

CHINA BAND TOUR SUMMARY By Ethan Couch—year 8

What was China Like?

In China, we were extremely lucky because we had fantastic weather. It hardly rained and for 2/3 of the trip was blue skies, unlike China's usual smoggy spring days. On the last day in Xi'an you could see the smog rolling back in but we left to have blue skies in Beijing as well.

Since it was spring, China's Cherry Blossom seeds, which were fluffy and floated without effort, were blowing around and it was a nightmare to try and breathe without choking on them in Beijing.

In China many people moved around on a slow motorbike or car. Traffic in China is very different. Even though there are lanes, they don't really exist to drivers.

Tour Highlights

- * Performed on the Great Wall of China
- * Rode the Xi'an City Wall
- * Played at the Australian Embassy on Anzac Day (Last Post performed by Sharon Nobs—year 9)
- * Visited Chris's School and exchanged performances
- * Visited the Terracotta Soldiers
- * Visited the Temple of Heaven and did a Tai Chi session
- * Visited the Forbidden City
- * Visited the Summer Palace
- * Had the famous Peking Duck
- * Everyone loved the airport trolleys



Tour Timeline

13 April

As most of you slept comfortably on Wednesday morning, the China Band students were getting ready to head off to a trip that we would remember forever. Bus 1 up early for a 7:30am flight followed by bus 2 with a more pleasant 10:05 departure to Hong Kong. Although both flights landed at different times, we were all very tired by the end. Bus 1 had a guided tour around Hong Kong Island while bus 2 had a poll and decided it was too late and tiring to go to the peak. Both groups ended up back at the hotel for a good night's sleep.

14 April

In the morning we headed off for a workshop with a renowned clinician, the Founder, Chairman and Principal Conductor of the Hong Kong Wind Philharmonia and the Music Director of the Hong Kong Chamber Wind Philharmonia and the Hong Kong Youth Wind Philharmonia. He made the band's sound so much better and definitely had given us the skills to improve our playing as the trip went on. In the afternoon we visited Ocean Park where there were aquariums, rides and even a cable car. We all enjoyed a dinner at the shopping mall next to our hotel.



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15 April

The groups took the hovercraft to Shenzhen and went to the China Folk Cultural Village and Splendid China for a look around and to watch a great Chinese Dance in the theatre as well as a horse show.

16 April

The following day we went to Ping Gang High School as well as some other bands to exchange our musical knowledge by performing to each other. We then went to a Grand Shopping Mall, located right next to the border to Hong Kong, selling everything to Chinese souvenirs to fake Beats. We all had fun and bought a few things along the way.

17 April

Goodbye Shenzhen. We all leave for a domestic flight to Xi'an. A decent 3hr flight got us there at about 2:45pm. We performed later that night at the Conservatorium and saw a performance by some community choral groups.

18 April

We were up early to ride on bikes around the Xi'an City Wall. About a total length of 14km, some people rode the whole thing while others stopped to take photos and cruise their way back. Although it was a bumpy ride we all enjoyed it. Then we took a trip to TangBo Art Museum to look at some sculpture and paintings and participated in a Chinese calligraphy class. Some students purchased a painting painted by other students from China. We then went and attended a Martial Arts performance by the school, which was extremely impressive. We all enjoyed a Dumpling Feast, which had a wide variety of flavours and textures.

19 April

WE departed to the Terracotta Warrior Factory and Museum. We could see a large variety of the soldiers and horses completed as well as scientist's putting together other newly discover Terracotta Soldiers. Later that day we played at the Xi'an Railway No.1 High School. We listened to a great performance by their Orchestra and a great effort from our bands too. We enjoyed a joint dinner with the students.

20 April

Left Xi'an for Beijing via the high speed Bullet Train which travels at about 250km/h – 300km/h. I'd say that's fast enough. Checked into hotel in Beijing.

21 April

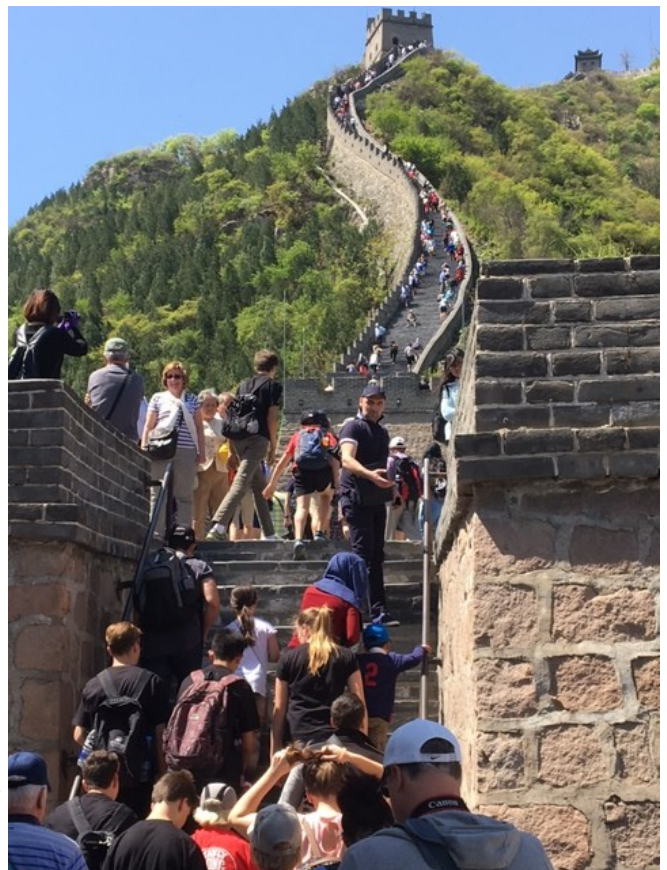
Today we drove to the Great Wall of China. This huge wall that stretches over 6,400km cuts off Inner Mongolia to China. At the Eastern end of the wall, we performed and could be heard from even the top of the mountain. We performed at the base of one of the walls. I was an amazing performance and something that we will all remember. We the climbed the Great Wall (or in other word, climbed a mountain) and the view from the top was spectacular. We took some photos and collected some souvenirs and then we were off to Peking Acrobatics Show. We then had Peking Duck at a restaurant for dinner.

22 April

We visited the Temple of Heaven and took a Tai Chi session with a Chinese master and then had free time to stroll around the temple grounds. All groups performed at Capital Normal University High School and exchanged music.

23 April

Performance at China National Day School for an intercultural exchange including social activities, rehearsal, joint dinner and shared concert performance. Saw the Pandas at the Summer Palace as well as many other animals at Beijing Zoo.



CHINA BAND TOUR SUMMARY

24 April

In the morning the group went to Tiananmen Square as well as the grand Forbidden City, the Imperial Palace for 24 Emperors. We took Rickshaws to the Hutong family house where we ate and spoke to the Hutong family. Later that day we went shopping to collect final gifts and souvenirs.

25 April

We were up early at 2am in the morning for a dawn service for ANZAC Day. It was an honour for us to play and be at the Australian Embassy on ANZAC Day. The Last Post was performed by Sharon Nobs (year 9).

Went back to hotel for a sleep and Bus 1 left for the airport. Bus 2 went shopping for the last time before we departed as well. A small connecting flight to Hong Kong would then head us home to Sydney. Although we all enjoyed the trip, we wanted to get home to our families and friends.

Special Thanks

Thanks to all the effort and support from the teachers, parents and students that has made this trip possible.

Special Thanks to:

Dr Hardy
Ms Ferris
Mrs Gudmunson
Mr Chaffer
Kiri Fleming
Joanne Cartwright
Joshua Hughes



Special Thanks to these teachers and parents, as they were chaperones on tour that spent time helping students while away from their family and friends back at home.

Big thank you for all of the efforts of Dr Hardy, who coordinated all of the school and department of education paperwork, Kiri Fleming who spent countless hours organising all details of the tour, Katrina Mellon who coordinated a dynamic fundraising team, Jamie Griffith for his wonderful accounting and Geoff and Ivanna from Hayes Enterprises for organising an awesome tour.

CALENDAR

Wednesday 25 May

P&C Meeting 7pm

DEPUTY PRINCIPALS' REPORT - Renee Andrews; Rachel Fleming

Year 12 students are now halfway through their HSC course of studies. During term 2 it is important that there is a continued focus on attendance, revision, completion of tasks and homework and active participation in all classes.

Embracing the HSC Evening

On Wednesday night we had our year 12 students and their parents come to an evening to help them prepare for the HSC and make the most of the time they have left at school. Students were encouraged to talk to their parents about how they can overcome any barriers preventing them from studying and set goals for the next two terms. A representative from Elevate presented to our year 12's and their parents about how they can manage their time, set goals and achieve their best in their final year of schooling.

Elevate will be running workshops with our year 12 students on Monday 9 May, to assist them with their study preparation. Year 12 roll call teachers from the HSIE faculty have designed a series of study skills sessions (goal setting, time management, notetaking etc) that will be implemented during roll call each day this term. We encourage our year 12 students to utilise the support they are given at home and school and to seek help from their mentors, in order to maintain the momentum in the lead up to the trials at the end of this term and continuing to the HSC.

Links to elevate education resources at <http://au.elevateeducation.com/> username: palomas

password: pacco

Teachers have prepared comprehensive reports on each student's progress to date. The reports not only indicate the outcomes achieved but also provide valuable information to assist in preparing for the Trial at the end of June. They will be available on the student portal on Monday 9 May.

Important reminders:

Uniform

Our new school jacket is now available in the uniform shop. This provides warmth and is water resistant. Students are expected to be in full school uniform (including correct school shoes) each day. Click on link to Uniform Shop:

[Uniform Shop](#)



Cars in school grounds: To ensure the safety of all of our students we request that all parents please drop students off outside the school grounds unless your child has an injury or disability.

Bike and Helmets: Students are only permitted to ride and store their bike on the school grounds if they have a helmet.

NAPLAN: All students in year 7 and 9 will undertake the NAPLAN tests Tuesday 10 May – Thursday 12 May. There will be a make up day on Friday 13 May for any students who miss a test. A reminder, NAPLAN is not a test of content. Instead, it tests skills in literacy and numeracy that are developed over time through the school curriculum.

The NAPLAN tests will be done in the school hall. Year 9 will start the day, followed by year 7. It is very important that students arrive at school on time to minimise any disruptions during the tests.

Year 10

Gearing up for the Senior School

This week year 10 students will be working on a process of self-reflection and goal setting in relation to their learning.

The students will

- Identify any areas of strength and any areas of weakness in literacy and numeracy.
- discuss the factors identified as impacting on their learning.
- discuss skills that need development and some strategies that could be tried.
- determine three specific areas to work on in their learning, and set goals to work on throughout the remainder of 2016.



IMPORTANT DIARY DATE

Wednesday 8 June 2016

Year 10 Subject Selection Evening

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

Faculties will have booths set up and teachers will be available to explain the senior subjects.

The subject selection process will be explained. This is an important opportunity to gather information to make appropriate choices for year 11 and 12.

ENGLISH

Year 7—Through my Window

During term one in English Year Seven completed the unit Through My Window. In this unit they developed their skills in descriptive and creative writing. They wrote a variety of texts and learnt how to improve their word choice and make their writing more interesting. Here are a few excerpts:

The Bush Poem

The lush green trees leaf flow around in the wind. The water rushes past the big long trees and the water splashes on to the trees and all the animals get wet and the screeches and make sounds and run away. The water smells like fresh flowers.

There are sounds that I can hear far away the wind talking to me I feel like a
I am in my own world and no one can see me it is great.

Evvy Colless

Through My Window

" I look out my window the waves are crashing and I can smell the salt in the air. The sky is a bright blue and the trees are shaking as the wind is gusty and strong. The grass is green and the plants are greener. The road has busy traffic everywhere and the sound of beeps of frustrated drivers ring in my ears. I look at the tall green tree which looks as though it belongs in a rainforest. I look out and can see my cubby house. It is as red as an embarrassed lobster sitting there in my back yard. Beside it is my pool, sparkling like diamonds in the sunlight.

My mum calls me, we going for a drive. We leave the house and go for a drive to Palm Beach. The car window makes a perfect frame as I watch the scenery go by."

Harrison Finlay

Summer Haiku

Lifeguards watching you
Bodysurfing great big waves
Watching you get dumped

Jarrold Bridges

Poem by Jessica Bozinovska

As the sun sets, I see the moon rise
As you turn away I might just see your eyes
As I paint the roses red, you leave them white
As I do something wrong you always do it right



ENGLISH

Junior Debating



The junior division of the Premier's Debating Challenge is set to commence this term with a strong representation of Pittwater High School teams. Already students in year 8, 9 and 10 are working hard in their lunch hours to prepare themselves for the first three rounds where they will debate topics including education, the media and Australian society.

In addition to lunchtime preparation sessions, a number of students jumped at the chance to travel to Barrenjoey High School late last term to undertake training with Luke Beveridge from Masters Academy. As well as "sizing up the competition", students participated in practical sessions which provided valuable tips on how to structure a line of argument and anticipate the direction of a debate. All those who participated thoroughly enjoyed the experience and returned to school eager to share their newfound knowledge with their teammates.

Our first debates will take place in the next few weeks against Mackellar Girls (year 8) and Turramurra (years 9 and 10). Watch this space for the results.

Rhonda Davis – Year 8 Debating Coordinator

Year 9—Real to Reel



If I were to describe our year 9 Real to Reel class, I would call them a team of positive and passionate young film makers. In this class, our students learn the theory of different aspects of film and then transform that theory into films of their own. Every student will take on a number of roles in the film making process including director, actor, editor, camera person, music coordinator ... the list goes on. This is predominantly a practical course and our students are creating and producing a lot of the time. Along with developing their film skills, the main skills our students are building are Pittwater's C3R goals (otherwise known as important skills for life) - Communication, Collaboration, Creative and Critical Thinking and Resilience.

At this point in time our students have been planning for, creating, producing, editing and evaluating their first documentary. Their films are clever and engaging. This term we move onto Hitchcock and I look forward to observing them building on their skills and pushing their creativity to another level.

Ms Lara Giddings—Classroom Teacher



Preliminary English (ESL) HSC Class 2017

It is very exciting that Pittwater High School has now commenced the Senior English (ESL) course. This is the first time in the school's history.

ESL English is a core 2Unit subject that contributes to the calculation of the ATAR (Australian Tertiary Admission Rank) and runs parallel to the Standard and Advanced courses. Students who are eligible for the course must have been studying with English as the language of instruction for five years or less by the time they commence year 11. Students who qualify for ESL are better placed in terms of studying alongside of their peers who are native English speakers, ultimately putting them in a far better position to achieve bands 5 and 6 in English, as for scaling purposes ESL English does not stand against Advanced English in the same way Standard English does.

We have a lively and diverse range of students taking ESL in year 11, many of whom are fluent in at least two languages, including English and are often conversational in additional languages. Students come from a range of countries, all working towards mastering the rigorous HSC English course. The current year 11 group will sit the HSC for in 2017 and I am very much looking forward to taking this journey with them.

Mr Patrick Cigana English/ESL Teacher

ENGLISH

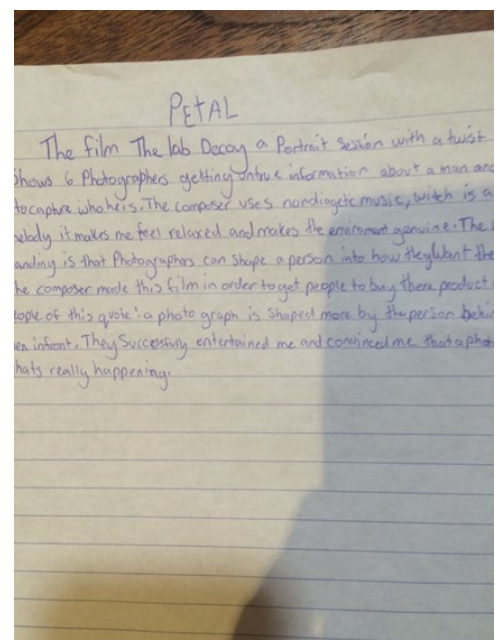
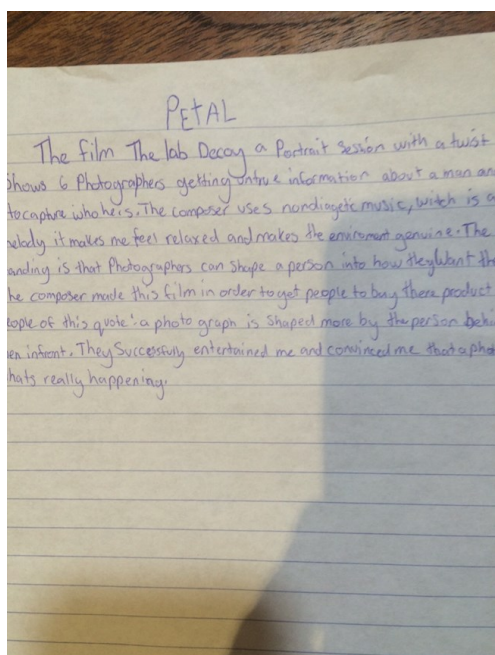
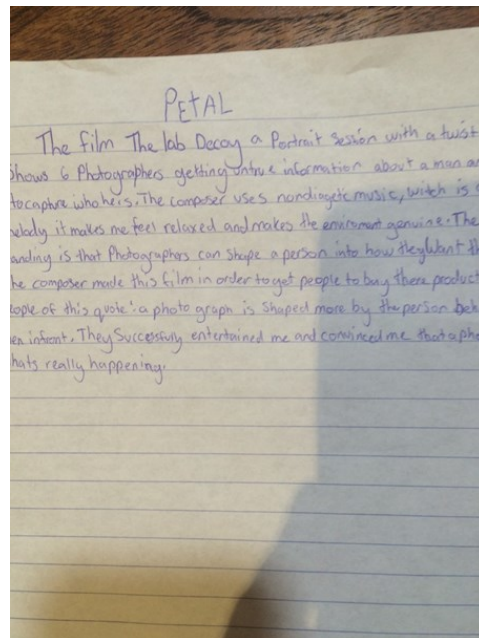
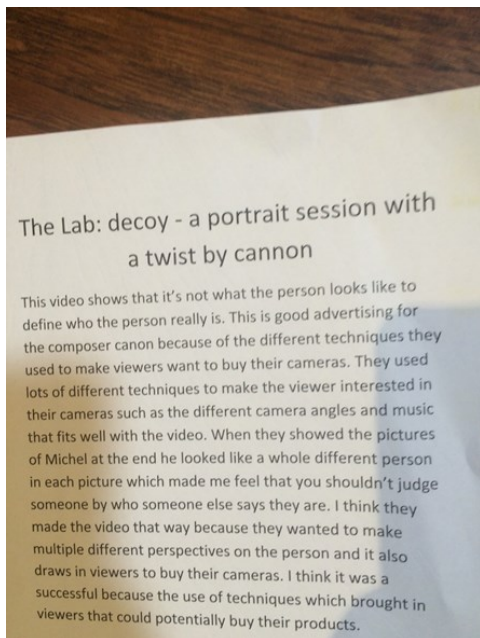
Year 7—PETAL

As part of their coursework this term, Year 7 have been practising their PETAL paragraphs. PETAL is the structure we are using in the English Faculty, however other faculties do use a different structure. The difference in English is that we must ensure students understand and are able to analyse the literary techniques in texts that convey ideas. Students are challenged by this, but they are enthusiastically learning the different paragraph structures for the different disciplines – and here are some examples from English.

PETAL stands for: Point, Elaborate (example) , Technique, Analysis, Link.

As students progress through the stages of the curriculum they will learn to manipulate this structure to produce a cohesive argument relevant to the discipline of English.

Here are some samples of their work.



ENGLISH

Year 9

In Term 1 year 9 English we explored the Big Question,

'How do composers use words and language to influence and persuade others to make change?'

We learnt about the power of language and the techniques composers use to alter the mindset of others.

We discussed and analysed how to form influential constructs with words and images and how to avoid being manipulated by the constructs of others.

We now know what it means to be critical thinkers.

Our summative task allowed each student to compose and present a three to four minute speech about an issue of their choice. The range and impact of issues was provocative.

This powerful experience has made us realize that certain aspects of society are in dire need of assistance. There is no question that society has countless neglected issues, many of which were raised by our students during class.

We were informed of many regarding the ecological sustainability of our environment and worldwide social inequalities.

I'm sure we don't stand alone when saying that after learning about these, some new light has been shed and we're one step closer to forming a resolution.

Thus was the persuasive power of composers!

Thomas Dinter and Ethan Rabbitts (year 9)



ENGLISH

Year 10

Year 10 have started the year with a novel crafting study where they have considered the big question, **'How do authors craft their work to inspire, challenge and entertain an audience?'**

Students enjoyed reading a range of novels such as Jasper Jones — **To Kill a Mockingbird; The Book Thief** and **The Lord of the Flies** whilst learning about how writers use context, setting, narrative voice, characterization, language choice and structure. Students impressed in the final assessment task with their comprehensive understanding.

The essay task extracts below reveal the high standard of the final responses:

'A composer is able to challenge, inspire and entertain the audience by exploiting the power of words. Marcus Zusak's novel 'The Book Thief' employs sophisticated literary devices in order to illustrate the kindness and cruelty of the human condition. By creating a pastiche of imagery, the novel portrays the importance of retelling stories in order to commemorate the dead'.

Emily Wakefield

'Golding presents themes of disillusion and law and order through utilizing specific words which in turn effect the way the reader is absorbed into the setting, "Ralph looked at him dumbly. For a moment he had a fleeting picture of the strange glamour that had once invested the beaches". With the use of descriptive language, Golding creates atmosphere and emphasizes the sardonic and serious tone developed at the end of the novel.'

Penny Blunsden



Year 10 enjoying some reading time!



Year 11 Extension 1: Post-Colonial Literature

The Year 11 Preliminary Extension One course is currently examining post-colonial literature and literary theory. Post-colonial literature is conventionally categorised as literature that provides representations of nations that gained independence from established empires in the twentieth century.

Post-colonial novelists, poets, playwrights and directors often examine the lives of indigenous people, illuminating the manner in which their everyday existence has been affected by the foreign systems of government, economics and law enforcement thrust upon them by European colonisation. The binary oppositions between black and white, poverty and wealth and justice and inequality haunt post-colonial landscapes and the works of the artists and theorists who explore this realm. As such, students have been allowed to engage in examinations of the effect of colonisation on a number of nations but most predominantly African countries.

Students were firstly asked to study Joseph Conrad's, *Heart of Darkness*, as it is viewed as one of the primary cornerstones of post-colonial writing. In addition to Conrad's novel, students have looked at works by Wole Soyinka, Alan Duff and, most recently, a film adaptation of J.M. Coetzee's novel, *Disgrace*.

For their first assessment, students were asked to compose creative pieces that reflected post-colonial concerns and which employed the literary devices evident in the works already studied. Here are some impressive passages from their responses:

Dikiledia waited as the train, unrelenting in its ungainly descent, twisted and turned like a restless snake before exiting the tunnel. Her face turned back to the window, ascertaining the towering multitude of trees whose skeletal trunks bore branches that resembled hands clawing at the Alice blue sky. These were foreign to her; unlike the handsome leaves of North Dakota. In fact everything from the moment she left was strange. She clutched the threadbare buffalo to her chest, hoping to evade second thoughts.

A voice caught her attention. The flicker of matches lit up the narrator's face, catching the folds in his cheeks. "Aren't you too old for petty indulgences?" he spoke between suckles of his newly packaged cigars. The smoke drifted between them before being sucked out in the morning air. "Uncle, won't you get in trouble for smoking?" she evaded his question.

"I am not smoking," he huffed. "I am merely breathing."

Wonita Gallagher-Kruger

"I wouldn't be so certain my friend. If you haven't noticed, the world's a different place, for better or worse." He finally leaves me and I begin to hike my way back up to the house, the sun gradually setting over the vast emerald fields. The farm is in a most fortunate spot, not too far from Bisho, the capital of the Eastern Cape. It got unpleasant here a while back though.

Blake Williams

WOMEN'S WORLD T20 WORLD CUP INDIA

MARCH 2016—by Claire Polosak—Science Classroom Teacher

The T20 world cup is probably the greatest adventure I have ever had. It was three surreal weeks of totally new experiences, getting to meet legends of the game, unique opportunities and some cricket thrown in

It all started in Mumbai. My first impression was just the sheer amount of traffic. Apparently there was actually less traffic as it was a religious holiday. I also learnt very quickly that indicators were optional, but that car horns are compulsory.

There was a workshop for all of the umpires who were umpiring the women's tournament, as well as a few of the elite panel. There was a session on the playing conditions, ensuring that all were on the same page. After that there were 'mini' sessions that were run by different umpires, based on scenarios that had been suggested.



Following morning, the group was split up with everyone going to different cities for the warm up games and beginning of the tournament. Indian airports are very different to Australian airports. They are very strict on security, with boarding passes needing to be checked five times between checking in and boarding the plane. Arriving at Chennai airport was an experience, there were lots of police in the arrivals hall. Turns out they were there for our police escort. I think the police escort is not necessarily for security, but it allows the bus to cut through the traffic, a little more easily. We had a police escort wherever we went in Chennai, including silk and gold jewellery shopping, however, in other cities we only had the escorts for official cricket business.

Our first warm up game was New Zealand vs England. This was a close game England needed 130 and got the runs in the last over. All teams (men and women) played a super over in the warm up matches, which was great as I had never participated in one either. Even though England won, NZ were much sharper in the field than their counterparts.

Once the warm up games had finished, I left Chennai and flew to Chandigarh. Our PCT team was Vineet Kulkarni, Navdeep- a local umpire as our reserve and our match referee was Sir Ritchie Richardson. (I would spend the next two and a bit weeks with Vineet as we were doing all our games with each other). The next day we had an inspection at the ground, where I was told by a few people that I was going to be the first female umpire on the ground. Driving around Chandigarh, it feels similar to Canberra - both are planned cities and both have lots of roundabouts.

Our first game was New Zealand vs Ireland. This was a fairly straightforward match - Ireland was very much outgunned by New Zealand. New Zealand were 177/3 of 20, where Ireland was restricted to 84/5 off 20.

WOMEN'S WORLD T20 WORLD CUP INDIA

What I had noticed at this stage, is that Indian people love cricket. I know that sounds obvious, but they really do not care who is playing. They cheer good cricket - catches, shots, boundary line saves. They are also noisy. The biggest crowd I experienced was around 4000 at Dharamasala, and they were noisy. I can't imagine what Eden Gardens would have been like the other night.

The following day was a rest day and so Vineet, Navdeep and his daughter and myself travelled 229km in five hours to reach Amritsar, home of the Golden Temple, it is the central religious place of the Sikhs. While it was beautiful and a lovely place to be, the journey there was the real adventure - think two lane traffic, however more often than not it became three or even four lanes of traffic. There was so much traffic on the road, as well as people, animals and trucks loaded up to the roof with people. I don't think the driver ever got over 100kmh. It was certainly another experience that highlighted to me how lucky we are in Australia with our infrastructure - I am never complaining about traffic here again!



The following day we had Ireland vs Sri Lanka. Speaking to an Irish coach before the game, and he made the observation of how different this tournament was compared to the qualifiers in Thailand. One difference that I found between the World Cup and every other tournament I have done is the 'down time'. We are used to having game day, game day, game day, rest day, game day, game day. With the World Cup, due to the different venues and travelling logistics we were having two-three days between matches, which is great for you physically and if you want to have an opportunity to get out and experience the sights and culture, however, it meant that you really needed to concentrate on being mentally 'fresh'. I was speaking to an England player about this, and her opinion was that World Cups are a breeze in terms of that aspect!

Ireland and Sri Lanka was a close game as you would expect for two teams close in seedings, but Sri Lanka managed to hold on and win by 14 runs.

Following this, Vineet and I had a 252km and six hour journey ahead of us to Dharamasala. Again these roads were tiny, windy, and busy. This time we stopped for a herd of goats! Towards the end of the trip we got great views of the Himalayas. I really could not take pictures that did them justice. In Dharamasala we caught up with other umpires, Simon Fry, Ranmore Martinese and Joel Wilson, as well as match referee Jeff Crowe. They were in town for the television match, and Jeff would be our match referee as well the following game.



On the rest day our plans was to head up the hill and visit the Dalai Lama's temple. We had heard that other umpires had gone up, but that the Dalai Lama had been in hospital.



Long story, but our security officer in Chandigarh knew the wife of the head of security for the Dalai Lama. We called her the night before to let her know we would be coming in the afternoon, if she would be around. Her response was that if we were there early in the morning we would be able to have an audience with his holiness. It was a very surreal experience, and one that I would never have believed would ever have happened!

WOMEN'S WORLD T20 WORLD CUP INDIA

Our game the following day was England vs West Indies. WI batted first and made 109. England went from 0/59 to 9/109, they ran by on the last ball. It was a close and exciting finish! It was a night game and I have found that it takes awhile to 'come down' after close finishes, especially night games.

From Dharamasala, I flew to my last stop Bangalore and met up with Simon Fry's PCT again with the addition of David Boon as the match referee. I have 2 memories of Bangalore- this was the first city where the security would allow us out by ourselves, and so of course the boys went shoe shopping at a shoe shop that Jeff Crowe insisted we visit. Unfortunately for me, this was a mens shoe shop, and the guys spent a lot of time (and rupees) there. My second memory of Bangalore is that we all had a lot of rupees left from our daily allowance and as we were coming up to the end of the stay, we needed to get the currency changed. Fortunately Boonie knew a guy. In what was the dodgiest I have ever felt, I walked in to David Boon's hotel room where there was this "Indian businessman" counting out the rupees and exchanging them for US dollars. It felt like something out of the movies!

All in all the trip was an adventure, one that I am really fortunate to have had and really did not think was a possibility until 3 weeks before the tournament when I received the appointment. I owe a big thanks to not only NSW Cricket and Cricket Australia for their support, but the trip would not have been possible without the support of Head Teacher, Science— Ms Krilich and our Principal, Ms Ferris.

PHS CROSS COUNTRY CARNIVAL

This Friday 6 May is the school Cross Country Carnival - one of our favourite days of the year!

- Years 7-10 are to wear their sports uniform on the day.
- Periods 1 and 2 will be normal lessons for all year groups.
- The cross country carnival will run from Period 3-5 inclusive.

The program of events is outlined below.

Periods 1 and 2 Normal lessons for whole school

Period 3 Year 7 (Plus Year 8 students turning 13 this year)

11.50am	12 years Girls and Boys
11.55am	13 years Boys
12.00pm	13 years Girls

Period 4 Years 8 & 9 (Plus Year 10 students turning 15 this year)

12.50pm	14 years Boys
12.55pm	14 years Girls
1.00pm	15 years Boys
1.05pm	15 years Girls

Period 5 Year 10 and senior students (competitors only)

2.25pm	17 years Girls and Boys
2.30pm	16 years Girls and Boys

We are looking forward to a nice, positive, active day!

The PDHPE Faculty

NSW COMBINED HIGH SCHOOLS SWIMMING CHAMPIONSHIPS

In Term 1, Lexi Harrison, Kai Van Kool and Jasen Winny travelled out to Homebush to represent Pittwater High School at the NSW CHS Swimming Championships. We are all very proud of the way they represented the school - with pride, commitment and character.

Lexi, Kai and Jasen did extremely well, with Lexi and Kai qualifying for the NSW ALL SCHOOLS titles next week. The whole Pittwater High School community wishes them all the best!

The results from last term's NSPittwater High School Cross Country Carnival

LEXI HARRISON

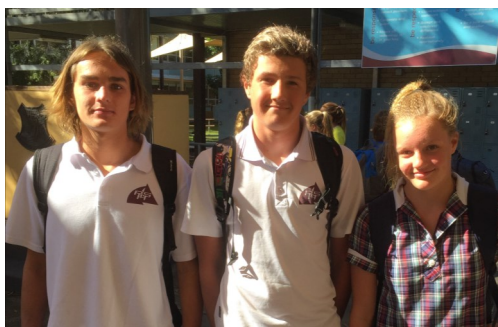
2 nd	100m BACKSTROKE PB
2 nd	400m Individual Medley PB
3 rd	200m Individual Medley PB
5 th	200m Freestyle PB
6 th	100m Freestyle

KAI VAN KOOL

1 st	100m BACKSTROKE PB
14 th	200m Individual Medley
15 th	100m Breaststroke
16 th	100m Freestyle
19 th	100m Fly

JASEN WINNY

5 th	100m Butterfly
6 th	50m Freestyle
7 th	100m Freestyle
7 th	200m Freestyle



Sprint Kayaking National Championships in Perth

A team of dedicated Pittwater High students have just returned from Perth where they competed in the Sprint Kayaking National Championships.

They had been training up to six times a week on the water, mostly in the wee hours before school. They train on Narrabeen Lake most mornings and in the gym in the afternoons. After just a year of paddling there were some great podium results with Alisa van der Kwartel leading the way with 3 silver and three bronze medals. Jarrah Sheppard and Ethan Shapcott not far behind with a gold and two silvers each. Jacob Gardner while out of the medals was selected to the Australian Junior Olympic Hopes Team after consistent A final finishes and he will head to Hungary later this year to compete against some 600 other junior athletes from around the world.

Once in Perth, the early starts and the Fremantle doctor that picked up in the afternoon, challenged the kayakers' skill and endurance.

K2 and K4 events were some of the favourites to watch, and Olympians such as Jo Brigden Jones and Murray Stewart providing inspiration.

The reward for early starts is to see the sunrise, have flying fish jump over your boat, or perhaps a swim when you fall out of your very tippy kayak! (preferably not in winter)

The team was Zac Fenley, Jacob Gardner, Hugh Hooghuis, Tinus Koekemoer, Jarrah Sheppard, Ethan Shapcott, Connor Shapcott, Nick Simons, Matt Simons and Alisa Vander Kwartel.

There will be an opportunity for more Pittwater High students to take up this challenging Olympic Sport. Do you have what it takes?



GIRLS' TOUCH FOOTBALL TEAM

Having defeated Turrumurra and Kariong High Schools late in Term One, the Girls Open Touch Football Team progressed to the Regional Touch Football finals.

With much better conditions than last year the girls woke up early on Thursday 28 April to make the trip to Ourimbah, where they played four games. It was a great day with the team improving with every game, to finish overall as the seventh best team in the region.

It was a pleasure to take the team, with all girls demonstrating team work, integrity and sportsmanship throughout the day.

Girls Open Touch Team: Jordyn Hess, Lauren Trbojevic, Kobie Heather, Shenai Lendill, Claudia Haworth, Kira Stubbs, Arshae Pukeroa, Jessica Glading, Jessica Deathridge, Perri Mortensen, Brienna Mathieson, Stephanie Forster, and Maddison Binding.



PDHPE



Fundraiser for the Northern Territory Trip 2016

On Sunday 22nd May 2016, **Pittwater High School** is entering a team in the **Manly Fun Run** to raise money for our exciting **trip to the Northern Territory in the July school holidays**.

From 4 July - 13 July 2016, 18 students and three staff from Pittwater High School will be travelling to the Northern Territory to learn about Aboriginal culture, visiting the remote community of Ngukurr - eight hours southeast of Darwin. In Ngukurr, we will be working with the local community in the areas of physical/mental/social health and experiencing their culture and way of life.

The money raised from the sponsorship of our Manly Fun Run team will be used to :

- Provide sporting equipment and clothing to the community of Ngukurr
- Build a trust fund to assist young people from the Ngukurr community to visit the Northern Beaches of Sydney in the future

The Manly Fun Run last year was a great day. We are hoping to generate interest among the whole school community. The team is open to anyone - friends, family, etc. There are three distances on the day - 2km, 5km and 10km. All runs/walks start and finish at the end of the Corso in Manly. Very picturesque course!!

The details of the Manly Fun Run are as follows :

Event: Manly Scenic Fun Run & Walk
Date: Sunday 22nd May 2016
Distances: 2km, 5km, 10km
Website for more info : <http://www.manlyfunrun.org>



To join our team click on the link below. Search for the team "Pittwater High School". The password to enter the team is "Pittwater".

<https://www.registernow.com.au/secure/Register.aspx?E=19079&G=30728>

To sponsor our team and help us raise as much as possible for the community of Ngukurr, click on the following link.

<https://www.gofundme.com/2gn97zjs>

Thank you, in advance, for your support. We hope to see you in the fun run on Sunday 22 May.



Nick Johns—Head Teacher PDHPE

Sam Woods Year 8



I have been a YATZ (Youth at Taronga Zoo) volunteer since joining the program in May 2015. I have had a lot of exciting opportunities and have learned a lot and have volunteered in excess of 120 hours of my own time to Taronga Zoo.

Many schools were invited to participate in the GoMAD (Make a Difference) Challenge 2016, which is a collaboration between NSW Environmental and Zoo Education Centres, and the NSW Office of Environment & Heritage. It is an **environmental leadership program** to help students MAKE A DIFFERENCE in their schools and communities. This involves schools choosing an environmental project to "Make a Difference". The program also allows participants to connect with students from other schools & MAKE A DIFFERENCE to the world!

2016 GoMAD Challenge includes school projects, student camps and a Youth Eco Summit, all of which I am hoping to attend. As a YATZ I attended

the Youth Forum where I was put to the task of signing in participants, meeting students and acting as a guide. I met many other students involved in the planning workshops, rode in the zoo van which had two quokkas in the back, petted snakes, and was also interviewed by a reporter on the day.

GoMAD Team

The YATZ (including me) who attended on the day decided to form our own YATZ GoMAD team. We had to choose and develop an environmental project as part of the GoMAD Challenge. The Taronga Zoo staff provided support to us and I am scheduled to do some more work with my team on this project in the next school holidays.

GoMAD Leadership Camp

I have also been invited by Taronga Zoo Education Manager to attend a GoMAD leadership training Camp from Friday 29 April to Monday 2 May at Capertree Valley, Dubbo Zoo. This is the next stage of my involvement.

I would like to thank our Principal Jane Ferris for supporting my volunteer work with YATZ by approving my past attendances at Youth environmental activities including the Youth Eco Summit in October 2015 and the GoMAD Youth Forum in March.

Sam Woods—year 8

MUSIC

Instrumental Music Program News

Performance Information

Day	Ensemble	Time	Location
Wednesday 1 June pm	Symphony Orchestra	Evening	Chatswood
Saturday 18 June	Symphony Orchestra Junior Strings Senior Strings	TBA	School Hall
Sunday 26 June	Symphony Band Concert Band	TBA	School Hall

These events have been updated into our music web site: <http://www.myschoolmusic.com.au/pittwaterhighmusic>
Please plan on supporting the full session at 2016 events. As a rule of thumb, students are expected at events 30 minutes before a performance. Full band uniform to be worn.

Rehearsal Information

Day	Ensemble	Time	Location
Monday pm	Junior strings Senior strings	3.45-4.45pm 5pm—6pm	Leimbach
Tuesday am	Junior Stage Band	7.40-8.40am	Pennings
Tuesday pm	Concert Band Symphonic Band	2.45-3.45pm 4pm-6pm	Hughes Hardy
Thursday am	Concert Band	7.40-8.40am	Hughes
Thursday pm	Orchestra	3.30-4.30pm	Hardy
Friday am	Senior Stage Band	7.40-8.40am	Pennings

Uniforms: All ensemble members are expected to be in complete band uniform – black pants, black shoes and socks and **the ensemble shirt**. Please make contact with Melissa Turnock melissa.turnock@pilatesscene.com — 0414 452 152 if your child's uniform is not current and a new shirt is required.

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 let Mr Hughes or Dr Hardy know 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 generally 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. Please let Dr Hardy know if you can assist with music library preparation for a few hours this term. Timeslots will be available at times to suit your availability. Database skills could also help!

Fundraising: Thank you to all the parents who assisted with parking today for the Pittwater Food and Wine Festival.

The canteen will be open on performance evenings. Any baked goods/ dinner treat donations that you can bring along will help the music program in general, such as new instruments and purchase of additions music.

2016 Registration and Payment: The online portal is open for access. Please review your contact information at the portal. Invoices will be generated in the next week via email. Please follow the payment instruction. Payment questions to Rick Elliott icycoldlager@gmail.com <http://www.myschoolmusic.com.au/pittwaterhighmusic>



Contact Information

President
Secretary

Treasurer
Uniforms
Canteen
Concert Band
Symphonic
Strings
Junior Stage
Senior Stage
Orchestra
Band Captains

Valerie Mavridis yuimavridis@gmail.com 0416 444 303
Helena Nobis nobschiu@ozemail.com.au 0417 434 547
David Fogarty david.fogarty@gmail.com 0406 007 778
Rick Elliott icycoldlager@gmail.com 0400 461 941
Melissa Turnock melissa.turnock@pilatesscene.com 0414 452 152
Sheridan Femia xerofemia@gmail.com 414 594 905
Parent help always needed.
Linda Mancini ldamancini@hotmail.com 0410 445 799
Grace Marshall grace.marshall@iiof.com.au 0408 811 066
Joula McLaren joula.mclaren@gmail.com 0420 463 115
Sally Simons sallysimons2@icloud.com 0414 771 346
Valerie Mavridis yuimavridis@gmail.com 0416 444 303
Zara Elliott and Ella Van Dam

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/teenagers with ADHD via monthly meetings. The group provides a safe & supportive environment to discuss and learn more about ADHD.

SPEAKER EVENING WITH ANTONIA CANARIS
DIRECTOR, NEUROSENSORY



"ADHD & DIFFICULTIES IN READING, WRITING & ARITHMETIC"

Antonia will discuss the overlap between ADHD, dyslexia and dyscalculia. She will also mention helpful strategies and how to find reliable advice and remediation. This presentation would suit parents, teachers and other professionals assisting children with ADHD as well as adults with ADHD.

Antonia holds a Master's in Education (Literacy and Numeracy) & a Graduate Certificate in Professional Studies majoring in Autism. Antonia is a qualified Orton-Gillingham multisensory educational therapist having studied through the Institute of Multi-Sensory Language Education (IMSLE).

Antonia is a member of the International Dyslexia Association and the Australian Dyslexia Association. Antonia is a director of Neurosensory, an educational and remedial teaching practice, specialising in multi-sensory learning for children & adults with dyslexia, ADHD, ASD and other learning disorders.

Tuesday, 10th May 2016 @ 7.00-9.00pm

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

\$5 CONTRIBUTION ON THE NIGHT

Ticket reservations essential via the website or
<http://www.eventbrite.com.au/org/4222746751>



Facebook: <https://www.facebook.com/BeachesADHDsupport>
Facebook Forum: <https://www.facebook.com/groups/BeachesADHDsupportGroup/>
Email: nbadhdsupportgroup@hotmail.com
Website: www.northernbeachesadhdsupportgroup.com.au
Entertainment Book available online at: www.entbook.com.au/219d619



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



Venue kindly sponsored by
Pittwater RSL Club



Belle Property proudly presents Christmas in July Charity Ball

Friday 8th July 2016

from 7pm ~ Midnight

Miramare Gardens, Terrey Hills



Buy Tickets Now

www.fightonthebeaches.com

- Entertainment from Jellybean Jam
- 5 Hour Unlimited Drinks
- Hundreds of Christmas Presents
- Silent & Live Auctions
- 3 Course Christmas Meal
- Auctioneer Vic Lorusso



www.facebook.com/fightonthebeaches



Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 2 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Teens Course

Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.

- ★ Understanding teenagers today & communication skills
- ★ Emotional intelligence skills
- ★ How to prevent behaviour problems & conflict resolution

5 wks Chatswood 18/5 - 15/6 (7.00-9.30pm) Brookvale 10/5 - 7/6 (6.30-9.00pm)

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 (11/5, 7.00-9.30pm)

Tuning in to Kids Course - Chatswood (9/5 - 6/6)

Triple P Seminars - Chatswood (17/5, 24/5 & 31/5)

Communicating with Kids Workshop (based on PPT) - Chatswood (2/6)

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS 8877 5152

- ★ Dealing with Teen's Back Chat
- ★ Resilient Kids
- ★ Transition to High School
- ★ Triple P Seminar Series (Teens)

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)

- ★ Understanding Your Toddler/Discipline & Tantrums
- ★ Older Sibling - New Baby
- ★ Ticker without Tantrums/Toilet Training
- ★ Transition to School
- ★ Speech & Language Development/Sleep
- ★ Grand Parenting
- ★ Triple P (PPP) Seminar Series (1-12 years)
- ★ Communicating with Kids

Enquiries: Child & Adolescent Parenting 8877 5152

www.nslhd.health.nsw.gov.au/services/CAP



Health
Northern Sydney
Local Health District



PLAY YOUTH GIRLS FOOTBALL IN 2016

Girls aged 14 - 17 from the Northern Beaches and Forest regions of Sydney are invited to play AFL in the Youth Girls Competition in Sydney in 2016 with the Northern Phoenix.

All girls can play, no matter your experience with AFL!

Great fun with pathways also being developed for elite athletes.

Come and be part of **HISTORY!**

To register your interest in playing in 2016, please email

northernbeachesgirlsaf1@gmail.com

DON'T LET THE BOYS HAVE ALL THE FUN!



**Personalised
parent support at
Manly or
Warriewood**

**This 1 - 1 course
includes 2 x1.5 hr
Sessions with
phone back-up
(during business hours)**

*"I've been looking for a
course like this for years."*

*"Once these parenting
concepts were explained
and we practiced them, it all
became clear and obvious"*

**\$195 single parents
of \$360 couple**

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Available at Manly or
Warriewood
18 Wentworth St Manly
or
3/9 Apollo St Warriewood

www.becentre.org.au
Contact 02 9986 0955

BE CENTRE
healing through play therapy



Tuning in to Kids was developed by Dr Sophie Havighurst and Ann Harley in Melbourne, Australia, and has been evaluated in multiple randomised controlled trials that have shown the program leads to positive outcomes including improving parenting, parent-child relationships and children's emotional competence and behaviour. The program has been particularly effective with children with clinical-level emotional and behavioural difficulties.

Tuning in to Teens™ is a modification of the Tuning in to Kids program for parents of adolescents. The program provides parents with a greater understanding of their teen's emotional experiences while teaching specific skills that can assist in being supportive, empathic and staying connected with the young person. The program has been evaluated in a randomised controlled trial of the program with parents of pre-adolescents and is currently being evaluated with parents of secondary school aged children and with carers of adolescents in out-of-home care.

ABOUT THE FACILITATOR

Michelle Mott has a Masters of Counselling and Applied Psychotherapy (MCAP)

"Michelle has been supporting our parents for more than 12 months with great results. This is a program every parent should do" Marisa Chilcott, Executive Director Be Centre

Tuning in to Kids is an evidence-based parenting program that focuses on the emotional connection between parents and children. In particular the program teaches parents skills in *emotion coaching*, which is to recognise, understand and respond to children's emotions in an accepting, supportive way. This approach helps the child to understand and manage their emotions

Topics include:

What is emotional intelligence

**Why is it important
Emotion Coaching**

**Understanding your
child's emotional
experience**

**Managing strong
feelings**

**Causes of Children's
anger**

Parenting styles

TUNING IN TO KIDS OR TEENS

PERSONALISED PARENTING COURSES

Support to be the best parent you can BE!

Kids don't come with a hand-book! Learn how to build a relationship with your child, manage your emotions so you can help them to manage theirs, improve communication and manage and prevent challenging behaviours. This is an individualised, 1-1 course catering for your specific needs.

BE CENTRE
healing through play therapy

BE CENTRE

Available at Manly or
Warriewood
18 Wentworth St Manly
or
3/9 Apollo St Warriewood

www.becentre.org.au
Contact 02 9986 0955

CANTEEN

Wed 4 May...	Lara Floyd, Sue Lowe, Louise Hardy
Thu 5 May.....	Joanna Cartwright, Margaret Woods, Peter Woods, Sheridan Femia
Fri 6 May.....	C Marshall, Sandra Avedissian, Simone Davis, Sarah Attfield, Melissa Hanks
Mon 9 May....	Janet Howard, Jan Lysaght, Simone Allan
Tue 10 May.....	Leigh Griffiths , Joanna Cowper
Wed 11 May....	Kay Little, Deb Van de Saag, Fiona Griffith
Thu 12 May	Sheridan Femia, Suzanne Humphreys, Bindi Hooghuis, Irina Lindley
Fri 13 May	Debbie Havenstein, Sue Nicol, Jen Masters, Rowena Kempton
Mon 16 May	Michelle Le Creurer, Nikki Cronan
Tue 17 May	Ann Clayton, Leoni Olivari, Taryn Atkins

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.

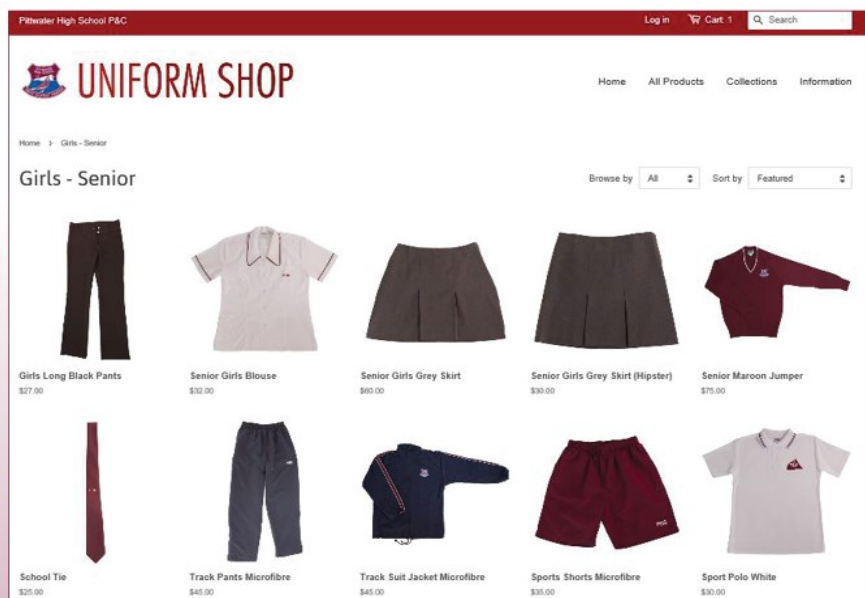
If any parents, friends, family or grandparents would like to assist on any day helpers are needed please contact myself or the Felicity or Katrina in the canteen. A full day is 9am to 2.30 or 3pm
A half day is 3 hours

Fiona Griffith; Canteen Roster Co-ordinator
packfund@optusnet.com.au



UNIFORM SHOP

Order
Online



Collect from the Uniform Shop / Canteen

Collection times

Shop Opening times

Monday	08:30 - 09:00	Closed
Tuesday	08:15 - 11:15	08:15 - 11:15
Wednesday	08:30 - 09:00	Closed
Thursday	08:15 - 11:15	08:15 - 11:15
Friday	08:30 - 09:00	Closed

WWW.PHSSHOP.COM

Enquiries 9979 6968, Uniform Shop Manager Kim Gobbe, email kim.gobbe@det.nsw.edu.au.
A selection of second hand uniforms are available via the uniform shop only.

Access the uniform shop online site at <http://www.phssshop.com>