

11 September 2018

SLOW DOWN! The value of being bored

Jane Ferris: Principal's Report

Our children and young adults often complain about being bored. They seem unable to sit quietly for a moment without pulling out their phone and being on one form of social media or the other. As parents and educators we, at times, pander to this, aiming to pack their lives with activities or feeling obliged to make every lesson have entertainment value.

However, common sense, let alone the research, indicate that there is value in being bored:

1. When children are left to their own devices, they're forced to be more creative and imaginative in finding ways to amuse themselves. Giving them opportunities to try things of their own volition builds their sense of discovery and curiosity and helps them explore what brings them joy. Indeed, research has found that people who are given a range of boring tasks to complete show more imagination when they're then asked to take part in a creative thinking activity. Children need to learn to take initiative and think of ways to occupy themselves that are not dictated by someone else.
2. Our children need to develop resilience, to be prepared to have a go when the task is either challenging, difficult or boringly repetitive. Being bored – or having to think of ways to amuse themselves – is an important way to develop this 'grit.' Everyone wants to believe they're good at everything, but children who never experience failure don't know how to deal with it when it arises. Having free time to try things out without the fear of failure is essential if a child is to develop grit and resilience.
3. Does your child expect you to come up with something for them to do whenever they're at a loose end? Well, stop intervening, because being bored will help them develop their problem-solving skills. In a world where children are constantly stimulated, they can feel uncomfortable if they don't have anything to do. But this encourages initiative and problem-solving, as they have to rely on themselves to tackle the 'problem' of being bored.
4. Having unstructured time to hang out with others will help your child develop interpersonal skills that are becoming lost to this technology

obsessed generation. If children are given time and space with nothing to distract them, it helps them to negotiate and collaborate with each other and develop activities jointly. They are learning to communicate, make eye contact and read body language: things that can only be learnt from experience.

5. When your child has opportunities to occupy themselves, and manages to do so successfully, it gives their self-esteem a boost. When they have free time, they can try new things, test their limits and take risks, which will all build their confidence.
6. As well as having time to think, unstructured downtime gives children a greater sense of community. If children are always busy with some focused activity they take their surroundings for granted.
7. Your child may argue that being bored is, well, boring, but actually it could make their childhood happier overall. When adults talk about their childhood memories, no-one ever mentions anything material. It's always the simple things they remember: connections, laughter and nature. All the activities we think are making childhood richer are just getting in the way of a simple but contented life.

Parent Focus Groups

Over the last two weeks, I have been anything BUT bored when meeting with parents in Focus Group meetings and have greatly valued the insight our parents bring. Over some very interesting discussions, two things were very apparent. Firstly, that we share the same concerns re an increase in mental health issues in young people, the negative impacts of inappropriate use of social media and finding the balance between allowing young people increased autonomy and responsibility whilst maintaining a level of boundaries and accountability. Secondly, a common thread from these groups has been recognition of how much the school has in place to support students in their wellbeing and learning, with a high level of commitment and communication from teachers. Another thing that arose in discussion was the question of our kids seeking constant stimulus and how they have lost the art of being bored, hence this week's lead.

DEPUTY PRINCIPALS' REPORT

Rachel Fleming, Sharon Behringer and Martin Hardy (relieving)

Year 12

A reminder about Year 12's final week at Pittwater High. All students are to be present in all periods and in period 4 **Monday** there will be a graduation ceremony rehearsal. In period 5 Year 12 will showcase their talents in a concert to the whole school.

Tuesday 25 September - Year 12 need to be at school at 7.15am for the Jambaroo Day trip.

Wednesday 26 September – Breakfast for the staff and Year 12 at 8am outside the Trade Training Centre. This will be followed by a farewell assembly and clap out for Year 12.

Students are to arrive at 3.15pm for the graduation followed by dinner at "Le Montage" at 6.30pm.

All of the events outlined above are alcohol free and a high standard of behaviour is expected. Mrs Ferris has addressed Year 12 at their year meeting and made it very clear that unacceptable behaviour will not be tolerated and could result in exclusion from all events and completing the HSC at another school.

We wish Year 12 good luck in completing their courses. It is crucial that they attend all classes for valuable last minute tips from teachers.

Year 11

Good luck to all of Year 11 for their examinations. A reminder to arrive at least 15 minutes early for your exams, be prepared with all equipment and be wearing full school uniform. All students need to be in the examination for the full duration of the exam.

All students in Year 11 must be at school for Week 10 of this term.

Year 10 Careers Market

Congratulations Year 10 on a fantastic careers market. We had a range of professions being advertised and it was great to see visitors as diverse as a police car, a snake and a dog groomer. Thank you to Ms Bates for assisting Year 10 in the organisation of this event.

Year 9

A group of selected Year 9 students attended Holroyd High School multicultural day last Friday.

The students had a great number of stories to tell of a very positive experience. Thank you to Ms Davis and Mr Goodwin for accompanying our students and to Year 9 for representing our school with pride.

Damage to bikes

Unfortunately we have a small number of students who are tampering with the bikes. Please encourage your child to notify a deputy or trusted teacher if they hear of any names of students who may be disrespecting other students' property.

Wet weather sport

Students will only be released on wet weather sport days if they have brought a note at the beginning of the day – 9am. Any deviation from this will require a parent/guardian to present to the Student Services to collect their child.

Outside school supervision

There are a number of unsupervised parties and gatherings occurring on the Northern Beaches. Police have requested that parents/guardians ensure they know the whereabouts of their children at all times and children are under supervision.

Buses

For student safety there are now seats available for students to sit inside the school grounds. At no time should students be waiting on the footpath but rather remain seated until the bus stops.

All students must tap their Opal Card on the bus. This then sends data to the authorities indicating how many students are using our buses. Consequences of not tapping may mean cancellation of buses in the future.

School App

A reminder that the school app is a great way to be communicating. If yours is currently not working then please delete it and reinstall. We will be encouraging staff to utilise this more across the school.

A reminder that no students are to be dropped off by parent/guardian drivers in the school grounds.

SCIENCE DISSECTION

Class 8W conducted a sheep's kidney dissection in Miss Juric's science class where they got the opportunity to use a scalpel to slice it open and see all its components. This was for the body systems topic Year 8 are currently working on. As you can see they are highly engaged and having a blast!



THE SCIENCE CLUB

On Thursday 6 September, the Pittwater Science Club presented at the PCS Science Fair at Avalon Primary School. The theme for the science fair was "Game Changers and Change Makers". Sticking with that theme in Term 2 Kirra, Tahlia, Alice, Skye and Linus wanted to devise a plan to help those living in poverty around the world to be able to grow their own sustainable food.

The team met up each Wednesday morning before school and started looking at food sources that were high in minerals and nutrients but also low maintenance that could be set up using recycled materials at a minimal cost. They came up with the idea to make a cricket box out of recycled materials that were collected from around the agriculture shed. Mr Loyd helped students cut out the air spaces with his saw, they then were able to glue the mesh on and set up the inside of the breeding box.

Once the box was finished the crickets were put in and monitored. The project was a success and within 2 weeks the science club had baby crickets. The crickets continued to grow and reproduce so on Thursday their box was overflowing with active and chirpy crickets that they presented to students from different schools in the PCS. At the beginning of next term the Science Club will be harvesting the crickets and creating some delicious recipes in which they can use the crickets in.

Interesting facts:

Beef requires over 15,400 litres of water per kilogram

Crickets require 0.5 litres of water per kilogram

Cricket powder is 70% protein

Crickets are the food of the future!



STEMania

This term, Year 8 were audience members at *STEMania* from Perform! Educational Musicals. *STEMania* was a fact-filled theatrical presentation using action packed sketches, appealing characters, comedy, high energy and audience interaction to educate students about Science and Technology. *STEMania* used hilarious suggestions from the students to create the educational sketches on science, technology, engineering and maths. Some brave volunteers also got a chance to be involved in the performance and show off some acting skills!



SNOW SPORTS

Ella Pettitt of Year 7 recently competed in the NSW Interschools Snowboard Championships. She competed in the Snowboard X and Snowboard GS and qualified for the State Championships in both. At the State Championships, Ella finished 26th in boarder x and 22nd in GS. She also competed in the slopestyle for the first time and finished 9th to qualify for nationals.

Fantastic results from Ella and we look forward to seeing her compete again next year.



MATHEMATICS CHALLENGE

On 28 August, 8 students from Year 8 and 9 represented Pittwater High School at the NSRMA Maths Challenge at St. Ives, which was enlightening to say the least. We gained so much mathematical knowledge and developed our collaboration skills. Firstly, we were split into teams where we competed in various mathematical challenges. The collection of people in each group was diverse, and thus we were illuminated by many different problem solving methods. The first mathematical challenge was based around standard problem solving questions. Although difficult, each group persevered. We then participated in a 'number word' (similar to a crossword), where each group had to successfully calculate the answer to each question. Our mathematical resilience was tested, as each clue was very vague yet required a specific answer. Finally, each group participated in two relay exercise, where one group's answer, resulted in another group gaining a question. Overall, each challenge was testament to how enjoyable mathematical challenges can be. As a group, we gained significant mathematical knowledge, collaboration skills and resilience. We are immensely grateful to Ms Anderson and Ms. Walpole for attending the day with us, and are thankful for the opportunity we were given.

Jordan Anderson & Ruby Abercromby



Year 8 and 9 Mathematics Challenge Day.

Congratulations to the following students who were selected to represent Pittwater High School at the Mathematics Challenge Day.

Poppy Guy (8)
Charlotte Hillier (8)
Amber Rabbitts (8)
Bianca Raffin (8)
Ruby Abercromby (9)
Jordan Anderson (9)
Ned Milliner (9)
Mandy Shen (9)

You displayed excellent problem solving skills and collaboration amongst many schools in the Northern Sydney Region. A particular congratulations to Bianca Raffin and Amber Rabbitts who were in teams that placed 2nd and 3rd respectively overall for the day.

Mrs Anderson



At Pittwater High School, we know our students and we always have their needs in mind. As teachers, we understand that it is not 'one size fits all' and students are at various levels of understanding a concept when it comes to Mathematics. To meet our students' needs, we offer the MathsOnline program to junior students from Year 7 to Year 10 with the best opportunity to grow and perform to their potential throughout the year.

In the Mathematics Faculty, we embrace MathsOnline as an online resource to complement and reinforce our teaching of our students in the classroom and to provide access to a virtual Maths tutor day or night to support our students during their vital years.

MathsOnline is ideal for students who are struggling, who want to get ahead as well as those students who missed some work. It is suitable for pre-class work, post-class consolidation, assessment preparation, exam revision or even holiday homework.

With MathsOnline, students are in control with just a click of the mouse. It is easy to use. Smart, simple and effective. Anywhere and anytime.

- ◆ Clear and concise video-audio tutorials covering an abundance of concepts, supported by worked examples and interactive quizzes.
- ◆ A bank of questions accompanies each lesson for students to practise their newly learned skill.
- ◆ Students submit their answers online, work is immediately mark and their results recorded.
- ◆ Worked solutions are provided with every worksheet.
- ◆ Results are recorded for students including detailed reports showing grades for every lesson and summary reports showing student progress by topic.

The program helps guide students lesson by lesson, allowing them to pause, rewind and repeat all or part of any lesson as many times as they like until it is mastered. There's no embarrassment factor and it gives students that important self-confidence in their own ability so that Maths is no longer a struggle as they improve and get better grades.

Maths concepts build upon each other, therefore sometimes it's necessary to revisit previous concepts before moving on to a new topic. Students can choose to go back or even look ahead as there is unlimited access to the Australian Curriculum embedded in the program from Kindergarten right through to Year 12.

Students can study in their own time anywhere and at their own pace. They can preview lessons at home before school or catch up on lessons missed or concepts they don't fully understand. Best of all, parents can also be involved every step of the way.



For more information, go to <https://www.mathsonline.com.au/>

LGBTQI SUPPORT DAY

On 31 August, Pittwater High School ran 'Wear it Purple Day' in support of the LGBT community. The theme of this mufti day was "Purple, Rainbow and as many colours as possible". In this way we celebrated our differences and acceptance of each other. It was great to see all those people who contributed on the day by wearing their colourful mufti clothing, donating money, buying jelly and buying a wristband. It was also great to see your smiling and enthusiastic faces on assembly. Altogether we raised \$1550.60 which is an amazing achievement. The money that was raised will go to the Minus 18 Youth Foundation, which assists in educational resources, housing for homeless youth and mental health support. Thank you to everyone who contributed and for making it a great day!

Max Straetemans



HOLROYD HIGH MULTICULTURAL DAY

For the past two years, Pittwater High School has offered Year Nine students the opportunity to participate in an exchange program with students from Holroyd High School. The purpose of the program is to encourage the development of empathy whilst fostering an appreciation for multicultural Australia.

On Friday 7 of September, Mr Tristan Goodwin and I had the pleasure of escorting 20 of our exchange participants to attend the biennial Multicultural Day at Holroyd. Students attended a formal flag ceremony acknowledging the various cultural backgrounds prevalent at Holroyd High, enjoyed traditional musical and dance items and savoured delicious food from around the globe.

Throughout the day, so many Pittwater students spoke to Mr Goodwin and myself about the importance of recognising that Australia is a multicultural nation. Based on the experience, they have been inspired to make changes to our own Multicultural Day at Pittwater High and share the lessons they have learned with their peers. These students are an asset to our school and are to be congratulated for their commitment to social justice and inclusivity.

A big thank you to Mr Nick Johns for his passion, commitment and organisation of the exchange program, and to Mr Goodwin for continuing to step up and support our students.

Ms Rhonda Davis



DUKE OF EDINBURGH BRONZE HIKE

The 2018 Bronze Duke of Edinburgh hike was one of the most memorable and rewarding experiences of our high school career so far. Although it was hard and long, the laughter and stories that were shared made it seem like a walk in the park.

Our Duke of Edinburgh journey started at 5:45 on a Sunday morning when we all got on the bus for a 2 ½ hr ride to the beautiful Wingello state forest near the city of Goulburn. Throughout the bus ride, we saw beautiful scenery including rivers and forests. When we reached the national park the guides and teachers who kindly volunteered, wasted no time in getting us going and left it to us to lead the way. Initially we were a little rusty getting our bearings but after a quick recap we were good to go.

At the start of the hike we were very surprised to see husky dogs towing their owners in races. We kept to the side of the road in order to stay out of their way and forced ourselves not to run up to the dogs and pat them whilst they were trying to race. As we ventured our way up and down the hills we quickly learnt not to use the dead trees to lean on - and vines were not very useful either. We were lucky to not encounter any snakes or spiders on our hike but we did pick up a few skins and webs on our face as souvenirs.

Whilst hiking I will never forget how peaceful it was to disconnect from our phones and other devices, to allow ourselves to be appreciative of the nature that surrounded us. When we finally reached camp we lit our fires and began to cook our food. As night fell, we gathered around our fires and shared unforgettable stories and many laughs. To conclude our 2 day hike, we had a well deserved McDonalds stop over on the way home.

The Duke of Ed hike is (in my opinion) the best programs that our school offers, it created memories that last forever and brought everyone closer together. The lessons and experiences learnt in Duke of Ed are impossible to find in a regular classroom and the amazing wildlife and scenery tops it all off.

We would all like to thank the incredible work of Mr Trout for spending so much time and energy in making our journey truly amazing. Also thank you to, Mr Goodwin, Miss Oates, Miss Keen and the national park guides.

We would also like to thank the teachers that helped us during our practice hike earlier on this year in April - Mr Trout, Ms Davies, Mr Hamed and we hope Ms Green's leg is fully recovered!

By Tess Lanham



YEAR 10 HSIE EXCURSION

On August 28 Year 10 ventured off on either a field trip either to Collaroy /Long Reef or the Jewish Museum in Darlinghurst.

The Coastal Management Centre at Collaroy provided students the opportunity to gather primary data and to see at first hand the human impacts on this sensitive ecosystem. Students identified effective coastal management practices and evaluated the actions of past and present local councils.

This forms an important component of the Year 10 Geography course which focuses on helping students to identify the coastal processes that form and transform coastal environments. The events at Collaroy in 2016 has made the site the perfect place to visit to understand the biophysical processes within our local environment. Students walked from Long Reef Beach round the magical long reef headland onto Collaroy beach. The weather was fantastic, despite being little brisk at times, and the students enjoyed observing the changes in the environment due to both human and natural causes.



Year 10 History visited the Sydney Jewish Museum in Darlinghurst as part of their study of the Holocaust. The excursion provided the students with access to primary sources within the museum, led by a volunteer guide. Students were moved by the captivating stories from Holocaust survivors and asked informed and empathetic questions. They were also give a talk by an academic specialising in the Holocaust. Year 10 History students will reflect on the excursion for their assessment task involving source analysis and an in class essay.



Pittwater High School Ensemble Notes Newsletter

President: **POSITION VACANT**

Treasurer: David Richards: darich.phs.usic@gmail.com

Secretary: Paula Paterson: pandtpaterson@gmail.com

"I would teach children music, physics, and philosophy; but most importantl music, for the patterns in music and all the arts are the keys to learning" - Plato

LATEST NEWS

It has been a busy few weeks for students and parents alike within the Performing Ensembles network including the billeting of the Colorado Springs Youth Symphony Orchestra, a successful Car Boot Sale, our Annual Parents' Meeting, and our Committee Meeting at which a fond farewell was given to our outgoing President, Caroline Cady. We thank you Caroline for your tremendous efforts in this role.



The committee has several vacant positions at the moment including that of President and parent ensemble co-ordinators for Performance, Concert, String & Stage bands. Please contact our committee secretary Paula Paterson (email top right corner of this newsletter) if you are able to assist in these small but very important roles.

To events: The Symphonic Band achieved an excellent performance to receive silver at this year's NSW Band Championships in the highest section. Our Stage Band Jazz Evening was a fabulous night. We have some seriously talented musicians amongst our students.



PHS Big Band was invited to play at the Royal Prince Alfred Yacht Club on Saturday, 1st September to perform for members and their guests at the official opening of the boating season. John Pennings, their conductor, was impressed with Big Band's enthusiasm, and mature attitude, especially during the speeches. Big Band's performance was well received at this event, especially the "Australian National Anthem" along with a few numbers from the student group "The Bandstand".



IMPORTANT: The school requires the trophies from last year back as soon as possible so they can be inscribed for 2018, and before the Music Presentation Night.

To end on a wonderful comment from Dr Hardy "I am pleased with the progress of the ensembles over the past year. The standard of musicianship is incredibly high at Pittwater High and we are "punching well above our weight" with our Ensembles program." We are a few clarinets short within ensembles. If your child would like to recommence clarinet, please see Dr Hardy.

It is never too late to join any of our performance ensembles. We are always welcoming of new members or even members who wish to return. Our vocal ensemble would be especially delighted to receive more voices. For more information please contact Dr Hardy.

CAREERS NEWS

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

YEAR 12

- ◆ 2019 UAC books are available in the Careers Office.
- ◆ UAC PINS should have come via email by now and UAC applications for university admission has opened! (Closes September 29; to avoid a late fee)
- ◆ School Recommendation Scheme, (SRS), Early Entry through UAC for a variety of universities and courses are open too.
- ◆ If a student has suffered long term disadvantage, (illness, family disruption, etc), an Educational Access Scheme, (EAS) can be completed through UAC to gain additional points on top of the ATAR.
- ◆ Check emails for apprenticeships available

YEAR 12 EXIT PLAN INTERVIEWS ARE AVAILABLE NOW! Email me to make an appointment.

Year 11 and 12 TVET classes

Students must inform the Careers Adviser if they are unable to attend TAFE for any reason or if they intend to leave TAFE early.

Year 10 Careers Classes - once a fortnight, during lessons, we will be investigating:

- ◆ PHS Careers Expo, (was held on 7 September-lookout for the photos in the next newsletter)
- ◆ All My Own Work program, (compulsory course for year 10 to attend the formal, due by end of this term)
- ◆ Job Interview skills

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 plans.

For LOCAL JOBS:

- ◆ browse the **Manly Daily** on Saturdays and checkout www.seek.com.au for more jobs.
- ◆ **Apprenticeships in:** Carpentry and Plumbing. **Traineeships with the Northern Beaches Council in:** Business, Childcare and Aquatics. Check emails for more information or pop into the Careers Office!!

YEAR 10, 11 AND 12 STUDENTS: *Please log onto:*

- ◆ The MHS Careers website which **advertises current careers events**. To login: use "Pittwater" then password "water".
- ◆ Pittwater High Careers website, please have a look. We encourage you to **register!!**
- ◆ JobJump website for students and parents, login password 'pittwater'

J. Bates, (Careers Adviser) PH: 99994035 EXT 128 jocelyn.bates@det.nsw.edu.au

VET Courses

FACTS

You should look at post graduate options and seriously consider if a Vocational Education & Training (VET) course is right for you.

First, lets break down some myths about VET

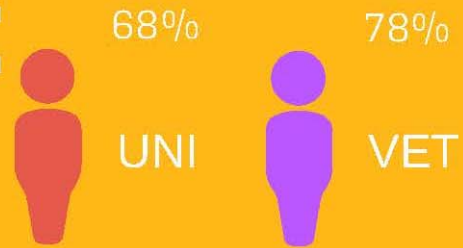
MYTH # 1

28% of Australians think university graduates gain work easier post graduating



FACT

Employment Rates Post Grad



MYTH # 2

3 out of 5 Australians suggest that VET education is no longer as relevant as University education

FACT

The VET sector provides training in 9/10 of the predicted occupations to have the greatest growth over the next 5 years



MYTH # 3

21% of Australia believe an increasing amount of students are undertaking a Uni course because VET graduates earn less

FACT

The average salary for a VET graduate is

\$56,000

The average salary for a UNI graduate is

\$54,000

*Perceptions Are Not Reality: myths, realities and the critical role of Vocational Education & Training in Australia

CANTEEN NEWS

ROSTER

Monday 10 Sept	Sandy Cozens, Beth Porter
Tuesday 11 Sept	Need Volunteers
Wednesday 12 Sept	Jane Matthews, need volunteers
Thursday 13 Sept	Nicole Smith, need volunteers
Friday 14 Sept	Petra Godfrey, Jen Masters, Caroline Thomas
Monday 17 Sept	Sheridan Femia, Jacky Sinclair
Tuesday 18 Sept	Tatum, Leonie Olivari
Wednesday 19 Sept	Ange Torres, need volunteers
Thursday 20 Sept	Suzanne Humphreys, Jutta Shutte
Friday 21 Sept	Helen Braines, Anne Graham
Monday 24 Sept	Sandy Cozens, Beth Porter
Tuesday 25 Sept	Fiona Griffiths, Georgia Brahman
Wednesday 26 Sept	Linda Newman, Di Brian
Thursday 27 Sept	Margaret & Peter Woods
Friday 28 Sept	Petra Godfrey (AM) , Lana Mares

Volunteers - Please contact the canteen on 9979 6968 if you are unable to make it in. Also it's never too late to volunteer. We welcome extra help so we can serve the students faster and make more food!

We would like to encourage the students to order their lunch to reduce queue times. Check out the specials board for what is on each day.

We would also like to encourage the students to order the pasta or rice dishes and we will have them heated and ready to go. This will prevent the hold ups & delays at the microwaves. They can order at lunch 1 for lunch 2.

The menu below has limited numbers. I suggest placing an order so no one misses out. The pies, pasta dishes, butter chicken, salad rolls, garlic bread are available every day.

Sushi is back this week starting on Tuesday. This will be available every Tuesday & Thursday.

Subject to change



Subject to change

Week A Menu

Monday

- ◆ Raspberry and white choc muffin, eggs in Bed.
- ◆ Salad: pesto tomato pasta w/ chicken or lentils.
- ◆ Wrap: BLAT or bean burrito.
- ◆ Minestrone soup w/ garlic toast.
- ◆ Large pizzas, baked potato

Tuesday

- ◆ Pear crumble muffin, scrambled egg. Quesidilla – veg or ham.
- ◆ Salad: Lamb kofta & couscous or w/ haloumi fritters.
- ◆ Wraps: Same as the salad
- ◆ Minestrone soup w/ garlic toast
- ◆ Baked potatoes
- ◆ Tandoori chicken subs on Turkish bread

Wednesday

- ◆ Cherry choc muffin, bacon & egg roll, chia fruit cups
- ◆ Salad: Greek salad w/ baked chicken and lemon dressing or potato rosti
- ◆ Wrap: same as the salad
- ◆ Roast pumpkin & lentil soup
- ◆ Tandoori chicken subs on Turkish bread
- ◆ Baked potatoes

Thursday

- ◆ Banana date muffin, quiches, muesli cups
- ◆ Hokkien teriyaki noodles w/ chicken or tofu
- ◆ Wrap: tandoori chicken or tofu
- ◆ Baked potatoes
- ◆ Roast pumpkin & lentil soup
- ◆ Large pizzas

Friday

- ◆ Surprise muffin, eggs in bed, chia cups
- ◆ Salad: broccolini and fetta w/ lemon chicken or lentils
- ◆ Wrap: tuna pattie or sundried tomato and fetta salad
- ◆ Soup of the day
- ◆ Large pizzas

Week B Menu

Monday

- ◆ Pear crumble muffin, eggs in bed
- ◆ Salad: taco chicken salad or avocado taco salad
- ◆ Wrap: chicken schnitzel or taco avocado vegetarian
- ◆ Minestrone soup w/ garlic toast.
- ◆ Large pizza

Tuesday

- ◆ Raspberry & pear muffin, scrambled egg quesadilla – vegetarian or ham
- ◆ Pesto pasta salad w/ chicken or vegetarian
- ◆ Pesto salad wrap – chicken or vegetarian
- ◆ Minestrone soup w/ garlic toast
- ◆ Baked potatoes
- ◆ Tandoori chicken subs on Turkish bread

Wednesday

- ◆ Banana choc muffin, bacon & egg roll, chia fruit cups
- ◆ Roast vegetarian and haloumi salad or w/ chicken
- ◆ Falafel wrap, tandoori chicken wrap
- ◆ Roast pumpkin & lentil soup
- ◆ Tandoori chicken subs on Turkish bread

Thursday

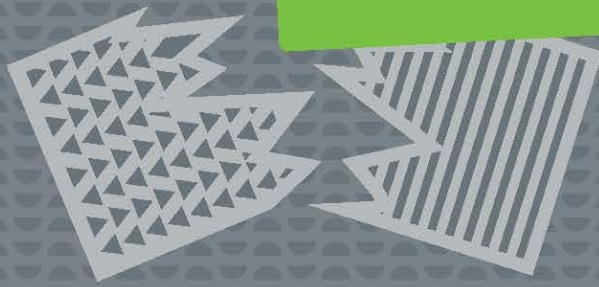
- ◆ Blueberry muffins, quiches, muesli cups
- ◆ Moroccan cauliflower & chickpea salad – vegetarian or chicken
- ◆ Moroccan wrap – chicken or haloumi
- ◆ Baked potatoes
- ◆ Roast pumpkin & lentil soup
- ◆ Large pizzas

Friday

- ◆ Mixed fruit muffin, eggs in bed, chia cups
- ◆ Bacon & potato salad or chickpea & potato salad
- ◆ Hamburger with the lot
- ◆ Vege burger with sour cream & sweet chilli
- ◆ Soup of the day
- ◆ Large pizzas



Grief



What is grief?

Grief is a natural response you experience when you lose someone close to you. Grieving is a normal part of life and it can begin as soon as someone becomes aware of a loss and can continue over the course of the first 12 months.



Although there are many different kinds of 'loss', this fact sheet looks at grief after the death of someone close.

Feelings of grief

There is no single 'right' way to cope with the loss of a friend or loved one. Young people may experience:

Shock and disbelief that the person has died	Longing for the person; wishing they were around to be able to touch them or be comforted by them
Anger or resentment for being abandoned, for the unfairness of the loss, or towards those thought to be responsible for the loss	Sadness that the person has gone
Guilt that they were unable to save the person, or that they survived while their loved one did not	Anxiety about the future; how things will be without their loved one, or their own safety
Preoccupation with thoughts of the person who has died	Difficulty concentrating and remembering things
Changes to sleep patterns and appetite	Physical changes including headaches, feeling tired, muscle aches, and nausea



Grief is experienced in different ways by different people. Young people may have different reactions to adults because of:

- their age and developmental stage,
- the consequences for them may be different and
- their family situation.

How young people respond to grief

It is important to acknowledge that young people will respond to grief in a range of ways. Some young people will choose to express their grief through rituals or creative expression such as art or music, some will talk about it, while others may appear to be unaffected and getting on with their life.



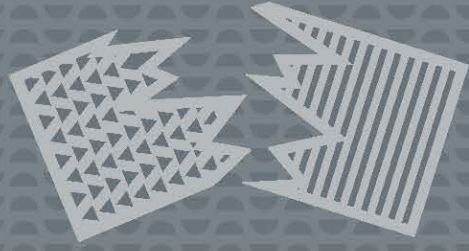
There will also be some young people who behave in ways that are disruptive, frustrating or risky; they might drink alcohol or use drugs to try to cope with their grief. Whatever their response they will need time, support and understanding as they find their way through their grief.

Grief and mental health problems



Most young people will be resilient and will carry on with their lives while moving through the grieving process. For some however, the loss may be associated with the development of more serious mental health problems that will require specialist assessment and treatment.

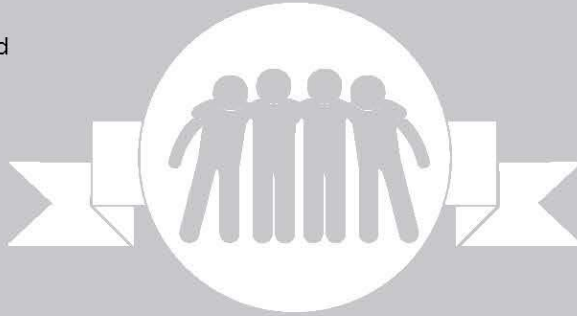
Grief



How to support young people in the grieving process

Families are extremely important in supporting a young person who is grieving. Continuing your family life and staying connected with friends and activities allows the young person to maintain a sense of safety and security, and to feel hopeful about the future.

It can be particularly challenging for families to support each other when a family member has died because everyone will grieve in different ways. Professional support might be helpful if you're finding it difficult to support each other through a loss.



Supporting young people to seek help

The grieving process can take time and it is not unusual for young people to experience ups and downs over months or years while dealing with the death of a loved one. People generally find that things get easier as time passes; however, if the young person's grief is persistent and severe, getting help is important. Accessing professional support is particularly important if the young person is grieving for someone who has died by suicide.

It is important to support young people in finding a health professional such as a general practitioner (GP) or counsellor who they trust and feel comfortable with. If they have had a positive experience with a family GP or another health professional in the past encourage them to contact them again. You could also support them to contact your local community health centre or **headspace** centre.

Some other strategies that may be helpful in supporting a young person include:



Acknowledging their loss and the need to take time to grieve



Providing information about normal patterns of grief



Encouraging them to do what's right for them



Encouraging their continued participation in enjoyable activities such as sports or hobbies, and family activities



Supporting them as they gather stories and memories of the loved one in ways that appeal to them (e.g. writing, photos, journals, talking, blogs or memorials)

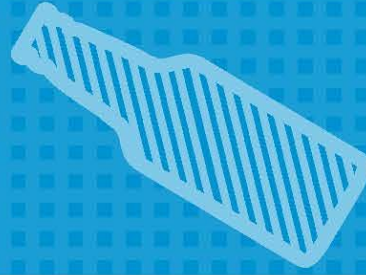


Helping them to anticipate times that may be particularly difficult, (e.g. Christmas, birthdays or anniversaries) and develop a plan for coping with these periods



Helping them find meaning in what has happened and foster a sense of hope for the future.

Alcohol



What happens if I stop drinking?

It can be tricky giving up drinking if you've been doing it for a long time, because your body has to get used to going without it. If you are dependent on alcohol and you suddenly stop drinking, you might get withdrawal symptoms including sweating, feeling sick, anxiety, irritability, problems sleeping, tremors (e.g. shaking hands), even seizures or fits. Because of this, it's a good idea to have



a chat to a general practitioner (GP) to discuss the safest way of cutting down your drinking.

When someone overdoses

In some cases, drinking too much can cause someone to overdose. How this looks may be different depending on what's happening for the person (e.g. they may have mixed alcohol with other drugs), but too much alcohol can cause fits, irregular or shallow breathing, pale or blue looking skin, or unconsciousness. If something like this happens, some sensible things you can do are:



Call 000 – you won't get into trouble for asking for help.



Don't leave your friend alone.



Put your friend on their side if they are unconscious or in case they vomit.



Keep an eye on their breathing.

Staying safe

If you are going to drink, here are some tips to help you and your mates stay safe:

Don't drink alone.	Eat before and while you are drinking.	Drink water in between alcoholic drinks and/or drink low alcohol drinks.
Slow down. Finish one drink before the next and sip instead of scull.	Avoid rounds (or shouts).	Take it in turns to stay sober so that one of you can drive everyone else home safely. If not, keep enough money for a cab.
Look out for your mates. Keep an eye on them if they get sick, make sure they are okay to get home and don't let them get into risky situations.	Try having days and weekends without drinking.	Avoid drinking if you have school, uni or work the next day.

Getting help

If your alcohol use is starting to affect things that matter, like your mental health, wellbeing or your friendships, it can be a good idea to talk to someone about your options, such as different ways to reduce or stop your use. Whatever you decide, **headspace** can help.



headspace

National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au

Alcohol

Alcohol AKA **booze, piss, grog, drink.**

What is it?

A lot of people don't think about alcohol as a drug – but it's the most widely used drug in Australia and is really easy to get. There are many different kinds of alcohol, like beer, cider, wine and spirits.



Many people feel pressured to drink. If you choose to drink alcohol, it should be on your terms. There is no "safe way" to use alcohol; however, if you are choosing to drink, it is important that you drink as safely as possible.

What does it do?

How alcohol will make you feel depends on lots of things like how much you weigh, how healthy you are, how regularly you drink, the kind of mood you're in when you drink and the people you are drinking with. But as a general rule, alcohol will relax you, make you feel more confident and less inhibited, slow down your reflexes and affect your balance and coordination.

Drinking too much can give you headaches, make you feel dizzy, sick or cause you to vomit. In extreme cases you might even pass out and not remember what happened.

The effects of alcohol can last for hours, especially if you have drunk a lot. When it wears off you may feel tired, thirsty, headachy and sick or have an upset tummy. This usually won't last longer than a day.

Alcohol and your mental health

One of the major reasons people drink alcohol is to change their mood. This is why people think drinking alcohol is so much fun. You can pretty much expect whatever mood you were in before you started drinking to be amplified. So if you were feeling happy, you will feel really happy.

If you felt anxious or depressed before you started drinking you

will probably feel much worse once the effects have worn off. This can have a big effect on people who have depression and other mental health problems.

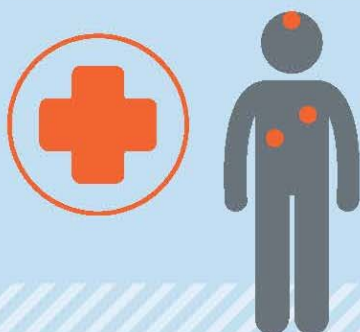
Alcohol will make you less inhibited so you might say stuff you wouldn't normally say or do stuff you wouldn't normally do.

This can lead to feeling really bad the next day if you said



mean things to a mate, or to your boyfriend or girlfriend, or had a fight with someone.

Alcohol and your physical health



Long term alcohol use can also cause problems with your physical health, such as high blood pressure, heart disease, brain damage, liver disease as well as different kinds of cancers.



HIGH SCHOOL



The High School Category of the competition is open to all Australian school students from Year 7 to Year 12.

WHAT ARE THE JUDGES LOOKING FOR?

Take a photo that depicts the Competition theme **Healthy Life | Healthy You**.

A Healthy Body | A Healthy Mind | Healthy Communities | Healthy Environments

Have a talk with your parent/guardian/teacher and friends to work out what would be a good photo to take, you can also find a range of health related topics at the [Your Health Link](#) Website.

There are a few things you need to know before you take your photograph, so go to the [Dos and Don't](#) section of this website to find out more.

www.yourhealthlinkphotocomp.com.au

WHAT PRIZES CAN I WIN?

School Canteen Program

First Prize: \$3000, Second Prize: \$2000, Third Prize: \$1500

High School Student Prizes

First Prize: Microsoft Surface Pro i7 256GB + Laptop Shoulder Bag.

Second Prize: Canon EOS 80D DSLR Camera with 18-55mm IS Lens + Camera Backpack.

Third prize: Apple iPad 128 GB, Canon Powershot G9x II Compact Digital Camera + camera bag.

Healthy Kids Association 'Eating the Rainbow' Prize

Student Prize: Apple iPad

School Prize: Free membership to the Healthy Kids Association in 2019.

MOBILE CATEGORY

First prize: Return flights with Qantas Airways from Sydney to Los Angeles for two adults + accommodation / land arrangements.

Second prize: Fuji X-A3 Mirrorless Camera + Lowepro Camera Bag

Third prize: Bonville Golf Resort Stay and Play Golf Package for two

OPEN CATEGORY

First prize: Canon EOS 5D IV Full Frame DSLR Camera + Canon EF 70-200mm f/2.8L USM Lens.

Second prize: iPad Gen 6 wifi and cellular 32GB

Third prize: Opal Cove Resort holiday package, Tranquillity Beauty and Massage – Two Float and Recharge packages

WHEN DOES THE COMPETITION CLOSE?

The Competition closes midnight Sunday 14 October 2018 (see [Terms and Conditions](#)).

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ALAN MENKEN

LIBRETTO BY
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BEACHES care for the BUSH



OPEN GARDEN

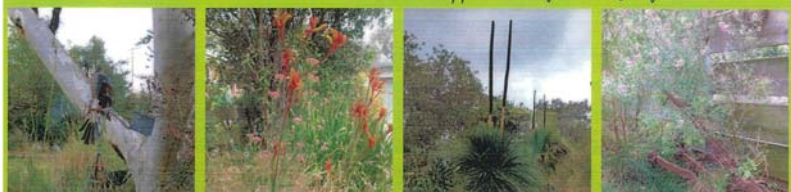
**SATURDAY SEPTEMBER 29
10AM - 4PM**

All funds raised will go towards drought relief for the farmers of Merriwa NSW.

\$7

**Wirrimbirra Garden
12 Wyanga Rd, Elanora Heights**

Visit this beautiful NATIVE GARDEN and support the farmers of Merriwa.



THIS PROJECT IS SPONSORED BY PITTWATER UNITING CHURCH



ZONTA
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EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

with

Mackellar Girls



invites you and your friends to the

**Zonta Advocacy
Fundraising Dinner**

**Monday 15th October 2018
6.45pm for 7pm**

Oaks Room, Dee Why RSL, 932 Pittwater Rd, Dee Why

Guest Speaker - Tracey Spicer AM

Author, Journalist, Broadcaster

**** Early Bird - by 4 October **
\$70pp, \$50 school students
After 4 October - \$78 pp
** RSVP 8 October 2018 ****

Proceeds support women in need on the Northern Beaches across Australia.



We thank Dee Why RSL for their support



Enquiries to zontanb@gmail.com or Marg 0416 182 393 Chris 0449 703 318

To BOOK

Make your payment by direct credit to Zonta Club of Northern Beaches Inc
BSB 062108 Acc 00902072 Reference your name

Please confirm/advise your direct credit payment, attendee names and any dietary requirements to zontanb@gmail.com

Once payment has been received your reservation is confirmed.
Please note that cancellations after 8 October cannot be refunded.



Tracey Spicer AM is an author, journalist and broadcaster who has anchored programs for ABC TV, Network Ten, Channel 9, Sky News and Radio 2UE.

Renowned for the courage of her convictions, passion for social justice, and commitment to equality, she also has a wicked sense of humour.

Tracey currently works as a columnist for Fairfax, presentation trainer for Outspoken Women and the Australian Film, Television and Radio School, and media trainer at Spicer Communications. She appears regularly as a commentator on ABC TV and Channel 9.

Tracey has written, produced and presented documentaries for many NGOs. She is an Ambassador for ActionAid, World Vision, NSW Cancer Council, QUT's Learning Potential Fund and SISTER2sister, and Patron of the Pancreatic Cancer Alliance. She is the co-founder and national convener of Women in Media, a nationwide mentoring and networking group.

Tracey was appointed as a Member of the Order of Australia in 2018 "For significant service to the broadcast media as a journalist and television presenter, and as an ambassador for social welfare and charitable groups".

In May 2018 Tracey joined more than 30 high-profile women spearheading NOW, a national organisation, to tackle sexual harassment, abuse and assault in workplaces across Australia.

Her first book, *The Good Girl Stripped Bare*, became a bestseller within weeks of publication in April 2017.