

Big Band Bash Port Macquarie

Port Macquarie 'Big Band Bash' was over the weekend of 29 May. At first we experienced an amazing concert where we jammed with Ed Wilson. We listened for an hour before we started dancing with Ms Ferris who also travelled with us.

On the Saturday we went to the theatre to watch some great bands play and we also played twelve pieces for the public on stage near the lake. After dinner, we went to a big band concert which was a lot of fun. We listened to their amazing Latin music and once again we got up and danced to the awesome Latin beats. Sunday was our final day at Port Macquarie. We played in a jazz parade with many other people and then attended workshops in improvising or listening to a band. We learned heaps about how to improvise and lots of ideas to sound amazing when soloing.

After the workshop we listened to the NSW State Big Band (which Patrick Atkinson was asked to join). Once

that finished, we went to listen to Ed Wilson's big band that John Morrison was in and Dr Hardy.

It was a great weekend of playing and learning and we thank John Pennings and Dr Hardy for the experience.

Miku Nakamura



Year 7 Music Night

The year 7 music night, which featured students from 7P and 7E, was a great opportunity to showcase some of the diverse talents that this year group has. From singers to saxophone players they were all fantastic! The large audience was full of proud parents and there was also plenty of moral support from other students, that didn't perform. The environment was friendly, and there was excitement in the air. A big thank you to all the supportive parents, students, Ms Meyers and Dr Hardy for making the night special.

Julia Hardy

Year 8 Music Night

The year 8 music classes have been spending the last term creating new arrangements of music and working on Project Based Learning activities. The year 8 music night was an excellent opportunity for them to showcase their talent. Many soloists and other ensembles performed and there was a wide range of instruments and styles of music. The audience was impressed and were supportive during the musical items. The night finished with an amazing video that was produced by students Zane Ramey, Flynn Rogley, Luke Melon and Jack Catteral a link of their video is below. Over all the night was very very successful and all students in these music classes thank all parents, Dr Hardy and Ms Cesta for this amazing opportunity.

Mia Chaffer and Claire Thompson



Tribute to Col Green, valued teacher and good friend

Our school community lost a valued teacher and good friend with the recent passing of Mr Colin Green. Col taught Geography, Commerce and Business Studies for 38 years, his last 12 years at Pittwater High. He was a mentor to hundreds of students in that time and a good and supportive friend of many teachers.

He understood the importance of public education and his responsibility in sharing its values with the students he taught. He took great delight in seeing the development of the young people in our school and pride in their achievements.

He encouraged his students to pursue a quality education and a healthy and active lifestyle too. While Col was a talented communicator it was through the example he set that most impressed those who knew him best. He was a kind and generous friend always there to lend a helping hand.

Col Green was not only a dedicated teacher but also a keen sporting enthusiast. He was a skilful soccer player throughout his life right to the very end. He was also a proud member of the NSW Teachers

Federation who believed in the collective responsibility of all to contribute to the common good.

For those of us at Pittwater who had the privilege of knowing him, Col Green will remain long in our memories with great affection. While we at Pittwater High School miss him, so too do the Northern Beaches soccer community to which he made a wonderful contribution.

However, it is his loving family who are experiencing the greatest sense of loss. Col Green was a devoted husband to Bron and a loving father of Grace. We hope they take some comfort in knowing the respect in which he was held at our school and the value of his contribution to our community.

To Col's family and friends we would like them to know that we are the better for having known him. He made us each want to be a better person.

– Mrs Elinor Gorman



DEPUTY PRINCIPALS' REPORT - Renee Andrews; Ben Rekic

The emphasis on ongoing support at Pittwater High School provides a solid foundation for supporting all aspects of learning. This was evident in the past fortnight with the year 10 Senior Subject Selection program, which is designed to provide guidance and support to both students and parents in the transition from junior to senior school. It was great to see the huge turnout to the information evening, with standing room only in both the performance space and hall. Attendees were provided with the most up to date information regarding BOSTES requirements for both the HSC and ATAR, as well as information on issues ranging from VET to SBAT options.

Equally, the turnout of parents and caregivers to the

mentoring sessions on the following two days was equally impressive, where students were able to receive individual guidance on their proposed pattern of study. Just a reminder for year 10 students to check their DEC emails for their individual log in code for online subject selections, which commences on Wednesday the 10 June, and close the following Tuesday 16 June at 9am. A big thanks must be given to all staff who participated over the two days, as well as to the students and families whose participation and enthusiasm ensured the success of this program.

Ben Rekic
Deputy Principal

CALENDAR	
Thursday 11 June	Regional Cross Country
Wednesday 17 - Friday 19 June	Yr11 Camp to Point Wolstoncroft Sport and Recreation Centre
Tuesday 16 — Friday 26 June	HSC Trials
Monday 22—Wednesday 24 June	Bundanon Art/Textiles Camp

Proposed Bell Time Trial for Wednesday - Week 9 & 10 of this term.

Stressing out about assignments & exams?

Having trouble sorting out priorities & staying focused?

Pre-exam jitters keeping you awake at night or making you feel ill on the day?

KYDS is running a half-day study stress workshop on July 8 (10am-1pm).

It's all about achieving balance in senior high school, maintaining a healthy lifestyle, and learning techniques that help you stay calm, productive and focused when you're studying, but enable you to 'let go' of your worries when you take a break from the books.

Includes morning tea and all materials needed on the day, and numbers are limited. \$20 per person to help cover our costs.

Enquiries / bookings to: 9416 9824 or kyds1@bigpond.com



KYDS Youth Development Service is a non profit organization providing adolescent mental health and counseling services to the community. For more information: www.kyds.org.au

Project Green Sea Turtle

A small number of students involved in the Project Green Sea Turtle Project were selected to present their project at the Pittwater Coastal Environment Centre. On Friday the 5th of June, World Environment Day, the students from Pittwater High School presented a simple straight to the point message about the impact that litter pollution has on local green sea turtles. A fish tank designed by the students was set up in the environment centre. As visitors natural curiosity drew visitors to look in the fish tank, they discovered that all the moving animals were in fact all made of rubbish.

Creatures included bubble wrap jellyfish, balloon anemones, soya sauce fish and aluminium crabs. The following message was written on the front of the aquarium 'You may be able to see the difference...but a turtle can't. Turtle's eat our rubbish.' A new design for the school bins was also on display as well as a costume known as the 'rubbish monster'. the rubbish monster consists of over 100 plastic bags sown onto a large jacket. This represents the average amount of plastic bags used

by a single person each year. This is still a large number despite the huge use of reusable bags in supermarkets. Special thanks to Luke Plant, Scooter Kerstens, Harry Lush, Maxine Janssen, Joshua Bennett and Sidney Nobs for doing a terrific job at representing the School. The displays were also open to the public for two hours on Saturday the 6 of June, with over 200 people attending.

Special thanks to Joshua who gave up some of his Saturday to stand on the sidewalk dressed as the 'rubbish monster' and attracted many of the people into the environment centre. Also a special mention to Raheli and Ezra Cabala who attended on the Saturday as official photographers.

The Pittwater High display has been requested to remain at the Coastal Environment Centre until the end of the School Holidays. It is hoped that the Project Green Sea Turtle Project will shine a light on the over-use of plastic and the impact such products have on the local marine environment.

Mr Cannings



Dear Parents and Caregivers,

In 2014 Pittwater High School participated in the last year of the trial of the Nationally Consistent Collection of Data (NCCD) School Students with a Disability.

As of 2015 it is an annual legislative requirement for all schools to participate in the collection of data about how we provide appropriate adjustments to students with a disability.

Please find below an information sheet for parents and caregivers that explains the main features of the data collection.

If you have additional enquiries, please contact Amanda Harris (PHS NCCD Coordinator) at the school on 99994035 (Monday – Wednesday).



**Nationally Consistent
Collection of Data**
School Students with Disability

**Education
Council**

2015 information for parents and carers

WHAT IS THE NATIONAL DATA COLLECTION?

The Nationally Consistent Collection of Data on School Students with Disability (the national data collection) is an annual collection that counts the number of school students with disability and the level of reasonable educational adjustment they are provided with.

The national data collection will count students who have been identified as receiving an adjustment to address a disability under the *Disability Discrimination Act 1992* (the DDA). The DDA can be accessed from the ComLaw website at www.comlaw.gov.au.

what is the benefit for my child?

The aim of the national data collection is to collect better information about school students with disability in Australia.

This information will help teachers, principals, education authorities and families to better support students with disability to take part in school on the same basis as students without disability.

The national data collection is an opportunity for schools to review their learning and support systems and processes to continually improve education outcomes for their students with disability.

WHY IS THIS DATA BEING COLLECTED?

All schools across Australia collect information about students with disability. But the type of information currently collected varies between each state and territory and across government, Catholic and independent school sectors.

When implementing the national data collection, every school in Australia will use the same method to collect information. Therefore, a government school in suburban Sydney will collect and report data in the same way as a Catholic school in country Victoria and an independent school in the Northern Territory.

The information provided through the national data collection will enable all Australian governments to better target support and resources to benefit students with disability. The data will help schools to better support students with disability so that they have the same opportunities for a high quality education as students without disability.

WHAT ARE SCHOOLS REQUIRED TO DO FOR STUDENTS WITH DISABILITY?

All students are entitled to a quality learning experience at school.

Schools are required to make reasonable adjustments, where needed, to assist students with disability to access and participate in education free from discrimination and on the same basis as other students.

These responsibilities are outlined in the DDA and the Disability Standards for Education 2005 (the Standards). The Standards require educators, students, parents and others (e.g. allied health professionals) to work together so that students with disability can participate in education. The Standards can be accessed via the ComLaw website at www.comlaw.gov.au.

WHAT IS A REASONABLE ADJUSTMENT?

A reasonable adjustment is a measure or action taken to help a student with disability access and participate in education on the same basis as students without disability. Reasonable adjustments can be made across the whole school setting (e.g. ramps into school buildings), in the classroom (such as adapting class lessons) and at an individual student level (e.g. extra tuition for a student with learning difficulties).

What information will be collected?

Every year your child's school will collect the following information for each student with a disability:

the student's level of education (i.e. primary secondary)

the student's level of adjustment

the student's broad type of disability.

The information collected by schools will be provided to all governments to inform policy and programme improvement for students with disability.

WHO WILL BE INCLUDED IN THE NATIONAL DATA COLLECTION?

The definition of disability for the national data collection is based on the broad definition under the DDA.

For the purposes of the national data collection, students with learning difficulties such as dyslexia or auditory processing disorder as well as chronic health conditions like epilepsy, diabetes or asthma, that require active monitoring by the school, may be included.

Who will collect information FOR THE NATIONAL DATA COLLECTION?

Teachers and school staff will identify the number of students with disability in their school and the level of reasonable adjustment they are provided based on:

consultation with parents and carers in the course of determining and providing reasonable adjustments the school team's observations and professional judgements any medical or other profes-

sional diagnosis other relevant information.

School principals are responsible for ensuring the information identified about each student is accurate.

How will my child's privacy be protected?

Protecting the privacy and confidentiality of all students and their families is essential. Personal details such as student names or other identifying information will not be provided to local or federal education authorities.

Further information about privacy is available from www.education.gov.au/notices.

IS THE NATIONAL DATA COLLECTION COMPULSORY?

All education ministers agreed to full implementation of the national data collection from 2015. This means that all schools must now collect and report information annually on the number of students with disability in their care and the level of adjustment provided to them.

Information about the arrangements that may apply to your school in relation to this data collection is available from your child's school principal and the relevant education authority or association of independent schools.

Even if your child's information is not included in the national data collection, the school is still required to provide support to your child with education needs.

FURTHER INFORMATION

Contact your child's school if you have further questions about the Nationally Consistent Collection of Data on School Students with Disability and how it may involve your child.

You can also visit www.education.gov.au/nationally-consistent-collection-data-school-students-disability.

An e-learning resource about the Disability Standards for Education 2005 is freely available for the use of individuals, families and communities at <http://resource.dse.theeducationinstitute.edu.au/>

PITTWATER HIGH SCHOOL PRESENTS



Music by
Matthew Sklar

Book by
Chad Beguelin & Tim Herlihy

Lyrics by
Chad Beguelin

Based on the New Line Cinema film written by Tim Herlihy
By arrangement with Hal Leonard Australia Pty Ltd Exclusive agent for
Music Theatre International (NY)

WARNING: contains adult themes

PHS Wedding Singer Production

**A preview written by cast members Nina Griffiths
& Jemima Sanguinetti**

The doors will close, the lights will dim, the curtains will open, and the magic will begin. On the 15 of July to the 25, "The Wedding Singer" will be in full action and it's a show we can guarantee you do not want to miss. As part of a Pittwater High School tradition, every two years the school has been known to put on a musical production with cast, crew and band members all from years 8-12 in the school.

Not only is the end result such an exciting night to work towards, but all the rehearsals and hours that have been put in by all members including our wonderful directors Miss Meyers, Mr Gleeson, Nick Northey and Lucy McLean have been a way to learn about this industry and at the same time have great fun!

Aside from the actual making of the production, it's been so exciting being a part of new friendships, fun, and a whole new

community of creativity and people that share similar interests to you. An inspiring thing many people will have taken from this experience is watching the production grow. Even being far from ready to perform, it is looking great!

All elements of the production have risen to the challenge and have managed to make beautiful sounds and scenes, sets, costumes and even the dancing has come a long way from where we started. Still many rehearsals to come, but by the performance nights we will be looking spectacular!

Buy tickets and bring along as many people as you like for any or all of the performances on the 15, 17, 18, 22, 24 and 25 July. (There are two performances on Saturday 25, matinee & evening). There will be chances to buy tickets at the door but we encourage buying online and getting in quick for front row seats! It will be a weddingful night full of 80s fun in a fantastic lively show, so don't miss out! See you there.

Nina & Jemima (Year 10)

Instrumental Music Program News

Instrumental Music Program News

Upcoming events

Date What Where Who

12 June 7.30am Strings and Symphony Orchestra rehearsal School Hall Strings and Symphony Orchestra

Brass and woodwind arrive 7.45. Strings arrive 7.30

13 June 10.45-12.30 Northern Beaches Instrumental Festival School Hall Senior Strings

Parking Volunteers Needed

13 June 12.15-2pm Northern Beaches Instrumental Festival School Hall Strings

Parking Volunteers Needed

13 June 6.45pm Gala Northern Beaches Instrumental Festival School Hall Symphonic Orchestra

Parking Volunteers Needed

21 June 3.05-4.50 Northern Beaches Instrumental Festival School Hall Concert Band

Parking Volunteers Needed

21 June 6.45 Gala Northern Beaches Instrumental Festival School Hall Symphonic Band

Dates for the diary

15,17,18,22,24,25 July School Musical School Hall Canteen Volunteers Needed

18 July 3.30pm State Band Festival Clancy Auditorium, UNSW Symphonic Band

19 July State Band Festival Clancy Auditorium, UNSW Concert Band

22 August 7.00 Jazz Evening with James Morrison School Hall Senior Stage Band

24 August 6.30 Senior Recital Night Performance Space Senior Elective Music Students

25 August 7pm Community Band Night Pittwater RSL Concert Band

15 September 7pm PHS Instrumental Night School Hall Concert and Symphonic

5 October

(Long Weekend Monday) Manly Jazz Festival Manly Senior Stage Band

2-6 November Mudgee District Tour Mudgee All students welcome

10 November PHS Music Night School hall Selected students, Year 7 Music Elective Class, Senior Strings, Senior Stage

Please plan on supporting the full session at the upcoming festivals.

These events have been updated into our music web site: <http://www.myschoolmusic.com.au/pittwaterhighmusic>

Parking

Can you and your musician child stand at the gates in a high vis vest for just 45 minutes? Parking sessions start 30 minutes before each performance session. There will be at least 3 bands attending each session - potentially a significant source of fundraising for the program.

The two best fundraising times will be the Sundays around lunchtime if the park is full of picnickers.

- * Friday 12 June 4.30-5.15
- * Friday 12 June 5.45-6.30
- * Friday 12 June 7.15-8.00
- * Sunday 14 June 9.30-10.15
- * Sunday 14 June 11.15-12.00
- * Sunday 14 June 1.00-1.45
- * Sunday 14 June 2.45 - 3.30
- * Sunday 14 June 4.30-5.00
- * Sunday 14 June 6.15-7.00
- * Friday 19 June 4.30-5.15
- * Friday 19 June 5.45-6.30
- * Friday 19 June 7.15-8.00
- * Saturday 20 June 3.30-4.15
- * Saturday 20 June 5.15-6.00
- * Sunday 21 Jun 1.30-2.15
- * Sunday 21 Jun 2.50-3.35
- * Sunday 21 Jun 4.40-5.25
- * Sunday 21 Jun 6.15-7.00

2015 Payments

The online portal is open for access. Payment questions to Rick Elliott icycoldlager@gmail.com<<mailto:icycoldlager@gmail.com>>
<http://www.myschoolmusic.com.au/pittwaterhighmusic>

Mudgee Tour

Please let Dr Hardy know if your child is interested in an instrumental tour of the Mudgee region later in the year

China Tour

Billets

We urgently need 4 more families to accommodate 2 students each. Each family taking 2 billets will receive \$280 off their tour cost.

Please let Caroline Cady know as soon as possible if you can help.

Jazz at the Inch

Proposed date Saturday 24th October (to be confirmed!)

Contact Information

President Valerie Mavridis yurimavridis@gmail.com<<mailto:yurimavridis@gmail.com>> 0416 444 303

Secretary Helena Nobs

David Fogarty nobschiu@ozemail.com.au<<mailto:nobschiu@ozemail.com.au>>

david.fogarty@gmail.com<<mailto:david.fogarty@gmail.com>> 0417 434 547

0406 007 778

Treasurer Rick Elliott icycoldlager@gmail.com<<mailto:icycoldlager@gmail.com>> 0400 461 941

Uniforms Melissa Turnock melissa.turnock@pilatesscene.com<<mailto:melissa.turnock@pilatesscene.com>> 0414 452 152

Canteen Sheridan Femia xeresfemia@gmail.com<<mailto:xeresfemia@gmail.com>> 0414 594 905

Concert Band Linda Mancini

Helena Nobs lindammancini@hotmail.com<<mailto:lindammancini@hotmail.com>>

nobschiu@ozemail.com.au<<mailto:nobschiu@ozemail.com.au>> 0410 445 799

0417 434 547

Symphonic Alison McMahon 0415 588 666

Strings Grace Marshall grace.marshall@ioof.com.au<<mailto:grace.marshall@ioof.com.au>> 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>> 0414 771 346

Orchestra Valeria Mavridis yurimavridis@gmail.com<<mailto:yurimavridis@gmail.com>> 0416 444 303

Band Captains Nick Simons

Robbie Fabbro

David Fogarty

PITTWATER HIGH SCHOOL

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

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

				ORDER DETAILS		
	ITEM	SIZES	PRICE	SIZE	QTY	TOTAL
GIRLS	Junior Tartan Tunic – Summer	6-22	69			
	Junior Tartan Skirt – Summer	6-22	40			
	Junior Tartan Skirt –all year round	4-18	60			
	Junior Blue Short-Sleeved, Pintucked Blouse	10-22	27			
	Junior & Senior Long Black Pants – Winter	4-16	27			
	Senior White Short-Sleeved Blouse with Maroon Piping, PHS Embroidery	8-22	32			
	Senior Grey, Front Pleated Skirt – Summer and Winter	8-22	60			
	White Ankle Socks	Not sold at Uniform Shop				
BOYS	Junior Maroon Polo Shirts with PHS Emblem	10-26	32			
	Junior & Senior Grey Surf Style Shorts	XXS-5XL	39			
	Long Grey Pants	Not sold at Uniform Shop				
	Junior Midford Grey Elastic Waist Shorts	12-18	25			
	Senior White Collar Short-Sleeved Button Shirt with PHS Embroidery	16-26	30			
	Senior Maroon School Tie with PHS Embroidery		25			
UNISEX	Maroon Fleecy Zippered (Hoodie) with PHS Embroidery	XXS-XXL	50			
	Junior Maroon Sweatshirt (Sloppy Jo) PHS Embroidery	12-22	29			
	Junior Grey Woollen "V" Neck Jumper	10-18	70			
	Senior Maroon Woollen "V" Neck Jumper with PHS Emblem	10-24	75			
	Senior Maroon School Blazer with PHS Emblem	14-24	110			
SPORTS UNIFORM UNISEX	Maroon Microfibre Shorts PHS Logo	XS-XXL	35			
	Maroon Knit Short PHS Logo	12-16	25			
	White Polo Shirt with PHS Emblem	10-24	32			
	Navy Microfibre Tracksuit Pants	12-XI	45			
	Navy Microfibre Tracksuit Zip Up Top with PHS Emblem	12-XI	45			
	PHS Maroon Rugby Shorts	XS-XL	25			
	Maroon and White Long Rugby Socks		10			
OTHER	Scientific Calculators		33			
	Portable USB 2GB		4			
	Black Winter Stockings – Girls	S,M,L	9			
	Year 7 book pack (inc. scientific calculator)		75			
	Navy Apron		12			
	Year 8 book pack		50			
TOTAL AMOUNT TO PAY						

NAME OF CARDHOLDER: _____ (exactly as shown on card)

Card No: _____/_____/_____/_____

Expiry: ____/____ CCV No: _____

Total Amount \$ _____

Signature: _____

Date: _____

Please CIRCLE method of payment CASH CHEQUE EFT Credit Card – MASTERCARD / VISA

EFTPOS facilities available - 1% surcharge on credit card purchases

Cheques are to be made payable to "Pittwater High School Uniform Shop" and have a 5 day clearance hold on items purchased.

All orders must be accompanied with payment and put in an envelope, clearly marked "Uniform Order", and placed in the Red Box in A Block or given to a supervisor in the canteen. Collect uniforms from canteen at any time.

A selection of second hand uniforms are available for purchase at reduced prices

The Uniform Shop is open every Tuesday and Thursday from 8.15am to 11.15am, and located at the far end of the Canteen –

enquiries 9979 6968 or contact the Uniform Shop manager Kim Gobbe.

15 October 2014

CANTEEN NEWS

Wednesday 10th June

Belinda Hodges, Fiona Griffith

Thursday 11th June

Dianne Del Pozo, Sheridan Femia, Rowena Kempton

Friday 12th June

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

Monday 15th June

Michelle Le Creurer

Tuesday 16th June

Leonie Olivari, Blandine Bizeau, Ann Clayton

Wednesday 17th June

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

Thursday 18th June

Keryn Gallagher, Sarah Jones, Margaret Woods, Peter Woods

Friday 19th June

Rebecca Wall, Sunny Van Raad, Lisa Haworth

Monday 22nd June

Christine Bratkovic, Roger Springthorpe

Tuesday 23rd June

Fiona Griffith

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

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

A full day is 9am to 2.30 or 3pm

A half day is 3 hours

Fiona Griffith

Canteen Roster Co-ordinator

packfund@optusnet.com.au

Phone 0431 121 631

Uniform Shop

Closed Thursday 11th June 2015! Sorry for the inconvenience.

Northern Beaches



Support Group

A problem shared is a problem halved

The Northern Beaches ADHD Support Group is a voluntary, parent-run group offering support for parents of children or teenagers with ADHD via regular meetings. The group aims to provide a 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/4222746751>

Register on **Eventbrite**



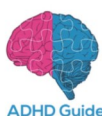
Facebook: <https://www.facebook.com/BeachesADHDSupport>

Facebook Forum: <https://www.facebook.com/groups/BeachesADHDSupportGroup/>

Email: nbadhdsupportgroup@hotmail.com

Website: www.northernbeachesadhdsupportgroup.com.au

We sell the Entertainment Book online via our website



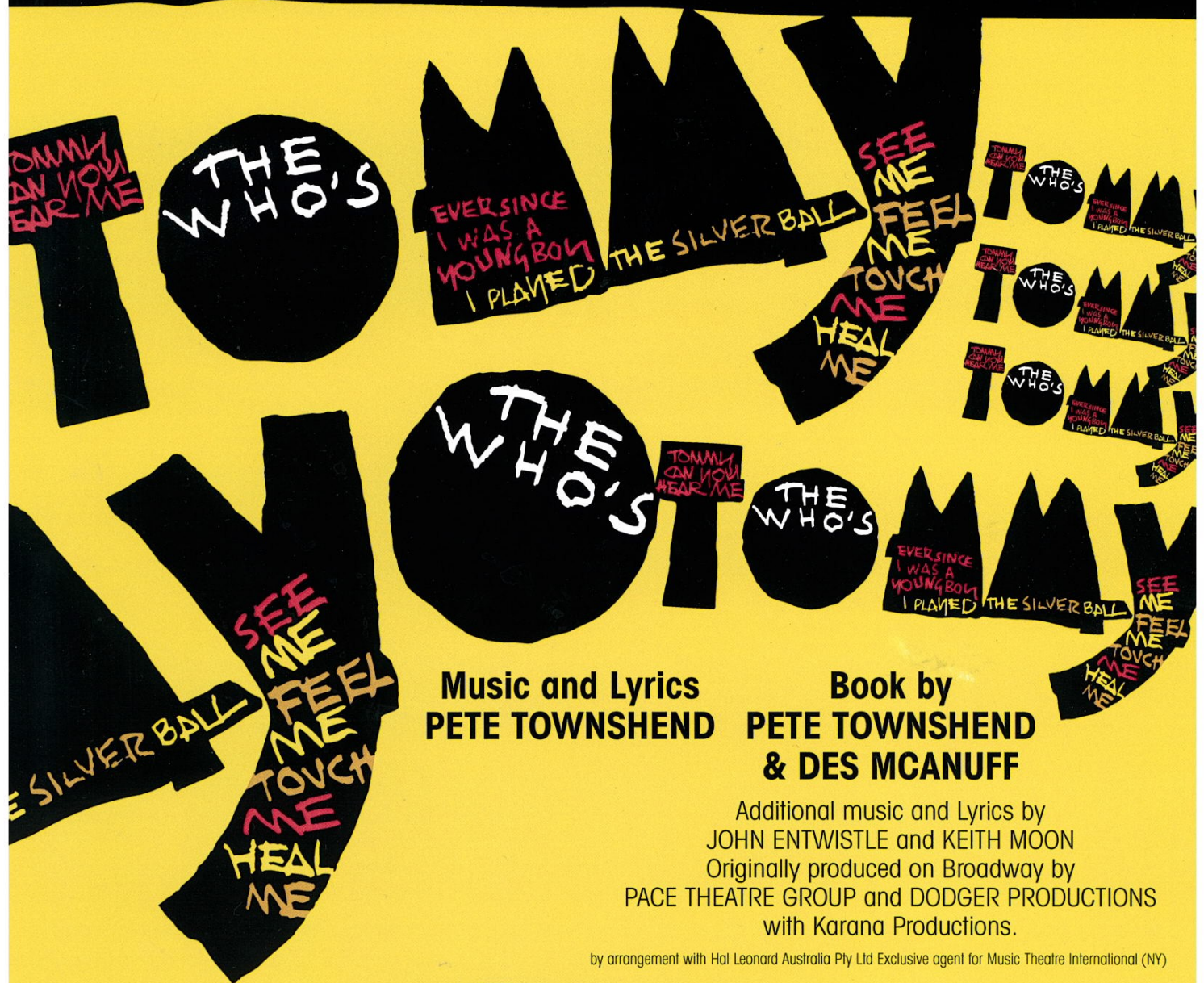
ADHD Guide

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



Venue kindly sponsored by
Pittwater RSL Club

MOSMAN MUSICAL SOCIETY PRESENTS



Music and Lyrics
PETE TOWNSHEND

Book by
**PETE TOWNSHEND
& DES MCANUFF**

Additional music and Lyrics by
JOHN ENTWISTLE and KEITH MOON
Originally produced on Broadway by
PACE THEATRE GROUP and DODGER PRODUCTIONS
with Karana Productions.

by arrangement with Hal Leonard Australia Pty Ltd Exclusive agent for Music Theatre International (NY)

Zenith Theatre

Cnr Railway & McIntosh Streets, Chatswood

Adults \$41.50

Concessions (pensioners, students, children) \$36.50

A booking fee applies to each ticket sold.

Warning: The production contains Adult Themes and may contain
haze and strobe effects.



www.facebook.com/MosmanMusicalSociety

Friday June 19 – 8:00pm

Saturday June 20 – 8:00pm

Sunday June 21 – 3:00pm

Thursday June 25 – 8:00pm

Friday June 26 – 8:00pm

Saturday June 27 – 2:00pm & 8:00pm

A young boy's journey from pain to triumph - this classic
'70s rock opera by The Who is the most electrifying
evening of rock and roll ever to play in a theatre!

Bookings: zeniththeatre.com.au

PARENT FORUMS

Understanding your

TEENAGER

Ku-ring-gai Council and KYDS invite parents of teens to a series of forums.

Forums are held from **6.30pm - 8.30pm**
(registration from 6:15pm)

Ku-ring-gai Council Chambers, Level 3, 818 Pacific Highway, Gordon



FORUM TOPICS

MONDAY 23 MARCH: 5 STRATEGIES FOR TALKING WITH YOUR TEENAGER

Discover how to bridge the communication gap with your teenager. Tracy Tresidder, Senior Principal at www.coaching4teenagers.com.au will provide practical insights on how personality styles can affect parent-child relationships.

MONDAY 15 JUNE: TRAINING THE BLACK DOG – HELP YOUR TEENAGER DEAL WITH HARD TIMES

Dianne Fletcher from Lifeline will share insights from her decades of experience in the mental health field, providing an overview of the signs to look out for and how to help those who are struggling. Kym Carlson, Clinical Services Manager at KYDS will speak on self-harming issues and strategies – including concerns around the copycat effect and the influence of social media.

MONDAY 3 AUGUST: ANXIETY AND ADOLESCENCE

Sue Carlson, psychologist and member of the Australian Psychological Society, has worked as a school counsellor and psychologist in private practice for three decades. She will deliver an informative presentation on the ways anxiety can affect teenagers and what action to take.

FREE!

PATS

(PAYING ATTENTION TO SELF)

SOCIAL GROUP FOR 12-18 YEAR OLDS WHO HAVE A FAMILY MEMBER WITH A MENTAL HEALTH ISSUE

Fun and interactive

Have a voice

Hear from others in similar situations

Find out more about mental health issues

Hosted by teen-friendly KYDS staff

Free food and drinks

Ends with a celebration

**STARTING
TERM 3
21st July-8th
September**

RUNS OVER 8 WEEKS STARTING 21ST JULY-8TH SEPTEMBER 5:30-7:30PM
FREE TRANSPORT AVAILABLE

LOCATION: KYDS (REAR 265 PACIFIC HWY, LINDFIELD, 2070)

**TO JOIN OR FOR MORE INFORMATION PLEASE CONTACT US:
9416 9824 OR KYDSI@BIGPOND.COM**

FACEBOOK.COM/KYDSYOUTHDEVELOPMENTSERVICE



Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 3 - 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 (30/7 - 27/8, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop

Learn how to restore a respectful & positive relationship with your teenager

Understand what it is like being a teenager today

Learn how to talk so that they listen & how to listen so that they talk to you

Chatswood (23/7, 7.00-9.30pm)

Tuning in to Kids Course - Chatswood (27/7 - 24/8)

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

Dealing with Teen's Back Chat

Transition to High School

Triple P Seminar Series (Teens)

★ Resilient Kids

★ Bully Busting Workshop

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)

Understanding Your Toddler/Discipline & Tantrums

Tucker without Tantrums/Toilet Training

Speech & Language Development/Sleep

★ Older Sibling - New Baby

★ Transition to School

★ Grand Parenting

Enquiries: Child & Adolescent Parenting 9887 5830



Health

Northern Sydney
Local Health District

footballSSG.com
Small Sided Games

SUMMER SOCCER IS BACK

Now at two brilliant venues

PITTWATER BROOKVALE
RAT PARK OVAL

HEY GIRLS, IT'S FOR US TOO!

Girl's-only and Ladies'-only competitions in age groups from Under 9/10 to Over 35's.

It's the
MOST FUN
you'll have
this summer!



REGISTRATIONS OPEN NOW
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Mid-week from September to December
Boy's, Girl's, Men's and Ladies'
competitions for ages Under 6 to Over 35

Sydney's favourite Small Sided Football competitions have a **proven track record** of providing:

- Best Fields
- Best Lighting
- Best Match Times
- Free Playing Uniform
- Professional Referees
- Heaps of fun for everyone

REGISTRATIONS OPEN NOW
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**ROLL UP YOUR
SLEEVES AND
GIVE BLOOD**

Mobile Blood Service visiting:

Mona Vale Memorial Hall

Village Park Pittwater Road

Monday 29 June

1.30pm – 6.30pm

Tuesday 30 June

8.30am – 2.00pm

Wednesday 1 July

8.30am – 1.30pm

Drink up! Have 3 or 4 glasses of water or juice in the hours before you donate

Eat! Have a good sized breakfast or lunch

Please bring photo I.D. with you

To make an appointment call 13 14 95
or visit donateblood.com.au

 **Australian Red Cross
BLOOD SERVICE**