The Weekly Pines

Manly Campus

Northern Beaches Secondary College

Academic Excellence ★ Personal Best ★ Giving Back to the Community

Principal: Ms Cath Whalan

Deputy Principal: Ms Kathy O'Sullivan

Acting Deputy Principal: Mr Jamie Kay

13 October 2017 – Newsletter No. 31

From the Principal

Welcome back to Term 4. I hope everyone had a relaxing and enjoyable holiday ready for another busy and productive term of learning and that Year 12 students have enjoyed the opportunity to focus on their studies in preparation for the first HSC English exam next Monday. We wish them all the best for the next few weeks and look forward to further celebrating with them at their Graduation on Monday 13 November.

On Tuesday evening, we hosted an Information Evening for the parents and students of our Year 12 2018. Information was provided in relation to NSW Education Standards Authority (NESA) requirements for the HSC as well as the range of support services available at the school for students and their families as they progress through their final year of schooling. Thank you in particular to Sue Lumb who shared her experiences as a parent of two Year 12 students and offered suggestions for parents of students through this exciting and challenging year. Thank you also to Mr Kay, Ms Campbell-Allen, Ms Rixon and Mrs Walker for their contributions in ensuring this was an informative and worthwhile event. Following Mrs Walker's presentation on the importance of keeping physically and cognitively healthy and the need for teenagers to have 8-10 hours sleep each night, I challenged the year group to turn off mobile phones and wifi each night to experience the difference. We look forward to hearing of the impact from students and families who take this challenge.

Thank you to the Year 12 parents who hosted an afternoon tea to say thank you to Year 12 teachers on Thursday afternoon this week. This thoughtful event was much appreciated by staff and provided a wonderful opportunity for staff and parents to gather informally to share stories and celebrate our students' achievements. Particular thanks go to Anjali and Vivek Rao for this initiative and for their planning and coordination to make it happen.

During the recent holiday, I immersed myself in six days of further learning in Choice Theory, Reality Therapy, Lead Management and Quality Schools. In future editions of The Weekly Pines I look forward to sharing perspectives from a range of presenters including Juan Pablo Aljure applications of Systems Thinking and Choice Theory pedagogy and Professor Edward Deci's research into intrinsic motivation and self-determination. William Glasser's theory and practices currently underpin the wellbeing programs at Manly and are clearly evident in teaching and learning opportunities including Praxis and ILP. With planning for the 2018-2020 School Plan underway, it is exciting to be looking at further strengthening the links between teaching and learning and student wellbeing.

Congratulations to:

The following students who have been successful in their nominations for the Arts Alive Film Festival at Dendy Opera Quays on 31 October;
Mia McFall (Year 11) - "Plasticity", Sophie Dews (Year 11) "What's Holding You Back?", Claire Cooper Southam (Year 12) "Urban Loneliness"

Congratulations to Year 9 French students Tania Balandina, Hannah Farrugia, Rachel Luo and Claire Wang, whose short film in French has been chosen to be screened in the state finals of the Modern Languages Teachers' Association Linguafest short film competition for 2017. Well done and good luck in the finals in November!

Cath Whalan
Principal

From the Deputy Principals

Year 8

In PDHPE last term, Ryan Lynch and Alex Todd put together quotes to install sunscreen dispensers in key locations around the school to help prevent the risk of skin cancer. Over the holidays, dispensers were installed in the male and female change rooms, in the canteen area, outside the PDHPE staffroom and in the foyer. A great student initiative that benefits all students and staff at the school!

Sun protection is a crucial part of students' safety, especially in Australia. Skin cancer is one of the most common causes of death for people under 25 and these problems often start in high school so it is a school's job to not only educate students about this problem but also help them protect themselves. That is why we believe that we should install sunscreen dispensers around the school.

Year 10

Congratulations to all the Year 10 students whose ILP projects were exhibited at the ILP showcase on Wednesday. The outstanding quality of the projects was a credit to all involved and clearly demonstrated the passion and expertise of our talented students who embraced this valuable learning opportunity. Thank you to Ms Hewes and the ILP teachers for their support and guidance.

Year 12

We are very much looking forward to welcoming back our Year 12 2017 HSC class next Monday for the start of their HSC examinations. Many students have been visiting the school during the holidays to attend subject related revision courses and pick up final tips. We all wish them the very best of luck over the exam period. We are confident that the hard work and dedication will pay rich dividends when the results are made available in December.

Kathy O'Sullivan
Deputy Principal – Years 8, 10, 12

REMINDER

P&C WORKING BEE
Sunday 22 October 2017
9am – 1pm

Come for an hour or the whole day, there is a job for everyone

Please bring gloves, secateurs and wheelbarrows if possible!
Please text your RSVP to Heather Sheldrick on **0414 818 380**

The moment has arrived with a lot of excitement for our Year 11 students; the start of the HSC year…and along with it their long awaited jerseys! I would like to thank all the parents and students who attended the HSC Information evening on Tuesday, as well as all the speakers who provided pertinent information to support students throughout their HSC. In particular, a special thanks to Sue Lumb for sharing a practical parent's perspective through her experiences of how to best support students in their HSC year.

The 2018 HSC Assessment booklet distributed to students on the night is a valuable guide to NESA and school requirements for the HSC year. This can also be found on the school website under the School Years section. Students should refer to this booklet throughout the year to assist with planning and preparation for assessments and to access any additional documentation needed for submission of these tasks, found in the Appendices.

Year 9 Camp organisation is well under way with excitement building, and the vast majority of students having returned their paperwork for the trip. Any students yet to do so should return their paperwork with payment early next week or should contact the school if there are any issues in regards to attending the camp.

Year 7 SRC students have what may be their first taste of leadership training on Monday and Tuesday next week as they head off on their SRC Camp. Here they will collaborate with students across all year groups in planning SRC actions and undertake activities to develop their leadership skills.

A reminder to all students that with the HSC examinations underway from Monday, to be mindful of their behaviours around the hall and common room areas for the coming 3 weeks.

Jamie Kay
Acting Deputy Principal - Years 7, 9, 11

Year 7 Vaccination Update

The second vaccination clinic will take place on Thursday 23 October.

Students will receive Human Papillomavirus Dose 2 and Varicella.

Students who are absent on the day may be offered a catch up shot at the next clinic.

Please contact Ms Kate Munro in the English Department with any questions.

Languages

BONJOUR – KONNICHIWA – CIAO !

Manly French students in Place des Cocotiers, Noumea

Noumea Trip

Twenty Year 9 and 10 French students and three teachers spent a week in Noumea during the last holidays. The weather was beautiful, and students enjoyed being surrounded by the French language and using it in everyday situations. They also enjoyed the challenge of attending some more formal classes taught entirely in French. The trip was a great cultural – as well as linguistic – immersion for our students as they experienced authentic French culture mixed with the history and culture of the indigenous Kanak peoples of New Caledonia. The trip could not have been better, thanks largely to the engagement and maturity of our wonderful Manly students!

Modern Languages Teachers' Association Linguafest

Congratulations to Year 9 French students Tania Balandina, Hannah Farrugia, Rachel Luo and Claire Wang, whose short film in French will be screened in the state finals of the highly competitive Linguafest 2017 short film competition. This is a competition that Year 9 and 10 Languages students at Manly enter every year, and students always enjoy working together to use their knowledge of French or Japanese to work on such a creative project. *Bravo les filles!* And good luck in the finals in November!

And remember…

"Language is the road map of a culture. It tells you where its people come from and where they are going."
Rita Mae Brown, writer & activist

Praxis Report

What's the problem with energy?

This term during Praxis classes, Year 7 students are working on solving a real world problem or issue relating to the concept of energy. Now that Year 7 have spent the year gaining essential project skills such as collaboration, critical thinking and communication, their last project is more open-ended, requiring them to choose their own focus, devise their own question, product and project outline. This process of differentiation will allow students to explore and utilise their own interests and skills.

The energy project may take many forms, for example: inventing, redesigning, performing, marketing… whatever product students feel will best demonstrate their solution to the problem! Their project will cross into various disciplines within the school as students work with mentor teachers to develop their skills and knowledge. In Weeks 7 and 8 this term, each team will design and run a showcase of their final solution for an audience of their peers, parents and the school community.

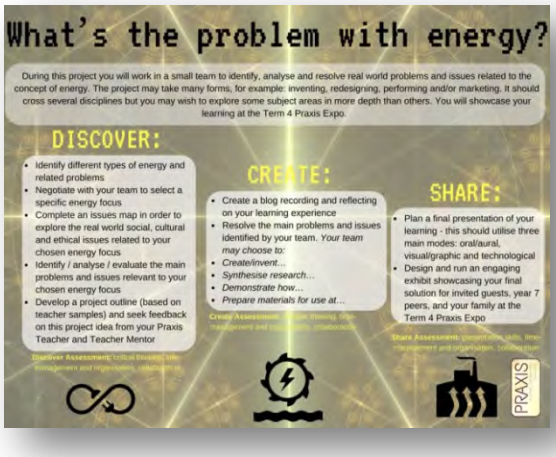
By now, students have been assigned teams and have used their creative and critical thinking skills to brainstorm the concept of energy in order to decide on their team's focus. Teams have chosen a variety of topics, ranging from nuclear energy to creative energy to the energy in our body gained from different types of food. They've devised engaging and provocative driving questions for their project and begun to craft their project outline with some interesting thoughts as to what their final solution might look like.

In the next Praxis session, students will begin their research in earnest as they delve into the energy-related problem chosen by their group. They will analyse and evaluate the main issues, research potential solutions and discover the prominent innovators in the field. Consolidating this research, teams will ideate possible solutions and potential products to showcase their solution to the identified problem.

This term's project will facilitate the development of creative thinking, time management and organisation, curiosity, collaboration and presentation skills. Integrated into Praxis sessions will be specific lessons on strategies to develop the above skills, as well as providing students with the opportunity to self and peer assess these skills.

We can't wait to see what Year 7 dream up, and we hope to see you at the Week 7 (Praxis A) and Week 8 (Praxis B) showcases!

Kate Munro, Praxis teacher



English

Outstanding results in the ICAS English Competition

Congratulations to all 7-10 students who participated in the UNSW Global ICAS English Competition for 2017. As usual, Manly students excelled in the competition, which assesses student knowledge of grammar, syntax, vocabulary, a writer's craft and text comprehension. It also functions as a valuable diagnostic test to track individual academic progress. Over one million student entries are accepted from over 6,300 schools in Australia and New Zealand annually. In addition, students from over 20 countries including Hong Kong, India, Malaysia, Singapore, South Africa and the USA participate in ICAS each year. The following students achieved High Distinctions, which places them in the top one per cent of participants.

Year 7

Ashleigh Powe, Louise McWhinney, Louis McKay, Max De Vries, Andrew de Montfort, Olivia Castree-Croad, Leonie Bossert-Klampfer, Aramis Razzaghipour

Year 8

Alexander Todd, Ryan Lynch, Amelie Letchford, Zahra Chew, Hannah de Mars, George McKee, Mitchell Gayfer, Eliza Lo Russo

Year 9

Alicia Xie, Riley White, Mandela Raj-Seppings, Justin Lou, Julia Jiang, Amelia Heffernan, Eleanor Fogarty, Tatiana Balandina

Year 10

Ella Spencer, Samantha Perks, Tshinta Hopper, Maia Hopf, Evan Foo, Sophie Brocklebank

ICAS Principal Award for the highest score in the school
Maia Hopf

Science

29 Students received High Distinction Certificates in the Science Competiton.

Endure for a Cure Schools Challenge

Following our highly successful participation in the pilot of the Schools Challenge last year, I am delighted that we have been invited again to participate in this iconic event. Endure for a Cure Schools Challenge is 5-hour cycling event held at Sydney Motorsport Park, Eastern Creek for high school students from Years 10 to 12 where students ride as part of the 12 hour Endure for a Cure corporate cycling event in a safe, traffic-free environment.

This fabulous experience offers our young people the opportunity to demonstrate our school goals of personal best and giving back to the community and wonderfully reflects the Five Ways to Wellbeing.

Take notice

Children's Cancer Institute is an amazing charity that has one aim; to cure all childhood cancer. To do this they need money for on-going research. By participating in the Endure for a Cure Schools Challenge and enduring a day of physical challenge, our students will be helping improve the prognosis for other Australian kids with cancer, now and into the future, in a tangible, authentic way.

Be active

This challenge promotes teamwork, social connection, sport, fitness and healthy competition.

Endure for a Cure is also a perfect opportunity for our students to forge lasting relationships and connections with some prestigious corporate organisations in Sydney as well as allowing students to give back to the community and help funding towards research for childhood cancer. Work experience placements, business and career mentoring and aspirational role models will be riding alongside your students every lap of the circuit. Last year, when we swept the pool of prizes - most funds raised by a school, most money raised by individual students (Katie Healy and Barney Dowse), most kilometres clocked up by an individual student (Jack Bennett) and by a school collectively – I lost count of the number of corporate riders who commended our students for their altruism, community mindedness and enthusiasm. They will remember Manly Campus as an authentically engaged, philanthropic and generous school whose students actively act upon the values their school espouses - personal best and giving back to the community.

Connect

Talk, listen, be there, feel connected

Give

Your time, your words, your presence, your appreciation

Each student participating needs to raise $500 (or more) to go towards vital research into childhood cancer. Students are fundraising through the Endure for a Cure website http://www.endureforacure.org.au/my-fundraising/538/manly-campus

They would be most grateful for any sponsorship from the Manly Campus community. Just put the URL into your browser, follow the instructions, and donate what you can to this incredibly worthwhile cause.

Go Manly!

Fiona Brien

SECOND HAND UNIFORMS

LOCATED UNDER THE TAS BLOCK

Next open Thursday 19 October

Open first Tuesday of the month: 8:15am – 9:30am
& the third Thursday of the month: 1:30pm-2:30pm

Co-ordinators Marg Martin & Chris Schaller
Please contact us if you would like to place an order
margaret.martin@optusnet.com.au

christins@ozemail.com.au

Donations of washed good quality uniforms are most welcome and can be left at the school office
All proceeds go to the P&C for school improvement projects.
For second hand band blazers (buy & sell) please contact
Diane Turner: moogiet@optusnet.com.au
For new and preloved band polo shirts please contact
Kim Luong: kimmanlyband@gmail.com

Canteen News

Have you see our new and improved canteen?

The canteen has been refurbished and looks fabulous with a fresh coat of paint and new stainless steel bench tops.

Thank you to our school community!

Career Matters

Year 10

A reminder to all Year 10 students Friday 27 October 2017:

- All completed and signed off Work Experience and ABW forms are due to either Ms Colby or Mrs Rixon (Careers Office).
- Volunteering booklets are due to Ms Colby. Spare Volunteering booklets are on the stand outside the Careers office. See Mrs Rixon in the Careers Office if you need assistance with finding a Work Experience placement.

Information from Sydney University

University of Sydney ends uncertainty with fixed ATAR

The University of Sydney has introduced a fixed ATAR so students can have greater transparency and certainty when choosing courses.There are now fixed ATARs for most courses, to simplify the application process and make it more transparent. It removes the uncertainty about what's required for entry.The ATARs are fixed and will not change throughout the preference and admissions period, providing a simple way for students to make informed decisions about your future. A list of required ATARS that guarantee entry into a student's preferred course is available at: https://sydney.edu.au/study/admissions/apply/entry-requirements/undergraduate-academic-requirements/required-atar-for-guaranteed-entry.html

Info Day

Don't miss the University's Info Day on Saturday 16 December 2017. To find out more and keep up to date with the day's activities, visit: sydney.edu.au/info-day

Mathematics prerequisite

From 2019 we will be introducing a mathematics prerequisite for some of our courses to help students thrive in science, technology, engineering and mathematics related degrees. For further details, including a list of courses this applies to, please visit: https://sydney.edu.au/study/admissions/apply/entry-requirements/undergraduate-academic-requirements/mathematics-prerequisite.html

Year 12 Sydney University Career's Advice

If your students have any questions about course selection, we encourage them to call our course advisers:
1800 SYD UNI (1800 793 864)
Contact hours 9am–5pm, Monday to Friday

Introducing our new online study portal: #studygoals

Resources to help your students get through Year 12 and beyond

From study tips to making the most of their UAC preferences, students will find a wealth of information about the HSC and preparing for university on our new online #studygoals portal.

This one-stop resource has been designed to help Year 11 and 12 students stay motivated, confident and equipped with the skills needed to achieve their HSC and career goals. We aim to improve student achievement by providing expert advice and key study tips from current University of Sydney students.

Don't miss our '5 tips to help you study for the HSC' poster that students can print out and hang in their study areas.
https://sydney.edu.au/study/study-goals.html

Sydney University Key Dates

These events will inform and inspire high school students.

Spectacular Science

22 - 23 November 2017
Designed for high school students from Years 7 to 11, Spectacular Science will engage students and spark interest in the huge diversity of science. Students will enjoy hands-on activities and hear from real scientists. Places are limited. Register online by 24 October 2017 at 5pm.
http://sydney.edu.au/science/outreach/high-school/spectacular-science

STEM Girls @ Sydney

10 - 11 January 2018
Join us for a free two-day workshop for female students who are interested in creating life-changing solutions through science, technology, engineering and mathematics. You'll get to work on real-life engineering problems, meet current students and female academics, ask your questions of women working in the industry, and trial the range of different engineering disciplines through a range of hands on, practical activities. Register now
http://whatson.sydney.edu.au/events/published/stem-girls-@-sydney3

Sydney Science Experience

10 - 12 January 2018
Designed for students about to start Year 10 or 11, the Sydney Science Experience is an opportunity for science enthusiasts to participate in a range of hands-on workshops and lectures that uncover the reality behind popular TV crime shows. Register online by 1 January 2018 at 5pm.
http://sydney.edu.au/science/outreach/high-school/experience/

Careers Contacts

Careers Adviser Ms Deb Rixon
deborah.rixon@det.nsw.edu.au

MSC Careers Website

www.manlyselectivecampuscareers.com

Northern Beaches Council Youth Services Team have two exciting events coming up!

Feed Your Mind - Supporting Students Study, Stress and Memory Workshop

Join Layla Metcalfe a local Northern Beaches Naturopath and Clinical Nutritionist to discover the benefits of food for managing stress and increasing memory and study performance. Debunk food myths and try some delicious samples.

Layla runs a clinical practice in Brookvale where she specialises in digestive health, women's wellbeing, mental health, mood and stress management. Layla has a Bachelor of Health Science and 10 years' experience in the complimentary health industry.

This is an interactive workshop on understanding stress and how it effects study and the whole body and learning how to manage stress and increase memory and study performance through food and lifestyle.

Thursday 19 October 5:30 – 7:00pm at Mona Vale Library
FREE for Students 14 – 25 years but Bookings are essential at nbfeedyourmind.eventbrite.com.au

Youth Community Strategic Plan Deliver Program Workshops

Come along and have your say what Northern Beaches Councils priorities should be for the next three years!

Go in the chance to win one of five $50 Westfield Vouchers and free food provided.

Thursday 12 October 5:00 – 6:30pm at Westfield Community Rooms (Above Warringah Mall Library) for young people aged 14 to 24.

Register to attend at yoursay.northernbeaches.nsw.gov.au

Bands of Manly Campus

Welcome back to rehearsals
Please take note of all diary dates for your ensembles this term. Calendar has also been circulated via email.

Junior Band Tour (CB/SwB/SB) – Urgent attendance confirmation needed

Please contact your band liaisons by email today if for some unavoidable reason your child cannot attend the tour to Foster from 27-30 November to enable us to book correct accommodation and coaches.

SAVE THESE DATES!

Saturday 11 November
Jazz Night Out at Events at Dee Why

With all jazz bands performing throughout the evening, this will again be a fabulous night of outstanding music and great food. Plan your tables now. Bookings can be made by table or as individual seats.

Bookings will open from 10 am on Monday 16 October and tickets will sell fast. See the Trybooking link on the poster in this edition of the newsletter.

Friday 17 November
Strings Soiree at Mosman Art Gallery
A beautiful evening of music from String Ensemble and Chamber Orchestra. No bookings required but put this very special event in your diaries now and invite friends and families to do the same.

Term 4 Calendar

Community event, Manly Golf Club- 28 Oct: **JC**

AGM and Term 4 Band Meeting
6 November - Band room, 8pm: All welcome

Jazz Night Out

Saturday 11 November – Events at Dee Why, 6:30pm: **SwB/SB/BB/JO**

Orchestral Workshop
Saturday 11 November – Performance Space**:** **CO/SE**

Year 12 Graduation
Monday 13 November - Freshwater campus gym**:** **JO**

Orchestral Soiree
Friday 17 November - Mosman Art Gallery: **CO/SE**

Junior Band Regional Tour
27 - 30 November: **CB/SB/SwB**

Year 7 Orientation Day

5 December- MSC Hall: **WE/SE**

Presentation Night

11 December - Freshwater Campus gym: **SWO**

Big Band Bash # 2
12 December - Freshwater Campus gym:
All ensembles

Band Web site

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

Band Names

Wind Stream:
SWO~Symphonic Wind Orchestra; WE~Wind Ensemble; CB~Concert Band;

SE~String Ensemble; CO~Chamber Orchestra

Jazz Stream:
JO~Jazz Orchestra; BB~Big Band; SB~Stage Band; SwB- Swing Band; JC- Jazz Combo

Term 4 Calendar

Please check all dates and times closer to the event

Week 1A	
13/10/2017	School Spec rehearsals, Netball Central, Sydney Olympic Park, 9am -3pm
Week 2B	
16/10/2017 - 17/10/2017	SRC camp
20/10/2017	Endure for a Cure
20/10/2017	NBSC Student Leadership Day, SRC Exec to attend
Week 3A	
23/10/2017	Year 9 Debate semi finals
24/10/2017	Sculpture By the Sea Year 9 and 11 Visual Arts, all day
25/10/2017	Principal's Tour, bookings essential via reception 990 3982, 9:30am
25/10/2017	P&C Meeting, in the library All welcome, 7pm
26/10/2017	Year 7 Vaccinations, 9am-3pm
28/10/2017 - 29/10/2017	Duke of Ed Bronze Hike, Option 2
Week 4B	
30/10/2017	School Spec rehearsals, Netball Central, Sydney Olympic Park, 9am -3pm
1/11/2017 - 10/11/2017	VALID - Year 8 Science Test, must be completed by all Year 8 students between the dates 1/11/17-10/11/17
2/11/2017	School Spec rehearsals
Week 5A	
6/11/2017	Band AGM and Term 4 meeting, 8pm, library
8/11/2017	Zero Robotics Workshop 3, Sydney University
8/11/2017	School Spec rehearsals, Netball Central, Sydney Olympic Park, 9am -3pm
10/11/2017	Write a book in a day award ceremony
10/11/2017	Ext 2 HSC English, University of Sydney, all day
11/11/2017	Jazz night out DY RSL

Week 6B	
13/11/2017	Year 12 Graduation
15/11/2017 - 17/11/2017	Year 9 Camp
17/11/2017	Strings Soiree at Mosman
Week 7A	
22/11/2017 - 23/11/2017	School Spec Rehearsals
24/11/2017 - 25/11/2017	School Spec Performance Qudos Bank Arena
24/11/2017	TEAM Praxis A Expo
27/11/2017 - 1/12/2017	Year 10 Work Experience/ABW
Week 8B	
27/11/2017- 29/11/2017	Junior Band Tour for CB, SwB and SB
29/11/2017	P&C Meeting, In the library All welcome, 7pm
1/12/2017	TEAM Praxis B Expo
Week 9A	
4/12/2017 - 7/12/2017	The Virtual Reality Project Yr10IST_yr8
5/12/2017	Year 7 2018 Orientation Day
5/12/2017 - 6/12/2017	Dance Showcase Performance Space, 7pm
6/12/2017	Years 8 – 11 2018 Orientation Day for new students
7/12/2017	ChrisManly
Week 10B	
11/12/2017	Presentation Night
12/12/2017	Big band bash, at Freshwater
14/12/2017	Years 7-10 Activity Days TBC
15/12/2017 - 19/12/2017	Duke of Ed Gold Qualifying Hike, Kosciuszko
15/12/2017	ATAR Morning Tea
Wekk 11A	
18/12/2017 - 19/12/2017	Staff Development Days, Pupil free

MACQUARIE University

Emotional Health Public Lecture - How to deal with the stress of the HSC

Hi Debbie,

With final exams and the HSC looming, it's understandable if students are feeling a little overwhelmed. In fact, it's perfectly normal.

Uni is hugely exciting, but it can also be challenging, especially when you're a new student. Students may find themselves tempted to over indulge in alcohol when celebrating successes or during stressful periods. But doing so may be risky. Because we want your students to succeed at uni, we've sought the expert advice of leaders in emotional health from our Centre for Emotional Health. Such advice allows us to equip students and those close to them, with the tools they need to make sure they're managing stress productively and that they have a healthy relationship with alcohol if they choose to drink.

Students, their families and teachers can join us to hear from Macquarie's Associate Professor Melissa Norberg and Associate Professor Viviana Wuthrich.

We hope you can join us.

When: Wednesday 18 October 2017, 6:00pm - 7:45pm

Where: Australian Hearing Hub, Theatre 1, Level 1, 16 University Avenue Macquarie University NSW 2109

RSVP: Register by Monday 16 October 2017. Places are limited

Register

Questions? Please contact me.

Kind regards,

Tristan Tulloch
Recruitment Coordinator (Undergraduate)
T: (02) 9850 1890 E: tristan.tulloch@mq.edu.au

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Saturday, 11 November

6.30 PM till late

Events @ Dee Why, 932 Pittwater Rd

Tickets on sale from October 16th, 10 am

$80 for 3-course Dinner & Show

https://www.trybooking.com/SMRH

Book early to secure your table!

Are you concerned about your teenager's mental health?

A PARENT FORUM

What to do and where to go

headspace Brookvale Youth Access Clinician and Community Engagement Officer will cover:

- Common issues that bring people to headspace
- Education session around anxiety, depression and disorded eating
- Signs, symptoms and warning signs
- Local support and referral pathways

DATE: 26th Oct TIME: 6.15pm - 8.45 pm

AT: PCYC Kingsway, Dee Why

Light refreshments provided

BOOKING: The Burdekin Association
PH: 8976 1777 The Burdekin Family Support and Community Program

The Burdekin Association

headspace Brookvale

Feed Your Mind

Supporting Students Study, Stress and Memory Workshop

Thursday 19 October, 5.30 – 7pm

Join Layla Metcalfe a local Northern Beaches Naturopath and Clinical Nutritionist to discover the benefits of food for managing stress and increasing memory and study performance. Debunk food myths and try some delicious samples.

Mona Vale Library
Students 14 - 25 yrs
Free
Bookings: nbfeedyourmind.eventbrite.com.au

northern beaches council

LAYLA METCALFE
NATUROPATHIC & NUTRITIONAL MEDICINE

Get with the Delivery Program...

Youth Workshop and Online Survey
A chance to win one of five $50 Westfield vouchers.

Get Involved

Come to the workshop or go online to help set priorities for Council to implement the community vision and develop it's first Delivery Program 2018-2021.

A light meal willl be provided.

Youth Workshop

When: Thu 12 Oct, 5 - 6:30pm
Where: Westfield Community Rooms (above Warringah Mall Library)
Who: People aged 14 to 24

Secure your spot - Register to attend or take the online survey at Yoursay.northernbeaches.nsw.gov.au

northern
beaches
council

SCHOOL CHALLENGE

5 hours. All skill levels. As many laps as you can endure for a cure.

FREE ENTRY!

Friday, Oct 20, 2017

Sydney Motorsport Park
Eastern Creek

Find out more at endureforacure.org.au

Every year more than 950 children and adolescents in Australia are diagnosed with cancer. Every week nearly three Australian children and adolescents will die of cancer.

Children's Cancer Institute is the only independent medical research institute in Australia wholly dedicated to curing childhood cancer. Our role is vital because, despite our progress, cancer still kills more children than any other disease.

Together we can, and will, cure all children with cancer and eliminate their suffering. It's not if. It's **when.**

Date	Friday, Oct 20, 2017
Time	9:30am - 2:30pm
Location	Sydney Motorsport Park, Eastern Creek
Circuit	4km Gardner GP Circuit
Cost	**FREE**

All riders have a minimum fundraising target of $500

Check out **endureforacure.org.au**, Schools Challenge for more event details

Children's Cancer Institute

ENDURE for a CURE

ENDURE FOR A CURE 2017

Meet Isla

Isla's mum Sarah had taken her four year old daughter to the doctor because she had been snoring and experiencing pain in her knees for some weeks.

Sarah and her husband Darrin had put it down to enlarged adenoids and growing pains. Other than her snoring and knee pain, Isla was a happy, healthy child. She was in day care, attending school orientation and had been to swimming lessons the day before the shocking news came.

Darrin recalls that moment two years ago as if it were yesterday. The GP had asked to see him and his wife as soon as possible. "When we saw our GP," he says, "we knew it wasn't good news and I remember what she said like it was five minutes ago, **'Isla has leukaemia, you have to go to Randwick tonight, they are expecting you.'"**

They rushed their desperately ill child to Sydney Children's Hospital, Randwick that night and Isla's treatment began the next day.

Little Isla had been diagnosed with T-cell Acute Lymphoblastic: a particularly aggressive form of leukaemia. The next few weeks, then months, would be a blur of tests and treatments. Isla's physical appearance changed dramatically from the steroids. Her family's life was turned upside down. Sarah and Darrin, both police officers, returned to work after about a month working opposite shifts so one could be with Isla 24 hours a day and the other with their other four daughters as much as possible.

Sarah and Darrin recall the first nine months as especially scary, intense and traumatic: emotionally and physically for Isla in particular, and the whole family.

Isla particularly feared the general anaesthetics and having her chemotherapy port accessed to allow the chemotherapy to be administered.

"We are realistic, but optimistic," says Darrin.

"We know that we will live in fear of every bruise, of every ache and pain dreading the leukaemia has come back, but we have hope that she will be cured. And we have that hope because of the study, research and trials of the Children's Cancer Institute. We have been amazed by the determination, compassion and passion by everyone involved in the **Zero Childhood Cancer** program to achieve a 100% cure rate for children's cancer."

Zero Childhood Cancer

Zero Childhood Cancer is a national personalised medicine program for children with high-risk cancer, like Isla. It will give hope to children who are at highest risk of treatment failure, by identifying the best possible tailored treatments for them.

Zero Childhood Cancer is a key step towards our vision of one day curing 100% of children with cancer. Our goal is to be able to offer this program to every Australian child with high-risk or relapsed cancer by 2020.

We can only make Zero Childhood Cancer a reality with your help.

zerochildhoodcancer.org.au

zero CHILDHOOD CANCER

AN INITIATIVE OF

Children's Cancer Institute

SYDNEY CHILDREN'S HOSPITAL RANDWICK

The Sydney children's Hospitals Network