



# 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



18 March 2016 – Newsletter No 7

## From the Principal

### Big Band Bash

On Friday evening last week it was my absolute pleasure to have attended the first of our Big Band Bash events for 2016. After only 4 weeks of rehearsals, each of our ensembles performed pieces that had previously been unseen, and they performed them with distinction. The Freshwater Campus gym had standing room only with a very appreciative audience being captivated by over 2 hours of outstanding performance.

The finale, of a medley of ABBA songs, performed by our combined bands of over 200 students, was an amazingly fitting end to a magnificent evening of entertainment presented by students from all Year groups. Thanks and congratulations to all who performed with special mention to our ensemble directors, Craig Driscoll, Mark Brown, Brian Buggy and Liz Scott, for their diligence and expertise, and for extending our students to the level of achievement witnessed.



### SBS Screen Writing Competition

Year 10 student, Armaan Keast was recently awarded first place in the SBS screen writing competition. The competition was run in conjunction with The Family Law drama and was judged by a panel from SBS along with Australian author and journalist, Benjamin Law. Mr Law was glowing in his praise of Armaan's work, stating in part of his summary: "...in amongst all of this are sophisticated and subtle insights into inter-family

and inter-racial politics. In the script's cultural specificity, we really find universal truths about family and race relations."

You can view Armaan's script at the following website: <http://www.sbs.com.au/learn>



### 2016 Young Australian Writers Award

In a similar vein to Armaan's success above, 2015 School Captain, Blake Lovely has also been recognised by the Australian Children's Literary Board. Blake submitted a piece written for his Higher School Certificate to the ACLB, who recognised it as an outstanding piece of writing and published it in the February edition of 'Oz Kids in Print'. It can also be viewed on their website at: [www.ozkids.com.au](http://www.ozkids.com.au)

As a result of this work being published, Blake is now eligible for his work to be considered in the judging of the 2016 Young Australian Writers Awards. We wish him well in this judging process.



### Year 7 Cross Campus Project

A group of approximately 15 Year 7 students have spent this week working closely with Ms Hewes and Ms O'Sullivan in researching and preparing a presentation based around the topic of Equality. This project is part of the Northern Beaches Secondary College, Year 7 Gifted and Talented Students program, where gifted and talented students from across all campuses undertake the project prior to a judging process and then a final presentation to community members held at Freshwater Campus on Wednesday 6 April.

Our students have been guided through a Project Based Learning model in the development of their skills, knowledge acquisition and final presentations by both Ms Hewes and Ms O'Sullivan. Students were required to enquire into the origins and concept of equality, some of the historical and contemporary examples of equality and inequality, and then to investigate examples of ongoing inequality that fuels their passion for change. Presentations, ranging from slideshows to stop animation videos and websites were viewed at the school today and a judging process will be conducted prior to selecting our teams to present at the College showcase on 6 April.

I am confident that this learning experience has allowed students to explore Equality in great detail and to apply knowledge learned in a variety of faculty areas to their project presentations.



### NSW SLSA State Championship Success

Congratulations to Brady Holland and Kris Martyn who achieved a silver medal at the recent NSW SLSA State Championship Carnival. These two boys, rowing as part of the South Curl Curl Under 19 crew, performed exceptionally well over the two days of the carnival to achieve this result. It goes along with their recent successes in the Sydney North Branch Championships and the Team Navy, Australian Surf Rowers League.

Congratulations to both.

Tony Rudd  
Principal

## From the Deputy Principals

On Monday evening the Year 12 Music students entertained a small and very fortunate group of parents and staff with their Half Yearly performances. To say that the talent of these students was outstanding is an understatement. Congratulations and thank you to Jack, Katie, Catherine, Justine, Connor, Isabela, Yelson, John, Muneki, Alex and Luke for sharing their amazing musical talent. Thank you also to Mrs Herft and Ms Leviton for guiding these talented students and organising the event and to those parents, students and musicians who assisted with the individual performances. I look forward to the next Year 12 Performance Evening and hope more members of the school community can join us in enjoying these wonderful musical performances.

With Year 12 Half Yearly Examinations in Weeks 9 and 10 and assessments due for Years 10 and 8 over the next few weeks, students are reminded to use not only use successful study strategies but also remember strategies to ensure you are physically able to do your personal best:

- (1) Ensure you drink enough water - research shows that information flows more freely between brain cells when they are well hydrated.
- (2) Have enough sleep - you need at least a full night's sleep between you and the examination.
- (3) Eat breakfast - missing breakfast can cause visual problems and slow memory function, while eating a full breakfast leads to fewer errors and quicker figuring in number-related tests.
- (4) Exercise – this plays a vital part in counterbalancing the stress responses produced in our bodies.
- (5) Be mindful – this means paying attention to the present moment, exactly as it is. It is hard to be anxious if you are completely focused on the present moment.

Enjoy the examinations and assessments – use them as an opportunity to celebrate your learning and success!

Cath Whalan  
Deputy Principal Years 8, 10, 12

----- ❖ -----  
Last week I had the pleasure of attending the *Big Band Bash*. To witness over 200 band members playing *Mama Mia* for the finale was truly spectacular. On Wednesday evening at *OnShow*, I once again marvelled by the outstanding talent in performing arts across the school. Manly Campus contributed to quality acts with individual performances from Connor Lambrou who sang an

original piece called *Thunder* and Justine Kim who sang *Home* from our upcoming musical *Beauty and the Beast*. The musical theatre ensemble performed *100 Ways* and the show closed with Katie Healy and the Jazz Orchestra playing *Concerto for Clarinet*. These, added to our students who performed with the College Jazz Impro group, meant our campus was very well represented.

On Thursday we saw 12 students put themselves forward to participate in the Word's Greatest Shave to support a cause they were passionate about: supporting kids with cancer. From Year 7: Etienne Roumanoff and George McKee. Year 8: Ethan Rowe, Christian Bruun Plener and Isaac Barry. Year 9: Ben Tapsell, Nyah Schiphof and Thomas Coy. Year 10: Jordan Stoddart and Nicholas Zaunders. Year 12: William Nord. On top of their individual fundraising efforts, the school community raised over \$1000 in cash during the assembly. Congratulations to all students involved, especially the SRC who organised the event.

It's been another busy week for our Year 7 students. The week started with the Year 7 Student Representative Council (SRC) candidates' speeches. The calibre of the speeches was most impressive and a credit to all students involved. Congratulations to Max Oldham, Etienne Roumanoff, Daniel Shi, Eliza Lo Russo, Amelie Letchford and Kristin Withana who have been selected to represent Year 7 in the SRC. I am looking forward to your commitment in representing your peers and leading positive initiatives in the school.

Throughout the week, a group of Year 7 students have been working on a Cross Campus Gifted and Talented Project Base Learning (PBL) task. The project is designed for students to develop their 21<sup>st</sup> century skills - collaboration, communication, creativity and digital citizenship in an environment that is challenging and dynamic. The students were presented with the inquiry question – *Why should Northern Beaches teens care about equality?* To answer this question, students have explored the concepts of appearance, religion, sexual orientation and gender identity. Students will showcase and share their learning to an audience at Freshwater Campus on 6 April.

Finally, I would like to remind all families of the correct process of how to obtain an early leave pass for the day. The policy (which can be found on the school website) states: Your child should submit written application to the Attendance Office before school hours (i.e. before 9.00am). All

medical/dental appointments should be made after school hours i.e. after 3.30pm on Monday/ Tuesday/ Thursday/ Friday and after 2.30pm on Wednesday. Attendance at Sport is **COMPULSORY**. All applications for Leave Passes will need to be approved by Mrs O'Sullivan (Deputy Principal) on Wednesday.



Students participate in Shave for a Cure



Year 7 students participating in Gifted and Talented Project Based Learning

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

## Parent Coaching Workshop

Term 1: Monday 21<sup>st</sup> March 9am – 3pm  
Term 2: Thursday 5<sup>th</sup> May 9am – 3pm

Please book at:

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

## HSIE Report

Both last week and this week, there have been several events for students within the HSIE faculty. Last Thursday, Year 10 were all at their respective History and Geography activities. Geography students went to Collaroy and Long Reef to explore the coastal environment, examining the formation of the headland and dunes, the air and water quality, as well as the impacts this has on humans and how these can be managed. In coming weeks, Year 10 will continue to develop their understanding of coastal environments, applying a lot of the concepts covered on the day to better understand the local environment.



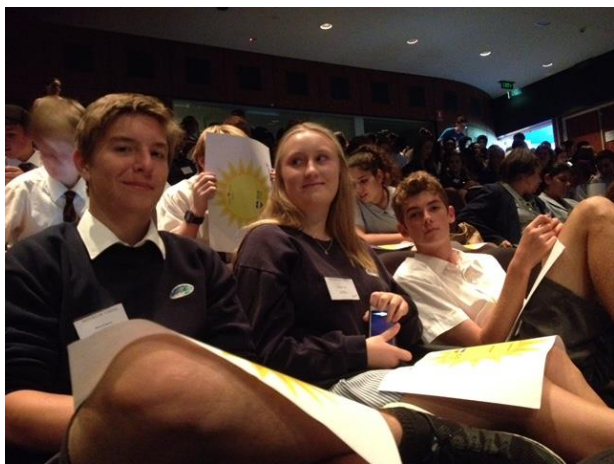
Meanwhile, Year 10 History students had a variety of activities at school to support their understanding of the Vietnam war. They viewed documentaries about life in Vietnam for Australians and watched *Platoon* to give them a dramatic version of the impacts of war. The highlight of the day was undoubtedly the performance by Brett Hunt, telling the emotional story of his father's involvement in the Vietnam war and how it affected both his life and those around him.

This week, we have also had a number of students in Years 9-12 attending the Environmental Summit at Taronga Zoo. Here, the students heard from

guest speakers on climate change and environmental management, while developing campaigns to help us be more sustainable at our campus and in the local community.



Brett Hunt



In other news, the much anticipated Italy/Germany history tour for 2017 is almost finalised, with comparison quotes being finalised today. The tour is being planned for 16 days in the April school holidays next year and focus on the core studies in HSC Ancient (Pompeii & Herculaneum) and Modern History (German personalities). In the coming weeks, an information night will be held on the tours for any students in Years 10 and 11 this year who may be interested in attending along with their parents.

## AUSCASE Teams Required

AUSCASE, a student-led, business competition welcomes Year 10 - 12 students across the country to participate in the first-ever High school-level Australian business case competition.

It is organised by a group of Australian students with the goal of encouraging critical thinkers in the spirit of entrepreneurship, and is entirely non-profit. Winners will be announced in Sydney on 17 April, before receiving an all-expense paid one-week trip to Harvard University. AUSCASE team organiser, Justine Kim, says the competition was created in response to past business case competitions held for undergraduate students only.

*"We want to challenge and develop budding young entrepreneurs who, like us, are still in high school and have limited opportunity to tackle real-world business problems," Justine says.*

*"AUSCASE was created to equip students with valuable knowledge about the business sector and critical thinking ability, while developing our own leadership skills. Whatever studies we decide to undertake after high school, or career path we take, Australian students can benefit from critical thinking, problem-solving and project management skills. I am a musician but I am also passionate about business," Justine says.*

Competition participants are required to register with a teammate. Each team (two participants) will have the opportunity to solve a series of business case studies with their partner before they may progress to the next round. In addition to winners visiting Harvard University, they will also receive ongoing mentorship from a Harvard graduate currently working with Crimson Education.

### Event details:

AUSCASE welcomes registrations from students in Years 10 – 12. Each team will be required to pay \$20.00 to enter. This will cover competition costs including prizes.

### Important Competition Dates:

Registration Deadline: March 27 (11:59 pm)

Round 1: March 28 - April 3 (11:59pm)

Round 2: April 9 - April 12 (11:59pm)

Finals: April 17 (held in Sydney)

Register online at [www.auscasereg.org](http://www.auscasereg.org) or fill out a registration form via from Justine Kim.

For further information please contact:

Justine Kim

Director of Content of AusCase Executive Team

**E** [seoyoon7473@gmail.com](mailto:seoyoon7473@gmail.com) **M** 0404 854 930

## Tell Them From Me Student Survey

Next week, students across the school will be asked to complete the *Tell Them From Me* survey during Pastoral Care. This will gather information on the school in a non-identifiable manner, with only the year group of the student being recorded for analytical purposes.

On Thursday 24 March, we ask that all students bring their own laptop, tablet or other device that meets the requirements of the school's BYOD policy.

The survey is developed to help the school gain a better understanding of how we are progressing in the eyes of students on various aspects of the school including academic study, co-curricular areas, as well as matters of student well-being. By gaining further insight into areas of strength and those in need of action, we can continue to enhance the learning environment for your child. Please take note of the FAQs note attached to this newsletter to gain more information on what is involved in the survey.

Jamie Kay

---

## Dance news

The last few weeks have been incredibly busy for the students in the dance ensembles.

All of our ensembles got off to a flying start, and are working steadily to learn new choreography and prepare their performance routines. Thank you to everyone for your cooperation in gathering costume measurements last week – all costumes have now been ordered. A reminder to return your dance contracts ASAP and please pay your participation fee to the front office.

Some congratulations – well done to Colina Zhang (Year 8), who was accepted into the State Dance ensembles, a fantastic achievement. This is a highly selective program and requires a big commitment, so congratulations Colina! Well done also to Riley Blanche (Year 10), Dorisa Nasserian (Year 9) and Chloe Martin (Year 8), who have been accepted into the Sydney North Public Schools Senior Dance Ensemble, another fantastic program. These external ensembles provide talented students with many great opportunities to work with outstanding teachers and choreographers and perform at a range of events,

and I am sure these students will have an amazing experience.

Thank you to all the dancers who performed in *On Show* this week for your hard work and commitment. These students gave up much of their own time for rehearsals and both the duo (Chloe Martin and Mia Kha) and the musical theatre ensemble (Khika Withnell, Georgia Martin, Gabbi MacKechnie, Jessica Wait, Lara Hather, Stella Matthews, Neve Morgan, Dorisa Nasserian, Bronte Nicholls, Jiaye Zou, Alanna Manfredini and Madi Harrington-Hopkins) gave excellent performances.

We have also been preparing auditions for this year's Schools Spectacular, to be held in November at Allphones Arena. Year 9 students Neve Morgan, Dorisa Nasserian and Alanna Manfredini, and Year 10 students Emily Bridgland and Jess Wait have all submitted individual auditions as Featured Dancers, and I would like to congratulate them for their dedication and effort in preparing these applications.

We have also been preparing our audition video to apply for Combined Dance. For this audition I selected 16 students to learn, rehearse and submit a group piece. After many lunch time rehearsals we finally filmed and submitted that application this week, and will now wait until late next term to find out if we are successful. I want to say a HUGE thank you to Jessica Wait, Sophie Martin, Stella Matthews, Neve Morgan, Dorisa Nasserian, Olivia Bennett, Lara Hather, Colina Zhang, Jessie Zhang, Mia Kha, Chloe Martin, Madi Harrington-Hopkins, Anna Birke, Elsie Loadman, Pema Deane and Gemma Cooper for giving up many lunch times to rehearse, working really well as a team, and giving it all for that audition. Fingers crossed!

- Chloe Woodward

Dance teacher and dance ensembles coordinator

---

## MSC Participates in *Endure for a Cure*

Every year more than 950 children and adolescents in Australia are diagnosed with cancer. The Children's Cancer Institute is an independent medical research facility dedicated to finding a cure for childhood cancer and eliminating the suffering they endure during treatment. The unique closed-circuit cycling challenge, *Endure for a Cure* is aiming to raise \$240,000 for this very cause through business sponsorships, individual

donations and the help of local communities. On 5 May 2016, students in Years 10 and above from Manly Selective Campus will be participating in the fundraiser, doing as many laps as they possibly can, from 7am - 7pm, on the Sydney Motorsport Park, Eastern Creek track. Each rider is raising over \$500 for the outstanding cause and then strapping on their helmet to cycle the 3.93km course as many times as they can endure.

In addition to the cyclist's contribution, a group of Year 12 students are raising funds for kids who endure the challenge of cancer treatment through several fundraising events such as sausage sizzles, cake stalls, hampers and raffles. Through Rod Adams, a school parent and representative from *Endure for a Cure*, we will be raffling off two bikes which can be won by donating \$10 or more to the MSC fundraising page for *Endure for a Cure*. We strongly encourage everyone to donate to the great cause, as every cent counts in reaching our goal. All money raised goes towards research and treatment of childhood cancer and eliminating the suffering during treatment. To donate or for more information, follow the links below:

<http://endureforacure2016.gofundraise.com.au/cms/home> (Endure for a Cure home page)

<http://endureforacure2016.gofundraise.com.au/page/ManlySelective2016>  
(MSC donation link)

---

## Year 9 Dance Excursion - *Countermove*

On Thursday 10 March, Year 9 dance elective went to watch Sydney Dance Company's performance of '*Countermove*'.

'Countermove' included two works; '*Cacti*' and '*Lux Tenebris*'. Both works were very different, but really entertaining and captivating.

'*Cacti*', choreographed by Alexander Ekman, was a humorous piece mocking art critics, and addressing the fact that people should enjoy art instead of judging it or trying to understand it. It used a lot of fast rhythms, interesting props, and voiceovers to create many very funny moments. It was a very entertaining piece, which we all enjoyed a lot.

The second piece was titled '*Lux Tenebris*', which translates to 'light in darkness', and was choreographed by Rafael Bonachela. It was about the contrast of light and darkness, and used different lighting and technical effects to show this idea. The movement was very fluid, intense and

captivating, using lots of different groupings including solos, duets and full group sections.



The dancers and choreographer also gave talks and answered questions from the audience, speaking about the choreographic process and the life of a professional dancer, which was very interesting. We were particularly surprised to learn that the dancers work from 9:30-6 every day!

The performance was very inspiring and gave us an insight into the world of professional contemporary dance. Thank you to Ms Woodward for organising this excursion for our class

By: Amelia Warde, Olivia Bennett,  
Victoria Choi and Ashleigh Roberts

---

## Year 11 Studying in the Library



Year 11 have settled in to their senior subjects impressively, utilising the study skills covered at their recent Elevate Education seminar to maximise their learning. I'm pleased to see that so many Year 11 students have formed their own study groups and are using the library's late hours on Tuesdays and Thursdays. On these afternoons, the library closes at 5:30pm and a light and healthy afternoon tea is provided to Years 11 and 12

students only. This provides a wonderful opportunity for Year 11 students to focus on their work, away from the distractions at home, and a place for students to collaborate with their peers in order to gain a deeper understanding of the content and skills covered in their senior subjects.

I encourage all of Year 11 to take full advantage of this great resource, especially in the lead up to a very busy assessment period.

Ms Kate Munro (Year 11 Adviser)



## The Purple Hand



As part of their project based learning task, three Year 7 students (Max Oldham, Eliza Lo Russo and Hannah de Mars) have produced a website. You are invited to join their discussion on 'why should Northern Beaches teens care about equality?'

Go to their website:

<http://the-purple-hand.weebly.com>

## The Entertainment Book

### *Fundraising for gym equipment for our school*

Do you ever head out for a meal in the local area or the CBD? Do you like being able to quickly access discounts for those meals through a few clicks of your phone? You can do both now with the digital version of *The Entertainment Book*.

This year, our school is selling *The Entertainment Book* to help raise funds for new gym equipment. We are selling them in both digital and hard-copy form, both of which allow easy access to over a thousand discounts at various locations up to \$50 (including \$45 at Pilu in Freshwater).

The benefits of the digital version are:

- You don't need to carry around the book
- You get access to it almost immediately – just download *The Entertainment Book* app before 4 April.
- You can easily see on a map all the eligible restaurants and activities (e.g. cinemas) around your current location or in a specific area
- You can easily look up if the restaurant you are currently eating in has a discount before paying the bill
- You can share it amongst a few people to each have on their phones for any time they're out

The books cost \$70, with 20% of all sales going to the school for new gym equipment, while only a few nights out throughout the year will easily recoup the initial cost.

If you're interested in helping the school out while making some big savings, go to:

<https://www.entertainmentbook.com.au/orderbooks/20042i6> to order a digital copy

OR

fill in the form at the back of this issue and return to the school for a hard-copy version.

If you have any questions, please don't hesitate to contact me at school.

Jamie Kay  
Head Teacher, HSIE Faculty

## From the Archives

Every week we will bring you an item from a past issue of the yearly Pines Magazine. Again we are highlighting 1949.

### **School Tuck Shop**

Our school was opened in 1945, but it was not until this year that a Tuck Shop was started. A committee of 2A boys was formed, consisting of

*T Hill, P Bedford, R Lloyd, A Heaton, J Whaites and P Barnett. The teacher in charge is Mr J.C. Johnson. In the first term, fruit to the value of £55/8/9 was sold from boxes in the playground.*

*In the second term, Manly Council, at the request of the P&C Association, lent us a shed. The cost of repairing and erecting this, £16, was paid by the P and C. We were then able to sell pies and cakes, and for this term a net profit of over £50 was made and paid to the School Union.*

*Now in the third term, we have begun to sell drink known as G.I., and also buttered rolls with assorted fillings. Fruit is still sold at cost.*

*J Maras, G Page and J Shields from 1A, and K Walton from 2C were added to the committee in Term 2, but owing to restricted space in the tuck shop we cannot retain their services.*

*We thank the P and C Association for its assistance in many ways, and the school for its support. Remember, any profit made by the tuck shop goes into school funds.*

---

## HELP WANTED

SECOND HAND UNIFORM SHOP  
We need your help!

Firstly, we are very short of smaller size uniforms, both summer and winter. If you have uniforms which your kids have outgrown would you please consider donating them? All money raised by the shop is spent by the P&C on improvements to the school. To donate, just leave the uniforms (preferably washed!) at the school office.

Secondly, we would be very glad of some help during our open times. The shop is open the first Tuesday of the month from 8.15-9.30am and the third Thursday at lunchtime, 1.30-2.30pm. Could you please email one of us if you are available to help at either of those times, probably only once a term. Our email addresses are [margaret.martin@optusnet.com.au](mailto:margaret.martin@optusnet.com.au) or [christins@0zemail.com.au](mailto:christins@0zemail.com.au).

Thanks, Marg Martin & Chris Schaller

---

## Christian Fellowship

A Christian fellowship group meets every Tuesday in Room 210 during lunchtime. We hang out together, eat food, read a bible verse or two and if we get time play a game. You get to meet different people from the school and anyone is welcome to turn up. Why not check it out one Tuesday lunch in Room 210?

## An Album from the recent Year 7 camp





## 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](mailto:Deborah.Rixon@det.nsw.edu.au)

Each Tuesday Mrs Helen Crebar will also be available for Career's advice/contact her in the Career's office [Helen.Crebar@det.nsw.edu.au](mailto:Helen.Crebar@det.nsw.edu.au)

Outside the Career's office there is a 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 has a Careers website:

[www.manlyselectivecampuscareers.com](http://www.manlyselectivecampuscareers.com). Students can access this site through the link on the school's website. Students and parents can explore the large amount of Career's information on this site.

The Career's department assists students with subject selection/finding Work Experience placements/resume writing/applications for university/completing scholarship applications

### MSC LUNCHTIME CAREERS WORKSHOP

The workshops below will be in Room 209 at lunchtime: Students in Years 10, 11 and 12 are welcome.

TERM 1		
Thurs 24 March	Macquarie Uni	General Information
TERM 2		
Thurs 28 April	SYDNEY	ARTS/COMMERCE
Thurs 5 May	UTS	TO BE ADVISED
Thurs 12 May	UNSW	COPO Program
Thurs 26 May	UNSW	All Faculties
Thurs 9 June	ANU	All Faculties
Thurs 23 June	Charles Sturt	All Faculties
Thurs 30 June	UNSW	Advanced Science

### COURSES & WORKSHOPS FOR STUDENTS and PARENTS

UNSW WORKSHOPS:

UNSW Architecture Workshop: 23<sup>rd</sup> March 9.30am to 3.00pm

UNSW Medicine Information Evening: Thursday 24<sup>th</sup> March 6.00pm to 8.00pm

UNSW Science and Engineering Student Parent info night Parents and High school students in Years 10, 11 and 12 are invited to attend a Science and Engineering information evening at UNSW on 23 March 2016. You'll be able to hear from, ask

questions to and meet our Deans, current students and staff. For more information and to RSVP, visit <http://unsw.to/2016-student-parent>.

UNSW Year 10 Subject Selection Evenings 5/5, 10/5, 18/5 from 6.15pm - 7.30pm  
John Niland Scientia Building, UNSW Kensington Campus. To register go to [www.futurestudents.unsw.edu.au/whatson](http://www.futurestudents.unsw.edu.au/whatson)

**HSC Preparation Courses** We offer an extensive program of HSC Preparation courses across a range of subjects as well as complementary study skills courses for HSC students to help maximize their HSC results. These courses are designed to consolidate on the work covered by students at school and boost their HSC results. See <https://cce.sydney.edu.au/courses/education/hsc> for more information.

**IT School Holiday Workshop** One day workshops in information technology, innovation, design and games development that will leave you hungry for more! Choose from Games Design workshop, 3D Printing workshop or Networking workshops. Date: 9 April 2016, 9am-5pm ST LEONARDS CAMPUS \$22 lunch included. To request a pamphlet or register contact [karina.connell1@tafensw.edu.au](mailto:karina.connell1@tafensw.edu.au).

**Free School Holiday Workshops** UNSW Art & Design has constructed specialized workshops for interested students during the April school holidays. Find out about creative coding, enhance your Illustrator skills, make a touch-responsive banana or work on your portfolio. Limited places available, so register today. <https://www.artdesign.unsw.edu.au/whats-on/events/define-your-future-unsw-art-design-school-holiday-workshops>

**Career Workshops for Year 9-12 Students**, Your Venue, Your Time Energetic and positive workshops of career tools including resume writing, interview skills and presentation and appearance for students in year 9 to 12. Students will hear from a hiring professional with the chance to have their questions answered. Read more testimonials and more at <http://www.turningpointconsulting.com.au/student-events-calendar/> or call Kathryn Taylor to register 0478 570 707.

**Subject Selections through Strengths, Your Venue, Your Date** Build on capability by engaging students in considering their strengths, optional online strengths assessment available. Over 1-1.5 hours, students will create a positive plan of their future planning through understanding of current skills and interests. Read testimonials and more at

<http://www.turningpointconsulting.com.au/student-events-calendar/> or call Kathryn Taylor or call 0478 570 707.

## OPEN DAYS

**Sydney Film School Open Day 7 May 2016 2pm-5pm**, 82 Cope Street, Waterloo  
<http://www.sydneymfilmschool.com/news-events/events/may-open-day.aspx> Get an insider's perspective with teachers, current students and graduates on hand to share their experiences. Join us to see student films, take a tour of the school and hear about our courses: Diploma of Screen and Media (CUF 50107) Advanced Diploma of Screen and Media (CUF 60107)

## EXPOS & FORUMS

Chartered Accountants ANZ presents *Meet The Business Leader 2016*. For Year 12 students who want to secure a cadetship before commencing their business degrees. Meet The Business Leader is the perfect forum for your students to interact with actively recruiting employers face to face, and receive information on how to gain a cadetship. Date: Wednesday May 11, Luna Park, free to attend. Further event and registration details to follow.

## SCHOLARSHIPS

A truly unique university experience: Tuckwell Scholarship at The Australian National University, provides a one-of-a kind experience that nurtures undergraduate students to fulfil wider ambitions during their study. Scholars receive over \$20,000 annually and are selected not only on academic abilities, but a demonstrated desire to make a positive difference in the world. Applications close 30 March. <http://tuckwell.anu.edu.au/>

## OVERSEAS OPPORTUNITIES

**US University Standardized Test Requirements-** new SAT and ACT explained Students interested in studying uni in the US and supporting career advisers are encourage to read our article outlining the new SAT and the ACT standardized tests which are used for admission purposes to most US universities.  
<http://www.internationallyeducated.com.au/#!learn/cfpx> Contact us for assistance if you are considering studying in the US.  
[www.internationallyeducated.com.au](http://www.internationallyeducated.com.au)  
02 8006 9737

**Free US College Information Sessions** Date: Wednesday March 23, 2016 Time: 4pm and 7pm  
Venue: Mansfield Room (located in the Cranbrook Building), Cranbrook School, 5 Victoria Road Bellevue Hill. Please enter via the Victoria Road

main gates.

RSVP: <http://www.trybooking.com/KNVP>

contact: [deb@uscollegeconnect.com](mailto:deb@uscollegeconnect.com)

### CADETSHIPS, APPRENTICESHIPS, TRAINEESHIPS

Business Cadetships: Applications for the Business Cadetships Program open on 7 March and close on 11 May. Year 12 students apply online at <http://www.businesscadetships.com.au> Under the Program, UBS will continue to offer cadetship opportunities across the firm. Applications for the Engineering & Technology Cadetships (ETCAD) Program will open on 26 April.

### JOBS & CAREER OPPORTUNITIES FOR STUDENTS

GAP Year Opportunity for students: Cultural Exchange Program in the USA Cultural Care Au Pair is a cultural exchange program that provides young adults with the unique opportunity to become part of an American host family and help care for their children while experiencing life abroad. The program is a safe & inexpensive way for young adults to experience life overseas, whilst enjoying a GAP year after their final year of schooling. To find out more call us on 1800 677 373

## 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 Tuesday 5 April @ 8.15am**

Co-ordinators Marg Martin & Chris Schaller

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

[margaret.martin@optusnet.com.au](mailto:margaret.martin@optusnet.com.au)

or [christins@ozemail.com.au](mailto: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](mailto:fionamb@iinet.net.au)



## Bands of Manly Selective Campus

### BIG BAND BASH

The Freshwater gym was packed with parents, friends and family, the night was hot and so was the music! The 10 ensembles played an incredibly wide variety of music after their first 4-5 rehearsals from beautiful classical to toe-tapping jazz and popular hits. An additional bonus was the sax quartet featuring John Troughton performing one of his HSC pieces. The roof was lifted when all 201 students combined to give us Abba with a massive sounding *Dancing Queen* as the finale. This first Big Band Bash for 2016 demonstrated MSC band program is full of talented musicians and inspiring directors.

Congratulations to our students also for their impeccable behaviour and commitment to making the night special for everyone involved. Thank you to our band directors, Mark and Craig, and our two new directors, Liz Scott and Brian Buggy. Thank you to all those who helped with the preparation of the hall, dinner for the students, and to those who drove instruments to and from Freshwater. And special thanks to Allison and Michael Meadows for their dynamic, smooth organisation of the Big Band Bash.

### Thank You Jazz Orchestra

Thank you for supporting Katie Healy in her Half Yearly HSC music exam at the school on Monday night and for Katie and JO representing MSC at the cross campus 'On Show' on Wednesday night. MSC and the band appreciate your dedication at a busy time of year.

### Upcoming tours:

Week 1, Term 2:

Senior tour (SWO/JO/SE): Jindabyne Tuesday 26- Friday 29 April

JO to Thredbo Jazz festival Friday 29 April- Sunday 1 May

We now have final numbers. Thank you for your patience as the tour bookings and costings are finalised. Permission notes and payment forms for both will be circulated ASAP.

Northern Beaches Instrumental Festival Term 2: CB and CO

We have entered CB and CO into this local festival in Term 2 at Pittwater High in Mona Vale. CO- Saturday 18 June (time TBA- we have requested evening):

CB- Wed 15- Friday 17 June (Day we are allocated yet TBA): Blazers needed.

**Blazers:** Order from Pickles now for June.

There is a three month lead-time for blazer orders from Pickles in Brookvale so please order one now if you have not been able to source a second hand blazer. You will be able to sell them second hand as your child moves onto a larger size.

### 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@iinet.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 2:

- Senior Band Tour- Week One Term 2 (26- 29 April): SWO/JO/SE
- Thredbo Jazz Festival - 29 April- 1 May: JO
- Band Fundraiser - Sunday 15 May - Sydney half marathon: Years 7- 9
- Northern Beaches Instrumental Festival Wednesday 15- Friday 17 June (date TBA), Pittwater High: CB
- Northern Beaches Instrumental Festival - Saturday 18 June, Pittwater High: CO

#### Term 3:

- Workshop day- Monday 18 July (pupil free day- Term 3): CB/WE/SWO/SwB/SB/BB
- NSW band festival- Saturday 23 July UNSW: SWO
- NSW band Festival- Sunday 24 July UNSW: CB/WE/SwB/SB/BB
- P&C/Band fundraiser cocktail party- Saturday 27 August, Manly Golf Club: ALL WELCOME

### Band web site

For the latest band calendar, handbook and current information go to the band website at [http://manlypandc.org.au/?page\\_id=34](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

## LOST PROPERTY

The office would LOVE to get rid of the heap of lost property in the storeroom.

There is lots left from the swimming carnival, a pile of thumb drives and drink bottles, and far too many unnamed uniform articles.

Please come to the office to claim.

## Calendar Term 1

Please check all dates and times closer to the event

Date	Event
19/03/2016	Bronze Duke of Ed Practice Expedition (Group 1)
20/03/2016	Bronze Duke of Ed Practice Expedition (Group 1)
<b>WEEK 9</b>	
21/03/2016	Harmony Day
21/03/2016	EAM Line Period 1, Year 7 and Year 10 PSL
21/03/2016	Visual Arts excursion-Artexpress (Years 11-9)
21/03/2016	Parent Coaching Workshop 1
21/03/2016	Year 9 Scripture Period 2
22/03/2016	Year 8 Geography Assignment
22/03/2016	Year 11 Seminar Wake Up
22/03/2016	Year Assemblies
22/03/2016	Year 10 Science topic test
22/03/2016	Year 11 Music Performance
23/03/2016	Year 11 Business Studies Assignment
23/03/2016	CHS Boys Football Knockout @ Melwood oval, Killarney Heights
24/03/2016	Premier's Sporting Challenge
24/03/2016	Year 11 Mathematics Ext 1 Task
24/03/2016	<i>Tell Them From Me</i> Survey during Assembly time
25/03/2016	Good Friday
<b>WEEK 10</b>	
28/03/2016	Easter Monday
29/03/2016	Year 12 Half Yearly Examinations
29/03/2016	Pastoral Care
30/03/2016	Year 12 Half Yearly Examinations

30/03/2016 Year 11 Society & Culture, p1, in-class test

31/03/2016 Year 12 Half Yearly Examinations

31/03/2016 SRC Assembly

31/03/2016 Year 11 Legal Studies, p5 - in class test

31/03/2016 Food Critic Trial 8T2, period 2

1/04/2016 Year 12 Half Yearly Examinations

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 12 Half Yearly Examinations

4/04/2016 Year 8 Visual Arts excursion - Curl Curl Beach

4/04/2016 Year 7 Scripture Period 1

5/04/2016 CHS Swimming Carnival

5/04/2016 Year 12 Half Yearly Examinations

5/04/2016 Whole School Assembly

6/04/2016 Year 12 Half Yearly Examinations

6/04/2016 Year 7 Cross College Showcase

7/04/2016 Year 12 Half Yearly Examinations

7/04/2016 Anzac Day Assembly

8/04/2016 Year 12 Half Yearly Examinations

8/04/2016 Year 11 Japanese Cultural Immersion excursion - all day

8/04/2016 Year 12 Visual Arts excursion - Artexpress"- AGNSW & Homebush"

#### **END TERM 1**

## **TERM 2**

24/04/2016 Gold Duke of Ed

**WEEK 1**

25/04/2016 ANZAC Day Public Holiday

25/04/2016 Gold Duke of Ed

26/04/2016 Senior Band Tour - tbc

26/04/2016 Gold Duke of Ed

27/04/2016 Senior Band Tour - tbc

27/04/2016 Gold Duke of Ed

28/04/2016 Senior Band Tour - tbc

28/04/2016 SRC Assembly

29/04/2016 Senior Band Tour - tbc

29/04/2016 Athletics Carnival

**WEEK 2**

2/05/2016 Year 9 Visual Arts - Bundanon Art Camp

2/05/2016 Year 7 High Resolves

2/05/2016 Food Critic Trial 8T1

2/05/2016 Parent Coaching Workshop 2, Staff Common Room

3/05/2016 Year 9 Visual Arts - Bundanon Art Camp

3/05/2016 Year 8 High Resolves

3/05/2016 Year 7 Parent Teacher night

4/05/2016 Year 9 Visual Arts - Bundanon Art Camp

4/05/2016 Year 9 Food Tech Assessment

4/05/2016 Food Critic Trial 8T6 period 1

5/05/2016 SRC Assembly

5/05/2016 Year 12 Economics Competition

5/05/2016 Year 11 PDHPE First Aid Course

5/05/2016 Parent Coaching Workshop 1, Staff Common Room

5/05/2016 Year 11 Debate

**WEEK 3**

10/05/2016 NAPLAN Year 9

10/05/2016 NAPLAN Year 7

10/05/2016 Food Critic Trial 8T2 period 2

10/05/2016 Year 11 Drama

11/05/2016 NAPLAN Year 9

11/05/2016 NAPLAN Year 7

11/05/2016 Year 12 Careers Assembly: Period 1

11/05/2016 Principal's Tour of the school, 9.30, bookings essential via front office. 9905 3982

11/05/2016 P & C Meeting, 7pm, library

12/05/2016 NAPLAN Year 9

12/05/2016 SRC Assembly

12/05/2016 NAPLAN Year 7

12/05/2016 UNSW Coop Careers Workshop, Lunch R209

12/05/2016	Year 12 Business Studies Competition	2/06/2016	Parent Coaching Workshop 2, Staff Common Room
13/05/2016	NAPLAN catch-up		<b>WEEK 7</b>
16/05/2016	Year 7 Scripture	6/06/2016	Year 9 High Resolves Day 1
16/05/2016	Year 10 into 11 Subject Selection Information Evening	7/06/2016	Year 9 High Resolves Day 2
17/05/2016	Zone Cross Country	9/06/2016	SRC Assembly
17/05/2016	Year 7 Geography Test p1,5	9/06/2016	Year 12 Economics Conference
17/05/2016	Year 11 Prelim Mathematics X1 P4		<b>WEEK 8</b>
17/05/2016	Well-Being Year 12 Interviews	13/06/2016	Queen's Birthday Holiday
18/05/2016	Food Critic Day 8T6, P1 & 2	14/06/2016	Year 11 and Year 8 Parent Teacher night
18/05/2016	Well-Being Year 12 Interviews	15/06/2016	HSC Mathematics Class Test P1
19/05/2016	Cadet activity day	15/06/2016	Principal's Tour of school, 9.30am. Bookings essential via office. 9905 3982
19/05/2016	SRC Assembly	15/06/2016	P & C Meeting, 7pm. Library
19/05/2016	Food Critic Day 8T1, P 1 & 2	16/06/2016	SRC Assembly
19/05/2016	Well-Being Year 12 Interviews	17/06/2016	Musical Rehearsal
19/05/2016	Year 12 Parent Teacher night	18/06/2016	Northern Beaches Instrumental Festival
20/05/2016	Year 7 History/Geography Excursion		<b>WEEK 9</b>
23/05/2016	Year 11 Half Yearly Examinations	20/06/2016	School Musical
23/05/2016	Alternate cadet activity day	20/06/2016	HSC Mathematics General 2 Class Test P3
23/05/2016	Year 12 PDHPE excursion	20/06/2016	HSC Mathematics X1 Class Test P3
23/05/2016	Twilight Learning Session - Office 365	21/06/2016	School Musical
24/05/2016	Year 11 Half Yearly Examinations	21/06/2016	Year 12 Modern History Excursion
24/05/2016	Food Critics Day 8T2, P 2 & 3	22/06/2016	School Musical
25/05/2016	Year 11 Half Yearly Examinations	23/06/2016	School Musical
25/05/2016	Year 10 History Competition in class p2, 3	23/06/2016	SRC Assembly
26/05/2016	Year 11 Half Yearly Examinations	23/06/2016	Year 11 Society & Culture - hand in task
26/05/2016	Zone Athletics Carnival	24/06/2016	School Musical
26/05/2016	SRC Assembly	24/06/2016	Zone Athletics Carnival
26/05/2016	UNSW Reps Careers Workshop Room 209	24/06/2016	Year 11 Modern History - hand in task
27/05/2016	Year 11 Half Yearly Examinations	25/06/2016	School Musical
27/05/2016	Bell Shakespeare		<b>WEEK 10</b>
30/05/2016	Vaccinations Day 2 for Year 7 and some Years 11 and 12	28/06/2016	HSC Mathematics X2 Class Test P1
31/05/2016	Cadet Graduation Assembly	30/06/2016	SRC Assembly
31/05/2016	Whole School Assembly	30/06/2016	Well- Being Principal's Award Morning Tea - Years 10,11,12
31/05/2016	Science Competition	1/07/2016	Principal's Award Morning Tea- Years 7,8,9
2/06/2016	SRC Assembly		<b>END TERM 2</b>
2/06/2016	Well Being Year 11 Crossroads program RYDA	18/07/2016	Staff Development Day
		19/07/2016	STUDENTS RETURN TO SCHOOL

# Introducing Students to Tell Them From Me Surveys



## Frequently Asked Questions

Typically, questions from students relate to the following:

- What is the purpose of this survey?
- Do I have to do this survey?
- Is this a test?
- Will anyone see my answers?
- Why are the questions so personal?
- Why do you want to know if I'm Aboriginal?
- Why do you include questions that are unrelated to school?
- Where do my answers go when I complete the survey?
- What if I don't understand a question?
- Why is there no back button?
- Why does the time bar jump?
- Why do you ask the same questions each year?

### 1. What is the purpose of this survey?

This survey helps teachers and principals know students' feelings towards school, any problems that may be occurring at the school, and ideas for making the school better. This is your chance to tell your teachers and school staff what you think.

### 2. Do I have to do this survey?

This survey is voluntary. Students are asked to participate to help make their school better. If you really do not want to participate, you do not have to. Also, if you start answering questions and you want to stop participating, you can choose to stop at any time. Finally, you can choose to skip or not answer any questions that you do not feel comfortable answering.

### 3. Is this a test?

No, this is not a test. There are no right or wrong answers. Nothing you say on this survey will ever be connected with you, your grades, or your performance in school. Your teachers, and school staff will never see your answers. Be honest, and be yourself, and that will help to make your school a better place!



### 1. Will anyone see my answers?

This survey is completely private and confidential. Your teachers, school staff, friends, and parents will never know your answers.

The answers for the entire year group or school are always combined and displayed together. If less than five students in a year or school answer a certain question, then the results for that question are not displayed.

### 2. Why are the questions so personal?

The survey asks some questions that may seem very personal or private, such as parents' education. We ask these questions because they are important and are linked to student outcomes. It is important to remember that the survey is confidential, and no one at school will ever know your answers. If you are uncomfortable with responding, you can skip the question and move onto the next, or stop at any time. We are interested in the combined answers at the school level, and how students at your school respond. Answers to these questions help to give us information about your school community, and the types of backgrounds and families in your area. This helps us to understand which schools have the same types of students with similar backgrounds.

### 3. Why do you want to know if I'm Aboriginal or an Immigrant?

The *Tell Them From Me* survey is a great chance for students' to have their voices heard. Sometimes it is important to hear the concerns and thoughts of certain groups of students, such as students who are Aboriginal or who are Immigrants. We ask students if they belong to certain groups such as being Aboriginal or an Immigrant. Answering yes to these questions will help your school know what the concerns, feelings and thoughts are for students like you. However, we are also careful about protecting your identity. If you indicate that you are an Aboriginal or Immigrant it will not be possible for your teachers, principals or other school to identify your responses, your answers will always remain confidential.

### 4. Why do you include questions that are unrelated to school?

Some of the questions may seem unrelated to school, but actually all questions included in the *Tell Them From Me* survey can help tell us about students, their health, and their school outcomes. Even things that do not seem related to school at all can give us important information on how to help students to be successful at school. If you really want to know why any question is being asked, and you cannot find out from the person who coordinates this survey at your school, or from your principal, you are invited to ask us through your school, and we'll do our best to explain.

### 5. Where do my answers go when I complete the survey?

Your answers to the survey questions are sent over a secure data line to The Learning Bar database server. Your answers are combined with the answers of other students in the same year and school. Information from this database is used to make reports for your school to look at, showing the combined answers of all the students in your school. These reports are used to show teachers and school staff how they can make your school better for students.

### 1. What if I don't understand a question?

We try to make the questions easy to understand, so if you have trouble understanding a question, please tell your teacher or school staff member who is coordinating the survey. If you need help to answer a question, raise your hand and ask for assistance.

### 2. Why is there no Back-button?

There is no back-button on the *Tell Them From Me* survey. This means that once you finish one page of the survey, you cannot go back to make changes to your earlier answers. This helps to protect your answers, so other students who use the same computer after you cannot use the back-button to see your answers. Also, this helps you to complete the survey on-time. This does mean that if you make a mistake you cannot go back and fix it. It's important to be careful when you are doing the survey. But remember, this is not a test, and one or two mistakes will not make a big difference in the final results for the whole school.

### 3. Why does the time bar jump?

There is a time bar on the top of each page when you complete the survey. This shows how many questions you have left to complete on the survey. However, this bar does not move or go up after each question you finish, it goes up after each page that you finish. This means that the bar can go up a lot for one page that contains many questions, but might only go up a little for a page that contains only a few questions.

### 4. Why do you ask the same questions each year?

Students who have completed the *Tell Them From Me* survey multiple times in their school may notice that we ask the same questions. This is very useful, as we are able to see how students' responses to the same questions change over time. You might think that we are just getting the same results to the same questions each year, but actually the same students can give very different results as they move up a year and have new teachers, or as new events happen in the school. Many principals and teachers use the results of the *Tell Them From Me* survey to make positive changes to the school. Asking the same questions each year helps to tell school staff if the changes they made to the school made an impact on how students feel about school. Asking the same questions each year helps us to track these changes over time.

# We're fundraising with Entertainment™

Still just  
**\$70**  
giving you over  
**\$20,000**  
of value!

"I love this Book! I'm discovering places I have never been before."

"I have the Entertainment™ Digital 'Book' on my smartphone and I love it!"

The *entertainment* Book

OR

The *entertainment* Digital Membership

With thousands of up to 50% off and 2-for-1 offers, here's a taste of what's in it for you:

<b>185+</b> Contemporary Dining Offers!	 \$50 value	 \$50 value	 \$50 value	 \$50 value	 \$45 value	 \$60 value
<b>380+</b> Casual Dining Offers!	 \$45 value	 \$40 value	 \$50 value	 \$35 value	 \$50 value	 \$25 value
<b>215+</b> Takeaway and Attraction Offers!	 2 for 1	 \$20 value	 2 for 1	 2 for 1	 25% off	 eventcinemas.com.au
<b>1,600+</b> Retail and Travel Offers!						

Up to 50% off Retail, Travel, Leisure and Accommodation

**We receive 20% from every Entertainment™ Membership sold. Purchase yours today!**

## NBSC – Manly Campus

Contact: Jamie Kay

Email: jamieson.kay@det.nsw.edu.au

To order your Book or Digital Membership

securely online visit: [www.entbook.com.au/20042i6](http://www.entbook.com.au/20042i6)

Alternatively, please complete your details below and return to the school office

Sydney and Surrounds Edition \$70 inc GST:# \_\_\_\_\_ Book(s) # \_\_\_\_\_ Digital Membership(s) \$ \_\_\_\_\_ [ ] Post My Order \$12

Sydney Greater West Edition \$65 inc GST:# \_\_\_\_\_ Book(s) # \_\_\_\_\_ Digital Membership(s) \$ \_\_\_\_\_ TOTAL ENCLOSED \$ \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

**Payment** [ ] Visa [ ] Mastercard

Credit Card number: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Expiry date: \_\_\_\_\_ / \_\_\_\_\_ CVV\*: \_\_\_\_\_

\*CVV is the 3 digits on the back of your credit card

Cardholder's name: \_\_\_\_\_ Signature: \_\_\_\_\_

**Purchase before Tuesday 5<sup>th</sup> April 2016 to receive Early Bird Bonus Offers you can use straight away! (Subject to availability)**



Health  
Northern Sydney  
Local Health District



headspace  
Chatswood

Are proud to introduce the following five session parenting program in **Mandarin** for Chinese parents of teenagers

# TUNING IN TO TEENS

## Emotionally Intelligent Parenting

Would you like to learn how to:

- be better at talking with your teenager?
- be better at understanding your teenager?
- help your teenager learn to manage their emotions?
- help to prevent behaviour problems in your teenager?
- teach your teenager to deal with conflict?



Tuning in to Teens teaches you how to help your teenager develop *emotional intelligence*. Adolescents with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses

Emotional intelligence may be a better predictor of academic and career success than IQ!

Where: **Chatswood Community Health Centre**

**57 Hercules St, Chatswood**

When: **Tuesdays 3/5/16 - 31/5/16 (5 weeks)**

**6.30pm-9.00pm**

Contact: **8877 5152**

**BOOKINGS ESSENTIAL**

Cost: **\*\$50\* SPECIAL INTRODUCTORY PRICE\***



為青少年的父母  
設計的五節普通話親子教育課程

# 調諧青少年的情緒

## 情緒智力的親子教育

您想學習如何:

- \* 更好地與您的青少年交談嗎?
- \* 更好地了解您的青少年嗎?
- \* 幫助您的青少年學會管理自己的情緒嗎?
- \* 幫助避免您的青少年的行為問題嗎?
- \* 教您的青少年處理衝突嗎?



調諧青少年的情緒教您如何幫助您的青少年發展情緒智力(情商)。高情商的青少年：

- \* 結交朋友和保持友誼更成功
- \* 在課堂上注意力更集中
- \* 在不安或憤怒時更能冷靜下來
- \* 往往少患兒童疾病

情商可能比智商更好地預測學業上的成功！

地點：**Chatswood Community Health Centre**  
**57 Hercules St, Chatswood**

時間：**Tuesdays 3/5/16 - 31/5/16 (5 weeks)**  
**6.30pm-9.00pm**

聯繫方式：**8877 5152**

**BOOKINGS ESSENTIAL**

花費：**\*\$50\* SPECIAL INTRODUCTORY PRICE\***

