

PITTWATER PRESS

2025 | Term 1 | Week 11

Issue 2



Principal's Report

WRITTEN BY ALISON GAMBINO

As Term 1 2025 draws to a close we can reflect on lots of firsts: Year 7 have completed their first term of high school and are the first year group to have one period per fortnight dedicated to learning how to learn. All Year 8 students are studying Agriculture as a stand alone subject for two hours per week (it has previously been an elective). Year 9 students are studying electives for the first time. Year 10 students have all completed the Morrisby Careers Profile – this is a new initiative to help students make more informed decisions for subject selection next term and careers choices. Year 11 students have one extra hour with each of their teachers to provide more time for learning and Year 12 students have one semester left of formal lessons. Mr Kermond and Ms Yendell are producing and directing their first musical at Pittwater High School, Mamma Mia. Our new alpacas Ullin and Upsala have lived with us now for ten weeks and are settling in well and Bob is quite taken with his new herd.



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

Principal's Report Cont.

WRITTEN BY ALISON GAMBINO

Class of 1968

On Tuesday 1 April, we were privileged in hosting a tour with six members of the Class of 1968. They were the first intake in Year 7 in 1963 and recounted stories of having to walk across wooden boards to avoid the mud on their first day. They remembered the Barn and Canteen almost exactly as they are now and spoke of the cream buns and finger buns. They delighted in pouring over the Kalori (the original school yearbooks) in the library and finding images and mention of each other. The Class of 68 are all approximately 75 years old now and sent a beautiful card that summed up their sentiments at returning to Pittwater.

"After 57 years we can feel very happy that we revisited the school that shaped us all during the 60s. Not everyone loves school, but we did and have only happy memories of what we experienced during '63 - '68 (give or take a few exams). Current and future students are lucky to be supported by dedicated staff in a beautiful environment."



Building and air conditioning update

The air conditioning installation will be completed in the holidays. This means that every teaching space will be airconditioned. This was a school funded project.

The toilet and changeroom refurbishment will begin during the holidays. It is anticipated that the girl's facilities will be completed by the end of Term 2.

Work will then begin on the boy's facilities. All students will receive information

about the refurbishment and implications to playground areas at an assembly on the first day back.

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”

Principal's Report (continued)

WRITTEN BY ALISON GAMBINO

Anzac Day Commemoration

On Monday 7 April we held our ANZAC Day Commemoration assembly. Thank you to Warrant Officer 2nd Class Shane Fender for providing an inspiring address. Warrant Officer Fender has served in the Australian Army for 27 years in the 9th regiment and has been deployed on Peacekeeping Operations in the Solomon Islands as well as Border Protection, Bushfire Assistance and COVID Assistance Operations in recent years. Warrant Officer Fender was awarded the Soldier's Medallion for exemplary service in 2012 and received an Army Silver Commendation in 2021 for excellence in performance of duty. He is also a valued member of our Pittwater High School community and a parent of one of our Year 12 students. Warrant Officer Fender reiterated the message of their tomorrow for our today and the importance of mateship throughout his inspiring address. Year 11 students Jake J-M and Ollie C from Year 11 also addressed the assembly. On Thursday 25 April nine students from years 10-12 will join me at the dawn service at Pittwater RSL to commemorate Anzac Day.

Staff Changes

Next term we will welcome a new Head Teacher HSIE Ms Renata Grudic. Ms Jasmine Wanschers will be acting Head Teacher Wellbeing for the remainder of 2025 replacing Mr Andrew Fairley. Mr Fairley has worked at Pittwater High school since 2017 as an English teacher and Head Teacher Wellbeing and will be greatly missed by our school community. Mr Fairley will be taking a position as Head Teacher English at Narrabeen Sports High School.

Mobile phones

Thank you to all parents who are so supportive of both school and broader NSW Public Schools processes and procedures. Every variation to policy is always brought in to mitigate risk and improve learning, teaching and wellbeing.

As you would all be aware, the New South Wales government banned mobile phones in all public high schools and primary schools from the start of Term 4 in 2023. This ban extends to all activities throughout the school day, both onsite and offsite. All families (and students) were reminded that students would need keycards, a Flexischools account or cash to purchase from the canteen.



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Warrant Officer Fender reiterated the message of their tomorrow for our today and the importance of mateship throughout his inspiring address.

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Principal's Report (continued)

WRITTEN BY ALISON GAMBINO



Mobile phones (continued)

Parents can download the Flexischools App or for more information, go to the website www.flexischools.com.au. If you are a first-time user, you will need to register to set up the account. Once this is done, you'll find it easy to use. Order BEFORE 8:30am on the day or you can order well in advance.

When a student breaches the mobile phone policy in the first instance, they are required to hand their phone in to the office and collect it at the end of the school day. A subsequent breach also results in the student handing in the phone to the office, but it is to be collected at the end of the school day by a parent.

We currently have an increased number of students breaching the policy, particularly in the canteen. This is causing stress to the people who work and volunteer in the canteen. As a result, we are currently considering a change to our procedures whereby parents are always required to collect the phone when the phone policy is breached. We are cognisant of the inconvenience this will cause parents, so are hoping that all families can assist us by reviewing the policy with their child and ensuring that their child has a keycard or flexi-schools account.

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 the 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 Wednesday 30 April.

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Every variation to policy is always brought in to mitigate risk and improve learning, teaching and wellbeing.

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A Message from the Deputy Principal's

Never Let an Opportunity Slide: A Challenge to Our Students

Written by Carolyn Samojlowicz

Never Let an Opportunity Slide: A Challenge to Our Students

As we near the end of term, we want to take a moment to challenge all of our students to "never let an opportunity slide." This is about more than just taking part in school activities—it's about being proactive, taking the chance to learn, grow, and make a positive impact in our community. Whether it's joining new activities, showing initiative, or standing up against unfair behaviour, every opportunity is a step toward building a better version of yourself and contributing to the positive culture at Pittwater High School.

What does this look like at Pittwater High School?

- Having a go in class, participating in learning and completing work to the best of your ability. This mindset is something we have been focusing on through our Resilience In Our Teens (RIOT) wellbeing program across a number of year groups. This helps you build confidence and the ability to tackle unfamiliar situations.
- Getting involved beyond the classroom. It may mean trying out for a sport team (either competitive or for fun), joining one of the many clubs on offer, or entering a school competition. At the moment there are currently many knockout sports taking place, and next term keep an eye out for the new interschool sports on Tuesdays along with the Premiers reading challenge. They can all help you build new friendships, and skillsets.
- Being an upstander which can involve calling out behaviour you know is wrong, supporting your peers and reporting incidents to the teacher. Upstanders help to create a culture of respect and kindness ensuring everyone feels valued and supported. Leading by example and being inclusive means that you are contributing to the wellbeing of our school community.

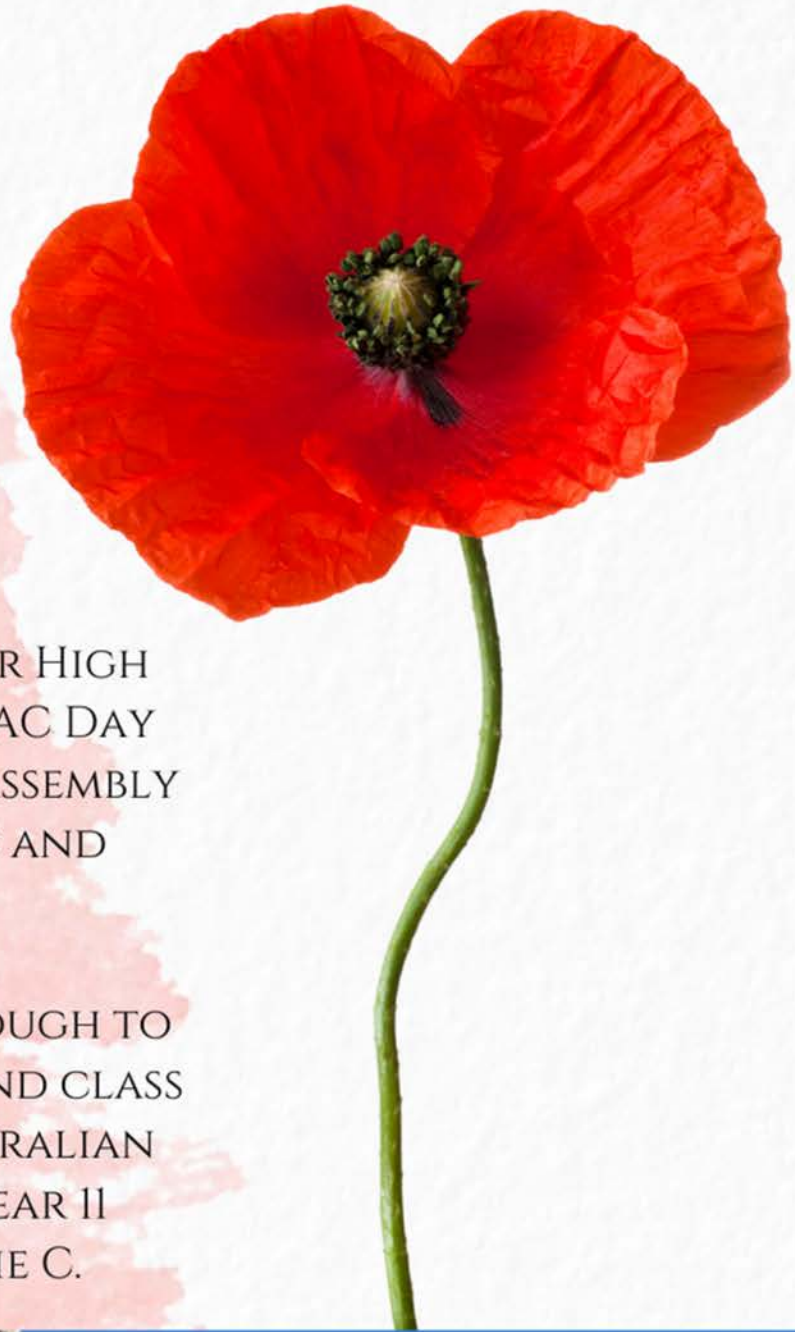
You are encouraged to take a moment to reflect on how you can step up, get involved and be a positive force in our school. Drop by a Deputy Principals office during Week 10 and 11 and let us know how you chose to "never let an opportunity slide" this term. There are Good Vibes on offer!

LEST WE FORGET 25 APRIL

ANZAC DAY

ON MONDAY 7 APRIL, PITTWATER HIGH SCHOOL COMMEMORATED ANZAC DAY EARLY WITH A FORMAL SCHOOL ASSEMBLY LED BY THE SCHOOL CAPTAINS AND MS WANSCHERS.

STUDENTS WERE FORTUNATE ENOUGH TO HEAR FROM WARRANT OFFICER 2ND CLASS SHANE FENDER FROM THE AUSTRALIAN ARMY, AND SPEECHES FROM YEAR 11 STUDENTS JAKE J-M AND OLLIE C.



LEST WE FORGET

JAKE:

Good morning students, teachers and special guest Warrant Officer Fender.

Today, as we all here together to commemorate ANZAC Day, we remember those who served Australia in times of war. It's a very significant day this year, the 110th anniversary of the start of World War I. It's an honor to remember and admire their brave memory not only today but forever.

Being students of this school, it's our responsibility to ensure that their memory doesn't fade away. ANZAC Day isn't about remembering history. It is about reminding ourselves the freedom we have today is because of the sacrifices made by those brave souls. When we honour their unforgettable lives, their souls live forever on.

Today we'd particularly like to honour the underappreciated service of Aboriginal and Torres Strait Islander men and women, who not only served but also fought against discrimination locally. Many Aboriginal and Torres Strait Islander people fought in both World Wars and subsequent wars, although exact figures are unknown. In the Second World War it is estimated that 3,000 First Nations Australians served - in proportion to population, no community in Australia contributed more to the war effort. Unfortunately, on return home from service, Aboriginal and Torres Strait Islander service men and women were excluded from commemoration. Having their income and pensions quarantined and having military funerals, participation in ANZAC marches and access to RSL clubs denied.

No medals or back pay were awarded for this service until 1993, about fifty years after World War 2. Recently, thanks to the efforts of families of service people and community organisations, there has been more recognition of the contributions and bravery of Aboriginal and Torres Strait Islander people in commemoration of our armed services. For example, the first memorial for Aboriginal soldiers was unveiled in Adelaide in 2013.



LEST WE FORGET

Ollie:

Although Anzac day has traditionally focused on the sacrifices made during the first and second world wars, this year also marks the 75th anniversary of Australia's involvement in the Korean War and the Malayan conflicts.

Over 17,000 Australians served under the United Nations command in Korea between 1950 and 1953. They fought bravely in harsh conditions, with more than 300 making the ultimate sacrifice. Battles like Kapyong and Maryang San demonstrated our troops' strength and resilience earning them international respect.

In Malaya, from 1948 to 1960, Australian forces worked alongside British and commonwealth troops in a long and difficult campaign to combat communist insurgents. Their efforts played a key role in bringing stability to the region and are a proud part of our military history.

These contributions deserve to be recognised with the same respect and honor we give to those who served in the world wars. By doing so, we ensure that every person who served regardless of the conflict is remembered and that their courage, service and sacrifice are never forgotten.

Today and on ANZAC Day later this month, we reflect on the service of all Australians in wars, conflicts and peacekeeping operations that have followed. We recognise the more than one hundred thousand Australian service men and women who have lost their lives in military operations carried out in our country's name and we'd like to honour the values of selflessness and courage that were shown by the Anzacs.

Lest we forget.



LEST WE FORGET



Creative and Performing Arts (CAPA)

Music Performance Evening

17 March 2025



"Music night is a lovely time to watch and celebrate my peer's spectacular performances. Students show off their progression, share their favourite songs, and perform amazing music for the Pittwater High community to enjoy."

-Grayson Paxton, student



Creative and Performing Arts (CAPA)

Band & Strings Workshops

5 & 6 March 2025



On Wednesday and Thursday afternoon Pittwater High School hosted local Primary schools for Band and Strings Workshops. Pittwater HS students facilitated tutorials for the Primary students and all students took part in a concert that included a massed performance to conclude the afternoon.

Thank you to Mona Vale PS, Newport PS and Avalon PS for joining us.



Creative and Performing Arts (CAPA)

Year 9 Visual Arts

WRITTEN BY CASSANDRA REYNOLDS

In Year 9 Visual Arts, students have been exploring the genre of still life, focusing on developing their skills with chalk pastels and conte pencils. Throughout the lessons, they have been experimenting with building layers to create depth and texture in their work. A key focus has been on capturing shadows and highlights to enhance realism and bring their still life compositions to life. It's been fantastic to see the amazing work students are producing as they refine their techniques and continue to push their creative boundaries.



English

WRITTEN BY MICHELLE PHIPPS

English has included a stage 6 student response for this issue's contribution to the school newsletter. This has been contributed by Liam Halling in year 11. Creative writing is one of the more daunting challenges with which our students are faced. This piece of work reflects Liam's willingness to explore both his mentor text and his own family experiences. The result is a powerful piece written from two perspectives, shaped by Liam's integration of the family experience of his Great Grandfather's arrival in Australia during World War 2 and Liam's personal engagement with our beautiful waterways.

Deep black waves cut through the ocean like a knife. The ocean, at once ravenous and sinuous like a thick ooze. I look down in pitiful disgust. The tragedy of its potential, full of motion and freedom, lacking motivation. My legs race, a prisoner to command, I grab the rigging and begin to pull the jib. The monotonous movement, excruciatingly blistered with the repetition of hours agonisingly reminds me of an occupation synonymous with my life. I must feed it like a beast. I seek on that distant ocean something more, a new land, a new life. The vacuum of war stole myself, my innocence, my family. I slip away increasingly each day but the sailor must keep his head in these vast seas.

We are off course. Our departure point from the German port is long gone. Our ship is not meant to travel so far, not with this many supplies. The HMS Sverige, Swedish naval carrier laden with German supplies to deliver to Finland and Norway. We are not remotely close to our intended destination. Thin strips of land pop up, a symbol of hope in a desolate desert of salt and darkness.

The Islands seep closer. We are back on course, we think, bordering Australia, heading back up towards Norway. The ooze gets thinner and thinner with each passing moment, tempting me to jump in, unconfined and streamlined. The water belongs to a colossal movement. It entrances me. I step closer. On the wall of the hull I stare deeply out onto the horizon. The sun cusps the hills, wielding them in its warm embrace. I wish to be held by the same warmth. I step off.

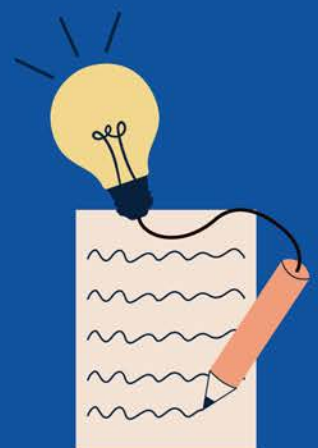
The wings slice the heavens like butter. Contrails sliding off like water. Each mechanism, a finely tuned piece. The skies, a three dimensional playground for me to explore. I dip through and beneath the clouds bouncing upon the air. As I push the throttle forwards my weight moves me back pushing me against my seat as I glide back up again like a floating whale. The skies entrance me and encapture my eyes. They resemble a bright glistening sea.

Return to the runway. The command makes my seat belt tighten around me like a timid serpent. The tightness, confining but bearable. I bank the plane dipping my wing into the azure skies. The compass rests North as the plane suspends above the air. The sun peeks out between the clouds shyly, refracting within the windows pouring a beautiful rainbow out into the cockpit. The plane slowly submerges beneath the clouds again revealing organised grids of farmland below.

The nose lifts up as the wheels teeter along the edge of the runway; the plane gradually letting its weight fall upon the pavement. The plane skids to a stop. I remove my seatbelt longing for another flight. The sun cusps the hills, wielding them in its warm embrace. I wish to be held by the same warmth. I step off.

Liam Halling, Year 11

**"The sun cusps
the hills,
wielding them
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embrace. I
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off."**



Human Society and its Environment (HSIE)

WRITTEN BY JASMIN WANSCHERS

Recently in HSIE Year 9 and 10 have been busy completing their Term 1 assessment tasks. History students are wrapping up their study of the Industrial Revolution and the Holocaust and Cambodian genocides while Geography students are finalising their studies of sustainable food production and coastal management. All of the HSIE staff are proud of the responsibility and aspiration that our students have shown towards these tasks and are looking forward to reading and marking them!



In Stage 6 news, our Accelerated Aboriginal Studies students will be finalising their HSC Major Projects next week. These projects are a significant undertaking for students who have spent almost 6 months researching and consulting with Aboriginal and Torres Strait Islander community members on topics in line with their passions including education, historical artefacts, sport, languages and environmental issues. Each year samples of these excellent projects are displayed in the Learning Centre for the whole school to view after they have been assessed, so please ask Ms Giddings for help if you are interested in reading them.

Year 12 Geography students will also be visiting Chowder Bay to conduct fieldwork as part of their study of kelp forests as a local ecosystem. They will be lucky enough to snorkel and be able to see these beautiful forests close-up to learn more about the importance of biodiversity and the impact of human activities on the environment. Keep an eye on the PHS Instagram page for some photo updates from Ms Mumford's class on the day.



LANGUAGES

WRITTEN BY KATE BURNS

Students in the Languages faculty have been busy completing their assessment tasks this term, with both Year 11 and Year 12 working through key components of their courses. Year 11 French and Japanese students have been preparing for their listening and speaking assessments, which require them to demonstrate their ability to understand spoken language and communicate effectively. Meanwhile, Year 12 Japanese students have been focused on their listening assessment, testing their comprehension skills in more complex contexts.

In preparation for these tasks, students have been refining their pronunciation, expanding their vocabulary, and practicing conversation skills. Teachers have provided targeted support, guiding students through listening exercises and structured speaking practice to help them approach their assessments with confidence.

Outside of their assessments, the Year 11 French class had the opportunity to attend a screening of *The Count of Monte Cristo* as part of the local French Film Festival. This experience allowed students to engage with the language in a real-world setting while also exploring an iconic French story through film.

Assessment tasks play an important role in tracking student progress and reinforcing key language skills. As the year continues, students will have further opportunities to apply what they have learned and develop their proficiency through class activities, discussions, and upcoming assessments.

The Languages faculty commends students for their efforts and encourages them to continue practicing both in and out of the classroom.



MATHS

WRITTEN BY MARTIN HUYNH

Why Attendance in Mathematics Matters

Attendance in mathematics is crucial for students to grasp key concepts and build a strong foundation for higher education and future careers. Missing even a few lessons can create significant gaps in understanding, leading to decreased confidence and performance. Regular attendance helps students:

- Develop problem-solving and logical reasoning skills.
- Build confidence in tackling complex mathematical problems.
- Prepare for standardized assessments such as the HSC (Higher School Certificate).
- Enhance career opportunities in STEM (Science, Technology, Engineering, and Mathematics) fields.

Challenges in Mathematics Attendance

Several factors contribute to inconsistent attendance in high school mathematics:

- **Math Anxiety:** Many students develop a fear of mathematics, leading to avoidance.
- **Lack of Engagement:** Traditional teaching methods may not always capture students' interest.
- **Socioeconomic Barriers:** Some students face external challenges such as family responsibilities or lack of resources.
- **Peer Influence:** A negative attitude toward mathematics among peers can discourage students.

Strategies to Improve Attendance and Engagement

1. Interactive and Applied Learning Approaches

Educators in NSW are shifting towards real-world applications of mathematics to make learning more engaging. Practical projects, coding, and financial literacy lessons help students see the relevance of math in everyday life, increasing their interest and participation.

2. Technology Integration

The use of digital tools such as interactive simulations, gamified learning apps, and AI-based tutoring platforms keeps students engaged. Programs like Mathletics and Desmos allow students to learn at their own pace while reinforcing classroom concepts.

3. Personalized Support and Tutoring

Schools are implementing targeted interventions, such as peer tutoring and after-school support sessions, to assist struggling students. Personalized learning plans help address specific challenges, ensuring no student is left behind.

4. Positive Reinforcement and Attendance Incentives

Reward systems, such as certificates, recognition programs, and small incentives, motivate students to attend classes consistently. Schools also encourage parental involvement in tracking attendance and academic progress.

5. Teacher Professional Development

Teachers play a crucial role in student engagement. Professional development workshops on modern teaching methodologies, classroom management, and student psychology help educators create a more inclusive and dynamic learning environment.

“Missing even a few lessons can create significant gaps in understanding, leading to decreased confidence and performance.”



PERSONAL DEVELOPMENT, HEALTH AND PHYSICAL EDUCATION (PDHPE)

WRITTEN BY GARY QUINCE



Year 11 Health and Movement Science (HMS) students are currently working on their Collaborative Investigation projects. The Collaborative Investigation provides opportunities for students to develop knowledge and skills to support their own and others' health and movement. It allows students to manage their own learning and to become flexible, critical thinkers, problem-solvers and decision-makers. Due date was Friday 4th April, 2025 (Week 10, Term 1).



The Open Boys Touch Football team is composed of Year 11 and Year 12 students who are competing in the Sydney North CHS Knockout Competition. In Round 1 they played against Mosman High School in an away match resulting in a 16-4 victory. In the latest round, Pittwater hosted Galston High School. They were a tough opponent, however Pittwater secured the match, winning 8-4. The team will be proceeding to the 'Round of 16' with the opponent being either Hunters Hill High School or Cherrybrook Technology High School.



Upcoming events

**Athletics Carnival
NSW Academy of Sport
Friday 2 May**

**Zone Cross Country
Warringah Rugby Park
Monday 20 May**



COMMUNITY AND FAMILY STUDIES (CAFS)

WRITTEN BY GEMMA MICHAEL

Our year 11 Community and Family studies course are currently studying the unit entitled 'Groups and Individuals'

This week we have been looking at the specific roles adopted by individuals in a group. They have then analysed how these roles ensure tasks are achieved and how defining specific roles can influence a group's behaviour.

The class has put this into practice in a fun Christmas themed activity, where they have to work in groups to either create a Christmas Tik Tok style dance, recreate a Christmas themed image or re-enact a scene from a Christmas movie.

"This week we have been looking at the specific roles adopted by individuals in a group."



SWIMMING CARNIVAL

2025 PITTWATER HIGH SCHOOL
SWIMMING CHAMPIONS



**WINNING HOUSE:
BARRENJOEY**

Congratulations to all students who competed on the day
and a special congratulations to our 2025 Age Champions:

Age	Girls	Boys
12	May Blackband	Charlie Carlyon
13	Eisha Collier	Koby Cheetham
14	Ebony Davies	Kurtley Rose
15	Caitlin Rich	Ewan Kindlen
16	Alannah Paul	Sam Horsley
17+	Natasha Boss	Phoenix Woods



**Congratulations to our
NEW record holders:**

Phoenix Woods
Eisha Collier
Alannah Paul
Natasha Boss

17 years 100m Freestyle, 100m Butterfly, 50m Freestyle
13 years 100m Freestyle, 100m Butterfly
16 years 100m Freestyle, 100m Butterfly, 50m Freestyle
17 years 100m Breaststroke, 100m Butterfly

ZONE SWIMMING



The Warringah zone swimming carnival was held on Tuesday 11th March at Warringah Aquatic Center.

Pittwater had a strong contingent of 40 swimmers attend the carnival to compete against the local zone schools.

A few notable results include a **major win in the 12x50m freestyle** relay. As well as that, a **1st in the Girls Medley relay**, **2nd in the boys**. Plus the **17s boys and girls relays (1st and 2nd)**, and the **13s girls relay (1st)** all progress through to the regional championship.

Phoenix Woods, Natasha Boss and Eisha Collier were awarded zone champion for their age groups.

We have 21 students attending the Sydney North Championships on the 19 March at the Sydney Olympic Park Aquatic Centre and we wish them the best of luck.



SYDNEY NORTH SWIMMING CHAMPIONSHIPS

The Sydney North Swimming Championships was held on Wednesday 19th March at Sydney Olympic Park Aquatic Centre. Pittwater was represented by 21 swimmers who competed in a number of relays and individual events.

Highlight of the day was Natasha Boss dead heating for 3rd in the 17+ years girls 50m freestyle. To progress, she had to later swim in a swim off. Natasha pushed hard and came through as the winner. It was lovely seeing the camaraderie and sportsmanship between Natasha and her opponent (who is also her training partner).

Congratulations to Natasha Boss, Phoenix Woods, Alannah Paul and Eisha Collier who have progressed through to the NSWCHS Championships to be held at the end of the term. Good luck!



PITTWATER HIGH PRESENTS

ATHLETICS



CARNIVAL

TERM 2, WEEK 1 FRIDAY 2ND MAY

NSW ACADEMY OF
SPORT - NARRABEEN

HOUSE COLOURS
OR SPORTS UNIFORM

8.45AM - BUSES DEPART PHS
2.30PM - BUSES RETURN TO PHS

CROSS COUNTRY 2025



A big congratulations to this years age group winners:

12 Years	Charlie C and Kiahna
13 Years	Jack H and Isla M
14 Years	Josh C and Evie S
15 Years	Lucas N and Bailey J
16 Years	Sam H and Grace S
17+ Years	Brody N and Madison B



SPORT

WRITTEN BY AIMEE GUNDRY

The **Open Girls Soccer** campaign ended recently after a very courageous, heartfelt experience shared amongst the playing group. The team travelled up the hill to play The Forest High School in the knockout style competition. The opposition got 2 early goals in the first half, however the girls galvanised the team spirit and fought back by getting 2 of their own. When the final whistle blew Pitty went down 4-2. The result, an obvious disappointing experience seen by the raw emotions of the players, but an opportunity to build determination and passion to play better in life's future lessons ahead. Thanks ladies, for the shared memories, we gave it a great crack!



The **Open Boys Soccer** Knockout team faced a strong Barrenjoey High School team in round 1 of the CHS Soccer knockout tournament. PHS opened the scoring with an own goal in the first 5 minutes. BHS quickly returned fire and scored a couple of quick goals to place themselves in the lead. Tyrone F converted a penalty kick to have the score 4-3 leading into half time. BHS started the second half with 2 quick goals to make the score 6-3. As the game was nearing the end, the PHS boys weren't going to give up without a fight and Matt B scored 2 incredible goals, followed by a Finn L header to even the score. Full time whistle blew with the scores 6-6. It was decided to do a penalty shootout to decide the winner. With the atmosphere increasing, PHS students headed out to support our team in the final moments of the game. Jay W played an amazing game as GK and deflected 2 penalty kicks. Unfortunately, 3 of our kickers missed their goals in a clutch moment that saw BHS awarded eventual winners of the match.

Big congratulations to the PHS team (most in year 12) who put in a phenomenal effort and showed exceptional sportsmanship and skill throughout the game.



SPORT

WRITTEN BY GEMMA MICHAEL

OPEN BOYS BASKETBALL

The open boys basketball team had a strong start to the competition, winning 53-31 against Brisbane Waters in Terrigal.

However, unfortunately their competition would end early with a 10 point loss to North Sydney Boys high school in the second round.

Many of the year 12 boys have been playing basketball for the school since U15 and have made a significant contribution to the school teams.



SPORT

WRITTEN BY TAMARA COLE

AUSTRALIAN MOUNTAIN BIKING INTERSCHOOLS THREDBO AUSTRALIA 2025

Year 7 and 8 students Mason Lynch, Fraser Cate, Henley Nash and Cooper Meehan participated for Pittwater HS in the 2025 **Boost Mobile Australian Mountain Biking Interschools** event at Thredbo which features several mountain bike race disciplines and is attended by Schools across the state with hundreds of students competing in the range of events.

The key events were:

Pump Track: This race takes place on a circuit of banked turns and rollers, where riders generate speed through body movements rather than pedaling. Cooper did amazingly well coming 12th.

All-Mountain

The All-Mountain race combines elements of both climbing and descending, testing riders' endurance and versatility. Again Cooper finished competitively in 18th place.

Rockshox Downhill

This event focuses on descending technical terrain with speed and precision. Riders navigate a course that tests their bike handling skills and nerve, aiming for the fastest time from start to finish.

Flow Motion

The Flow race emphasizes maintaining momentum and rhythm over a course designed with rolling terrain.

A big congratulations to all the boys for their results at the Boost Mobile Australian Mountain Biking Interschools event.



SCIENCE

WRITTEN BY KATE BURNS

Year 12 Biology Excursion: A Visit to the UNSW Museum of Human Disease



On Tuesday, 18 February, our Year 12 Biology students embarked on an eye-opening excursion to the University of New South Wales' Museum of Human Disease. This hands-on learning experience provided an invaluable opportunity for students to deepen their understanding of human health and disease, complementing their HSC studies in infectious and non-infectious diseases. The students attended the excursion to gather information for their Depth Study assessment task.

The day began with an informative lecture by the museum's expert staff, focusing on epidemiology and non-infectious diseases. Following the lecture, students spent time in the museum investigating over 2,500 preserved specimens, gaining insights into the impact of various diseases on the human body. From the effects of cardiovascular disease to the consequences of lifestyle-related illnesses, students were able to see first-hand how pathology and medical science intersect.

To conclude the visit, students worked on their Depth Study primer task, researching a specific infectious disease of their choice. These sessions reinforced key syllabus concepts, such as epidemiology and disease prevention, through practical examples and group discussions.

The visit also sparked thought-provoking conversations about public health, medical research, and career pathways in science and medicine. Many students found the experience inspiring, gaining a new appreciation for the importance of disease prevention and medical advancements.

We extend our gratitude to the UNSW Museum of Human Disease for their hospitality and expertise, as well as to our dedicated teachers for organising this enriching excursion. It was an unforgettable day that left our students with a greater awareness of the complexities of human health and disease.

“The day began with an informative lecture by the museum’s expert staff, focusing on epidemiology and non-infectious diseases.”





SCIENCE

WRITTEN BY ALEX HOKIN

Science Extension Students Undertaking Real World Research

This year, eight outstanding Science students have taken on the challenge of the Science Extension course for their HSC. Science Extension allows students to design and conduct their own unique research projects under the guidance of teachers and, in some cases, external mentors.

At this stage of the year, students have developed their research questions, conducted an initial literature review, and designed methodologies to test their hypotheses. Their projects cover a diverse range of topics, from marine biology to quantum computing, and even dung beetles!

In late February, the first primary investigation began with the arrival of 200 dung beetles. With the help of Ms. Cole and the Science Extension class, the beetles were carefully sorted into breeding groups and placed into designated pots filled with sand and horse dung.

Mia, our resident dung beetle expert, is investigating their role in sustainable agriculture. Her research focuses on how dung beetles influence plant growth. Since these insects bury dung into the soil, they help integrate nutrients, aerate the earth, improve soil structure, and enhance plant root penetration. As such, their activity plays a key role in reducing contaminated water runoff from farmland, which helps prevent eutrophication. These amazing beetles also contribute to carbon storage in the soil and help reduce livestock exposure to parasites.

Mia's research has real-world implications for improving soil health and sustainability in agriculture, and is highly relevant to our school as we have an agriculture plot and the school is bordered by a tidal estuary! We look forward to seeing the results of Mia's study—as well as the exciting findings from the rest of our Science Extension students!

“Their projects cover a diverse range of topics, from marine biology to quantum computing, and even dung beetles!”

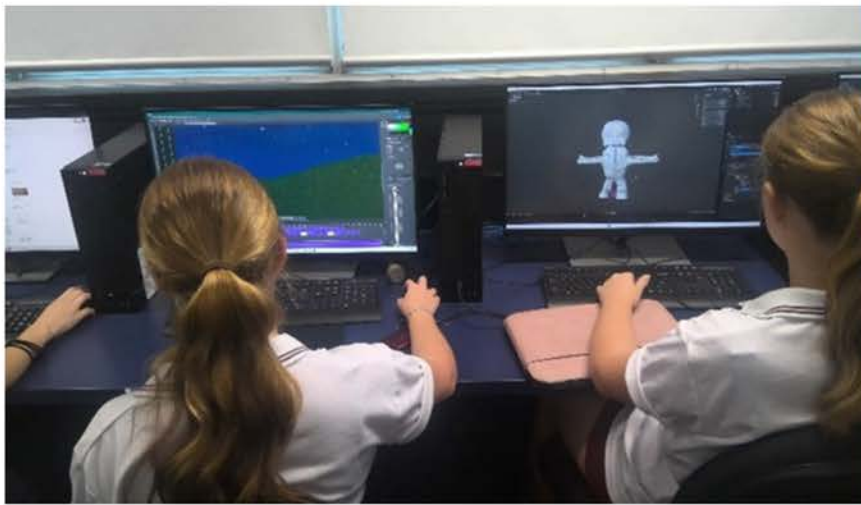
TECHNOLOGY & APPLIED STUDIES (TAS)

WRITTEN BY CAROLYN HAYES

STAGE 5

Industrial Technology Timber classes after completing their safety training for the workshops are working industriously on their timber projects. Year 9 are following plans to complete a spice rack. They are identifying and using appropriate materials, hand and machine tools to produce their project. Students are assessing and managing risks and consistently applying safe work practices. Year 10 are working on a bedside table using a lovely Tasmanian Oak. The sequential development of skills reflect an increasing degree of difficulty for each project. Students research the suitability of materials for specific applications and the functional, aesthetic, environmental and economic aspects of projects and commercial products.

“Students research the suitability of materials for specific applications and the functional, aesthetic, environmental and economic aspects of projects and commercial products.”



Industrial Technology Multimedia

The Multimedia focus area provides opportunities for students to develop knowledge, understanding and skills in relation to multimedia, photographic and associated industries.

Yr 11 Accelerated students are working on their Year 11 Major project with their chosen projects. These may include: 2D and 3D animations, augmented reality (AR) or virtual reality (VR) products, computer games, ePublications, individual photographic images and graphics (for print and/or digital display), videos, websites and apps.



TECHNOLOGY & APPLIED STUDIES (TAS)

WRITTEN BY CAROLYN HAYES

STAGE 5

Year 9 Design and Technology

Through design thinking and the stages of the design process Year 9 are working on a Sustainable House Project. Students are communicating their ideas from initial hand drawn concept sketches incorporating sustainable principles to refining these with the use of Computer Aided Design program Onshape. Sustainable concepts include passive design, insulation, renewable energy and water management. Designs will be refined through prototypes and foam core models.



Textiles Technology

In contrast to fast fashion Year 10 are into slow stitching and are reviving the art of hand embroidery. They are investigating colouration and decorative techniques through dying. These skills and designs will be used to embellish their own hoodie that they have constructed. Students document and communicate their design ideas applying contemporary technologies in their portfolio work that accompanies their project.

“Sustainable concepts include passive design, insulation, renewable energy and water management.”

“In contrast to fast fashion Year 10 are into slow stitching and are reviving the art of hand embroidery”



TECHNOLOGY & APPLIED STUDIES (TAS)

WRITTEN BY CAROLYN HAYES

STAGE 5

Yr 9 Food Technology

With a focus on Food in Australia Year 9 are busy researching and designing a recipe that reflects the eclectic nature of Australian Cuisine. In Week 10 they will prepare and present a food that reflect the changing nature of Australian cuisine. Students have examined the history of food in Australia, including bush tucker prepared in the past and present by Aboriginal and/or Torres Strait Islander Peoples and observed the native plants collected from our own school gardens.

The influence of early European settlers, together with continuing immigration from a variety of cultures, and examining the subsequent effects on contemporary Australian eating patterns are also studied. Food Preparation this term included Wattleseed Scones, Meat pies, Kangaroo San Choy Bau, Lemon Myrtle Cheesecakes and Beef Wontons with Chilli Dipping Sauce.



Year 10 Hospitality have started their studies in a Certificate I Hospitality in Food and Beverage. This is a Nationally accredited Vocational Education and Training (VET) course. The core areas of study include :

- Participate in Safe Work Practices
- Use Hygienic Practices for Food Safety
- Provide Customer Information and Assistance
- Prepare and Serve Espresso Coffee

The skills developed this term will be put to the test with running the School Café "**Garys Place**" starting in Term 2. Tuesday mornings are an early start to prepare smoothies, pancakes, bacon and egg rolls and breakfast wraps to serve with a variety of espresso coffees.



 **GARY'S PLACE** 

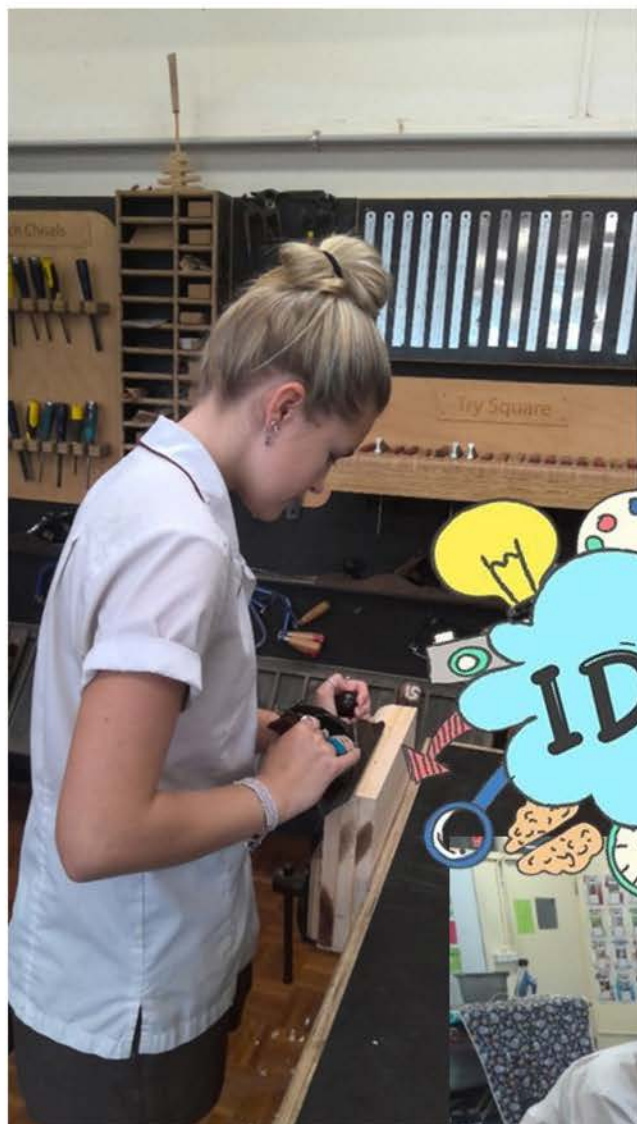
TECHNOLOGY & APPLIED STUDIES (TAS)

WRITTEN BY CAROLYN HAYES

STAGE 6

Industrial Technology Timber, Multimedia and Textiles and Design

Students in Year 12 are invested in the production of their HSC Major Projects. The inception of these projects started in Term 4 last year and they are showing great focus and determination in their production and manufacture. We look forward to seeing the final results in Term 3.



TECHNOLOGY & APPLIED STUDIES (TAS)

WRITTEN BY CAROLYN HAYES

STAGE 6

Food Technology

Year 11 are looking at Food Availability and Selection and the influences on what we eat in Australia. They researched Historical, Political, Social and Environmental factors that impact what we choose to eat and used this to prepare and present a food item that reflected these influences.



Year 12 Food Technology have put their design skills to the test in the Food Product Development Unit. The design task was to create a new biscuit range including complying with the Food Standards Code to create a nutrition panel and correct packaging and labelling. The TAS staff were lucky to taste test a variety of delicious cookies.



TECHNOLOGY & APPLIED STUDIES (TAS)

VET HOSPITALITY

WRITTEN BY THERESE FRANGOS

Throughout this term, the VET Hospitality students in Years 11 and 12 have been very busy, preparing and presenting food for Pittwater High's open night and the swimming carnival. These events teach the students to prepare and cater to people on a much wider scale. These occasions provide invaluable experiences for the students to work together and gain insight into the dynamic Hospitality Industry.

Congratulations to the Food and Beverage classes in particular for their polished presentation of the menu for Open Night which consisted of apple rosettes, tea sandwiches and a Ginger Lime Fizz mocktail.

The staff who attended the swimming carnival were treated to a choice of either a chicken Soba Noodle salad or a Quinoa Haloumi and Pomegranate salad. Both salads were prepared and boxed up by our Hospitality classes early that morning.

I am very proud of the student's skills, commitment and enthusiasm demonstrated this term.



Dear parents, guardians and carers

Re: Nationally Consistent Collection of Data on School Students with Disability (NCCD)

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the Disability Standards for Education 2005, in line with the *NCCD guidelines* (2019).

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy](https://www.education.gov.au/privacy-policy) (<https://www.education.gov.au/privacy-policy>).

Further information about the NCCD can be found on the [NCCD Portal](https://www.nccd.edu.au) (<https://www.nccd.edu.au>).

If you have any questions about the NCCD, please contact the school.

Kind regards

Michaela Flood & Penny Waters

Learning Support Teachers

WELLBEING

WRITTEN BY CHRISTIE JONES

Thank you to all the parents and students who have supported the wellbeing programs that have been implemented this term. For the first time at Pittwater High School, we implemented a self-defence course for Year 9 female students. The purpose of this program was to teach our female students about intuition and when they should listen to it to ensure that we are boosting their self-confidence. We were fortunate enough to have the program led by the CEO and founder Mel Thomas who aimed to teach students practical self-defence techniques. KYUP! It runs around Australia and will now be a permanent feature in our wellbeing roster. If you would like to read more about the project, please access the following <https://kyupproject.com.au/>.



Further, Year 10 male and female students participated in the first of their three Tomorrow Man/ Tomorrow Woman workshops. In the female session, students unpacked the expectations placed on women today and how they can use strategies to implement their voices. The purpose is to help students build confidence, gain a stronger sense of empathy for those around them and how to move past judgement. Further, in the male session, they covered what expectations men face today and were introduced to 'conversations with gravity'. They practiced speaking with honesty and genuinely engaging in conversations through thoughtful questions. While these workshops brought up a range of emotions, we have received a lot of positive feedback from both parents and students. We look forward to implementing further programs next term!

“For the first time at Pittwater High School, we implemented a self-defence course for Year 9 female students.”

“Year 10 male and female students participated in the first of their three Tomorrow Man / Tomorrow Woman workshops”

High Achievers Assembly

BY MEL GREGAN

At the beginning of Term One we came together to celebrate the outstanding achievements of the 2024 year 12 cohort. This assembly recognises those who have achieved at least a band 5 in all their HSC subjects or who have achieved a band 6 in at least one of their subjects, it also acknowledges those who have had a major work nominated for one of the exhibitions. As part of the assembly Jack Torta, one of the 2024 school captains, addressed the school. His advice can apply to all of our students and is worth reviewing.

Good morning teachers, students, executives, special guests and the amazing group of high achievers. My name is Jack Torta and I'm studying Advanced Science/Pre-Med at UTS this year.

I remember listening to speeches like this and wondering what advice I'd actually use. The truth is, everyone has a different definition of success and there's no perfect path to one's own success. It's not about being the smartest or having everything figured out. It's just about showing up, putting in the effort, and not giving up when things get tough.

For those of you in Years 11 and 12, one thing you truly never understand until it is over is how fast these years will fly by. The workload picks up, expectations rise, and it can feel overwhelming at times. What made the biggest difference for me was learning to use the support systems around me; teachers who genuinely wanted to help, friends who kept me motivated, and even just the structure of a good study routine. Success isn't about doing it alone. Ask for help when you need it, lean on the people who lift you up, and don't let stress stop you from making the most of your final years.

If I was to warn you about one thing, it is that, as the English writer Edward Young puts it, "procrastination is the thief of time". The amount of times I heard the phrase "my academic comeback is happening soon" from both myself and my friends would astonish you. Procrastination was one of the main stressors of my year 12 experience and I would highly recommend stopping the habit before it is too late.

However while procrastination is bad, keeping a balanced lifestyle whether through sport, music, hanging out with your friends, or just taking time for yourself, will help you go further than trying to push through nonstop. While it is a challenging task to juggle all commitments and the looming figure of that dreaded final number may be all you can think about, I heavily implore that you take a chance at every opportunity that comes your way. These opportunities, whether it was in leadership, sport or music, are what made my senior years at PHS.

And if you're in Years 8-10, now is the time to start setting yourself up. Try every opportunity that is possible; clubs, competitions, leadership, sports because you never know what might click. The habits you build now, like staying curious, managing your time, and putting effort into the things you care about, will make everything easier later on.

At the end of the day, everyone's path looks different. What matters is that you back yourself, take the opportunities that come your way, and trust that the effort you put in now will take you further than you can imagine.

“

It's not about being the smartest or having everything figured out. It's just about showing up, putting in the effort, and not giving up when things get tough. ”



Pittwater High School presents

MAMMA MIA!™



Music and lyrics by
**Benny Andersson
& Bjorn Ulvaeus**
and some songs by **Stig Anderson**

Book by
Catherine Johnson
Originally conceived by
Judy Craymer

5 SHOWS ONLY

Wednesday 7th May

Thursday 8th May

Friday 9th May

Saturday 10th May

tickets available at:

Trybooking.com



These performances of MAMMA MIA! are licensed exclusively by Music Theatre International

Pittwater High School

School holiday works notification – Autumn | 2025

Dear staff, parents and carers,

The school holidays are the ideal time to complete maintenance and project work across the state without disrupting learning.

Planned work over the Autumn School Holidays

We are starting the first stage of the bathroom upgrade at Pittwater High School, which includes demolishing the girls toilets, change rooms and showers in Building B.

This work has been planned during the Autumn School Holidays – from the end of the school day on Friday 11 April and into Term 2 2025. Works are due to be finished by mid 2025. This work will not disrupt learning and teaching at the school.

The wall panels in the Building B toilets contain bonded asbestos as listed on the school's asbestos register and will be removed during the school holidays.

NSW Health explains that 'living or working with asbestos, or just being around it, is a low risk to your health as long as the asbestos is in good condition and not damaged'.

The toilet area will be isolated within a construction zone, with signage and air monitoring in place during the asbestos removal work.

All work will be done in accordance with work health and safety laws and the NSW Department of Education's Asbestos Management Plan. All work will be completed by licensed asbestos contractors and inspected by an independent hygienist.

The girls toilets in Building B will remain isolated in Term 2 2025 to allow construction to continue. Alternative temporary toilet facilities will be installed at the school for students to use during Term 2 2025.

Progress update on air conditioning

The installation of new air conditioning units started in March as planned and is on track to be finished by mid 2025.

The health, safety and wellbeing of all members of our school and the local community are our highest priorities.

If you have any questions about this work, please contact the NSW Department of Education on the details below.

Thank you for your cooperation during this important work.



Email: schoolinfrastructure@det.nsw.edu.au
Phone: 1300 482 651
www.schoolinfrastructure.nsw.gov.au

P&C News

Welcome to 2025

How can it be April already? Term one has really flown and we hope everyone has settled in. For starters we would just like to say a huge thanks to all those who came to the first P&C Meeting on 5 March. It's always great to see new faces and hear feedback and interest from families wanting to get involved. And welcome to the new staff and volunteers in the uniform shop and canteen!

P&C Questionnaire

Now it's time to hear from you!! We would love to hear about what events you might like to attend, how you would like us to communicate, if you have any input, suggestions, concerns or would like to get involved. Can you help us by taking 2 minutes to fill in this questionnaire so we can ensure we are best helping our community?

[QUESTIONNAIRE LINK](#)

Upcoming changes to Uniform Shop

Throughout Term 1 the P&C have reviewed our uniform shop operations and have planned a few changes to streamline the ordering and collection process. Our objective is to continue to provide a great service to our school community.

Starting in Term 2, Uniform Shop orders will be via the Flexischools app. This change will streamline the ordering process by using the same system as canteen orders, and simplify our stock ordering and tracking process.

For Term 2 and 3, the uniform shop will be open on Tuesdays to assist students in their fittings, however collection of Flexischools orders will be available every day via the canteen. Further details of how to collect an online order will be provided at the start of next term.

Who are the P&C and what do we do?

Our main aims are to foster community engagement, ensure good communication, advocacy and representation of our families when it comes to decision making at the school. We also raise funds to support specific projects and upgrades to the school facilities. Finally we also support the operations of the band, lockers, school canteen and uniform shop. If you would like to read more about what the P&C do, see the minutes, contacts and more about us, please click on the PHS P&C website link here. Last year we had the fabulous Trivia Night event and 2 election BBQs, Donated Soccer Balls, Canteen / Uniform shop updates, Supported the school in the For Every Child Campaign and the funding for air con and an updated toilet block, plus the band successfully hosted the Canadian and Japanese billets.

Get Informed!

Would you like to join our mailing list? Just sign up here to be updated on latest news and events. AND follow us on socials [Instagram](#) and [Facebook](#) - and search Facebook to find your year group page.

[JOIN OUR MAILING LIST](#)

P&C MEETING DATES

28 May
20 August
12 November

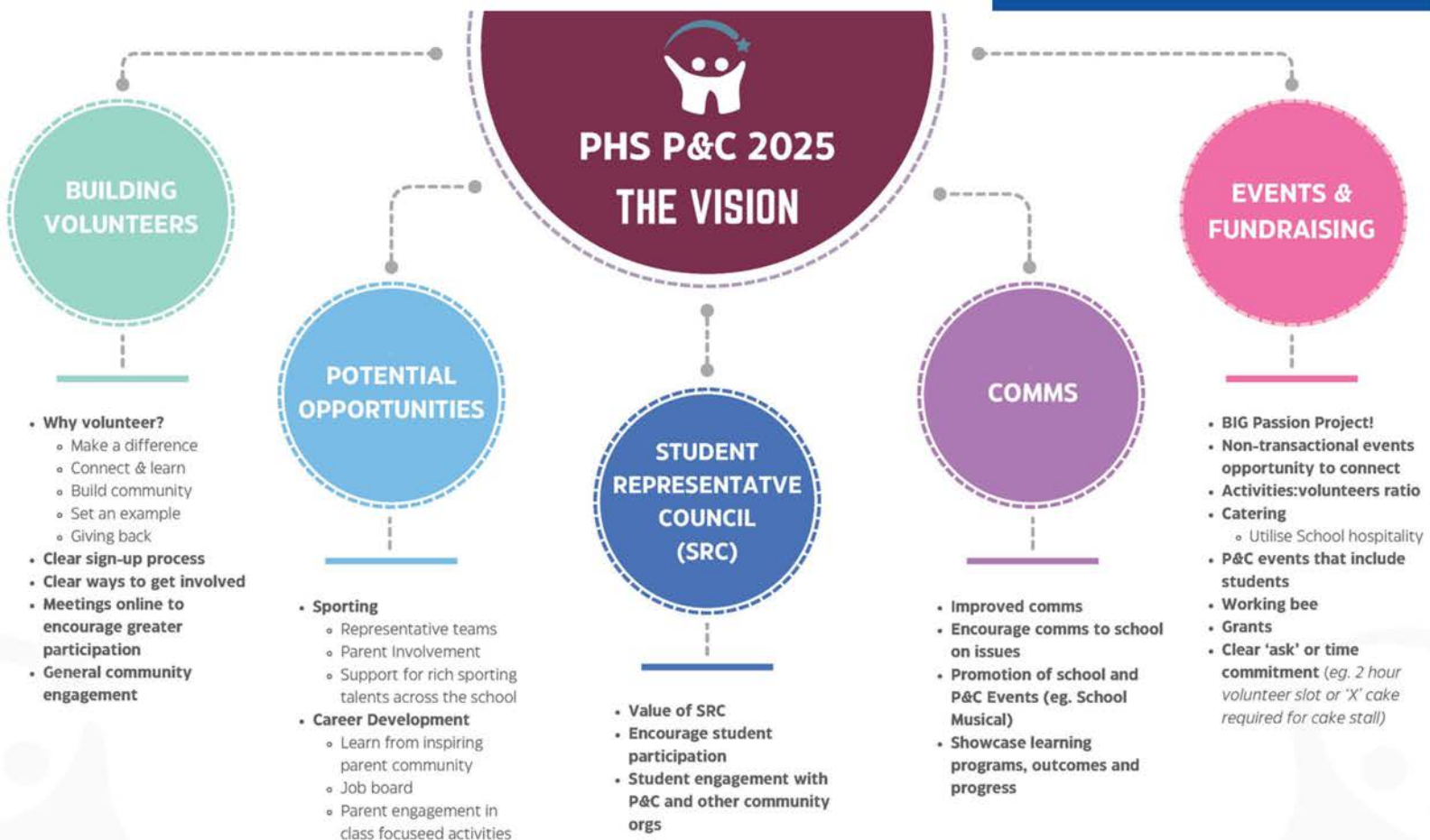
[Past Meeting Minutes](#)

P&C News

Year 7 Welcome

Thank you to the families who visited us at the year 7 & 12 parent teacher night. It was great to connect with new faces and share afternoon tea and a chat. If you couldn't make it, we'd love you to fill in our feedback form and join the mailing list (links on previous page).

A big congrats also to the winners of the Easter egg guessing competition Asher C and Sadie J.





NSW School Vaccination Program 2025

Pittwater High School

Dear parents/carers

If your child is in **Year 7** or **Year 10** you can provide **online consent** for their **routine school vaccinations**.

- **Year 10:** Meningococcal ACWY, school clinic: Friday the 4th of April, 2025
- **Year 7: Diphtheria-tetanus-pertussis (dTpa)** school clinic Tuesday the 3rd of June
- **Human Papillomavirus (HPV)** school clinic, Tuesday the 17th June 2025

Vaccinations will only be provided at school if proper consent has been received.

How to provide consent:

1. To complete online consent for your child's school vaccinations, visit:
<https://nswhealth.service-now.com/school> and login using your ServiceNSW details.
 - This is the same account you may already use to renew your Driver's Licence.
 - Refer to Service NSW to create an account if you don't already have one.
2. **Update or confirm** your personal details in Service NSW as required.
3. **Complete the School Vaccination Consent Form for your child.**

Read a step-by-step [guide on how to provide consent online](#). Translated guides are available in [Arabic](#), [Korean](#), [Simplified Chinese](#), [Traditional Chinese](#), [Vietnamese](#).

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

The benefits of providing consent online:

- easily update your child's details
- receive SMS and/or email notifications when vaccinations are given
- faster upload of vaccination records to the Australian Immunisation Register (AIR)

For more information on routine school vaccinations, please visit
www.health.nsw.gov.au/schoolvaccination

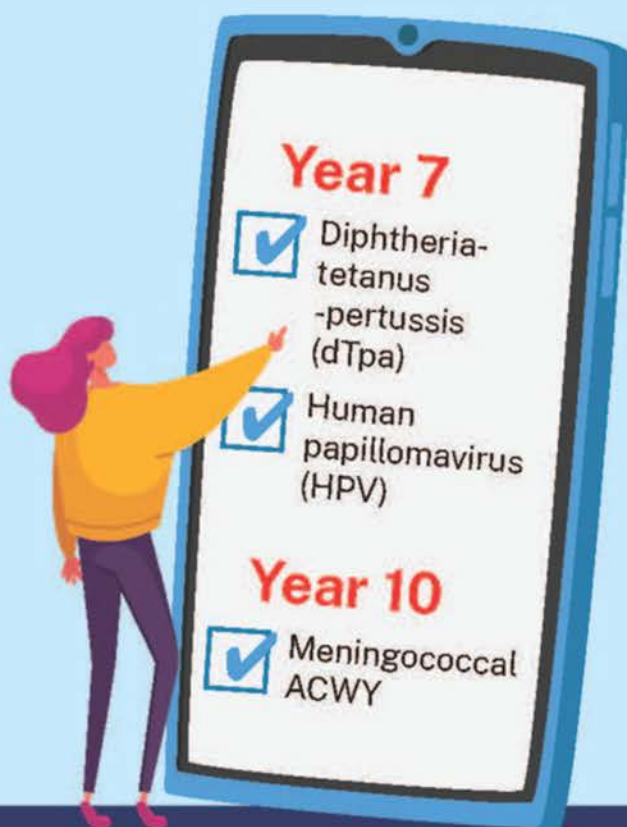
If you require information in your language, please visit
www.health.nsw.gov.au/immunisation/Pages/school_vaccination_language.aspx

If you have any questions or concerns, please contact Miss Jones (Girls' Advisor) via the School Office 02 9999 4035.

Is your child in year 7 or year 10?



**Provide your consent for routine
school vaccinations online**



**Scan the QR code to
give your consent now**



To provide online consent visit:
<https://engage.health.nsw.gov.au/engage>

For more information visit:
health.nsw.gov.au/schoolvaccination

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SHPN (HP NSW) 220990.

NSW Health

Tap on and tap off every time

because it tells us how many people are using public transport. This allows us to better plan services for you.



It is a condition of the School Pass Terms and the Student Codes of Conduct when travelling that students in possession of the School Opal card must tap on and tap off every time when using public transport to travel to and from school. Per section 3.2 of the Opal Privacy Policy, Transport for NSW collects information from taps on and taps off to support coordination, planning and policy development for transport, transport services and transport infrastructure.



Tap on and tap off your
School Opal card every time

Need a new Opal card?

To replace a lost or stolen School Opal card, go to:
transportnsw.info

FROM MONDAY 24TH FEBRUARY THROUGH TO FRIDAY 11TH APRIL, THE USUAL \$10
REPLACEMENT FEE WILL BE WAIVED.

The School Opal card

The School Opal card gives eligible students free or discounted travel between home and school using metro, train, bus, ferry and light rail services you nominate in your application.

Who can apply?

To be eligible for a School Opal card, students may need to live a minimum distance from their school:

Years K-2 (Infants)

There is no minimum distance.

Years 3-6 (Primary)

More than 1.6km straight line distance or at least 2.3km walking.

Years 7-12 (Secondary)

More than 2.0km straight line distance or at least 2.9km walking.



Better together

The School Opal card is only for travel to and from school. So it's a good idea to get a Child/Youth Opal card for travel after hours, on weekends or during school holidays.

Child/Youth Opal card benefits

- Concession fares across the Opal network
- Half-price travel after eight paid journeys each week*
- \$1 transfer discount for every transfer between modes (metro/train, ferry, bus or light rail) as part of one journey within 60 minutes from the last tap off†
- Set auto top up and link it to your credit or debit card so there's always enough value on the card to travel.

Find out more at transportnsw.info/opal or pick one up from an Opal retailer. To find a retailer in your area visit transportnsw.info/opal-retailers

If you live too close to be eligible for free travel, you may still qualify for a School Term Bus Pass, which offers travel on buses between home and school at a discounted rate for the whole school term.

Who needs to apply

A new application is only required if the student has not had a School Opal card before.

If the student already has a School Opal card and is changing schools, campuses or home address, you will need to update their Opal card for the new school year before mid-December at transportnsw.info/ssts-update

How to apply

Applications for next year open at the start of Term 4 this year.

Step 1

Once the new school has confirmed your child's enrolment, complete the application at transportnsw.info/school-students

Step 2

The school endorses your application.

Step 3

Once Transport for NSW has approved the application, a School Opal card will be sent to the address provided on the application.

Secondary students aged 16 and over can travel with a Child/Youth Opal card when carrying a Transport Concession Entitlement Card. To apply contact your school or institution.

*Excluding Sydney Airport station access fee.

Privacy

For information on how we handle personal information please refer to the Opal Privacy Policy at transportnsw.info/tickets-opal/opal/opal-privacy-policy and the School Pass Terms transportnsw.info/school-pass-terms

A parent or guardian must apply for students 15 years and under. Students 16 years and over can apply for themselves.



School Holiday Activities

Dee Why

**Tuesday
15 April**

Interview Skills

**Wednesday
16 April**

What do Employers
want?

**Thursday
17 April**

Palm Beach Day out

**Tuesday
22 April**

Resume's

**Wednesday
23 April**

Cover Letters



Register with Sarah Kingwell

Mobile: 0481 729 943; or

Email: sarah.kingwell@omnia-inclusive.com.au

Beach2Beach PHS Team!

Beach2Beach is approaching on 24th August 2025, and while it might seem far away, entering early is rewarded by discounted pricing! 3km, 6km, 14km and NEW 21km distances are available, and both running and walking participation is encouraged!



To join our team, enter online and select 'join a team', and then the 'Pittwater High School' team. We would love as many students, family members and teachers representing PHS as possible. Please contact Miss Savage with any questions.



Former students Thymo and Hugo after finishing the 6km and 14km events respectively in 2024.

Dee Why 2025 EDGE (Employment Development Group)- Get Ready!

Each unit is 4 weeks (some have a recap session)	Tuesday	Wednesday	Thursday
April 2025	9:30am-2:30pm	9:30am-2:30pm	Individual support
Meeting 9:30am-10am			
Session One 10am-11am	Personal Presentation Review 8 th April Interviews	Dealing with Setbacks Review 9 th April Cover Letters	<i>To book in individual support please reach out</i>
Morning Tea 11am-11:15			
Session Two 11:15am-12:30pm	Resumes Review 8 th April Rights & Responsibilities	What do Employers want Review 9 th April Resilience	<i>This day will also be allocated for work placement support</i>
Lunch 12:30pm-1:30pm	-	-	
Session Three 1:30pm-2:30pm	Staying motivated Review 8 th April Strengths & Weaknesses	Age Care Industry Review 9 th April IT Industry	
	Tuesday	Wednesday	Thursday
May 2025	9:30am-2:30pm	9:30am-2:30pm	Individual support
Meeting 9:30am-10am			
Session One 10am-11am	Transferable Skills	Interview Skills top 5	<i>To book in individual support please reach out</i>
Morning Tea 11am-11:15			
Session Two 11:15am-12:30pm	Start enter and Exit conversations	Boundaries	<i>This day will also be allocated for work placement support</i>
Lunch 12:30pm-1:30pm			
Session Three 1:30pm-2:30pm	Self-management Organisation	How to find a job	
	Tuesday	Wednesday	Thursday
June 2025	9:30am-2:30pm	9:30am-2:30pm	Individual support
Meeting 9:30am-10am			
Session One 10am-11am	Managing Emotions	Making Small talk	<i>To book in individual support please reach out</i>
Morning Tea 11am-11:15			
Session Two 11:15am-12:30pm	Handling Disagreements	Good Work Ethic	<i>This day will also be allocated for work placement support</i>
Lunch 12:30pm-1:30pm			
Session Three 1:30pm-2:30pm	Teamwork	Stress management	

We're coming to town

Give life. Give blood in Mona Vale.

10 to 13 April



We're rolling in to:

Mona Vale

Surfview Rd
MONA VALE NSW 2103

Open daily

Book your donation now



13 14 95



give blood



Lifeline Saving
Lives

Crisis Support. Suicide Prevention.

GIANT BOOK FAIR

**Forestville
Memorial Hall
Starkey Street**

**\$10
EARLY BIRD
ENTRY
WED
8am-11am**

9-12 April

Wed 11-6 • Thurs 9-6 • Fri 9-6 • Sat 9-3

Lifeline Book Fairs raise funds for Lifeline's crisis support and suicide prevention services. Visit **www.lifelineb.org.au** to find out more.