



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)

27 November 2015 – Newsletter No 38

From the Principal

Homework ... Study ... Assessments ... HELP

We often hear from students and parents with regard to each of the aspects of schooling: homework, study and assessment tasks and how we, as a collective community, can support students through these. How do we get the balance right? What is important? How can we help? Let me first say that these problems and questions are not limited to this school. They are issues that arise in all schools and there is no 'one size fits all' solution.

My firm belief is that most of the anxiety and concern expressed through these can be overcome with effective management. Management of time, resources, support, emotions ... Many of our students exhibit traits of emotional intensity and perfectionism. These drive them and can both help and hinder their ability to achieve at a high level. We as a school need to assist in this management. We are currently putting together documents that will guide and support students through homework and assessment practices and procedures. Like in any 'game', if you know the rules, it is easier to play. These documents will provide information about how to prepare for tasks, recommended time frames, guides to writing and many other strategies of support. We also need to consider the amount of homework, type of tasks and timing of these. It has also been suggested that we present a greater number of information nights for parents and students on study skills and other management techniques. We can certainly do this. Admittedly, we do this far better for our senior students than our juniors. This will be rectified for 2016.

Interestingly, I was recently speaking with a parent of a Year 7 student. This parent reported that she was very pleased that her child was not being given what she considered to be an excessive amount of homework. She stated that it gave him time to get outside, be active and 'be a child'. This too is very

important for a child's overall wellbeing and growth.

As parents, how can you help? Don't become that 'helicopter parent'. Julie Lythcott-Haims, a former Dean of Stanford University, found that many of her new university students, while brilliant and highly accomplished on paper, were unable to survive the rigours of university and could barely take care of themselves. Her study found that these students had parents who would "swoop in" and intervene whenever something difficult occurred in their child's life. She coined the phrases "over helping" and "over parenting" which robbed young people of the skill of coping with hardship and failure. Remember, to **FAIL** is a person's **First Attempt In Learning**.

Lythcott-Haims warned parents not to concede to the "arms race" of doing all to get into the best university. One of our judgements of our children's success, rightly or wrongly, is the ATAR. This is our equivalent "arms race". Our students will win this "arms race" through focussing on the character attributes which make them 'good people'. If they put in the appropriate effort, they will be rewarded. But how much of that additional work put in because of perfectionism traits will really benefit with the proportionate reward? Probably very little.

Let's get the balance right. We want the best for our students. I ask parents to consider also, when does your 'help' become 'interference'?

Blood Bank Returns

Following on from a highly successful visit by the Red Cross Blood Bank earlier this year, we saw them return on Tuesday to an equally enthusiastic reception from students and staff. Organised by Year 12 student Alex Gearing, over 50 litres of blood was 'extracted' from students and staff. This, along with our 50 litres donated earlier in the year, is a magnificent contribution from our school. A more detailed report can be found later in this

newsletter but congratulations to Alex and thank you to all of those members of our community who took the time to donate.



Alex proudly displays his donation

White Ribbon

Our school proudly participated in a White Ribbon awareness day on Tuesday. At a special assembly organised by Mr Goykovic, students and staff stood as one to recite the White Ribbon oath declaring not to stand by and ignore violence against women and children. Students were given White Ribbon stickers and 'tattoos' which they proudly wore to demonstrate their commitment. Donations were collected from staff and students which will be donated to both the White Ribbon Foundation and the Manly Women's Shelter.



Tennis Success

Year 7 student Lauto Ako has recently represented Manly Selective Campus at the schools Tennis tournament hosted by the Eastwood Thornleigh

Tennis Association. Lauto won the preliminary rounds of the competition and will return to Eastwood today (Friday) to contest the semi-finals in both singles and doubles competition.

We wish Lauto well in these final rounds.

Good Luck to Debaters

We would all like to pass on our best wishes to our Year 8 debating team who next Wednesday through to Friday, will contest the final rounds of the Premiers Debating Competition for Year 7 and 8 students. The team consisting of Jamie Bell, Zoe Bakker, Alanna Manfredini and Amelia Ward will stay at the Women's College, Sydney University with 9 other teams from throughout NSW to contest this final. They will be accompanied by Ms Kontrec who will also stay for the three days and two nights with the students.

Apart from the competition, students will also participate in training workshops with some of the best coaches in NSW. This team deserves our congratulations on reaching the final and best wishes for the three days next week.

Tony Rudd
Principal

From the Deputy Principals

Next Thursday, Year 7 students will be providing an overview of their first year at Manly Selective Campus and participating in the fashion parade for Orientation Day for Year 7 2016. It only seems like yesterday that they were the audience rather than the presenters! Thank you to all students who have volunteered to share their experiences and assist our new students as they begin their high school journey.

Last Monday all Year 9 students were involved in a special Peer Leadership training day designed specifically for our students. This program builds on students' skills and prepares them to take on further leadership opportunities, have more positive peer connections and develop their emotional intelligence and resilience. The day was divided into three main areas: Different Styles of Leadership, Communication Skills and Interpersonal Skills and Group Management and Problem Solving Skills. Students were divided into groups for the day and assigned a teacher mentor.

Initially there are two Leadership opportunities available for Year 10, 2016: a Peer Support Leader or a Peer Academic Leader. Both of these roles

involve working with the Year 7 students as they transition to high school. To gain one of these positions Year 9 students had to apply in writing and demonstrate positive participation and attitude during the training day. Successful applicants then received further training on Thursday.

Feedback from the program was extremely positive. Going on the large number of applications received many students are excited by the prospect of taking on new challenges. Many thanks to Ms Tye, Ms Brien, Ms Walker, Ms Giuffrida, Mr Goykovic, Ms Izossimova and Mr Walker for making this such a successful leadership experience for the students.

Year 12 2016 have successfully completed their first HSC English assessment task and are well underway preparing for other tasks over the next couple of weeks. Please remember to call the school if you are unable to attend any tasks and ensure that you see Ms Whalan on your return to school to complete an Illness/Misadventure form.

Cath Whalan
Deputy Principal Years 7, 9, 11



A fabulous end of year activity to Wet 'n' Wild is being organised by Ms Izossimova for all Year 8 students. A reminder that permission notes and payment are now due to the front office. Also, some students at the next year assembly will be receiving prizes for borrowing the most books from the library. We certainly have some avid readers in Year 8. Congratulations to Bronte Nicholls and Cameron Turner on receiving an award for the NSW Premier's Reading Challenge.

This week Year 10 students have been on either Work Experience or Australian Business Week. Throughout the week we have been receiving glowing reports about our students and the very positive opportunities they have experienced in their placements. I am looking forward to hearing more stories on their return next week especially from the student on a crop farm in western NSW.



A reminder to all Year 10 parents that payment is now due for the Year 11 Crossroads Program 2016. The final date for payment is next Friday 4/12/15. Also, parents are being asked to go online and fill out the Sydney Academy, Sport and Recreation medical consent form. The link to this site is outlined in the permission note. The Parental Permission note is to be handed in to the front office, also by 4/12/15. Please contact me if there are any issues regarding payment for the Year 11 Crossroads Program.

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

PRESENTATION NIGHT

Date: Thursday 10th December
Venue: Freshwater Senior Campus
Gymnasium, Harbord Rd, North Curl Curl.
Time: 7pm.

All students and their families are welcome. Prize winners need to be seated at the venue by 6.45pm in full school uniform, especially footwear.

Choice Theory

Last week, as part of our School Wellbeing Plan to foster a whole school approach to positive psychology pedagogy and strategies, 16 staff completed a four day training course in Choice Theory, Reality Theory and Lead Management. Now almost 80% of our staff have completed this course.

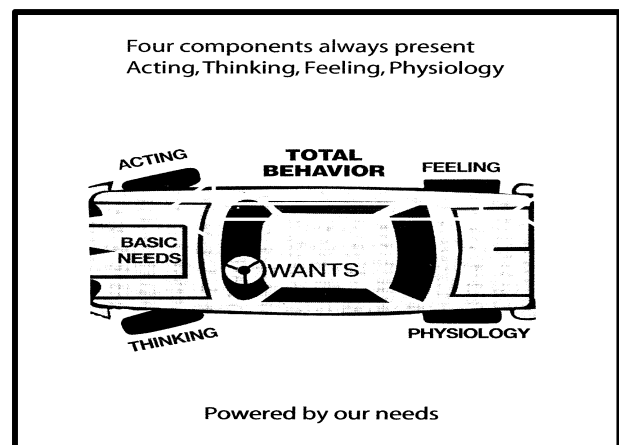
Choice Theory, developed by Dr William Glasser, is an explanation of why and how individuals behave. Its basis is the idea that we are all driven by five genetic needs - survival, love, power, fun and freedom - that dictate how we live our lives. The theory is based on the premise that all we can do is behave, and that all our behaviour is an attempt to satisfy one or more of our basic needs and all our conscious behaviours are chosen.

The predominant psychology of the 20th century has been external psychology. This approach supports beliefs, attitudes and strategies which advocate that a change can be made to behaviour by external influences such as punishment and reward (bribe).

Choice Theory, however, is an internal psychology. It maintains that all behaviour comes from within us. We choose our behaviour. We choose the best behaviour for our need or needs at the time. Choice Theory puts the responsibility onto the individual who must accept the consequences for the choice made. Some consequences are natural, some are imposed, such as what happens when a rule is broken.

The difference between a consequence and punishment is that a consequence is expected. A punishment is not. That's why it is viewed as unfair. A consequence may still be met with reluctance, but cannot be viewed as unfair because it had to be considered as a possible result of the behaviour chosen. To enable young people to realise that they are in control of themselves and the choices they make, wise or otherwise, and are responsible for those choices (and possible consequences) is a powerful way to enhance self-efficacy, reflective behaviours and mindful choice making. The development and nurturing of an internal locus of control is at the heart of this theory, and is cited by many researchers as the key to adolescent wellbeing and positive outcomes.

Through utilising many of the theoretical frameworks and practical strategies of Choice Theory, we are more able to empower our young people to learn to choose effective, responsible behaviours, which in practice means learning to control their actions and thoughts in a way that satisfies their needs and does not deprive someone else of a chance to satisfy their needs. This will lead to a greater understanding of how to have happy, healthy and effective control of their own lives. The theories and language of Choice Theory are now used in all classrooms and have been embedded into our Pastoral Care Program as we continue to use the framework as the basis for our focus upon positive psychology. Ask your young person about the 'Total Behaviour Car' and see if they can explain the theory. Here is the graphic that is displayed in most classrooms to jog their memory!



A whole school approach to giving our young people knowledge and understanding of both themselves and their choices they make, provides not only a more effective learning environment but also an enhanced sense of purpose and control as they navigate their way through adolescence, high school and beyond.

Fiona Brien
(Relieving Head of Welfare)

Manly Selective Campus-
Bushcare group

Wednesday 9 December

www.bushlink.org.au

Vocal Ensemble

The vocal ensemble has been and continues to be very busy this term, performing 5 concerts in these final weeks.

Our annual performance at the War Vets in Collaroy is always a highlight for the *Tides of Sound* performers and is a joint effort between Manly and Freshwater Campus.



War Vets Performance

Selected members of the vocal ensemble are in the final stages of preparation for their European Tour along with String members from Manly and Guitar members from Freshwater Campus. We were very lucky to have two parents from Manly Selective come and work with the students at a recent vocal incursion. A big thank you must go out to Nati Fernandez and Benjamin Loomes. Nati assisted the students with Spanish pronunciation and Ben worked on choral technique.



Fundraising for Spain

At this time I would also like to thank Tony Rudd, Judy Boylan and the SASS staff as well as the other two teachers conducting their own ensembles on tour, Naomi Leviton and Andrew Herft. The support, guidance and work of these individuals has had a great impact on the development and organisation of the tour.

The vocal portion of the program includes songs in 4 languages and the group of 31 students will be overseas from the 31st of December through to the 17th of January.

Our farewell concert is on the 17th of December at 5pm, Freshwater Campus Auditorium. All Welcome!





TOYS 'N' TUCKER

The time of joy and giving is here once again in the lead up to Christmas, and of course ChrisManly, and to demonstrate the love that Manly has to offer, we will be supporting Anglicare in this year's Toys 'n' Tucker.

Toys 'n' Tucker is a way to share the joy of Christmas with those in our larger community who are in need, because there are many disadvantaged children, families and individuals who feel alone, anxious, depressed and hungry during one of the most widely celebrated events of the year. In the foyer, the SRC has set up a festive Christmas tree and four decorated boxes in the colour of each school house for students to bring in gifts to not only help their house be the most generous, but to give in the spirit of Christmas to those disadvantaged members of our community.

For the next couple of weeks until Friday the 4th of December, the boxes will be available to deliver your Toys 'n' Tucker donations. Anglicare suggests not wrapping these gifts as they have to be checked and sent to an appropriate recipient, and all gifts are much appreciated. Some examples of the Toys 'n' Tucker appropriate for the organisation include festive food and treats such as Christmas cakes and pudding, tinned tuna/salmon/ham, small packets of lollies, long-life custard and other non-perishable gifts. Presents for toddlers, children and teens would not go unwanted, such as toys, sport equipment, toiletry packs, board games and even gift cards. These all contribute to Manly's involvement in our community, enforce the spirit of giving and will all help us share the joy of Christmas.

PS The house with the most gifts and generosity wins a prize!! Please be generous and give.

Unity Virtual Worlds

On Tuesday 24th November some Year 7 students participated in a 3 hour workshop learning about Unity software. This engaging experience looks set to impact our teaching and learning with impending changes to the TAS Built Environment unit. Students can work towards taking Sketchup models into Unity to create an immersive virtual world.

Kate Farrow
HT TAS (Acting)



Year 7 students participating in the Unity Workshop.

Year 7 Geography

On Thursday the 19th of November, year 7 travelled out to Bicentennial Park (near Sydney Olympic Park) to participate in a Geography excursion. Although the day was going to be sunny, it was also predicted to be 34°C.

We arrived at school and got on the bus. The trip was extremely hot, as the buses had no air conditioning and temperature was increasing more and more every hour. Once we had reached the site, we sat under a shelter and had recess.

After recess the instructors told us that we would be doing 4 activities, 2 before lunch and 2 after lunch. The activities were: sketching the landscape of the area from a lookout tower, testing the quality of the environment, such as the pH level (acidity and alkalinity) of the water the wind speed, the movement of the water, the turbidity of the water (the level of clarity), the temperature and humidity.

After lunch we did the other activities. They were teaching us about the animals and adaptations of mangroves in a mangrove forest and learning about the history of Bicentennial Park.

The most liked activity was when we were learning about the history of the site, as we got to go into a cool air-conditioned room to get away from the heat. Despite the heat, we learnt some interesting things about the environment.

SECOND HAND UNIFORMS

SECOND HAND CLOTHING POOL

Located under the TAS Block

Summer uniforms now in stock!

Open the first Tuesday morning of every month during term, 8.00 – 9.15 a.m.

Co-ordinators: Marg Martin and Chris Schaller

Please contact us if you would like to order.

margaret.martin@optusnet.com.au

or 0404 865765

christins@ozemail.com.au or 0419 488 130

Donations of uniforms are most welcome and appreciated.

Please leave at the school office.

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



Bands of Manly Selective Campus

BB/WE to play at Orientation morning at MSC Thursday 3 Dec

****NB Change from WE/SE. Dress: Performance Blacks.**

Big Band Bash 2

All MSC families are invited to the end of year Big Band Bash 2 on Friday 11 December in the Freshwater gym. Come along and enjoy all your favourite Christmas carols and some fabulous musical treats performed by the talented musicians of the MSC bands and vocal ensemble.

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

- 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: BB/WE
- Presentation night- Thursday 10 December - FWC gym: SWO
- Big Band Bash # 2- Friday 11 December- FWC gym: All ensembles

Band web site

For current information go to the band website at <http://manlybandc.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 8

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 Year 9 Peer Leadership Training
Periods 1 and 2
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 Year 8 Debating State Final Camp
2/12/2015 Year 12 French HSC Assessment 1
- Period 3
2/12/2015 House Captains Election Period 3
3/12/2015 Junior Band Tour
3/12/2015 Year 8 Debating State Final Camp
3/12/2015 Year 7 2016 Orientation Day
3/12/2015 Pastoral Care
3/12/2015 Year 12 Modern History
assignment due
3/12/2015 Milton Miao Piano Recital Lunch
time Hall
3/12/2015 College Staff & Community
Appreciation Night
4/12/2015 Year 8 Debating State Final Camp
4/12/2015 Years 8-11 2016 Orientation Day
4/12/2015 Year 10 ILP Show Case
4/12/2015 SOGS Yrs 8-11(TBA)
4/12/2015 Year 12 Legal Studies Court Visit

WEEK 9

7/12/2015 Ext 1 Mathematics HSC
Assessment 1
7/12/2015 Year 7 Project Dystopia tbc
7/12/2015 Visual Arts exhibition - set up
8/12/2015 Chrismanly
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 1
10/12/2015 Year Assemblies
10/12/2015 Presentation Night
11/12/2015 Big Band Bash
WEEK 10
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 **Years 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 in library
17/12/2015 Vocal Tour Concert - Freshwater
18/12/2015 Staff Development Day