

PRISON POST: Pittwater student speaks out

Principal's Report: Jane Ferris

The world was shocked when foreign correspondent Peter Greste was convicted in June 2014 of reporting false news and endangering Egypt's national security. The public became galvanised and on mass started to send emails and letters of support. He wrote "Whenever I find my resolve wavering; whenever I feel weak or angry or frustrated; whenever I lose sight of the 'why', I only need to dip into the huge pile of letters for the answer. You've all given us and our families enormous strength; and for that I am hugely grateful."



Pippa Pryor, then in year 8 at Pittwater High, was one of thousands of letter writers. She pledged that along with her sister Katherine and mum Karen, they would take turns sending a letter each month until his release. Pip's letter clearly made a strong impression because it was selected to be published in "Prison Post: Letters of support for Peter Greste". In addition Pip was asked to be a speaker at the book launch a week ago along with two other letter writers including comedian and journalist Wendy Harmer. Pippa spoke from the heart not only of the injustice that inflicted Peter, but also the importance of letter writing. She certainly reflected all that we value in this school – empathy, compassion, and a strong sense of social justice. Attending the launch with me and equally impressed were teachers Nick Johns, Brooke Mitchell and Samantha Keen.

Back at school the inspiration is already firing up with the year 10 journalism class looking at the importance of freedom of the press. Without such freedom we can never question and seek positive change in our society. Yet again we are reminded of how fortunate we are to live in Australia.



Let there be light: Peninsular Community of Schools Science Fair



Congratulations to our students for their fantastic demonstrations at the recent PCS Science Fair. The primary students that passed their booth were enthralled with demonstrations of the special effects caused by light refraction. I was impressed how knowledgeable our students were in their understanding of the scientific principles involved. Thank you to Mr Cannings who not only supported this event but also runs a science club before school for our students.



Pittwater High School Community Forum
Tuesday 6 October 5-7 pm in the Hall
Making Bullying History

Brett Murray is a powerful and engaging presenter that will leave you feeling empowered, encouraged, educated and inspired.

DEPUTY PRINCIPALS' REPORT - Renee Andrews; Ben Rekić

With the end of the term 3 rapidly approaching, we would like to begin this report by extending to the students and families of year 12 our best wishes both for the future, as well as in the upcoming HSC exams. The spirit and valuable contributions that you have all contributed to the school have really added to the positive community that characterises Pittwater High School, and in the senior years, you have demonstrated yourselves to be excellent role models for our junior students. We look forward to seeing you at Wednesday's events, commencing with the year 12 breakfast, followed by our assemblies, and formal, later in the evening. We would also like to remind you that year 12 are invited to a morning tea at 11am on 17 December, in order to say their farewells to staff prior to the end of term 4.

To all students and their families at Pittwater High School, we extend our thanks and congratulations for another successful term, characterised by innumerable achievements, activities and events. It is through all your collective efforts that we see the continuity of the very strong school ethos based on responsibility, respect and aspiration, which shines through every day in the approach of all students at Pittwater High School.

Enjoy your break, and we look forward to seeing you all for another positive term.

HSC 2016 Student and Parent Information Evening



**School Hall at 6.00pm—7.00pm
on Wednesday 7 October 2015**

This evening will include:

- Distribution of the HSC Assessment Booklet
- Requirements of Senior students - 'Core Day' and attendance, study periods.
- Board of Studies requirements for the completion of the HSC Course
- Surviving the HSC year
- HSC Major works—their importance, expectations and planning your time
- Mentoring - how to get the most out of it!



Mona St Mona Vale
MONA VALE
Email: pittwater-h.school@det.nsw.edu.au
Website: <http://www.pittwater-h.schools.nsw.edu.au/>
Phone (02) 9999 4035
Fax (02) 9979 5088



CALENDAR

Tuesday 15 September	Year 12 Taronga Zoo Excursion
Wednesday 16 September	Year 12 Formal and Graduation Assembly
Friday 18 September	Last Day Term 3
Monday 5 October	PUBLIC HOLIDAY
Tuesday 6 October	First Day Term 4—All students return
Monday 12 October—Wednesday 14 October	Year 9 Camp
Monday 12 October—Friday 6 November	HSC Exams

Pittwater High School Community Forum

Guest Presenter - Brett Murray – Making Bullying History



As the Nation's #1 Anti-bullying Campaigner and 'Youth Culture Expert', Brett has been a leader in his field for over a decade. He has influenced significantly the hardest culture to impact, Youth Culture, for over two decades.

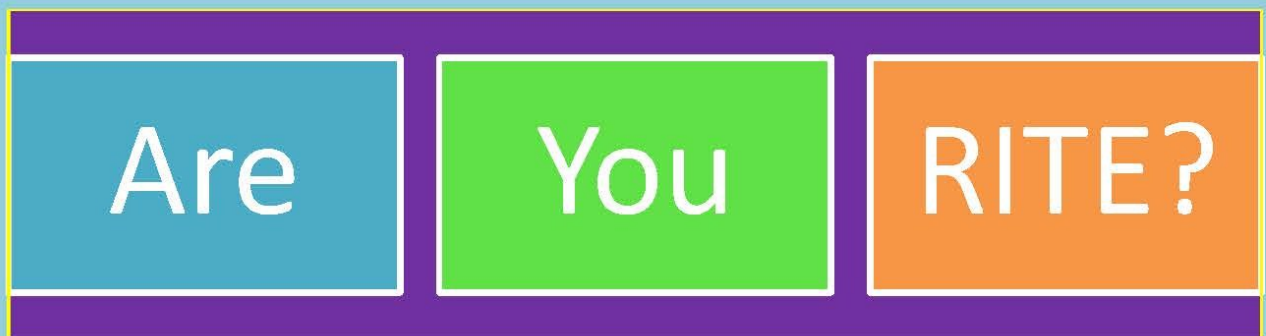
Brett Murray is a powerful and engaging presenter that will leave you feeling empowered, encouraged, educated and inspired.

You're invited to join Brett Murray and Pittwater High School in launching our Anti-Bullying Policy:

Date: Tuesday 6 October 2015
Time: 5 – 7pm
Venue: Pittwater High School Hall



Our Anti Bullying policy and resources will soon be uploaded to our website

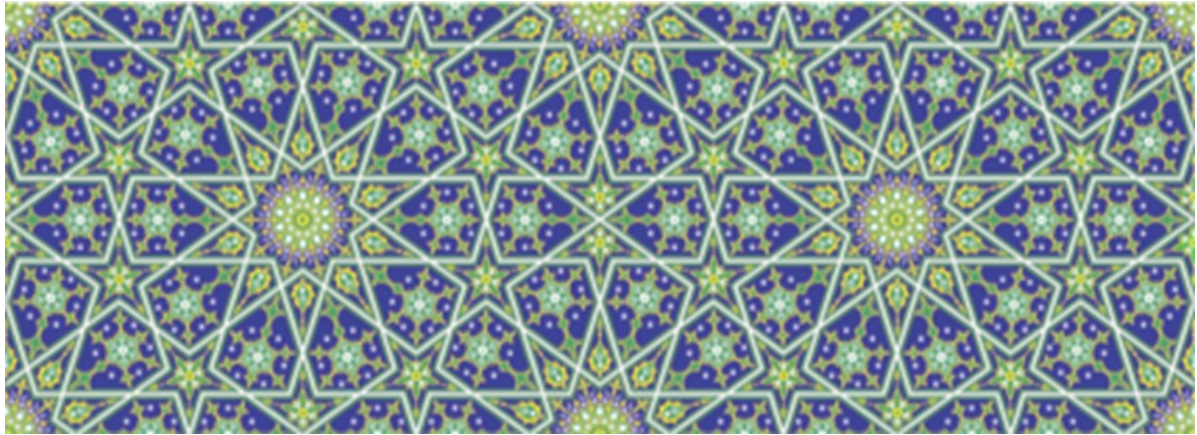


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Please RSVP to pittwater-h.school@det.nsw.edu.au

MATHEMATICS

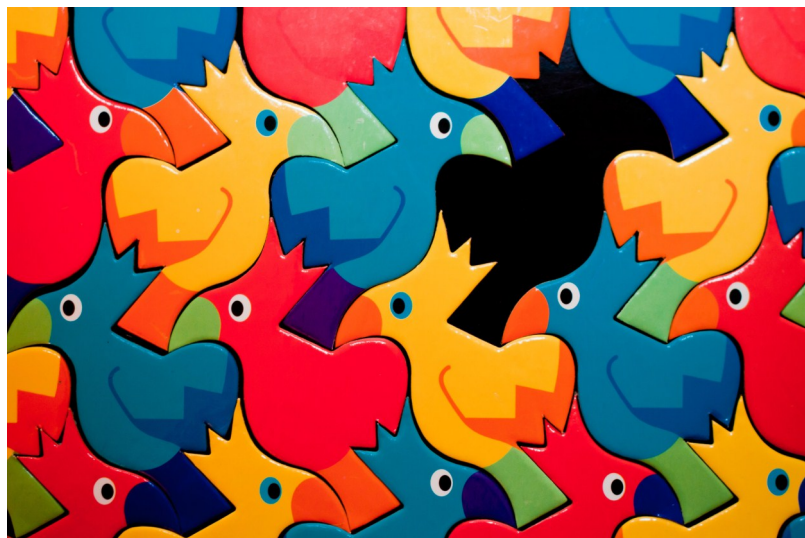
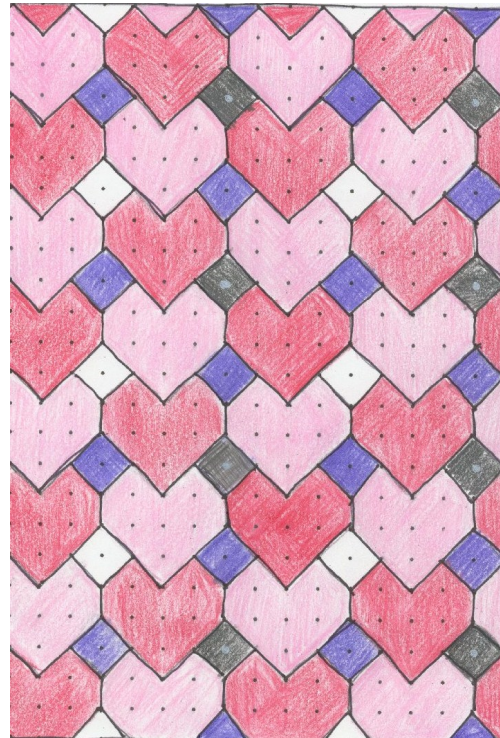
Symbiosis of Maths and Art



A tessellation of a flat surface is the tiling of a plane using one or more geometric shapes, called tiles, with no overlaps and no gaps. In mathematics, tessellations can be very complex, 2D and 3D and a variety of geometries.

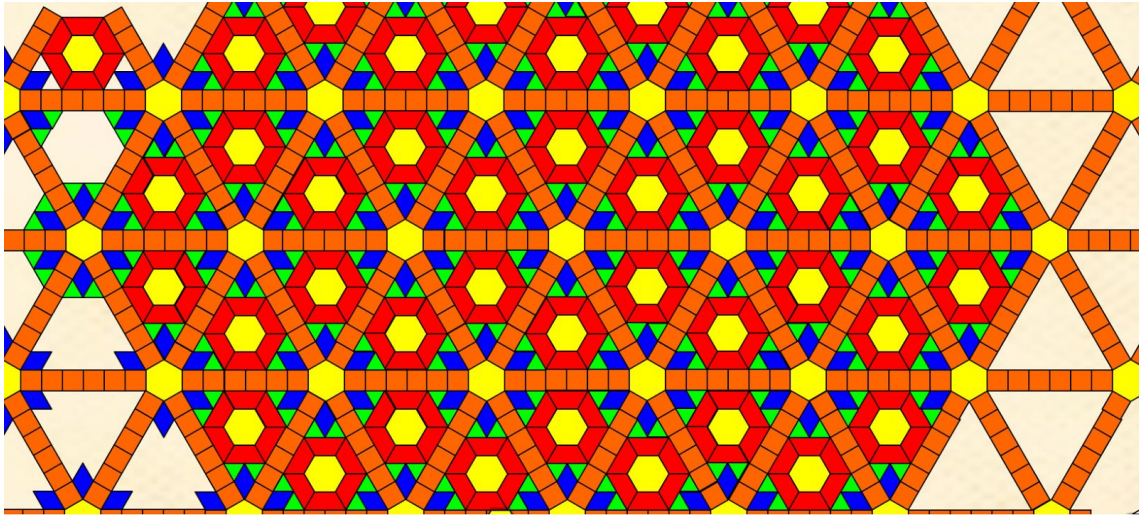
Creative jobs that rely on Maths:

- Art Teacher
- Photographer
- Artist
- Graphic / Web designer
- Architect
- City planner
- Game designer
- Interior Designer
- Landscape Designer
- Stage set and costume designer
- Animator
- Fashion designer
- Cartographer (map maker)
- Taxidermist
- Painter/signwriter



MATHEMATICS

Symbiosis of Maths and Art



MATHEMATICS

Year 12 – Racing towards the HSC!

With only three weeks to go until the end of the term (as I type this) - and therefore the end of school for our current Year 12's, the Mathematics department is busy preparing our students for the upcoming HSC examinations which start week two of term 4.

The Mathematics courses have all been completed and students are well aware that they have now completed 13 years of learning Mathematics at school! However Mathematics lessons are still in full swing. Students are completing past HSC questions, topic by topic, under exam conditions and then working with their teacher to go through the solutions. During these coming school holidays, the school library will be open in the second week from 10am until 2pm. Mrs Austen and Ms Walpole will be available on the Monday and Thursday to assist with any Mathematics questions during that time.

Congratulations to all Year 12, 2015. We wish you not only success in all of your exams, but a happy and fulfilling life beyond, enriched with Mathematics!

Ms Chris Lanham – Classroom Teacher



MATHEMATICS



by Samantha Rous (QuickSmart co-ordinator)

QuickSmart, our numeracy program, is now into its third term at Pittwater High. Our 16 students on the program have all shown a remarkable improvement in both their speed and accuracy in their numerical skills.

We started off the term with an afternoon tea for all the QuickSmart students, their instructors and parents. This gave the students the opportunity to show their parents exactly how each lesson is structured and also to introduce them to some of the mathematical games and flashcards we use in the program. It was interesting to witness many parents being shadowed by their children in the 'Race for Fame'.



The above photo shows the flashcards used, as well as some of the strategy cards used in the program.

This term we also held a **survey** for all QuickSmart students and their classroom teachers across all of their subjects. It was an overwhelming view of positivity towards the program with 100% students answering YES to questions such as, "Are you focused and trying hard in the lesson", "Do you enjoy QuickSmart?", "Do you feel that your Maths is improving?"

92% of classroom teachers of the QuickSmart students said that the students were not disrupting their classes on their return from a QuickSmart session. What a terrific response as the program is only possible if the students conduct themselves appropriately on their return to class. This is because they leave and return to their usual lessons mid-way, as each session is run for 30 minutes. This shows great **respect** for their fellow students.

Congratulations QuickSmarters!

An area that our QuickSmart students need to focus on is in catching up on any missed work. We encourage them to take **responsibility** for their learning and to **aspire** to being up to date at all times.

Of further interest is the fact that we have been looking at **Problem Solving** during our QuickSmart sessions this past term. Students have been shown how to break down their questions into the **6 S's**. *This strategy can be used by **all** students, for **any** question at **all** times!*

Here is the 6S Problem Solving Strategy

SEARCH – What do I need to find out? What am I being asked to find out?

SORT – What information is important? Are there any specific numbers I should highlight?

SEE – Can I picture the problem? Can I draw it?

SELECT – Choose the correct operation (**+**, **-**, **x**, **÷**).

SOLVE – Work it out.

SENSE – Does it make sense? If I reread the question, have I answered it correctly?

SPORT

YEARS 7/8 KNOCKOUT NETBALL

On Friday 21 August the Year 7/8 netball team travelled to Gosford to play in the Regional Gala Day. They played 9 games back to back, winning 5 and drawing 1.

All team members showed great determination every time they took the court whether they played or umpired. It was an absolute pleasure to watch and coach.

Congratulations to Zoe Bryant, Jessica Gudmunson, Ionae Mascall, Katie McGuinness, Rebecca Milham, Jemma Murphy, Lily Rowe, Kira Stubbs, Kelly Turner and Georgia White. We could not have done it with out the help of parents and grandparents so thanks to drivers and supporters Gabrielle and John Bryant, Melissa Murphy and Nick Mascall.

Mrs Hayes—Coach



SPORT

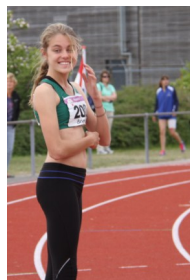
SPORTS STARS

International Athletics

Brie Mathieson of year 8 recently participated at the 49th International Children's Games in The Netherlands

The International Children's Games is the largest multi-sport youth games in the world and is a recognised member of the International Olympics Committee. Approximately 1500 athletes between 12 and 15 years of age represent their cities in this prestigious event each year. The ICG goes back to the Cold War in 1968 when a physical education teacher living in Slovenia had a vision to encourage peace and goodwill amongst children of different cultural backgrounds. From the inaugural games in which nine towns took part, the ICG has grown to an impressive event, in which more than 400 cities from 5 continents have participated. The 2015 games are being held in Alkmaar, The Netherlands. Brie's impressive results are summarised below:

Long Jump	jumped 4.88m and came equal 12 th
100m	7 th in heat—13.95sec— overall 48 th
4 x 100m Relay	1 st in heat qualified 5 th for the finals
Triple Jump	4 th in finals 13 th



State Athletics

Brie Mathieson's outstanding athletics season has continued with her capturing a bronze medal in the 14 years long jump at the NSW CHS Athletics Championships at Homebush a couple of weeks ago. She also competed in the triple jump. Grace Hanks placed 9th in the 15 years high jump and Jordyn Hess gained 12th place in the 16 years 1500m. Well done girls.

International Kayaking

Matt Simons of year 10 recently flew to Warsaw Poland as part of an under 17 years Australian Development squad which will compete in an Olympic Hopes Regatta. He will compete in three events including his pet event, the K2 500m. What an experience for Matt—more details to follow.

CAREERS NEWS

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

Year 12: Good luck with your final HSC exams!!

UAC applications for university places in 2016: For those undertaking an ATAR pathway and wishing to go to university next year, they should have received their **UAC pin**, (Universities Admission Centre pin) by now in the mail. They will need to log in and select their 9 university courses for 2016. **Selection deadline is the end of September.** This year's **UAC books** have arrived-please collect and sign for your copy from the Careers Office!

University Early Offer programs:

Schools Recommendation Scheme, (SRS) close end of September, apply online through UAC once you have submitted your UAC application, particular courses available at the following institutions: Australian National University, Charles Sturt University, Griffith University, Macquarie University, National Art School, University of Canberra, University of New England, University of Newcastle, University of Technology Sydney, University of Western Sydney.

EAS, (Educational Access Scheme) applications for those who have suffered **"long-term educational disadvantage"** (to gain extra ATAR points) are available now from the Careers Office in the Library.

Exit Plan Interviews: if students, (and parents) missed their exit plan interview over the last few weeks, please make another appointment time.

University Open Days:

12 September Macquarie Uni
12 September ACU, (Strathfield)
7 December Southern Cross Uni-Coffs Harbour
9 December Southern Cross Uni-Lismore
11 December Southern Cross Uni-Gold Coast

Full-time Jobs:

Electrical apprenticeships

Landscaping apprenticeship

Locksmith traineeship

Please see me for more information.

Year 10:

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

-evaluating "workplace scenarios"
-investigating and practicing "interview skills"

Also, students should be looking for a suitable **work experience** employer! Remember the required documentation should be returned 2 weeks before the placement. Remember you can go out any time from now til halfway through term 4, (2 weeks before final year exams period).

Photos of your placement would be great for the newsletter.

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 "[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](#), 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

J. Bates, (Careers Adviser, EXT 128)

MUSIC NEWS

When	Event	Location	Ensemble
15 September 6.30 arrival	Joint Concert	St Josephs Hunters Hill	Symphonic Band and Senior Stage Band
3 October 1pm	Manly Jazz Festival	Manly Corso	Senior Stage Band This is the Saturday of the long weekend. Everyone will be assumed available unless you've pre-notified Sally Simons
10 November	PHS Music Night	School Hall	Selected students, Year 7 Music Elective Class, Senior Strings, Senior Stage

Contact Information:

President Valerie Mavridis
 Secretary Helena Nobs
 David Fogarty
 Treasurer Rick Elliott
 Uniforms Melissa Turnock
 Canteen Sheridan Femia
 Concert Band Linda Mancini
 Helena Nobs
 Symphonic
 Strings Grace Marshall
 Junior Stage Joulia McLaren
 Senior Stage Sally Simons
 Orchestra Valerie Mavridis
 Band Captains

yurimavridis@gmail.com
 nobschu@ozemail.com.au
 david.fogarty@gmail.com
 icycoldlager@gmail.com
 melissa.turnock@pilatesscene.com
 xeresfemia@gmail.com
 lindammancini@hotmail.com
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 grace.marshall@ioof.com.au
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 sallysimons2@icloud.com
 yurimavridis@gmail.com
 Nick Simons Robbie Fabbro

0416 444 303
 0417 434 547
 0406 007 778
 0400 461 941
 0414 452 152
 0414 594 905
 0410 445 799
 0417 434 547

 0408 811 066

 0414 771 346
 0416 444 303

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

Kids & Teens School Holiday Aerial Arts Workshop

Ages 5 - 13

Experience the feeling of flying through the air in this dynamic and exciting aerial arts workshop! Learn to climb, swing and drop while performing thrilling acrobatic feats that will challenge your body, explore your creativity and wow your friends.

9am - 12pm
Sept 21, 23, 28 & 30
\$55/day - *10% discount
for 2 or more days

3A/24-26 Winbourne Rd.
Eerookvale NSW
0432 367 110 or 0401 935 076
For more info or to book, head to
bookoo.com/integralaerial/customer
and sign in or sign up!

Kids class
registrations
for Term 4
NOW OPEN!

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 safe and supportive environment to discuss and learn more about ADHD in order to best help parents and kids.

SPEAKER EVENING:

AMANDA PARSONS - KIDS OT

"ADHD - Sensory Processing and Social Skills"

Amanda Parsons established Kids OT in 2003 having working in Sensory Integration clinics in Australia and the UK. The Kids OT team has extensive knowledge and experience working with children with various disorders including learning difficulties, Autism Spectrum Disorder, Asperger's Syndrome, Attention Deficit Disorders, Information Processing Difficulties, Visual Perceptual Disorders, Sensory Processing Disorder, Developmental Delay, Neurological Disorders, Physical Disabilities, Emotional & Behavioural Disorders, as well as specific difficulties with handwriting and fine motor tasks, low muscle tone, poor motor planning and coordination, memory weakness and many others.

Kids OT have a strong focus on family-centred practice and work closely with the family and child to develop individualised intervention programs.

Monday 21st September, 2015 @ 7.00-9.00pm
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: nbsadhdssupportgroup@hotmail.com
Website: www.northernbeachesadhdssupportgroup.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



THE TALENT CO PRESENTS

6 WEEK SCREEN ACTING PROGRAM + INTENSIVE

Acting to Camera
Monologue
Duologue
Audition prep
TV Presenting

plus 1 hour private
intensive class at term's end

FOR YOUNG ACTORS 12-18 YRS
Strictly limited to 8 students

OCTOBER 28 through to DECEMBER 2
Wednesdays 4.30 - 5.30pm

AVALON ANNEXE
Dunbar Park, Avalon Beach

visit website for more info
www.thetalentco.biz
p: 02 9918 3440



Warringah Council Presents

TRANSITION TO HIGH SCHOOL

For parents and carers of children in Years 6 - 8 looking to enhance their child's early high school experience.

Wed 7 Oct
6.30 - 8.30pm

Led by trainer Cay Camden, topics include changing relationships, building confident teens and tools to assist through difficult times

Northern Beaches Secondary College
Senior Campus, Freshwater

FREE

Bookings essential

youthbookings@warringah.nsw.gov.au



Warringah Council in conjunction with The Black Dog Institute present

NAVIGATING TEENAGE DEPRESSION

A night for parents and carers helping to support young people with depression and bipolar disorder.

Wed 21 Oct, 7 - 8.30pm

Developed by The Black Dog Institute, this presentation will cover early warning signs, how to build resilience and when to seek help.

Warringah Council Chambers
Civic Centre, Dee Why

For parents, teachers and youth workers

Free but bookings essential

youthbookings@warringah.nsw.gov.au

More info 9942 2681

Download KALOF for northern beaches youth events.



CANTEEN NEWS

Wednesday 16 Sept:

Fiona Griffith, Jenny McDowell

Thursday 17 Sept :

Sheridan Femia. Helpers needed

Friday 18 Sept:

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

TERM 4

Tuesday 6 October:

Leonie Olivari, Blandine Bizeau, Ann Clayton

Wednesday 7 October: Melissa Trbojevic, Linda Newman, Di Brian, Helen Mijakovac

Thursday 8 October: Keryn Gallagher, Sarah Jones

Friday 9 October: Sunny Van Raad, Lisa Haworth

Monday 12 October: Christine Bratkovic, Roger Springthorpe

Tuesday 13 October: Fiona Griffith, Wendy Mclean, Georgia Bramham

Please advise canteen managers Katrina or Felicity (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 Felicity or Katrina in the canteen. A full day is 9am to 2.30 or 3pm; a half day is 3 hours

Fiona Griffith packfund@optusnet.com.au Phone 0431 121 631