great banter and a healthy learning environment. The students are now practicing joining methods before starting their new project of a bedside table with a drawer, shelf and cupboard focusing on machining skills and a high quality finish.

A special congratulations to

Harley W, William B, Luke M and Ben H for their outstanding stools.



HSIE

Preliminary Modern History with Mr Kovacs!

The class have had a busy and fun year so far. They have studied topics including the Trans-Atlantic Slave Trade, the Meiji Restoration of Japan and particularly enjoyed learning about the events and personalities that influenced the Russian Revolution through role plays, online research and other engaging activities.

Students continue to develop their skills in historical research, written and verbal communication as well as sophisticated source analysis.



Students visiting the vast 'Stacks' of the State

In preparation for their upcoming Twentieth Century Historical Investigation tasks, the class visited the State Library of NSW at the start of Term 3. After gaining memberships, students were guided by a librarian through the features and uses of this wonderfully valuable learning resource, not only for this course but other senior curriculum areas like English and Legal Studies. The future of history will be in good hands with this next generation of modern historians!

Preliminary Society and Culture with Mr Kovacs!

This course has made a successful return to senior studies at Pittwater in 2013. Students are enjoying the challenges of thinking critically about what makes up the world around them as well as what influences their cultural and social developments as adolescents. The class had fun undertaking investigations into the life of other cultures such as the Amish and producing very creative and attractive posters which are now displayed in the school.



Touring the State Library's facilities

Students regularly study and discuss the social and cultural symbolism contained in books, films and other literature. The class have had the opportunity to interact with their local community, observing or surveying perceptions on subjects like the local impacts of surfing or skateboarding sub-cultures. Also each week students collect, discuss and analyse contemporary issues from various media sources to apply currency and relevance to their learning.

In order to gain strong preparation for the HSC and their major Personal Interest Projects (PIPs), in Term Four Society and Culture students will be participating in various seminars and workshops supported by the Society and Culture Association of NSW.

SPORTS UPDATE - MS FLEMING

Apologies to Jayden R-M who also achieved outstanding results in the zone athletics -2^{nd} in 16yrs Discus. Congratulations Jayden.

SNOWSPORTS—JON CURRY

The 2013 NSW Regional Snowsports competition was held in Perisher Valley on July 3rd to July 6th with 5 of our Year 9 and 10 students participating in both Snowboard and Skiing disciplines. While the snow conditions were variable our kids took to the mountain with some great results.

Our first team to compete on Wednesday were our Division 2 male Snowboard X team - Matt C, Brandon F and Mitchell C. While the boys did not place in this event they gave it their best on very poor snow conditions.

The boys lined up again on Wednesday evening for Snowboard GS under lights on front valley Perisher Valley. With the temperature and wind chill around -13c our Pittwater Team came in 4th overall earning them an invitation to the NSW State Championships. Well done Matt, Brandon and Mitchell.

The weather conditions deteriorated on the Friday with blizzard conditions delivering 20cms of snow, howling winds and limited visibility. Races were moved or postponed resulting in the Div 2 Skier X races being moved to the NSW State comps.

Our Div 2 Girls Alpine race was held in terrible conditions on Saturday afternoon with Bella C and Alisha C showing amazing courage and skill to get down the mountain with very respectable times. Congratulations Bella for coming 6th overall earning an individual invitation to the NSW State Comp. Unfortunately as we only had two competitors in this race our team did not place.

We now look toward the State Comp held in Perisher from August 22nd to 24th. Those races that were deferred from regional will be held followed by the state championships. Bella, Alisha, Matt, Brandon and Mitchell will all be lining up again for Pittwater. We wish them well. Be sure to watch out for an update on their results late August.

ON BEHALF OF PITTWATER A HUGE THANK YOU TO JON CURRY AND HIS FAMILY FOR ORGANISING OUR SNOWSPORTS TEAM THIS YEAR.

SPORT FEES

A reminder that sport fees are now overdue. It is vital that we keep a positive relationship with our community and the instructors, facilities and companies that help to make our sport program versatile and engaging for our students. Please pay all fees into A- Block.

CAREERS

Year 11 and 12 TAFE students: Students MUST inform me if they are going to be absent for any reason! Year 11 students planning to continue their TAFE course in 2014 will need to complete a new "Expression of Interest", (EOI) form and return to me before the end of this term.

Year 10: Careers Lessons are in Science classes this term; we will be continuing to build their "Career Portfolio" by creating a resume. We will also be looking into work safety issues and some world of work scenarios.

Some students will be undertaking Work Experience too, remember the documentation MUST be in 2 weeks before the

Work Experience week!





NOTE: year 10 students who chose a TAFE subject as part of their subject selection for Preliminary/HSC will also need to complete an EOI form and return to me by the end of term.

TAX FILE NUMBER, (TFN) applications: term 3 school group application forms are due back to me by the 9 August. It's much easier through school! Everyone needs a TFN sooner or later, especially when applying to university!

Marine Attendant Course: see flyer

FULL-TIME JOB:

Glassing Production at a Surfboard Company: - A locally based Surfboard Company, which has been in business for nearly 30 years is currently looking for a Junior for their Glassing/Production Department.

Please contact: Melanie Hayhoe; mel@onboardindustries.com.au Distributors of Channel Islands Surfboards

YEARS 10, 11 AND 12 STUDENTS: Please log onto

"My High School Careers" website-Pittwater High School subscribes to this website which advertises current careers events. To login: use "parent" or "student" then password "mhs2013". You can also register for email alerts! The "Calendar" is great info!

Or for more general careers information, look at our Careers website by checking out **www.careersworks.com**, (the password was emailed earlier to students and parents but please email me if you don't have it).



YEAR 8 ENGLISH - A MIDSUMMER NIGHT'S DREAM

All the World's a Stage!

Mischief and Magic in William Shakespeare's A Midsummer Night's Dream

Year 8's visit to the Sydney Opera House to see A Midsummer Night's Dream was an immense success. Through this excursion they learnt of the language and conflict involved in both Shakespeare and the pursuit of Mr/Mrs Right. A Midsummer Night's dream is a story of mistakes, mishaps and mismatch... with a melee thrown in for good measure! But at first, the thought in every year 8's mind was, to go, or not to go, that was the question! It turns out that to go was the better option for the play was marvellous.

The story is about four lovers, Lysander, Demetrius, Helena and Hermia. Now this is where it gets complicated. Lysander loves Hermia and so does Demetrius, Helena loves Demetrius and thinks Hermia is trying to steal him away from her but Hermia loves Lysander! And so Hermia and Lysander run away into the forest as Hermia's father is forcing her to marry Demetrius. Helena later tells Demetrius about their escape and they follow them into the woodland. From here, a mischievous fairy called Puck is given orders by his master Oberon to make things right between the couples, with a flower called Love-in-Idleness, which makes you fall in love with the first living thing you look at, 'be it on lion, bear, or wolf, or bull, on meddling monkey or on busy ape.'

Whilst the original performance of this Elizabethan era play included a total of 17 actors, this interpretation only included 8. This worked as they all played multiple roles. For example one actor who played the part of strict and dominating Egeus, the father of Hermia, also played the part of the comedic, laidback Nick Bottom.

The set design was simple in the production but allowed for diverse movement for the fairies and lovers in the magical location. It was only a simple wall with many holes in it and was used often. Although the recital was made in the 1700s, the costumes worn were everyday clothes and actors sported jeans, jackets and beanies. It seemed the central audience was Year 7-Year 9 but we shared the audience with a delightful assembly of young theatre goers who laughed and clapped as we did in spontaneous delight. But enough about my opinions.

Here's what just some of the many Year 8's said about the performance. Alec Farrow said that he 'loved how the production adapted Shakespeare's play into something accessible to all audiences'. A valued quote from one of our own actors. Mrs. Wagner of the English department said 'Oberon was played spectacularly'. 'I liked the transitions between sets, stated both Lachlan C and Kelly N, whilst Madison M says 'The actors, set and performance were different but awesome and really well done'. Although not all the viewers were happy about that. Michael v H preferred the more classical version and wished the costumes were more authentic for the period. 'It's hard to see this after watching the movie' he believed.

Overall, Shakespeare's masterpiece was adapted brilliantly into a modern setting and the actors portrayed their characters exuberantly, bringing the classic to life for new eyes. So, to quote Thisbe, 'Thus Thisbe ends. Adieu, adieu, adieu.'

Blake Williams—Yr 8

YEAR 7 GALA DAY

On Monday 5th August on a picture perfect blue sky day the whole of Year 7 attended various venues for a day of fun sports activities ranging from basketball, soccer, touch football and netball. All students looked extremely involved with the activities and Year 10 students were on hand to coach and umpire each game.



Jake G used his design skills to improvise and develop his own shin pads.





The boys touch football players getting instructions prior to playing at Rat Park





Some of the unbeaten basketball team and in action during a game





The other basketball team waiting to take the court and in action



The support crew at the basketball





The fast paced action of the girl's soccer, with one of the Year 10 helpers







Mrs Bates' boys soccer crew.



The great defence at the girls touch football



Resting in the shade after a torrid game





The girls at Curl Curl clearly enjoying the netball in the beautiful sunshine

A really big thanks to all the teachers who participated on the day and Ms Fleming for all her hard work organising the day for the whole of Year 7

Mrs Roulston-Yr7 Advisor



WHAT REALLY HAPPENS BEHIND THE SCENES OF OUR MUSICAL—BACK TO THE 80'S



Back Stage Crew — photo: Meagan S

Cast & Crew — photo: Grace B



Pittwater High School started out with a bang on 24 July with their new musical "Back to the 80s." The hilarious script and superb singing really made you appreciate the effort put into the musical.

"8 months of hard work and it's all over"

As I took a step backstage, I knew I had entered mayhem. People rushing in every direction! "It wasn't just the actors stressing, we (backstage crew) had to make sure everything was in the perfect position said a frantic helper backstage. Eight months of hard work and it's all over!

At the end of every night the performers came off the stage with a huge energy rush all excited from another amazing show. On the last night there were many congratulations to be given especially to the directors, Mr Gleeson and Miss Meyers. You could tell that all the performers loved their directors by the respect they have for them.

Huge congratulations should go to the following crew for their ability to keep the show running smoothly: Nick N, Luke B, Max B, Trenton C, Bronte S, Claire S, Josh W, Peter E, Darienne A, Will B, Emily B, Nina B, Ryan B, Lauren C, Josie C, Maaike H, Isabella H, Sarah K, Lucie L, Fern M, Lochie M, Jamae O, Taylor S, Meagan S and Sasha W.

Overall an awesome musical put on by Pittwater High School.



I peered through the little window on the side of the stage and watched the audience filter in through the back door, chattering excitedly. The cheerleaders and jocks showed everyone to their seats, and a friendly atmosphere hung in the air; it felt like a proper theatre.

On the 17th, 19th, 20th, 24th, 26th and 27th of July, selected members of Pittwater High School performed Neil Gooding's musical, "Back to the 80's", directed by musical director Deb Meyers and creative director Dave Gleeson. As the minutes ticked down to the time of the show, the tension grew, both backstage and in the audience. Students rushed to take their places, and soon, the lights dimmed, the music stopped, and the show commenced.

"Back to the 80's" was written by Neil Gooding in 2001 and in 2006 became one of the most performed shows, having been performed over 300 times since it was written. The musical is all about a man named Corey Palmer who is reminiscing over the ups and downs of his high school experience.

In my opinion, this musical was hilarious and entertaining, and Pittwater High School did a great job of bringing it alive. It was not a particularly deep and meaningful musical and there didn't seem to be a moral, however it is not always necessary to have a message, it just means that the purpose of the musical was to entertain rather than to enlighten.

For every performance, the audience reacted well to all the jokes and clapped along to the catchy songs. Almost every night, it felt like we could make the audience feel anything; they reacted fantastically, and everybody I talked to afterwards enjoyed it immensely. I think each and every thespian put their heart and soul into their characters and gave the audience a sense of verisimilitude.

The leads were very well cast and every single one of them were great leaders for the younger students in the production. Sophie W, for instance, played the role of Tiffany H, was an outstanding actor; she played the role of the sweet and popular girl perfectly. Lachie G, who played the role of Corey P (senior), was another exceptional thespian; he was confident, articulate, and perfectly cast for his character. Emily G had an amazing voice, and completely stole the show every time she sang, with plenty of opportunity to show off her talent.

In general, the acting was of a very high standard, considering it was only a high school production, and the musicality of most cast members was just as high.

There are, of course, other things that take place during the musical besides the acting and singing, like the set design, the lighting and the costumes. The backdrop was very well done, and definitely altered the mood of a lot of scenes with its bright colours. The scene changes were absolutely seamless, very well done by the backstage crew; they worked cooperatively and patiently, and had everything planned out and organised. Nothing was ever a centimetre out of place and they were always out of the way before the curtains opened for the next scene.

The costumes were brilliant and the Textiles class did a great job of making some of the outfits, considering they did so without knowing much about the 1980's. I think the vast majority of the costumes were great. The tech department also did a great job with the lighting. I think in this case, less was more, and just the simple stage lights were all that were needed.

From the perspective of a performer in the musical myself, it seemed as though when we first started rehearsing, nobody took it very seriously and we were very relaxed, but opening night came very quickly, and suddenly everybody was rushing to get last minute choreography learnt or to get their costumes ready. It all turned out okay, but it was definitely not the most reliable way of preparing. A couple of people did forget their lines in songs or dialogue during the performances, but that was probably due to nerves. Everyone gets nervous sometimes, and it didn't detract from the performance too much.

All in all, I think this was one of the best musicals that Pittwater High School has put on so far, and I think everybody will eagerly await the next one. It was amazing for me to work with such kind people, and we are all much closer because of it; I have made so many new friends that I probably would never have talked to if it wasn't for the musical, and I strongly recommend coming to see the next musical as I'm certain it will be just as "totally awesome!"

The Crew Review

Thursday 1st August Emma L and Beccy C

Unseen Behind

Without the help of the 20 odd members of the backstage crew, Pittwater High's Back to the 80's Musical would have fallen into chaos. Having only rehearsed four days prior to the opening show, the stage crews' set changes were seamless and well executed.

Ready, SET, Go

The stage crew was not the only major contributor to the production of the musical. The parents of both cast and crew added the final details to the basic sets. Miss Kerrigan was also a great help when it came to designing the final sets.





"Working backstage was absolutely hilarious! By the last show we were so relaxed we would be dancing behind the curtains and making the cast laugh on stage."

-Taylor S, Backstage member

"It was such a good experience and I made friends with people I didn't think I would."

-Lucie L, Backstage member

"It was such an amazing experience being part of the production. I had so much fun in it."

-Josie C, Backstage member



Marina Attendants Course 14 September 2013

www.marinas.net.au 15 - 18 Year Olds





Marina Attendants

☆ Work full-time or part-time (weekends/school holidays)

☆ Tie up & let go of boats ☆ Give berthing & dock support ☆ Inspect the marina

☆ Handle & move boats ☆ Pump & give fuel service ☆ Report to their Manager

☆ Look after the environment ☆ Give great customer service

★ Keep everyone and yourself safe

The MIA Marina Attendants Course Offers 15 - 18 Year Olds:

- The best starting point for your dream job and career pathway in the Marina Industry
- A Certificate recognised all over OZ
- Classroom work & tips you'll need to do a great job
- Marina tour and lots of activities to get stuck into
- Lots of contacts in the industry for the future full-time or part-time work

Participation is not dependent on having a boat licence.

What: Marina Attendants Course Saturday 14 September 2013 When:

Time: 9am to 4pm

Royal Prince Alfred Yacht Club, Where: 16 Mitala Street, Newport

Cost: \$195.00. Includes drinks, lunch, books,

lessons and use of equipment Bring:

☆ Know what to do in an emergency

Sun hat, sun block, sun glasses, covered shoes (no thongs). Jacket in case of rain.

You must register and pay for this course before attending. Please complete the attached booking form. Under 18 year olds need parent's permission.

For more information about the course contact Ian Winestock, MIA Industry Education Officer on 02 8197 4753 or email education@marinas.net.au

Registration and Payment must be completed by 10 September 2013

The Marina Industries Association (MIA) is dedicated exclusively to the needs of the marina industry as the peak industry body in Australia for marina owners and operators of berthing, mooring, storage and slipway/workshop facilities connected to sailing, cruising and general boating. To find out more ...visit www.marinas.net.au

Booking Form Marina Attendant Course



Please complete this form and return with your payment to MIA

Course Date: 14 September 2013

Course Venue: Royal Prince Alfred Yacht Club

Personal Details								
First Name Last Name								
Date of Birth Female or Male								
Home Address								
School You Attend								
Home Telephone No Mobile No								
Email Address								
Do you have any Special Dietary RequirementsCan you Swim?								
Your Signature								
Parents Permission								
If under the age of 18, you must have your parent(s)/Guardian's permission to partake:								
Parent(s)/Guardian Name								
Parent(s)/ Guardian Name								
Parent(s)/Guardian's Contact Telephone Numbers								
Parent(s)/Guardian Signature								
Payment Details								
The Course Fee is \$195.00 per person (this includes course materials, morning tea and lunch). Fees are non-refundable. Credit card payment attracts 1.1% surcharge.								
Please select your Payment Method:								
☐ Direct Deposit (MIA Ltd. BSB 332 027. Account 552 615 097 (SWIFT SGBLAU2S) - Important: include your name as a reference for the deposit so we know the money is from you) Date Deposited								
□ Cheque Attached								
☐ Credit Card: MasterCard ☐ Visa ☐; Name on Card:								
Card Number / /; Expires/; CVV								
Payments must be received with this Booking Form by 10 September to secure your place.								
Please Return Completed Form to MIA								
 @ Email: education@marinas.net.au ■ Post: MIA, PO Box 1204, ☐ Fax: 02 9439 3983 CROWS NEST NSW 1585 								

If you have any questions, please contact Ian Winestock on 02 8197 4753 or education@marinas.net.au

Thank You

Please Note: All of the above information will be held by MIA only and for the purposes of this course only.



A problem shared is a problem halved

So come share your ADHD-related problems ...



The Northern Beaches ADHD Support Group is a new voluntary group offering support for parents of children or teenagers with ADHD via regular meetings.

The group is run by parents and aims to provide a supportive environment to discuss and learn more about ADHD and its co-morbid conditions in order to best help parents and kids alike.

SPECIAL GUEST SPEAKER DR CAROLINE STEVENSON

"The Impact of ADHD on the Family"

Dr Caroline Stevenson B.Sc (Hons), M.Psych, PhD is a Clinical Psychologist who trained at the University of Sydney. She is a registered psychologist and Member of the Clinical College of the Australian Psychological Society. In 1999, she completed a PhD on the management of ADHD in adults. Since 2000, Caroline has worked in private practice helping individuals and families with the challenges associated with having ADHD and learning difficulties. In addition, Caroline works at Macquarie University as a Clinical Supervisor on the Master of Clinical Psychology Program.

Mona Vale Memorial Hall (next to the library) 1606 Pittwater Road, Mona Vale 2103 Next Meeting: Monday 9 September 2013 Time: 7.00-8.30pm

A \$2 donation would be appreciated to help cover costs

Please RSVP on our website or Facebook page using Eventhrite

Email: nbadhdsupportgroup@hotmail.com

Website: www.northernbeachesadhdsupportgroup.com.au

Facebook: https://www.stoebook.com/BeachesADHDSupportEventhrite

Https://www.sventhrite.com/org/4222746751

LIFELINE BOOK FAIR



VENUE: Ted Blackwood Hall

Jacksons & Boondah Roads

Warriewood

DATES: Friday 23 August: - 2 - 9pm Saturday 24 August: - 9am - 5pm

Sunday 25 August: - 9am - 4pm

YOUR BOOK PURCHASE DIRECTLY HELPS

LIFELINE

PREVENT SUICIDE AND SAVE LIVES
IN YOUR COMMUNITY



*Must be over 16 years old

VISIT: 10/3 Vuko Place, Warriewood (next to McDonalds)

PHONE: 1300 789 748

FREE GUEST SPEAKERS NIGHT

SURVIVING YEAR 12

with Dr Michael Carr-Gregg



Tuesday 10 September

Glen Street Theatre, cnr Glen St and Blackbutts Rd, Belrose.

FREE but bookings essential on vouthbookings@warringah.nsw.gov.au

Phone enquiries: 9942 2681

A guide for those facing the pressures of the final year at high school.

Dr Carr-Gregg is one of Australia's leading authorities on teenage behaviour. He is the author of five books (including "Surviving Year 12: A sanity kit for students and their parents") and appears regularly on TV and radio.

Topics include:

- Studving smarter
- Dealing with stress and anxiety
- · Setting and achieving goals · Emotional health and social life
- · Managing the family
- Exercise, diet and sleep
- Coping with exams
- Keeping things in perspective
- Enjoying the final year!

For parents, high school students, carers and people working with teenagers

WARRINGAH.NSW.GOV.AU





CANTEEN NEWS

WEDNESDAY 7 AUGUST—Anne Carolan, Giovanna Graziano-

THURSDAY 8 AUGUST—Fiona Little, Alison Hulton, Jodi Williams— Helpers needed

FRIDAY 9 AUGUST—Kathie Rich, Rowena Kempton,

John Milham—Helpers needed

MONDAY 12 AUGUST - Carolyn Helm, Robyn Stonnell,

Tina Kekwick, Michelle Rubenach

TUESDAY 13 AUGUST—Michelle, Jo Van Hesden—Helpers needed **WEDNESDAY 14 AUGUST—Leanne Pate, Fiona Griffith—Helpers**

THURSDAY 15 AUGUST—Karen Maguire, Karen Shapcott—Helpers needed

FRIDAY 16 AUGUST—Peggy Armstrong, C Marshall, Sandra Avedissian—Helpers 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 too all the volunteers we have for this year. This year we have a few changes to the roster. So we now have some great days and spots available: 7 people needed on Tuesdays; 4 needed on Wednesdays; 3 needed on Thursdays and 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; Pennywinterbottom1@hotmail.com; Phone 0432 679977

SCHOOL Connect for the Kids! SCHOOLS COMPETITION

Nominate a school for your charity connection and the school is automatically in the running to win additional donations!

> Any school in Australia is eligible to participate. Competition closes 13 December 2013

So spread the word to your school, friends and family & join today. Keep an eye on the Leading School link to see where your school is placed!

NO DOCKETS TO COLLECT SIMPLY ...

JOIN

CONNECT

Don't forget – when a NSW school is nominated you are also supporting the Public Education Foundation (PEF) because they receive \$1 from every membership where a NSW state school is the selected charity.

If we reach 100,000 new members, the school with the most connections will receive a BONUS \$10,000 donation.

If we reach 250,000 new members, the school with the most connections will receive 1st prize of \$15,000. A 2nd prize of \$10,000 and 3rd of \$5,000 in BONUS donations

If we reach 500,000 new members, the school with the most connections will receive 1st prize of \$20,000. A 2nd prize of \$15,000, 3rd of \$10,000, 4th of \$5,000 and 5th of \$1,000 in BONUS donations will also be awarded.

If we reach 750,000 new members, the school with the most connections will receive 1st prize of \$25,000. A 2nd prize of \$20,000, 3rd of \$15,000, 4th of \$10,000, 5th of \$5,000 and 6th to 10th place of \$1,000 each in BONUS donations will also be awarded.

If we reach 1,000,000 new members, the school with the most connections will receive 1st prize of \$30,000. A 2nd prize of \$25,000, 3rd of \$20,000, 4th of \$15,000, 5th of \$10,000, 6th to 10th place of \$5,000 each and 11th to 20th of \$1,000 each in BONUS donations will also be awarded.

nditions: Only schools in Australia are eligible to win the additional donation prizes. Competition closes on 13 December 2013 ust reach milestone targets, as indicated, for the prize donations to be awarded.







Paul regularly appears in the media and is regarded as a key social commentator. The night will be hosted by David Citer, Manager of the KYDS Youth Development Service.

Synthetic Drugs

Essential information for parents, carers and professionals on the effects of drugs and alcohol on young people. Not to be missed!

Featuring Paul Dillon, keynote speaker and author of best selling book for

parents, Teenagers, Alcohol and Drugs released in 2009. Paul is a nationally

recognised drug education specialist with 25 years experience in the field.

in our community

Q&A panel featuring NSW Police, NSW Health and other industry professionals to provide valuable insight into synthetic drugs and answer your questions.

Where: Hornsby RSL (main showroom) 4 High Street, Hornsby

When: Wednesday 21 August Time: 7.00pm to 9.00pm

RSVP: Please call Paul Stuart on 9477 8729 or email pstuart@nsml.com.au

UNIFORM SHOP HOURS - TUESDAY AND THURSDAYS 8:15-11:15am

PITTWATER HIGH SCHOOL UNIFORM SHOP ORDER FORM at 16 June 2013

DATE	Order Taken By (Inte	rnal Use):				
STUDENT'S I	NAME		ROLL	CALL:		
CONTACT PH	HONE NO's (Home):	(1	Parent Mob	oile)		
				Order Details		
	Item	Sizes	Price	Size	Qty	Total Price
	Junior Tartan Tunic – Summer	6-22	65			
GIRLS	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,	8-22	30			
	PHS Embroidered					
	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-XI	45			
	Navy Microfibre Tracksuit Zip Up Top with PHS Emblem	12-XI	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		7			
	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 VI			VISA			
NAME OF CAF	RDHOLDER:	(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.