



# Pittwater Press

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Term 1 Week 2

5 February 2014



## Welcome to Pittwater High School 2014

### Principal's Report—Jane Ferris

Firstly I would like to welcome all the many new students and their families across all year groups that have started at Pittwater High School this year. Be reassured you have chosen a great school that is moving forward from strength to strength with many opportunities for students. However changing school can be daunting, so do not hesitate to contact your year adviser if you have any queries or concerns. Ultimately we not only want our students to do well academically at school, but also to feel safe, happy and to have a sense of belonging to the school community.

A special welcome to our 180 new year 7 students. Starting high school is very exciting and it is evident that for most students any early apprehension in the transition has already gone. Indeed by all accounts year 7 are settling in very well assisted by their year 10 peer leaders. I look forward to meeting many families and students at our year 7 Welcome BBQ and information session on Tuesday February 11 at 5.00pm.

Also a very warm welcome to newly appointed teachers to the school. We are very fortunate to have secured a number of excellent teachers filling vacancies created by both retirements and growth in the school. The new Head Teacher in Science, Ms Rachelle Krilich is joined by Dr Lara Griffin, Ms Claire Polosak and Mr Paul Cannings. Also Ms Maryanne Smalley and Ms Bethan Gregory have secured permanency in their science positions. In English, welcome to Ms Brooke Mitchell, Ms Lara Giddings and Mr Jonathan Leonard. Also we are fortunate that Ms Christa Zaraza is now permanently appointed. Also welcome to Ms Kate McLean in HSIE, Ms Kerrie Maxwell in Maths, Mr Tim Robinson in TAS, Ms Kirsty Payne and Mr Luke Trout in PDHPE, Mr Dan Burton in the Multi-Category Unit and Ms Amanda Harris in Learning Support.

#### After School Learning Centre

A reminder for all students in years 7 to 12, we hold 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.

Other after school opportunities available include Junior Dance Ensemble, Art Club and Choir in addition to the extensive band program. Contact Dr Martin Hardy for further details.

#### Lockers

There has been a great response to the new lockers with over 80 being hired out on the first day. Students should go to uniform shop from 8.15am this Thursday morning to be issued with their locker number, lock and combination. Thanks to the P&C for funding this investment and a tremendous thank you to parent Sherryn Brown who volunteered hours of her time managing this process. Any future queries should be directed to the uniform shop

#### Special Religious Education(SRE)

Under the Education Act 1990 Section 32 there is a legislative requirement that time is allowed for Special Religious Education in schools. Religious groups that provide SRE in schools have to be approved by the Minister. As Principal I am also required to inform you of these arrangements.

At Pittwater High School PSWACA, through Pittwater Uniting Church and St Johns Anglican Church Mona Vale, provide SRE. In 2014 they are employing Wendy Highfield as the Youth Support Worker to replace Matt Willis. Ms Highfield will be in school on Thursdays and Fridays, organise SRE on Friday mornings and run a Christian lunchtime group. Each of year 7 to 10 do one period of SRE for one term.

In accordance with the Education Act, no student is required to attend SRE instruction if parents decide that they do not wish their child to participate. Parents can request exemption by sending a letter to the school. No explanation is needed. These students are then supervised separately.

# RELIEVING DEPUTY PRINCIPAL – RACHEL FLEMING

YEARS 7, 9 & 11

Welcome back to everyone and a warm welcome to all of our year 7 students and their families.

## Welcome Year 7 - Peer Support Program

Last week our year 10 peer support leaders attended a day in their holidays to coordinate activities designed to introduce our year 7 students to their new surroundings. The year 10 leaders demonstrated exceptional leadership skills. Throughout the next two terms the year 7 students will meet regularly with their leaders to participate in a range of activities designed to develop positive relationships and communication skills. Congratulations and thank you to all of our student leaders.

## REMINDER

**Year 7 family BBQ - Tuesday 11 February - 5pm – Pittwater High School Trade Training Centre**

## Levels System

Following is a copy of our levels system. The levels system is designed to monitor student behaviour and assist students in making positive changes and choices. It allows students to demonstrate that they are being responsible, respectful and aspiring to do their best.

## Year 11 Information Evening – Wednesday 5 February – School Hall – 7pm

This is an important evening for all students and their parents/caregivers to gain a greater understanding of the requirements for the senior years. Students will receive important assessment information and guidelines surrounding the Preliminary and HSC course.

## Have you downloaded your free APP???

Remember to go to [youthsource.com.au](http://youthsource.com.au) to download your free app. The app is a youth-friendly website and app directory for the Northern Sydney Region. It offers support on a range of issues faced by our young people.

**I LOOK FORWARD TO WORKING WITH YOU ALL IN 2014.**

CALENDAR	
Tuesday 11 February—5pm	Year 7 Family BBQ
Monday 17—Wednesday 19 February	Year 7 Camp
Wednesday 19 February—6pm	Year 9 Information Evening
Wednesday 19 February—7pm	Year 10 Information Evening
Thursday 20 February	School Photos
Friday 21 February	PHS Swimming Carnival

## REMINDER

**Year 7 Broken Bay Camp:** Permission notes, medical forms and payments are now overdue. It is imperative that all forms are submitted to the school as soon as possible to ensure your child does not miss out.

If students have not submitted their forms by **FRIDAY 7 FEBRUARY** they will not be allowed to attend.



# PITTWATER HIGH SCHOOL

## STUDENT MANAGEMENT PROCEDURES

The level system is designed to demonstrate that students are being responsible, respectful and aspire to achieve their best. This system also acts as restitution. When on a level card, teachers are able to provide positive feedback to students.

BEHAVIOUR		BEHAVIOURS INCLUDE	PROCESS/CONSEQUENCES	LEVEL
MILD UNACCEPTABLE BEHAVIOUR	<ol style="list-style-type: none"> <li>Dealt with by the Classroom Teacher</li> <li>Head Teacher is informed</li> <li>Enter on Sentral</li> </ol>	<ul style="list-style-type: none"> <li>Disruptive classroom behaviour</li> <li>Lack of application, incomplete classwork or homework</li> <li>Poor attitude to work</li> <li>Refusal to follow teacher instruction</li> <li>Does not bring equipment</li> <li>Disrespectful towards class teacher and / or peers</li> <li>Late to class and truancy</li> </ul>	<ol style="list-style-type: none"> <li>Student receives a <b>Level one Learning Contract and teacher lunch time detention.</b></li> <li>Monitor for five lessons in one subject or ten days.</li> <li>If there is no improvement refer to head teacher for Level two faculty monitoring.</li> </ol> <p><b>NB/</b> Students may attend excursions.</p>	1
MODERATELY UNACCEPTABLE BEHAVIOUR	<ol style="list-style-type: none"> <li>Dealt with by the Head Teacher of Faculty or Year Group in consultation with the Classroom Teacher</li> <li>Deputy Principal is informed</li> <li>Enter on Sentral</li> </ol>	<ul style="list-style-type: none"> <li>Student is not responding to classroom controls regarding work; behaviour; attitude; guidelines; continued disobedience or defiance</li> <li>Bullying or Harassment of any kind i.e. verbal, cyber etc</li> <li>Repeated fractional truancy or whole day truancy</li> <li>Unacceptable level of swearing between peers</li> <li>Moderate aggressive verbal or physical behaviour</li> <li>Defiant and uncooperative behaviour</li> <li>Refusal to follow teacher instructions</li> <li>Rudeness to teachers and / or non-teaching staff</li> </ul>	<ol style="list-style-type: none"> <li>Monitor for ten days &amp; <b>Head Teacher detention in faculty or detention room. Lunch or afterschool.</b></li> <li>Whole school monitoring:               <ul style="list-style-type: none"> <li>When faculty monitoring has not resolved behaviour issues</li> <li>When the behaviour impacts on more than one faculty.</li> </ul> </li> <li>Extend time on Level two if behaviours do not improve or refer to the Deputy Principal for possible entry to level three.</li> </ol> <p><b>NB/</b> Student are not to attend excursions or activities while on card. If assessment related may be negotiated with Head Teacher or DP.</p>	2
MAJOR UNACCEPTABLE BEHAVIOUR OR ONGOING UNACCEPTABLE BEHAVIOUR	<ol style="list-style-type: none"> <li>Dealt with by the Deputy Principal</li> <li>Inform all staff</li> <li>Enter on Sentral</li> </ol>	<ul style="list-style-type: none"> <li>Student does not respond to Class Teacher or Head Teacher controls; persistence disobedience or defiance</li> <li>Abuse, aggressive behaviour and / or rudeness towards teachers and / or non – teaching staff</li> <li>Major incidents of various natures</li> <li>Destruction of property within school grounds</li> <li>Jeopardising the safety of others</li> <li>Swearing aggressively, directly at any member of staff</li> <li>Smoking</li> <li>Stealing: Major incidents can be considered as aggressive behaviour for a level four and suspension</li> <li>Vilification of students i.e. intentionally insulting a person's identity, beliefs, values, race, gender etc.</li> </ul>	<ol style="list-style-type: none"> <li>Monitored for ten days across all subjects. <b>Afterschool detention.</b></li> <li>Students report to Deputy Principal on a daily basis</li> <li>Level card is signed by parents on a daily basis</li> <li>Extend time on level three if behaviours do not improve or refer to the Principal for possible suspension</li> </ol> <p><b>NB/</b> Student are not to attend excursions or activities for 5 weeks (half of term). If assessment related may be negotiated with Head Teacher or DP.</p>	3
SERIOUS OR EXTREME UNACCEPTABLE BEHAVIOUR OR ONGOING UNACCEPTABLE BEHAVIOUR	<ol style="list-style-type: none"> <li>Dealt with by the principal or Deputy Principal</li> <li>Inform all staff</li> <li>Enter on Sentral</li> </ol>	<p><b>SHORT SUSPENSION</b></p> <ul style="list-style-type: none"> <li>Continued disobedience</li> <li>Use of alcohol and repeated smoking</li> <li>Aggressive behaviour including verbal vilification, bullying and damage to property</li> <li>Post compulsory education: non serious attempt with learning</li> </ul> <p><b>LONG SUSPENSION</b></p> <ul style="list-style-type: none"> <li>Persistent or serious misbehaviour</li> <li>Physical violence</li> <li>Use or possession of a prohibitive weapon, firearm, or knife</li> <li>Use of an implement as a weapon</li> <li>Possession, supply or use of suspected illegal substance</li> </ul>	<ol style="list-style-type: none"> <li>Monitored for ten days across all subjects</li> <li>Students report to Deputy Principal across whole school</li> <li>Extend time on level four if behaviours do not improve</li> </ol> <p><b>SUSPENSION</b></p> <ol style="list-style-type: none"> <li>Inform parent(s) / guardian(s) of suspension</li> <li>Send suspension letter and policy sent to parent / guardian address</li> <li>Post suspension resolution meeting with parents upon student return</li> </ol> <p><b>NB/</b> Student are not to attend excursions or activities for one term (10 weeks). More than one suspension may lead to withdrawal from certain activities for the remainder of the year.</p>	4

# ENGLISH

By the end of last week our English Faculty had met and welcomed all Pittwater students and enthusiastically commenced our 2014 units.

We also welcomed our talented and energetic new staff who will be with us for 2014. They each bring a diverse range of experience to our faculty and will enable us to broaden our depth of syllabus delivery and co-curricular offerings.



Mr Jonathan Leonard



Ms Lara Giddings



Ms Brooke Mitchell

Plans are currently underway to extend our Debating program with teams in both Years 9 and 10. There will also be more opportunities for students to engage in Public Speaking programs.

For our writing enthusiasts we are establishing co-curricular writing circles. The details of these will be communicated on school assemblies and in future newsletters.

Throughout the year teachers will offer opportunities to attend performances or activities outside of school. A great deal of extra time and organisation is required by the organising teacher to provide these opportunities and we would appreciate your support in ensuring your child brings in notes and payment by due dates.

Ms Lovecek is currently organising a Year12 Standard theatre trip to The Fig Tree Theatre on 28 May for the performance of [The Shoe-Horn Sonata](#). Written by the Australian playwright, John Misto, the play is the school's option for the Module A's elective, '[Distinctively Visual](#)'.

Set in WWII the play has been a popular choice. It enlightens students of some historical truths and pays tribute to the courage and personal sacrifices made by Australian nurses imprisoned by the Japanese. The uplifting role of music, the historical footage, the role played by humour, the themes raised and the memorable characterisation of the characters can only be appreciated if students see a performance of the play.

As I checked in classrooms last week I noted a range of writing activities in process. Here are just a few for you to enjoy.

## HAIKU

### Growth

Slowly, green shoots grow  
Surely, green leaves form and work  
Waving, roots find food

by Raymond S 7R

## HAIKU

### Three

After number two  
Five before the number eight  
Is an odd number

by Tom Di 7R

If you have any questions regarding class or coursework please contact your child's teacher or myself.

I look forward to working with all parents to ensure we achieve the best outcomes possible for your children in 2014.

Ms Penny Waters  
Head Teacher English

# ENGLISH (CONT.)

## MY FAVOURITE BOOK FROM CHILDHOOD

Adapted from a letter by Miku N 7R

"My favourite book from Childhood was Cinderella."

"When I was younger, I would always drift off into my mind where miracles occurred regularly and all sorts of unrealistic things would happen."

"My favourite characters when I was little were the ugly step-sisters. I always felt sorry for them because they were given such a bad role. I believed that if they were given another chance, they would have made a better decision and would have come out as better characters. "

"It is important to me because it was the first book I read in English...and Cinderella was the first book I borrowed at the library. "

## EXCERPTS FROM A LETTER TO MY 30-YEAR-OLD SELF

Hey Meret,

Do you remember this day? Your first day of year 11! Hence I write to you in my first extension English lesson. Do you even remember me... well, you?

Fourteen years ago, when you were sixteen, climate change was the biggest issue on everyone's lips. If predictions are true you and your children may not have oil for much longer. I hope that's not the case.

It's beyond my comprehension to think what your time is like. The latest so-called "gadget" is the iPad Air, which to you will be like a typewriter is to me. Scary and unimaginable. Just try thinking of what 2050 will be like, you'll be 53 and probably won't remember me.

I am obsessed with "Friends". I've also watched every episode, to the current, of "A Place to Call Home" at least five times. Do you do the same? You've got some weird and wonderful friends, some of which I expect you will still be friends.

My guess is if you're still reading this letter the world hasn't blown up yet. Or for all I know you could be reading this from a far-away planet. There was talk of that, recently. Are there people from Earth living on Mars? Maybe that's too many fantasy/sci-fi movies on my part. Maybe not.

Sincerely,  
Meret—Year 11



# ENGLISH (CONT.)

## NEWS LEAD IN ACTIVITY - JOURNALISM

### SHARK ATTACK STRIKES AWARENESS AT LOCAL BEACHES

by Madeleine W—Year 9

On Sunday afternoon, 12 year old Charlise Walker was attacked by a Great White shark while surfing at Newport Beach.

She was dragged out of the water by her older sister who was also surfing at the time after she saw the shark thrashing around beside her. It is apparent that it was a 15foot Great White Shark that had been seen by local surfers regularly.

Charlise was driven to Mona Vale Hospital and only needed 40 stitches along her left leg.

## A MEMORY

My most pleasant memory was when I was about 5.

On my way to preschool I really didn't want to go so I sat in the middle of the road and my mum tried to pick/drag me to the side.

(That didn't work out so well)

by Josh W 7E

## MY LIKES ( EXCERPTS)

From that special minute I was born, I have been a sushi lover!

- ◇ I love going on holidays...I hope to invent a skateboarding Olympics one day by Charli W 7E
- ◇ My biggest hero is Nelson Mandela. He was a strong upstanding man who stood for the rights of all people. He was a great leader and had impeccable morals and standards. by Jacob G 7E

## AN INFLUENTIAL PERSON

The person who has been influential in my life would be my mum. She understands or tries to understand my situation.

by Maille N 7E

All students will receive a 2014 HSC Rules and Procedures guide in roll call.

The HSC Rules and Procedures guide must be read by all students entered for an HSC course in 2014.

Download a PDF copy: the [2014 guide](#)

When Year 12 students sign the Confirmation of Entry (see Entering for the Higher School Certificate), they are certifying that they have read this guide.

*The Education Act 1990 (NSW)* governs the award of the Higher School Certificate. The Board of Studies NSW, under this Act, grants certificates to students who comply with the Act and the Board's requirements.

The main rules and requirements are set out in this guide. Students can obtain more detailed explanations of the rules and requirements by referring to the Assessment, Certification and Examination website at ([ace.bos.nsw.edu.au](http://ace.bos.nsw.edu.au)).

The guide covers the following areas in detail:

1. Eligibility requirements
2. HSC Pathways
3. Entering for the Higher School Certificate
4. HSC assessment
5. Course completion
6. HSC examinations
7. HSC results

8. Copyright and privacy

There is a handy checklist on page 5 to ensure students stay on track with the BOS requirements.

Mrs James  
HT Secondary Studies / Welfare

# TERM 1 RECREATIONAL SPORTS 2014 (9 weeks)

STUDENTS MUST SELECT 3 SPORT CHOICES FOR TERM 1 2014

ALL FEES MUST BE PAID BY FRIDAY 7 FEBRUARY 2014

SPORT	VENUE	COST
Fitness First Gym Organised classes	Fitness First—Mona Vale	Nil
Brazilian Juditsu (New Sport)	School	\$100
Fishing	Pittwater	\$40
Beach Soccer	Mona Vale Beach	Nil
Beach Touch Football	Mona Vale Beach	Nil
Beach Volleyball	Mona Vale Beach	Nil
Beach Fitness	Mona Vale Beach	Nil
Sailing NB—Finishes at 3:30pm	REFER TO NEWSLETTER— RPAYC All levels—students will be transported to RPAYC by parent volunteers and need to arrange own transport home	\$270
Surfing Must have surf survival certificate issued by school or equivalent—Years 9 & 10only	Newport Beach Mona Vale Beach	Nil
Kayaking	Paddlecraft—Bayview	\$100
Stand up Paddleboarding	Paddlecraft—Bayview	\$100
Zumba	School Hall./Performance Space	\$100
FUTSAL	Pittwater RSL—includes transport to and from venue	\$100
Kitchener Tennis Must have own racquet	Kitchener Courts	\$50
PHS Tennis Must have own racquet—serious players only	PHS	Nil
Walking	Bayview	Nil
School Volleyball	PHS	Nil
Yoga	PHS	\$100



# PITTWATER HIGH SCHOOL SPORT DATES 2014

## SWIMMING

EVENT	VENUE	DATE/S	TIME	TERM/WEEK
School	Lane Cove Aquatic Centre	Friday 21 February	8:55am-3:25pm	Term 1; Week 4
Zone	WAC	Wednesday 12 March	8:30am-2:30pm	Term 1; Week 7
Regional	Homebush	Tuesday 18 March	8:00am-4:00pm	Term 1; Week 7

## CROSS COUNTRY

EVENT	VENUE	DATE/S	TIME	TERM/WEEK
School	Bayview	Friday 9 May	10:00am-3:25pm	Term 2; Week 2
Zone	Warringah Rugby Park	Tuesday 20 May	10:00am-2:00pm	Term 2; Week 4
Regional	Gosford Race Course	Thursday 12 June	9:00am-2:15pm	Term 2; Week 7

## ATHLETICS

EVENT	VENUE	DATE/S	TIME	TERM/WEEK
School	NSW Academy of Sport	Thursday 3 April	8:55am-3:25pm	Term 1; Week 10
Zone	NSW Academy of Sport	Thursday 29 May	8:30am-3:00pm	Term 2; Week 5
Regional	Homebush	Monday 21 and Tuesday 22 July	8:15am-2:00pm	Term 3; Week 2

## GALA DAYS

EVENT	VENUE	DATE/S	TIME	TERM/WEEK
Year 7	Various	Monday 4 August	10:00am-2:20pm	Term 3; Week 4
Year 8	Various	Monday 11 August	10:00am-2:20pm	Term 3; Week 5

## SPORTS ASSEMBLY

EVENT	DATE/S	TIME	TERM/WEEK
School Hall	TBA	9:00am-11:00am	Term 4; Week TBA

# CAREERS

## Year 10 Work Experience:

Your son/daughter/ward is invited to take part in the School Work Experience program. It is an optional school experience; however, this type of education/experience is regarded as an important part of secondary schooling and is an integral part of the Career Education Program.

Most school weeks of the year are available for students to do work experience, other than the assessment periods, as advertised on the school website. (Approval of the date must be gained from the Careers Adviser.) Each student will be able to do a maximum of five days placement or 1 school week.

Students will shortly begin Careers classes and will be given detailed information to make them more familiar with the program and to encourage their participation. They will also receive the mandatory forms to participate in the program. There will also be comprehensive information issued specifically for parents from the school and the Department of Education and Community

We would appreciate your assistance in encouraging your child to participate in this worthwhile program.

## Year 12 Interviews

Year 12 are to be encouraged to make an appointment in their study periods to see the Careers Adviser to discuss their future career options.

## Career Websites

Students are encouraged to use the very good careers website, [www.myfuture.edu.au](http://www.myfuture.edu.au). This website is most informative.

## Projects Abroad Information Evening

Tuesday 18 February, 6:30 to 7:30pm

Sydney Central YHA, 11 Rawson Place, Sydney

At this information session, you can find out more about the opportunities that Projects Abroad offers, ask any questions, and chat to staff and past volunteers. Registrations are required.

<http://www.projects-abroad.com.au/about-us/meet-us/information-evenings/>

## IEP Working Adventures Worldwide Online Information Sessions

Wednesday 19 March, 6:00pm – 6:30pm: Work Canada Job Fair & Work Canada

Wednesday 19 March, 6:30pm – 7:00pm: Work USA

Wednesday 19 March, 7:00pm – 7:30pm: Summer Camp USA

Wednesday 19 March, 7:30pm – 8:00pm: Work Britain & Work Britain Visa Kick Start

<http://www.iep.com.au/Events.aspx>

## Australian Volunteers International Information Sessions

AVI runs a range of volunteer programs throughout both Australia and the rest of the world. Find out more about what they do & how you can get involved at one of their information sessions.

Sydney: Wednesday 12 March, 6:30pm – 7:30pm at Erskineville Town Hall, Erskineville

<http://www.australianvolunteers.com/volunteer/information-sessions-.aspx>

Please log onto “My High School Careers” website. PHS subscribes to this website which advertises current careers events. To log in: use “parent” or “student” then password “mhs2013”. You can also register for email alerts! The “Calendar” is great info!

For more general careers information, look at our Careers website by checking out [www.careersworks.com](http://www.careersworks.com), (the password was emailed earlier to students and parents but please email me if you don't have it). I would love some feedback on the above websites; please email me on [jocelyn.bates@det.nsw.edu.au](mailto:jocelyn.bates@det.nsw.edu.au)

# Attention all Year 8 students who ordered a book pack for 2014

Please take \$50 with you to the uniform shop and collect your book pack.

Any parents that wish to contact Mrs Roulston please do so via the school phone on 9999 4035 or email on [carol.anne.davis@det.nsw.edu.au](mailto:carol.anne.davis@det.nsw.edu.au). I would love to hear from parents with any information about their children that is of interest, such as sporting achievements, that I can talk about at year assemblies.

## CHOIR!

Choir is a great opportunity for instrumentalists to enhance their performance and listening skills and will provide aspiring students of musical theatre essential training in harmony singing. Membership is not limited to elective music students or instrumentalists –

**EVERYONE IS WELCOME!**

Rehearsals will commence at 3:45pm this Thursday 6 February  
in the **Performance Space**

Students who haven't already submitted an expression of interest form and wish to join the choir are invited to attend the first rehearsal.

Miss Meyers

## CANTEEN

**Wednesday 5 Feb;** Lana Mares; Claire O'Brien; Lynne Fricke; **Helpers needed**

**Thursday 6 Feb;** Sharryn Brown; Dianne Del Pozo, Kate Bryant, Gabrielle Bryant

**Friday 7 Feb;** Debbie Havenstein; Sue Nicol; Sussan Crosse; Kim Haywood

**Monday 10 Feb;** Matt or Alison Trapnell; Joy Wyton; **Helpers needed**

**Tuesday 11 Feb;** Leonie Olivari; Deb Vandersaag; Michelle Le Creuer; **Helpers needed**

**Wednesday 12 Feb;** Melissa Trbojevic, Mandy Daher, Mel Marshall, Linda Newman, Di Brian

**Thursday 13 Feb;** Kerry Gallagher, Sara Jones, Lene Steele, **Helpers needed**

**Friday 14 Feb;** Rhonda Scotter, Sunny Van Raad, Lisa Haworth, **Helpers needed**

**Monday 17 Feb;** Deb Bertock; Roger Springthorpe; Christine Bratovic; Karen Lambert

**Tuesday 18 Feb;** Sue Stevens; Kim Jefferys; Wendy McLean; **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).

With the new 2014 year we have the following days available: 4 Mondays; 5 Tuesdays; 2 Wednesdays; 3 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 2:30/3pm; a half day is 3 hours

Penny Winterbottom; Canteen roster co-ordinator;  
[Pennywinterbottom1@hotmail.com](mailto:Pennywinterbottom1@hotmail.com); 0432 679977

# MUSIC NEWS

TERM 1 WEEK 2

## PERFORMANCE & MEETING DATES



Term 1 – Rehearsals/Meetings	Day	Time/ Place	Ensembles
4 February	Monday	7.30pm Pittwater RSL	Ensemble Parents & Captains.
4 February	Tuesday	Rehearsals Commence	Concert & Symphonic
4 February	Tuesday	4.30 - 6.30 <b>Registration</b> followed by a meeting for new parents. School Hall	All Ensemble Parents who have not yet paid.
4 February	Tuesday	7.00 (approx) <b>Music Ensemble Committee Meeting</b> – this will be brief! School Hall	Committee Members and all interested parents.

**Congratulations:** Caelan L (Yr 11), Alex C (Yr 9), Liam D (Yr 9) and Emily F (Yr 8) for being accepted into the Senior Secondary Regional Band.

**NSW Arts Unit Ensembles:** Does anyone have a son or daughter attending SWE on Monday nights who would be interested in 'car pooling'?

### CONTACTS:

**Secretary** Joanne Gwatkin-Williams: [joanne@thevastydeep.com](mailto:joanne@thevastydeep.com) or 0437 408 801;  
**Treasurer** Rick Elliott: [icycold@outlook.com](mailto:icycold@outlook.com) or 0400 461 941;  
**Uniform** Geri Bergstein: [geribergstein@hotmail.com](mailto:geribergstein@hotmail.com) or 0407 602 795;  
**Canteen** Kim Jeffreys: [kimjefferys@optusnet.com.au](mailto:kimjefferys@optusnet.com.au) or 0422 002 519.

**Ensemble parents:** **Concert:** Elizabeth Gardner [elizgard@tpg.com.au](mailto:elizgard@tpg.com.au) or 0414 704 812;  
**Symphonic:** Anne Connors [bcmcycles@bigpond.com](mailto:bcmcycles@bigpond.com) or 0415 255 498;  
**Strings:** Grace Marshall [grace.marshall@ioof.com.au](mailto:grace.marshall@ioof.com.au) or 0408 811 066;  
**Junior Stage:** Julie Rodgers [jl.rodgers@bigpond.com](mailto:jl.rodgers@bigpond.com) or 0438 635 048.  
**Senior Stage:** Allison Meadows [meadows2@iinet.net.au](mailto:meadows2@iinet.net.au) or 0412 564 674  
**Orchestra:** Caroline Cady [cazcade@outlook.com](mailto:cazcade@outlook.com) or 0425 221 582

**Band Captains:** Patricia Gwatkin-Higson and Yannick Barford



# Sailing



***Be involved in Australia's most successful Olympic Sport and be part of a 40 year impressive Sailing History at PHS***

## **TERM 1, 2014 SCHOOL SPORT**

### **WEDNESDAY AFTERNOON SAILING - APPLICATION FORM**

Wednesday afternoon school sailing will commence at 12.30 & finish at 3.30 pm Wednesday 5<sup>th</sup> February 2014, at Royal Prince Alfred Yacht Club using AYF instructors. The program caters for all levels of ability from novice to experienced, sailing on club Hobie Waves & PHS Pacers, from years 8 & above. Seniors are welcome if their timetable allows.

Students will be transported to RPAYC by parent volunteers but need to arrange their own transport home.

The fees will be \$270.00 for the 9 week term payable by the first week of Term 1, 2014 . Cheques made out to "Pittwater High School", envelope clearly marked with "SCHOOL SAILING" and STUDENT'S NAME & ROLL CALL CLASS & placed in Red Box in A Block Foyer.

Please fill in the details below along with the RPAYC Consent Form and place, with the cheque, in the Red Box. Info re transport etc will only be forwarded to those who provide email address.

STUDENT'S NAME.....ROLL CALL CLASS.....

PARENT'S NAMES & EMAIL.....

HOME PHONE.....PARENT MOBILE.....

**WE ARE DEPENDANT ON PARENT TRANSPORT. Please indicate below whether you can assist**

Parent able to assist with transport from  
PHS / RPAYC (circle)      YES      NO

Level of sailing ability: (circle)    experienced    intermediate    beginner

Leisa Stranack    PHS Sailing Co-Ordinator    0418 619760





# Royal Prince Alfred Yacht Club Secondary Schools Sailing 2013 - 2014



## Participants Details

Name: \_\_\_\_\_ Term 4, 2013 / Term 1, 2014 (circle)

Previous sailing experience: \_\_\_\_\_

## Parents / Guardians Details

Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Email: \_\_\_\_\_

## Medical Information

Does your child have any medical conditions? (If yes, please specify)

**NB:** Medical Information gathered is for information purposes only, and is only used for advising emergency personnel.

## Risk Notice

### Civil Liability Act 2002

Sailing is a sport that involves interacting with the uncontrollable and difficult to predict elements of nature, and therefore involves a degree of risk. Many of the risks inherent in the sport are intuitive. Without seeking to list all possibilities the following are brought to your attention:

- There is a significant risk of bruises, cuts, scratches and other injuries resulting from contact with the boat or collision with other boats. Flapping sails, or unanticipated changes in wind direction or in the direction of the boat can cause a spar to bump the head or other part of the body or cause a rope tick injury. These injuries can occur both afloat or while near a boat on land.
- When launching or coming ashore, hard surfaces below the high tide line can become slippery, resulting in slip and fall injuries. Oysters and other sharp marine creatures can also grow on these surfaces. Stinging jelly fish or other marine stingers may be present in the water. Sharp objects can be hidden in sand or weed below the water which can cut or pierce feet or other parts of the body. Proximity to the elements makes it more likely for nails or splinters to be raised in wooden decks and floors and these can also cause foot injuries and trip hazards. The wet feet of sailors can make surfaces slippery.
- Because of reflected glare, sunburn will occur more rapidly than normal on unprotected skin. Dehydration or hypothermia can occur in those who do not heed and prepare for the conditions.
- Most injuries are relatively minor. However on occasions the injury can be more significant.
- When sailing dinghies on inshore waters, really serious injuries of the type that can cause permanent disablement or even death are statistically very rare but can and do occur. As with any water sport, the possibility of drowning is also present. While for many sailing activities a patrol boat might be present, the boat cannot be everywhere at once, can not observe every incident that occurs and may not always recognise an observed incident as being a serious one requiring immediate response. First aid or medical assistance is not available.

I have read and understood the above risk warning and I agree that I participate in the sport of sailing at my own risk and I acknowledge that neither The Royal Prince Alfred Yacht Club ("Club") nor any official, volunteer or member shall be under any liability whatsoever for the death or bodily injury, loss or damage which may be suffered or incurred by me or the minors for whom I am responsible. I also acknowledge that neither The Royal Prince Alfred Yacht Club nor any official volunteer or member shall be under any liability for any loss or damage to personal property which may be suffered or incurred by me or the minors for whom I am responsible.

I understand that I or the minor for whom I am responsible may be photographed while participating in activities conducted by the Club and I hereby give permission for the use of my name or the name of the minor for whom I am responsible to be used in all forms of media for the promotion of the Club.

Signature of Participant

Signature of responsible parent/guardian of minor

Full name of Participant

Full name of adult

Date

Date

## Reducing Risk

You can help reduce risk to yourself by always following these guidelines:

- Always wear footwear while sailing or on the Club premises;
- Always wear a life vest and adequate sun protection and carrying drinking water while sailing;
- Always examine launching ramps before using them to see how slippery they are;
- Always check the weather forecast before going sailing. Always follow the directions of your instructors.
- Do not run or skylark when around the Club, especially on the car park, marinas and on launching ramps;
- Beware of flapping sails;
- The Club is not responsible for supervising minors while ashore. This is the responsibility of their parents or delegated adult.

**The Royal Prince Alfred Yacht Club**  
PO Box 99, Newport Beach, NSW 2108  
Ph: 02 9997 1022 Fax: 02 9997 8620

E-mail: [sailtraining@rpayc.com.au](mailto:sailtraining@rpayc.com.au)

Internet: [www.rpayc.com.au](http://www.rpayc.com.au)



## PITTWATER HIGH SCHOOL UNIFORM SHOP ORDER FORM

DATE \_\_\_\_\_ Order Taken By (Internal Use): \_\_\_\_\_

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

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

				Order Details		
	Item	Sizes	Price	Size	Qty	Total Price
GIRLS	Junior Tartan Tunic – Summer	6-22	69			
	Junior Tartan Skirt – Summer	6-22	40			
	Junior Tartan Skirt –all year round	4-18	60			
	Junior Blue Short-Sleeved, Pintucked Blouse	10-22	27			
	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	60			
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	25			
	Maroon and White Long Rugby Socks		10			
OTHER	Scientific Calculators		33			
	Portable USB 2GB		4			
	Black Winter Stockings – Girls	S,M,L	9			
	Year 7 book pack (inc. scientific calculator)		75			
	Year 8 book pack		50			
TOTAL AMOUNT TO PAY						

NAME OF CARDHOLDER: \_\_\_\_\_ (exactly as shown on card)

Card No: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Expiry: \_\_\_\_/\_\_\_\_ CCV No: \_\_\_\_\_ Total Amount \$ \_\_\_\_\_

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

Please CIRCLE method of payment **CASH** **CHEQUE** **EFTPOS** Credit Card – **MASTERCARD / 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 during opening times.
- 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.

## BASKETBALL JUNIOR LOCAL COMP 2014

A fun, competitive competition for high school aged children.

- Players enter by team not as individuals
- Single sex competitions
- Monday to Friday during school terms (10 Feb to 27 June 2014)

### COMPETITION DAY TIME VENUE

Open Girls Friday 4.20 - 7.20pm NBISC  
 Year 10 Girls Thurs/Friday 4.20-7.20pm NBISC  
 Year 9 Girls Wednesday 4.20-7.20pm NBISC  
 Year 8 Girls Monday 4.20-7.20pm NBISC  
 Year 7 Girls Monday 4.20-7.20pm NBISC  
 Open Boys Friday 4.20-7.20pm NBISC  
 Year 10 Boys Thurs/Fri 4.20-7.20pm NBISC/NSHS  
 Year 9 Boys Thurs 4.20-7.20pm NBISC/NSHS  
 Year 8 Boys Wednesday 4.20-7.20pm NBISC  
 Year 7 Boys Monday 4.20-7.20pm NBISC

Manly Warringah Basketball Association  
 9913 3622

PITTWATER HIGH  
SCHOOL PHOTO DAY



## SCHOOL PHOTO DAY

Thursday 20th February

FULL SUMMER SCHOOL UNIFORM  
IS TO BE WORN

Photo ordering envelopes will be handed week 2 to each student. They are to be brought in on the day (Thursday 20th February) with payment enclosed for the photographers. Thank you.

Any queries, please ring Kerry Kerrigan x113.

## Avalon Skate Park Event Saturday 22nd

Come join us have some fun, chill it down, Eat a **FREE** sausage sandwich



For further information please call  
 1300734120

This project received funding through Pittwater RSL Club's ClubGRANTS scheme

Relationships Australia  
 NEW SOUTH WALES

Community Builders Pittwater



## PLAY AFL IN 2014!

*Pittwater Tigers Junior AFL Club*

*is looking for new members!*

- Auskick 5-8yrs, Juniors U9s – U17s
- Boys and girls teams available
- No grading until U12s – play with your mates!
- No experience needed, we will teach you!
- Games are played on **Sundays**

**Register online or at the Club House**  
 10am-2pm Saturday 8<sup>th</sup> & 15<sup>th</sup> Feb 2014

North Narrabeen Reserve, Walsh St North Narrabeen  
 President Mike 0407 699 811 Registrar Liz 0422 503 149  
 e : [pittwatertigers@gmail.com](mailto:pittwatertigers@gmail.com) w : [www.pittwaterafl.com](http://www.pittwaterafl.com)

*Play footy with your mates!*



## ARE YOU STRUGGLING WITH A TEENAGER WHO ANSWERS BACK?

# BACKCHAT

This is a 2.5 hour workshop for parents and carers of teenagers that includes:

- Learning how to restore a respectful and positive relationship between you and your teenager
- Understanding what it's like being a teenager today
- Learning how to talk so they will listen and how to listen so they will talk

When: Thursday 22nd May – 6:15-8:45pm

Where: Lane Cove Library, Library Walk, Lane Cove

Who: Presented by Northern Sydney & Central Coast Child and Adolescent

Parenting in partnership with Lane Cove Council and CatholicCare Naremburn

Cost: Free



Places are limited so

**BOOKINGS ESSENTIAL!**

To make a booking call 8425 8700 and ask for the intake worker, or email:

[naremburnfamilyservice@dbb.org.au](mailto:naremburnfamilyservice@dbb.org.au)

Most Successful  
Club 2011

Club of the  
Year 2010

Under 6's  
Free Rego, Jersey,  
Shorts & Socks



## Mona Vale Junior Rugby League

Come and play the greatest game of all with the Mighty Mona Vale Raiders

## Registration Day

Where: Newport Oval

When: Sunday 9th & Saturday 22nd February, 2.00pm~ 4.00pm

Open to ages 4 and above

All registrations include Jersey, Shorts and Socks

### Registration Fees

Juniors U7~U15 - \$130

Seniors \$155



Home of Australian  
Schoolboys  
Luke Vescio & Jake  
Trbojevic

All enquiries please phone - 0414 883 948  
or go to our website: [www.monavalerrugbyleague.com.au](http://www.monavalerrugbyleague.com.au)  
Email: [info@monavalerrugbyleague.com.au](mailto:info@monavalerrugbyleague.com.au)



Lifeline  
Northern Beaches

# Book Fair

Ted Blackwood Hall

Cnr Jacksons and Boondah Rd

## WARRIEWOOD

Friday 21 February 2pm – 9 pm

Saturday 22 February 9 am – 5 pm

Sunday 23 February 9 am – 2 pm

Thousands of quality books  
Bargain prices

Over 50 different categories

Entry by gold coin donation very much appreciated.  
Visa, Mastercard and EFTPOS accepted.



# Northern Beaches

## ADHD SUPPORT GROUP

A problem shared is a problem halved

So come share your ADHD-related problems ...



The Northern Beaches ADHD Support Group is a 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 in order to best help parents and kids alike.

### **SPEAKER EVENING: PAULA TAZZAMAN "NOURISHING THE ADHD BRAIN"**

Paula Tazzaman is an accredited practicing dietician specialising in working with children with ADHD and those on the Autism Spectrum.

**Monday 10<sup>th</sup> February 2014**

**7.00-9.00pm**

**The Pittwater RSL**

**Mona Vale Road (corner of Foley Street), Mona Vale**

**Ticket reservations essential via:**

Register on **Eventbrite**

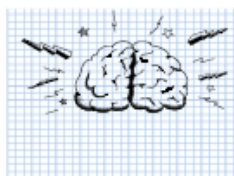
<http://www.eventbrite.com.au/org/4222746751>



<https://www.facebook.com/BeachesADHDSupport>  
[nbadhdsupportgroup@hotmail.com](mailto:nbadhdsupportgroup@hotmail.com)  
[www.northernbeachesadhdsupportgroup.com.au](http://www.northernbeachesadhdsupportgroup.com.au)

## Get your Mind in ACTION

<http://www.mindinaction.com.au/kidsworkshops>



A course for smart kids with ADHD who do not seem to be reaching their potential due to Attention, Organisation, & Impulse Control issues as well as all the emotional stuff that goes along with them!

*"this program actually teaches kids to become aware of how to help themselves through first hand experience and practical skill building"*

Kick off the school year right! Starts the week of 17th Feb

These programs focus on increasing awareness, concentration, planning & organization skills, problem solving, study skills, emotional resilience, as well as anger, stress & behaviour management in children and teens with attention, organisation or impulse control issues. Those issues typical of disorders such as ADHD and related conditions.

Methods used include active Mindfulness, modern cognitive behaviour therapy (ACT), fun cognitive skill building such as practical attention training & problem solving, compensation strategies for home and school, as well as parenting support for these issues. This is all practiced in a fun and active way using games and exercises to keep kids motivated and learning skills that will be useful for them in the real world.

10 week program including group sessions and individualised sessions with attention and executive assessment, intervention plan and follow up is \$1000 (recommended)

8 week group program alone is \$500

Medicare rebates are often available for group and individual sessions under the Better Access Scheme

For more information see our webpage <http://www.mindinaction.com.au/kidsworkshops> or to register your child please email Tania Pickering at [info@mindinaction.com.au](mailto:info@mindinaction.com.au)



## Youth Mentor Training

Raise Foundation, in conjunction with the Northern Sydney Institute of TAFE, secondary schools and community organisations, is conducting a training course in mentoring young people in the community. Raise improves the lives of young people facing profound challenges through our Ismo program in high schools, Bump program for young mums, and Connections program at TAFE.

This mentor training course will be conducted at various TAFE Colleges and locations, one day per week for four weeks, as per the list below. Practical sessions linking mentors to young people will follow on various days at TAFE, high schools and community locations for the remainder of the 2014 school year, across the Sydney, Melbourne and Brisbane metropolitan areas.

You might be retired, retrenched, parenting at home, studying, working part-time, or an interested community volunteer of any age – other mentors are between 25 and 82! You don't have to be a teacher or an expert to be a mentor. You need to be a good listener and able to act as a sounding board for ideas and aspirations. Your skills and life experiences can make a real difference to a young person in your local community. You need a few hours a week, a positive outlook and a genuinely compassionate interest in young people.

### Interested?

Training commences:

**Monday 24 February 2014, 10am until 2pm, for four Mondays**  
Northern Beaches TAFE College, 154 Old Pittwater Rd, Brookvale

OR

**Tuesday 25 February 2014, 5.30pm until 8.30pm, for four Tuesdays**  
Crows Nest TAFE College, West St, Crows Nest

AND

**Various other Community Locations on Various Days**  
including Randwick, Ryde, Parramatta, Melbourne, Brisbane

email [info@raise.org.au](mailto:info@raise.org.au) phone 0426-9-RAISE visit [www.raise.org.au](http://www.raise.org.au)

