

PITTWATER PRESS

BE RESPECTFUL

ASPIRE

BE RESPONSIBLE

WORLD TEACHERS' DAY

Tuesday 3 November 2020. Week 4B

To the wonderful teachers of Pittwater High School, Thank you so very much for all the hard work you have put into 2020, a year we will all never forget! The extra lesson preparation during COVID 19 lockdown was amazing, and the support online was appreciated, all at very short notice.

This is our first year of being part of your school, and despite the 'social distancing' we have felt very much part of the school community. The support offered by the staff and principal have been very much appreciated, and my daughter (Year 7) has enjoyed her first year of high school. Thank you so much!

Dear Teachers and Ms Ferris, Thank you for the multitude of things, both big and small, that you do every day in your role as teachers. Sometimes it's the smallest things that make all the difference. Life is busy and we don't always stop and take the time to say thanks and let you know how much you are appreciated.

You have educated and supported two of our children. Our eldest has graduated and is now pursuing her passion for education. She had some terrific role models at Pittwater High and she will be joining the teaching family soon.

Dear Mrs Ferris and all the teachers at Pittwater High

It takes a village to raise kids and you do so much more than teach children. This year has been an extremely trying one, without any guidelines, and you have all gone above and beyond in how you have helped keep our child engaged and supported.

Thank you for all that you do. Hope you all have a lovely day and feel just how much you are appreciated.

Thank you to the wonderful teachers who help make my daughters into well informed, educated, young ladies. PHS Teachers are educators, councillors, and nurturers. Thank you for your tirelessness efforts.

To all the teachers at Pittwater High, for the last 10 months you have put up with so much to ensure the education of our children is your top priority. You already have enough challenges. To throw in a pandemic makes your task unbelievably tough.

You have done an amazing job and we are grateful for all you have done in 2020. Our children are in good hands. Today is YOUR day. Enjoy it. You deserve it.

Hi Jane This year is notable in that teachers, school admin staff and school executives have had to contend with so many changes and have exceeded expectations in so many ways. The pivot to online learning was commendable, with minimal notice. No doubt teachers had their own home challenges to navigate in addition to those at school, and their commitment to students was greatly appreciated.

This year, I'd like to thank Ms Winter for her support of my student, Mr Morton-Ramwell for his rekindling of my student's curiosity, love of learning and self-efficacy. Nothing short of absolutely wonderful to see! Also, Ms Wanschers and Mr Loreaux for sharing their passion for their subjects, and their encouragement and gentle challenging of my student.

Thank you Mrs Ferris The teachers at PHS have gone waaaaay over and above this year. Teaching through the challenges of isolation, online learning and restricted classrooms must have been tough, but they all did such a great job to make sure our children continued to learn and thrive. I would like to thank everyone, who put together online lessons, did Zoom chats, sent helpful emails, made funny videos and generally kept morale high during such a difficult time.

PHS is so lucky to have such an enthusiastic, passionate and simply awesome teaching staff. So a HUGE thanks to you all. We really appreciate you and all that you do.

Dear all staff at PHS, Happy World Teachers' Day and thank you so much for all that you do in your daily working life. Teaching in schools is a profession of vast magnitude. It is a vocation like no other and it is so incredibly important for so many reasons.

Thank you for all your tireless effort. Much appreciated.

Hi Jane Thank you to all the teachers and staff of PHS for partnering with us as we moulded respectful and responsible young children to become respectful and responsible young adults.

Thank you for showing them where to look but not telling them what to see. Happy World Teachers' Day!

Thank you Pittwater High School

Such amazing dedicated teachers who put their heart into their students. So privileged to be a part of this school. We really appreciate all the hard work you do!! Thank you



Principal: Jane Ferris

Deputy Principals: Rachel Fleming, Brett Blaker, Sharon Behringer

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

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

DEPUTY PRINCIPAL'S REPORT

Ms Fleming, Mr Blaker, Ms Behringer

Year 11 reports are available on the student and parent portal

Congratulations to Year 11 for achieving excellent reports, despite COVID 19 and the big jump from Year 10 to Year 11. So many students have demonstrated self-regulation and resilience and have achieved their personal best this year. We are looking forward to ongoing growth and achievement in the HSC year.

Year 10- End of Year Examinations:

Pittwater High School will be conducting **end of year examinations** in the following subject areas:

- Mathematics
- History/Geography
- Science
- English

Students in Year 10 will be sitting for these end of year examinations from **Wednesday 2 December to Thursday 3 December**. The examinations will be held in the School Hall.

Please talk with your son/daughter to **emphasise the importance of using his/her time prior to the examinations responsibly by studying**. Your son's/daughter's learning outcomes are linked to the effort he/she makes now.

Year 7-9 Interviews:

Students in Years 7, 8 and 9 will be completing their goal setting interviews during Weeks 5 and 6 of this term. Earlier in the year, students developed their Education Plans and developed a range of SMART goals which they were aiming to achieve for the year.

This interview process will enable students to reflect upon their achievements throughout the year and start planning goals and strategies they can implement in 2021 to promote further success.

To be COVID safe please keep you child at home if they are unwell. We will contact parents and send children home who are sick to protect everybody at school.

Bayview Golf Club:

The school has recently received complaints from Bayview Golf Club in relation to the behaviour and conduct of our students on their way to and from school. The General Manager has set a very clear expectation that if this behaviour does not improve, she may completely stop students crossing the golf course all together.

Students are only able to cross the golf course via the concrete pathway which separates the 11th and 12th holes. Students must walk along this pathway and also be mindful of golfers as they do so. No student is to ride their bikes on the golf course at any time. Students are expected to walk their bikes across this path before exiting the golf course.

Could the students this impacts please adhere to these guidelines before this valuable shortcut is lost for everyone?

Year 9 Activity Days – in lieu of camp

On Thursday 12 and Friday 13 November Year 9 will be involved in organised activities in lieu of the camp. They will spend one day at the Collaroy Centre and the other at school doing team building and problem-solving challenges. Thank you to all Year 9 students and parents for being prompt with payment and permission notes.

Avalon Youth Hub Podcast – MAKING SENSE OF ADOLESCENCE.

We highly recommend this podcast. The podcast is a 10-part series on young peoples' views of certain situations and topics. The first episode is "Coming out of COVID". Episodes to follow are based on the topics, Anxiety, Bullying, Men's Mental Health, Body Image and Social Media Safety. The podcast will also feature some special guests such as - Gus Worland, Cooper Chapman and Alex Hayes as well as Surf film producer Spencer Frost. With more to come...

<https://www.avalonyouthhub.org.au/avalon-youth-hub-podcast/>



Watch the recording from a recent webinar with leading Child and Adolescent Psychologist Dr. Michael Carr-Gregg, Game Aware Founder Andrew Kinch, and ySafe Executive Director Yasmin London. Moderated by local Northern Beaches Psychotherapist Mike Burns, this panel based webinar covers some important issues parents are facing in our current world as young people are required to utilise technology and the internet in education, recreation and their personal lives. Follow the link for the YouTube video.

<https://youtu.be/8h49FvwQ5ms>



Young Mathematicians strike again

On October 14 2020, approximately 120 students participated in the International Competition and Assessment for Schools (ICAS). This year, due to COVID-19 considerations, the competition was limited to the junior years only. All students and parents/caregivers were sent emails and information prior to this event to apply to part take in the competition. ICAS is an independent skill – based program that recognises and awards great mathematicians in schools. The competition takes place in over 20 countries including Australia, New Zealand, Hong Kong, India, Malaysia, Singapore, South Africa and the United States.



(The hall was set up perfectly for 120 students to participate in the ICAS competition.)

This year, the Year 7 students lead the way, with combined results well above the national average. Indeed, 4 of the 6 students who achieved Distinction Certificates, were from Year 7 ... an outstanding achievement.



(A proud Principal with some of PHS's finest mathletes)

The Maths Faculty would like to congratulate all the students who were willing to participate and demonstrate their commitment and interest in Mathematics. We look forward to having more students getting involved in this amazing assessment which allows all students to test their ability to interpret difficult mathematical problems.



Pocket and desk calculators are not only useful, they also can be used to surprise and entertain yourself and your friends. Here is a choice selection of calculator amusements.

Select any number key (other than zero) and press it three times. Divide the number on display by 3, then divide the result by the number on the key you first punched. The result is always 37.

Put on display any digit from 1 through 8. Divide by 9. The answer will "slutter" your original number. Clear the display, and enter a number between 10 and 98. Then divide by 99. The calculator will again repeat the selected number. Now clear and enter a three digit number less than 999 and divide by 999. Guess what ?

Punch in 987654312. Note that the 1 and 2 are in the wrong order. Divide by 8. The answer will surprise you! Enter 98765432. Divide by 8. The result will be 12345679, with the 8 missing. Multiply this number by your favourite digit between 1 and 9. Then multiply the result by 9. You will get your favourite digit repeated over and over again.

Select any row of three number keys and press them in any order. To this number add a 3-digit number obtained by punching, in any order, the keys in another row.

Add a third number by punching in the keys in either diagonal in random order.

Add another number using the keys in the other diagonal in random order. You should now have a 4-digit number.

Write this number down, then add all of its digits. If the sum is more than one digit, add the two digits to get a single digit. Amazingly, you will find that the digit on display will be 6.

Mr. Lapedjian.
Classroom Teacher

***"Pure mathematics is,
in its way, the poetry
of logical ideas."***

- Albert Einstein

Some Great Maths Themed Books to Read: Humble Pi: A Comedy of Maths Errors

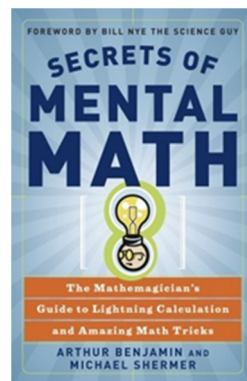
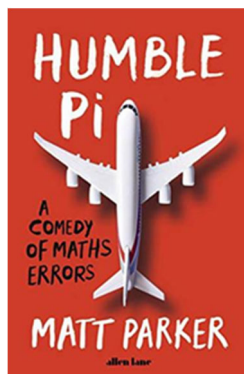
Matt Parker

An international bestseller

The book-length answer to anyone who ever put their hand up in maths class and asked, "When am I ever going to use this in the real world?"

"Fun, informative, and relentlessly entertaining, Humble Pi is a charming and very readable guide to some of humanity's all-time greatest miscalculations--that also gives you permission to feel a little better about some of your own mistakes." -- Ryan North, author of *How to Invent Everything*.

Our whole world is built on maths, from the code running a website to the equations enabling the design of skyscrapers and bridges. Most of the time this maths works quietly behind the scenes . . . until it doesn't! All sorts of seemingly innocuous mathematical mistakes can have significant consequences. Maths is easy to ignore until a misplaced decimal point upends the stock market, a unit conversion error causes a plane to crash, or someone divides by zero and stalls a battleship in the middle of the ocean. Exploring and explaining a litany of glitches, near misses, and mathematical mishaps involving the Internet, big data, elections, street signs, lotteries, the Roman Empire, and an Olympic team, Matt Parker uncovers the bizarre ways maths trips us up, and what this reveals about its essential place in our world. Getting it wrong has never been more fun!



Secrets of Mental Math: The Mathemagician's Guide to Lightning Calculation and Amazing Math Tricks

Arthur T. Benjamin,
Michael Shermer

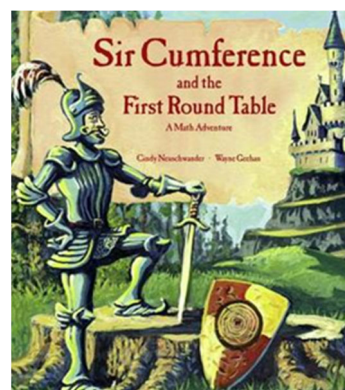
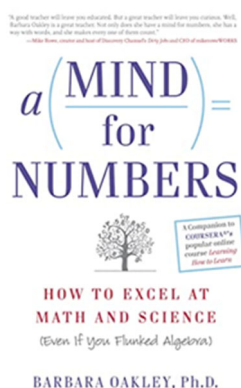
These simple maths secrets and tricks will forever change how you look at the world of numbers. *Secrets of Mental Math* will have you thinking like a math genius in no time. Get ready to amaze your friends—and yourself—with incredible calculations you never thought you could master, as renowned “mathemagician” Arthur Benjamin shares his techniques for lightning-quick calculations and amazing number tricks. This book will teach you to do maths in your head faster than you ever thought possible, dramatically improve your memory for numbers, and—maybe for the first time—make mathematics fun. Yes, even you can learn to do seemingly complex equations in your head; all you need to learn are a few tricks.

You'll be able to quickly multiply and divide triple digits, compute with fractions, and determine squares, cubes, and roots without blinking an eye. No matter what your age or current maths ability, *Secrets of Mental Math* will allow you to perform fantastic feats of the mind effortlessly.

A Mind for Numbers: How to Excel at Math and Science (Even If You Flunked Algebra)

By Barbara Oakley

In *A Mind for Numbers*, Dr. Oakley lets us in on the secrets to effectively learning maths and science—secrets that even dedicated and successful students wish they'd known earlier! Contrary to popular belief, maths requires creative, as well as analytical, thinking. Most people think that there's only one way to do a problem, when in actuality, there are often a number of different solutions—you just need the creativity to see them. For example, there are more than three hundred different known proofs of the Pythagorean Theorem. In short, studying a problem in a laser-focused way until you reach a solution is not an effective way to learn maths. Rather, it involves taking the time to step away from a problem and allow the more relaxed and creative part of the brain to take over. *A Mind for Numbers* shows us that we all have what it takes to excel in maths, and learning it is not as painful as some might think!



Sir Cumference and the First Round Table: A Math Adventure (Sir Cumference #1)

Cindy Neuschwander,

Wayne Geehan

Join Sir Cumference, Lady Di of Ameter, and their son Radius for wordplay, puns, and problem solving in this geometry-packed maths adventure. King Arthur was a good ruler, but now he needs a good ruler. What would you do if the neighbouring kingdom were threatening war? Naturally, you'd call your strongest and bravest knights together to come up with a solution. But when your conference table causes more problems than the threat of your enemy, you need expert help. Enter Sir Cumference, his wife Lady Di of Ameter, and their son Radius. With the help of the carpenter, Geo of Metry, this sharp-minded team designs the perfect table conducive to discussing the perfect plan for peace. The first in the Sir Cumference series, SIR CUMFERENCE AND THE FIRST ROUND TABLE makes maths fun and accessible for everyone.

Mrs Sechi
HT Mathematics



Understanding 4P's in Mathematics

Learning mathematics (maths) requires four key ingredients. I call it **The 4P's in Maths - Practice, Process, Patience and Perseverance**, which are necessary to help you complete your maths course the best possible way you can.

Like studying a language, maths can only be mastered by **doing** questions and exercises. This means you need to practice and keep up with your (homework) exercises which is an integral part of learning maths. It is important to know that it's not so much about the answer (though that is of course important too), but about the steps you take to reach that answer! The best way to study for a maths exam is to complete as many practice questions as you can, and a good start is using the homework questions. **Practice** builds your confidence.

Many students are adamant that in maths, it's not necessary to show any work and that they work better when 'they just do it in their heads'. Doing maths is a process of understanding and thinking about the maths concepts in a meaningful way and being able to communicate these thoughts through your work logically, reasonably and clearly. In the current climate, it's more important than ever to learn to think logically and communicate your work clearly, which is a skill that will go beyond just maths and will be helpful in so many different areas. **Process** builds your mental strength and sharpens your skill sets.



When learning something new, do you do it perfectly the very first time? Do you know all the answers before you even begin? Of course not! The same is true of maths. It always feels good when you see an easy maths problem and you know how to solve it. But the challenge is doing the harder and unfamiliar questions and avoiding making mistakes along the way, as these can help you learn and understand more deeply. It's therefore important to keep a list of all the challenging questions and mistakes you made while doing (homework) exercises. Make sure that when it's time for the exam, you can tackle these completely (i.e. worked solutions with all the steps to the right answer) without looking at the answer sheet. **Patience** will see you through to the end.

Spend time to understand the concepts when you're studying. Sometimes, key concepts will not jump out at you, and often there are times when extra work and much effort are needed to clearly understand the concepts. Remember to focus on doing your (homework) exercises well, not rushing to finish first! **Perseverance** will pay off and you will grow to be a motivated student.

Take ownership of your knowledge. If there's something you don't quite understand, ask for help. There is nothing wrong with asking for extra guidance from your teachers or peers. Alternatively, watch videos in maths Online (for juniors) or Edrolo (for seniors). Educators always love to see students interested in the subject as well as their own learning. They are always willing to help.



In conclusion, the 4P's in mathematics - **Practice, Process, Patience and Perseverance**, are the pathway to knowledge, skill, and ultimately, success.

Finally, remember to keep a balance between your study, social life and personal life as your number one priority above everything else is your health and well-being.

Good luck and best wishes in your upcoming exams!

Ms. Helen Yeoh
Classroom Teacher, Maths

To that end the Maths Faculty thought that outlining the qualities and skills that help students become successful at maths could be useful for parents to help support their child towards improving their mathematical capabilities.

Understanding - Maths is a network of linked ideas. Students connect new mathematical thinking to what they already know and understand.

Problem solving - Problem solving is an important part of maths. Using understanding, skills and reasoning helps students work towards correct solutions and continues to be a focus.

Attitude - Maths makes sense and is worth spending time on, realising you become better at it and even enjoy it if you persevere.

8E Field study: “The Biggest Tree at Pittwater High” Will Douglas

The National Register of Big Trees website catalogues Australia's biggest trees using a combination of tree height, trunk circumference and average canopy spread. After studying aspects of scale size in Mathematics, 8E went into the grounds of the school to find our biggest tree. The biggest tree is not necessarily the tallest!

The techniques to measure the tree are outlined in the website

<https://www.nationalregisterofbigtrees.com.au/pages/tree-register> and are based on the USA version.

No trees were harmed (or climbed!) in the process! All measurements were taken at ground level using a metre rule and a 30m measuring tape. Students then used the online calculator to find the points allotted for each a number of possible champion trees.

Winner: The biggest tree at PHS is the pine tree outside the boys' toilets with a whopping average score of 251.5 points. It is not the tallest (average height estimate of 18.05m) but has a very thick trunk and a large canopy spread - part of the reason it is a favoured lunch spot for students.

Runner-up: The runner-up is a paperbark outside the girls' toilets, with a commendable average score of 240 points. It was taller than the winner at average estimate of 20.75 m but was beaten by canopy spread.



Photographs:

1. Measuring the height but along the ground
2. Canopy spread
3. Trunk circumference
4. Using a ruler to get a scale measure of the height on the winning tree.

LOCAL EXCURSION TO BRONZE KIOSK

Year 10 Hospitality students were enjoying the sunshine while dining out at BRONZE KIOSK- a local café in Mona Vale.

The students were able to observe food and beverage service, customer interactions and meal presentation, which forms part of their core content in Stage 5 Hospitality. These students are usually operating our own school Café, Gary's Place, so it was a nice break for them to be the customers for a change.

Gary's Place will be open and operating Friday Week 7 and Week 9 this term and will be back again in Term 2 2021.





HEALTHY LUNCH BOX

Year 7 Technology Mandatory were given the brief to make an item of food that would form part of an adolescent's lunch box. Each student was required to modify an existing recipe to make their food "healthier and tastier". There were some outstanding dishes presented, demonstrating creativeness, thoughtfulness and practicality. Considering they only had one hour to make this food, present it and clean up, there was no room for error. I felt a lot of Junior MasterChef channelling going on.

Well done 7 Tech 9. A great effort.

Mrs Lagois
Classroom Teacher





CHRISTMAS DRIVE



BRING IN CANS TO THE
SCIENCE STAFFROOM

MAKE SURE THEY ARE
LABELED AND NOT EXPIRED

YOU CAN BRING THEM IN
ANYTIME UNTIL THE
END OF W9



All donations are going to
homeless shelters on the northern
beaches through community
northern beaches.



The background of the poster is decorated with stylized candy canes and red confetti. At the top, two candy canes are positioned on the left and right sides, their curved tops framing the title. The candy canes are drawn with thick black outlines and filled with a pattern of red and white segments. Scattered throughout the background are numerous small, red, rectangular confetti pieces, some of which are also arranged in larger, curved patterns. The title "CANDY CANE GRAB" is centered in a bold, black, hand-drawn font. Below the title, the event details are written in a smaller, black, cursive font. At the bottom, the purpose of the event is stated in the same cursive font. The overall design is festive and eye-catching, with a clear focus on the candy cane theme.

CANDY CANE GRAB

Buy candy canes on the quad in week 9 for
someone and they'll be handed out on
W9's fridays assembly

All raised money will go to World Vision
helping to end child poverty

Pittwater High School's First

COLOUR FUN RUN

Friday Week 9 During Spirit Week

*GET A SHIRT, RUN AND
A CAN OF SOFT DRINK
FOR \$15*

*RUN THROUGH FUN
OBSTACLES AND GET
COVERED IN COLOURED
POWDER*

Profits go to CARE Australia

Parent Support Seminar

Title: Parent Support Seminar for Parents of Teens

Date: Thursday Nov 5th or 19th 7-8:30 pm

Location: Berry Hall, Tramshed

Contact: Wende Jowsey, MA.Ed 0490775080

Organisation Name: Educational Healing

URL: <https://www.educationalhealing.com>

Bookings: wendajowsey@gmail.com 0490775080

\$30 cash at the door or email for direct deposit information.

Program Description

Many parents of teens are facing increased stress and challenges during COVID.

This education-based support program has been running successfully for 3 years and is aimed at meeting the needs of parents of teens who are struggling to stay engaged with school, and/or who are young people facing multiple challenges.

For these parents, simply giving more advice on how to parent or adding more prescriptive techniques may prove frustrating.

We offer a significantly different approach to learning that involves:

- Re-orienting parents who may be exhausted and stressed towards recognising their own unmet needs and prioritising self-care.
- Giving parents a framework and strategies for relating based on Positive Psychology and strengths based parenting. Learn to de-escalate charged situations.
- Proven stress management techniques including mindfulness and self-compassionate awareness.
- Providing the opportunity for interacting with other parents facing similar challenges in a non-judgemental unconditionally accepting environment.

Parent Support Seminar

Thurs. Nov 5th 7-8:30 pm

Berry Hall -Tramshed, Narrabeen

Struggling to cope with your teen?

- Compassionate strengths-based approach
- Break the cycle of stress and exhaustion

Wende Jowsey, MA. Ed 0490775080

\$30 bookings: wendajowsey@gmail.com



Educational Healing

Group Programs, Training & Personal Journey Work

[educationalhealing.com](https://www.educationalhealing.com)

Wende Jowsey MA, ED 0490775080



Big Ideas Forum: It Takes a Village

Zoom Webinar

Register online:
northernbeaches.nsw.gov.au

Join a panel discussion with child and family experts on the importance of community in supporting families, and what it means to create your own village.

Speakers:

- Anne Hollonds, National Children's Commissioner
- Jay Laga'aia, Early Childhood Educator, actor and Playschool presenter
- Kerry Gwynne, Manager, Dalwood Spilstead Centre
- Lois Birk, community member

Register online:
northernbeaches.nsw.gov.au



northern
beaches
council

THE CANTEEN

We have been given the go ahead to welcome back volunteers to the canteen. We love to see the parents back into the canteen. Your help is so needed and appreciated.

The canteen is open from 8am to place orders or to get toasties or a breakfast treat.

All hot food and salads/rolls are requested to be ordered before school via Flexischools (before 8.30am) or over the counter (before 8.45am). The Flexischools website is www.flexischools.com.au

We do have food items available over the counter. What is available and the quantity will vary each day and every lunch service.

There has been a price increase for this term. This is due to supplier increases.

I am trying to be very considerate with any price increases and only passing on when necessary.

Pasta Neapolitan	\$4.50
Pasta Bolognese	\$5.50
Butter Chicken	\$5.50

Calippos	\$1.50
Paddlepops – all flavours	\$2.50

Please note we would like to stay cashless although we are accepting cash.

We request the cash the exact amount and is placed in a tub. This eliminates handling of the coins/notes by the canteen crew during the day. The tub is sterilised each afternoon by Samantha and kept separate from the main area.

We are trying our best to keep the canteen a safe environment for all who work or visit.

Here is the roster of wonderful parents who love to see what amazing food the canteen produces. If you are unable to make the day please call the canteen on 9979 6968 and let us know.

Monday	16 November	HELP IS NEEDED ON MONDAYS
Tuesday	17 November	Donna Radinovic
Wednesday	18 November	Linda Newman
Thursday	19 November	Suzanne Humphreys
Friday	20 November	Louise England

Monday	23 November	HELP IS NEEDED ON MONDAYS
Tuesday	24 November	Simon Cohen
Wednesday	25 November	Bindi, Corinna Bouman
Thursday	26 November	Sarah Jones
Friday	27 November	Danielle Blackmore, Therese Creed

Monday	30 November	Jutta Shulte
Tuesday	1 December	Kate McGregor
Wednesday	2 December	Georgia Bramhman
Thursday	3 December	Sabrina Gereaux
Friday	4 December	Jen Masters, Caroline Thomas