

# PITTWATER PRESS

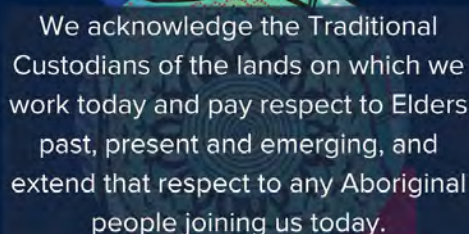
BE RESPECTFUL

ASPIRE

BE RESPONSIBLE

31 May 2022 - Term 2

## Rachel Fleming—Relieving Principal's Report



We acknowledge the Traditional Custodians of the lands on which we work today and pay respect to Elders past, present and emerging, and extend that respect to any Aboriginal people joining us today.

Over the last few weeks, we have had the opportunity to see several of our students participate and excel at Zone, Regional, State and National Level in sport and music. Please visit our [Sport News Page!](#)

Last weekend, our musicians performed in Port Macquarie and over the next two weeks they will be performing in the Northern Beaches Instrumental Festival in our own school hall.



### CONNECT Project - PHS Teachers and Mona Vale Primary connecting

Over the last term, we have been working on ways for our Year 7 teachers to work closely with Mona Vale Primary Stage 3 teachers. The CONNECT Project aims to build relationships and work collaboratively to ensure our students have a smooth transition to high school. Teachers will work together to look at skills, programs and individual needs to assist students in their learning.

On Monday, we had six teachers from Mona Vale Primary come and observe Year 7 classes. It was wonderful to see the connection they had with our Year 7 students and the excitement on their faces when they saw their primary teachers! These teachers valued this experience and had a range of ideas on how they can prepare their students for high school. Our team will be visiting Year 6 classes next term.

In addition to this, our House Captains will be working with the Year 6 leaders to develop a K-2 Athletics Carnival that will be held at Pittwater High School later in the term.

### PCYC Program

I had the privilege of seeing several of our students working with our local police and Manly Sea Eagles players on their fitness program and the PCYC in Dee Why. This is a fantastic program that helps to develop not only fitness but skills in self-regulation and resilience. Thank you to Ms Roulston for her organisation and making sure our students are there by 7.30am each week. Well done to all of our students who have been excellent representatives for our school in this program.



### Farewell!

As emailed to the PHS community, I am retiring after 18 years at PHS to spend more time with my family. The position is being advertised and you'll be first to know of the changes in leadership.

# DEPUTY PRINCIPALS' REPORT

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



The focus this term has been establishing routines. We value students learning, in their school uniform, doing their best to achieve their goals. We are aware that the weather is getting colder and we greatly appreciate the support from our community through providing notes explaining the rare occasion that full school uniform cannot be worn. Our Uniform Shop reported that many parents and students had visited to purchase their excess second-hand uniforms and we thank you for your efforts. Consistent effort is a big theme around the school!

A valuable tool for all of us is organisation. We encourage students to look ahead and write down when assessment tasks are due. Students are encouraged to create checkpoints for themselves and set time aside to complete the work. Students need to make sure they are up-to-date with submitted work via Google Classroom and even if it isn't their best work, students are encouraged to submit everything. It is important that students continue to develop their accountability for delivering tasks on time, planning and managing work flow. When students are organised and managing their time, students feel more positive, accomplished and have a sense of ownership of their learning.

One useful tool students could utilise is creating a daily planner using the language *must*, *should* and *could*; students can organise their workflow under these headings. See below:

1 MUST DO TODAY
LIST ONE HIGH PRIORITY TASK
<input type="checkbox"/> Finalise Tasmanian itinerary & bookings
2 SHOULD DO TODAY
LIST TWO MEDIUM PRIORITY TASKS
<input type="checkbox"/> Submit leave application
<input type="checkbox"/> Start photo book
3 COULD DO TODAY
LIST THREE LOW PRIORITY TASKS
<input type="checkbox"/> Check bonus points earned
<input type="checkbox"/> Book holiday accommodation
<input type="checkbox"/> Update phone index

Sample of Must, Should, Could Planner

1-3 JUNE

YEAR 10 INTO 11  
Subject Selection  
Interviews

Interviews in Library



# Cabrananga

Students from Cabrananga's E3 class had a fun and very informative visit to the Eco House and Garden at Kimbriki tip in Ingleside to complement their Science and Geography units. It was their first excursion in two years! We were welcomed by our amazing hosts who offered us refreshments including Lemon Myrtle tea and dehydrated bananas; both foods grown and picked from the Eco Garden. As we enjoyed these delights, we learnt about the **4 R's - Rethink, Reuse, Reduce and Recycle**, and how to apply them to our lives.



**Rethink** what you are using,  
**Reuse** as much as you can,  
**Reduce** the amount of stuff you use and  
**Recycle** what you have used.

As we walked through the Eco Garden, we were shown the various plants they have growing in there and were able to pick and taste wild raspberries and edible flowers. Next on our outing were worms. "Eww!" you say but our students loved holding these little creatures and learning about the role they play in composting and gardening.

Finally, we took a guided bus tour around Kimbriki tip. This place is huge and heaving with lots of activity. They recycle the usual things here like paper, plastic, glass and vegetation. But also lots of other items that we didn't know and you may not realise such as mattresses, e-waste, motor oil, concrete and batteries. They reuse and recycle most of the things that people bring to the tip, reducing their landfill to only 20% of what they receive.

Thank you for having us Eco House and Garden and Kimbriki. You may see some of us at your Buy Back Centre searching for something we may not really need but can't pass up as it is such a bargain.

*"Did you know that worms need dirt in their throat to break down their food?"*





# CABRANANGA

## Vocational Training opportunities

Year 10 Cabrananga students have been busy this term with vocational training opportunities.

Max N has been offered a place in the Introduction to Automotive TAFE course, and is at work experience at Mitre 10 one day a week. Anthony T is also doing work experience one day a week at Terrey Hills Golf and Country Club. Anthony has also been offered a place in the TAFE Youth Engagement Strategy program and will be completing a two week introductory TAFE course in Construction later this term.

All of these opportunities complement the year 10 Work Skills training course that these students are completing with Miss Witkamp. This course covers numeracy, literacy and vocational skills.

**JOHNSON BROS.**  
**MITRE 10**



*Terrey Hills*  
Golf and Country Club



These opportunities are so important for students and often lead to post school work.

Jayden graduated in 2021 and now works at Terrey Hills Golf Club under the guidance and support of their head chef Nicholas.

Oscar, who graduated year 12 in 2020, is now into his second year of an automotive apprenticeship which he was introduced to through work experience opportunities like this.



# Cabrananga

**Luc K in year 10 attended the Great Aussie Bush Camp in Kincumber. This is what Luc wanted to share about his experience on camp...**



**Camp was a varied experience for me. The camp was a long trip there, about an hour drive there. The food there was ok, better than most camps but just ok. We did 8 main activities, including: rock climbing, three-man canoeing, giant swing and archery. In archery someone put an apple on top of the target, I was the only one to hit it. The sleeping cabin was chaotic but fine. My favourite activity was the giant swing because it was scary and enjoyable.**



# LANGUAGES

## JAPANESE



As the introduction to a unit on food, the Year 10 Japanese class designed their own sushi, labelled in Japanese. Creations included pizza sushi, vegemite sushi, crêpe and Kit Kat sushi, and birthday cake sushi. Time to open a new restaurant?

The Year 9 Japanese class have been learning to talk about school, their timetables and favourite subjects. They have typed out their school timetables in Japanese to help them remember the new vocabulary. This is Toby's timetable for Week A:

### Week A じかんわり

	月よう日	火よう日	水よう日	木よう日	金よう日
1	りか	えい語	すう学	日本語	えい語
2	えい語	日本語	れきし	りか	すう学
3	ぎじゅつ	すう学	ぎじゅつ	れきし	りか
4	すう学	れきし	たいいく	えい語	たいいく
5	びじゅつ	たいいく	たいいく	びじゅつ	びじゅつ

## French

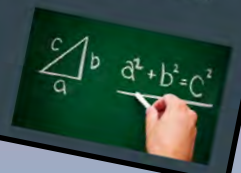
Year 8 French have been researching a French city and they presented their geographical, historical and cultural knowledge to the class.



Last Term, Year 10 presented information on their best friend ranging from their character traits, and clothing style to their preferred school subjects. Examples shown here are by Luisa and Jake.

### Ses matières préférées

Mon meilleur ami aime la plupart des choses à propos de l'école. Ses matières préférées sont les sciences, les maths et le théâtre parce qu'il pense qu'elles sont amusantes, mais il n'aime pas l'anglais ou les affaires parce qu'elles sont très ennuyeuses.



### Comment elle s'habille?

Denise s'intéresse beaucoup à la mode. Elle s'habille dans une variété de styles différents. Pendant la semaine, Denise porte l'uniforme de l'école. Le weekend, elle porte des vêtements décontractés, comme une chemise et un jean avec des baskets. Sortie la nuit, elle porte des vêtements chics, comme une robe courte avec des bottes. Elle aime aussi porter beaucoup de bijoux, comme des colliers, des boucles d'oreilles et des bracelets.





### **Luke C - Year 9**

Picked up a silver medal in the Pommel Horse in his division!



**5 students** from PHS competed in the 2022 Australia Canoe Sprint Championships in Adelaide, winning a number of National titles!

Luke C, Alexander R, Lucas R also achieved results that will see them representing Australia in Japan later in the year!

### **Hugo B - Year 11**

Competing in one of the premier youth match racing events, Hugo represented PHS and his RPAYC Youth with pride in Auckland, NZ



# Making News!!



**PLEASE BRING YOUR DONATIONS IN BEFORE 13 JUNE!**

# WORN UP



Pittwater High School has 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)



## 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*

**advancedlife**  
school photography & print specialists

Missed the order for school photos?

Go to [www.advancedlife.com.au](http://www.advancedlife.com.au)

ONLINE ORDER CODE

**LKG N7T P83**

(Late fee applies)

## Homework Club

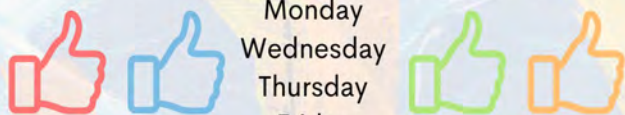
The Learning Centre/Library is open from 8 am - 4:30 pm on:

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





# 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 TOUR – TERM 4

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

### 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
	7:20am	Orchestra	Martin Hardy
Thursday	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



## GARY'S PLACE



**EFTPOS  
AVAILABLE!**



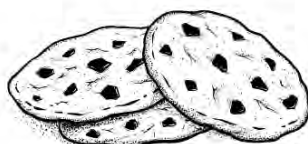
## EVERY MONDAY – 7.45 – 8.45 am – Trade Training Centre

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 and now we have EFTPOS!

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)



## BOARD GAMES AFTER DARK—Glen Street Library

Come along for an after-hours games night for Ages 12 - 25 and their families. Dinner and refreshments will be provided plus a lucky door prize of a \$50 voucher Free but need to register [here](#).



## 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

Next online program starts 9 June—5.30-7.30pm. Details for registration and tickets [here](#).





# The Role of the ARCO

As part of the Department's commitment to anti-racism, each school has an Anti-Racism Contact Officer (ARCO).

The role of the ARCO is to promote anti-racism education, support complaint-handling and monitor incidents of racism.

If at any time you find that you have a concern about the school, you are encouraged to come to the school and tell someone so that your concern can be resolved.

The ARCO will:

1. receive suggestions, complaints or allegations regarding racism
2. assist the complainant to write the complaint, if required
3. advise the complainant of their rights and the process to be followed in lodging a complaint
4. refer the complaint to a member of the school executive who will be responsible for resolving the complaint.

It is our aim to work with all of our school community to ensure that we do the very best we can to ensure a productive, safe and enjoyable experience for our students.



Should you feel that you need to raise a concern formally, the NSW Department of Education has procedures for ensuring that complaints are handled fairly. Information about how the Department assesses, resolves and follows up complaints can be found on the Department's website at:

<https://education.nsw.gov.au/epac/policies-and-procedures/complaints-handling>

Please feel free to contact me at any time if you have a concern about racism or a question regarding the Department of Education's Anti-Racism Policy by emailing [pittwater-h.school@det.nsw.edu.au](mailto:pittwater-h.school@det.nsw.edu.au).

**Colleen Lustig**  
**Pittwater High School ARCO**