



## SUPPORTING OUR CHILDREN

### Principal's Report: Jane Ferris

Last week year 12 students and parents attended an evening on **"Surviving the HSC"**. Feedback was very positive that this was a helpful and informative evening. The careers adviser outlined the timeframe for thinking about career options and applying for university, scholarships, TAFE and work. The senior executive presented a session on managing the pressures of the HSC including stress, what are the barriers to effective learning, active study, time management and how parents can help. Students were also given their HSC trial timetable. The HSC timetable is now available at

[https://studentonline.bos.nsw.edu.au/go/exams/hsc\\_2014\\_exam\\_timetable/](https://studentonline.bos.nsw.edu.au/go/exams/hsc_2014_exam_timetable/).

At Pittwater High we have many students that aspire to do well, take responsibility for their learning and work hard with persistence and determination. So although you might not be in year 12, the following are a few pointers for all:

#### Managing your workload at school and avoiding stress

- watch your thoughts/think positive
- visualise what you want to happen
- don't dwell on your weaknesses
- feel proud of your accomplishments
- learn from your mistakes
- take one day at a time
- avoid comparisons
- learn to say no
- regular daily exercise
- eat well
- put quality time into your relationships with family and friends
- find a positive way to let off steam
- do muscle tension relaxation exercises and deep breathing exercises
- find time to relax and chill out
- get involved with things you like to do - make time for fun
- find a retreat, somewhere quiet to go where you can feel calm and settled
- make sure you get on average 9 to 10 to hours sleep every night
- there should be at least 1 hour between turning the computer off and going to bed
- get the mobile out of your bed and switch it off
- plan your time – planners for homework and study help you fit in the fun activities as well as commitments and responsibilities. Go to <http://bit.ly/UbmQz8> for printable monthly planners that include the school term and week number.

#### How parents can help:

- know your child
- focus on the positive
- ask how you can help
- praise all efforts no matter how small
- provide a nurturing environment
- provide a location at home they can work in
- listen
- give them space if required
- avoid nagging
- keep the fridge full with healthy food
- remain calm
- spoil them occasionally
- take time off if they need you
- avoid comparisons
- help them keep things in perspective
- remember at the school we are part of a support network to assist your child



# DEPUTY PRINCIPALS REPORT— RENEE ANDREWS AND RACHEL FLEMING

Welcome back to term 2. This term is a busy term where we look forward to seeing our students engage in their lessons.

## Winter Uniform

All students are expected to be in full winter uniform.

**JUNIOR GIRLS** Blue short-sleeved, pin tucked blouse, choice of pleated tartan skirt of school material and design, or long black pants. Choice of white socks or black stockings.

**JUNIOR BOYS** Maroon polo shirt with PHS crest, choice of grey shorts or long grey trousers of school design, and grey or white socks.

**SENIOR GIRLS** White short sleeved blouse with maroon piping, PHS embroidered; front pleated grey skirt or long black pants. Choice of white socks or black stockings

**SENIOR BOYS** White collar short sleeved button shirt, maroon school tie with PHS embroidery, grey shorts or long grey trousers, grey or white socks

## Hats

All students are encouraged to wear a hat of choice in the playground during break times and PE. With our current climate and skin cancer rate the benefits of covering up far outweigh the consequences.

## Parent Teacher Night & Communication with Faculties

Our final parent teacher night is on Wednesday 7 May.

If you were unable to attend our parent teacher night and you wish to discuss subject related matters it is best to contact the teacher or head teacher of the faculty.

## Trial HSC this term – Weeks 8 and 9

All year 12 should be preparing for these upcoming exams



A Special General Meeting and next P&C meeting will be held on Wednesday, 28 May 2014 at 7.30pm in A Block (Administration) on the 1st Floor in the Teacher Common Room.

The Special General Meeting will precede the P&C meeting and has one agenda point, being the election of the [Treasurer](#) and [Secretary](#).

All parents are welcome to attend. We are still looking for nominations for the position of [Secretary](#). If you would like to get involved this is your chance. If you would like to nominate yourself or someone else, please email me the details.

Following the General Meeting the May P&C meeting will be held.

An important feature of our meetings is that you can hear about the educational and other developments at the school directly from Ms Ferris, the Principal and from other members of staff who may join the meeting. There will also be the opportunity to ask questions and discuss matters of your interest, directly with the School's Executive team.

Again, all parents are welcome!

Hubert van Mierlo  
President—Pittwater High School P&C Assn.(Inc)

CALENDAR	
Tuesday 6 May	U14 Rugby League Gala Day
Wednesday 7 May	Yrs 7-10 Parent/Teacher Interviews
Friday 9 May	PHS Cross Country
Tuesday 13—Thursday 15 May	NAPLAN
Friday 16 May	Yrs 10 and 12 Careers Expo
Tuesday 20 May	Zone Cross Country
Wednesday 28 May	Special General Meeting & P&C Meeting

A reminder that NAPLAN is occurring next week 13-15 May for all students in years 7 and 9. NAPLAN is a useful tool for teachers that assists in the support of students in their learning.

Data from the testing can and is used in many ways to develop resources, differentiate curriculum and devise strategies to maintain an inclusive learning environment where all students can experience academic success.

All students are encouraged to give their best during these examinations and to ensure careful consideration of the following components:

## Literacy

Structure: paragraphing, punctuation, sentence construction, spelling, appropriate use of narrative or persuasive techniques

Story Line: (Plot line) Interesting ideas, engaging ideas, cohesive ideas

Editing: Checking spelling, use of capitals, general cohesion

## Numeracy:

Consideration of two sections multiple choice and constructed response, consisting of the following aspects:

1. number
2. algebra
3. function and pattern
4. measurement
5. chance and data
6. space
7. working mathematically

We encourage a discussion with your children regarding the importance of preparation for NAPLAN testing in order to obtain accurate data.

## HEAD LICE

If you notice head lice or eggs in your child's hair, please make sure it is treated and your son/daughter does not return to school until they are checked and all clear





# FIRST TERM FOR YEAR 7!

Congratulations on surviving term 1 year 7! It was a huge term full of excursions, workshops, carnivals, dress ups and learning. Student guessed their way from class to class bringing the wrong books, uniforms and forgetting the teachers and each other's names!

The PHS staff and I are very impressed with their behaviour, attitude and willingness to learn. Great work year 7, only 22 more terms to go until graduation! Miss Mamone









# EASTER SHOW

## POULTRY SCHOOL POULTRY CLASSES

Class: 1039—Standard Soft Feather Light Breed, any variety, male	THIRD
Class: 1047—Soft Feather True Bantam, any variety, male	SECOND

## POULTRY STEGGLES SCHOOL MEAT BIRD PAIRS COMPETITION

Class: 1053—Meat Bird Pair, commercial, male	FIRST
Class 1054—Meat Bird Pair, commercial, female	SECOND
Class: 56003—Best Meat Bird Pair, commercial. Prize (Annual Trophy) for Best Meat Bird Pair from Classes 1053 and 1054, sponsored by Steggles	WINNER





# EASTER SHOW

by Chloe —Year 11

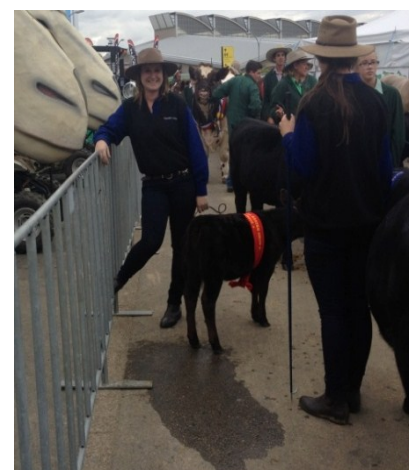
In the holidays I was lucky enough to have the opportunity to be involved with the show team which attended the Sydney Royal Easter Show. This experience has been so amazing and a big thanks to everyone who made it possible and all the people who shared the experience with me.

The show team and myself went to the Sydney Royal Show with our cattle, this defiantly showed me a different side of the show then the commercial side you see just going with family or friends. It was amazing to meet all of the lovely people who participate in the show every year. These people were very welcoming and filled with knowledge and I enjoyed learning as much as I could from them. I also made connections and friends which I now have for life.

It was incredible to be able to lead the cattle in the heifers show and participate in junior judging. The heifer show was defiantly a scary but yet rewarding show to participated I have learnt so much along with having heaps of fun. The highlight was defiantly having the opportunity to go into the main area for the grand parade. It was crazy to walk around the main around with all the other animals from the show not once but twice.

It was great fun to be at the show with all of the show team looking after the animals and our crazy dancing at the silent disco.

Big thank you to Mr Thatcher for allowing myself and many other to be able to have this opportunity. Also thank you to Dr Griffin for coming out to watch and help us on the day of the Heifer Show and her lovely words.



# EASTER SHOW (cont)

## SHOWING ANIMALS FROM A DIFFERENT PERSPECTIVE—by Meagan —Year 11

We walk around everyday encountering countless living animals, from dogs to cats, to cattle and horses. We see them as a cute creature, born and raised for the amusement of humans.

But in the ring, in the show environment, it is a different world, new experiences and feelings, heartache, pain, successes and triumphs one person could never imagine.

Many people don't realize the real hard work and effort people put in to their animals, shows and into other people! The people in the ring with you have not only been through similar dramas of relationships, and losses. They deal with the wrath of Mother Nature, and the ever demanding force of their own government and economy!

These people in the ring, young and old alongside you, depend not only on themselves, but they have forces that cannot be understood and tampered with, against them, not all the time, but some of the time, and that 'some of the time' can break people and lives. That 'some of the time' is what these people dread! But that 'some of the time' is what make farmers young, old, and from any nation, the strongest hearted people you could ever know!

This report isn't solely on my own experience in the ring, on my own, it is a report on the effort and the heartache, the successes and stories I have heard through this showing experience, which everyone needs to know.

In the lead up to the shows we washed and took care of a fair number of animals, from chickens to cows, we looked after for weeks and weeks, for one show weekend. We read about farmers, and watched videos on experiences being told from a screen the tragedy that can occur in a farmers life, that was one thing, and it affected me personally, but hearing it first hand is another.

The many weeks leading up to the show, we experienced a sliver of what people go through to get to the top.

The Sydney Royal Easter Show was on the horizon and we didn't know what to expect, we were running head first in to a world we knew nothing about, and I assure you it is a completely different world than we are all used to.

When we arrived at the show on that Friday night taking the animals in for the first time, being able to see behind the scenes of what really goes on, was a blessing and an experience I will never forget, the effort and the tiredness you see people put in to these shows is something I believe you cannot see anywhere else. We hauled the cows off the trailer and ready for bed, seeing all the gear and equipment needed for a week on site, with only a few head of cattle. The feed, the hay, the food, bedding, snacks, and expensive show gear that these people have put hard earned cash into. It is not a cheap endeavour. Each cow cost approximately \$200 dollars just for an entry into the show, let alone the cost for feed and your own needs. I was exhausted after a few hours of just watching these people's hard work. Ready for a new day we headed back home prepared for the long day in the morning.

I got up bright and early in the morning 5:30 am, ready to catch the bus in to the show for a hectic day. When we arrived the day had already begun, feeding, watering, cleaning the beds, getting set tasks for the day ahead. Entering competitions and then polishing halters all in a day's work. As the day moved on I got introduced to another stud who we were borrowing a couple of heifers from for the heifer show on the Tuesday. They were all so nice I didn't know what to expect, the rough looking exterior didn't give justice to the big heart inside. Farmers go through more than they should have to and yet are so kind hearted towards each other, because they know each other's heartaches and feel the same pain. This empathy is an incredible sight and feeling to see.

For the rest of that day we washed and groomed our cattle, seeing the effort that needs to be expelled on to a project such as showing animals.

Through different eyes I have seen a world that is too close and personal with the detrimental effects of reality, of nature and of the government.

Sunday, the next day was our first competition, the breed class, the show to show off your animal, where you effort and hard work is put to the test. This was where the reality of life comes to a ribbon, or a trophy.

The people on the outside see cows being judged, judged for how they look, and only see the final product, the Judge is only judging that final product, for whatever use that animal is for, breeding or food. How good is your animal, at doing what it is bred for, doing what we bred it for? To feed our growing over population. The people on the outside don't see the effort, the time, the products and the money that is put into an animal to produce the food they eat, we eat.



# EASTER SHOW (cont)

## SHOWING ANIMALS FROM A DIFFERENT PERSPECTIVE—by Meagan —Year 11 (cont)

We see the animals go in one by one, the prying eyes judging them on their potential, their potential to be good food, or good producers of food. You know what to look for and you know why, but you still don't understand what all the technical terminology means.

The rest of the day was pretty calm and relaxed, until we amazingly got asked if we wanted to parade in the Grand Parade! This was an amazing opportunity and one I was glad to be a part of. I saw the stadium and the Easter Show in a different light. Everyone, including the animals, were excited, jumping and moving and just wanting to run. This was my first parade with Hannah my heifer for the show on Tuesday. She just wanted to gallop away, so happy and excited to be in the spotlight. This was an amazing and yet stressful experience for myself and others.

By the Tuesday it is my turn to go in the ring with an animal I have briefly met, fit and prepare this animal as best I can, to look the best it can, and to show it off for all its good qualities the best we can.

Bright and early Tuesday morning I am in at show by 8 o'clock, ready for the long fast, eye opening day ahead. Little did I know the experience that was about to happen would change my view and make me read into more depth the reasons and the effort and need for people to achieve good results in events like these.

I arrived ready and rolling, starting by washing my animal, Hannah. She is a beautiful strong statured animal, with great capacity, potential and of 21 months of age. I washed her thoroughly through her thick black hair, combing, washing, rinsing and repeating. Then blow drying and more blow drying, gluing, spraying, and fitting Hannah for her show, our show. Once I am finished fitting her, I prepare myself and head over to the ring. We all make our way over to the ring, excited, nervous and ready.

First we do the junior judging, where one particular Charolais heifer really didn't want to be there.

I watched the other 58 people in the intermediate competition walk around judging these animals in three groups of four, eyes prying, prodding, looking for the best animal for their purpose.

After watching the cows and the kids make their way around each other, the judge's chose the candidates for the next stage the justification, the speeches! Not only do I learn a lot for watching others judge, I learnt even more hearing from juniors to seniors with their opinion on handful of Shorthorn Bulls. Wow, they all had something great to say, and knew what they were talking about.

After that was done the winners were presented for that first part and then it was time to get ready for parading! This was the time when we got to see the people who have been showing for ages really in their element, the ones who know how to show off their animals, without showing off themselves too much.

Round and Round in circles we watched the different classes compete, watching and listening to what the judge is doing, saying, but not only the judge, the other handlers as well. I watched them, the actions, placement, expressions, and movements, trying to understand what they were doing, or trying to do.

When it came to my turn, I had butterflies whisking their way around my stomach, Hannah was beautiful and all I knew I could do was my best. I was up against people who had been showing animals their whole lives! It was an honour to just stand and watch beside them. We made our way around the ring a few times until it was all over. We had finished, we knew we weren't going to get anything as we were up against many people who had been doing this their whole lives. It was a great experience and if we did get anything it would have been very unjust considering it was only my fifth time in the ring.

Overall this experience showed me that the farming life isn't a career, it isn't just a hobby, or just for some fun the farming life, is a lifestyle choice. As one farmer said to me 'The farming life has no money in it, it is not a job, it is not a career, it is a life, a lifestyle.' This whole showing experience has opened my eyes to a new world filled with heartache, pain, successes and triumphs. These people don't just see making us food as a job, it is their life, and they want to give it everything they have. Unkind forces such as nature and the government can break their hearts, but they cannot break their spirit!

# EASTER SHOW (cont)

## MY MEMORABLE EASTER SHOW EXPERIENCE—by Caelen —Year 11

My experience at the Sydney Royal Easter Show this year was one I shall never forget. From the moment I got up in the morning, to the moment I rested my aching feet, it was the most enjoyable event of the year.

The Grand Parade for me will be the highlight of Agriculture at school. It was exhilarating being out in the showground with hundreds if not thousands of animals walking in single lines both going different directions and passing each other.

At the start of this year I had never led a cow before but by the time I was in the Grand Parade I had it down pat. Mr Thatcher had taught us all how to lead like professionals and that I can be thankful for. These skills will come in handy as some Agriculture students shall be leading again this weekend at the Hawkesbury Show (without Mr Thatcher's help we wouldn't be there).

The Easter Show in general is a fantastic place, but the people involved are even better. The people we met were full of stories, experiences and ideas to help us with any problems we had. To finish off I would just like to say that this was probably the best Easter Show I have ever attended and ever will attend!





# WINTER SPORT - TERMS 2 & 3

Winter sports begin in term two and continue into term 3 until week 7, when spring sports are offered, which then continue until the end of the year.

During week one **all** students in Years 8 – 10 will be trial for a winter grade sport. These sports and their venues are listed below. Students who do not wish to play/ trial for a grade sport will need to attend a trial in the first week and play socially, and should select a recreational sport (listed below) which they can partake in from week two. Students who consider themselves unlikely to be selected in a grade sport team after week one may try out for a different sport in week two. Teams will be finalised week two and competition against other Northern Beaches schools begins week 3.

Students are encouraged to trial for a grade team. It is a great opportunity to compete against other schools and be a part of a Pittwater team.

Those students selected in a team will be awarded **blue points** and be recognised at our end of year **sports presentation**



A reminder all fees will be due once teams are finalised in Term 2 Week 4.

Students are asked to choose wisely as NO changes will be made throughout the term.

## BOYS' GRADE

Junior Basketball	PHS Courts
Senior Basketball	PHS Courts
Junior Soccer	Kitchener Park
Senior Soccer	Kitchener Park
Junior Touch	PHS Oval
Senior Touch	PHS Oval
Open Volleyball	PHS Grassed Courts

## GIRLS' GRADE

Open Basketball	PHS Courts
Junior Soccer	Kitchener Park
Senior Soccer	Kitchener Park
Open Touch	PHS Oval
Open Volleyball	PHS Canteen Court
Junior Netball	PHS Grassed Court
Senior Netball	PHS Show Court (Quad)

Senior teams are open age while junior teams are 15 years and under (in 2014)

All grade sport is \$60 (13 weeks) per student to cover buses costs

## RECREATIONAL SPORTS (14 weeks)

Yoga	<b>\$140</b>	Jiu Jitsu	<b>\$140</b>
Tennis - Kitchener	<b>\$60</b>	Futsal	<b>\$140</b>
School Tennis	<b>\$20</b>	Bayview Walking	<b>no cost</b>
Fitness First classes	<b>\$50</b>	Beach Fitness	<b>no cost</b>
Fishing -	<b>\$50</b>		
House Sport Rotation (Basketball, Indoor Soccer, Soccer, Touch & Ultimate Frisbee)			<b>no cost.</b>

# CROSS COUNTRY 2014

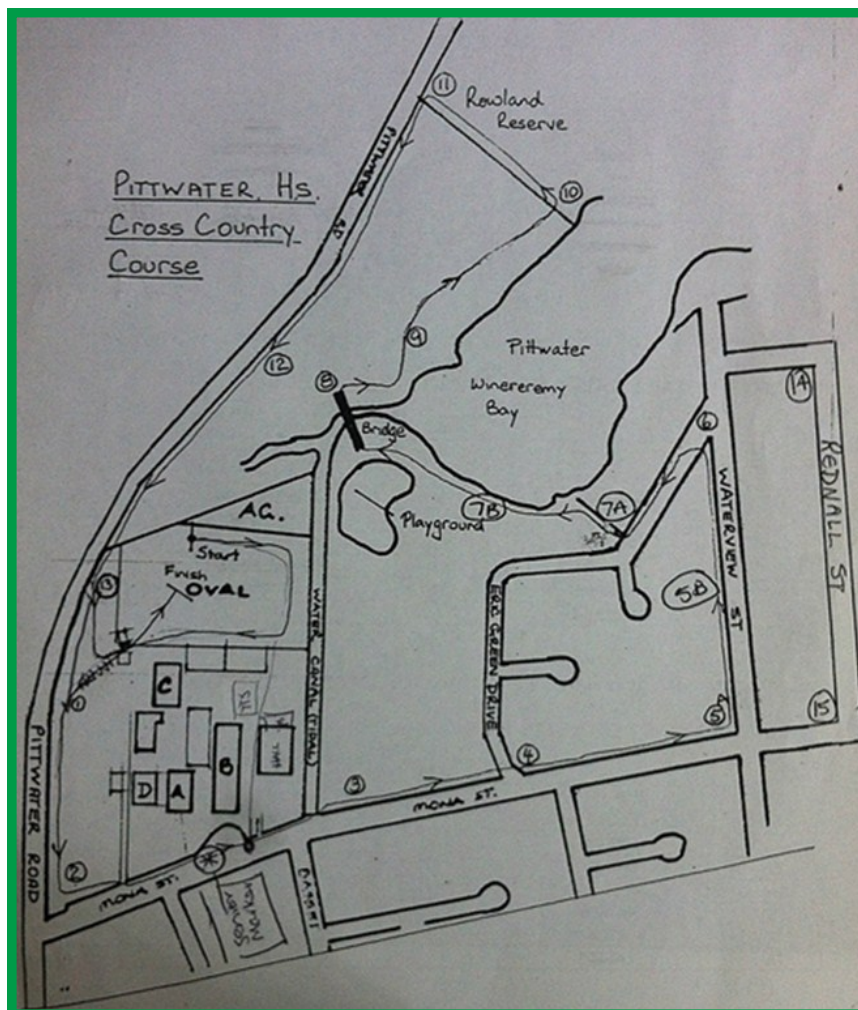
## FRIDAY 9 MAY

**PERIOD 3:** ALL Year 10 Classes to the oval.  
& Year 11 & 12 competitors only.

**PERIOD 4:** ALL Year 8 & 9 Classes to the oval &  
Year 10 years. competitors only.

**PERIOD 5:** ALL year 7 Classes to the oval &  
Year 8 13 years. competitors only.

You run in the age that you turn **by** 31 December 2014.





# OPEN GIRLS SOCCER MATCH REPORT

## Pittwater High vs Killara High—7 March 2014

Well, it was a many goal game. **Chloe** ran over the goalie to get the first goal in the first 10 minutes!

**Harley** was inspired and scored 1 minute later. We were 3-0 up when **Chloe** Guthrie got her second goal. Think we may have rested on our laurels as Killara got their first goal a couple of minutes later and then another: 3-2. **Nicolette**, **Ashlea** and **Isabelle** were under pressure by Killara's attack at times but **Chloe** got her hat trick before half time. Killara also scored again, making it 4-3 at half time. **Briar** came off with a popped knee, **Charlotte** was heat affected and **Ella** needed asthma spray! We were tiring. It was so hot! (Thought it was Autumn now?)

Early on, Killara were lucky to get an own goal and they fired up. Although we managed a goal from **Chloe**'s cross to a hobbling **Briar** on the line, Killara managed to score again from both a free kick and a corner cross. We put **Claire** up front for some extra speed but she was stopped in her tracks by an injury whistle. **Chloe** held the defence with help from **Zara**, **Jess** and **Candice** but we were now down, thankfully, **Alicia** took them on and equalised with not long left of game time. **Chloe** was making saves left, right and centre!

Extra time, everyone started to cramp up and feel fatigued. **Harley** was working tirelessly in midfield. We had some chances in the first 10 minutes of extra time but so did Killara. We turned around for the second extra 10 minutes and Killara had one player carve her way through our defence to finish the match, golden goal. What an exciting game, every girl gave it their very best, so proud of the team.

We farewell our year 12's, (**Harley**, **Chloe Guthrie**, **Briar** and **Nicolette**) from knockout soccer, hope we can get to the second round for them next year!

**TEAM:** Jess (9), Zara (9), Ashlea (10), Candice (10), Isabelle (10), Chloe (11), Chloe (11), Ella (11), Charlotte (11), Alicia (11), Claire (11), Nicolette (12), Harley (12), Briar (12), Chloe (12)

**Players of the Match:** Chloe (Goalie) and Harley (midfield)



Jocelyn Bates—

Manager/Coach

# PHS SAILING

The PHS Team Sailors competed over the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> April at the NSW Secondary Schools Teams Racing Championships at Woollahra Sailing Club in the harbour.

Winds were light and variable during the regatta with the exception of some stronger squalls with plenty of rain on Sunday afternoon.

A phenomenal 188 races were sailed over the 3 days between the 17 school teams who competed.

After a Round Robin series on Friday and Saturday, teams sailed in a Knockout Finals on Sunday. Pittwater won against Barrenjoey High in the quarter finals but were defeated in some tough racing by Riverview in the semis.

Thankyou very much to our devoted year 12's, James , Xavier , Adam and Angus who, in order to represent PHS at the States, sacrificed 3 precious study days and sometimes had to reschedule exam times, mid way through their half yearly exams!

Enormous concentration and focus, not to mention exceptional sailing skills, tactics, strategy and most of all teamwork, is required of the sailors over this long and highly competitive regatta, which our PHS team consistently demonstrated. It's wonderful to see such camaraderie amongst team members with such a range of ages, which is mutually beneficial for juniors and seniors alike. The team worked exceptionally well together and always seemed to be having such a great time! Well done boys on a great effort and as usual on displaying excellent sportsmanship and being terrific ambassadors for PHS!

Thankyou to Oscar Stranack and Stan Walters for their commitment and enthusiasm in coaching the team

Team members were:

Captain: James , Adam , Xavier , Angus , Harley , Travis , Liam and Tavish .

Results were: 1<sup>st</sup> Cranbrook, 2<sup>nd</sup> Mater Maria, 3<sup>rd</sup> Riverview, 4<sup>th</sup> Scots 2, 5<sup>th</sup> Scots 1, 6<sup>th</sup> PHS, 7<sup>th</sup> Canberra Boys, 8<sup>th</sup> Brigidine, 9<sup>th</sup> Ascham 1, 10<sup>th</sup> Ascham 2, 11<sup>th</sup> Barrenjoey, 12<sup>th</sup> Sydney High, 13<sup>th</sup> Knox, 14<sup>th</sup> Canberra Girls, 15<sup>th</sup> PLC, 16<sup>th</sup> Cranbrook 2, 17<sup>th</sup> Wenona.

As this is my last report after 7 years as Sailing Coordinator, I'd like to thank all the students who have participated in the PHS Sailing Program. It's been fantastic to see you all learning great new skills and enjoying this wonderful sport which can lead to so many opportunities! The future of Sailing at PHS looks [brilliant](#) – operating during Terms 1 and Term 4 each year. Watch the newsletter for details. I encourage all students to get involved and [GIVE SAILING A GO !!](#)

Leisa Stranack  
Sailing Coordinator and Team Sailing Manager





# PHS SAILING (cont)



# CHS SWIMMING CHAMPIONSHIPS

Jasen has possibly produced the greatest haul of medals at the CHS Swimming Championships ever by a PHS student, certainly in the last 20 years. He won the 14 years 100m butterfly **and** also claimed bronze in the 200m freestyle. He also qualified for the 100m freestyle final but withdrew as it preceded his pet event, the 100m butterfly. What a performance, two individual medals!

On Monday 5 May Jasen qualified to compete in four events at the NSW All Schools Swimming Championships: 50m, 100m and 200m butterfly, as well as the 200m freestyle. We wish him the best of luck and know he will do well.



# NATIONAL KAYAKING CHAMPIONSHIPS

At the National Kayaking Championships recently in Adelaide, Matt of year 9 produced an extraordinary performance.

He won a medal in each of the ten events in the 14 years age group, which was hotly contested.

He won four gold medals in K2 in all distances, 200m, 500m and 1000m. He also won gold in K4 1000m.

He won three silver in K1 500m, 1000m and 2500m.

He won three bronze in K1 200m and K4 200m and 500m.

**WHAT A PERFORMANCE!**





# PHS ATHLETICS RESULTS 2014

## ATHLETICS AGE CHAMPIONS 2014

	GIRLS	BOYS
12 years	Alice	Jordi
13 years	Brienna	Ben
14 years	Grace	Ek
15 years	Jordyn	Liam
16 years	Claire	Ben
17 years	Chloe	Clint

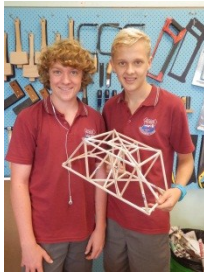
## HOUSE POINT SCORE

HOUSE	POINTS	PLACING
Warringah	942	1st
Lion	812	2nd
Scotland	747	3rd
Barrenjoey	669	4th

## NEW RECORD

Ben 13 years Boys 200m 26.60  
(D. Mallia 26.87, 1983)

# Year 9 Engineering Bridge Challenge

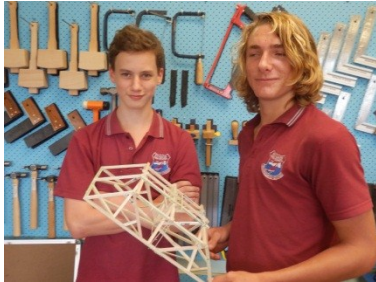
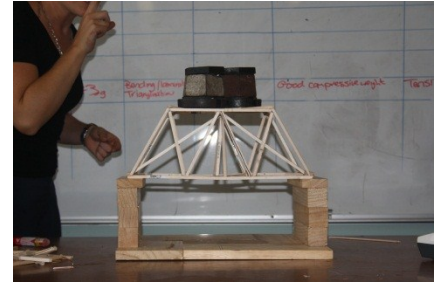


Bridge Type: Truss

Weight: 42g

Held: 6.5kg

Strength ratio: 1g held 154.7g



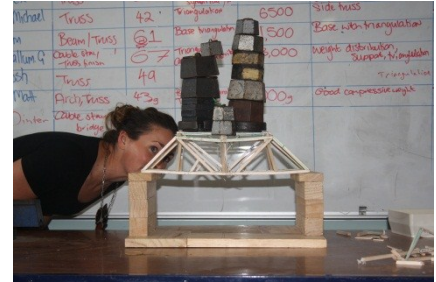
Bridge Type: Truss

Weight: 49g

Held: 18kg

Strength ratio: 1g held 367.5g

1st place



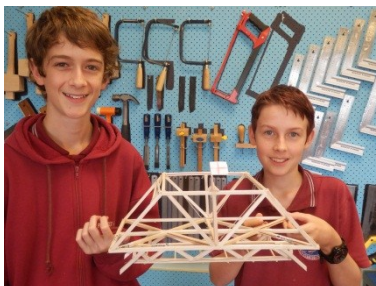
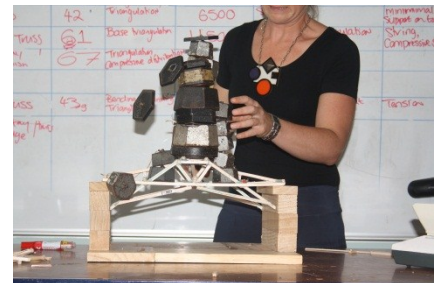
Bridge Type: suspension style, truss finish

Weight: 67g

Held: 23kg

Strength ratio: 1g held 343.2g

3rd place



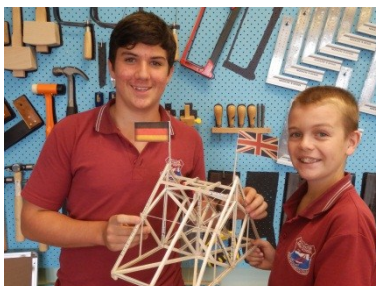
Bridge Type: Truss

Weight: 56g

Held: 19.5kg

Strength ratio: 1g held 328.2g

2nd place



Bridge Type: Arch/ truss

Weight: 55g

Held: 9kg

Strength ratio: 1g held 163.3g



Bridge Type: Truss

Weight: 40g

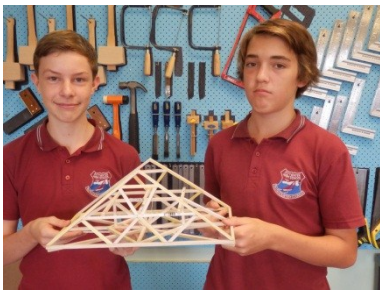
Held: 6kg

Strength ratio: 1g held 150g

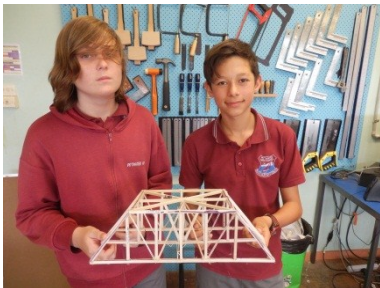
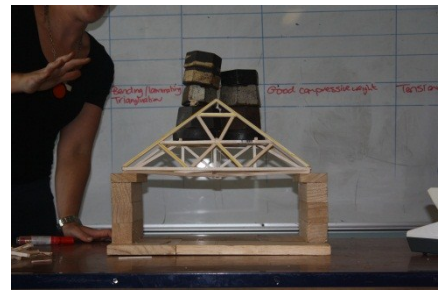




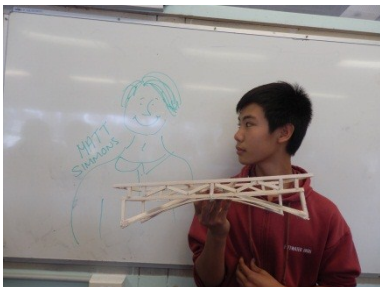
# Year 9 Engineering Bridge Challenge (cont)



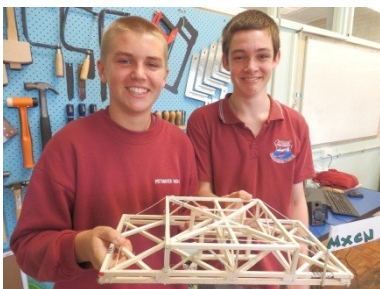
Bridge Type: Truss  
Weight: 38g  
Held: 12kg  
Strength ratio: 1g held 315.7g  
**4th place**



Bridge Type: Part Truss  
Weight: 49g  
Held: 10kg  
Strength ratio: 1g held 204g



Bridge Type: Arch / Truss  
Weight: 43g  
Held: 8kg  
Strength ratio: 1g held 106g



Bridge Type: Beam  
Weight: 61g  
Held: 11.5kg  
Strength ratio: 1g held 188.5g



**Congratulations guys!**  
**Miss Mamone**

# CAREERS

**Year 12** RSA, (Responsible Service of Alcohol) course 16 May; 3-6pm; \$130 (money and note due by 9 May)

**Notre Dame University: HSC Study Week 7-11 July 2014**

Venue: The University of Notre Dame ([map](#))

104 Broadway, Broadway NSW 2007

(10 minute walk from Central Station and bus terminus)

The HSC Study Week costs **\$345.00** per student. This price includes:

- Breakfast, morning tea and lunch each day
- The unique opportunity to receive intensive instruction from high-performing teachers from some of Sydney's leading State, Independent and Catholic schools
- 6 hours of instruction each day from current HSC teachers and markers
- The opportunity to attend workshops such as 'Time Management' and 'Managing Stress'
- Supervised study sessions where you can develop responses to past HSC questions
- Networking opportunities with other HSC students and first year university students

Find out more by visiting [www.nd.edu.au/hscstudyweek](http://www.nd.edu.au/hscstudyweek).

**Year 11** If you are unable to attend TAFE for any reason, you must inform me.

**Year 10** Careers lessons this term are during Maths lessons, (roughly once a fortnight). We are discussing how to get the most out of the Careers Expo Excursion which they are all attending on 16 May, (please bring your note and money in by 9 May). Also, we will be exploring how to choose the best subjects for the HSC to help you achieve post school goals and using the Job guide Book to research employment ideas for the future.

**JOBS:** none this week, checkout [www.seek.com.au](http://www.seek.com.au) or [The Manly Daily](#) for local jobs!

**Years 10, 11 and 12 Students:** 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 "14cairns". 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)

Jocelyn Bates, Careers Teacher





# CONTACT DETAILS



If any of your personal details have changed please inform the school via the email address :  
**pittwater-h.school@det.nsw.edu.au**

## UNIFORM SHOP OUT OF HOURS ORDERING PROCEDURE

### OPENING HOURS

**TUESDAY AND THURSDAY 8:15-11:15AM**

The uniform shop order form is to be placed in the **RED BOX** in A Block once completed.

When the uniform shop re-opens your order will be filled and placed into the Canteen ready for collection.

**PLEBS, PRO'S & PERSONALITIES  
24 HOUR RUN**

6PM FRIDAY 20TH JUNE TO SATURDAY 21ST JUNE

SUICIDE PREVENTION

**DONATE NOW**

[HTTP://WWW.MYCAUSE.COM.AU/PAGE/PPP4SPANORTHERNBEACHES](http://www.mycause.com.au/page/ppp4spanortthernbeaches)

**ITS THAT TIME OF YEAR AGAIN!!**

The 24hr Run for Suicide Prevention!! Last year ppp4spa event raised \$46,000 for Suicide Prevention Australia!

On the 20th of June 2014 at 5 pm six Pleb's will be challenging Pro's and Personalities for 24 hours continuously on a treadmill with the hope to raise as much money and awareness for suicide prevention.

Please help us raise as much money as possible for this cause by sharing this event and the donations link!! The more money we raise the more people get the help they need!

See all the pros and personalities who will be at the event here:  
Website: <http://www.ppp4spa.com.au/>  
Instagram: <http://instagram.com/ppp4spa>

# MAY 2014 — PITTWATER HIGH SCHOOL INSTRUMENTAL MUSIC PROGRAM

## MUSIC NEWS

Term 2 Week 2

## PERFORMANCE and MEETING DATES



TERM 2 —REHEARSALS/MEETINGS	DAY	TIME/PLACE	ENSEMBLES
Please note that the Yamaha Festival is no longer in existence, due to the closure of Dicksons Music.			
21 June – Northern Beaches Festival	Saturday	Time TBA/ PHS Hall	Strings and Orchestra
22 June – Northern Beaches Festival	Sunday	Time TBA/ PHS Hall	Symphonic and Concert

The Pittwater Food and Wine Fair 4 May: *Many thanks to all those who stood out in the chilly wind and under the clear sunny skies to collect money for this event. Final amounts not in yet but judging by the number of cars parked at the School, it looks to have been pretty lucrative. Well done and thanks.*

Orchestral Helpers: The Orchestra still needs a second pair of hands please. There must be a parent of an orchestral student who could help? Let Joanne G-W and Caroline Cady know (emails below).

Congratulations: To everyone! A message that came through loud and clear from the last Committee Meeting was that every Music Ensemble is working extremely well and that we have an excellent assortment of ensembles playing to a very high level. Well done to all the students and their parents.

AMEB: The first series of AMEB exams are starting soon. Please let me know how your musicians do so that we can put their achievements in the Newsletter – with or without the resulting grade, whichever you prefer. At the end of the year we have taken to announcing all the achievements of ensemble members as part of the awards ceremony and this will include grades achieved.

### CONTACTS:

Secretary:	Joanne Gwatkin-Williams:	joanne@thevastdeep.com or 0437 408 801
Treasurer	Rick Elliot :	icycold@outlook.com or 0400 461 941
Uniform	Geri Bergstein:	geribergstein@hotmail.com or 0407 602 795
Canteen	Kim Jefferys:	kimjefferys@optusnet.com.au or 0422 002 519
Ensemble parents:	Concert:	Elizabeth Gardner elizgard@tpg.com.au or 0414 704 812
	Symphonic:	Anne Connors bcmcycles@bigpond.com or 0415 255 498
	Strings: Grace	marshall grace.marshall@ioof.com.au or 0408 811 066
	Junior Stage:	Julie Rodgers jl.rodgers@bigpond.com or 0438 635 048
	Senior Stage:	Allison Meadows meadows2@inet.net.au or 0412 564 674
	Orchestra:	Caroline Cady cascade@outlook.com or 0425221 582
Band Captains:	Patricia Gwatkin-Higson and Yannick Barford	



# 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) \_\_\_\_\_

	Item	Sizes	Price	Order Details		
				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	25			
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			
	Navy Apron		12			
	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.

## FIRE AND RESCUE NSW OPEN DAY 2014



Fire and Rescue NSW is hosting its annual Open Day on Saturday 17 May 2014 between 10am and 2pm.

You are invited to watch fire safety demonstrations, extrication techniques for road crashes (cutting up vehicles) hop aboard a fire truck, learn about becoming a fire fighter and get an information bag while chatting with fire fighters about fire safety and what they do.

Winter is just around the corner and it's the worst time of the year for house fires, so come along and learn as much as you can.

This is a fantastic opportunity for young people and their parents to meet their local fire fighters and learn as much as you can about home fire safety.

Don't leave fire safety to chance this winter – click on this link - [2014 Open Day Participating Stations](#) to find your local Fire Station and join us on Saturday 17 May 2014.

## CANTEEN

Tuesday 6 May	Natasha Zani; Gloria Hardman, Myra Tremi, Anne Clayton
Wednesday 7 May	Lara Floyd, Fiona Griffith—helpers needed—please call canteen to confirm
Thursday 8 May	Glenda Hanks, Karen Shapcott, Sheridan Femia, Katrina Mellon
Friday 9 May	C Marshall, Sandra Avedissian, Kristy Inkster, Rachel Pinner
Monday 12 May	Leisa Stranack, Diana Shanks, Miriam Bookey, Janet Howard
Tuesday 13 May	Helena Nobs, Simone Allan—helpers needed—please call canteen to confirm.
Wednesday 14 May	Lana Mares, Lynne Fricke -helpers needed
Thursday 15 May	Sharryn Brown, Dianne Del Pozo, Kate Bryant
Friday 16 May	Debbie Havenstein, Sue Nicol, Susan Crosse
Monday 19 May	Karen Maguire—helpers needed
Tuesday 20 May	Leoni Olivari, Blandine Bizeau, Ann Clayton, Michelle LeCreuer

If you are unable to make your rostered day please try to arrange a swap or advise canteen managers Lisa/Katrina (ph 9999 4035 x 122).

If any parents, friends, family or grandparents would like to assist on any day helpers are needed, please contact myself, or Lisa 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](mailto:packfund@optusnet.com.au)—Phone 0431 121 631



## 2013-2014 Family Energy Rebate

**DON'T MISS THE DEADLINE!**  
Apply before 5pm  
Friday 13 June 2014

**2 MINUTES TO FILL IN A FORM**  
<https://applications.fer.trade.nsw.gov.au/>

\* eligibility criteria apply

**\$125\* TOWARDS ENERGY BILLS**

**APPLY ONLINE NOW!**

### WHAT IS THE FAMILY ENERGY REBATE?

The Family Energy Rebate helps to cover the costs of energy bills for NSW households with dependent children. In 2013 – 2014 the rebate gives:

- A \$125 credit against electricity bills for eligible applicants who receive electricity from an electricity retailer.
- A \$137.50 direct payment to nominated bank accounts for eligible applicants who live in a caravan or mobile home park and receive electricity from the park operator.

### AM I ELIGIBLE FOR THE FAMILY ENERGY REBATE?

To be eligible you MUST:

- Be eligible for Family Tax Benefit A or B during 2012- 2013 and have received a relevant payment; and
- Be the primary account holder of an electricity retailer, OR a long-term resident of a caravan or mobile park home, whose name appears on the electricity bills supplied by the park operator.

### YOU CHOOSE HOW YOU WANT TO APPLY FOR THE FAMILY ENERGY REBATE

- **ONLINE** – it takes a few minutes to submit and processing starts immediately.
- **PAPER** – download a form from the website, complete and submit by email, fax or post.

### FOR MORE INFORMATION & ASSISTANCE

PHONE Service NSW 13 77 88  
EMAIL [fer.program@trade.nsw.gov.au](mailto:fer.program@trade.nsw.gov.au)  
WEB [www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate](http://www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate)



### EARLY EAGLES PROGRAM Wednesday

The EARLY EAGLES PROGRAMME provides a host of development skills that address the needs of players wanting to reach the next level. Each session is designed to enhance the overall strength, power, speed, quickness and conditioning of each athlete.

The program will start Wednesday 7th May and runs till 25<sup>TH</sup> June 2014. Session starts 6:00- 7:30am @ NBISC.

The cost of the program is \$90

The EARLY EAGLES PROGRAM will give advanced players an opportunity to work on specific, individual target areas and improve their skill level in: Shooting, Ball-handling, Foot-work, Fitness, and Athleticism One on One moves & Defence.

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Mob: \_\_\_\_\_ email: \_\_\_\_\_

MasterCard/Visa (Please circle) Name on Card: \_\_\_\_\_

Expiry Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Amount: \$ \_\_\_\_\_

## Narrabeen Car Boot Sale

Do you have stuff in your garage that you don't use anymore? Do you need to downsize?

Cleaned out the kids cupboards?

Come and enjoy a great family day out at **NARRABEEN CAR BOOT SALE** and help to raise funds for Narrabeen Sports High School.

If you don't have anything to sell, come along and you will be sure to pick up an absolute bargain! You will be amazed at what you find. There is something for everyone.

**WHERE:** At the back soccer field Narrabeen Sports High School, 10 Namona St North Narrabeen 2101

**WHEN:** Sunday 25 May – 5:30am-2pm

Prebooked confirmed site  
\$40 Car Spot  
\$50 Car & Trailer

Casual sites on the day (only if available)  
\$45 Car Spot  
\$55 Car & Trailer



BOOKINGS ONLY CONFIRMED BY PAYMENT FOR SITE

**MAKE SURE YOU GET A SPOT!**

FOR ANY INFORMATION OR TO MAKE A BOOKING PLEASE CALL

Josephine ON 0421 810 019

or visit the website - [www.narrabeencarboot.org](http://www.narrabeencarboot.org)

Paid parking available for a limited number of cars on school grounds for \$2  
Vehicles under 2.2m high only

## RECYCLE OLD MOBILE PHONES

### Meet Jane Goodall!

One of our wonderful students (Jasmine Hall) has brought to our attention an amazing opportunity! There is a competition being run which would enable four lucky students and one teacher to go to Taronga Zoo on a behind the scenes tour, as well as hearing Jane Goodall present on 30 May. All we have to do to win this experience is collect 100 old mobile phones (they don't need to be working). There will be three competitions being run to determine who will go along:



- The person who brings in the most phones
- The person who has the most compelling reason why they should go and meet Jane Goodall (200 words or less)
- For each mobile phone that anyone brings along, that person will receive one entry into a draw (ie ten phones will get you ten entries). One name will be selected at random and it will be drawn on 19 May at the school assembly.

The reason for this promotion is that mobile phones contain an essential metal that is predominantly mined in the jungles which gorillas call home. By donating old mobile phones, the components can be melted down and reused, thereby reducing the mining pressure on these precious habitats.

Phones can be dropped off to the science staff room at any time and people will also come to roll call classes to make collections.