



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 March 2017 – Newsletter No. 6

From the Acting Principal

Gratitude

Many thanks to Kathy O'Sullivan for Relieving in the Principal position over the last three weeks and to Bianca Hewes and Kate Munro for stepping up into the Deputy Principal and Head Teacher teaching and Learning roles respectively. I know they have all done a great job and have very much appreciated the support and encouragement from the students, staff and parents. On Thursday night we officially said farewell and thank you to Tony Rudd, our Principal for the past four years. Thank you to all those who were able to join us to recognise Tony's significant contributions to Manly Selective Campus and wish him all the best for his future.

Carnation Day

Despite concerns about the weather, the sun shone for the SRC to ensure a very successful day of school spirit on Thursday. All students are congratulated on their initiative, organisation and support of their peers. The lunchtime concert and the flower selling were excellent opportunities which brought the school together and raised approximately \$3000 for charity.



Carnation Day

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

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

Year 7 Camp

Our Year 7 students returned on Wednesday afternoon having spent three wonderful days with Active Education at Mangrove Mountain. This was a marvellous opportunity for students to consolidate the friendships that they have built over the past 6 weeks, and to develop new ones. Students spoke very positively of the activities and challenges they faced and no doubt will have long lasting memories of their first high school camp. Many thanks to Year Adviser, James Blanch for all his enthusiasm and organisation in ensuring the camp was so successful. Thanks also to the other staff including Ms Isozsimova, Ms Taylor, Ms Woodward, Mr Forsyth and Mr Young who gave their time to ensure our Year 7 students were able to have such an enjoyable and worthwhile experience.

Selective Schools Test

On Thursday we hosted over 130 primary school students as they sat for the Selective Schools Entry Test in our school hall. It was wonderful to see the enthusiasm and eagerness of these students as they entered the hall in their bid for selection into one of the Selective Schools for Year 7, 2018. We wish each of these students well and hope to see many of them at Manly Selective Campus next year.

Zone Swimming

Congratulations to our Swimming Team who, at the Zone Championship carnival on Tuesday, were placed third. In particular, congratulations to our 14 Year Zone Age Champions, Dylan G and Carolyn N and to the members of our successful relay teams. Our best performing students now go on to represent our Zone at the Regional Carnival next Friday and we wish them well as they move into the next level of competition.

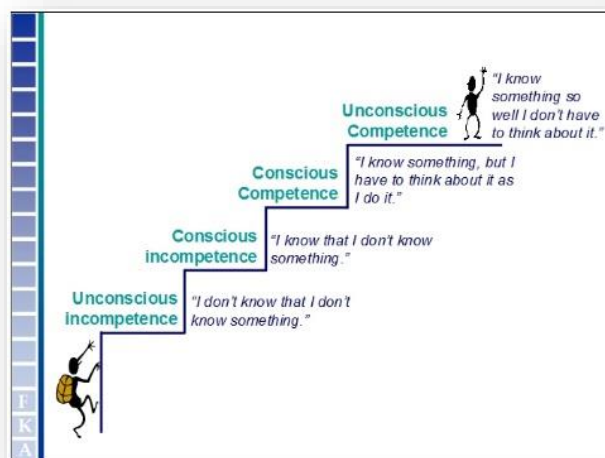
P&C Meeting

We look forward to seeing you at the next P&C meeting to be held on Wednesday 15th March in the library at 7:00pm. At this meeting, Bianca Hewes will discuss project based learning, student engagement and Year 7 Praxis at Manly. Jamie Kay will also be joining us in discussion about proposed additions to the uniform.

Four Stages of Learning

Finally this week, I'd like to share a graphic from <http://www.fka.com/four-stages-of-learning/> that describes the stages of learning. Whenever we learn something new, from driving a car to undertaking new roles in life, we ideally move through these stages. Practice, persistence and the belief that you can achieve are all helpful and

essential to achieving the ultimate goal of Unconscious Competence. At any one time we may be at very different stages in many aspects of lives. It's a great reminder for students to be kind to themselves as they learn new skills.



International Women's Day

To celebrate, the Defence Forces invited 3 of our senior girls to attend a Presentation at Gunners Barracks "Do What You Love Breakfast Forum" Olga P, Ellen M and Jemma H represented the school. Guest speakers were inspirational women from the Army Navy and Air Force who gave presentations on their pathways to success.



International Women's Day



Ms Cath Whalan
Acting Principal

From the Deputy Principals

I would like to take this opportunity to thank Bianca Hewes for Relieving in the Deputy Principal position over the last three weeks. I am sure you all agree that she did an amazing job. I would also like to thank staff, students and parents for all the support, guidance and encouragement whilst relieving as Principal. As much as I enjoyed the role, it's been great getting back into the classroom and teaching my classes this week.

On Tuesday, Australian Rugby Union player and ex-student Reece Hodge (G12) returned to Manly to speak to our Year 12 students. Reece spoke about his time at Manly, balancing his academic goal of getting into physiotherapy and playing Rugby Union. He stressed the importance of having a balance with school and extracurricular activities.



He also emphasised how critical it is to listen to your body and that sometimes you need to take time out from your studies and rest. He acknowledged that his success came down to his time management skills and prioritising what was important to him. Great take away messages for our Year 12 students in the lead up to the Half Yearly Examinations.



Individual Half Yearly Examination timetables were given to all Year 12 students this week. The complete timetable along with examination rules has been uploaded to the school website:

<http://www.nbscmanlysh.schools.nsw.edu.au/years/year-12/year-12-assessment>

Assessment periods can be a very stressful time for students. The parent portal on Reachout.com provides some great tips for parents and families to help support your child in the lead up to the examinations.

<https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-stress/help-my-teenager-manage-exam-stress>

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

Yesterday it was wonderful to see so many of our Years 7, 9 and 11 students participating in Carnation Day either as SRC organisers, musicians on stage, serving on the cake stall or making so much effort to dress up for the day. The 'Manly vibe' was in full swing and the sun was shining. Congratulations to all; it was a fabulous event.

Now that Years 7 and 9 students have attended the Elevate Study Skills session they should be moving forward and implementing the strategies they learnt about into their regular study programs. Also, a reminder to read over the great tips on preparing for assessments and examinations in the assessment information booklet distributed at the Parent Information evenings.

Note, there is a whole page on tips for starting assignments, so don't let procrastination get in the way of success. By now many subjects would have distributed notifications about assessment tasks and they should be put up and clearly visible in the student's home study area.

This week I had the pleasure of attending the Year 7 camp at Outdoor Education at Mangrove Mountain. The students participated in activities designed to both challenge them individually and also encourage them to further develop their leadership and teamwork skills. Congratulations to all students involved for their excellent attitude and enthusiastic involvement in the activities. Thank you to Mr Blanch for all his behind-the-scenes organisation and caring to ensure the camp was so successful. Thanks also to Mr Forsyth, Ms Izossimova, Mr Young, Ms Woodward and Ms Taylor for giving up time with their families to support such a worthwhile program.

Ms Deb Rixon
Deputy Principal Years 7 ,9, 11

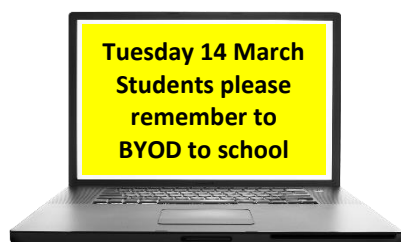
Tell Them From Me Student Survey

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

On **Tuesday 14 March**, we ask that all students **bring their own laptop, tablet or other device** that meets the requirements of the school's BYOD policy.

The survey is developed to help the school gain a better understanding of how we are progressing in terms of academic study, co-curricular areas, as well as areas of student well-being. By gaining further insight into areas of strength and those in need of action, we can continue to enhance the learning environment for your child.

Further information is attached to this newsletter, as well as a form to be completed by any parents who do not want their child to participate.



Mr Jamie Kay
HT HSIE

Parent as Coach

High School years can be a bit of a rollercoaster for our young people as they navigate the tricky world of adolescence where peer influence increases and parental authority decreases (at least in their eyes!). The Wellbeing Team know that this stage can be challenging for our students and parents alike so we have accepted leadership coach Jacqui Pollock's offer to provide coaching and workshops for parents and provide an opportunity for parents to gain some more skills, strategies and some much needed solace in the textbook-free journey of parenting!

Jacqui Pollock consults to Dept. of Education in NSW, SA and Victoria and is co-author of the recently published book "Knowing Me, Knowing Them - aha" which helps parents explore their parenting personality and how it impacts their family. She's also an ex Manly Selective parent whose daughter graduated in 2015.

This workshop complements the curriculum that Manly Selective students cover in their Student Welfare programs. The content covers personal resilience for parents, and introduces strategies of the Parent As Coach approach.

This workshop is running for a second year. It's designed specifically for Manly parents in conjunction with the school. Jacqui will outline the concepts of how to coach your teen in the game of life and how to stay calm and happy in the process! Topics include:-

- 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 and responsibility
- Become calmer and more confident in your response to challenges

If you are interested in attending this course, please refer to the advert at the back of this week's newsletter. Please note all bookings must be made by **Saturday 11 March**.

Fiona Brien
Relieving Head of Wellbeing

Parent Coaching Workshop

See flyer attached to The Weekly Pines

Jacqui Pollock presenting

Monday 13 March 6:30pm – 8:45pm

Tuesday 14 March 9am-2:45pm

Monday 20 March 6:30pm-8:45pm

Please book at:

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

Swimming

Students should check the sports noticeboard for more information on the Regional Carnival to be held next Friday 17 March. The venue is the Homebush Aquatic Centre. More information at

<https://app.education.nsw.gov.au/sport/EventHeader/View?eventId=935&subEventId=936>

Fencing



Fencing Classes

Tuesdays	7:30am	8:30am
Thursdays	7:30am	8:30am

The Fencing class is suitable for girls and boys of all ages. Fencing teaches agility, coordination, speed and develops team work and self confidence, which are skills that can be transferred to any sport. Fencing is the “physical game of chess”.

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

Classes: minimum 6 and maximum 14

Term #2 dates:

Tuesdays	2 May	20 June
Thursdays	4 May	22 June

Cost:

\$145 – 8 weeks - 1 session per week

All equipment needed will be provided.

Students should wear t-shirts, tracksuit pants and trainers. Please bring a drink to class.

Free Film Screening

All members of the Manly Selective Community are invited to a free screening of the award winning documentary Most Likely to Succeed.

When: Wednesday 22 March 6:30pm

Where: Staff Common Room

This film provides insight into the nature and purpose of Project Based Learning as an emerging methodology designed to help extend, enrich and engage students, looking specifically at the successful PBL school High Tech High. Running time approx. 90 minutes. Light refreshments will be served. There will be time for discussion after the film concludes.



Student Volunteers

**Year 10 and/or Students needing
DofE Volunteer hours**

Needed for Saturday 18 March
for the
International Beach Volleyball Tournament

Volleyfest

Students must attend the Volunteer Training Day on Thursday 16 March @ the Manly Beach Volleyball courts across from the Novotel, from 6-7pm

They will be given a hat, shirt, water bottle and an accreditation certificate.

Volunteer time slots – 18 March
5-10 Volunteers needed for 7:30am-12pm
8 Volunteers needed for 12pm-4:30pm

**See Ms Cowan in the PE Staffroom
before Thursday 16 March**

Year 7 Camp

On Monday, 6 March, 120 Year 7 students ventured off to Mangrove Mountain on their first MSC camp adventure. There was tons of excited students, eager to get away from school for three days and spend time with their friends.



On arrival to camp, our amazing instructors met us with enthusiasm and got all of the students settled into their lodges... then the fun began.

The camp was action packed, with activity after activity. Our students tested their fear of heights on the High Ropes, Rock Climbing, Giant Swing, Flying Fox and Abseiling. Their team work and communication skills were tested with the raft building, and their skill and accuracy tested when trying to shoot an apple at Archery.



The first night, our students were entertained with a hilarious challenge night that pushed their skills to the limit. From bottle flipping to the broom stick challenge, they had loads of fun, displaying their awesome personalities and humour.

After another massive day of activities, we settled into a game of Trivia, with the students taking on

the teachers. Of course, the teachers won, but group 8 were hot on their heels coming in 1 point behind.



On the last day of camp, we squeezed in an extra two activities before we had to make our journey back home. Most students had a quick nap on the bus, exhausted after an excellent three days away.

James Blanch
Year 7 Advisor

Year 11 Crossroads

Important Notice

Crossroads is a mandatory 25-hour Stage 6 course designed to help senior students address issues of health, safety and wellbeing at a time when they face significant changes and challenges in their lives.

Payments for all Year 11 Crossroads activities are now due. The first 50 students to make their payments will be eligible for the PARTY program.

Urban Challenge will be held on Tuesday 28 March. The online consent forms for this program must be completed by the end of this week. If you require the parent username and login, an email will be sent out with these details:

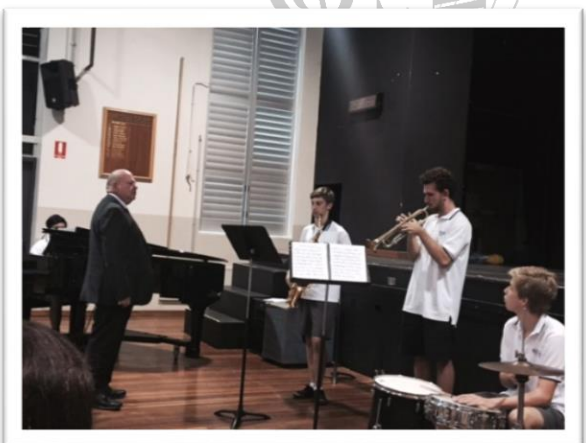
If you have any questions about the Crossroads program, please contact:

Ms Jen Walker on 9905 3982



Music

The Year 12 Music students were fortunate to participate in a masterclass with distinguished musician Dan Williams on 7 March. Dan gave insightful comments on how to improve the HSC repertoire presented on the day.



School Finance

Changes coming

Manly Selective Campus will transition to the new NSW Public Schools' finance system and a new bank account on **22 May 2017**.



To ensure a smooth transition, there will be changes to the way we accept payments from parents and carers.

Everything stays the same until 12 May 2017

Direct deposits (POP – Parent Online Payment):

As of **12 May 2017**, we will no longer accept direct deposits into our current school bank account as we prepare to close this account and transition to the new one. Any payments made using direct deposit (POP) after this date cannot be properly allocated to a student's account in a timely manner. Please ensure you have made any outstanding direct deposits before **12 May 2017**.

EFTPOS payments: We will not be able to accept EFTPOS payments between **17 May and 22 May 2017**. Please ensure that you have made any outstanding EFTPOS payments before **17 May, 2017**. From **23 May 2017**, EFTPOS payments will be accepted as before.

Cash and cheque payments: Between **17 May 2017** and **22 May 2017**, we will also not be able to accept payments by cash or cheque as we prepare to close our current bank account and transition to the new one. Please ensure that you have made any outstanding cash or cheque payments before **17 May 2017**. From **23 May 2017**, cash and cheque payments will be accepted as before.

A note from Westpac about your financial privacy: Please note: As a Westpac-hosted solution, cardholder and account details will be held securely helping to protect the school and its customers from fraudulent transactions as well as assisting in meeting the Payment Card Industry Data Security Standard (PCIDSS) compliance requirements.

After 23 May, everything returns to normal

Thank you for your patience and understanding as we transition to our new finance system.

If you have any questions, please contact Judy Boylan, the School Administrative Manager.

Email: Judy.Boylan@det.nsw.edu.au

Careers Matters

Careers Workshops

During Term 1 we have a number of Careers workshops planned for lunchtimes. See the list below. Look out for notices in the Daily Bulletin. The Careers Workshops will be held in Room 209.

Week 8	Tuesday 14 March	Liz White	Chartered Accountants
Week 9	Tuesday 21 March	Macquarie	all
	Tuesday 21 March	US College admissions	US Colleges
	Thursday 23 March	USYD	Science Engineering

Year 10 Information Evenings Run by Sydney University are designed to help Year 10 students (and their parents) choose subjects for their HSC, understand the mathematics prerequisites and learn about the transition from high school to university. Register now – further venue details will be provided via email closer to the event.

On-Campus

Dates: Thursday 30 March, Wednesday 3 May and Tuesday 23 May

Time: 6 - 8pm

Location: Camperdown campus

Registration: sydney.edu.au/yr10-info-evening

Off-Campus

Date: Thursday 11 May

Time: 6 - 8pm

Location: James Ruse Agricultural High School, Carlingford

Registration: sydney.edu.au/yr10-info-evening

UMAT 2017

The test is used specifically to assist with the selection of students into the medicine, dentistry and health science degree programs at undergraduate level at a number of universities in Australia and New Zealand. For further information and/or to apply visit UMAT2017

Tax File Numbers

Any student will need a tax file number if he/she starts work part time and fulltime. Year 12 students are reminded that they will be requested to provide their tax file number on enrolment to university. Applications online and identity verified through a participating Australian Post Office.

ADFA Gap Year

Opportunities available in Navy, Army and Air Force. To find out more about the ADF Gap Year Program visit ADF GAP YEAR

University of NSW Events for Future Students - March 2017

Tuesday 21 March UNSW Science and Engineering Student and Parent Evening

Tuesday 21 March Build Environment Parent and Student Information Night

Thursday 23 March Year 12 Medicine Information Evening

Registrations at www.futurestudents.unsw.edu.au

Tuckwell Scholarship Australian National University

Reminder applications have now opened. Attributes of a Tuckwell Scholar and how to apply.

www.tuckwell.anu.edu.au/applying

Careers Contacts

Careers Adviser Ms Deb Rixon

Deborah.Rixon@det.nsw.edu.au

Careers Adviser Ms Helen Crebar

Helen.Crebar@det.nsw.edu.au

MSC Careers Website

www.manlyselectivecampuscareers.com



From the Archives

Continuing our articles from past issues of the Pines Magazine, it is interesting to read of the changes over the years. This was written in 1985 by Jock Fraser who was then Subject Master and went on to become Deputy Principal. *[Note that History is now part of its logical faculty: HSIE Human Society and its Environment, along with Social Science. Ed.]*

History Department

Amalgamation of the English and History Departments has been the main administrative feature of 1985. English and History had been separate subject departments since 1970 at Manly Boys High and during 1983-84 at Manly High School.

Student numbers fell in that time from almost 1,400 to 850, and with the application of the Education Department's 'formula'. A separate History department was no longer viable.

Diedre Pook, the former English Subject Head, transferred to become Head Teacher English at Balgowlah Boys. Jock Fraser, formerly History Subject Head, became Head Teacher of both History and English at Manly High.

The combined department now has responsibility not only for English and History but also General Studies, some Year 7 Social Science, Drama, and Society and Culture, a new HSC subject introduced this year.

Also in 1985 there are Year 11 O.A.S. courses, Journalism, Law and Legal Studies and Film Studies. Drama courses continue in Years 8, 9 and 10, and hopefully Theatre Arts, another O.A.S. course, will be popular in Year 11 in 1986.

Despite the decrease in student numbers and the amalgamation of departments, History continues to be a popular elective subject, especially in Years 11 and 12.

NBSC Manly Selective Campus P&C Association Excellence Fund

Preface

The Excellence Fund was established to encourage and recognise student participation at higher representative levels with financial assistance.

The fund is administered and funded by the Manly Selective Campus Parents and Citizens Association

(P&C), which reserves absolute discretion in its decisions.

Fund criteria and application guidelines will be advertised at least every term in The Weekly Pines.

Guidelines

- 1) The Excellence Fund is open to applications from all students of Manly Selective Campus.
- 2) The student must have been selected to compete or perform at national or international level or higher in a school related academic, sporting or cultural activity as a representative of Manly Selective Campus and /or Northern Beaches Secondary College.
- 3) The maximum allocation from the fund is \$400 per student per annum.
- 4) Applications for funding can be made at any time after official notification of selection / participation up to no later than 1 month after completion of the event.
- 5) All applications must be made in writing, addressed to the P&C President and lodged with the school Principal.
- 6) The application is to include :
 - details of the event / activity
 - adequate proof of the applicant's selection for this event / activity

The Principal will review the application and provide a recommendation to the P&C Executive as to the applicant's suitability under the fund guidelines.

The P&C Executive will consider all applications for funding received from the school Principal and advise the next General Meeting of the P&C the outcome. The executive can approve applications to the budgeted limit without approval of the general meeting. Variations to the budget must be approved by the general P&C. The decision of the P&C is final and no correspondence will be entered into.

All applicants will be advised in writing as to the P&C decision.

All successful applicants are requested to provide to the P&C Secretary, within one month of completion of the activity, a brief summary of the event. This material may be used by the P&C in any reasonable way it sees fit.

All changes to these guidelines are to be submitted to a general meeting of the P&C for approval.

Bands of MSC

Bushfire Benefit Concert

Giving Back to the Community last Sunday was our wonderful Symphonic Wind Orchestra performing to raise funds for NSW farmers affected by the recent bushfires. A highlight of the concert was the superb opera singing by Cheryl and Ben Oxley, accompanied by our students, as they performed pieces from Puccini and Verdi operas. Thank you to band members, families and conductor Mark Brown. A treat on a damp Sunday afternoon for a great cause



Semester one fees

Thank you to those who have already paid Semester 1 fees. Semester 1 fees are now overdue. Please note that the \$15 reduction for fees paid on time no longer applies and this amount will now be added to any unpaid invoices. If you do need longer to pay or have any enquiries about invoices, please email our treasurer, Angela Self, at aself5001@gmail.com.

Big Band Bash # 1: Tuesday 21 March, Freshwater Gym: All MSC families welcome

Each of our ten ensembles across the wind, jazz and string streams will entertain you at this traditional Term 1 concert by The Bands of MSC. Informal and fun, it is a great night of music, showcasing the enormous variety and talent in our band program.

Concert: 7-9 pm

Everyone is welcome: friends, families, fellow MSC students and parents. Entry is by gold coin donation.

Updated band program calendar has been circulated to all ensembles this week.

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

School blazers for most ensembles will be first required in July (Late May for JO). 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.

Term One

Big Band Bash # 1- ALL ENSEMBLES- all families invited. Freshwater Gym- 7pm Tuesday 21 March. Date now confirmed.

Term Two

Senior band and String Ensemble camp: Wednesday 26- Friday 28 April at Kurrajong: SWO/JO/SE

Generations in Jazz Festival, Mt Gambier: Friday 5- Sunday 7 May: JO, JC

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 at UNSW- SWO

NSW Band Festival: Sunday 23 July at UNSW- CB/WE/SwB/SB/BB

Australian Schools Orchestral Festival at UNSW- Sunday 27 August- SE/CO

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 on 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

Calendar Term 1

Please check all dates and times closer to the event

Week 8	
13/03/2017	Year 10 Geography Excursion, Pyrmont
13/03/2017	Year 12 PDHPE Excursion, Narrabeen all day
13/03/2017	Parent Coach Workshop 1, Jacqui Pollock presenting, 6:30pm- 8:45pm
14/03/2017	Girls KO Soccer, Manly v Cherrybrook
14/03/2017	Parent Coach Workshop, Jacqui Pollock presenting, 9am-2:45pm
15/03/2017	P&C Meeting, 7pm Library
15/03/2017	Principal's Tour, 9:30am, Bookings essential via Reception 9905 3982
15/03/2017	Year 11 Design & Tech Powerhouse Space Lecture & Exhibition
16/03/2017	CHS Boys Football Knockout
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
Week 10	
28/03/2017	Year 11 Urban challenge, all day
28/03/2017	Vaccinations, Year 7 and some Year 8
31/03/2017	Year 9VA, 9PDM, 9VDF, 11VA excursion- "Artexpress", all day
2/04/2017	CHS Swimming
Week 11	
3/04/2017	CHS Swimming
3/04/2017	Year 11 Geography Excursion, Bantry Bay
4/04/2017	CHS Swimming

SECOND HAND UNIFORMS

LOCATED UNDER THE TAS BLOCK

Next Open

Thursday 16 March 1:30pm

**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

All proceeds go to the P&C for school

The best preparation for tomorrow is doing your best today.

H. Jackson Brown Jr.

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



EVENT REMINDER

NORTHERN BEACHES COUNCIL



RAISING RESPONSIBLE TEENAGERS

Thu 9 Mar, 7 - 9pm



RAISING COMPETENT TEENAGERS

Thu 16 Mar, 7 - 9pm



GETTING TEENAGERS CONNECTED

Thu 23 Mar, 7 - 9pm

Northern Beaches Council Presents

Teenage Triple P Seminars

Presented by Meredith Haultain

Child and Adolescent Parenting, Northern Sydney Local Health District

A three part series on positive parenting

Attending all sessions is beneficial, however you can book into sessions separately.

Raising Responsible Teenagers

Thursday 9 Mar, 7 - 9pm

Provides a formula for positive family relationships and a healthy lifestyle.

Raising Competant Teenagers

Thursday 16 Mar, 7 - 9pm

Helping teenagers make the most of their time at school.

Getting Teenagers Connected

Thursday 23 Mar, 7 - 9pm

Strategies to encourage teens to become involved in socially appropriate activities.

Northern Beaches Council Civic Centre - Civic Drive, Dee Why

Please call 9942 2681 for more information.

Free, but bookings essential

Please indicate the title of your seminar.

To RSVP to PPP Seminars: EMAIL youthbookings@northernbeaches.nsw.gov.au

Invitation

To all Manly Selective Campus Families and Friends

Tuesday 21 March 2017

Freshwater Senior Campus Gym

7pm-9pm



Showcasing the 10 Manly Selective Campus ensembles

200 Talented student musicians

A wide variety of music

Relaxed, informal setting

The Big Band Bash is for all MSC families and their friends

Entry by gold coin donation

Introducing Students to Tell Them From Me Surveys



Frequently Asked Questions

Typically, questions from students relate to the following:

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

1. What is the purpose of this survey?

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

2. Do I have to do this survey?

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

3. Is this a test?

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



1. Will anyone see my answers?

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

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

2. Why are the questions so personal?

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

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

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

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

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

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

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

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

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

2. Why is there no Back-button?

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

3. Why does the time bar jump?

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

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

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