



THE WEEKLY PINES

Manly Selective Campus

Northern Beaches Secondary College



Academic Excellence ♦ Personal Best ♦ Giving Back to the Community

Principal : Mr Tony Rudd

Deputy Principals: Ms Cath Whalan
Ms Deb Rixon (Rel)

13 November 2015 – Newsletter No 36

From the Principal

Focus on Wellbeing

Our school has a resolute focus on the wellbeing of its students and staff. It is one of our three strategic directions for the years 2015 – 2017. As stated in our strategic plan, “Student and staff wellbeing is the concern of every member of our school community. It covers the emotional, social and intellectual wellbeing of all, as well as their safety, conduct and behaviour. Whole school programs will support students to achieve their personal best, develop resilience and flourish.”

This is a wonderful overarching statement, but how is it to be implemented, and what are the programs that will support students? In the lead up to the conception of our strategic plan, staff at our school and those based at the NBSC College Administration Centre, investigated and analysed various strategies based on positive psychology.

The Positive Psychology Institute of Australia states that “Positive Psychology is the scientific study of human flourishing, and an applied approach to optimal functioning. It has also been defined as the study of the strengths and virtues that enable individuals, communities and organisations to thrive.” PPI recognises that people, in the main, want to lead meaningful and purposeful lives and have a desire to enhance their lives at work, in relationships and at play. Much of this can be attributed to the work of Martin Seligman, who in 1998 as President of the American Psychological Association asserted that psychology should focus on building on the positives in one’s life rather than concentrating on healing damage.

Dr Suzy Green, author of *Handbook of Positive Psychology in Schools, 2nd Edition*, who presented to Northern Beaches Secondary College staff at a recent College Development Day, also recognises

that there is a “need to develop students in a more holistic way – with a stronger focus on well-being.”

Our students have so many positives in their lives that we too wish to build on these positives and encourage them to flourish.

At Manly Selective Campus, the focus of our wellbeing programs will be founded on the work of William Glasser, whose approach to positive psychology, *Choice Theory*, is founded on *Seven Caring Habits*: Supporting, Encouraging, Listening, Accepting, Trusting, Respecting and Negotiating Differences. Glasser suggests that these seven habits can be used to support people to realise their strengths and move away from negative thoughts and actions – his *Seven Deadly Habits*.

With the socially aware, righteous and considerate students that we have the pleasure of working with at Manly, it was felt that this approach could be effectively used to further build their acceptance of, and resilience to, issues that may arise which could cause them concern. We believe that our students can confidently work with the axioms of *Choice Theory*, the key one being that the only person whose behaviour we can control is our own. As staff and parents, we can certainly encourage our students to live by this axiom and use it to develop positive thoughts and actions directed to achieving personal best.

The concepts and practices associated with *Choice Theory*, however, will not just happen. To ensure that students’ needs are catered for across the school we have, and continue to, invest time and financial resources into its implementation. To date, we have had approximately 30 staff participate in a four day intensive training course in *Choice Theory* presented by leading Australian trainer, Judy Hatswell. Another 16 will be trained next week. This ensures that a critical mass of our staff are trained and hence the ‘language’ of *Choice Theory* will be consistent across the school.

Teachers who have already attended include most of our executive staff, our welfare team and other staff who expressed early interest. Staff who have completed the course have stated that “it was the most useful, relevant professional learning that I have ever done”.

Further to the *Choice Theory* model, our students are also very eager to support their peers’ wellbeing. I was very fortunate on Wednesday to meet with our Student Executive to discuss their ideas. Earlier this year, Connor Lambrou and Kristy Bergmark were selected to attend a leadership forum with students from across the state to discuss student wellbeing. As a result of this, and through further consultation with our student leaders, they have put proposals to the school to enhance wellbeing specific to the needs of Manly Selective Campus students. Strategies put forward at our meeting include the introduction of ‘focus weeks’ for student wellbeing, parent awareness courses or projects, linking with professional external providers of wellbeing programs and a Student Action Team to further investigate the needs of our students.

Our recently restructured Pastoral Care program has been identified as one avenue whereby these wellbeing programs can be introduced and implemented into our curriculum.

I recently asked our school counsellor, Mr David Martin, to provide me with a summary of the numbers of students who had seen him regarding a range of wellbeing issues. This summary will form part of our baseline data from which we can measure improvement. Our strategic plan calls for a 10% improvement annually in wellbeing measures and an increase in student resilience and resourcefulness. I am confident that with the ongoing implementation of *Choice Theory*, the continued professional learning of staff and the direct input from students and parents, we can meet these goals.

Year 12 Graduation

It was wonderful to welcome our Year 12 students back to the school on Monday evening for their Graduation Ceremony, to pay tribute to them and their achievements in school based assessment and curriculum enrichment activities, and to celebrate with them and their families the successful completion of 13 years of school education.

Various staff paid tribute to the contributions that this cohort has made to the school, not only academically, but in areas such as music, drama,

debating, sport, SRC, mentoring and leadership roles. Of particular note, Mrs Harrison, who had been their Year Adviser for the past three years, spoke of the special relationship she had built with the group and what it has meant to her to be involved with such a fantastic group of young men and women.



School Captains Alice and Blake thanked the school and the collective parents for their support over the years and then paid tribute to their ‘special’ Year Adviser, finally presenting her with a gift, along with a print of the entire cohort posed on ‘The Slab’, our affectionately named Year 12 area.



While this is always an emotional time, it is also very rewarding to see Year 12 move to the next phase of the lives, confident in the knowledge that they will move on to bigger and better things in tertiary study and the work force.

A special thank you needs to be extended to the many parents of our current Year 11 students who made the evening extra special by providing the catering and decorations for the afternoon tea that followed the ceremony. This is yet another example of the strength and support of our community for all students and their families.

Congratulations Year 12 and we look forward to welcoming you back for the ATAR Morning Tea on Thursday 17 December.



Freshwater Community Bank Scholarship

Also on Graduation Night, it was our pleasure to welcome Mr Peter Harley, a Director of the Freshwater Community Bank to present the bank's scholarship to one of our students. This year, the scholarship was awarded to Isaac Arnold. The Freshwater Community Bank provides a scholarship to one student in each of the high schools in its service area. The scholarship is to be used to support the student through their tertiary studies and is yet another way in which the bank supports their local community.

Isaac has an outstanding academic record at the school as well as being an integral member of various music programs. He has positively contributed to the Symphonic Wind Orchestra and various ensembles within our jazz stream. He has represented our school with distinction both at school performances, community events and statewide and international tours. One key example of Isaac's ability and commitment to our community was his ongoing willingness to perform for the Cerebral Palsy Alliance in both their care houses and formal fund raising events. This was an extremely welcomed commitment which presented much needed support and awareness rising to the Alliance and credit to our school.

Further to these, Isaac has represented our school in sport. He was an integral member of our highly successful Open Boys Touch Football team. In his final year, he captained this team exhibiting both skill and, more importantly, great sportsmanship. In this role he was able to exhibit the dedication, enthusiasm and high moral standards which we had known of him in other contexts. He fitted perfectly to the role of leader.



Eurovision Judge

It was an absolute pleasure to learn that Year 9 student, Mara Van Duyl has been selected as a member of the Australian Jury to judge the 2015 Junior Eurovision Song Contest. Mara will join television entertainment presenter Richard Wilkins, founding Red Wiggle Murray Cook, Playschool alumnus Monica Trapaga, children's entertainer Ben Thatcher and signing coach Natasha Cupitt on the Australian panel.

This will no doubt be an enriching experience for Mara as she works with these industry professionals in handing out the 'douze points' to their favorite acts. We very much look forward to hearing of Mara's involvement.

Royal Performance

Year 9 student Ben Devries, as a member of the NSW Public Schools Jazz Orchestra, had the privilege of performing at a garden reception in the presence of Their Royal Highnesses The Prince of Wales and The Duchess of Cornwall at Government House on Thursday. This reception was hosted by His Excellency General The Honourable David Hurley AC DSC (Ret'd) and Mrs Hurley.

This is yet another experience that will surely live long in the memory of Ben and his fellow ensemble members.

Tony Rudd
Principal

From the Deputy Principals

On Thursday this week Year 7 students were introduced to the Game Training Roadshow, a program designed to motivate students toward Information Technology. A follow up 3-hour incursion, to provide the opportunity for all students to learn to create their own commercial quality video games, has been planned for interested students on Tuesday 24 November. Please contact Ms Farrow for more details.

Year 9 students are back to school after the three day Somerset Camp last week. A huge thank you goes to Mrs Walker, Ms Cowan, Ms Legg, Mr Leung, Mr Somerton and Ms Taylor for giving their time and energy to ensure this outdoor education adventure is such a success. Please see the report and photos later in this newsletter for more details.

Year 12 2016 are most excited to now have their Year 12 jerseys. Thank you to Alex and others involved in the organisation of this important Year 12 'rite of passage' – the students very much appreciate your efforts and enthusiasm. The next step of the HSC journey will involve completing assessment tasks in most courses before the end of the term. Remember to use your strengths to ensure you manage your time wisely and always ask for assistance if you need any help.



Cath Whalan
Deputy Principal Years 7, 9, 11



The Year 12 Graduation ceremony took place on last Monday 9 November at Freshwater Senior Campus. This enjoyable event was an opportunity to celebrate the achievements of our students with their family and teachers. Once again the students looked most impressive in their formal attire! Thank you to Nati Fernandez and the Year 11 parents who coordinated the afternoon tea, the

Office Staff and Ms Harrison (Year 12 Year Adviser) who ensured the ceremony went so smoothly and to all the Year 12 parents who have supported the students throughout this busy year. We look forward to seeing as many students as possible at the HSC Celebration Morning Tea from 10am on Thursday 17 December in the School Library.

This week Year 10 have spent many hours in the Hall, completing their Yearly examinations in some subjects. On Wednesday they did the Problem Challenge. Many thanks to Ms Munro for coordinating this opportunity for students to demonstrate their ability to integrate knowledge and skills across a range of subjects to address a real-world problem. Thursday they sat for their Yearly Mathematics and Science examinations. Giving Year 10 students the opportunity to sit their exams under these conditions is great preparation for senior school. Next week some students will be presenting their Digital Learning Portfolio. Thank you to those who have volunteered to be part of this valuable opportunity for students to reflect on their learning as they prepare for Stage 6.

Next week Year 8 will be continuing their participation in the High Resolves program. It aims to develop leadership skills by having students participate in hands-on social action projects which build their skills and confidence to be effective socially-conscious leaders in their schools and communities.

Deb Rixon
Deputy Principal Years 8, 10, 12 (Rel)

YEAR 10 DRAMA
presents
ALICE IN
WONDERLAND

Performance space
(in the TAS block)

Tuesday 17 November
@ 6.30pm

All welcome

An Invitation to Everyone

Farewell to Bill Baker & Peter Dawes

The invitation to their retirement party is open to parents and to ex-students as well as staff members, present and past.

DETAILS:

Thursday 26 November
Upstairs @ The Deck (*note change of venue*),
The Strand, Dee Why, from 6pm onwards.
Cost: \$50 per head – includes food and gift.
Drinks are available at the bar.

Please RSVP by 18 November. Phone Margaret
Taylor on 9905 3982 or
Margaret.taylor4@det.nsw.edu.au

Pay by direct deposit – BSB: 012243 Account:
386628844. Account name: Manly Staff Social Club.
Please include your name as reference.

If you can't attend the event but would still like to
send your best wishes to them, please do so via our
school email:

nbscmanlys-h.school@det.nsw.edu.au

SECOND HAND UNIFORMS

SECOND HAND CLOTHING POOL
Located under the TAS Block

**Next open Tuesday 1 December
from 8.15 – 9.15 a.m.**

**Also open for Orientation Days
Thursday 3 & Friday 4 December**

Co-ordinators: Marg Martin and Chris Schaller
Please contact us if you can't get to the shop
and would like to place an order.

margaret.martin@optusnet.com.au

or 0404 865765

christins@ozemail.com.au or 0419 488 130

For second hand band blazers (buy & sell) and
new & pre-loved band polo shirts contact
Fiona Cantwell on fionamb@iinet.net.au

**CAN'T BELIEVE HOW MUCH THE KIDS
HAVE GROWN?!!**

**WE NEED SMALLER SIZED UNIFORMS
URGENTLY FOR ORIENTATION DAY !!**

Donations of all uniforms are most welcome.

Please leave at the school office.

All proceeds go to the P&C for projects
around the school.

HSIE Report

In recent weeks, there has been a lot of activity
across the HSIE faculty.

On 28 October the ASX Schools Sharemarket Game
rounded up, with students in Commerce and
Business getting an interactive experience investing
a theoretical \$50,000 on the Australian share-
market for 12 weeks. A number of students made
significant gains during this period, one student in
particular a stand-out; Theo Guichon made a gain
of 27.6% over this period with a final total of
\$63,780.24. This gave Theo a ranking of 2nd in NSW
and 4th in all of Australia. Congratulations Theo!

Last week, all of Year 8 had their second semester
HSIE activities. Year 8 Geography attended Taronga
Zoo, gaining a better awareness of endangered
species and habitats in preparation for their
upcoming Project Based Learning task. While doing
so, they had the opportunity to not only see the
animals up close, but also touch a variety of animals
including possums, quokkas, snakes and turtles.

Meanwhile, the other half of Year 8 were provided
with some hands-on and interactive activities for
History, demonstrating aspects of medieval times
and indigenous culture. This included throwing on
some of the protective equipment used in the
medieval period as well as giving the swords and
spears a go before learning how to throw
boomerangs.

This week the school heard about the significance
of Remembrance Day, with an overview of its
history and importance at the whole school
assembly. The following day, the whole school
community paused at 11am to reflect, with the Last
Post played by James Meadows from the
quadrangle, followed by a minute's silence.

In the coming weeks, Year 7 will be heading to
Homebush to study the environment including how
it's changed in use and structure as well as current
management strategies used there. During the
same period, the HSIE staff will be busily underway
updating programs and assessments for 2016. With
faculty planning days coming up, the staff will be
developing activities that will continue to challenge
the students while engaging them in real-world
problems. With the new National Curriculum now
finalised for all Years 7-10 courses in History and
Geography, the faculty is excited to be
implementing these and developing the skills,
knowledge and understanding of students relevant
to the 21st century.



Year 8 History



Year 8 History



Year 8 Geography at the Zoo

LANGUAGES Report

Year 8 French and 8 Japanese PBL presentations about to be unveiled!!!

Last term the LOTE faculty spent some professional learning time together planning a special group project for Year 8. Our aim was to help them discover the importance of learning a language, the importance of being a global citizen, and the amazing opportunities there are out there for them.

On Wednesday 18 November, Year 8 French will be presenting their projects in the Library from 9 am

to 11 am to a panel of adults and their cohort. *(We still are looking for a few extra parents to be a part of the panel and audience so if you can help out on the day please contact Mara Spessot - mara.spessot@det.edu.au)*

Sensei Says: On Thursday 26 November Year 8 Japanese will be presenting their projects in the Staff common room. Again they will be presenting their projects to a panel of parents and teachers and of course their cohort.

Stay tuned for photos and reviews

A bientôt
The LOTE Faculty

Year 9 Camp

Despite the rain, thunder and lightning, Year 9 students had a fabulous time at Somerset Outdoor Learning Centre last week. We started off early on Wednesday morning, some with excitement in their eyes, others still sleepy but ready to go. Once both buses had finally arrived at camp, students were placed into their groups and headed out for some lunch. I have to say the chicken burgers, potato wedges and mini Mars bars were a good start.

During the day, students were involved in hiking, canoeing, abseiling, archery, balancing on a milk crate stack, donuting (both eating and riding), high ropes course..... oh and for Mr Leung, it also involved being chased by a goat.



At night, students had to set up their tents, cook their meals, have their food judged, clean up and try to keep their camp fires alight in the rain. After all of that, some extraordinary entertainment was provided by our incredible students through singing, dancing and strength training for rock climbing.

I was extremely impressed and proud of every single student who

attended the camp. Year 9, you were challenged not only by the weather, but also the activities you were presented with. You held your heads high, worked together as a team, overcame fears and met every challenge with enthusiasm and gusto. This couldn't have been achieved without the support of your peers, the encouraging teachers (Ms Taylor, Mr Leung, Ms Cowan, Mr Somerton, Ms Legg and Mr Walker) who came along, and the talented group leaders. Thank you Year 9 for your eagerness, maturity, support and strength.

Jen Walker
Year 9 Advisor





Bands of Manly Selective Campus

MSC Annual Jazz Night Out

Join us on tonight, on Friday November 13 from 6:30 PM for a terrific night of jazz, fine food and a great chance to get together with a group of friends or family!

For any enquiries, please call Antje Kaldor on 0410 539399 or email antjekaldor@yahoo.com.

The committee still needs to fill two important positions

Treasurer

****If you are an accountant, please let us know****

Treasurer requires accounting skills and about 4 sessions/term of 2 hours plus phone calls and emails to president or parents as needed.

Will be assisted any current treasurer Maggi Bennett until Sept 2016.

Vice President

President seeking a parent to assist her coordinate some discrete performances and tasks throughout the year such as Open Day and Presentation Night. Not expected to take on president role. Straight-forward organisational skills and emails from home. Ideally able to come into school on occasion but not essential.

To find out more or to volunteer for these roles, please email Sarahdowse@gmail.com

Second Hand Blazers - Sell and Buy

Contact Fiona Cantwell if you would like to register to sell or buy a second hand band blazer.

Email: fionamb@inet.net.au

Band Diary Dates

- Jazz Night Out- Friday 13 November from 6:30pm – Events at Dee Why: SwB/SB/BB/JO
- Junior Band Regional Tour to Dubbo and Katoomba - Monday 30 November – Thursday 3 December: CB/SB/SwB
- Year 7 Orientation Day- Thursday 3 December - MSC Hall: WE/SE
- Presentation night- Thursday 10 December - FWC gym: SWO (TBC)
- Big Band Bash # 2- Friday 11 December- FWC gym: All ensembles

Band web site

For current information go to the band website at http://manlypandc.org.au/?page_id=34

Band Names

Wind Stream:

SWO~Symphonic Wind Orchestra; WE~Wind Ensemble; CB~Concert Band; SE~String Ensemble; CO~Chamber Orchestra

Jazz Stream:

JO~Jazz Orchestra; BB~Big Band; SB~Stage Band; SwB- Swing Band

Jazz Improvisation:

Impro ~Impro Workshop
JC ~ Jazz Combo

Calendar Term 4

Please check all dates and times closer to the event

WEEK 7

- | | |
|------------|--|
| 16/11/2015 | Year 10 Digital Learning Portfolio presentations |
| 16/11/2015 | Year 10 Scripture Period 1 |
| 16/11/2015 | Year 7 EAM Line Period 1 |
| 16/11/2015 | History Extension Task Due |
| 16/11/2015 | Year 8 High Resolves Day 2 |
| 17/11/2015 | Year 10 Digital Learning Portfolio presentations |
| 17/11/2015 | Robotics training |
| 18/11/2015 | Year 10 Digital Learning Portfolio presentations |
| 18/11/2015 | Year 8 French PBL presentations |
| 19/11/2015 | Year 7 Geography Excursion |
| 19/11/2015 | Year Assembly |
| 19/11/2015 | D of E Interviews in Library seminar room |
| 20/11/2015 | Year 12 Business Studies Test p1 |

WEEK 8

- | | |
|------------|---|
| 23/11/2015 | Year 10 ABW and Work Experience |
| 23/11/2015 | Year 9 Leadership Day Day 1 |
| 24/11/2015 | Year 10 ABW and Work Experience |
| 24/11/2015 | Year 7 Unity Main Event |
| 24/11/2015 | White Ribbon Day - Manly |
| 24/11/2015 | Robotics Training |
| 25/11/2015 | Year 10 ABW and Work Experience |
| 25/11/2015 | Schools Spectacular Rehearsal |
| 25/11/2015 | Toys and Tucker Christmas Charity pack up |
| 25/11/2015 | P & C AGM Meeting 7pm School Library |
| 26/11/2015 | Year 10 ABW and Work Experience |
| 26/11/2015 | Schools Spectacular Rehearsal |
| 26/11/2015 | Whole School Assembly |

26/11/2015 Year 9 Leadership Training Day 2

26/11/2015 Year 9 Spectacular Science at Sydney University

27/11/2015 Year 10 ABW and Work Experience

27/11/2015 Schools Spectacular

27/11/2015 Schools Spectacular Rehearsal

27/11/2015 Year 9 Commerce to ABW

28/11/2015 Schools Spectacular

WEEK 9

30/11/2015 Junior Band Tour

30/11/2015 Year 7 EAM Line Period 1

30/11/2015 Year 12 Legal Studies Test p4

30/11/2015 HSC Ext Music Performance

1/12/2015 Junior Band Tour

1/12/2015 Year 9 Forensic Science Workshop

1/12/2015 HSC Mathematics Assess 1

2/12/2015 Junior Band Tour

2/12/2015 House Captains Election Period 3

3/12/2015 Junior Band Tour

3/12/2015 Year 7 2016 Orientation Day

3/12/2015 Pastoral Care

3/12/2015 College Staff & Community Appreciation Night

4/12/2015 Years 8-11 2016 Orientation Day

4/12/2015 Year 10 ILP Show Case

4/12/2015 Year 12 Legal Studies Court Visit

4/12/2015 SOGS Years 8-11(TBA)

WEEK 10

7/12/2015 Ext 1 Mathematics HSC Assessment

7/12/2015 Year 7 Project Dystopia tbc

7/12/2015 Visual Arts exhibition - set up

8/12/2015 Year 7 Project Dystopia tbc

8/12/2015 Visual Arts exhibition - Years 7-11. Set up - all day - open 3.30-8pm

8/12/2015 Dance Showcase

9/12/2015 VA exhibition - Years 7-11. Open 9-4pm

10/12/2015 Rehearsal for Presentation Day Periods 1-4

10/12/2015 Ext 2 Mathematics HSC Assessment

10/12/2015 Year Assemblies

10/12/2015 Presentation Night @ Freshwater Gym

11/12/2015 Chrismanly

11/12/2015 Big Band Bash

WEEK 11

14/12/2015 Year 7 EAM Line Period 1

14/12/2015 Year 10 Luna Park excursion

15/12/2015 Year 8 Activity Day All Day WetnWild

15/12/2015 Year 7 Activity Cinema

15/12/2015 Year 12 Well Being Event GP's in schools Pds 1-2 Lunch

16/12/2015 **Year 7-11 last day of school**

16/12/2015 HSC Results released online

17/12/2015 Staff Development Day

17/12/2015 ATAR Morning Tea

18/12/2015 Staff Development Day

School term and vacation dates for NSW Public Schools, 2016

TERM 1	Wednesday 27 January to Friday 8 April
Autumn vacation	Monday 11 April to Friday 22 April
TERM 2	Tuesday 26 April to Friday 1 July
Winter vacation	Monday 4 July to Friday 15 July
TERM 3	Monday 18 July to Friday 23 September
Spring vacation	Monday 26 September to Friday 7 October
TERM 4	Monday 10 October to Tuesday 20 December
Summer vacation	Wednesday 21 December to Thursday 26 January 2017



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CHOREOGRAPHER ALISON LOGIE

MUSIC BY ANDREW LLOYD WEBBER LYRICS BY TIM RICE

EVITA

STAR OF THE
SEA THEATRE

CORNER OF COLLINGWOOD
AND ILUKA AVE, MANLY

DATES

FRI 20 NOV 2015 7:30PM
SAT 21 NOV 2015 7:30PM
SUN 22 NOV 2015 2:00PM
THU 26 NOV 2015 7:30PM
FRI 27 NOV 2015 7:30PM
SAT 28 NOV 2015 2:00PM
SAT 28 NOV 2015 7:30PM

TICKETS

\$35 ADULTS
\$30 CONCESSION
\$20 CHILD (U12)

MANLYMUSICALSOCIETY.COM