

## ON COURAGE, LEADERSHIP AND THE HEART OF PITTWATER HIGH

Principal's Report: Jane Ferris

At Pittwater High we are blessed with such dedicated hard working staff. But on Friday we also saw three teachers go beyond what could be expected of them as they put themselves forward to participate in the World's Greatest Shave to support a cause they are passionate about: supporting kids with cancer. Even young men can find it challenging to cut away their locks especially when the clippers are being operated by students – so thanks to Mr Tim Robinson and Mr Jonathan Leonard. But star of the show was Ms Brooke Mitchell who had her long hair chopped off and head shaved. There is no doubt Ms Mitchell went out of her comfort zone and was very courageous. Also she initiated the mufti day as a fundraiser with students supporting the event with their crazy hairstyles. What was most impressive was how the students were so responsive and clearly impressed by the leadership and selflessness of these teachers.



Immediately following the great shave was the Student Representative Council induction. What impressed me was the maturity and respectfulness of our school students as they immediately settled into the formal part of the assembly. Congratulations to all our new SRC members. I am looking forward to your commitment in representing your peers and leading positive initiatives in the school. Well done to Kae Vern Lee and Lucy McLean for compering the event, Yasmin Avery, Louie Keysall and Nick Andersen for their musical performances, and Noah Coopey and Jordyn Hess as elected leaders of the 2015 SRC for their speeches.

I must say with these two events coinciding on Friday and how supportive and positive our students were, made me so proud to be principal of this school. Not only do we rightly care about striving for academic excellence, but we support the social and emotional development of the whole child. This positive energy and school spirit is the heart of what makes us a great school. As one parent commented to me, as a school we keep going from strength to strength.

### School Contributions and Subject Fees:

Firstly thank you to all those families who have paid their school contributions and subject fees in a timely manner. For those who have not yet done so, invoices will be sent out this week. You do have the option of arranging a payment schedule if this assists. However please do not ignore the invoice. If your financial circumstances are such that you request assistance in meeting these costs, you need to write to me with this request. If you have made such requests in previous years, you need to reapply as your circumstances may have changed. If you do not write to me, you will appreciate I will assume it slipped your mind and I will be in contact to remind you. These school contributions and subject fees enable us to provide a rich learning environment and teaching resources to support students..

For your convenience you can now pay online with credit card. Go to our website and at the top of the page is a tab "Make a payment". Please note this is only for school contributions, subject fees, voluntary contributions including tax deductible building fund, excursions (including the China tour) and camps (reminder year 11 camp now overdue). It is **not** for band registration fees, uniform, lockers or canteen orders.

# DEPUTY PRINCIPALS' REPORT - Renee Andrews; Ben Rekić

The highly positive interactions between students, staff and the wider community are characteristic of Pittwater High School, and evident in the flurry of recent events held at the school over the past fortnight.

The contributions of Ms Mitchell and Mr Leonard to the "World's Greatest Shave" were greatly appreciated by the staff and students, resulting in a significant contribution to this great cause. Similarly it was wonderful to see the strong turnout of friends and family at the SRC induction Assembly, which was held at the same event. Both events demonstrate the strong and vibrant community links, as well as the breadth of opportunities to engage in real and meaningful contributions within the school, and more broadly. The school's core values of respect and responsibility were very much celebrated on the day, and it is with confidence that I say that I am sure that this year's SRC will be proactive in contributing to school environment and community.

Similarly, the 2015 grade 10 "Goal Setting Sessions" have demonstrated the commitment of the school's executive team to the provision of guided and directed mentoring of all students in this cohort. To date most students have had the opportunity to collaboratively set goals to help them achieve their personal best this year, with a view to providing a solid foundation going into year 11. A special thanks must be extended to all the executive who have given their time in providing sound academic guidance, as well as to the students of year 10 who have approached the process with maturity and enthusiasm.

## CALENDAR

|                   |                                   |
|-------------------|-----------------------------------|
| Tuesday 17 March  | Parent/Teacher/Student Interviews |
| Tuesday 17 March  | Regional Swimming Carnival        |
| Wed 25 March      | P&C Meeting 7:30pm                |
| Thursday 26 March | Vaccinations all Year 7           |
| Thursday 26 March | CHS Swimming Carnival             |
| Monday 30 March   | Parent/Teacher/Student Interviews |
| Thursday 2 April  | Last Day Term 1                   |
| Friday 3 April    | Good Friday                       |
| Monday 20 April   | Staff Development Day             |
| Tuesday 21 April  | All students return               |

**Moonlight Cinema  
at  
Pittwater High  
Friday 20th March**

**DIVERGENT**

*Alcohol-free event*

*Popcorn*

*Slushies*

*Lollies*

*Candy floss*

*Tickets  
\$10 each  
or \$30 for 4*



**Gates open 6pm, entry via Flying Fox Carpark**

**Get your friends & picnic rug for a night under the stars!**

**For tickets: [www.trybooking.com/GZMG](http://www.trybooking.com/GZMG)  
or – [www.trybooking.com](http://www.trybooking.com) and search for Pittwater**

**All pre-purchased tix will go in the draw for a \$100 Eftpos gift card**

**In support of PHS Band Tour to China**

# TECHNOLOGY (MANDATORY)

Year 7 .2 TAS students have started the year with a unit on Food Technologies. As part of this unit, the students prepare and cook a range of healthy snack foods, eventually culminating in a design challenge to make their own healthy snack. Among the array of dishes, chilli chicken burritos were a big hit. The students learnt to make their own sweet chilli sauce to accompany the stir fried chicken and salad which formed this dish. As you can see from the proud and smiling faces, the class thoroughly enjoyed this task.



## ACCELERATED HOSPITALITY CLASSES 2015-2016

Mr Robinson and Mrs Roulston are both teaching the two Accelerated Hospitality classes starting in 2015 and finalising in 2016 with their HSC. We began the year with the purchase and collection of their uniforms, which then lead to the introduction to practical lessons with Precision Cuts. The students have then completed tutorials in Vietnamese Spring Rolls, Avocado Salsa and Paprika Chips, Chicken Wings with Fried Rice, Crepe Suzette, Mushroom Duxelles Palmiers. Many of the students from both classes also came to participate in Open Night to obtain their service hours to receive a Certificate II at the completion of their course.

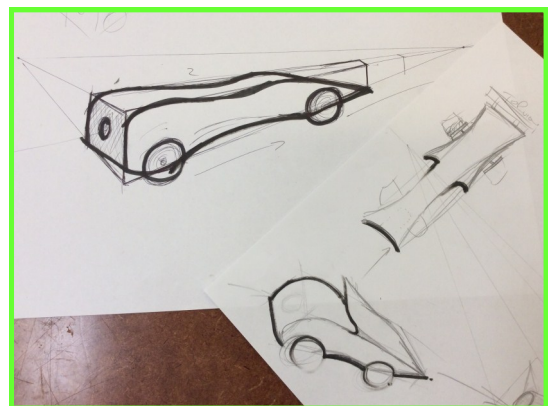


# ENGINEERING

Engineering classes this term from Years 9 and 10 have been working on a new and very exciting project under the 'F1 in Schools' competition with Mr Price and Mr Hamed. The F1 in schools initiative is a state and worldwide competition where students are asked to design and make an F1 style car which will be raced against other teams in order to achieve the fastest time.

F1 in schools is not just about speed, students will develop various Engineering skills such as technical drawing, CAD/CAM skills, leadership, project management, public speaking, marketing, collaboration and presentation skills. Some students gain vital knowledge in order to pursue a career in Engineering which of course is invaluable for future employability.

Students have been working hard to design team identities and are currently working on prototypes of their final car design using modelling foam and card. The competition has really captured the students' imagination and was showcased at the schools open night this year, so watch this space and let's see who will build the fastest car at Pittwater High.



## National Assessment Program – Literacy and Numeracy 2015

### LETTER TO PARENTS

In May 2015 the National Assessment Program – Literacy and Numeracy (NAPLAN) will be completed by students in Years 3, 5, 7 and 9. NAPLAN has the support of all State and Territory Education Ministers and will assess the literacy and numeracy skills of students across Australian schools.

The results of the tests will provide important information to schools about what each student can do, and will be used to support teaching and learning programs. Parents will receive a report indicating their child's level of achievement. Each student's level of achievement will be reported against the national minimum standard.

Student background information (student name, gender, date of birth, language background and Aboriginality) will be collected as part of the National Assessment Program. This information is treated confidentially and held securely to ensure that every student's right to privacy is maintained.

The NAPLAN tests will be conducted from 12-14 May 2015.

| TUESDAY 12 MAY   | WEDNESDAY 13 MAY | THURSDAY 14 MAY |
|--|------------------|-----------------|
| <b>Language Conventions</b><br>(Spelling, Punctuation and Grammar)<br><br><b>Writing</b> | <b>Reading</b>   | <b>Numeracy</b> |

In the Numeracy tests students do not require any measuring tools such as rulers or protractors. In Years 7 and 9 there will be two Numeracy tests: one where a calculator is allowed and one where calculators are not to be used. For the calculator test, the student should use the calculator that they currently use at school.

**Friday 15 May** – A 'catch-up' day is scheduled for students who missed a test or were absent on a test day.

Students may be considered for exemption from the tests if they:

- are newly arrived in Australia (less than one year before the test) and with a language background other than English, or
- have significant intellectual disability and/or significant co-existing conditions which severely limit their capacity to participate in the tests.

All other students are expected to participate in the tests. Disability adjustments which reflect the student's normal level of support in the classroom may be provided. Large print, Braille, coloured paper versions and electronic tests are available to meet the needs of individual students.

Access to disability adjustments or exemption from the tests must be discussed with the school principal and a parent or carer consent form must be signed.

Students may be withdrawn from NAPLAN by their parent or carer. This is a matter for consideration by parents in consultation with the Principal. If you wish to withdraw your child from the tests, a parent or carer consent form must be signed.

Please make an appointment with the principal of the school your child attends if you would like to discuss your child's participation in NAPLAN.

Additional information about NAPLAN can be found at [www.nap.edu.au/NAPLAN/Parent\\_Carer\\_support/index.html](http://www.nap.edu.au/NAPLAN/Parent_Carer_support/index.html).



# STUDENT REPRESENTATIVE COUNCIL 2015

The Student Representative Council of 2015 was inducted into the school community at the assembly last Friday. These 52 members were chosen based on their ambitions to become leaders of positive change within Pittwater High School.

They all participated in a Leadership Training Day two weeks ago, where they put these ambitions into action by planning out their goals for 2015 and nominating key positions within the Council, including Chair people, Secretary, Counters, Scribes and Year Representatives for years 7-10. Each member of the Council has the opportunity to lead the school and has distinct leadership qualities, as most have displayed as part of the 2014 team.

I would like to congratulate each of the students chosen on their position and personally thank all staff involved in the organisation of both the Induction Assembly and the Leadership Day.

Alyce Peruzzi and Lara Griffin—SRC Coordinators 2015

## Congratulations to the following members of the 2015 SRC

### Year 7

Hannah Christie; Grace Fisher; Lara Heath; Amy O'Toole; Tabitha Sides; Namrita Singh; Isabelle Weinert; Elaina Turner

### Year 8

Jerome Cannon; Bettina Cilia; Mia Chaffer; Jess Deathridge; Isabelle Harrison; Ellie Hawling; Bonnie Hemsworth; Alec Jones; Aleesa May; Rebecca Milham; Stella Reay-Smith; Kira Stubbs; Jemma Watts; Alice Wensing; Ella Wilson; Zane Ramey

### Year 9

Seb Attwater; Lucy Birrell; Jemma Hodgson; Levi Kaye; Jasmine Laing; Pippa Pryor; Sam Stead; Elise Van Mierlo; Toby Jones

### Year 10

Alex Channon; Noah Coopey; Isabelle Currie; Zach Dinter; Liam Doherty; Alec Farrow; Grace Hanks; Kobie Heather; Callum Hemsworth; Jordyn Hess; Tavish Howard; Amy Josefik; Harry Lush; Ashlea McEwan; Jenzy Ocampo; Samuel Preston; Natasha Robertson-Hanning; Matija Simovic; Jess Tetlow



# A Gothic Experience in the Quarantine Station

Imagine that in the midst of your study of the uncanny, the supernatural and surreal aspects of gothic literature, you find yourself walking through a site that has been listed in the top 10 most haunted places on the planet. On the evening of Friday 13 March, accompanied by fellow Year 11 English Extension students and friends as well as Ms Zaraza, Mr Leonard, Ms Purvis and Ms Waters I found myself in exactly that situation, at the ever so grim Manly Quarantine station.

I could not enjoy the alluring greenery surrounding us at North Head, as we were quickly whisked away to a large conference room, in which our incredibly enthusiastic guide Chris took time to inform us of the horrific events that had taken place, less than a hundred years ago.

In the dark room our journey began with the question Chris asked the already terrified Mrs Zarara "Sorry to stop for a second, but do you feel something on your right?" He spoke with the sincerity which he so kindly, continued to share with us throughout the entire night.

"No." Mrs Zaraza replied, exposing a new -found sense of shock, also growing increasingly wary of the 'cold spot' just to her right. This was the first supernatural encounter anyone experienced that night, many more were to come.

Walking countless steps from room to room our party full of both sceptics and believers were at some point questioning their own minds as to what they might have really seen, heard or felt. Inside the last and most eventful room of the night I saw faces on the back of Ms Waters' head , as well as forms of bodies on beds and a strange feeling that someone was pulling my hair . As it was Friday the 13<sup>th</sup> Chris also had a few nasty tricks up his sleeve, the most malevolent in my mind being the point at which he sent Harry Hall, Will Bailey and me as the leaders into a makeshift haunted house. Whilst we may have seemed like babies making fun of the decorated hallways to the rest of the group I can assure you we were not. Our screams were quite authentic, our tears honest and grips on each other unshakable. Even now I'm sure our experience in those rooms haunts us all. I must commend the brave Harry for stepping first into the demonic atmosphere in which us three were situated.



The final chapter to our evening of fright took place within the shower block, not as amusing as it seems, for these showers spat acid, made to rinse the skin off people who had unfortunately been forced to undress within its walls. To many of us this was the most pressing part of the night as we were told make our way to the end of an extremely dark and haunted hallway, then to turn whichever way we are compelled to (right or left) and find our way back to the main entrance. Having been in there before I found the confidence to make my way

alone through the shower cubicles, terrorizing everyone at their most vulnerable. Yasmin Avery got the worst of it on two different occasions; one of which was when I stood behind a shower curtain silently and moved it—she still believes that it was an indescribable phantom so it would be rather unfortunate if she reads this!

Our night at the Quarantine Station was an experience that both students and teachers shared, developing a knowledge of one another's fears and responses, which for most was incredibly amusing, especially getting to know our teachers in such a strange environment.

Our knowledge and understanding of both the aspects of gothic literature and of those with whom we shared the experience, was increased. Our senses were alive and creative ideas for writing Gothic fiction now abound!

I think that we all now know English will never be the same again.

Ned Sykes Year 11

# BLUES POINTS – GENERAL INFORMATION

Blues Awards are presented at the end of each year to reward student achievement. The Blues system:

- Offers a form of positive reinforcement for students achievement
- Encourages students of all abilities to participate in every Pittwater High School activity
- Recognises students who make a positive contribution to the school

## AWARDS

**Half Blue** (certificate):

Years 7, 11 and 12 – awarded to students who receive 60 – 99 points in one year

Years 8, 9 and 10 – awarded to students who receive 60 – 119 points in one year

**Full Blue** (certificate):

Years 11 and 12 to students who receive 100 points or above in one year (Year 7 semester 1 report doubled in blue point value as no semester 2 from previous year)

Years 7, 8, 9 and 10 – awarded to students who receive 120 points or above in one year

**\*\*** Differences between year groups occur due to less subjects for Year 11 and 12, therefore they are unable to receive as many points from their reports.

**Distinction Blue** (certificate and medallion): presented to students who are awarded a Full Blue for 3 consecutive years

**Honours Blue** (framed certificate and gift voucher): presented to students who are awarded a Full Blue for 6 consecutive years

**Spirit Blue Award:** the Year 12 students who receives the highest total accumulated tally of points for their time at Pittwater High School. Points will be tallied for any Full or Half Blue award achieved each year.

## POINTS ALLOCATIONS

Blues Points may be allocated for any activity allocated for any activity associated with Pittwater High School.

Year 11 and 12 students who attend a **PCS or TAFE course off campus** receive a 20% increase in their total points from the report to allow for 'missing' subjects.

The Blues Points Coordinator may vary points as deemed appropriate.

The following point allocations are recommendations only. Variations will be decided upon in consultation with the Blues Points Coordinators.



## **BLUES POINTS – GENERAL INFORMATION (cont)**

### **2015 Blues Coordinator – Deb Meyers**

|                |                       |
|----------------|-----------------------|
| <b>Year 7</b>  | <b>Kate McLean</b>    |
| <b>Year 8</b>  | <b>Sam Rous</b>       |
| <b>Year 9</b>  | <b>Carolyn Hayes</b>  |
| <b>Year 10</b> | <b>Therese Lagois</b> |
| <b>Year 11</b> | <b>Claire Polosak</b> |
| <b>Year 12</b> | <b>Alyce Peruzzi</b>  |

# BLUES POINTS – GENERAL INFORMATION (cont)

## MAXIMUM POINT ALLOCATIONS

|   |   |
|---|---|
| <b>Report 1</b> – Semester 2 report from previous year (except Year 7)  | <b>Outcomes:</b> If average amount of 'ticks' in 1 <sup>st</sup> column – 3 points. If average amount of 'ticks' in 2 <sup>nd</sup> column – 2 points<br><b>Personal Attributes:</b> if average amount in 1 <sup>st</sup> column is 2 points<br><b>**for each subject** ie 5 points max per subject</b> |
| <b>Report 2</b> – Semester 1 report from current year   | <b>Outcomes:</b> If average amount of 'ticks' in 1 <sup>st</sup> column – 3 points. If average amount of 'ticks' in 2 <sup>nd</sup> column – 2 points<br><b>Personal Attributes:</b> if average amount in 1 <sup>st</sup> column is 2 points<br><b>**for each subject**</b>                             |
| <b>Academic Achievement</b><br>In class<br>Competitions (Maths/Science etc.)<br><br>Exams<br>Assessment tasks<br>Debating       | 5 points/term<br>Participation – 1 point<br>Credit – 3 points<br>Distinction – 5 points<br>3 points/exam<br>3 points/task<br>3 points/competition   |
| <b>Performing Arts</b><br>Band<br>Musical<br>Dance Groups<br>Performances   | 5 points per band/term<br>15 points for leading role<br>5 points per group/term<br>5 points/performance out of school hours   |
| <b>Sporting Achievement</b><br>School Carnivals<br><br>Zone<br>Regional<br>NSW<br>National<br>Grade Sport<br><br>Knockout Sport | 5 points/ school record broken<br>2 points/ 1 <sup>st</sup> place<br>3 points for attending/competing<br>5 points for attending/competing<br>5 points for attending/competing<br>5 points for attending/competing<br>1 point/game played<br>2 points for playing in final<br>2 points/game played       |
| <b>Service</b><br>Charity Work<br>Assisting at school (e.g. open night)<br>Duke of Ed.<br>Gold<br>Silver<br>Bronze              | 3 points/event<br>3 points/event<br><br>20 points for completion<br>10 points for completion<br>5 points for completion   |
| <b>Leadership</b><br>Captain/Vice Captain/Prefect<br>House Captain<br>SRC<br>Peer Support                                       | 5 points/term<br>3 points/term<br>3 points/term<br>3 points/term  |
| <b>Teacher Recognition</b><br>Year Adviser/Executive<br>Principal<br>Uniform<br>Other   | TBA<br>TBA<br>5 points/term for absolutely perfect uniform  |

# TEXSTYLE 2015

Lily Sheridan a 2014 Year 12 student is to be congratulated on her selection in Texstyle 2015.

The Texstyle exhibition profiles students works excellence of Stage 6 Textiles and Design from the 2014 Higher School Certificate. Lily's Major Textiles Project (MTP) practical project and portfolio was included in the display. The exhibition was held in conjunction with the Stitches and Craft Show at Rosehill Racecourse.

Lily received her award for being selected, then on the evening a second award, The Creativity Award was announced and Lily also received this title.

Lily's work was inspired by the vibrancy and beauty of India. In the project she incorporated an artistic fusion of design, fashion and culture. She constructed a four piece textile art outfit comprising of a sophisticated leather jacket and skirt, a highly embellished vest and bustier top. These all combine to represent a highly complex and decorative textile art piece that reflects contemporary fashion and Indian textiles.

Lily used the techniques of fabric painting, dyeing, appliqué, embroidery and shisha embroidery to create a decorative and colourful textile art outfit.

Lily is currently studying design at University.

Ms James—Classroom Teacher





# TAS FACULTY TALES

On 9 February we had some wonderful news that Ms Samantha Morrissey gave birth to a beautiful baby daughter Ella. Both Ms Morrissey and Ella are doing well and enjoying the gift of motherhood and family. Replacing Ms Morrissey, while she is on maternity leave is, Mr Endaf Price who has come to Pittwater with a broad range of experience with particular expertise in Design and Technology, Engineering and Multimedia. He has quickly settled in and much to the delight of the Engineering class has introduced an authentic learning experience of the F1 challenge to the school.

At the very end of 2014 Ms Kathryn Mamone took up an appointment at Eden Marine High School, returning to the south of NSW, where she grew up. This opportunity was bitter sweet as she is missing her year group and her classes but is enjoying her new adventure. To fill this vacant position we have welcomed Mr Ahmed Hamed into the team. His expertise is also broad and has smoothly transitioned into teaching Design and Technology, Engineering, Multimedia, IST and Timber. His personal interest in computers and technology has allowed him to engage his students in some of the latest computing applications, making great use of the schools media centre software.

Ms Carolyn Samojlowicz (HT TAS)

## INDUSTRIAL TECHNOLOGY TIMBER - YEARS 9, 10 AND 11

The timber workshops have been very busy over the last few weeks as the students have started their first projects of the year after Work, Health and Safety revision and industry study. The two year 9 classes are designing and manufacturing a laminated chopping board suitable for cutting vegetables or serving cheese or bread. This year we decided to recycle timer offcuts and the students have in the process, been producing some beautiful mixed timber pieces. Mr Robinson and I are absolutely pleased with the efforts of the year 9 students so far in their new elective.



# TAS FACULTY TALES (cont)

## INDUSTRIAL TECHNOLOGY TIMBER - YEARS 9, 10 AND 11 (cont)

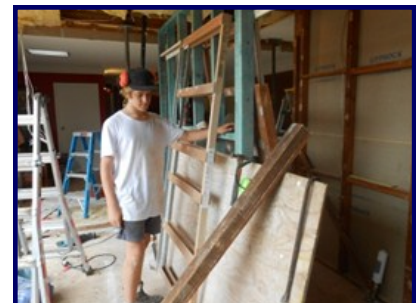
The year 10 classes have each started on alternate projects in order to maximise the use of available resources and have been challenged by the new skills of wood turning bowls out of camphor laurel, vacuum forming plywood sheets for skateboard decks and hand cutting dovetail joints for the initial stages of a bedside table. Mr Hamed and I are looking forward to seeing some high quality projects being produced this year from two enthusiastic classes.



The year 11 class has been following a thorough design process in order to design and manufacture a timber Document Box suitable for holding a ream of paper. The assessment task emulates the HSC major work, on a smaller scale. This is designed on purpose in order to have the students be prepared for year 12. At this point in time a small amount of practical work has been undertaken as it has been important for the students to complete certain parts of the research and design before cutting any timber. The projects should be quite unique to one another showing off some of the skills and techniques mastered by the students.

## CONSTRUCTION - YEAR 12

The Construction class recently completed work placement where the students were matched up with local construction companies to learn and participate in some 'on the job' skills. The experience was rewarding for the students and they have come back to school with more of a focus about their future. All of the students were outstanding while working in the industry and had excellent reviews from their employers; they displayed a positive work ethic, were punctual, polite and took initiative. The students had a range of duties including the removal of framework, sandstone, flooring, nails and using portable power tools and equipment to level surfaces and erect plasterboard. Such an experience is so beneficial and we are always grateful to the employers who take on students on a volunteer basis.



On site at Construction Work Placement

# YEAR 10 AGRICULTURE AND MINNIE THE PIG

This term in Agriculture, Year 10 has had the pleasure of taking care of the most lovely Wessex Saddle Back sow. Minnie is our eight month old gilt who has produced five very happy and very cute piglets. With the help of Mr Thatcher, Miss Polosak and Minnie, we have learnt how smart pigs really are, how important they are to our everyday life and the reproduction cycle of pigs. To all of our pleasure, Minnie and all five of her babies are alive and well.

by Benaiah Brophey

Since week three Pittwater High has been housing a Wessex Saddle back pig which Year 10 Agriculture has to look after for Term 1. At six-eight months she is a first mother, giving birth successfully to five piglets (three males and two females). They are growing quickly and running around.

In the Agriculture classroom we have been learning about pig breeds and the stages of pig life, the dangers of them and generally what to do with pigs. Soon we will be sending Minnie back to her owner, and selling her piglets.

by Nelson Blackall

This Term in Agriculture we have been learning about pigs. Our pig Minnie had extremely cute piglets three weeks ago. Some are pure black, and some are pink and black. We have learnt a lot about pigs such as the digestive system, pig meat and where they live and their environment.

by Tihana Van Wynen

As a part of the Year 10 Agriculture class, I have the privilege of looking after Minnie our gilt. She gave birth to five cute little piglets, a mix of the Wessex Saddleback mother and a large black father. They are very cute and it is an amazing experience looking after the pig family.

by Lleyton Reece







## International Women's Day



Celebrating International Women's Day 2015 at Pittwater High School

The theme of International Women's Day this year is 'Make it Happen'. Pittwater students celebrated International Women's Day starting with a passionate and motivational talk by Ms Ferris on assembly and then by considering the achievements of women and how women's lives can be improved in a range of their classes last week. For example, in English, some classes collected articles and items about women from the newspapers and analysed representations of women and girls in the media, others watched films which show strong female lead characters as making a difference and stepping outside of stereotypes. Many Year 9 impressed with their persuasive speeches on the topic of gender equity. In Year 10 Film Studies, the class are enthusiastically making a documentary called "I am a Girl".

*"The world will never realize 100 per cent of its goals if 50 per cent of its people cannot realize their full potential." Ban Ki-moon*



### COMPETITION!

As a part of International Women's Day celebrations, Rosie, a flagship initiative of The Dugdale Trust for Women and Girls, has a Creators Award (8 March - April 20) open to Australian girls aged 12-20, helping them to kick start their creative or activist journey. Writers, video makers, photographers and budding young activists are encouraged to enter!

The Rosie Creator's Award theme for 2015 is 'respect' - for yourself, others or planet earth. This award has four creative areas: writing, video, photography and activism. Winners of each of the categories will be awarded \$500, have their work featured on RosieRespect.org.au<<http://RosieRespect.org.au>>, and will be published in the next edition of Young Vagabond. See Ms Purvis for more details or visit <http://rosierespect.org.au/award/>

Extract from Year 9 student Max Lush's Speech, 'Do you think everyone deserves an education?'

"Imagine if everyone were educated, this world would be a much better place because people will realise how they should be treated and in turn treat other people. Education will give people the capacity to deal with issues such as global warming and deforestation. If we all work together, both men and women, we can accomplish world goals".

# GIRLS OPEN KNOCKOUT SOCCER TEAM

On Tuesday 10 March, we headed off to Cheltenham Girls High School for the first round of the girls open knockout soccer tournament.

We were to kick-off at 11am which didn't give us much of a warm -up! It was already 29 degrees with about 90% humidity.

Claire was very impressive in goals while Alicia and Chloe P, (CAPTAIN) attacked our goal. Candice, Ashlea, Ella and Lovisa held the backline and it was a pretty even game. Ciera, Zara, Claudia and Jess T worked hard in the midfield so that Alicia could score the first goal in about the 25<sup>th</sup> minute. We got a little excited and 2 minutes later Cheltenham got an equaliser. 1-1 at half time.

Claire decided she wanted a run so Jess T went in goals and Jemma, Sarah, Penny and Chloe V came on to give some of the others a rest in the stifling heat. Unfortunately, we let our guard down for the first 10 minutes where Cheltenham managed to score 3 quick goals. Claire went back in goals and the score remained at 4-1 at full-time.

It was a much closer game than the score indicates; we had really good chances by Alicia, Claire, Claudia and Ciera but were unlucky not to score.

We farewell our year 12's: Alicia who has played in the open team since year 8 and has been a big goal scorer over the years. Chloe P who has played in the open team for many years, since year 7 and been a great team (and coach) motivator! Ella; who has not just been a keen knockout player, but has played grade, as well, in her senior years. Lastly, Claire-what an amazing goalie!

**Team:** Penny, (9), Lovisa, (9), Jemma, (9), Sarah, (9), Chloe, (9), Zara, (10), Claudia, (10), Ciera (10), Jessica, (10), Ashlea, (11), Candice, (11), Ella, (12), Chloe, (12), Alicia, (12) and Claire (12)

Mrs Bates, (coach/manager)



# Zone Swimming Results & Regional Team 2015

## Pittwater -- 3<sup>rd</sup> Overall

### CONGRATULATIONS TO THE FOLLOWING ZONE AGE CHAMPIONS:

13yrs      Lexi Harrison  
15yrs      Jasen Winny

THE FOLLOWING STUDENTS PLACED IN THE TOP 3 IN THEIR EVENTS. THE STUDENTS WHO PLACED 1<sup>ST</sup> OR SECOND WILL BE COMPETING AT THE REGIONAL SWIMMING CARNIVAL ON TUESDAY 17 MARCH AT HOMEBUSH. CONGRATULATIONS AND GOOD LUCK!

|           |           |   |
|-----------|-----------|---|
| Van Kool  | Kai       | 13yrs 200m Freestyle (2 <sup>nd</sup> )<br>13yrs 100m Breaststroke (3 <sup>rd</sup> )<br>13yrs 100m Freestyle (2 <sup>nd</sup> )<br>13yrs 100m Backstroke (2 <sup>nd</sup> )<br>13yrs 50m Freestyle (3 <sup>rd</sup> )  |
| Gurney    | Christian | 14yrs 200m Freestyle (2 <sup>nd</sup> )<br>14yrs 100m Freestyle (2 <sup>nd</sup> )<br>14yrs 100m Backstroke (3 <sup>rd</sup> )<br>14yrs 50m Freestyle (2 <sup>nd</sup> )  |
| Winny     | Jasen     | 15yrs 200m Freestyle (1 <sup>st</sup> )<br>15yrs 100m Breaststroke (2 <sup>nd</sup> )<br>15yrs 100m Freestyle (1 <sup>st</sup> )<br>15yrs 100m Backstroke (1 <sup>st</sup> )<br>15yrs 50m Freestyle (1 <sup>st</sup> )<br>15yrs 100m Butterfly (1 <sup>st</sup> ) |
| Gudmunson | Jessica   | 13yrs 200m Freestyle (1 <sup>st</sup> )<br>12-14yrs 200m IM (3 <sup>rd</sup> )<br>13yrs 100m Breaststroke (3 <sup>rd</sup> )<br>13yrs 100m Freestyle (3 <sup>rd</sup> )   |
| Harrison  | Lexi      | 12-14yrs 200m IM (1 <sup>st</sup> )<br>13yrs 100m Breaststroke (1 <sup>st</sup> )<br>13yrs 100m Freestyle (1 <sup>st</sup> )<br>13yrs 100m Backstroke (1 <sup>st</sup> )<br>13yrs 50m Freestyle (1 <sup>st</sup> )<br>13yrs 100m Butterfly (1 <sup>st</sup> )     |
| Frost     | Jasper    | 12yrs 100m Breaststroke (3 <sup>rd</sup> )  |
| Eglesz    | Adam      | 13yrs 100m Breaststroke (1 <sup>st</sup> )<br>13yrs 100m Freestyle (3 <sup>rd</sup> )<br>13yrs 50m Freestyle (2 <sup>nd</sup> )   |
| Adam      | Tyler     | 17yrs 100m Breaststroke (1 <sup>st</sup> )  |



# Zone Swimming Results & Regional Team 2015

|                  |                 |   |
|------------------|-----------------|---|
| <b>Heemstra</b>  | <b>Grace</b>    | 12yrs 100m Breaststroke (1 <sup>st</sup> )  |
| <b>Blount</b>    | <b>Chloe</b>    | 12yrs 100m Freestyle (2 <sup>nd</sup> )<br>12yrs 100m Backstroke (2 <sup>nd</sup> )<br>12yrs 50m Freestyle (1 <sup>st</sup> ) |
| <b>Hawling</b>   | <b>Ellena</b>   | 14ys 100m Backstroke (3 <sup>rd</sup> )<br>14yrs 100m Butterfly (3 <sup>rd</sup> )  |
| <b>Curtis</b>    | <b>Isabella</b> | 15yrs 100m Backstroke (2 <sup>nd</sup> )  |
| <b>Ansiewicz</b> | <b>Darienne</b> | 17yrs 50m Freestyle (3 <sup>rd</sup> )  |
| <b>Curtis</b>    | <b>Lily</b>     | 15yrs 100m Butterfly (3 <sup>rd</sup> )   |
|                  |                 |   |

## THE FOLLOWING RELAYS PLACED IN THE TOP 2 AT ZONE AND WILL COMPETE AT REGIONALS:

|   |   |  |
|---|---|--|
| Curtis<br>Harrison<br>Curtis<br>Ansiewicz<br>RES: Gudmunson | Isabella<br>Lexi<br>Lily<br>Darienne<br>Jessica | <b>Girls – Medley Relay (2<sup>nd</sup>)</b> |
| Van Dam<br>Frost<br>Williams<br>Boyd                        | Zach<br>Jasper<br>Riley<br>Milo                 | <b>Boys – 12yrs Relay (2<sup>nd</sup>)</b>   |
| Kaye<br>Kinsella<br>Lindley<br>Gurney                       | Levi<br>Tomas<br>Finn<br>Christian              | <b>Boys – 14yrs Relay (2<sup>nd</sup>)</b>   |
| Nicol<br>Crichton<br>Davies<br>Winny                        | Kelly<br>Tyler<br>Charles<br>Jasen              | <b>Boys – 15yrs Relay (2<sup>nd</sup>)</b>   |
| Heemstra<br>Moxham<br>Monty<br>Blount                       | Grace<br>Ruby<br>Isabelle<br>Chloe              | <b>Girls - 12yrs Relay (1<sup>st</sup>)</b>  |
| Gudmunson<br>Deathridge<br>Harrison<br>Wensing              | Jessica<br>Jessica<br>Lexi<br>Alice             | <b>Girls – 13yrs Relay (1<sup>st</sup>)</b>  |
| Haworth<br>Harrison<br>Rosenkaranz<br>Malone                | Claudia<br>Zara<br>Hannah<br>Jazmin             | <b>Girls – 16yrs Relay (2<sup>nd</sup>)</b>  |

# VOLLEYBALL

On 16 March, 14 eager girls piled into cars and a minibus as we travelled out to Minto. The day began and games were off and running. After a total of 8 games the two teams walking away with awesome results. The senior team gaining 4th place and the junior team pulling in an awesome 2nd place.

Congratulations girls on a fantastic effort!!!!



## CANTEEN NEWS

**Wednesday 18 March:** Giovanna Graziano,, Nicole Graham, Claire Monty, Ange Torres  
**Thursday 19 March:** Karen Maguire, Sheridan Femia, Kylie Bennets, Robyn Armsworth-Brack  
**Friday 20 March:** Rowena Kempton, Alison Turner, Susanne Mitchell  
**Monday 23 March:** Selena Webber, Alison Christensen  
**Tuesday 24 March:** Natasha Zani, Ann Clayton, Rustanti Oetojo, Myra Tremi  
**Wednesday 25 March:** Lara Floyd, Kay Little, Louise Hardy  
**Thursday 26 March:** Kate Power, Lee Waters  
**Friday 27 March:** C Marshall, Sandra Avedissian, Sarah Attfield  
**Monday 30 March:** Janet Howard, Jan Lysaght  
**Tuesday 31 March:** Nadia Maxwell, Helena Nobs

**Please advise canteen managers Katrina or Felicity (ph 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 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

# CAREERS

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

## Year 12:

### Meet The Business Leader, (or "Cadetship Evening")

Date: Wednesday May 20 Time: 5-8pm Location: Luna Park  
Valeska Halpin; Careers Engagement Coordinator D: 9290 5708 M: 0434 335 670

**MyDay Clinical Sciences at CSU:** Dentistry, Pharmacy and Physiotherapy. Charles Sturt University will be holding the event on Monday 13 April 2015 in Bathurst. This event is targeted at Year 12 students who may be considering study in the Clinical Science, Dentistry, Pharmacy and Physiotherapy fields. (\*\*see Mrs Bates for more details)

### UMAT facts for those interested in studying Medicine/Dentistry/Health:

- UMAT is a compulsory test that is used specifically to assist with the selection of students into medicine, dentistry and health science degree programs at undergraduate level.
- UMAT is held once a year usually on the last Wednesday of July. Students can repeat the UMAT if they were unsuccessful the year before.
- UMAT 2015 will be held on the 29 July 2015. Registration deadline is 5 June 2015, 5pm  
Late registrations will be accepted until 5pm AEST 19 June 2015, however \$65 penalty fee on top of the registration fee applies.
- UMAT is available to any candidate whose educational level at the time of sitting the test is their final year of secondary schooling, or higher.
- Students can register for the UMAT only via the ACER website:

[http://www.nie.edu.au/index.php?option=com\\_acymailing&no\\_html=1&ctrl=url&urlid=293&mailid=132&subid=150](http://www.nie.edu.au/index.php?option=com_acymailing&no_html=1&ctrl=url&urlid=293&mailid=132&subid=150)

UMAT 2015 covers the areas of Logical Reasoning and Problem Solving, Understanding People, and Non-verbal Reasoning. Students are given 3 hours to complete 134 multiple choice questions. Students will be provided with 10 minutes reading time.

In 2015, students will need a UMAT score to apply for 2016 undergraduate admission to any of the following courses:

The University of Adelaide—Medicine, Dental Surgery  
Bond University—Medicine  
Charles Darwin University—Clinical Sciences  
Flinders University— Clinical Sciences/Medicine, Vision Sciences  
La Trobe University— Health Sciences (Dentistry), Oral Health Science  
Monash University— Medicine  
The University of Newcastle / University of New England Joint Medical Program  
The University of New South Wales— Medicine, Optometry  
The University of Queensland—Medicine (provisional entry), Dental Science  
University of Tasmania— Medicine  
The University of Western Australia— Medicine (assured entry), Dental Medicine (assured entry)  
University of Western Sydney— Medicine  
University of Auckland— Medicine  
University of Otago—Medicine, Medical Laboratory Science, Dental Surgery

## Year 10:

**Careers Lessons** this term, once a fortnight). We are registering for the new [Pittwater High Careers](#) website, investigating undertaking an optional work experience week, taking interest tests to help decide on suitable future careers and more!

**JOBS/Other news:** Students need to check their **department emails** regularly for advertised jobs! Year 12-there has been one about a Defence Force Gap Year program in 2016, (see attached flyer).

**Part-time Hairdressing job,** (could lead to a full-time apprenticeship)-see Mrs Bates for more details.

Also, checkout [www.seek.com.au](http://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 "14caims". 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](#), no password is currently needed to login so check it out?

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).



# MUSIC NEWS

TERM 1 WEEK 6

## PERFORMANCE & MEETING DIARY DATES



| Term 1        |                              |   |   |
|---------------|------------------------------|---|---|
| 3 March 2015  | Tuesday<br>Full band uniform | School Open Night<br>Arrive 30 minutes before performance | BBQ for all from 5.00, performances<br>Strings 5.45 to 6pm<br>Symphonic 6pm start<br>Senior Stage Band 6.30<br>Junior Stage Band 7.45<br>Individual items throughout the night. |
| 10 March 2015 | Tuesday                      | Performance Space   | Shadow China Tour Information 4.00pm  |
| 20 March 2015 | Friday                       | School Oval   | China Tour Fundraising – Moonlight Cinema 6.00pm  |
| 24 March      | 7pm                          | School hall   | Symphony Orchestra and Strings in concert with The NBYO and Newport.  |
| 31 March      | 7pm                          | School hall   | Symphonic Band and Concert Band concert with Newport and Mona Vale Public Schools.  |

**2015 Performances start this week:** To offer canteen help please contact Sheridan Femia [xeresfemia@gmail.com](mailto:xeresfemia@gmail.com)

**2015 Payments:** The online portal will open for access by the end of this week. Please return a complete registration form to Rick Elliott [icycold@outlook.com](mailto:icycold@outlook.com)

**Parent helpers for Concert band and Orchestra :** Please contact Dr Hardy or Helena Nobs if you can help at rehearsals

**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:** Please contact Melissa urgently if you haven't yet purchased your performance shirt [melissa.turnock@pilatesscene.com](mailto:melissa.turnock@pilatesscene.com)

**China Band Tour fundraising Event** Moonlight Cinema screening of "Divergent" on the school oval – March 20 at 6pm.

### 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

# 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<br>UNIFORM<br>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





## The Gap Year Challenge

The ADF Gap year program provides an opportunity for young Australians, which have finished year 12 or equivalent and are aged between 17 and 24 years to experience military training and lifestyle whilst gaining new skills and pay over their Gap Year.

Opportunities are available in the Army, Navy and Air Force.

To find out more about applying for Gap Year in the Australian Defence Force Come along to the next information session.

**Tuesday 24th March 2015**  
**6.30pm - 8.30pm**

Defence Force Recruiting Centre, Parramatta:  
Level 4, 9 George Street, Parramatta NSW 2150

To book your seat please call 13 19 02

Or email [CPTNSW@dfrc.com.au](mailto:CPTNSW@dfrc.com.au)

Hope to see you there!

DEFENCE FORCE RECRUITING



## Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 2 - 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 (13/5 - 10/6, 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 (6/5, 7.00-9.30pm)

Tuning in to Kids Course - Chatswood (28/5 - 25/6)

Triple P Seminars- Chatswood (12/5, 19/5 & 26/5)

Communicating with Kids Workshop (based on PBT)-Chatswood (14/5)

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



## Cake Stall!

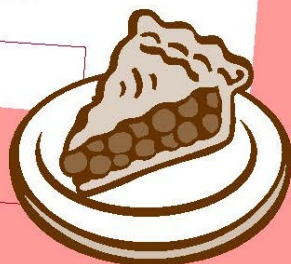
**ELECTION DAY: 28 March**

Find our luscious cake stall outside  
the PHS Hall on Election day

Let us help you sweeten the whole  
voting day experience!

**Date: 28/3/15**

**Time: 8.30 am  
till we sell out!**



IN SUPPORT OF THE 2016 PHS BAND TOUR TO CHINA



## THE BEST HOLIDAYS HAPPEN AT CAMP

- ✓ Relaxing
- ✓ Fun
- ✓ Great value
- ✓ Safe

Entertain the kids this school holidays with a Sport and Recreation camp. Our popular Kids' and Family Camps offer a range of exciting activities to keep even the biggest kid entertained. Try your hand at over 40 different activities, including fishing, slip'n'slide, abseiling, crafts, kayaking, cooking and more. Led by qualified instructors, you can rest easy knowing your kids are in safe hands.

Kids' Day Camps start from \$47. Family Camp weekends start from \$63 per day for kids and \$96 per day for adults (kids under 5 attend free; cost includes accommodation, meals and activities).

**Bonus! Residential Kids' Camps**  
include supervised transport from:

- Central Station, Sydney
- Penrith
- Lithgow
- Bathurst
- Orange
- Wellington
- Brooklyn
- Mooney Mooney.



[dsr.nsw.gov.au/kidscamps](http://dsr.nsw.gov.au/kidscamps)  
[dsr.nsw.gov.au/familycamps](http://dsr.nsw.gov.au/familycamps)  
13 13 02  
[facebook.com/nswsportandrecreation](https://www.facebook.com/nswsportandrecreation)

Office  
of Sport  
NSW  
Sport & Recreation