

# The Weekly Pines

### **Northern Beaches Secondary College**

# **Manly Campus**



Academic Excellence ★ Personal Best ★ Giving Back to the Community

Principal: Ms Cath Whalan Deputy Principals

Deputy Principals: Ms Kathy O'Sullivan

Mr Alex Newcomb

22 March 2019 - Newsletter No.5

## From the Principal

### **Judy Boylan's Retirement**

Last week we farewelled our School
Administration Manager Judy Boylan, who retired
on Friday 15 March. The large number of staff,
parents and past students who attended her
retirement function on Thursday evening last week
was testament to the contribution she made to
our school. Judy's devotion to her role
distinguished her as an inspirational leader of staff,
a positive support for students and a warm and
approachable face of the school for the wider
community. Judy took initiative in P&C measures
to improve school physical facilities and supported
parents in many school functions.

Our students also had the opportunity to farewell Judy on her last day at Manly. Xiander Ren (Year 12) played for her and our vocal group *Tides of Sound* sang a moving rendition of "You'll never walk alone". At the whole school assembly prior to the Cross Country, the SCR thanked her for her tireless effort and support of school musicals, drama productions and band performances.

We wish Judy all the best for a long and happy retirement and sincerely thank her for everything she has done throughout her 14 years at Manly.











From top, left to right: Judy with; Xiander Ren, Marisa Carolan, the Tides of Sound vocal group and SASS staff and Principal. A staff photo from Judy's earlier days at Manly.

### **NBSC Manly Campus**

138 Abbott Road, North Curl Curl NSW 2099

Phone: 9905 3982

Email: nbscmanlys-h.school@det.nsw.edu.au

# P&C Working Bee Sunday 31 March, 9am-3pm

Like painting? Like planting things?
Wandering around with some sécateurs?
Mulching? Digging holes?
No experience necessary!

Come along for an hour or the whole day.
We'll provide morning and afternoon tea

RSVP <u>nickandh@yahoo.com</u> or phone Heather on 0414 818 390

### **Year 7 Parent Teacher Night**

Parents of Year 7 students appreciated the opportunity to meet class teachers and discuss the progress of their young people on Tuesday evening. In speaking with parents on the night, it was encouraging to hear how much students are enjoying high school and how well they are managing the step up to this next level. We look forward to strengthening the connections between the home and school for all students and invite parents to contact the school at any time should they have concerns about their child's progress or have information that would assist us in supporting our students.

### **P&C Meeting**

This week the P&C approved 2019 funding requests totalling almost \$40 000 for the purchase of additional learning resources across the school. This contribution is much appreciated and will support faculty initiatives for our students. As a school, we value *giving back to the community* and sincerely thank those parents who volunteer their time to assist with programs throughout the year. The Canteen is always in need of volunteers to fill the rosters and assistance at the upcoming Working Bee on Sunday 31 March would be greatly appreciated. Further information about who to contact for either or both of these activities appears later in this newsletter.

Climate change and the environment were also discussed at the meeting. The flyer *Climate Change* – *What Can I do* at the end of this newsletter lists ways we can make a difference.

### **New Parents Welcome Night**

On Monday evening last week the P&C and Year 8 parents hosted an enjoyable social event to welcome parents to our school community. The evening provided an opportunity for parents to meet other parents of their children's new classmates and to chat with the parent volunteers. The new Library extension was an excellent venue for this annual event. From all accounts, most students have transitioned smoothly to high school and are embracing the many different opportunities Manly has to offer. The Orientation week program, Praxis and Year 7 Camp have been highlights for many students, allowing them to get to know others in the year group whilst learning new skills. We look forward to working closely with our families to ensure that all students have the opportunity to thrive and achieve their personal best. A special thank you to Marg Martin for coordinating the evening and to all the parent volunteers who made the evening such a success.

### Year 7, 8 & 9 Disco Fever

Disco fever took over the school last week with the annual events for Year 7, 8 and 9 held on Monday and Tuesday nights. Once again the outstanding tech crew ensured the sound and lighting effects created a wonderful atmosphere for students



Thank you to all those involved in making these events so successful, in particular to Ms Woodward and Ms Grace for guiding the tech crew, the teachers who helped with supervision

and in the barbecue area, and the Year 10 peer support leaders who looked after Year 7 on Monday night. These nights require a great deal of organisation and behind the scenes support. The success of the discos was also due to the expert co-ordination by Ms Rixon, Ms Chandra, Mr Goykovic, Mr Blanch, Ms O'Sullivan and Mr Newcomb. Thank you also to Ms Blundell who assisted the students setting up the very popular photo booth.



### **World's Greatest Shave**

Manly's ethos of giving back to community was clearly evident on Tuesday morning when students took part in this fundraising event for the Leukaemia Foundation. Team NBSC Manly Selective has raised almost \$5 000, Thank you to the local hairdressers who donated their time to support this initiative and to the students who donated their hair for such a worthy cause.













#### **Year 12 Assessment Block**

Best wishes to all Year 12 students who are now studying for the assessment block which start on Thursday 28 March and ends Friday 5 April. Many students have been taking advantage of the support offered by the Year 12 teaching staff, providing drafts of their work for reflective comments by teachers, or by spending time seeking clarification for points of which they are unsure. The Library will continue to be available for students during the assessment block, both between tests and after school on Tuesdays and Thursdays.

Individual schedules were given to all Year 12 students this week. The complete timetable along with rules has been uploaded to the school website (*Events – Year 12 Assessment Block*) for your reference. The assessment block can be a very stressful time for students. The <u>parent portal on Reachout.com</u> provides some great tips for parents and families to help support your child in the lead up to the exams.

Illness and Misadventure Reminder: If you are ill, delayed, or cannot attend the test, you must telephone the school on 9905 3982. A doctor's certificate must be obtained for illness and you will be required to sit the missed test on the first day you return to school or as directed by the Deputy Principal. On return to school an Illness and Misadventure form must be completed and doctor's certificate for the day of the test attached. If the test cannot be completed during the assessment block, an estimated mark may be used.

### **School Opal Card**

It is very important that Student Opal cards be used in the correct manner. A condition of use is that students tap on at the start and tap off at the end of each trip with their Student Opal Card. This is important to ensure accurate patronage data is recorded. This data is used to plan school special and regular route bus services and assists State Transit in ensuring adequate capacity is provided, so students can travel to and from school safely.

Current statistics indicate that many students have failed to tap on or off the Opal readers when travelling. If students do not tap on and off then the school bus services, it may appear underutilised and may be considered for cancellation based on low passenger numbers.

To assist with the State Transit's future service planning, please remind your children of this important condition of use, so State Transit can continue to provide effective bus services in the future.

You can obtain more information about the School Opal Card online.

### **School Cross Country**

Mother Nature was kind to us last Friday, enabling our school cross country carnival to go ahead as planned. This year, the course was extended; the boys aged 16 and 17 ran two laps of the course, which was a total of 6km. The 12 and 13 year olds ran 3km and all other age groups ran 4km. This provided a more challenging event for the students and also aligned with the distances that are run at the Zone carnival.





Age champions included:

Age	Female	Male
12 years	Juliet Stephens	Arran Darling
13 Years	Annie Hewish	Charlie Kanu
14 Years	Tara Harvey	Aidan Perry
15 Years	Maggie Goodman	Logan Campbell
16 Years	Hannah Lovlin	Alexander Garriety
17+ Years	Emily Hewitt-Park	Conor Carroll

### **Smashed**

The Smashed NSW Team delivered a great program to our Year 9 cohort on Monday. The interactive drama program educated students about the risks associated with underage drinking and provided strategies to make smart and informed decisions when in challenging situations.

### **Carnation Day**

Carnation Day is a Manly Campus annual celebration organised by the SRC of all things related to love and friendship. This year's Carnation Day was bigger than ever with the addition of many new activities, such as 'couples drawing' and celebrity couples. Of course, the classic photo booth and fairy floss machine made an appearance as well. Musical performances over recess and lunch were spectacular as always.



While the main purpose of this event is to unite the school community, funds were raised for *Stage Artz* as well as the Environment Committee. This is part of the SRC vision, giving back to the committee as well as enhancing the school experience for the student body. We look forward to even more impactful SRC events throughout the year!









### **Congratulations to:**

 Our 2018 Year 12 students who were inducted into the NSW Co-op Program: Zac Kologlu and Mitchell Horner (Computer Science) and Christopher Howteinfat (Finance and Banking)



 Lachlan Farquhar, who made the Sydney North rep team for AFL again this year in the Under 15's.

In this regular feature we like to recognize students who have achieved highly in school and community events, competitions and activities. Demonstrations of the school ethos of academic excellence, personal best and giving back to the community deserve to be recognized. Parents are invited to phone or email the school any achievements we may not be aware of for inclusion in *The Weekly Pines*.

Cath Whalan Principal

### **From the Deputies**

### **Respectful Relationships**

This week is Harmony Week; for twenty years this has been marked by Australians as a time to reflect on the tenets that underpin our multi-cultural society - community participation, inclusiveness, celebration of diversity, respect and belonging. With the recent tragic events in Christchurch, this week serves as a timely reminder of the importance of upholding these values within our community and fostering respectful relationships.

It was heart-warming and reaffirming to see our wonderful SRC and SWA (Student Wellbeing Advocate) students take leadership of activities for Tuesday's Carnation Day and Thursday's Harmony Day. Their teamwork and fundraising efforts, as well as the enthusiastic involvement of the school community, is testament to the spirit that these events promote.

Celebrated on 21 March, Harmony Day coincides with the United Nations International Day for the Elimination of Racial Discrimination. This year at Manly Campus, the SWA students led their peers in considering ways in which they could demonstrate respect, inclusivity and belonging in their everyday interactions with one another. Students wrote down their ideas on orange strips that where then pinned to a board in the school foyer as a visual reminder of their commitment to these values.

This activity represents one of the core elements of our School Plan; 'Respectful Relationships' and how these can be built and maintained through our everyday interactions; many of the orange strips included ways that people can effectively and empathetically communicate with one another.

The 'hate speech' that we have been hearing so much about in the media this week is seeded in misunderstanding and fear. Whilst conflict of ideas and beliefs is a natural part of our existence, hatred is not. Conflict can often be a positive process that leads to meaningful change and growth in relationships. Rasmus Hougaard (author

and leadership consultant) provides some useful strategies to help achieve respect and understanding in our everyday conversations; especially when our ideas or beliefs may be different. He uses two acronyms to describe these strategies:

When listening - STOP:

S – be <u>silent</u>: not only your external voice but also your 'internal' voice (your busy thoughts)

T – be <u>tuned in</u>: connect with the person you are conversing with, let them know through body language that you are receiving the information that they are trying to convey

O – be <u>open</u>: avoid assumptions about what the other person is trying to say and hear them out

P – be <u>present</u>: be fully attentive to that person as long as you are interacting.

When speaking - ACT:

A – be <u>appropriate</u>: say the right thing, at the right time, to the right person

C – be <u>compassionate</u>: ensure what you are saying will contribute to wellbeing of the other

T – be <u>timed</u>: say what needs to be said and no more.



Alex Newcomb (DP – Years 7, 9 & 11) Kathy O'Sullivan (DP – Years 8, 10 & 12)

# Tell Them From Me Student Survey

Next week, students across the school will be asked to complete the *Tell Them From Me* survey. 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.

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.

On **Tuesday 26 March**, we ask that all students bring their own laptop, tablet or other device that meets the requirements of the school's BYOD policy.

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.

Jamie Kay

## **Year 7 History Incursion**

The Year 7 History incursion included a range of workshops run by Macquarie University. Students experienced various activities, including sessions examining ancient artefacts to hypothesise their use in ancient times, a presentation on archaeology dig sites to see real academics in action and what students loved the most, learning about the process of mummification - getting a detailed understanding of the process and the importance of this within ancient Egyptian culture. The students' analytical skills through observation was evident throughout the sessions. They gained an understanding of the importance of gathering evidence to develop a clear picture of the past. Throughout the day the students were highly engaged and enjoyed experiencing a small taste of university study.









### **Sport Report**

### Highlights of the results from Zone Swimming

26 students were successful in progressing through to the Sydney North Swimming Championships

Age Champions: 13 Years Boys Liam Lehane, Liam and Joshua Chan

Christine Ruff broke the 50m Freestyle record from 1982 of 29.17 seconds with an incredible swim of 28.14 seconds.

5 Relay teams were successful in progressing through to the Sydney North Swimming Championships including: 13yrs Girls, 14yrs Boys, 16yrs Girls, 16yrs Boys and 6 x 50 all age relay team.





### **CHS Boys Football Knockout**

Last week, the boys' football team played a hardfought 1-0 win over Pittwater High at Adam St oval. The game was close throughout, with lots of attacking and counter-attacking from both teams making for an entertaining match. The first half saw several half-chances for both sides go wide or saved by the keepers, with the score locked at 0-0 at the interval. Once Manly scored early in the second half through a well-taken free kick by Jamie Caddick to the bottom corner of the goal, the boys took that confidence boost and rather than sit back, continued to attack. With only minutes to go, we then had to defend multiple corners and attacking raids, eventually managing to hold out for the win. Every boy played with fantastic energy, skill and in the right spirit. We are looking forward to taking on last year's premiers and fellow college rivals, Freshwater Campus, in the next round.



### **Carnation Day**

### **Student Report**

An SRC Event, Carnation Day, took place on Tuesday this week and was a wonderful day full of happiness, smiles, and friendship. This year the money raised from Carnation Day will be going towards funding Stage Artz's annual charity production, in order to support their contributions to The Children's Hospital at Westmead. Since 2003, Stage Artz have raised over \$263 000 for The Children's Hospital at Westmead, improving the lives of sick children and their families. This enormous contribution has funded the purchase of vital medical equipment, enhanced services for patients and families, and allowed for vital research into the causes and cures of childhood diseases. In 2018, Stage Artz's production of 'Beauty and the Beast' raised \$30 000, making Stage Artz an official benefactor of The Children's Hospital. This year, they will be performing 'Mary Poppins', and due to the grandeur of this production require extra support from the community to be able to put it on. It is for this reason that the SRC found it appropriate to support Stage Artz's 2019 charity production, as it provides performance opportunities for youth around the Northern Beaches whilst also making large contributions to The Children's Hospital.

**Neve Morgan** 

## **SWAT led Harmony Day PC**

Harmony Day is, in the words of Mark Scott, 'all about togetherness and kindness, about sharing experience and knowledge. In a small but meaningful way this day of celebration - of respect for diversity - works to create the conditions that erase fear and create friendship'.

This week, Josinta Chandra, our Anti-Racism Officer, Year 7 Advisor and Maths teacher, created a PC session for our SWATs to facilitate, that highlighted the importance of Harmony Week, reminding us of our core Australian values of inclusiveness, respect and a sense of belonging for everyone. Following the tragic events in Christchurch, Harmony Week serves as a timely

reminder of the importance of demonstrating these values consistently and explicitly. In line with the Departments of Education's advice to ensure that all students have support in being able to discuss their concerns regarding the terror attack if they feel the need to, and an awareness of the strong impetus for social justice many of our gifted young people possess, students held minute's silence to respect the victims and survivors of the Christchurch massacre. They then went onto look at the values central to Harmony Day and participated in an activity created by Lisa Guiffrida, English Teacher and Craft Club creator. Each student was asked to reflect upon how they can demonstrate these values in their everyday interactions at school and beyond. They then wrote these ideas in orange paper (the official Harmony Day colour as it signifies social communication and meaningful conversations) and pinned these on the beautiful display made by Ms Guiffrida in the front office as a visual celebration of Manly's commitment to inclusiveness, respect and a sense of belonging for everyone.



### **Offbeat NBSC**

Offbeat NBSC is the College Jazz Impro program that specialises in learning how to improvise. It is still open to new players. All instruments are welcome, but we are especially looking for a Year 7, 8 or 9 drummer and guitarist and a Year 10.11.12 sax player. Contact: Colin Bright 0419 208 974 / colin@brightmusic.net.

## **Upcoming Events**

## **Parent Seminar**

**Digital nutrition seminar** 

'Untangling your tweens and teens from technology: Practical (and positive)

strategies for parents'

Date and Venue: Monday 25 March, in the school

hall

Time: 6:30-8pm

**Cost: Free** 

Due to seating requirements you will need to prebook your seat through <u>School Interviews</u> and

use the event code: **z8tj2** 

Bookings will close on Monday 25 March at 9am. For further information on this 90 minute seminar

## Year 7 Immunisations

**Date: Tuesday 26 March** 

Year 7 have their first round of immunisations on Tuesday: HPV dose 1 & DTPA

### **Tell Them From Me**

**Student Survey** 

**Date: Tuesday 26 March** 

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

## **Big Band Bash**

An invitation to all Manly Campus families and friends

Date and Venue: Tuesday 26 March, Freshwater

**Senior Campus Gym** 

Time: 7-9pm

Cost: Gold coin donation, proceeds to the band

program

## **Year 12 Assessment Block**

Thursday 28 March – Friday 5 April

Individual schedules were given to all Year 12 students this week. The complete timetable, along with rules have been uploaded to the school website *Events – Year 12 Assessment Block*, for your reference.

# **Band Europe Tour 2019**Parent & Student Meeting

Date and Venue: Tuesday 2 April, in the school

library

Time: 7:30pm

# **2019 French Tour Meeting**

2019 French Tour meeting for confirmed attending students and parents

Date and Venue: Wednesday 3 April, Mackellar Girls Campus, staff common room

Time: 6-6:45pm

# Year 9 Parent / Teacher Night

Date: Monday 8 April 2019, from 3:45pm

Year 9 Parents and Guardians will be emailed booking details next week for the up-coming Parent/Teacher Evening on Monday 8 April.

We strongly recommend students attend with their parents / carers. Each subject teacher will be available for a 5 minute interview. We recommend spacing your interviews to allow adequate time for movement between teachers.

If you have any queries please contact the office on 9905 3982.

## Year 11 Drama Night

Date and Venue: Wednesday 10 April, in the school performance space

Time: 6pm

### **Canteen News**

The canteen is off to a great start in 2019. *FlexiSchools* is working really well (we are now at about 250 orders/week, two years ago it was less than 50). We've got some great new volunteers to join our wonderful regulars. We have two big initiatives for the year:

- Getting certified as a Healthy Canteen NSW (government initiative)
- Seeing if we can eliminate single-use plastic.

Last year we contributed \$20,000 to the P&C as well as purchasing two new freezers and new 'pie warmers' (to keep the orders hot). We want to make a similar contribution this year. That depends on us finding enough volunteers to cover all the shifts, otherwise, we have to use paid help. This term, we have 130 volunteers on the list, 114 slots to fill. 16 volunteers have done multiple shifts (bravo and thank you!) The arithmetic makes it look easy, but we have had to pull in paid help 8 times already and we still have slots to fill this term.

Volunteers still needed this term for:

Monday 25, Tuesday 26, Thursday 28 and Friday 29 March

Monday 1, Tuesday 2, Thursday 11 and Friday 12 April

Registered volunteers, click here.

If you're a new volunteer looking for a fun day, with free lunch and glimpses into your child in their natural habitat, contact Amanda Naylor via amandanaylor@optusnet.com.au to get set up.

The Term 2 roster will be available next week and the link will be posted on the school website and in the next newsletter.

If you can't volunteer during the day, but would like to help, we urgently need a new roster coordinator which takes just an hour a week at times to suit you. A full job description is below.

#### **Canteen Roster Coordinator**

We currently have 130 parents who volunteer their time to work in the school canteen. We have introduced an online roster where volunteers can go online to view the current term and select a day they would like to work. Volunteers can also make their own changes and request other volunteers to swap days if needed.

- We are looking for someone to fill the volunteer position to coordinate the roster. This involves:
- Creating the online roster for each term (using the website SignUpGenius)
- Sending emails to invite volunteers to sign up
- Monitoring vacancies throughout the term and liaising with canteen staff to manage these
- Sending an email to the school with information for the school newsletter as required
- Maintain an Excel spreadsheet as a database of volunteer contacts
- Attend the Canteen Committee meeting once per term to provide an update on the roster.

The role involves about 2 hours to setup the new roster and send emails prior to each term, then about an hour a week in total to monitor the roster and emails, and to liaise with the canteen. This can all be done in a time that works for you and is all done online. Also, about 1-1.5 hours each term for the Canteen Committee meeting which is usually held in the canteen on a Monday afternoon.

Full training and handover will be provided. If you are interested in finding out more, please contact Catherine Yetts on cyetts@yahoo.com or 0403 918 311.

### **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 at the end of term are donated to charity or disposed of.

Currently in lost property:

- Lost property from Year 7 Camp
- Lost property from the Swimming Carnival
- School clothes, plain clothes
- Sneakers, hats, rain jackets and umbrellas
- Lunch boxes and drink bottles

# SECOND HAND UNIFORMS

### **LOCATED NEAR THE CANTEEN**

Next open Tuesday 2 April and Tuesday 7 May

8:15am-9:30am

Open before school on the first Tuesday and the third Thursday of the month 8:15am – 9:30am

Coordinators 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 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

### **Manly Sailing**

Manly Sailing Club is used for Wednesday sport and students always report enjoying the lessons.

Please see the below message from Manly Sailing that may be of interest.

# 3 Day Easter Holiday Sailing Camps / 15 - 17 April and 22 - 24 April

Two holiday camps offered on each date, School Holiday Sail Camp (for beginners) and an Advanced Sailing Camp (for sailors with previous experience), they are designed to provide a fun, safe and enjoyable opportunity for young sailors to develop their sailing skills.

If your young sailor wishes to do the Advanced Sailing Camp email or call first before enrolling.

These camps are about making the students more independent as sailors, building their confidence and water awareness. The event is run between 09:30am to 3pm each day.

Register at <a href="https://www.manlysailing.com/make-a-booking">https://www.manlysailing.com/make-a-booking</a>

#### Learn more at

https://www.manlysailing.com/kids-sailing-lessons/school-holiday-sailing-courses/





#### **Year 12 Students**

The following early entry schemes/scholarships are now open for Year 12 students to start applying:

ANU Tuckwell Scholarship Stage 1 is open/closes 28th March 2019 go to https://tuckwell.anu.edu.au/

ANU Early entry scheme applications close late May. Visit www.anu.edu.au/study/apply/newadmissions-for-2020 for more information.

### **UBS Cadetship for Business:**

Go to www.businesscadetships.com.au. Business cadets combine university study with paid work at UBS a top ranking global bank. Applications close 15 May 2019

UTS Co-op Scholarships now open: the Bachelor of Accounting and Bachelor of Information Technology both worth in total \$51,000 tax free.

### **Course and Institution Information Sessions** for Students and Parents

Macquarie University's Year 12 information Evening, Wednesday 1 May. Parents are encouraged to attend, 5:30-8:00pm, Macquarie University Campus. Register for expression of interest at mq.edu.au/study/high-schoolstudents/events.

Soar Aviation Open Afternoon: Saturday 30 March 2pm (Bankstown Airport) Saturday 30 March 2pm at Soar Aviation 4 Rearwin Place, Bankstown Airport. More information at <a href="http://www.soar.edu.au">http://www.soar.edu.au</a>

Year 10 subject selection evening: Macquarie University, Tuesday 7 May 5.30 -8pm, Macquarie University campus. Register for expression of interest at mq.edu.au/study/highschool-students/events

### **Courses, Workshops and Information Sessions** for Students

Designing Medical Technologies of the Future: Bioengineering Innovation Outreach Challenge 2019 is looking to collaborate with high school students to innovate. Research mentors will support teams of four students from Year 10 -12 to identify a current shortcoming of medical technologies and apply the skills of bio engineering to design a solution. Sign up your team by 1 April. Models and prototypes presented on 15 April 2019. Full details here:

https://arctcibe.org/bio2019/

FREE Pre-Apprenticeship Courses Apprenticeships R Us alongside My Trade Start is conducting automotive, construction and business preapprenticeship courses until the end of April. Courses are NSW Government funded for individuals aged 15-24 and run for 2 weeks, followed by work placement. Spots are filling quickly. Contact Apprenticeships R Us today to book in for an interview on 02 9891 6900.

HSC Drama Curriculum Workshops at NIDA HSC Drama Performance is a comprehensive course for NSW students in Year 11 and 12. Broaden your understanding of performance styles and develop improvisation, acting and devising techniques. The focus is on both the group and individual performance projects. Next course 15 April. Info: www.nida.edu.au/schools-and-teachers/eventsfor-school-student

Experience It! at UoW - Engineering Immersion for female students Year 7-10 on Friday 5 July at Uni of Wollongong! Bursaries available for travel & accommodation.

https://portal.engineersaustralia.org.au/event/201 9/03/experience-it-student-conference-2019

AFTT High School Workshops On Sale Now! Come along to AFTT's introductory workshops and find out what a career in either the film or acting industry would be like! These hands-on workshops are a great way to visit our campus and experience what being a student at AFTT is like while we showcase the arts of acting and film. Find out more at

https://www.aftt.edu.au/events/highschoolworks hops, be quick, spaces are limited.

Macquarie in a Day - Macquarie University, 17-18 April. Doors will be open to Year 11 and 12 students for the chance to taste what a day in the life of a Macquarie student is really like.
8.30am-3pm at Macquarie University campus.
Register now, spaces filling up fast! Find out more at: Mg.edu.au/mginaday

AlE Industry Experience Day - Wednesday 17 April 2019 AlE's Industry Experience Days are a great opportunity for students in Years 10 - 12 to learn about the local and international game development, 3D animation and visual effects industries. Students will be able to get creative in practical workshops using industry-stand programs. More information and registration <a href="https://aie.edu.au/ied">https://aie.edu.au/ied</a> or call 02 8514 8800.

Scholarships Available to US Uni's Internationally Educated has written a summary on the recent information evening held in Sydney by four US Uni representatives. All four universities award merit based scholarships to international students. Studying in the US can be more affordable than many students think!

http://www.internationallyeducated.com.au/news

# Work Experience and Employment Opportunities for Students

Work Experience Opportunities: The International Freight & Logistics industry is seeking students that may be interested in Work Experience during the school term or holidays for 1-2 weeks depending on host company availability & locations. Details about the industry opportunities <a href="www.mymv.org">www.mymv.org</a> School Liaison Officer Robert Brown 0409719511.

Applications Open: Year 10 Work Experience (Chemical Engineering) at Sydney - The Faculty of Engineering and IT offers work experience placements for Year 10 students interested in chemical engineering. Students are teamed up with an academic or PhD student to work on a week-long project. Applications will close on Monday 1 April at 9am, outcomes announced 5 April. Placements take place on either 6–10 May or 2-6 September 2019. Please visit https://bit.ly/2Spsd2A

# News from Nesa/Cica/Professional Teachers Council

CICA Webinar - Thursday 14 March CICA held a webinar on Thursday the 14th of March to launch the revised Professional Standards for Australian Career Development Practitioners. To view the webinar, visit:

https://www.dropbox.com/s/9w8l282slj0vc2c/CIC A2019.mov?dl=0

### **Resources for Students**

Study Medicine – Choose your path to becoming a doctor Students looking to study medicine, know there's a huge range of degrees and pathways, each with their own application requirements and deadlines. Study Medicine has done the research for you allowing you to identify, explore and compare all 59 Australian university degrees leading to medicine from the one site. www.studymedicine.com.au

Careers Contacts

### **Careers Advisors**

Ms Deb Rixon
<a href="mailto:deborah.rixon@det.nsw.edu.au">deborah.rixon@det.nsw.edu.au</a>
Ms Donna Colby
<a href="mailto:donna.colby@det.nsw.edu.au">donna.colby@det.nsw.edu.au</a>

**Manly Campus Careers Website** 

www.manlyselectivecampuscareers.com



# Big Band Bash: 7pm Tuesday 26 March Freshwater Gym

### All Manly Campus families are welcome!

Informal and fun, the Big Band Bash is a great night of music, showcasing the enormous variety and talent in our band program after the groups' first five or six rehearsals.

Eleven Manly Campus ensembles across the wind, jazz and string streams will entertain families and friends.

Band students will walk over to Freshwater Campus after school on Tuesday 26 March for set up and rehearsal followed by a dinner of pizza and fruit.

**Concert: 7-9 pm**. Entry is by gold coin donation.

Thank you to those parents who have volunteered to coordinate (Annie White), for truck driving (Jen Moran), food preparation and transport of gear back by car. We now have enough help for these roles.

# Band parent social night, Thursday 4 April at The Newport Arms, from 7pm.

All band committee and band parents are invited to the Newport Arms Hotel for a rare chance to get-together without moving instruments or driving a truck!

No bookings required. Join us for a meal or drink.

### Treasurer urgently needed, can you help?

The band is looking for someone who can take on this role from Linda Harte ASAP. Requiring around 2 hours a week and the preparation of a financial report once/term, the role is flexible and can be largely done from home.

If you have accounting or book-keeping experience, please get in touch ASAP with band

president, Mel Corner <a href="mailto:andyandmel@gmail.com">andyandmel@gmail.com</a> to find out more.

### **LAST CHANCE to order blazers from Pickles**

Pickles are doing their annual blazer order on Monday. Lead-time for production is three months.

Blazers will be first needed in July for wind and jazz bands and in September for strings.

Please order one now if you do not already have one. Please do not wait for a second hand blazer to become available.

### Second hand blazers

To sell a blazer or to be added to the waitlist for future sales, email Dianne Turner moogiet@optusnet.com.au

### **HSC** performance assessments

Thank you to the members of String Ensemble and Jazz Orchestra for accompanying Xianda Ren and Maia Hopf during their HSC music assessment on Monday.

### Europe Tour 2019 pre-departure meeting, Tuesday 2 April, 7:30 pm, senior common room

Parents and touring students are asked to attend this important meeting.

### **Band Calendar 2019**

Please note the workshop day on the pupil-free day, Term Three for holiday planning.

#### **Term One**

Europe Tour weekly rehearsal Sunday 24 March, 12-4 pm *NB longer rehearsal, no rehearsal on* Sunday 31 March

# **Big Band Bash, All Ensembles Tuesday 26 March**, Freshwater gym. Rehearsal after school with concert at 7pm.

Europe Tour 2019 meeting, Tuesday 2 April, 7:30 pm, senior common room, TWO/TJO

Europe Tour weekly rehearsal Sunday 7 April, 2 - 4 pm, TWO

### Band parent social night

Thursday 4 April at The Newport Arms, from 7pm.

### **Europe Tour Rehearsal days**

Wed 17 April and Thursday 18 April, at MSC, TWO, TJO

### **Europe Tour concert and pack gear**

Friday 19 April, MSC, 9- end of day, concert 10am.

#### **Term Two**

### **Europe Band Tour**

Sunday 21 April – Sunday 5 May- TWO/TJO

**Fine Music 102.5 School Jazz Combo competition** Saturday 25 May, JC

Australian School Band and Orchestral Festival, premier big band event, AIM

Sunday 26 May - JO

**Northern Beaches Instrumental Festival** 

Saturday 22 June, SE and CO

#### **Term Three**

### Workshop Day (pupil free day)

Monday 22 July, All wind and jazz ensembles. *COMPULSORY* 

**Australian School Band and Orchestral Festival** 

Saturday 27 July - SWO

**Australian School Band and Orchestral Festival** 

Sunday 28 July, all wind and jazz ensembles except SWO *COMPULSORY* 

### **City to Surf Fundraiser**

Bondi Beach, Sunday 11 August, open to all members and families

**Essentially Ellington Down Under Festival,** 

Wednesday 14 August, Sydney Conservatorium, day- time TBA, SwB/SB

Fine Music 102.5 School Jazz Combo competition,

Saturday 31 August, JC

Australian School Band and Orchestral Festival,

Sunday 8 September, SE/CO

Musicale, Saturday 21 September or Saturday 28

September (date TBC), SWO, JO, SE, CO

#### **Term Four**

Orchestral Soiree MUST SEE!

Friday 15 November, Mosman Art Gallery SE/CO

Jazz Night Out MUST SEE!

Saturday 16 November, Showroom at DY RSL,

SwB/SB/BB/JO

**Junior Band Tour** 

Monday 2 – Thursday 5 December CB/SwB/SB

#### **Band Names**

### Wind Stream:

SWO~Symphonic Wind Orchestra; WE~Wind Ensemble; CB~Concert Band; TWO ~ Touring Wind Orchestra (Europe 2019)

### **Strings Stream:**

SE~String Ensemble; CO~Chamber Orchestra

### Jazz Stream/Other:

JO~Jazz Orchestra; BB~Big Band; SB~Stage Band; SwB- Swing Band; JC- Jazz Combo; Covers Band; TJO ~ Touring Jazz Orchestra (Europe 2019)

## **Term 1 Calendar**

Please check the dates closer to the event

Week 9B		
25/03/2019	Digitial Nutrition parent seminar,	
	6:30pm in the school hall, bookings	
	required	
25/03/2019	NBSC Primary Parents Information	
	Night, 7pm, Freshwater Senior Campus	
26/03/2019	Year 7 HPV dose 1 & DTPA	
26/03/2019	Big Band Bash, Freshwater Senior	
	Campus Gym, 7-9pm, entry by gold	
	coin donation	
27/02/2010	Boys CHS Football Knockout	
27/03/2019	11am,Cromer Park	
28/03/2019-	V 42 A	
5/04/2019	Year 12 Assessment block	
	Silver Duke of Ed Compulsory Prelim	
30/03/2019	Training - Option 1	
24 /02 /2040	Silver Duke of Ed Compulsory Prelim	
31/03/2019	Training - Option 2	
24 /02 /2040	P&C Working Bee, 9am -3pm,	
31/03/2019	volunteers needed	
Week 10A		
	Band Europe Tour 2019 parent and	
Week 10A 2/04/2019	Band Europe Tour 2019 parent and student meeting, 7:30pm in the library	
	· · · · · · · · · · · · · · · · · · ·	
2/04/2019	student meeting, 7:30pm in the library	
	student meeting, 7:30pm in the library 2019 French Tour meeting for	
2/04/2019	student meeting, 7:30pm in the library 2019 French Tour meeting for confirmed attending students and	
2/04/2019	student meeting, 7:30pm in the library 2019 French Tour meeting for confirmed attending students and their parents, 6-6:45pm, Mackellar	
2/04/2019	student meeting, 7:30pm in the library 2019 French Tour meeting for confirmed attending students and their parents, 6-6:45pm, Mackellar Girls Campus staff common room	
2/04/2019	student meeting, 7:30pm in the library 2019 French Tour meeting for confirmed attending students and their parents, 6-6:45pm, Mackellar Girls Campus staff common room Year 8 Visual Arts Excursion to Curl	
2/04/2019 3/04/2019 5/04/2019	student meeting, 7:30pm in the library 2019 French Tour meeting for confirmed attending students and their parents, 6-6:45pm, Mackellar Girls Campus staff common room Year 8 Visual Arts Excursion to Curl Curl Beach, all day	
2/04/2019 3/04/2019 5/04/2019 7/04/2019-	student meeting, 7:30pm in the library 2019 French Tour meeting for confirmed attending students and their parents, 6-6:45pm, Mackellar Girls Campus staff common room Year 8 Visual Arts Excursion to Curl Curl Beach, all day Silver Duke of Ed Practice Hike	
2/04/2019  3/04/2019  5/04/2019  7/04/2019- 9/04/2019  Week 11B	student meeting, 7:30pm in the library 2019 French Tour meeting for confirmed attending students and their parents, 6-6:45pm, Mackellar Girls Campus staff common room Year 8 Visual Arts Excursion to Curl Curl Beach, all day Silver Duke of Ed Practice Hike - Option 1	
2/04/2019 3/04/2019 5/04/2019 7/04/2019- 9/04/2019	student meeting, 7:30pm in the library 2019 French Tour meeting for confirmed attending students and their parents, 6-6:45pm, Mackellar Girls Campus staff common room Year 8 Visual Arts Excursion to Curl Curl Beach, all day Silver Duke of Ed Practice Hike	
2/04/2019  3/04/2019  5/04/2019  7/04/2019  9/04/2019  Week 11B  8/04/2019	student meeting, 7:30pm in the library 2019 French Tour meeting for confirmed attending students and their parents, 6-6:45pm, Mackellar Girls Campus staff common room Year 8 Visual Arts Excursion to Curl Curl Beach, all day Silver Duke of Ed Practice Hike - Option 1  Year 9 Parent Teacher night, from	
2/04/2019  3/04/2019  5/04/2019  7/04/2019- 9/04/2019  Week 11B	student meeting, 7:30pm in the library 2019 French Tour meeting for confirmed attending students and their parents, 6-6:45pm, Mackellar Girls Campus staff common room Year 8 Visual Arts Excursion to Curl Curl Beach, all day Silver Duke of Ed Practice Hike - Option 1  Year 9 Parent Teacher night, from 3:45pm	
2/04/2019  3/04/2019  5/04/2019  7/04/2019  9/04/2019  Week 11B  8/04/2019	student meeting, 7:30pm in the library 2019 French Tour meeting for confirmed attending students and their parents, 6-6:45pm, Mackellar Girls Campus staff common room Year 8 Visual Arts Excursion to Curl Curl Beach, all day Silver Duke of Ed Practice Hike - Option 1  Year 9 Parent Teacher night, from 3:45pm Year 11 Drama Night, 6pm in the	
2/04/2019  3/04/2019  5/04/2019  7/04/2019  9/04/2019  Week 11B  8/04/2019  10/04/2019  11/04/2019	student meeting, 7:30pm in the library 2019 French Tour meeting for confirmed attending students and their parents, 6-6:45pm, Mackellar Girls Campus staff common room Year 8 Visual Arts Excursion to Curl Curl Beach, all day Silver Duke of Ed Practice Hike - Option 1  Year 9 Parent Teacher night, from 3:45pm Year 11 Drama Night, 6pm in the Performance Space	
2/04/2019  3/04/2019  5/04/2019  7/04/2019- 9/04/2019  Week 11B  8/04/2019  10/04/2019  11/04/2019  24/04/2019-	student meeting, 7:30pm in the library 2019 French Tour meeting for confirmed attending students and their parents, 6-6:45pm, Mackellar Girls Campus staff common room Year 8 Visual Arts Excursion to Curl Curl Beach, all day Silver Duke of Ed Practice Hike - Option 1  Year 9 Parent Teacher night, from 3:45pm Year 11 Drama Night, 6pm in the Performance Space Year 12 Cake Stall NB Duke of Ed Gold Practice	
2/04/2019  3/04/2019  5/04/2019  7/04/2019  9/04/2019  Week 11B  8/04/2019  10/04/2019  11/04/2019	student meeting, 7:30pm in the library 2019 French Tour meeting for confirmed attending students and their parents, 6-6:45pm, Mackellar Girls Campus staff common room Year 8 Visual Arts Excursion to Curl Curl Beach, all day Silver Duke of Ed Practice Hike - Option 1  Year 9 Parent Teacher night, from 3:45pm Year 11 Drama Night, 6pm in the Performance Space Year 12 Cake Stall	

## **Term 2 Calendar**

Please check the dates closer to the event

Week 1A		
29/04/2019	School development day - staff only	
21/04/2019- 5/05/2019	Europe Band Tour - TWO/TJO	
3/05/2019- 5/05/2019	Bronze Duke of Ed Practice Hike - Option 3	
Week 2B		
6/05/2019- 8/05/2019	Year 9 Bundanon Art Camp	
6/05/2019	Bell Shakespeare Year 9 and 10	
9/05/2019	Year 10 Parent Teacher night	
12/05/2019- 14/05/2019	Silver Duke of Ed Practice Hike - Option 2	
Week 3A		
15/05/2019	8FT1 Food Critic's Day P1&2	
15/05/2019	P&C Meeting TBC	
16/05/2019	NAPLAN	
16/05/2019	8FT3 Food Critic's Day P3&4 16/05/2019	
Week 4B		
21/05/2019	Year 11 Parent Teacher night	
21/05/2019	8FT 5 Food Critic's Day P1&2 21/05/2019	
23/05/2019	School Athletics carnival	
24/05/2019	SRC Biggest Morning Tea	

The next edition of The Weekly Pines will be in Week 10 on Friday 5 April





Invitation to all Manly Campus families and friends
Tuesday 26 March, 7–9pm
Freshwater Campus Gym
Gold coin donation entry – all proceeds to the band program



# **Tell Them From Me** student survey: Information and consent form for parents and carers

#### **Dear Parents and Carers**

In Term 1 2018, your school is taking part in the *Tell Them From Me* student survey. The survey will provide us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help them improve. The survey is completed on-line and is run by an independent research company, **The Learning Bar**, which specialises in school-based surveys.

Staff in schools will <u>not</u> be able to identify individual students from their responses. To ensure confidentiality, participating students will receive a unique username and password. Where fewer than five students respond to a question, the results will be suppressed. The survey typically takes 30 minutes or less to complete and will be administered by the school during normal school hours. Once the surveys are completed by students, reports are prepared and in most cases are available to schools within three business days.

As well as schools getting student feedback, the Department of Education, through the Centre for Education Statistics and Evaluation (CESE), has access to data from across NSW and is running a research project to look at state-wide patterns of student wellbeing, engagement and effective teaching practices. The research is looking at how these things impact on student outcomes, including academic performance. Individual students and schools will **not** be identified in any CESE publications, and all information will be handled in accordance with the relevant privacy legislation. Students' personal information will not be disclosed by the Department to any other person or body other than as required by law.

This research will help schools in New South Wales to better understand how to improve student wellbeing and engagement. It will also help teachers and principals discuss what works to improve student outcomes.

Participating in the survey is entirely voluntary. Your child will not take part if either you or your child do not wish. If, during the survey, your child is uncomfortable answering any question, he/she should leave it blank and move on to the next question. Your child can stop the survey at any time.

If you <u>do not want</u> your child to take part in the survey, please complete the attached form and return it to your child's school by Wednesday 14<sup>th</sup> March.

More information about the survey and the research is available in English on the CESE website: <a href="http://surveys.cese.nsw.gov.au/information-for-parents">http://surveys.cese.nsw.gov.au/information-for-parents</a>

## Tell Them From Me Student Feedback Survey non-consent form

If you <u>do not want</u> your child to participate in the student feedback survey, please sign this form and return it to your school by Wednesday 14<sup>th</sup> March.

I DO NOT give consent for my child/children to participate in the Tell Them From Me

student feedback survey.
Name of student/s
Roll class/es
Name of parent/carer
Signature of parent/carer
Date



# **Tell Them From Me student survey**Frequently Asked Questions (parents and carers)

## Centre for Education Statistics and Evaluation

# 1. What is the *Tell Them From Me* student survey?

The *Tell Them From Me* student survey asks questions about factors that are known to affect academic achievement and other outcomes. It aims to help improve the learning outcomes of students. The survey is designed to measure, assess and report insights from the student point of view at the school and system levels. The focus of this NSW survey is on student wellbeing, engagement and effective teaching practices.

# 2. What kind of questions will the survey ask?

The survey questions relate to the following 18 measures for **primary schools**:

Participation	Behaviour	Effective
in sports	at school	learning time
Participation in extra-curricular activities	Homework behaviour	Teaching relevance
Sense	Interest	Teaching
of belonging	and motivation	rigour
Positive relationships	Effort	Experience of being bullied
Valuing	Skills and	Advocacy
school outcomes	learning challenge	at school
Positive teacher student relations	Expectations for success	Positive learning climate

The survey questions relate to the following 22 measures for **secondary schools**:

Participation in sports	Homework behaviour	Expectations for success
Positive learning climate	Participation in clubs	Behaviour at school
Experience of being bullied	Truancy	Sense of belonging
Interest and motiviation	Effective learning time	Aspirations: finishing Year 12, University, TAFE
Positive relationships	Effort	Teaching relevance
Wellness	Valuing school outcomes	Positive learning climate
Teaching rigour	Advocacy at school	Advocacy outside school
Positive teacher student relations	-	-

# 3. How have schools been selected to take part?

The survey is open to all NSW government schools at no cost to them. Your child's school has decided to participate.

# 4. How will taking part in this survey benefit my child's school?

The *Tell Them From Me* student survey will provide school principals and school leaders with insight into student engagement, wellbeing and effective teaching practices at their school, from the perspective of students.

Data collected from the survey responses are quickly compiled into reports for school leaders. Principals can then use this information to help them identify emerging issues and plan for school improvement.

# 5. What does my child need to do to participate in the survey?

The survey typically takes less than 30 minutes and is conducted entirely online through a secure website operated by the survey developers, *The Learning Bar.* Schools will make computers or laptops available so that students can complete the survey during school hours.

### 6. Does my child have to participate?

No, participation in the survey is optional. Your child will not take part if either you or your child do not wish. If, during the survey, your child is uncomfortable, he/she can choose to stop the survey at any time. The majority of questions in the survey can be skipped. Parents/students have a right to apply for access to, and correction of, a student's information.

# 7. Will the school be able to identify my child from their responses?

Staff in schools will not be able to identify individual students from their responses. To ensure confidentiality, participating students will receive a unique username and password. Where fewer than five students respond to a question, the results will not be made available.

# 8. What sort of analysis will be done of the survey data?

Once the surveys are completed by students, reports are prepared and in most cases are available to schools within three business days. School leaders can use the data to better understand the experiences and views of students at their school.

The results will help all schools better understand the relationship between wellbeing, engagement, effective teaching and student learning. Results from CESE's analysis of this data will also help teachers and principals discuss what works to improve student outcomes. This supports the Department's continuing focus on quality teaching and leadership. The data will be retained for future analysis to help us better understand the nature of student engagement and wellbeing over time.

# 9. Can all school students participate in the survey?

The primary school survey is designed for students in Years 4 to 6. Schools are encouraged to allow as many students as possible in these Year groups to participate. Secondary schools are encouraged to allow as many students as possible in Years 7 to 12 to participate.

# 10. When will the *Tell Them From Me* survey happen?

The surveys will be conducted in all participating schools at the end of Term 1 and (optionally) Term 3.

### What is CESE?

The Centre for Education Statistics and Evaluation (CESE) is part of the Department of Education.

CESE has been established to improve the effectiveness, efficiency and accountability of education in New South Wales.

CESE will identify and share what works, creating new opportunities to improve teaching and learning across all of education.

More information about CESE is available at: www.cese.nsw.gov.au

### What is The Learning Bar?

The Learning Bar is a Canadian education company that specialises in school surveys for both primary and secondary students. Its survey, *Tell Them From Me*, is the largest national school survey in Canada, used in nine of Canada's ten provinces. More than 2,600 schools and 1.7 million Canadian students have participated in the survey over the last nine years. Australian schools have been participating in the *Tell Them From Me* surveys since 2012.

The Learning Bar is led by Dr J Douglas Willms. Dr Willms is a Professor and Director of the Canadian Research Institute for Social Policy at the University of New Brunswick, and holds the Canada Research Chair in Literacy and Human Development. Dr Willms led the development of questions on student engagement for the OECD's Programme for International Student Assessment (PISA).

More information about The Learning Bar is available at: www.thelearningbar.com

If you have any questions about the parent survey, please contact CESE via email: TTFM@det.nsw.edu.au or by telephone: 9561 8056 /9561 8688 /9561 8370.

### Climate Change – What Can I Do?

### **Understanding & Discussion**

- Educate yourself on climate change and its implications for your own and future generations learn to distinguish real science (IPCC budget \$2.4M/yr) from the fossil fuel sponsored propaganda of denial and misinformation (\$900M/yr in USA alone). In particular understand the extreme urgency for action and the immense scale of the task.
- 2 Educate yourself on renewable and decarbonised energy sources and how they can reduce emissions, reduce costs, improve reliability and increase long-term sustainable employment.
- Watch the news and join the dots for yourself when was it normal for every day to bring another catastrophic heat-wave, storm, flood or bushfire around the globe and for year-on year temperature records being broken? When was it normal for bush-fires in the arctic, in prehistoric Tasmanian rain-forests, in Northern and Southern hemispheres at the same time? When was it normal for back-to-back coral bleaching on the great barrier Reef, when was it normal for species to go extinct at current unprecedented rates, for hundred year old Murray Cod to be dying and one third of QLD flying foxes to die off in extreme heat? Look at the trend in extreme weather insurance events how have your premiums changed?
- Stop feeling embarrassed to talk about climate change with your friends, family and colleagues if we can't even acknowledge and discuss this existential threat, what hope do we have of solving it in time for our kids/grandkids to have a survivable future?
- Stop feeling embarrassed that this seems alarmist, because this is what our best science internationally tells us it true and the events that are unfolding are actually happening faster than IPCC projections not slower this is already cautious not alarmist.

### **Political**

- Vote for Federal, State and Local candidates that make the climate emergency their most important commitment. If there are none, then consider standing for election yourself.
- 7 Email your Federal, State and Local candidates to make them aware of your concern.
- Protest to Stop Adani, to Stop all new fossil fuel exploration and extraction and to demand radical transition to renewable energy by 2030. Protest to raise the profile of climate change as the number one electoral issue for all parties and levels of government. According to a whole series of Pentagon reports dating back to 2000 whole civilisations will collapse in conflict if we fail at climate change the man-made construct of economy does not trump the existential threat of climate change. It's not economy its Climate change that MUST predominate.
- 9 Donate to organisations advocating for climate emergency action.
- Support your children if they wish to join the school students strike for climate. They have a moral authority that our generation are no longer entitled to.

#### At Home

- Stop investing in and sponsoring fossil fuels by divesting your super, pensions, banks and insurance from organisations investing in fossil fuels for ones investing in renewables. These investments have a proven record of premium returns as they ride the wave of the transition to renewables happening globally and protect your savings from the impending collapse of fossil fuel stocks as this transition accelerates. Divestment has proved to be a potent driver of business investment internationally (\$8T is now divested)
- If you own your home, consider installing solar panels on your home perhaps with a battery for optimum use. Install about 1kW per occupant (4 panels) on the north facing roof slope provided this is not shaded, on the west facing slope if this is not shaded or as last resort on the East facing slope. A South facing slope will not be worthwhile.
- If you are renting, investigate government programmes for helping renters to work with their landlords to install solar panels or contract for renewable electricity. Businesses may be able to benefit from these programmes also.
- 14 Consider making your next vehicle an Electric Vehicle running off of solar or green electricity (grid electricity will provide little environmental benefit. When Electric Vehicles are designed to integrate with your solar energy system then the car battery might replace home batteries).
- 15 Whenever possible consider cycling and walking.
- 16 Make your home more energy efficient draught-proof windows and doors, increase loft insulation to 200mm (any more is of marginal benefit), consider dry lining cold walls, upgrade lighting to LED, upgrade appliances to the highest star ratings. Consider high performance window replacements timber or PVC framed are best with a 20mm glazing gap and low emissivity glass (make sure they are installed the right way around). Don't relegate the clunker fridge to the garage as the beer fridge just get rid of it. If you have a pool fit a pool cover, run the pool pump for minimum hours (ideally solar powered). Minimise appliances running 24/7/365.25 on stand-by. Set AC or heating systems for a wide band of tolerable comfort conditions, make absolutely sure heating and cooling are not on at the same time or that windows are closed when heating or cooling is used. As far as possible, run appliances to use peak hour solar if installed. Take shorter showers.
- Eat less meat, especially beef and pork then lamb chicken and kangaroo have far less impact. Vegetarian is obviously best. Local farmers market produce is also better reduced transport, refrigeration, packaging and wastage.
- Plant trees on any unused land (but clear of neighbouring houses it is commonly assumed that you should plant similar species to those in the immediate area but best new advice is to plant species from slightly hotter regions that can be more resilient to the climate changes that are already inevitable. Current species will become increasingly stressed. Don't plant in locations that will shade any solar panels installed or planned.
- 19 If you farm any areas, then adapt farming practices for carbon drawdown, water retention and drought resilience.