

PITTWATER PRESS

BE RESPECTFUL

ASPIRE

BE RESPONSIBLE

4 Sep 2024

Term 3

WEEK 7

Principal's Report

Term 3 is flying by with subject selection evenings, NAIDOC Assembly, prefect and captain elections, completion of major works, the Taito City Study Tour, Resilience in Our Teens (RIOT) implementation, wellbeing workshops, Year 11 camp and Book Week celebrations, just a sample of the many initiatives that take place to support and enrich learning for students. I would like to acknowledge how fortunate we are to have an amazing team of teaching and non-teaching staff who all work above and beyond to make this happen.

Commendation Assemblies 2024

Students, teachers, parents and carers celebrated learning on Monday 19 August with Commendation Assemblies for Years 7-9 and 10-12. Students who received an award did so because they had shown a commitment to learning and demonstrated learning dispositions. All teachers have been working with an academic partner to embed learning dispositions into teaching and learning programs. Each Key Learning Area has chosen three to focus on and these were listed on the student's award. 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.

Resilience in Our Teens (RIOT)

All staff at Pittwater High School engaged in Resilience in Our Teens (RIOT) professional learning on School Development Day and all students in Year 7 have now completed a series of seven lessons. Approximately 40 parents are engaged in the online parent workshops. RIOT is a whole school approach to managing anxiety by taking practical steps to build 'resilience thinking' in teenagers. Students learn to recognise cognitive distortions and learn strategies for self-acceptance and acceptance of others. Year 8 will commence their program of lessons in Week 6 Term 4. You can see the Year 7 students in action further in this Newsletter. If you would like to know more about RIOT program, further information can be found on the Parentshop website:

<https://www.parentshop.com.au/professionals/resilience-in-our-teens>

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.

Prefects Elect and School Captains 2024/2025

On Monday we held the Prefect Induction Ceremony for the 2024/25 school leaders. The occasion marked the end of a rigorous process and it was wonderful to celebrate the achievement with parents and carers. Students in Year 11 self-nominated for the positions of prefect. All students in Year 11, and staff, voted for the 24 prefect positions. Ms Gambino, Ms Lustig and outgoing school captains Cohen Dickenson and Jack Torta interviewed the ten prefects nominating for the positions of School Captains and Vice-Captains. These students then addressed the school in an assembly. It takes courage to self-nominate, and I thank and congratulate all students who put themselves forward. Congratulations to Sophie Cooper and Tyrone Fender who were elected as captains and Garrett Stanton and Ryan Holmes who were elected vice-captains. Congratulations also to Senior Prefects Ella Robertson-Hanning, Annabelle Young, Jade Wandl, Lexie McCoy, Amelie Wellings and Chloe Currie, who will oversee the portfolios of Creative and Performing Arts, Culture and Community, Environment and Sustainability, Health and Wellbeing, Social Justice and Sport.

Congratulations Dr Hardy

Each term the Executive Director, Public Schools Metropolitan North Directorate invites nominations for awards for Service to Public Education. Last term, Dr Martin Hardy was presented with an **award for significant contribution to NSW Public Schools** reflective of our values and our plan for NSW Public Education. Dr Hardy has served NSW Public Schools for 35 years, has held the position of Head Teacher CAPA for 17 years and was a classroom teacher at Pittwater High School prior to that. Throughout this time, he has established Pittwater High School as a community hub to foster a love of and culture for making music. He has worked in the Arts Units and across the Northern Beaches of Sydney to provide outstanding opportunities for students to develop a love of music at school and in doing so, has demonstrated an outstanding commitment to the values of Excellence, Equity and Service.

SASS Recognition Week

SASS Recognition Week was celebrated in NSW Public Schools from 26-30 August. School Administrative & Support Staff keep the school running, from maintaining our facilities, providing technology and wellbeing support, supporting student learning, providing administrative support and being the first face that parents and visitors see when they arrive in the office. We are so fortunate to have the wonderful team that we do.

Deputy Principals' Message

It has been a busy few weeks with many activities that build on and celebrate success at our school. Year 7 have been having their RIOT (Resilience in our Teens) lessons and have learned so much already about how their brain works, and how to deal with challenges. See the report from Ms Metcalfe for more information.

It was wonderful to hear the interesting speeches at the NAIDOC assembly, and to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

Last Friday there was a wonderful atmosphere with so many students dressed up for Book Week. It was fun to share the joy of reading as we understand the benefits and it was certainly hard to judge the best costumes because there were so many great ones.

Year 11 have their exams coming up in Week 8. They should see their teachers for advice about how best to prepare for each subject. Ms Giddings in the Library is also keen to help students with their preparation for exams. Best wishes to all Year 11 - remember to stay focussed and do your best.

Coming Up in Term 3

August

- This week is **SASS** week, we celebrate our School's Administrative and Support Staff
- Fri 30 Jersey Day raising awareness of Organ and Tissue Donation

September

- Mon 2 Year 9 Smashed Incursion PDHPE
- Mon 2 Prefect Induction Ceremony
- Tue 3 MVPS K-2 Athletics Carnival with PHS leaders on school oval
- Fri 6 Colour Run
- Mon 9 to Fri 20 Year 11 Exams
- Mon 23 PHS Orchestra Performance Town Hall
- Wed 25 Year 12 Breakfast, Final (Clap Out) Assembly and Graduation Ceremony

Coming Up in Term 4

Week 1 Tues 15 Oct - HSC Exams begin

Week 5 Mon 11 Nov - Year 9 Smashed Incursion (PDHPE)

Week 7 Wed 27 - Fri 29 Nov Year 9 Camp

Week 8 Wed 4 Dec - Annual Sports Presentation Assembly

Week 9 Mon 9 Dec - Annual Presentation Evening

Week 10 Wed 18 Dec - HSC Results morning tea and **final day of the year for all students**

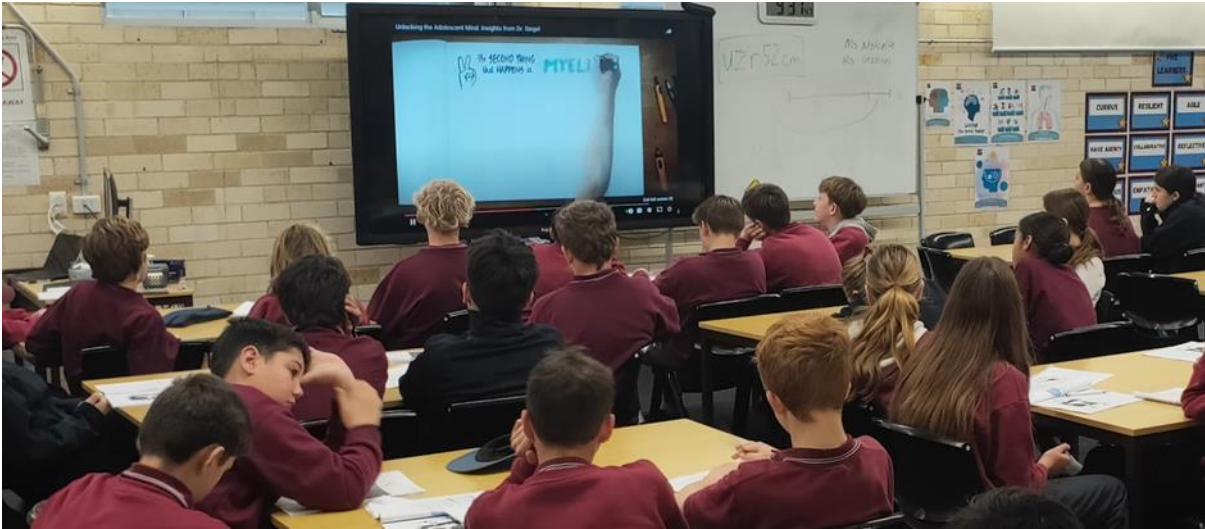
Deputy Principals Ms Bromley, Ms Purvis and Rel DP Mr Schmutter

Ms Bromley - Deputy Years 8, 10 & 12

Ms Purvis - Deputy Years 7, 9 & 11

Ms Samojlowicz - Acting Deputy Learning & Engagement

RESILIENCE IN OUR TEENS RIOT



This year our school is undertaking a project to address student anxiety called the Resilience in our Teens (RIOT) project. A central element of RIOT is for the students to be brave and to 'have a go' – not to avoid difficult tasks or situations that are within their ability.

A central element of the RIOT project is for students to develop the knowledge and understanding of how their brain works, how to identify anxious feelings, and how to develop the skills to regulate their emotions.

In the sessions so far, students have learned about the following:

- Dr Seigel's 'hand model' of the brain, where students learn about the parts of their brain essential for emotional regulation. <https://www.youtube.com/watch?v=FTnCMxEnnv8&t=1s>
- Stress Buckets – how to identify potential stressors in life and what 'taps' we can use to release stress. <https://www.youtube.com/watch?v=1KYC5SsJjx8>
- The adolescent brain and the important work of the pre-frontal cortex in helping us to think rationally. <https://www.youtube.com/watch?v=0O1u5OEc5eY>
- Cognitive Distortions and how to manage them - www.youtube.com/watch?v=otFrNM7PnME

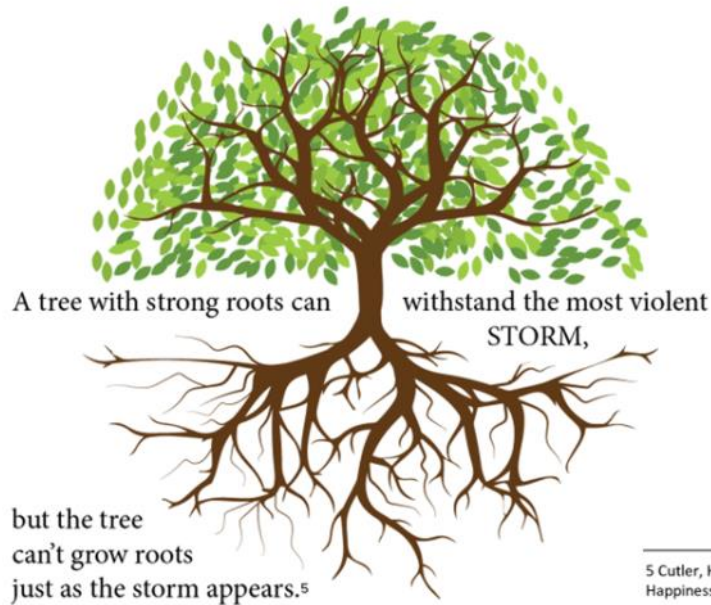
A CBT process to help students STOP THE BUS when they are having irrational thought processes. In our last workshop students worked in groups to plan out sample responses to adverse situations using the ABCDE model. We think they did a fantastic job! Examples overleaf.

The purpose of the RIOT program is to help students grow resilient and strong so that they can face adversity and the inevitable storms of life. We are using the tree metaphor overleaf to teach this to the students.

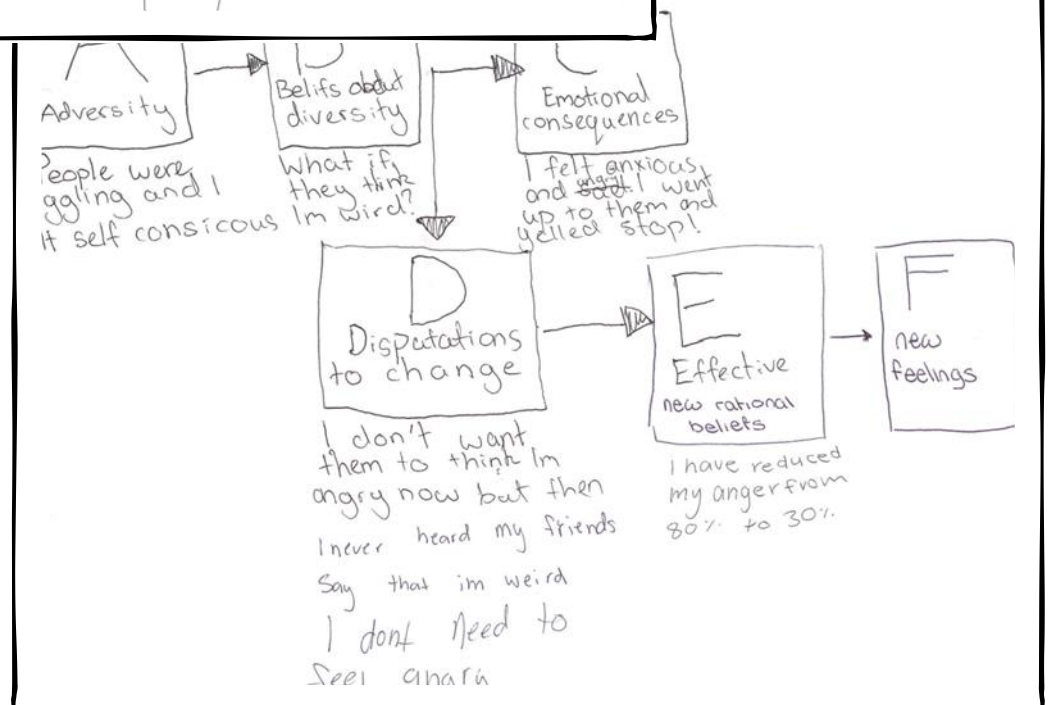
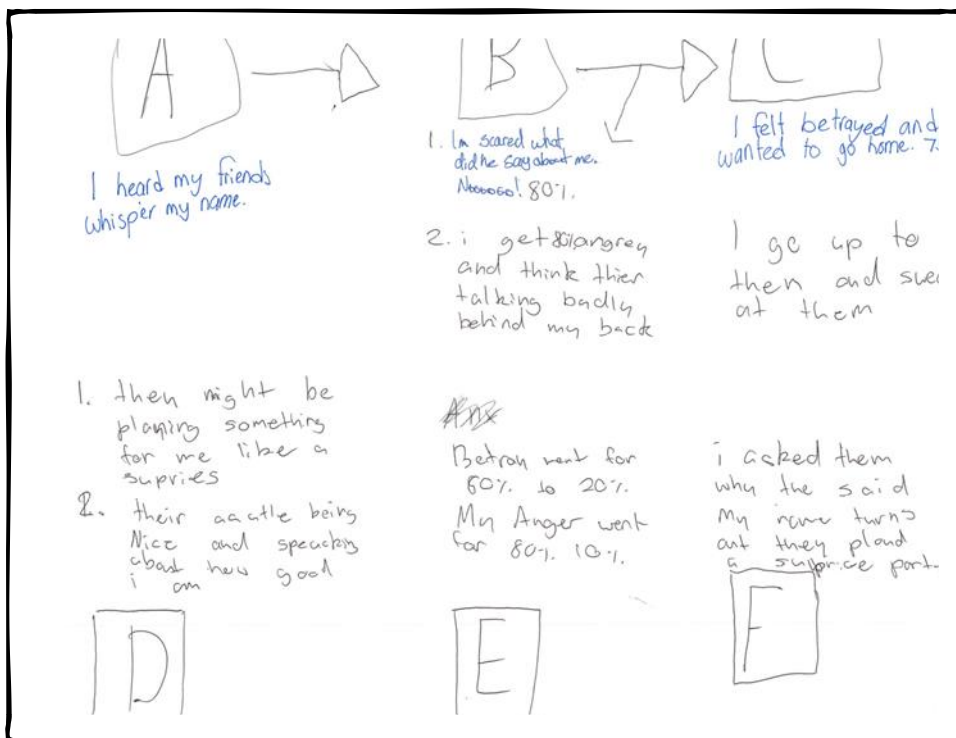
It would be great if you could have a look at the resources above and discuss with your children, including the information from our RIOT lessons over the page.

Miss Metcalfe and Miss Giddings, RIOT Champions

RIOT



5 Cutler, H. C., Dalai Lama 2014, The Essence of Happiness – A GUIDEBOOK FOR LIVING, p. 79



JAPANESE VISITORS

STUDENTS AND TEACHERS VISIT PHS AND SURROUNDS

From 8 to 13 August we enjoyed a visit from students from Taito City in Tokyo Japan. The group was made up of 20 enthusiastic Year 8 students accompanied by 6 equally enthusiastic teaching staff from 5 different schools. During the welcome speeches on the first day, there was a visiting official from the Tokyo Board of Education who spoke about the importance of cultural exchanges between Japan and Australia. After a colourful welcome ceremony of singing and dancing, the students were given a tour of the school by 20 eager PHS Year 7 and 8 students who made them feel welcome and a part of our school community. The Taito students had the opportunity to learn about school life through daily class integration experiences where they learned about school life in Australia. Outside of school, they accompanied their new host siblings to recreational activities and learned about how kids spend their free time in Australia. The PHS host students had the opportunity to learn about Japanese culture through singing and dancing performances. A huge thankyou to the 10 host families who made this cultural experience possible by opening their homes and showing their guests the sites of The Northern Beaches and Sydney sites. It was a deeply enriching cultural experience for the students of PHS, and there were many teary farewells when it was time for our PHS students to say farewell to their new Japanese friends.

We had a wonderful few days with our Japanese students. Thankyou to the staff of Pittwater High and to the staff of the Taito city Junior High Schools who made it possible. A great experience for everyone involved.

Lifelong friendships were made. Would do it again in a heartbeat.

Ms Hemmerle and Miss Lustig, Language Teachers





YEAR 8 TECHNOLOGY MANDATORY

Year 8 Technology Mandatory students are fortunate to be able to study a mixture of different topic areas this year, including Timber Technology, Textiles Technology and Engineering. As these topic areas are spread over the whole year, some students are yet to experience all of these wonderful TAS (Technology and Applied Studies) areas. There have been some amazing Timber Treasure Boxes produced, incredible Tie Dye enviro bags in Textiles, and some pretty fierce dragsters in Engineering. The students have thoroughly enjoyed using the specialised tools and equipment for each area and have learnt so many valuable skills from studying Technology Mandatory this year.



YEAR 11 HOSPITALITY

Hospitality Students Impress with Exceptional Catering

The recent TAS (Technological and Applied Studies) and Visual Arts exhibitions at Pittwater High School were not only a showcase of creativity and innovation, but also a culinary triumph, thanks to our Year 11 Hospitality students. They proudly demonstrated their food and beverage skills, catering these events with an array of offerings that captivated the senses.

From refreshing mocktails infused with indigenous flavours, to delectable canapés, our students prepared and served each item with care and enthusiasm. Many of the ingredients were sourced locally, supporting nearby producers and minimising the event's carbon footprint. Some ingredients even came from Pittwater High's own herb garden, adding a personal touch to the menu.

The success of the catering at these exhibitions is a testament to the dedication and hard work of our Year 11 Hospitality students. Their outstanding efforts deserve hearty congratulations.

Therese Frangos, VET Hospitality Teacher





YEAR 11 HOSPITALITY - IN HOUSE CATERING

YEAR 11 HOSPITALITY WORK PLACEMENT

Hospitality Students Undertake Industry Experience

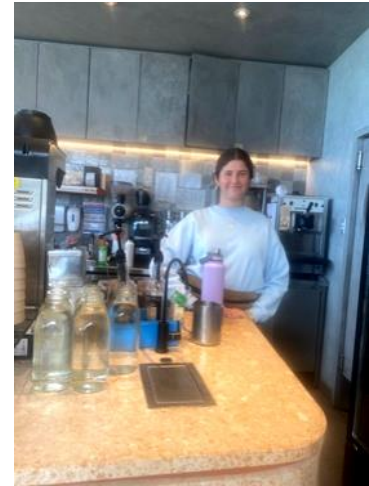
Recently, our Year 11 Hospitality students took the opportunity to work in various restaurants and cafes across the Northern Beaches, completing 35 hours of required work placement. Unlike the work experience they may have undertaken in Year 10, this work placement is a mandatory part of the course, designed to immerse students in a real-world Hospitality environment.

This was the first of two 35-hour blocks, during which the students worked in front-of-house roles, gaining invaluable skills in food and beverage service. I want to extend my congratulations to all the students for their enthusiasm and commitment. Your participation and dedication throughout the week have made me incredibly proud. Many employers praised the students, noting their politeness, eagerness to learn, and enthusiasm. Impressively, some students were even offered part-time positions as a result of their outstanding performance during this work placement - a true testament to their abilities.

Therese Frangos, VET Hospitality Teacher

A big thank you to the venues that hosted our students, including Nine Yards Café, Rusti Fig Café, Pilu Restaurant, Flower Child Café, Brightside Café, Arvo Café, and De Assis Café, among others.





YEAR 11 HOSPITALITY - INDUSTRY EXPERIENCE

UNDER 16 GIRLS RUGBY LEAGUE GALA DAY

The U16 Girls' Rugby team delivered a stellar performance at Girls Rugby League Gala Day, clinching the top spot and bringing home the trophy! Every player gave it their all, showcasing exceptional teamwork and determination. Madison B was an absolute machine in defence, shutting down the opposition with relentless tackles. Ella T, the team captain, dazzled as a superstar, leading the charge with multiple tries that energized the entire team.

Scarlet H and Amalia CS also stood out, contributing crucial plays that kept the momentum in our favour. Special recognition goes to our young Year 8 stars, Leilani A and Amara F, who displayed remarkable strength and perseverance beyond their years. Their grit and spirit were a testament to the bright future of our rugby league program. Well done to the entire team for the perseverance and determination to gain the win

Ms Hynes, 16 Girls Coach



UNDER 16 RUGBY LEAGUE GALA DAY

The PHS 16 Boys produced a solid team performance and played some impressive rugby league to place third overall.

Our first game was against Barrenjoey High and although we scored two tries apiece, we went down 12-8 as the opposition scored their tries close to the posts and, unlike us, were able to convert both tries. Our team should be commended for fighting back from two tries down through a powerhouse try from captain, and lock Beau E, and then to centre Lachie R off a fine pass from fullback Marlon R.

Our next game was against the always formidable and eventual winners Balgowlah Boys. We went down 16-4 but the score did not reflect the closeness for the majority of the game, with a major setback for us losing inspirational leader Beau early with a corked thigh. Charlie W did provide a ray of hope with a brilliant 40m try down the blind side touchline from dummy half to put us back in the game before Bally scored two late tries to win.

Our third game produced a very satisfying victory with a 6-0 nil win over neighbours Mater Maria College. In a good team effort we never looked like losing with halfback Bailey B scoring all of our points with a converted try

In our final game against St Ives, the boys really stepped up and showed what we are capable of with a comprehensive 18-nil triumph. Bailey scored two very impressive tries while prop Archie L powered over and winger Rhys MG finished off some clever work by backrower Julian P to also score. Bailey converted one of the tries.

Our best players were Marlon, who was dangerous in attack all day, Bailey playing out of position at halfback but adapting to that role with ease, and captain Beau before he was injured. Other notable efforts were from the two props Callum and Archie, Hayden F and Julian (off the bench), as well as five-eighth Jackson L and centres Charlie and Lachie.

Once again, the boys were a pleasure to coach and a credit to the school.

Mr Dailhou, U16 Boys Coach



SPORTS STARS

- Pittwater High Alumni and Sea Eagle **Jake Trbojevic** not only captained the NSW Blues this year, a rare honour, but captained them to an even rarer series win, and winning the decider in Queensland - a tremendous achievement.
- **Alannah Paul** recently represented Australia at the World Under 16 Girls Water Polo Championships in Hungary, winning the bronze medal, defeating European powerhouses Croatia 13-10. It is even more impressive, as Alannah is only 15 this year, a year younger than most, if not all, of her rivals. Go Alannah!
- **Jacob Harder** recently was selected in the NSW All Schools team that competed at the Australian Schoolboy Rugby Championships and also toured New Zealand with a NSW Development squad, winning all games.
- **Taj Thompson, Max Davies and Tyronne Fender** were all selected in the Sydney North Regional Open Boys Touch team that competed at the NSW Championships recently. It is a rare feat for any school to have three students in the one regional team- go Pittwater "Sports" High!! The team placed third and Taj and Max were then selected to represent NSW CHS where they will play in a number of tournaments designed to pick an Australian team to compete in a South Pacific Championships. This is a notable achievement for Taj and Max, as they also represented NSW CHS in the under 15 age group two years ago- a couple of touch superstars!
- **Mahli Harding** placed 8th at the Sydney North Cross Country Championships at Wyong in the Under 15 Girls and qualified for the NSW CHS Championships where she finished a creditable 31st.
- **Felix Lemon** placed 2nd in the 16 years boys long jump at the Sydney North Regional Championships, qualifying for the upcoming NSW CHS Championships.
- **Mackenzie Tiscareno of year 7** is an elite junior golfer who has won the 2024 Bayview Junior Club Championship and was invited to compete at the World Under 13 Championships in North Carolina, USA.



THE PHS LIBRARY

READ, NURTURE YOUR CURIOSITY,
DEVELOP YOUR SKILLS, ASPIRE



OPEN 8:10AM - 4PM EVERY DAY

(EXCEPT CLOSES AT 3:20PM ON TUESDAYS)

**SUPPORT WITH HOMEWORK &
STUDY IS AVAILABLE**

**PHS READING
REVOLUTION**



**BOOK WEEK
'DRESS-UP' DAY**

FRI 23/8/24

**AN AMAZING EFFORT PITTWATER!
A WHOPPING 570 STUDENTS
REGISTERED, WHICH MEANS THAT
EACH STUDENT
COMMITTED TO IMPROVING
THEIR READING (EVEN JUST A LITTLE),
WHICH IS FABULOUS.**

**THE PHS SCHOOL SPIRIT VIBES WERE
STRONG! SO PROUD OF YOUR
ENGAGEMENT & EFFORT PHS.**







GARY'S PLACE



Café NOW OPEN - TUESDAY Week A & B, and FRIDAYS Week A, from 7.45am- 8.45am

Our very own Pittwater High School's Café GARY'S PLACE will be operating from the Trade Training Centre for all our staff and students 3 days a fortnight

This is operated by our Hospitality students and is a great training environment for them to simulate a working cafe

Drop by for a Coffee (staff and senior students only), Hot Chocolate, Milkshake, Berry Smoothie, Ham & Cheese Toasty, Smashed Avo on Toast or Bacon & Egg Muffin. We have delicious Café Cookies too.

We'd love to see you there...

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

P & C Trivia Night

Thank you to everyone who attended and supported the P&C Trivia Night on 10 August. It has been many years since a big social event for parents was run by the P&C and you all made it a night to remember with the creative costumes with the theme 'P' (we are looking at you Pensioners) and impressive trivia knowledge. A special thanks to the local businesses who donated prizes and to our amazing Trivia MC for keeping the energy high. Due to your generosity, we raised almost \$3,000 that will directly benefit our school by providing essential items like library materials and sporting equipment. We truly appreciate your support and look forward to more fun events in the future.

Big shout out to our donors **Pony Rider, Pittwater RSL, Mona Vale Golf Course, Swing Factory, The Pot Warehouse, Zubi, City Cave, Basin Dining, Naked Wines & Pandora.**

May I personally add a huge **THANK YOU** to our P&C Events, Fundraising and Social group led by Katrina Ginsburg with the wonderful support of Katy Dyrmaier, Deenie Adams, Natalia Turner and many, many others, thank you. Steve Hall P&C President



If you are keen to get involved in future events in any way please feel free to contact the P&C by email to: pittwaterhigh.secretary@gmail.com (Carol Abela)

P & C Trivia Night



Shop for your School

Exciting news! **Shop for Your School** campaign has officially launched at Pittwater Place, Mona Vale. You can now support Pittwater High while you shop by registering your receipt. Every purchase counts towards helping Pittwater High go in the running to win a share of \$9,000. Plus, every registered purchase puts you in the running to win your own \$500 Gift Card. Let's make a difference together!

*Conditions apply. Log your receipts at: <https://www.pittwaterplacesfys.com.au/home>

P&C Socials

The P&C are on socials! Follow us now to stay in touch and let us know if you would like to get involved in any way too.

[INSTAGRAM](#) and Facebook [FACEBOOK](#) search for Pittwater High P and C

P&C Meeting

The P&C General Meeting for Term 3 was held on Wednesday 21 August, minutes will become available on the school website:

<https://pittwater-h.schools.nsw.gov.au/supporting-our-students/parents--carers-and-the-community/p-c/p-c-committees.html>

The P & C meet Wednesday of Week 5 each school term. A reminder of upcoming meetings will be posted on the school website and in future Newsletters. If you are available, please feel free to join us, all welcome.

All the best, Steve Hall

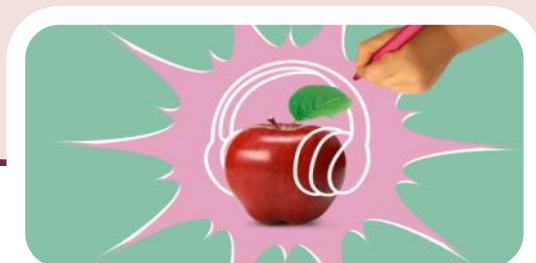
President, Parent and Citizens Association

Email: pittwaterhigh.president@gmail.com



Exciting news from the P &C 'Shop For Your School'

Shop for your School. Nominate Pittwater High School to win a share of \$9,000 by shopping at Pittwater Place. The promotion is now open and PHS are currently in 3rd position on the leader board. Shopping at participating stores in Pittwater Place will convert your shopping to 1 point for your chosen school. Enter your shopping receipt via the Pittwater Place website. You also have a chance to win your own \$500 shopping voucher too. *Conditions apply.



CANTEEN Salad / Daily Specials

Term 3 2024 Salad Specials – Limited Availability +\$2 with optional extras*

Freshly made each day – Order via Flexischools App by 8:30am or in Person by 9am

Monday: Salad \$7.50 / add Chicken or Falafel

Lettuce, Capsicum, Tomato, Cucumber, Carrot, Parsley

- ❖ Chicken option mixed with mayo, lemon juice, salt & pepper*
- ❖ Falafel option served with hummus & a little sweet chili sauce*

Tuesday: Southern Californian influenced Salad \$8.50 / add Chicken* or Mixed Beans

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

Wednesday: *NOT SALAD* Authentic Japanese Curry \$7.50 / add Chicken Katsu*

Vege curry (Potato, Carrot, Celery, Onions) served with rice

- ❖ add Chicken Katsu option*

Thursday: Roast Vege Salad \$8.50 / Vege only or add Chicken*

Roasted Vege (Beetroot, Sweet Potato, Pumpkin) w Avocado, Cherry Toms, Feta, Pepitas
on a bed of Quinoa and mixed lettuce
Fig Balsamic Glaze

- ❖ add Chicken option*

Friday: Mexi Rice Salad \$8.50 / add Spiced Chicken*

Brown Rice, Lettuce and Mexi Beans topped with fresh salsa of sweet corn, capsicum,
red onion & tomato. Topped with Guacamole & Tom Salsa Sauce

- ❖ add Spiced Chicken option*

Every Day: Fresh Garden Salad \$6.50 / add Chicken or Tuna option +\$2

Lettuce, Tomatoes, Carrot, Cucumber, Red Onion, Grated Cheese, Sweet Corn, Capsicum

I'm delighted to share with you the upcoming **BODY IMAGE AWARENESS EVENTS**

EPIC is embracing Body Image Awareness Week in September with a screening of Embrace Kids with panel discussion at Roseville Cinema, Tuesday 3 September, 6.30pm - details here <https://www.empoweringparentsincrisis.com/embrace-kids>

We encourage parents/carers of young people to come along and bring their young people. It will be a community celebration of our bodies, all are welcome! After the screening of Embrace Kids, attendees will hear from a person with lived experience and two experts in supporting young people around body positivity.

The Embrace Collective has kindly supplied parent packs for all attendees valued at \$90.

Ticket pricing is very low - \$10 first ticket and \$5 for additional tickets. This is not a fund raiser and are very happy to provide tickets for free. The charge is to ensure people come!

EPIC is collaborating with Ku-Ring-Gai Council to provide 2 events in celebration of Body Image Awareness Week. Here is the information for both:

EVENT 1: EPIC Screening of Embrace Kids with Panel Conversation, Tuesday 3 September, 6.30pm, Roseville Cinema - FOR FAMILIES & COMMUNITY <https://www.empoweringparentsincrisis.com/embrace-kids>

EVENT 2: Love Your Reflection: Body Positivity Webinar, Wednesday 11 September, 6.30pm, via Zoom - FOR YOUNG PEOPLE https://krg-events.bookable.net.au/#!/event-detail/ev_cbc58474aab243ac8691ff1480c32360

Madeleine Steel - CEO EPIC - Empowering Parents In Crisis www.empoweringparentsincrisis.com

Embrace your body

TUE 3 SEP WED 11 SEP

FOR FAMILIES
EMBRACE KIDS
SCREENING & DISCUSSION
Roseville Cinema
Tue 3 Sep, 6.30pm

FOR YOUNG PEOPLE
LOVE YOUR REFLECTION
BODY POSITIVITY WEBINAR
Online
Wed 11 Sep, 6.30pm



epic.

TUE 3 SEP, 6.30PM
ROSEVILLE CINEMA

EVENT 1: EPIC Screening of Embrace Kids with Panel Conversation, Tuesday 3 September, 6.30pm, Roseville Cinema (for families and broader community)

EVENT 2: Love Your Reflection: Body Positivity Webinar, Wednesday 11 September, 6.30pm, via Zoom (for young people)

We are thrilled to have inspiring guests from Batyr and Northern Sydney Local Health District.

These events are a joint effort by EPIC and the Ku-ring-gai Council Youth Services Team, supported by the Northern Sydney Region Councils, including Ku-ring-gai, Northern Beaches, Willoughby, North Sydney, Mosman, Lane Cove, Hornsby and City of Ryde.

Madeleine Steel - CEO EPIC - Empowering Parents In Crisis www.empoweringparentsincrisis.com



Helping young people with social anxiety

Free webinar | 10th & 11th September
Parents | Teachers | Teenagers

- Find out into what **“social anxiety”** means and the challenges faced
- Explore the latest **research and insights** to build confidence
- Discover **practical tools** to empower young people
- Understand and help young people to **break the cycle** of anxiety
- Create encouraging **home and school environments** for growth and well-being
- How, why, where and when to seek **professional help**

All
welcome



60
mins (plus
Q&A)

Register for free: <https://form-aus.keela.co/social-anxiety-webinar>



NORTH NARRABEEN Surf Life Saving Club

Bronze Medallion & Surf Rescue Certificate Course

Calling for Expression of Interest by Wed 9 October 2024 (Introduction - Information Evening)

Location: North Narrabeen Surf Club

Time: 6.30pm - 8.00pm

Course Requirements:

Bronze - 15 years, swim 400 metres in 9 minutes

SRC - 13 years, swim 200 metres in 5 minutes

Commence Training: Wed 16 October 2024 – 6.30pm

Send all contact details inc. Name, DOB, Mobile No and E-mail to Club

Admin: admin@northnarra.org.au or follow the QR code:



HOLIDAY CAMPS

**DIVE INTO ADVENTURE
THESE SCHOOL HOLIDAYS!**

For Children Aged 5-14

CHOOSE FROM TWO EXCITING CAMPS

**Early Bird
Promo**
use code
EB15

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

Schools Spectacular 2024 tickets are now on sale!



One of the biggest shows of the year is on 29 and 30 November.

We could not be more proud of all our brilliantly talented young people and dedicated teachers. Schools Spectacular 'All4One' will be a culmination of all their hard work from across the state.

Read more below about securing your tickets for Schools Spectacular 2024. Secure your tickets before they're gone.

TICKETS

Tickets for Schools Spectacular 2024 went on sale Monday 24 June.

Get in quick to grab your tickets for this uplifting, world-class showcase for the whole family.

There is an Early bird discount of 10% available for all tickets purchased before 2 August 2024

They are sure to run out quickly, so make sure you snap up yours today.

Enjoy two hours of fabulous entertainment, showcasing the very best of young Australian talent.

This is a show for the whole family and is not to be missed.

Performances are Friday 29 November 11 am and 7 pm, Saturday 30 November 1 pm and 7pm at Qudos Bank Arena, Sydney Olympic Park. Visit the Ticketek website to purchase your tickets now!

