

PITTWATER PRESS

BE RESPECTFUL

ASPIRE

BE RESPONSIBLE

13 August 2019

Rachel Fleming: Relieving Principal's Report

Relieving Head Teacher Teaching and Learning 2020

We are pleased to welcome George Morton- Ramwell (Science teacher) to our executive team for 2020. George will be relieving Head Teacher Teaching and Learning.

Mr Morton-Ramwell will still be engaging with students in the classroom as well as working on staff professional development and teaching and learning initiatives across the school. Click on the link below to see a learning snapshot created by Mr Morton-Ramwell and the PHS teachers and students.

<https://youtu.be/twRd2buB1zE>

NAIDOC assembly and visit from Chengdu Experimental Foreign Languages School

Our NAIDOC Day Assembly and related activities enabled our students to reflect and celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander People. We were fortunate on the same day to have musicians from China visiting and performing. They were able to experience our assembly, hear from our student speakers and view our slideshow of the Northern Territory trip. Our visitors were also welcomed by our farm animals. It was amazing to be able to offer such a depth of Australian experiences in just a few hours of one day at PHS.



Prefect and House Captains Induction and Commendation Assemblies

A highlight of the fortnight has been the Prefect Induction and Commendation Assemblies. Congratulations again to our 2019- 2020 prefect body and thank you to all of our outgoing prefects for the dedication and commitment they have shown over the last year. Our House Captains were also inducted during our Commendation Assemblies. Being a house captain is an important leadership role and we look forward to seeing them work with our prefects and SRC in making a positive change across the school.



Congratulations to the many students who received awards or performed at our Commendation Assemblies. Students were recognised for their hard work in all curriculum areas and for their contribution to extra-curricular activities.

Thank you to all staff and students for your contribution to our assemblies and activities over the last fortnight and to our parent community for your attendance in support of these valuable events.

Relieving Principal: Rachel Fleming

Deputy Principals: Sharon Behringer, Martin Hardy, Carol Roulston & Carolyn Samojlowicz

Website: www.pittwater-h.schools.nsw.edu

Email: Pittwater-h.school@det.nsw.edu.au

DEPUTY PRINCIPALS' REPORT

Sharon Behringer, Martin Hardy, Carol Roulston and Carolyn Samowjlowicz

Starting at the end of Term 3 2018, all VET teachers were required to upgrade their Certificate IV qualifications in Training and Assessment. This took quite a while and included research, assessment work, online blogs with other VET teachers, workshops and feedback to complete the upgrade. Finally the teachers received their qualifications from the Macquarie Park Senior Pathways Officer last week. Now all our VET teachers at Pittwater are fully qualified and able to continue delivering a TAFE qualification alongside the HSC. So a huge congratulations to Carolyn Samowjlowicz, Therese Lagois, Kathryn Neil, Tim Robinson and Carol Roulston.

Wow what a huge week Week 3 was! As you read through this newsletter you will see that last week was packed with wonderful educational events. Well done to all the students who participated in the numerous events that occurred throughout Education Week. A particular thank you to all the staff who facilitated those events.

A reminder to students who catch the bus to remain behind the fence until the bus has come to a stop and to ensure that you use your transport card to tap on. By using the card you are giving the transport authority data which will enhance our bus services in the future.

Year 8

By now all Year 8 students should have made their elective subject choices for 2020. If not, they will need to see Mrs Krilich in the Science staffroom. I know choosing subjects can bring on both excitement and nervousness, with the anticipation of a new chapter in their lives. In light of this official process, students are reminded that although they have made their choices for next year, this year's work is still important as it lays the foundation for future success. It is expected that full engagement in lessons is continued through to the end of the year.

Year 11

Year 11 have been busy working on, and submitting, assessment tasks throughout the year, with final tasks being completed this term. Please check in with your child and see if they have anything due over the next few weeks and, if possible, assist them in setting milestones to achieve their goals. Classroom teachers concurrently work on assessment tasks and classwork at school so students may also have homework activities to do. With the upcoming exams in Weeks 8 and 9 students are encouraged to plan out an effective study routine at home. There are study planners and timetable grids in the Senior Learning Centre if students would like to pick up a scaffold to help map out their week or to help with



Be Responsible – a reminder about school expectations.

Students are reminded that valuables are the responsibility of the student.

If brought to school, money, wallets, mobile phones, electrical devices and other valuables should be kept in a safe place such as a zipped pocket or locker.

The school takes no responsibility for lost, stolen or damaged items.

Additionally; Illicit materials, laser lights, high energy drinks, permanent markers, skateboards, aerosol sprays, chewing gum, tech decks, liquid white out are not permitted at school.

Students must also remain in class or in a designated playground area at all times and may only leave the classroom with a note from the teacher.

DEPUTY PRINCIPALS' REPORT

Year 7 News

It was wonderful to see so many students receive awards at the Commendation Assembly on Thursday with family and friends in the audience.

I am very proud of Year 7 completing their Educational Plans, which are now finalised by 203 students, Well done Year 7! Students identified a number of things they enjoy about Year 7 including friendship groups, making new friends, activities at lunchtime, including the gym equipment and chess, the variety of subjects, teachers and classrooms, hands on learning, support for students and fun and creative learning experiences.

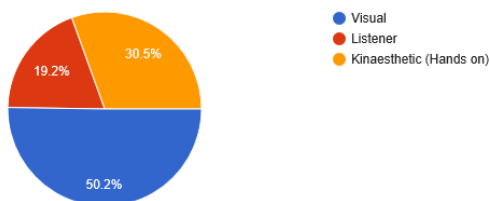
On Monday and Tuesday, the Year 7 Year Advisers, Byron Horrell, Ann-Maree Greene and our Youth Worker, Lynda Roberge, will meet with students in groups to discuss reports, educational plans and other issues at school.

On Friday Year 7 met in the hall to receive their subject selection booklet and to listen to Head Teachers discuss their subjects and Mr Cigana to explain the on-line selection process. Students were excited and focused and appreciate that Pittwater High allows elective choices in Year 7.

By Wednesday 14 August at 5pm students need to complete their subject selection, for an elective and choice of languages. A signed parent copy of selections are to be placed in the box outside my office.

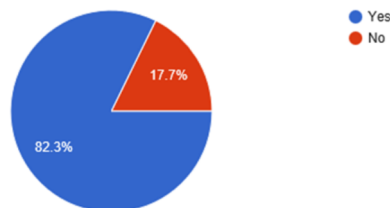
Ms Behringer

Year 7 Educational Plans August 2019

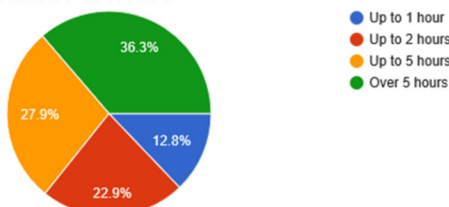


Do you have any extra or co-curricular activities?

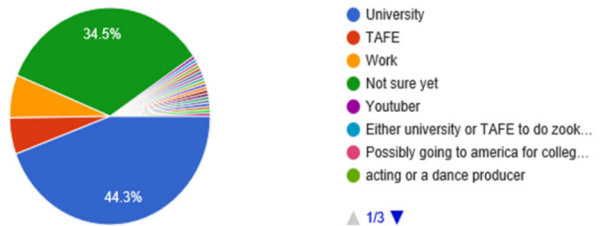
(Eg Sport or music)



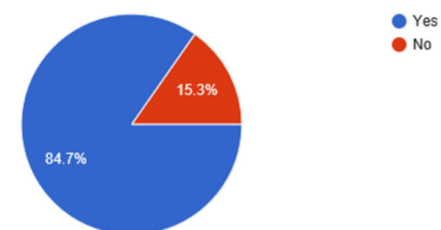
If so, how much time do you spend on them each week?



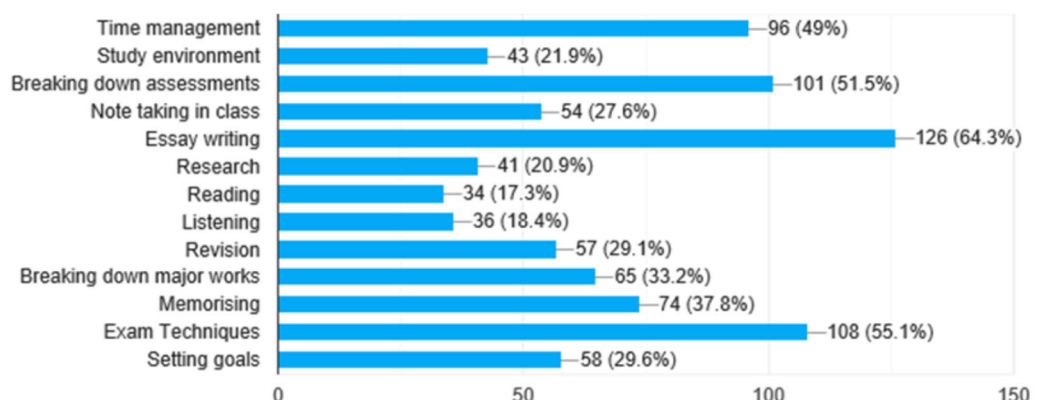
What aspirations do you have after school?



Did you discuss your report with your parents?



What would you like help with at school?



TODAY SHOW PROMOTING THE RAISE PROGRAM

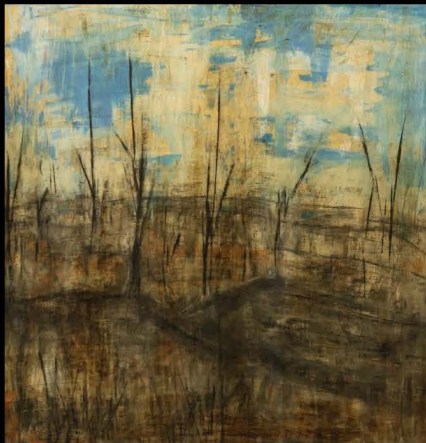


"On Monday morning, I had an amazing opportunity to go live on the Today Show, promoting a program I participated in a few years ago. This program is called Raise, and it helps support young people to give them the support they need. It's one of the best programs I've ever been in, because it provides a safe, trusted environment for you to talk about anything you like, and to work on strategies and skills to help you grow. Going on the Today Show opened my eyes and I realised how passionate I am about this program. Helping young people is definitely something I am going to do in my future career. I am so blessed to have this opportunity, and that I was chosen out of thousands of mentees to promote Raise. If you or anyone you know is in pain or needs that extra support,

Raise is an amazing program and I would highly recommend it to any student out there".

Anaya Lyndon James
Year 11





PITTWATER HIGH SCHOOL

YEAR 12 HSC VISUAL ARTS SHOWCASE

2019

WEDNESDAY 21ST AUGUST

5:30PM TO 7:30 PM

IN THE PERFORMANCE SPACE



Detail of works by Georgia White

A FEW NEW FACES IN HSIE THIS TERM

A big HSIE welcome to our prac students from Macquarie University this term, Ms Nicola French and Mr Emmanuel Agoratsious. Completing a practicum experience is a compulsory aspect of the teacher education course and is an exciting time for pre-service teachers to apply their knowledge of their chosen subjects and pedagogy in the classroom. Mr Goodwin and Ms Silk have been guiding Mr Agoratsious and Ms French, working closely with them to develop their own teaching style and practice in the classroom. If you see them around the school say hi and best wishes for the remainder of their placement at PHS.

Electra Silk
Relieving Head Teacher of HSIE

GEOGRAPHY

YEAR 8 FIELD TRIP

On Friday 9 August, during class, Year 8A Geography learned how to draw a precis map (field sketch) which is an important geographical skill. The students walked across to Winererremy Bay to take photographs on their phones, which they then referred to in class to draw a precis map. The students were very enthusiastic and engaged in the activity and are to complete their sketches in the next geography lesson. It was a wonderful opportunity to experience the 'physical environment' which geography encompasses. Field trips are an important component of geography and we are looking forward to the excursion to North Head in Term 4.

Nicola French (Practice teacher)
Alison Mumford



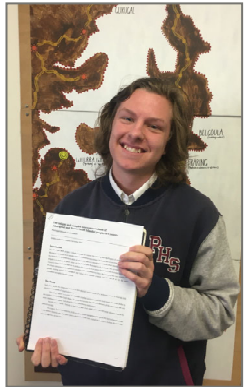
ACCELERATED ABORIGINAL STUDIES

A huge congratulations to the Year 11 accelerated class who finished their last internal HSC assessment task for Aboriginal Studies on Friday August 9. This is a fantastic achievement for students of this class who have worked diligently to complete a major project and HSC trial exam in amongst other assessment tasks and leadership responsibilities this year. Throughout the HSC course, students have studied social justice and human rights issues faced by Indigenous peoples worldwide, looked at health and criminal justice issues faced by the Window Rock Community of Navajo Nation, USA and Ngukurr NT,

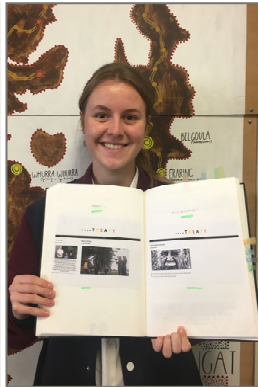
Australia, studied and applied ethical research practices and focused on contemporary issues and legalisation in the Aboriginality and the Land unit.

Keep up the excellent work Year 11, with your HSC exam around the corner (in October), it won't be long until three years of hard work will pay off and come to an end!

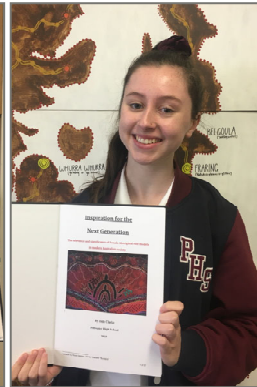
Ms Electra Silk
Relieving Head Teacher of HSIE



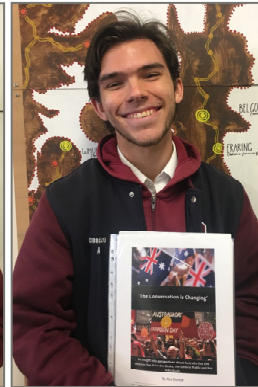
Andreas Bartnitzky
The unique and complex interconnectedness of Aboriginal and Torres Strait Islander peoples to Country portrayed through visual medium



Lulu Blayney
Treaty
A custom built website that focuses on the importance of treaty for Australia today



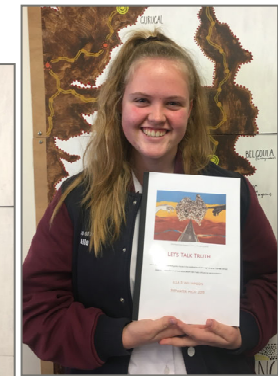
Jade Clarke
Inspiration for the Next Generation
The relevance and significance of female Aboriginal role models in modern Australian society, presented in a report



Alex Dunlop
The Conversation is Changing
An insight into perspectives about Australia Day and Invasion Day from the media, the general public and key Individuals presented in a report



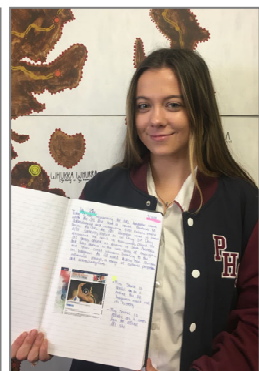
Sarah Kjaer
Aboriginal perspective in drama education
A teaching resource designed for secondary teachers and their students, presented in a website



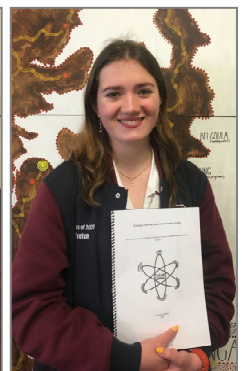
Ella Williamson
Let's Talk Truth
How negative stereotypes impact the wellbeing of Aboriginal and Torres Strait Islander peoples and how education can help influence reconciliation, presented in a report with educational resources for secondary students



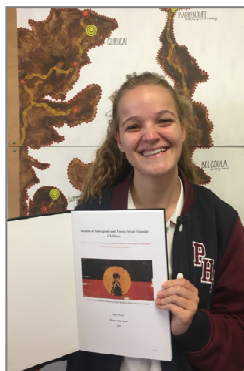
Grace Heemstra
Wiradjuri Ngiyambaang Creation Story
Brush Turkey Fire illustrated story-book with educational teaching resources for primary school



Jade Hodges
Aboriginal perspectives in sport
A series of interviews and clips with prominent sportsmen of Aboriginal and non Aboriginal descent



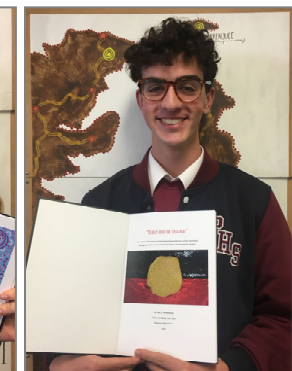
Evie Robinson
Evolving a Two-Way, Inter-Cultural Tertiary System
Two Way Learning: How traditional Aboriginal concepts can inform tertiary pedagogical practice, presented in a report



Jorja Searle
Health of Aboriginal and Torres Strait Islander Children
A focus on programs and initiatives aimed to improve health of Aboriginal and Torres Strait Islander children, presented in a report



Rose van Mierlo
Deadly Designs
A magazine spread focusing on the powerful and influence of fashion designers inspired by their Aboriginality



Max Straetelmanns
Deadly and Fab-Original
An analysis of the impact of Aboriginal drag performers on the Australian Aboriginal and Torres Strait Islander Queer and community identity, presented in a report

HISTORY EXTENSION IN HSIE

In Year 12 History Extension students have the opportunity to research an area of history and create their own focus question from their research. Students must focus on a historiographical issue associated with their area of study. Areas of study for the 2019 class include the Tower of London, Collective Memory and Ned Kelly, depictions of historical figures throughout time such as Marie Antoinette, Cold War historical revisionism, American and European perceptions of genocide, historical bias about the Julio-Claudians, the impact of Popular and Academic History on the 1745 Jacobite Rebellion and historical representations of slavery throughout time.

A snapshot from Thomas Dinter's major project

"To what extent has historical revisionism neglected the Cold War period, and for what reasons?" With a particular focus on the place of national identities and metanarratives within the collective conscious.

That is not to say, however, that revisionist historians have entirely neglected the Cold War. Found consistently throughout the Cold War period, is a quantity of hagiographical literature responsible for the glorification of culturally significant figures. This, however, is not an issue specific to this particular period, because as discussed by revisionist historian Cole Carnesecca: "the impulse to project a picture of the perfect [figure] is too strong to let that image be threatened by tales of poor choices and morally dubious decisions". The issue, however, lies in ongoing public engagement with said literature. While this hagiography has been subjected to postmodern methodological deconstruction, and is now identified as largely fraudulent, it continues to be unironically sustained throughout the mainstream collective conscious, as demonstrated through the perseverance of 35th President John F. Kennedy and his associated 'Camelot' mythos. A 2014 poll conducted by The New York Times found that despite failing to serve a full term, as well as belonging to a largely controversial administration, JFK continues to have an unreasonable 64% Presidential approval rating throughout the USA. One such theory responsible for explaining the perpetual praise of these 'keystone individuals', despite growing understandings of their more duplicitous characters, is the importance of the period with which they are associated to promoting the ideal American identity. However, as this essay goes on to identify, contemporary interpretations of this identity are fundamentally flawed.

A snapshot from Jenna Zani's major project

Assess the effectiveness of collective memory in the reconstruction and presentation of the past with a focus on events surrounding the Victorian police and Ned Kelly

Collective memory has a wide-reaching presence across historiography and even sociology which is potentially problematic due to the term's ability to replace previous terms used by historians that have prompted important discourse. Green proposes that every representation of the past can potentially be a form of collective memory. Albeit the accuracy, this statement raises concerns on how much is or can be credited to collective memory, and on potential future problems for historians and reconstructions of the past. French historian Pierre Nora refers to collective memory as an all-powerful, dictatorial memory that ceaselessly reinvents tradition, exemplifying the all-encompassing and interdisciplinary nature of the term, that allows it to reach into varying branches of knowledge. The broad nature of collective memory and its relevance in multiple areas of history has allowed for historians to become lax in their studies, as the term collective memory acts as a blanket term for all studies on cultural histories or recalling the past, and instead of utilising collective memory to bring insight to an already existing debate, historians treat it as a box to check to further their argument. This could prove to be potentially detrimental to the progression of knowledge and historian's works, as it is critical to consider all aspects of collective memory, and the implications surrounding its effectiveness. Australian's perspective on Ned Kelly is certainly influenced by collective memory no matter their opinion of him, he is either a mistreated victim of a corrupt justice system, or a petty thief turned murderer. These opinions are formed by an individual's ancestors; upper class citizens or those with conservative beliefs are more likely to view Kelly as a murderer of little significance, whereas the younger generations and working class view him as an Australian icon who was forced to become a bushranger. If it is agreed that a country's view of the past is unequivocally influenced by collective memory, it must be investigated whether this collective memory is indeed factual, and useful in the reconstruction of the past.



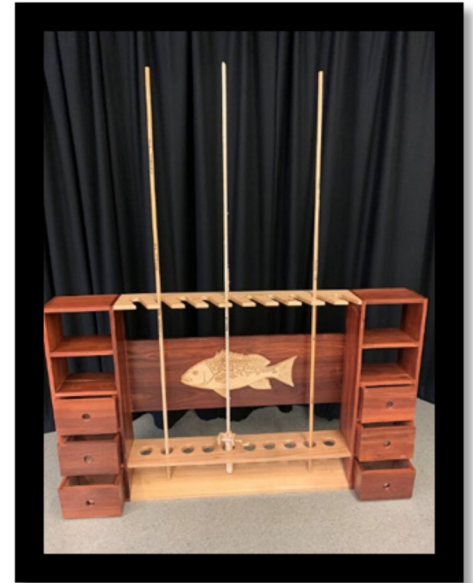
YEAR 11 BUSINESS STUDIES

In Business Studies the students learn the importance of working in teams, management styles and product design in order to meet business goals. To simulate this two of the classes participated in the paper plane activity. Students were required to produce a well-designed paper plane and then competed to see which would fly the furthest. Each team also had 1 minute to pitch their plane. As Friday was a very windy day students tested their planes in the hall with each team demonstrating their paper plane's capabilities. Some teams chose the many paper planes approach, throwing a number of planes in their demonstration. However the winner was the team that only had the one plane to demonstrate, which consistently flew further than the others. The class learned the value of teamwork and product testing and enjoyed throwing their planes around the school.





TAS Exhibition 2019



Timber and Furniture Technologies

Major Design Projects



ALL SCHOOLS NATIONAL SWIMMING CHAMPIONSHIPS

2019 Melbourne
Lexi Harrison and Kai van Kool



4.30am starts, 100s of kilometres, training upwards of 7 sessions, 14+ hours a week, week on week, year on year... It pays off!

This week the 2019 All Schools National Swimming Championships were held at the Melbourne Aquatic Centre. Four days of competition against the best and fastest swimmers from around the country. Each entrant qualified through a series of swimming events. For Lexi and Kai this was the PHS Swimming Carnival, Warringah Regional Carnival, Sydney North Area Carnival, NSW Combined High Schools Carnival and NSW All Schools Carnival.

Competition in NSW is fierce! There are many talented swimmers in our State!

Lexi Harrison and Kai van Kool both travelled to Melbourne last weekend to represent Pittwater High and NSW at the Championship. Heats were raced in the morning and the top 10 qualifiers progressed to the afternoon finals.

The last day of the championships was relay day, where states had the chance to pitch their best swimmers in freestyle and medley relays against the other states.

Both Lexi and Kai had an incredibly successful championships, as can be seen from their results below.

Lexi Harrison

Silver medal 17-19 years 200 freestyle
Bronze medal 17-19 years 400 individual medley, with a 4 second pb
Gold medal 4 x 50 relay
Gold medal 6 x 50 relay
Silver medal 4 x 100 relay
Silver medal 17- 19 years 200m medley relay

Kai van Kool

Gold medal 17-19 years 50 m backstroke, with pb
Gold medal 17-19 years 100m backstroke, with pb
Gold medal 17-19 years 200m backstroke, with pb
Gold medal 17-19 years 200m medley relay, with Australian All Schools record
Bronze medal 17-19 years 200m 4 x 50 freestyle relay

The whole PHS school community would like to say a huge congratulations to both Lexi and Kai. We are very proud of them!



15s GIRLS KNOCKOUT BASKETBALL

On Thursday 8 August, the 15s Girls Pittwater High School Knockout Basketball team played a game against Cammeraygal High School, here at school on the COLA basketball court.

The playing conditions were a little challenging with the weather turning cold and blustery. The match was very close with Pittwater taking the early lead. The girls played with great enthusiasm, skill and team spirit. Amelia Trout was team captain and she organised the plays and defence with great aplomb.

Unfortunately the team was narrowly defeated at the end by Cammeraygal with a score of 21 – 18.

The girls are to be commended on their exemplary behaviour and performance. They represented Pittwater High School with pride.

A big thank you also to Eli Kelman of Year 10 for officiating as referee and to Mr Quince for assisting in refereeing.

The team is: Eleanor Trout Year 7; Leanne Christie Year 9; Hollie Cordukes Year 9; Hayley Couch Year 9; Ebony Mule Year 9; Amber Rabbitts Year 9; Bianca Raffin Year 9; Abby O'Rielly; Sasha Stanning Year 9 and Amelia Trout Year 9 (Captain).

Well done girls for a great effort!

Mrs Alison Mumford





Volleyball Squad News



STATE TRIALS AND CLUB SEASON

Pittwater High School was well represented at the State trials, where over 700 kids were trying out for a chance to represent NSW at the Australian Junior Volleyball Championships. Age groups range from U/15 – U/19 with both girls and boys teams.

Huge Congratulations to the following students who will represent NSW this season.

Harley Sinclair
Kiefer Sinclair
Grace Power
Anna Leblang
Amy Leblang



If you are interested in joining the squad, our trainings are:

Mondays 3:30PM – 5:45 PM

Wednesdays 7:00AM – 8:30AM

You are also welcome to watch a training or two before coming to try, our student coaches will cater to your ability and you'll meet some pretty cool people J.

We hope to see you there!

Several students have also been representing Club teams in the Sydney Volleyball League this season. The competition is very competitive and many of our players are representing at both a junior and an adult level as a result of their skill level.

The following students are representing the following clubs:

Andreas Bartnitsky – Manly

Kiefer Sinclair – Sydney North

Harley Sinclair – Sydney North

Aleesa May - Endeavor

Amy Le Blang – Hills Dragons

Many of our players who have graduated from Pittwater are also playing in these competitions and it's great to see the school so well represented in both playing ability and sportsmanship.



Congratulations

Sailing

KYLE WHITE, YEAR 9

On July 20th, after a week of racing with good results, I travelled with my dad from Geneva across to France to Maubuisson to set up the boats and get organized for the sailing regatta. On the 21 July, we had the first day of sailing with two training races. In the regatta I skippered and my Dad crewed. We finished the training races 5th and 6th which gave us some hope for a good result in the regatta to come.

Over the next five days there were 9 races in total against a very competitive fleet of 54 teams from over 15 countries. The results we achieved were good and we finished in 6th place for the event.



ordinateur des Comités de Course : VIAUD Brigitte

Général provisoire groupe FORMULE 16 après 9 courses (

53 inscrits

Placé	Identif	Concoursant	Club ou Pays	C1	Pts Rel	Pts Tot	Co. 1	Co. 2	Co. 3
1	FRA 850	CLABON Armand BERTHOMIEU Lou	M01 C NARES F01 S O NANTES	17.00	45.00	2.0	3.0	2.0	2.0
2	SUI 10	LUTZ Andreas LUTZ Andrea	M08 SCR - Suisse F03	25.00	100.00	1.0	6.0	6.0	6.0
3	FRA 99	LE CHAPELIER Emmanuel LE BOUEDEC Eric	M85 MARINS DE LA LIRE M85 S N LARSEN PLACE	51.00	75.00	34.0	8.0	8.0	8.0
4	FRA 322	LE FORMAL Kim-anne MIGNON Thomas	F07 E V CATASCHOOL M69 E V CATASCHOOL	33.00	112.00	11.0	2.0	2.0	2.0
5	NED 10	MINIUR Robin MINIUR Sander	M04 HELLEFEST - Hollande M86	34.00	70.00	21.0	1.0	1.0	1.0
6	AUS 14	WHITE Tristan WHITE Beau	M04 RPAYC - Rep. Afrique Du Sud M70	38.00	71.00	3.0	4.0	4.0	4.0
7	FRA 293	RIGAUD Camille MORICEAU-LOQUEN Gildwin	F02 C V PYLASIM M01 YC La Grande Motte	60.00	106.00	5.0	11.0	11.0	11.0
8	FRA 271	SAINGLIN Christophe SAINGLIN Denise	M02 C O Y C HYEROS F04 C O Y C HYEROS	61.00	155.00	40.0	9.0	9.0	9.0
9	SUI 124	CLAEYSSENS Lucas LUTZ Andrea	M03 RBSC - Suisse M01	62.00	111.00	27.0	22.0	22.0	22.0



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

Welcome back to year 12's last term of school! The **University Admission Centre, (UAC)** opened for university applications on **3 April**, much earlier than in previous years. 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.

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 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



Years 7—9!

The 2019 Premier's Reading Challenge closes soon!

*Read and register your 20+ books by
30 August!*

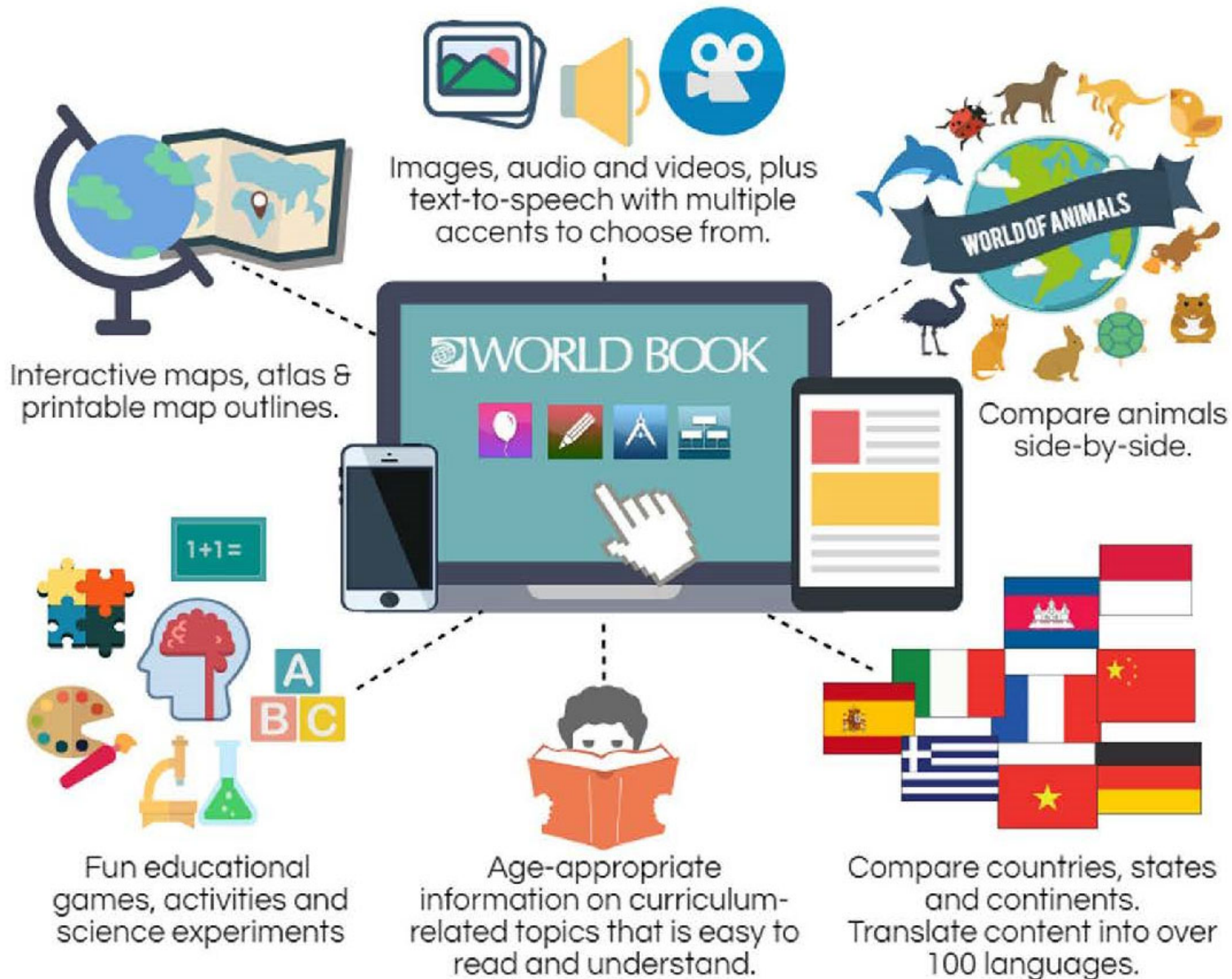
- ⇒ Go to your browser in Oliver via your Student Portal
- ⇒ Type in *Premier's Reading Challenge*
- ⇒ Scroll through the list & come and visit us to borrow.
- ⇒ Go to this address to register your reading list:

<https://online.det.nsw.edu.au/prc/studentExperience.html>

Happy Reading!

WORLD BOOK

We subscribe to World Book Online!



Log-on today!

www.worldbookonline.com

ID: pittwaterhigh

Password: pittwater

CANTEEN NEWS

ROSTER

Monday 12 Aug	Kate Macgregor, Natty Dryden
Tuesday 13 Aug	Georgia Bramham, Need Volunteers
Wednesday 14 Aug	Linda Newman, Di Brian
Thursday 15 Aug	Peter & Margaret Woods
Friday 16 Aug	Sandra Avedissian, Corrina Bouman,
Monday 19 Aug	Sheridan Femia, Tanti Oetojo
Tuesday 20 Aug	Sandy Cozens Fiona Bianchinotti
Wednesday 21 Aug	Irina & Bindi
Thursday 22 Aug	Suzanne Humphreys, Need Volunteers
Friday 23 Aug	Sharon Grainger, Sarah Attfield, Rachel Steele
Monday 26 Aug	Shauna Petitt, Richard Houw,
Tuesday 27 Aug	Alison Brown, Severine Delerue
Wednesday 28 Aug	Leah Bartlett, Richard Touw
Thursday 29 Aug	Sabrina Gereaux, Need Volunteers
Friday 30 Aug	Jen Masters (AM), Caroline Thomas
Monday 2 Sept	Sheridan Femia, Need Volunteers
Tuesday 3 Sept	Richard Houw, Need Volunteers
Wed 4 Sept	Need Volunteers
Thurs 5 Sept	Suzanne Humphreys, Sarah Jones
Friday 6 Sept	Meredith Julliard, Need Volunteers

Volunteers - Please contact the canteen on 9979 6968 or email 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?

Without your help it makes it very hard to serve the students the amazing food we make.

The Healthy Kids Guidelines are to be implemented by December this year. Samantha Manchester (Canteen Manager) & Carol Roulston (Deputy Principal) will be attending the Healthy Kids Association Expo in two weeks to learn more about the guidelines that the NSW Health & Department of Education have set.

It is mandatory for the schools to follow the guidelines and submit their menu for assessing. We have slowly been changing the food on offer to match with what has been set in the guidelines.

We like to think we offer a vast range of nutritious food with the focus on home made items such as the salads, wraps, pasta dishes and slices.

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.



Managing Your Mood

New Avalon location



Skills Group for Young People aged 14-18

Are you struggling with distressing feelings and thoughts?

Are you experiencing symptoms of anxiety and depression?

Do you want to learn skills and strategies to more effectively manage your feelings and your relationships?

Lifeline is offering 16-week psychological skills groups covering key components:

- ⊗ **Mindfulness skills** – to stay focused on the present moment
- ⊗ **Emotion Regulation skills** – to deal with intense negative emotions and develop emotional coping strategies
- ⊗ **Distress Tolerance skills** – to effectively deal with painful emotions and situations
- ⊗ **Interpersonal Effectiveness skills** – for assertive communication and building relationships

Who can attend? If you live or attend school in Northern Sydney or the Northern Beaches, are between 14 and 18 years old, and have mild to moderate mental health concerns you may be eligible to attend.

Before a place in the group can be confirmed you must have a PHN Mental Health Triage Referral Form AND a Mental Health Treatment Plan, submitted by your Doctor to the PHN for processing.

(access to Referral Form here: sydneynorthhealthnetwork.org.au/mentalhealthtriage)

How much does the group cost? FREE with the appropriate referral.

For enquiries contact Lifeline H2H Group Services on 02 8287 1158 or PHNgroups.coordinator@lifelineh2h.org.au

2019 Managing Your Mood Terms 3 & 4

Tuesdays, 4.30 - 6:30pm, 30 July – 2 December, at Avalon

**The Avalon Youth Hub located at the early Childhood Centre in the Avalon Recreation Centre,
59 Old Barrenjoey Road**

Group will break for the school holidays and recommence in Term 4

Do you want to make a difference in the life of a child?



Local foster carers needed

Family and Community Services are seeking people in the local area to provide short term and crisis foster care for children and young people 0-18 years that are unable to live with their own families.

Individuals, couples and families from varied backgrounds and cultural groups are required.

Aboriginal and Torres Strait Islander people are encouraged to apply.

All carers receive training, ongoing support and financial assistance.

If you are interested in making a difference and helping children reach their full potential, please call 8303 7644 or email CapsMetroCentral@facs.nsw.gov.au



Family & Community Services



Cyber Safety Information Night

Yasmin London

Cyber Safety and Digital Well-being Expert

If you are a parent or carer who is concerned, overwhelmed or would like to feel empowered to understand the consequences of the digital world on our young people and to also learn strategies to empower and reduce the impact, Yasmin has the answers.

FREE EVENT

When
Tuesday 27th August
6:30pm till 8:30pm.

Where
Northern Beaches PCYC
40 Kingsway, Dee Why 2099

Bookings Essential
<https://headspacebrookvalecybersafety.eventbrite.com.au>

headspace Brookvale believes in supporting not only young people but their parents and carers as well. We have joined forces with ySafe where you can learn more about managing children's technology use, including information around current social media trends, popular games and gaming behaviours, recommendations regarding screen time and strategies for implementing healthy online limits. We will also cover information on setting boundaries around technology, online behaviour management, and tools for managing technology both in and outside of the home.

This session will be facilitated by **Yasmin London**, Executive Director of leading cyber safety education organisation, ySafe Social Media & Cyber Safety Experts. Yasmin has been a specialist youth liaison officer with the NSW Police Force for over 8 years of her service. With extensive experience in the legalities and dangers and trends associated with the technology terrain, including topics such as cyber bullying, sexting and online predators, Yasmin regularly advises and consults to government, schools, parents and youth advocacy agencies on cyber safety education and management.

If you've ever struggled in getting your kids off their games and into bed, worried about the online content they consume, or felt anxious that your child is spending too much time in the digital world, this is the information night for you!



NEWPORT SURF CLUB PRESENTS:

SURF BOATS OPEN DAY

WHY SURF BOATS?

Stay fit over summer
Make lifelong friends
Travel for competitions
Weekends on the beach
Unlimited gym access
Exciting & challenging

National medal winning club
Great inclusive culture
Club merchandise
Personal strength & conditioning programme



WHO?

Under 23 Men & Women
Under 19 Men & Women

NO EXPERIENCE NECESSARY

GIANT BOOK FAIR

Warriewood

Ted Blackwood Hall

Jacksons Road

August 23-25

Friday 12-8

Saturday 9-5

Sunday 9-2



INVITATION

to participate in the
Seasons for Growth
Young People's Program

About Seasons for Growth

Seasons for Growth is an education program for children and young people who have experienced significant change and loss in their lives. Loss at any time in life can be challenging. This may be due to parental separation or divorce, loss of a pet, relocating, changing schools, natural disasters, forced migration, removal from family, disability, the death of a loved one and other loss experiences.

The Seasons for Growth program uses the imagery of the seasons to illustrate the experience of grief. It aims to strengthen the social and emotional well-being of children and young people (aged 6 - 18) who are dealing with significant life changes by:

- exploring the impact of change and loss on every-day life
- learning new ways to respond to these changes.

Trained adult 'Companions' facilitate the small group program of 4 - 7 children, where participants support and learn from each other in age appropriate and engaging activities. Young people learn that they are not alone in dealing with the effects of change, loss and grief, and build their communication, decision making and problem solving skills within a supportive peer group.

The group we are running on the Northern Beaches is for **High School Students in Years 8, 9 or 10**. The program will run over 4 sessions.

Dates: 19, 26 August, 2, 9 September

Time: 4 - 6pm

Venue: Meeting Room, Mona Vale Hall, 1 Park Street, Mona Vale

Cost: Free

For more information, contact Godelieve Hofman-Verkuyt at Good Grief.

Phone: 8912 2700

Email: Godelieve.hofman-verkuyt@goodgrief.org.au

Proudly Supported by



PARENTING *Teens*

A one-day guest speaker event

7th September 2019 | 10:00 - 4:00pm
Manly Golf Club - 40 Balgowlah Road, Manly

THE PARENTING TEENS 2019 IS A LOCAL COMMUNITY ONE DAY EVENT

With a professional guest speaker forum covering the many important topics and challenges of raising teens that are common to all of us. The audience will hear from mentors, practitioners and community leaders about all the issues facing our local teens in the age in which we live. We were all teens once but perhaps in a very different world.

SPEAKERS



DR KRISTY GOODWIN

Digital Wellness



PAULINE POLLARD

From Anxiety to Calm & Confident



MATTHEW JOHNSTONE

Mindset and Wellbeing



LEONIE SMITH

The Cyber safety lady



DIANNE LAVENDER

Building Resilience



GABRIELA BILIBIO

Building Resilience

WHAT TO EXPECT

Our intention is for you to leave the Parenting Teens event uplifted and confident about the road ahead. Feeling empowered and equipped with strategies, solutions and expert advice to help you and your teen navigate through the challenging years.

WE GRATEFULLY ACKNOWLEDGE THE SUPPORT OF...

G.J. Gardner. HOMES

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DEER PLUMBING

TICKETS

Visit www.parentingteens.com.au to book your place now



www.parentingteens.com.au
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