

PITTWATER PRESS

BE RESPECTFUL

ASPIRE

BE RESPONSIBLE

10 April 2024

Term 1

WEEK 10B

Principal's Report

Little Shop of Horrors

It was with great excitement and anticipation that we welcomed back musical theatre to Pittwater High School. Approximately 50 students from Years 7-12 performed on stage, in the orchestra or provided light and sound or backstage support, to deliver spectacular performances across five nights. Congratulations to the lead performers Rikki Burlinson, Felix Shaw, Ashnah Brophay, Beau Power, Eva Blackman, Grayson Paxton, Kelly Tadzik, Sophie Cooper and Piper Neophyton-Vale.

Thank you to parents and former students Mandy Burlinson, Nick Paxton, Natalia Garrido, Micah Lihachov and Luke Plant for their contributions to choreography, vocal coaching, set and costume design, lighting and front of house.

Many staff members contributed and supported this performance. Special thanks to Ms Reynolds, Ms Yendell, Ms Bromley, Dr Hardy, Ms Davies-Forsyth and Ms Hynes.

Finally, an enormous thank you to **Deb Meyers**, who returned from leave to fulfil the role of Musical Director for her 30th Pittwater High School musical and **Dave Gleeson**, for his brilliant Direction of the show.

P&C Meetings and Welcome Year 7 Breakfast

The next P&C meeting is scheduled for Wednesday Week 5 (Wednesday 29 May) from 7pm-8.30pm in the CLS in A-Block.

The Year 7 Welcome Breakfast has been rescheduled to Friday 3 May from 7.30am-8.30am.

More detail can be read later in the newsletter in the P&C report.

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's Message cont.

Local Contractor Information Session

School Infrastructure NSW manages a large maintenance program for schools across NSW. To do this work, they are looking to engage local businesses, including Aboriginal owned businesses and people. Pittwater High School will be hosting an information session on Tuesday 23 April 2024 from 7:30am to 8:30am. Further information can be located in the newsletter.

Resilience in Our Teens (RIOT)

During Terms 2 and 3 all staff at Pittwater High School will engage in a project - Resilience in Our Teens (RIOT), a whole school approach to manage anxiety.

RIOT is a large-scale evidence-based project designed to assist students to manage their anxious behaviour. It is delivered through a series of cognitive-behavioural lesson plans and through the use of teacher-led conversational techniques. These interventions are aimed at helping a teenager to manage their anxiety. There will be opportunities for parents to engage in the program through webinars with psychologists.

Communication Strategy

We are continually working to improve our communication of key events. Please follow us on Facebook and Instagram for all updates, including the new Monday weekly update from our student leaders.

Parents frequently need to contact the school and we try to manage your queries or feedback as efficiently as possible. To improve the effectiveness of our communication processes, we need to ensure the query is going to the correct person. We request that for all non-urgent matters, parents and carers communicate through the school email. Please outline your query/feedback, including relevant details, in the email so we can be sure it is forwarded to the most appropriate person.

I would like to take this opportunity to wish all students, staff and families a very relaxing and safe holiday. All students return on Tuesday 30 April.

Until next time, Alison Gambino



Deputy Principals' Message

Year 7

Congratulations to Year 7 who have settled in so well to their first term of high school. I have seen many examples of students making the most opportunities at school and also being kind and helping each other.

Coming Up

- Thursday 11 April - Anzac Ceremony
- Friday 3 May from 7:30-8:30am - P & C Welcome to Year 7 Breakfast, outside the school hall
- Wednesday 8 May - Year 7 & 8 Parent Teacher Interviews

Year 8

Congratulations to all Year 8 students who have represented our school through participating in the School Musical, Zone and Area Swimming or have trialled for CHS representation.

We encourage all Year 8 students next term to make a commitment to a school based club, sporting group or activity - it is through participating in school activities beyond the classroom that all students will increase their sense of belonging. This helps with broadening friendship groups, resilience, attendance and participation in school. Research tells us this has the biggest impact on student wellbeing and improved academic success.

It is fantastic to see so many Year 8 students on the oval at recess and lunch playing soccer and touch football. Students are reminded they need to keep the playground tidy and get to class on time.

Coming Up

- Thursday 11 April - Anzac Ceremony
- Wednesday 8 May - Year 7 & 8 Parent Teacher Interviews

Year 9

Well done to Year 9 on completing their first Stage 5 assessments across a range of subjects. We encourage students to seek help from their teachers if they are struggling to complete tasks, before the date it is due.

Coming Up

- Thursday 11 April - Anzac Ceremony
- Tuesday 30 April (day 1 Term 2) - Parent Teacher Interviews

Year 10

Congratulations to Year 10 who have successfully demonstrated maturity in their approach to studies and being senior leaders of the junior school this term. We have been impressed by the number of Year 10 students who continue to participate and represent our school in a large number of activities; School Musical, Peer Support, Area and Zone Swimming, CHS sport trials, PHS Sporting Teams.

Students who wish to participate in work experience need to contact Mrs Gordon, Careers Adviser.

more over.

Deputy Principals' Message cont.

Coming Up for Year 10

- Tuesday 26 March - Year 10 Vaccinations
- Thursday 11 April - Anzac Ceremony
- Tuesday 14 May - Brent Sanders Talk
- Minimum Standards Testing will occur in Term 2 throughout May

Year 11

Well done to students for completing their first term of Preliminary courses. There has been a lot of work completed.

Thank you for returning the Senior Agreement forms. Students who have returned forms are now able to arrive for their first lesson and leave after their last lesson. A reminder that all students need to be at school by 9.30am on Mondays to hear important announcements at the whole-school or year assemblies. Students are not able to come and go during the school day (i.e. leave for a lunch break then return).

Coming Up

- Thursday 11 April - Anzac Ceremony
- Tuesday 30 April - Year 11 Parent Teacher Interviews

Year 12

Year 12 are now almost half way through their HSC course. It is a busy time with assessments, working on major works and keeping up with course work. Year 12 students are reminded that work/life balance is very important, however, we encourage them to utilise the dispositions of persistence and courage, even if they are feeling tired they need to keep going and not avoid the work as it isn't going away.

Coming Up

- Thursday 11 April - Anzac Ceremony
- Trial HSC Weeks 9 & 10 Term 2

***Bookings for all Years Groups' Parent Teacher Interviews can be found on the Sentral Parent Portal, look out for messaging when bookings are opened. <https://pittwater-h.sentral.com.au/auth/portal>**

Deputy Principals' Message cont.

BEING PREPARED FOR LEARNING - Routines

In the afternoon

1. Complete self-regulated home learning tasks
2. Make diary notes (check off homework and/or add upcoming events/tasks)
3. Charge device
4. Go for a walk

Before you go to bed at night

1. Lay out your school uniform
2. Pack bag for school
3. Set your morning alarm
4. Read

BEING ENGAGED

We have had an extremely busy term with many wellbeing, leadership, sporting and creative activities going on around the school. There are many students getting involved and being active participants in the school community. Engagement in such events builds resilience and makes well-rounded, content individuals who are prepared for future challenges.

We encourage you to open the conversation with your child about what they have been involved with this term and what they have learnt about themselves.

A NOTE ABOUT UNIFORMS (new process for students out of uniform)

We have streamlined our process for students who are presenting at school out of uniform. The expectation is for students to wear the full school uniform each and every day. However we understand that sometimes there are unforeseen circumstances that make this not possible. In this case, parents are advised that they are to email the school at pittwater-h.school@det.nsw.edu.au in the morning with sufficient reasoning. The student **must** report to the uniform detention room at lunch to have their name marked off, before being allowed back into the playground.

If a student has chosen to wear the incorrect attire, without parent permission, then they will have to complete a lunch detention, which involves self-reflection and consultation. Any student failing to attend detention results in a level 2 monitoring card. Your support is greatly appreciated.

PHS Deputy Principals Bromley, Purvis & Samojlowicz

Ms Bromley - Deputy Years 8, 10 & 12

Ms Purvis - Deputy Years 7, 9 & 11

Ms Samojlowicz - Acting Deputy Learning & Engagement

Sport (off-site)

- ✓ Phone off and away all day
- ✓ Headphones are stored in bag

1st Offence

- Phone out during sport (off-site)
- Student directed to put phone in bag
- Teacher emails name to office – recorded as a strike

Non-Compliance

- Teacher emails name to office – as not following teachers' instructions
- Office informs students services to send for student Period 1 (next day)
- Student sent to hand in phone

2nd Offence

- Student sent to hand in phone to office and collect receipt
- Parent called and collects phone between 2:30-3:15pm

3rd Offence

- Student sent to hand in phone to office and collect receipt
- Parent called and collects phone between 2:30-3:15pm
- Formal caution of suspension and wellbeing supports issued

4th Offence

- Student sent to hand in phone to office and collect receipt
- Parent called and collects phone between 2:30-3:15pm
- Suspension issued (1 day)
- Level 4 issued

5th Offence

- Student sent to hand in phone to office and collect receipt
- Parent called and collects phone between 2:30-3:15pm
- Suspension issued (2 days)
- Level 4 issued

Playground

- ✓ Phone off and away all day
- ✓ Headphones are stored in bag

1st Offence

- Phone out in playground
- Student sent to hand in phone to office and collect receipt
- Student collects phone after 2:30pm

Non-Compliance

- Teacher emails name to office – recorded as a strike
- Playground withdrawal issued (Period 4 same day or Period 2 next day)
- Student reports to detention room

2nd Offence

- Student sent to hand in phone to office and collect receipt
- Parent called and collects phone between 2:30-3:15pm

3rd Offence

- Student sent to hand in phone to office and collect receipt
- Parent called and collects phone between 2:30-3:15pm
- Formal caution of suspension and wellbeing supports issued

4th Offence

- Student sent to hand in phone to office and collect receipt
- Parent called and collects phone between 2:30-3:15pm
- Suspension issued (1 day)
- Level 4 issued

5th Offence

- Student sent to hand in phone to office and collect receipt
- Parent called and collects phone between 2:30-3:15pm
- Suspension issued (2 days)
- Level 4 issued

Pittwater High School

✓ Phone off and away all day

✓ Headphones are stored in bag

1st Offence

- Phone out in classroom or playground
- Student sent to hand in phone to office and collect receipt
- Student collects phone after 2:30pm

Non-Compliance

- Failure to comply with teachers' instruction
- Level 1 issued, and student is still required to hand in phone to office

2nd Offence

- Student sent to hand in phone to office and collect receipt
- Parent called and collects phone between 2:30-3:15pm

3rd Offence

- Student sent to hand in phone to office and collect receipt
- Parent called and collects phone between 2:30-3:15pm
- Formal caution of suspension and wellbeing supports issued

4th Offence

- Student sent to hand in phone to office and collect receipt
- Parent called and collects phone between 2:30-3:15pm
- Suspension issued (1 day)
- Level 4 issued

5th Offence

- Student sent to hand in phone to office and collect receipt
- Parent called and collects phone between 2:30-3:15pm
- Suspension issued (2 days)
- Level 4 issued

English Studies



This Term, our Year 11 English Studies Students have been engaged in a Food and Gift Drive for Rev. Bill Crews Foundation. The foundation is based in inner western Sydney and the students have been collecting and encouraging charitable contributions of non perishable food, toiletries and new clothing to support the disadvantaged within our community.

The drive is part of *Building Student Literacy Skills* within the English Studies Curriculum: '*Achieving through English – English in Education, Work and Community*'.

The skills attained in this initiative aim to build a deeper understanding of the communication requirements needed to support a charity. These skills, in turn, will support our students in developing appropriate language and communication to initiate, lead and build both community and business communication, supporting their success and contribution to community in both life and work.

Next Term our English Studies Students will be visiting the charity on a volunteer basis, and I look forward to keeping you updated on the positive learning outcomes they will experience.

Thank you to all our parents and community that have made donations to this cause.

Michelle Phipps, Head Teacher of English





THE PHS LIBRARY

READ, NURTURE YOUR CURIOSITY,
DEVELOP YOUR SKILLS, ASPIRE



OPEN 8:10 - 4 EVERY DAY

(EXCEPT CLOSED TUESDAYS DUE TO STAFF MEETINGS)

**SUPPORT WITH HOMEWORK &
STUDY IS AVAILABLE 2:30 - 4**

PHS LIBRARY NEWS

Holiday Reading

The holidays are the perfect time to engage in reading a good book or two (or three). Everyone is encouraged to come to the library and borrow a book before the break. If you would like any suggestions, then I would love to help you find a book you will enjoy.

Premier's Reading Challenge

Don't forget to continue to consistently log your reading for the Premier's Reading Challenge. All Year 7, Year 8 and Year 9 students are strongly encouraged to participate.

Senior Study

The Senior study sessions have been very busy as students have been working hard to complete their first Assessments for the year. Our students have demonstrated diligence, perseverance and dedication to completing work to the best of their ability, which is commendable.

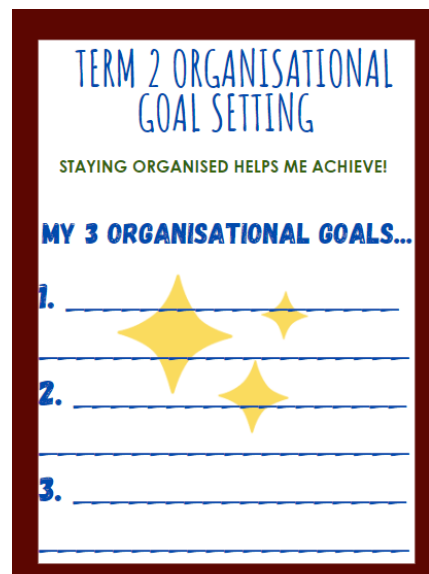
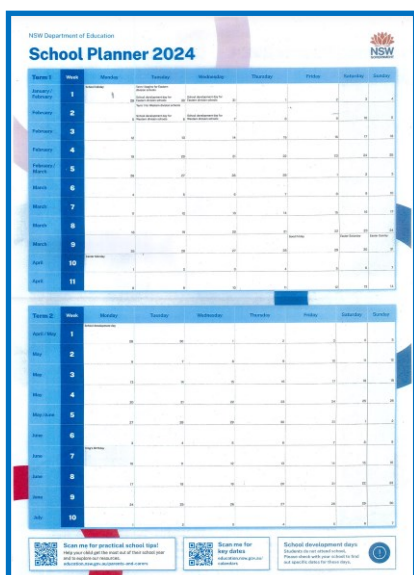
After School Homework Sessions

A reminder that the Library is open until 4pm every school day (except Tuesday). You can come and complete your homework in a quiet space, and also have teacher support if you need it.

Year 7 Study Skills Sessions

Year 7 are undertaking a number of Study skills sessions throughout the year to support them to be effective, adaptable and independent learners at Pittwater High School. Earlier in the Term, the first session was in relation to using the Library effectively, and each student borrowed a book for Wide reading.

This week our Year 7 students are undertaking a session on Organisation. In this session, students have reflected on their learning in their first Term of High school and have identified areas of achievement, as well as areas they would like to strengthen for Term 2. We discussed the importance of staying organised and brainstormed strategies to be organised, and how that contributes to improved learning outcomes. Students were provided a Planner Page for their Wall at home where they can record each Assessment. They also set three organisational goals that they would like to achieve for Term 2. It would be great if parents and carers could remind their child about their Organisational goals and help them keep track of when their tasks are due.



Have a safe and happy holiday. I look forward to hearing about what you've read next Term.
Ms Giddings, PHS Teacher Librarian

Swim

2024 Sydney North Swimming Championships

Pittwater High was well represented at the Sydney North Swimming Championships, Sydney Olympic Park Aquatic Centre with 25 strong swimmers attending the event on 20 March. This is the highest number of swimmers we have had in a long time to make it through to this level, which shows the calibre and depth of talent that our students exhibit.

We had seven relay teams make it through from Zone, with three of these teams successfully making it through to the NSWCHS (Combined High Schools) Championships.

They are:

- 16 Years Boys Relay (Sam C, Archie L, Kai P and Phoenix W)
- 17 Years Girls Relay (Natasha B, Alannah P, Tahlia P and Elissa R)
- Girls 6x50m Relay (Natasha B, Eisha C, Daisy K, Alannah P, Tahlia P and Caitlin R)

Honourable mention to our girls in the 12 Years Relay team who touched the wall 2nd, however were ultimately disqualified after one of the swimmers moved too early off the blocks.

We also celebrated a number of top individual results including:

- Natasha B - 3rd 100m Breaststroke
- Eisha C - 2nd 100m Breaststroke, 1st 100m Freestyle, 1st 50m Freestyle and 3rd 100m Butterfly.
- Alannah P - 2nd 200m Freestyle, 1st 100m Freestyle, 1st 50m Freestyle.
- Phoenix W - 1st 400m Freestyle, 1st 800m Freestyle, 1st 200m Freestyle.

These talented PHS swimmers will now represent Sydney North at the NSWCHS Championships in May.

Well done and Good luck.

Thanks to Ms Gundry, Ms Millson & Ms Samojlowicz for volunteering to be officials, pictured over.



Rugby League

Under 14 Boys Buckley Shield Gala Day

Our Under 14 Boys Rugby League team performed well last Tuesday in the Buckley Shield Gala Day and were unlucky not to progress. They had a tough first up fixture against the always formidable Balgowlah Boys. Handling errors in the wet and tackling mishaps saw Bally score two tries before our fullback Rory Wilcox scored a 40m try from a scintillating run. Lucas Nuttall kept threatening the line in the centres but Bally were two strong and eventually won 22-6.

The boys were determined to atone in the second match against Homebush Boys and they sure did, showing what they are capable of. Rory scored another crucial try before Lucas put on a masterclass, scoring three spectacular tries while five-eighth and captain, Luke Wicks converting all tries.

With that win we qualified for the semi-finals but unfortunately the organisers truncated the competition due to the heavy rain and slippery conditions presenting safety concerns. This resulted in the two undefeated teams, Bally and Narrabeen Sports High progressing to play the top two schools on the Central Coast.

Our best were Rory, Lucas, Luke (great leadership) and also forwards Teal Kinsman, James Smee, Blake Toy and hooker Chisel Hunter.

The boys were a pleasure to coach and played in the right spirit.

Coach: Mr Dailhou PDHPE Teacher

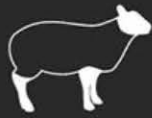


Basketball

PHS Open Boys Basketball Team have been very successful this term winning all their games and making it through to the quarter finals of the Sydney North Basketball Competition where they will face Balgowlah Boys on Wednesday 10 April in Terrigal. I look forward to reporting back with great results.

Coach: Gemma Michael PDHPE Teacher





GARY'S PLACE



GARY'S PLACE CAFE (our school café run by our Hospitality Students) will now open 3 times a fortnight - **Tuesday mornings Week A and B AND Fridays Week A**. Open before school from 7.45-8.45am, giving students and staff plenty of time to order their hot chocolates, iced chocolates, milkshakes, smoothies, bacon and egg rolls, cafe cookies, smashed avo on toasted sourdough and toasties. Nothing over \$5. Gary's Place Café is located across from the performance space in the Trade Training Centre Kitchen.
Café opens from **WEEK 2 TERM 2 (closed Week 1A for preparation)**.

Menu

Coffee: *(Senior Students & Staff only)*

Regular (Light/Whole Milk) - \$3.00 (add 50c for Soy, Oat, or Lactose-free)

Cappuccino / Mocha

Espresso / Long Black

Flat White / Latte

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

Teas:

Regular - \$2.00 Peppermint or Green Tea - \$2.00

Other:

Hot chocolate - \$3.00

Cold Drinks:

Milkshakes - \$4.00 (Chocolate, Strawberry, Vanilla)

Iced Chocolate - \$5.00

Iced Coffee - \$5.00

Berry Smoothie - \$5.00

Food:

Café Cookie - \$2.00

Sourdough Toasty - \$3.00 (cheese or ham/cheese) GF available

Bacon and Egg Muffin - \$5.00 (Tomato sauce/BBQ sauce)

Smashed Avo on Sourdough with Feta and Balsamic Glaze- \$5.00 GF available

- 'Specials of the Day' will be noted on the Café's blackboard (may include chia pods pancakes, ham and cheese croissants, or homemade muffins)
- GF = Gluten Free
- Soy or Oat Milk is available on request
- EFTPOS or Cash (exact amount preferable)

PHS P & C Association

In Term 1 of 2024 the P&C at PHS have been busy behind the scenes establishing a very positive working relationship with the school, supporting our Canteen and Uniform Shop teams deliver their wonderful services, and we even tried to have a new Year 7 families welcome BBQ though the massive rain event dampened our efforts (it's rescheduled for week 1 next term)!

Welcome Family Breakfast

The P&C have rescheduled our **Year 7 BBQ Family Breakfast to Friday 3 May**. The morning is being held to welcome year 7 students and their families to the Pittwater High community.

Food and drinks will be provided on behalf of the P&C so pop in for bacon and egg rolls plus scones, tea and coffee from the hospitality students.

We do hope to see you there as we welcome new families to the area and reconnect with old and new friends.

Friday 3 May 7:30-8:30am Week 1A, Term 2

Outside the School Hall

School Uniform

If your student has lost (or ruined) their uniform in Term 1, please be aware Uniform Shop does offer good condition second hand options at very affordable prices, and also welcomes donations of your unused uniform items too.

Next Meeting

Our next P&C General meeting is scheduled for Wed 29 May Week 5 of Term 2, 2024 7:00-8:30pm in the Administration Block. All welcome to attend with no commitment, although we do welcome new members and volunteers throughout the year.

I hope you have a safe holiday break and we look forward to seeing you all in Term 2.

Steve Hall

President

Parent and Citizens Association

Pittwater High School

M 0412 433 192

E Pittwaterhigh.president@gmail.com

E pittwaterhigh.secretary@gmail.com (Carol Abela, P&C Secretary, keeping us all on track)



First Nations Engagement with School Infrastructure NSW

Learn about working with NSW schools

We want to work with Aboriginal businesses and businesses that employ Aboriginal people.

Together, we will manage a large maintenance program for more than 2,200 public schools across NSW.

By doing this, the program aims to create pathways for First Nations People through apprenticeships, traineeships, and business opportunities.

Join us to find out more

To help deliver this important work, we want to work with local Aboriginal businesses and local businesses that employ Aboriginal employees, apprentices, and trainees.

If any of these sound like you, or you would like to find out more about what it is like to work with us, join us at our upcoming event at

Pittwater High School

Date: Tuesday 23 April 2024

Time: 7:30am to 8:30am

Location: Pittwater High School, 1668 Pittwater Road, Mona Vale

Parking and Pedestrian Access: Mona Street entrance, closest to Bassett Street, Mona Vale

More information:

Contact Northern Sydney Senior Programs Officer: wandjan.smith2@det.nsw.edu.au

Please forward this invite to anyone you think may be interested in finding out more about this exciting program.





We want to work with businesses within the Windsor and Hills community



Work is available maintaining our schools

School Infrastructure NSW manages a large maintenance program for more than 2,000 schools across all parts of NSW. To do this work, we are engaging local **small to medium businesses**, including Aboriginal owned businesses and Aboriginal employees, to maintain the schools within their local community.

We want to go local

We have changed our approach. We now directly manage our school facilities and have enlisted the support of new facilities maintenance contractors and tradespeople to work directly with us. We want to engage **local businesses** to support their **local schools**. This is an opportunity for small to medium businesses to deliver meaningful work to their school communities.

Why go local? We want to:

- be more responsive to maintenance issues reported by schools
- ensure we are working with local trades and spending our money in our local communities
- provide better working conditions for local tradespeople, including market rates and faster payment terms
- increase employment opportunities for apprentices and trainees in local communities.

Opportunities for Aboriginal businesses

As part of our engagement of local contractors, we are also seeking to grow the number of local Aboriginal businesses we work with and increase employment opportunities for Aboriginal employees, apprentices and trainees. Our Aboriginal Senior Program Officers are on hand to help sign up Aboriginal businesses, and local contractors who already employ or are looking to employ Aboriginal employees, apprentices, and trainees.

We are looking for preventative maintenance providers in the Windsor and Hills area for the following services:

- Plumber (including roof and gas)
- Electrician
- Lift Technician
- Refrigeration mechanic
- Glazier
- Hazmat
- Arborist AQ3 / AQ5
- Locksmith
- Cleaner
- Pest control
- Carpet / vinyl
- Data technician
- Painter
- Plasterer / renderer
- Tiler
- Landscaper
- Brick layer
- Fire management
- Sheet metal
- Concreter
- Removalist
- Playground specialist
- Pool technicians and cleaner
- Carpenters
- Gasfitters
- Lighting
- Construction
- Gutter cleaning
- Equipment construction and maintenance
- Engineering
- Fencing services building and repair
- Roofing

Do you have a Trade?

We're always looking for local businesses to support our schools. See below for how to register.

How can I participate?

We're looking for a wide variety of maintenance services and trades to work with us.

Reach out to our team to find out more who will guide you through the process of signing up to work with us. To register your interest, you will need your ABN and license details and your pricing. It's as simple as that!

On approval you'll be setup in our systems and onboarded, with induction covering how to work with us and use our systems. It's easy to work with us! Reach out using the details below.

Or come to one of our industry briefings and learn more about working with Schools Infrastructure at

Pittwater High School

- Date: Tuesday 23 April 2024
- Time: 7:30am to 8:30am
- Location: 1668 Pittwater Road, Mona Vale
- Parking and Pedestrian Access: Mona Street gate, closest to Basset Street, Mona Vale

Get in touch

To register your interest please reach out to our team. The Windsor and Hills areas are managed by our Sydney Regional Office. Please email us on ns.fmct@det.nsw.edu.au and we can tell you more.

If you are an Aboriginal owned business, you can contact our Aboriginal Senior Program Officer on Wandjan.smith2@det.nsw.edu.au.

Maintenance work is available at local public schools.



The NSW Government has committed to the largest investment in planned maintenance of public schools in NSW history. A record \$1.3 billion is being spent on an ambitious delivery program, with over \$100 million being invested to upgrade and maintain school infrastructure in the Northern Sydney regions.

Want to work with us?
**We welcome all local trade and suppliers
to join us at our information session.**

Pittwater High School



When: Tuesday 23 April 2024
Where: Pittwater High School Windsor
Parking: Mona Street, closest to Basset St
Mona Vale NSW 2103
Time: 7:30am to 8:30am



The Kidman Centre

FREE WORKSHOP CALENDAR 2024

The Kidman Centre UTS is a youth mental health treatment and research centre based at the Prince of Wales Hospital in Randwick.

These workshops are designed to equip parents/caregivers and teens with practical, evidence-based psychological strategies to help them navigate a range of life's challenges.

Workshops will be run either in clinic or online depending on registration numbers and preferences.

To register for a workshop or ask questions please apply here: <https://tinyurl.com/workshopTKC>



Call us
02 9514 4077

Email us
roanna.chan@uts.edu.au

The Kidman Centre, UTS
Parkes 10 East
Prince of Wales Hospital
High Street
Randwick
Sydney 2031

 @thekidmancentreuts



WORKSHOP 1

Raising Resilient Children: A Parent's Guide to Nurturing Confidence and Easing Childhood Anxiety

WHO IS THIS FOR: All parents and caregivers of children aged **6-12** years.
DESCRIPTION: This practical strengths-based workshop provides tools to support childhood anxiety. We will explain the science of anxiety, and how to challenge worried thoughts and encourage brave behaviours.

TUES 20 FEBRUARY 2024 (6-7PM)

WORKSHOP 2

Calming the Storm: Empowering Parents to Support Teen Anxiety

WHO IS THIS FOR: All parents and caregivers of teenagers aged **12-18** years.
DESCRIPTION: This workshop provides Cognitive Behavioural Therapy (CBT) tools to support teenage anxiety. We will explore the science of anxiety and stress, how to start healthy conversation about worries and provide the tools to challenge anxious thinking and encourage the development of problem-solving skills.

WED 6 MARCH 2024 (6-7PM)

WORKSHOP 3

Nurturing Neurodivergence: Supporting Children with Autism (ASD) and Attention Deficit Hyperactivity Disorder (ADHD)

WHO IS THIS FOR: Anyone interested in supporting neurodivergent children.
DESCRIPTION: This workshop aims to provide an introduction on how to parent a child with ASD or ADHD in a strengths-based way. We will explore how to discuss neurodiversity with your child, siblings, family members or teachers as well as the importance of maintaining parent self-care. This workshop will include time for discussion and sharing.

TUES 10 APRIL 2024 (6-7PM)

WORKSHOP 4

Inside Out- Teen Edition: How to understand your emotions and build emotional intelligence

WHO IS THIS FOR: Young people aged **13-21**.
DESCRIPTION: Did you know emotional intelligence (EQ) is a bigger predictor of success than academic intelligence (IQ)? This workshop for young people covers the skills needed to build emotional intelligence. We'll explain what emotions are, the purpose for them and simple tips on how to understand and manage them better. This workshop will be fun and interactive with practical strategies you can start using immediately. Bring your friends!

TUES 7 MAY 2024 (6-7PM)

WORKSHOP 5

Screen Smart Parenting: Navigating the Digital World Together

WHO IS THIS FOR: All parents and caregivers of children and teens **6-18** years.
DESCRIPTION: This practical workshop provides an overview of the most popular social media, entertainment, and gaming platforms your child may be using. We will explore how to set up healthy boundaries with technology at home as well as the apps and technology you can use to monitor your child or teen's usage to keep them safe in a rapidly changing technological world.

MON 24 JUNE 2024 (6-7PM)

KALOF



NORTHERN COMPOSURE BAND COMP SEMI FINAL 2

Saturday 13 April, 7 - 11pm

Astrovan • Sweet Tooth • Bangalley
The Owls in the Moss • This is Madness
Dragonfly

Get your
tickets here



YOYO's Youth Centre, Frenchs Forest
No pass outs. Drug and alcohol free.

All ages.

Enquiries: 8495 5104

youth@northernbeaches.nsw.gov.au



Free Webinar | Parents, Teachers & Teens

From "NO" to "GO" | Motivation & Goal-Setting Made Easy



Have you ever wondered why motivation and achieving goals comes more easily to some people than others? We've found there is both a science and an art to building and maintaining motivation, and that these are skills which can be learned.

Join KYDS on **30 April (1pm)** or **1 May (6:30pm, repeated)** for a **free webinar** on how to help young people build and maintain motivation to achieve worthwhile goals. approximately 60 mins of content with 30 mins of Q&A afterwards

You will learn:

- The neuroscience of goals and motivation
- Common mistakes people make (and how to avoid them)
- Why the "carrot-and-stick" approach doesn't work (and what does)
- Simple, practical tools to increase focus and beat procrastination
- An easy to remember "D.R.I.V.E" formula to stay on track and motivated
- And much more!

Register for free: <https://form-aus.keela.co/Motivation-and-goal-setting-made-easy>

About the organisation: KYDS have been running mental health workshops in schools and the community since 2005, delivering to over 70 schools in the area, and regularly offering free webinars for parents, teachers and students. They have also offered free and ongoing counselling to young people and their families since 2005. Through northern Sydney locations, they deliver around 7500 sessions each year to over 400 families. There is no GP referral or mental health plan needed, and no limit to the number of sessions.

About the Presenter: **Nick Kenny** is a professional speaker and Partnership Manager with the mental health organisation **KYDS**. He has completed a diploma of counselling, an honours degree in modern history and a master of politics and public policy. He has helped over ten thousand people through mental health workshops and presentations, and has appeared on SBS Insight discussing mental health and addiction. He also works as a SMART Recovery facilitator & ambassador, is studying psychology at the University of New South Wales, and in his spare time can be found sitting on a mat pretending to meditate.

Free food, prizes, good humans
life-enhancing experiences



Free Youth Week Event All Teens Welcome

Sunday 21st April 2:30 - 5:30 pm
Ted Blackwood Centre Warriewood

Prizes,
Details



free
tickets

MOWANA
your local safe space

NYW
NSW YOUTH WEEK



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BATTLE FOR THE BEACHES: 3X3 SHOWCASE

SCREENPRINTING

WORKSHOP

SATURDAY

13TH APRIL

WITH BASKETBALL SKILLS CLINIC

1:30PM - 6PM

3X3 TOURNAMENT

SATURDAY

20TH APRIL

WITH PRIZES & SCREENPRINTING ALL DAY

9AM - 6PM

8 CATEGORIES

MEN & WOMEN

U/14, 16, 19 AND 24

AT PCYC NORTHERN BEACHES

SCAN FOR MORE INFO & TO ENTER YOUR TEAM NOW!



ENQUIRIES:
INFO@THEULEAGUE.ORG.AU



KALOF



LIFE CHANGING



HOLIDAY CAMPS

**DIVE INTO ADVENTURE
THESE SCHOOL HOLIDAYS!**

For Children Aged 5-14

CHOOSE FROM TWO EXCITING CAMPS



MULTI SPORTS CAMP

Perfect for the active and energetic, our Multi Sports Camp offers a variety of sports to keep kids engaged, fit, and happy.

1 SESSION
\$85 PER
DAY

5 SESSIONS
\$80 PER
DAY



CREATIVE KIDS CAMP

Our Creative Kids Camp is designed for those who love to explore, create, and dream through various artistic activities.

1 SESSION
\$95 PER
DAY

5 SESSIONS
\$90 PER
DAY



Diverse Activities: From sports to arts, we offer a range of activities to cater to every child's interests.

Expert Coaches & Instructors: Our team is passionate about nurturing young talents and fostering a safe, fun environment.

Convenience for Parents: With lunch provided and supervision before and after camp, we make it easy for parents.



Spaces are limited: Ensure your child's place by booking early at www.elanorasquash.com.au/holiday-camps.

Book Your Adventure Today!

Secure your child's spot for an unforgettable holiday experience, by scanning the QR code or see us at reception for details.

elanora
SQUASH & FITNESS CENTRE

Become, Discover, Be Challenged

Winter Camp - Overview

The motto of **Rotary Youth Program of Enrichment (RYPEN)**, which emerged from the first seminar in 1980, is “**the Cultivation of Youth**” and after comprehensive review, we define that we do this through supporting participants to **Become, Discover and Be Challenged**. RYPEN aims for the average student and not for the outstanding few, if your young person has qualities worth developing, qualities of decency, courage, persistence, sincerity, and application in everyday life, and deserve a further development opportunity then they are suitable for RYPEN. They do not have to be the leaders in the school or up at the top of their year, they simply must show qualities that would be worth further development and nurturing.

RYPEN is aimed at the young people aged between 14 and 16 year; must be minimum 14 at the start of the camp and in years 8 to 10 at school. The aim of camp is to challenge participants to become and discover through a series of sessions on goal setting, problems solving and social experiences which will assist them in forming their own values and moral standards, and to broaden their horizons culturally, socially, and academically. Participants will be given an opportunity to learn from achievers in the worlds of business, law enforcement and more. Presenters will speak at workshops and share their experiences with participants, while emphasizing the need to dream big, work hard and stay focused. At the same time, participants are interacting with peers from different backgrounds and improving their leadership, teamwork, and communication skills. All this is done in an informal atmosphere, where questions and debates are facilitated and encouraged. In addition to camp activities, participants receive suitable instruction and play an active part in introducing and thanking guest speakers, leading group activities, and assisting in camp chores.

The cost is only \$350.00 per student but this will be funded by a local Rotary club seeing no cost to schools or families. Our rules are simple and are consistent with civilised behaviour; breaches may result in the student being sent home. We accept participants from a diversity of backgrounds, genders and schools.

If the participant cancels within the 7 days prior to camp, without an unavoidable reason the family *may* be liable for the cost and no refunds will be given if participants are sent home for a breach of rules.

It is advised that the participants do not go with friends. If the participants do not know anyone at the start of the seminar, they will leave with 60+ new friends when it finishes on Sunday afternoon, it allows them to leave behind perceived personas and pushes them out of their comfort zone in a safe environment, where the most growth can occur.

Participants are accommodated in dormitory style rooms for up to eight people and meals are provided in a communal dining room. Special dietary requirements can be catered for by the camp chefs. The District RYPEN committee provides the organisation and planning; Rotarians, their Partners and Youth Facilitators (Mentors) live-in for the duration of the camp, as counsellors and mentors and we also have a camp Nan and Pop just in case.

Information for Parents

WHEN: 14th – 16th June, 2024

WHERE: Blue Gum Lodge Springwood

COST: \$350 per participant – covered by sponsoring Rotary Club

NOMINATION CLOSING DATE: 18th May, 2024

It is the caregivers' responsibility to ensure their children are transported to and from the seminar and arrive between **11-11.30am on Friday 14th June** for Registration and Lunch, and collected around **3:00pm on Sunday 16th June**. If needed this may be pre-arranged by caregivers with the sponsoring Rotary Club. It is not the responsibility of the camp committee to make transport arrangements. Please consider this early and make plans to bring them or discuss this with your sponsoring Rotary club.

It is not satisfactory for the student to miss any of the Seminars; if your participant cannot attend the camp in full, please do not apply; the camp costs the Rotary club \$350 per participant so full attendance is expected.

If you have a suitable young person but do not have a sponsoring Rotary club or have any questions, please contact the camp Director Amanda Barnes winterryden@gmail.com

Relevant Links:

[Application form for Participants](#)

[Graduation Lunch RSVP](#)

[RYPEN facebook page](#)