

Pittwater Press

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



Term 4 Week 8

25 November 2014



SCHOOL SPIRIT ALIVE AT PITTWATER

Principal's Report—Jane Ferris

Congratulations to the prefect body for the organisation of a highly successful Spirit Week. Their enthusiasm and leadership are to be commended and they certainly achieved the prime aim of raising school spirit. There were many events during the week including teacher vs student sport, foot tapping music through the PA every break, guessing competitions, cakes and drinks for sale and much more.

On Tuesday the focus was young people's wellbeing and mental health with a presentation from Headspace on assembly. Tuesday evening saw the annual Instrumental Program Concert and Awards Evening. As always the music was sensational and I was awestruck with the quality of the playing and calibre of the students. What a sound!

The Sports Commendation Celebration Assembly on Wednesday recognised the tremendous achievements of our students in sport. It is not just the wins and record-breaking achievements that I am proud of, but the good positive sporting spirit that is evident in our students. Congratulations to you all and thank you to Mr Dailhou and the PDHPE staff. I also would like to praise the Year 8 dancers who performed a lively item choreographed by Ms Payne.

The inaugural Kalori Film Festival screened the amazing talent of four finalists to an invited audience of 300 students and staff on Thursday afternoon. Due to popular demand there will be a rescreening of

the best comedy and best film, as well as two student documentaries which we were unable to screen last week due to insufficient time. This rescreening to the whole school will take place on Monday 15 December in period 2. Thanks to Ms Zaraza and the Year 9 Real to Reel elective in initiating and organising this festival.

The highlight of Spirit Week was the fun activities day on Friday when students and staff dressed as fictional characters in support of the library upgrade. Apart from some students being traumatised by the likes of mean Ms Trunchbull as headmistress from Matilda, the buzz



was amazing, the good humour evident and the effort with costumes impressive. Added to this was a photo booth, more food and drinks and a concert on the quad at lunchtime. In all the prefects raised over \$2000.



To conclude Spirit Week was the Making Connections Spring BBQ and Community Forum. After enjoying food and entertainment, guests had a short presentation on the school's strategic directions. In table groups they then discussed key points and posted their thoughts on many stick notes in order to have an input into school planning. Thank you to the approximately 130 student leaders, parents and staff that participated.

Email: Pittwater-h.school@det.nsw.edu.au

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

Principal: Jane Ferris Deputy Principal: Renee Andrews; Relieving Deputy Principal: Rachel Fleming

DEPUTY PRINCIPALS' REPORT - Renee Andrews; Rachel Fleming

Congratulations to all students for their wonderful participation in Spirit Week. The number of students and staff dressed up was amazing. The exam period is upon us, and all students need to continue with a study routine that will allow them to show all that they have learnt throughout the year.

Year 10 have started to wear the senior uniform and most are looking very smart wearing it. As they move into their exams it is important that they are here everyday and complete the study skills program we have developed that will support their transition into year 11. They all must complete All my own work which is a mandatory requirement of the Board of Studies.



TECHNOLOGY - Ms Cesta

The following information applies to those parents and students who are looking at purchasing a device for use at school. Specifically, a Microsoft Surface tablet.

We advise that the Microsoft Surface RT version will not allow you to install Google Chrome or other browsers. You will only be able to download applications from the Windows Store. This will mean that you will not be able to download software from Adobe, Google and other competitors.

PHS students require Google Chrome to access the PHS Student Portal, which allows them access to the Ediary, DEC portal, ClickView, PHS website, Moodle, Edmodo, their timetable and other useful information.

We recommend purchasing a device that meets the updated specifications available under the Technology and e-learning tab on this website, that is also able to access Google Chrome. Thank you!

CALENDAR			
Wednesday 26 Nov P&C Meeting — all welcome			
Thursday 26 Nov-Tuesday 2 Dec	Year 10 Examinations		
Wednesday 3 Dec	Year 7 2015 Orientation Day		
Wednesday 3 Dec	Year 10 Formal		
Friday 5 Dec	PHS Biathlon		

KALORI FILM FESTIVAL

Congratulations to all the students who entered the inaugural Kalori Film Festival. As part of Spirit Week, the finalists in the festival were screened on Thursday in front of an enthusiastic and appreciative audience. The film makers impressed with their courage, creativity, dedication and determination to write, act, direct, edit and produce quality short films. The audience were treated to a range of films that were entertaining, funny, thought provoking and uplifting, encompassing the theme of 'Spirit'.

The following films were judged best in their category:

Best Documentary: 'Finding Home' by Callum, Noah, Tavish, Alex, Tom

Best Editing: 'Opening Montage' Jonas

Best Ensemble Performance: 'The Free' directed by Danelle

<u>Best Comedy</u>: 'Steal It Off Me" directed by Woody

Best Actor: Blake Williams in a film by Sunny

Best Director: Sunny

<u>Best Film</u>: 'A Journey of Courage and Determination', directed by Sam and Christian, starring the boys volleyball team and Mr Gleeson.

Thank you to Ms Zaraza and the Year 9 Real to Reel Film Studies class for their enthusiasm and organisation and to all who helped with and participated in this fantastic event.

Ms Purvis—Classroom Teacher English









MOVEMBER



The following is a brief summary of all I have learned in life. It starts with Tom Selleck and ends with your money.

When I was a kid I was infatuated with a TV show. The name of this show was Magnum PI. Magnum PI was king. He had a Ferrari, a handgun, a big house, he had, as Yeezy would say: swag. He also had a moustache. In fact, the man had a black belt in moustache.

So, naturally, as a kid, that's what I believed my life would be like when I grew up. I would pursue criminals by day in my sweet ride with the hood down, my moustache blowing in the wind and by night I would slip into a tux and wine and dine the most beautiful ladies in all of the land.

Growing up...a little...I have come to realise life is not about being a stoic tough guy. It is not about handguns and Kung Fu. Life is best lived doing what makes us feel appreciated, what makes us feel loved and those things that make us feel like we have a safe place in the world. Of course, we must risk a little too.

Sadly, many Australian men don't feel safe communicating their thoughts and feelings. It is not a risk they can take. When I went to the Movember site this year, I looked at the reasons why health issues are so prevalent in males in Australia and they were listed as follows:



Mr Lepedjian loses 35 year old moustache to support Movember

- Lack of awareness and understanding of the health issues men face
- Men not openly discussing their health and how they're feeling
- Reluctance to take action when men don't feel physically or mentally well
- Men engaging in risky activities that threaten their health
- Stigmas surrounding mental health
- Men are less likely than women to seek help for health concerns, and also less likely to use health care services

So, breaking it down, we are looking at only a few factors here. There's a lack of confidence in communicating our problems, our emotions and concerns, there's the off felt awkwardness about admitting something is wrong for fear of being stigmatised and there's the desire to act like Magnum PI.

Movember is an initiative started to address these problems. The ambitions at the centre of the program are:

- To reduce mortality from prostate, testicular cancer and men's suicide
- To help men living with prostate or testicular cancer to be physically and mentally well
- To help men and boys understand how to be mentally healthy, taking action when they experience mental health problems
- And to not allow men and boys with mental health problems to be discriminated against

As I said before, life is best lived when we involve ourselves in those things which result in us feeling safe, appreciated and loved. The world would be a better place if those who are experiencing difficulties are not only able to share their concerns; they should be able to exist in a world that accepts them and encourages

them to do what is best for their safety and their mental wellbeing.



Now, when I first announced that members of staff would be participating in Movember, I not only announced I would be growing a moustache but that Mr Lepedjian would be making a very special sacrifice in shaving off his 35 year old moustache to help us raise funds; a moustache that is older than some of your parents. So, it is my honour to welcome my friend, Mr Lepedjian, to the stand as he is a man who sets a great example for us all.

HIGH SCHOOL EXPERIENCE DAYS

Students from Year 5 from Newport and Mona Vale Primary Schools came to Pittwater High School for a day to experience the variety of lessons on offer. The parents were given the opportunity to speak to the Principal Ms Ferris while the students raced off to Agriculture, Food Technology, Music, Art, Wood Technology, History, Geography, English, Maths, Science, Personal Development Health and Physical Education, Drama, Japanese and French.

Year 9 Leadership students led the students to the various lessons in different locations throughout the day. There was a break for morning tea and lunch to prepare the students for the next lesson.

The day finished with a concert by the Senior Strings, Senior Stage Band, Year 7 Performance class playing Mission Impossible, Paul Su on the piano, Oscar Kirk singing and on the piano, Year 7 and 8 dance students.

The Year 5 students had a wonderful day, everyone enjoyed themselves taking away some great memories and also some things they had made on the day. Congratulations to the Year 9 leaders who created an enjoyable day for all involved.













SUMMER BIATHLON—FRIDAY 5 DECEMBER—6:45AM



Entry Fee: \$10 per competitor (includes breakfast)
\$5 per competitor (no breakfast)

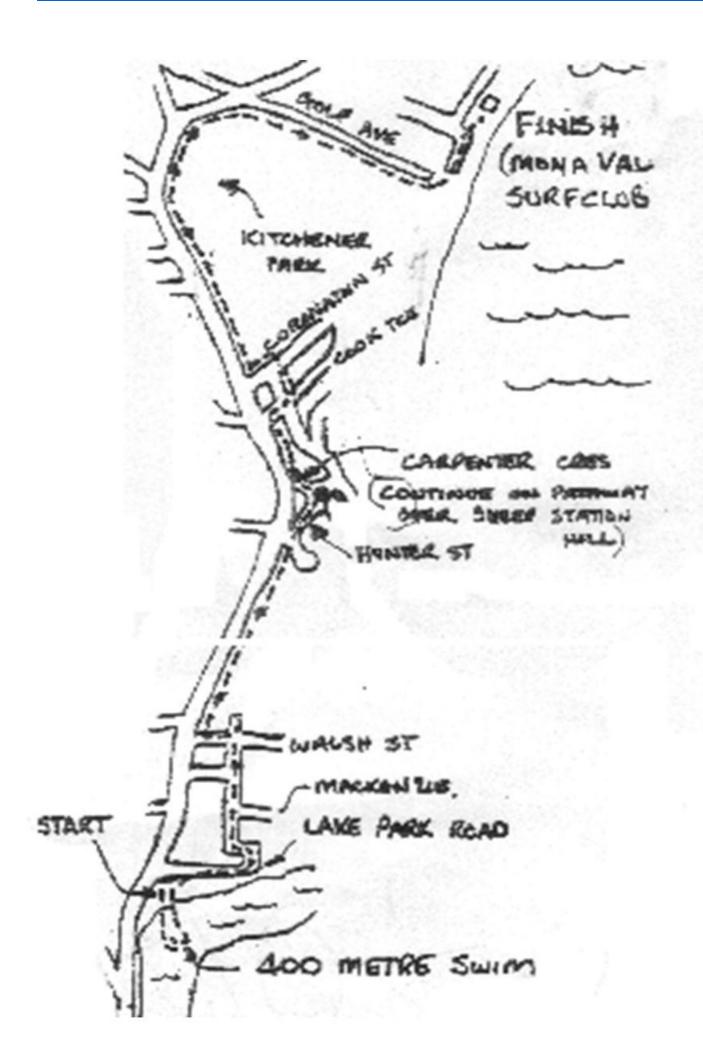


Contact Person Mark Dailhou 0418 974 883 or 9999 4035

Race rules and further information

- 1. Entries accepted on the morning but if you wish to have breakfast please inform the Monday before race day. This enables us to cater. If you enter on race day you will not be able to attend breakfast. Breakfast starts at 8am at the Trade Training Centre (behind the school hall).
- 2. You may compete as an individual and complete both swim and run. You may also compete as a team "tagging" your runner as you leave the water. A swimmer may tag more than one runner.
- 3. Race starts 6.45am.
- 4. At no stage is running on the road permitted. Crossing roads is to be done under supervision of Race Officials. Undue delays at crossings may be subject to time adjustment. Failure to comply with direction at crossing will lead to instant disqualification and disciplinary action at school.
- 5. Traffic has priority over competitors.
- 6. There are to be no "unofficial entries". Participants from other schools and parents are most welcome to compete. (An official entry consists of this sheet with appropriate declaration completed.)
- 7. Race officials will determine your race category. Certificates and medals will be awarded as soon as practicable.
- 8. Adequate race preparation must be undertaken in the weeks preceding the race. Trial swims and runs of similar distances must be undertaken. Firstly for confidence, then building carefully over several sessions, gradually increasing to "race pace".
- Any competitor with a medical condition which may influence their performance must alert officials with details, to enable additional monitoring and care to be provided.

l	age	(this year) Mal	e / Female (circle correct)
from	ı	(sch	ool) wish to enter the 2014 Summer Biathlon.
Acco	ompanying entry fee is \$10 / \$5.		
I wis	h to enter as (circle appropriate A, B or C)		
A.	Individual (swim and run)		
B.	Individual (swim and run) plus team tag	Person 1	(running leg)
		Person 2	(running leg)
C.	Runner only and my swim partner is		
Pare	ent Guardian consent		
ı	parent/ gua	rdian of	do hereby give permission
com		I also understand that	ranting permission I attest my child is capable of have a duty to inform the race officials of any ng the running of this event.
	rmate declaration (adults): I hereby apply to populating this course.	articipate in the 2014 PH	S Summer Biathlon. I attest I am capable of
		Signed	



YEAR 7 ROLLERCOASTERS

This term, Year 7 has been studying physics. Our challenge was to make a rollercoaster from cardboard and other materials and to include as many corners as possible, acceleration and deceleration.

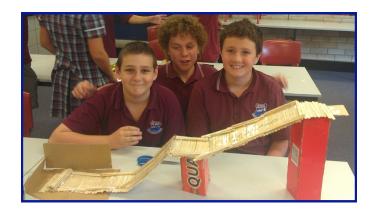
We were able to choose our groups and were given a few lessons to construct our designs. We used paddlepop sticks, straws, toothpicks and other recycled materials.

We then got three turns each to test them in front of the class and see which was the most successful.

After that we wrote a short speech telling the class why we thought ours was the best.

Overall we had lots of fun and have learnt so much about physics, forces and friction!

by Perri and Alice













CAREERS

Exiting Year 12:

UAC, (University Admission Centre)-it's not too late to lodge a late application for a university place; you'll just pay an extra fee!

New Year 12:

If you are either planning to continue your **TAFE** course in 2015 or you would like to take up a new TAFE course, please complete an Expression of Interest form and give to me ASAP.

This year's **UAC**, **(University Admissions Centre) course booklets** going **free** in the Senior Learning Centre, Library! Also going free are **Macquarie University course guides** and **2012 Job Guide Books!**

Year 10:

Careers Lessons this term are during HSIE lessons, (roughly once a fortnight). We are investigating job interviews, alternate pathways after school and finalising their Careers Portfolios!

TAFE-year 10's who selected a TAFE course as part of their pattern of study for the HSC in 2015, need to complete an "Expression of Interest" form and give to me ASAP, you may have already missed out.

JOBS:

Students need to check their **department emails** regularly for advertised jobs! There have been quite a few lately; it's a popular time of year to advertise!

Also, checkout www.seek.com.au for more jobs or The Manly Daily for local jobs!

MOCK Interviews- have been postponed from 17 November at Pittwater RSL due to a lack of interest from Year 10 and Year 12, hopefully we will offer it again early next year when there aren't so many assessments on.

TAX FILE NUMBER applications: every student will need a Tax File Number at some stage whether for a part-time job or University or TAFE applications. See me for an application form, it is a much easier process through school, you don't need proof of identity. The last group of applications will be processed in the second last week of term. Tax File Numbers applications will no longer be issued from schools after this date.

YEARS 10, 11 AND 12 STUDENTS: Please log onto

The <u>MHSCareers</u> website-Pittwater High School subscribes to this website which **advertises current careers events**. To login: use "parent" or "student" then password "14cairns". 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 <u>CareersWorks</u>, (the password was emailed earlier to students and parents but please email me if you don't have it).

Also, we have created the <u>Pittwater High Careers</u> website to trial this term, please have a look and encourage students to <u>register!!</u>

I would love some **feedback** on the above websites, please email me on <u>jocelyn.bates@det.nsw.edu.au</u>

MUSIC NEWS TERM 4 WEEK 8 PERFORMANCE & MEETING DIARY DATES



Term 4			
2 December	Tuesday Evening	Pittwater RSL	7.00pm All welcome
2 nd last week of term – Speech Night			Strings Symphony Orchestra

Presentation Night: Bring friends!

Rehearsals: Most ensembles have finished. Strings and Symphony Orchestra rehearsals continue until second last week of term

Final meeting of the year: Main discussions will be getting ready for next year and the China

Tour

China Tour: Expression of Interest Form attached – return to Dr Hardy

China Tour 2016: Call for Chaperones attached – return to kiri@keysell.com.au

CONTACTS:

President: Valerie Mavridis: <u>yurimavridis@gmail.com</u> or 0416 444 303
Secretary, Joint: Helena Nobs: <u>nobschiu@ozemail.com.au</u> or 0417434547 and

David Fogarty: david.fogarty@gmail.com or 0410826628

Treasurer Rick Elliott: icycold@outlook.com or 0400 461 941;

Uniform Melissa Turnock: melissa.turnock@pilatesscene.com; 0414 452 152;

Canteen Sheridan Femia: xeresfemia@gmail.com or 0414 594 905

Ensemble parents: Concert: Elizabeth Gardner <u>elizaard@tpg.com.au</u> (Thurs) 0414 704 812 &

Helena Nobs <u>nobschiu@ozemail.com.au</u> (Tues) 0417 434 547; **Symphonic**: Joanne G-W: joanne@thevastydeep.com or 0437 408 801;

Symphonic: Joanne G-W: joanne@thevastydeep.com or 0437 408 801;
Strings: Grace Marshall grace.marshall@ioof.com.au or 0408 811 066;
Junior Stage: Julie Rodgers jl.rodgers@bigpond.com or 0438 635 048.
Sonior Stage: Sally Simpnes cally simpnes 2@iologyd, com or 0414771344

Senior Stage: Sally Simons: <u>sallysimons2@icloud.com</u> or 0414771346 Orchestra: Caroline Cady <u>cazcade@outlook.com</u> or 0425 221 582

Band Captains: Nick Simons and Robbie Fabbro



Expression of Interest - Chaperone

I would be interested in attending the China Tour in 2016 as a parent chaperone. As a chaperone I understand I will be responsible for a group of 8-10 students and must stay with the group for all activities and travel time.

There will be a cost involved, yet to be determined.

Please list any qualifications or qualities you possess which may assist during tour ie first aid or medical training, musical training, experience with children etc

Please return this note via email to kiri@keysell.com.au

Name:	 	
Child:	 	
Phone:	 	
Email:	 	
Commen		



CHINATOUR 2016





Proposed Overseas Tour - Expressions of Interest

It is proposed that Pittwater High School Instrumental Ensembles (Symphonic Band, Symphony Orchestra and Jazz Orchestra) may tour to China from April 7 – April 26, 2016.

- In order to proceed with planning of this tour it is necessary to gauge the support of members and their families. Please consider the following points when deciding to offer your support for this project:
- The Bands and Strings have been building momentum recently in the school. The tour has been proposed to give an incentive for players to maintain interest in the instrumental program and increase the standard of both the individual and ensembles.
- All families who are represented will be expected to contribute to fundraising activities.
- The estimated <u>cost</u> of this tour for each student will be less than \$5,500, and there is a good chance that it will be less than \$5,000 depending on numbers travelling and fundraising activities.
- Accommodation will be 2 and 3 star hotels.
- Travel arrangements will be by air to China and road coach whilst in China.
- This tour will be fully supervised by Pittwater High School staff and parents.
- **N.B.** The development of a tour itinerary will commence when a decision is made to continue with the planning of this tour.
- Whilst this "<u>Expression of Interest</u>" is not a binding commitment to a member's involvement in this tour, the decision on whether to proceed with the tour will depend upon, and final costs for students will be generated based upon, the number of positive responses.
- Non-participation in this tour does not exclude the member from any other ensemble or Pittwater High School activities.

Please <u>complete and return the "Expression of Interest" form to Dr Hardy</u>
<u>as soon as possible.</u>

Please ring Martin Hardy on 9999 4035 with any questions relating to this tour proposal



CHINA TOUR 2016





Instrumental Ensembles

Proposed Overseas Tour - Expressions of Interest 7-26 April 2016

Student's Name		
Instrument		tion as an estate transmission
 I would like to express my interest in participating in th proposed instrumental tour to China 	YES	NO
Comments (regarding any aspect of the proposed t mation provided to this point):	our and íi	nfor~

PITTWATER HIGH SCHOOL

Uniform Shop Hours – Tuesday and Thursday 8:15-11:15am

Date:	Order taken by (internal use):	
Student's Name:	_Roll Call:	
Contact Phone No's (Home):	_Parent Mobile Phone:	

				ORI	DER DI	ETAILS
	ITEM	SIZES	PRICE	SIZE	QTY	TOTAL
	Junior Tartan Tunic – Summer	6-22	69			
	Junior Tartan Skirt – Summer	6-22	40			
	Junior Tartan Skirt –all year round	4-18	60			
GIRLS	Junior Blue Short-Sleeved, Pintucked Blouse	10-22	27			
	Junior & Senior Long Black Pants – Winter	4-16	27			
	Senior White Short-Sleeved Blouse with Maroon Piping, PHS Embroidery	8-22	32			
	Senior Grey, Front Pleated Skirt – Summer and Winter	8-22	60			
	White Ankle Socks	No	ot sold at	Uniforr	n Shop)
	Junior Maroon Polo Shirts with PHS Emblem	10-26	32			
	Junior & Senior Grey Surf Style Shorts	XXS-5XL	39			
BOYS	Long Grey Pants	N	ot sold a	t Unifori	m Shop)
	Junior Midford Grey Elastic Waist Shorts	12-18	25			
	Senior White Collar Short-Sleeved Button Shirt with PHS Embroidery	16-26	30			
	Senior Maroon School Tie with PHS Embroidery		25			
	Maroon Fleecy Zippered (Hoodie) with PHS Embroidery	XXS-XXL	50			
	Junior Maroon Sweatshirt (Sloppy Jo) PHS Embroidery	12-22	29			
UNISEX	Junior Grey Woollen "V" Neck Jumper	10-18	70			
	Senior Maroon Woollen "V" Neck Jumper with PHS Emblem	10-24	<i>7</i> 5		(2)	
	Senior Maroon School Blazer with PHS Emblem	14-24	110			
	Maroon Microfibre Shorts PHS Logo	XS-XXL	35			
	Maroon Knit Short PHS Logo	12-16	25			
SPORTS	White Polo Shirt with PHS Emblem	10-24	32		5	
UNIFORM	Navy Microfibre Tracksuit Pants	12-XI	45			
UNISEX	Navy Microfibre Tracksuit Zip Up Top with PHS Emblem	12-XI	45			
	PHS Maroon Rugby Shorts	XS-XL	25			
	Maroon and White Long Rugby Socks		10			
	Scientific Calculators		33		9	
	Portable USB 2GB		4			
OTHER	Black Winter Stockings – Girls	S,M,L	9			
OTHER	Year 7 book pack (inc. scientific calculator)		75			
	Navy Apron		12			
	Year 8 book pack		50			
	TOTAL AMOUNT TO PAY					

NAME OF CARDHOLDER:	2 3			(exactly as shown on card)
Card No:		<i></i>	/	
Expiry:/	CCV No:	_		Total Amount \$
Signature:			Date:	
Please CIRCLE method of payment	CASH	CHEQUE	EFT	Credit Card – MASTER CARD / VISA

EFTPOS facilities available - 1% surcharge on credit card purchases

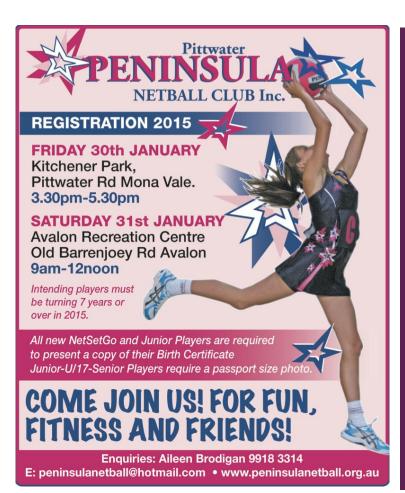
Cheques are to be made payable to "Pittwater High School Uniform Shop" and have a 5 day clearance hold on items purchased.

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 from canteen at any time.

A selection of second hand uniforms are available for purchase at reduced prices

The Uniform Shop is open every Tuesday and Thursday 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.

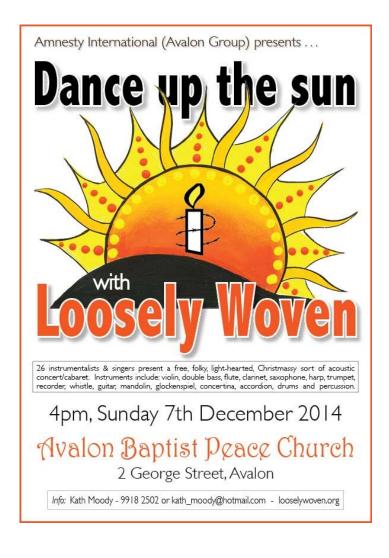
15 October 2014



LOCKERS

Students who have lockers must return their lock to the Uniform Shop on Tuesday 9 December. Please ensure your locker is CLEAN AND EMPTY.







MAGUIRE'S DRIVING SCHOOL

Fully qualified instructor Ex RTA examiner

> TEL: 0416 192 580 MOB: 9979 5919

EMAIL: magwire9@yahoo.com.au



MANLY WARRINGAH BASKETBALL CAMP

Tues 20th, Wed 21st and Thurs 22nd Jan 2015 Session 1(ages 5-9):10am - Noon Session 2(ages 10 and above):1-3pm Venue: NBISC, Jackson Rd, Warriewood

Special Guest Coaches

Professional coaching
 Day 3 is Competition Day with great prizes
 Cost: \$70

This is a 3 day camp ONLY

Payments must be made prior to camp starting date
Please complete details and forward to: fax: 99133644

mail: campo@manlybasketball.com.au enquiries:99133622

Due to administration and coaches, camp enrolments
MUST be received by 3 pm Friday 4th July 2014

Photos may be taken on the day of camp to place on our website.

Please advise staff if you do not want your child photographed.

REFRESH YOUR SKILLS .	IMADDONE VOLUD	CALALA	LIAVE COME DUN

Name:	
Address:	
	Post code:
Mobile:	
Email:	
School:	
Health Concerne (e.g.Type1d@betes, epilepsy):	
MestesCard/Vios (please circle) Name on Card:	
Card Number Expira	Date:/ Amounts

DID YOU KNOW? 1 hour with an instructor = 3 logbook hours!



Wednesday 26 November: Lana Mares, Lynne Fricke Thursday 27 November: Dianne Del Pozo, Kate Bryant

Friday 28 November: Debbie Havenstein, Sue Nicol, Kim Haywood-Matty, Susan Crosse

Monday 1 December: Tory van Brugge

Tuesday 2 December: Leonie Olivari, Blandine Bizeau, Ann Clayton

Wednesday 3 December: Melissa Trbojevic, , Linda Newman, Di Brian, Helen Mijakovac,

Deanna James

Thursday 4 December: Keryn Gallagher, Sarah Jones

Friday 5 December: Rhonda Scotter, Sunny Van Raad, Lisa Haworth

Monday 8 December: Deb Bertock, Christine Bratkovic, Roger Springthorpe

Tuesday 9 December: Sue Stevens, Wendy Mclean

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

If any parents, friends, family or grandparents would like to assist on any day helpers are needed please contact myself or the Felicity or Katrina in the canteen.

A full day is 9am to 2.30 or 3pm; A half day is 3 hours

Fiona Griffith, Canteen Roster Co-ordinator—packfund@optusnet.com.au

0431 121 63