

## Class of 2014 Distinguished Achievers' Assembly

### Principal's Report: Jane Ferris

We were delighted to recognise and celebrate the great achievements of the class of 2014. Although not all 40 of the invited students were able to attend due to university commitments, work or overseas travel, those in attendance were warmly welcomed. Three such distinguished achievers gave talks about how they survived the HSC and provided very useful advice and motivation to current seniors at Pittwater High. Thanks to Sophie Wakefield who shared her personal journey - although having health issues she persevered, regained her focus and succeeded in becoming Dux of the school. The following is an extract from Sophie's speech

"If I can do it, so can you. In the last term of Year 11, I failed my preliminary exams. The first week of Year 12 I was told by 11 people, including three doctors, teachers and family members, that I would not be able to complete Year 12. If I can pass the HSC, so can you.

The reason for my success was merely because I chose to conquer myself, not my peers. For, if you conquer yourself, there is no fear. No fear of failure, no cowardice towards daunting essay structures, and most of all, the space to process the ridiculous amount of knowledge the HSC requires us to memorise."

Ryan Marshall gave invaluable hints on avoiding procrastination, his own FYI on what to avoid and opportunities such as study camps and PREP. You are encouraged to read Ryan's full speech on the following page.

Tom Trbojevic also shared how he kept a focus and balance to maintain his elite sport commitments as a rugby league player combined with school work. Here is an extract from what he said: "I have always been told that being at school is the best years of your life. Having finished year 12 and now waiting to start an economics and finance double degree at university, I can honestly say I miss my schooling years at Pittwater High. The strong friendships formed with both my peers and teachers will never be forgotten. For me my senior years were a challenge. Being part of a representative team, my afternoons involved around four hours of training four times a week. To achieve my high expectations and schooling goals, I had to most importantly manage my time efficiently. By doing this I utilised all my study periods, followed a study plan, used my time effectively before and after training, and often recorded school work information I needed to familiarise myself with to listen to when travelling to away games.... My advice to all of you: you're at school so why not make the most of it. Strive for your best and when you leave Pittwater High you will leave with no regrets. Remember, success in your HSC opens doors to many future opportunities."

Again congratulations to all these students on such excellent results. We wish them all the best in their exciting futures in such diverse fields as medicine, communications, teaching, architecture, engineering, economics, pure mathematics, global security, law, social justice advocacy, health science, political science, media and music. To our current students I encourage you to be inspired to achieve great things - many of you have hidden talents yet to be tapped. This is a great public school to be proud of and the opportunities are boundless.



# DEPUTY PRINCIPALS' REPORT - Renee Andrews; Ben Rekić

Barely three weeks into the term, it is worth reflecting on the whirlwind of activity that has descended on the school, seeing students and staff step up to their productive best.

Despite the temporary disruption caused by the refurbishments to the library, the senior Learning Centre has continued to operate, due in large part to the logistical genius of Ms James and Ms Cesta, and the support given by our temporarily nomadic Careers Adviser and Librarian, Ms Bates and Ms Ferguson. Special mention should be made to our wonderful seniors who have taken the disruption in their stride, and I am sure that they will appreciate the updated and modernised facilities that will soon be available.

Equally, the community events over the past fortnight underlie the strength of community involvement and support for the school. Student and parent attendance at the Year 10 and 11 information evenings was outstanding, and those present received information on matters ranging from Board of Studies requirements, literacy education, student wellbeing support and HSC information. Similarly the massive turnout at the year 7 BBQ was a relaxed and positive experience for all, allowing staff and families to connect more informally. A big thanks must go out to Hubert and the P&C team for cooking up a storm, with the gourmet sausage sizzle being greatly appreciated by all.

Also in the works has been the continuation of the BYOD program, which is outlined in more detail later in this newsletter. We would like to take this opportunity to reinforce the importance of ensuring that your child has access to all learning experiences offered by mobile computing, and any new devices should be taken to Mr Cachia in A Block to be registered.

On a final note, due to demand, additional storage lockers have now been sourced for students. As demand exceeds availability, an EOI process is in place. This can be accessed through this link:-

[EOI for Lockers.](#)

**URGENT REMINDER**

## **ANAPHYLAXIS UPDATES DUE NOW**

**If your child suffers anaphylaxis please return the  
'ASCIA' (Australasian Society of Clinical Immunology and Allergy)  
forms as soon as possible  
to Kim Newland in the school office**

CALENDAR	
Thursday 19 February	School Photos
Friday 20 February	PHS Swimming Carnival
Wednesday 25 February	P&C Meeting 7:30
Thursday 26 March 2015	Visit 1: Vaccinations: HPV Year 7 and catch-up Year 8

# HIGH ACHIEVERS' ASSEMBLY

Good morning and welcome students, parents, teachers, special guests and Ms. Ferris. As most of you know, my name is Ryan Marshall and I was the Pittwater High, School Captain of 2014. I was invited in today to say a few words about my experience through the HSC and share a few tips that will help the students enjoy their final journey at Pittwater. However, I didn't want to be another nagging individual telling you that the HSC is all about STUDYING. Don't get me wrong, studying is a large part of the senior years and we all have to do it, although don't let it rule you. On the other hand, I found that copious amounts of YouTube and fail army videos was also a large part of the senior years, and just like studying - definitely don't let this rule you. What I am aiming at here is that the HSC is all about finding that perfect balance of work and play.

My first point goes by the saying "study long, study wrong". This one is for all the procrastinators out there. And this is what I found extremely difficult through the HSC, as I would find myself sitting for hours on end trying to force out an idea, only to realise I was staring blankly at my wall. I learnt to combat this towards the end of the year; I found that if you strictly set an alarm for an hour study make sure you use this time efficiently and study hard, then reward yourself with a 20 minute break and continue the cycle.

This leads me into my next point of the "double p", this stands for productive procrastination. This is a form of procrastination in which you refrain from doing other work by productively wasting time on only a part of the work you are already doing—sounds confusing. In other words, you are procrastinating by doing work, while virtually doing no work. An example of this is making your maths homework look pretty and neat, instead of starting that 6 page English essay that is due in tomorrow - definitely don't let that happen.

This leads me into "cramming" and "assignments". I find it funny, people know the severity of assignments, however seem to leave them till the last minute. Assignments are usually armed with coffee and panic, this has to be one of the worst feelings and I'm lucky I didn't experience much of it. To ensure you don't have problems with this, clearly write out everything you need to do and place it where you can easily see it, as I found, why add extra stress when it is not necessary.

A point I couldn't go past is "FYI" this one stands for Facebook, YouTube and Instagram. It is no lie that teenagers can spend an obscene amount of time on these and this can be a bit of a distraction in the final months of year 12. Some people go to the length to disable their accounts but it is your personal opinion on whether you think you will be able to restrain from scrolling down the newsfeed and watching vine videos. Although, this being said I found YouTube extremely helpful as there are videos loaded with information especially for any science subjects.

Two points that may fly under the radar is study camps and PREP, I wanted to bring these up as I personally found them very beneficial. I went to a study camp with two friends in the lead up to the final exams and it was an extremely helpful week. Not only did it help me focus on my studies for each subject, it was also a really enjoyable week as we were able to make new friends. I really do encourage you to have a look online and see what you think for yourself. The second point—PREP stands for Principle Recommendation Entry Program. This is an application process that is based on your senior year work and school involvement. If you are a student that believes they have tried their best in all areas of school, I highly recommend you apply as you have a chance of gaining early entry into your chosen university course. To learn more about this, make a time to discuss the finer details with Ms. Bates.

One of my final points is "make sure you have fun". There is no doubt that schoolwork is an important part of Year 12, however, at the end of the day you are only human and you need time to unwind. If you know you have a party or event coming up, get your work done through the week so you don't miss it. Make sure you make time for the things you enjoy and get involved in school activities, they are not only enjoyable but keep you focused at the same time.

Finally, stay healthy and vibrant. Don't stay up to the point where you are falling asleep at your computer or worse - in class, you are better off having a good sleep and finishing your work the next day. Watch out for symptoms including study neck and study hair, this is a sure indicator that you have spent too much time at your desk and are in need for a break. In addition, be thankful for the amazing support network we have at Pittwater High, if you are ever in need of any help there are staff willing to go above and beyond to assist you.

Over the year you may have varying ideas on what career path you want to undertake, just remember, if you stay focused on that goal, no matter what your final mark is, you are bound to achieve.

In the end, no matter how much people tell you, it all comes down to how much you personally want to achieve and how you want to feel at the end of the journey. I hope you all look back and realise how incredible your schooling years were and feel like you made the most of every second. And remember to keep smiling guys. Thank you and good luck.

# BYOD in the Classroom at PHS

The purpose of BYOD (Bring Your Own Device) is to continue technology rich learning for all students at Pittwater High School. There will be more opportunities for students to collaborate with others, connect with a global community, receive feedback from teachers, and create products like videos to show their learning.

Educational research shows that BYOD leads to many benefits in learning. Some of these benefits are listed below:

- Devices such as laptops and tablets are already a very significant part of students' lives. Since these devices are integral to their lives, they should be integral to their learning lives.
- Mobile devices are part of 21st century living and integral to learning 21st century skills, which are vital for students to learn and develop.
- BYOD allows even further personalised learning for students.
- BYOD allows learning to be even more collaborative.
- When students are able to use their own devices, it often leads to increased motivation and engagement in learning.
- BYOD also supports the schools literacy priorities by enabling students to draft, edit and refine their work using devices such as PEEL to develop exemplary response.

Many students already bring their own devices to school and are already using them in class to enhance their learning. Our findings from student and parent consultations have revealed that students want to have access to devices in the classroom.

We are hoping as more students and families get to purchase a BYOD the momentum and opportunities will increase. Also there will be further professional development to support staff in implementing BYOD. Below are some examples of what is already happening in classrooms or planned for this year.

**BYOD in Science:** This year the Science faculty have implemented new teaching programs for years 7-10. Incorporated in these programs are student activity books and digital guides. The students, in Science classes, with BYOD are able to download the student activity book and digital guide. This has eliminated the need, for the BYOD students, to view the digital content on a screen in class as they can use their own devices to view content and interactive simulations. Students with BYOD are also able to type directly into the student worksheets rather than write out questions and answers in their workbooks.

BYOD is also being utilised as a practical recording device as many students are recording (via film applications) their experiments to place into an experiment portfolio.

In Science, we are hopeful that many more parents and students will commit to BYOD so the entire digital student guide, available for all topics can be used to their full potential and all students have an opportunity to use the interactive simulations that are a part of the teaching program.

**BYOD in TAS** has complemented the diverse range of learning and assessment activities offered to students. Basic note taking, Internet research and mind map/brainstorm techniques have been sped up giving the students the opportunity to consolidate their learning at a much faster rate.

More specifically the devices are been used to complete online safety tests using Onguard, take project photographs and video for learning evidence and to use Google Sketchup. They are being used to access and upload work to Edmodo, Moodle and Google docs for teacher feedback. Also for the development of e-folios, an important part of Technology (Mandatory).



## BYOD in the Classroom at PHS (cont)

Some subjects have electronic versions of textbooks, which can be easily transported between home and school. They have helped students organise their work in neat electronic folders. Some students have been able to capture their worksheets, and convert them into an electronic format, keeping their work in meaningful order

**HSIE actively uses BYOD** across all years. One of the most significant changes to learning has been the use of moodle to support students, especially in the senior school. We aim to produce resources and activities for all senior courses. For example, Year 12 Legal Studies are currently exploring current legislation, case law and contemporary issues surrounding domestic violence. Teachers are currently adding quality contemporary resources to assist students achieve and move up a band in the HSC examination.

In the junior school technology skills are integrated into our programs and many lessons in Geography, History, Big History, Global Studies and Commerce take advantage of BYOD. In Geography BYOD is very useful in gathering contemporary statistics and case studies, for example in Year 8 Geography where the students explore Child Labour. Year 9 History students are currently researching aspects of technology in the Industrial Revolution with the aim of creating a product. To improve literacy, students are researching the treatment of children in the Industrial Revolution and writing a response using a scaffold and PEEL. This task is differentiated to allow students to extend their learning and to support students with learning difficulties.

Technology is an integral tool in the HSIE classroom for all aspects of the Information Processing Cycle - from defining, locating, selecting, organising, presenting and then assessing.

**BYOD is used in a variety of ways in French and Japanese lessons.** Students are able to use their devices to take notes, research and complete Project Based Learning (PBL) tasks. Last year, Year 7 students participated in a PBL assignment where they were to imagine that they were travel agents specialising in trips to France. Students were required to create a booklet of useful information about France and a brochure detailing a 6 day package tour. Throughout this project, students used their devices for research, brochure design and presentation. In both Year 7 French and Japanese, students participate in a PBL task where they create a children's book that successfully teaches vocabulary in foreign languages (French and Japanese). Students can choose to use their devices throughout the entire process or part way through the design and creation of a children's book, accompanying lesson plan (where students present their book and vocabulary to the class) and a worksheet, game or activity. In Year 8 French and Japanese, students complete a French Food Assignment where they are able to choose from two assessable tasks and two extension tasks requiring them to use their devices for various purposes, including research, creating Powerpoint or Prezi presentations and/or creating and editing video demonstrations of a cooking demonstration.

**BYOD's are an integral part of teaching and learning in English.** This term they will be utilised to:

- Research images, advertisements, media posts and articles, travel brochures, investigate blogs and marketing materials and view films and documentaries
- Students will be required to create advertisements, short films, music videos, focus groups, advertisements, blogs, extended responses, summaries, tables, edit written and visual tasks, publish some work
- They will also access dictionaries and glossaries, novels, purpose built webpages, class and course materials on Edmodo sites and ediaries

**BYOD in the Mathematics:** Firstly all text books are accessible in a digital format and for students with BYOD helps reduce space taken up on desks. Also with on-line textbooks there are additional activities and resources. Also with BYOD students that finish a particular exercise or task early, they can access many mathematical based apps that can be used for extension questions. Our extension activities can be posted to a class Edmodo group and referred to in class. This also includes the opportunity for the students to complete Mathletics work in class. For students that find maths more difficult, there is a times table app allows a student to concentrate on basic skills, in a fun games like manner.

For senior advanced students apps or websites, like Wolfram Alpha can be invaluable to allow a quick step by step guide to an integration question or a complex volume diagram can assist in visualising a problem to allow easy solution. Geogebra is also an easy tool for quick visual reference in graphing or proving circle geometry theorems.

# BYOD in the Classroom at PHS (cont)

**BYOD in PDHPE:** The uptake of BYOD in Year 7 has been very impressive. Students have utilised their own devices to create their Personal Profile, highlighting aspects of their character, personality, values, goals/dreams, likes/dislikes, and so on. It has been fantastic to see the creativity and individualism on show!

Students will be accessing the outstanding 'Youth Source' application on their device/smartphone, which provides quick access to a wide range of local support networks for any of their health related needs.

The Term 1 programs for Years 8, 9 and 10 utilise BYOD through a range of online research activities on important health topics such as positive relationships, cultural diversity and gender stereotyping. Students are given the opportunity to use their devices to complete summaries of subject content material to compliment notes they have written in their workbooks.

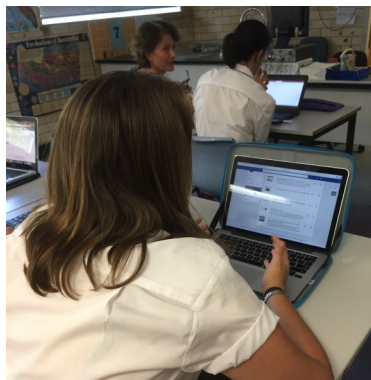
**BYOD in CAPA:** All year 7 students have access to a website that allows students to learn keyboard, musical concepts and other music related activities. Much of the Year 7 music resources are available through the school moodle. All elective music students are registered onto a web based music writing site which allows students to share their compositions and transcriptions. Students are also able to record themselves and present their work digitally.

Visual Art students are able to use computers to research and store images for visual referencing. Visual Art students are able to find links for homework referencing on the ed diary and use technology to form their own eportfolios.

Photography students are able to use technology by taking, manipulating and exploring images. They can also create their own websites and store their own photography work on them.

Drama students are able to create their own plays and record them as part of their own eportfolios. They can explore other plays and research them on line.

Visit the Technology and e-learning tab on our website for more information.





# Pittwater High School

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**Principal:** Ms Jane Ferris

**Deputy Principals:** Ms Renee Andrews and Mr Ben Rekić

**Monday 16 February 2015**

Dear Parent

Welcome to the 2015 International Competitions and Assessments for Schools (ICAS). For over 20 years ICAS has taken place each year in schools throughout Australia, New Zealand, Singapore, Malaysia, Brunei, the Pacific region and South Africa. Your child is invited to participate in the 2015 competition for Science.

**All students receive a certificate** and an **individual student report** indicating which questions they answered correctly and their score compared with the rest of the students tested. The tests are an excellent preparation for National tests and the student report is useful for highlighting your child's strengths and weaknesses. The UNSW certificate and individual student report are also suitable for your child to include in a portfolio.

High quality UNSW certificates are awarded for each year level as follows:

- § High Distinction to the **top 1% of entrants**
- § Distinction to the **next 10%** of entrants
- § Credit to the **next 25%** of entrants
- § Participation to all other participating students.

All students who achieve the highest score in each year level receive a **UNSW medal**. These medals are presented at either a Medal Presentation Ceremony or at a school assembly. Students must sit on the official sitting dates to be eligible for a medal.

The entry fee per student is \$8.80 and the Official Sitting Date for Science is **3 June 2015**

Please return the permission slip and entry fee by: **by Monday 4 May 2015**

MaryAnne Smalley  
ICAS Coordinator

✂.....

PLEASE RETURN TEAR-OFF SECTION TO YOUR CHILD'S SCHOOL

I give permission for my child \_\_\_\_\_ of \_\_\_\_\_  
Student's name Class

to participate in the 2015 Australasian Schools Science Competition.

Please find enclosed \$8.80 entry fee.

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date

# VACCINATIONS



All students in Year 7 received a vaccination information pack with consent form last week. Please read the enclosed information, sign the consent form and return to the student's roll call teacher as soon as possible.

As part of the free school immunisation program, Year 11 and 12 students are also being offered the MMR (Measles, Mumps, Rubella) vaccine this year.

## **School Vaccination dates for 2015**

**Visit 1: Thursday 26 March 2015**

HPV Year 7 and catch-up Year 8

**Visit 2: Thursday 28 May 2015**

HPV dose 2 and catch-up Year 8

dTpa: Year 7

MMR: Year 12

**Visit 3: Monday 19 October 2015**

HPV Dose 3 and catch-up Year 8

VZV (Chicken Pox); Year 7

MMR: Year 11

Any questions, please see Ms Purvis (Girls Adviser) in the English Staffroom.



# CAPA

The Creative and Performing Arts Faculty is looking forward to a very productive year. All classes are up and running on their programs and already some wonderful year 12 Visual Art work is being created. Most music elective classes will be presenting concerts throughout the year and there will be many drama presentations as well.

The faculty welcomes Ms Natalie Oates as a Visual Art teacher. Natalie comes to us with fresh ideas and wonderful skills. Already Natalie has been working hard within the faculty and I'm sure students are delighted to have her as their teacher. Ms Oates also will be running the Art club which takes place on Monday afternoon from 3.30pm to 4.30pm.

Apart from the many instrumental ensembles that operate at Pittwater High School, we also offer choir. This year our choir will be conducted and tutored by Mrs Kara Jamieson. Kara is already known to the school and students through her diverse teaching role in many subjects. Mrs Jamieson is an excellent musician and brings to the choir experience and a very friendly nature. We look forward to the choir performing throughout the year. The choir operates on Thursday afternoons from 3.30pm to 4.30pm in the music rooms. New students are very welcome and no experience is necessary.

Dr Martin Hardy—HT CAPA

# PDHPE

It has been a pleasure to join Pittwater High School this year. Having worked on the Northern Beaches for quite some time, I had heard fantastic things about PHS. After three weeks, I can see why. I've been very impressed with the character and friendliness of the students, and grateful for the support and positivity of the staff.

I look forward to leading a dynamic and innovative faculty, committed to promoting the holistic benefits of a healthy lifestyle – physical, mental/emotional and social wellbeing. We will also look to build on Pittwater High School's fine sporting reputation in Grade Sport, Knockout competitions, Dance and Sailing.

Throughout the year we will be looking to engage the whole school community, encouraging students, staff, friends and family to participate in events such as the City2Surf, Manly Rotary Fun Run, Pub2Pub and the Blackmores Sydney Running Festival – all for very worthy causes!

First off, we have the Swimming Carnival this Friday 20 February. What a great opportunity to have some fun and keep fit!

The PDHPE Faculty in 2015 consists of :

Nick Johns

Mark Dailhou

Kirsty Payne

Rachel Fleming

Alicia Wild

Luke Trout

Looking forward to a healthy, positive year!

Mr Nick Johns—Head Teacher PDHPE

# YEAR 9 'Y LEAD' INCURSION

## EXCURSION TITLE: YEAR 9 STUDENT WELLBEING—Y LEAD WORKSHOP

**FRIDAY 27 FEBRUARY 2015**

In support of our Year 9 Wellbeing program and the PDHPE curriculum, the Wellbeing team have organised an incursion for student s to participate in workshops building on leadership and communication skills. This is an important area for students to develop resilience and coping mechanisms.

Students will be divided into groups and facilitators for 'YLead' will conduct workshops and activities that stimulate discussion and provide relevant, current information. Teachers will supervise and support the workshops.

Where	School hall and performance space
When	Friday 27 February 2015
Meeting Time	8:55am—Roll call on the quadrangle
Return Time	Period 3 as normal from 11:30pm
Cost	\$5 per student
Uniform	Students are required to wear full school uniform

If you do not wish your child to participate in the workshops please contact Mrs Roulston by phone on 9999 4035 ext 244 or email [carol.anne.davis@det.nsw.edu.au](mailto:carol.anne.davis@det.nsw.edu.au) by Friday 20 February 2015.

Rachel Fleming  
HT Student Wellbeing and Engagement

Carol Roulston  
Year 9 Adviser

# YEAR 9 'Y LEAD' INCURSION

Please complete the permission slip below and return with payment to the red box no later than Friday 20 February:

## Excursion Return Permission Slip

I give permission for my son / daughter \_\_\_\_\_ of Year 9 to attend and participate in the Wellbeing incursion to Hall/Performance Space on February 27, 2015.

Please provide any details regarding your child's medical conditions including medication and diet.

☐ In the event of a medical emergency I authorise the seeking of medical assistance on my behalf that is required by my child.

Student Mobile Number

Parent Mobile Number

Parent / Caregiver Signature

Parent / Caregiver Print Name

Date

Print in block letters

Student Name:		Excursion Title- YLead
<b>Circle your payment option below in the left hand column and complete the relevant details</b>		
<b>Cash</b>	Place cash in an envelope with this payment slip and return in person to the finance office	Amount Paid \$ 5
<b>Cheque</b>	All cheques are made payable to PITTWATER HIGH SCHOOL	Amount Paid \$5
<b>Online Payment</b>	Online payment Receipt number <div style="border: 1px solid black; height: 20px; width: 400px;"></div>	Amount Paid \$5
<b>Credit Card</b>	Card number <div style="border: 1px solid black; display: flex; justify-content: space-between; padding: 2px;"> <div style="width: 20px; height: 20px;"></div> <div style="width: 20px; height: 20px;"></div> <div style="width: 20px; height: 20px;"></div> <div style="width: 20px; height: 20px;"></div> <div style="width: 20px; height: 20px;"></div> <div style="width: 20px; height: 20px;"></div> <div style="width: 20px; height: 20px;"></div> <div style="width: 20px; height: 20px;"></div> <div style="width: 20px; height: 20px;"></div> <div style="width: 20px; height: 20px;"></div> <div style="width: 20px; height: 20px;"></div> <div style="width: 20px; height: 20px;"></div> <div style="width: 20px; height: 20px;"></div> <div style="width: 20px; height: 20px;"></div> <div style="width: 20px; height: 20px;"></div> </div>	Amount to be Debited \$5
	Name as appears on Card <div style="border-bottom: 1px solid black; height: 1.2em; width: 400px;"></div>	Cardholder Signature
	Card Expiry Date <div style="border: 1px solid black; display: flex; justify-content: space-between; padding: 2px;"> <div style="width: 20px; height: 20px;"></div> <div style="width: 20px; height: 20px;"></div> <div style="width: 20px; height: 20px;"></div> <div style="width: 20px; height: 20px;"></div> </div>	Date

Return to the red box situated in the Administration Building (A Block) next to the Careers office.

**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!!**





# Pittwater High School Swimming Carnival

## Program of Events

EVENT NO.	EVENT			TIME
1	Boys 12 years	50m	Freestyle	10.15am
2	Boys 13 years	50m	Freestyle	
3	Boys 14 years	50m	Freestyle	
4	Boys 15 years	50m	Freestyle	
5	Boys 16 years	50m	Freestyle	
6	Boys 17+ years	50m	Freestyle	
7	Girls 12 years	50m	Freestyle	
8	Girls 13 years	50m	Freestyle	
9	Girls 14 years	50m	Freestyle	
10	Girls 15 years	50m	Freestyle	
11	Girls 16 years	50m	Freestyle	
12	Girls 17+ years	50m	Freestyle	
	<b>Multi Disability Event</b>			
13	Boys 12 years	50m	Breaststroke	11.15am
14	Boys 13 years	50m	Breaststroke	
15	Boys 14 years	50m	Breaststroke	
16	Boys 15 years	50m	Breaststroke	
17	Boys 16 years	50m	Breaststroke	
18	Boys 17+ years	50m	Breaststroke	
19	Girls 12 years	50m	Breaststroke	
20	Girls 13 years	50m	Breaststroke	
21	Girls 14 years	50m	Breaststroke	
22	Girls 15 years	50m	Breaststroke	
23	Girls 16 years	50m	Breaststroke	
24	Girls 17+ years	50m	Breaststroke	
25	Boys 12 years	50m	Backstroke	
26	Boys 13 years	50m	Backstroke	
27	Boys 14 years	50m	Backstroke	
28	Boys 15 years	50m	Backstroke	
29	Boys 16 years	50m	Backstroke	
30	Boys 17+ years	50m	Backstroke	

# Pittwater High School Swimming Carnival

## Program of Events

EVENT NO.	EVENT			TIME
31	Girls 12 years	50m	Backstroke	
32	Girls 13 years	50m	Backstroke	
33	Girls 14 years	50m	Backstroke	
34	Girls 15 years	50m	Backstroke	
35	Girls 16 years	50m	Backstroke	
36	Girls 17+ years	50m	Backstroke	
	Novelty Event (Boogie Board Races)			
SERIOUS COMPETITORS ONLY IN THE FOLLOWING EVENTS				
37	Boys Open	50m	Butterfly	12.30pm
38	Girls Open	50m	Butterfly	
39	Boys 12 years	100m	Freestyle	
40	Boys 13 years	100m	Freestyle	
41	Boys 14 years	100m	Freestyle	
42	Boys 15 years	100m	Freestyle	
43	Boys 16 years	100m	Freestyle	
44	Boys 17+ years	100m	Freestyle	
45	Girls 12 years	100m	Freestyle	
46	Girls 13 years	100m	Freestyle	
47	Girls 14 years	100m	Freestyle	
48	Girls 15 years	100m	Freestyle	
49	Girls 16 years	100m	Freestyle	
50	Girls 17+ years	100m	Freestyle	
51	Boys Open	100m	Breaststroke	
52	Girls Open	100m	Breaststroke	
53	Boys Open	100m	Backstroke	
54	Girls Open	100m	Backstroke	
Relays				1.00pm
55	Boys 12 & 13 years	4 x 50m	Freestyle relay	
56	Boys 14 & 15 years	4 x 50m	Freestyle relay	
57	Boys 16 & 17 years	4 x 50m	Freestyle relay	
58	Girls 12 & 13 years	4 x 50m	Freestyle relay	
59	Girls 14 & 15 years	4 x 50m	Freestyle relay	
60	Girls 16 & 17 years	4 x 50m	Freestyle relay	
Clean Up				1.30pm
Buses				1.50pm

# SCIENCE

What a fantastic start to the year it has been in Science as we welcomed back all our Science staff from 2014 and our prior and new students.

This year the Science faculty have implemented exciting new programs for Years 7-10 complete with interactive activities and, for those students utilising BYOD, student digital guides. Hopefully the new programs will provide an exciting year for all Science students.

On Tuesday 10 February, all Year 9 students received their ESSA (Essential Secondary Science Assessment) results for a state wide Science exam they completed in November, 2014. If parents did not receive these results, please contact the Science Faculty.

All students have been issued with a yearly assessment and topic plan so they are aware of the formal assessment requirements for their year in science. Hopefully parents have seen the schedule as well!

Listed below are the topics and assessments for 7-10 science in term 1

Year	Topic	Assessment	Date occurring / due
7	Introduction to science The Science of Toys	Practical exam	Week 8 Term 1
8	More Energy	Research project	Week 7 Term 1 (see note below)
9	Light, Action, Sound	Practical exam	Week 9 Term 1
10	Earth and Space	Literacy Task	Week 5 Term 1

Note: The Year 8 assignment was issued last week. It includes checkpoints along the way that both parents and your child's science teacher will sign. The checkpoints allow students to complete the task in manageable sections with the help of their teachers.

Please feel free to contact your child's science teacher if you have any questions about their science course.

And, finally, look below for some first impressions of science from our Year 7 students

Rachelle Krilich – HT Science

*"I think science is fun because we get to do fun experiments and we have a good teacher"*

*"I love science. It is more fun than what we did in primary school. This time we get to use Bunsen burners and test tubes and I think it is really cool"*

*"I really like science and I also like the teachers. Beside PE it would have to be my favourite subject. I'm really looking forward to using more of the Bunsen burner"*

*"Science is awesome, one of my favourite subjects. I loved watching the candle and I'm looking forward to the experiments"*

*"I think science is quite fun so far. I have learnt quite a bit like how to light a Bunsen burner which was really fun when we got to light it ourselves"*

*"I love science. I can't wait to do pracs and other activities. I find everything fascinating, I like to know how stuff works"*

# CAREERS

**Year 12:** See flyer to follow re Parent Information Evening on how to "Help Your Teen with Career Ideas"

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

**Year 10:** Careers lessons this term during English lessons (roughly once a fortnight). We are discussing work experience and investigating interests and talents as indicators of possible work choices.

**JOBS:** (see me for further information)

Full time locksmith apprenticeship in Chatswood

Full time Childcare Traineeships with Warringah Council

**Years 10, 11 and 12** Students please log onto [My High School Careers](http://MyHighSchoolCareers.com) 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.

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

## CANTEEN NEWS

### **Wednesday 18 February**

Giovanna Graziano, Nicole Graham, Claire Monty

### **Thursday 19 February**

Karen Maguire, Sheridan Femia, Kylie Bennets, Robyn Armsworth-Brack

### **Friday 20 February**

Rowena Kempton, Lana Mares, Alison Turner, Susanne Mitchell

### **Monday 23 February**

Jenny McDowell, Selena Webber, Alison Christensen

### **Tuesday 24 February**

Natasha Zani, Ann Clayton, Rustanti Oetojo, Myra Tremi

### **Wednesday 25 February**

Lara Floyd, Kay Little

### **Thursday 26 February**

Glenda Hanks, Kate Power, Lee Waters, Louise Hardy

### **Friday 27 February**

C Marshall, Sandra Avedissian, Sarah Attfield

### **Monday 2 March**

Janet Howard, Jan Lysaght, Simone Allan

### **Tuesday 3 March**

Nadia Maxwell, Leigh Griffiths

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



# 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

# Moonlight Cinema at Pittwater High Friday March 20th

*save the date*

## DIVERGENT

*popcorn*

*lollies*



*slushies*

*candy  
floss*

Get your friends, beanbags and  
picnic rug for night under the stars!

[www.trybooking.com/GZMG](http://www.trybooking.com/GZMG)

[www.trybooking.com](http://www.trybooking.com) and search for Pittwater





# Invitation to Pittwater High School's OPEN NIGHT



Tuesday 3  
March 2015  
5.45 - 8.00pm

All Year 5 and 6 students and parents welcome.

Come and see us in action!

- Initial presentation in the hall with welcome by Principal, talk by students and band performance
- School tours by our student leaders
- See our farmyard animals
- Classroom displays across all faculty areas
- See students in action in our modern Science laboratories, technology rooms, hospitality facilities, art and music rooms and in sport
- Visit our recently renovated library and student learning centre
- Enjoy a sausage sizzle by the P & C

Mona St Mona Vale NSW 2103 ph: 9999 4035 email: [pittwater-h@det.nsw.edu.au](mailto:pittwater-h@det.nsw.edu.au)  
Website: [pittwater-h.schools.nsw.edu.au](http://pittwater-h.schools.nsw.edu.au)



Warringah Council with Northern Beaches Business Education Network presents

## HELP YOUR TEEN WITH CAREER IDEAS

Learn the differences between:  
ATAR, VET and Work Placements, TAFE and University

Find out about:  
Apprenticeships and traineeships and the sorts of jobs available

*Wed 9 April or Wed 14 May*  
7 - 9PM

Warringah Council Civic Centre  
Free, but bookings essential on  
[youthbookings@warringah.nsw.gov.au](mailto:youthbookings@warringah.nsw.gov.au)  
For more information call 9942 2681

WARRINGAH.NSW.GOV.AU

WARRINGAH  
COUNCIL



### Pittwater High School Music Ensembles – Choir

We are forming a choir this year and are looking for enthusiastic members! Previous vocal experience is not required, just enthusiasm and commitment to attend weekly rehearsals. We will be singing fun contemporary songs as well as traditional choir repertoire for special occasions.

Please consider the following:

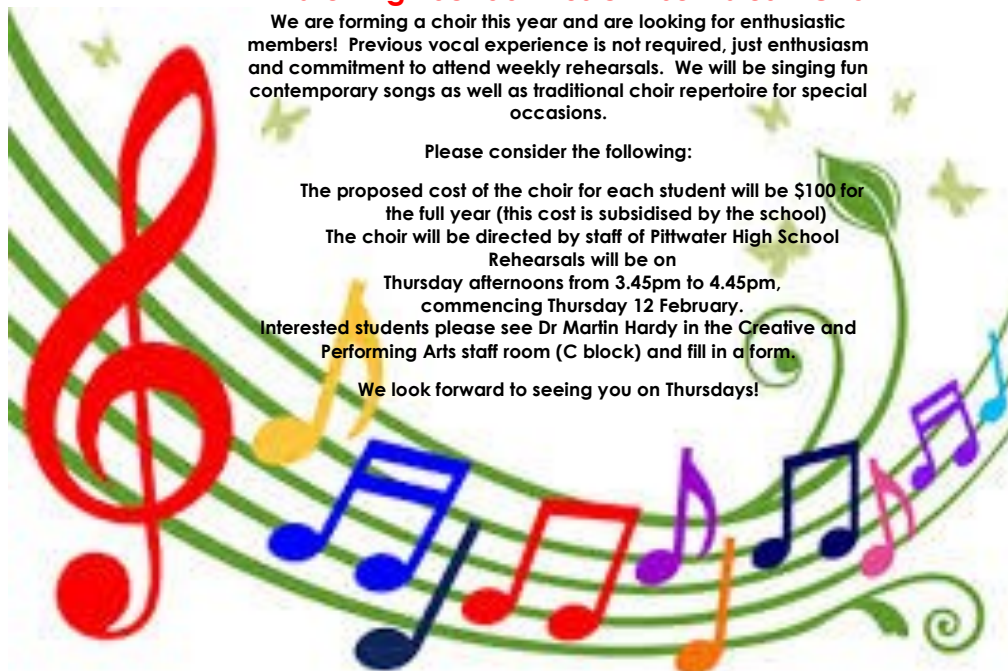
The proposed cost of the choir for each student will be \$100 for the full year (this cost is subsidised by the school)

The choir will be directed by staff of Pittwater High School  
Rehearsals will be on

Thursday afternoons from 3.45pm to 4.45pm,  
commencing Thursday 12 February.

Interested students please see Dr Martin Hardy in the Creative and Performing Arts staff room (C block) and fill in a form.

We look forward to seeing you on Thursdays!



# MUSIC NEWS TERM 1 WEEK 4

## PERFORMANCE & MEETING DIARY DATES



### Term 1

<b>17 February 2015</b>	<b>Tuesday</b>	<b>Performance Space</b>	<b>Junior Stage 7.30 - 8.40</b> <b>Concert Band 2.45 - 4.00</b> <b>Symphonic Band 4.15 - 5.45</b>
<b>18 February 2015</b>	<b>Wednesday</b>	<b>Performance Space</b>	<b>Senior Strings 7.30 - 8.40</b>
<b>19 February 2015</b>	<b>Thursday</b>	<b>Performance Space</b>	<b>Concert Band 7.30 - 8.40</b>
<b>20 February 2015</b>	<b>Friday</b>	<b>Performance Space</b>	<b>Senior Stage 7.30 - 8.40</b>

**2015 Payments:** Payments for the program this year will be undertaken through a new online system. Among its benefits, the program will be able to issue an invoice, and parents can pay online. This also lightens the hassle of being free at specific time on a specific day for parents to pay. Please return a complete registration form to Rick Elliott [icycold@outlook.com](mailto:icycold@outlook.com)

**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.

**2015 Fundraising:** We will run a canteen at all performances next year. We will also need volunteers to help with parking at the Pittwater Food Festival in May

**2016 China Tour:** It's not too late to express interest.

**Uniforms:** If anyone is ready to hand on a well cared for size 8 girls band shirt that no longer fits or is not needed, we have some new members that would be very happy to have it. Please contact Melissa if you are able to help as we need to make a new order of the size 8. If you haven't yet purchased your shirt, please contact [Melissa.turnock@pilatesscene.com](mailto:Melissa.turnock@pilatesscene.com) and we can arrange pick up from Newport.

**2015 School Spectacular:** Don't miss out on your opportunity to be involved in this world-renowned showcase of public education, performed live to over 20,000 people and beamed via television into the homes of 1.2 million people around Australia! <http://www.artsunit.nsw.edu.au/schools-spectacular/applications-and-auditions>

### 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:** Joulia McLaren [Joulia.mclaren@gmail.com](mailto:Joulia.mclaren@gmail.com)  
**Senior Stage:** Sally Simons: [sallysimons2@icloud.com](mailto:sallysimons2@icloud.com) or 0414771346  
**Orchestra:** Volunteer needed  
**Band Captains:** Nick Simons and Robbie Fabbro



# Enliven in the evening

As the sun goes down, the fun starts up

## POP UP EVENT

Library Laneway  
next to Mona Vale Memorial Hall  
Saturday 21 February 2015  
5.30pm to 8.30pm

Lucy's Diner - American themed food for sale  
hot dogs, pulled pork, Buffalo wings,  
snow cones, spiders, milkshakes etc.

Beverages from the travelling pop-up bar  
beer, wine and champagne.

Live music by the **Paige Delancey Trio**.

Everyone Welcome! Pittwater Council staff will  
be there to hear your ideas for the future of  
Mona Vale Town Centre.



## Host Program Information Evening



- ◊ Are you looking for an opportunity to give back to your community?
- ◊ Are you interested in providing support and care to a young child with a disability?
- ◊ Would you like to be to help a family with a much needed break 1 day a month?

NBI supports local children with a disability and their families through a range of programs. Our Host program links children with a disability with a volunteer 'Host' for fun and friendship. Hosts can be families, couples or individuals.

NBI are looking for more Host families in 2015. If this sounds like you, please come along to our information evening.

When: Wednesday 25<sup>th</sup> February 6.30-8pm  
Where: 2 Jacksons Road Warriewood

RSVP to Louise at NBI on 02 9970 0500 or email [louise@nbi.org.au](mailto:louise@nbi.org.au)



Specialist psychology services for children, adolescents, adults, couples & families.

MONA VALE | CARINGBAH | RANDWICK | [contact@bilibopsych.com](mailto:contact@bilibopsych.com) | (02) 9979 3000

Psychology clinic conveniently located in **Mona Vale**

- ✓ Bullying & Self-esteem
- ✓ HSC support
- ✓ Anxiety & Depression
- ✓ Relationship problems
- ✓ Post/Antenatal issues
- ✓ Trauma, Adjustment & Loss
- ✓ Substance Abuse & Chronic Pain
- ✓ Medicare Rebate
- ✓ Bulk Bill available\*

Monday to Friday from 8am - 8pm & Saturdays from 8am - 1pm

Please call our office on 9979 3000 to discuss the most appropriate approach and therapist to assist you with your difficulty.  
We look forward to hearing from you.

Visit our new website - [www.bilibopsych.com](http://www.bilibopsych.com) or find us on Facebook - Bpsychclinic

\*On a case by case basis



## Avalon Hockey Club



We are the only hockey club on the peninsula

### Give Hockey a Go Day!

Wondering whether your child will enjoy hockey?

Want to find out more?

Join us on Friday 27 February

5pm to 6pm

Dunbar Park, Avalon

We'll have sticks, balls & experienced players

Everything you need to give it a go!

For more information please go to  
[www.avalonhockey.com](http://www.avalonhockey.com)

Or register now

[www.avalonhockey.com](http://www.avalonhockey.com)

Mixed competition

Players of all ages and abilities

Play at Curl Curl every Saturday

Train on Friday nights at 6pm at Careel Bay