

# PITTWATER PRESS

BE RESPECTFUL

ASPIRE

BE RESPONSIBLE

Tuesday 17 August 2021. Week 6A Term 3

## CONGRATULATIONS TO PITTWATER HIGH SCHOOL: EXCELLING

### Jane Ferris. Principal's Report

Every four years schools go through a process of external validation whereby a judgement about the school's performance is made against the School Excellence Framework. Against the three domains of Learning, Teaching and Leading, Pittwater High School is **excelling**. This includes elements of learning culture, wellbeing, curriculum, effective classroom practice, effective use of data, educational leadership, school planning and effective management of school resources. At Pittwater High we do maintain very high expectations of what we do, and this is shown in such a positive outcome.

With P and C currently not meeting, we have been unable to go through this process and report the outcomes with parents. Hopefully, if P and C is back next term, Rachel Fleming, acting Principal, with members of the executive team that contributed to this review, will be able to inform you fully. My thanks go to Ms Fleming, Mr Blaker, Ms Behringer, Ms Purvis and Mr Morton-Ramwell who were part of this team preparing documentation for the external principals' review panel. I would also like to acknowledge the Director of Educational Leadership Mr Andrew Stevenson for his support and acknowledgment of us as a school that is excelling.

### Congratulations to our students and teachers during online learning

We have all been very impressed at some of the outstanding work students have been completing during online learning at home. If you visit the PHS Facebook page, you will see some great examples of student work. Year 7 students created an ancient artifact and feedback from parents reflects how much they loved the hands-on task. On Facebook you can see the video with the recreation of the Rosetta Stone.



As teachers communicate with parents, they have received some appreciative emails back:

*I definitely appreciate the difficulty for all teachers and learning support staff at this time and want you all to know that your efforts are greatly valued. I also wanted to thank you for your hard work during this stressful time. Trying to engage all your students on-line would be very challenging! So I appreciate all that you are doing for the kids. It has been quite a challenging time for us all, so thank you for all the hard work you have put into organising lessons and supporting and rewarding my son. We are so proud of our daughter. She is really dedicated to her school work and I think it is because of amazing teachers like you. She has really blossomed this year in high school and found subjects she loves, with Science at the top of the list. Thank you for all the support and encouragement you give.*

COVID communication # 8 with latest updates was emailed out yesterday. For all COVID communication visit our school website

Given the current pressure that is being placed on all families I do want to encourage you to reach out for assistance if you are struggling to cope. We have a number of highly capable staff on the school's Wellbeing Team who will be more than happy to provide advice or support with looking after your child in this difficult time.

There are also a wealth of other resources available to support parents and carers. The link below is a useful hub to provide access to a range of support services to help you as a parent or carer, and as an individual.

<https://sites.google.com/education.nsw.gov.au/onlinecounsellingresources/resources-for-parents-carers?authuser=0>

If you are finding things difficult I do encourage you to reach out for help.



Hello to staff and students

My name is Tommy Cronan, I am a Year 12 student at Pittwater High School. This coming September, I will be cutting a mullet for mental health through black dog institute. Through my fundraising campaign, your donations will enable black dog institute to continue turning mental health research into life-saving education programs and support services. In joining #mulletsforsmentalhealth, I aim to spread awareness surrounding mental health issues and encourage others to speak out when they are struggling. If you are unable to donate, please share with friends and/or family and make sure you are reaching out to others and getting the right support, especially in this intense lockdown.

<https://www.teamblackdog.org.au/fundraisers/thomascronan/mulletsforsmentalhealth>





# Hospitality

## YEAR 11 HOSPITALITY KITCHEN OPERATIONS WORKPLACEMENT

During Week 9 of Term 2, Year 11 VET Hospitality Students completed 35 hours of mandatory work placement for Hospitality. How very fortunate they were to be able to do this before lockdown came into place at the beginning of the school holidays!

The students worked in a number of quality restaurants and function centres across the Northern Beaches. The opportunity of work placement enables the students to be part of a team, working in a commercial kitchen. They gain valuable experience in being part of the day to day running of a hospitality establishment.

Some of the tasks the students completed, involved making desserts, cutting up bags of vegetables, washing and peeling kilos of fruit and preparing several dishes from scratch.

Some students assisted plating up dishes being served to customers which was a fantastic opportunity. Although the week was hard work for many, they all seemed to enjoy the experience and learnt a huge range of new skills they can utilise back at school.

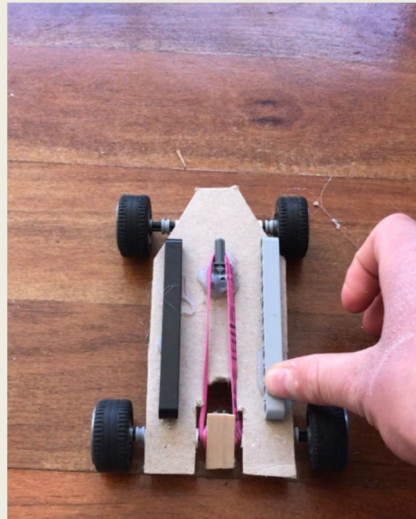
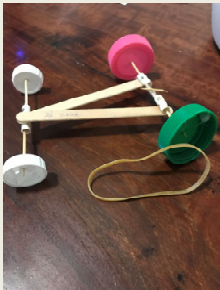
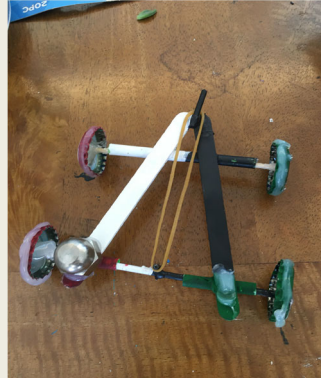
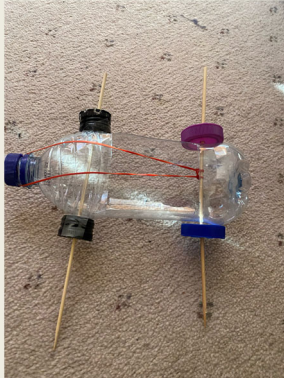
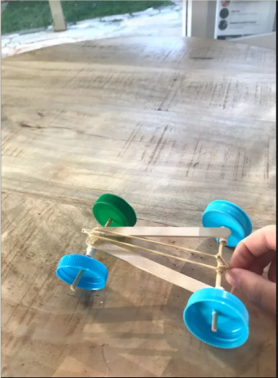
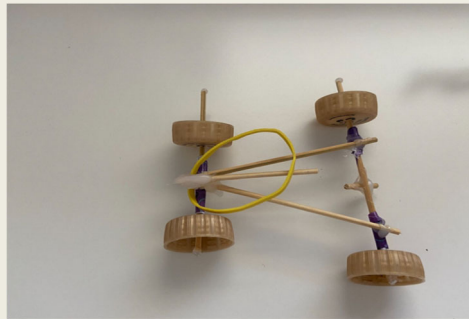
Congratulations to all students involved. We are very proud of your participation and dedication during the week.

We would like to thank the various workplaces who hosted our students for the week, some of these including Jonah's at Whale Beach, Palm Beach RSL, Miramare Gardens at Terrey Hills, Garfish in Manly, Stella Blu in Dee Why, Imperfect Nutritionist at Collaroy and Crentos Italian Restaurant in Collaroy.

**Mrs T Lagois (Hospitality Teacher)**







## YEAR 8 TECHNOLOGY ENGINEERING PROJECTS

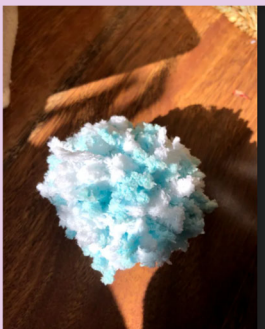
Mrs Hayes 8TEC4 and 8TEC classes were due to complete battery powered dragsters as part of the Engineering Unit this Term. The task was adjusted for learning at home to make a Rubberband Racer from items around the home. After investigating they had to think like an engineer and be creative with what they had. I am proud of the ingenuity shown to create their racers.



# YEAR 9 TEXTILES TECHNOLOGY



Without access to sewing machines Year 9 Textiles were set a challenge to complete a No Sew Project. There were many options to choose from depending on what they had at home ranging from T-shirt bags, macramé feathers, cardboard weaving looms, pom-poms and finger knitting. Here are some of the creative projects they have enjoyed making.



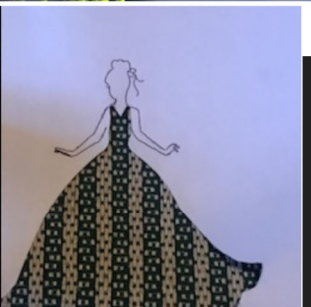
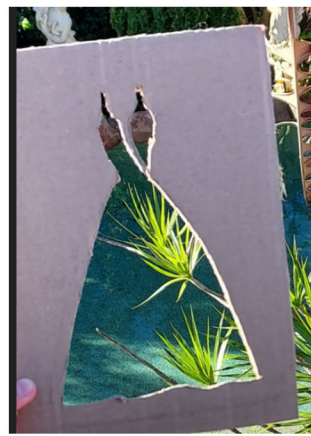
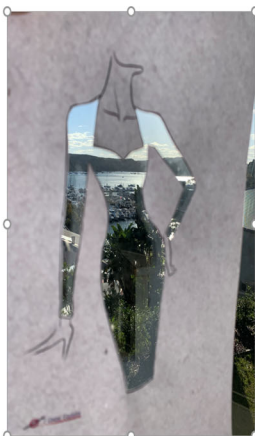




## YR 10 TEXTILES

Inspired by the work of Nikolai Tolstyh students created fashion silhouettes and took photos in their natural setting. The combination is surprising as the surroundings provide both colour and texture for the cut-out silhouettes.

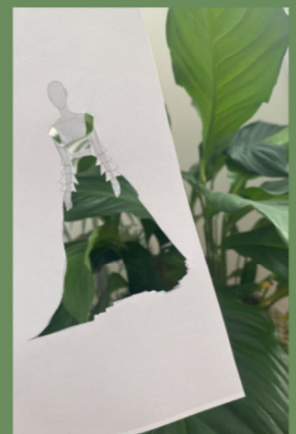
Well Done Yr 10 . Mrs Hayes



## Fashion Silhouette 2



## Silhouette 2





**Year 9 Visual Arts** students have been studying the work of John Wolseley. All students had to go on a 'Wolseley inspired walk' and document and explore the natural environment through photographs, lead pencil rubbings and detailed sketches. Once home, they were to experiment with a range of materials and drawing techniques. Jamila has created an outstanding 'weaving of the landscape' and also 'bush brush paintings' based on this walk and inspiration from Wolseley. Excellent work Jamila.

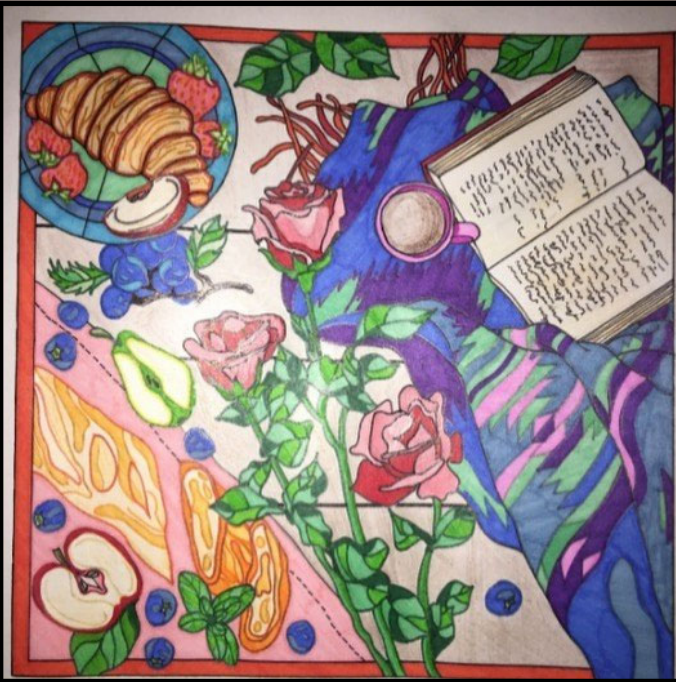
My weaving of the landscape....



My bush brush images....







**Year 10 Visual Arts** have been studying the genre of still life during our online learning lessons. Well done to Bianca who has produced this excellent drawing with the materials she has at home, inspired by the work of Australian artist ex De Medici.

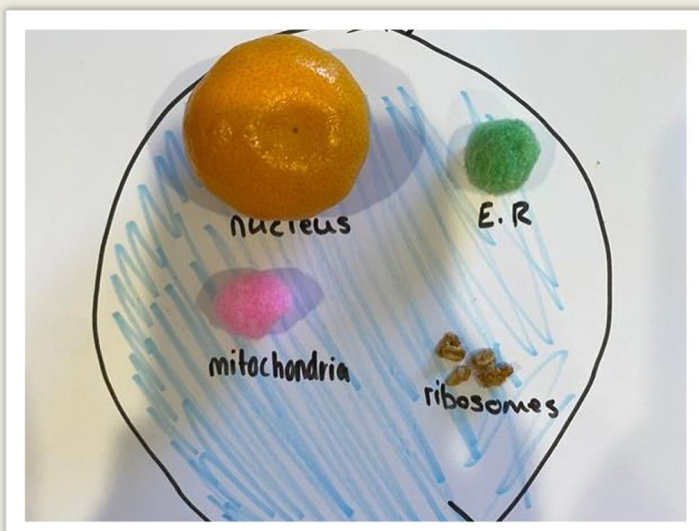
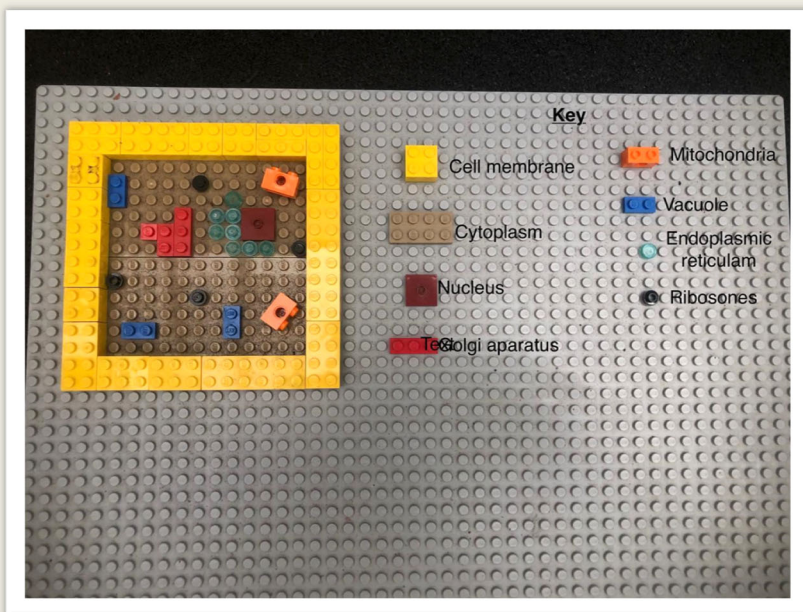


Mrs Lagois' **Year 7** class making a self watering planter to grow either a herb or plant for our Food and Agriculture unit. Students will need to record how much they grow over the next few weeks.





Ms Ward's and Ms Juric's **Year 8** class raising the bar here with model cells made from household items! Fantastic.





Mrs Lagois' **Year10 Hospitality** class were assigned a task to make Focaccia during online learning this week. Look at these beauties.





# CREATIVE WRITING

Ms Purvis' Year 12 English wrote haikus on the lockdown as a warm up for a creative writing lesson. Here's a selection:

**Tom -**

**The computer's screen  
is bright like last halloween  
it didn't happen**

**Gunoor -**

**Already fed up,  
People are punching horses,  
Gladys, let me out**

**April -**

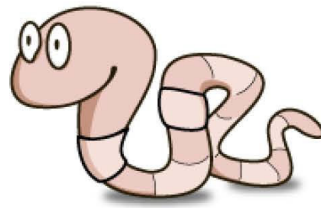
**It's day twenty-eight,  
The world feels painfully far,  
Yet really so close**

**Karla -**

**Moon and stars wonder  
Where have all the people gone  
Alone in hiding**

**Abbey -**

**Do you remember  
How we used to socialise?  
One of us has to**



# **The 2021 Premier's Reading Challenge has been extended!!**

**A HUGE number of students completed the challenge in 2020 - let's beat that this year!!**  
**Year 7, 8 & 9 students - keep reading!!**

## ***What do I need to do?***

Read 20+ books (including 10 from the PRC Year 7-9 booklist) and record all of these in your Student Reading Record by Friday 3 September, 2021.

## ***How do I record what I've read?***

Complete your online Student Reading Record by using this QR code > > >

OR going to this website: <https://tinyurl.com/zm2t3ybe>



## ***What books can I access in lockdown?***

Just because you can't borrow physical books from your school or local library at the moment doesn't mean you can't access great PRC or personal choice books! The PHS Learning Centre has a huge collection of eBooks you can access anytime for free!

- See the PRC eBooks we have available at this link: <https://tinyurl.com/yqx9zdoz>
- See all the latest eBooks for personal choice reading at this link: <https://tinyurl.com/yf2n8jvw>

Instructions for accessing eBooks on your laptop, smartphone or tablet: <https://tinyurl.com/2kwyaref>

## ***What can I get from doing this?***

Apart from reading some awesome books, you will receive a certificate from the NSW Premier for each year you successfully complete the challenge, or special prizes > > >

<b>3 years = Gold Certificate</b>
<b>7 years = Platinum Certificate</b>
<b>10 consecutive years from Kindergarten-Year 9 = a Medal!</b>

## ***Can't get the challenge completed in time this year?***

Don't stress! If you don't complete the Challenge in 2021 you won't be disadvantaged – you can skip this year, pick it up again from next year and still earn any of the special prizes above you're eligible for!







Mr Askew aka the relay whisperer, puts our relay teams through their paces recently leading up to the now, postponed Regional Athletics Carnival.

# NEXTWAVE

## YOUTH · FILM · AUSTRALIA

“ SWIFF’s Nextwave Youth Short Film Competition is open for entries!

The Coffs Coast's Screenwave International Film Festival is looking for the next wave of young filmmakers living anywhere in Australia!

Enter a short film into the Nextwave Youth Film Competition for your chance to win awesome awards and prizes, including Best School, and have your film premiere at SWIFF 2022 on the Coffs Coast! If you like being creative, and want to have a go at filmmaking, SWIFF wants to see what you can do!

The rules are simple:

- Make a film under five minutes
- Include a pineapple
- Enter before October 12th to win!

For full terms and conditions, visit [www.nextwavefilm.com.au](http://www.nextwavefilm.com.au)

The Kidman Centre UTS is offering free online and face-to-face workshops to equip children, teenagers and their parents with practical and evidence-based psychological skills.

The first three workshops are as follows:

Taking Charge for Teens: How to manage stress and worry

**Who: All high-school students (aged 12-18 years)**

**When: Thursday 19th August 2021 at 4.30-5.30pm**



THE KIDMAN CENTRE UTS

## Taking charge of stress and worry: A free online workshop for teens aged 12-18 years

**Do you find that your mind always finds something to worry about? Maybe it's exams, or friendships, or public speaking! Or maybe it's all of those things!**

If this sounds like you, now is the perfect time to develop your own practical and personalised plan to effectively manage your stress and worry, and even use stress to your benefit!

To help you to do this, The Kidman Centre UTS (based in Randwick), is offering a FREE online workshop on Thursday 19th August, from 4:30pm to 5:30pm.

The workshop will be run by Jenn Hawken, an experienced Clinical Psychologist.

**The workshop will focus on practical strategies and cover the following topics:**

- Identify common sources of stress
- The fight-or-flight response
- Understanding the symptoms of acute and chronic stress
- The three step approach to managing stress:
  1. Identifying and challenging unhelpful thinking
  2. Taking action (problem solving, goal setting, strategies to beat procrastination)
  3. Self-care (relaxation, breathing techniques, diet, exercise, sleep strategies)
- Sources of further help

### Workshop and Booking Details

**When**

4:30pm to 5:30pm on Thursday 19th August 2021

**What**

1-hour workshop for teens aged 12-18 years old.

**Where**

Online (via Zoom). An email will be sent on the date of the workshop.

**Who**

Presented by Clinical Psychologist, Jenn Hawken

**Bookings essential** Phone: (02) 9514 4077 or Email: [kidmancentre@uts.edu.au](mailto:kidmancentre@uts.edu.au)





Submitted by Niamh, age 17  
2020 competition category winner



Submitted by Lucy, age 14  
2020 competition overall winner



Submitted by Oliver, age 13  
2020 competition entry

# NEED A LIFT?

## Youth Mental Health Month photography competition for young people aged 12-24 across Northern Sydney



To celebrate positive mental health we're asking you to capture a photo of something uplifting, positive or joyful in your life or community.



Selected photos will be showcased in the elevators of local hospitals, community health centres, Council facilities as well as social media during Mental Health Month in October.



5 x JB Hi-Fi vouchers up for grabs with values of up to \$250.



Submit your entry by 12th Sept, 2021.  
For details and to enter use this QR code, or go to <https://www.surveymonkey.com/r/NeedALift>



Health  
Northern Sydney  
Local Health District



CDAT  
We're stronger together

