

# PITTWATER HIGH SCHOOL

BE RESPECTFUL

ASPIRE

BE RESPONSIBLE

20 November 2018

## OUTSTANDING HSC MAJOR WORKS

Jane Ferris: Principal's Report

Every year we are proud to be able to congratulate a number of HSC students who have received nominations for their major works, and 2018 is no exception, with recognition being made across a number of subjects. Having seen all these major works at various displays before they were submitted, I can honestly say the talent on show at Pittwater is truly amazing. It is not only inspiring to see such talent, but quite humbling too, and we acknowledge the effort, organisation and dedication required to achieve such a standard.

This nomination, for the opportunity to have their work displayed publicly, in art galleries or in public concerts at special places like the Opera House, is a highly prestigious honour and as a community of teachers, students and families alike we salute the following students for their achievements. All will be invited to our Recognition Assembly on 11 February 2019.

MUSIC: **William Sides** *ENCORE* - 4 performance pieces on electric guitar.  
(Teachers Martin Hardy and Deb Meyers)

VISUAL ARTS: **Micah Lihachov** - 'The Transfiguration' 5 paintings arranged in a pentptych.  
**Laura Kessen** - 'Arthropoda' 7 detailed charcoal drawings of insects.  
(Teacher Nat Oates)

INDUSTRIAL TECHNOLOGY (TIMBER): **Michaela Bates** - desk and chair.  
(Teacher Tim Robinson)

INDUSTRIAL TECHNOLOGY (MULTIMEDIA): **Ewan Kirk** - music video.  
**Max Lush** - stop motion video  
**William Sides** - animation video

(Teacher Ahmed Hamed)

DESIGN AND TECHNOLOGY: **Micah Lihachov** - Mental Health Awareness Campaign.  
(Teacher Elizabeth Seares)

TEXTILES AND DESIGN: **Chloe Bridge** - Snakes and Ladders interactive play mat/quilt.  
**Taylah Osborne** - floral bag  
(Teacher Edwina Crundwell)

Finally, to all the wonderful teachers named above, we know that this level success comes not purely from student talent but also from hours of support, motivation creative input and dedication and for this we thank you, as we acknowledge that just as it takes a village to raise a child, it takes a school to develop a child to their full potential.

Thank you to all teachers who have taught and encouraged these students over the years, and to the families without whose support their successes would not have been possible.

# DEPUTY PRINCIPALS' REPORT

Rachel Fleming, Sharon Behringer and Martin Hardy (relieving)

## **School Spectacular**

Good luck to the Vocal Ensemble who are performing as part of the choir at the Schools Spectacular this week.

## **Waste Audit**

Thanks to students and staff who participated in our waste audit last week. It was eye opening to see how much recyclable waste we have at the school! Thank you to Ms Enywingwa and Mr Morton-Ramwell for driving this project. We look forward to seeing the results and making the necessary changes across the school.

## **High School Experience Days**

We had a fantastic group of Year 9 leaders showcasing our school to neighbouring Year 5 students. Thank you to the staff who taught lessons on the day and to all of our students involved.

## **School Uniform**

Students should be wearing the correct summer uniform including black leather school shoes. Students who are out of uniform should bring a note to Ms Roulston in the Language Staffroom at the bottom of B-Block before school. Students without a note will be automatically placed on detention during Lunch 1. Students should be aware that failure to attend may result in an afterschool detention or a Level.

## **Lateness**

Students must be at school at least 15 minutes before the start of the day. If a student is late they must have a note and lateness is recorded on the student's attendance record. Students who arrive late are missing the important instructional component of the lesson and disrupt the learning of others.

## **Buses**

Students are reminded that they need to be seated behind the fence in order catch a bus. This is a safety issue. Students must also tap their Opal Card otherwise services will be cut to and from school.

## **Pittwater Place**

A reminder that Pittwater Place is out of bounds for all students before and after school unless they are accompanied by a parent.

## **Appointment with Deputy Principals**

Could we please ask that parents needing to see a Deputy Principal make an appointment?

# NIC NEWLING SPEAKERS NIGHT

6.30 - 8.30PM  
28 NOVEMBER

**Nic is an advocate for mental health and suicide prevention.  
He will share his personal experience of family, life and school.**

Barrenjoey High School  
Coonanga Road,  
Avalon

↓  
**Free Event** for Parents, Carers  
and High School Students.  
Register at [Eventbrite](#)

Any questions? 9942 2401  
[youth@northernbeaches.nsw.gov.au](mailto:youth@northernbeaches.nsw.gov.au)

# CLEARANCE SHEETS FOR YEARS 7-11

In the next couple of weeks, students will be issued with a **Clearance Sheet**. This is a reminder to return any textbooks or library books, clear out all lockers and finalise any outstanding contributions, as the end of the school year approaches.

**Thank you.**

## CHRISTMAS IS COMING!



In celebration of Christmas this year, the SRC are organising a Pittwater High School Giving Tree (to go to either Stewart House, Manly Women's Shelter, Salvation Army, or Lifeline) and they would greatly appreciate your support with this initiative. Christmas is a time for family, friends, celebration and traditions, and importantly, is not only about receiving but also giving.

Details:

- Collection due date: Tuesday 11th December, Week 9
- Collection location: Student Services (Lain)
- We will be accepting new items such as children's books, stationary, clothes, games that can be played by a family, non-perishable food items, bedroom items, bathroom items, kitchen items (not knives).
- The gifts DO NOT need to be wrapped as the SRC students will do this on Tuesday of Week 10.

If you have any questions please contact Kathryn Neil, Denni Coyte or Electra Silk in the HSIE staffroom.

## WHITE RIBBON DAY FRIDAY 23 NOVEMBER

This Friday, the 23rd of November, Pittwater High School will be supporting White Ribbon Day by holding a full school formal assembly, along with the collection of donations from students.

The students will be out of uniform on this day, and are encouraged to wear white to support the occasion. Donations collected from students wearing white will go towards Manly Women's Shelter, which provides emergency accommodation for women in crisis on the Northern Beaches.

White Ribbon Day is an important day on the Pittwater High School calendar, as we encourage all students to help in ending violence against women in Australia. For more information regarding White Ribbon Day or the Manly Women's Shelter, please see the attached links.

White Ribbon Day: <https://www.whiteribbon.org.au/day/>

Manly Women's Shelter: <http://www.manlywomensshelter.org.au/>



# HIGH SCHOOL EXPERIENCE DAYS

## High School Experience Day – Visual Arts

Last week we had Newport Primary School visit for a high school experience day. The CAPA faculty had a wonderful and colourful time with the enthusiastic future high schoolers. In Visual Arts the students participated in creating their own landscape collage. Using magazine cut outs, coloured paper and oil pastels, the students created their own unique take on a landscape setting through collage and pastels. The teacher showed a working example of how to approach this task and after a brief demonstration of what to do, every student was on the ball and keen to create. Each artwork proved its unique with many variations of styles and techniques expressed. These Year 5 students were all able to produce their very own beautiful and colourful artwork in just one hour! This lesson was not only a great teaser for what is experienced during a Visual Arts class here at Pittwater High School, but also a reminder of the amazing future students we hope to cater for in the coming years.



## High School Experience Day – Music

The music rooms were abuzz with African ostinato melodies as groups circulated around the two day High School Experience Day. The Year 5 students got a taste of what music is like in high school as they learned to play short melodies on the keyboards and glockenspiels to an African music backing track called "Balafon". The students performed three different melodic lines together and created sections of improvised melodies. All the Year 5 students and teachers had fun improvising four bar melodies on the glockenspiels and creating their own arrangements of the piece. The student guides had just as much fun as they joined in with the students. We hope that all involved had a fabulous day.

Each day an afternoon concert was put on and featured many performances including our Year 7 & 8 dance group, the Year 7 performance class, and solo items from Georgie Lyons, Elishba Femia, "The Band Stand" (Patrick Atkinson, Sharon Nobs, Jeremy Sala, Flynn Rogley, Tyger Cox and Dylan Catterall), Maddie Stead, Patrick Donald, Natania Brophy and Kerin White. Charlie Hope-Parsons and Phoebe Brian wowed the audiences with their drama skills and the MC talents of Max Shaw and Natania Brophy were appreciated by all.

# PITTWATER HIGH'S MUSICALE



On the evening of Tuesday 13 November the students of Pittwater High School presented the annual Musicale – a showcase of talented musicians and a selection of the schools performing ensembles. It was a fabulous evening with solo performances from Georgie Lyons, Elisheba Femia, Rowan Mitchell, Maddie Stead, Patrick Donald, Natania Brophy and Kerrin White. 'The Band Stand' featuring Patrick Atkinson, Sharon Nobs, Jeremy Sala, Flynn Rogley, Tyger Cox and Dylan Catterall provided a small jazz ensemble performance of "Red Clay" along with students from the Year 9 Elective Music class playing "Recycled Blues".

The Year 7 Performance Class opened the show with their rocking performance of "80's Flashback" which saw the audience dancing in their seats. The Senior Strings, Vocal Ensemble and Big Band as always produced pieces of a high standard that were a credit to the performing ensembles of the school. Congratulations to all the wonderful musicians who showcased their talents at Musicale. Special mention goes to the CAPA prefects, in particular Natania, for their organisation of the evening.

## BAND MINI TOUR

On Tuesday, Thursday and Friday of last week, the Symphonic and Orchestra ensembles embarked on a mini tour to primary schools across the Northern Beaches. They played a handful of pieces that they had been working on for a few weeks to Year 1 and 2 students, some of whom already played instruments! Most primary school band committees hold an instrumental information evening at the end of each year which encourages children to take up an instrument. By Pittwater High School going on this mini tour, it was hoped, and is likely that we inspired many to find an interest in music.

On the days, we showcased multiple pieces which highlighted the roles of different instruments in the band. On top of this, section leaders from each instrumental group gave a little preview of their instrument. At the end of each school visit, we encouraged the students to come up and have a closer look at their favourite instruments. It was certainly evident that the primary students thoroughly enjoyed our visit through the interactivity and engaging performances, demonstrations and most importantly of all; Dr Hardy's legendary Dad jokes.

As a student who went along on this tour, I highly recommend the experience to any other musicians or future players. You will get a very real sense of pride inspiring others, and overall it is a heap of fun. A big thank you also to Dr Hardy for organising the tour and Ms Bates and Dr Griffin for transporting us from school to school on the mini bus.

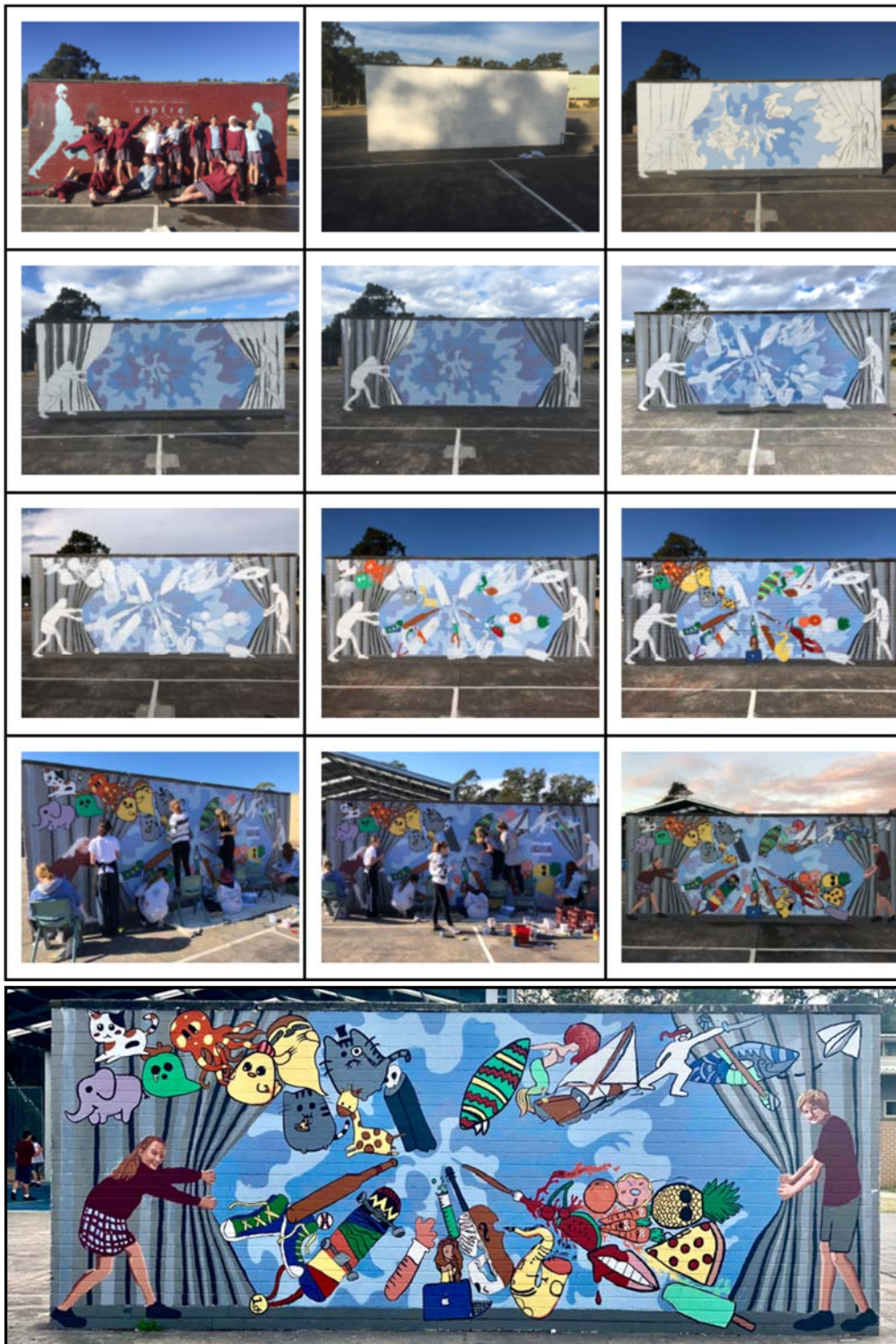
**Ethan Couch**  
Year 10



# VISUAL ARTS

Twelve girls who comprised the Art Club of 2017 began a mural last year and it was completed during a school incursion at the end of Term 3 this year. The students conceived the imagery depicting colourful objects that represented their world and experiences at school. These objects which were drawn by the students are shown exploding out of the wall past black and white curtains being pulled back by images of real students. The art club members designed every element of the mural, drawing all the separate parts and ensuring that each member had work included in the final design. Their teacher, Mr Loreaux, scanned the drawings and created a digital composition to help see their vision realised.

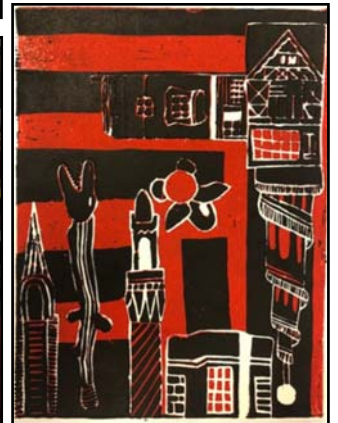
The Art Club then pressure cleaned the old and ageing mural that was to be painted over and primed the surface. Then came the many stages of enlarging the design onto the wall and painting it, starting with the background. With dedication and persistence, the members of the 2017 art club, Hayley Couch, Ella Cummings, Alby Gibson-Healy, Megan Hazelwood, Elle Hodgson, Rachel Kelso, Hayley Moore, Nasara Lagchie, Ella Pittard, Millie Atkinson, Mia Marsh and Poppy Guy completed a vibrant, beautiful mural and should be congratulated on their fine efforts.





# VISUAL ARTS

This semester students have been either constructing a hybrid creature or vessel from clay or developing a series of lino prints. Both art making skills reference the concepts of Surrealism and have stemmed from the combination of insects and crustaceans. Students have used their Visual Arts Process Diary to document both their research and their art making processes.





# YEAR 12 VISUAL ARTS MAJOR WORKS

Congratulations to all Year 12 Visual Arts students on a successful HSC Showcase for their major works, and for completing collections of works to such a high standard. There was a large collection of varied expressive forms submitted this year, reflecting the broad range of specific skill sets acquired by the students.

Special mention to students Micah Lihachov and Laura Kessen for being preselected for Art Express. Art Express is an annual exhibition featuring outstanding HSC student major works from NSW which highlights the skills developed by students in the artmaking component of the HSC examination.

Penny Blunsden, Jett Visser, Micah Lihachov and Laura Kessen were also selected for the 'Express Yourself' exhibition at Manly Art Gallery for their 2019 exhibition, showing exemplar works from around the Peninsular.

Congratulations again to all Year 12 Visual Arts students on another wonderful year of creative and innovative artworks.



Penny Blunsden  
*Memory Factory*



Jett Visser  
*Incubation*



Laura Kessen  
*Arthropoda*



Micah Lihachov  
*The Transfiguration*

YEAR 10 DRAMA  
PRESENTS

# PROPERTY OF THE CLAN

BY NICK ENRIGHT



PITTWATER HIGH SCHOOL  
PERFORMANCE SPACE | 7.30PM  
DECEMBER 5, 2018

"THIS IS HISTORY, OUR HISTORY"



Victoria Fergusson | Ruby O'Keefe | Emily Berry  
David Little | Anaya Lyndon-James | Charlie Dakin

*She's crazy, nobody likes her...*



# *Find Me*

5 DECEMBER || 7:00 PM || PHS PERFORMANCE SPACE

# SCHOOLS SPECTACULAR

Over the past few months, the Pittwater High School Vocal Ensemble have been working towards the inaugural Schools Spectacular held at the Qudos Arena. The Schools Spectacular features over 5000 students from public schools across NSW and attracts an audience of over 30 000. This is a huge opportunity for our vocal ensemble, showcasing their talent and providing opportunities to collaborate with students from many other schools. The students will be performing in four performances this Friday and Saturday, and we wish them the best of luck.

The students attending include Sophie Beckett, Caitlyn Fitzgerald, Clara Kenny, Bella Meiring, Jessie O'Rielly, Laura Paterson, Cindy Shen, Skye Waterhouse, Lily Watt, Leanne Christie, Kathryn Gillings, Poppy Guy, Olivia Hives, Abby O'Rielly, Bianca Raffin, Madeleine Stead and Renee Zani. Hannah Christie, Julia Hardy and Tara Johnson are also attending the shows as part of the Regional Choir.

Special thanks go to our parent volunteers, especially Jackie Armstrong for her tireless organisation. Thanks also to John Gillings, David Waterhouse, Greg Hives and Paula Paterson for helping out on the rehearsal and concert days and Alison Hardy for her organisation, assistance and attendance despite being in the middle of her HSC. A huge thanks to Kylie Bailey for conducting and rehearsing with the Vocal Ensemble - without your help this wouldn't have been possible.

Carla van der Wallen

## OUR PLACE AMONG THE STARS

### OUR PLACE AMONG THE STARS – THE ATOM COMPETITION 2018

**Austin Turpin** of Year 8 has recently won a national photographic competition for the incredible photographs he has taken of the stars.



Unfortunately Austin was unable to attend the award ceremony in Melbourne as he is currently studying in Germany, but he shared his comments with us. *"Firstly I would like to thank ATOM, Ted's Cameras and Quantum for organising the competition. I would also like to thank the other competitors who submitted photos, because the standard was high and it would have been difficult to decide a winner."*



*"These images which were taken on a freezing cold night in the Blue Mountains actually mean quite a lot to be because back in 2015 I use to aim my iPad up at the sky and try and take a photo of them. This lead to me getting a camera and my interest developed out from there. I have many interests but photography remains my favourite and it doesn't matter where I am in the world, I can look up at the stars and really feel at home."*





# Pittwater High School Summer Biathlon 2018

**Date:** Friday 6.45 am 7th December

**Entry fee:** \$10 per competitor includes breakfast)  
\$5 per competitor (no breakfast)

Contact person : Mark Dailhou 0418974883 or 99994035  
Race rules and further information:



1. Entries accepted on the morning but if you wish to have breakfast please inform us the Monday before race day. This enables us to cater. If you enter on race day you will not be able to attend breakfast. Breakfast starts at 8.00 am at the Trade Training Centre (behind the school hall).
2. You may compete as an individual and complete both swim and run. You may also compete as a team "tagging" your runner as you leave the water. A swimmer may tag more than one runner.
3. Race starts 6.45 am.
4. At no stage is running on the road permitted. Crossing roads is to be done under supervision of Race Officials. Undue delays at crossings may be subject to time adjustment. Failure to comply with directions at crossings will lead to instant disqualification and disciplinary action at school.
5. Traffic has priority over competitors.
6. There are to be no "unofficial entries". Participants from other schools and parents are most welcome to compete. (An official entry consists of this sheet with appropriate declaration completed.)
7. Race officials will determine your race category. Certificates and medals will be awarded as soon as practicable after the event.
8. Adequate race preparation must be undertaken in the weeks preceding the race. Trial swims and runs of similar distances must be undertaken, firstly for confidence, then building carefully over several sessions, gradually increasing to "race pace".
9. Any competitor with a medical condition which may influence their performance must alter officials to details, so additional monitoring and care can be provided.

I ..... age ..... (this year) Male / Female (circle correct)

from ..... (school) wish to enter the 2018 Summer Biathlon. Accompanying entry fee is \$10/ \$5.

I wish to enter as (circle appropriate A,B,C or D)

- A. Individual (400m swim & 4km run)  
B. Individual (400m swim and 4km run) plus team tag : .....  
C. Swimmer only and my running partner is: .....  
D. Runner only and my swim partner is: .....

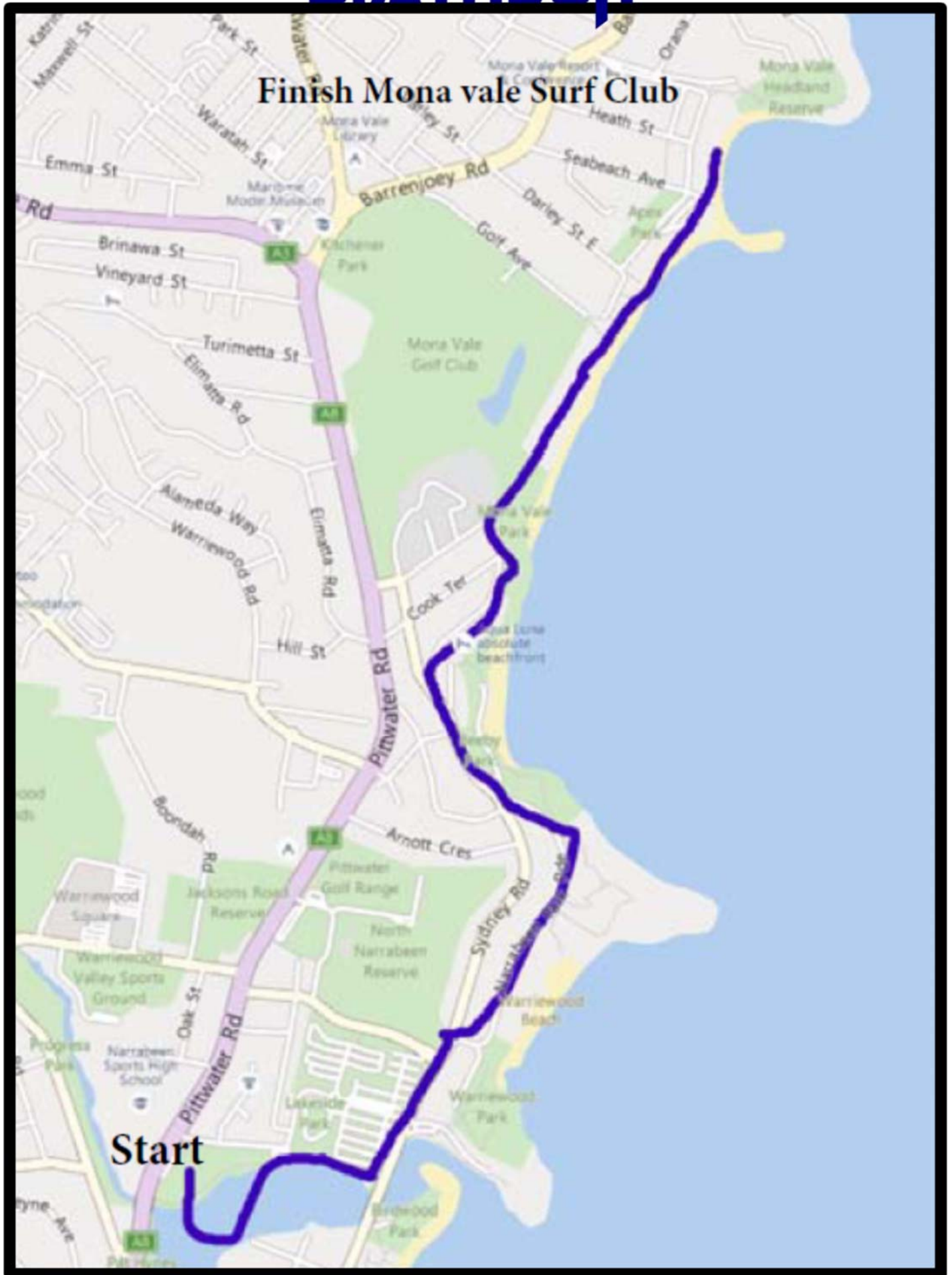
## Parent Guardian consent.

I ..... parent/ guardian of ..... do hereby give permission for my son/daughter to participate in the 2018 PHS Summer Biathlon. In granting permission I attest my child is capable of completing the swim and / or run leg of this event. I also understand that I have a duty to inform the race officials of any condition which may be significant to the health and safety of my child during the running of this event.

*Alternate declaration* (adults) I hereby apply to participate in the 2018 PHS summer Biathlon. I attest I am capable of completing this course.

Signed .....

**Note:** If you wish to partake in the after race breakfast you need to inform organizers on the Monday prior.





# PHS Surf Cup 2018

For the second straight year the Pittwater High School Surfing Cup event was warmly greeted with a magical setup of 2-4 foot waves, a feathering cross shore wind and ever persistent sunshine for judges, fans, family and support crew to bask in. This truly is God's country! The calibre of surfing seen throughout the event would encourage any surfing purist with the next generation of water man/woman raising the level of performance through uniquely creative flare and pure all-round stoke!

Congratulations to Ethan Dower (Senior Boys), Talia Dunning (All Girls) and Dylan Fawle (Junior Boys) for taking the win in their respective categories. As well as The Woolworth's Tag Team Challenge winning team of Noah Wallis, Callum Bowden, Lachlan Rose and Jack Watt.

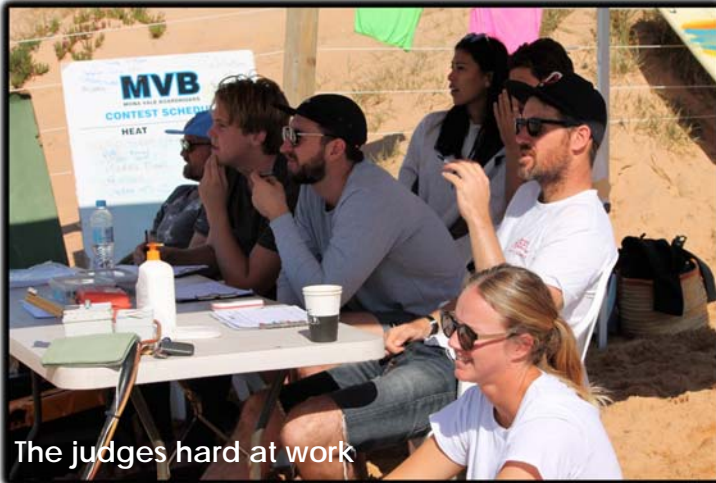
The school community is also overwhelmingly appreciative of having such great local businesses support this valuable event. So a huge thank you to Sam and Carla from Woolworths for coming to the school to hand out the prizes and sponsor the tag team event. Jeff Atkinson and the crew from Mona Vale Boardriders for all the equipment required to run the event. Maverick and Paul from Domino's for supplying lunch on the day. Brad Robinson from Clear Surfboards for donating a free custom board as a prize. Mauricio Gil from MG surfboards for his ongoing commitment to school surfing. Pete from Wicks for his continuing support. Dean from BluEye Sunglasses for the cool shades. Mel and the team from Onboard for the prize packs and the team at Surf Hardware as well as Rob Bain (Newly crowned World Master's Surf Champion) from O'Neill for *huge* boxes of prizes from both companies that made it possible to give all the surfers something after the event. We are truly appreciative and immensely grateful for your continued support of school surfing at Pittwater High, Thank you!

Finally, a huge thanks to the people power involved in running this absolutely soul nourishing event. They included: Dan Burton (Event Coordinator), Carolyn Hayes (Water Safety, Photographer), Ben Bryant (Head Judge) and Johnathan Larter (Assistant Head Judge & winner of the teachers division). Without their tireless enthusiasm and general stoke, this event wouldn't have been possible.

**Luke Trout**  
Event Manager







The judges hard at work



Ethan Dower. Backside hack to victory in the Senior Boys Division



Noah Wallis leading the pink team to victory in the Woolworth's Tag Team Challenge



Dylan Fawle. Lip line floater to 1st in the Junior Boys final



Lachlan Rose. Vertical closeout re-entry



Jack Cavanagh with a serious gouge in the pocket



Thank you to all of our sponsors!





# PEER SUPPORT



I take great pleasure in announcing that 48 Year 9 students were successful with their applications to become Peer Support Leaders for 2019. It was incredibly difficult to select from so many, very worthy and suitable applicants and I would like to thank the many students who put the time and effort into applying for this role.

The selected students spent two full days in leadership training and were able to learn about and put into practice many of the skills required in leadership and managing a small group situation. We were very privileged to have "Burn Bright", a dynamic and engaging company deliver the second day of our training to the leaders.

The new Year 7 cohort for 2019 are very fortunate to have such enthusiastic and well prepared Peer Support leaders who are excited to embark on the new journey of High School with them.

Both Mr Bryant and myself would like to congratulate our new leaders and look forward to working with them over the coming months.

**Mrs T Lagois**  
Peer Support Coordinator



# MEET A KEEPER FOR A DAY. TARONGA ZOO



14 students who have demonstrated a keen interest in working with animals were nominated to attend the excursion at Taronga Zoo. We had a talk by the Chimpanzee Keeper and got a tour of their sleeping quarters. He said that the chimps were considered to be the most dangerous creature at the zoo!

There just happened to be dinosaurs at the zoo too!

A peacock showed off for us, making our day complete.



# WATERPOLO

## Calling all students!

Are you a good swimmer/netball/basketball/volleyball player or have a keen interest in learning a new sport?



**IF YES,  
THEN WATERPOLO IS FOR YOU!**

Pittwater High School will be entering an

Open Girls, Under 15 Girls and Open Boys knockout teams in 2019!

To express your interest please put your name down on the signup sheet outside the HSIE staffroom or see **Miss Silk** in the HSIE staffroom for more details.



# BAND FUNDRAISER

Before 2018 comes to a close and we are stepping into the spirit of Christmas. The Performing Ensembles Committee have been given a great opportunity to raise funds for the band program, so we can have a healthy start to 2019.

Christmas cakes and tarts from Bakers Delight make great gifts, especially in a hamper. **All you need to do is follow these 3 easy steps:**

- 1) Complete the attached form.
- 2) Hand in the form and cash to the **RED BOX in A Block** clearly marked 'Bakers Delight' with **exact money as no change will be given**, no later than Tuesday 4 December. There will be spare envelopes if needed.
- 3) Delivery will be **Thursday 13 December** where you can collect your order from the **school canteen** before school starts, or in between lunch breaks (11.10am and 1.45pm)

Bakers Delight at Pittwater Place have been very generous to Pittwater High School by donating free bread/rolls for our BBQ Fundraisers, so it would be nice to show our appreciation, as well as raising money for our great program.

Thank you for your support, and should you have any questions, please contact **Cindy Wylie** on **0405 706 103**.



## Christmas Cake & Tarts Order Form

An amount from each purchase will be donated back to your School!

Student's name: \_\_\_\_\_ Roll call class: \_\_\_\_\_

Parent's mobile no: \_\_\_\_\_



\$3  
DONATED

**Large Traditional Christmas Cake \$18**

QTY \_\_\_\_\_



\$2  
DONATED

**Christmas Tree Cake**

**\$10**

QTY \_\_\_\_\_



\$2  
DONATED

**Lemon Tart 6-pack**

**\$10**

QTY \_\_\_\_\_



\$2  
DONATED

**Fruit Mince Tart 6-pack**

**\$10**

QTY \_\_\_\_\_

**Total: \$ \_\_\_\_\_**

**Pittwater Place  
10 Park St, Mona Vale  
T 9997 6233**

*Bakers Delight*

Bakers Delight Holdings Ltd and its associated companies ("Bakers Delight") require the personal information requested in this order form including name, school/club and class, in order to make your order. Without such personal information, we will be unable to accept and deliver your order. Your personal information will not be disclosed to any third party in Australia or overseas and will not be used for any purpose other than to deliver your order. Our Privacy Policy contains information about how you may access the personal information we hold about you and information about how to seek correction of such information, if necessary. Our Privacy Policy also contains information about how you may complain about an alleged breach of the Australian Privacy Principles and how we will deal with such a complaint. Our Privacy Policy can be viewed without charge at [www.bakersdelight.com.au/privacy-policy](http://www.bakersdelight.com.au/privacy-policy). Alternatively, please contact our Privacy Officer either via email at [privacy@bakersdelight.com.au](mailto:privacy@bakersdelight.com.au) or via phone on 03 9811 6111 and we will send or email you a free copy.

# Students...

Did you know that PHS has a plagiarism checking service??



[www.turnitin.com](http://www.turnitin.com)

If you have an assessment or piece of work you would like to check for plagiarism before you submit it and you need some guidance with how to use this service, please visit or contact the Learning Centre (Library).







# CANTEEN NEWS

## ROSTER

Tuesday 20 Nov	Shan Withnell, <b>NEED VOLUNTEERS</b>
Wednesday 21 Nov	Jane Matthews, Kay Little
Thursday 22 Nov	Nicole Smith, <b>NEED VOLUNTEERS</b>
Friday 23 Nov	Petra Godfrey, Jen Masters, Caroline Thomas
Monday 26 Nov	Sheridan Femia, <b>NEED VOLUNTEERS</b>
Tuesday 27 Nov	Tatum, <b>NEED VOLUNTEERS</b>
Wednesday 28 Nov	Ange Torres. <b>NEED VOLUNTEERS</b>
Thursday 29 Nov	Suzanne Humphreys, Jutta Shutte
Friday 30 Nov	Helen Braines, <b>NEED VOLUNTEERS</b>
Monday 3 Dec	Sandy Cozens, Beth Porter
Tuesday 4 Dec	Fiona Griffiths, Georgia Brahman
Wednesday 5 Dec	Linda Newman, Di Brian
Thursday 6 Dec	Margaret & Peter Woods
Friday 7 Dec	Petra Godfrey (AM), Lana Mares, Sarah?

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

2019: We are looking for volunteers for next year. If you are interested, please email [phscanteen@gmail.com](mailto:phscanteen@gmail.com) to let us know what day or the week, what fortnight or what month you can do. Even if you can spare a morning after drop off or the afternoon before pick up. Every little bit helps.

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 really 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 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



# STAND UP, SPEAK ABOUT IT

## NORTHERN BEACHES White Ribbon Walk

### MEET

Queenscliff Surf Club –  
walk to The Corso, Manly

### DATE

Wednesday 28 November 2018

### TIME

7am for 7.30am departure

BBQ breakfast – gold coin donation  
Don't forget to wear a white t-shirt!

To register your interest or  
for more information email:  
[nbdvnetwork@gmail.com](mailto:nbdvnetwork@gmail.com)

JOIN IN  
Everyone  
welcome

  
Northern Beaches  
Domestic Violence Network  
**ENDING VIOLENCE  
CREATING HARMONY**

 In support of  
White Ribbon

Please join us for the

## NORTHERN BEACHES DV NETWORK & ZONTA NORTHERN BEACHES ANNUAL BREAKFAST

2018

*The Annual Breakfast is an opportunity to raise awareness of domestic violence, network with the Northern Beaches community and share the journey of two inspiring women.*

### Guest Speakers

Lisa McAdams is a domestic violence survivor, strategist, solutions consultant and author of the book 'Domestic Violence – Changing Culture, Saving Lives'

Jen Armstrong is a domestic violence survivor and 2016 Woman of the Year winner for her work founding The Beauty Bank

\*There will also be a special dance performance via video by young people from Bankstown Youth Development Service.

DATE: Friday 23rd November

VENUE: International College of Management Manly

ADDRESS: 151 Darley Rd, Manly

TIME: 7.30am - 9.00am

COST: \$40

Tickets are strictly limited and can be purchased online through Trybooking:  
<https://www.trybooking.com/413437>

Amnesty International (Avalon Group) presents ...

# Loosely Woven's



## Bright Morning Star

18 instrumentalists & singers present a free, folky, light-hearted, Christmassy (sort-of) acoustic concert. Instruments include: flute, saxophone, harp, violins, cello, guitar, glockenspiel, melodica, harmonium, accordion, keyboard, drums & percussion.

4pm, Sunday 2nd December 2018

Avalon Baptist Peace Church

2 George Street, Avalon

Info: Kath Moody 9997 1815 - [kath\\_moody@hotmail.com](mailto:kath_moody@hotmail.com) - [looselywoven.org](http://looselywoven.org)