

# PITTWATER PRESS

BE RESPECTFUL

ASPIRE

BE RESPONSIBLE

10 May 2022 - Week 3A - Term 2

## Rachel Fleming—**Relieving Principal's Report**



Like all terms, we seem to hit the ground running. This term has been no exception with our Anzac Day Commemoration, Parent/Teacher Night, Athletics Carnival, Year 10 camp, 2 Birds 1 Bee Workshop for Year 7 and 8, Gary's Cafe opening and NAPLAN this week for our Year 7 and 9 students. I would like to thank all of our students and staff for ensuring all these events have run smoothly to ensure our students have gained the most amount of benefit possible.

Over the next term, we will continue to focus on improving students' attendance across all years. Often a student or parent will say to me they have "only missed 3 days this term". I then need to remind them that 3 days equates to nearly 15 hours of learning and face-to-face discussion with their teachers and peers. 3 days a term adds up to over 50 hours of learning a year. Hence the reason why it is so important to develop good habits and routines regarding school attendance. Our aim is to continue to support students in returning to school after a very disruptive two years. Please make sure you contact your child's Year Adviser or our HT

Wellbeing, Mr Fairley, if you would like further support in this area.

On Tuesday afternoon, the staff participated in Extended Professional Development. During this time, teachers participated in workshops surrounding engaging formative assessment, literacy - specifically nominalisation, wellbeing strategies, the DEC new Anti-Racism policy, improving our reports and setting up My Best Work in preparation for later this term. Even though several of our teachers are teaching overload or additional lessons, they have continued to see the importance of maintaining a high level of professionalism and remaining current with their craft. I would like to thank all staff for their ongoing commitment to our students' learning.

Over the coming weeks, we have study skills workshops for our Year 11 students and our Year 10 students will be embarking on the Senior Subject Selection process ([see page 6](#)). It is important all students actively engage in these workshops and meetings to ensure they are well prepared for Year 11 and 12.

We hope you enjoy this edition of the newsletter and we would like to remind everyone that our website is continually changing and being updated with all current organisation.

We look forward to hearing the stories and adventures from our Year 10 campers!

# DEPUTY PRINCIPALS' REPORT

Ms Bromley—Years 7 & 10, Ms Purvis—Years 8 & 11, Ms Roulston—Years 9 & 12

Welcome back to Term 2. It has been an exceptionally busy first two weeks, with the Anzac Day Assembly, final Parent-Teacher evening; HSC information evening; and the Athletics carnival. This week, we have Year 10 out on camp for three days; Year 7 camp in week 6 and Year 11 camp in week 8.

Attendance at all classes is mandatory. The expectation is that students will leave the playground and be in class on time. All students must be in class to listen to the first 5 minutes of instructions from the teacher to feel engaged with their learning.

Mobile phone use in class is not acceptable unless directed by the teacher. Listening and participating in class is an expectation for student achievement.

Trial exams are happening in weeks 9 and 10. We ask that students please keep away from the area around the Hall and Performance Space when the exams are on. Students are not to use the basketball courts at lunchtime and remember to be as respectful to the Year 12 students as possible.

Health—Students can collect RAT kits from student services or the front office. As the colder weather is upon us, if your child is sick, please keep them at home. Executive staff will be sending students home if they show symptoms of transmissible diseases that will impact the health of staff and students. Sanitiser and wipes are still in every class room for all students to use.



Uniform—As the weather turns colder, we need students to be in the correct winter uniform. All Deputies will be doing uniform blitzes over the next few weeks to ensure all students are in the correct uniform. If a student is out of uniform, a text or note from their parent/guardian will be sufficient to get a green note. If the student is growing out of their uniforms, new uniforms can be purchased from [www.phsshop.com](http://www.phsshop.com) and the student can collect it from the uniform shop. There is currently a wide range of second-hand uniforms for sale that you can purchase directly at the shop (not online), including sloppy joes and navy jackets ([see page 7](#)).

## Uniform Shop Opening Times:

Tuesdays and Thursdays 8.15 am - 11.15 am.

Pre-orders can also be collected on Mondays and Wednesdays 8:30-9:00 am from the Canteen.



# ANZAC DAY CEREMONY



On Wednesday 27 April, Pittwater High School held the annual ANZAC Day Commemoration Ceremony to pay respects to current and fallen soldiers in all Australia's conflicts. Our school also had the privilege of having Sergeant Shane Fender from the 7th Battery, 9th Regiment of the Royal Australian Artillery give the keynote address. Sergeant Fender served in the Army for 23 years, having been deployed on Peacekeeping Operations in the Solomon Islands, as well as being given the great honour of reading the Ode at Villers Bretonneux ANZAC Day Dawn Service.

This year's theme of ANZAC Day was the 80th Anniversary of the Japanese submarine attack on Sydney Harbour. Sergeant Fender spoke to the school about the importance of ANZAC Day, as well as the significance of 1942 as the year the war came to Australia with the attacks on Darwin and Sydney Harbour. He challenged the students to consider their own role in their communities in commemorating the sacrifice of ANZAC diggers and all soldiers who have served

in Australian conflicts since WWI.

Our other guest speaker was our own Deputy Principal Sophie Bromley who shared her family's extended military service record and stories of her grandfather's experience in WWI. Lest we forget.

Special thanks to Sergeant Fender, Carolyn and Ted Samojlowicz and Pittwater RSL Club for volunteering their time to help us run our ANZAC Day assembly.

Also special thanks to our School Captains, Vice Captains, Prefects, Dr. Hardy and the School Band, Larry, the Stage Crew and Miss Silk for their assistance in organising, running and presenting the ANZAC Day assembly.

*Jen Sonter, HSIE Teacher*





# HSIE



Throughout the year, HSIE students go on excursions, which give hands on opportunities to practice geographical skills and add a depth of understanding to their content knowledge.

On 31 March, Year 10 went on an excursion for their Geography and History courses. Those studying Geography in Semester 1 spent the day at the Sydney Institute of Marine Science in Chowder Bay and those studying History went to the Sydney Jewish Museum in Darlinghurst. Geography students were studying Environmental Change and Management during Term 1 and went to Chowder Bay to conduct research and explore how humans have an impact on the maritime environment. During the day they invented rubbish catchers and looked at the quality of water in the harbour.



In March, Year 12 Senior Geography went to Taronga Zoo to study an economic enterprise in operation. Students had a backstage pass to learn more about feeding the animals, dealing with animal waste, and animal care. The senior Geography course has two mandatory field trips in both Years 11 and 12 which provides a real-world view of the content covered in class.



[Continued overleaf](#)



# HSIE



In History, students have been studying the Holocaust during Term 1 and had a guided tour around the Sydney Jewish Museum to examine artefacts from the Holocaust that show the experiences of those in camps and living through World War II. They also heard from a survivor of the Holocaust who talked to the students about their life and experiences.



Thank you to all the HSIE teachers, who worked tirelessly organising the excursions, and to the students for their outstanding behaviour.

Upcoming HSIE Excursions:

Year 12 Geography 19<sup>th</sup> May

Senior Geography students going to Barangaroo.

Year 8 Excursion 7 June

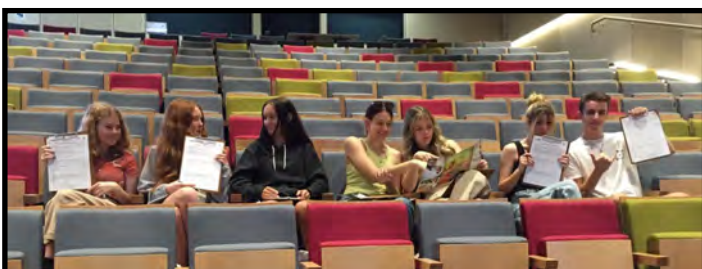
History students will be going to the Australian Museum and Geography students will be going to the Manly Dam.

Year 10 Excursion 1<sup>st</sup> September

Students studying History in Semester 2 will go to the Sydney Jewish Museum, students studying Geography will be going to the Sydney Institute of Marine Science.

Year 8 Excursion 17<sup>th</sup> November

History students will be going to the Australian Museum and Geography students will be going to the Manly Dam.





5.30-6.30 PM  
SUBJECT FAIR  
6.30 PM HALL

YEAR 10 INTO 11  
SUBJECT SELECTION  
NIGHT

SAVE THE DATE!

31 MAY 2022



For Current Year 10 Students  
& their Parents/Carers

HOT BEVERAGES FOR SALE ON THE NIGHT AT OUR TRADE TRAINING CENTRE!

### VOLUNTEERS NEEDED

Can you spare a few hours?

Maybe a shift 8.30 am to 12 pm or 10 till 2 pm?

Any day, once a week, once a fortnight or even once a month! Any help appreciated.

Please email [phscanteen@gmail.com](mailto:phscanteen@gmail.com)

*Canteen Crew*

### SYDNEY ROYAL EASTER SHOW 2022



Well done  
PHS students and our  
Alpacas!

Kelly & Riley  
Senior Paraders  
Harry & Joseph  
Junior Paraders

# Homework Club

The Learning Centre/Library is open from 8 am - 4:30 pm on:



Monday  
Wednesday  
Thursday  
Friday



## The Community Pantry



Take what you need & give what you can

The 2022 prefects would like to ask for your support in continuing a culture of kindness at Pittwater High School. They have launched their Community Pantry (housed in the Learning Centre/Library) where food will be kept for students to access if they don't have lunch, missed breakfast etc.

We'd really appreciate it if you could help stock this pantry with items such as:

- Fruit
- Cheese sticks
- Cans of tuna
- Popcorn
- Cheese and crackers
- Up & Go's





VISIT  
SHOP

2ND HAND  
UNIFORMS!



Sloppy Joes - \$12



Soft Shell Navy Jackets - \$30



Senior Girl Blouses - \$7



Senior Boy Shirts - \$7



Junior Girl Skirts - \$15



Junior Girl Blouses - \$7



Junior Boy Polos - \$7



Girl Tunics - \$15



Band Shirts - Boys & Girls - \$8

TUES OR  
THURS

8.15-  
11.15 AM

**2 TONNES SAVED FROM LANDFILL IN TERM 1  
37 SCHOOLS PARTICIPATING—PHS IS ONE OF THEM!**

# WORN UP



Pittwater High School as joined the Worn Up's Textile Rescue School Program sponsored by the Northern Beaches Council. Together we are ensuring that school uniforms and other school-related textiles are being diverted from landfill. The donations can be stripped down into materials that can be made into products like table and chairs!

The donation box is in the foyer of the school office and if you'd like more information, go to [www.wornup.org](http://www.wornup.org)





# ENSEMBLE NEWS

## 2022 MUSIC FESTIVAL – TERM 2

This most important event is in June – rough dates which are to be confirmed:

4 June – Strings & Orchestra

6 June – Symphonic Band

8 June – Concert Band

## 2022 BAND BLAST WEEKEND – TERM 2

A weekend away for the Senior Stage Band at Port Macquarie. Dates 27-29 May. More details will follow.

## 2022 BAND TOUR – TERM 4

Something to look forward to will be (hopefully) the Band Tour in Term 4. Probably November. Probably interstate (within NSW).

## SYDNEY NORTH VOCAL ENSEMBLES—Belrose

Great opportunity to sing at Sydney Town Hall, Sydney Opera House etc. For more information, go to <https://bit.ly/SNPSvocal>

### 2022 Rehearsal Times

### Director

Monday	2:40pm to 4:40pm	Symphonic Band	Martin Hardy
Tuesday	7:20am	Junior Stage Band	John Pennings
	2:40pm to 3:40pm	Concert Band	Josh Hughes
Wednesday	7:20am	Concert Band	Josh Hughes
Thursday	7:20am	Orchestra	Martin Hardy
	2:30pm to 3:30pm	String Ensemble	Karen Leimbach
	3:35pm to 4:35pm	Advanced Strings	Karen Leimbach
Friday	7:20am	Big Band	John Pennings
	3:30pm to 4:30pm	Vocal Ensemble	Kylie Bailey

All Ensemble information and updates are posted on their Facebook page



MENU ON  
LAST PAGE



## GARY'S PLACE



## EVERY MONDAY – 7.45 - 8.45 am - Trade Training Centre

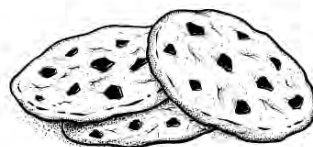


Our Year 10 Students, studying Certificate I in Hospitality, have again opened our very own school café this term. Gary's Place (named after one of Pittwater High's oldest sheep "Gary") was launched in 2018 and has become a huge success across the school. Operating out of our Trade Training Centre, the students are being trained in barista, customer service and café management, and all proceeds are directed back into the café.

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. We will have pancakes, toasties, iced chocolates, hot chocolates, milkshakes, bacon and egg muffins, homemade muffins and our signature café cookies available. Please note that coffee will be served to staff and senior students only.

We are implementing strict measures around social distancing, hygiene and the handling of cash. As Gary's Place is a cash-only café at the moment, we request exact money where possible. Nothing on the menu is over \$4.00. We will be introducing an EFTPOS machine in the coming weeks for cashless transactions.

Please come and support this great project! Mrs T Frangos, Hospitality Teacher





# WELLBEING

## KYDS 2022 ONLINE—ONLINE WELLBEING WORKSHOPS

Mondays and Wednesdays 4-5pm. For more information, go to [www.kyds.org.au](http://www.kyds.org.au). To register, email [programs@kyds.org.au](mailto:programs@kyds.org.au)



## 6 FREE ONLINE COACHING/WEBINAR —For over 18's.

Go to [www.anglicare.org.au/what-we-offer/mental-health/emotional-wellbeing-space/](http://www.anglicare.org.au/what-we-offer/mental-health/emotional-wellbeing-space/)



**13YARN [Thirteen YARN]** is the first national crisis support line for mob who are feeling overwhelmed or having difficulty coping.

Free service, go to [www.13yarn.org.au](http://www.13yarn.org.au)



## CHILD WITH GAMING OR GAMBLING ADDICTION?

Free Parents Forum on 25 May, 6-8 pm but you need to book at <https://events.humanitix.com/parents-forum-on-gaming>.



## GROUP PROGRAMS — Relationships Australia NSW

A variety of programs with fees determined by income and what is affordable to you. Go to [www.relationshipsnsw.org.au](http://www.relationshipsnsw.org.au)



## ARE YOU STRUGGLING WITH BODY ISSUES?

For prevention or early intervention of negative body image/eating disorders, go to <https://butterfly.org.au/>



## TUNING INTO TEENS—Call 1300 364 277

Free parent course, 18 May, at Dee Why, to teach teens to control, understand and express their emotions in healthy and positive





# TIPS TO SUPPORT BODY CONFIDENCE

**1.**  
Discourage appearance based talk and be mindful of language

**2.**  
Provide evidence-based education for all members of your community

**3.**  
Be the change!  
Role model positive body image

**4.**  
Challenge appearance ideals with media and social media literacy

**5.**  
Say no to appearance-based teasing and/or bullying

**6.**  
Empower young people to be more than their appearance

**7.**  
Challenge diet culture and unhelpful messaging

**8.**  
Encourage healthy relationships with food and exercise

**9.**  
Address the risk and protective factors that underpin body dissatisfaction

**10.**  
Be aware of warning signs and intervene early if a young person is struggling

**Worried about someone?**  
Call Butterfly's  
National Helpline  
1800 ED HOPE (1800 33 4673)  
[thebutterflyfoundation.org.au](http://thebutterflyfoundation.org.au)

Butterfly Education for the prevention and early intervention of negative body image and eating disorders.

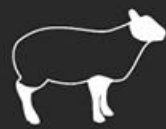




# CANTEEN PRICE INCREASES

<b>PIES</b>	<b>\$5</b>
<b>SPINACH &amp; FETA ROLL</b>	<b>\$4</b>
<b>CHICKEN STRIP ROLL</b>	<b>\$5</b>
+ <b>SALAD</b>	<b>\$6.50</b>
+ <b>MAYO</b>	<b>\$6.80</b>
<b>NACHOS - BEEF</b>	<b>\$7.50</b>
<b>NACHOS - VEGGIE</b>	<b>\$7</b>
<b>PASTA - NEPOLITANA</b>	<b>\$5</b>
<b>PASTA - BOLOGNESE</b>	<b>\$6</b>
<b>BUTTER CHICKEN</b>	<b>\$6</b>
<b>SALAD ROLLS</b>	<b>\$6.50</b>
<b>TOASTIE - Lactose-free cheese &amp; Nuttalex</b>	<b>\$3.50</b>





# GARY'S PLACE



EVERY MONDAY – 7.45 - 8.45 am - Trade Training Centre

## Menu

### Coffee (for Senior Students & Staff):

Regular (Light or whole milk) - \$3.00

Regular (Soy and Lactose-free) - \$3.50

Cappuccino

Espresso

Flat White

Latte

Long Black

Mocha

*(Flavoured syrups- vanilla and caramel available at no extra cost)*

### Teas:

Regular - \$2.00

Peppermint or Green Tea - \$2.00

### Other:

Hot chocolate - \$3.00

### Cold Drinks:

Milkshakes - \$3.00 (Chocolate, strawberry, vanilla) Malt extra 50c

Iced Chocolate - \$4.00

Iced Coffee - \$4.00

Berry Smoothie - \$4.00

### Snacks:

Café Cookies – \$1.00

Homemade Muffins - \$2.00 (see specials board for flavour of the day) GF available

Sour Dough Toasties - \$2.50 (ham/cheese) GF available

Sour Dough Toasties - \$2.00 (cheese only) GF available

Pancakes – \$4.00 (2 served with maple syrup and your choice of cream or ice-cream)

Bacon and egg muffins - \$4.00 (tomato or BBQ sauce)

- 'Specials of the Day' will be noted on the Café's blackboard (may include breakfast wraps, chia pods and smoothie bowls)
- GF= Gluten Free
- EFTPOS or Cash (exact amount preferable)