



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 Kathy O'Sullivan



11 March 2016 – Newsletter No 6

From the Principal

Zone Swimming

Congratulations to our Zone Swimming team who finished third at the carnival held on Tuesday. Of particular note was the fact that we were able to dominate the relay events with teams finishing in the top three places in all age divisions. Our participation this year was somewhat thwarted by the unavailability of some of our students and this highlighted the importance of having a representative swimming in each event.

Congratulations to Narrabeen Sports High School who were the overall winners of the Zone Championship.

Head of the River Champions

On Saturday Katie Healy rowed for NBSC at the NSW Schoolgirls' Head of the River regatta, with another student from Freshwater Senior Campus. They competed in the Open Double Scull event, in which they won both their heat & the final convincingly. The photograph below shows them about to cross the finish line for the gold medal.

This is a wonderful achievement and a good lead in the Combined High Schools Championships to be held in Taree in the coming weeks. Our best wishes are with Katie and the NBSC team for this event.



Buses

We sometimes receive reports from parents and students that there are insufficient places on buses, or even insufficient buses, to convey our students to and from home on a range of routes.

State Transit base their allocation of buses on data received from students who not only apply for bus passes, but on the usage of that service. The usage is calculated from the number of Opal cards that are now tapped as students board each bus. In speaking with some of our bus drivers, particularly on the after school services, it appears that many of our students fail to tap their cards as they board the bus. As a result of this, State Transit receives data showing that there are fewer students using that service than may be the actual figure. It wouldn't be surprising then, if that trend continued, that a particular service may be reduced or removed.

Could I please ask that students are reminded to tap their Opal cards upon boarding each bus service that they use each day. It may just save the services that we have to transport our students to and from school.

Selective Schools Test

Over 130 excited, yet slightly nervous, Year 6 students attended our campus on Thursday morning to sit for the Selective Schools Entry Test. No doubt our current parents and students all remember a similar experience, harrowing for some yet just another day from so many others. I hope that all students were able to perform to the best of their abilities, maximising their opportunity of enrolment in our school, or any of the other selective schools that they may wish to attend in 2017.

We wish them well for the now anxious wait for the release of results and placement.

Lismore Students Visit

It was our pleasure on Thursday to host a group of students from the Lismore High School's Year 10 Gifted and Talented Education program. This has become an annual event for our school and is very much appreciated by our visitors.

Students from Lismore had the opportunity to tour our campus, visit classes and talk to our students about the culture of the school relating to learning, assessment tasks, curriculum enrichment activities and goal setting. In speaking with their accompanying teacher, these current visitors are already benefitting from previous tours through programs that have been implemented at Lismore to replicate some of the programs here at Manly.

We look forward to continuing this very valuable experience and look forward to their visit in 2017.

Tony Rudd
Principal

From the Deputy Principals

One of the highlights of this week was the *Introduction to Parent Coaching* workshop presented by Jacqui Pollock on Wednesday evening. Jacqui's engaging and enlightening presentation provided useful strategies to assist parents and leaders in our roles as coaches rather than managers. Approximately sixty parents with students from Year 7 to Year 12 participated in our 'experiment', reflecting on the factors that trigger changes in their reactions and learning some strategies to stay 'at the top of the funnel'. Further information regarding Parent Coaching workshops to be held at Manly Selective can be found later in this newsletter.

Last Saturday I continued my journey with Choice Theory, embarking on the Advanced Practicum. William Glasser's Choice Theory underpins the Pastoral Care program at Manly Selective and, with over 60% of our teaching staff completing Basic Training in the past three years, is often used in conversations between staff and students. Choice Theory states that all we do is behave and that almost all behaviour is chosen to satisfy one of the five basic needs – *survival, love and belonging, power (and mastery), freedom and fun (and learning)*. As often highlighted in conversations with students experiencing difficulties with friendship groups, the most important need is *love and belonging* since closeness and connectedness with people we care about is a requirement for satisfying all of the needs.

Cath Whalan
Deputy Principal Years 8, 10, 12

It was my absolute pleasure to attend the Year 7 Camp at Mangrove Mountain this week. The students participated in activities designed to both challenge them individually and also encourage them to further develop their teamwork skills. Congratulations to all students involved for their excellent attitude and enthusiastic involvement in all the activities at camp. Thank you to Ms Tye for all her behind the scenes organisation and caring to ensure the camp was successful. Thanks also to Ms Izossimova, Ms Taylor, Mr Blanch, Mr Quill and Mr Forsyth for giving up time with their families to support such a worthwhile program.

The majority of Year 11 students have now completed their first Preliminary assessment tasks and should be proud of the efforts they have put in. I would like to take this opportunity to highlight point 6, 7 and 8 of the Rules and Procedures for Assessment Tasks as outlined in the Assessment Policy to ensure that correct procedures are followed and adhered to.

6) Students who fail to submit or attend an Assessment Task by the due date and time but who have a valid reason may be allocated an extension of time or an alternative task. Students who are absent for any Assessment Task must submit an Illness and Misadventure form with a written explanation for their absence. A doctor's certificate must be attached for illness. The Illness and Misadventure form can be found in Appendix 1 of the Assessment Policy. This form must be handed to the Deputy Principal on the morning of the first day back at school. If the Head Teacher decides that the student should do the original or substitute task, the students may be required to sit for the task immediately. Failure to follow the Illness and Misadventure policy may result in zero marks for that task.

7) Where a student requests an extension for an assessment task due to illness and /or misadventure, an Illness and Misadventure form must be completed and handed to the Deputy Principal.

8) Where a student is going to be absent from an assessment task with prior knowledge, the student or parent/caregiver must contact the Deputy Principal before the task takes place. If unexpectedly absent on the day of the task the student must phone the school and inform the Deputy Principal.

Kathy O'Sullivan
Deputy Principal Years 7, 9, 11

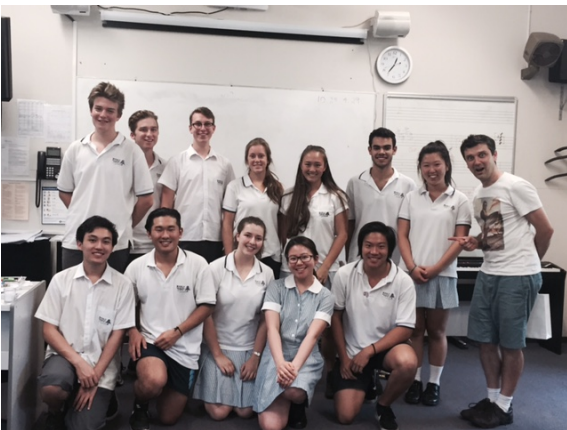
HSC Music Workshops

Over the last week the Year 12 music students were treated to performance and composition workshops, directed by leading musicians in their respective fields.

Benjamin Loomes gave an insight into composing traits of the last 25 years, proving tips and suggestions to the class, followed by one on one session with the students on their own HSC major works.

Daniel Williams conducted a performance master class with four of the students, providing detailed feedback on the current readiness of the work and potential improvements to be made. Both Ms Herft and the students were grateful for the experience received.

Year 12 students also have a performance night on the 14th of March, starting at 4:45pm in the school hall. All are welcome to attend.

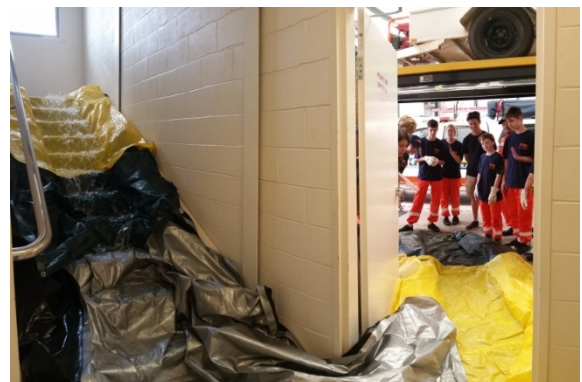


Lucienne Heft
Music Teacher

Cadets update

The last two weeks have seen the SES Cadets demonstrate their problem solving skills in real situations, undertaking flood and fire management activities at Manly SES and Terrey Hills RFS headquarters.

During the visit to Manly SES headquarters on March 2nd, the students were thrown into the deep end in a very literal, and damp, capacity. Under the premise that the ceiling cavity was full of water and about to explode, the Cadets were given 10 minutes to create a water diversion using tarps, sandbags and gaffer tape to ensure the water was redirected from the top storey room into an external drain. This water was not imaginary; after 12 minutes, water was pumped through the window and down their flood diversion, providing a clear and wet indication of any problems. The Cadets were hugely successful, with almost all the entire waterfall making it down the stairs, around the corner, out the door, and into the drain.



In a second activity, the Cadets were shown how to create a rope system that created a “3-1 mechanical advantage”, in short making it easy to lift large weights to great heights. Special mention must go to Emma Cook (Year 9), who knew exactly what was required, and with almost no instruction,

constructed this Z-Rig herself and extended it to create a 5-1 advantage.



On March 9, under management from the Rural Fire Service, the Cadets watched a demonstration of why cooking oil should never be left on the stove. They worked with different materials to discover what methods they could use to put out the fire, quickly discovering that water made it worse.



In coming weeks, the Cadets will be learning to use correct radio protocols, and use these to undertake a treasure hunt around the school.

Naomi Leviton
Music teacher
SES Cadet coordinator

Fencing



Term 2 Dates

Tuesday: 3 May & 21 June

Thursday: 5 May, 2 June, 16 June & 30 June

Time: 7.30 – 8.30am

Cost: \$145 – 8 weeks (1 session per week)

Classes: minimum 6 and maximum 14.

The Fencing class is 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 games of chess”.

Fencing Classes at Manly Selective Campus will introduce the weapon Sabre through games, drills, footwork and fighting.

All equipment that is needed will be provided. Students should wear t-shirts, tracksuit pants & trainers

Please bring a drink to class.

Parent Coaching Workshop

Term 1: Monday 21st March 9am – 3pm

Term 2: Thursday 5th May 9am – 3pm

Please book at:

<https://jacquipollockparentworkshop.eventbrite.com.au>

For further information, please see attached flyer.

From the Archives

Every week we will bring you an item from a past issue of the yearly Pines Magazine. This week we are again highlighting 1949. Carrying on in the same 'tell it as it is' tradition from last week's article, here is an article from 'School Spirit. 4A'.

To Our Critics

Many, far too many, parents wince at the thought of having to send their precious offspring to 'Shack Town'; others regard my fellow pupils as the next thing to child delinquents. But in this article I hope not only to kindle the flame of school spirit, but also to change these people's ideas and more important, their actions.

Surely nobody would doubt our supremacy in the field of sport. Think of Charlie Eastes, Roy Bull, Clarrie Davis, the international footballers; Billy Barber, the Olympian, only to mention a select few. Manly has held high its reputation as a great sporting community, and amongst those now attending Manly High there may be many pupils who, in a few years, will be known the length and breadth of the nation.

The thought of a small, indiscriminate school in its first year as a high snatching away the Senior Swimming Shield from under the very noses of the old traditional schools, which have for so long, between them, held the shield. One can only imagine the havoc our now near-legendary 1947 team would have caused.*

*In our first year of water polo, our second team is yet to be beaten**, and our first team has only experienced two defeats.*

In the football field our sixth grade took all before them. This team of young players will surely be able to work their way up the competition in an unbeaten combination. It is true that in tennis, cricket and athletics we have not done anything to dominate the field, but in our true Manly spirit we have taken our defeats in the true sporting spirit and absorbed all the lessons we have received. The collection of pennants and trophies in our library is one of which any high school would be proud.

In the scholastic field we are by no means outclassed. A higher percentage of passes in both Leaving and Intermediate Certificate Exams than other schools speaks for itself. In the Leaving Certificate a very fair sprinkling of A's and even an Honours here and there, is quite good for a school of our kind. In the Hume-Barbour Inter-school

debates we have held our own with the champion North Sydney High School, and with some more experience we should easily occupy their pedestal.

Not enough people realise these facts. Parents as a whole stress too much the fact that our buildings are merely temporary. But, at least, they are open and healthy – a thing that cannot be said of the buildings of some of the well-established high schools.

One weakness we suffer is the lack of a school uniform, but 'Rome wasn't built in a day' and it will be some time before Manly High School has all the things that will make it a fully-fledged school. However, we are more than half way there. Many of the older schools, steeped in tradition, are gradually falling off their pedestals and it up to the young high schools like Manly to take up the torch of Australian youth and carry it on. Do not think I scoff at tradition. On the contrary, it is the crowning glory of any school, and a thing that only be acquired by sweat and toil.

In the years to come the prominent of the day will look the world in the face and – 'I went to Manly High!'

Editor's note: *the Swimming Shield mentioned is the Brilliantine Shield. **the Seconds went on to win the finals that year.



Bands of Manly Selective Campus

BIG BAND BASH TONIGHT- All MSC families are invited

The traditional Term 1, all ensembles, all student concert.

Come along and be blown away by our bands' talents after their first five rehearsals.

When: Friday 11th March 2016

Where: Freshwater Senior Campus Gym

Time: 7pm - 9pm (students rehearse from 3:30pm/ pizza dinner at 6pm)

Entry by gold coin donation.

Jazz Orchestra for HSC Half Yearly – Monday 14 March, 7pm MSC

'On Show' Performing Arts Concerts

Wednesday March 16: JO

The music department has selected HSC performances to showcase MSC music in this upcoming cross-campus event at Balgowlah Boys High. Rehearsal at venue: 11-11.40 am Tuesday 15 March and concert Wednesday 16 March from 7pm.

Blazers

Blazers will be first needed for CB in mid June. For other wind and jazz bands, blazers will be needed in July. New blazers are available at Pickles in Brookvale. Please note that there is a three month lead-time for orders from Pickles so please order blazers by mid March if you have not been able to source a second hand blazer by that time.

Second Hand Band Blazers

We only have a small number of second hand blazers available at present so if anyone is buying a new blazer and wants to sell their old one please contact **Fiona Cantwell (fionamb@inet.net.au)** to be placed on the Buy and Sell Second Hand Blazer Register. We also welcome the donation of second hand blue band polos - the polos can be dropped off to the office and marked for the attention of the Second Hand Uniform Shop.

Band Diary Dates

Term 1

- Big Band Bash # 1 - Friday 11 March- Freshwater Senior Campus gym. Band members from 3:30pm, concert 7pm-9pm: All ensembles. All welcome.
- Half Yearly HSC performances- Monday 14 March: JO
- On Show Wednesday 16 March: JO

Advance notice: Please note these dates

- Senior Band Tour- Week 1 Term 2 (26- 29 April): SWO/JO/SE
- Band Fundraiser - Sunday 15 May: Sydney half marathon
- NSW band festival- with J Morrison- Sunday June 12 (workshop am/concert pm):JO
- Workshop day- Monday 18 July (pupil free day- Term 3): CO/WE/SWO/SwB/SB/BB
- NSW band festival- Sat 23 July UNSW: SWO
- NSW band Festival- Sun 24 July UNSW: CO/WE/SwB/SB/BB

BAND WEB SITE

For handbook and 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; JC- Jazz Combo

Calendar Term 1

Please check all dates and times closer to the event

	WEEK 8
14/03/2016	Year 7 SRC Elections
14/03/2016	Year 12 Music Performance
16/03/2016	'OnShow' at Balgowlah Boys HS
16/03/2016	Girls KO Soccer at Pennant Hills
16/03/2016	Principal's Tour 9.30am. Bookings essential via reception on 9905 3982.
16/03/2016	P & C Meeting, Library, 7pm
17/03/2016	Sydney North Swimming Carnival
17/03/2016	11ES Metal excursion
17/03/2016	Vaccinations Day 1 Year 7 and some Year 8 catch up
17/03/2016	The World's Greatest Shave
18/03/2016	Cross Country
18/03/2016	Bronze Duke of Ed Practice Expedition (Group 1)
19/03/2016	Bronze Duke of Ed Practice Expedition (Group 1)
20/03/2016	Bronze Duke of Ed Practice Expedition (Group 1)
	WEEK 9
21/03/2016	Harmony Day
21/03/2016	Visual Arts excursion-Artexpress (Years 11-9)
22/03/2016	Year 11 Seminar Wake Up
22/03/2016	Year 11 Music Performance
23/03/2016	CHS Boys Football Knockout
24/03/2016	Premier's Sporting Challenge
25/03/2016	Good Friday
	WEEK 10
28/03/2016	Easter Monday
29/03/2016	Year 12 Half Yearly Examinations Commence
1/04/2016	Silver Duke of Ed Practice Pack & Paddle
1/04/2016	Bronze Duke of Ed Practice Expedition (Group 2)
2/04/2016	Silver Duke of Ed Practice Pack & Paddle

2/04/2016	Bronze Duke of Ed Practice Expedition (Group 2)
3/04/2016	CHS Swimming Carnival
3/04/2016	Silver Duke of Ed Practice Pack & Paddle
3/04/2016	Bronze Duke of Ed Practice Expedition (Group 2)
	WEEK 11
4/04/2016	CHS Swimming Carnival
4/04/2016	Year 8 VA excursion -Curl Curl Beach
5/04/2016	CHS Swimming Carnival
7/04/2016	Anzac Day Assembly
8/04/2016	Year 11 Japanese Cultural Immersion excursion
8/04/2016	Year 12VA excursion -Artexpress, AGNSW & Homebush
	END OF TERM 1
	TERM 2 RESUMES
26/04/2016	Staff Development Day
27/04/2016	All students return

SECOND HAND UNIFORMS

LOCATED UNDER THE TAS BLOCK

Open first Tuesdays of the month 8.15-9.30am
& third Thursdays of the month 1.30-2.30pm

Next open Thursday 17th March 1.30pm

Co-ordinators Marg Martin & Chris Schaller

Please contact us if you would like to place an order:

margaret.martin@optusnet.com.au
or christins@ozemail.com.au

Donations of washed good quality uniforms are most welcome and can be left at the office.

All proceeds go the P&C for school improvement projects.

We are seeking volunteers to help in the shop.
If you are interested please contact us.

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

Parent Coaching Workshops

As part of our welfare curriculum at Manly, we support our students with the skills to stay **resilient** and **bounce back** from challenges. Following the Introduction talk by Jacqui Pollock on Parent Coaching, we are pleased to support our families with workshops to be run during school hours in the common room.

- Improve your teen's growing emotional intelligence & reflect on your own skills too
- Bring out the best in yourself and each of your unique children
- Become calmer and more confident in your response to challenges
- Learn how to coach your teen in the game of life

Workshops 9am-3pm

Parent Coaching Level One : Personal Resourcefulness, part one of "How to Coach your teen in the game of life : respect, listening, understanding. Coaching skills. Introduction to personality types

Parent Coaching Level Two : Feedback and check in, Part two : making agreements with teens, consequences, challenging conversations, support vs. rescue, nurturing responsibility and independence.

Jacqui provides coaching and workshops for Leaders, Educators, Principals and Parents. She consults to Dept. of Education in NSW, SA and Victoria. Jacqui is co-author of the recently published book "Knowing Me, Knowing them - aha" which helps parents explore their parenting personality and how it impacts their family.

And she's an ex Manly Selective parent who's daughter graduated last year!

"I have a passion for helping people discover the very best within themselves so they can bring out the best in others. I believe that as we understand ourselves more fully, we show up authentically at work and at home – and inspire our children to be independent, happy and resourceful. - JACQUI POLLOCK

TO BOOK A PLACE:

Level one workshops

Term one: Monday 21st March 9am-3pm

Term two : Thursday 5th May 9am-3pm

Special introductory price for term one and two.
Cost per workshop: \$145 per person, \$215 per couple. Includes textbook & workbook.

Please book at:

[https://](https://jacquipollockparentworkshop.eventbrite.com.au)

jacquipollockparentworkshop.eventbrite.com.au

Level two workshops will run in term two and dates will be published soon

Jacqui Pollock
HARNESS YOUR *aha!*
FOR FAMILIES