

PITTWATER HIGH SCHOOL

BE RESPECTFUL

ASPIRE

BE RESPONSIBLE

07 March 2023

Term 1

WEEK 7B

Principal's Report

International Women's Day

Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated.

This week we celebrated International Women's Day, and this year's theme *#embrace equity*, with an assembly featuring guest speaker Natalie Isaacs, a former Pittwater High School parent, founder and CEO of **1 Million Women**, an organisation which aims to empower women and girls around the world to act on climate change through the way they live. Billie Nicholls (Year 12) gave a moving vocal performance. The Prefects held a bake sale to raise money for the Northern Beaches Women's Shelter, a not-for-profit charitable organisation that supports homeless women to rebuild their lives.

Open Day

On Tuesday 28 February we held Open Day. We are very grateful to the prefects, organised by Ms E Silk, who gave up their time to be ambassadors for the school by facilitating tour groups and Year 12 Hospitality students, under the expert guidance of Ms Frangos, who prepared canapes, barista coffee and iced chocolate for many prospective students and their parents. Thank you to School Captains Linus Wang and Abigail Hamilton, and Year 8 students Sydney Manners and Henley James, who spoke of their experiences at Pittwater High School. Thanks also to our Orchestra, for their musical contribution. Classrooms were open, the farm animals were clearly visible and entertainment was available in the quad. There were many expressions of gratitude from our guests and one commented how wonderful and happy our teachers are. Thank you to all teaching and non-teaching staff who worked so hard to bring the afternoon together.

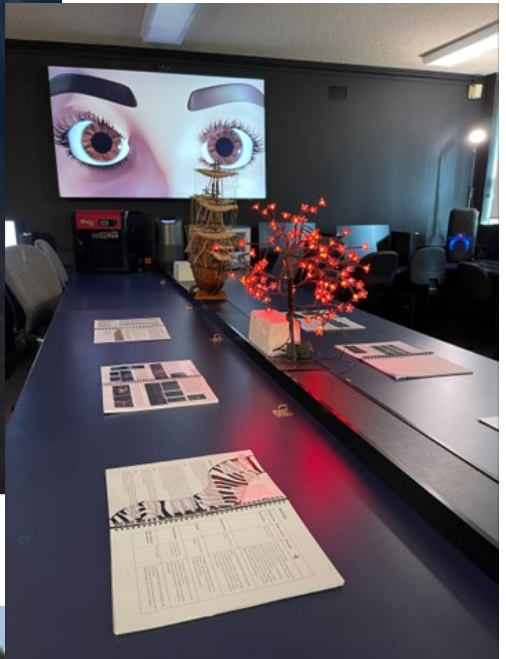
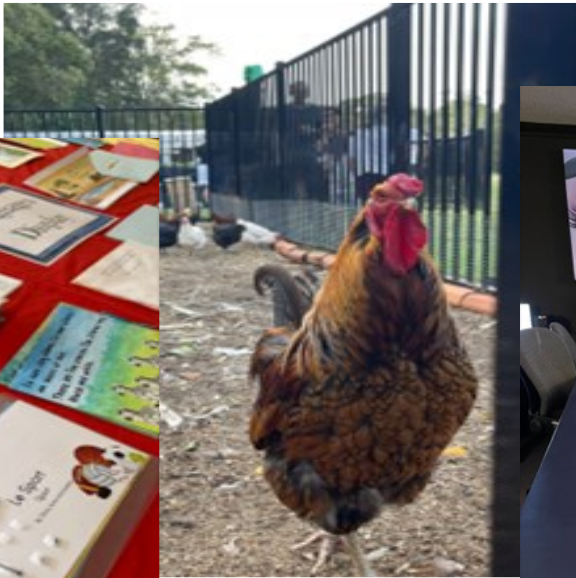
P & C Meeting

Thank you to all parents who were able to attend the P&C Meeting on Tuesday evening. The P&C meeting is usually held each term in Week 5. The next P&C is the Annual General Meeting. The P&C operate the **school canteen** and **uniform shop** and are at present looking for a passionate volunteer (s) who could be the P&C liaison for the uniform shop and canteen operators. If you are interested, please contact P & C President Mat Butterworth on 0421 560 544. The P&C also provide our **school locker service** and three **sailing boats**, liaising with parent volunteers who help maintain the boats.

We are in urgent need of canteen volunteers, if you are available to help in any capacity please message Mat Butterworth on 0421 560 544 phsparentsandc@gmail.com

Until next time, Alison Gambino

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



Pittwater High School Open Day

Deputy Principals' Message

It was lovely to see so many of you at the recent Open Night and Information Evenings.

Setting up for Success

This term we are focusing on setting up our students for success. Research tells us that when families are involved and connected to the school, students are more successful. We are grateful that at Pittwater High School so many of our parents are actively involved and engaged in their children's education.

Below is some information regarding events at school and also relevant information to assist you in working with the school to help set up your child for success.

Goal Setting and Reflection

All students in years 7 - 12 create SMART goals. These are created after reflection on the previous year and created with teachers to assist with students knowing and understanding what personal growth looks like.

All My Best Work - using power apps students upload samples of work and reflect why they have chosen specific examples as 'their best work'

Parent Teacher Nights

Parent Teacher Nights will be held at school this year. Information regarding booking instructions will be sent home within the next two weeks, more information further in this Newsletter. Please keep the following dates free:

Tuesday 28 March Year 11 and 12 from 3pm

Monday 3 April Years 7 and 9 from 3pm

Thursday 27 April Years 8 and 10 from 3pm

Reports

At Pittwater we provide a formal report twice a year. The schedule for this year is:

Semester 1

Year 12 Week 4 Term 2

Year 11 Week 6 Term 2

Years 7 - 10 Week 10 Term 2

Semester 2

Year 12 Term 3 Week 5

Year 11 Term 4 Week 4

Years 7 - 10 Term 4 Week 10

Ms Samojlowicz - Deputy Learning & Engagement

Ms Bromley - Deputy Years 7, 9 & 11

Ms Purvis - Deputy Years 8, 10 & 12

Deputy Principals' Message

Self Regulation

A critical element of success at Pittwater High School is developing students skills. Self Regulation hour provided an opportunity for students to develop independence when learning. A variety of opportunities exist between teacher setting enquiry based questions, research to students taking initiative to explore concepts and skills learnt in class at a deeper level. These skills are explicitly taught in the classroom. We often find that some students require further scaffolding and support when initially starting out with self regulation hour.

What it looks like at home.

You should see your child independently researching, exploring, making or creating for an hour after school. This is in addition to completing any work incomplete from the lessons scheduled that day or homework. Essentially teens and pre teens who practice and develop self regulation are better at planning, sticking with difficult tasks, behaving in socially appropriate ways, and considering how their behaviour affects other people. For example, when faced with an article to read a student is able to reflect on the content from a number of perspectives to gain deeper insight.

Teachers will post examples of ideas for more specific guided self regulated work and at other times students will need to use 'big picture questions' and modes of enquiry to deepen their knowledge and understanding of skills, contexts and knowledge being studied in the classroom.

A general guide is for every subject the students had scheduled that day. There should be 10 minutes of reflection, research or responding to big picture questions and 10 minutes of reading.

You can further support your child by helping them to develop independence in completing this work. Have the expectation clearly communicated to your child that they are to come directly home to complete their schoolwork prior to other activities. Regularly check your email for any notifications from teachers about major assignments or communication if your child is falling behind. Do not do the work for them but encourage them to do the best they can within a reasonable time limit. Students are encouraged to always attempt tasks rather than become hindered through procrastination. Encourage the student to speak to the teacher themselves if they are struggling. If they fail to complete the homework, and there is no reasonable explanation, please let them face the consequences.

Ms Samojlowicz - Deputy Learning & Engagement

Ms Bromley - Deputy Years 7, 9 & 11

Ms Purvis - Deputy Years 8, 10 & 12

Deputy Principals' Message

Attendance

The Department policy regarding attendance is focusing on 'every day matters'. At Pittwater we are currently targeting late arrivals, truancy and establishing good attendance patterns.

Did you know?

95% attendance

Students are expected to have above a 95% [school attendance](#) rate, because days missed are years lost. That's why making sure your child comes to school every single day (unless genuinely sick) is so important.

Holiday time

Please remember, holidays should only be booked during school breaks. Students should be at school every day during school term, right from the first day until the last.

Safe learning environment

We know that the last couple of years have been tough, and we will continue to prioritise student's health and wellbeing by listening to health advice, providing support and maintaining a safe learning environment.

For more information please read : [attendance_parents.pdf](#)

*NSW Department of Education <https://education.nsw.gov.au/parents-and-carers/going-to-school/every-day-matters> (March, 2023)

Uniform

Pittwater High School has a well established expectation regarding school uniform. The Department of Education states that:

The department supports the wearing of school uniform, which promotes a sense of belonging for students and creates a positive identity for the school community. School uniforms also contribute to the personal safety of students by allowing easier recognition of students inside the school and in the community. <https://education.nsw.gov.au/policy-library/policies/pd-2004-0025>

Parents and students roles and responsibilities are in accordance with the Department of Education Policy;

Parents and carers:

- * provide their child/children with a school uniform that meets the schools' uniform requirements and raise any concerns with the principal.

Students:

- * wear a school uniform that meets the schools' uniform requirements.

Ms Samojlowicz - Deputy Learning & Engagement

Ms Bromley - Deputy Years 7, 9 & 11

Ms Purvis - Deputy Years 8, 10 & 12

UPCOMING PARENT TEACHER INTERVIEWS

Year Group	Interview Date/ Time	Registrations for parents OPEN	Registration for parents CLOSE
Year 11 and 12	Week 10 Tue 28 March	Mon 20 March 9am	Fri 24 March 3pm
Year 7 and 9	Week 11 Mon 3 April 3 - 6pm	Mon 27 March 9am	Fri 31 March 3pm
Year 8 and 10	Term 2, Week 1 Thurs 27 April	Mon 3 April 9am	Thurs 6 April 3pm

Parent-teacher interviews provide an important opportunity to discuss your child's progress with their teachers. We are pleased to invite you on the following dates to meet your child's teachers.

Please note bookings have not yet opened

Parent teacher interviews for **Year 11 and Year 12** will take place on **Tuesday 28 March** in the School Hall and Performance Space from 3pm - 6pm. Interviews can be booked with teachers in 5 minute time slots through the Parent Portal. Bookings will **open on Monday 20 March at 9am**, and close on Friday 24 March at 3pm.

Parent teacher interviews for **Year 7 and Year 9** will take place on **Monday 3 April** in the School Hall and Performance Space from 3pm - 6pm. Interviews can be booked with teachers in 5 minute time slots through the Parent Portal. Bookings will **open on Monday 27 March at 9am**, and close on Friday 31 March at 3pm.

Parent teacher interviews for **Year 8 and Year 10** will take place on **Thursday 27 April** (Week 1 of Term 2) in the School Hall and Performance Space from 3pm - 6pm. Interviews can be booked with teachers in 5 minute time slots through the Parent Portal. Bookings will open in the last week of this term, on **Monday 3 April at 9am**, and close on Thursday 6 April at 3pm.

See the below table for the date and time of bookings opening for each year group.

Hot Tip: log in to the parent portal today to check that your login is working prior to the day the bookings open <https://pittwater-h.sentrail.com.au/portal/login>

Meg Winter

Head Teacher of Administration



SCHOOL FOOTWEAR

Please be reminded that all students are prohibited from participating in practical activities in school if not wearing substantial footwear deemed safe by WHS requirements*.

Students wearing unsafe shoes will not be allowed to take part in practical lessons that provide essential competencies of course outcomes. Students will instead be asked to sit out of the practical lesson and complete written work, missing out on enrichment and reinforcement in their subjects; these can include, but not limited to, activities in TAS an Science.

Unsafe shoes include those with openings, platform or high heels, shoes made from unprotective, open-weave materials such as canvas and cottons or similar, and other materials that do not provide adequate protection.

School shoes are to be:	School shoes are NOT to be:
<ul style="list-style-type: none"> All black lace up school shoes The entire foot is to be enclosed by the shoe Including the upper section of the foot The shoe is to have a stout sole and firm Leather uppers The shoe is to have low heels 	<ul style="list-style-type: none"> Open weave and canvas shoes for example: Dunlop volleys Alternate colours, must be all black Open toe shoes Ballet flats Different coloured trimming

Examples of Acceptable Shoes



Examples of Unacceptable School Shoes



*The NSW Department of Education and Communities (DEC) guidelines in relation to safety and footwear in schools, under the Work Health and Safety (WHS) Requirements, prohibit students from participating in practical activities in school if not wearing substantial footwear deemed safe by the DEC.

FOCUS ON...

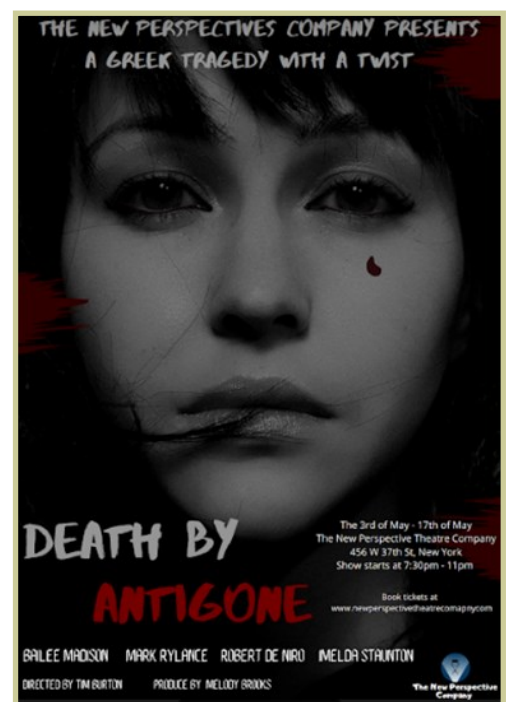
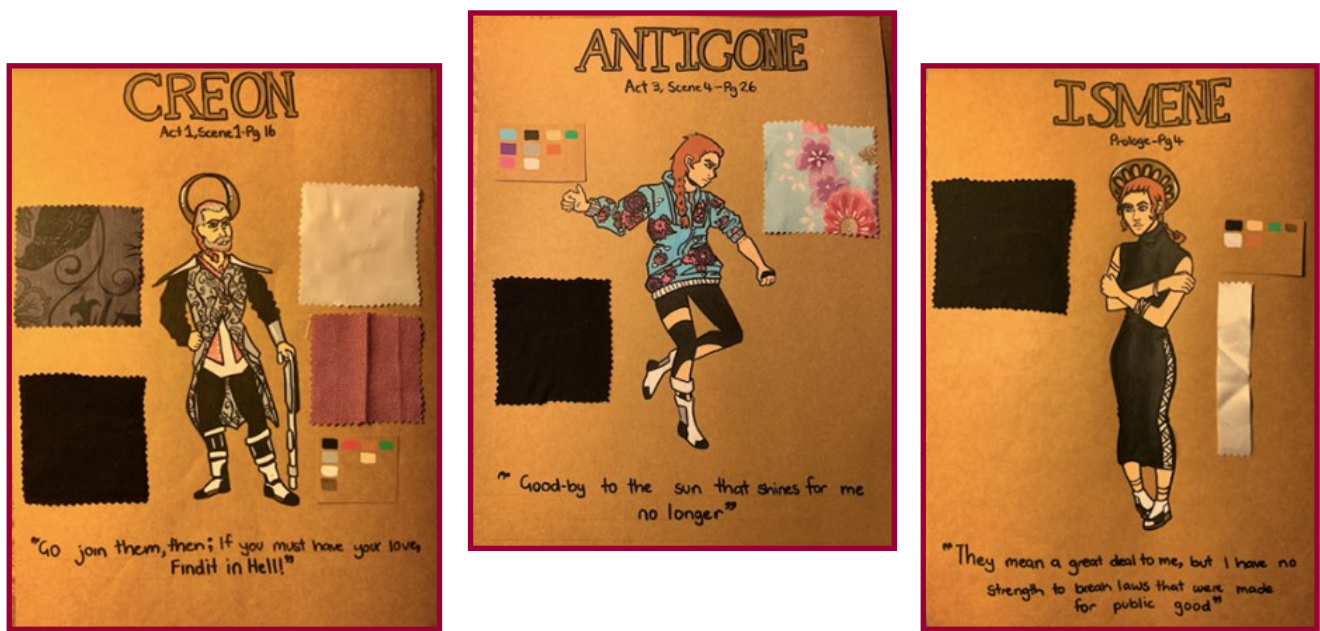
CREATIVE & PERFORMING ARTS

@ PHS

The **Drama** program at Pittwater High School explores all aspects of theatre as students become more inquisitive towards a life and career in the entertainment industry.

Project options include; **Scriptwriting, Costume Design, Directing, Performance, Video Drama, Set Design and Promotions.**

Previous classes have created some wonderful products based on Greek Theatre (as shown below) and the current cohort are well on the way to delivering to a similarly high standard.



DRAMA



DRAMA @ PHS OPEN NIGHT 2023



The 'Ratty Children' win the coveted PHS TheatreSports Trophy

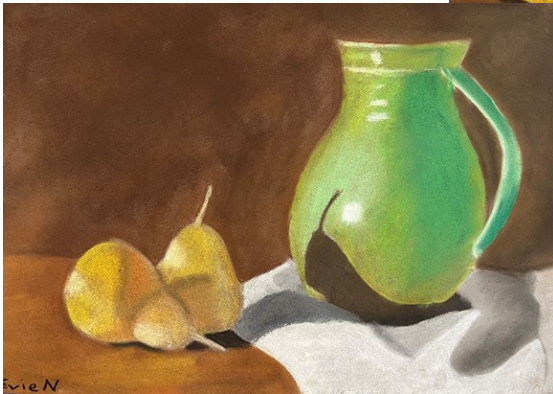
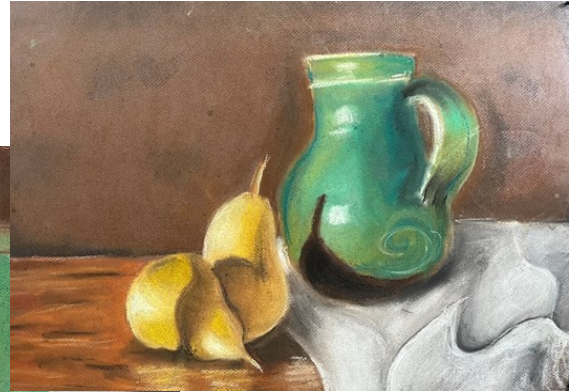
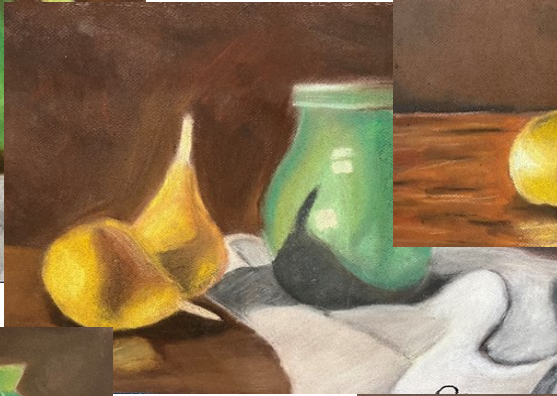
On Tuesday 28 February, Pittwater High School Drama students from Years 8, 9 & 10 represented their classmates for a shot at the **PHS TheatreSports Trophy**, which had been "lost" in the PE Dept since 2006...

All students performed proficiently in a range of improvisational activities including 'Shared Stories', 'The Alphabet Game' and 'Mistaken Apology'. At times the laughter was *raucous* and in other performances the air hung heavy with awkward *tension*. Audience members were captivated by the talents demonstrated by these junior Drama students.

Special thanks go to Kelly Tadzik, Year 11 Drama Captain who advocated for the Drama Faculty with impressive confidence. Community members commented how talented and confident all the representatives were, which just goes to show the importance of Drama in developing resilient, entertaining and thoughtful students.

Well done superstars! Dave Gleeson

YEAR 9 VISUAL ARTS

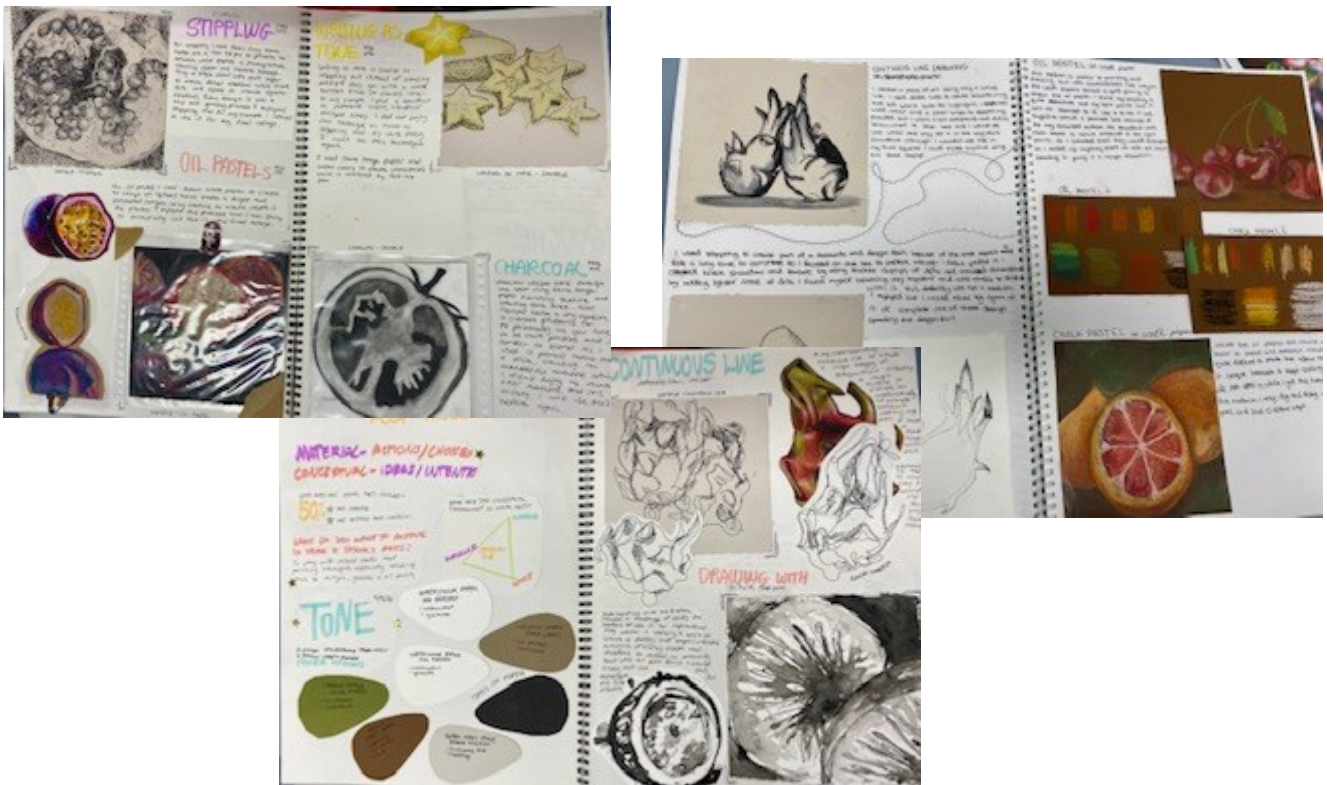


STILL LIFE STUDIES:

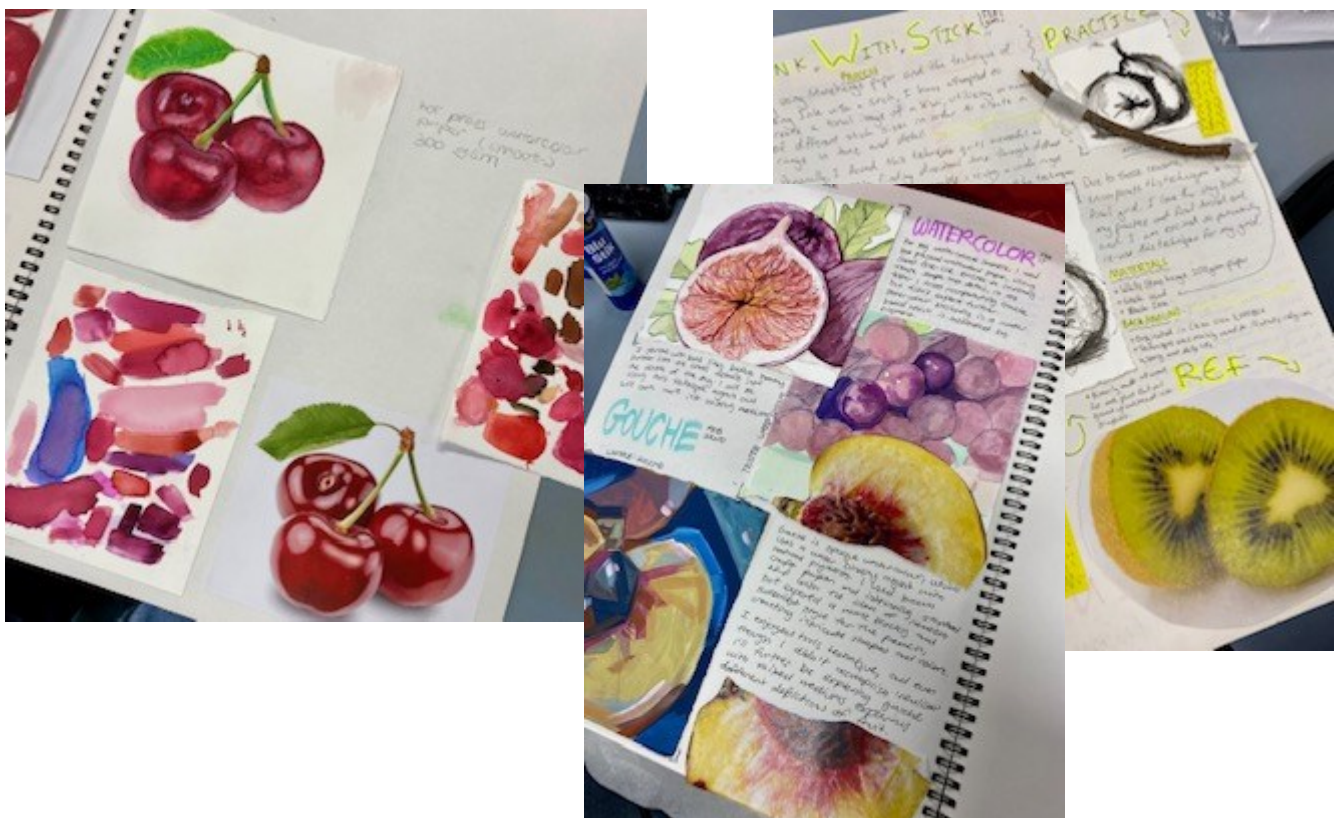
Year 9 Visual Arts student have been undertaking a unit of work building their media skills through hand eye drawing exercises in the genre of still-life. They have been exploring dry drawing mediums and will move onto wet mediums of water colour, gouache and acrylic paints. This particular task was introducing them to the use of chalk pastel to create layers of colour, depth, highlight and shadow. The whole class did an amazing job.



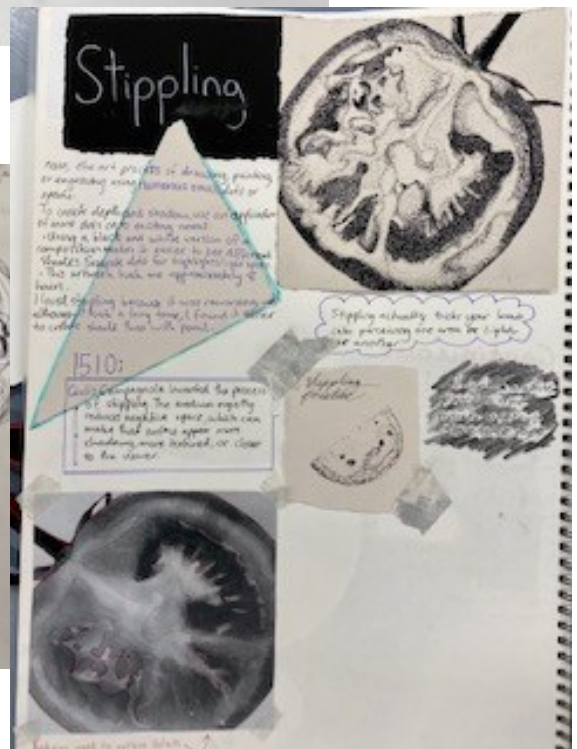
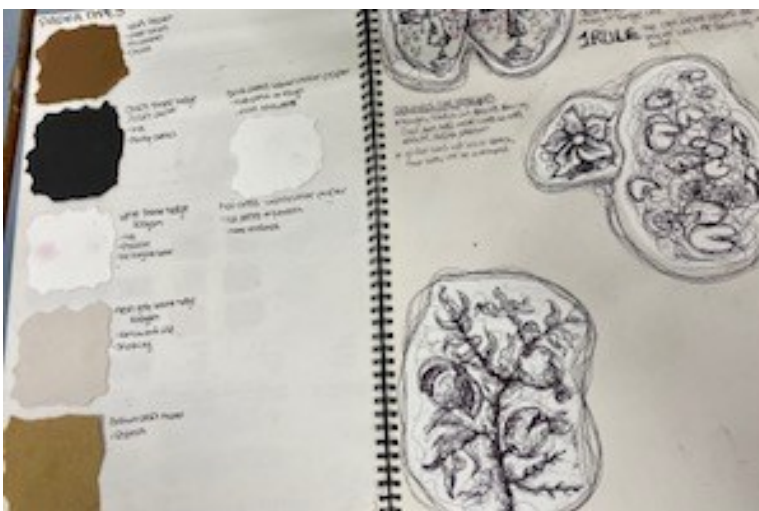
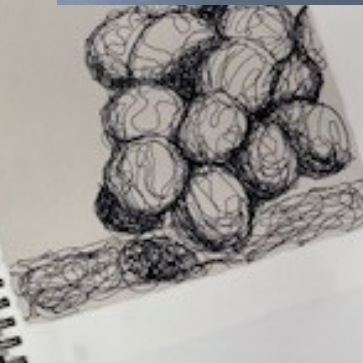
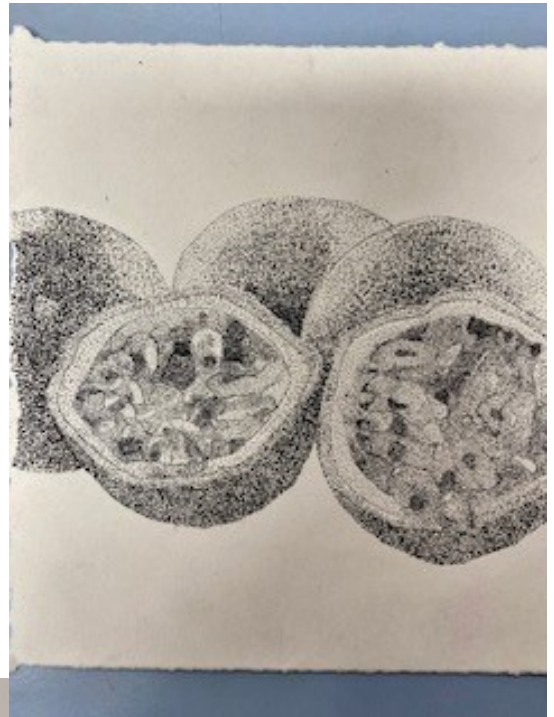
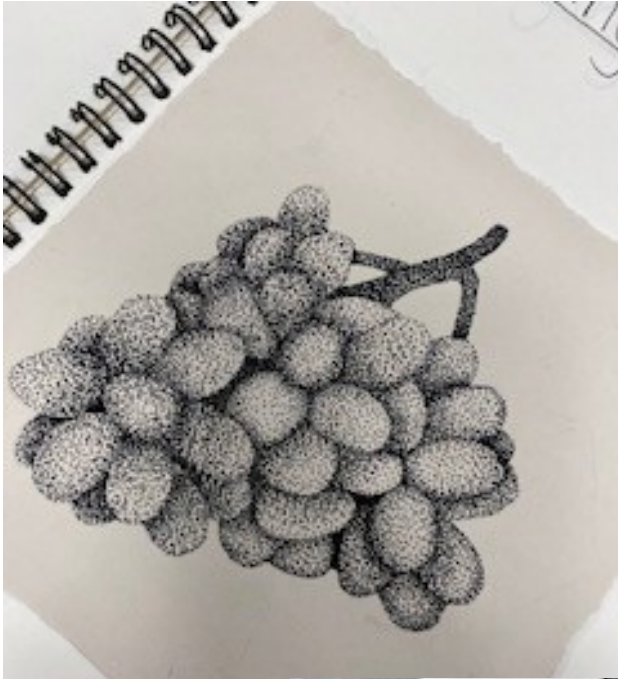
YEAR 11 VISUAL ARTS



Year 11 students have been exploring a wide range of mark making and media exercises based on the subject matter of fruit and vegetables. They have been participating in material exercises and then mastering these skills and techniques.



YEAR 11

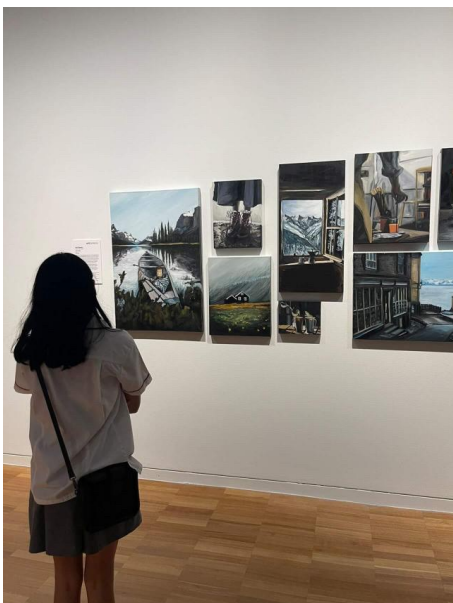


YEAR 11 & 12 EXCURSION ART GALLERY OF NSW



On Monday 27th of February year 11 and 12 Visual Art students visited the Art Gallery of NSW. We had the opportunity to visit the old gallery site to see Art Express and the new Sydney Modern gallery space. We had such a wonderful day seeing a variety of artworks and mediums which has inspired us for our own art making back in the classroom.

By Holiday Neophyton-Vale



Pittwater High School Performing Ensembles

Ensemble Notes



President - Andrew Young [Email: andrew.young.esq@gmail.com]

Treasurer - Bianca Bamwell [Email: phs.performingensembles@gmail.com]

Secretary - Paula Paterson [Email: pandtpaterson@gmail.com]

Editor - Tracy Gowen [Email: tracygowen1@gmail.com]



Vocal ensemble is back

We are very excited to announce that the Vocal Ensemble will be back rehearsing from Friday 24 February at 4:30pm in the Performance Space.

Tabatha Brownrigg, a teacher from the school, will be directing the vocal ensemble this year. Its going to be so much fun.

If your child, or any student you know, is keen to join please contact Dr Hardy (martin.hardy@det.nsw.edu.au).

School Open Day Performances

Our first performances of the year will be at the School Open Night on **Tuesday 28th February** from 4pm to 6pm. This will include the **Advance Strings, Orchestra, Stage Band** and **Big Band**.



Big Band & Stage Band need to arrive at 3:45 pm to setup.
Senior Strings & Orchestra need to arrive at 3:30 pm to setup.

Please remember to wear your full ensemble uniform (bring to school if you don't have time to get home and back).

Rehearsals and school sports carnivals

Reminder that rehearsals will be as normal after the School Swimming Carnival on Thursday 23rd February and after the Athletics Carnival on Thursday 10th March. Students are not attending the carnivals still need to be at rehearsals.

Upcoming Events

February 23

All ensemble rehearsals are ON before and after the swimming carnival

February 24

First Vocal Ensemble rehearsal for 2023, 4:30pm

February 28

School Open Night, 4:00pm

Notables

Use your child(ren)'s **Creative Kids Voucher** to have \$100 deducted from the total. Send us the **voucher number**, your **child's name** (exactly as it appears on the voucher) & **birth date** (DD/MM/YYYY).

Apply for your Creative Kids Voucher from [Service NSW](https://www.service.nsw.gov.au).



Other News

Parent Involvement

Our PHS Ensembles Committee is made up of parent/ carer volunteers. **Volunteer positions are now available as:**

- ✂ Fundraising and Social Coordinator
- ✂ Lockers/ Uniforms Coordinator
- ✂ Ensemble Managers (Concert Band; and Orchestra)
- ✂ Trainee Treasurer, with the view to take over mid-year.

Without you, the ensembles can't work effectively. Please consider giving some of your time to help make our ensembles great! Contact Paula for details: pandtpaterson@gmail.com.

PHS Ensemble Invoices

Ensemble invoices will be sent out early Term 2. If you wish to have \$100 deducted from the total through use of your child(ren)'s **Creative Kids Voucher** (see next point).

We take Creative Kids vouchers!

Reminder to apply for your **Creative Kids Voucher** from Service NSW. You can use the voucher to offset PHS Ensemble fees by sending the details through to us ASAP. It is important that we have the name as it exactly appears on the voucher, and your child's birth date – DD/MM/YYYY. Email: TracyGowen1@gmail.com

Music Lockers

There are still music lockers available if you are looking for somewhere safe to store your instrument at school. Go to the uniform shop website to get your locker: <https://phsshop.com/>.

Overseas Tour 2024

There will be an overseas tour at the end of 2024. We are **looking for volunteers** to help organize this exciting event. If you are a travel agent we would love to hear from you. If you are interested in joining a tour sub-committee please let us know. The position of Tour Coordinator is open and will include free airfares and accommodation on the tour. Email: pandtpaterson@gmail.com.



We're on Socials!



We have a [PHS Ensembles 2023 Facebook](#) and [PHS Ensembles 2023 Instagram](#) to help communicate with our ensemble members.

If you haven't already joined our social pages, you can scan the QR codes or click on the links to follow.



Upcoming PHS Ensemble Events 2022

Event	Time and Venue	Dress Code
TERM 1		
Vocal Ensemble rehearsals Who: Vocal ensemble.	Friday 24 February	School uniform
2023 School Open Night Who: Stage Band, Big Band, Advance Strings, Orchestra	Thursday 28 February, 4pm to 6pm (see details on p1)	Performance uniform
TERM 2		
Northern Beaches Instrumental Festival 2023 Who: All ensembles (More details closer to the event)	Wind Ensembles 29th May to 4th June at Pittwater High School. String Ensembles and Orchestra 3rd June at Pittwater High School. Jazz Ensembles are 18th June at Harbord Public School.	Performance uniform
TERM 4		
Regional Tour Who: Open to All Ensemble Students	Details TBC	Performance Uniform

Ensemble rehearsal times and contact details

2023 Rehearsal times			Director	Parent Liaison		
Monday	7:20am - 8:30am	Concert Band	Sophie Bromley	HELP! Position vacant, please apply		
Tuesday	7:20am - 8:30am	Junior Stage Band	John Pennings	Paula Tocquer	0430 044 458	paulatocquer@hotmail.com
Wednesday	7:20am - 8:30am	Concert Band	Sophie Bromley	HELP! Position vacant, please apply		
Thursday	7:20am - 8:30am	Orchestra	Martin Hardy	HELP! Position vacant, please apply		
	2:30pm - 3:30pm	String Ensemble	Karen Leimbach	Lesley Gibbs	0410 440 891	lesleygibbes@bigpond.com
	3:45pm - 4:45pm	Advanced Strings	Karen Leimbach	Lesley Gibbs	0410 440 891	lesleygibbes@bigpond.com
	2:40pm - 4:40pm	Symphonic Band	Martin Hardy	Bianca Barnwell	0434 935 239	bianca-barnwell@hotmail.com
Friday	7:20am - 8:30am	Big Band	John Pennings	Bianca Barnwell	0434 935 239	bianca-barnwell@hotmail.com
	2:30pm - 3:30pm	Vocal Ensemble	Tabatha Brownrigg	Jacqui Shaw	0412 813 821	shawjacq@gmail.com

The Tree of Secrets

Among the fragrant winding branches of the Tree of Secrets lies the untold.
The ancient parchment flutters like leaves,
Hanging like ribbon,
Curled and soft.
The fragile paper holding tight its creator's stories,
A guardian of the heart.
It protects feelings felt but never shared,
Hopes wished but never voiced,
Dreams dreamt but left pondering.
The Tree of Secrets holds them tight,
Never letting go until the moment is right.
Then accepting its invitation, the warm wind plucks them like ripened fruit into
fruition.
Through the cold morning air one slips from the tree, Dancing in the wind folding
its dainty edges,
Until softly landing on the pale soil below.
A feather.
The breeze is a messenger of hope carrying the parchment, Passing from time to
time until it reaches its righteous person.
Telling the untold,
Unwinding its unfathomable mysteries,
Slowly releasing the wisdom the writer could never grasp. Finally, the Tree of
Secrets passes its knowledge to another,
Before sprouting the next mysterious secret forever to come.

Georgia Gibbes, Year 8

My Inspiration



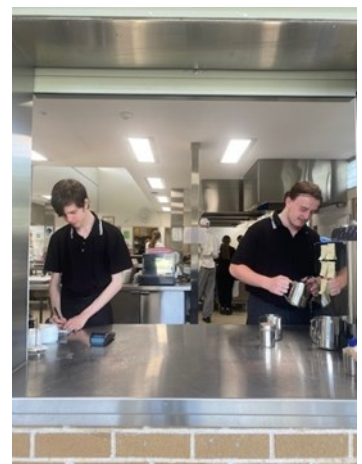
The Tree of Secrets was inspired by a photograph of an ancient Japanese cherry blossom tree with strips of parchment paper hanging from its branches. Each strip had a message written on it. The image sparked my imagination and made me wonder who had written the messages and why. The tree seemed ancient and magical like it was a guardian and wise. Perhaps people brought their hopes and dreams to the tree to make them come true. I also wondered if the parchment ever left the tree and made someone's wish come true and if it did how this might happen. I thought about other forces of nature like the wind and how the wind might help carry the granted wishes back to the person it was written for. I also thought about how that person might feel when their dreams came true. These thoughts inspired me to write the poem, The Tree of Secrets.

Georgia Gibbes

Year 12 HOSPITALITY

Year 12 Hospitality worked hard on **Open Night** to prepare and serve a range of tasty finger food and beverages for our guests to sample.

They made caramelised onion tarts with feta and thyme; mini pizza scrolls and smoked salmon canapes with crème fraiche. We also opened Gary's Place Café and offered barista style coffee and iced chocolates. Well done Year 12. We always appreciate the extra hours OO students put in, often outside of school hours, to showcase their fantastic skills. So proud of you all.





Pittwater HS ATHLETICS CARNIVAL

2023



**THURSDAY
9TH
MARCH
WEEK 7**

8.45am - bus departs PHS

2.30pm - bus returns to PHS

House Colours / Full Sports Uniform

NSW Academy of Sport Narrabeen

CANTEEN - Beautiful Salads Daily

Term 1 2023 SALADS, freshly made each day \$8.50

Order via Flexischools App or by 9am in person

Monday: Refreshing Lentil Salad w/Chicken or Haloumi Cheese

Lentils
Red Onion, Tomatoes, Red Capsicum
Green Apples
Pepita Seeds
Lime & Orange Juice
Coriander & Parsley

Tuesday: Baja (Southern California) Salad w/ Chicken or Mixed Beans

Shredded Cabbage
Radish, Cherry Toms, Carrot
Pickled Onions, Pepita Seeds, Feta Cheese
Coriander & Lime Dressing
Topped with Corn Chips

Wednesday: Poke Bowl w/ Chicken or Silken tofu

Red & Savoy Cabbage
Capsicum, Cherry Toms.
Edamame Beans
Brown Rice
With Sesame Dressing

Thursday: Roast Vege Salad (Veg only or w/Chicken)

Roasted Potato, Sweet Potato, Beetroot
Capsicum, Cherry toms
Couscous, Herbs
With Pomegranate Dressing & Pomegranate Pips

Friday: Noodle Salad w/ Teriyaki Chicken or Firm Tofu

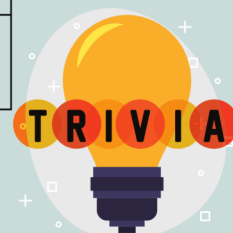
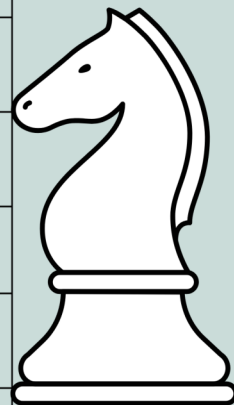
Rice Vermicelli Noodles
Cabbage, Capsicum
With Soy Sauce Dressing
Topped with Fried Shallots





SCHOOL CLUBS

Name of club	Day of meeting	Week A/B	Time	Location	Organiser
Origami	Monday	A+B	Lunch 2	Library	Griffin
Trivia	Tuesday	A+B	Lunch 2	Library	Griffin
History	Thursday	B	Lunch 2	A9	Sonter & Jones
Darts	Thursday	A+B	Lunch 2	Drama rooms	Gleeson
Drama	Thursday	A+B	P6	Drama rooms	Gleeson
LGBTQI	Thurs	A+B	Lunch 2	English rooms	Murphy
Guitar club	Friday	A	Lunch 2	C5	Mumford
Chess	Friday	A+B	Lunch 2	Library	Mumford & Griffin
Vocal Ensemble	Friday	A+B	P6	Performance Space	Tabatha
Book club	Friday	B	Lunch 2	B25	Giddings
Home work	M, W, T, F	A+B	P6 →	LC	Griffin





NSW Department of Education

2023 NSW Premier's Reading Challenge

Start reading now!

Artwork by Elise Hurst

www.premiersreadingchallenge.nsw.edu.au



**Key dates
for students
in K-10:**

Challenge opens
Monday 27 February

**Challenge closes
for student entries**
Friday 18 August



FROM OUR STUDENT WELLBEING TEAM




Featured Courses



Parenting Your ADHD Child Content Only Course - Start anytime!

6 Weeks to Less Stress & More Parenting Confidence!

 Vivian Dunstan

\$249



Interactive Parenting Your Child with ADHD Course T2 - 20 March 2023

6 Weeks to Less Stress and More Parenting Confidence!

 Vivian Dunstan

\$449

<https://www.adhdaustralia.org.au/event/online-parenting-children-with-adhd-6-week-course/>

This 6-week online course provides you with a solid foundation from which to understand ADHD and better navigate family life.

Suitable for parents/carers of both ADHD children & teens and indeed anyone seeking a better understanding of children with ADHD, including teachers.

The course goal is to inform and empower you to work together with your child to handle the difficulties that come with ADHD by offering practical, workable strategies that will make a difference in the lives of all family members.

The course is facilitated by Vivian Dunstan, Founder & Organiser of ADHD Support Australia. With an ADHD diagnosis herself and as mum to a young adult with ADHD, Vivian has a wealth of lived experience coupled with all she's learned over the past 8 years running ADHD Support Australia and supporting many parents whilst facilitating the course in-person since 2015. She has now created this online version of the in-person course to share her knowledge and to allow more families to access the course.

<https://www.adhdaustralia.org.au/>

FROM OUR STUDENT WELLBEING TEAM



KALOF's events help you stay connected with other young people and your community on the Northern Beaches.

From band nights to film festivals and everything in between, there's something for everyone.

Check out upcoming youth events on their website:

<https://www.northernbeaches.nsw.gov.au/services/youth/youth-events/event-calendar>

Express Yourself 2023 An annual showcase of selected work by HSC Visual Arts students from the Northern Beaches. **3 Mar - 16 Apr, 10am - 5pm Manly Art Gallery & Museum**

EY23 LIVE See some of the finest creative talent coming out of secondary schools across Sydney's Northern Beaches. **Sun 26 Mar, 2 - 5pm Manly Art Gallery & Museum**

Apprenticeships Learn and earn with an apprenticeship or traineeship at Northern Beaches Council. Develop your skills and get your qualifications with work experience and training.



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





BODY CONFIDENT CHILDREN & TEENS WEBINAR

**SUPPORTING BODY CONFIDENCE AND
HEALTHY RELATIONSHIPS WITH FOOD AND
EXERCISE IN YOUNG PEOPLE**

TUESDAY 21ST MARCH 2023

7.00PM – 8.15PM

**VIA ZOOM – Time-limited recording
available**



AUDIENCE
Parents &
Community



SESSION LENGTH
1hr 15mins



COST
\$15

BOOK NOW



This relaxed and informative seminar for carers of primary and secondary age children gives practical tips to help you better understand and promote positive body image in the home. Delivered by the Butterfly Foundation, Australia's largest not-for-profit for eating disorders and body image concerns.

In this session you will cover:

- Overview of body image and the importance of prevention
- The spectrum of body and eating issues
- Key influence on body image, including social media
- The impact of diet culture and weight stigma
- Busting common myths around eating disorders
- Reducing appearance talk and how to respond when a child expresses negativity towards themselves/others
- The power of role modelling positive body image and behaviours
- Understanding warning signs and the importance of early intervention.

TESTIMONIALS

"So glad I came. There is so much pressure on kids these days, it's hard to know what to do. This has given me lots of practical ideas." Parent WA

Contact:

E: education@butterfly.org.au

T: 02 8456 3928

www.butterfly.org.au



Upcoming ASD Workshops

19 and 26 March 2023



ASD Workshop 1

Understanding Gamer Motivations

Sunday March 19, 2023

Families struggling with excessive gaming need to [get on the same page.](#)

Running from 10am to 3pm for gamers + parent session

The mentor/gamer ratio is 1:5 and are experienced in this field and have lived experience

Parent coaching session and goal setting starting at 2pm

- Insight into what really motivates gamers to play
- Healthy gaming strategies that gamers believe in
- Social gaming (VR, Nintendo Switch, or PC)

Goal Setting with the aim of finding more fulfillment in real life

Support workers welcome to attend and be upskilled

Cost \$350 - Ask us about our sibling discount

NDIS funding applies

Workshop 1 and 2 go hand in hand.

Check out our calendar for dates



REGISTER NOW OR CONTACT US FOR A FREE CONSULTATION

www.gameaware.com.au

Families struggling with problematic gaming need to get on the same page. We need to maximise the quality of our gaming and our real life engagements while minimising harm.

Upcoming ASD Workshops

Our ASD workshops are designed for neurodiverse gamers and their families.

These programs are designed for gamers on the autism spectrum who might need more support than what our standard programs have the capacity for. This format is most suitable for families where our gamer is 10-25 years old, and has been diagnosed as autistic. Neurodiverse gamers are welcome to attend any other workshops or services, but neurotypical gamers won't be joining this particular workshop.

Families who have access to NDIS funding will be able to use it across approximately 4 line items. Please get in contact if you have any questions.

www.gameaware.com.au

A vertical poster for GameAware's ASD Workshop 2. The background is dark with a blurred image of a person's hand holding a game controller. The GameAware logo is at the top in white and blue. The title 'ASD Workshop 2' and subtitle 'Intelligent Gaming and Life Skills' are in white. The date 'Sunday March 26, 2023' is below. A line of text mentions families struggling with excessive gaming. The main text describes the workshop's timing, mentor-to-gamer ratio, and topics. The NDIS logo is in the bottom right. The bottom section lists costs, funding, and registration information, followed by the website.

 **GAMEAWARE**

ASD Workshop 2
Intelligent Gaming and Life Skills
Sunday March 26, 2023

Families struggling with excessive gaming need to [get on the same page.](#)

**Running from 10am to 3pm for gamers +
followup session**

**The mentor/gamer ratio is 1:5 and are experienced in
this field and have lived experience**

Parent coaching session and goal setting starting at 2pm
Healthy gaming strategies that gamers believe in
Building life perspective and how gaming can fit into our lives
Social gaming (VR, Nintendo Switch, or PC)
Goal Setting with the aim of finding more fulfillment in real life
Support workers welcome to attend and be upskilled

Cost \$350 - Ask us about our sibling discount
NDIS funding applies
Workshop 1 and 2 go hand in hand.
Check out our calendar for dates



REGISTER NOW OR CONTACT US FOR A FREE CONSULTATION
www.gameaware.com.au



SUN 30th APRIL
10AM-3PM

Winnereerremy
Bay Park, Mona St
Mona Vale

150 stalls, live
music, world food,
kids activities

PITTWATER
AUTUMN
MARKET