



PITTWATER HIGH SCHOOL

BE RESPECTFUL

ASPIRE

BE RESPONSIBLE

PRINCIPAL'S REPORT - Jane Ferris

6 September 2016

A STRONG SCHOOL COMMUNITY

Principal's report: Jane Ferris

After being away on a glorious six weeks long service leave in Europe, including visiting my son in Sweden, it is great to be back. Firstly I would like to thank Renee Andrews who stepped up to be relieving Principal and did a fantastic job. Feeling refreshed and rejuvenated, gives me the opportunity to reflect on where we are at as a school community. For the moment I want to focus on parents and the value of parents being involved in the school. It is important when parents get in touch with us when they have concerns about their child and willing to work with us as we navigate a path forward. It is very useful for parents when they attend parent teacher interviews and different year group information nights such as the **year 11 into 12 HSC evening on Tuesday 11 October** (6.30 in the hall with students). Added to this are special community events such as the one on Cyber Safety. Other involvement can come through participating in a reinvigorated P and C, committees such as Social Committee, Band Committee and Canteen and Uniform Committees, and helping out in such areas. For some parents involvement might simply be by upholding the values and ethos of the school ensuring students develop respect, responsibility and aspire to do their best. For some parents (if not all parents at times) teenage children can be challenging. By getting involved at some level in the school community and supporting the school in areas as basic as punctuality and uniform, parents signal to their children the value of school and the importance of being connected to the community. Now being in my fifth year at the school, I have certainly seen tremendous growth and the development of a strong school community.

And if you want to have some fun while being **involved, don't forget the P and C Quiz Night** for staff and parents on Friday 16 September.

All the best year 12 and holiday Learning Centre at PHS

Congratulations year 12 on your continued focus and attendance in the final weeks of school. It is never too late to continue to improve as you further revise, do practice papers and seek out teachers to check through drafts. Best wishes to all our Music students who have their externally marked practicals at the end of this week. Finally, many of your teachers and executive staff have volunteered to come in during the second week of the school holidays to run the Learning Centre in the library. So come along and study with your friends Tuesday 4 to Friday 7 October 9.30 to 1.30 each day. Any parent that would like to send their child with some snacks to sustain them all, it would be appreciated.

Reminder: Peninsular Community of Schools invite all parents to attend a presentation on Cyber Safety Tuesday 6 September at 7pm
Free event at Barrenjoey High School

The presenter Leonie Smith is a well respected expert in the field and sponsored by the Local Area Command. She comes highly recommended. This session is designed to help parents understand some of the newly evolving issues in the digital world and how to support your children in maintaining their safety online.

Please click on the following link(or type into URL) for information: www.trybooking.com/MNQX

DEPUTY PRINCIPAL'S REPORT

Renee Andrews and Rachel Fleming

Year 7

Reflection and goal setting Interviews were undertaken recently with the idea to empower all students to take responsibility for their learning and to set achievable benchmarks leading into year 8.

Year 11

At the beginning of Term 3 the Student Support Leadership Program (SSLP) commenced. Forty-four year 11 students were given an opportunity to volunteer 1-2 of their study periods a fortnight to engage in over sixty year 7, 8 and 9 classes. The students provide support in their areas of interest or aptitude. This is a Pittwater High initiative and is a first for Australian schools to our knowledge. It has been designed to develop connections across year groups as well as establish a community of learners. This has been seen as hugely beneficial to the junior students as well as a great leadership opportunity for the Year 11's and the staff who also benefit tremendously from in-class support.

Do you know what your child is accessing online?

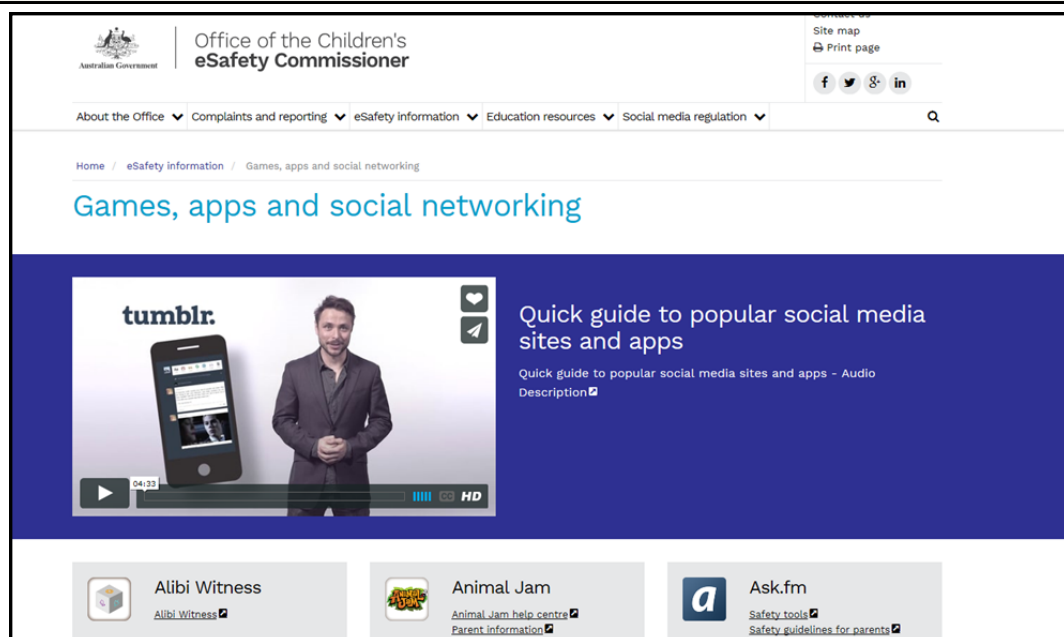
As a school that places our students wellbeing as paramount we strongly advise all parents to take a look at the eSafety.gov website with special consideration to the section on Games, apps and social networking.

The Office of the Children's eSafety Commissioner provides online safety education for Australian children and young people, a complaints service for young Australians who experience serious cyberbullying, and addresses illegal online content through the Online Content Scheme.

It is committed to helping young people have safe, positive experiences online and encouraging behavioural change.

The following link provides specific detailed information on games, apps and social media currently being accessed by students.

<https://www.esafety.gov.au/esafety-information/games-apps-and-social-networking>



CALENDAR

Term 3. Week 8 and 9

Year 11 Preliminary Exams	Monday 5 to Friday 15 September
Instrumental Program parents meeting	Tuesday 13 September
Agriculture Camp Year 10	Sunday 11 to Tuesday 13 September
P&C Quiz Night	Friday 16 September

VOLLEYBALL



Open Girls Grade Volleyball Undefeated Superzone Champions

After defeating Narrabeen Sports High 3-0 in the Warringah Zone final last week, the Open Girls Grade Volleyball triumphed 3-0 over Willoughby Girls High to become the undefeated Superzone Champions. Not only did the girls remain unbeaten as they become the best state school team on the peninsula, but they did not lose a set along the way. This very talented team was led by MVP for the season, Stephanie Forster, and were a pleasure to

coach due to their commitment and sportspersonship. Other team members were Jessica Deathridge, Jessica Glading, Rebecca Milham, Perri Mortensen, Zoe Bryant, Aleesa May, Annalena Bartnitzky, Amy Le Blang and Georgia Peisley.

TOUCH



Senior Grade Touch Superzone Champions!

The Senior Boys grade touch team completed an outstanding season by clinching the illustrious title of superzone champions. The team had an extremely hard fought win over Barrenjeoy High School 7-6 to become the Warringah Zone Champions. Then the very next week, with the momentum building we had a winner takes all game against the Forest High School. The weather conditions on the day of the game were atrocious, but the highly tuned

athletes who made up our team weren't fazed in the slightest. In fact the players relished the opportunity to play on home turf. The outcome was a score line of 5-4 to Pittwater against a highly fancied opponent. Ultimately this was a memorable experience which will be etched into the minds of the players for many years to come. Let the celebrations begin!



Rugby League Round-Up!

Girls Rugby League

The Junior and Senior Girls Rugby League teams are half-way through their Term 3 Competition. Games are played at Nolans Oval on a Monday afternoon after school. The girls have been a pleasure to coach, displaying fantastic enthusiasm and a great attitude! The girls have played against Davidson High School, Mater Maria High School, Freshwater Campus and Narrabeen Sports High School.

Team members are :

U/15s - Talia Dunning, Arshae Pukeroa, Jasmine Hargy, Jessica Deathridge, Rebecca Milham, Elaina Turner, Emily Dalby-Ball, Jessica Holland, Katrina Harford, Danyne M'Crystal, Maddison Binding, Jemma Murphy, Nina Ramsay

Seniors - Jordyn Hess, Lauren Trbojevic, Jessica Tetlow, Shenai Lendill, Poppy Berridge, Chloe Wilson, Raheli Cabala, Zoe Bakon, Chloe Van Dam.



Sydney North Regional Athletics Results 2016

Boldface- qualified for state Championships

Brienna Mathieson	15 yrs girls	2nd long jump, 2nd triple jump, 8th 400m, 10th 200m, 10th 100m
Nicholas Aitken	12 yrs boys	2nd high jump
Alice Wensing	14 yrs girls	3 rd 800m, 5 th 90m hurdles
Maddison Binding	13 yrs girls	8 th 80m hurdles, 9 th high jump, 10 th 200m
Alexander Pate	13 yrs boys	8 th 200m
Clinton Cooper	12 yrs boys	5 th 800m, 12 th shotput
Nina Ramsay	12 yrs girls	5 th long jump, 12 th 800m, 14 th 200m
Isabelle Monty	13 yrs girls	12 th 800m
Jordyn Hess	17+ yrs girls	8 th 800m, 10 th javelin
Kelly Turner	14 yrs girls	12 th long jump, 12 th discus
Jonah Marlin	15yrs boys	5 th shotput, 9 th high jump
Rebekah Turnbull	15 yrs girls	13 th shotput
Jessica Tetlow	17+ yrs girls	8 th shotput, 9 th discus
Matija Simonovic	17+ yrs boys	4 th shotput, 6 th discus
Talia Dunning	12 yrs girls	4 th discus, 6 th javelin
Charlotte Kingsbury	12 yrs girls	9 th shotput
Riley Wilson	12 yrs boys	14 th discus
Levi Stevenson	16 boys	10 th long jump
Alisa Van Der Kwartel	14 yrs girls	9 th javelin
Renee Zani	13 yrs girls	9 th discus
Dylan Harding	12 yrs boys	6 th long jump
Byron Grant	13 yrs boys	6 th shotput

15 yrs girls 4x100m relay 8th (Brienna Mathieson, Arshae Pukeroa, Stephanie Forster, Jessica Hilder)



The U/13 Boys Rugby League team has had a truly outstanding year. On the 28 July, the boys travelled to Nolans Oval to compete in the Sydney North All Schools Gala Day. The boys played brilliantly throughout the day, beating St Paul's High School in the Semi Final. The Grand Final, against Narrabeen High School, was a cliff-hanger. The match went into extra-time and was settled with a 'golden try' to Pittwater! Sydney North Champions!

The boys travelled out to Penrith on Tuesday 2 August, to represent Sydney North in the NSW All Schools Championships. We were grouped with St Joseph's Lochinvar (Hunter Valley), Warilla HS (Illawarra) and Kirrawee HS (Cronulla). The first

game against St Joseph's was very tough, with the boys suffering a gallant defeat. We bounced back in the second game, defeating Warilla High School. Unfortunately, we went down in game three against Kirrawee High School, which meant we missed out on the Semi Finals. It was a pleasure coaching the boys on the day. I was very impressed with their attitude and commitment.

To top off a big season, we travelled to Brookvale Oval on Thursday 11 August to play St Paul's High School in the Grand Final of the Jamie Lyon Cup. The competition had been running after school on Thursdays throughout the term. The boys did exceptionally well by beating The Forest High School 32-0 in the Semi Final. Unfortunately, the boys were pipped by St Paul's in the Grand Final, finishing the competition as Runners Up.

The team members were :

Nathaniel Bakon, Oskar Warner, William Allan, Jett McCarthy, Jett Stocken, Byron Grant, Klay Frank, Jarrod Bridges, Ethan Julliard, Beau Deathridge, Jordan Inkster, Aayush Sharma, Kai Yakich, Aidan Smith, Sam Watt, Jasper Frost, Alexander Attfield, Luke Mancini, Ethan Dunn

UNDER 13 RUGBY LEAGUE



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.

For LOCAL JOBS: browse the **Manly Daily**, especially Wednesdays and Saturdays and check-out www.seek.com.au for more jobs.

I have a **part-time position** suitable for year 11 or 12's in:

Catering/food preparation: see me for details!

I have a **fulltime Traineeship** suitable for year 12's after the HSC:

Dental assistant: see me for more details!

Sport and Recreation Traineeship at Ryde, (Gymnastics focus): see me for more details!

I have a fulltime apprenticeship suitable for year 12's after the HSC:

Metal roof plumber: see me for more details.

Year 10: Careers Lessons this term, once a fortnight. We will be:

Careers Project: making an exhibitors table for a school expo for year 9 in week 7: 2 September - a full report next newsletter!

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!*

*Or for more **general careers information**, look at our Careers website by checking out [CareersWorks!](#) 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 joce-lyn.bates@det.nsw.edu.au

Year 12:

The 'Exit Plan' Interviews have been conducted over the last few weeks. The 10 minute scheduled interview time in the Careers Office in the library was for students and their parent(s). It was during students' learning centre periods but if the student/parent has missed this appointment, they have the opportunity to come over the remaining weeks.

UAC, (University Admission Centre) books have turned up, please sign for your copy in the Careers Office for those who have undertaken an ATAR pathway and **wish to go to university in 2017**.

UAC PIN NUMBERS should have turned up in the last few weeks as well, ring UAC if it hasn't arrived.

UAC applications for 2017: due in by 30 September if you want to avoid a late fee.

University Open Days are available in August/September: I recommend you attend a few to get a feel for each of the universities you are interested in applying for.

Educational Access Scheme, (EAS): for students who have suffered 'long term disadvantage' throughout year 12. Examples such as: serious illness, family disruption, (divorce or moving house), studying a subject via distance learning, etc. Please see me for an application form as they are also due by the end of September!

Pittwater High School ebook lending facility

The Pittwater High School Library has signed up to its first E Book Subscription with Wheeler's books (largely teen fiction). Wheeler's EPlatform is more than just an eBook lending facility – for students, ebooks fit easily into their online world. It is a powerful way to engage students with books and reading and the Pittwater High School Library.

To access and borrow either;

Logon to your DEC Portal and click onto the 'Oliver Library' link or click on this link <https://oliver222.library.det.nsw.edu.au/oliver/libraryHome.do>

Follow the link through to Pittwater High School EBook lending facility from the information box on the PHS Library home page

or

Go directly to PHS ePlatform <https://phs.wheelers.co/>

Log on using your DEC log in name (include any numbers in you log in name) and the password.

The borrowing period is for 2 weeks and there is a limit of 2 titles at a time. As this is this is a shared platform, please borrowEbooks you are going to read and RETURN them as soon as you finish, rather than waiting for the borrowing period to expire.



REMEMBER ALL ACCESS TO ALL LIBRARY RESOURCES CAN BE MADE FROM THE 'OLIVER LIBRARY' LINK IN YOUR DEC PORTAL.

The screenshot shows the Pittwater High School ePlatform interface. At the top, there's a navigation bar with links for 'my account', 'shelf', 'basket', 'sign out', 'contact', and 'support'. Below this is the school's crest and name. A navigation menu includes 'Browse', 'Shelf', 'Shop', and 'Admin', along with a search bar. The main heading is 'Pittwater High School ebook lending facility'. Below this, it states 'Borrow and read eBooks from our library anywhere, anytime, on multiple devices.' and provides a 'Start Browsing' button and a link to 'get the ePlatform app'. To the right, there are icons for downloading the app from the App Store, Google Play, and Windows 10. The 'Popular Titles' section displays a grid of book covers, including 'Harry Potter and the Cursed...', 'The Hunger Games', 'Harry Potter and the...', 'The Fault in Our Stars', 'Mockingjay', 'To Kill a Mockingbird...', 'Divergent', 'Catching Fire', 'The Help', 'Markus Zusak', 'Harry Potter', and 'Harry Potter'.

Managing HSC Stress HOLIDAY PROGRAM



When? TBD

Time? 10am – 4pm
Lunch and afternoon tea will be provided.

Where? Health Psychology Unit
Ground Floor, 174 Pacific Highway
Greenwich
The Health Psychology Unit is a 5-10 minute walk from St Leonards train station.

Cost? \$90 per student. Medicare rebates or private health insurance may apply

Register? Registration is essential as numbers are limited.
To register call 9514 4077 or email anna.wallace@uts.edu.au

Are you feeling worried about how you are going to manage all the demands of your HSC year? Are you finding yourself starting to get stressed about how you are going to manage it all and perform at your best?

The *Managing HSC Stress* program is a group program that assists students to better manage the stress of the HSC by teaching a broad range of skills that can be helpful in any stressful situation.

Students also have the opportunity to learn from and assist each other. The program can also be useful for students who are struggling with anxiety, low self-esteem or low mood.

Come along and enjoy all of the benefits of the 4 week program in one day!!

Stressed?

Procrastinating?



Overwhelmed?

Managing HSC Stress: A Guide for Students

It is widely acknowledged that Year 12 can be a very stressful time for students. Managing HSC Stress is a one-hour presentation based on cognitive behaviour therapy (CBT), which is widely supported in the literature as an effective intervention for stress management. The presentation is delivered by clinical psychologists experienced in working with adolescents.

The following content is covered in the talk:

- Sources of stress for students
- The fight-or-flight response
- The three step approach to managing stress:
 1. Identify and challenge unhelpful thinking (cognitive therapy skills)
 2. Take an action (goal setting, problem solving, study skills, strategies to beat procrastination, rewards)
 3. Looking after yourself (diet, exercise, time out, sleep strategies)
- Keeping it in perspective
- Sources of further help



For more information

Phone: 9514 4077

Email: Health.Psychology@uts.edu.au

Visit us at: Ground floor, 174 Pacific Hwy Greenwich 2065

Stressed?

Worried?



Overwhelmed?

Managing HSC Stress: A Guide for Parents

It is widely acknowledged that Year 12 can be a very stressful time for students. Parents often wish to know what they can do to help support their children during this challenging time. The Managing HSC Stress: A Guide for Parents presentation is based on cognitive behaviour therapy (CBT), which is widely supported in the literature as an effective approach for stress management. The program is delivered by clinical psychologists who are experienced in working with adolescents and their parents.

The following gives an outline of the content covered in the program:

- Common challenges that parents and students face during the HSC year
- Strategies for managing HSC stress:
 - Maintaining family connectedness
 - Maintaining a balanced lifestyle
 - Goal setting and action planning
 - Challenge unhelpful thinking (cognitive therapy skills)
 - Strategies to beat procrastination
 - Using study skills effectively
- Identifying when further help is needed
- Parent self-care strategies
- Sources of further help



How much: \$330

Time frame: 1 hour

More information: Phone 9514 4077 or email health.psychology@uts.edu.au

All PHS parents & teachers welcome - come on your own or bring a team :)

Fun questions & great prizes!!

QUIZ NIGHT!!

FRIDAY 16 SEPT

PHS LIBRARY

6:30PM

TIX \$15

Buy
tickets
at the
online
Uniform
Shop

phsshop.com

**BYO
Drinks**

**FREE Cheese
platter for
every table!**

**cheap & yummy
dinner option!**

**cool silent
auction!**

**Lucky Door
prize!!**

St Ives Medieval Faire

SEPTEMBER 24TH + 25TH - ST IVES SHOWGROUND

SPECTACULAR FAMILY ENTERTAINMENT

Discounted tickets for family and group bookings

We're excited to announce the 3rd annual Medieval Faire at St Ives Showground the first weekend of the School Holidays 24th + 25th of September! This spectacular family event presented by Ku-ring-gai Council will educate and entertain your students on Medieval History. We are offering local schools an exclusive discount and wish to partner with you on sharing this discount with your families.

Students will be able to practice archery and sword-fighting skills, watch falconry in action and witness knights from all over the world battle it out in the Jousting competition. Expert teachers and demonstrators have come together to create an authentic and educational experience for everyone, all in safe and supervised conditions.

We invite your students and their families to get tickets at a **HUGE 30% off**. All they need to do is use the booking code **"SCHOOL"** when booking their tickets which they can do here:

<http://www.stivesmedievalfaire.com.au/tickets-2/>