

ALARM

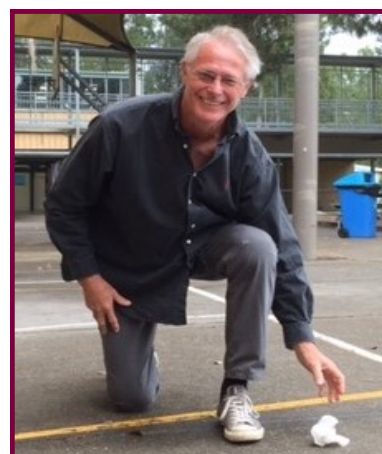
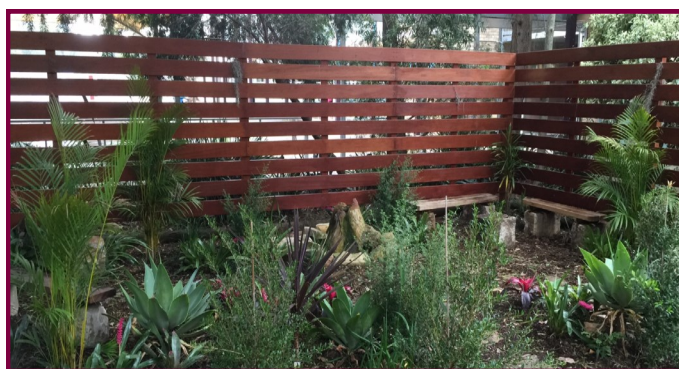
Upon joining Pittwater High School earlier this year, I was overwhelmed by the success, and widespread use of the ALARM (A Learning And Response Matrix) model. It was therefore a privilege to have it's developer Max Wood return to our school this week, to work with newer staff in developing their skills and understanding of this process. The feedback I consistently receive from students regarding ALARM is overwhelmingly positive, with comments reflecting the benefit that this method provides in clarifying the process of learning and using higher order thinking skills, as well as the support it provides in approaching the task of analysing and responding to task requirements. Pittwater High School is committed to ensuring that all students are supported in the acquisition of fundamental literacy and numeracy skills, and with this in mind, the Literacy Team has worked to ensure the consolidation of this highly successful approach.

SCHOOL GROUNDS

The wonderful transformation to the school grounds over the course of 2015 has resulted in significantly improved amenity, in a way that supports and complements the natural environment. Students have treated these new facilities with care and respect, and I congratulate everyone for maintaining this commendable approach towards caring for the school grounds. Special mention must be made to all those who worked on transforming the school grounds including Larry Bates, Cheree Hall and Joshua Wandl of Year 12.

Mr Dailhou has recently reintroduced the "Take 3" approach, where students and staff are encouraged to place three pieces of litter into the bins, and this is already starting to have a noticeable effect on the school grounds. It is a credit to the students at Pittwater High School that in taking the photos for this Newsletter, it was very difficult to find a piece of litter for Mr Dailhou to be photographed with.

Ben Rekić—Deputy Principal



Presentation Night 2015

You are cordially invited to the
Pittwater High School 2015 Presentation Night
on Tuesday 8 December at 7pm in the school hall.

Please put this date into your diary.

Flowers for the Stage: If you are able to assist on the morning with a donation of flowers and/or the arrangement of them please email Amanda Sechi at amanda.sechi@det.nsw.edu.au

Supper: A light supper will be available after the function.



A reminder that the bus turning circle outside the school in Mona Street has restrictions—as indicated. There are often council rangers patrolling the area so please be aware of these restrictions.



Year 11 University Information

The QILT website helps you compare official study experience and employment outcomes data from Australian higher education institutions. Create your own shortlist to compare different study areas and institutions. <http://www.qilt.edu.au/>

CALENDAR

Wednesday 4 November	P&C Meeting—7pm
Tuesday 10 November	PHS Musicale—7pm
Tuesday 8 December	Presentation Night—7pm School Hall

WELFARE

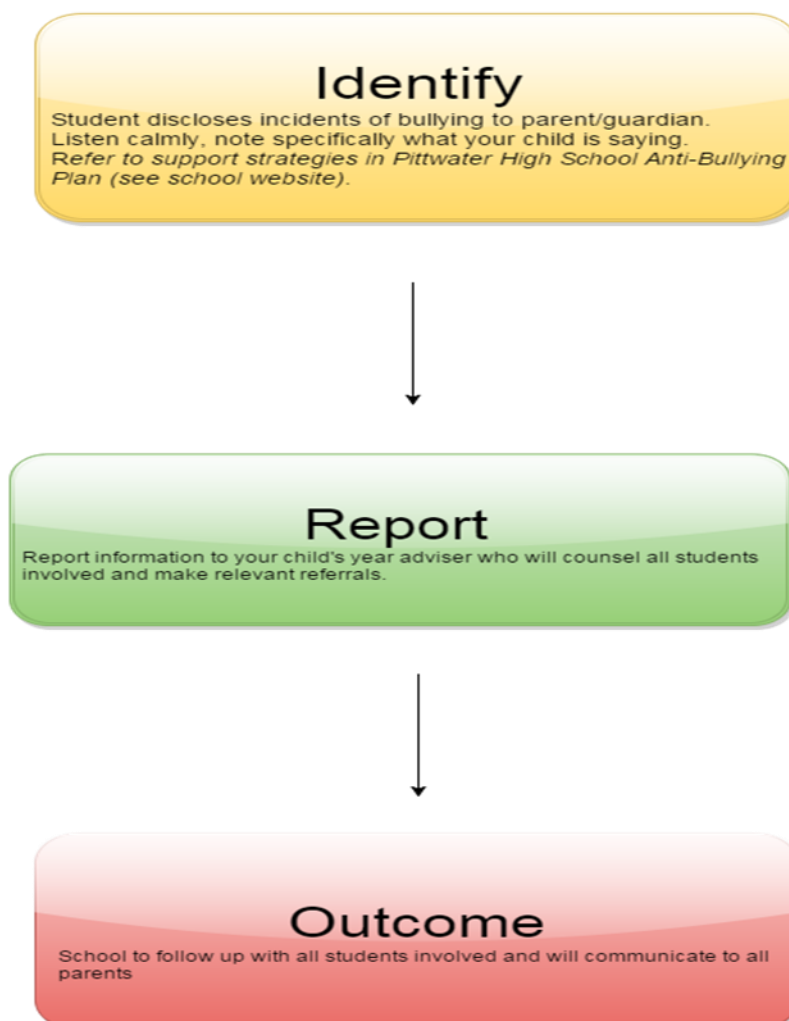
Are you RITE?

Over the past term Pittwater High School has been reviewing and updating the school Anti-Bullying plan. Staff, students and parents were given the opportunity to have their say in an online survey and this information has been used to inform the staff anti-bullying team who have worked hard to create a clear and effective policy. Over the coming weeks we will be working with the student anti-bullying team to raise awareness and encourage all students to stand together against bullying. Students who are targets or bystanders who witness bullying are encouraged to follow the 'Are you RITE?' principle:

- R** **Recognise the incident.** Is it bullying or a one off circumstance?
- I** **Inform the bullies calmly and politely** you want them to stop! Use assertive 'I' statements. *I don't like it when you....*
- T** **Tell a responsible or trusted adult** about reoccurring bullying. Talk to them about ideas and strategies you can use to manage the situation, and identify with them the reoccurring tendencies.
- E** **Evaluate the situation.** If it does not improve follow up on the situation with the trusted adult.

Reporting Bullying at Pittwater High School Parent Flow Chart

Bullying is repeated verbal, physical, social or psychological behaviour that is harmful toward one or more individuals



Parents are encouraged to follow the following process if bullying is reported to them at home.

WELFARE

Whooping Cough Information for Schools

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken five days of antibiotics. Keep coughing children away from babies.

Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at six weeks, four months, six months, four years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for [information for childcare and schools about whooping cough](#).

CONGRATULATIONS.....

Jiu-Jitsu Champion!



Adam Eglesz, of Year 7, recently competed at the Pan Pacific Jiu-jitsu Competition in Melbourne. Adam won the Gold Medal, coming first in his competition. Congratulations to Adam on his fine achievement. We are all very proud of him. Not only is he an incredibly strong athlete, he always displays an outstanding attitude in everything he does!

MATHEMATICS

ICAS Mathematics Competition 2015

Students from Pittwater High School achieved outstanding results when they participated in the International Competitions and Assessments for Schools (ICAS). Those students whose achievements were outstanding were rewarded with Certificates of Merit, Credit and Distinction.

This year, 192 students participated in the competition, 87% gaining recognition of their achievements. The results were:

YEAR	MERITS	CREDITS	DISTINCTIONS
7	3	10	6
8	7	21	1
9	5	23	5
10	0	11	8
11	3	6	4
12	2	5	1
TOTAL	20	76	25

DISTINCTIONS:

Year 7: Lulu Blayney, Adam Eglesz, Grace Fisher, Thomas Poppleton, Drew Power, Clancy Raymond

Year 8: Bettina Cilia

Year 9: Michela Bates, Ryan Burke, Maximillian Nedbalek, Laurie Sykes, Ricky Wandl

Year 10: Jason Beard, Lachlan Cassidy, Zachary Dinter, Yuanda Dong, Liam Evans, Jenzy Ocampo, Toby Rutherford, Samuel Squire

Year 11: Daniel Chun, Harry Hall, Zihang (Chris) Luo, Wakana Mori

Year 12: Calum Baird

Congratulations to all for their participation.

Mrs Sechi—Head Teacher

YEAR 9 CAMP

The warming weather of week two saw Pittwater High School's Year 9 Camp where the students travelled north to 'The Great Aussie Bush Camp' at Kincumber on the central coast. The participation of both the teachers and students was incredible, with one of the major focuses of this year's camp being inclusivity and extending past your comfort zone. Rebecca Sharples of Pittwater's Multi-Categorical class enjoyed her time so much she insisted on sharing her camp experience with the Pittwater community. Read about her exciting week at camp below.



Year 9 camp was amazing from the start. We arrived at the great Aussie Bush Camp on Wednesday morning at around 10 o'clock. We all sat on logs to wait to be sorted into cabins. I was in cabin 12 with my friends.

After we unpacked our bags we had lunch. The food there was really nice and so were the camp leaders. After lunch we were sorted into groups. There were five groups and each group had boys and girls in them. Each group did different activities.



I was in group one and our first activity was Rock and Water. Then our second activity was where we had to place planks in muddy water and cross them without falling in. Our team won and we were very happy. After dinner we had a disco and everybody danced the night away! It was so much fun and we played a lot of fun games. Then everybody was tired and we all went back to our cabins to go to bed.

The next morning we were all so tired after being woken up at 6:00 AM by the annoyingly cheerful voices of the camp leaders. We all were very tired and wished we could sleep longer, but we were soon all wide awake once we discovered what our first activities were for the day! My group had the giant swing first and at first we were very excited.

Then it started to rain so our group leader took us under the shelter and talked to us about the swing. Everybody was sorted into groups of three and the leader showed us how to wear the full-body harnesses. Finally we did it and our stomachs turned as the swing went down. It was fun and worth the wait. I couldn't wait to get off though! My legs really hurt and I didn't think I could walk! But I was fine.



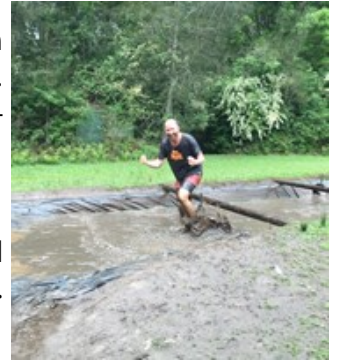
YEAR 9 CAMP



After the giant swing we had snow cones for morning tea. Then we were prepared for our next activity. Group one's second activity for the day was the mud course. We had to dress in clothes that we could get dirty. The mud course was an obstacle course where you had to jump over and under obstacles and get as muddy as possible. I didn't do it so I waited with the other kids who didn't want to get muddy. The boys had so much fun and at the end they were covered from head to toe in mud. It was hilarious watching them slipping and sliding over in the mud and we couldn't stop laughing.

After the mud course we had lunch. After lunch we had initiatives. Then after our 4th activity which was rock and water again we had free time. We roasted marshmallows on the campfire and had fun talking and playing. Then we all went for dinner.

After dinner we got ready for movie night. The movie was called 'Remembering the Titans' and we all sat/lay on our pillows and watched. Then we all went to bed.



We were very happy the next morning when we found out that group 1's first activity was canoeing! We walked to the lake and we all got into our canoes then we played some games and paddled around the river. After canoeing we had our final activity. It was rock climbing. Everybody had heaps of fun. Then we had hot dogs and soft drinks for lunch and the boys bombarded Mr Lutton with waterbombs. Then the buses came and we all went back to school.

Year 9 camp was an unforgettable experience and a message to all the future year 9's: "You won't regret going to year 9 camp. You will regret it if you don't go though. You will have so much fun and you will love every second of camp!"

Rebecca Sharples—Year 9

MARINE AND AQUACULTURE TECHNOLOGY

Long Reef Rock Platform Excursion

Students from Pittwater High School's Marine and Aquaculture Technology Year 9 Program recently attended an excursion at Long Reef Aquatic Reserve. The excursion was kindly hosted by the amazing staff at Pittwater Council's Coastal Environment Centre, with funding made possible from the Pittwater Council's environmental education funding.

The aim of the excursion was to teach students about the delicate marine ecology of our rock platforms. Students were taught methods of water sampling, animal identification and sampling, the adaptations of animals to changing environmental factors and the human impacts on our rock platforms.

Students were introduced to many of the great animals that are found on our rock platforms including sea hares, sea urchins, turban snails, waratah anemones and gloomy octopus. The weather was great, students enjoyed their time and they represented the school with a great maturity.

Mr Cannings and Mr Tucker would like to thank Toni Wilson and David Lowery from the Coastal Environment Centre for hosting the school on such a great day.



YOUTH ECO SUMMIT

Pittwater High School's environmental prefects and select students from Year 10 recently attended the Youth Eco Summit at Homebush Bay.

The Youth Eco Summit is a gathering of like-minded students who are concerned about the environmental impacts humans are having on our planet. Students gathered to hear from selected presenters about projects involving sustainability and environmental awareness. The aim of the summit is to inspire students to get involved in projects that enable schools to become more sustainable and environmentally conscience.

Students from Pittwater attended the event with other schools from the peninsula. The Summit was very valuable in gaining ideas about projects that could be implemented at Pittwater High. Look out for a number of ECO projects from this team.

Mr Cannings would like to thank the Environmental Action Group for attending—Will Bailey, Harry Steiven-Dalton, Yasmin Avery, Harry Lush, Danelle Kelliher—headed by Taylor Springthorpe

Mr Paul Cannings—Classroom Teacher

2015 PCS SCIENCE FAIR

Things have been bubbling, fizzing and shining in the Science department this semester.

At the end of last term eight students from the Junior Science Club represented Pittwater High School at the Peninsula Community of Schools (PCS) Science Fair. This year the Science Fair was hosted by Narrabeen Sports High School.

Over 13 primary and secondary schools from the peninsula presented science projects with this year's theme, the Science of Light. Students had to design and create projects that are then presented to visiting students. Over 15 students from Pittwater's Junior Science Club also attended the event. The students from the Science Club have volunteered their early Wednesday mornings to work on projects for the school's theme of "Reflection: Entertaining with Light".

Students designed and built a laser maze, diorama of a laser security system, a total internal reflection fountain and a hologram optical illusion pyramid. The students worked very hard, built some amazing projects and presented to fellow students with amazing professionalism.

Mr Cannings would like to thank all the junior scientists from the Junior Science Club for all their hard work. Special mention to the students who presented, Jed Griffiths, Madelaine Avagliano, Heath Blinco, Anton Peden, Kirra Stubbs, Chris Wall and Max Shaw. Without the amazing dedication of these students, the day would not have been such a success.

Mr Cannings—Classroom Teacher/Coordinator Junior Science Club



CAREERS NEWS

Parents/Carers: Please don't hesitate to contact me via phone or email if you have any questions.

Year 12: Good luck with your final HSC exams!!

UAC applications for university places in 2016: For those undertaking an ATAR pathway and wishing to go to university next year, they should have received their **UAC pin**, (Universities Admission Centre pin) by now in the mail. They will need to log in and select their nine university courses for 2016. **Selection deadline was the end of September, however you can still apply, you will just pay a late fee.** This year's **UAC books** have arrived-please collect and sign for your copy from the Careers Office!

EAS, (Educational Access Scheme) applications for those who have suffered "**long-term educational disadvantage**" (to gain extra ATAR points) are available now from the Careers Office in the Library.

University Open Days:

DATE	UNIVERSITY OPEN DAY
7 December	Southern Cross University Coffs Harbour
9 December	Southern Cross University Lismore
11 December	Southern Cross University Gold Coast

Full-time Jobs:

Electrical apprenticeships Landscaping apprenticeship Locksmith traineeship
Please see me for more information.

Year 10:

Careers Lessons this term, once a fortnight. We will be: **Making a short video clip about a job of interest** and **Investigating post-school options**

NOTE: Work Experience for this year has now concluded.

JOBS/Other news: Students need to check their **department emails** regularly for advertised jobs! Also, checkout www.seek.com.au for more jobs or **The Manly Daily** for local jobs!

YEARS 10, 11 AND 12 STUDENTS: Please log onto

The **MHSCareers** website-Pittwater High School subscribes to this website which **advertises current careers events**. To login: use "**parent**" or "**student**" then password "**14cairns**". You can also register for email alerts! The "**Calendar**" is great info!

Or for more **general careers information**, look at our Careers website by checking out **CareersWorks**, students should have the password but email me if you need a copy?

Also, we have created the **Pittwater High Careers** website, please have a look and encourage students to **register!!**

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

J. Bates, (Careers Adviser, ext 128).

YEAR 7 MUSIC EXTENSION CLASS

For those of you who don't know what the music extension class is, it is basically a class filled with talented year 7 students that have been selected through an audition process.

The year 7 students in 7P are involved in a variety of bands here at Pittwater High, including the string orchestra, concert band, junior stage band and the symphony orchestra. We also get many opportunities to perform at concerts such as our Year 7 music night, the musicale and all of the amazing performances that the bands organise for us. This year our class has been selected to perform a piece in the musicale. We will be playing Disco Inferno, and the senior strings and choir will also be performing a piece. We also have a few soloists who will be showcasing their talents in the Musicale.

In class we work on many different styles of music and ensembles. Recently we have done the style of jazz, learning and playing music based on that style. In the past we have also done Classical, Baroque and TV or movie show themes. When we do ensemble work we work on our sight reading and how we can improve our playing as a group. Throughout this year 7P has enjoyed every part of this amazing class which has been taken by Miss Meyers, we look forward to see who gets the opportunity next year to be a part of 7P.

Jessica Gudmunson

MUSIC NEWS

When	Event	Location	Ensemble
31 October 9.45arrival	Community Event	20 Jubilee Ave Warriewood	Senior Strings Ensemble
10 November 7pm	PHS Music Night	School Hall	Selected students, Year 7 Music Elective Class, Senior Strings, Senior Stage
17 November 7pm	Instrumental Presentation Night	School Hall	All ensembles
8 December 7pm	School Presentation Night	School Hall	Senior Stage Band

Arts Alive Combined Schools Bands—Auditions for 2016 are now being planned

Jazz at the Inch—Please help share the word about this fantastic event to support the China Tour

Busking Opportunity—Pittwater Council is running a market day on 1 November

www.pittwater.nsw.gov.au/markets Call Nikki Griffith 9970 1165

2015 Payments—The online portal is open for access. Payment questions to

Rick Elliott icycoldlager@gmail.com <http://www.myschoolmusic.com.au/pittwaterhighmusic>

Contact Information:

President Valerie Mavridis
Secretary Helena Nobs
David Fogarty
Treasurer Rick Elliott
Uniforms Melissa Turnock
Canteen Sheridan Femia
Concert Band Linda Mancini
Helena Nobs

yurimavridis@gmail.com
nobschiu@ozemail.com.au
david.fogarty@gmail.com
icycoldlager@gmail.com
melissa.turnock@pilatesscene.com
xeresfemia@gmail.com
lindammancini@hotmail.com
nobschiu@ozemail.com.au

0416 444 303
0417 434 547
0406 007 778
0400 461 941
0414 452 152
0414 594 905
0410 445 799
0417 434 547

Symphonic

Strings Grace Marshall
Junior Stage Joulia McLaren
Senior Stage Sally Simons
Orchestra Valerie Mavridis
Band Captains

grace.marshall@ioof.com.au
Joulia.mclaren@gmail.com
sallysimons2@icloud.com
yurimavridis@gmail.com
Nick Simons Robbie Fabbro

0408 811 066
0414 771 346
0416 444 303



SUNDAY 8TH NOVEMBER 2015
PITTWATER HIGH SCHOOL
7.30AM – 1.30PM

TREASURES WAITING TO BE UNCOVERED
COME EARLY TO DISCOVER A BARGAIN

COFFEE, DRINKS, CAKES AND A SAUSAGE SIZZLE
WILL BE AVAILABLE ON THE DAY

SELLERS VEHICLE \$40/TRAILER \$50 – BUYERS FREE!

BOOKINGS ESSENTIAL
VISIT WWW.TRYBOOKING.COM/JDDT

ALL PROCEEDS ASSIST THE PHS INSTRUMENTAL TOUR TO CHINA

PITTWATER HIGH SCHOOL

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

Date: _____ Order taken by (internal use): _____
 Student's Name: _____ Roll Call: _____
 Contact Phone No's (Home): _____ Parent Mobile Phone: _____

				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 Embroidery	8-22	32			
	Senior Grey, Front Pleated Skirt – Summer and Winter	8-22	60			
	White Ankle Socks	Not sold at Uniform Shop				
BOYS	Junior Maroon Polo Shirts with PHS Emblem	10-26	32			
	Junior & Senior Grey Surf Style Shorts	XXS-5XL	39			
	Long Grey Pants	Not sold at Uniform Shop				
	Junior Midford Grey Elastic Waist Shorts	12-18	25			
	Senior White Collar Short-Sleeved Button Shirt with PHS Embroidery	16-26	30			
	Senior Maroon School Tie with PHS Embroidery		25			
UNISEX	Maroon Fleecy Zippered (Hoodie) with PHS Embroidery	XXS-XXL	50			
	Junior Maroon Sweatshirt (Sloppy Jo) 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			
NEW	Peaked Cap		12			
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	32			
	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 and cap)		85			
	Navy Apron		12			
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 EFT 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.

12 October 2015

Northern Beaches



Support Group

A problem shared is a problem halved

The Northern Beaches ADHD Support Group is a voluntary, parent-run group offering support for parents of children or teenagers with ADHD, via regular meetings. The group aims to provide a safe and supportive environment to discuss and learn more about ADHD in order to best help parents and kids.

SPEAKER EVENING: DR ROBYN COSFORD

"The Gut-Brain Connection"

Dr Robyn Cosford MBBS (Hons) FACNEM
Director, Northern Beaches Care Centre

Conjoint Lecturer, University of Newcastle School of Biological Sciences
will talk on the gut-brain connection.

Monday 23rd November 2015 @ 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



Facebook: <https://www.facebook.com/BeachesADHDsupport>
Facebook Forum: <https://www.facebook.com/groups/BeachesADHDsupportGroup/>
Email: nbadhdsupportgroup@hotmail.com
Website: www.northernbeachesadhdsupportgroup.com.au
We sell the Entertainment Book online via our website



Your guide to ADHD information, services &
resources in the Northern Sydney region.
www.adhdguide.com.au



Venue kindly sponsored by
Pittwater RSL Club

PHS

MUSICALE

10th November 2015
7pm @ PHS Hall, FREE

**SAM, TOM, YASMIN & KAEVERN -
CHRISTIAN, JACK & FLYNN - RHYS, TOM
& NATALIE - ELLA & ROWAN - NINA,
DYLAN & JEMIMA - KATE &
MAEVE - SUNNY & HAMISH -
MICAH LIHACHOV - NATHAN &
RICKY - ISAAC HOGARTH -
GRACE FISHER - JESSICA
GUDMUNSON - DJANGO
MALLON - ALEX & JULIA -
SENIOR STAGE BAND - PHS
CHOIR - SENIOR STRINGS**



CANTEEN NEWS

Wednesday 28 October:

Fiona Griffith

Thursday 29 October:

Sheridan Femia. Helpers needed

Friday 30 October:

Debbie Havenstein, Sue Nicol, Susan Crosse

Monday 2 November:

Michelle Le Creurer

Tuesday 3 November:

Leonie Olivari, Blandine Bizeau, Ann Clayton

Wednesday 4 November:

Melissa Trbojevic, , Linda Newman, Di Brian, Helen Mijakovac

Thursday 5 November:

Keryn Gallagher, Sarah Jones

Friday 6 November:

Sunny Van Raad, Lisa Haworth

Monday 9 November:

Christine Bratkovic, Roger Springthorpe

Tuesday 10 November:

Fiona Griffith, Wendy Mclean, Georgia Bramham

Please advise canteen managers Katrina or Felicity (9999 4035, x122) if you are unable to make your canteen day. Please don't assume you will be covered.

If any parents, friends, family or grandparents would like to assist on any day helpers are needed please contact myself or Felicity or Katrina in the canteen. A full day is 9am to 2.30 or 3pm; a half day is 3 hours

Fiona Griffith packfund@optusnet.com.au Phone 0431 121 631