



The Weekly Pines

Manly Selective Campus

Northern Beaches Secondary College

Academic Excellence ★ Personal Best ★ Giving Back to the Community



Acting Principal: Ms Cath Whalan

Deputy Principal: Ms Kathy O'Sullivan

Relieving Deputy Principal: Ms Deb Rixon

24 February 2017 – Newsletter No. 4

From the Acting Principal

Open Day

On Thursday we opened our doors to members of the community, prospective students and their parents for our annual Open Day. Year 7 student Rebecca Hoffman commenced the ceremony with the Acknowledgement of Country. Guests were treated to outstanding performances from our vocal, dance and band ensembles. Year 8 students Eliza Lo Russo and George McKee stole the show, sharing their perspectives on being a student at our school. Ms Marg Martin spoke from the heart about being a parent of three students and the wonderful involvement and contributions of the P&C. Following these presentations, visitors were taken on tours of the school by a variety of students who answered questions and shared their experiences in the various faculty areas of the school. Guests enjoyed a beautiful morning tea put on by the P&C and coordinated by Nada Zaina. I would like to thank Ms Carolan for organising such a successful event.

Zero Robotics

2016 Year 11 and Year 9 students; Jonathan Barrett, Ryan Foo, Tom Fitzgerald, Liam Trett, Tom Dunbavan, Laura O'Neill, Elden Loomes and Kane Jackson comprised a Manly Selective team which participated in Zero Robotics; a robotics programming competition where the robots are SPHERES (Synchronized Position Hold Engage and Reorient Experimental Satellites) inside the International Space Station. Our team members were awarded for their success in the virtual competition which simulates the manoeuvring of the real SPHERES.



2016 Year 12 Society and Culture receive outstanding results

Last Friday Ms Brien had the pleasure of attending the Society and Culture Awards at the State Library where Madeline Bosler received her medal for coming third in the state in 2016 Society and Culture HSC. Madeline and Daniel Watts were also awarded Distinctions for their Personal Interest Projects as their major works were in the top 20 in the State. The Personal Interest Project (PIP) is an academic research project encompassing both secondary and primary research methods that investigates an area of social and cultural significance that a student finds interesting/intriguing/perplexing. Madeline's PIP *Pleasure Censure* researched the ways socialisation agents influence the formation of a sexual identity based upon gendered messages of sexuality, and was both insightful and incredibly illuminating. Daniel's PIP, *Hook, Line and Sinker*, examined how the production of news has changed over time and the impact this has upon

Manly Selective Campus

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P&C website: www.manlypandc.org.au

Generation X's and Generation Z's attitudes towards the validity and authenticity of the news and their engagement with it. Both these PIPs were chosen by the Society and Culture Association as they exemplified an outstanding level of academic research, ethical approach to the social and cultural issue and reflected the concerns of adolescent engaged global citizens with a passion for social justice.

The ceremony itself was a fabulous event where interviews with each of the medal winners provided a glorious window into our future, as each and every state ranked student spoke passionately and eloquently about their Society and Culture journey and how it had shaped them as individuals and instilled in them a desire to make a real difference in the world. A magnificent reminder of the power and passion of our young people and their aspirations for our future society and culture.

Freshwater Community Bank Ken Ward Memorial Scholarship

Congratulations to Rob Cantwell for receiving the Freshwater Community Bank Ken Ward Memorial Scholarship on Monday morning. This \$5000 scholarship is awarded to a Year 12 student who has excelled in a wide variety of school activities including academic, sport and co-curricular.



**Ms Kathy O'Sullivan
Relieving Acting Principal**

From the Deputy Principals

It was wonderful to see so many Year 7, 9 and 11 students involved in Open Day yesterday. They had a large number of roles including musicians, dances and tour guides. We are very proud of the way our students are so confident in dealing with the public and such great ambassadors for our school.

This week students in Years 7 and 9 took part in a Study Skills seminar run by Elevate Education. Now that we are well into the term and assessment booklets have been distributed, all students should be in a routine of completing homework, revision notes and preparing for assessment tasks. The study skills seminars provided them with more strategies they can add to their toolkit for achieving their academic personal best. Many thanks to Ms Brien for organising these seminars.

Parents are reminded of the Discos for Year 7 students on 1 March and Year 8 and 9 students on 2 March. There is a great deal of organisation that takes place behind the scenes to make these events quite spectacular. The sound and lighting effects provided by the students are very impressive and the barbeque is not to be missed. Please make payment to the Office as soon as possible to assist with catering.

Also next week is the New Parent Evening 1 March and I am very much looking forward to meeting the new members of our MSC community.

**Ms Deb Rixon
Relieving Deputy Principal Years 7, 9, 11**

It has once again been a very busy week for Years 8, 10 and 12. Year 8 started the week with their two hour High Resolves workshops, during which students were engaged in a range of activities designed to get them thinking critically about their responsibilities as global citizens. We were very impressed with the thought that each student put into their 'resolves' at the end of the workshop. More information about this activity can be found in Ms Munro's report on High Resolves.

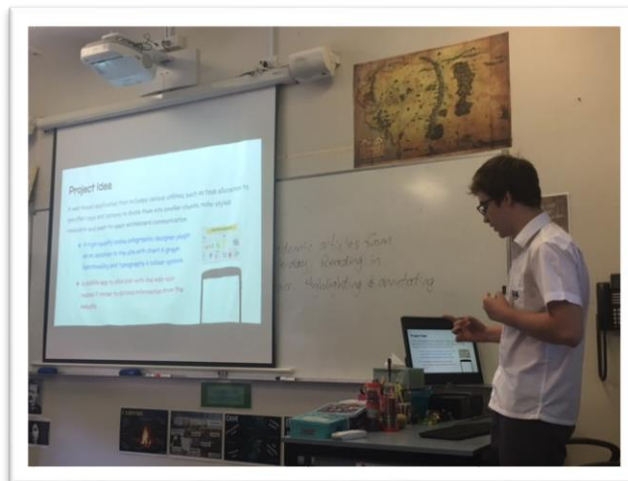
It was my great pleasure to hear Eliza Lo Russo and George McKee speak before a hall packed with prospective students and their parents at Thursday's Open Day. Their speeches were genuine, funny, and clever, and were well-received by their audience. They spoke confidently about their love for our school, especially the range of extra-curricula activities on offer, and the

relationships they have with their peers and teachers. Our Year 12 senior executive were also wonderful representative for the student body, with the captains and vice-captains participating in the welcome assembly, as well as the tours, and the remaining Year 12 SRC running a fun SRC assembly for the student body.

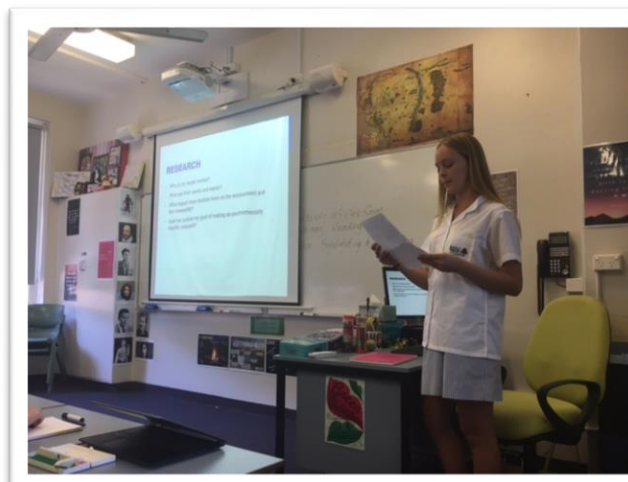
On Thursday and Friday Year 10 began delivering their pitches for their Independent Learning Projects. This involved a three minute presentation of their initial driving question, research methods and focus, product ideas, and potential audience for their learning. I have been fortunate enough to receive very positive feedback about the quality of these pitches from a number of ILP teachers. In my entrepreneurial ILP class, we had a wonderful array of project ideas from sustainable bikini designs to the development of an online organiser for student learning. Well done, Year 10!

Year 12 is a year of 'lasts' and this week saw Year 12 take their final formal school photograph individually and as a group. Next Thursday the cohort have their 'informal' photograph, where they are invited to wear mufti and bring props that demonstrate their unique personalities. They are reminded that whilst this is an opportunity to have some fun and celebrate G17, they must be sensible in their selections of clothing – nothing offensive or too revealing – and to be very careful when up on the scaffolding for the photograph. I am very much looking forward to seeing the creativity of G17, and how they capture the spirit of their cohort.

Ms Bianca Hewes
Relieving Deputy Principal



Kane Jackson



Lexie McKinnon



Year 12 2017

High Resolves

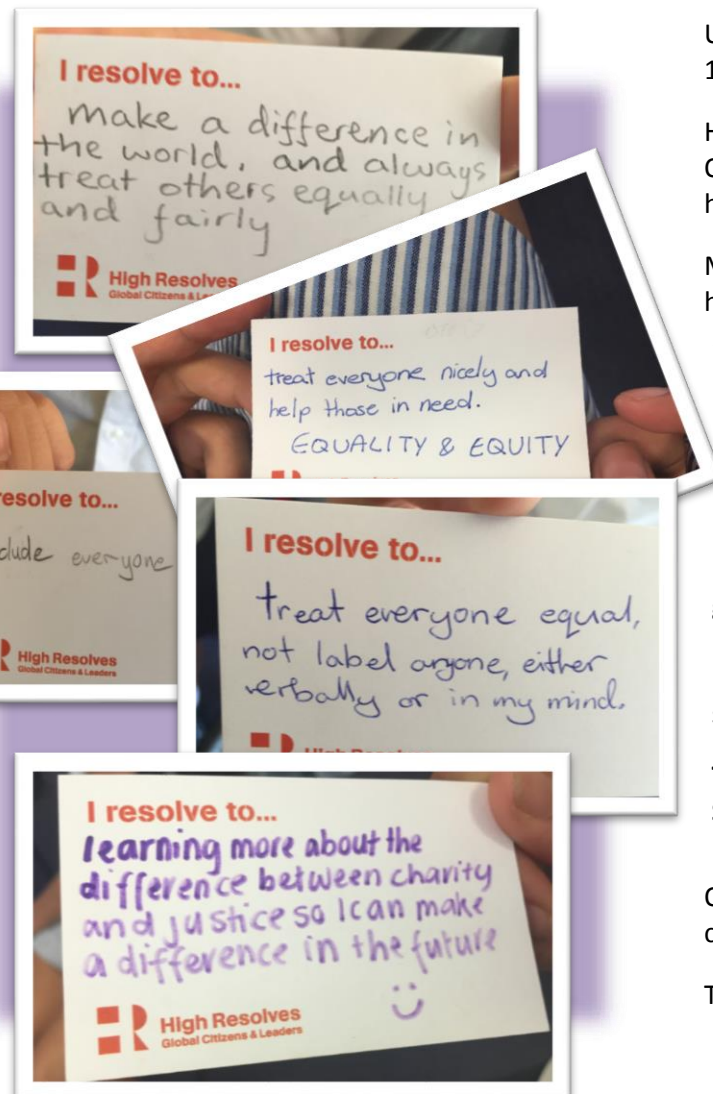
Over the last two weeks, Years 7 and 8 students have participated in High Resolves workshops exploring global citizenship, collective identity and social justice.

Through a series of engaging activities, videos and discussion, students explored their role in the world and the ways that they can make meaningful change in the future.

High Resolves provides a great opportunity for our students to build their collaborative and critical thinking skills whilst engaging in the social justice issues that so often impassion gifted learners. The High Resolves facilitators commented on how confidently and readily our students articulated their ideas.

At the end of each session, students were asked to reflect on and write down a resolve for the future. Here are some of those promises.

Kate Munro
Relieving HT Teaching and Learning



Career Matters

Macquarie University key dates for 2017

Course guide available in March 2017, for Year 12 students and their parents

Campus tours:

- 11 April 10.30am – 12pm
- 24 May 4pm – 5.30pm
- 20 June 4pm – 5.30pm
- 12 July 10.30am – 12pm
- 6 October 10.30am – 12pm
- 17 November 4pm – 5.30pm (open to everyone)

Macquarie in a Day - 19 and 20 April
Year 11 and 12 students

Global Leadership Entry Program Applications open 8 May – 28 August. School presentation or support on the application process is available on request. Year 12 students who are achieving strong academic results and are leaders in their community and involved in extracurricular activities.

Undergraduate information evening 17 May Years 10 – 12 students and their parents

HSC in the Holidays July and September holidays
Open to Year 12 students via hscintheholidays.com.au

Macquarie subject taster days July and September holidays
Subject-specific days for Year 11 and 12 students

Macquarie Discovery Day for Years 7 and 8 school groups, 21 July

Open Day, 19 August, open to everyone

Macquarie Discovery Day for Year 10 school groups, 5 December

Undergraduate Information Day for Year 12 students and their parents, 16 December

Tuesday and Thursday Lunchtime Speaker Program

Over the last week Tertiary providers have been confirming their visit dates. So far set dates are:

Tuesday 21 March Applying for entry to US Colleges

Macquarie University

Thursday 23 March University of Sydney
Advanced Science and
Engineering

Term 2

Tuesday 25 April University of Sydney
Humanities/Commerce/
Business

Thursday 4 May Professional CADETSHIPS

Tuesday 9 May UNSW

Tuesday May23 Australian National
University

Tuesday May 30 Australian Defence Forces

Med Entry is offering UMAT Preparation. The UMAT TEST is a prerequisite for entry into most health science courses such as medicine.

For further information visit www.MedEntry.edu.au

UNSW Entry in to Law 2018

If students sat the LAT in Year 11 2016, results are valid for two years. These students can register and sit the LAT again if they want to better their mark. Registrations open May 2017. Test in September.

Robotics Club

Year 7 and 8 Robotics Club will commence in Term 2 on Wednesdays at 2:20pm in room 223A.



Parents who are interested in helping on Wednesdays please contact Carlo on 0425 285 567

NEW PARENT WELCOME NIGHT

March 1 2017

New Parents please be sure to RSVP to
MSC office on 9905 3982 by 24 February
for catering purposes. Thank you.

Praxis Report

This term, each Year 7 Praxis class will be creating a newspaper and a Media Watch episode in order to investigate how they can maintain their journalistic integrity whilst competing to stay ahead of the Manly Selective Campus News Corps pack.

Throughout the project, students will work collaboratively to engage with their brand new school community, and they are encouraged to adopt curious and empathetic mindsets and take risks as they discover and research all of the interesting people, events and issues that make up the school, and the notorious 'Manly vibe'. They will problem solve as they wonder what will really interest their readers, and navigate the ethical choice of reporting in a sensational or factual way.

Like in any newsroom, time management will be crucial to the successful completion of this project as students rush to get the scoop on a story before the leads run cold. Thus, self-regulation and effective problem solving skills will be put to use. Finally, students will employ their ICT skills in designing the newspaper, and later the Media Watch episode.

Overall, this project aims to provide students with a great opportunity to get to know each other as well as the wonderful community at MSC, whilst developing core Praxis skills and mindsets and having heaps of fun.

*Below is a report on the first Praxis session
by student Bezi Saunders:*

'The Buzz'

There is this certain type of buzz that rings through the classroom as 20 excited students enter a classroom not knowing what to expect. There is the laughter of students who are chatting about their life, the screech of zips as bags are opened, and the half-hearted clunking sound of books hitting the sun-warmed tables. Today was the first day in Praxis, meaning project-based learning. For the first period of the day, we were taken into the common room to listen to a slideshow on what Praxis is really all about.

When we got to second period, we were taken back to our classrooms to let the fun begin! We were split into groups of four, (2 boys, 2 girls) and were asked to build the tallest structure possible, with 10 pieces of spaghetti, 1 metre of string, and 1 metre of tape. The structure had to be strong enough to hold a marshmallow. Our team worked well together, however, when it came to our structure,

we were not doing so well. Everyone kept on sitting on the spaghetti and breaking them, and in the end we ate most of the broken spaghetti.

Our last period of Praxis was all about the upcoming project, which sounded extremely exciting. It turned that our whole class was going to become a news corps and we were to write a newspaper for Manly.

My first time doing Praxis was a success, and it was extremely fun. I am excited for next time, so we can find out what article of the newspaper my group is going to do. I can't wait!



New teams pitching their story ideas to their editors



Editors providing news teams with feedback on their preliminary story ideas

Stronger HSC Standards

Over the last week you may have seen news reports about the reforms to the HSC, including the release of new Stage 6 syllabuses for English, Mathematics, History, and Science. Some of the reports lacked veracity, and as such, we thought it important to provide you with information from

the NSW Education Standards Authority (NESA – formerly BOSTES), which has previously been delivered in Week 8 at parent information evenings for Years 9 and 10.

The HSC was last revised more than 17 years ago. Since then, the world has changed dramatically. Employers now require workers with transferable skills and a solid foundation of knowledge in key areas, including:

- literacy and numeracy
- creative thinking and problem-solving
- an ability to work collaboratively
- character attributes such as curiosity, flexibility and resilience

New syllabuses will be introduced for English, Mathematics, Science and History. Students can study Science Extension for the HSC. These syllabuses were released on Tuesday, 21 February, and teachers from the relevant faculties will begin participating in professional learning on these syllabuses, and designing new programs, resources, and assessment tasks, in the coming months. The new Preliminary HSC syllabuses for these subjects will be taught for the first time in 2018.

Another key aspect of the HSC reforms related to assessment. The number of school-based assessment tasks will be capped at three per course in Year 11 and four per course in Year 12 to reduce excessive stress caused by over-assessment. The guidelines around school-based assessment will be tougher to prevent plagiarism and cheating. Other changes to note include:

- Redesign HSC examination to assess depth of knowledge and application of skills
- HSC exam questions test the application of knowledge and skills, as well as the recall of facts.
- HSC exam questions focus on in-depth analysis and problem solving skills.
- HSC exam questions reduce the opportunity for pre-prepared, memorised and plagiarised student work.

One of the most reported on changes to the HSC is the expectation that students reach a minimum literacy and numeracy standard before they are eligible for the award of the Higher School Certificate (HSC). The minimum standard is set at a functional level of literacy and numeracy required for everyday life. This minimum standard begins for

Year 12, 2020 – which means our current Year 9 students, and all years below.

Students can meet the BOSTES standard by achieving:

1. a Band 8 in each of their Year 9 NAPLAN reading, writing and numeracy tests; or
2. a pass in the online literacy and numeracy tests in Years 10, 11 or 12

Ms Bianca Hewes
Relieving Deputy Principal

CASE STUDIES

In Year 9 NAPLAN in 2017, Lauren achieves a Band 6 in reading, a Band 5 in writing and a Band 8 in numeracy. In Year 10, Lauren sits the online tests in reading and writing. She passes reading, but not writing.

In Year 11 and Year 12, Lauren sits but does not pass the online test in writing. Lauren completes her HSC exams in 2020, but has not demonstrated the minimum standard. Lauren will not be awarded a HSC in 2020, but she does receive a ROSA.

She has until 2024 to demonstrate the minimum standard by passing the online test in writing. She does this in 2021 and is then awarded her HSC credential.



LAUREN



JACK

In Year 9 NAPLAN in 2017, Jack gets Band 5s in reading, writing and numeracy.

In consultation with his teachers, Jack chooses to wait until Year 11 to sit the online tests, which he passes.

Jack has demonstrated the minimum standard. After completing his HSC courses, Jack is awarded his HSC credential in 2020.

Bands of MSC

Open Day at MSC
Thursday 23 February

Parents and students from primary schools were welcomed to the school by the jaunty sound of our Big Band's jazz as they crossed the lawn yesterday and later heard our Wind Ensemble play a formal piece in the hall. The String Ensemble held an open rehearsal for those touring the school after the presentation. Thank you to the ensemble members for representing the school and the band program.

Band Invoices

EXTENDED date of **Monday 6 March** for early payment discount. Invoices have been issued by the school office via mail. Prompt payment is requested. An early payment discount of \$15 if paid before 6 March will be built into the invoices. Please note this \$15 will be added to your fees for payments made after that date.

For enquiries about invoices please contact the band treasurer:

Angela Self aself5001@gmail.com

Ensemble Photos - 2 March

Junior bands photos for Concert and Swing Band took place today.



Photos for all other ensembles take place Thursday 2 March.

Students to bring their instruments and wear the formal band uniform (i.e. Winter school uniform with tie and blazer).

New Event – Bushfire Benefit Concert
Sunday 5 March 1:30pm – SWO

Symphonic Wind Orchestra have agreed to play at this charity concert at St Clement's Church, Mosman.

More details to come by email.

New and Second Hand Band Blazers
(for formal band uniform)

School blazers for ensembles will be first required in mid -June. New blazers can be ordered through Pickles. Allow three months for delivery.

Those wishing to buy or sell a second-hand blazer, please contact parent Dianne Turner at moogiet@optusnet.com.au. We cannot guarantee second hand blazers will be available for purchase but can almost certainly guarantee your second-hand blazer can be sold if clean and in good condition. Please note: We only have a small number of second hand blazers available at present. Parents of older students needing to upgrade to a larger size, please consider selling your smaller blazers now for the Year 7-8 students.

Band Diary Dates

Term One

Ensemble Photos

Thursday 2 March at MSC
SWO/ WE/ SB/ BB/ JO/ JC/ SE/ CO

Bushfire Benefit Concert

Sunday 5 March, Mosman – SWO

Big Band Bash # 1

ALL ENSEMBLES - all families invited.
Freshwater Gym- 6:45pm Tuesday 21 March.
Date now confirmed.

Term Two

Senior band and String Ensemble camp:

Wednesday 26- Sat 29 April
Kurrajong - SWO/JO/SE/CO

Generations in Jazz Festival, Mt Gambier

Friday 5- Sunday 7 May: JO

NSW Band Festival

Saturday 27 or Sunday 28 May, UNSW: JO

Term Three

Wind and Jazz Band Workshop (pupil free day)

Monday 17 July - at MSC (Compulsory)

NSW Band Festival

Saturday 22 July - SWO

NSW Band Festival

Sunday 23 July - CB/WE/SwB/SB/BB

More Information

The Band Information Handbook 2017 is also a good source of information and will answer most of your questions. Go to http://manlypandc.org.au/?page_id=34 and follow the links to the band documentation page to download the Handbook. Other useful information, including BoMSC calendar, is also provided on our website. If you have any further questions about the band program, please contact Band President Sarah Dowse sarahdowse@gmail.com

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



AN INVITATION

The P&C Association and Year 8 Parents of Manly Selective Campus cordially invite you to an informal welcome reception for all new Parents and Guardians

Date: Wednesday 1 March 2017
from 6.30pm – 9.00pm

Venue: Canteen open area at
Manly Selective Campus
(follow the signs in the foyer)

Drinks and canapés will be served.

Cost: \$10 per head, payable at the door

RSVP: School Reception phone 9905 3982
by 24 February
(to assist with catering please)

This is the same time as the Year 7 Disco is being held in the school hall. Drop your children off and join us along with the other new parents. We look forward to meeting you.

*Note that this event is for adults only
– not for children under 18 years.*

SAVE THE DATE

Tony Rudd's Farewell Dinner
Thursday 9 March
See the Invitation at the end of
The Weekly Pines

Calendar Term 1

Please check all dates and times closer to the event

WEEK 6	
28/02/2017	Artexpress Excursion 10, 12
1/03/2017	New Parent Welcome Night
1/03/2017	Year 7 Disco - 6pm
2/03/2017	School photos - make up, remainder
2/03/2017	Year 8 & 9 Disco, 6pm-9pm
WEEK 7	
6/03/2017	Year 7 Camp
7/03/2017	Zone Swimming Carnival
7/03/2017	Year 7 Camp
8/03/2017	Year 7 Camp
8/03/2017	European History Tour Pre-Departure Evening, 6:30pm-7:30pm
9/03/2017	Selective Schools Placement Test
10/03/2017	Year 11 Geography Excursion TBC
WEEK 8	
13/03/2017	Year 10 Geography & History Excursions
13/03/2017	Parent Coach Workshop 1, Jacqui Pollock presenting, 6:30pm - 8:45pm
14/03/2017	Parent Coach Workshop, Jacqui Pollock presenting, 9am -2:45pm
15/03/2017	P&C Meeting
15/03/2017	Principal's Tour, Bookings essential via reception 9905 3982, 9:30am
15/03/2017	Yr 11 Design & Tech Powerhouse Space Lecture & Exhibition
17/03/2017	Regional Swimming carnival, Sydney Aquatic Centre

WEEK 9	
20/03/2017	Year 7 HSIE Excursion, Macquarie Uni
20/03/2017	Parent Coach Workshop 2, Jacqui Pollock presenting, 6:30pm - 8:45pm
24/03/2017	Art Express excursion-Year 11VA, 9VA, VDF, PDM
WEEK 10	
27/03/2017	Year 11 Drama Performance
28/03/2017	Yr 11 Urban challenge, all day event
28/03/2017	Vaccinations, Year 7 and catch up for some Year 8
2/04/2017	CHS Swimming
Week 11	
3/04/2017	CHS Swimming
4/04/2017	CHS Swimming
6/04/2017	Year 9 Forensic Science Incursion

SECOND HAND UNIFORMS

LOCATED UNDER THE TAS BLOCK

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

Success is not final, failure is not fatal: it is the courage to continue that counts.

Winston Churchill

An Invitation to Tony Rudd's Farewell

DATE: Thursday 9 March 2017

TIME: 6pm

VENUE: Wakehurst Golf Club

Upper Clontarf Street, Seaforth

COST: \$50 per head

(includes gourmet finger food and gift)

Drinks available at the bar

RSVP: to front office (9905 3982) by 1 March
or email Jennifer.Bowden1@det.nsw.edu.au

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[] I/we would like to attend the dinner – payment details below

Name/s of attendees

[] I/we cannot attend, but would like to contribute to the gift – payment details below

Payment can be made directly to the Manly Staff Social Club.

EFT details are: BSB 012243

Account No. 386628844

Please reference your name on your EFT payment details.

Parent Welfare

WORKSHOPS

MARCH 2017



As part of our welfare curriculum at Manly, we support our students with the skills to stay resilient and bounce back from challenges. We are pleased to provide programs to support our families too. Jacqui Pollock, a Leadership and Family Coach, runs workshops at school for our parents on how to stay resilient and calm as you coach your teen in the game of life.

Join this foundation workshop to connect as a community to raise our children to become respectful, independent, resourceful and happy in today's ever changing world.

LEARN ABOUT

- » The change in parent role through the teen years.
- » Improve your teen's growing Emotional Intelligence and reflect on your own skills too!
- » Foundation skills of being a Parent Coach : respect, listening, challenging conversations, making agreements, self-esteem, nurturing responsibility.
- » Become calmer and more confident in your response to challenges.
- » Plus meet other parents, spend the day at school, and order lunch from the canteen!

Thriving through the teen years is the foundation workshop and prerequisite for a series of deep dive short workshop classes that will run through 2017 including:

- » *Making agreements*
- » *Managing expectations*
- » *Listening skills*
- » *Parenting personalities*
- » *Resilience and Choices.*

THRIVING THROUGH THE TEEN YEARS WORKSHOP

DATES: TERM 1 2017

Daytime course: One day workshop:
Tuesday 14th March 9am-2:45pm

Evening course: Workshop split across two evenings:
Monday 13th and Monday 20th March 6:30pm – 8:45pm

COST:

\$145 per person, \$215 per couple.

WANT TO KNOW MORE?

For a short video and booking information click here :

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

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

“A wonderful program with useful concepts and practical suggestions to becoming a parent who can better support their kids through life.”

Elisa, three children 12, 16, 18

“Thank you so much for a thought provoking and productive day. I thoroughly enjoyed it and feel excited that I have more resources to draw on to engage in a more positive and meaningful way with our kids.”

Ann Marie, two children 14, 17.

Jacqui Pollock
JACQUI POLLOCK

w: www.jacquipollock.com.au
e: coach@jpollock.com
p: 0428 301142



TUNING IN TO TEENS

EMOTIONALLY INTELLIGENT PARENTING



5 SESSION PARENTING COURSE FOR PARENTS OF TEENS

Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenage behaviour problems?
- Teach your teenager to deal with conflict?

VENUE: headspace Brookvale

Level 2 Brookvale House, 1A Cross Street, Brookvale

DATES: Tuesdays 28th February – 28th March 2017 (5 sessions)

TIME: 6.30pm – 9.00pm

COST: \$150 – subsidised rates available re: financial difficulty

REFRESHMENTS PROVIDED

BOOKINGS ESSENTIAL :

<https://www.eventbrite.com.au/e/tuning-in-to-teens-emotionally-intelligent-parenting-tickets-31440584635>

PH: 02 9937 6500

The 5 session course will be facilitated by a qualified Parent Educator from
Child and Adolescent Parenting, Northern Sydney Local Health District

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



Health
Northern Sydney
Local Health District



headspace
Brookvale

NORTHERN BEACHES
COUNCIL

GENERAL WORKSHOP, SEMINAR AND COURSE DETAILS

- ✓ Parenting workshops/seminars/courses can be offered in the day or evening
- ✓ All facilitators are qualified educators and parents
- ✓ All programs include comprehensive handouts
- ✓ Cost: \$500 per workshop/seminar (2-2.5 hrs) inclusive of handouts. Discount offered if 3 or more sessions booked. Course costs are calculated by request.
- ✓ We are happy to discuss and try and accommodate requests around content and length of presentation to meet the needs of participants and your organisation.

CONTACT:

Vivienne Hughes,
Parenting Coordinator,
Child and Adolescent Parenting

 **8877 5376**

✉ NSLHD-CYMHSParenting@health.nsw.gov.au

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



Health
Northern Sydney
Local Health District

Parenting Education for Mums, Dads and Carers



CHILD & ADOLESCENT PARENTING

Phone: 8877 5376

Email: NSLHD-CYMHSParenting@health.nsw.gov.au

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



Health
Northern Sydney
Local Health District

Child and Adolescent Parenting

What we offer: A range of parenting courses, workshops and seminars for mums, dads and carers of children 1-18 yrs.

Where and when: We are able to run any of our courses, workshops and seminars at a venue and time convenient to your school or organisation.

Our leaders: All our leaders are professionally qualified and experienced and supervised by the CYMHS Parenting Coordinator.

Child and Adolescent Parenting is part of the Child and Youth Mental Health Service (CYMHS), Northern Sydney Local Health District.

Parenting Courses

Circle of Security

Eight weeks (2 hours per session)

Content: Help you develop a positive relationship with your child by understanding their needs and behaviour.

Age group: 0-5 years

Tuning in to Kids

Five weeks (2.5 hours per session)

Content: Help your child develop emotional intelligence, learn how to talk with and understand your child, help them manage emotions, prevent behaviour problems and teach them to deal with conflict.

Age group: 3-10 years

Triple P (Positive Parenting Program)

Seven weeks (2.5 hours per session). 4 group sessions of 2.5hrs, then 2 telephone consultations over 3 weeks, and a final group session in week 8.

Content: A behaviour management program for parents of young children. Clear strategies are presented on how to encourage desirable behaviour and manage persistent misbehaviour.

Age group: 3-10 years

Tuning in to Teens*

Five weeks (2.5 hours per session)

Content: Help your teenager develop emotional intelligence, learn how to talk with and understand your teenager, help them to manage emotions, prevent behaviour problems and teach them to deal with conflict.

Age group: 11-18 years

**Also available in Chinese*

Parenting Workshops/ Seminars

Toddler Workshops (2.5 hours per session)

Offered as individual workshops or a series of 3

1. Understanding Your Toddler / Discipline & Tantrums
2. Tucker Without Tantrums / Toilet Training
3. Speech and Language Development / Sleep

Older Sibling – New Baby Workshop (2.5hrs)

Content: Understanding your older child's feelings, stage of development & reactions to the new baby, strategies to help juggle the requirements of two children & manage the older child's behaviour.

Helping Your 3-6 Year Old Child with Anxiety

(2 x 2.5 hour workshops)

Content: Helping you to understand anxiety, ways to overcome it, traps to avoid & where to seek help. Attending 2 workshops allows you to try strategies & discuss what works & what doesn't.

Transition to School Workshop (2.5hrs)

Content: The emotional transition from home to school, managing change, understanding the child's feelings & behaviours, effective communication & listening skills.

Resilient Kids / Teens Workshop (2.5 hrs)

Content: Helping your child/teenager recognise, accept & express feelings, developing optimistic thinking, coping skills & problem solving, dealing with negative emotions & stressful events.

Communicating with Kids / Teens Workshop

(2.5hrs)

Content: Communication skills for building positive relationships, problem ownership, listening skills, assertiveness skills & problem solving skills.

Transition to High School Workshop (2.5hrs)

Content: Learn practical tips to make the transition smoother, build self-esteem, use communication skills, & how parents can look after themselves.

Dealing with Teen's Backchat Workshop

(2.5 hrs)

Content: Are you struggling with a teenager who answers back all the time? Learn how to restore a respectful & positive relationship between you & your teenager, understand what it's like being a teenager today, learn how to talk so they will listen & listen so they will talk.

Grandparenting Workshop (2.5 hrs)

Content: Role of grandparents in today's world, the challenges & joys of being a grandparent, supporting children/grandchildren through active listening, assertiveness & problem solving, discussion around real life scenarios.

Triple P Seminar Series (2 hrs per seminar)

These seminars are designed for larger groups of parents & carers interested in learning about positive ways of promoting children's & teenager's development.

3 – 12 years:

- Seminar 1: Power of Positive Parenting
- Seminar 2: Raising Confident, Competent Children
- Seminar 3: Raising Resilient Children

Teens:

- Seminar 1: Raising Responsible Teenagers
- Seminar 2: Raising Competent Teenagers
- Seminar 3: Getting Teenagers Connected

class of 2020 Parent social



Year 9 parents, join us to celebrate our new beginning.
Come for a drink while our kids are at the school disco.

Date: 2nd March 2017.

Time: 6pm till late.

Venue: Dee Why RSL Club.

932 Pittwater Rd, Dee Why.

Meet at the bar near the Bistro area.

Looking forward to meeting you . . .

Ms Ly Harn lyharn@mail@yahoo.com.au
Mrs Anita Curries anitacurrie.oz@gmail.com
Year 9 parents.