

PITTWATER HIGH SCHOOL

BE RESPECTFUL

ASPIRE

BE RESPONSIBLE

14 February 2023

Term 1

WEEK 4A

Principal's Message

This is the first newsletter for 2023 and I extend a warm welcome to all families who are either continuing with us or joining us this year. This week we have held information nights for students and their parents in Years 7-11 where they have received assessment booklets, planners and information about learning and wellbeing support available to them. We thank all students and parents who attended.

We welcome the following staff this term:

Ms Deb Rixon (Careers), Ms Tamara Cole (Agriculture), Ms Heliya Mirzaeipoueinak (Mathematics), Ms Sandra Reindenbach (English), Ms Christine Bruin (TAS), Ms Skye Lalonde (Reception) and Ms Elisabeth Styler (Enrolments).

It is hard to believe we are four weeks into Term 1. Year 7 students completed their Immersion Week activities in Week 1 and are now settled into their classes, Year 10 students are wearing their new senior uniforms with pride. Year 10 students studying Forensic Archaeology as an elective are investigating the decay of artefacts, Year 11 students are settling into their Preliminary HSC study patterns, Year 12 Agriculture students have completed field work at a pearl farm, Year 9 accelerated Investigating Science students are examining the physics of Golf and students from Cabrananga are completing a sailing sports program with Sailability. All students in Years 7-12 are setting goals and completing their Education Plans for 2023. If you would like to keep up to date with all school events please follow us on *Facebook* and *Instagram* at *pittwater_high_school*

Year 12 Outstanding Achievers' Assembly:

On Monday this week we welcomed back our students who were Distinguished Achievers in the 2022 Higher School Certificate Examinations. To be a Distinguished Achiever means you have attained the highest performance band in one or more of your subjects. It was wonderful to welcome the students and their parents back for this celebration, and acknowledge current Year 12 students who took part in an accelerated program, completing some HSC subjects last year. Class of 2022 Bianca R, Tessa M and Thomas S addressed the assembly; reflecting on their learning journey throughout their time at PHS.

We acknowledge the Traditional Custodians of the lands on which we work today, and pay respect to Elders past, present and emerging. We extend that respect to all Aboriginal and Torres Strait Islander people.

Principals' Message Cont.



Class of 2022 Outstanding Achievers return for a celebratory school assembly

Attendance Matters:

Every day counts at school and a student that misses on average one day per fortnight misses the equivalent to 4 weeks per year. Over the 13 years of schooling this equates to one year of school missed. We ask that students and parents consider this and students are only absent from school for illness. Swimming, Athletics and Cross Country Carnivals are normal school days and all students are expected to attend.

Mobile Phones and Uniform:

Phones Off and Away All Day is what we do here at Pittwater. We appreciate that for safety reasons, many students may need to travel to and from school with a phone. Phones will need to be turned off and in bags when students arrive at school and should not be accessed until they leave the school grounds at the end of the day. We thank parents for their support and request that should they need to message their child, they call the school and the message will be delivered.

We also request support from parents in ensuring that their child is in full school uniform every day (students in Years 8-10 are permitted to wear school sports uniform on Wednesdays). The Uniform Shop opening hours can be found in this newsletter and \$150 *back to school* vouchers are accepted.

Upcoming Events Include:

School Photo Day 20 February — School Swimming Carnival 23 February —
Open Night 28 February — Vaccinations (Year 7) 28 February — P & C AGM 7 March

Until next time... Alison Gambino, Principal

Deputy Principals' Message

YEAR 7 IMMERSION WEEK 2023

A new initiative created to assist with Setting up for Success Year 7 Students were engaged in activities curated by our teachers focusing on developing skills and dispositions required when learning at Pittwater High School.

Year 7 spent time with their Peer Support Leaders getting to know each other, familiarising themselves with the school and learning the art of unlocking a locker. Their BYOD devices were connected to the school WIFI and students discussed what strengths they might need to successfully transition to high school. We openly challenged our use of mobile phones and discovered the importance of why Pittwater values an 'off and away all day' policy. Year 7 set SMART goals for success, learned how to engage with Google class-room as our preferred on-line learning management system, explored literacy skills to access at home to assist with learning at school and 'Self Regulation'. Through design based thinking protocol students explored the concept of resilience and how we will use this disposition every day at Pittwater High School.

A specific focus for Year 7 has been on Inclusion. We continue to challenge Year 7 to think about how they might acknowledge and celebrate each other's differences with no fear of judgement. How as a Year group they can support and care for one another.

YEAR 11 & YEAR 12 EDUCATION PLANS

To start the year off well, all students in Year 11 and 12 had the opportunity to self-reflect on where they are with their learning and set some **SMART** goals. This is just one way students can be prepared for the term, have direction and accountability. Once they receive their year planners at the information evening, students should set aside some time to enter in due dates of assessment tasks and other noteworthy events. This then becomes a visible guide for planning, organisation and time management.



Deputy Principals' Message

STUDENT INFORMATION NIGHTS

We look forward to seeing all of our students and parents/guardians at our Information Evenings this week. These are important events presented by key personnel in the school that are specific to each year group focussing on setting up students for success. Additionally Students in Years 9, 10 & 11 will receive their Assessment Booklets on the night. Families not able to attend can receive information from their Year Adviser after the event.

Tues 14 Feb		Wed 15 Feb		Thurs 16 Feb	
Year 11	5pm	Year 8	5pm	Year 7	5pm
		Year 10	6pm	Year 9	6pm

HOLIDAY REFURBISHMENTS

During the school holidays there were a number of maintenance projects undertaken within the school. This included resurfacing the Quad, and carpet and vinyl replacement in several areas indoors, improving the safety and comfort of our learning environment.



Deputy Principals' Message

BUS TRANSPORTATION

All students are reminded to **PLEASE** use their Opal card when catching the school buses. This will ensure the bus companies can account for the number of students catching the buses. Without this data the bus companies may reduce their services. **USE IT OR LOSE IT**



SAFE PARKING & DROP-OFF

The roads around school can be very busy at peak times, please be mindful of this and follow the rules of the road and signage at all times.

Students that drive to school are **not** permitted to park on school grounds in the teachers' carparks. Please park in Winnererremy Bay carpark or safely on the roadside.

Parents and Visitors to the school, please be aware that the turning circle on Mona Street is a **Strict Bus Zone** between the hours 8:00 - 9:00am and 2:45 - 3:45pm Mon - Fri during term time, including staff development days! Please refer to the road signs and use the Student Drop-Off Zones available for everyone's safety.



FERRY PASSES

For those that ordered one, your ferry passes have arrived, please collect from Miss Lain in Student Services.

Deputy Principals' Message

Discrimination – it affects us all

What is discrimination?

Discrimination is treating someone unfairly because of a characteristic they have (or are assumed to have).

People are discriminated against in society for a variety of reasons, including their race, religion, sex, marital or pregnancy status, sexual orientation, gender identity, disability, or age.

Discrimination is illegal

There are laws in Australia to protect us against discrimination, including the Racial Discrimination Act (1975), the Sex Discrimination Act (1984), the Disability Discrimination Act (1992) and the Age Discrimination Act (2004). In August last year the NSW Government passed a law making it illegal to display a swastika or any Nazi symbols.

Discrimination can take many forms

As well as negative comments, ridicule or abuse, discrimination can include judgements based on stereotypes, refusal to cooperate with people and physical assault. Experiencing discrimination can lead to feelings of shame or embarrassment, anxiety, depression, truancy, low self-esteem, misbehaviour, aggression, or self-harm.

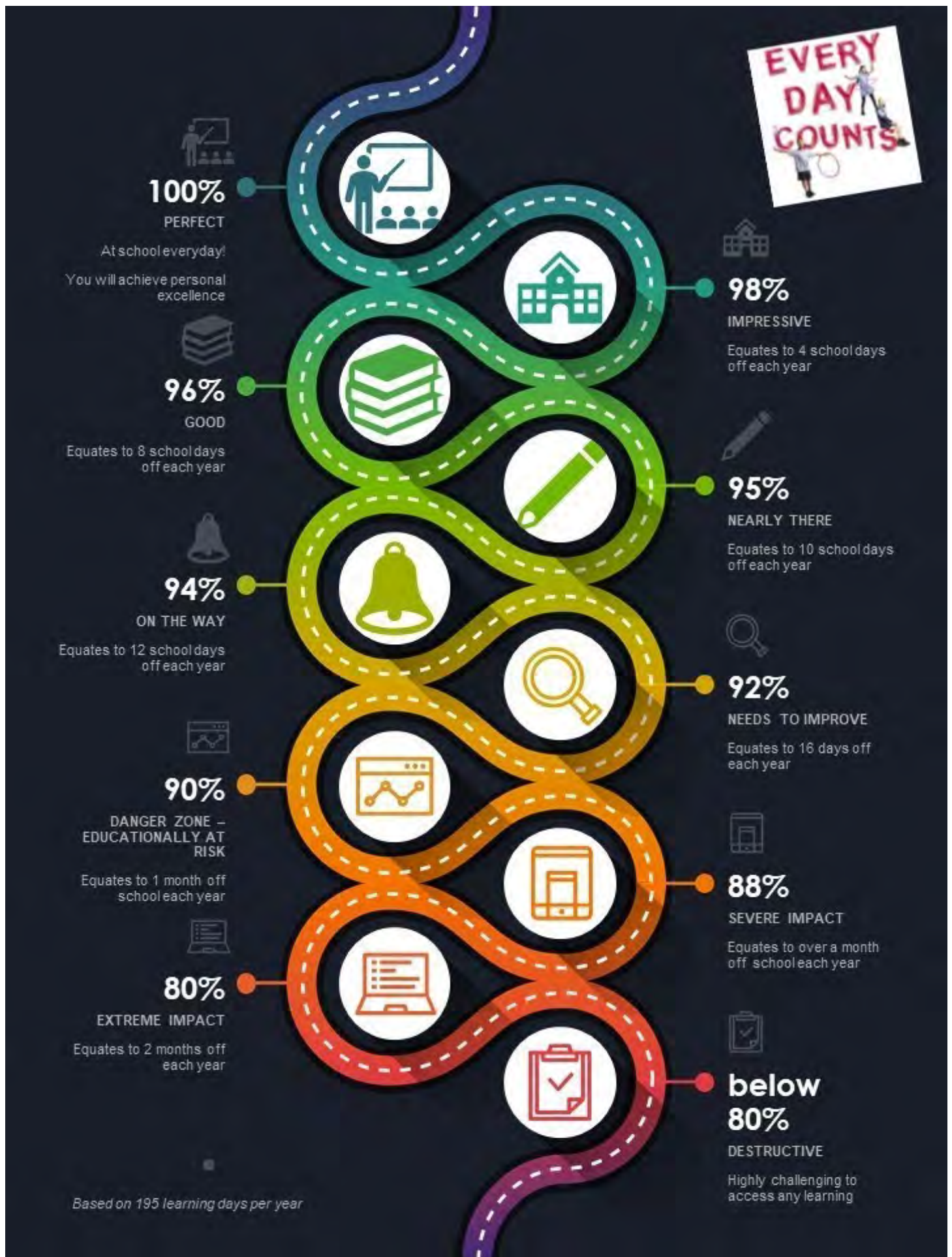
How is discrimination dealt with at Pittwater High School?

We have a zero-tolerance approach to all forms of discrimination at PHS. In our updated behaviour procedures, even low-level discrimination (such as using a word that could offend a particular group of people) carries consequences. The consequences increase with repeated offenses and/or the severity of the offense.

Students and parents are encouraged to report any discrimination to the **Anti-Racism Contact Officer and Equity Officer (Colleen Lustig)**, the relevant Deputy, the Head Teacher Wellbeing (Andrew Fairley) or the relevant Year Adviser.

ATTENDANCE – Every Day Counts

Going to school every day continues to be important. What is learned each day builds on what was learned the day before. If a student misses school, their learning routine is broken, and they can lose confidence. They might also miss out on building their friend-ships. Parents and carers have a legal responsibility to send their children to school every school day and explain the reason for absences. If students are late to school, they should go straight to Student Services to sign-in with a note of explanation. They can also apply for an early-leavers pass, if needed for occasions such as a specialist's appointment. If you are having difficulty getting your child to school every day and on time, talk to the Year Adviser, Head Teacher Wellbeing or Deputy Principal.



Ms Bromley - Deputy Years 7, 9 & 11

Ms Purvis - Deputy Years 8, 10 & 12

Ms Samojlowicz - Deputy Learning & Engagement



PITTWATER HIGH SCHOOL

Pittwater High is a true community school that offers a creative, sustainable, innovative and nurturing education



Be Respectful

Aspire

Be Responsible

OPEN NIGHT 2023 INVITATION

Tuesday 28 February
4.00 - 6.00pm
All Welcome

Pittwater High is opening its doors for our annual Open Night. There will be an initial welcome by the Principal, Ms Gambino in the hall, then guided school tours led by our prefects and senior students which will take in our classrooms and showcase our facilities.

We look forward to seeing you, no RSVP required.

Website: www.pittwater-h.schools.nsw.edu

Email: Pittwater-h.school@det.nsw.edu.au

NEWS FROM THE MATHEMATICS FACULTY

T H E

3

P S

I N

M A T H E M A T I C S



When studying Maths, you must have three key ingredients. I call it the 3P's in Mathematics - **Practice, Patience and Perseverance** which are necessary to help you complete your Maths course successfully.

Like studying a language, Maths can only be mastered by doing problems and exercises. This means you need to keep up with your (homework) exercises and continue practicing. In Maths, it's not so much about the answer (though that is of course important too), but about the steps you take to reach that answer! The best way to study for a Maths exam is to complete as many practice questions as you can, and a good start is using the homework problems. In many cases, you will see similar questions on your exam. Practice builds your confidence.

It always feels good when you see an easy problem and you know how to answer it. But the challenge is doing the harder questions. And these are the exercises which will probably show up on the exam! It's therefore important to keep a list of all the hard problems you find while doing (homework) exercises. Make sure that when it's time for the exam, you can tackle these completely (i.e. worked solutions with all the steps to the right answer) without looking at the answer sheet. Practice and Patience will see you through to the end.

Spend time to understand the concepts when you're studying. Sometimes, key concepts will not jump out at you, and often there are times when extra work and much effort are needed to clearly understand the concepts. Remember to focus on doing your (homework) exercises well, not rushing to finish first! Perseverance will pay off and you will grow to be a motivated student.

Take ownership of your knowledge. If there's something you don't quite understand, ask for help. There is nothing wrong with asking for extra guidance from your teacher, peers or looking at online videos and tutorials. Educators always love to see students interested in the subject as well as their own learning. They will always be willing to help.

Finally, remember to keep a balance between your study, social life and personal life as your number one priority above everything else is your health and well-being.

Good luck and best wishes in your upcoming exams!

Ms. Helen Yeoh
Classroom Teacher, Maths



NEWS FROM THE MATHEMATICS FACULTY

F I R S T

D A Y

O F

S C H O O L

2 0 2 3

CHECK OUT THESE NUMBERS FROM THE FIRST DAY OF SCHOOL 2023 NSW PUBLIC SCHOOLS (NOT INCLUDING PRIVATE/CATHOLIC)

- 483,750 students in primary school and preschool
- 53,987 starting Year 7
- 322,487 students in high school
- 96,158 teachers and staff dedicated to students in 2023
- 14 new and upgraded schools for Day 1 Term 1
- 38% of students have a language background other than English
- 9% of students are Aboriginal and/or Torres Strait Islander
- 75.5% of our students are from metropolitan areas
- 24% of our students are from regional areas.

T I P S

T O

S U P P O R T

Y O U R

L E A R N I N G

1. Praise effort not ability

Praising yourself, knowing that you have completed a set of work through good effort.

2. Point out progress

Create a milestone map and tick off every small milestone to point out your progress.

3. Be on their side

Keep asking and annoying your maths teachers for help! They will assist you ALWAYS, as much as possible!

4. Be organised

Know what is ahead with your schedule by using a diary every day. Complete all mathematic homework by doing bits every day.

5. Be patient and consistent

Learning is a slow process.

6. Make it real

Apply it to real life and test yourself.

7. Get enthused

Keep your head up high and power through the maths, even if it is at a slow pace.

NEWS FROM THE MATHEMATICS FACULTY

T O P

F I V E

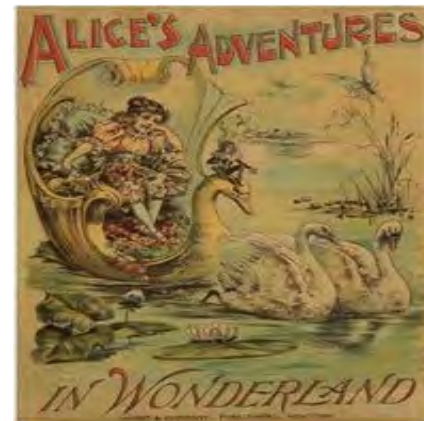
B O O K S

A B O U T

M A T H S

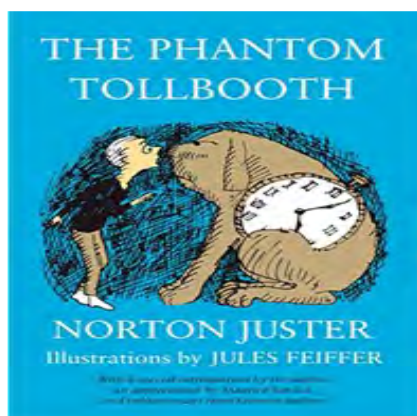
1. Alice's Adventures in Wonderland by Lewis Carroll

Many assume this book – with its pills and potions and magic mushrooms – is about drugs. But scholar Melanie Bayley [suggests it owes its mind-bending quality to maths](#). Carroll was the pen name for mathematician Charles Dodgson, who disliked the symbolic algebra and [projective geometry](#) that were gaining favour in his day. He satirised them by taking them to their most bizarre extremes: Alice's height fluctuates rather than staying constant, the multiplication table falls off base 10, and when Alice grows back after an episode of shrinking, she finds herself all out of proportion. Though Carroll may not have been a fan of this kind of maths, his experimental, perception-distorting Wonderland makes an irresistible case for the exhilarating playfulness of maths and the mind's infinite weirdness.



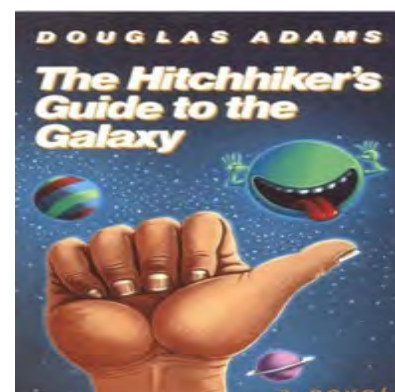
2. The Phantom Tollbooth by Norton Juster

Milo comes upon a road sign directing him to Digitopolis, which is five miles, 1,600 Rods, 8,800 yards, 26,400 feet, 316,800 inches and 633,600 half-inches away. "Let's travel by miles," advises the Humbug. "It's shorter." Milo responds: "Let's travel by half-inches, it's quicker." Soon after, they are led by a creature called the Dodecahedron to their destination, where they learn about the land of Infinity, and Milo meets one half of a child (or 0.58 of a child, to be precise) who represents the fraction of the average family that has 2.58 children. An enchanting exploration of how to pay attention to the world, full of wisdom, logic puzzles and fun.



3. The Hitchhiker's Guide to the Galaxy by Douglas Adams

In this jubilantly madcap novel, we're asked to consider bistro-mathematics, where the relationship between the items on the bill, the cost of each and the number of people at the table proves that: "Numbers written on restaurant cheques within the confines of restaurants do not follow the same mathematical laws as numbers written on any other pieces of paper in any other parts of the Universe." Perhaps it's the very precision of mathematics, its very seriousness, that makes it so delightful to see it used in the service of nonsense.



NEWS FROM THE MATHEMATICS FACULTY

TOP

FIVE

BOOKS

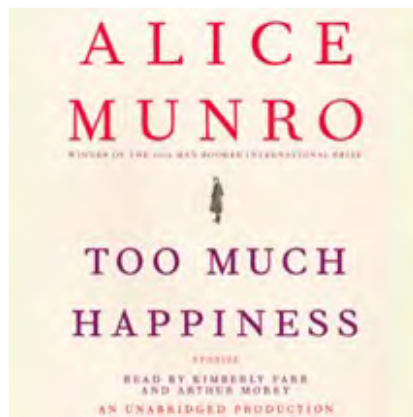
ABOUT

MATHS

4.

Too Much Happiness by Alice Munro

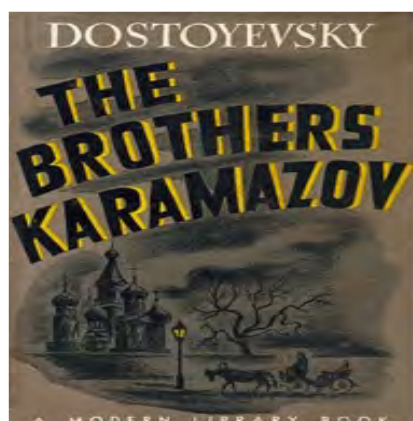
Sofia Kovalevskaya was a 19th-century mathematician at a time when women were not allowed in most of Europe to attend university. She married a man who promised to take her to Germany to study, and she became a pioneer, making major contributions to the field and becoming the first woman in Europe to obtain a doctorate in mathematics. Still, her life was filled with tragedy and disappointment, and the title story of Alice Munro's collection is a rich but searing fictional account of her life.



5.

The Brothers Karamazov by Fyodor Dostoevsky

Ivan's love for the sticky leaves in spring, his longing for and subsequent rejection of harmony and forgiveness, since it demands he accept the suffering of children, have stayed with me, along with this passage tying those ideas to maths: "If God indeed created the Earth," he says, "he created it according to the geometry of Euclid and the human mind ... Yet there have been geometricians and philosophers [who] even dare to dream that two parallel lines, which according to Euclid can never meet on Earth, may meet somewhere in infinity." The year I read this was the same year I learned about hyperbolic space, where – as it turns out – parallel lines can and do meet. I became a maths major: how could I resist?



CHECK

THEM

OUT

NEWS FROM THE MATHEMATICS FACULTY

P U Z Z L E

P A G E

Replace the letters A, B, C and D with the same numbers. What do you get?

$$\begin{array}{r}
 \boxed{A} \boxed{B} \boxed{C} \boxed{D} \\
 \times 9 \\
 \hline
 \boxed{D} \boxed{C} \boxed{B} \boxed{A}
 \end{array}$$



MathSphere

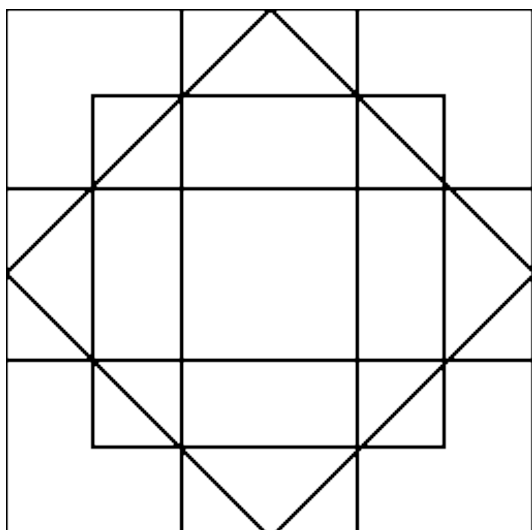
Sudoku



Fill in the puzzle so that every row across, every column down and every 3 by 3 box contains the numbers 1 to 9.

Medium Puzzle 2

	6			7	2			1
8			1	3	6	5		
		3	4					
2			6	5			3	
		6			7		1	
			2			8	6	4
9		7		8	4			
		8			9		7	
			7	2	1		8	3



Clues:

1. Look for a 1 in the centre square block of squares
2. Look for a 4 in the centre block of squares
3. Finish the middle column (column 5)

How many squares do you see?

PEER SUPPORT PROGRAM

OFF TO A GREAT START IN 2023, Week 1 - Safe and Sure:

During Term 1 students will be involved in the Peer Support Program. Each week, groups of 8-10 students will meet with their Peer Leaders and work through a range of activities that focus on building connections and addressing a range of behaviours including the prevention of bullying. Meeting in small groups allows meaningful connections to develop, assisting students with the transition to secondary school. Over 8 weeks students will acknowledge their strengths and learn skills to build resilience, identify how to develop, maintain, and repair friendships and develop an understanding of a range of behaviours, including bullying, and learn strategies to respond appropriately in a variety of situations.

Ms Frangos and Ms Giddings, Peer Support Coordinators





Pittwater High School Performing Ensembles **Not just for band students**

Information for parents and students.

2023

Pittwater High School is well regarded for the amazing opportunities we offer young musicians, with many gaining skills beyond those at other schools, including private schools. Students who have not yet begun to learn an instrument are welcome to discuss borrowing a school instrument and beginning with a tutor to gain the basic technique and understanding to then join an ensemble when ready. This can be discussed with Dr Martin Hardy, head of The Performing Ensembles Program.

Opportunities

As a musician in a public school, students have opportunities to play at a community level, at the prestigious Sydney City Recital Hall, Sydney Town Hall and Sydney Opera

House, and at the world record breaking Schools Spectacular. Every few years the students have the amazing opportunity to tour overseas. The most recent tour was in China where the students performed on the Great Wall among other amazing places. The 2020 tour is currently being planned and the fundraising team are working hard to minimize the cost for students.

Parent Involvement

The band program is organised by the P&C with input from Dr Martin Hardy. Parent volunteers are needed to cover the positions of President, Secretary, Treasurer, Communication, Uniforms, and Fundraising. These positions are for 1 year and are up for re-election at the annual general meeting. Parents are also asked to assist as ensemble managers. The task of the

ensemble manager is to ensure that the conductor's time is devoted to being at the front of the band, teaching the students. Other issues such as copying music, finding extra parts, checking performance details and talking to students who may have a question are dealt with by the manager.

For parents who cannot commit on a regular basis, there is a great need for baking cakes, cooking sausages, serving in the hall canteen at performances and selling raffle tickets. All of these occasions are a chance to meet other parents socially and show the students our support.

Uniforms

Uniforms are required for all performances and these include the PHS performing ensemble shirt, black pants, black socks and black

lace up shoes. Band shirts can be purchased through the school uniform shop.

Rehearsals

Pittwater High School currently has nine performing ensembles for students to participate in. Each student must first be a member of their primary ensemble, and those who choose may take on a second ensemble.

Primary ensembles include the wind ensembles, string ensembles and choir. Secondary ensembles include the symphony orchestra, advanced strings and stage bands. Performance students also enjoy taking part in the annual school musical.

The current rehearsal schedule allows for 2 hours of rehearsal for each member of the primary performing ensembles. This should also be supported by tutorials outside of school. Students training for their AMEB or Trinity exams would generally have a one hour tutorial in order to cover the school music as well as the exam music. Secondary ensembles are in addition to this basic structure. Primary ensembles are based firstly on school years but



are flexible to allow for balance of instruments across the different levels. The current 2023 rehearsal schedule is shown in the table below

Ensemble	Day	Time	Year group
Wind Ensembles – woodwind, brass, percussion			
Symphonic Band	Thursday	2:30 – 4:30pm	10 – 12 (others by audition)
Concert Band	Monday Wednesday	7:20 – 8:30am 7:20 – 8:30am	7 – 9 (older less experienced students welcome)
String Ensembles – violin, viola, cello, double bass			
String ensemble	Thursday	2:30 – 3:30pm	7-12
Advanced strings	Thursday	3:45 – 4:45pm	By audition
Orchestra – all strings, selected brass, woodwind, percussion	Thursday	7:20 – 8:30pm	7-12 (all string players)
Jazz – Jazz improvisation – selected wind instruments, percussion, vocalist, bass			
Junior Stage Band	Tuesday	7:20 – 8:30am	Beginning students
Big Band	Friday	7:20 – 8:30am	By audition
Vocal Ensemble	Friday	2:30 – 3:30pm	7-12

Fees

The cost for membership of the band covers fees for conductors, school instruments, musical scores and other minor costs. The primary ensemble fee assists by subsidising the secondary ensembles so that students can be involved in these at a heavily discounted price. Parents are also very involved in fundraising to support the purchase of instruments and scores as well as assisting to lower the costs involved in overseas tours. All parents are expected to assist whenever possible. Fees tend to increase slightly as needed, however as a guide, fees are listed here.

Primary Ensemble Fee	\$450 per year
Secondary Ensemble Fee	\$160 per year
Vocal Ensemble	\$220 per year (1 rehearsal per week).
Payment plans can be arranged with the band treasurer if requested.	

Please contact the ensemble secretary Paula Patterson or head of creative arts Martin Hardy (martin.hardy@det.nsw.edu.au) with any further questions. Email: pandtpaterson@gmail.com or pittwater-h.school@det.nsw.edu.au

Reminders from the School Office

SCHOOL CONTRIBUTIONS/TERM ACCOUNTS. 2023 School Contributions are currently being drawn up and once finalised will be emailed out to parents/caregivers in Year Groups over the coming weeks.

LOST PROPERTY. Miss Lain in Student Services has a stash of lost property from last year. If your child is missing various clothing, a purse, school shoes, toiletries and an 'Oodie'. Please ask your child to call in on Lain and identify their items. If not claimed, they will be passed on to charity.

LOCKERS. The P&C have School Lockers available to rent in 2023. *Musical Instrument Locker bookings are now open too. Follow this link to our website to reserve a locker and make payment: <https://app.thelockerapp.online/GetLocker/ReserveLocker?LockerReservationId=0&TenantId=34&Test=True>

COVID19. DET supplied RAT Tests are still available from reception.

SCHOOL UNIFORM. Our Uniform Shop is back and trading their usual hours; Tues and Thurs 8am – 11.30am. No appointment needed. Service NSW 'Back to School' vouchers are accepted. They are also looking for donations of clean, stain free uniforms in wearable condition; you can drop these into the school office. More info <https://pittwater-h.schools.nsw.gov.au/about-our-school/uniform-canteen.html>

Don't just wear the correct uniform FOR SCHOOL PHOTO DAY



Senior Boys

Senior Girls

Junior Boys

Junior Girls

Wear the correct uniform with pride EVERYDAY (Sport on Wednesday)

PHS SWIMMING CARNIVAL 2023

"SCHOOL IS AT THE POOL"

THURSDAY 23RD FEBRUARY, 2023 (WEEK 5)

8.45am – Roll call in PHS quad (all students)

9.00am – Buses depart PHS for pool

1.45pm – Buses depart pool for return to PHS

2.30pm – Students dismissed from PHS quad

Everyone must travel to and from the venue by bus



DAY CONSISTS OF

COMPETITIVE RACES,
NOVELTY RACES AND
GAMES, LUCKY PRIZE
DRAWS AND MUCH
MORE...

WHAT TO BRING



WEAR HOUSE COLOURS
OR FULL SPORTS UNIFORM

SPORT HOUSES

BARRENJOEY A-D BLUE

LION E-J GREEN

SCOTLAND K-Q YELLOW

WARRINGAH R-Z RED

VENUE

KU-RING-GAI FITNESS
AND AQUATIC CENTRE,
WEST PYMBLE



Our very own Pittwater High School Café GARY'S PLACE will be operating from the Trade Training Centre for all our staff and students each TUESDAY in WEEK B in Term 1.

This is operated by our Hospitality students and is a great training environment for them to simulate an operational café.

The café is open from **7:45am-8:45am**. Drop by for a Coffee (Staff and Senior Students only), Hot Chocolate, Milkshake, Berry Smoothie, Ham & Cheese Toastie, Breakfast Wrap, Smashed Avo on Toast or Bacon & Egg Muffin.

See our menu below for details. We'd love to see you there.

Ms Frangos, VET Hospitality Teacher

Menu - Term 1 2023

Coffee (only available to Senior Students & Staff)

Regular (Light or whole milk) - \$3.00

Regular (Soy, Oat, or Lactose-free) - \$3.50

Cappuccino/Espresso/Flat White/Latte

Long Black

Mocha

(vanilla & caramel flavoured syrups available \$0)

Teas

Regular - \$2.00

Peppermint or Green Tea - \$2.00

Other

Hot Chocolate - \$3.00

Cold Drinks

Milkshake - \$4.00 (Chocolate, Strawberry, Vanilla) Malt extra 50c

Iced Chocolate - \$4.00

Iced Coffee - \$4.00

Berry Smoothie - \$4.00

Fresh Juices (Pineapple, Orange and Watermelon) \$4.00

Food

Café Cookies - \$1.00

Sourdough Toasties - \$2.50 (cheese or ham/cheese) GF available

Breakfast Wrap (scrambled egg, bacon, baby spinach, tomato/BBQ sauce) \$5.00

Bacon and Egg Muffin - \$4.00 (tomato/BBQ sauce)

Smashed Avo on Sourdough with Feta and Balsamic Glaze - \$4.00 GF available

- Check the Café Blackboard for 'Specials of the Day' (may include; ChiaPods, Pancakes/Waffles)
- GF = Gluten Free
- Payment by eftpos or Cash (exact amount preferable)

NSW School Vaccination Program 2023

From 2023 you can provide consent for your child's routine school vaccinations ONLINE.

The following vaccinations will be offered free of charge at school clinics this year:

Year 7 - diphtheria-tetanus-pertussis (dTpa) and human papillomavirus (HPV)

- *dTpa and HPV dose 1 - Tuesday 28th Feb (Wk 6, Term 1)*
- *HPV dose 2 - Tuesday 29th August (Wk 7, Term 3)*

Year 10 - meningococcal ACWY vaccine: Tuesday 15th August (Wk 5, Term 3)

From February 2023, children in year 7 will now only need one dose of HPV vaccination. This change has been endorsed by ATAGI based on evidence showing that one dose provides the same level of protection against HPV as two doses.

If you have already consented to your child receiving two doses of HPV vaccine, they will only receive one dose. If your Year 8 child previously missed their second dose of HPV vaccine, they are now considered fully vaccinated and do not require a second dose.

Vaccination will only be provided at school if consent has been received

To provide consent for vaccination online go to <https://nswhealth.service-now.com/school>, you will need:

- your ServiceNSW log-in details, or to [create an account with ServiceNSW](#) if you don't already have one
- Medicare details for parents/carers and your child

The benefits of online consent for parents/carers are:

- SMS notifications when vaccinations are given
- easy updating of your child's details online
- faster upload of child's vaccination records to the Australian Immunisation Register (AIR)

If you or your child do not have a Medicare card, consent can still be provided by requesting a paper-based consent form directly from the school.

To help answer questions you may have regarding providing vaccination and online consent, please visit the NSW Health website at www.health.nsw.gov.au/schoolvaccination

Please contact the school office or Ms Jasmin Wanschers (Girls Advisor, HSIE Faculty) if you have any queries.



SMILE -ITS TIME FOR

SCHOOL PHOTO DAY

MONDAY 20th FEBRUARY



ORDER ONLINE USING THE CODE **LKG N7T P83**

at

advancedlife.com.au

or exact cash in advanced life envelope on the day

Students must wear full summer uniform

Sibling photo orders must be placed by Sunday 19th February

Make up day (portraits only) Monday 27th February

school photographs are coming up soon



Please note: Traditional, Composite or High-Resolution Virtual Group format is chosen by your school. Sibling photos, if available, can also be ordered online and must be ordered prior to your photo day. A late fee will apply for photos purchased after ordering has closed.

how to order

order online

Online payment options include Visa, Mastercard and PayPal. Alternatively, you can choose to pay over 10 weeks using LatitudePay.

STEP 1

Go to www.advancedlife.com.au on your computer, phone or tablet.

STEP 2

Enter your school code:

LKG N7T P83

in the 'order and download' box. This will take you to your school's secure online ordering site.



STEP 3

Click on 'Order Photos' and complete your details and procedures. During this process you can place orders for additional children at your school and sibling photos, if available



cash/envelope ordering

Your school prefers orders to be placed online. However, if you are unable to order online, please complete your order using the order envelope provided.

STEP 1

Complete a separate order envelope for each individual child's package/s ordered. If ordering for more than one child, payment should be enclosed in the envelope of the eldest child and this should be indicated on the envelope of the other child/children (the envelope that does not have cash enclosed).

STEP 2

Enclose exact cash payment in one envelope for the package/s you are ordering. Payment for more than one child should be in the eldest child's envelope and marked at the bottom of the envelope in the space provided.

STEP 3

Return your completed envelope/s, with correct cash payment, to our photographers on the day.

Please note: You must enclose exact correct payment, as change is not available. Credit card payments can only be made online and we no longer accept cheques. There is a separate envelope for sibling photo orders, should your school choose to offer sibling photos.

School photographs will be returned approximately 6 weeks after the day of photography.

Please note this delivery timeframe is dependant on proofing and additional photography days at your school.

IMPORTANT - "not for publication" students

If you have instructed your school that your child's image is "not for publication" (sometimes called "do not publish" or "not for media release" instructions), the school will ensure that your child is not presented to our photographers on photo day and school photographs will not be available for purchase. If you wish to change your instruction, then you must notify your school, so they change their records and identify your child as able to be photographed for school photography purposes. All students presented to our photographers by your school on photo day will be photographed, their images will appear in school photography packages with their fellow students and these packages will be available to purchase by all families.

Contact us: www.advancedlife.com.au/contact

advancedlife
school photography & yearbook solutions

DRAMA NEWS

**CONGRATULATIONS TO OUR YEAR 11
STUDENTS **ASHNAH BROPHEY** AND
KELLY TADZIK WHO HAVE BEEN
SELECTED AS DRAMA CAPTAINS FOR THE
REMAINDER OF THEIR TIME AT
PITTSWATER HIGH SCHOOL**

THURSDAY PERIOD 6



DRAMA
CLUB

IN THE DRAMA ROOMS



WELCOME TO THE LEARNING CENTRE

Did you know:

- Our learning centre is more than just a library!
- We have study areas, collaboration spaces as well as puzzles, colouring and comfortable chairs for relaxation
- We're open from 8am every morning
- We provide assistance with homework and assignments until 4:30pm on Monday, Wednesday, Thursday and Friday

Come and say hello!



WHITE CARD

*cpccwhs1001 Prepare to work safely
in the construction industry*

APPROX \$100*

**Conditions Apply*

Suitable for:
*Construction
Drama
Set Design
Woodwork
Agriculture*

**SAFETY
is a
LIFE SKILL**



**White Card Training for students in years 9 and 10 2023
(aged 15 years and over).**

A White Card, also known as a General Construction Induction Card, is a necessary certification for operating in the construction industry.

Students who complete the course get a Statement of Attainment and SafeWork NSW Statement of Training.

The approximate course costs will be \$100.

**If you are interested in joining the list of students, please email Ms Seares
Elizabeth.Seares1@det.nsw.edu.au**

REGISTRATIONS ARE NOW OPEN


HEAD ABOVE WATER


24 HOUR
SWIMATHON

SATURDAY MARCH 4TH TO
SUNDAY MARCH 5TH, 2023

LIKE TO SWIM A FEW LAPS?

Want to help raise funds for mental fitness programs on the Northern Beaches?
Please join us for this awesome, life-saving event.

 Head Above Water Collaroy

 headabovewater1

For more info, email us at admin@headabovewater.com.au

PROUDLY
SUPPORTING



To donate or find out more, visit headabovewater.com.au

Parents Prepared

Information about drug and alcohol use & young people

This webinar will cover:

- ✓ Why young people use substances
- ✓ Information about substances young people use
- ✓ How to start conversations about substance use
- ✓ Support for parents and young people

When: Thursday 23rd March, 2023

Time: 4.30-6.00pm

Where: online via Zoom

Cost: \$10 per ticket

Presenters:

Hayley Bowen, Clinical Team Leader
Northern Beaches
Jane Turner, Drug & Alcohol Counsellor

Scan the QR code to register or visit
<https://www.trybooking.com/CFRUV>



For more information about us, visit sdecc.org.au

sdecc
Sydney Drug Education & Counselling Centre



Sexual and Gender Diversity

Webinar for parents and carers

Thursday 2 March, 7 - 8.30pm

Being a parent, grandparent, or primary carer of a LGBTQIA+ young person can be wonderful and enriching but can also seem overwhelming and confusing at times. Join us as we provide information that can make a difference to the young person in your life.



Online, Free
Bookings essential
Suitable for parents and carers of 10 - 24 year olds
Scan to book

