



# 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

10 February 2017 – Newsletter No. 2

## From the Acting Principal

All families should have received in the mail the first edition of The Weekly Pines as a hard copy this week. Please contact the office if there are problems with mail outs. All subsequent editions this term will be electronic. The school calendar is a centrepiece in our administration and should be checked regularly for updates of upcoming events. Any changes in dates for significant events will be widely publicised.

### Information Evenings

The Information Evenings held this week for parents and students in Years 8 and 11 were very informative and well attended. All Year 7, 9 and 10 students and parents are encouraged to attend their sessions next week to learn about specific programs held throughout the year and the assessment procedures for students. Following the Year 7 Information Evening, Year 7 band parents will be given further information about how the band program operates for all relevant ensembles.

### Swimming Carnival

On Monday this week the swimming carnival was held at Boy Charlton Pool, Manly. Congratulations to all students who participated on the day – your enthusiasm on such a hot day was impressive. Special thanks go to Leanne Cowan and James Blanch for their excellent organisation of the day and to the staff and student volunteers who helped make the day such a success. Students who were absent need to provide notes justifying their absence to the Attendance Office as soon as possible.

### P&C Meeting

Thank you to those parents who came to our first P & C meeting for the year on Wednesday evening. It was wonderful to see so many parents new to the school community attending and keen to contribute towards future events. We have a very active and supportive P&C, and this is an excellent way of getting to know more about activities in the school, meet other parents and key staff, and ask questions. The next P & C meeting will be held on Wednesday 15 March.

### School Contributions and Fees

Enclosed in last week's mail out were the relevant fees and contribution sheets for your child's year. The financial support given by parents is crucial in maintaining much of the co-curricular programs and physical improvements to the school. If we did not have this support outside the already generous contribution of the P&C, much of the enrichment that happens beyond traditional classrooms would not happen.

Through the generosity of our school community donations to the tax deductible public library and building funds, a rigorous capital savings program will support the library upgrade and hall refurbishment to be undertaken this year.

### Uniform

The beginning of the school year is the best time to ensure that all students have appropriate uniform. The year has begun very well for nearly all students, although senior students are reminded that sports shorts are not to be worn. Shoes should be black enclosed leather or vinyl (NOT canvas or sports style except on Wednesdays), grey school shorts or

## Manly Selective Campus

138 Abbott Road, North Curl Curl NSW 2099

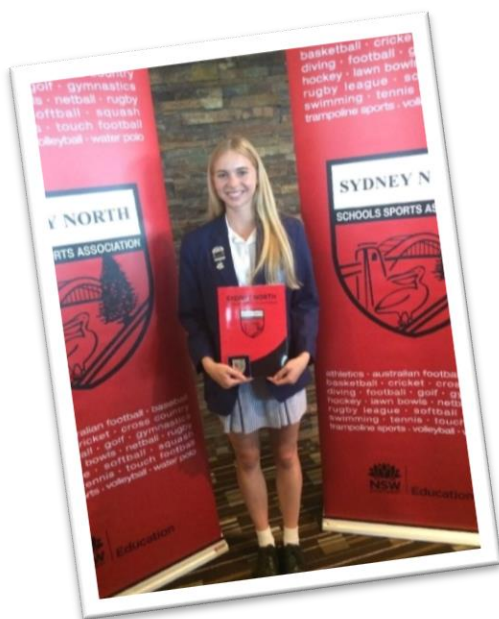
Phone: 9905 3982 / Fax: 9905 7772 / Email: [nbscmanlys-h.school@det.nsw.edu.au](mailto:nbscmanlys-h.school@det.nsw.edu.au)

P&C website: [www.manlypandc.org.au](http://www.manlypandc.org.au)

pants (including Wednesdays – board shorts are NOT allowed) and school shirts (not tee shirts or sleeveless shirts). Seniors will get a warning but if they are persistent in not wearing uniform, parents will be contacted before students are sent home to change.

### **Congratulations**

On Tuesday night the Sydney North Schools Sports Association presented their Blues Awards for outstanding sport achievement in the Region. Congratulations to Tessa Constantine who was awarded a Blue for Athletics and Anna Goodman who received a Blue Award for Squash.



Congratulations also to Grace Underhill who has successfully auditioned for the 2017 elite orchestral training program delivered by the Sydney Youth Orchestra.

### **Giving Back to Community**

A huge thank you to those who volunteered at the Sun Run 2017 held at Manly last Saturday. The organisers were most appreciative of your hard work and assistance in making this such a successful event. Special thanks to Mara Van Duyf for organising the kids t-shirts and social media advertising of this event.

On Tuesday this week Ms O'Sullivan co-ordinated a visit from a group of Chinese students and their teachers. Thank you to Xianda Ren, Liana Yuan, Annabel Hu, Elden Loomes, Luke Nelson and Maia Hopf for ensuring students all enjoyed their experience at our school.

**Ms Cath Whalan**  
Acting Principal



## **From the Deputy Principals**

The Year 8 Information evening on Tuesday this week provided an update of the assessment practices at Manly Campus and an overview of the future directions of the HSC. Ms Tye concluded the evening with an interactive goal setting activity that both students and parents enjoyed. We also welcomed Richard Crooks to the Welfare team. Mr Crooks will be supporting Ms Tye in the Year 8 Year Advisor role.

The changes to HSC will not formally apply until the 2020 HSC, however, as a school we do intend to implement some of the policy in the area of assessment. The most notable change we have implemented this year is the reduction of assessment tasks. These changes will shift the emphasis of assessment to allow a greater focus on teaching and learning, increase student engagement and improve overall learning. We have redesigned assessments in Years 7 – 11 in an attempt to reduce student stress and fatigue. I hope these changes will have a significant and positive change on our students.

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

All parents and students of Year 7 are invited to our Information Night on Monday 9 February at 6.30pm in the school hall. Parents will have the opportunity to meet the Year 7 team and information will be distributed about assessment, the Year 7 PRAXIS program and Wellbeing programs. This year we have invited Elevate Education to present their Year 7 Study Skills program. Following this information session Year 7 band parents will be able to hear about our fabulous MSC Band program and how students can join the various bands.

Also next week on Thursday 16 February parents and students of Year 9 are invited to our

Information Night. This begins at 6.30pm in the school hall. Parents will have the opportunity to meet the Year 9 team. Information will be distributed about the changes to the HSC, Year 9 assessment and our Wellbeing programs. Year 9 students have settled into Stage 5 and are enjoying their electives classes.

Last night we had a great vibe in the air at our Year 11 Information evening. Parents and students heard presentations on Preliminary Assessment, MSC Crossroads program, Wellbeing support programs and careers. Students are also reminded to complete HSC: All My Own Work from the Board of Studies website at: <http://amow.boardofstudies.nsw.edu.au> and return the information from the 5 modules to Mrs Rixon on Monday. Parents are reminded that the permission note and payment for Crossroads is now due to the front office. Many thanks to Mrs Whalan, Mrs Walker and Ms Campbell-Allen for their presentations at the Year 11 Information night.

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

## NEW PARENT WELCOME NIGHT

### Help Needed

Year 8 Parent volunteers are needed to  
host the New Parent Welcome Night on  
**March 1st 2017**

We also need a Co-ordinator

If you are able to help please contact  
**Sue Lumb**  
[Sue.lumb@asx.com.au](mailto:Sue.lumb@asx.com.au)

## Parent Information Evening

Year 7	Monday 13 February
Year 9	Thursday 16 February
Year 10	Wednesday 15 February

**Held in the School Hall at 6:30pm We look forward to seeing all students accompanied by a family member at this very important event.**

## Languages

**BONJOUR – KONNICHIWA – CIAO !**

### NOUMEA UPDATE:

**DEPOSITS NEEDED NOW!! Please organise to pay your deposit as soon as you can, either online or at the school office. Thanks!**

There will be an **information session** at school next week (Week 4):

**Day/Date:** Thursday 16 February

**Time:** 5:30 pm

**Venue:** Staff Common Room

**Who:** Parents of students going to Noumea (students welcome too! :-)

A member of the team organising our trip will be there to answer questions and provide further details. Important documents will be distributed. See you there!

**Interested but didn't know about it?**  
**See Ms Eadie in the LOTE staffroom.**

A reminder to all languages students that **Language Perfect** is up and running for 2017 – please log in and start practising! There'll be a competition coming up later this term. **Chocolate may be involved...**

Alliance Française French Film Festival is back for 2017: 7-30 March - <http://www.affrenchfilmfestival.org/>

*"A different language is a different vision of life."* [Federico Fellini](#)

## Vaccinations

**Change to Vaccination Schedule for Years 7, 11 and 12**

As you may have heard in the news, the NSW Minister for Health has announced the start of a school-based meningococcal vaccination program targeting Year 11 and 12 students in Term 2 2017.

Meningococcal W has emerged as a significant cause of invasive meningococcal disease with the number of cases almost tripling in NSW in 2016 compared to 2015. Meningococcal disease is a rare but serious illness.

The vaccination program will target and protect Year 11 and 12 students based on national expert advice that older adolescents have a greater risk of carrying and transmitting meningococcal disease and that school-based vaccination programs are the most effective way of achieving high vaccine uptake in this group. The vaccine is given as a single dose.

The following changes have been made to the vaccination schedule.

**Visit 1:** Tuesday, 28 March (Year 7, first HPV dose)

**Visit 2:** Tuesday, 27 June (Year 11 and 12, meningococcal)

**Visit 3:** Thursday 26 October (Year 7, second HPV dose and Diphtheria/Tetanus/Pertussis)

**Visit 4:** Date TBA (Year 7, third HPV dose and chickenpox)

Consent forms were sent home to Year 7 parents last week and must be returned by the end of Week 5.

Consent forms will be sent home to Year 11 and 12 parents soon.

If you would like to withdraw your child from the school vaccination program, please notify the school in writing.

See Ms Kate Munro in the English Staffroom with any questions.

## From the Archives

Every now and again we bring you a vignette from the past issues of our yearly Pines magazine. The leading article in the 1985 issue is a piece written by the students about their principal, Mr Munro. It makes interesting reading.

### EDITORIAL

If you have always wanted to discover just what it takes to be a school principal, who better to ask than Mr Munro himself? Believe me, it isn't as it appears to us – as we soon found out by asking the man himself a number of prying questions.

Firstly, we uncovered the fact that it wasn't easy for Mr Munro to get where he is now. Leaving school at fifteen years of age, he repeated the Intermediate Certificate at night, five nights a week, whilst holding several full time jobs. At nineteen, employed as a trainee electrical engineering draughtsman, he studied five nights a week for two years to complete the Leaving Certificate course.

'After that I changed my mind, went to Teachers' College, trained for two years and then went to my first teaching appointment at Mullumbimby on the

North Coast.' Returning to Sydney, Mr Munro returned also to evening study. After four or five nights a week for four years, he completed the A.S.T.C. course. His teaching has taken him to South Sydney Boys, North Sydney Boys, North Sydney Technical, Katoomba, St Ives, Davidson and now Manly High. Quite a career!

And what exactly were Mr Munro's reasons for choosing the educational field? 'I enjoyed working with young people, it was as simple as that.'

When we asked what he thought of Manly High's system compared with those of other schools at which he has taught, he replied 'since I'm the architect of the system, I think it's marvellous. A lot of students today who are doing degree courses don't seem to be able to stand on their own two feet. I think that's one of the differences. In this system we keep putting the work on you, you've got to do it, get it finished and in on time. In the long run you benefit by learning to be self-motivated.'

Another question we thought should be answered concerned Manly's lenient dress code. Mr Munro believes it is one of the vital keys in student co-operation. 'The important things are whether kids are reasonably happy to come to school and whether they have good relationships with their teachers. If uniform is going to interfere with that, then I question its value. In the good old days, when the principal said "jump" everyone jumped. Today when the principal says "jump" everyone wants to discuss it ....'

Mr Munro likes to forget the little tragedies of the day by talking to his wife 'I sort of talk it out of my system', or by seeking entertainment 'I like the theatre and things of that nature'. Mr Munro wonders at times if his daughter got a fair deal having both parents working as teachers, but concluded 'I think we were pretty understanding'.

One major concern that Mr Munro sees as inevitable is the decrease in enrolments at Manly High. He believes that, within the next decade, Freshwater and Manly will merge to form one school.

## SAVE THE DATE

Tony Rudd's Farewell Dinner

Thursday 9<sup>th</sup> March

Details in next weeks issue of  
The Weekly Pines



# Debating

In 2017, Masters Academy will be the exclusive provider of debating coaching at Manly Selective. They are the largest provider of debating coaching in NSW, and boast a network of over 60 coaches - including many ex students of Manly!

Debating is a great skill to learn that teaches a number of useful skills inside and out of the classroom including:

- Greater confidence when speaking
- Better structure and scaffolding for speeches and essays
- The ability to speak on the spot in any situation

They have updated their programs in 2017 with new activities such as:

- More opportunities to debate in class
- A social debating competition with other nearby schools
- Trials for the Premier's Debating Challenge teams
- Project based learning modules
- More classroom games

Manly has always been one their most successful schools, with a great communications culture and having won multiple state premierships over the last few years. Debating classes are fun and interactive, and the coaches will work with students over the entire year. Classes are held in the mornings before school on a variety of different days of the week.

If you'd like to sign up, go to [www.mastersacademy.com.au/msc](http://www.mastersacademy.com.au/msc)

If you'd like to learn more about this program make sure to visit the website at [mastersacademy.com.au](http://mastersacademy.com.au) or see Ms Kontrec in the HSIE staff room for more information.

If you have any other questions please email [info@mastersacademy.com.au](mailto:info@mastersacademy.com.au)

## The Masters Academy Team

### Our Lessons — An Overview

**Here is a sample of our Term 1 lesson plan for beginner debaters. Please note that future terms have 10 weeks**

Week	Lesson Title	Overview
1	Introduction to Debating	This lesson establishes what debating is with students. It goes over the roles of each speaker and what they contribute to the debate. The activity for this lesson involves getting students to pitch a new innovative product of their own design to the class.
2	Definitions and Plans	This lesson is about setting the boundaries for the debate, and designing a solid plan for your team's case. The activity for this lesson involves designing a plan for change within your high school as the 'principal', explaining that plan to the room, and taking questions from an open forum of 'parents' (other students)
3	1st Speaker Speeches	This lesson teaches students how to open a debate, the essential information that must be presented for every case, and how to make a convincing argument based off evidence. The activity involves writing a 2-3 minute 1st speaker speech and presenting it to classmates.
4	Useful Phrases and Concepts	This lesson gives students important phrases and structure that they can use inside a debate to make their arguments more complex and to help explore ideas in greater detail. One example might be "At best and at worst", where students compare the best possible outcome of a scenario with the worst possible outcome. The activity for this class is to work in groups, present ideas to one another, and then spend time coming up with arguments in response using the structure and framework provided.
5	Stakeholder Analysis	This lesson is all about analysing how different groups of people would be affected by a policy change. For example if we banned the use of laptops in schools we would need to consider the effect of this on a broad range of people including schools, parents, students, and teachers. The activity for this lesson involves a hypothetical scenario with a crashing plane. Each student must take on a different persona or role and justify why they should have a parachute/life jacket over the other passengers.
6	Proving Premises	This lesson focuses on strict scaffolds for expanding ideas. This helps turn ideas that students explain too briefly in 30 seconds, into ideas that are extracted in convincing detail and length over 2 minutes. The rest of the lesson is then dedicated to allocating teams for the following week's debate and giving students lots of time to prepare in their groups.
7	Our First Debate	Students participate in their first debate as a fun way to consolidate the first 7 weeks of learning and to put all the skills they have learnt together.

# Introducing Praxis 2017

*Praxis (Ancient Greek: πρᾶξις)*

*Is the process by which a theory, lesson, or skill is enacted, embodied, or realised.*

## What is Praxis?

Praxis is a series of Project Based Learning (PBL) experiences which allow for the facilitation of authentic learning experiences for all year 7 students. The projects will complement the content and skills developed in core classes, and provide students with the opportunity to apply their learning from these subjects in real-world contexts.

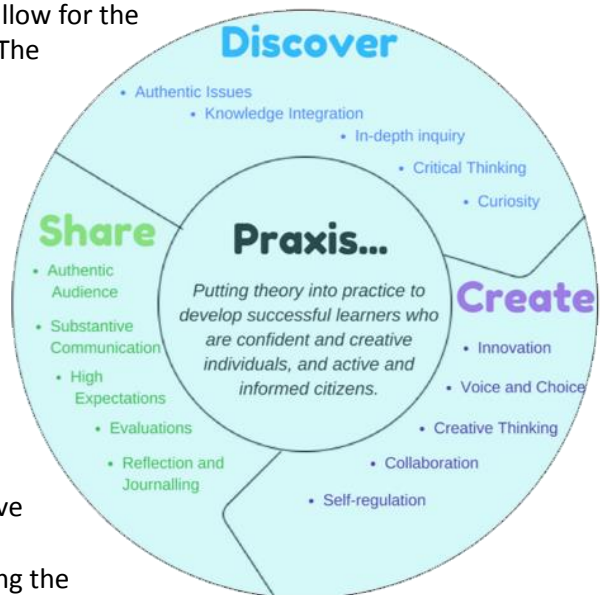
In term 4 of 2017, the three Praxis teachers – Ms Hewes, Mr Blanch, and Ms Munro – worked together to engage with current research into gifted education, and best practice with emerging pedagogies for successful learners in the 21<sup>st</sup> century. As a result of this planning, we have developed four enriching, challenging, and most of all fun projects for year 7, 2017. Our goal with Praxis is to

put theory into practice as a means to developing successful learners

who are confident and creative individuals, and active and informed citizens – reflecting the

overarching goal of the *Melbourne Declaration on Education Goals for Young Australians* (2008).

Each of these projects has been designed to help students master and demonstrate what we have deemed 'Praxis Targets' - a range of skills and mindsets essential for the success of young people in today's rapidly changing global community. Furthermore, each individual project has been planned based on the widely regarded and evidenced-based Project Based Learning model, whereby students progress through a three-phase project – discover, create, share.



*Praxis Principles*



*Praxis Targets*

The images 'Praxis Principles' and 'Praxis Targets' provides insight into the learning experiences and quality teaching strategies that underpin and guide each project.

## How will Praxis run?

Students do Praxis for 3 hours on Friday morning, once per fortnight. Each Praxis session there are three classes being run concurrently, providing opportunities for team-teaching and collaboration between classes. Each Praxis class has 20 students, and during projects this class will be divided into 5 project teams. Every term sees students engaging in a new Praxis project – a simulation project, a building and making project, a student-directed project, and an outdoors project. More information about each project can be found on our website: [www.praxispbl.weebly.com](http://www.praxispbl.weebly.com) Two of the four projects will be formally aligned to units of work and assessment from core classes – the final product and presentation for these two projects will be assessed by their Praxis teacher, and their core class teacher, with outcomes being reflected on that specific subject's report.

In Weeks 2 and 3 we launched the Praxis program with our year 7 classes – and it was awesome. Students spent the first 20 minutes together as a large group of 60 and were introduced to Praxis,



followed by a 'hook' into our first project where we played the game 'Would I Lie To You?'. Next, students moved to their class groups, and completed a learning style preference survey using the 4MAT model – the data from this will be used to help teachers identify students' specific learning capacities, and then implement strategies to improve under-developed capacities. Students were then given a copy of the project outline for their first project, and encouraged to identify what they need to know – skills and content knowledge – in order to be successful with the project.

Finally, students worked together in their new project teams on a collaboration activity, which entailed a lot of noise, movement, critical thinking, and creativity. Praxis Week A had to design and build a strong and attractive 1m bridge with minimal resources, and Praxis Week B completed the famous Marshmallow Challenge where they had to build a tall but strong spaghetti tower that could hold up a marshmallow at the top. Students really enjoyed their first Praxis session, and so too did the teachers!



#### Intellectual traits

Exceptional reasoning ability  
Intellectual curiosity  
Rapid learning rate  
Facility for abstraction  
Complex thought processes  
Vivid imagination  
Early moral concern  
Passion for learning  
Powers of concentration  
Analytical thinking  
Divergent thinking/creativity  
Keen sense of justice  
Capacity for reflection

#### Personality traits

Insightful  
Need to understand  
Need for mental stimulation  
Perfectionism  
Need for precision/logic  
Excellent sense of humour  
Sensitivity/empathy  
Intensity  
Perseverance  
Acute self-awareness  
Nonconformity  
Questioning rules/authority  
Tendency to introversion

(Silverman, 1993, p. 53)

We firmly believe that gifted learners require learning experiences that are differentiated to meet their individual needs. As such, the 2017 Praxis program has been carefully designed to harness, support and nurture the specific intellectual and personality traits of gifted learners, as outlined by Silverman in the table above. We are very much looking forward to an exciting year of Praxis!

Praxis Team 2017

### SECOND HAND UNIFORMS

LOCATED UNDER THE TAS BLOCK

**Next Open**

**Thursday 23 February @ 1:30pm**

Open first Tuesdays of the month 8:15-9:30am

& third Thursdays of the month 1:30-2:30pm

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 school office.**

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

For second hand band blazers (buy & sell) please contact Dianne Turner on [moogiet@optusnet.com.au](mailto:moogiet@optusnet.com.au) and new and pre-loved band polo shirts please contact Kim Luong on [kimmanlyband@gmail.com](mailto:kimmanlyband@gmail.com)

## OPEN DAY

### Help Needed

Volunteers are needed to help serve refreshments on Open Day

**Thursday 23rd February 2017**

If you are able to help please contact Nada Zaina

[zainana@gmail.com](mailto:zainana@gmail.com)



# Bands of Manly Selective Campus



## Auditions- all students

Over 8 days since the term started, over 230 auditions have taken place totalling 36 hours in all, heard by 3 band directors (Mark Brown, Craig Driscoll and Brian Buggy). These auditions are invaluable for the band directors to place each of the students within the ten ensembles and are carried out each January/ February.

Auditions finish this Saturday 11 February with all Year 7 wind and jazz students. Held in the band room near the canteen.

An enormous thank you to parent volunteers Natalie Roberts (enrolments) and Sally Matthews (auditions) for their wonderful work in the past few weeks and to parent helpers on the weekends, especially Jo Drew (parent liaison for Strings). Special thanks to the three conductors for their care and attention to detail throughout the auditions.

Please contact us if your child is interested in joining the program as it is not too late. Email enrolments parent, Natalie Roberts, at [natandgraham@optusnet.com.au](mailto:natandgraham@optusnet.com.au).

## Rehearsals start dates

All start at 7.20am sharp. Students are required to set up and pack up the hall at each rehearsal. If a morning class timetable clash occurs for a Year 11 or 12 student, please see Craig, Mark or email [sarahdowse@gmail.com](mailto:sarahdowse@gmail.com)

Wind Bands		
Symphonic Wind Orchestra	Fri 10/2	Hall
Wind Ensemble	Thu 16/2	Hall
Concert Band	Mon 13/2	Hall
Jazz bands		
Big Band	Tues 14/2	Band room
Jazz Orchestra	Wed 8/2	Band room
Swing Band	Thu 16/2	Band room
Stage Band	Fri 17/2	Band room
Jazz Combo	Thurs 16/2-lunch	Band room
Strings		
String Ensemble	Fri 10/2	Performance Space
Chamber Orchestra	Mon 20/2	Performance Space

## Band invoices

Invoices will be issued via the school office when all ensemble lists are finalised next week.

Prompt payment by the due date of Monday 27 February is requested. An early payment discount of \$15 will be built into the invoices. Please note this \$15 will be added to your fees for payments made after the 27 February.

## Thank you - Years 7-10: Band Fundraiser, Saturday 4 February 2017

Thank you to all the MSC volunteers for their time and effort on Saturday morning to make our first Sun Run participation a huge success. It was a quick morning, early in and early out, with the last two bags left at 9:15am. Thanks parents for getting your kids safely to their workstations, and our kids and adults for helping with this event either with course marshalling, gear handling or at the drinks station. It was a wonderful atmosphere

Thanks to Mara Van Duyl for organising the kids t-shirts and social media advertising of this event. Special thanks to Angela Aguam for so efficiently and successfully organising this event so close to the start of the year.

If anyone requires volunteering hours approved, please pass the forms to Mara Van Duyl and she will organise with Angela.

## Information night for new families to band and strings – Monday 13 February 8.00pm

All new families are encouraged to attend this brief meeting in the hall, following straight after the Year 7 information night. You will meet band director Craig Driscoll, be given valuable information and be able to ask questions about the program.

## Band communication and calendar

Each week, important upcoming band dates are listed at the end of the band section of The Weekly Pines.

Once the bands have been finalised, the band liaisons will email contact lists and the complete band calendar to all band members. Email and The Weekly Pines are our primary form of communication.

If people are not receiving emails from the program, check your junk mail and contact your band liaison or our enrolments parent, Natalie Roberts, at [natandgraham@optusnet.com.au](mailto:natandgraham@optusnet.com.au). Please advise your band liaison immediately if your



contact details change at any time throughout the year.

### **Ensemble photos: 24 February and 2 March**

Note ensembles in the diary dates below. Due to the very early timing of these photos, the junior bands (Concert and Swing Bands) will wear school summer uniform and not a band uniform. More details will be sent out via email.

### **Second Hand Band Blazers (for formal band uniform)**

Those wishing to buy or sell a second-hand blazer, please contact parent Dianne Turner at [moogiet@optusnet.com.au](mailto:moogiet@optusnet.com.au). 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 incoming Years 7-8.

New blazers can be ordered through Pickles.

### **Band Committee Meeting**

Committee meetings are held once a term. The first meeting is on Monday 20 February at 8.00pm in the Band Room (near the canteen in the music corridor). All band families are welcome and encouraged to attend. The band program is run completely by parent volunteers and we would love new parents to come along, meet the committee members and get an insight into how the program is run. The parents who actively support the Bands of MSC, even if only in a very small way, find that it is truly a most rewarding way to participate in and support the school.

### **Band Diary Dates**

#### **Term One**

**Information night for new band families – Monday 13 February, 8.00pm** in the hall.

**Band Committee meeting – Monday 20 February, 8.00pm** in the library. New parents are welcome to come along, meet the committee members and get an insight into how the program is run.

**MSC Open Day performances-** Thursday 23 February, 9 am- 11:15 am WE/BB/SE

**Ensemble photos-** CB and SwB- Friday 24 February at MSC

**Ensemble photos-** all other groups- Thursday 2 March at MSC

**Big Band Bash # 1-** ALL ENSEMBLES- all families invited. Freshwater Gym- 6:45pm Tuesday 21 March. Date TBC by email asap.

#### **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/JO

### **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](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 on [sarahdowse@gmail.com](mailto:sarahdowse@gmail.com).

### **Band web site**

For 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





The Sydney Morning Herald

Sun run



## CERTIFICATE OF APPRECIATION

AWARDED TO

### Manly Campus Band Program

For having volunteered at  
***The Sydney Morning Herald Sun Run presented by Virgin Active***  
on Saturday, February 4, 2017

SCOTT HOOD  
MANAGING DIRECTOR  
VIRGIN ACTIVE HEALTH CLUBS

DARREN GOODSIR  
EDITOR  
THE SYDNEY MORNING HERALD



# Calendar Term 1

Please check all dates and times closer to the event

WEEK 3	
10/02/2017	NSR SPC Meeting, Checkers, Terrey Hills, 8:30am -1pm
WEEK 4	
13/02/2017	Band Parent Information Evening 8pm
13/02/2017	Year 7 Parent Night plus Elevate Education, 6:30pm
13/02/2017	High Resolves - Year 7
15/02/2017	Year 10 Parent Information Evening - 6:30pm - 7:30pm in the Hall
16/02/2017	Year 9 Information Evening, 6:30pm in the Hall
16/02/2017	Noumea Trip Information night, 5:30pm - 6:30pm
WEEK 5	
20/02/2017	Term 1 Band Meeting in the library at 8pm
20/02/2017	Year 8 High Resolves
21/02/2017	Big band Bash TBC, at Freshwater Senior Campus
23/02/2017	Open Day, 9:30am - 11:30am
23/02/2017	Year 11 VA excursion
24/02/2017	School Photos - individuals and groups
WEEK 6	
1/03/2017	New Parent Welcome Night
1/03/2017	Year 7 Disco, 6pm in the Hall
2/03/2017	School photos - remainder / make up day
2/03/2017	Year 8 & 9 Disco, 6pm-9pm in the Hall

WEEK 7	
6/03/2017	Year 7 Camp
7/03/2017	Zone Swimming Carnival TBC
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, 9am-3:20pm
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 - 8:30pm
14/03/2017	Parent Coach Workshop, Jacqui Pollock presenting, 9:30am - 3pm
15/03/2017	P&C Meeting
15/03/2017	Principal's Tour, Bookings essential via reception 9905 3982, 9:30am
17/03/2017	Regional Swimming carnival, Sydney Aquatic Centre
WEEK 9	
20/03/2017	Year 7 HSIE Excursion
20/03/2017	Parent Coach Workshop 2, Jacqui Pollock presenting, 6:30-8:30pm
WEEK 10	
28/03/2017	Year 11 Urban challenge
28/03/2017	Vaccinations , Year 7 and catch up for some Year 8 students
2/04/2017	CHS Swimming
WEEK 11	
3/04/2017	CHS Swimming
4/04/2017	CHS Swimming

*Education is what remains after one has forgotten what one has learned in school.*

*Albert Einstein*



# 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

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**MANLY SELECTIVE CAMPUS - CANTEEN ROSTER TERM 1, 2017**
**Version: 7 February 2017**

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Mel + Nat	Mel + Nat	Brenda + Nat	Mel + Brenda	Mel + Brenda
<b>2</b>	<b>30 January 2017</b>	<b>31 January 2017</b>	<b>1 February 2017</b>	<b>2 February 2017</b>	<b>3 February 2017</b>
	Lina Arshad June Li (Reserve) Jacky Tonin * (lunchtime)	Elise Lockwood * Marguerite Kraft * Helen Davies *	Samantha Lumsdaine * Deborah Miller	Nicole Harvey * Jane Ho * Lala Yu	Jennifer Jordan Gill Canning * (1/2) Sue Palmer
<b>3</b>	<b>6 February 2017</b>	<b>7 February 2017</b>	<b>8 February 2017</b>	<b>9 February 2017</b>	<b>10 February 2017</b>
	<b>SWIMMING CARNIVAL</b>	Tanith Carroll * Tina McMorow-Dermody * Deborah Miller	Veronica Guadagnini * Anita Currie Ruth Erby	Pauline Chui * Fiona Jones * Gill Canning * (1/2)	Penny Morrison (until 12.30) Kim Mackechnie * Mylene Mitchell
<b>4</b>	<b>13 February 2017</b>	<b>14 February 2017</b>	<b>15 February 2017</b>	<b>16 February 2017</b>	<b>17 February 2017</b>
	Sufi Soegimin * Kirsten Mizon * Margo Joyner (1/2 PM)	Sharon Heffernan * Karla Farrugia * Deborah Gilbert	Anna Gowan * Robyn Vaughan * Helen Benn	Amanda Naylor Elana Roseth * Evan Van Leeuwen (leave 1.30) Kristie Kha	Lisa McIntyre * Valerie Buono * Jillian Holt Jan Nuttal (start 11.45am)
<b>5</b>	<b>20 February 2017</b>	<b>21 February 2017</b>	<b>22 February 2017</b>	<b>23 February 2017</b>	<b>24 February 2017</b>
	Ann Collins * Pip Bakker * Corrina Hayes	Liz Carter * Jennifer Everett * Karen Brocklebank	Cecilia Wan Learne Jackson Jones Malika Fernando *	Melissa Havranek Jane Hudson * (extra shift) Christin Schaller (start 11am)	Allison Amos * Margaret Martin * Anja Agius
<b>6</b>	<b>27 February 2017</b>	<b>28 February 2017</b>	<b>1 March 2017</b>	<b>2 March 2017</b>	<b>3 March 2017</b>
	Jill Johnson Lisa Bow Ann-Charlott Paduch	Michelle Brown * Christine Campbell * Helen Watson	Kate Waddington * Kylie Freeman * Julia Chan Sri Rajagopal	Lala Yu Melissa Clarke * Rebecca Capell *	Hwei-Choo Son * Jennifer Jordan Bohdana Zajickova (Reserve)
<b>7</b>	<b>6 March 2017</b>	<b>7 March 2017</b>	<b>8 March 2017</b>	<b>9 March 2017</b>	<b>10 March 2017</b>
	Anna Rushton * Michelle Hackney * Jacinta Keoghan *	Nicola Hartley (Reserve) Susan Gatherer * Deborah Miller	Stephanie Bridgland * Harriett Cunningham * Grace Wang Theresa Hodgson *	Amanda Naylor Deb Partos * Desiree McDonald *	Gaya Gottardi * Shweta Israni * Caretta Campbell Monique Pardav (Reserve)
<b>8</b>	<b>13 March 2017</b>	<b>14 March 2017</b>	<b>15 March 2017</b>	<b>16 March 2017</b>	<b>17 March 2017</b>
	Linda Davis * Lina Arshad Margo Joyner (1/2 PM) Julia Alston *	Julie Harvey * Karon Hutcheson * Yifen Axford *	Geoff Campbell * Kate Michell * Helen Benn	Mylene Mitchell Carolyn Deane * Marilyn Farquhar (Reserve) Jane Hudson *	Jillian Holt Meryl Campbell * Sue Palmer Jackie Wang (Reserve)
<b>9</b>	<b>20 March 2017</b>	<b>21 March 2017</b>	<b>22 March 2017</b>	<b>23 March 2017</b>	<b>24 March 2017</b>
	Carolyn Bates * Iveta Horvathova * Chikiki Airey *	Emma Van Herk * Deborah Gilbert Susan Woodward * Karen Brocklebank	Diane Turner * Cecila Wan Helen Watson	Melissa Havranek Hij Yi * Christin Schaller (start 11am) Sharon Glanville *	Anja Agius Ellie Carew * Sue Lumb * Ali Razzaghipour (Reserve)
<b>10</b>	<b>27 March 2017</b>	<b>28 March 2017</b>	<b>29 March 2017</b>	<b>30 March 2017</b>	<b>31 March 2017</b>
	Tabitha Dearden * Jill Johnson Lisa Bow	Learne Jackson Jones Ballanda Sack (twice/year) Helen Dransfield * (1/2)	Yvonne McAllan * Joanne Thirlwall * Anita Currie Corrina Hayes	Jody Green * Kirrilee Wallace * Lyn Powe * Evan Van Leeuwen (leave 1.30)	Sharon Youde * Justine McKee * Nicole McLeod *
<b>11</b>	<b>3 April 2017</b>	<b>4 April 2017</b>	<b>5 April 2017</b>	<b>6 April 2017</b>	<b>7 April 2017</b>
	Annie Gaal * Dee-Ann Riddle * Ann-Charlott Paduch	Deborah Miller Caretta Campbell Kristie Kha	Catherine Yettis * Grace Wang Julia Chan Sri Rajagopal	Lala Yu Amanda Naylor Mylene Mitchell	Jennifer Jordan Corrina Hayes Jillian Holt

- Red names with \* are once per term volunteers

- Black names are once per month volunteers

- Blue names are reserve volunteers that are used where roster vacancies appear

- Canteen: phone 9939 7835

- Roster updates: amandanaylor@optusnet.com.au

- Highlighted yellow: short staffed - need a volunteer



# Manly Selective Campus

## Canteen Price List 2017

### Breakfast (8am to 9am)

Raisin toast	\$1.50
Banana bread	\$3.00
Up 'n' go drink	\$2.50

### Snacks

Finger buns	\$1.50
Muffins	\$3.50
Cheese & Bacon roll	\$2.00
Yoghurt	\$2.00
Jelly cup	\$2.00
Mousse	\$1.50
Fruit - apple, banana, pear	\$1.00
Sultanas / sesame snacks	80c
Sushi -available Mon, Tue & Thu	\$3.50
Chicken/avocado	
Chicken Schnitzel	
Prawn, Salmon, Tuna	

### Drinks

Poppers	\$1.50
Milk 300ml / 600ml	\$1.50/\$2.00
Oak milk 300ml / 600ml	\$2.00/\$3.50
Ice Break or GV milks	\$3.50/\$3.00
Ice Tea drinks	\$3.50
GV Juice	\$2.50
Water 600ml	\$2.50
Deep spring mineral water	\$3.50

### Rolls/ Sandwiches/ Wraps

#### Rolls

Unbuttered / buttered	\$1.00/\$1.50
Lettuce + mayo	\$2.00
Cheese + salad	\$4.50
Ham Cheese & Salad	\$5.00

#### Sandwiches

Egg, mayo + lettuce	\$4.00
Tuna, mayo, cucumber + lettuce	\$4.00
Salad + beetroot	\$4.00
Ham Cheese & Salad	\$5.00

#### Wraps

Chicken, lettuce, avo + mayo	\$5.50
Chicken Caesar	\$5.50
Falafel, tabouli + hummus	\$5.50

#### Toasted

Cheese / spaghetti / baked beans	\$2.00
Cheese + tomato	\$2.50
Ham + cheese	\$4.00
Chicken + cheese	\$4.00
Ham, cheese + tomato	\$4.50

**We can make any sandwich, roll or wrap to order with your favourite fillings**

Extra fillings e.g. beetroot, etc 50c each  
Egg, Avocado \$1.00

### Burgers (not available Wed)

Hamburger & salad	\$5.00
Sweet chilli chicken burger	\$5.00
Veggie burger	\$4.50

### Hot Food

Hot Rolls - Garlic	\$1.50
- Cheese	\$2.00
- Cheese & Tomato	\$2.50
Chilli Chicken Tender	\$1.50
Chilli Chicken Tender & buttered roll	\$3.00
Chilli Chicken Tender & unbuttered roll	\$2.50
Pizza Subs (Morning Tea Only)	\$3.00
Pasta Bolognese	\$3.50
Pasta Napolitana	\$3.00
Beef Lasagne	\$3.50

### Salads

Garden salad - every day	\$4.50
Caesar salad	\$5.50
Greek Salad - pre-order only	\$5.50

### Daily Specials

Mon	Beef Burger	\$5.00
	Burritos- bean/chicken	\$4.50/\$5.00
Tues	Nachos - vegetarian	\$5.00
	Nachos - meat	\$5.50
	Satay stick & Rice	\$5.00
Wed	Traveller Pie	\$3.50
	Spinach roll	\$4.50
Thur	Curry of the Day	\$5.50
	BLT - bacon, lett & tom	\$5.00
Fri	Nachos - vegetarian	\$5.00
	Nachos - meat	\$5.50
	Chicken sausage in roll	\$3.50

**Please check our white board for other daily specials including salad of the day, special stir fries etc.**

**Remember to avoid waiting and to get the best choices pre-order your lunch before school or at recess. Bags are provided.**

**Volunteers are always welcome. Please call the canteen on 9939 7835 or download a form from our website**  
[http://manlypandc.org.au/?page\\_id=20](http://manlypandc.org.au/?page_id=20)

