



## Congratulations to Our Students

### Principal's Report—Jane Ferris

Last week during Education Week we recognised the midyear achievements of students in years 7 to 11 with two Commendation Ceremonies. It was wonderful to recognise our students' commitment to learning, achievement of personal best and extra-curricular activities such as debating, Duke of Edinburgh and chess. Congratulations to you all! Also thanks to the many students who participated in these assemblies – our new Captains and Vice Captains as comperes, our individual soloists, the leading of the National Anthem, the crew on the sound desk, the symphonic orchestra and the creation of the accompanying video clip. The talent was amazing and the music uplifting. Also well done to the audience of students who were respectful of their peers receiving awards.

It was most gratifying to see so many parents, grandparents and caregivers of award recipients in attendance - at our Friday ceremony over 200 guests with standing room only. I also appreciate the positive feedback about the ceremonies and the sense of occasion generated. Several parents indicated to me that such an occasion gave them positive affirmation that they had chosen a great school.

A key message in my address is that students should have the courage to have a go, step out of their comfort zone and be persistent in their learning. Unlike Mark in my story who had to overcome many personal challenges, our students have wonderful opportunities at Pittwater High. They need to find the courage that Mark displayed through his schooling and apply themselves with resilience and determination. I challenge every student at Pittwater High to have the courage to tackle all the challenges in your learning, making the most of your opportunities as you strive and aspire to achieve.

### New Enrolments for 2015: tell your friends!

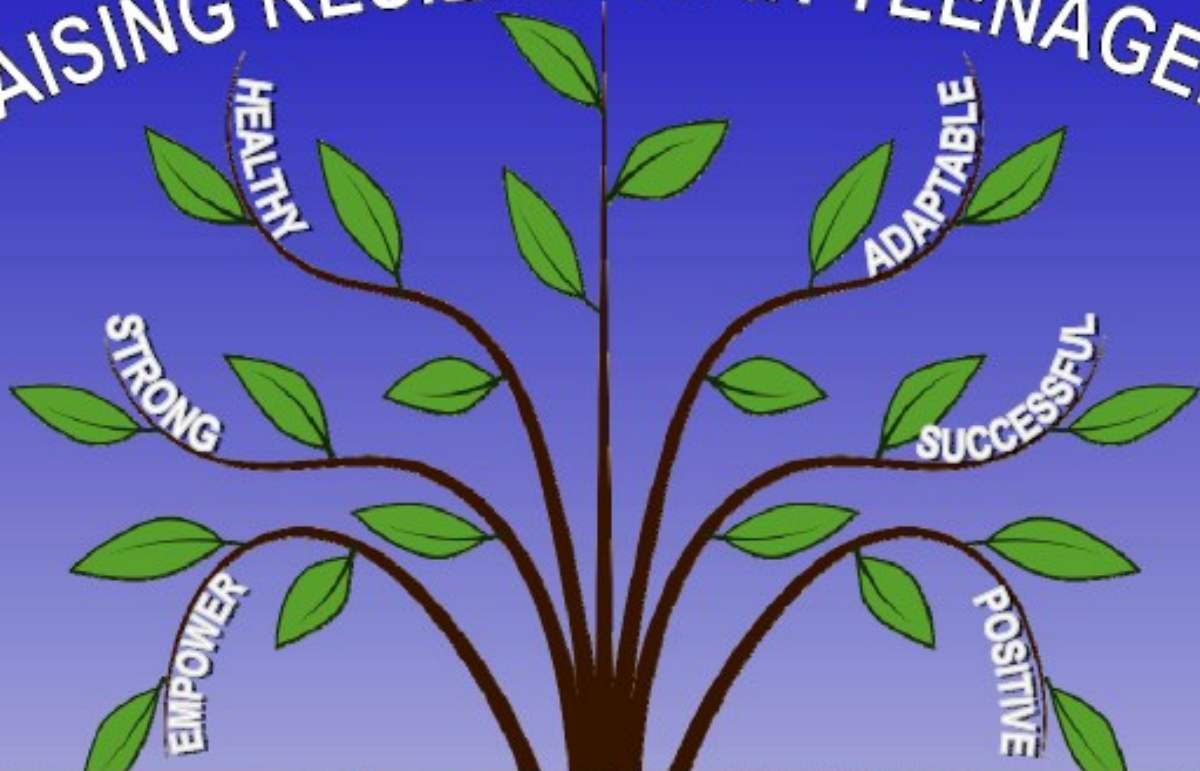
Interest in Pittwater High continues to grow and weekly we have new enrolment interviews. As we are currently planning for next year in terms of classes and subject electives, if you know anybody who is considering leaving their current private school or moving into the area, please encourage them to contact the school as soon as possible. It would be a shame that we had not planned sufficient classes in certain subjects and therefore could not meet their curriculum requirements.

### Raising Resilience in Teenagers: Community Forum

Next Wednesday 13 August we are holding a community forum that will address issues facing adolescents and give a good insight for parents in raising their teenage children. Keynote speaker Phil Nunn will also be joined by other speakers from Youthreach and Headspace. We believe this evening will be of great value to all parents. Please see the following page for more information.

CALENDAR	
Monday 11 August	Year 8 Gala Day
Wednesday 13 August	Parent/Community Forum

# RAISING RESILIENCE IN TEENAGERS



## PITTWATER HIGH SCHOOL PRESENTS A PARENT/COMMUNITY FORUM ON "RAISING RESILIENCE IN TEENAGERS"

DATE: Wednesday 13 August 2014

VENUE: Pittwater High School Hall

TIME: 6.30pm

GUEST SPEAKER: Phil Nunn (Psychologist and Educator for over 20 years) will be presenting on:

- Understanding Adolescence
- Mental health issues
- Substance use/misuse
- How to talk to teens about important issues

Community Agencies attending: Youthreach and Headspace.

All welcome!

Proudly sponsored by the Pittwater High School P&C.



# DEPUTY PRINCIPALS REPORT - Renee Andrews; Rachel Fleming

Congratulations to all students who were recognised in last week's Commendation Ceremonies. Students were recognised for their participation in a range of extra-curricula activities. Year advisers also awarded students for their commitment to learning. Thank you to all parents for your support.



School uniform has greatly improved across the school, well done to all students who have made an effort to wear their uniform correctly. The uniform will continue to be monitored by staff on a daily basis.

Year 7 enjoyed the beautiful weather yesterday as they participated in a Gala Day with other schools. Year 8 will participate in their Gala Day next Monday 11 August.

It is important that all students regularly check their DEC Student email accounts for pertinent information. Years 7 and 8 have now selected their elective subjects for 2015 using an online selection process. Year 10 have also completed their subject selections for the senior years.

Important learning continues for Year 12 throughout this term in preparation for the HSC. Scope and sequence documents indicating the schedule of learning in each subject for this term are available on the school website.

Year 12 reflection interviews will occur in week 5 during student study periods. They will complete a reflection sheet that will assist goal setting to support further preparation for the HSC. Our careers adviser, Jocelyn Bates is conducting exit plan interviews with all Year 12.

## Technology @PHS

### Ediary

Parents who have not accessed their student's Ediary account yet are encouraged to by retrieving an emailed invite entitled 'noreply' sent from MyEdiary. Open this email and click on the blue link which will take you to the Ediary site to create a password.

There are three instructional videos available to view on the Pittwater High School website.

For parents who have either changed their email address or have not been able to find the abovementioned email please email [vanessa.cesta@det.nsw.edu.au](mailto:vanessa.cesta@det.nsw.edu.au) indicating that you require a new invite for Ediary.

## BYOD

It has been pleasing to see students utilising their BYOD devices during their lessons. Student devices are proving to be a valuable resource enhancing student learning and fostering engagement. For students who have not yet registered their device, please go to the school website, print off the student agreement form and take it along with your device to Ms Cesta in the Printroom. Students are asked not to leave students agreements on her desk but to hand it in personally. Students are able to see Ms Cesta before school, Lunch 1 or Lunch 2. Senior students are welcome to see Ms Cesta in their study periods.

## Parent Portal

The parent portal letters are available for collection at the front office. Parent/carers will need to present photo ID in order to collect their letter which contains the access key for their child(ren).

A reminder to parents that the access key provided on their letter is not the password, however it will take you to a screen where you will need to create a password!

Sentral advises all parent and student portal users to use Google chrome as their internet browser. There have been reports of links not working and missing text from the parent portal for those using Internet Explorer 8 and other web browsers

# School Student Leadership Program – Prefect Development Day

The newly elected prefects of Pittwater High School were invited to attend the 2014 School Student Leadership Program – Development Day on Friday 18 July.

The day began with a breakfast organised by the incoming Prefects Elect hosting a 'changeover' breakfast for the 2013-14 prefect body and farewelling them in their role.

The days' sessions included the Principal, Jane Ferris, the Prefect Coordinator, Bobbie Ferguson, Year 11 adviser, Dave Gleeson and the Head Teacher, Dr Martin Hardy leading discussion on leadership and goal setting, working in a team and how to be an effective leader as well as having some fun and practicing the practical skills of leadership – speaking, listening and organising! This was interspersed with the new prefects working together in ideation and planning for their term as prefects at Pittwater High School.

Besides laying the foundation for an exciting and dynamic year ahead in student leadership, the group proved they had a good understanding of leadership. There was much discussion regarding the best way to move forward in their term of office and laying of the foundations for this to begin.

The 2013-14 prefects can concentrate wholly on their studies whilst knowing they have left the job of leadership in the school in good hands. We wish them all the best in their term of office. Best wishes to the Prefects of 2013-14 for a job well done, in their exams and the years ahead!

## Pittwater High School 2014-2015 Prefect Induction

The Prefects Elect of Pittwater High School 2014-2015 attended their Induction Ceremony on Thursday 24 July at 8.55am in the School Hall. The school was delighted to welcome parents and other family members who were able to join them to be part of this special day. At the conclusion of the ceremony Prefects Elect and family members enjoyed morning tea in the Staff Common Room.

## Captains

Kate  
Samuel

## Vice Captains

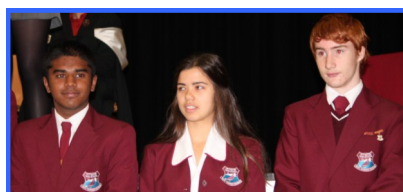
Darienne  
Paul

## Senior Prefects

Eve  
Christopher  
Benjamin  
Nicholas  
Meagan

## Prefects

Calum  
Kate  
Georgia  
Grace  
Jemma  
Madison  
Harrison  
Robert  
Madeleine  
Molly  
Ella  
Sarah  
Clint  
Rahil  
Melanie  
Maxwell



# SPORT

## PHS Regional Athletics Results

Three PHS students have qualified for the state championships with Jordyn (year 9) the regional 15 years girls 1500m champion. Alice (year 7) and Ben (year 7) also qualified with second placings.

Results are below (top 2 qualify for the NSW CHS carnival\*):

### Girls

Bella	3rd	12 years girls high jump
	12th	12 years girls discus
Alice	3rd	12 years long jump
	10th	12 years girls 400m
	2nd	12 years girls 800m
	4th	12 years girls 110m hurdles
Rebecca	11th	13 years javelin throw
Brienna	10th	13 years girls 200m
	8th	13 years girls 400m
Frances	6th	14 years girls discus
Grace	9th	14 years girls long jump
	10th	14 years girls 200m
	6th	14 years girls 110m hurdles
Jordyn	3rd	15 years girls 800m

### Boys

Matthew	6th	12 years boys high jump
	10th	12 years boys shot put
Jordi	12th	12 years boys long jump
	14th	12 years boys javelin
Ben	2nd	13 years boys shot put*
	6th	13 years boys 100m
	3rd	13 years boys 200m
Zane	12th	13 years boys discus
Daniel	10th	14 years boys 800m
Liam	4th	15 years boys shot put
	11th	15 years boys javelin
	6th	15 years boys high jump
Damien	9th	15 years boys 110m hurdles

### Relays

5th	12 years girls
	Bella , Alice , Alisa , Kira
13th	13 years boys
	Ben , Jacob , Harry , Zane

## State Cross Country Results

Very commendable efforts at the recent CHS NSW Cross Country Championships were produced by Jordyn of year 9 who placed 48th and Alice of year 7 who finished 25th.

# SPORT

## SPRING RECREATIONAL SPORTS 2014

### TERM 3: WEEKS 7-10 and TERM 4

Dear Parent/Guardian

Soon students will be asked to select their Spring Sport which will begin on Wednesday 27 August (week 7) and continue until the end of the year. A list of sports can be seen over the page. Students will select their sport ONLINE. Instructions will be emailed to students.

Please discuss these with your son/daughter and help them to choose wisely as no student will be permitted to change sports once they select.

A number of students still have outstanding sports fees. We would appreciate your urgent attention to this matter so we can continue to offer a variety of sports. Venues and instructors need to be paid before they will commit to our school sport program.

Wednesday 6 August	Information emailed to students. Grade Sport Round 8 replayed due to washout and normal winter sport
Wednesday 6 August till Wednesday 20 August	Sport selections online
Wednesday 13 August	Grade Sport Practice Games & normal winter sport
Wednesday 20 August	<b>FEES DUE - SPRING SPORTS and NORTHERN BEACHES SUPER ZONE FINALS</b>
Wednesday 27 August	Spring Sport Starts

Please note that any student who has outstanding fees or poor attendance at sport over the winter sport term will be placed automatically in a sport at school until the problem is rectified.

All fees for the Spring Sport Term must be paid by Wednesday 20 August, 2014 (prior to the new sport commencing).

**This payment must occur via the red box. Cash payment to be made to the Finance Office**

Thank you to all of those parents who have offered their assistance with our sport program this term. If you have any enquiries please do not hesitate to contact me on 9999 4035.

Kind regards

Mark Dailhou, Relieving Head Teacher PDHPE

# SPORT (cont)

## TERMS 3 AND 4 RECREATIONAL SPORTS

STUDENTS WILL SELECT A SPRING SPORT ONLINE BY WEDNESDAY 20TH AUGUST.  
FEES MUST BE PAID BY WEDNESDAY 20 AUGUST 2014 - BEFORE NEW SPORTS COMMENCE.

SPORT	VENUE	COST
<i>Fitness First Gym organised classes</i>	Fitness First – Mona Vale	\$50
Brazilian Jiu Jitsu	Bassett St	\$140
Fishing	Pittwater	\$50
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	<b>REFER TO NEWSLETTER -- RPAYC</b> All levels -Students will be transported to RPAYC by parent volunteers and need to arrange own transport home.	\$270 Term 4 only (except 19/11 due to regatta)
Surfing Must have surf survival certificate issued by school or equivalent – Year 9 & 10 only	Newport Mona Vale Beach	Nil
Surf Survival Course	Mona Vale Beach	\$130 Term 4 only
Kayaking	Paddlecraft - Bayview	\$210
Stand Up Paddleboarding	Paddlecraft - Bayview	\$140 Term4 only
FUTSAL	Pittwater RSL - includes transport to and from venue	\$140
Kitchener Tennis <i>Must have own racquet</i>	Kitchener Courts	\$70
PHS Tennis <i>Must have own racquet Serious players only</i>	PHS	\$20
Walking	Bayview	Nil
School Volleyball	PHS	Nil



# SAILING NEWS

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

## TERM 4, 2014 SCHOOL SPORT

### WEDNESDAY AFTERNOON SAILING - APPLICATION FORM

Wednesday afternoon school sailing will commence at 12.30pm and finish at 3:30pm Wednesday 8 October till Wednesday 10 December 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 and PHS Pacers, from years 8 and 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 for the 9 week term payable by 20 August 2014. No sailing and no charge for Wednesday 19 November due to the Harken regatta at RPAYC, when students will do recreation sport at PHS.

Cheques made out to "Pittwater High School", envelope clearly marked with "SCHOOL SAILING" and STUDENTS NAME and ROLL CALL CLASS and 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. Information re transport etc will only be forwarded to those who provide an email address.

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

PARENT'S NAMES and EMAIL \_\_\_\_\_

HOME PHONE \_\_\_\_\_ PARENT MOBILE \_\_\_\_\_

#### WE ARE DEPENDENT 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 Coordinator—0418 619760





# Royal Prince Alfred Yacht Club Secondary Schools Sailing 2014 - 2015



## Participants Details

Name: \_\_\_\_\_ Term 4, 2014 / Term 1, 2015 (circle)

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

School: \_\_\_\_\_

## 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 flick 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:
- o Always wear footwear while sailing or on the Club premises;
  - o Always wear a life vest and adequate sun protection and carrying drinking water while sailing;
  - o Always examine launching ramps before using them to see how slippery they are;
  - o Always check the weather forecast before going sailing. Always follow the directions of your instructors.
  - o Do not run or skylark when around the Club, especially on the car park, marinas and on launching ramps;
  - o Beware of flapping sails;
  - o 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 2106

Ph: 02 9998 3700 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)

# CAREERS

**Year 12 RSA (Responsible Service of Alcohol)** another course will be booked for the end of term on a Friday afternoon. Permission/payment note will be available soon.

**Early Entry into University:** mostly for regional university places but students should be researching their options. There is a new scheme this year where a lot of 'early entry applications' will be processed through UAC rather than individual universities. (SRS: School Recommendation Scheme). Pittwater High School has registered for this process; students will apply online from 6 August, (more information to follow at year assemblies and via email).

**UAC, (UNIVERSITY Admission Centre)** books have arrived for those studying an ATAR pathway, please collect from my office and sign for your copy. **UAC pins** should arrive at your home address in early August.

**Year 11** If you are unable to attend TAFE for any reason, you must inform me (otherwise you will be issued an 'attendance alert' from TAFE).

**Year 10** Careers lessons this term are during Science lessons, (roughly once a fortnight). We are investigating **workplace safety**, discussing some 'world of work' scenarios and **resume writing**.

**WORK EXPERIENCE:** Information was sent home in Careers Lessons term 1; an optional week of work experience is available to every student throughout the rest of this term and the first half of term 4, (other than the assessment period in late term 4). I recommend every student to undertake a work experience, please see me if you can't find the required documentation.

**JOBS: Junior Salon Hairdressing Assistant**, (part-time job in Mona Vale for Tuesday afternoons and Saturdays). Contact Elaine from **Graphix Hair Studio** on 9997 4230 or email at [graphix.hairstudio@yahoo.com](mailto:graphix.hairstudio@yahoo.com). Also check out [www.seek.com.au](http://www.seek.com.au) for more jobs or The Manly Daily for local jobs.

**TAX FILE NUMBER applications:** every student will need a Tax File Number at some stage whether for a part time job or University or TAFE applications. See me for an application form, it is a much easier process through school, you don't need proof of identity. A new group of applications will be processed mid term.

**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)

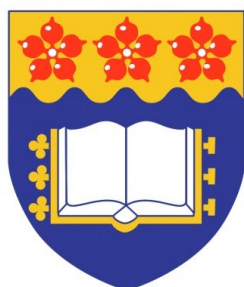
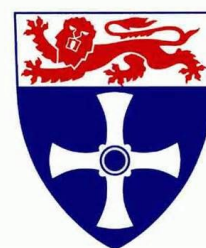
Jocelyn Bates, Careers Teacher

# UNIVERSITY/COLLEGE OPEN DAYS 2014

Thursday 7 August	Central Queensland University (virtual tour) University of Newcastle (Port Macquarie Campus)
Saturday 16 August	University of Newcastle (Central Coast Campus) University of Wollongong UOW Open Day
Sunday 17 August	ICMS International College of Management Sydney
Saturday 23 August	University of Newcastle (Newcastle Campus)
Saturday 30 August	University of Technology, Sydney City Campus University of Wollongong Sydney Business School (CBD Campus) University of Sydney ADFA University of Canberra Australian Catholic University Blue Mountains International Hotel Management School Leura—10am-1pm University of Notre Dame Sydney 9am-3pm
Sunday 31 August	UTS Sydney University of Western Sydney Parramatta Campus
Saturday 6 September	University of New South Wales (Kensington campus) Australian Catholic University (North Sydney Campus) University of Technology, Sydney Kuring-Gai (Lindfield)
Monday 8 September	ACPE Academy Olympic Park Sydney: 10am-12pm
Saturday 13 September	Macquarie University William Angliss Institute Surry Hills 10am-2pm Australian Catholic University (Strathfield Campus)
Monday 8 December	Southern Cross University (Coffs Harbour Campus)
Wednesday 10 December	Southern Cross University (Lismore Campus)
Thursday 11 December	Southern Cross University (Gold Coast)



UNIVERSITY OF  
NEWCASTLE



# AUGUST 2014 — PITTSWATER HIGH SCHOOL INSTRUMENTAL MUSIC PROGRAM

**MUSIC NEWS**      Term 3 Week 4

**PERFORMANCE and MEETING DATES**



TERM 3—MEETINGS AND EVENTS	DAY	TIME/PLACE	ENSEMBLES
5 August—Music Ensemble Meeting	Tuesday	Pittwater RSL	7pm All Welcome
12 August	Tuesday	7pm School Hall	Junior and Senior Stage Bands Full formal band uniform
2 September—Meeting	Tuesday	6pm	Overseas tour to China
18 September— <i>tickets still available</i>	Thursday	Opera House	Orchestra
6 October—Manly Jazz Festival	Monday	2pm for 3pm performance	Senior State Band Full formal band uniform

**Music Ensemble Overseas Tour Meeting:** There will be a meeting at 6pm on 2 September straight after Symphonic Ensemble rehearsal to announce the next music program overseas tour to China. There will be a presentation and general information.

**Manly Jazz Festival:** Congratulations to the Senior Stage Band who have been invited to play at the prestigious Manly Jazz Festival on Monday 6 October at 3pm. As this event falls on the long weekend in the middle of the school holidays we are advising all families now in the hope that you can arrange holidays etc around this to ensure we have our full band in attendance. This is a really exciting opportunity for our young musicians and we encourage all members to do whatever it takes to attend.

**Year 12 Parents** will soon, (probably end of Term 3/beginning of Term 4), sadly, be relinquishing their positions as Ensemble Parents and Committee Members. Most specifically, Allison Meadows for Senior Stage Band, Ann Connors as Ensemble Librarian, (her son has already finished with the Ensembles but Ann has stayed on to try and complete the filing of music,) and me, Joanne Gwatkin-Williams, as Secretary and Symphonic Parent. Please could you all give some thought to taking over these positions? It might be a good start, to come along to the Ensemble Meeting on Tuesday, to have a look at the whole Ensemble picture

**CONTACTS:**

Secretary	Joanne Gwatkin-Williams: joanne@thevastydeep.com or 0437 408 801 ;
Treasurer	Rick Elliott: icycold@outlook.com or 0400 461 941;
Uniform	Melissa Turnock: melisso.turnock@pilotesscene.com ; 041 4 452 152;
Canteen	Sheridan Femio: xeresfemio@gmail.com or 0414 594 905
Ensemble parents:	<b>Concert:</b> Elizabeth Gardner elizgard@tpg.com.au (Thurs) 0414 704 812 and Helena Nobs: nobschui@ozemail.com.au (Tues) 0417 434 547; <b>Symphonic:</b> Joanne Gwatkin-Williams: joanne@thevastydeep.com or 0437 408 801; <b>Strings:</b> Grace Marshall: grace.marshall@ioof.com.au or 0408 811 066; <b>Junior Stage:</b> Julie Rodgers: jl.rodgers@bigpond.com or 0438 635 048. <b>Senior Stage:</b> Allison Meadows: meadows2@iinet.net.au or 041 2 564 674 <b>Orchestra:</b> Caroline Cady cazcade@outlook.com or 0425 221 582
Band Captains:	Patricia Gwatkin-Hiason and Yannick Barford



# SCHOLARSHIPS

## HELPING CHILDREN TO A BETTER FUTURE

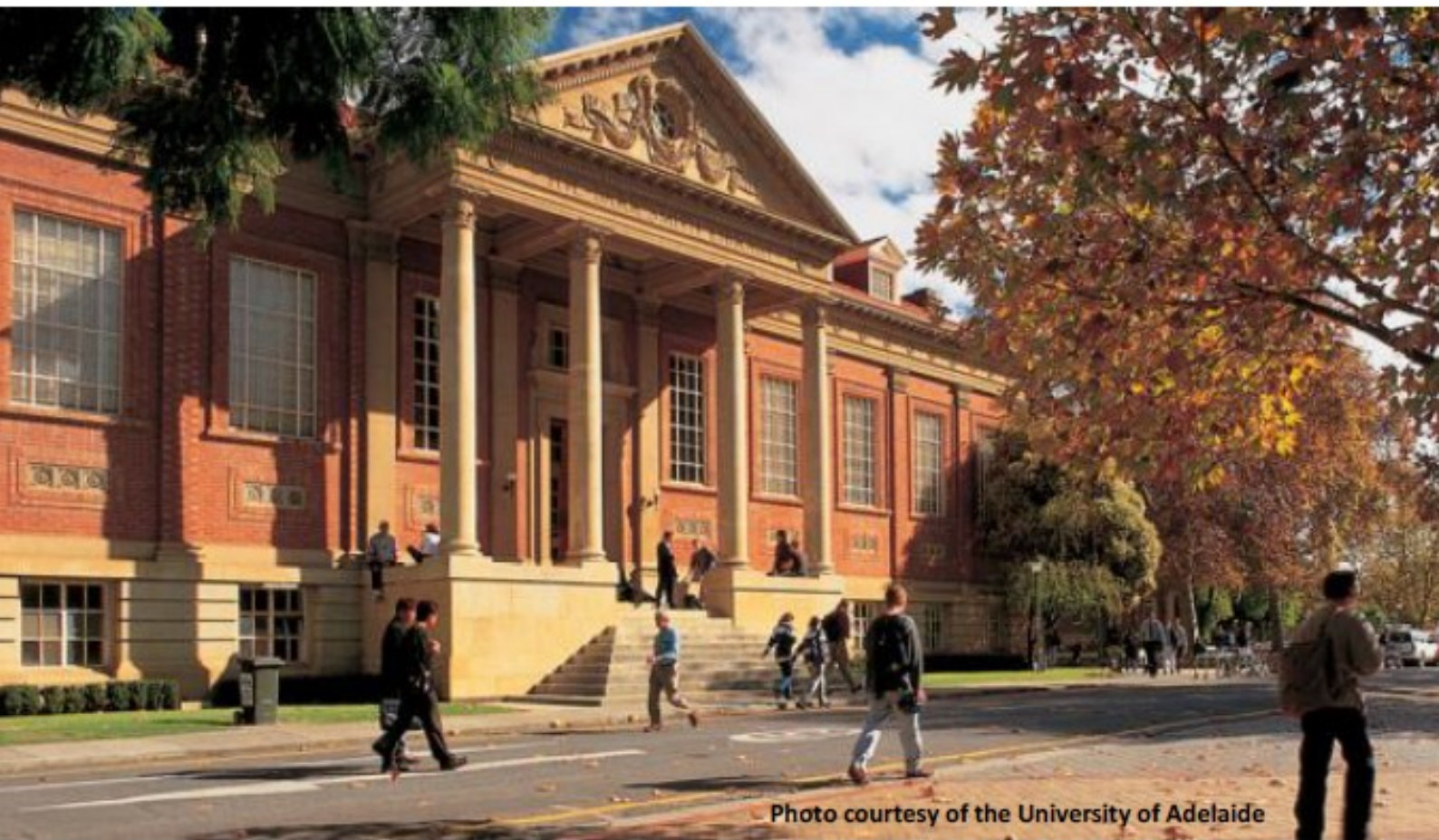


Photo courtesy of the University of Adelaide

The Australian Veterans' Children Assistance Trust (AVCAT) is a not-for-profit organisation. AVCAT administers scholarships to help children, and in some cases grandchildren, of the Australian ex-service community with the costs of full-time education. The most deserving candidates are provided with financial assistance to facilitate their tertiary studies.

AVCAT relies on the generosity of the ex-service and business community as well as private donors. If you would like to find out more about supporting AVCAT or applying for a scholarship, please contact us:

*"It means the world to me that someone I don't know cares about my education and believes I have potential."*

*2014 Recipient*

T: 02 9213 7999    E: [avcat@dva.gov.au](mailto:avcat@dva.gov.au)    W: [www.avcat.org.au](http://www.avcat.org.au)

## APPLICATIONS OPEN 18 AUGUST



AUSTRALIAN VETERANS'  
CHILDREN ASSISTANCE TRUST

# PITTWATER HIGH SCHOOL UNIFORM SHOP ORDER FORM

Uniform Shop Hours - Tuesday and Thursday 8:15-11:55am

DATE \_\_\_\_\_ Order taken by (internal use) \_\_\_\_\_  
 STUDENT'S NAME \_\_\_\_\_ ROLL CALL \_\_\_\_\_  
 CONTACT PHONE NO's (HOME) \_\_\_\_\_ PARENT MOBILE PHONE: \_\_\_\_\_

				ORDER DETAILS		
	ITEM	SIZES	PRICE	SIZE	QTY	TOTAL
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	27			
	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		25			
UNISEX	Maroon Fleezy 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 from canteen at any time.

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

The Uniform Shop is open every Tuesday and Thursday from 8.15am to 11.15am, and located at the far end of the Canteen – enquiries 9979 6968 or contact the Uniform Shop manager Kim Gobbe.



## Financial Counselling Service

It's best to seek help early so your problems don't get out of control.

Financial counselling can:

- help relieve your stress,
- help resolve your immediate financial problems and
- help you plan for the future.

## Financial Counselling Service

Financial Counselling Services

### Naremburn Family Centre

Main contact:

(02) 8425 8700

email: [naremburnfc@dbb.org.au](mailto:naremburnfc@dbb.org.au)

40 Merrenburn Avenue

Naremburn NSW 2065

Monday to Friday

9:00am – 5:00pm

### Brookvale Family Centre

(02) 8968 5100

Unit 9B, 44 Wattle Road

Brookvale NSW 2100

By appointment

9:00am – 5:00pm

If you require an interpreter, please call  
TIS National 131450

Brought to you by:

**CatholicCare**  
Diocese of Broken Bay

[www.catholiccaredbb.org.au](http://www.catholiccaredbb.org.au)

Free

## Financial Counselling Service

We can help you get back on track financially.

**CatholicCare**  
Diocese of Broken Bay

 **Lifeline** **Saving Lives**

Crisis Support. Suicide Prevention.

# BOOK FAIR

**Ted Blackwood Hall  
Jacksons Rd  
Warriewood**

**29 Aug-31 Aug**

**Fri 1-8, Sat 9-5, Sun 9-2**

**WANTED**

## VOLUNTEERS

for the uniform shop

Tuesday mornings from 8:15-9:15am approx.

Once a month or every Tuesday if possible.

Contact Kim Gobbe 0412 448 177

Sunday 24 August 2014



Run, Walk or Crawl  
1504 Giant Steps  
to assist children  
with autism



active8change.com.au

### Can your Students Climb Sydney's Tallest Building?

We would love to invite your students to be part of the 'School's Challenge' at this year's Sydney Tower Stair Challenge on August 24. This is a great chance for teams of 4 to take on the 1504 stairs from Pitt Street Mall to the Observation Deck at the Sydney Tower Eye. Participants have to be 12 years or older.

Each stair climbed will assist Giant Steps who operate a school and intervention service for children and young people (2-20) who have been diagnosed with Autism Spectrum Disorder.

For more information and to register simply go to [www.active8change.com.au](http://www.active8change.com.au). Alternatively you can contact Steve Corrie at Active8Change on 0439 975 759 for specific event day information or Michelle Jocum at Giant Steps on (02) 9879 4971.

## Northern Beaches



A problem shared is a problem halved

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: BRENDA INGLIS-POWELL "RAISING DIFFICULT CHILDREN"

Brenda Inglis-Powell is the Group Program Coordinator for the Pastoral Counselling Institute and co-author with her husband, Dr Peter Powell, of "Raising Difficult Children - Realistic Behaviour Management to Help Children Lead Creative Lives".

Having raised two sons has added to her skills in developing effective and workable strategies for living with learning and social difficulties. Brenda and her husband, Dr Peter Powell, are committed to helping parents become confident in their parenting, so that as many children as possible reach their full potential. They conduct lectures, seminars and workshops throughout Australia, often sharing their own struggles and experiences.

Monday 8<sup>th</sup> September 2014 @ 7.00-9.00pm  
The Pittwater RSL, Main Sail Room, 82 Mona Vale Road, Mona Vale

Ticket reservations essential via  
<http://www.eventbrite.com.au/org/4222746751>

Register on [Eventbrite](#)

Like us on  
[facebook](#)

<https://www.facebook.com/beachesADHDsupport>  
[nbshdsupportgroup@gmail.com](mailto:nbshdsupportgroup@gmail.com)  
[www.northernbeachesadhdsupportgroup.com.au](http://www.northernbeachesadhdsupportgroup.com.au)



Venue kindly sponsored by Pittwater RSL Club



Wed 6 Aug	Anne Carolan, Giovanna Graziano, Martha Leonard, Nicole Graham
Thurs 7 Aug	<b>HELPERS NEEDED—please call canteen to confirm</b>
Fri 8 Aug	Rowena Kempton, Lana Mares, Alison Turner
Mon 11 Aug	Jenny McDowell, Katie Scharkie, Selena Webber
Tues 12 Aug	Natasha Zani, Gloria Hardman, Ann Clayton, Myra Tremi
Wed 13 Aug	Lara Floyd, Fiona Griffith— <b>HELPERS NEEDED</b>
Thurs 14 Aug	Glenda Hanks, Karen Shapcott, Sheridan Femia
Fri 15 Aug	C Marshall, Sandra Avedissian
Mon 18 Aug	Lisa Stranack, Diana Shanks, Miriam Bookey, Janet Howard
Tue 19 Aug	Helena Nobs— <b>HELPERS NEEDED</b>

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

### WE DESPERATELY NEED HELPERS FOR THURSDAY

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