

PITTWATER HIGH LIGHTING THE WAY IN AGRICULTURE

Principal's Report: Jane Ferris



At Pittwater High School we are proud to announce that we have been selected as a Lighthouse School for Agriculture. One of seven schools receiving this recognition across NSW, Pittwater is the only urban high school to achieve this honour. As a result the Minister of Education Adrian Piccoli, recently visited the school to launch the Lighthouse program. As a Lighthouse School, our agriculture teachers are playing a mentoring role with their colleagues in other schools across the state.

The Minister toured our small farm consisting of ½ acre of vegetables and vines, two paddocks, sheds and yards, hydroponic and aquaponic facilities, our chickens, sheep and cattle. He was particularly impressed by how articulate our students were in sharing the importance of understanding the connection between the paddock and the plate.



As the world's population is growing and the amount of space available for food production is dwindling, the study of agriculture and sustainable practices is important. Agriculture is offered to our students so that they develop an appreciation of these issues with some planning a career in agriculture.

The weekend before our agriculture show team was at the St Ives Agriculture Show displaying our show chickens, sheep and even yabbies. I was greatly impressed with their maturity in fielding multiple questions from the public, friendliness with young children petting the animals and clear enthusiasm about the ag program at our school.

For the Sydney Morning Herald coverage go to www.smh.com.au/national/education/pittwater-high-learning-to-farm-in-an-urban-school-20150520-gh54ve - there is even a video clip



DEPUTY PRINCIPALS' REPORT - Renee Andrews; Ben Rekić

With all the innovation and wonderful enthusiasm embedded within the school, it is pleasing to see the positive nature and hard work of students and staff continued to be recognised by many segments of the community and government.

Last Wednesday saw the Minister for Education Adrian Piccoli visit our school as part of the "Lighthouse School's program", which Pittwater High has been selected for. This program will see staff from our school play a mentoring role for other schools across the state, and is a credit to the dedication and hard work of all our agriculture teachers, as well as to all the staff in the Science faculty who work tirelessly to ensure the provision of this invaluable curriculum option. Special mention must go to Mr Thatcher, whose informative talk during the tour was both educational and inspirational, and left even the most experienced staff feeling a little more educated about the school's agricultural program, both past and present. Equally, all the students involved in both the agriculture displays, as well as those from the hospitality class, showcased the enthusiasm and excellence that characterises Pittwater High School and should be commended on the professionalism and enthusiasm they demonstrated on the day. There are too many to list here, however a big thanks goes out to all the students and staff who pulled together to ensure that the school was able to effectively showcase its strengths and achievements on the day.

Going into the second half of this term, a number of important events loom large. The Year 10 into 11 Subject Information Evening will be held next Wednesday 3 June, from 6pm in the Hall. All year 10 parents and students are invited to attend, to hear the very important talks that will cover many aspects of the subject selection process. Following this will be two days of mentoring meetings, where students and parents will have the opportunity to discuss subject choices and processes, before online subject selection opens on 10 June. Pittwater High School values the importance of support in making such important decisions, and the guidance provided in week 7 by executive teaching staff to students transitioning to senior study, is one such example of the personalised support provided to maximise future learning outcomes.

**In memory of Colin Green, former teacher and friend
at Pittwater High School who passed away suddenly
on Saturday 16 May 2015.**

**Love and thoughts are with his family
at this very sad time.**

CALENDAR	
Thursday 28 May	Vaccinations—Year 7
Wednesday 3 June	Year 10 into 11 Subject Selection Evening—6pm
Thursday 11 June	Regional Cross Country

Year 10 into 11 Subject Selection Evening

Wednesday 3 June 2015—6-7:30pm in the Hall.

At this evening there will be information for parents and students about the HSC and patterns of study to meet individual needs.

Faculties will have booths set up and teachers will be available to explain the senior subjects. The subject selection process will be explained.

This is an important opportunity to gather information to make appropriate choices for Years 11 and 12.

TOO SICK FOR SCHOOL?

Generally if your child feels unwell, keep them home from school and consult your doctor. This cartoon and the information it contains is not intended to take the place of a consultation with your doctor.

[Too sick for school?](#)

STAYING SAFE ONLINE

'Sexting'

The link to the ACMA website contains important information for parents and students. I cannot emphasise enough the importance of understanding the ramifications of sexting both your life now and into the future, if you participate in activities such as this. There is also valuable information for anyone who receives inappropriate material online.

Parents and guardians please take the time to talk with your children about this serious matter.

<http://www.cybersmart.gov.au/Teens/How%20do%20I%20deal%20with/Sexting.aspx>





PDHPE

Wow! What a busy, inspiring and rewarding five weeks in the life of the PDHPE Faculty!



Manly Scenic Fun Run

Cross Country Carnival. Zone Cross Country. Athletics Carnival. Zone Athletics. Girls Volleyball State Titles. Bill Turner Cup Soccer. Girls Touch Football Regional Finals. Sydney North Dance. Manly Scenic Fun Run. Rugby League Gala Days.

The first half of term two has been a very eventful time for the staff and students at Pittwater High School. We are very passionate about promoting the holistic benefits of leading a healthy lifestyle and we strive to provide the inspiration and opportunities for staff and students to keep active and healthy.



Manly Scenic Fun Run

I have been extremely impressed with the passion and commitment of the staff and the effort, attitude and character of the students. Everyone deserves huge congratulations!

Below is a summary of the key events that have taken place, both inside and outside the classroom.

Nick Johns – Head Teacher PDHPE

Athletics Carnival

On Tuesday 28 April, the school community converged on Narrabeen Athletics track for the 2015 Athletics Carnival. The day was a huge success, with all students competing with a fantastic attitude. We saw some brilliant performances, resulting in some very old school records being broken.

The Age Champions for 2015

	GIRLS	BOYS
12yrs	Caitlin Spencer	Jasper Frost
13yrs	Alice Wensing	Richard Charlton
14yrs	Brienna Mathieson	Ben Trbojevic
15yrs	Grace Hanks	Levi Stevenson
16yrs	Jordyn Hess	Zachary Dinter
17yrs	Chloe Goddard	Ben Sedgwick

Athletics - House Point score

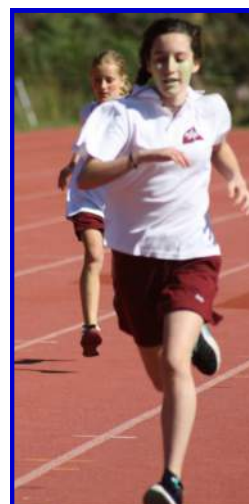
<u>House</u>	<u>Points</u>	<u>Placing</u>
Warringah	1,009	1st
Lion	950	2nd
Scotland	669	3rd
Barrenjoey	588	4th

New School Records

Alice Wensing 13 years Girls 400 m 1:05.51 (previous 1:07.00, G. Barclay 1988)

Brienna, Mathieson 14 years Girls 400 m 1:05.01 (previous 1:05.90, D. Johnson 1970); 14 years Girls Long Jump 4.89 m (previous 4.78 m, D. Barriskill 1966)

Clint Maguire 17 years Boys Shot Put 13.70 m (previous 12.76 m, M. Chaston 1997)



PDHPE (Cont.)

On Thursday 21 May, The Pittwater High School Team competed exceptionally well at the **Zone Athletics Carnival** at Narrabeen Athletics track. Mr Dailhou and Mr Trout gave a glowing report of the students' attitude, effort and behaviour on the day. We had some fantastic performances, culminating in several age champions and a number of students qualifying to represent the Zone at the Area/Regional Athletics Championships.



Cross Country

After a delay, due to the extreme weather conditions in Sydney, the School Cross Country Carnival went ahead on Wednesday 29 April. Considering the weather was also far from perfect on the revised date, the participation and effort was very impressive. Students strived to do their personal best, with strong age teams qualifying to compete in the Zone Cross Country Carnival on Tuesday 5 May.

The 2015 Cross Country Age Champions are :

Boys

12 years Zach Van Dam
13 years Billy Capewell
14 years Sam Stead
15 years Daniel Bteddini
16 years Harry Binding
17 years + Ben Sedgwick

Girls

12 years Amy Le Blang
13 years Alice Wensing
14 years Samantha Pace
15 years Grace Hanks
16 years Jordyn Hess
17 years + Chelsea Haggett

The performance and behaviour during the Zone Cross Country Carnival was outstanding. The following students qualified to represent the Zone at the Area/Regional Cross Country Carnival :

Zach Van Dam	Daniel Bteddini	Ruby Moxham	Ella Wallis
Milo Boyd	Grace Hanks	Richard Charlton	Bethany Pate
Amy Le Blang	Harry Binding	Alice Wensing	Ben Sedgwick
Isabelle Monty	Jessica Monty	Sam Stead	Remy Hill
Caitlin Spencer	Jordyn Hess	Samantha Pace	Chelsea Haggett

Boys U/15 Soccer (Bill Turner Cup)

The Boys U/15 Soccer Team is through to the third round of the Bill Turner Cup after heart-stopping victories over Davidson High School and The Forest High School (my old stomping ground....very satisfying!). The first round match, against Davidson High School finished 3-3 after normal time. No goals in extra time saw the match go into a penalty shoot-out. The boys held their nerve to progress 5-4 on penalties, with Will Sides slotting away the decisive penalty in front of a healthy home crowd.

In the second round we faced The Forest High School in awful weather conditions. We scored in the last minute of normal time to lock the scores up at 2-2, sending the game into extra time. In the last minute of the second period of extra time, with another penalty shoot-out looming, Will Sides popped up again with a crucial goal, sending the boys through to the third round and the home crowd into delirium!

Oxford Falls await in the next round.

Girls Volleyball

Ms Mitchell took the two girls Volleyball teams up to Newcastle for the State Volleyball Titles. All of the early morning training sessions paid off, with both teams coming home with the Gold Medal. What a fantastic achievement! I have been extremely impressed with the commitment, skill and character shown by the girls and Ms Mitchell. Well done and keep up your outstanding efforts!

Girls Open Knockout Touch

The Girls Open Touch team travelled up to the Central Coast on Friday 22 May to compete in the Regional Touch Finals. In extreme and challenging weather conditions the girls did themselves and the school proud with two gutsy performances, narrowly missing out on progressing to the semi finals on the day. Considering we have a very young team, the future looks very bright. Well done to Ms Payne and the girls for their dedication and fine efforts!



Year 7

Year 7 are currently studying an exciting new unit called, '**Healthy Mind**'.

In this unit of work students' examine the relationship between physical and mental health and explore strategies they can implement in their day-to-day life to enhance their health and happiness. Concepts covered include :

1. The effect of exercise and diet on the way we think and feel
2. Group exercise : Aerobic Circuit training
3. Positive attitude, empathy, compassion
4. The effect of technology, social media and video games on mental health
5. Relaxing the mind – Mindfulness Meditation

'Healthy Mind' is the beginning of a whole school focus on 'Positive Mental Health'.

PDHPE (Cont.)

Rugby League- Open Boys Gala Day

PHS had a great start winning our first three games. We had a tight win over Cromer High 6-4 to open our account for the day. Vice-captain Scott Engwall scored all of our points, setting the pattern for the day as our "go to man". Our next two games saw us play some scintillating attacking football, especially amongst Scott, captain Sam Groom, hooker John Ferguson and fullback Connor Bradshaw. These guys have played a lot of football together and have developed a great understanding of each others' play. Some of the passing exchanges were schoolboy footy at its best. Tries were scored by Scott, back rower Ian Edmondson, Connor, and barnstorming forward and state rugby representative Lachie Rose in our 22-4 demolition of the perennially strong Bally Boys.

In our second game we were leading Barrenjoey 16-4 until they scored on the last play and converted. Scott, Sam and Connor scored, with Sam producing a classic intercept try. We then took on the formidable Davidson High in a top of the pool clash as both teams were undefeated in the first three rounds. It was played at finals intensity which saw both teams rip into each other in an exciting match. Davidson scored first after some sustained pressure before Lachie Rose ran a great angle off a Scott Engwall inside ball to score next to the posts for Scott to convert, giving us a 6-4 lead. In a titanic struggle the match turned on a controversial incident when winger Ben Sedgwick bravely leapt to field a high kick in the path of a marauding opposition to take a beautiful catch only to be checked while in flight and lose possession. Most believed that Ben had been illegally tackled in mid-air and also that there was no knock on as possession was regained. Unfortunately, the referee ruled a scrum feed to Davidson which saw them overcome some outstanding goal line defence by PHS and score a late match winner.

The boys then immediately had to back up and play The Forest High in the semi-final. It was hard for the boys to lift after such a bruising encounter against Davidson but they refused to give in and stoic defence kept us well in the game, with neither side giving an inch as evidenced by a nil all halftime score. Finally The Forest breached our line, scoring a converted try. They then intelligently kicked a field goal to take a seemingly unassailable lead of 7-nil with minutes to play. But the PHS boys refused to yield and bounced back with some inspired play which culminated in playmaker Scott Engwall scoring off his own kick and converting. With a 7-6 score line PHS had one last shot to win the game as we gained a penalty from the kick off on half way. Too far to kick for goal saw PHS place an attacking kick off the last play to no avail and The Forest progressed to the final.

It was a fantastic team effort where the boys played with structure and flair but one based on resolute defence, particularly on our own line. The contribution of Sam and Scott's experience and skill was immense. Hooker John and fullback Connor were brilliant in attack and defence while Jaspar Damp and Lachie Rose lead our forward pack all day. Special mentions to lock forward Tommy Bowden and centre Daniel Chun of year 11, and Zac Dinter of year 10, who looked like they belonged in the open division.

Coach: Mr Dailhou





The HSIE faculty initiative for Term 2 is the flipped classroom, where students come prepared to the lesson having completed some individual research or watching a Clickview clip or reading a passage with guided questions before the lesson. HSIE subjects are rich in content and lessons can be dominated by content, at the detriment of higher order thinking, creativity and developing writing and subject based skills.

This term we are aiming to deliver a flipped classroom activity in all junior classes.

- On Thursday students are given their “flipped” activity
- Students receive a copy of their work and the instructions on ediarly. I encourage parents to check towards the end of the week, to support your child's learning.
- The lesson is delivered on the first lesson of the following week.



In the senior class we are endeavouring to “flip” our lessons regularly.

We did an initial evaluation at our faculty meeting last week and I share with you some of the comments of the HSIE staff:

- Students are acknowledging that they have learning responsibilities
- Troubleshooting many issues which previously only emerge when handing in assessments
- Increased engagement
- More sustained writing, due to prior knowledge and literacy focus, including developing PEEL paragraphs
- Improved organisation
- Increased opportunity for ediarly
- Class time utilised more effectively
- Students more engaged in the lesson as they have to show off the work they have done
- Allows for extended thinking, application and interests to be pursued
- Students engaging with content more deeply
- Deeper and more effective collaboration
- Class time is more useful and has enabled learning not just working
- Higher level of discussion, more conceptual
- Senior lessons focusing on moving up a band
- Resilience building



Interestingly, the number of students who have not completed their “flipped” work has rapidly decreased. Students realise that they are “missing out” and are being followed up with detentions and contact with parents.

HSIE (Cont.)

LEGAL STUDIES AND MODERN HISTORY STUDENTS SHINE!

YOUTH PARLIAMENT

In the last week, year 11 Legal Studies student, Meg Lanham was one of 36 students selected to attend the Rotary Youth Parliament in Canberra.

Meg had to make a speech in front of parliamentarians and she visited Old Parliament House and attended the parliamentary budget debate. She also attended a service at the Australian War Memorial and had the opportunity to question our Governor General Peter Cosgrove at Yarralumla. Meg will write about her experiences for inclusion in the next newsletter.



MUNA



On the weekend, Legal Studies student Lucy Mclean and Modern Historians Emma Lomas and Ella Mitchell represented the Ukraine at the Rotary Mock United Nations Australia.

There were student representatives from over 100 countries and I am proud of the wonderful speeches and involvement of the girls in the resolutions which were put to the General Assembly. The girls gave up their whole weekend to participate at Baulkham Hills.

Pittwater won the costume prize and a huge thank you to Lucy's mother, Wendy for creating such magnificent costumes. More from the girls in the next newsletter.



Sharon Behringer—HT HSIE

CAREERS

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

CAREERS EXPO: Friday 15 May

230 students attend the Careers Expo and from all reports, found some fantastic information about post school options and contacts for various institutions. Year 10 will get to go again when they are in year 12.

Year 12:

Year 10:

Careers Lessons this term, once a fortnight. We will be:

- delving into our family's careers history,
- completing a personality profile and how that affects our career choice,
- researching the Careers Expo to make the most of the excursion,
- looking into subject selection choices,
- investigating the "Job Guide"!

Also, students should be looking for a suitable **work experience** employer! Remember the required documentation should be returned two weeks before the placement.

Photos of your placement would be great for the newsletter, like this one of Lachie on Work Experience at Dematic last week.



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

Also, checkout www.seek.com.au for more jobs or **The Manly Daily** for local jobs!

YEARS 10, 11 AND 12 STUDENTS: Please log onto

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

Or for more **general careers information**, look at our Careers website by checking out [Careers-Works](#), students should have the password but email me if you need a copy?

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

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

Jocelyn Bates—Careers (ext 128)

SCIENCE

PROJECT GREEN SEA TURTLE—ZOO EXCURSION

On 30 March, 15 students represented Pittwater High School at the Project Green Sea Turtle launch at Taronga Zoo's Environmental Education Centre.



Students were trained to become experts and advocates for marine creatures, in particular the Green Sea Turtle. Students engaged in presentations by mentor staff from Gibberagong Environmental Education Centre, Take 3 for the Sea and the Zoo rehabilitation clinic.

Students also had the chance to visit a behind the scenes area of the zoo. Students were lucky to see the area that green sea turtles are being rehabilitated after surgery to remove marine debris such as balloons, plastic and fish hooks. The students

were all exceptional representatives of the school and have been busy brainstorming wonderful ideas in which to raise awareness of our impact on the marine environment.

This Green Sea Turtle student leadership program is aimed at increasing knowledge of beach litter; marine creature threats and human activities that will help protect animals. Students in the 2015 leadership program will continue to be the ambassadors for the Green Sea Turtle and continue to build upon the message to raise awareness about beach litter.

Students have been tasked with creating awareness of the Green Sea Turtles plight and are working together to solve better ways the school can manage its waste. A representation of the message will be made and submitted for exhibition on 5 June—World Environment Day at the Pittwater Coastal Environment Centre and open to the public on Saturday 6 June.



Mr Paul Cannings—Classroom Teacher

DONATIONS FOR NEW SUSTAINABILITY PROJECTS

The Agricultural/Science department is currently seeking donations of materials for use in two new projects that students are working on at school.



Students from our two year 9 Marine and Aquaculture Technology classes are currently constructing a large scale aquaponics project. We are currently seeking pool fencing (as shown), old fibreglass bath tubs, metal posts, treated pine timber posts and worm farms. We are also seeking tool sheds and old aviaries in order to increase the show bird facilities at school.

If you have any such materials that you need to get rid of and would like to donate them to the school, please contact Mr Paul Cannings by phone or email paul.cannings@det.nsw.edu.au

FOOD TECHNOLOGY

Year 9 Jamie Oliver World Revolution Day

Mrs Roulston's Food Technology class participated in the Jamie Oliver World Revolution Day by making a Squash Sandwich on Friday 15 May.

World Revolution Day is a project to educate students on the benefits of eating healthy food. Students prepared carrots, apples, radishes, cucumber, capsicum, sprouts, spinach with hummus and yogurt as the dressing. Students will receive a certificate from Jamie Oliver for participating in this world wide event.

Ms

Carol Roulston—Classroom Teacher



GALLIPOLI 2015 NSW SCHOOL TOUR

NSW REMEMBERS
CENTENARY OF ANZAC
2014–2018

Pittwater High's tour group have returned from their pilgrimage to Gallipoli!

After this wonderful success, we'd like to share our incredible journey with you and give thanks to the many people who helped us get there.



The PHS Tour Group
ready to depart for
Gallipoli

On 19 April, after being farewelled by their loved ones, as well as the NSW Minister for Veterans affairs and other dignitaries, 128 teachers and students from schools across our state departed for Turkey to begin our journey to commemorate the ANZACs on the centenary of their landing at Gallipoli. After a long and exciting build up, Pittwater's students and I were full of anticipation for what was to come.



'The Sphinx' seen from
the Australian
landing site at Anzac Cove

Across seven days in Turkey, the tour group had the opportunity to visit many significant sites on the Gallipoli peninsula. These included the Australian landing site at Anzac Cove, the ANZAC memorial at Beach Cemetery which features the grave of John Simpson – famously remembered for the fable of his donkey, the Nek, Shrapnel Valley, as well as various Turkish and British battlefields and memorials. We had a wonderful Turkish tour guide who took the time to teach us a wide array of the local culture and language, as well as an outstandingly accomplished and informative tour historian. We all shared such a tremendous time with all of the other teachers and students on tour – especially everyone on our fantastic bus!

By far the most significant highlight of the tour for us was of course the incredibly emotional experience of the Anzac Day Dawn Service at Anzac Cove, followed by the Australian service at Lone Pine. After collecting some warm camping gear and attempting a couple of hours sleep, our group was up at 3am ready to take the trip into Anzac Cove. Upon entering, we were awe-struck by the incredible mass of people we would be sharing this most special of mornings with. As the sun slowly crept up behind the unforgiving ridge lines – the safe-havens of the 'Johnny Turks' our ANZACs faced exactly one hundred years ago – we could hear the most eerie sound of the waves lapping the shoreline. An Aboriginal man played a didgeridoo, Navy ships rolled past in the distance and the various dignitaries spoke of the fallen and paid their respects. After the bugle sounded and we had paused again to reflect, we all knew without saying it that we had just shared something that as young Australians we were so lucky to be able to experience and will never ever forget.



The Dawn Service at Anzac Cove

GALLIPOLI 2015 NSW SCHOOL TOUR (Cont.)



Hamish paying his respects to
Lt. Col. Braund



Hamish laying a wreath at Lt. Col. Braund's grave



The Australian Anzac Day Service

We also visited the gravesite of Lt. Col. George Frederick Braund MP with his great-great nephew Hamish Wickman who is in Year 11 at Pittwater High.

Lt. Col. Braund, the member for Armidale, was requested to raise and train the 2nd Battalion in 1914, becoming their commanding officer. Braund then embarked for Egypt where, as a former representative of the NSW Waratahs in rugby union, he demonstrated his outstanding physical ability, training his men with extreme thoroughness and discipline. In 1931, Charles Bean, the official Australian war historian, wrote about the contribution of Braund and his 2nd Battalion to the Gallipoli campaign in its early days:

"The 2nd Battalion, under its noble and capable leader Braund, was set up at once to the most vital position on Anzac. Not for an hour or an afternoon – though the strain of what would have been sufficient – but for three continuous days and nights the 2nd held off the enemy and managed meanwhile to dig itself in, grandly assisted by the New Zealanders". In the early hours of 4 May 1915, whilst attempting to return to his position after assisting in the reinforcement of the 3rd Battalion, Lt. Col. Braund was tragically shot dead when he failed to hear a challenge from a sentry. He is buried in Beach Cemetery and Hamish was honoured to pay his respects as well as lay a wreath at the gravesite on behalf of the extended family. Hearing about the heroic journey of Lt. Col. Braund and accompanying Hamish on his tribute had a profound emotional impact on the entire touring group.

We have all gained a much greater level of appreciation for the opportunities we have as Australians, as a result of the heroic sacrifices, bravery and courage shown by the ANZACs. The tour has helped us to recognise that it should be our mission to continue sharing the importance of the ANZAC legacy with many generations to come, and we know for certain that we will do so with honour and pride.



Pittwater students at the Plugge's
Plateau Memorial

GALLIPOLI 2015 NSW SCHOOL TOUR (Cont.)

Just a few of the other highlights of the tour included:

- Daily ferry trips across the Dardanelles
- Listening to a tour student play the Last Post at Shrapnel Valley and singing our national anthem 128 strong (with Sunrise's David Koch watching on!)
- Visiting Ancient Troy and getting to go inside the replica Trojan Horse!
- Visits to the amazing sites of the Blue Mosque and Hagia Sophia in Istanbul

Pittwater's students displayed outstanding spirit and behaviour throughout every part of the journey. They represented their families, school, local community, NSW and the nation exceptionally and made me so immensely proud to be their teacher. The entire trip, but most particularly attending the Anzac Day services together, created a special bond between all of us that I know we will carry forever.



Our group in the ancient amphitheatre of Troy



Across the Dardanelles at sunset



A mosaic inside Hagia Sophia from c.500AD

A huge personal thank you must go to the parents of our touring students for giving me, as their supervising teacher, the incredible trust and privilege of taking their amazing children on this expedition that was so immeasurably valuable for all of us. Thank you also to Ms Ferris for selecting me to represent the school in Gallipoli, as well as putting your immense trust in me to look after much of the important preparation!

We would also like to express thanks to all of the members of the selection and interview panel who worked closely with the school during the incredibly difficult process of selecting the tour representatives. Pittwater MP Rob Stokes, Parent representative Natalie Isaacs and RSL representative Brian Sargeson were all a pleasure to work with.

Significant recognition must go to all of the students who submitted pieces of work in application for the tour but were unfortunately not successful in gaining a place. An amazing amount of self-reflection, creativity and effort was put into every one of the pieces, which were a particularly popular attraction at our Open Night and, as mentioned, made the job of selecting the final tour group excruciatingly difficult! One of these students, Maxwell Wilson of Year 12, spoke beautifully at the school's Anzac Day commemorations. He expressed that despite his disappointment at missing out on a place on the tour, he learned a wonderfully valuable lesson about the benefits of 'having a go'. In having his go, Maxwell was able to discover a great deal about his family's connections to the First World War, whilst gaining strong feelings of pride and accomplishment, no matter what the outcome of his application turned out to be.

Parents have been telling me about all of the unforgettable stories they've been hearing from the students after their return. The following reflections that the students have made on their experiences capture brilliantly the astounding impacts that the tour has had upon them.

GALLIPOLI 2015 NSW SCHOOL TOUR (Cont.)

Noah Coopey—Year 10

The day we were told we had achieved the spots for going to Gallipoli was the happiest day of my life and the slow build up before the trip built a strong bond with my colleagues and teacher and also created much excitement in us.

I woke up on Sunday the 19th not knowing how much of an amazing trip I was about to go on. The places we went to were breathtaking. Istanbul was so rich with history and culture- it was a pleasant change from our beaches lifestyle.

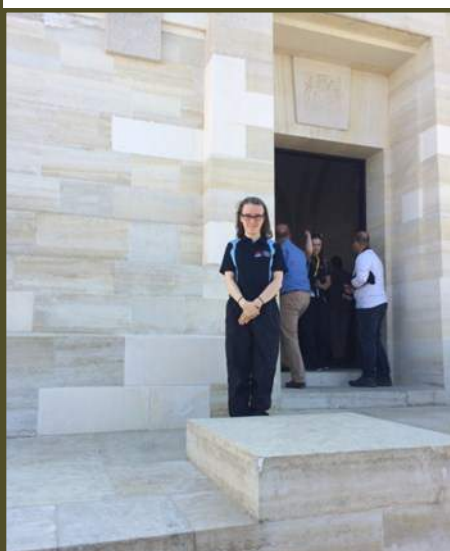
We also went to the famed historical site of Troy which was very interesting. Seeing the area of the Anzac landings was surreal. It was very emotional following the trail of our ancestors up the stunning yet unforgiving landscape and going to The Nek and Lone Pine memorial sites brought out pure emotions I have never felt before.

The honour of representing my family, school and country in Turkey made the experience so much more humbling and awe inspiring. This tour has made me feel more connected to our country's history and myself as an Australian. Coming home and telling my family and friends about this trip has shown me truly how fantastic the whole nine days was and discovering the Anzac spirit inside me as well as making strong new relationships with the other students with whom I shared this unique experience. Telling everyone of this trip has made me want to do the whole thing again!!!! I will hold all the memories close to my heart for ever and I am proud to have been there.



Near an old trench from the battlefield of the Nek

Kathleen Parkinson, Year 12:



Outside the Lone Pine Memorial

When I first heard about the Gallipoli School tour I was inspired by my experiences visiting the Western Front battlefield in 2012.

I knew this was something I really wanted to be a part of. My application reflected my interest in Gallipoli as the birth place of the ANZAC legend and its connection with Australia's involvement on the Western Front. My research into the stories of the last surviving veterans and their real life experiences of war made a strong impression that stayed with me as I undertook this memorable experience.

For me, there were many profound moments. The formal ceremonies were dignified and moving, but it was the personal moments, such as the recognition of Hamish's great uncle's grave and our informal service amidst the grave stones at Shrapnel Gully, which I shall remember most vividly.

It was a great pleasure to participate, along with my fellow students from Pittwater and all the other schools across New South Wales in this extraordinary event. The sense of camaraderie and purpose that connected us throughout all the highly coordinated stages was an excellent bonus to the overall experience. Since returning home, I have been able to reflect on the Gallipoli campaign from the perspective of having been there. The steep cliffs, the closeness of the beach, the impossibly rugged terrain are all still there as it was for the ANZAC's a hundred year ago.

As I looked out over ANZAC cove I thought of Alec Campbell, Ted Matthews and the other Gallipoli survivors who counselled us about the horror of war. It was easy to understand their point of view. I shall benefit from this experience and will be able to share it with others throughout my life.

GALLIPOLI 2015 NSW SCHOOL TOUR (Cont.)

Jessica Ratcliff, Year 11:

Ever since the first announcement that Pittwater was chosen to represent New South Wales along with 24 other schools at the 2015 ANZAC day service at Gallipoli, I knew I needed to be a part of it. I still hear the pounding of my heart as we four students were sitting in the Principal's office awaiting the announcement, and how my face burned with excitement on the phone call to my parents afterwards. This was going to be a trip of a lifetime and there was not a wink of sleep the night before departure! When reflecting on the trip, my most valuable moments were the friendships we made, as the soldiers would have experienced on the shores of Gallipoli, but also the emotional reality that we really were walking in their footsteps. As the sun rose through the haze over the jagged cliffs at ANZAC cove, and the waters lapped the silent shores, Australians and Turkish stood as one, our heads bowed together remembering all soldiers who fought one hundred years ago, which is something I will never forget.



Keeping warm with some new friends, ready to camp out before Anzac Day

I am entirely honoured to, along with my peers, have represented not only my family, school, local community, New South Wales and Australia, but also my age group as a whole, for it is our mission alone to continue the importance of the ANZAC legacy through many generations to come, and I know for certain that we will.

Hamish Wickman, Year 11:



At Beach Cemetery Memorial, Anzac Cove

The day I was called into Ms Ferris's office to find out that I had been selected as part of the NSW School Tour to Gallipoli was an exciting and extremely moving day for me and one I will remember always.

The selection process had given me the opportunity to research a relative buried at Gallipoli. The more I found out about him, the more I wanted to explore his contribution and experience the battlefields and sacrifices made not only by him but all who gave their service and lives at Gallipoli. In the lead up to the trip I continued to find out more about him visiting the War Memorial in Canberra and an exhibition at Parliament House in Sydney.

I found each and every day of the tour to be a day of discovery, however I think the most moving parts for me were visiting my great-great uncle's grave together with attending both the Dawn Service and Lone Pine Services. These ceremonies really made me reflect on the meaning and significance of this campaign for us as a nation and the fact that we were making history attending these services in the centenary year.

Since my return I have enjoyed the opportunity to share stories and experiences from the trip and in particular meeting my great-great uncle's grandson at a family event which was particularly moving for both he and I.

Overall it has been an amazing experience and definitely for me the trip of a lifetime. I have felt so honoured to have been given the opportunity to represent the school, NSW and Australia and it has made me appreciate the opportunities we have as a result of the sacrifices, bravery and courage shown by the ANZACS. I think the four students and Mr Kovacs will always share a special bond.

As a group we are aiming to share our amazing experiences with as much of the school and wider community as we possibly can. Filming sessions, visits to Pittwater RSL and the Collaroy War Veterans Home, as well as a meeting with our local MP Rob Stokes are just some of the things we are doing as a group, so please keep an eye out for future updates!

YEAR 11 HOSPITALITY

During Week 4 this term, the Year 11 Hospitality students experienced their first work placement. This is not like work experience.

The students, as part of their Hospitality course, must work in Industry for 70 hours over the duration of the two years. The students were placed in various venues stretching from Manly to Palm Beach. Some were placed in cafes, others were in restaurants and some worked in function centres.

The students worked in the kitchen, just like an apprentice would, chopping, cutting, peeling, preparing and plating the food. When I visited each venue the employers were so impressed by some of the students that many were offered part time employment.

Work placement offers the students a great opportunity to experience the day to day running of a commercial kitchen, working various shifts from early morning to late in the evening and to learn from the experts in their vocation.

Thank you to all the establishments who helped make this opportunity available and for hosting our students over the week.

Mrs Lagois – Classroom Teacher



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.

MUSIC NEWS

TERM 2 WEEK 6

PERFORMANCE & MEETING DIARY DATES



Term 2 and beyond			
31 May			Last day to express interest in Shadow Tour of China Rehearsals Tuesday and Friday Mornings
29-31 May	All weekend	Port Macquarie Tour	Senior Stage Band
2 June	6.00	Performance Space	Compulsory China Tour Meeting – Students and at least one parent
2 June	6.45pm	Performance Space	All parents welcome: Instrumental Committee Meeting
13 June	Session TBC	Northern Beaches Instrumental Festival	Strings, Senior Strings, Orchestra Parking Volunteers needed
21 June	Session TBC	Northern Beaches Instrumental Festival	Concert Band, Symphonic Band Parking Volunteers needed

2015 Payments: The online portal is open for access. Questoins to Rick Elliott
icycold@outlook.com

Port Macquarie Stage Band Tour: Touring Stage Band rehearsing Tuesdays and Fridays at 7.30. Non-touring stage band members: rehearsals re-commence June 2.

Mudgee Tour: Return completed forms to Dr Hardy

Instrumental Program Committee meeting: Next meeting June 2.

2015 Fundraising: The committee would like more volunteers to help with **parking** on the busy weekend afternoons at the Northern Beaches Instrumental Festival. This is **easy fund raising** – the kids collect the money at the gate and adults maximize the number of cars that get stacked into the grass area. Dozens of ensembles will be arriving/departing for their events. Please let me know if you can help with parking, and your preferred time.

2016 China Tour: Next fundraising meeting May 27, 7pm at Pittwater RSL. Compulsory meeting June 2 – medical forms and permission notes can be signed. Parents need to **bring Medicare cards** and a medical plan signed by a doctor if they are going to place anything on the medical form. Time is running out to commit to the shadow tour. USA Billet opportunity exists.

CONTACTS:

President: Valerie Mavridis: yurimavridis@gmail.com or 0416 444 303
Secretary, Joint: Helena Nobs: nobschiu@ozemail.com.au or 0417434547 and David Fogarty: david.fogarty@gmail.com or 0406007778
Treasurer Rick Elliott: icycold@outlook.com or 0400 461 941;
Uniform Melissa Turnock: melissa.turnock@pilatesscene.com ; 0414 452 152;
Canteen Sheridan Femia: xeresfemia@gmail.com or 0414 594 905
Ensemble parents: **Concert:** Linda Mancini lindammancini@hotmail.com 0410 445 799 & Helena Nobs nobschiu@ozemail.com.au (Tues) 0417 434 547;
Symphonic: Alison McMahon: 0415 588 666;
Strings: Grace Marshall grace.marshall@ioof.com.au or 0408 811 066;
Junior Stage: Joulia McLaren joulia.mclaren@gmail.com
Senior Stage: Sally Simons: sallysimons2@icloud.com or 0414771346
Orchestra: Valerie Mavridis: yurimavridis@gmail.com or 0416 444 303
Band Captains: Nick Simons and Robbie Fabbro

CANTEEN NEWS

Wednesday 27 May: Giovanna Graziano,, Nicole Graham, Claire Monty, Ange Torres
Thursday 28 May: Karen Maguire, Sheridan Femia, Kylie Bennetts, Robyn Armsworth-Brack
Friday 29 May Alison Turner, Joanne Huxtable, Tory van Brugge

Monday 1 June Selena Webber, Alison Christensen
Tuesday 2 June Natasha Zani, Ann Clayton, Rustanti Oetojo
Wednesday 3 June Lara Floyd, Kay Little, Louise Hardy
Thursday 4 June Kate Power, Georgia Bramham. Helpers needed
Friday 5 June C Marshall, Sandra Avedissian, Sarah Attfield

Monday 8 June Public Holiday
Tuesday 9 June Helena Nobs Helpers needed

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

WANTED!

The school musical department is on the hunt for a few items as props for our musical production in July.

If you have any of the following items that you do not want, would like to donate, or loan to us for about four weeks, we would be very grateful.

Please contact Kerry Kerrigan on extension 113.

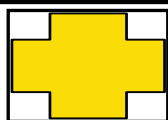
Towels for display preferably same colour (or two of the same colour for shop display)

Plastic plates/cups with design or plain (like corning ware)

Clothing rack

USA flag (large if poss)

Sandwich board preferably chalk/whiteboard



The National Centre for Suicide Prevention Training

www.suicidefirstaid.org.au

safeTALK - Suicide Alertness For Everyone - Training

SafeTALK is a 3 hour presentation aimed at increasing suicide alertness. This program alerts community members to signs that a person may be considering suicide.

It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often missed, dismissed or avoided – leaving people more alone and at greater risk.

Participants will:

- move beyond common tendencies to miss, dismiss or avoid suicide;
- identify people who have thoughts of suicide;
- apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

Upcoming training:

Mona Vale Memorial Hall Meeting Room - 1606 Pittwater Road, Mona Vale 2103 . Registration for this training is required. Suitable for anyone over 16 years.

Monday 1 June, 2015, 6:20pm – 9:30pm <http://www.trybooking.com/HUYL>

Saturday 27 June, 2015, 10:20am – 1:30pm <http://www.trybooking.com/HVPT>

Cost: \$30pp (subsidised by the National Centre for Suicide Prevention Training)

For information about the training program or other training opportunities, please contact:

Liz Whyte on 0434 888 880 or lizwhyte.counselling@gmail.com



Welcomes Dr Olivia Andrews (B Med Sc, MBBS, FRACGP)
women's and paediatric health,
preventative and general medicine

NEW PATIENTS WELCOME

1/354 Barrenjoey Road, Newport (cnr Bramley rd)
general practice **Phone: 9997 4441**

www.newportdoctor.com.au



BRAZILIAN JIU-JITSU & SELF DEFENSE

GRACIE HUMAITA NOW IN MONA VALE

Gracie Jiu Jitsu – also known as Brazilian Jiu Jitsu (BJJ) – is universally regarded as one of the most effective martial arts for self defence. BJJ's driving principle is that a smaller, weaker person using proper technique like leverage, joint-locks and chokeholds can successfully defeat a bigger, stronger opponent.

**DISCIPLINE// RESPECT// SELF CONTROL// SELF CONFIDENCE// TEAMWORK
COMMUNICATION// CONCENTRATION // AND LOTS OF FUN!**

**SPECIAL OFFER FOR PITTWATER HIGH SCHOOL
ONE WEEK FREE TRIAL*
FIRST MONTH FREE***

For further information about our after school program, please contact us on
Email: mauriciocavichini@hotmail.com
Call 0404991533 or visit: www.gracienorthernbeaches.com.au
2a/84 Darley st, Mona Vale *conditions apply

HELP WANTED



We are in need of parents with sewing skills to assist with costumes.

There will be a few Sewing Bees running in June so if you can operate a sewing machine and are willing to help please contact either

Deb Meyers – deborah.meyers@det.nsw.edu.au

OR

Ellie King – ellie.king10@det.nsw.edu.au

Key points to remember around schools

2 Driving near school buses

There is a 40km/h speed limit for traffic passing a school bus that is setting down or picking up school children.

This speed limit is for all traffic travelling in the same direction as the bus, whether the bus is stationary or moving.

The 40km/h speed limit must be obeyed when the rear wig wag lights on the bus flash.

Flashing headlights on these buses also alert oncoming motorists that children are close by.

As a driver, remember: When the lights on the bus are flashing, you must slow down to 40 km/h.

Never park in or near a bus stop or bus zone.

For information about fines and demerit points, visit rms.nsw.gov.au

3 On and off the bus safely

Your child is most at risk in the minutes after getting off the bus. You can reduce this risk.

Meet your child (or arrange for another trusted adult to meet your child) AT the bus stop, NEVER on the opposite side of the road.

Wait until the bus has been driven away before choosing the safest place to cross the road, then follow the usual road crossing procedures with your children.

STOP! One step back from the kerb.

LOOK! For traffic to your right, left and right again.

LISTEN! For the sounds of approaching traffic.

THINK! Whether it is safe to cross.

Teach your children to keep turning their head in both directions to look and listen for traffic as they cross the road.

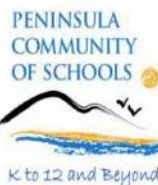
While waiting at the bus stop, stand well away from the passing traffic. Never wait right at the kerb.

Remind your children that when a bus is fitted with seatbelts, they must buckle up.

Until they turn ten, hold hands with your child as you cross the road.



For more information visit roadsafety.transport.nsw.gov.au



You are Welcome
A special invitation is extended to
Staff, Parents and Community
Members

The Principals, Staff and Students of
The Peninsula Community of Schools
cordially invite you to join us

When

Saturday 6 June 2015 - 10am to 12 Noon

Where

Coastal Environment Centre
Pelican Path, Lake Park Road,
North Narrabeen



Why

To view presentations created by our young local
school leaders, designed to raise environmental
awareness of marine debris and how we can protect
the Green Sea Turtle.



Coastal Environment Centre



We look forward to welcoming you on Saturday 6 June



Royal Australian Navy Band
to perform

"The Movies"
in a free community concert in Avalon



Sat 23 May

The Royal Australian Navy band
will visit
BARRENJOEY HIGH SCHOOL

Workshopping with the school band culminating in a community concert.
Popular movie soundtracks from *Man from Snowy River* and *Star Wars* will come to life
and the High School bands will showcase their talent together with the Navy band.

Community Concert commences at **6pm - 7.30pm**

Barrenjoey High School Hall Tasman Rd entrance, Nth Avalon

Admission is by **gold coin donation**

designed by — www.melbourn.com.au

Northern Beaches



Support Group

A problem shared is a problem halved

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

SPEAKER EVENING: BLACK DOG INSTITUTE
"Navigating Teenage Depression"

For Parents, teachers and people working with young people.

A 60 minute presentation delivered by a trained presenter who has themselves experienced a mood disorder as a young person, or who has cared for a young person with a mood disorder.

The presentation covers:

- The pressures faced by teenagers today
- Signs and symptoms of depression and bipolar disorder in young people
 - Identification of early warning signs
 - When and where to seek help
- Practical strategies for offering support and communicating with a young person you are worried about
 - Strategies for building resilience

Monday 15th June 2015 @ 7.00-9.00pm

The Pittwater RSL, Main Sail Room, 82 Mona Vale Road, Mona Vale

Ticket reservations essential via
<http://www.eventbrite.com.au/org/K222746751>

Register on Eventbrite



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



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



Venue kindly sponsored by
Pittwater RSL Club