

## Outstanding HSC results

Principal's Report—Jane Ferris

Congratulations to the class of 2014 for outstanding HSC results which reflect clear growth at Pittwater High School over recent years. Over 26% of the cohort group received top band 6 results (90+) in at least one subject. Over 80% of students received one or more results in the top two bands with nearly 300 results across bands 5(80+) and 6. Results by subject were also very impressive, with 84% of subjects above the state for results in these top bands. Many students also received ATARS in the 90's – special mention of Sophie Wakefield who was dux with 97.35 followed by Ewan Coopey on 97.3. They both also achieved the prestigious Premier's Award for Excellence having received band 6 results in 10 units. All subjects did extremely well including the following that clearly excelled: Extension Music with all 4 students receiving the top band, French Beginners 61% (11 students) receiving band 6 and Textiles and Design 50% of students in the top band. All teachers at Pittwater are also to be thanked and congratulated on their dedication to teaching and supporting their students. We will be celebrating these successes at a **Recognition Assembly** for the Class of 2014 on Thursday 12 February at 9am.

### A warm welcome to new staff

We are very fortunate in the calibre of new teaching and executive staff to Pittwater High School. Firstly can I welcome Mr Ben Rekic our new Deputy Principal. Mr Rekic comes from Bonnyrigg High School where he was responsible for student wellbeing and engagement, plus teaching and learning. His extensive experience in these areas, including clear expertise in literacy development and gifted and talented education, will support our school and the work of the senior executive. Mr Rekic will be responsible for years 8, 10 and 12 and Ms Andrews for 7, 9 and 11. A thank you to the great work of Ms Rachel Fleming who was relieving Deputy last year. She has now moved to the newly created position Head Teacher Student Wellbeing and Engagement. Mr Nick Johns has been appointed the new Head Teacher PDHPE and brings enthusiasm and experience from his work at Forest High and from overseas. Thank you to Mr Mark Dailhou who was relieving in this position last year. Congratulations to Ms Vanessa Cesta who now is the substantive Head Teacher Administration – we are delighted at this appointment because of her clear skills in technology and systems. Also we welcome to the school for 2015 Ms Samantha Keen and Mr Patrick Cigana in English, Mr Ahmed Hamed and Mr Endaf Price in TAS and Ms Natalie Oates in Visual Arts.

### Year 7 all ship shape

What wonderful young students have chosen to come to Pittwater High – with such calibre students we will continue to shine as a strong local comprehensive high school. Welcome to you all and your families. I look forward to seeing you as I visit classrooms and at the welcome BBQ on 10 February at 5pm.

### Year 10 and Year 11 Information Sessions

Students and parents need to attend these important sessions on Wednesday 4 February: year 10 at 6pm followed by year 11 at 7pm. Separate flyers have been emailed home with hard copies distributed to students outlining the program.

# DEPUTY PRINCIPALS' REPORT - Renee Andrews; Ben Rekic

It has been my very great privilege to join the senior executive team at Pittwater High School in 2015 and I would like to extend my sincere thanks for the overwhelmingly warm welcome extended to me by staff and students. I am told that this is the Pittwater way, and it is fantastic to be able to contribute to a school whose ethos has at its very core a strong emphasis on inclusion and support.

The predominant impression that I am left with is one of a culture of rapport and support between teachers and students. This is evident everyday in the incidental conversations I hear in the hallways and playground, which are invariably positive and reflect the very good regard that each member of our community has towards one another. Upon this important foundation lies the success of the many welfare and curricula programs at the school, which are too numerous to list. So too, the school's consistently strong achievements in the HSC and NAPLAN reflect a learning environment that meets the needs of students and the ways they learn, rather than one which adopts a "one fit for all" approach to education. Central to this has been the school's ACED program, creating a proactive culture of differentiation and accommodation to best match teaching and learning with the needs of students.

I look forward to meeting all members of the school community in the coming years, and in supporting the integration of the school's motto of "truth, courtesy and courage" in all aspects of your child's education.

Ben Rekic

CALENDAR		
Thursday 4 February	6pm 7pm	Year 10 Information Evening Year 11 Information Evening
Tuesday 10 February—	5pm	Year 7 BBQ—All welcome
Thursday 12 February –	9am	Recognition Assembly—2014 Year 12
Monday 16—Wednesday 18 February		Year 7 Camp
Thursday 19 February		School Photos
Friday 20 February		PHS Swimming Carnival

# STUDENT WELLBEING 2015

Welcome to 2015. Over the year we look forward to working with parents, students and the school community to help support your child in their learning and give them the knowledge, skills and resilience needed to make the most of their learning experiences. We would like to take this opportunity to introduce the Student Wellbeing Team for 2015. While all staff at Pittwater maintain a strong emphasis on wellbeing the team below will work together to create experiences and opportunities that help to build confidence, decision making and communications skills, resilience and the ability to work collaboratively. We look forward to seeing our students thrive in 2015.

Throughout the year there will be useful links and websites included in this newsletter and on our website to help support you and your son/daughter.

We look forward to meeting you at upcoming events.

Rachel Fleming (HT Student Wellbeing and Engagement)

## Pittwater High School Student Wellbeing Team 2015

Principal	Jane Ferris
Deputy Principals	Renee Andrews and Ben Rekic
Counsellors	Pauline Kendall and Lauren Brincat
Head Teacher Student Wellbeing and Engagement	Rachel Fleming
Boys Adviser	Dan Burton (MC Unit)
Girls Adviser	Katrina Purvis (English)
LAST (Learning Support)	Nick Lutton
PBEL Co-ordinator	Brooke Mitchell (English)
Prefect Co-ordinator	Maryanne Smalley (Science)
SRC Co-ordinator	Alyce Peruzzi (HSIE) and Lara Griffin (Science)
Peer Support	Therese Lagois (TAS) and Lara Giddings (English)
House Co-ordinator	Alicia Wild (PDHPE)
Attendance Co-ordinator	Chris Lanham (Maths)
Anti-Racism Officer	Colleen Lustig (LOTE)



## Year Advisers, Assistant Year Advisers and Head Teachers

	Year Adviser	Assistant Year Adviser	Head Teacher/s / Girls / Boys Adviser
<b>7</b>	Christa Zaraza (English)	Brooke Mitchell (English)	Penny Waters (English) Katrina Purvis (Girls Adviser)
<b>8</b>	Luke Trout (PDHPE)	Claire Polosak (Science)	Amanda Sechi (Maths) Rachel Fleming (Wellbeing)
<b>9</b>	Carol Roulston (TAS)	Nick Lutton (LAST)	Carolyn Samojlowicz (TAS) Dan Burton (Boys Adviser)
<b>10</b>	Jocelyn Bates (Careers)	Nairi Lapedjian(Maths)	Nick Johns (PDHPE) Rachelle Krilich (Science)
<b>11</b>	Kirsty Cosentino (Lang.) Colleen Lustig (Lang.)	NA	Sharon Behringer (HSIE) Sarah James (Sec Studies)
<b>12</b>	David Gleeson (CAPA)	Vanessa Cesta (Admin) Kerry Kerrigan (SASS)	Martin Hardy (CAPA)

# YEAR 7

## Welcome Year 7 2015

On Wednesday 28 January, Pittwater High welcomed our new Year 7 cohort for 2015. Even all the rain couldn't hold back the smiles many of the student's had as they began their first day of "high school".

The students were teamed up with their Peer Support Leaders in the morning who helped them to understand their new timetables, meet other students and get to know the daily routine of the day. The Year 7 students were treated to a sausage sizzle by their Peer Support Leaders for lunch and were able to mingle and relax after a very busy morning. The afternoon was spent meeting some of their new teachers and classmates for periods 4 and 5.

It is often a huge step for many students when they start secondary school. There are different classes, teachers and subjects to get used to. Different buildings, bell times and even different ways of getting to and from school each day.

Peer Support is a valuable program at Pittwater High School. The leaders assist the Year 7 students to manage these challenges and offer a friendly face they can turn to.

The Peer Support Leaders will continue to run small group sessions throughout Term 1 and 2 this year. We wish all our new students the very best as they transition into high school.

Ms Therese Lagois—Peer Support Co-ordinator



# ENGLISH

Big Questions have been asked and learning challenges posed.

We are enthusiastically planning our co curricular opportunities for Term 1. Debating teams have been formed for Years 9, 10 and 11 competitions, and later this term we will commence our lunchtime Writers Group and Book Club.

We welcome Ms Samantha Keen and Mr Patrick Cigana to our faculty. Both have taught Years 7-12 in their previous schools and will productively contribute to the skill set of our team.

Your involvement in your child's learning is an essential ingredient for success and I encourage you to maintain communication with their teacher.

Ms Penny Waters - Head Teacher

## MARINE AND AQUACULTURE TECHNOLOGY

The staff in the science department would like to thank all of those parents and staff who kindly donated their old aquarium equipment to the Marine and Aquaculture Technology program last year.

The resources will be utilised this year by our marine students in the aquaculture of silver perch and blue-claw crayfish, however we are still seeking some final resources, so if you have any old aquarium supplies such as aquariums, heaters, air pumps and filters they would be greatly appreciated.

In order to improve our program we are also sourcing some old fishing tackle such as hand reels, rods, crab traps and fishing line. The science department is also looking for old pool fencing that is needed for an upcoming large scale aquaponics project. If you are looking to clean out your shed or garage and would like to donate such equipment please contact Mr Cannings or Mr Tucker in the science department.



## YEAR 9

**Welcome back for all Year 9 students from Mrs Roulston and Mr Lutton.**

I am expecting big achievements this year from all students especially in the wearing of the correct uniform.

In line with these high expectations on 27 February (week 5) we will be running a leadership workshop for the whole year to encourage students to participate in leadership roles within the school and resilience and coping skills.

The note will be out towards the end of this week.



# PITTWATER HIGH SCHOOL

## TERM 1 RECREATIONAL SPORTS 2015 (8 weeks)

STUDENTS MUST SELECT 3 SPORT CHOICES FOR TERM 1 2015. SELECTIONS WILL TAKE PLACE THROUGH AN ONLINE SYSTEM IN WEEK 2.

ALL FEES MUST BE PAID BY MONDAY 9<sup>TH</sup> FEBRUARY, 2015.

SPORT	VENUE	COST
<b><i>Fitness First Gym</i></b> Organised classes	Fitness First – Mona Vale	\$45
<b>Brazilian Jiu Jitsu</b>	Basset St	\$90
<b>Fishing</b>	Pittwater	\$40
<b>Beach Soccer</b>	Mona Vale Beach	Nil
<b>Beach Touch Football</b>	Mona Vale Beach	Nil
<b>Beach Volleyball</b>	Mona Vale Beach	Nil
<b>Beach Fitness</b>	Mona Vale Beach	Nil
<b>Sailing</b> <b>NB – Finishes at 3.30pm</b>	<b><i>REFER TO NEWSLETTER</i></b> -- RPAYC All levels -Students will be transported to RPAYC by parent volunteers and need to arrange own transport home.	\$280 (8 weeks)
<b>Surfing</b> <b>Must have surf survival certificate issued by school or equivalent – Year 9 &amp; 10 only</b>	Newport or Bungan beach Mona Vale Beach	Nil
<b>Kayaking</b>	Paddlecraft - Bayview	\$120
<b>Stand Up Paddleboarding</b>	Paddlecraft - Bayview	\$135
<b>Duke of Ed</b> *please note students electing this need to have pre-registered.	Various	\$210
<b>FUTSAL</b>	Pittwater RSL - includes transport to and from venue	\$100
<b>Kitchener Tennis</b> <b><i>Must have own racquet</i></b>	Kitchener Courts	\$50
<b>PHS Tennis</b> <b><i>Must have own racquet.</i></b> <b><i>Serious players only</i></b>	PHS	\$20
<b>Walking</b>	Bayview	Nil
<b>School Volleyball</b>	School	Nil
<b>Pilates</b> (including core strength and flexibility)	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 1, 2015 SCHOOL SPORT

### WEDNESDAY AFTERNOON SAILING APPLICATION FORM

Wednesday afternoon school sailing will commence at 12.30pm and finish at 3:30pm Wednesday 11 February till Wednesday 25 March 2015, 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 year 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.

Fees will be \$280 for the 8 week term payable by 6 February 2015 using the parent portal online (POP) or cheques made payable to "Pittwater High School", envelope clearly marked with "SCHOOL SAILING" and STUDENT'S NAME and ROLL CALL CLASS then 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** \_\_\_\_\_

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

Level of sailing ability: (circle)      experienced      intermediate      beginner

Mr Johns, Head Teacher PDHPE/Sport



# 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:

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

**The Royal Prince Alfred Yacht Club**  
PO Box 99, Newport Beach, NSW 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

Welcome back to another exciting year at Pittwater High. Please don't hesitate to contact me via phone or email if you have any questions.

Year 12/Year 11: some students started TAFE courses this week at Brookvale TAFE, Freshwater Campus and St Leonards TAFE. Please tell me if you can't make TAFE for any reason.

Year 10: Careers Lessons this term, once a fortnight). We are registering for the new pittwaterhighcareers website, investigating undertaking an optional work experience week, taking interest tests to help decide on suitable future careers and more!

**JOBS:** Students need to check their department emails regularly for advertised jobs!

Also, checkout [www.seek.com.au](http://www.seek.com.au) for more jobs or The Manly Daily for local jobs!

**Ticketmaster:** is recruiting students who are 17+ years old for casual box office positions at Brookvale for autumn and winter events, i.e Manly Football games and the Easter Show. See me for further details.

**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, (the password was emailed earlier to students and parents but please email me if you don't have it).

Also, we have created the Pittwater High Careers website to trial this term, 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](mailto:jocelyn.bates@det.nsw.edu.au)

J. Bates, (Careers Adviser, EXT 106).

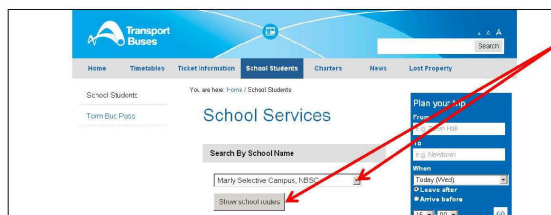
Dear Parent,

With the 2015 school year upon us we would like to assist you with searching for possible school services which may be available to your child. Please follow the steps below to access timetables and maps of all school services to and from your child's school.

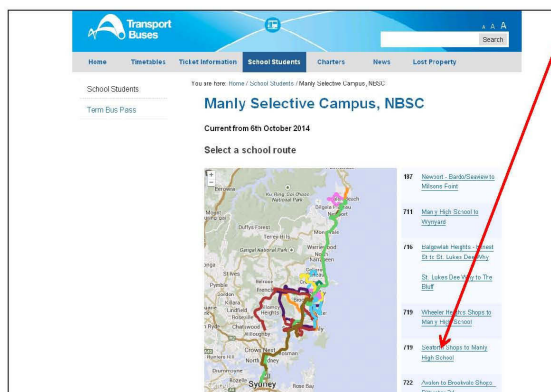
Enter the Sydney Buses website – [www.sydneybuses.info](http://www.sydneybuses.info)



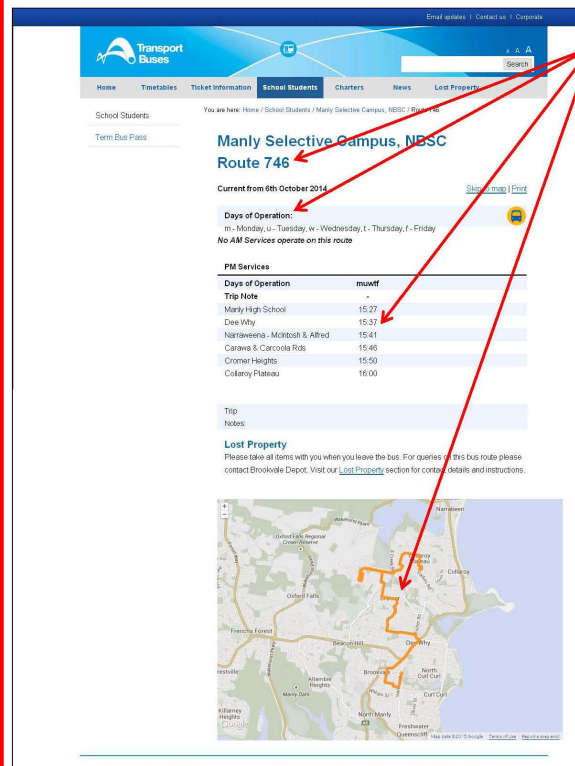
Click on the School Routes link



Select the School and then click on the Show school routes tab



Review map and list of School Services and click on School Service route for timetable information



Detail of the trip can be found here including timetable, map, days of operation and addition info such as trip restrictions, where applicable

#### School Student Travel Pass Info

Whilst Transport for NSW are processing new pass application a grace period has been established where a school student travel pass is not required to travel on school services. This grace period will continue to Friday 10 February 2015 inclusive.

And as a reminder a new school pass application is required when a student: enrolls in kindergarten, progresses from Year 2 to Year 3, progresses from Year 6 to Year 7 or changes name, school and/or address.

A School Student Travel Pass application form can be picked up from your school's administration office.

Yours sincerely,

Sydney Buses  
Northern Region

PITTWATER HIGH  
SCHOOL PHOTO DAY



# SCHOOL PHOTO DAY

Thursday 19th February

FULL SUMMER SCHOOL UNIFORM IS TO BE WORN

Photo ordering envelopes will be handed **week 2** to each student. They are to be brought in on the day (Thursday 19th February) with payment enclosed for the photographers. **NO ENVELOPES ARE TO BE PUT IN THE RED BOX OR GIVEN TO THE OFFICE!**

Photos can be **ordered on-line** after Photo Day.

Details are on the ordering envelopes.

Thank you.

Any queries, please ring Kerry Kerrigan or Rachelle Krilich.

## PITTWATER HIGH SCHOOL SWIMMING CARNIVAL FRIDAY 20 FEBRUARY 2015

### Compulsory School Day

### Novelty events and prizes to be won

**DATE:** Friday 20 February 2015

**VENUE:** Lane Cove Aquatic Centre

**TIME:** 8.55am – Roll Call in the school quad  
9.10am – Buses depart (all students must travel by bus)  
2.15pm – Buses depart pool  
3.20pm – Roll Call in the quad & students dismissed

**COST:** \$20 – included in the school fees  
Payment is required prior to carnival

Everyone must travel to and from the venue by bus.

Remember to wear your house colours.

Novelty events and prizes to be won on the day!!





## Newport Breakers Netball Club

Come and try netball with the  
Newport Breakers Netball Club!

### Registrations Still Open

For more information visit our website  
<http://newportbreakersnc.nsw.netball.com.au/>

Email [newportbreakersnetball@gmail.com](mailto:newportbreakersnetball@gmail.com) or  
[shahnse@netspace.net.au](mailto:shahnse@netspace.net.au)



## M.W.B.A's EXCITING NEW PROGRAM FOR GIRLS ONLY

This program is designed to introduce 7-12yr old girls to basketball. The focus will be on skill development and enjoyment and will be run by female coaches and senior representative players.

**Dates:** Sat 7 February to Sat 28 March 2015

**Time:** 2:30 - 3:30pm

**Where:** Northern Beaches Indoor Sports Centre

**Cost:** \$90 includes a Pink Basketball, T-shirt or Gym Sack.

**N.B.:** An email will be sent out to confirm placements into this program. Numbers are limited to the first 50 girls. Anyone who shows up on the day will not be accepted. Payment & application must be made by Thurs 5 Feb.

Please return form to: Fax: 9913 3644 or  
email: [camps@manlybasketball.com.au](mailto:camps@manlybasketball.com.au)

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

Mobile Number: \_\_\_\_\_

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

Payment method: MasterCard/Visa (please circle)

\_\_\_\_\_ Exp: \_\_/\_\_/\_\_ Amt: \_\_\_\_\_

## Northern Beaches



## SUPPORT GROUP

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: DR MARK ROBERTSON "THE BIOMEDICAL TREATMENT OF ADHD & AUTISM"

- What is the biomedical treatment of ADHD & Autism?
- What are the main biomedical imbalances of autism & ADHD?
  - What is Pfeiffer testing?
- What tests will a Biomed doctor order & why?
- Why you may need to consider a dairy free & gluten free diet
  - What advanced testing entails
- What are the usual treatment protocols?

Dr Mark Robertson is a member of the Australasian College of Nutritional & Environmental Medicine and has completed their primary course and various specialised training programs. He has attended Pfeiffer Walsh training for autism & mental health problems as well as MINDO training (autism treatments). In 2013, he passed his Part 1 Specialty Fellowship exams for both ACNEM & AAM/ASM (American Academy) colleges. In 2014 he attained full Fellowship (Specialist) in both colleges. Being a specialist in both colleges truly integrates the best of nutritional medicine from the USA & Australia helping him treat his patients thoroughly.

Monday 9<sup>th</sup> February 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



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



Venue kindly sponsored by Pittwater RSL Club

## Parenting Programs

### Child & Adolescent Parenting

#### WHAT'S ON IN TERM 1 - COURSES/WORKSHOPS FOR PARENTS/CARERS

##### Tuning in to Teens Course

Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.

- \* Understanding teenagers today & communication skills
- \* Emotional intelligence skills
- \* How to prevent behaviour problems & conflict resolution

Chatswood 5 wks/2.5hrs (2/3 - 30/3, 7.00-9.30pm)

##### Dealing with Teen's Backchat Workshop

- \* Learn how to restore a respectful & positive relationship with your teenager
- \* Understand what it is like being a teenager today
- \* Learn how to talk so that they listen & how to listen so that they talk to you

Chatswood (23/2, 7.00-9.30pm)

##### Tuning in to Kids Course - Chatswood (24/2 - 24/3)

**NEW** Triple P Seminars- Chatswood (11/3, 18/3 & 25/3)

Communicating with Kids Workshop (based on PPT)-Chatswood (31/3)

#### WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS - 9887 5830

- \* Dealing with Teen's Back Chat
- \* Resilient Kids
- \* Transition to High School
- \* Bully Busting Workshop
- \* Triple P Seminar Series (Teens)

#### OTHER WORKSHOPS ON REQUEST (2-2.5 hours)

- \* Understanding Your Toddler/Discipline & Tantrums
- \* Older Sibling - New Baby
- \* Tucker without Tantrums/Toilet Training
- \* Transition to School
- \* Speech & Language Development/Sleep
- \* Grand Parenting
- \* Triple P (PPP) Seminar Series (1-12 years)
- \* Communicating with Kids

Enquiries: Child & Adolescent Parenting 9887 5830  
[www.nslhd.health.nsw.gov.au/services/CAP](http://www.nslhd.health.nsw.gov.au/services/CAP)



Health  
Northern Sydney  
Local Health District



# MUSIC NEWS

TERM 1 WEEK 2

## PERFORMANCE & MEETING DIARY DATES



Term 4			
2 February 2015	Monday	Performance Space	<b>Symphony Orchestra</b> 3.45 - 4.45 <b>String Orchestra</b> 5.00 – 6.00
3 February 2015	Tuesday	PHS Hall	<b>Band information night followed by meeting</b> Come along and get the early payment discount
3 February 2015	Tuesday	Performance Space	<b>Senior Stage</b> 7.30 - 8.40 <b>Concert Band</b> 2.45 - 4.00 <b>Symphony Band</b> 4.15 - 5.45
4 February 2015	Wednesday	Performance Space	<b>Senior Strings</b> 7.30 - 8.40
5 February 2015	Thursday	Performance Space	<b>Concert Band</b> 7.30 - 8.40
6 February 2015	Friday	Performance Space	<b>Junior Stage</b> 7.30 - 8.40

**Instrument Hire:** All hired instruments service receipts to Dr Hardy. Doug Grace Ingleside 0425 371 654. Victoria Repairs on the Hill 0410 441 899. Ian Howick (Brass only) 0417 066 388  
Copy service receipt to Dr Hardy.

**Presentation award photos:** Contact David if you'd like a photo of your musician getting their award

**Rehearsals:** All rehearsals start this week. There have been some adjustments to start and end times. **Strings and Symphony Orchestra rehearse today**

**China Tour:** It's not too late to express interest.

**2015 Kickoff Meeting:** Come along on Feb 3 and help our big intake of year 7 parents with questions. Bring your calendar and pick a convenient performance night to help out with the canteen.

**2015 Fundraising:** We will run a canteen at all performances next year.

### CONTACTS:

**President:** Valerie Mavridis: [yurimavridis@gmail.com](mailto:yurimavridis@gmail.com) or 0416 444 303  
**Secretary, Joint:** Helena Nobs: [nobschiu@ozemail.com.au](mailto:nobschiu@ozemail.com.au) or 0417434547 and David Fogarty: [david.fogarty@gmail.com](mailto:david.fogarty@gmail.com) or 0410826628  
**Treasurer** Rick Elliott: [icycold@outlook.com](mailto:icycold@outlook.com) or 0400 461 941;  
**Uniform** Melissa Turnock: [melissa.turnock@pilatesscene.com](mailto:melissa.turnock@pilatesscene.com) ; 0414 452 152;  
**Canteen** Sheridan Femia: [xeresfemia@gmail.com](mailto:xeresfemia@gmail.com) or 0414 594 905  
**Ensemble parents:** **Concert:** Elizabeth Gardner [elizgard@tpg.com.au](mailto:elizgard@tpg.com.au) (Thurs) 0414 704 812 & Helena Nobs [nobschiu@ozemail.com.au](mailto:nobschiu@ozemail.com.au) (Tues) 0417 434 547;  
**Symphonic:** Alison McMahon: 0415 588 666;  
**Strings:** Grace Marshall [grace.marshall@ioof.com.au](mailto:grace.marshall@ioof.com.au) or 0408 811 066;  
**Junior Stage:** Julie Rodgers [j.rodgers@bigpond.com](mailto:j.rodgers@bigpond.com) or 0438 635 048.  
**Senior Stage:** Sally Simons: [sallysimons2@icloud.com](mailto:sallysimons2@icloud.com) or 0414771346  
**Orchestra:** Caroline Cady [cazcade@outlook.com](mailto:cazcade@outlook.com) or 0425 221 582  
**Band Captains:** Nick Simons and Robbie Fabbro

# 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			
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-XI	45			
	Navy Microfibre Tracksuit Zip Up Top with PHS Emblem	12-XI	45			
	PHS Maroon Rugby Shorts	XS-XL	25			
	Maroon and White Long Rugby Socks		10			
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                      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.

15 October 2014.

# CANTEEN NEWS

Hi everyone

Welcome back to another fantastic year at the canteen!

A big warm welcome to our volunteers and an especially big hug to our new mums joining us for the first time .We would not be able to produce the quality and variety of food that we do everyday without your help so thank you everyone.

Now down to business.

The canteen will now be able to offer you a new system of labelling that endeavours to protect our students from allergic reactions to nuts.

The system is a red **"Nuts Allergy Alert"** sticker attached to the packaging of the product as well as a round red sticker attached to hand-made individual products.

In a menu item such as salad ,the nuts will be offered separately in a small bag also sporting a red dot sticker.

As always our staff and volunteers will ask each student if they are "ok" with nuts ,so we have several lines of defence but we are not able to guarantee that our products are 100% nut free.

Gluten free products are also available from our canteen and can be pre-ordered for lunch. Our menu offers daily specials and a number of set menu items that are always available to our gluten-free students and staff so come and have a look or have a chat with us about our gluten free options. As with nuts we cannot guarantee that our products are 100%GF.

We would like to ask our volunteers to please wear covered shoes and to tie hair back to help us with our health and safety standards.

See you at the canteen  
Felicity ,Katrina, Cindy and Diana

## Wednesday 4 February

Belinda Hodges, Fiona Griffith

## Thursday 5 February

Dianne Del Pozo, Kate Bryant, Sheridan Femia

## Friday 6 February

Debbie Havenstein, Sue Nicol, Kim Haywood-Matty, Susan Crosse

## Monday 9 February

Tory van Brugge, Tanya Leishman

## Tuesday 10 February

Leonie Olivari, Blandine Bizeau, Ann Clayton

## Wednesday 11 February

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

## Thursday 12 February

Keryn Gallagher, Sarah Jones, Margaret Woods, Peter Woods

## Friday 13 February

Rebecca Wall, Sunny Van Raad, Lisa Haworth

## Monday 16 February

Michelle Le Creurer, Christine Bratkovic, Roger Springthorpe, Karen Lambert

## Tuesday 17 December

Sue Stevens, Wendy Mclean, Susanne Mitchell

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

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

A full day is 9am to 2.30 or 3pm

A half day is 3 hours

Fiona Griffith  
Canteen Roster Co-ordinator  
[packfund@optusnet.com.au](mailto:packfund@optusnet.com.au)  
Phone 0431 121 631

