



The Weekly Pines

Manly 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

23 June 2017 – Newsletter No.19

From the Acting Principal

Musical – *Evita*

Congratulations to everyone involved in this amazing production! I am once again in awe of the talent, passion and enthusiasm of our students, teachers and parents. Our Manly musicals have always been impressive and this one is no exception. I thoroughly enjoyed the performance on Wednesday night and am eagerly looking forward to being in the audience again on Saturday night.

The time spent in choreography, set design and construction, arrangement of music, costumes, lighting and sound, makeup, catering, ticket sales, photography and organization of so many people is outstanding. The excitement and energy that this event brings to the school is vital and validates why the musical is such an important annual event. The number of students involved in this musical is testament to the talent and dedication of the school. A cast of 70 singers and dancers and an orchestra of 35 members was supported by a backstage crew of over 50 students who helped with props, makeup, lighting and sound. A team of 17 parents worked tirelessly over many weekends to create the stunning costumes and another 28 parents assisted with the catering to ensure our students and staff were well nourished.

A huge thank you and congratulations go to our amazing teachers involved in this production. Chloe Woodward, directing and choreographing her first Manly Campus musical demonstrated her vision and talent ensuring the amazing singers and superb dancers truly captured the essence of *Evita*. Lucienne Herft was once again most

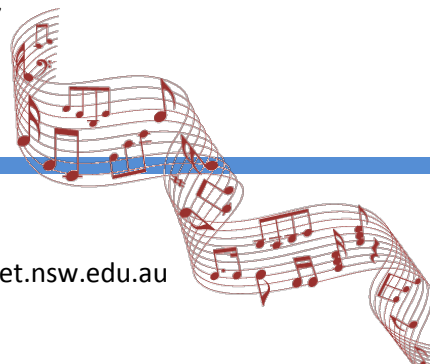
impressive in her role of musical director, expertly guiding our talented musicians in the orchestra to play at a level beyond that of most school students and of course her vocal coaching ensured the superb choral work with leads and chorus. Naomi Leviton's enthusiasm, dedication and wonderful problem-solving skills lead the backstage crew to create an impressive set design and guide the sound and lighting. Thank you also to the SASS staff for their support with ticketing and communications and to the teachers who provided support with supervision each night.

A special thank you goes to our parent Coordinators Annetta Verdun, Marg Martin and Frances Campbell, our ex-students Ben Mills, Aaron Hayman, Khika Withnell, Tara Dunch and lighting specialist Kayla Burrett for their expert guidance and support.

The following email comments from parents are indicative of the success of this event:

'Last night we were captivated, once again, by the magic of Manly musical. Please pass on our huge congratulations to the entire musical community - cast, musicians, crew, support people, and, of course, the dedicated teachers who directed this creative, slick and talented production of Evita. I am so glad that I have another ticket for Saturday!'

'Just wanted to say congratulations to you all for such a fabulous show from absolutely every point of view..... yet again. We are so proud and lucky to be involved in this school.'



Manly 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



Indianapolis Vocal Ensemble Visit



On Thursday we had the pleasure of hearing the 'Young Voices of Indianapolis', a group of students selected from all over their state, perform to an audience of Year 7 music classes and students planning to go on tour to Japan. After their impressive performances, the two groups of

students interacted at recess whilst enjoying a BBQ together. On Friday, the NBSC Manly Campus dance ensemble and vocal ensemble also performed at the Sydney Opera House in a program with this group in a concert in aid of the Royal Institute of Deaf and Blind Children.

Project Penguin

Once again, students from NBSC Manly Campus have made a significant contribution to Project Penguin with 30 of our Year 9 students acting as mentors for students from local primary schools as they work through the environmental enrichment program, raising awareness within our local community of the plight of the fairy penguin colonies. Two of our students, Tess S and Jessie Z were recognised by staff from Taronga Zoo as Outstanding Mentors for 2017 for leading and mentoring their primary school groups from Brookvale PS and Curl Curl North PS respectively.



Tim Tams for Jim Jams

Congratulations to the SRC for organising such a fun and enjoyable fundraiser on Thursday. With so many students involved in late nights with the Musical, the opportunity to stay in pyjamas for the day was much appreciated and enjoyed!

Congratulations to:

- Hannah L, Dylan G and Maggie G for their qualification for the CHS Cross Country to be held on July 21st at Eastern Creek.

Cath Whalan
Acting Principal

From the Deputy Principals

Year 8

Information has been sent home to all Year 8 parents inviting students to participate in *Write a book in a Day* - a unique, creative and challenging team competition. Teams are given only 12 hours to write, edit, illustrate, review and print a 4000 word novel suitable for children aged 10 – 14 years. The final book will be published and donated to hospitals for children to enjoy. *Write a book in a Day* will take place on Wednesday 19th July. Students start at 8am and complete and

submit the book online by 8pm that evening. To be involved students are to complete the application form and submit it to Mrs O'Sullivan by recess on Tuesday 27 June. Further information can be found - <https://www.writeabookinaday.com/>

Year 10

Year 10 SRC leaders did a fantastic job organising Tim Tams for Jim Jams. A fun and comfy day where students and staff got to enjoy Tim Tams in their Jim Jams whilst raising money for a good cause.



This week Year 10 students held a bake sale to raise money to help purchase wool to make blankets for the Wraps for Love project. This project is run so that students are able to "give back to the community" as the completed blankets are collected by Wraps for Love Charity and are then distributed around the world for people in need from a multitude of reasons such as drought, war or earthquakes. Congratulations to Alexander L, Alanna M, Ashleigh R, Jessamine J, Bronte N and Victoria K for raising over \$300.



Year 12

Year 12 students have been busy with a range of assessment tasks over the past week and are to be congratulated for their hard work and resilience. A number of students have also been juggling their impressive and varied roles in the musical with their assessment requirements and their well-developed organisational skills have been well tested over recent weeks. Students received a draft HSC Trial timetable this week with the final HSC Trial timetable to be issued next week. With one week of school before the holidays, students are encouraged to plan their revision and study program to ensure they are well prepared for the examinations during Weeks 3 and 4 next term.

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

For our Year 7, 9, 11 students, yesterday was a day to celebrate the 'Manly Vibe' and participate in the annual Tim Tams and Jim Jams. The photos below are indicative of an enjoyable day.



For our Year 9 students in Term 3, new, relevant and interesting Wellbeing workshops have been organised by Ms Brien (Year Adviser). For boys their workshop is *Rewriting the Man Code*. Students will have the opportunity to reflect on the impacts of masculine stereotypes and rewrite the rules as individuals and as a collective group culture. Other areas to be explored include: What is the version of man we have been sold? How well versed are we in the rules regarding becoming the typical man and how difficult it is to walk your own path. For girls the Butterfly Foundation will run a workshop called *Great Expectations*. This session focuses on some of the individual and environmental factors such as family, friends, peers, media and social media that place pressure and unrealistic expectations on us to look and be a certain way. The session uses discussion and reflective activities to unpack these influences and encourages students to devise strategies to combat these pressures. Students are encouraged to become role models for their peers. It hopes to empower them to challenge the culture and language within their friendship circles and youth environments to foster a positive body esteem environment. Self-compassion is introduced and basic advice to support a friend who may be struggling. Parents will be emailed with more information about these events early next week.

Another event being organised in Term 3 on 27 July is the completion of the trial NESA online Critical Thinking Test for all Year 11 students. This a multiple choice test that covers the topics of analytical and quantitative reasoning. Students are tested on their critical thinking skills. The results are used by NESA to improve the critical thinking capabilities of senior students in order to prepare them for university and the workforce. The test will take a maximum of 1.5 hours and is completed at school. Early in Term 4, each student will receive a soft copy report, which will give them feedback on their performance. More information will be available to students closer to this event.

Deb Rixon
Relieving Deputy Principal – Years 7, 9, 11

Trivia Night 2017

Save the date

Manly P&C are proudly hosting
a Trivia night on 19 August

Gather a group of friends or come
along and make some new ones!

Adults only – BYO food and drinks
7pm in the School Hall
Tickets will go on sale in Term 3
@ \$30pp

All funds raised go towards the
hall refurbishment and bands of
Manly Campus.

Lost Property

Lost property is located at the school office.

If your child has lost an item or an article of
clothing, please advise them to check lost property
via the office.

Clothing and other lost items that are labelled with
your child's name are able to be returned to your
child easily. Unfortunately many lost items are not
labelled and remain in lost property until claimed.
Due to the quantity accumulated throughout the
term, any unclaimed items are donated at the end
of term to charity or disposed of.

Currently in lost property:

- School clothes, plain clothes
- Sneakers, hats, rain jackets and umbrellas
- 2 x sleeping bags, picnic rug
- Lunch boxes and drink bottles

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 games of chess”.

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

Classes: minimum 6 and maximum 14.

Tuesdays	25 July	5 September
Thursdays	20 July	31 August

Cost: \$145 – 7 weeks 1 session per week

All equipment that is needed will be provided.
Students should wear t-shirts, tracksuit pants and
trainers. Please bring a drink to class.

A note for parents of Year 10 2017

A Facebook page for Year 10
parents has been set up by a Year
10 parent for you to join.

Follow this link:

<https://www.facebook.com/groups/460907987575520/>

Careers Matters

New Sydney University Scholarship



To celebrate the inaugural Dalyell Scholars program for students achieving an ATAR or equivalent of 98+, the University of Sydney will be hosting an Information and Networking Evening for prospective Year 12 students and their families on **Tuesday 4 July, 6-8pm at Sydney University**. The evening will enable students to experience firsthand the range of tailored opportunities that await them as future Dalyell Scholars. Registrations are now open and places are limited. Commencing in 2018, the Dalyell Scholars program rewards high achieving students achieving an ATAR or equivalent of 98+ through comprehensive academic, leadership and mentoring opportunities, alongside a global mobility scholarship, enabling students to challenge themselves and excel alongside their most promising and talented peers. Register by contacting Sydney University on 9351 7335 or the Sydney University events website.

Courses and Workshops for Students

HSC DRAMA FEEDBACK SESSIONS AFTT will now be offering High School workshops, open age Short Courses and HSC Drama feedback sessions. Find out more at www.aftt.edu.au/events

Free ACE the HSC Lectures in the July Holidays for Year 11 & 12 Students UTS, Macquarie University, UOW and UON are hosting free two hour lectures for Year 11 & 12 students in the July holidays. Due to limited places, registration is essential. RSVP <https://hscintheholidays.com.au> or call 1300 677 336.

HSC Trial Preparation Lectures - July holidays Macquarie University, UTS, UOW and UON will be hosting subject-specific HSC Trial preparation lectures in the upcoming July Holidays. Lectures will be held in 18 different subjects and run by expert HSC teachers/markers. For more information, go to <https://hscintheholidays.com.au> or call 1300 677 336.

Open Days

AFTRS OPEN DAY, 12 August, 10am-3pm Come along to the Australian Film Television & Radio School's Open Day to progress your career in the screen and broadcast industries. Check out the School's state-of-the-art facilities. The Entertainment Quarter, Moore Park, NSW 2021. Details: <http://www.afters.edu.au/events/afters-open-days>

Scholarships

Teach in a rural or remote NSW public school

Applications are now open for teach.ruralscholarships. HSC students can be paid while they study to become a primary or secondary teacher in a rural or remote NSW public school. Visit website to find out more and to apply. <https://www.teach.nsw.edu.au/getpaidtostudy>

Overseas Opportunities

WEP Australia - Student Exchange Programs to 25 Countries

WEP Student Exchange Info Session, Sydney 9 August - Does the thought of attending an American football game, strolling down to your local piazza in Italy or attending a French school excite you? Attend an information session to help you find out how you can complement your secondary studies with an international exchange experience for a summer, semester or year. Visit www.wep.org.au for details.

SAT and ACT Standardised Tests

Students interested in studying in the US to sit their SAT or ACT standardised test by the end of year 11. A summary of each test and upcoming testing dates can be found here <http://www.internationallyeducated.com.au/single-post/2017/04/27/The-SAT-and-ACT-Standardised-Tests---Updated>. Feel free to contact us with any questions www.internationallyeducated.com.au

For further information related to any of the above information contact Mrs Rixon in Careers on Ph 9905 3982 or by email

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

Bands of Manly Campus



Northern Beaches Instrumental Festival

Chamber Orchestra performed at this non-competitive festival on Saturday 17 June. The calibre and quality of the performance were commented on by many and they were an inspiration to many of the onlooking younger players. Congratulations and thanks to the Year 12 students on attending during a very busy time of the year for them. Thanks also go to Elizabeth Scott for her musical direction and choice of music in this high quality but small ensemble.

Diary date reminder:

Workshop day – Monday 17 July
(Pupil free day at start of Term 3) for CB, WE, SWO, SwB, SB and BB

Reminder: Formal School Uniform required week 1 of Term 3

Please check that you have all the clothing items necessary to assemble a formal school uniform as it will be required for the UNSW Band Festival events scheduled for the first weekend after school commences for Term 3.

The formal performance uniform is

- Girls: school blazer/tie/winter skirt/black opaque tights/black school shoes
- Boys: school blazer/tie/shirt/ grey long pants/black socks/black school shoes

Term Three

Wind and jazz band workshop (pupil free day)-
Monday 17 July- at MSC (Compulsory)

NSW Band Festival- Saturday 22 July at The Sydney Conservatorium of Music: SWO

NSW Band Festival- Sunday 23 July at The Sydney Conservatorium of Music: CB/WE/SwB/SB/BB

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

Musicale at The Independent Theatre, North Sydney, 3:30 pm Saturday 16 September:
SWO/JO/SE/CO

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

SECOND HAND UNIFORMS

LOCATED UNDER THE TAS BLOCK

Next open Thursday 20 July

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 improvement projects

Calendar Term 2

Please check all dates and times closer to the event

WEEK 10B	
26/06/2017	Year 11 PDHPE First Aid Course 9am-3pm
26/06/2017	Dance Festival dress rehearsal 12-2pm
26/06/2017	Headspace Talk for Year 12 at lunch time, in the SCR
27/06/2017	Vaccinations Years 11 and 12 in the library
28/06/2017 - 30/06/2017	Young Change Agents program
29/06/2017	Principal's Awards Year 7, 8, 9 9:30am
30/06/2017	Dance Festival Matinee 9am-1:30pm
30/06/2017	Principal's Awards Year 10, 11,12 9:30am

Calendar Term 3

Please check all dates and times closer to the even

WEEK 1A	
17/07/2017	College Development Day Pupil free
17/07/2017	Workshop for Wind and Jazz bands at MSC
19/07/2017	Year 8 Write a book in day all day event
20/07/2017	Years 9 and 10 Parent / Teacher evening
21/07/2017	CHS Cross Country Eastern Creek
21/07/2017	Zero Robotics workshop at Sydney University
21/07/2017	Year 12 Japanese Speaking sessions with Japanese speakers @ MSC, Room 032, 2-3:20pm
22/07/2017 - 23/07/2017	NSW Band Festival, UNSW
22/07/2017	Dance ensembles performing at Sydney Eisteddfod, all day

Calendar Term 3 cont.

WEEK 2B	
24/07/2017 - 25/07/2017	Regional Athletics
26/07/2017	OC Class Placement Test
26/07/2017	Legacy Junior Public Speaking Award, at Normanhurst BHS 9am-3:20pm
27/07/2017	Australian Mathematics Competition, Year 7-10
27/07/2017	Year 11 Critical Thinking Test online, 9-11am
28/07/2017	Year 9 Workshops Girls - Butterfly Foundation Boys - Rewriting the man code 9am-1pm
WEEK 3A	
31/07/2017 - 11/08/2017	Year 12 HSC Trial Examinations
1/08/2017	Australian National Chemistry Quiz, Year 11 in Chemistry lesson
2/08/2017	Principal's Tour, Bookings essential via reception Ph 9905 3982, 9:30am
2/08/2017	P&C Meeting, 7pm, all welcome
3/08/2017	Year 8 Science Techno Excursion Powerhouse Museum and Barrangaroo, all day
WEEK 4B	
7/08/2017 - 10/08/2017	Year 10 into 11 Subject Interviews
10/08/2017	Year 11 SRC Elections, Period 1
12/08/2017	HAST test, 9am - 12:30pm
13/08/2017	City to surf band fundraiser

It is the mark of an educated mind to be able to entertain a thought without accepting it.

Aristotle

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: Mondays 31st July – 28th August 2017 (5 sessions)

TIME: 6.30pm – 9.00pm

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

REFRESHMENTS PROVIDED

BOOKINGS ESSENTIAL : Contact 02 9937 6500, or book online

<https://www.eventbrite.com/e/tuning-in-to-teens-term-3-emotionally-intelligent-parenting-tickets-34818586329>

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

TUNING IN TO TEENS

EMOTIONALLY
INTELLIGENT
PARENTING



5 SESSION PARENTING COURSE FOR PARENTS OF TEENS

Would you like to learn how to:

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Brookvale

VENUE: headspace Brookvale

Level 2 Brookvale House, 1A Cross Street, Brookvale

DATES: Mondays 31st July - 28th August 2017 (5 sessions)

TIME: 6.30pm - 9.00pm

COST: \$150 (subsidised rates available re: financial difficulty)

BOOKINGS ESSENTIAL: Contact 02 9937 6500

Chatswood

VENUE: Chatswood Community Health Centre

57 Hercules St, Chatswood

DATES: Thursdays 17th August - 14th September 2017 (5 sessions)

TIME: 7.00pm - 9.30pm

COST: \$150 (subsidised rates available re: financial difficulty)

BOOKINGS ESSENTIAL: Contact 02 8021 3668

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
Chatswood



headspace
Brookvale

NORTHERN BEACHES
COUNCIL



Northern Beaches Council presents

NAVIGATING TEENAGE DEPRESSION

Wednesday 28 June, 7 – 8.30pm

A night for parents, teachers and carers developed by the Black Dog Institute, which will cover early warning signs, how to build resilience and when to seek help to support young people with depression and bipolar disorder.

Barrenjoey High School, Tasman Road, Avalon Beach

Free

More info: Youth & Families Team on 9942 2681

Bookings essential: youthbookings@northernbeaches.nsw.gov.au