



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 Barbara Bannister

13 March 2015 – Newsletter No. 7

From the Principal

Zone Swimming Champions

Congratulations to our Swimming Team who, at the Zone Championship carnival on Thursday, took out first place by over 50 points from nearest rival Narrabeen Sports High with Pittwater High finishing in third place.

Manly students Fergus Clarkson and Rhiannon Marshall-Witte were recognised as Age Champions in their respective groups while Bronte Nicholls, June Liang, Adam Busselmann and Claudia Harris were placed second on the individual rankings in their age groups. Congratulations to all of these students. However, the final result placing our school as first came from more than just these age champions and runners up. Our school dominated the carnival because of the spirit of participation and all team members giving their best in each event they entered. From that point of view, it was a real team effort.

Our best performing students now go on to represent our Zone at the Regional Carnival next Tuesday and we wish them well as they move into the next level of competition.



Youth of the Year Area Champion

Congratulations to Ella Clarke of Year 11 who, on Wednesday evening, won the Lions Youth of the Year Area Final held at Balgowlah Uniting Church. Ella competed against students from Killara High,

Killarney Heights High and Ravenswood School, each representing Lions Clubs in their local areas before being named the overall winner.

Ella now proceeds on to the District Final at Castle Hill on 28/29 March and hopefully then on to the State Final at Campbelltown on 11 April.

Year 7 Camp

Our Year 7 students returned on Wednesday afternoon having spent three wonderful days at The Great Aussie Bush Camp near Tea Gardens. This was a marvellous opportunity for students to consolidate the friendships that they have built over the past 6 weeks, and to develop new ones. Students spoke very favourably of the activities and challenges they faced and no doubt will have long lasting memories of their first high school camp.

Of course, camps such as this would not go ahead without our dedicated staff and to Year Adviser, Ms Fiona Brien we owe a debt of gratitude for her organisation and enthusiasm in ensuring the camp went as smoothly as it did. Thanks also to the other staff including Ms Isozzimova, Ms Hewes, Mr Riley, Mr Quill, Mr Kay and Mrs Whalan who all gave of their time so freely to be with our Year 7 students.



Selective Schools Test

On Thursday we hosted over 130 primary school students as they sat for the Selective Schools Entry Test in our school hall. It was wonderful to see the enthusiasm and eagerness of these students as they entered the hall in their bid for selection into one of the Selective Schools for Year 7, 2016. We wish each of these students well and hope to see many of them at Manly Selective Campus next year.

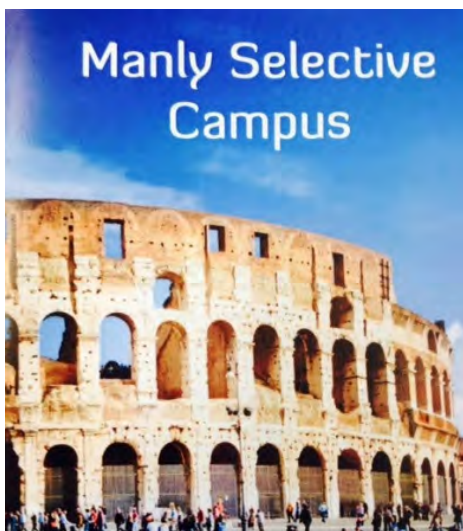
On Show

The annual showcase of performing arts across all campus' of Northern Beaches Secondary College, *On Show*, will once again be staged at Balgowlah Boys Campus on Tuesday and Wednesday evenings next week. Manly Campus will be well-represented at *On Show* with bands, dancers, vocal ensemble and individual performers all contributing to what will no doubt be a wonderful evening of entertainment.

See the notification later in this newsletter for booking details.

Ancient History Tour

All is just about in readiness now for our 27 students and four staff to embark on the biennial Ancient History tour to Italy. At the final tour meeting on Monday evening students and parents were given a brief taste of the highlights of the tour which will take in Rome, Herculaneum and Pompeii. The tour leaves on Saturday 5 April, returning on 16 April and no doubt students will benefit greatly from seeing first hand many of the ruins, artefacts and landscapes that they will be studying in their Stage 6 Ancient History course.



No, this is not a photo of the school, just one of the sights we will visit on tour.



State Gymnastics Trials

Katalin Eglesz competed at the State Gymnastics Trial Competition last weekend finishing second overall. Katalin had a very busy schedule at the event and finished first on the uneven bars, third on the vault and fifth on both the floor and beam exercises.

Tony Rudd
Principal

From the Deputy Principals

Year 12 have an important meeting on Monday lunch time in the Staff Common Room. The meeting will explain to them the process they need to follow to apply for a school reference. The school digital repository Hand Outs, has a series of important documents about this process and the meeting will expand on the process. Students taking part in other activities at lunch time (such as the Tripod Survey) will be given an opportunity on Tuesday 17th to collect information from Ms Rixon.

Year 10 have been busy this week and will be again next week with a series of assessment tasks or the culmination of projects in some classes. Those students who have made the effort to learn time management skills, have sought clarification from their teachers when necessary, and complete some sort of daily physical activity outside in the sunshine, seem to be taking this assessment period in their stride. The development of a balanced lifestyle that includes rest, work and play is something to strive towards.

During the week a photo taken by one of the visiting Lismore High School staff last week was sent to the school. It is included in this newsletter as a memento of last week's visit. Thanks were

extended last week to the student guides from Manly.



Year 8 have been enjoying a wide range of activities in many courses that have practical lessons such as Food Technology, Music, PDHPE, and Visual Arts. Practical subjects provide an opportunity to develop and showcase skills in addition to academic skills. Skills such as collaborative problem solving, time management and communication are lifelong skills that are valued in all courses at NBSC Manly.

Barbara Bannister
(Deputy Principal Years 8, 10, 12)



This week I had the pleasure of attending the Year 7 camp at the Great Aussie Bush Camp near Tea Gardens. The students participated in activities designed to both challenge them individually and also encourage them to further develop their leadership and teamwork skills. Congratulations to all students involved for their excellent attitude and enthusiastic involvement in the activities. Thank you to Ms Brien for all her behind-the-scenes organisation and caring to ensure the camp was so successful. Thanks also to Ms Brien, Ms Hewes, Ms Izosimova, Mr Quill, Mr Riley and Mr Kay for giving up time with their families to support such a worthwhile program.

Thank you to Mrs Tivey for reminding us of the excellent foundation Manly Selective Campus provides for our students. Below is an excerpt of the email she sent to the school, printed with permission, regarding a parent information evening for Veterinary BioScience at Sydney University this week: "As I sat and listened to the speakers give parents advice about what to expect, how to support their children, the issues they may be faced with and managing the transition from school to uni, I realised that I didn't have anything to worry about – Mitchell already had a solid foundation. Having attended a school where he had been

taught to think for himself, become an independent learner, study controversial and mature topics - all within a diverse environment, will enable him to transition into uni life perfectly."

Continuing with an overview of Choice Theory, Glasser suggests that all we do is behave, that almost all behaviour is chosen, and that we are driven to satisfy five basic needs: survival, love and belonging, power, freedom and fun. To achieve positive relationships, Choice Theory's Seven Caring Habits, replace external control psychology and the Seven Deadly Habits.

Seven Caring Habits: supporting, encouraging, listening, accepting, trusting, respecting, negotiating differences.

Seven Deadly Habits: criticising, blaming, complaining, nagging, threatening, punishing, bribing (rewarding to control).

Cath Whalan
(Deputy Principal Years 7, 9, 11)

Girls open netball



Well done to the girls open netball team who competed in Gosford this week. The team lost one game and won one game. Thanks to Emma Foster for umpiring the games.

Zone Swimming

Congratulations to our Zone swimming team who had a very successful day on Thursday at the Warringah Aquatic Centre. Manly won the carnival and also came away with a few age champions. Below are some highlights of the results

Age Champions

- Fergus Clarkson - Boys, 12 Years 1st Place
- Bronte Nicholls - Girls 14 Years, 2nd place
- Rhiannon Marshall-Witte Girls 15 Years, 1st Place
- June Liang - Girls 15 Years, 2nd Place
- Adam Busselmann - Boys 15 Years, 2nd Place
- Claudia Harris - Girls 16 Years 2nd Place.

Regional Representatives

21 students were successful in obtaining a place at the regional carnival:

Girls 12, 13, 14, 15, 16, and 17 years relay teams and the Boys 12, 13, 14, 15 and 16 years teams were successful in obtaining a place at the regional carnival.

PLEASE NOTE: As the regional carnival will be held on Tuesday 17 March, all students need to return their permission notes by 9am Monday morning. If a student is unable to attend the carnival please let Mrs Walker or Mrs Weir know by 9am Monday also.

Jen Walker and Bec Weir
Sports Organisers

Girls Knockout Soccer

Manly Selective's open girls knockout soccer team are off to a great start in the CHS competition, winning the first game against St Ives High with a score of 7 nil. Congratulations girls. And thank you to the parents who helped with transport to and from the game.

Leanne Cowan

Fencing Classes – 2015

The classes will be suitable for girls and boys of all ages. Fencing teaches agility, coordination, speed and develops team work and self-confidence, which are skills that can be transferred to any sport. Fencing is the physical game of chess.

Classes at MSC will introduce the weapon Sabre, through games, drills, footwork and fighting.

Classes: minimum 6 and maximum 14.
Thursdays, 7.30am – 8.30am

Term 2 dates:

- Thursdays 30 April 2015 – 18 June 2015
- Cost: \$145 – 8 weeks 1 session per week.

All equipment will be provided. Students should wear t-shirts, tracksuit pants and trainers and bring a drink to class.

Careers Matters

Mrs Deb Rixon (Career's Adviser Manly Selective Campus) can be contacted in the Career's office. Phone 99053982/email Deborah.Rixon@det.nsw.edu.au

Each Tuesday Mrs Helen Crebar will also be available for Career's advice and can be contacted in the Career's office. There is a booking sheet for Mrs Crebar on the whiteboard outside of the Career's office.

Outside the Career's office there is a Career's mailbox where students can return forms/place written messages etc and a large whiteboard where messages can be left if the office is unattended.

MSC now has its own Careers website: www.manlyselectivecampuscareers.com a link is also available on the school's website. Students and parents can explore the enormous amount of Career's information on this site.

COURSE & INSTITUTION INFORMATION SESSIONS FOR STUDENTS & PARENTS

Australian College of Applied Psychology (ACAP) Information Evening 18 March at 6:00pm. ACAP staff will be on hand to answer your questions - Level 5, 11 York St Sydney, NSW 2000. RSVP at <http://www.acap.edu.au/future-students/info-sessions/>.

Built Environment Student and Parent Information Evening. UNSW Built Environment invites high school students and their families to attend an information evening with faculty Dean, Professor Alec Tzannes AM, academic staff and current students - Wednesday, 25 March 2015. 6pm - 8pm UNSW Kensington Campus. Register at <http://www.eventbrite.com.au/e/unsw-built-environment-parent-student-information-evening-tickets-15719947787?ref=ebtn>.

UNSW Year 10 Subject Selection and Information Evenings. Thinking about uni in the future? This evening is the best place for you to start if you are thinking about coming to uni in two years time and are currently a Year 10 student (or you are the parent or teacher of a Year 10 student). We offer a number of Year 10 Subject Selection and Information Evenings during the month of May. For dates and to register, visit <https://www.whatson.unsw.edu.au>.

Macquarie in a Day – Thursday 16 April 8.30am – 3pm. Uni life doesn't have to be a mystery. In fact, we're opening our doors to anyone in Year 11 or Year 12 who wants to see what's in store. This is your chance to get a taste of what a day in the life of a Macquarie student is really like. Register now at mq.edu.au/mqinaday Get in touch: T: (02) 950 7250 E: mqinaday@mq.edu.au.

COURSES AND WORKSHOPS FOR STUDENTS

UNSW Architecture Workshop. UNSW Built Environment invites Year 10, 11 and 12 students to join them for the Architecture Workshop in 2015. Thursday, 26 March 2015. Register via <https://www.whatson.unsw.edu.au/>.

Resume Writing, Interview Skills & Presentation & Appearance Workshops for Students, Turning Point Interactive workshops for Students to build career skills to assist with scholarship applications, job applications, school PD, pastoral care or wellbeing programs. This example based discussion encourages students to question their aims, plan their resume and embrace the job application process.
<http://www.turningpointconsulting.com.au/student-events-calendar/>.

SCHOLARSHIPS

WEP Student Exchange Scholarships World Education Program (WEP) Australia is awarding two \$3000 scholarships towards semester and year-long student exchange programs to over 25 countries around the world commencing in 2016 (Jan/Feb or July/Aug departure). To request program information for your school visit: <http://wep.org.au/info/teachers> or email judithortmann@wep.org.au.

WORK EXPERIENCE

Land Surveying opportunities Students looking for work experience with a surveying firm can register at <http://www.alifewithoutlimits.com.au/student-work-experience/secondary-students/>. We will liaise with local firms to help source placements where capacity is available. Students with a strong aptitude in Maths, and an interest in Geography, IT and the Environment are encouraged to apply. Places are limited.

RESOURCES FOR STUDENTS

NEW CAREER ASSESSMENT SERVICE - A NEW Career Assessment Service using the 'Strong

Interest Inventory assessment for high school students. I invite you to consider finding out more about the service via <http://www.gscareers.com> - Information for schools: <http://www.gscareers.com/schools.html> - Sample assessments: <http://www.gscareers.com/sample-assessment-reports.html>.

Pathway to becoming a doctor - My Health Career has created 10 pathways infographics for students looking at becoming a doctor. The specialty areas covered are anesthetics, dermatology, general practice, intensive care, obstetrics & gynecology, ophthalmology, pathology, psychiatry, radiology and surgery: <https://www.myhealthcareer.com.au/become-a-doctor>.

SUMMER COURSES

Applications open National Youth Science Forum. Applications now open for Year 11 STEM students from across Australia interested in learning more about university choices and career paths. NYSF runs in January school holidays before Year 12 starts. We'll show you things you've never considered. Further info www.nysf.edu.au

Deb Rixon
Career's Adviser

Thank you



What a transformation! Many, many thanks to Naomi Leviton and her team of extraordinary parents, students and friends who moved everything from the storage area under the stage, and then took up the old carpet, scrubbed the floor, washed the walls, and loaded three trucks of rubbish for the tip.

In the penultimate day to International Women's Day it was wonderful to see so many young female students rolling up their sleeves and really pitching in to help with the heavy lifting.

About the musical: all cast, crew and orchestra should have their contracts handed in by now. If you need one, please see Judy in the office.



Wanted: Artists, Volunteers, Sponsors & Prizes

Thank you to everyone who has offered to paint a canvas for Art 61, the school's major fundraiser in August this year.

How You Can Help:

- Parents & students are encouraged to take part and paint a 25 x 25cm canvas for our August Exhibition and Sale (collect a canvas from the School Office).
- If you can't paint but know someone who can, encourage them to take part in this great community event. Just email the address below and we'll send a canvas.
- Why not sponsor a canvas for \$10? Or perhaps just complete the form below.

Put the date of 19 August in your diary and come along to the Cocktail Party Closing Night. Tickets will be on sale in Term 2.

Do you know someone who can, or can you, run a live auction? We need an auctioneer at the cocktail party on 21 August.

Can you spare some time in the next few months to help get *Art 61* organised? Volunteer to join the Art 61 sub-committee by contacting Sharon Porter on 0434 394 899 or by email: porterhole@optusnet.com.au

Sponsors Needed:

Can your business sponsor an Art Prize or one or more canvases? Fill out a form and return it to the school office with your payment.

- \$750 People's Choice Award
- \$500 Packers Prize
- \$200 Student's Choice Award
- \$10 per canvas

Art Prize Sponsorship

Yes – I can sponsor an Art Prize:

- \$750 People's choice
- \$500 Packer's Prize
- \$250 Student's Choice

The acknowledgement should read:

Thank you to _____

(Please hand this note in to the office)

Canvas Sponsorship

Yes – I would like to sponsor _____ Art 61 canvas(es) for \$10 each.

The acknowledgement should read:

Thank you to _____

(Example: The Jones Family)

Please hand this note in to the office.

Can You Donate an Item Or Prize for Silent

Auction? During the cocktail party there will be a number of items available for silent auction. If you can donate an item, please contact Sharon Porter on 0434 394 899 or by email:

porterhole@optusnet.com.au



BANDS OF MANLY SELECTIVE CAMPUS

Band camp for

Intermediate/Senior/Strings Mon
20th -Thursday 23 April

This camp takes place every second year in the first week of Term 2. Camp will be at the beautiful Merroo Conference Centre in Kurrajong. Permission and payment notes have been circulated by email and are due back Friday 20 March.

On Show - Tuesday 17th and Wednesday 18 March- SE and JO

The Band program is supporting this annual cross campus performing arts event with two ensembles, String Ensemble and Jazz Orchestra. Everyone is invited to Balgowlah Boys' Campus for a variety of performances including voice, bands, solo performances and dance. SE performing Tuesday and Wednesday evening. Jazz Orchestra performing Wednesday evening.

Big Band Bash - Thursday 2 April 7pm MSC hall – ALL ensembles

All families and friends are invited to this fun and fabulous, informal concert of all our MSC ensembles. See flyer at the back of this edition of

The Weekly Pines. All band members are required to perform.

European Band Tour

An exciting pre-tour meeting was held last night for parents and students. A truly amazing itinerary is now in place with departure in 4 week's time.

Second Hand Band Blazers and new blue band shirts

- ✚ New blue band shirts are available from Sandra Salmon.
- ✚ Second Hand Blazers (as of 2March): We currently have for sale two size 14 and one size 24 second hand blazers.
- ✚ We currently have 3 students wanting to buy size 12 blazers.

For more information, please contact Sandra Salmon (asalmon@inet.net.au)

Band Diary Dates

- **On Show, 17-18 March - Balgowlah Boys 6-10pm - JO/SE**
- **Big Band Bash 1, Thursday 2 April- MSC Hall, 6:30pm – All ensembles**
- **Senior and Intermediate band camp, Monday 20th - Thursday 23 April - Meroo Conference Centre/Kurrajong- WE/BB/SWO/JO/SE**
- **NSW Band Festival, Saturday 18th - Sunday 19 July (times TBC)- CB/WE/SWO/SwB/SB/BB.**

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

For Term One:

T-WO ~ Touring Wind Orchestra

T-JO ~ Touring Jazz Orchestra



OnShow is the Northern Beaches Secondary College annual performance extravaganza,

showcasing the talents of students from each of the five campuses of the College. The show brings together students from Years 7-12 at **Balgowlah Boys, Cromer, Freshwater Senior, Mackellar Girls and Manly Selective Campuses** in the artistic pursuits of dance, music and drama. It is a spectacular event built around the high quality talent enrolled at the College.

- Date: Tuesday 17th and Wednesday 18th March 2015
- Time: 7:00pm each night
- **VENUE:** NBSC Balgowlah Boys Campus Auditorium, Maretimo Street, Balgowlah, NSW 2093
- Ticket on sale NOW!
- Adults \$12, Concession \$8 and Family \$30 (2 Adults & 2 Children)
Credit Card Ticket purchases Online at: <http://www.trybooking.com/GXDY>
- **CONTACT DETAILS:** Mr H Shanal 02 9949 4200 nbscbalgb-h.school@det.nsw.edu.au.

Manly Selective Campus—Bushcare group

- Do you love working outdoors?
- Do you want to get your hands dirty?
- Do you have any Monday mornings free this term?
- Do you want to do something for the environment and the school?

WANTED

Join other MSC parent volunteers and Bushlink!!!

Email info@bushlink.org.au to find out more or register your interest

Term 1 Mondays
9/2, 23/2, 9/3, 23/3

 Find Bushlink on Facebook 

'Bushlink'—Disability Bushcare Group invites YOU to join us in improving the school's bushland.

Nearly 350 students have already completed the [Tell Them From Me \(TTFM\)](#) survey this week. The survey will remain open until 2 April so if students have been on excursions or away sick they will have an opportunity to have their say before the end of term. Feedback from students has been very positive with one group expressing their surprise that they had been given an opportunity to express their opinion about such a wide range of things including their lessons, if they had been bullied at school, how they found their teachers and the general culture of the school. These are important features of any school and the information gathered in this survey will help plan the way forward in our school plan 2015-2107.

CALENDAR – TERM 1 - *Please note that these dates may change. You are advised to check closer to the time.*

WEEK 8

- 16/03/2015 Year 12 Music Half Yearly examinations
Year 9 Scripture Pd2
Year 12 Tripod Session 7
Year 11 Music performance evening 6-8.30pm
- 17/03/2015 Regional Swimming
Knockout Boys Football - TBC
Year 10 Music performance rehearsal & assessment. Performance from 4pm.
OnShow, 7-9pm
- 18/03/2015 Principal's Tour of school, 9.30am – bookings to be made at the front office
P & C Meeting 7pm School Library
OnShow 7-9pm
- 19/03/2015 Year 7 SRC Elections Year Meeting Common room
Year 12 Tripod Survey Post Intervention 1.40-2.20pm
TBC 10 History Incursion
Cake Stall at recess for Red Cross Calling
- 20/03/2015 Cross Country Carnival

WEEK 9

- 23/03/2015 Year 12 Half Yearly Examinations
Year 9 Scripture Pd1
Year 11 Ancient History Excursion
- 24/03/2015 Year 12 Half Yearly Examinations
Year 7 Vaccinations and some Year 8 catch-up
- 25/03/2015 Year 12 Half Yearly Examinations
- 26/03/2015 Year 12 Half Yearly Examinations
TBC Year 9 Music Soiree 6-8pm
- 27/03/2015 CHS Swimming
Year 12 Half Yearly Examinations
11 Engineering to Bluescope Steel Wollongong
Earth Hour Schools Day
- 28/03/2015 CHS Swimming
- 29/03/2015 CHS Swimming

WEEK 10

- 30/03/2015 Year 12 Half Yearly Examinations
Year 7 Edmodo Registration Period 1
Year 9 Scripture Pd2
- 31/03/2015 Year 12 Half Yearly Examinations
- 1/04/2015 Year 12 Half Yearly Examinations
- 2/04/2015 Year 12 Half Yearly Examinations
Cross Country Catch-up day
Big Band Bash 7-9pm
- 3/04/2015 Good Friday

All families and friends are invited to the Big Band Bash!

*A tutti Manly Selective Campus
famiglie e amici*



*La grande festa di banda!!
A special Easter treat.*

Thursday 2 April, 7pm, MSC Hall

Showcasing all of MSC bands,
including those off to Roma and Vienna
for the April 2015 European band tour.

Entry by gold coin donation.

All funds raised go to the whole
Manly Selective Campus Band Program

Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 2 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Teens Course

Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.

- ★ Understanding teenagers today & communication skills
- ★ Emotional intelligence skills
- ★ How to prevent behaviour problems & conflict resolution

Chatswood 5 wks/2.5hrs (13/5 - 10/6, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop

- ★ Learn how to restore a respectful & positive relationship with your teenager
- ★ Understand what it is like being a teenager today
- ★ Learn how to talk so that they listen & how to listen so that they talk to you

Chatswood (6/5, 7.00-9.30pm)

Tuning in to Kids Course - Chatswood (28/5 - 25/6)

Triple P Seminars- Chatswood (12/5, 19/5 & 26/5)

Communicating with Kids Workshop (based on PET)-Chatswood (14/5)

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS - 9887 5830

- ★ Dealing with Teen's Back Chat
- ★ Transition to High School
- ★ Triple P Seminar Series (Teens)
- ★ Resilient Kids
- ★ Bully Busting Workshop

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)

- ★ Understanding Your Toddler/Discipline & Tantrums
- ★ Tucker without Tantrums/Toilet Training
- ★ Speech & Language Development/Sleep
- ★ Triple P (PPP) Seminar Series (1-12 years)
- ★ Older Sibling - New Baby
- ★ Transition to School
- ★ Grand Parenting
- ★ Communicating with Kids

Enquiries: Child & Adolescent Parenting 9887 5830

www.nslhd.health.nsw.gov.au/services/CAP



Health
Northern Sydney
Local Health District

