

# PITTWATER PRESS

BE RESPECTFUL

ASPIRE

BE RESPONSIBLE

Tuesday 19 October 2021. Week 3A Term 4

## Rachel Fleming. Relieving Principal's Report

### Acknowledgement of Country by Thomas Shanahan (2022 School Captain)

[Acknowledgement of Country](#)

It has been an exciting week as we welcome back face to face teaching of our Year 12 students. Year 12 were greeted, at the gate, by the senior executive and their Year Adviser Ms Keen. The photos below show how happy we all were, to have our students back. Mrs Behringer will give more details in her Deputy's report.

### COVID19 Update

Over the last fortnight our school community has received the following documents to assist in making the transition back to school as smooth as it can be, for all of our families.

### Pittwater High School – Parent and Student Returning to School Guide – Term 4 2021

[Parent and Student Returning to School Guide](#)

### "Let's Get Ready to Get Back to School"

[PHS Back to School Booklet.pdf](#)

These documents will be available on the school website and updated on a weekly basis in line with current health advice. These will replace the weekly communication unless there is something immediate to convey to our school community.



I would like to thank our community in advance for ensuring all of our students are well prepared when returning to school.

### Extended Staff Professional Learning

On Tuesday 19 October all of our teachers engaged in afternoon online workshops surrounding Raising the Bar in Year 10, the PHS Good Vibes App (recognising student's achievements and effort), NAPLAN analysis and how to best re-engage students back to school. Thank you to all of our teachers for committing to these workshops and continuing with their professional learning at a busy time of the year.

### Review of the School Day

Over the next year as part of our ongoing evaluation of our School Improvement Plan we will be having teams of staff, students and the parent body looking at aspects of our school day and reviewing our current structures. This term we will be reflecting on practices, such as homework, and looking at ways to best engage our students.

### HSC Art Exhibition – Bodies of Works

Thank you to our HSC art students and their teachers Rosemary Allan and Cass Reynolds for sharing the link below. The talent is outstanding.

<https://sites.google.com/education.nsw.gov.au/phs-2021-hsc-visualarts/home>

We are looking forward to welcoming back all of our students on Monday 25 October.

Relieving Principal: Rachel Fleming

Relieving Deputy Principals: Sharon Behringer, Katrina Purvis, Carol Roulston

Website: [www.pittwater-h.schools.nsw.edu](http://www.pittwater-h.schools.nsw.edu)

Email: [Pittwater-h.school@det.nsw.edu.au](mailto:Pittwater-h.school@det.nsw.edu.au)

# DEPUTY PRINCIPALS' REPORT

Ms Behinger, Ms Purvis, Ms Roulston

## YEAR 12 NEWS

Year 12 were greeted with balloons and presented with their year 12 Survival Kits by year advisers, Sam Keen and Melissa Gregan and Principal Ms Fleming and myself. The students were very excited and enjoyed being back in the classroom with their peers and teachers. Most students did attend which was gratifying after such a long period of at home learning. Teachers are focusing on revision activities and preparing students for handwritten exams after such a long period of pounding a keyboard.

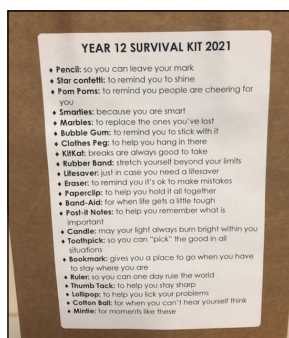
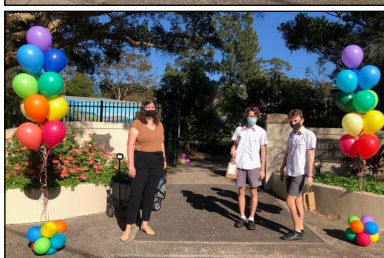
Ms Keen and I are hopeful that with ongoing impressive vaccination rates the graduation and formal will go ahead on 16th December, more details to follow.

I was very impressed with Year 12 for wearing masks, hand sanitising and socially distancing. Hopefully strong attendance will be maintained until our last day of formal lessons on November 4 before the HSC starts on November 9.

Please contact me if you have any concerns.

**Sharon Behringer**

**Years 9 and 12 Relieving Deputy Principal**



I am very much looking forward to welcoming all students back to school this week and next. I share in the teacher's excitement as we plan interesting, collaborative lessons to re-engage students at school.

Year 7 and 9 should receive hard copies of their NAPLAN results in their first week back. Staff have analysed the results and developed strategies to continue our improvement in numeracy and literacy.

We will continue to "Raise the Bar" for Year 10, with high expectations to develop skills to become successful senior students. Organisation for senior jackets has begun, so please keep an eye on emails for more information.

**Katrina Purvis**

**Years 7 and 10 Relieving Deputy Principal**

It is a pleasure to welcome all the students returning on October 25. I am very happy to be the relieving Deputy for the Year 8 & 11 cohort for this term. Please ensure you are wearing a mask when at school.

When students return, the Year 11 starting their HSC in term 4, will be collecting a printed copy of their assessment booklet that was emailed home in week 1. They will also be receiving a calendar with the 4 terms, so they can diarise assessment tasks and milestones. It is an expectation of students to participate in all classwork and complete tasks on time. Mentees will also need to get in contact with their mentor and there will be more to come from Mr Fairley.

Year 8 please ensure you are prepared for every lesson this term. Ensure you are wearing correct uniform and participating diligently in all classwork. Remind your teachers to award blues points for being engaged in your lessons.

There are works going on in both lower B and D blocks. Please be aware of the fencing that is for your safety and under no circumstances should any students be removing this. Students are to walk down the lower D block corridor on the left-hand side. In lower B block, students are to access BL12 near the science staff room. Students are to enter BL16 from the quad end of lower B block. Upper B block is still able to be accessed via all three sets of stairs.

All students returning to school need to maintain strict personal hygiene and physical distancing. When in the playground students will be allocated areas based on their year group.

Year 11 - Senior Area

Year 10 - Main Quad

Year 9 - Grassed Area - Pittwater Road side of school

Year 8 - Basketball courts/COLA

Year 7 - Oval

All canteen orders must be done online and there will be no payments in cash. When lining up at the canteen please follow the distancing rules and signs displayed for your relevant year group. I welcome seeing all students in week 4.

**Mrs Roulston**

**Years 8 and 11 Relieving Deputy Principal**



# Maths Online Activity: Years 7 and 8 Make a Nature Mandala

Mandala is the Sanskrit word for circle. Mandalas often have radiating patterns and can be found in nature; a good example is tree rings.

Create your own circle art with nature

- Collect your materials. Go for a walk and see what you can find. Your materials could include twigs, stones, shells, sand, flowers, leaves etc. Think about collecting different colours and textures.
- Find a flat surface to work on. For example, this could be on a table, on a patch of grass or on the sand at the beach.
- Decide what your centre motif will be.
- Start your mandala pattern. You might want to work in rings around your centre piece.
- How many lines of symmetry did you create?
- What is the diameter of your design?
- What is the circumference of your design?





**Maths Online Activity: Years 7 and 8 Make a Nature Mandala continued...**





## Year 9 Food Technology - "Food Trends"

During Term 3, whilst online learning, students in Year 9 Food Technology were very busy indeed working on their Food Trends assignment.

Students were required to choose a theme for a special occasion cake and then sketch their ideas. They also had to investigate certain chemical and mechanical changes which may occur in baked goods. Students were then provided with stimulus material to assist them in making their cakes at home. The process had to be documented with photographs and/or videos, showing the steps involved in making and decorating their chosen cake. Not only was this assignment great fun, but it also showcased the student's skills, creativity and interests.

The cakes the students made were absolutely amazing. It was hard to believe they were made by Year 9 students. The variety, workmanship and creativity were jaw dropping.

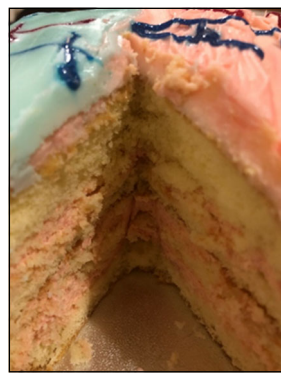
When you look at the attached photos, remember, these students were in lockdown, largely relying on student/teacher TEAMS meetings for direction and utilising what resources they had at home. Unlike making these cakes at school, many did not have the luxury of our school kitchen equipment, so they had to be resourceful with what was available to them.

I am still in awe of their efforts. Congratulations Year 9.

**Mrs Lagois**







An exert from **Elissa Year 9** describing the process of her cake.

I have chosen the theme of birthdays because birthdays are always fun, bright, happy, and joyful times of the year. It was also my mum's birthday coming and we agreed that I could make the cake for her birthday. I started by researching birthday cakes, this led me to gather some ideas. By the end of a few days of researching and watching YouTube, I had a good vision in my head of what I wanted my birthday cake design to look like. No pictures or videos on the internet had exactly what I wanted my cake to look like, so I decided to draw and label a sketch. In the sketch I incorporated everything I wanted my cake to have. I had to do a bit of rearranging and I eventually came to a final choice.

In order to create my cake, I had to go shopping, so I made a list of the ingredients and materials I needed to buy. Of course, with the Covid restrictions I myself couldn't go to the shops, so I ordered them to be delivered to my house. I started to bake the cake itself and the cake decorations, including the macarons, chocolate decorations, meringue kisses, buttercream, chocolate covered strawberries and chocolate ruffles.





**Scott Matthew (Year 9)** has been shortlisted for the Mosman Photography Awards in the Youth category with not one, but two photos!! There were 98 entrants. Here are the photos of a **Dwarf Green Frog** and a **Pacific Black Duck**. Congratulation Scott!



## Uniform shop operational hours and service

Due to COVID 19 Purchases can be made online by parents and can be collected from the front gate or your student can collect at either the front gate or in school from the uniform shop in the hours that follows.

Thursday 21st October 8.30 - 10.00 from the front gate. From the 26th and 27th October until further notice 8.15- 9.30 collection from front gate by parents and students can collect from the uniform shop until 11.15.

**Kim Gobbe**  
**Uniform shop**

## Enhancements to Make Parent Online Payments Easier

We are pleased to let you know that there have been enhancements made to the way payments by parents and carers are captured.

From 21 October our upgraded POP page will replace the old Westpac page. It's accessible from the school's website, and allows parents and carers to make online payments anywhere and anytime.

**By using the upgraded page, parents and carers will enjoy:**

- A quick and simple user interface;
- Mobile-friendly experience – making it easier to pay via phone or tablet (as well as from a desktop computer); and
- Multilingual support which enables them to use POP in their preferred language.

**Instructions for using the Portal:**

- Visit our school website on your mobile, tablet or desktop computer
- Select 'Make a payment' from the main page menu
- Enter the required student, contact and payment details **Note: You are NOT required to provide the 9-digit Student Registration Number**
- Check your email for a copy of the receipt of payment

In the current Covid climate, online payments are our preferred method for receiving funds and we hope that this upgraded tool makes the payment process more streamlined for you.





Year 10 students, studying Certificate 1 in Hospitality, will be rolling up the shutters and opening the doors of our very own school café "Gary's Place" on Monday 1 November to welcome everyone back to school.

Gary's Place (named after one of Pittwater High's favourite sheep "Gary") was launched in 2018 and has become huge success across the school. The Year 10 students operating the café out of our Trade training Centre, are being trained in barista, customer service and café management. The café is staffed by students with all proceeds directed back into the cafe.

Gary's Place will be open **Monday Week A** only November 1  
Before school **7.45am-8.45am**

Pittwater High students and staff are welcome to pick up a selection of hot and cold beverages and café items to kick start their day. Coffee will be served to senior students and staff only. We will have pancakes, toasties, iced chocolates, hot chocolates, milkshakes bacon and eggs rolls and home made muffins available.

Due to Covid 19 we are implementing strict measures around social distancing, hygiene and the handling of cash. As Gary's Place is a cash only café, we request exact money where possible. Nothing on the menu is over \$4.00

**Mrs T Lagois**  
**Hospitality Teacher**





# **The Pittwater High School Learning Centre (Library)**



## **Opening Hours Term 4 2021** **(due to COVID-19 restrictions)**

**Mondays, Wednesdays, Thursdays  
and Fridays: 8:45am – 4:00pm**

**Tuesdays: 8:45am – 2:25pm**

**(Same opening hours in both A and B weeks)**

**No student entry at recess  
and lunchtimes!**





# 2022 School Travel Applications are now open

Below is some useful information to assist with student travel enquiries. We have also attached a newsletter-friendly version you can share with parents/carers and students.

Applications for student travel in 2022 opened on Tuesday 12 October 2021.

Students who need a School Opal card or travel pass for 2022 can apply now. A new application will need to be submitted if they are applying for a school travel pass for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who change address, school, campus location, or who have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should renew or update their details before the end of term 4. This will ensure that schools can endorse applications and current entitlements are updated and remain valid. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new eligibility criteria, they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply. Term Bus Pass holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2022.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

## School Student Transport Scheme site change

On 1 October 2021 the School Student Transport Scheme (SSTS) information and application portal was moved to [transportnsw.info](https://transportnsw.info).

Access to the School Portal will also be via [transportnsw.info](https://transportnsw.info). To navigate to the School Portal from the home page click Tickets and Opal, then School students, then scroll down to Information for school staff and select School portal.

## School travel application endorsements

Often applicants completing the online form make mistakes, so we ask that school administrators be mindful of this and avoid endorsing applications with incorrect information.

If you identify an error you can amend the first name, date of birth or grade of a student's travel application by clicking in the relevant row on the portal. Please ensure you have confirmed the information before making any changes.

Refer to page 16 of the School Portal User Guide for further instructions. The user guide is accessible within the School Portal by clicking the arrow next to your username.

If a student's details cannot be confirmed or they are not yet enrolled please do not endorse the application. By selecting 'no' the application will be rejected and the applicant will be informed. They will then need to submit a new application. In the event that school administrators endorse an application in error, please advise our Concessions team as soon as possible via <https://transportnsw.info/contact-us/feedback/passes-concessions-feedback>.

If school administrators require access to the School Portal, please request an account at <https://transportnsw.info/tickets-opal/ticket-eligibility-concessions/school-student-travel/school-portal#register>

If you have staff members who have left the school recently who had access to the school portal, please let us know at <https://transportnsw.info/contact-us/feedback/passes-concessions-feedback> and select 'school/operator portal' and then 'remove existing user access' so their access can be removed.

## Travel from Term 1 2022

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for the School Student Transport Scheme (SSTS) open at the start of Term 4 2021 for travel in 2022, so parents/ students can apply or update details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a difficult period for local bus operators, and students travelling without a valid ticket make service planning and operations increasingly difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel on a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their local bus operator to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Please also remember that students using Opal cards must tap on and tap off in line with the Student code of conduct and Opal terms of use.



## To all Pittwater High parents and carers

We have recently been contacted by the Australian College of Applied Psychology (ACAP) Clinic who are offering services to adolescents and adults, with a wide range of individual and group therapy options. The details are outlined below.

We are seeing a number of students and families finding the challenge of lockdown difficult to navigate and we strongly encourage people to be proactive in seeking help if it is needed.

**Andrew Fairley**  
**Head Teacher Wellbeing and Engagement**  
**Pittwater High School**



The ACAP Clinic offers FREE individual, and group based psychological, counselling and social work services offered by senior and later year students, Provisional Psychologists, Clinical Psychology, Counselling and Social Work students at the Australian College of Applied Psychology (ACAP). All students are supervised by board certified supervisors, who are experienced senior psychologists, counsellors, social workers and academics. We currently have space available without waiting list.

The Clinic offers services to children, adolescents, and adults, with a wide range of individual and group therapy options. During the COVID lockdown, fees are waived entirely, and all services are being safely provided via telehealth. \*\*\*For your information, at other times- affordable options are provided for people accessing therapy - costing \$20 per individual therapy session, with fees waived entirely for students, people with Health Cards and others facing financial disadvantage.

Currently, senior students and Provisional Psychologists are offering individual therapy, group programs (domestic violence mutual self-help; social anxiety; mindfulness and compassion-based therapy\*) and psychometric testing. We also have a mental health support group for international students.

\*The compassion-based therapy program is looking at issues such as self-criticism and esteem. This program might be particularly useful with those who have experienced trauma, parental criticism or acts of violence.

Using telehealth, the ACAP Clinic is able to work with people in any geographic location. Our student practitioners are culturally competent and well supervised. Many are from diverse backgrounds and are bilingual.

If there are any questions about the individual or group programs, please do not hesitate to make contact.

Individual and group therapy spaces available with no waiting list, so if you have some children and adults or families in mind – please encourage them to refer or make a warm referral on their behalf.

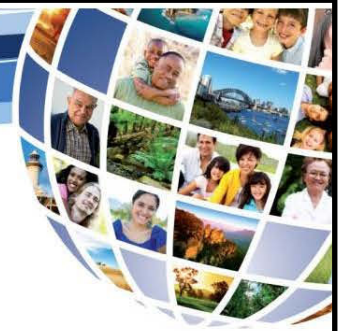
Members of the public can self-refer to the ACAP clinic (no GP referral is necessary) and it's conveniently located in Sydney city (on level 11; 255 Elizabeth St at the Sydney ACAP campus), although all services are currently provided by Tele health because of the Covid lockdowns. In addition, we can consider outreach as a model of service delivery.

To book or for more information, visit The ACAP Psychology Clinic website or clients can refer or be referred by calling (02) 8236 8070.





**Transcultural**  
Mental Health Centre



## **'Keeping Well During the Pandemic'**

### **In-language online webinars for Culturally and Linguistically Diverse (CALD) Communities**

The COVID-19 pandemic has had a significant impact on our mental health and wellbeing, leaving many of us struggling with stress, sadness and many other emotions and experiences. As part of October's Mental Health Month, the Transcultural Mental Health Centre (TMHC) is organising a series of online webinars in multiple languages for members of CALD Communities.

The webinars will focus on the impacts of the COVID-19 pandemic on our mental health and wellbeing, how to recognise symptoms of mental distress in ourselves and others and provide information on where to seek help. The webinars will also provide tips and skills on how to manage stress and keep well during this challenging time.

The webinars will be in-language or in English with an interpreter.

For more information or to register, click on your language or community below:

[Burmese: 23<sup>rd</sup> October](#)

[Nepali: 22<sup>nd</sup> October](#)

[Cantonese: 27<sup>th</sup> October](#)

[Spanish: 14<sup>th</sup> October](#)

[English: 11<sup>th</sup> October](#)

[Swahili: 20<sup>th</sup> October](#)

[Greek: 13<sup>th</sup> October](#)

[Tamil: 21<sup>st</sup> October](#)

[Indian: 22<sup>nd</sup> October](#)

[Tibetan: 19<sup>th</sup> October](#)

[Italian: 12<sup>th</sup> October](#)

[Vietnamese: 15<sup>th</sup> October](#)

[Mandarin: 27<sup>th</sup> October](#)

[Yazidi: 18<sup>th</sup> October](#)

**Where:** Online via Microsoft Teams – participants will be sent a link after registration.

**Cost:** FREE

Places are limited to a maximum of 30 participants for each webinar

For more information contact: Michele Sapucci, Mental Health Promotion, Prevention and Early Intervention, Program Leader, TMHC at [Michele.Sapucci@health.nsw.gov.au](mailto:Michele.Sapucci@health.nsw.gov.au)

The TMHC is a NSW Health state-wide service hosted in the Western Sydney Local Health District



# eSafety's parent guide

## to digital technologies and mental health

Join the eSafety Commissioner's expert education and training team for a FREE live webinar.

This Term 4 webinar will provide parents and carers with strategies to help young people and their mental health when they are online.

### Register now

#### Dates: (AEDT)

19 October 7.30 to 8.30pm	26 October 7.30 to 8.30pm
20 October 12.30 to 1.30pm	9 November 7.30 to 8.30pm
21 October 12.30 to 1.30pm	18 November 12.30 to 1.30pm



Register now: [esafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)



 eSafety Commissioner

[esafety.gov.au](https://esafety.gov.au)

 **ACU** INSTITUTE FOR  
POSITIVE PSYCHOLOGY  
& EDUCATION

## Project Parent Power: Provide Support in This Tough Time

### Why Join?

Ethics approval: HREC Register No. 2020-227H

- ❖ Parenting can be challenging and exhausting. We are developing a program that seeks to provide parents with support and encouragement.
- ❖ This program seeks to support parents to **get the best outcomes for themselves and their children.**
- ❖ It is designed to improve **parent well-being** and **student well-being and education engagement.**
- ❖ The program is **evidence-based.**
- ❖ It has the potential to improve student's **academic performance.**
- ❖ **Help us support parents in this difficult time!!**
- ❖ The study is designed with your busy life in mind.
  - You complete three 10-min self-assessments before and after the program, and 2-min questionnaires weekly during the program
  - You will complete an online Triple P program, which will only require 30-60 minutes per week
  - You will receive brief messages designed to be encouraging, supportive and provide valuable parenting information. The message intervention will only require 2 to 5 minutes of your time each weekday
  - We hope that by providing you with small, "bite size" bits of support in your daily life, we will be able to improve your well-being
- ❖ **Participation requirements:**
  - ❖ **A parent of high school student(s)**
  - ❖ **Fluent in English (especially in reading English)**

Contact: Sylvia Wong: [tszying.wong@myacu.edu.au](mailto:tszying.wong@myacu.edu.au)

## NEXTWAVE

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**Deadline  
Extended!**  
Enter by  
NOV 12



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include a pineapple



win big!

### YOUTH SHORT FILMMAKING COMP

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