

# PITTWATER PRESS

BE RESPECTFUL

ASPIRE

BE RESPONSIBLE

Wednesday 8 September 2021. Week 9B Term 3

## Rachel Fleming. Deputy Principal's Report

This week we farewell Ms Ferris who has been with us for over 9 years. I remember the day Jane arrived to meet her Executive Team (I was Head Teacher PDHPE at the time), and she made sure she knew something about all of us and our faculties before she had even met us. This is something we, as a school community, have always admired in Jane – the ability to know what is happening at every level, and her genuine love and care for our school.

Jane, at the time, was already an experienced Principal and keen to get back into a comprehensive, co-educational school. She hit the ground running and hasn't stopped since! It didn't take long for her to have a clear vision on how she could see Pittwater High growing into the school it is today. Jane leads by example and has high expectations of all her staff and her students. While some decisions may not always be popular ones, she has not been afraid to forge ahead, knowing that the best interests of the school community and, most importantly, our students have always been her number one priority.

It is because of Jane's ability to manage a school and problem solve that we are fortunate as a school community to have such a beautiful, well-resourced school environment. Students and staff have up to date resources available and are surrounded by state-of-the-art facilities. Jane has always supported our extra-curricular programs and has travelled interstate and overseas with our band tour. Jane and I were also fortunate to be able to travel to Ngukurr with our senior PDHPE and Aboriginal Studies Students.

On all these trips it was on the understanding that we ensured we paid our own way. I mention this because this demonstrates the type of leader Jane is – always fair and equitable. We had many adventures and have fond memories of our trip to the remote Aboriginal community. The students could not believe the energy Ms Ferris had and they enjoyed seeing her in her element.

Jane always takes time out of her day to walk (more like a slow jog) around the school and say hello to staff and students, her favourite days being those where she could dress up in her wild outfits and show off her dancing skills on assembly. Ralph has been at her side over the last few years and has helped to brighten up the day for many of our students.

Jane's strong leadership and ability to inspire and motivate her staff and students have resulted in improved results, improved infrastructure, students developing a strong sense of social justice, connections with school networks and leadership opportunities for staff and students. Jane's hard work and commitment to our school was fully appreciated this year when Pittwater High School was recognised in our recent external validation as a school that is excelling.

While we will all be very sad to see Jane go, we wish her well and know how excited she is to see her family in Sweden and finally meet her second grandchild. It is not quite the farewell we had planned, but I think what we have all learned from COVID is how to adapt and be flexible.

## Rachel Fleming. Deputy Principal's Report continued

Jane will be returning to visit next year, and we will hopefully then be able to give her the retirement party she deserves.

On Thursday and Friday, Jane will be presented with some memories of her time at Pittwater High School. Thank you to everyone in the school community who has captured Jane in your short stories and messages of thanks.

As many of you know, I have had a long history with Pittwater High School as Head Teacher PDHPE, Head Teacher Wellbeing and then Deputy Principal. Like Jane, I am truly passionate about ensuring our students have every opportunity to thrive and flourish in their learning and wellbeing. I look forward to working with our school community to ensure continued growth. I may not have the groovy dance moves like Ms Ferris but I certainly have the commitment, dedication and connections with our school to move it forward in the future.

Safe travels Jane, on behalf of everyone at Pittwater High School. We send you off with love, our very best wishes, and immeasurable thanks for all that you have done for this school.

**Rachel Fleming**



It is with mixed feelings that I leave Pittwater High at the end of this week. I have worked in NSW public schools for 30 years, nearly 10 years of that time as Principal of this great school. How blessed are we to be in such a beautiful part of the world with such wide-open spaces at our school? The students always have been forefront in my decision making, for them to be able to achieve great things and to be happy has been paramount in my thinking.

It feels strange that I can not see you all on one farewell assembly or walk around the playground chatting to you all – but that is life with COVID. The staff at PHS are amazing – hardworking and dedicated, and very much an inspiration to my work as Principal. Over the years I have also got to know a number of parents really well, and I feel sad to be moving on and leaving what is such an amazing community at all levels.

Over the last decade, the school has moved on from strength to strength and within that growth Rachel Fleming has been a key and active contributor. Under her leadership as acting Principal, the school will continue to grow and maintain its position of excellence. When I return to Australia next year after 3 months in Sweden, I hope to visit and get to say a proper goodbye.

In the meantime, my thoughts and love are with you all, hoping for a brighter future for you all post COVID.

**Jane Ferris**





**Farewell Ms Ferris**

This collage consists of 25 individual photographs arranged in a grid-like fashion. The central text, 'Farewell Ms Ferris', is written in a large, bold, yellow font across the middle of the collage. The photos depict various moments: Ms. Ferris, an older woman with short grey hair, is seen smiling and interacting with students in maroon school uniforms. She is also shown receiving a gift from a student, being presented with a plaque, and participating in a group photo with a large group of students. Other photos show her in a festive orange jacket with a green lei, sitting with a dog, and standing with a group of people in a hall. The background of the collage is a light, textured grey.







## Just a few of the many positive comments received from parents as Jane Ferris leaves Pittwater

"Dear Jane

We all wanted to wish you all the best in your upcoming long service leave and retirement. It seems like such a short time since we learned of you joining PHS and had high hopes of innovation, passion and dedication to students from 'the new principal'!

You have more than delivered on all of these things and are leaving PHS in an excellent position. Some of the most important legacies that you leave are your empowerment of teachers, your focus on attracting good teachers, and your concentration on areas for improvement. Alongside these are your respect for students, your clear goals for them and your confidence in them, which are critical for them, in turn, respecting the school, staff and educational aims.

Thank you so much for all that you have done, including throughout various challenging times, as you have shown poise, pivoting skills and empathy.  
All the very best"

*"This is a little note to let you know how much we appreciate just how wonderfully understanding and supportive you have been of our daughter over the last 4 years - and how truly helpful you have been. Her last 4 years have been so hard on so many levels - and at all times, you (and your handpicked team) have been nothing short of amazing! Our daughter states that the new principal MUST be a clone of you and MUST come with a dog, must be able to dance in the quad on Fridays and must continue to post Facebook/Instagram messages to parents and kids!"  
We wish you all the very, very best."*

"We would like to thank you so much for your contribution to the school. Our daughter came to the school in Year 9 from a private Catholic school. We were so impressed with the level of support at Pittwater High and your presence at events; this is so important as it shows a commitment to the students and their activities.

The school is going from strength to strength and we are so delighted that our youngest daughter will be following her sister next year. We are sad you will not be there but thank you for laying strong foundations for the next principal. We wish you all the very best."

"Dear Ms Ferris,

*I've put all three of my boys through Pittwater High School, the eldest two left well before your time, but my youngest joined Year 7 just as you were new. I've never been so impressed with a welcome speech than when I heard you. The old adage about PHS was, "your kid will do ok so long as they fall in with the right crowd". With you I heard the arrival of a new paradigm. You gave us a vision of our son's high school education that pinned success on the individual student, staff, the school and the whole of Australian education. I knew that he would be in good hands.*

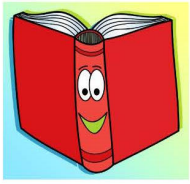
*Now, towards the end of his high school career, you've pulled off the most amazing pivot in the way you and each and every one of your staff have continued to deliver top class education against all odds.*

*For the 1% of your work that we parents see, I know that there's 99% that we don't - I'd like to thank you for that too.*

*Oh, and thank you for saving me \$100,000 in private school fees as you promised :)"*



# Book Week 2021



# WPHS!!

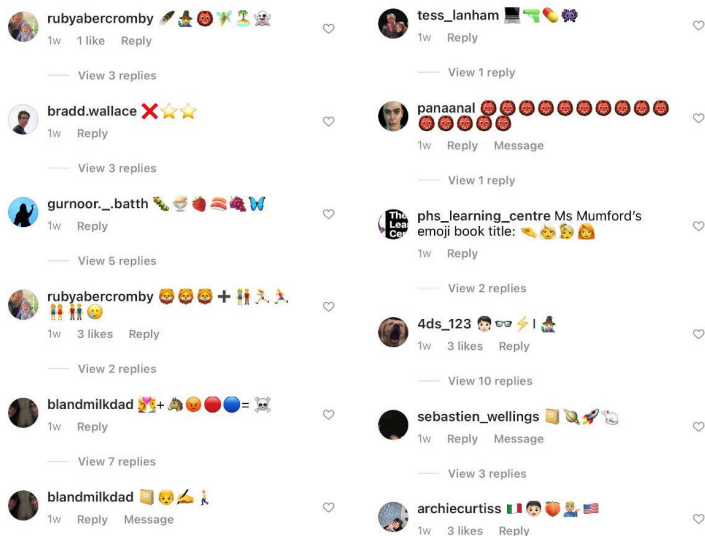


Despite the restrictions of lockdown, the Learning Centre (library) and English faculty came together to organise a wonderful week full of fantastic activities for the Children's Book Council of Australia Book Week 2021!

## Emoji-only Book Titles!



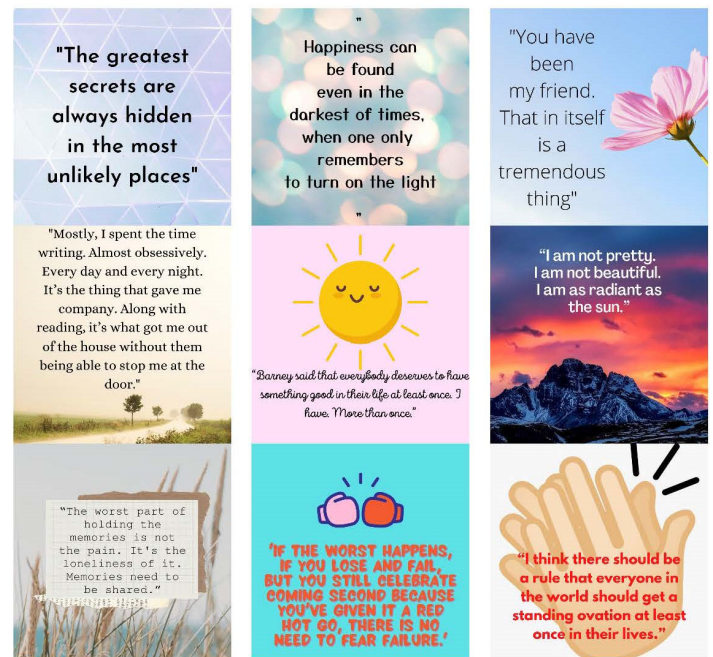
On Monday, students were challenged to create book titles using only Emojis & then guess them correctly! Just a few of the titles contributed are here...



Heaps of fantastic creativity on show with the titles made, plus some amazing guesses!! Well done Pittwater!

## Guess the Quote!

On Tuesday, students were challenged to identify the books that this series of quotes were from...



Congrats to Gurnoor Batth of Year 12 who identified 6 quotes correctly, followed closely by Polly Bryant (Year 12), Maclaine Lay (Year 8), Jasmine Thomas (Year 10), Sophia Ivison (Year 7) and Lexie McCoy (Year 8)!

## Character dress-ups!

On Thursday, students and staff were encouraged to dress up as book characters! Many matched this year's Book Week theme "Old Worlds, New Worlds, Other Worlds" brilliantly!





## Character dress-ups! (Continued)



## Reading Made me Famous!

Students were also encouraged to film themselves reading an extract from a book the character they were dressed up as is in! Well done to the brave students who took the plunge...



Isabel Waterman of Year 12 (as Evelyn Hugo from *The Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid)



Maisy Jones of Year 9 (as Celia Bowen from *The Night Circus* by Erin Morgenstern)

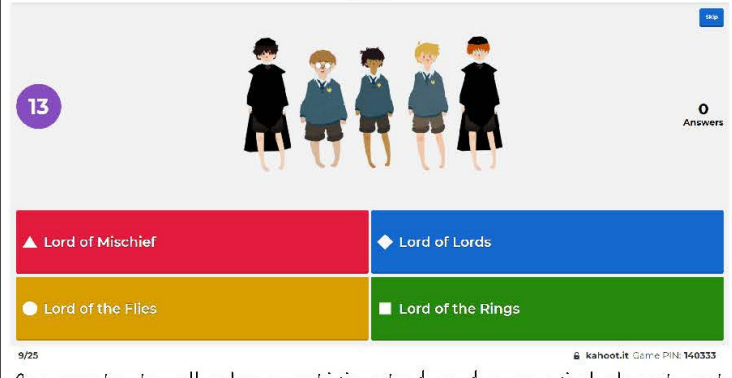


Lexie McCoy of Year 8 (as Bella Swan from the *Twilight* series by Stephanie Meyer)

## Book Trivia Kahoot!

For the last day of Book Week, students joined a Zoom for a bit of trivia for Book Week!

Jack, Piggy, Simon, Ralph and Roger are the main characters from which coming of age novel?



Congrats to all who participated and a special shout out to the 5 top placegetters (Sabine O'Leary Year 10, Sasha Stanning Year 11, Hailey Carter Year 12, Sebastien Wellings Year 11 and Maisy Jones Year 9)!

I received many messages from staff and students to tell me that they really enjoyed the activities on offer and best of all that it lifted their spirits!

Students who participated in any of the activities throughout the week were each emailed a Dymocks digital gift card last Monday! We hope students enjoy using these towards the purchase of something to help them continue their love of reading...

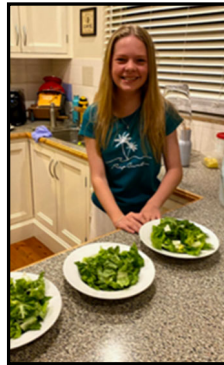
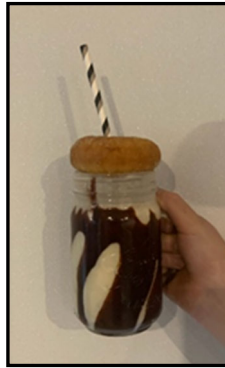
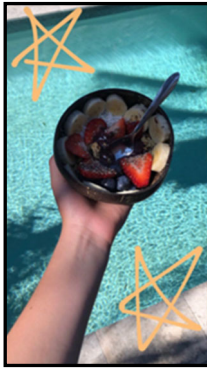
Sadly, this is my last Book Week at Pittwater High School, but I want to take this chance thank all the staff and students who made this year's and all our previous Book Weeks over recent years such wonderful experiences!

Mr Kovacs, Teacher Librarian



## A large, heart-shaped pizza is the central focus, resting on a light-colored wooden cutting board. The pizza is topped with a thick layer of melted white cheese, sliced cherry tomatoes, and thin slices of red onions. The crust is golden-brown and slightly irregular. In the background, a dark glass bottle, likely containing beer, is partially visible. The entire scene is set on a wooden surface, possibly a table.

Well done, my super class!



## A wooden archway with the text "The SENSORY SPACE" and "NINA G. 2021" stands in a park. The archway frames a view of a grassy area with a path, trees, and a building in the background.

Congratulations to Nina, and to all Year 12 Design and Technology students for their brilliant Design Projects.





# ATARNotes

## Free online lectures / seminars!

**Week 2 of this upcoming school holidays**

**(Monday 27<sup>th</sup> September - Friday 1<sup>st</sup> October 2021)**

Presented by recent HSC high-achieving graduates, ATAR Notes' free live-streamed lectures are specifically designed to help you succeed.

**Register here:** <https://bit.ly/31yvL9r>



## HSC Exam Revision for current Year 12s:

- Revise past content (previous lecture series also available)
- Prepare for upcoming exams
- Get study tips and strategies from high-achieving graduates (info about the lecturers here: <https://bit.ly/3tjDoxN>)
- Ask questions live & get immediate responses through our Q&A system!

Mon 27 <sup>th</sup> September	Tue 28 <sup>th</sup> September	Wed 29 <sup>th</sup> September	Thurs 30 <sup>th</sup> September	Fri 1 <sup>st</sup> October
9:30am-12pm: Physics	9:30-11:30am: English Text Analysis: The Tempest	9:30am-12pm: PDHPE	1-3:30pm: Biology	1-3:30pm: Economics
9:30am-12pm: Modern History	9:30am-12pm: Legal Studies	9:30am-12pm: Maths Extension 2	1-3:00pm: English Text Analysis: The Crucible	1-3:30pm: Maths Extension 1
1-3:30pm: Maths Standard 2	9:30am-12pm: Chemistry	1-3:30pm: Studies of Religion	4-4:45pm: Getting ahead of your studies with ATAR Notes resources	
3-4pm: Deakin University: Welcome to Deakin	1-3:30pm: Maths Advanced	1-3:30pm: English Standard	6-6:30pm: Parent session: Support your child through their studies and exams	
	4-6:30pm: Business Studies	4-6:30pm: English Advanced		
	4-6:30pm: Ancient History			

Got a clash (2 lectures you want to attend running at the same time)? Don't stress!! Once you register, Lecture recordings are available to re-watch at any time, and students can download the slides to aid revision



# Future options seminars for current Year 12s:

Mon 27 <sup>th</sup> September	Tue 28 <sup>th</sup> September	Wed 29 <sup>th</sup> September	Thurs 30 <sup>th</sup> September
<b>12-1pm:</b> La Trobe: The science behind the sport  <b>12-1pm:</b> UTS: Boost your application  <b>2-3pm:</b> La Trobe: Commerce vs Business - What is the difference?	<b>12-1pm:</b> La Trobe: Where a degree in psychology could take you  <b>12-1pm:</b> Macquarie University's Top 10 FAQ's  <b>2-3pm:</b> La Trobe: Understand the world around you – then change it with a Bachelor of Global Studies.	<b>12-1pm:</b> Guarantee your place at RMIT  <b>2-3pm:</b> The University of Melbourne: Studying at Melbourne in 2022	<b>12-1pm:</b> Deakin University: There's more than one way to get into Deakin

## Year 12 Class of 2022 - Head Start Lectures:

Give yourself a huge advantage going into Year 12!

- Get ahead on upcoming content
- Get study tips and strategies from high-achieving graduates
- Increase motivation and confidence through the holidays

Mon 27 <sup>th</sup> September	Wed 29 <sup>th</sup> September	Thurs 30 <sup>th</sup> September	Fri 1 <sup>st</sup> October
<b>9:30am-12pm:</b> Physics	<b>9:30am-12pm:</b> Maths Standard 2  <b>1-3:30pm:</b> Maths Advanced	<b>1-3:30pm:</b> Chemistry  <b>5-5:45pm:</b> Getting ahead of your studies with ATAR Notes resources  <b>6-6:30pm:</b> Parent session: Support your child through their studies and exams	<b>9:30am-12pm:</b> English Standard  <b>9:30am-12pm:</b> English Advanced  <b>1-3:30pm:</b> Biology

## Year 9 & 10 Term 4 Head Start Lectures:

Mon 27 <sup>th</sup> September	Tue 28 <sup>th</sup> September	Wed 29 <sup>th</sup> September	Thurs 30 <sup>th</sup> September
<b>1-3pm:</b> Year 10 English	<b>4-6pm:</b> Year 9 English	<b>1-3pm:</b> Year 10 Science  <b>4-6pm:</b> Year 9 Maths	<b>9:30-11:30am:</b> Year 10 Maths  <b>1-3pm:</b> Year 9 Science

Register here: <https://bit.ly/31yvL9r>





# WHITE CARD

Good Afternoon Students and Parents,

I have been contacted by the company from whom we obtain White cards with students here at school (Coastal OHS Services). We have traditionally done the course at school, but with the Covid restrictions they are able to offer free Whitecard online courses for any students who are 16 and over.

This would mean a commitment from students to attend the online Zoom course on Friday November 12th in Term 4, from home. Students will also be required to have a computer with a webcam and audio that is visible and audible during the whole duration of the training. With the online course parents will be required to purchase PPE such as hard hats, fluoro vests, ear plugs etc to complete the practical section (see flyer below). Students will be marked as school business for the day.

The course is recognised by SafeWork NSW but as it is an online course is not recognised with the Department of Education for work experience or VET courses. What I need, if you are interested, is to email me your name and commit to the purchasing of the PPE for the practical section of the course. The email is [carol.anne.davis@det.nsw.edu.au](mailto:carol.anne.davis@det.nsw.edu.au)

Once I have the list organised then I will organise for students to get a Unique Student Identifier (USI) sent to me so they will obtain their Whitecard.

## USI

The Australian Government requires ALL students to register for a Unique Student Identifier (USI). It is easy and fast to do. Register for the USI at <https://www.usi.gov.au/>. Students must bring their USI number to the course, including the exact name they used to register for the USI.

A White Card or Statement of Attainment can not be issued unless a valid USI is received.

## Certificate

Students will be mailed a SafeWork NSW Statement of Training. They will also receive an email with their Statement of Attainment and Statement of Training details which allows them to work straight away and SafeWork NSW will send out their White Card within 60 days.

Regards,  
Carol Roulston

## PPE SCHOOL KIT



### KIT INCLUDES:

- 1X HARD HAT
- 1X SAFETY GLASSES
- 1X EAR PLUGS (PAIR)
- 1X P2 DUST MASK
- 1X HI-VIS VEST

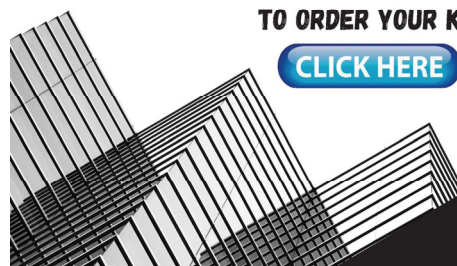
**ONLY \$34.00**  
(GST Incl) - FREE SHIPPING

OR

SCHOOLS SAVE \$3/KIT  
(MIN 5 KITS PER ORDER).  
USE COUPON CODE: **SCHOOLKIT**  
**ONLY \$31.00**  
(GST Incl) - FREE SHIPPING

TO ORDER YOUR KIT

[CLICK HERE](#)







WOLPER JEWISH HOSPITAL AND FRIENDS OF WOLPER,  
INVITE YOU TO ATTEND A Q&A

## **BUILDING RESILIENCE IN OUR TEENS DURING A PANDEMIC**

*Practical strategies for parents and grandparents of teens  
dealing with anxiety, instability and uncertainty*

**LIVE ON ZOOM • WEDNESDAY 1ST SEPTEMBER, 7.30PM**

**Moderator Julie McCrossin AM:**

Freelance journalist, facilitator, trainer and speaker

**Professor Patrick McGorry AO:**

Professor of Youth Mental Health at the University of Melbourne;  
Executive Director of Orygen Youth Health and  
Orygen Youth Health Research Centre

**Dr Paula Robinson:**

CEO and Executive Director of APPLI and Positive Psychology Institute,  
specialising in wellbeing and mental fitness across the lifespan;  
registered Psychologist, author and speaker

**Ashley de Silva:**

CEO of ReachOut, Australia's leading online mental health organisation  
for young people and their parents

**Register at [wolper.com.au/wellbeing](https://wolper.com.au/wellbeing)**

Questions can be asked anonymously at  
registration and during the seminar.



Wolper Jewish Hospital is a member of the  
JCA Family of Communal Organisations

**FOR MORE INFORMATION CONTACT WOLPER 9328 6077**



Hey everyone, exciting news! We have partnered with the team from Blue Fit to develop a new program called HIIT ME UP. Aimed towards young people aged 14 – 18, this free mental health and wellbeing program involves a 45-minute group fitness session with a Blue Fit Personal Trainer via Zoom. Bonus: no equipment is needed!

We'll get the ball rolling with our first session on Monday 6 September and then join us on the following days from 4:30pm:

## LET'S CONNECT

### DETAILS -

**WHEN: TUES & THURS FROM 3:30PM - 4:30PM**

**WHO: YOUNG PEOPLE AGES BETWEEN 12-18 YEARS OLD**

**HOW: VIA ZOOM**

**HOW TO JOIN: EMAIL**

**YOUTH@LANECOVE.NSW.GOV.AU AND SUBJECT LET'S CONNECT. THE ZOOM LINK & GUIDELINES WILL BE SENT.**

- Wednesday 8 September
- Monday 13 September
- Wednesday 15 September

Register your spot now as places are limited:

<https://hiitmeup6sept.eventbrite.com.au>

<https://hiitmeup8sept.eventbrite.com.au>

<https://hiitmeup13sept.eventbrite.com.au>

<https://hiitmeup15sept.eventbrite.com.au>

LANE  
COVE  
YOUTH

## A WHERE TO GUIDE

for when you can't go anywhere!

Are you juggling life in lockdown with being a parent, home schooling, or working from home? If yes, you may find some helpful links in this where to guide\*, when you can't go anywhere. We have compiled a helpful list of resources, groups, and activities that you can participate in both online and offline from home or in your neighbourhood. We hope they bring inspiration and fun to the day for you and your family.

*\*Please remember to monitor and balance your child's screen and online activity and check that any games, websites or TV programs are appropriate for their age.*

To all parents and carers,  
The school has been sent a useful 'Where to' guide listing a range of different supports and resources specifically aimed at our lockdown context.

This resource collaboration is an initiative of the NSLHD Child Youth & Family Health Service in partnership with Relationships Australia-Community Builders. Members of the Child and Family Inter-agencies across the Northern Region of Sydney have also provided invaluable contributions to it. We hope you find it useful.

Andrew Fairley  
Head Teacher Wellbeing

Click on the link for the guide.  
[A Where to Go Guide for Families](#)



We are proud to be joining Australia's  
largest Body Image Movement this  
September.

We are encouraging  
everyone to  
**BE BODY *Kind*.**  
To their own body. To others.  
Face to Face. Online.

**Body*Kind***  
SCHOOLS

September – 2021



**ARE YOU OR SOMEONE YOU KNOW STRUGGLING WITH BODY IMAGE?**

You are not alone. Talking helps; is there a trusted friend, adult or teacher you can talk to?  
Not sure where to start or what to say? Our trained counsellors on the  
Butterfly National Helpline can support you [www.butterflynationalhelpline.org.au](http://www.butterflynationalhelpline.org.au)



**Butterfly**

**BUTTERFLY.ORG.AU**



## TIPS TO BE

# BodyKind



Speak to your body in a way that is kind.  
Extend this to other bodies too.



Eat for fun and to nourish your body and mind.



Listen to your body.  
What does it need; Food, movement, rest, kindness?



Make fewer body and appearance comparisons.



Move your body in ways you enjoy.



Practice self-compassion.  
Give yourself a break.  
No body is perfect.



Stop the body bullying.  
Online. Face to face.



Respect the differences in your body and others.



Celebrate what your body is and can do.

IN A WORLD WHERE WE CAN BE  
ANYTHING, BE BODY *Kind*  
IT STARTS WITH YOU!



### ARE YOU OR SOMEONE YOU KNOW STRUGGLING WITH BODY IMAGE?

You are not alone. Talking helps; is there a trusted friend, adult or teacher you can talk to?  
Not sure where to start or what to say? Our trained counsellors on the Butterfly National Helpline can support you [www.butterflynationalhelpline.org.au](http://www.butterflynationalhelpline.org.au)



Butterfly

BUTTERFLY.ORG.AU



<https://makeawave.com.au/liv-sims>

My daughter, Liv Sims in Year 9 is going to Surf Every Day in September to raise funds for Surfaid - a fantastic charity that supports remote communities with basics such as clean water, basic healthcare and nutrition. We were hoping you may share her fundraising page on the Pittwater High Social Media pages?

**SURFAID** **BILLABONG**

CHALLENGE LEADERBOARD SPONSOR A SURFER FAQ

DONATE SIGN UP LOGIN

\$176,285  
RAISED



# LIV SIMS

\$350 raised

\$1,000 goal

[Share](#) [Tweet](#) [Email](#) [Copy Link](#)

## WHY I'M DOING IT

This September I am surfing every day for the month to raising funds for Surfaid. When you support my fundraising you give people in remote communities connected to us through surfing a hand up, rather than a handout.

Surfaid's geographical focus is on the heartlands of surfing where few visitors but surfers go, make their work unique. They specialise in working in very isolated villages where the maternal and child mortality rates are some of the highest in the world.

With your support, we can give families the best chance of getting ahead by providing access to healthcare, clean water and sanitation and improved nutrition. Anything you can donate to support our efforts is greatly appreciated. Thank you for your help.

## DONATE TO LIV SIMS

1

2

3



**\$30**  
CAN PROVIDE HEALTH AND HYGIENE TRAINING FOR A MOTHER FOR A YEAR.



**\$50**  
CAN BUY A WEIGHING SCALE THAT WILL HELP IDENTIFY A MALNOURISHED CHILD.



**\$100**  
CAN PROVIDE A FAMILY WITH ACCESS TO A LATRINE AND HANDWASHING FACILITIES



# SEPTEMBER IS BACK!

1 - 30 SEPTEMBER

JOIN NOW AT [STEPEMBER.ORG.AU](https://stepember.org.au)



**STEPEMBER**  
Move together for cerebral palsy