

# PITTWATER HIGH SCHOOL

BE RESPECTFUL

ASPIRE

BE RESPONSIBLE

25 August 2023

Term 3

WEEK 6B

## Principal's Message

### Commendation Assemblies 2023

Students, teachers, parents and carers celebrated learning on Monday 7 August and Friday 11 August for Years 7-9 and 10-12 respectively. Students who received an award did so because they had shown a commitment to learning and demonstrated learning dispositions.

This year we are focusing on not just delivering curriculum but embedding learning dispositions into lessons. Learning Dispositions are designed to support students to learn throughout school and set them up for learning and life beyond school. The list includes, but is not limited to, persistence, grit, resilience, self-regulation, curiosity, collaboration, creativity, initiative and systematic problem solving. Each Faculty chose three dispositions to focus on and these were listed on the student's award.

### Prefects Elect 2023/2024

Congratulations to the 24 students who were successful in gaining the position of Prefect in the recent elections. Ms Gambino, Ms Silk, outgoing school captains Abigail Hamilton and Linus Wang interviewed the 11 prefects nominating for the positions of School Captain and Vice-Captain. These students will address the school in an assembly on Monday. It takes courage to nominate and I thank and congratulate all students who put themselves forward.

### Wellbeing Programs

Pittwater High School is currently engaged in the Safeguarding Kids Together Program. Through this process we will be looking at our capacity to mitigate and manage risk across three domains. These domains are: *Building resilient and inclusive school communities*, *Identifying students vulnerable to high risk-taking behaviour* and *Supporting students vulnerable to high risk-taking behaviour*. The aim of this partnership is to strengthen systems, processes and practices across the domains and enhance safe learning and working environments.

We will be reviewing our current wellbeing programs and practices focussed on Student Wellbeing, Staff Wellbeing, Attendance, Anti-bullying, Anti-racism, Cyber-safety and Community Engagement. One activity associated with Student Wellbeing is School Wellbeing Mapping which involves identifying and evaluating current school wellbeing programs according to the NSW Wellbeing Framework for Schools.

*Continues over...*

**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.**



# Principal and Deputies' Message

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## Wellbeing Programs continued...

On Tuesday 5 September, as part of the Safeguarding Kids Together program, we will be conducting Student Voice Focus Groups for students in Years 7-9, facilitated by the Safeguarding Kids Together program coordinators. Student Voice Focus Groups provide an opportunity for students to share their ideas and opinions about various aspects of school. Students will be chosen at random to participate and parent permission sought prior to the focus groups.

## Mobile Phones

Until Term 4 2023, mobile phone use in school is at the discretion of the school. A new policy will take effect from **Day 1 Term 4** in all NSW Public Schools. **There will be no mobile phone use in school for all students in Years 7-12.** This includes all school organised events including camps, carnivals and excursions. It also covers canteen use. Students will need to ensure they have a card or use flexi-schools. More information about implementation of the policy at Pittwater High School will be sent to families shortly.

## Year 12 Major Works

Congratulations to all the Year 12 students who have submitted or are about to submit Major Works. A huge effort by both students and teachers have gone into the completion of projects and we wish you all the best. It has been inspiring to view the work of students at the TAS Major Works Exhibition and the CAPA Visual Art Exhibition and Senior Music and Drama Nights.

## Uniform

Please note that the long blue pants (microfibre track pants) can only be worn for sport. Please ensure that the correct uniform is to be worn at all times and if for some reason the correct uniform cannot be worn, students should bring a note from their parent/caregiver to the Deputy Principal before school to collect a green uniform pass.

## NAIDOC Week

NAIDOC Week 2023 was held during the school holidays from July 2 to 9 July with the theme "For Our Elders". PHS acknowledged and celebrated NAIDOC week on Monday 31 July with a speech in Assembly and an Incursion presented by Bush to Bowl for all Year 7 classes. Their presentations included the topics **Artifacts & Digeridoo** and **Indigenous Plants & Planting in the Garden**.



Image: ABC Education

Further resources [NAIDOC Week 2023: For Our Elders — Education Resources - ABC Education](#)



# Deputy Principals' Message

## Attendance Matters

As planned, through small group interviews, all students in Years 7-10 have recently had the opportunity to reflect upon and set goals for either maintenance or improvement of their attendance.

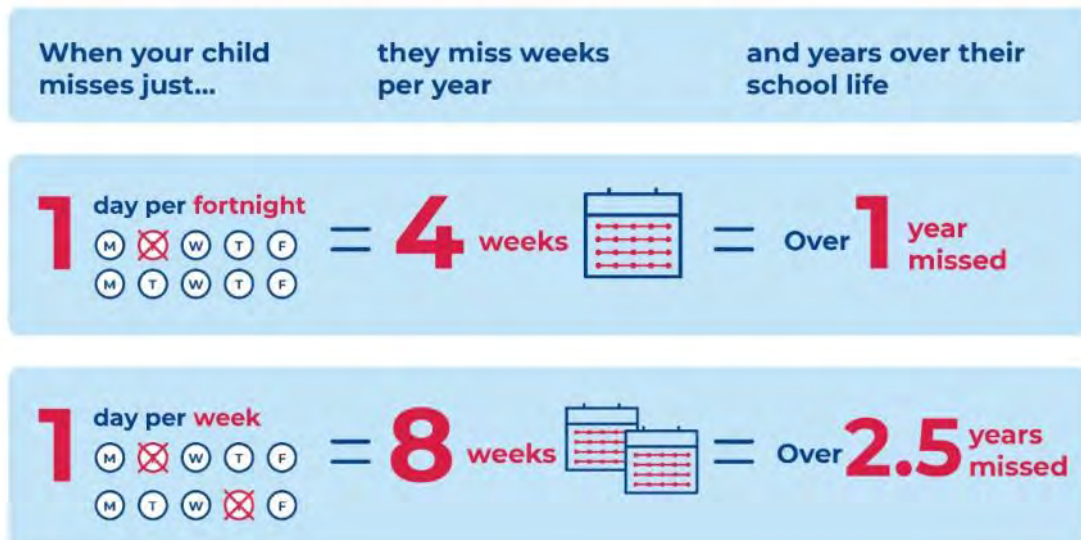
We want to do all we can to be sure your child achieves their potential and enjoys being in school. We know that school is the best place to learn. By attending school every day your child will get the most out of their learning and improve their career and life options. When your child is absent it is important you let the school know, including the reason why, on the day or the day before. This helps make sure we know where our students are and offer support for you and your family if needed.

If you are having difficulties getting your child to school every day or on time, please talk to our school staff so we can work together because every day counts.

Missing a day here or there may not seem like much, but absences add up and can negatively impact your child's learning and wellbeing. When your child misses one day a week that's 40 days of school and 8 weeks of learning in one year. Over an entire school journey this adds up to 2.5 years of lost learning.

## Days missed = years lost

A day here and there doesn't seem like much, but...



[education.nsw.gov.au](http://education.nsw.gov.au)





FOCUS ON...

# ENGLISH

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We are excited to announce that Pittwater High School has two winners in the **2023 Northern Beaches Young Writers' Competition**. The competition has received over 400 stories from students across 50 schools.

These incredible Year 10 students have placed: **Runner Up**; Lexie McCoy and **Highly Commended**; Annika Shulte-Paterson. The Year 9-10 category was judged by author Leanne Young.

Really well done.

The full list of winners are published on the Young Writers' Competition website: [2023 Northern Beaches Young Writers' Competition](#)

*Paris Excell- English Teacher, Year 10 Adviser*



## BOOK CLUB

A REMINDER THAT BOOK CLUB MEETS EVERY FRIDAY, WEEK B, LUNCH 2 IN B25. IF YOU LOVE READING, COME ALONG AND DISCUSS YOUR FAVOURITE BOOKS AND GET IDEAS FOR OTHER BOOKS YOU MAY LIKE TO READ AS WELL.

EVERYBODY IS WELCOME!

MS GIDDINGS ENGLISH TEACHER

CURRENTLY READING 'TOMORROW, AND TOMORROW, AND TOMORROW' BY GABRIELLE ZEVIN

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# YEAR 7 ENGLISH

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**During Term 2** Year 7 English undertook a novel study, where they deeply considered the overarching question for the unit: How do novels encourage us to learn about ourselves and the world? Through this study, students discovered that we learn about human experiences more deeply from engaging with literature. They also learned to express their understanding by developing analytical paragraphs, where they integrated well-chosen evidence from their prescribed novels to build their responses.

Here is an example of an Introduction, and two Body Paragraphs crafted by **Jasmine Baak, Year 7**

Lara Giddings, English Teacher

Authors have the power to utilise words and characters and expose us to unknown or meaningful ideas, inspiring our desire to understand human experiences and the world around us. Salman Rushdie, a prestigious Indian-born British-American novelist, guides responders through a magic realism tale, provoking the vast understanding of life experiences in his novel 'Haroun and the Sea of Stories'. Rushdie explores the ideas of discovery and hope which are essential components of understanding the complexity of human experiences in a more impactful way and strengthening responders' imagination.

Discovery has the power to fuel a sense of understanding inside individuals and through that, form cherished relationships. Rushdie stimulates discovery through our own imagination and allows us to explore a world beyond our own through the characterisation of Haroun. Rushdie's ability to captivate the responders and help us grow an understanding of the imaginative side of discovery is revealed through Haroun when he thinks, "He knew what he knew: that the real world was full of magic, so magical worlds could easily be real." The use of a declarative statement emphasises the new understanding and importance of finding discovery in one's own world through the magic of imagination. Furthermore, Rushdie highlights the importance of discovery in relationships and perspectives when Haroun explains to the Hoopoe, "Understand,' he said to the Hoopoe, ' it's really good to know you'll be here when I need you. But the way things are just now, I honestly don't need to go anywhere at all. "Rushdie's use of emotive language and tone reveals insight into Haroun's character, demonstrating that his progressive discovery of the Hoopoe can lead to a more intimate friendship and deeper understanding of relationships. Therefore, the discovery of an individual has the power to build imagination and form great friendships as Rushdie encourages the readers to explore themselves and find understanding in one's worlds.

Hope is what influences us to persist through challenges and overcome our greatest struggles in life whilst expanding our desire of resilience and trust. Rushdie demonstrates ambition to achieve something we truly value through the depiction of Haroun's character. Rushdie exemplifies hope through Haroun's desire of happiness for his city when he expresses, "You said it could be a big wish, and so it is. I come from a sad city, a city so sad that it has forgotten its name. I want you to provide a happy ending, not just for my adventure, but for the whole sad city as well." The use of emotive language and the repetition of the word 'sad' accumulates Haroun's longing to turn his sad city into something remarkable and emphasises the resilience he shows in the uplifting of his home. Similarly, Rushdie demonstrates Haroun's passion and yearning for his wish, whilst showing his trust in the Hoopoe, "Haroun lay stretched out on the back of Butt the Hoopoe, oblivious of time, oblivious of everything except his wish." The use of repetition of the word 'oblivious' highlights what is truly important to Haroun and focalises his intense desperation in relation to his wish for his city. From this, we recognise that the challenges we overcome can lead to hope and trust in what we value. Therefore advancing the thought, hope is what influences us to persist through challenges and strive for what truly matters to us, emphasising the importance of resilience and trust.

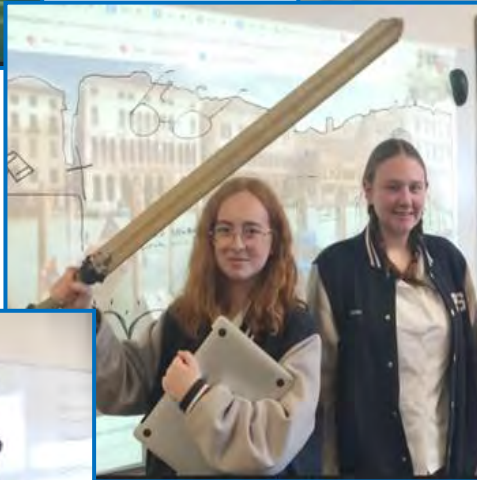
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# ADVANCED ENGLISH

Year 11 Advanced English class got into the spirit of Shakespeare, preparing an analysis of Othello to act out for the class. Persistence, curiosity and creativity were all demonstrated in the way they enthusiastically pulled apart the text and linked it to the tragic hero narrative structure. Congratulations Year 11 on your insightful work this term.

Miss Metcalfe





# BOOK WEEK

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## Book Week Celebrations!

At Pittwater, we relish any opportunity to celebrate the humble book and the magic held in mere words. This year we will be joining the nation in celebrating Book Week during August 19th-25th with the theme of "Read, Grow, Inspire."

Each year at Pittwater High, we have a range of activities during Book Week, from Book Trivia in the Library, Writing Competitions, reading excerpts in Assembly, Costume Day, Book Club special meetings and Poster Competitions.

Displayed for the next month around the school will be posters showcasing teachers' favorite books inviting conversations across all faculties and encouraging students to try something new.

Juliana Murphy - English Teacher, Year 8 Adviser



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Tim stared at the flickering fluorescent lights above his desk, the hum of the air conditioning filling his ears. Each passing second felt longer than the last one, as if time had slowed down just to wear him down. The sterile office had become his prison, an invisible cell that held his dreams and hopes of freedom captive.

He had once been a dreamer, a passionate guy with purpose and persistence. But the demands of his life had slowly chipped away at his spirit, killing his creativity and chaining him down to a routine. The weight of his commitments pressed down on his shoulders, suffocating all hope of freedom.

Every morning, he put his old, worn-down suit on and joined the other shells of people who once had dreams of extraordinary feats on their commute to the cold and grey, concrete jungle. The city streets were an endless path of hunched backs and dreary faces. He tried to break free from the ongoing flow of people and the endless continuity of life as he knew it.

But how could he escape when he was handcuffed to responsibilities? The bills piled up as high as the sky, any higher and a suffocating blanket of stress and depression would come crashing down on him. The dreams that once flooded his head had been abandoned in favour of stability and security. The spark within him was still there, but it was flickering, like a broken light.

Tim began to ponder in moments when he was alone, in his lunch breaks, amongst the chaos. He delved into the world of books, indulging in the words neatly spread across the old, stained, pages, hungrily feasting on the messages portrayed by the visionaries who had written them. Their stories reigniting an old light lost long ago, almost kindling a new light and a new sense of purpose.

As the days turned into weeks, Tim's spirits were reborn. He enrolled in evening classes, daring to learn something new. The world outside his office walls beckoned, and he felt as though it needed exploring. The weekends became his sanctuary, his playground of adventure. He hiked through treacherous forests, his feet leaving imprints on the unmarked trails. He ate new foods, foods he'd never thought he'd eat in his life, foods that left the taste of freedom dancing around his tongue.

And with each step, with each bite, Tim's spirit grew bigger and bolder. He discovered hidden talents, skills that had been locked away for far too long. His brush strokes painted vibrant landscapes, his fingers strummed melodies that could compete with Brian May. The walls of his prison crumbled under the weight of his determination.

Finally, the day arrived when Tim could bare it no longer. He stood tall, his voice resolute, as he said goodbye to the chains that had bound him for too long, the ones holding him back from his full potential. He took a leap of faith, leaving aside the safety net of his comfortable and stable existence. The path to freedom was not paved with certainty or safety, but he no longer feared the unknown or risks ahead of him.

Tim walked away from the sterile office, the fluorescent flickering lights fading into memory. His body felt light with the stress of normality off his shoulders, however, his heart filled heavy with anticipation and excitement. The world lay before him, an infinite canvas of possibilities waiting to be explored.

He was no longer a prisoner of himself, he was an explorer, a dreamer, and a adventurer of his own destiny. And as he ventured into the unknown, Tim smiled, knowing that he had finally found the key to unlock the door of his true self.



In the library, empty from closing, footsteps could be heard in the deep corners of the shelves. The crinkles of book covers could be seen, old and dusty. Others had a certain scent to them, giving away how new they were. A pale man walking sloppily through the library, crashed into a running force, causing the figure to fall.

A woman could be seen lying on the ground, blood coming down from her fingers. She glared up at him. Hair that looked like it was once in perfect curly shape, was now drowned out by ratty ends running from her head.

Just for a moment, a pool of red was seen in the corner of his eyes. It was so quick, he wondered if it had happened at all. Someone else was there. Lying underneath dim lights, falling in from the ceiling above. Shock came crashing down. He started to walk, then run, towards this body. Knife-like wounds were covering the stomach. It was a brutal murder scene. Tears fell down unconsciously, touching his pale cheeks all the way to his chin.

He turned his head, looking back. The woman from before was still on the wooden floor. Now that he was watching from afar, he could see that beside her lay what seemed to be a pocket knife.

Panic arose.

Something was going to happen, and then, sharp pain. In a flash, the lady was by his side, sticking a knife into his stomach. A shade of deep grey fell upon his vision, and he no longer knew the difference between right or wrong.

Sirens could be heard. Police and detectives were found inspecting the crime scene.

"It's strange," said Detective Sena. "There's two bodies, but only one has marks of struggle. If one killed the other, then there must be a third person involved."

"Yeah, but what-", started Charlie.

A voice from behind.

"What if it was suicide?"

"I'm sorry?" Sena asked. Confusion settling in. "The public isn't meant to be here ma'am, this is a private crime scene."

"Oh really? There wasn't a sign saying anything of the sort though. Are you sure it's blocked off? My name's Lydia by the way."

"Well Lydia, I think it's time you left," Sena said. "Charlie, you'll stay here and keep looking, I have a feeling that we're missing something."

"Will do," Charlie agreed.

Before Lydia could respond, the detective pulled on her arm, leading the way to the exit and making a familiar head of hair bob up and down. Going past mountains of bookcases, the outline of a liquid-like substance could be seen on the flooring.

"There seems to be no problem with the entrance," Sena said abruptly. "I don't know what happened when you came in but right now you need to leave."

"Will definitely do," Lydia responded assuredly. "Good luck then, I hope you find whoever you're looking for."

As the woman walked out the door, an abnormal feeling settled in the air. Brushing it off, she made sure the entry was secured. Charlie's voice struck her.

"Do you know why she's wearing gloves?" Charlie asked. "It's not even cold."

"No I don't," Sena responded, slightly unsettled that he'd moved from the crime scene.

A giggle was heard in the distance.



# Time for TAS - Technology & Applied Studies

## Stage 4 Technology Mandatory

Year 7 and 8 students in Stage 4 Technology Mandatory have the unique opportunity to engage with a diverse range of five different subject areas. These encompass Timber Technologies, Textiles Technologies, Engineering, Food Technology, and Digital Technology. As these subject areas are thoughtfully distributed across 2 years, some students are yet to fully immerse themselves in all these captivating domains of Technology and Applied Studies (TAS).

Throughout this journey, remarkable achievements have been witnessed. From the creation of fantastic Timber Treasure Boxes, vibrant Tie Dye enviro bags in Textiles, delectable Soba Noodle salad in the Food Unit to the design and construction of dynamic dragsters in Engineering – the students have left an indelible mark in each area. The experience of working with specialised tools and equipment in these distinct domains has been both exciting and educational, gifting them with a plethora of valuable skills that extend beyond the classroom.

As the academic year progresses, these young minds will continue to derive joy and knowledge from their engagement in these diverse facets of Technology Mandatory. Each project and creation not only reflects their enthusiasm and dedication but also paves the way for a well-rounded understanding of the Applied Sciences.

Here's to the ongoing success and growth of our Technology Mandatory students as they navigate through this enriching journey of exploration and discovery.





# TAS - Technology & Applied Studies





## Stage 5 and Stage 6 Food Technology

Greetings, food enthusiasts and curious minds! It is that time again to dive into the delectable world of Stage 5 and Stage 6 Food Technology, where our students are mastering the art of culinary creation through engaging and hands-on practical work.

In the vibrant realm of Food Technology, students are not just learning about ingredients and flavours; they are immersing themselves in the practical experience of combining tastes, textures, and aromas.

These hands-on experiences not only teach them how to prepare delicious meals but also equip them with transferable skills that can be applied in various culinary settings.

Beyond the practical skills, our Food Technology program is cultivating a genuine passion for food. Through each carefully chosen and prepared dish, students are developing an appreciation for the nuances of taste and presentation. They're gaining a deeper understanding of the cultural significance of food and its role in bringing people together. The students also learn the significance of food trends, food quality and the functional properties of food. This goes beyond the classroom, influencing their dietary choices and lifestyle.

So, here's to our budding chefs and culinary connoisseurs – may your culinary journeys be as rich and flavourful as the dishes you create!

Miss Frangos





## Year 9 Food Technology

Classes have recently been working on creating some fantastic cupcakes. Our students firstly mastered baking their cupcakes and have been practising a variety of creative decorating methods with colourful buttercream icing and practicing varying piping techniques in preparation for our upcoming Cake Decorating practical assessment component coming up in week 8.

This has been a thoroughly enjoyable and engaging unit for our students and is always a project they look forward to in Term 3.

Miss Frangos



## Year 11 Textiles Technology

Our Year 11 Textiles and Design Class have been creating a Communications Techniques Book. This is a brilliant project for the students for Stage 6, enabling the opportunity to explore varying textile manipulation techniques to build a collection of uniquely designed pages for their Book design. The students draw inspiration from all areas of life exploring their varying interests from travel, Disney and mythical characters, friends, the Met Gala, and the two Queens dominating the media landscape of the moment; Barbie and Taylor Swift.

This has been a fantastic project for the students to complete for their final term of Year 11 focusing equally on design creativity and technique development.

Miss Hayes



## Year 12 Hospitality Students Shine in Catering

The bustling atmosphere of creativity and innovation filled the air at Pittwater High School's recent TAS exhibition and Visual Arts exhibition, where Year 12 Hospitality classes showcased their culinary prowess. These events, which were a culmination of hard work, planning, and collaboration, truly demonstrated the students' dedication to their craft.

From elegantly plated Hors d'Oeuvres that blended flavours from different cultures to delicious desserts that delighted the senses, the students' creativity shone. Many ingredients were locally sourced, supporting nearby producers and reducing the carbon footprint of the event. Some ingredients were even grown right here in Pittwater High's herb garden.

The success of the catering at the TAS and Visual Art exhibitions is testament to the dedication of Pittwater High School's Year 12 Hospitality classes. Both Kitchen Operations and Food and Beverage students are to be congratulated for their fantastic efforts.

Miss Frangos





2023

# TAS DEPARTMENT

MS SEARES

- SILVER JEWELLERY
- HEART RING
- TWIST RING
- LOVE KNOT RING
- PENDANTS



## EMPOWERING ARTISTRY: REFLECTING ON YEAR 8 SILVER JEWELLERY PROJECTS AT PITTWATER HIGH SCHOOL

As a teacher at Pittwater High School, I'm thrilled to share the incredible journey of our Year 8 students through their silver jewellery projects.

These projects have been a testament to their growth, dedication, and artistic exploration.

From crafting their first basic rings to the captivating twist rings, I've witnessed their confidence in technique and innovation bloom. The heart rings were particularly pleasing as students had to master advanced joining techniques.

Designing pendants showcased their artistic maturity, with diverse interpretations that celebrated individuality. The maze rings challenged them to conquer intricacies with patience and problem-solving, while the bamboo rings revealed their ability to draw inspiration from nature.

As their teacher, I'm truly impressed by their journey. These projects signify not just artistic skill, but resilience and a supportive community. I look ahead with excitement, confident that these experiences will guide their future artistic pursuits.



# YEAR 9 DESIGN AND TECHNOLOGY

## CRAFTING INNOVATION AND FUSION

In the vibrant realm of Design and Technology at our school, Year 9 students are currently immersed in an exciting journey of innovation and craftsmanship. This term's projects showcase a blend of traditional techniques and modern design elements, fostering a deep understanding of materials and techniques. One of the highlights of the year thus far includes the creation of stunning copper bowls, a testament to their creativity and skill in metalwork.

## THE CREATION OF COPPER BOWLS STANDS AS A SHINING EXAMPLE OF THE STUDENTS' MASTERY OVER METALWORK.

Through careful manipulation of copper sheets, they have harnessed the transformative power of heat and hammer to mold this versatile metal into unique and functional pieces of art. The process not only hones their technical skills but also instills a profound appreciation for the properties of materials – a cornerstone of design excellence.

This term, Year 9 students are delving into the fusion of traditional woodworking and modern design through a timber and resin box project. By combining the timeless charm of timber with the modern translucence of resin, they're crafting functional yet artistic boxes. The challenge of intricate mitre and spline joints (known for their strength and visual appeal) further pushes student creativity, resulting in boxes that are both visually appealing and structurally robust.



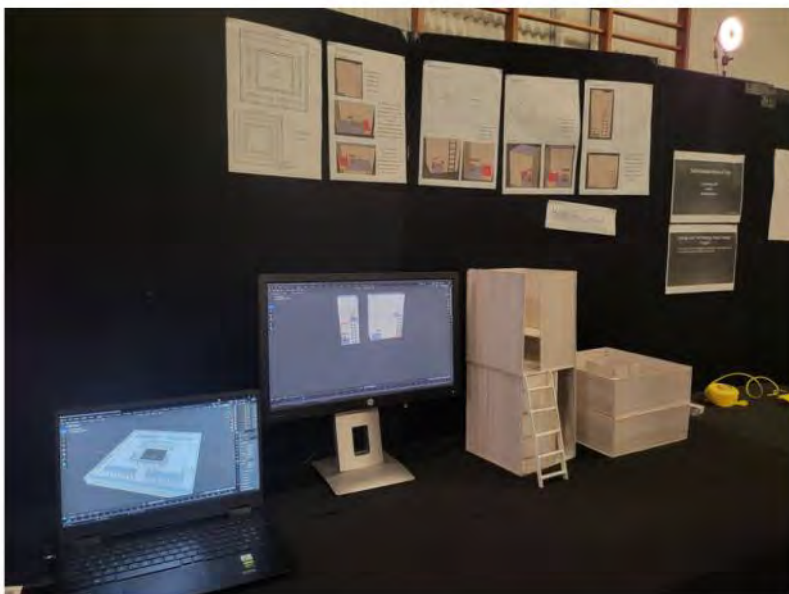
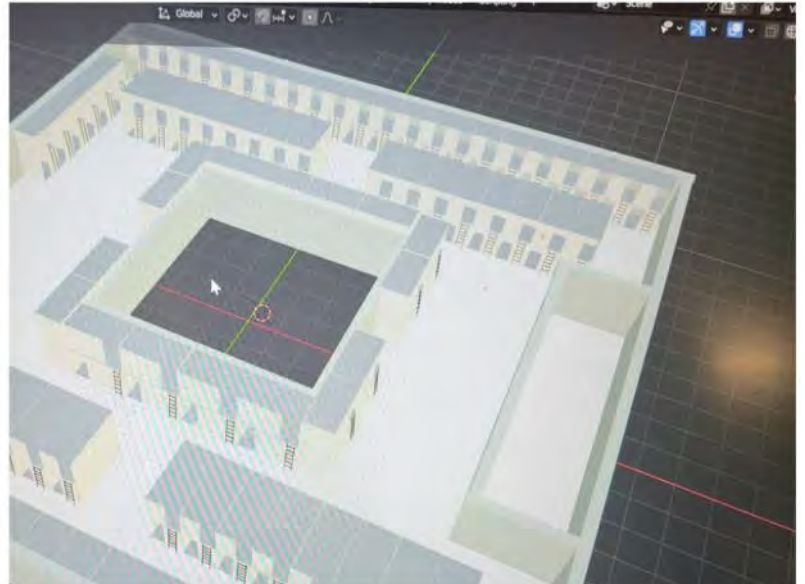
In these projects, Year 9 students are not only honing their practical skills but also imbibing the ethos of innovation, sustainability, and attention to detail. As they breathe life into materials and push the boundaries of their creativity, they are setting the foundation for a future where design and technology merge seamlessly, creating a world where functionality meets artistry.



# YEAR 12

## MAJOR DESIGN PROJECTS

As the academic year reaches its crescendo, the anticipation builds as Year 12 Design and Technology students put the finishing touches on their major works. The culmination of months of dedication, creativity, and technical prowess, these projects stand on the brink of completion, reflecting the students' growth and journey in the realm of design and technology. With their innovative ideas materializing into tangible solutions, the nearing completion of these major works not only marks a milestone but also a testament to the students' determination and the bright futures that lie ahead for these young innovators.



Best of luck, Year 12 Design and Technology



# CAREERS NEWS

## Boating Industry Association Honours Exceptional Talent with Apprentice of The Year Award



The recipient of the **BIA Apprentice of the Year 2023** award is former Pittwater High School student **Beau Deathridge**. Beau, pictured above, is a dedicated 4<sup>th</sup> year Apprentice Marine Mechanic from Douglas Marine, located in Mona Vale.

BIA CEO Andrew Scott presented the award during the Opening Ceremony of the Sydney International Boat Show. Scott said that this award recognised and celebrates the remarkable achievements and contributions of outstanding apprentices in the marine industry.

Throughout his apprenticeship, Beau has consistently demonstrated exceptional skills, proving himself an invaluable asset to Douglas Marine. His outstanding academic performance at TAFE NSW further exemplifies his commitment to excellence.

With an unwavering can-do attitude, Beau tackles every task, no matter the scale, with enthusiasm and a smile. Whether working independently on-site or off-site, he consistently exhibits professionalism and proficiency in his craft, especially when dealing with diesel engines. His relentless pursuit of excellence has earned him the reputation of a top-tier tradesman.

Beau was presented with a well-deserved trophy, certificate and a \$1000 voucher for tools from BIA Gold Partner, Repco Commercial during the award ceremony at the Show.

CEO Andrew Scott said, "The BIA is committed to fostering workforce development. We collaborate with various stakeholders, including government bodies, educational institutions such as schools and TAFE, as well as private enterprises, to inspire and attract young talent to pursue fulfilling careers in the boating sector. A skilled and passionate workforce is the cornerstone of our industry."





# Sport Stars

## Touch

Max Davies represented Sydney North Open Boys Touch Team at the NSW CHS Championships where they defeated Hunter Region 8-7 in an exciting final after drop off. Outstanding performance from Max saw him selected in the NSW All Schools Team that will compete at the Australian Touch Titles on the Sunshine Coast in Queensland in late September. This achievement is so much more impressive given that Max is only 16 years old (Year 10) and is competing with boys up to 18 years old (Year 12). Max is also a very talented rugby league player and is a member of the Sea Eagles Harold Matthews squad for 2024.

## Rugby

Jacob Harder was selected to represent NSW CHS Firsts after strong performance at the NSW CHS Championships. Jacob continued to shine at the NSW All Schools Rugby Championships and was rewarded with selection in the NSW All Schools Seconds Team. Jacob is only in Year 11 so these achievements are also phenomenal, especially in a contact sport competing with eighteen year olds. He has also been chosen to tour NZ early next year in a NSW CHS Development squad.

## Athletics

Taj Thompson 200m Regional Champion (and member of the Sea Eagles Harold Matthews squad for 2024).

Lachie Byrnes 100m and 200m Regional Champion.

4 x 100m Relay Team Regional Silver Medallists (Lachie, Mitchell Body, Eddie Pollard, Kai Sadler).

These athletes have qualified for the NSW CHS Athletic Championships to be held in early September.

Mark Dailhou  
PDHPE Teacher



# YEAR 11 PDHPE



In Week 1 this term, our Year 11 PDHPE students completed their SENIOR'S FIRST AID CERTIFICATE with BEACHES FIRST AID.

Implemented to complement the Stage 6 PDHPE syllabus, but more importantly equip students with the knowledge and skills necessary to think clearly and make educated decisions in emergency situations.

The students were put to the test in a range of emergency situations and demonstrated initiative, critical thinking and persistence to ensure the safety of all involved.

Congratulations Year 11 PDHPE





# Regional Interschools Snowsport Champs

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Four students from PHS attended the Regional Interschools Snowsport Championships at Perisher Snow Fields.

They achieved some great results as follows. All students gained state entry and will compete at the NSW Interschools Snowsport Championships in September.

## Lily Bray

1<sup>st</sup> Place MOGULS Division 3  
8<sup>th</sup> place SKIER CROSS Div 3  
15<sup>th</sup> place ALPINE Div 3

## Keenan Gidney

2<sup>nd</sup> place SNOWBOARD BORDER CROSS Div 3  
5<sup>th</sup> place SNOWBOARD GS Div 3

## Bayley Sadler

1<sup>st</sup> place ALPINE Div 2  
1<sup>st</sup> place SKIER CROSS Div 2  
2<sup>nd</sup> place SNOWBOARD BORDER CROSS  
3<sup>rd</sup> place SNOWBOARD GS

## Keisha Tickle

1<sup>st</sup> place SKIER CROSS Div 1  
3<sup>rd</sup> place SNOWBOARD BORDER CROSS Div 1  
3<sup>rd</sup> place SNOWBOARD GS Div 1



Big thank you to the families who supported and travelled down to allow our students to compete and an even bigger thank you to Mrs Tickle (Keisha's Mother & Harbord PS Principal) for her organisation and representation as the PHS rep.





JUNE 2023 | TOURNAMENT #1

# PHS INAUGURAL DARTS CHAMPIONSHIP

Pittwater High School crowns two new champions!



## BULLSEYE!

*Dave Gleeson - PHS Darts Coordinator / Tragic*

The last Thursday of Term 2 saw the best of the best come together to compete in the inaugural PHS Darts Tournament, to crown the Champion of Pittwater.

9 students and 4 teachers toed the oche, in two separate events.

In the student competition, Ambrine Dray D'hautefeuille (Year 9) ran out with the victory against a valiant finals opponent in Samantha Ferguson (Year 7).

On the teachers board, local legend Luke Trout cruised to victory against Gary Quince in the final. Quince was impressive, considering he had his throwing arm in a sling for the majority of the tournament, except when he really needed it.

Thank you to all participants. See you in Term 3 for a new round of qualifications.

### COMPETITORS

Amber Giles  
Amy Clark  
Gabriel Allison  
Charlotte Clarke  
Beau Gregg  
Jasper Clancy  
Matthew Bollen

### RUNNER UP

Samantha Ferguson

### CHAMPION

Ambrine Dray  
D'hautefeuille



# CANTEEN

## TERM 3 SPECIALS LUNCH 2 ONLY

ORDER ON FLEXISCHOOLS OR IN PERSON BEFORE 9am

<b>Daily</b>	<b>GARDEN SALAD</b>	<b>\$7.00</b>
	Add Chicken	+ 1.50
	Add Tuna Fish	+ 1.50
	Add Sundried Tomato and Avocado	+ 1.00
<b>Monday</b>	<b>BAKED FRIED RICE w/Vegies</b>	<b>\$6.50</b>
	Add Bacon	+ 50c
	Add Chicken	+ 1.00
	Or have it Vegetarian - no bacon or chicken	
<b>Tuesday</b>	<b>JAPANESE VEGE CURRY W/ RICE</b>	<b>\$8.00</b>
	Add Chicken Katsu	+1.50
<b>Wednesday</b>	<b>SPORTS DAY PIZZA SUBS</b>	<b>\$6.50</b>
	Tandoori Chicken	
	Vege Supreme - w/Olives & Mushrooms	
	Or Add Ham	+50c
<b>Thursday</b>	<b>ROAST VEGE SALAD W/COUSCOUS</b>	<b>\$8.50</b>
	Honey Mustard dressing w/Greek Yoghurt	
	Add Chicken	+ 1.00
<b>Friday</b>	<b>PUMKPIN FETA PASTA BAKE</b>	<b>\$7.00</b>
	Add Chicken	+ 1.00

### \*\* SOUPER SPECIAL \*\*

**Pumpkin Soup w Garlic Bread Crust \$5.00**

**\*Available daily only over the counter - first in best dressed\***

**From Day 1 Term 4 mobile phones cannot be used for payment at the canteen. Students will need to ensure they have a payment card to make purchases or use the Flexischools App.**



# Supporting your young person preparing to finish school



Life is full of transitions where we move from one stage to another. Finishing school can involve multiple transitions with entry to TAFE, university, or getting work leading to moving away from home, changes to support networks and becoming financially independent.

Change can be challenging, and everyone responds differently. It's good to know that we are hard-wired to cope with change and that the anxiety we feel is universal and helps us rise to deal with challenges. We can support our young people to approach challenges from the mindset of learning new skills to cope and get support from others.

This tip sheet is to link you with some resources that you might find helpful as you support your young person to prepare to leave school.

## How to support your young person

### 1. Initiate a conversation

Initiate conversations to check in with how they are feeling about school ending.

### 2. Acknowledge feelings

Acknowledge their feelings and normalize them. Explain that change is challenging and it's normal to feel a range of emotions including stressed, excited, overwhelmed, and relieved. Reassure them that you are here to help as are members of the school community.

### 3. Communicate it's OK

Communicate that it's ok if they don't know what they want to do. It's ok if they decide on something now and then changes their mind or don't get into a particular course or job. Reassure them that there are other options and that you'll support them with their next steps.



### 4. Look out for signs

Look out for signs that they might be struggling with their mental health – the most reliable indicator is changes in behaviour. This might be:

- Changes in mood or personality, including persistent irritability, sadness, anger or worry
- Low self-esteem or having a poor view of themselves and their future
- Increased levels of anxiety, stress and distress
- Less interest or pleasure in things they usually enjoy
- Changes in appetite and weight, including weight loss or gain
- Appearing sleepy or reporting not getting enough sleep or sleeping too much
- A drop in performance at school or work, including difficulties with concentration
- Withdrawing from others, not going out as much, or not going to school or work
- Trouble connecting with others of their own age
- Looking unkempt — for example, poor hygiene or wearing dirty clothes
- Reporting unusual or distressing thoughts that are impacting on their life
- Any physical signs of harm, either by themselves or others, including cuts and bruises
- Expressing feelings of hopelessness, or even expressing that life isn't worth living
- Involving themselves in, or an increase in risky behaviours, like using alcohol or other drugs





# What to do if you notice a change in your young person

If you notice a change in your young person's mood or behaviour that lasts for more than a few weeks, is distressing them or affects their ability to get on with everyday activities and enjoy life this could be a sign they are struggling.

The earlier we can notice the signs that a young person may be struggling, the sooner we can help.

## Young people: Mental health and wellbeing support

**At school**, contact the year advisor, school counselling service or student support officer to let them know they are struggling and to explore what additional support is available.

**Your GP** is often a good starting point when someone in your family is struggling with their mental health and needs help. They can help sort out what is happening and options for treatment and support.

**Headspace** have some great advice on common responses and concerns and options for extra support. [headspace.org.au/explore-topics/for-young-people/leaving-secondary-school](https://headspace.org.au/explore-topics/for-young-people/leaving-secondary-school)

They also have a Headspace work or study service that has tips and support for navigating work and study. [headspace.org.au/services/work-and-study-support](https://headspace.org.au/services/work-and-study-support)

**Year 13** has tips on navigating adult life including financial literacy, moving out and much more see Year 13 [year13.com.au](https://year13.com.au)

**Kids helpline**  
[www.kidshelpline.com.au](https://www.kidshelpline.com.au)  
1800 551 800

**Youth Beyond Blue**  
[www.beyondblue.org.au](https://www.beyondblue.org.au)  
1800 224 630

**Reachout**  
[www.au.reachout.com](https://www.au.reachout.com)

**Headspace**  
[www.headspace.org.au](https://www.headspace.org.au)  
1800 650 890

**Yarn Safe**  
[www.headspace.org.au/yarn-safe](https://www.headspace.org.au/yarn-safe)  
13YARN (13 92 76)

**Lifeline**  
[www.lifeline.org.au](https://www.lifeline.org.au)  
13 11 14

If you notice any of these signs, talk to your young person and check-in with what is happening for them. This will help you determine if this is in reaction to a specific, temporary situation or a more serious continuing problem.

It will help you to determine what level of support and help they need.

## Parent/Carers: Mental health and wellbeing support for you

Transitions can be challenging for parents and carers as well, getting support for yourself will help you provide the best support for your young person.

*Your GP is a good starting point for getting additional support for you.*

**Parent Line**  
[www.parentline.org.au](https://www.parentline.org.au)  
1300 1300 53

**Reachout**  
[parents.au.reachout.com](https://parents.au.reachout.com)

**Beyond Blue Health Families**  
[healthyfamilies.beyondblue.org.au](https://healthyfamilies.beyondblue.org.au)

**Mental Health Line**  
1800 011 511







## Introducing our Kickstarter Program and Neurodivergent Gaming Club



We wanted to introduce a way for parents to feel more included in their child's gaming lives, as well as a place for children and adolescents in the neurodivergent community to have a place where they feel safe.

Whether preventing or managing a problem, gamers and parents need to get on the same page.

The Kickstarter sessions are short, sharp and to the point. In just 2 x 45min sessions, we help both parents and kids feel understood while identifying what key motivators are driving the gaming. The INCLUDED Parent Online Course will be all you need to take the next steps for more harmony at home.

If the situation calls for management of a problem rather than prevention, you've now kickstarted the process to set yourself up for our 1on1 mentoring packages where we do our best work.

### INCLUDES:

- **[Online Parent Course](#)** - containing tools, strategies and an hour of education broken into 5 short modules.
- **Discussions about what really motivates your child to play video games**
- **Become a teammate instead of an opponent by getting coached by your kids**
- **Reducing family conflict around gaming**

**Who is this workshop for?** Most suitable for families where our gamer is 7-13 and parents either want to get ahead of a problem, or manage one that's brewing.

**WHEN: EVERY WEEK (2 X 45MIN SESSIONS)**  
**CHECK OUR CALENDAR FOR DATES AND LOCATIONS**

**COST: \$150 incl GST**



# Neurodivergent Gaming Club An Online Social Gaming Club



We can leverage the benefits of gaming to minimize the harms of overplaying.

Our [gaming club](#) encourages young, Autistic gamers to bond over a common interest while learning emotional regulation, self awareness, communication and teamwork skills.

What makes it special is that we are also building a healthier relationship with gaming so that it isn't the only place our gamers are trying to meet their needs.

## **INCLUDES:**

[Online Parent Course](#) - containing tools, strategies and an hour of education broken into 5 short modules.

**2 hour sessions over 8 weeks during the school term where each session contains:**

**30min of healthy gaming education where the group discusses their relationship with gaming and how to improve it**

**90min of social gaming.**

**Parents are invited to select sessions to set goals and get coached by their kids to broaden connection and reduce any conflict at home that may exist around gaming.**

**Who is this workshop for?** Neurodivergent gamers and their parents.

**WHEN: ONE 2 HOUR SESSION PER WEEK FOR 8 WEEKS**  
**CHECK OUR [CALENDAR](#) FOR DATES AND LOCATIONS**

**Introductory price of \$625 for 5 weeks!**

Normal Cost: \$995 - (\$125 per 2 hr session for 8 weeks)

You can join anytime throughout the term, with pricing adjusted to reflect how many weeks are left in the term.

<https://www.gameaware.com.au>





# Child & Youth Mental Health Service (CYMHS) & School Counsellor Professional Development Session



## ***CULTURALLY RESPONSIVE MENTAL HEALTH CARE FOR CHILDREN AND FAMILIES***

***6 SEPTEMBER 2023***

***12:30PM TO 3:15PM***

**Location:**

Freshwater Senior Campus Auditorium  
Harbord Rd Curl Curl

**Presented by:**

NSW Transcultural Mental Health Centre

**Note:** Lunch will be provided from 12:30pm.  
Seminar will commence at 1:00pm

**To Register:**

<https://bit.ly/NBTerm32023>



An introduction to supporting Culturally & Linguistically Diverse (CALD) families in managing mental health and wellbeing within clinical and educational settings.

### **The Session will cover:**

- Culture, cultural diversity and the implications on mental health
- An understanding of how best to support CALD young people and their families
- Navigating challenges that may arise within clinical and educational settings
- Sharing of relevant tools and resources

### **Contact Us**

Fiona Lo & Vivienne Hughes,  
School-Link Coordinators

[NSLHD-School-Link@health.nsw.gov.au](mailto:NSLHD-School-Link@health.nsw.gov.au)  
0421 582 964



**Health**  
Northern Sydney  
Local Health District



# Sydney Drug Education & Counselling Centre

## Paving Ways - Parent Support Information

**Drug dependence affects a family, not just a person.** Paving Ways is a psychoeducational therapeutic group for parents and carers who are experiencing the effects of their young person's problematic substance use. Paving Ways is a **6-week program** run by **qualified counsellors** who understand the complexities of **problematic alcohol and/or drug use** and associated **mental health** issues.

Paving Ways is designed to provide information to help parents/carers gain a deeper understanding of what is occurring within their family. It is common for parents/carers who contact SDECC to be anxious, fearful, and overwhelmed. Paving Ways helps parents/carers to reduce feelings of isolation through doing the group with other parents/carers who are having similar experiences.

### What to expect

To ensure a safe and supportive environment, the group is a closed group, with a maximum of 9 participants. Confidentiality of all group members is protected and must be agreed upon by the group prior to commencement.

**It is important for participants to attend every week.** This is because the program is developed so that each topic builds on the previous week. This ensures that you have the knowledge and confidence to successfully utilise the skills and strategies within your family.

### What is the cost?

All services are free and confidential. No Medicare card is needed.

**Eligibility:** The Paving Ways program is for parents/carers of a young person, who is between the ages of 12-25, and currently using drugs and/or alcohol. The young person must live or work or study in the North Shore, Northern Beaches or Ryde area. The young person does not have to be a current client at SDECC for the parents to access support.

**Getting in touch:** SDECC is a self-referral service for parents/carers. If you are a parent/carer and are concerned about your young person's substance use and co-occurring mental health issues, please give us a call on 9977 0711.



Pittwater High School Performing Ensembles

# Ensemble Notes



President - Andrew Young [Email: [andrew.young.esq@gmail.com](mailto:andrew.young.esq@gmail.com)]  
Treasurer - Bianca Barnwell [Email: [phs.performingensembles@gmail.com](mailto:phs.performingensembles@gmail.com)]  
Secretary - Paula Paterson [Email: [paulatpaterson@gmail.com](mailto:paulatpaterson@gmail.com)]  
Editor - Tracy Gowen [Email: [tracygowen1@gmail.com](mailto:tracygowen1@gmail.com)]



## Annual Parents Meeting – Monday 7<sup>th</sup> August

Our Annual Parents Meeting will be at **Pittwater RSL** before the next Committee Meeting on **Monday 7<sup>th</sup> August at 7pm**. This gives you the opportunity to hear about Dr Martin Hardy's plans for the music program in 2024, ask questions about our upcoming Regional Tour in November 2023 and hear initial thoughts on the 2024 New Zealand Tour. It would be great to see a representative from most families in the Performing Ensembles Program.

## Primary School Workshops

Following the successful Primary School workshops in Term 1, String Ensembles will be hosting a workshop with the local primary schools on **Thursday September 7**. Symphonic Band will be hosting a workshop with local primary school bands on **Thursday September 21**.

## Term 3 Commendation Assemblies

Big band perform at the Year 10,11,12 Commendation assembly on Monday 7 August. Concert band perform at the Year 7,8,9 Commendation assembly on Friday 11 August. Performance times to be confirmed.

## PHS Ensemble Invoices

Ensemble invoices were sent out in Term 2 and are now overdue. You can use your child(ren)'s **Creative Kids Voucher** to have \$100 deducted from your invoice total. Email the **voucher number**, your **child's name** (exactly as it appears on the voucher) & **birth date** (DD/MM/YYYY) to Tracy ([TracyGowen1@gmail.com](mailto:TracyGowen1@gmail.com)).



## Upcoming Events

### August 7

Big band play the 10,11,12 Commendation assembly.

### August 7

Annual Parents Meeting, Pittwater RSL

### August 11

Concert band play the 7,8,9 commendation assembly.

### September 7 and 21

Primary school workshops with string ensembles and bands





## Other News

### NSW State Music Camp | 2023



The NSW State Music Camps at Narrabeen Sport and Recreation Centre in Term 2 week 10 (Senior camp) and Term 3 week 1 (Junior camp) were a great success with lots of fun, new friendships, and musical learning. Some feedback from the students that attended:

- This was my third State Senior Music Camp that I have attended. It is an amazing opportunity to meet music students from all over NSW and make new friends. I really enjoyed learning new challenging pieces that we performed at the concert on the last day. The disco night was a lot of fun.
- Senior state music camp was an amazingly positive experience for me, I learnt what it was like to see and hear other musicians perform at such a high standard that had my mind blowing. Camp was the experience that all musicians should get the chance to have at such a young age like me, it was the best thing I could have done for my music education.
- I've been to 2 State Music Camps. My favourite thing this year was meeting up with my friend I met last year and the end of camp concert, both performing and listening to others. I would go again to have a whole school week focused on music!
- This was my first State Band Camp. My favourite things were learning new musical things and meeting new people. It was a great week to immerse yourself in music with people who are all musical and love playing and to make new musical contacts. The week off school was also nice.
- I enjoyed camp because it gave musical opportunities as well as making new friends and seeing old friends.
- This was my second camp, my favourite thing about camp was learning new things and playing in such a large ensemble. I will definitely go again and recommend people to go because it's a good experience to build on your musical skills.



### We really need someone

Our PHS Ensembles Committee is made up of parent/ carer volunteers.

Volunteer positions are now available as:

- ✕ Fundraising and Social Coordinator
- ✕ Ensemble Manager (Orchestra & Symphonic)
- ✕ **Treasurer**, from **NOW**.

Consider **teaming up** with someone to share a role.

**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](mailto:pandtpaterson@gmail.com).





## Upcoming PHS Ensemble Events 2023

Event	Time and Venue	Dress Code
<b>TERM 3</b>		
<b>Year 10,11,12 Commendation Assembly</b> Who: Big band	Monday 7 August Pittwater High School Hall	Performance Uniform
<b>Year 7,8,9 Commendation Assembly</b> Who: Concert band	Friday 11 August Pittwater High School Hall	Performance Uniform
<b>Strings Workshop with Primary Schools</b> Who: String and Senior String Ensemble.	Thursday 7 September 3:00 pm to 5:30 pm Pittwater High School	School uniform
<b>Symphonic Band concert</b> Who: Symphonic Band.	Thursday 7 September 7:00 pm Pittwater High School	Performance Uniform
<b>Symphonic Workshop with Primary Schools</b> Who: Symphonic Band.	Thursday 21 September 3:00 pm to 5:30 pm Pittwater High School	School uniform
<b>PHS Performing Arts Presentation Night</b> Who: All Ensembles	Monday 11 September 6:30 pm Pittwater High School Hall	Performance Uniform
<b>TERM 4</b>		
<b>Regional Tour</b> Who: Open to All Ensemble Students	November 13 to November 17, 2023.	Performance Uniform

## Ensemble rehearsal times and contact details

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





northern beaches orchestra

+

St Luke's Grammar School present

# A night at the movies

Come along and enjoy  
an extravaganza of cinema  
classics performed by the  
Northern Beaches Orchestra  
and Youth Orchestra.

**Saturday 16th September at 7pm**

John Scott Hall, St Luke's Grammar School Dee Why

**Tickets \$25 | \$20 concession | \$60 family | \$3 Kids under 12**

Tickets are limited, so be sure to book online at **[nbo.org.au/events](http://nbo.org.au/events)**



[nbo.org.au](http://nbo.org.au)



[northernbeachesorchestra](https://www.facebook.com/northernbeachesorchestra)