

# PITTWATER PRESS

BE RESPECTFUL

ASPIRE

BE RESPONSIBLE

Friday 6 September 2019

## Rachel Fleming: Relieving Principal's Report

### The Great Pittwater High Book Sale for Indigenous Literacy

Thank you to those students and staff who supported the Great Pittwater High Book Sale for Indigenous Literacy. Students were able to choose books from junior fiction, senior fiction and various non-fiction categories for a very low price. All proceeds are going to a worthwhile cause - supporting Indigenous Literacy.

Special mention must go to Mr Kovacs, Ms Purvis, Ms Dunlop & Ms Marshall for coordinating this initiative with our Student Representative Council. A great deal of planning and organisation ensured that the day was a huge success.



### Well done Year 10 Students who attended the Snow Experience

We wish to congratulate and thank all of our Year 10 students who attended the Snow Experience. The students were commended by the staff for their maturity and positive behaviour over the three days. It made it an enjoyable experience for all. Thank you to Mr Trout for his organisation and Dr Hardy, Mr Bryant, Ms Keen and Ms Winter for their commitment.

### Congratulations to Mr Trout



Mr Trout has been awarded the Metropolitan North Operational Directorate Executive Director's Award for significant contributions to public schools. Mr Trout is in our PDHPE faculty and is our current Year 12 adviser.

He coordinates our Duke of Edinburgh Program and, as you read above, initiated the Year 10 Snow Experience. Mr Trout has an infectious personality and always strives to make learning enjoyable for his students. He also looks after the staff with his weekly coffee club run by his Work Studies class. We are lucky to have Mr Trout and he well and truly deserves this award.

### Good luck to all of our senior students

who have HSC major works being marked and valuable feedback issued with final assessments. Good luck also goes to our Year 11 students who begin exams next week.

# DEPUTY PRINCIPALS' REPORT

Sharon Behringer, Martin Hardy, Carol Roulston and Carolyn Samowjlowicz

There have been some reports from members of the community about our students riding their bikes in a dangerous manner. We ask that students demonstrate respect by riding slowly and safely around pedestrians. When approaching pedestrians from behind it is expected that a warning signal such as a bell is sounded. Also, riders should wear helmets and get off and walk across pedestrian crossings.

We are very pleased to announce that the school has been successful in applying to work with Macquarie University as part of the PACE program. This program involves undergraduate students from Macquarie providing up to 32 hours of voluntary time to work on a project with associated organisations.

Over the next term and a half we will have 10 PACE students working here at Pittwater. These undergraduate psychology students will be assisting Pittwater students by providing their expertise via a number of school initiatives. These initiatives include:

- Implementing a peer mediation program within the school. This will build student capacity to manage and resolve conflict.

- Running a series of workshops and presentations for senior students on how they can manage the stress and pressure of their studies

- Supporting teachers in catering for the needs of students who struggle with their behaviour and/or emotions within the classroom.

If you have any questions about the school's involvement in the PACE program please contact Andrew Fairley, Head Teacher Wellbeing.

Year 12 are in the countdown towards the Higher School Certificate and most (if not all) of the school assessments are complete. However, in the coming weeks it is very important for students to attend all classes to obtain the maximum revision time with their teachers.

The school is also offering study time during the second week of the coming holidays with staff who will be volunteering their time. Mr Kovacs will be providing a timetable to the students in the near future.

Now is the time for year 12 to spend as much time as possible reviewing and, more importantly, practicing timed essay writing in preparation for the HSC. There have been many instances where students have substantially improved their HSC results after the trial examinations.



## PUB TO PUB FUN RUN

This year we had 3 amazing students and 2 staff run the 13 km race from Dee Why Beach to Newport Beach.

Congratulations to Anthony Teofilo (Year 7), Jarvis Saunders (Year 8) and Will Collinson (Year 9) for their amazing efforts. Mrs Waterhouse, Miss Fitzgerald and Ms Samojlowicz also crossed the line in great times. Thank you to Miss Hayes, Miss Gundry and the other staff and students who volunteered with the organisation of the day.

In 2020 it will be great to have lots more students run in the Pittwater High School Team!

# YEAR 12

## THE LEARNING CENTRE IS OPEN IN THE HOLIDAYS!

**From Tuesday 8<sup>th</sup> to Friday 11<sup>th</sup> October (in the second week of the upcoming school holidays), the Senior Learning Centre will be open for all Year 12 Students each day from 9am to 1pm!!**

**This will provide a great opportunity as you continue to prepare for the final HSC Examinations...**

Come along and:

- ♦ Prevent feeling isolated as you study
- ♦ Get the support of friends in study groups
- ♦ Have a focus each day and a clear motivator to get up and get started
- ♦ Access a comprehensive range of study guides, study note books and sample exam question responses
- ♦ Access daily support for assistance with study notes, mind maps, organisation, exam strategy, etc.
- ♦ Watch revision-based videos from ClickView, Edrolo and YouTube being screened in the Production room
- ♦ Fuel up on free snacks available to keep you going **(if any parents are able to contribute, this would be greatly appreciated)**
- ♦ Meet up with friends before or after for a relaxing walk to unwind

<b>Tuesday</b> 8/10	<b>Griffin</b> (Agriculture)	<b>Roulston</b> (CAFS)	<b>Lockhart</b> (English)	<b>Drama:</b> revision DVD from <b>Mr Gleeson</b> (Part 1)	<b>Crundwell</b> (Food Technology)	<b>Kovacs</b> (Society and Culture; Modern History)	<b>Horrell</b> (Legal Studies; Society and Culture; Modern History)
<b>Wednesday</b> 9/10	<b>Enyingwa</b> (Earth and Environment)	<b>Griffin</b> (Agriculture)		<b>Greene</b> (Business Studies; Economics; Legal Studies)		<b>Drama:</b> revision DVD from <b>Mr Gleeson</b> (Part 2)	
<b>Thursday</b> 10/10	<b>Enyingwa</b> (Earth and Environment)	<b>Griffin</b> (Agriculture)		<b>Greene</b> (Business Studies; Economics; Legal Studies)		<b>Drama:</b> revision DVD from <b>Mr Gleeson</b> (Part 3)	<b>Hayes</b> (Textiles & Design)
<b>Friday</b> 11/10	<b>Enyingwa</b> (Earth and Environment)	<b>Goodwin</b> (Aboriginal Studies; Society and Culture; Ancient History)		<b>Silk</b> (Aboriginal Studies; Modern History; Extension History; Society and Culture)		<b>Fleming</b> (PDHPE)	<b>Drama:</b> revision DVD from <b>Mr Gleeson</b> (Catch up for any missed parts)



# WEAR IT PURPLE DAY. SUPPORT LGBTQIA

Honouring the Wear It Purple Day, the Learning Centre has a great range of books embracing the LGBTQIA community and these will be available in a special permanent section for students and teachers to borrow. No one should be judged for being who they are so these books are for everyone to come and check out!

We have fiction books for ALL levels of readers, which include the challenges of friendship and complications in families and school, to sci-fi and adventure, from romance and fantasy, to comedy and horror, and even short stories. Many of these are available in audio and e-Books so download the ePlatform App or access them in My School Library via your Student Portal.

There is also a range of non-fiction books that are informative and provide insight to the challenges of growing up LGBTQIA in Australia. This includes the brand-new title Growing up Queer in Australia, which follows other highly popular books in the 'Growing up' series, including Growing up Muslim, Growing up Asian and Growing up African in Australia. Being fully informed of others' challenges in today's society, whether that is gender, religion or culture, will ultimately lead to a more cohesive community.

Speak to our friendly Learning Centre staff who can point you in the right direction to find the right book for you.





# YEAR 11 BIOLOGY TARONGA ZOO EXCURSION



On 27 August, Year 11 Biology classes visited Taronga Zoo where they engaged with scientists and experts to deepen their understanding of the risks currently threatening wildlife populations and the conservation efforts that are trying to protect them. They participated in workshops to learn about the conservation of the Bellingen River Snapping Turtle, and visiting the breeding facility behind the scenes.



# YEAR 9 FOSSIL FUEL PROTEST

Mr Morton-Ramwell's Year 9 Science class completed their in class fossil fuels protest activity last week.

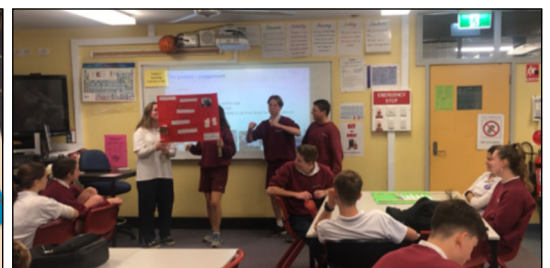
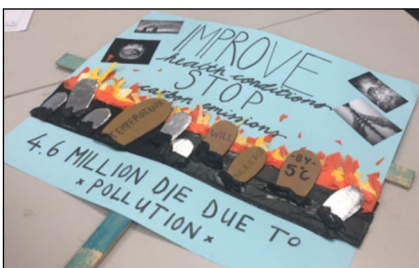
The activity allocated a different perspective or view point to groups of students. Three groups were given a view point of pro-fossil fuels and three against fossil fuels.

Each group produced a protest sign to support their view. They were judged on the following:

1. **Quality of protest slogan**
2. **Quality of protest sign**
3. **Overall persuasiveness of protest**

The class produced 6 fantastic protest signs and engaged in heated protest and debate on protest day. The activity allowed students to put themselves in others' shoes, while illustrating and reinforcing the issues associated with fossil fuel use for energy.

**Great work 9SC5 !**

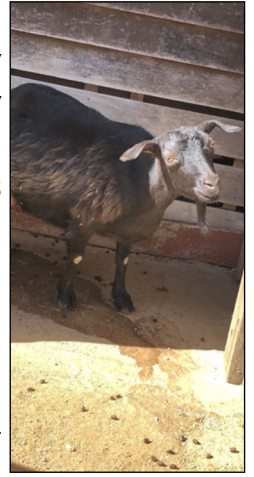




# YEAR 7 TARONGA ZOO EXCURSION



On 23 August, all of Year 7 attended an excursion to Taronga Zoo. It was such a fabulous sunny day and the students were enthusiastic about how much fun they had. They observed the chimpanzees, tigers, reptiles, elephants, giraffes and much more! They also had the opportunity to watch both the bird show and seal show. It was a great day out for all! Thank you to all involved and Mrs Enyingwa for the organisation of the day! Students will now work on their "Design a Zoo" take home assessment task, using ideas from what they saw and learnt about at the zoo.







Pictured with the girls is the founder of the Orbispace Initiative, Anna-Grace Millward.

# THE ORBISPACE INITIATIVE

On Tuesday 30 July, Alyssa Graziano, Emma Wylie and April Cozens attended the Orbispace Initiative's Future of Female Innovation Lunch. This day involved a tour of the Sydney Startup Hub, presentations from leading corporates in the innovation sector, a mindfulness coaching session with an ex Silicon Valley executive, speed mentoring with 50 female leaders and a reflection session and professional development materials.

The girls found the day incredibly valuable. Alyssa commented that "Being able to speak to so many of these women one-on-one was an enriching experience as it allowed me to be comfortable to ask questions about future careers in science, technology and leadership.

I left the experience reassured that there are so many options for me after I leave school; and that the career I embark on in my future may not even exist yet".

Emma learnt about start-ups and the crucial role women play in the creation of businesses. She remarked that through speaking with industry-leading women, she created networks to help her find a job in the future in the STEM field. April had a busy two days - first attending the school leadership camp on the Monday and the Orbispace Initiative Lunch on the Tuesday, displaying some serious commitment to developing her leadership and networking skills!

While young women across Sydney are considering their future careers, how many:

Think that STEM education is important for helping them to achieve their social impact goals or solve real world problems?



Understand how their interests intersect with the technology and innovation sectors?

Have heard of the Sydney Startup Hub or know what a 'startup' is?

Consider 'leading' their own project as female founder?

Know a female innovator whom they admire?



# MATHEMATICS CHALLENGE DAY

## Taking on the challenge!

On Tuesday 27 August eight students from Year 8 and Year 9, accompanied by Ms Armstead and Mr Lapedjian, attended Brigidine College to compete in the North Sydney Region Mathematics Association Challenge Day. Each student competed in a team with students from other schools to complete mathematical problems of varying difficulties. The students competed in four challenge rounds, which culminated in a relay race that saw all the students moving quickly and being engaged in solving the problems. Throughout the day the students comported themselves well with the other students and teachers.

We would like to congratulate the students that were selected to attend: Emily Braines, Leanne Christie, Nicholas Graziano, Taira Mehring, Thomas Shanahan, Sarah Torta, Linus Wang and Thomas Young. Further congratulations go to Thomas Shanahan for being part of the team that placed fifth and Emily Braines for being part of the team that placed third! The Pittwater High School Mathematics Department looks forward to taking another group of students to the challenge day next year.

**Gina Locket (nee Armstead)**  
**Mathematics Teacher**

# THE GREAT PHS BOOK SALE FOR INDIGENOUS LITERACY



Thank you to all who supported our book sale to raise money for The Indigenous Literacy Foundation. Students bought a fantastic range of fiction and non-fiction, and there was a great atmosphere in the hall all day, as students excitedly found books they wanted. There were some students who went away with 20 books!

All the money raised will go to the Indigenous Literacy Foundation. This charity aims to reduce the disadvantages experienced by children in remote Indigenous communities across Australia, by lifting literacy levels and instilling a lifelong love of reading.

Special thanks go to our student helpers: Amber Rabbitts, Poppy Guy, Bianca Raffin, Abigail Hamilton, Angelika Ambas-Scutts, Mollie Hailstone, Thomas Shanahan, Tiana Knezevic, Ema Maguire, Elle Hodgson and Phoebe Bryant. Also thank you to Ms Marshall, Ms Dunlop and Ms Fabbro for all your hard work in organising, sorting, setting up and help on the day.

It is not too late to donate to this great cause here: [bit.ly/2Z18DBG](https://bit.ly/2Z18DBG). Your donations are very much appreciated.

## Ms Purvis and Mr Kovacs





# GIRLS RUGBY LEAGUE TEAM



The Girls Rugby League team have had a very successful and inspiring season this year. The girls attended various skill and development days and the improvement made from the start of the year to now is to be applauded.



The school girls' Gala Day held at Rat Park saw the girls come up against teams from around Sydney, all of whom looked to be a lot bigger and more developed than our girls. However the girls held their own and played brilliantly throughout the day, gaining more confidence as the day went on, and came away with 2 wins from 6 games.



The Manly School Girls Cup saw us play against Narrabeen and Mata Maria schools, however due to injuries, Mata Maria had to withdraw from the competition which meant it was going to be a grand final showdown with Narrabeen. The girls went into the game not feeling too confident, as they have never won against Narrabeen and all know Narrabeen's skill level, however they took to the field and kept Narrabeen scoreless for the first 5 minutes, which is an incredible achievement! Unfortunately we ultimately lost 30-10. The score-line is definitely not an indication of how well the girls played or how their skill levels have improved immensely. Lilly Watt was named Woman of the Match with her amazing run down the side line and try saving tackle pulling a girl out of the field.

The girls have worked very hard this year and should be applauded for their efforts and motivation. Looking forward to what they can do next year!





Have you noticed lately...

## The GEM Project

You may have heard about the benefits of practising Gratitude, Empathy (kindness) and Mindfulness? Around the school we are experimenting with a number of projects to encourage these positive attitudes and behaviours in order to promote imagination, creativity and wellbeing across the school community. Thankyou to the GEM Project Team for all their inspiring work around the school: Cassandra Reynolds, Jennifer Sonter, Electra Silk, Jocelyn Bates, Carolyn Hayes, Jarna More, Sammy Waterhouse, Byron Horrell, Christa Zaraza.

## GEM Boxes

Cassandra Reynolds has worked with some wonderful Year 10 helpers to create GEM boxes. They have now been delivered to 18 teachers who are working with them in roll call groups. They include colouring-in posters, pencils, worksheets and templates to design a rock for our Sensory Garden.



## Sensory Garden

Alumnus Josh Wandl created a garden retreat for students as part of his HSC Design and Technology course. The garden is protected by a fence and thick foliage with strategically planted aromatic plants such as lavender, ginger, mint and rosemary. It has a handmade wooden and sandstone seat and a water feature. The GEM Project is revitalising this space as a place of retreat and mindfulness.



## Daily GEM Notice

Travellers along Pittwater Road will have noticed the daily messages on our notice-board at the corner of Mona St and Pittwater Road. These notices are also posted daily to staff and offer a talking point for students and teachers about GEM and its benefits for well-being, imagination and creativity.



## GEM Awards – Catch Kids Being Kind!

We are now on the lookout to acknowledge students for their fantastic attitude both inside and outside school. Please let the school know of any student who displays outstanding GEM qualities in the community.

At school we want to acknowledge:

## Examples of Gratitude

- Thanking your teacher
- Encouraging your classmates
- Positive language
- Turning up to class on time/ following instruction (Showing they are grateful for their education)
- Doing homework
- Acting safely on the buses and the road
- Crossing the road at the pedestrian crossing (which also makes the roads safer for motorists)

### Examples of Empathy (kindness)

- Supporting your peers – positive comments or gestures
- Respecting your peers – eg. quiet during presentations
- Kindness towards your teacher – active listening
- Treating your teacher like they are a human being – looking out for their wellbeing
- Asking 'Are you OK?'
- Picking up rubbish
- Being kind to your environment – classroom, toilet, playground, sports equipment.
- Kindness to each other
- Looking out for others
- Kindness to your parents
- Kindness to the bus driver – tap on, line up where the teacher asks you to.



PITTWATER HIGH SCHOOL

# SANITARY DRIVE 2019



Please play your part in donating items towards our Sanitary Drive 2019 to support women in Ngukurr, Northern Territory, who have limited access to these necessities due to remoteness and/or cost.

We will be collecting un-opened sanitary items and feminine hygiene products in **Room A6** from **Monday 19th August, Week 5** until **Wednesday 25th September, Week 10**.

Any donations would be much appreciated and will make a real difference for a woman in need.



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

## YEAR 12

The **University Admission Centre, (UAC)** opened for university applications on **3 April**. Early bird applications close 30 September. Some **Early Entry programs** have opened too, see me for further information. It's 'University Open Day' season! See attached flyer for a summary. Also, if students have suffered any disadvantage throughout their HSC year, they should also apply for the **Educational Access Scheme, (EAS)** which awards extra ATAR points for course entry consideration.

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

- ♦ PHS Careers Expo Exhibitor Tables for the Expo on 30 August
- ♦ All My Own Work Program in preparation of senior studies
- ♦ Interview Skills and Mock Interviews

**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](http://www.seek.com.au) for more jobs.

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

- ♦ The [MHSCareers](#) website is now called **Study, Work, Grow!** which **advertises current careers events**. To login: use "Pittwater" then password "water". Newsletters are emailed each week.
- ♦ [Pittwater High Careers](#) website, please have a look. We encourage you to **register!!**
- ♦ [JobJump](#) website for students and parents, login password 'pittwater'. Newsletters are also emailed each week.

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



# CANTEEN NEWS

## ROSTER

Monday 9 Sept  
Tuesday 10 Sept  
Wednesday 11 Sept  
Thursday 12 Sept  
Friday 13 Sept

Kate Macgregor, Natty Dryden  
Georgia Bramham, **need volunteers**  
Linda Newman, **need volunteers**  
Peter & Margaret Woods  
Corrina Bouman, **need volunteers**

Monday 16 Sept  
Tuesday 17 Sept  
Wednesday 18 Sept  
Thursday 19 Sept  
Friday 20 Sept

Sheridan Femia, Tanti Oetojo  
Fiona Bianchinotti, **need volunteers**  
Irina & Bindi  
Suzanne Humphreys, **need volunteers**  
Sharon Grainger, Sarah Attfield, Louise England

Monday 23 Sept  
Tuesday 24 Sept  
Wednesday 25 Sept  
Thursday 26 Sept  
Friday 27 Sept

Shauna Petitt, **need volunteers**  
Alison Brown, **need volunteers**  
Leah Bartlett, **need volunteers**  
Sabrina Gereaux, **need volunteers**  
Jen Masters (AM only), **need volunteers**

### Term 4

Monday 14 Oct  
Tuesday 15 Oct  
Wed 16 Oct  
Thurs 17 Oct  
Friday 18 Oct

Sheridan Femia, **need volunteers**  
**NEED VOLUNTEERS**  
Kerri Paul, **need volunteers**  
Suzanne Humphreys, Sarah Jones  
**NEED VOLUNTEERS**

Volunteers - Please contact the canteen on 9979 6968 or email [phscanteen@gmail.com](mailto:phscanteen@gmail.com) if you are unable to make it. There are days when we need the help. Can you spare a morning to assist with the preparation or the afternoon to get ready for the next day? Without your help it makes it very hard to serve the students the amazing food we make.

I would like to thank all the parents who have volunteered in Term 3. Every pair of hands makes a huge difference when it comes to the service times.

The summer menu will commence Term 4.



# CANTEEN NEWS

## The winter menu for Term 3

**Monday:** raspberry and white chocolate muffins, croissants: ham and cheese, tomato and cheese, chia cups

Hokkien noodles with teriyaki chicken or tofu.

Teriyaki chicken or tofu on a wrap with salad.

**Tuesday:** apple crumble muffins, eggs in bed, muesli cups.

Moroccan couscous salad with chicken or haloumi. Same as a wrap.

Mac and cheese.

**Wednesday:** banana and date muffins, quesadillas, muesli cups.

Mexican poke bowl with chicken or beans.

Chicken or bean burritos .

**Thursday:** strawberry and choc muffins, English muffins with bacon and egg. Egg and avocado or avocado and bacon.

Bacon and sweet potato frittata or zucchini, sundried toms and sweet potato frittata with garden salad.

Chicken schnitzel wrap (plain or chili) or avocado, sundried tom and fetta salad wraps.

**Friday:** hummingbird muffin, quiches and chia cups.

Roast beef, couscous, rocket salad with pesto chicken or pesto fetta.

Tuna pattie salad wrap or roast veg and hummus wrap.

Each day the potato will have a different filling or ask for your own.

### WEEK B

**Monday:** banana and date muffins, bacon and egg or avocado on Turkish bread, chia cups.

Pesto bacon or pesto potato salad.

Pesto chicken or haloumi wrap.

**Tuesday:** pear crumble, croissants, muesli cups.

Indian korma rice salad with chicken or vegetarian.

Korma chicken or tofu on a wrap.

Mac and cheese.

**Wednesday:** strawberry and yoghurt muffins, muesli cups, eggs in bed.

Bali Buddha rice noodle salad with chicken or tofu (has a no peanut satay sauce).

Same on crunchy baguette.

**Thursday:** apple cinnamon muffins, English muffins, muesli cups.

Spicy pulled pork or chickpea and sweet potato fritters with a crunchy coleslaw salad and homemade ranch dressing.

**Friday:** raspberry and orange muffins, quiches & chia cups.

Falafels or lamb kofta salads or on a wrap.

Baked potatoes on each day with different toppings.

Please note: menu can change without notice due to circumstances out of our control.

# Market Day 19

We're back to bring you fun stalls from local businesses, great food, pumping music and fun activities everyone is sure to enjoy!



**Date:** 3 November 2019  
**Time:** 10:00 am - 4:00 pm  
**Venue:** Mona Vale Village Park

**02 9194 6788**

**info@monavalechamber.org**

How would you know if your child was using drugs?

How could you talk to your child about drugs?

Which drugs are young people using?

What are the signs of drug use?



Presents

## Parents Prepared

Starting the conversation with young people about drugs

**When:** Saturday 16<sup>th</sup> November 2019

**Time:** 10.00am - 4.00pm

**Where:** Coastal Environment Centre, Entrance Pelican Path, Lake Park Rd, North Narrabeen

**Presenter:** Belinda Volkov, Clinical Coordinator, SDECC

**Cost:** Free

**RSVP:** visit <https://www.trybooking.com/BEZZS> to register

Supported by the Sydney North Health Network

A mental health community initiative of Avalon Bowling Club

Proudly Supported by **ccnb.**  
community care + wellbeing



AVALON PALM BEACH  
Business Chamber Inc.

**2pm ~ 7.30pm**

**SATURDAY 12 OCTOBER 2019 • AVALON BEACH BOWLING CLUB**

Five local bands • Surf films • Silent auction • Raffles • Free entry • Donations welcome • All ages • No alcohol • No smoking

Image: Goldavey art: gravey.com