



Distinguished Achievers Assembly: students share their stories

Principal's Report - Jane Ferris

It was a pleasure to welcome back many of our Distinguished Achievers from the HSC class of 2015. In breaking down the results overall, which, as always, place us in a strong position compared to the state, it is the individual stories and journeys taken that resonate with us all. To this end every year we invite former students to share their experiences in becoming a distinguished achiever – and for some very positive outcomes despite obstacles to overcome during their final year.

A huge thank you to our guest speakers Grace Brown, John Ferguson and Sam Groom. They have kindly agreed that I can share extracts from their speeches.

Grace Brown was prefect for Social Justice and studied French Beginners, Music 1, Visual Arts, Advanced English and Modern History. She was nominated for Encore for her Music performance and accepted into Art Express for her major work. Grace shared how it was a difficult year:

"For me personally, trials was the hardest point of my senior year. I put way too much unnecessary pressure on myself ... I had basically given up on a good ATAR, getting into uni and for those who know me, being the drama queen I am screamed the words 'well there goes my future I'm dropping out' to my parents more than once. After my not so desired results I found it hard to pick myself back up and study again, but I did and I am thankful for not giving up.

After trials I learnt that I needed to chill out, stop comparing myself, stop thinking it's the end of the world if I don't get top 5 rankings and just do my best.

In the month-long stuvac leading up to the HSC exams, I surprised myself, I was determined to not be stressed out and I achieved that goal. I can honestly say that by not putting expectations and pressure on myself I was able to achieve good results.

Top tips:

1. Organisation - I cannot stress enough how important this is, file your notes in the order you get them! if you have cluttered books and notes going everywhere etc. you will have a cluttered mind when it comes to the final studying and won't be bothered to order them
2. For remembering essays I used to record them on voice memos and listen to them back - if your musical this normally works really well it's like remembering the lyrics to a song.
3. Build a good relationship with your mentor- I wouldn't have made it through without the amazing help and support from my mentor Mr Kovacs!
4. Don't stop the things you love because you think you don't have time.
5. Only study when you are in the zone because otherwise if you're anything like me you will spend your time amusing yourself with snapchat effects getting nothing done. Time that could be used for clearing your head or having a rest.
6. Use your teachers! They are there to help you, I used to have back and forth conversations constantly over email with some of my teachers at 10:30pm - they will always help you.
7. Most of all have fun and take in every moment because at the end of the day you will not be thinking "wow that was a great petal paragraph" or "I got really good marks for that assessment" you'll look back and think of the countless memories, friends and funny moments you shared with your year group!

....cont. over page

Distinguished Achievers Assembly: students share their stories (cont.)

Principal's Report (cont.) - Jane Ferris



John Ferguson did one of his HSC subjects early, being Swedish and ranked fifth in the state in 2013. But he still carried through 10 units into the 2015 HSC while pursuing his sport commitments. He had many observations and suggestions to share:

"Looking back on my senior year at Pittwater High I struggle to remember the negatives, rather I rejoice in the memories I have as a student here... one of many positive connotations I have with my schooling here, the teachers are actually there to help you believe it or not, and if you allow them they can be your friends too. All my teachers had their own form of banter and allowed it to creep into classes making classes something inspiring and enjoyable. So when it comes to your teachers this year, give them a chance and many may surprise you with who they are, behind all that homework and assignments...

Something I think that is vital to stay sane and healthy during HSC is have fun with it. Set some time aside for yourself, whether you enjoy sports, art or are chronically addicted to a TV show you need to allow yourself time to indulge and 'have a life'..

I do have a few tips for those procrastinators out there,

Turn your Wi-Fi off on your phone while you study

Find your own weekly rhythm, I did all my study after school and before trainings so I had my nights off. Wednesday was my only day without work or sport and I finished at 12:30 so that was my catch up day. Find the times in the week when you will consistently have an hour to complete any set work

Eat, eat and eat. I am the worst human if I haven't eaten", focus goes as well as temper so eat big meals and have a favourite snack at hand

Also some practical advice:

PDHPE, maths, all sciences, business and legal students do your syllabus notes as you go!! Will save you stressing about it come trial time.

Banter your teachers into submission they love it

There will be times when you feel lost, overwhelmed and alone, these are usually illusions due to bad planning or lack of it. However all you need to do speak with your friends and keep them close, you're all in the same boat...

Don't rush through this year, embrace it, learn as much as you can both in and out of school, grow, do new things, push your limits, it was by far my favourite year at school. I'm not saying that I would do it all again, however there are definitely elements which I miss, learning every day is one of them, please never take this opportunity for granted.

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Distinguished Achievers Assembly: students share their stories (cont.)

Principal's Report (Cont.) - Jane Ferris

Sam Groom was school captain of 2015. As he indicated in his speech, he did not get the marks he had originally aspired to, but because of his rich experiences in leadership and sport, he was able to gain early entry to study Sport Journalism or Education. This is his story:

After a breezy Year 11, one thing lead to another and the pressures from my family, my peers, my teachers and mostly the pressure I placed on myself sent me in a downwards spiral where suddenly school wasn't such a happy place anymore. My energy was spent on faking happiness rather than on studying and I began to see counsellors and engaged in meetings with my teachers almost every single lunch time. I had lost my way...

With the help of close friends and mentors I realised my wellbeing comes well before anything else. What this means for you guys is please, do not drown yourself in paper! Stress isn't healthy and you must take care of yourself. Anyway, coming to this realisation influenced me to focus on doing what I love. Throughout the HSC I played all my sports, I committed to the Wedding Singer musical and involved myself in every aspect of the school community in order to combat stress! Realistically, this is not ideal as it meant I wasn't using my possible study time effectively but education is about learning, growing and experiencing aspects of out of school life, and that isn't always done in the classroom.

My main point to you is that the HSC is a growing curve in your life where you learn a lot about yourself. Every one goes through tough times, it's inevitable, so I urge you all to speak out when this occurs, never bottle it up, it is not embarrassing or shameful to have problems, we all have them, you're human. I also urge you to do everything you can for your teachers because I guarantee you they'll do everything they can for you. I also urge you to continue doing what you're doing out of school and to take opportunities in extra curricular activities, have some fun.

Through it all, Year 12, be there for each other, offer a helping hand whenever you can, you're all in it together. For the rest of the students, involve yourself wherever you can. Surprise yourself, step out of your comfort zone. This school has provided me with so much happiness and experience that I must urge you all to just put yourself out there.

SCHOOL LOCKERS:

The demand for school lockers this year has outstripped the number of available, with all sold out within the first week of school.

To remedy the situation, the P&C and school have discussed the purchase of additional lockers and an order for 120 additional lockers has been placed.

Please note the following:

There will be no additional lockers available to year 7 students as the year 7 allocation has been fully used.

We expect the new lockers to be available in approximately 4 weeks and will be available for hire via the new Uniform Shop Online ONLY (details to follow)

Locker agreements, not yet submitted to the uniform shop, will no longer be valid and will be replaced by an online agreement.

Locker and lock code details will be sent to you by email.

We will send an email to all parents once the new lockers are available for hire online

| CALENDAR | |
|--------------------|--|
| February 17 | Year 7 return from camp |
| February 18 | School photos |
| February 19 | Swimming carnival |
| February 23 | Year 7 welcome bbq and information evening |
| February 24 | P&C meeting—7pm in library |
| February 26 | School photos make up day |
| Sunday 28 February | Working Bee |
| March 1 | Open night |
| Thursday 24 March | Vaccinations |

DEPUTY PRINCIPALS' REPORT - Renee Andrews; Ben Rekic

With term 1 well and truly underway, it is unsurprising to be able to acknowledge the wonderful work of students and staff to bring together the school community through a variety of events.

We would like to thank all the parents and students that supported the school in the recent years 10 and 11 information night, as well as all the speakers who provided up to date and pertinent information in order to support students in these year groups. It was also wonderful to have back many of our year 12 students from 2015 at last week's Recognition Assembly, as well as hear many of the inspirational stories of meeting the challenge, which really contextualised the meaning of "Aspiration", one of the central values at Pittwater High School.

We wish year 7 all the best on camp this week, and am sure it will be the time when many fond memories are made. With the Working Bee and Year 7 BBQ also coming up, we encourage students, parents and staff to join us where possible, to drive our school ever forward.

RECENT BOMB THREATS

We acknowledge the events of the past week relating to the targeting of local schools with bomb threats has caused significant anxiety amongst members of our community. We would like to advise parents that in the case of such an event, the emergency response protocols utilised, require us to either lock out, lock down or evacuate the school. In these situations we are unable to allow parents entry onto the school grounds, or release students to their care under any circumstances.

YEAR 7 WELCOME BBQ and INFORMATION EVENING

Tuesday 23 February 2016
5pm – 7pm

Year 7 parents, guardians and
siblings/family are invited to a
BBQ hosted by the P&C.

This is a great opportunity to meet the teachers and other parents in an informal setting.

There will be food, entertainment,
a slideshow of photos from camp and further information.

It would be great to see you and your family there!

WORKING BEE

SUNDAY 28 FEBRUARY 2016

8am—12pm

We would like to extend an invitation to students and parents to come and lend a hand at our working bee to create a better environment for our students.

Your participation in the working bee will waive the garden levy this year.

It would be appreciated if parents with particular skills could contact me directly on: ben.rekic@det.nsw.edu.au

BYO: Garden gloves, hat, sunscreen, shovel, buckets and anything that can help "fix up" the grounds

JOB LIST

Internal

- Front wall in K1 classroom painted
- Clean walls with sugar soap, A and C Block stairwell

External

Garden

- Weeding in the quad
- Mulching the trees, main quad
- Weeding and mulching front garden
- Weeding senior Garden
- Mulching TTC side garden
- Mulching tree garden outside Glenda's prep room, between Hall and B Block
- Mulching along B Block, gardens in front of Science rooms (Hall side of B Block)
- Weeding front gardens (x2) in front of main gate
- Weeding gardens lining footpath between main gate and A Block

Facilities

- Oil tables at TTC
- Removal of graffiti on tables/walls near sheep run
- Paint podium, base
- Sand and oil wooden tops on podium
- Gurney aluminium seats between A and B Block
- Clean brickwork above lockers A Block
- Gurney aluminium seats (all)

SCIENCE

On behalf of the Science faculty I would like to welcome all our students and parents to 2016. There are some changes occurring in Science this year that we would like to inform you of. In an effort to save on printing costs, reduce paper usage and encourage the use of BYOD the Science faculty will not be printing things like excursion notes, assessment tasks and worksheets.

All students have been signed up to Edmodo. Edmodo is a digital learning platform and all worksheets, assessment tasks and excursion notes will be placed on there. Excursion notes are also emailed to both the parent and student so please ensure your email address is up to date on the school records. Students can then download worksheets onto their devices for use in class or print the worksheets if they choose to.

Parents can also have access to their child's Edmodo account. If you wish to have this access, please contact the Science faculty who will provide you with a code that is unique to your son/daughter.

We look forward to a very productive 2016 in Science.

Rachelle Krilich—HT Science

ENGLISH

DEBATING

In the past two years Pittwater High School has had great success in the Premiers Debating Competition. Teams have won zone and made it all the way to the Regional finals. This year, four teams will be entering the completion and we are hopeful that we will have another successful year. We will enter teams from years 8,9,10 and 11.

Students in year 11 will help junior students by modelling what they have learnt in the previous two years. Teams will be coached by English staff and will meet regularly to discuss current events and strategies. Next term when competitions commence they will debate against other local schools in the district competition.

In the district competition students are required to speak for up to six minutes (depending on the age group) on a topic unknown. They are given one hour prior to the debate to prepare their case. During this time they have no access to computers or any device that can access the internet, nor do they have access to research and books. It truly is a test of their general knowledge and persuasive nature.

If any student is still interested in debating. They may come and discuss with Miss Keen, Miss Davis, Mr Cigana or Miss Mitchell. Teams will be finalised in the next fortnight.

JOURNALISM CLUB

Pittwater High School will be launching our very own Journalism club. Students will have the opportunity to cover a whole range of exciting events that are happening at Pittwater High School. Students are able to work in a range of modes including film, spoken, written and photography.

More information will be available shortly on assembly. If you want to get your name down early come and see Miss Mitchell in the English staffroom.

HOSPITALITY 2016

Year 12 Hospitality and Year 11 accelerated hospitality students completed their second work placement late last term. Equipped with newfound skills and a better understanding of how this industry operates, the students worked for 35 hours at various establishments around the Peninsula and some further afield. As this was their second work placement, the students were overall much more relaxed and familiar with the operations of a commercial kitchen.

Upon visiting the sites, it was extremely rewarding to find that many of the students had been offered part time employment as a result of their excellent skills, motivation and ability to work as part of an established team. From "Jonah's" at Whale Beach to "Hugo's" at Manly, Pittwater High School would like to extend our appreciation to all of the venues who hosted our students and assisted in providing them with worthwhile and interesting experiences during work placement.

Mrs T Lagois—Hospitality Teacher.



THANK YOU



The Agriculture department would like to publically thank Harris Farm and Bakers Delight in Pittwater Place for all their help and support. Since 'Mouse' (the pig) arrived at the beginning of this term, they have been providing us with vast quantities of fruits, veggies and bread. In addition to the nutritionally balanced pellets and fruit scraps provided by the students, Mouse has been (dare I say it...) living high on the hog. Mouse's favourites so far are watermelon, corn and grapes as well as fruit buns



CAREERS NEWS

Parents/Carers:

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

Years 10- 12: Please check **department emails** regularly for jobs/courses/etc. I am always available in the Library Careers Office if you need to discuss any future plans.

Part-time Jobs: Hairdressing

Full-time jobs

Painting and Decorating Apprenticeships, (try a short 3 day course at Warriewood in March?)

Please see me for more information.

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

Year 10:

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

- Creating a 'Careers Portfolio'

- Discussing the 'optional' work experience program, (information notes coming home over the next couple of weeks)

- Personality and interest tests

- Work Safety

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 "**Pittwater**" then password "**water**". You can also register for email alerts! The "Calendar" is great info!

For more **general careers information**, look at our Careers website by checking out [Careers-Works](#), students will be receiving the password over the next few weeks during year assemblies. 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).

VOLLEYBALL

What an exciting start to the year for the Pittwater High School Volleyball squad! We have so many things happening already and training days are back in full swing. The squad has now grown to almost 50 students in years 7-11 with opportunities for both social and competitive players.

17 new players have made their training debut in the past two weeks and the whole squad is really impressed with the amount of potential. We are hoping to be able to form two new under 15's teams to work toward their first competition.

Senior Boys and Girls are preparing for the school knockout competitions. Both teams will compete in the open divisions despite many players being much younger. We are hoping to gain experience through playing against older teams and hopefully maybe some wins as well.

Competitive trials are starting for a range of selective teams at this time as well. Sydney North Volleyball Club had over 60 girls trying out at Homebush this week to make their representative team. Stephanie Forster (year 9) and Aleesa May (year 9) both played incredibly well and have made it through to the next round. Jessica Deathridge has also qualified to try out for the under 15s State team later this week and we wish her all the best.

Social competition through Manly Club has also started for the year with two teams entered from Pittwater and many of our 2015 year 12 graduates still playing on Sunday nights.

As a squad we are hoping to play a number of the state cups this year and are hopeful that many of our new teams will be able to make their debut at Sydney Olympic Park in June.

Our more experienced players in year 8 -11 train Monday afternoons from 3:30pm – 5pm (senior girls representative team until 6pm) and Wednesday mornings 7am—8:30am. The whole squad including all new year 7 players train Friday morning 7am – 8:30am.

The volleyball squad is open to anyone who wants to learn. It is a great opportunity to meet new people and learn a new skill. Competitive teams are reserved for students who are willing to put in the time and effort to commit to training session. No prior experience is necessary to join. If you are interested in becoming a part of the Pittwater High school Volleyball squad please see Miss Mitchell in the English staffroom.

Miss Brooke Mitchell—Volleyball Coach

PITTWATER HIGH SCHOOL
SWIMMING CARNIVAL

FRIDAY 19 FEBRUARY 2016

Compulsory School Day

Novelty events and prizes to be won

- DATE:** Friday 19 February 2016
- VENUE:** Lane Cove Aquatic Centre
- TIME:** 8. 55am – Roll Call in the school quad
9.10am – Buses depart (all students must travel by bus)
2.15pm – Buses depart pool
3.20pm – Roll Call in the quad & students dismissed
- COST:** \$20 – included in the school fees
Payment is required prior to carnival

**Everyone must travel to and from the venue by bus.
Remember to wear your house colours.**

Ms Fleming (Carnival Manager)



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 Button Waist 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 | 32 | | | |
| | 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 | | | |
| | | | | | | |
| NEW | Peaked Cap | | 12 | | | |
| 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-XL | 45 | | | |
| | Navy Microfibre Tracksuit Zip Up Top with PHS Emblem | 12-XL | 45 | | | |
| | | | | | | |
| OTHER | Scientific Calculators | | 33 | | | |
| | Portable USB 2GB | | 4 | | | |
| | Black Winter Stockings – Girls | S,M,L | 9 | | | |
| | Year 7 book pack (inc. scientific calculator and cap) | | 85 | | | |
| | Navy Apron | | 12 | | | |
| | | | | | | |
| 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.

9 February 2016

CANTEEN NEWS

Wednesday 17 February: Giovanna Graziano,, Nicole Graham, Ange Torres

Thursday 18 February: Sheridan Femia, Kylie Bennetts, Robyn Armsworth-Brack

Friday 19 February: SWIMMING CARNIVAL

Monday 22 February: Alison Christensen, Jenny McDowell

Tuesday 23 February: Ann Clayton, Rustanti Oetojo, Jade Warner, Natalie Zillski

Wednesday 24 February: Lara Floyd, Sue Lowe

Thursday 25 February: Joanna Cartwright, Margaret Woods, Peter Woods, Sheridan Femia

Friday 26 February: C Marshall, Sandra Avedissian, Simone Davis, Sarah Atfield, Melissa Hanks

Monday 29 February: Janet Howard, Jan Lysaght

Tuesday March 1: Leigh Griffiths , Joanna Cowper

Please advise canteen managers Katrina or Felicity (ph 9999 4035, x122) if you are unable to make your canteen day. Please don't assume you will be covered.

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

A full day is 9am to 2.30 or 3pm

A half day is 3 hours; Fiona Griffith Canteen Roster Co-ordinator; packfund@optusnet.com.au



Meditation, IQ, Learning Skills, Self Empowerment: with Lizzie Spencer

Sat 20th Feb: 2 to 4.30pm, followed by 5 weekly classes

The true sign of intelligence is not knowledge but imagination." – Albert Einstein The new IQ!
Ring me. I'd be delighted to talk to you. 0414904658

You will learn inner work IQ techniques (explorative, fun and meditative)

You will learning pithy, effective study and learning techniques (surprising, easy, powerful)

You will gain self awareness and self knowledge (contacting your own deep wisdom, very re-assuring)

You will create goals and intentions to bring all this to your studies (self empowering, strengthening)

Workshop \$60, Classes (optional) \$30, Workshop and 5 classes \$200

Venue Northern Beaches Meditation Centre Warriewood www.nbmeditation.com.au

Check out the website for details, contact me to talk, book in, or for weekly study coaching. People love these workshops, and are amazed at what they find out about themselves. It is empowering. Uni students love them too and are welcome.

0414904658 www.lizziespencer.com.au mail@lizziespencer.com.au



We have been asked to provide all the music for the A.N.Z.A.C. Ceremony at the Beijing Embassy (normally attracts an audience of between 200 - 300 people). This is a huge honour although it means more music to prepare.

Also we have been asked to be the sole performer at one of the Chinese conservatoriums. Again a huge honour which will require our best standard.

quicksmart

QuickSmart is about to launch into its second year at Pittwater High School. 16 Year 7 students have been selected to enrol in the program and we are excited to be able to start with our latest cohort when they return from camp.

What exactly is QuickSmart?

QuickSmart is a numeracy program which focuses on students' accuracy in mathematics by helping them use various and appropriate strategies to solve problems. It aims to do this while also increasing students' information retrieval times.

“Fluency in numeracy”

Pairs of students attend ½ hour sessions 3 times a week over a 30 week program. These students work on basic facts and strategies for the 4 mathematical operations. Each session is structured to incorporate 6 components, all of which further enhance the students' **automaticity** when answering problems. Activities include using flash cards, speed tests, looking at focus facts, using a computer based OZCAAS program, games and individual worksheets.

Studies have revealed that students involved in the **QuickSmart** program have shown **improvement across all subjects**. Not only do they grow in the classroom, but their confidence as individuals increases too.

by Samantha Rous - QuickSmart co-ordinator

MUSIC NEWS

| Day | Ensemble | Time | Staff |
|-------------|----------------------------------|----------------------------------|-----------------|
| Monday PM | Junior strings Senior strings | 3:45 to 4:45pm 5:00 to 6:00pm | Leimbach |
| Tuesday AM | Junior Stage band | 7:40 to 8:40am | Pennings |
| Tuesday PM | Concert band Symphonic band | 2:45 to 3:45pm 4:00 to 6:00pm | Hughes Hardy |
| Thursday AM | Concert band | 7:40 to 8:40am | Hughes |
| Thursday PM | Orchestra | 3:30 to 4:30pm | Hardy |
| Friday AM | Senior Stage Band | 7:40 to 8:40am | Pennings |

Uniforms

All ensemble members are expected to be in complete band uniform. Please make contact with Melissa Turnock melissa.turnock@pilatesscene.com 0414 452 152 if your child's uniform is not current.

Melissa will be at the end of Concert Band rehearsal this Tuesday 23rd, from 3.40 till 4.30 for the purchase of uniform shirts, which are \$34. Please bring (or send child with) cash, and the right money will be muchly appreciated.

If you are unable to attend at that time, they will be also be available from Melissa's place in Newport this Friday 19th from 4.30 till 5.30pm.

Parent help for ensembles

There is a very large concert band and junior stage band membership this year. Typically, one dedicated parent has been the minimum to assist our directors and liaise with band-specific issues. More hands make for lighter work - please reply to this message or call Dr Hardy at school if you can stay at school an extra half hour some mornings when dropping your child off, or if you can get to school earlier ahead of an afternoon pickup. Activities would include music score assistance, the roll and allowing the directors to concentrate on the rehearsal.

Music Library

The music program owns over 400 pieces of music. The start of the musical year is an opportune time to ensure the musical directors have ready access to selections. If interested in helping please introduce yourself to Joulia (Joulia.mclaren@gmail.com 0420 463 115) Timeslots will be available before and after most practices for most sessions this term. Database skills could also help!

Fundraising - Save the date

May 1 - Parking on school grounds as fundraiser during Pittwater Food and Wine Festival

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

Please plan on supporting the full session at 2016 events.

As of week 6 (**week beginning February 26**) and through to the April holidays we have the following schedule in preparation for the China tour.

Mondays usual rehearsals.

Tuesdays China stage band in the morning, Concert Band and Symphonic Band as usual.

Thursdays China concert band before school and China Orchestra straight after school.

Fridays Senior stage band as per usual.

We may also add extra rehearsal if required.

This may mean for some students that an extra rehearsal or two will be required. However, it **is vital we take to China our very best standard**. If students are not part of the China tour they will not be required at the China rehearsals listed above.

Rehearsals will return to normal at the beginning of Term 2.

2016 Payments

The online portal is open for access. Review your contact information at the portal. Invoices will be generated this month.

Payment questions to Rick Elliott icycoldlager@gmail.com <http://www.myschoolmusic.com.au/pittwaterhighmusic>

Contact Information

President Valerie Mavridis yurimavridis@gmail.com 0416 444 303

Secretary Helena Nobs nobschiu@ozemail.com.au 0417 434 547 David Fogarty david.fogarty@gmail.com 0406 007 778

Treasurer Rick Elliott icycoldlager@gmail.com 0400 461 941

Uniforms Melissa Turnock melissa.turnock@pilatesscene.com 0414 452 152

Canteen Sheridan Femia xeresfemia@gmail.com 414 594 905

Concert Band Joulia McLaren Joulia.mclaren@gmail.com 0420 463 115 Helena nobs nobschiu@ozemail.com.au 0417 434 547

Symphonic Linda Mancini lindammancini@hotmail.com 0410 445 799

Strings Grace Marshall grace.marshall@ioof.com.au 0408 811 066

Junior Stage Joulia McLaren Joulia.mclaren@gmail.com 0420 463 115

Senior Stage Sally Simons sallysimons2@icloud.com 0414 771 346

Orchestra Valerie Mavridis yurimavridis@gmail.com 0416 444 303

Band Captains Zara Elliott and Ella Van Dam

Shop 20, 11 Avalon Pde Avalon Beach
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Visit: modernwarriors.com.au



Lifeline Northern Beaches Giant Book Fair: 19 to 21 February 2016

Venue: Ted Blackwood Hall
Cnr Jacksons & Boondah Rds
Warriewood

| | | | |
|--------------------|-----------------|--------------------|-------------------|
| Dates/Times | Friday | 19 February | 1pm -- 8pm |
| | Saturday | 20 February | 9am -- 5pm |
| | Sunday | 21 February | 9am -- 2pm |

Visa & Mastercard EFTPOS facility available (Entry by gold coin donation very much appreciated)

At the Book Fair there will be thousands of good quality books, at bargain prices, in many categories, including a wide range of children's books suited to all ages.

For the enthusiast/collector we have a large number of award winning and collectible books.

In addition to the above we will also have a wide selection of puzzles, games, CD, vinyls etc so there's something for everyone!



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How YOU can Help Your Child Read



WEDNESDAY 17th Feb

Dyslexia Seminar

When: 7pm - 8:30pm

Where: Austrian Club Sydney
(20 Grattan Cres, Frenchs Forest)

The Parents Perspective Marianne Mullaly
The Teachers Perspective Gail Holliman
The Dyslexias Perspective Tom Mullaly

Registration:
Online at www.dyslexia.com.au/register
OR at the day of the event.

FREE
EVENT

Do you play a woodwind or brass instrument?

Would you like to join an adult community band?

The **Northern Beaches Concert Band** would like to welcome players of average ability who can read music.

Our band was started by parents of Mona Vale Public School in 1993 and now meets on Wednesday nights at 7.30pm at Pittwater High School.

People come for the sheer enjoyment of shared music making for our own pleasure. We also have a few gigs during the year, such as at Pittwater RSL, Narrabeen Markets in December and we participate in the Northern Beaches Instrumental Music Festival.

For more information, please contact Tony Tenney on 0400 635 607.

Time to dust off that old instrument and start a new musical life!!

Do you want to make a difference in the life of a child?



Local foster carers needed

Family and Community Services are seeking people in the local area to provide short term and crisis foster care for children and young people 0-18 years that are unable to live with their own families.

Individuals, couples and families from varied backgrounds and cultural groups are required. Aboriginal and Torres Strait Islander people are encouraged to apply.

All carers receive training, ongoing support and financial assistance.

If you are interested in making a difference and helping children reach their full potential, please call 9765 5000 or email fosteringwithfacs@facs.nsw.gov.au



Family &
Community
Services



FOSTERING NSW

PITTWATER HIGH SCHOOL

SCHOOL PHOTOGRAPHS WILL BE TAKEN ON THURSDAY 18 FEBRUARY 2016

School photographs are scheduled to be taken by Advancedlife Photography.

Whilst an envelope and flyer will be distributed shortly, if possible it is our preference that ordering be completed online to reduce administration and potential security issues related to the return of cash and envelopes on photo day.

Orders for packages and sibling photographs can be placed securely online at **www.advancedlife.com.au** using our school's unique **9 digit Online Order Code**.

Portrait and group package orders are due by photography day.

Should you wish to purchase a sibling photograph online, the order must be placed no later than the day before photography day.

Sibling photographs will only be taken if an order has been placed.

Should you have any queries concerning school photographs or online ordering, please direct them via email to

enquiries@advancedlife.com.au



ORDER NOW

9 Digit Online Order Code

LKG N7T P83

advancedlife
photography & print specialists



Health
Northern Sydney
Local Health District

NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2016 the following vaccines will be offered to Year 7 students*:

- dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
- varicella vaccine (chickenpox) as a single dose; and
- human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8)

** The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.*

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

FREE CONCERT

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INTERNATIONAL WOMEN'S DAY

8 MARCH 2016

COMMUNITY MORNING TEA

**Celebrating the Power of Women and Girls to
Change the World**

This free community event is hosted by RESULTS, an international movement of passionate, committed everyday people. Together they use their voices to influence political decisions that will bring an end to global poverty. In its 30 years in Australia, RESULTS has been instrumental in securing more and better Australian aid funding for girls' education, child health and women's economic empowerment. The morning tea will celebrate the successes of the past and discuss the challenges and opportunities of the future. www.results.org.au

RESULTS
the power to end poverty

**Celebrating 30
years of RESULTS**

**Speakers include
Kerryn Baird, wife
of NSW Premier
Mike Baird &
Rachel
Achterstraat,
Baptist World Aid**

**Find out how you
too can be
involved and
change the world**

**Book your place;
<http://www.trybooking.com/kea>**

BAYVIEW GOLF CLUB
1825 Pittwater Road
Mona Vale
Tuesday 8 March
10am - 12pm
FREE EVENT
Contact:
resultssydney.north@gmail.com
or
1300 713 037