



The Weekly Pines

Northern Beaches Secondary College

Manly Campus

Academic Excellence ★ Personal Best ★ Giving Back to the Community



Principal: Ms Cath Whalan

Deputy Principals: Ms Kathy O'Sullivan
Mr Alex Newcomb

5 April 2019 – Newsletter No.6

From the Principal

Congratulations and Farewell

It is with great joy and sadness that we congratulate and farewell, teachers Jamie Kay and James Blanch, both of whom have been successful in gaining promotion positions, starting next term. Jamie has been appointed Deputy Principal at Sydney Boys High School and James will be Head Teacher PDHPE at Brisbane Waters Secondary College, Umina Campus.

Jamie Kay has made significant contributions to our school since he joined us as Head Teacher HSIE in 2015. His faculty leadership has seen an increase in the number of students choosing HSIE courses for the HSC and an ongoing improvement in students' results. Staff and students have appreciated Jamie's enthusiastic approach and professional manner. Across the school, he has led the timetabling team, coached boys knock-out Soccer, coordinated the *Tell Them From Me* surveys and been a valued member of the school executive team.

James Blanch joined the PDHPE faculty at Manly in Term 2 2015. His passion for encouraging students' involvement in sport and physical education was evident from the start. During the past four years, James has reinvigorated CHS knock-out competitions at Manly, coached Rugby teams at school and in the wider community, and organised Wednesday Sport. His role as Year 9 Year Adviser

and teaching of Praxis and ILP are a testament to his positive impact on student wellbeing and learning beyond the PDHPE faculty.

We wish both Jamie and James all the best and know they will thrive in their new roles.

The Pines Magazine

The much anticipated yearly Pines magazine, will be issued to 2018 students in week 1 next term.

Big Band Bash



The Big Band Bash, held on Tuesday night last week, was once again an impressive concert to celebrate the beginning of the 2019 band program. Each of the ensembles performed two pieces, particularly impressive considering they have only had 6 weeks of rehearsals prior to the night. With over 200 students often performing in more than one ensemble, the finale involving all students from the Symphonic Wind Orchestra, Wind Ensemble, Concert Band, String Ensemble, Chamber Orchestra, Jazz Orchestra, Big Band, Stage Band, Swing Band, Covers Group, Touring Band and Jazz Combo, was a wonderful way to end a thoroughly enjoyable evening.

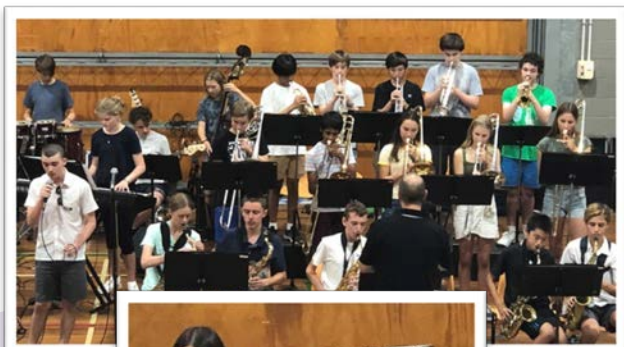
NBSC Manly Campus

138 Abbott Road, North Curl Curl NSW 2099

Phone: 9905 3982

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

Congratulations and thank you to all performers and special thanks to our ensemble directors, Craig Driscoll, Mark Brown, Brian Buggy and Liz Scott for their expertise, enthusiasm and guidance to ensure our students continue to achieve such an outstanding standard of performance.



Digital Nutrition

On Monday 25 March, psychologist and 'cyberpsychology' researcher, Jocelyn Brewer, presented at both the afternoon staff professional learning meeting and an evening parent seminar. She discussed dilemmas we face in the digital age, current research findings and strategies for promoting healthier technology use and engagement.



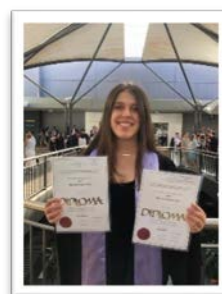
Gold Duke of Edinburgh Award Ceremony

On Wednesday 20 March, I had the pleasure of attending the NSW Gold Duke of Edinburgh's Award Ceremony. His Excellency General, The Honourable David Hurley presented the awards to Jacqueline Harvey and Luca Jones and spoke highly of the efforts of all students who participate in this program. Congratulations to Jack Carfi, Ryan Foo, Hinano Fujisaki, Fraser Hall, Daniel Hammond, Jemma Hodgson, Yeon Ji Jeong, James Ladbrook, Adam Loader and Karl Oosthuizen, who also achieved Gold Awards but were unable to attend the ceremony.



Congratulations to:

- Maia Hopf (Year 12) on recently receiving two Associate in Music diplomas (AmusA) - for saxophone and piano. An outstanding achievement.
- Alice Reeve (Year 11) - On Monday 25 March, Alice competed in the NSW State Final of Class Clowns; the Melbourne International Comedy Festival's national comedy competition for teenagers in secondary schools around the country.



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 welcome to phone or email the school any achievements that we may not be aware of, for inclusion in The Weekly Pines.

Cath Whalan
Principal

From the Deputies

Digital Nutrition

For those who missed attending the Digital Nutrition parent seminar, here are a few key takeaways from the evening:

Things to consider when your young person is using technology

1. Content – what is being consumed online (developmentally appropriate?)
2. Context – the situation the tech use is occurring (bedroom, classroom)
3. Cognitions – what thoughts, motivations, and intentions accompany the activities (adaptive, maladaptive?)
4. Connections – who you're communicating with (safety, known/strangers, age)
5. Function – the reason for the tech use (to avoid social interactions, to study?)

Setting limits and guidelines

- Do this before the device is purchased (or a developmental transition point)
- Consistency is key to its success. Avoid empty threats!
- Require the young person's input – empower them to be involved, have their say
- Be clear and detailed, have room for flexibility (bowling lane analogy), plan for extraordinary events (assignments etc.).

Trusted organisations

- Office of the e-Safety Commissioner – recourse on the digital world, Australian content: iParent, wellbeing hub, reporting IBA
- Common Sense Media – a huge number of fantastic resources, and 30K reviews. US-based.
- PsyberGuide – helps consumers choose effective and accessible mobile health technologies, evidenced backed apps and reviews.

Basic reading list

- iRules – Janell Burley-Hoffman
- The Game Believes in You – Greg Toppo
- Mindsight – Dr Daniel Siegal
- Engaging Adolescents – Michael Hawton
- The Art of Screentime – Anya Kamentez
- The Distracted Mind – Adam Gazzaley & Larry Rosen
- Deep Works and Digital Minimalism – Cal Newport
- The Shallows – Nicholas Carr
- The New Childhood – Jordan Shapiro

You can find further information here -

<https://www.digitalnutrition.com.au/>

Kathy O'Sullivan (DP – Year 8, 10 and 12)

Alex Newcomb (DP – Year 7, 9 and 11)

NAPLAN Online

NAPLAN assesses literacy and numeracy – important skills that each child needs to succeed in school and life. The NAPLAN tests are designed to help make sure students are on track with their literacy and numeracy development. Students in Years 3, 5, 7 and 9 participate in NAPLAN tests for Reading, Writing, Conventions of Language (spelling, grammar and punctuation) and Numeracy.

Between Tuesday 14 May and Tuesday 21 May, students in Year 7 and 9 will participate in NAPLAN Online. The schedule will be:

Term 1 - Week 11

Wednesday 10 April - Practice Tests (results not recorded). Year 7 will complete the practice tests during period 1 and Year 9 will complete during period 2.

Term 2 - Week 3

Tuesday 14 May – Writing

Thursday 16 May – Reading

Friday 17 May – Conventions of Language

Term 2 - Week 3

Tuesday 21 May – Numeracy

***Note: If a student is away, catch-up sessions can be arranged up until Friday 24 May.**

Students will be advised on session times the week prior to the tests so that they know what lessons to prepare for.

Students do not need to be computer experts to take the NAPLAN test online. Making sure students have computer skills is part of our school curriculum, and our teachers will ensure that students are familiar with the online format. To see the types of questions and interactive features of NAPLAN Online, visit [the public demonstration site](#).

Important: students need to ensure they bring their own set of wired headphones and a pen to each test session.

If you have any questions about NAPLAN Online, please contact the Deputy Principal for Year 7 and 9, Mr. Newcomb.

For more info:

- [How to support your child during NAPLAN](#)
- [information for parents and carers](#)
- [Watch a video that explains NAPLAN Online](#)
- [Subscribe to ACARA's monthly parent newsletter, Parent Update](#)

Alumni News

Now that I have retired from work, it is time to finally, in earnest, begin to gather the many, many stories from our school's glorious past.

The group that I would like to contact at the moment are those wonderful pioneers who were the first girls to come to our school when it was made co-ed. If you know any of these women, can you pass on the invitation to attend a morning tea to chatter and remember 'the old days' with the final aim of these stories possibly becoming part of a school history.

Details:

Morning tea at Manly Campus

10am, Tuesday 16 April

RSVP - Please contact the school office, or contact me directly via email judy.boylan22@gmail.com.

Judy Boylan
(School Alumni Committee)

Visual Art Report

The Visual Arts students at Manly Campus have had some success in having their works displayed in and outside Manly Art Gallery. "Express Yourself" 2019, showcasing outstanding HSC works from the Northern Beaches public, private and secondary schools, opened on Friday 22 March and closes on Sunday 28 April. Two students from the 2018 HSC cohort, Natalie Wong and Mia McFall have their works displayed at this exhibition. Congratulations to Mia who was jointly awarded with a student from Pittwater High School the *Theo Von Batten Youth Award*, for her sculpture "I Am Not A Toy". She received \$2,500 (given to students who are continuing studies in the Visual Arts).



Mia Mc Fall –HSC Body of Work –awarded Theo Von Batten Youth Award –Manly Art Gallery

In addition, Nina Korgul from Year 10 won the Art Decko competition last year for her skateboard design. Due to this, she was invited with four other students to paint on the spot, an artwork that is to be on display outside Manly Art Gallery for the next month.



Nina Korgul painting her artwork outside Manly Art Gallery

Stage 5 and 6 students attended an excursion to Artexpress at two venues the Artmory Gallery, Homebush Bay and the Art Gallery of NSW. Year 9 Visual Arts and Photography and Digital Media students were inspired by the vast array of subject matter, media and styles produced by HSC students. Year 10 and 12 Visual Arts students gained inspiration for their own Body of Works that will be on display later in the year. Below are photographs of the students on the day.



ARTDECKO

Ashleigh Powe of Year 9 and Esther Schroeter of Year 7, have their artwork displayed in the current ARTDECKO exhibition at Dee Why PCYC. This exhibition features skate deck art by more than two hundred young people and professional guest artists. The decks were decorated during workshops held by the Northern Beaches Council in March.

Congratulations to Ashleigh, chosen for the 'Emerging Artist' award by prominent Australian commercial artist Ben Brown.

This event runs every year, students who missed out this year may have an opportunity in 2020.

The ARTDECKO exhibition is open until 17 April. For more details visit [artdecko exhibition](#).



Ashleigh's award winning artwork

Sport Report

NBSC Manly Campus Age Champions



NBSC Manly Campus Cross Country Age Champions 2019



NBSC Manly Campus Swimming Age Champions



*NBSC Manly Campus
Zone Age Champions*

CHS Football

On Wednesday 27 March, the CHS boys football team played their round 2 match against last years' premiers - Freshwater. The game was held on the pristine pitch of Cromer 1, giving the boys lots of space but also lots of running to do throughout the match.

Manly could not have asked for a better start, with a quick transition to attack, giving Ben Tapsell the chance to open the scoring in the first 5 minutes which he finished with aplomb. As the half continued, Freshwater started to come into the

game, creating lots of space in the middle of the park and with only minutes left, they scored to tie things up 1-1. After some tactical changes at half-time, Manly came up strongly and were able to not only restrict the movement of Freshwater but created several opportunities for our boys as well, frustrating the opposition.

However, with just minutes left on the clock, our boys were getting fatigued and a fast counter attack from Freshwater in the last minute following our own free kick attempt led to Freshwater scoring in the bottom corner and heartbreakingly getting a last minute 2-1 win, allowing them to progress to the next round.

Despite the loss, the boys should be proud of how they played against a very strong Freshwater team. With lots of youth in the squad, the future bodes well for the team in the years ahead.

National Schools Constitutional Convention 2019

Student Report

On 19 - 21 March, I had the great privilege of attending the National Schools Constitutional Convention 2019 as a representative of NSW. This exciting event brought together around 100 delegates from all over Australia to discuss the idea of creating a new preamble for the Australian Constitution.

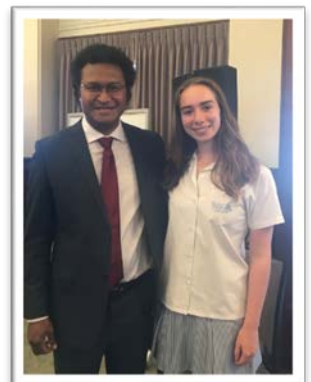
This was an amazing chance to hear from a wide range of experts from a great variety of areas. We enjoyed a multitude of panels and Q&A's with special guests including the Speaker for the House of Representatives, the Deputy President of the Senate, the Deputy High Commissioner of India, the High Commissioner of Fiji and the Ambassador for Switzerland. We also heard from a number of Professors of History, Politics and International Relations, Governance and Political Analysis and Public Policy. As you can probably tell, it was quite overwhelming to have so many different people come and talk to us within only three days. Thanks

to some very vigorous note taking and a break in the form of a formal dinner at the High Court of Australia, it was a very beneficial experience.

I learnt a great deal about the importance of the preamble of the constitution that previously I had not known. I wasn't aware of the moral significance it carried and the important message it sends not only to the people of Australia but the international community. When I first received the topic, I thought the only thing that preamble really did was outline what the constitution was and who made it. However, now I know of the multitude of topics it can cover and its true magnitude.

On a personal level, I can also say I made some great friends from around Australia who I most definitely will stay in contact with. I hope that this year Manly Selective puts forward another candidate to attend the this program, as it has inspired me to push on with my goals and instilled in me the importance of being an active citizen in the political arena. As we are the young leaders of the future and it is down to us to safeguard Australia's future.

Ella Spencer



*Top right: Ella with High
Commissioner of Fiji
Bottom left: Ella with the
Ambassador of Switzerland*

Premiers Reading Challenge



It is time for all students to register for this year's Premier Reading Challenge.

Every student in Year 7- 9 are currently reading in their English class. A great start to get towards your total of 20 books.

To register you can either:

1. A link to the Premier's Reading Challenge website can be found in the [Student Portal](#) under the **Learning** section. Students are also able to add a link to the PRC in the **My Link List** section to make the PRC easier to find. The URL to use is <https://online.det.nsw.edu.au/prc/studentExperience.html#/>.

OR

2. Public school students can also log in directly to the [PRC website](#) using their Department of Education (DoE) username and password. These are the same details a student would use to access the [Student Portal](#) and the computer network at school

Premiers Reading Challenge runs from now to 30 August 2019. Students read 20 books, 15 from the Year 7 – 9 List on the [PRC website](#). Of the 20 books, a student is able to read 5 titles not found on the list.

In 2018, four Year 9 Students were awarded the NSW Premier's Reading Challenge Outstanding Reader Medal as they have participated from Year 3 to Year 9 inclusive.

Library Study afternoons

A reminder that the library is open from 3.20-5.30pm on Tuesdays and Thursdays.

Year 10-12 students are welcome to come along.

Fiona Brien is there on Tuesdays to assist with English, Society and Culture, essay writing, and developing effective study habits. Mark Harrison is there on Thursdays to assist with all areas of Mathematics. In addition, student groups are evolving and supporting one another to maximise their learning.

Any student who would like some extra help in these areas or that would find the library's study space conducive to homework and study productivity can come along and utilise this excellent resource.

Afternoon tea is provided.

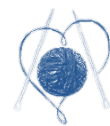
Inter School Chess Competition



Starting on Friday 10 May during Term 2, 16 teams from Manly Campus will commence their foray into the Inter School Chess Competition against other teams from schools over the Sydney North Region. On alternate Friday afternoons, the teams either play at Manly or travel to the other schools for their chess match.

Mrs Harrison

Wraps for Love



Easter is fast approaching and it is time for the students to come and get knitting needles and wool to join the Wraps with Love team for 2019.

Squares are to be knitted on 8-ply wool with either 4mm or the old size 8 needles. You cast on 50 stitches and continue knitting until a complete square.

Any members of the community are able to knit or volunteer to help with the sewing of squares together into a blanket please contact the Library Staff for information.



Upcoming Events

Year 9 Parent / Teacher Night

Date: Monday 8 April

Time: from 3:45pm – 6:45pm

Year 9 Parents and Guardians have been emailed booking details for the up-coming Parent/Teacher Evening on Monday 8 April.

To make a booking go to www.schoolinterviews.com.au and use the event code **tbgwn**

Booking access using the above event code will be open until 9am Monday 8 April. No bookings will be able to be made after closing.

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 Colleen Vlahos in the office on 9905 3982.

Year 7 GATS News Sim Project 2019

An invitation to attend the annual NBSC Celebration of Learning event for the Year 7 GATs News Sim Project.

Date: Wednesday, 10 April

Time: 5.30-7pm

**Venue: Freshwater Senior Campus,
The Performance Theatre**

This term Year 7 have been working in class teams as journalists to produce a newspaper about events in our school community. They are currently creating Media Watch inspired segments based on their reading of all of the Praxis newspapers.

All classes, as well as classes from Balgowlah Boys HS and Cromer HS, will present their learning in front of a panel of journalism experts.

The team newspapers have been uploaded to the [NBSC College website](http://www.nbsc.org.au).

Year 11 Drama Night

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

Time: 6pm

Alumni morning tea

Date: Tuesday 16 April

Time: 10am

An invitation to those who were the first girls to attend Manly Campus when it became co-ed.

RSVP - Please contact the school office, or contact Judy Boylan via email: judy.boylan22@gmail.com.

Year 10 Parent / Teacher Night

Date: Thursday 9 May

Time: from 3:45pm – 6:45pm

Year 10 Parents and Guardians have been emailed booking details for the Year 10 Parent/Teacher Evening next term on Thursday 9 May.

The booking site will open on Tuesday April 9 at 5pm through www.schoolinterviews.com.au

Please use the event code **da792**

Booking access using the above event code will be open until 9am Thursday 9 May. No bookings will be able to be made after closing.

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 Colleen Vlahos in the office on 9905 3982.

Canteen News

Orders online

Please note that the cut off time for placing lunch orders online is now 8:30am.

Term 2 Roster

The Term 2 canteen roster is now online. You can put your name down for a shift by clicking the link below and choosing a day that suits you. Or, grab a friend and choose a date that you can work together. New volunteers can sign up using this link as well, no experience is necessary.

<https://www.signupgenius.com/go/70a0d4aafaa2fabfa7-term2>

Welcome

A warm welcome and thanks to Sharon Walters (mum of Johanna in Year 7) who will commence as the new Canteen Roster Coordinator next term.

Lost Property

Lost property is located at the school office.

Next week there will be a table in the foyer with all the lost property displayed on it. 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

School Website

The NBSC Manly Campus website is a wealth of information.

There is a calendar on the home page, as well as an [events section](#), where you will find important upcoming events to keep abreast of.

Copies of the [newsletter](#), current and past, can also be accessed on the website, as well as [assessment schedules \(under Learning at our school – school years\)](#) and other important information.

[Visit NBSC Manly Campus Website](#)



SECOND HAND UNIFORMS

LOCATED NEAR THE CANTEEN

Next open Tuesday 7 May

and Thursday 16 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

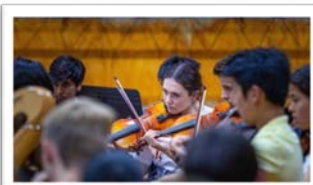
Diane Turner: moogiet@optusnet.com.au



Big Band Bash: our informal first gig

On Tuesday night 26 March, the Manly Campus ensembles played to families and friends in the traditional, informal Big Band Bash after their first six weeks playing together. 11 ensembles rehearse each week – wind bands, jazz bands, our string ensemble and the chamber orchestra and, this term, additional wind and jazz groups have been rehearsing for the tour to Europe in late April. This is an extraordinary amount of music making through the corridors each morning. Congratulations to all members of these ensembles for their first concert and to their directors, Mark, Craig, Brian and Liz. It has been a great start to the year of music at Manly Campus.

Thank you to parents; Annie White for event coordination, Jen Moran for truck driving and the many parents and students who helped with food preparation and transport of gear back by to school.



BIG BAND BASH



Semester One - Band Fees due 12 April

Families are requested to please pay band fees before the end of term. If you need more time to pay, please email the band treasurer at lindaharte2@gmail.com

Second hand blazers

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

Treasurer needed, can you help?

The band is looking for someone who can take on this role from Linda Harte ASAP. Requiring around 1-2 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 andyandmel@gmail.com to find out more. You may be happy to act as an assistant treasurer to a new treasurer. Please let us know.

Band Calendar 2019

Please note the workshop day on the pupil-free day, Term 3 for holiday planning.

Term One

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

Touring Jazz Orchestra rehearsal
Wednesday, 10 April, 9-11 am, jazz lounge

Europe Tour Rehearsal days
Wednesday 17 April & Thursday 18 April, at MSC, TWO, TJO

Europe Tour concert and pack gear
Friday 19 April, MSC, 9- end of day, concert 10 am.

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 11B	
7/04/2019-9/04/2019	Silver Duke of Ed Practice Hike - Option 1
8/04/2019	Year 9 Parent Teacher, 3:45-6:45pm
10/04/2019	Touring Jazz Band Rehearsal, Rm 022, 9-11am
10/04/2019	Year 7 GATS News Sim, Freshwater Auditorium 5:30-7pm
10/04/2019	Year 11 Drama Night, Performance Space, 6pm
11/04/2019	Anzac Day Assembly
11/04/2019	Year 12 Cake Stall
11/04/2019	Project Penguin Intro Visit, 40 x Year 9 students
NB Duke of Ed Gold Practice Expedition 24-27 April	

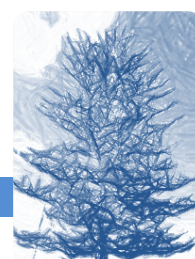
Term 2 Calendar

Please check the dates closer to the event

Week 1A	
29/04/2019-5/04/2019	Europe Band Tour - TWO/TJO
30/04/2019	Year 7 Digital Insight
1/05/2019	Year 11 English Ext Incursion
2/05/2019	Year 10 Digital Impact
3/05/2019-5/05/2019	Bronze Duke of Ed Practice Hike - Option 3
3/05/2019	Dance Festival Audition
3/05/2019	Endure for a Cure, all day
Week 2B	
6/05/2019-8/05/2019	Year 9 Bundanon Art Camp
6/05/2019	NAPLAN Equating Test Year 7, 25 x Year 7 students
6/05/2019	NAPLAN Equating Test Year 9, 25 x Year 9 students
7/05/2019	College Senior Music Day, all day
9/05/2019	Year 10 Parent Teacher night, 3:45-6:45pm
10/05/2019	Vocal Ensemble and Tides of Sound Vocal Masterclass incursion, p4-end of lunch
12/05/2019-14/05/2019	Silver Duke of Ed Practice Hike - Option 2

Week 3A	
14/05/2019	NAPLAN
16/05/2019	
17/05/2019	
15/05/2019	P&C Meeting, 7pm in the library, all welcome
Week 4B	
21/05/2019	NAPLAN
21/05/2019	Year 11 Parent Teacher night
23/05/2019	School Athletics carnival, whole school, Narrabeen Sports
24/05/2019	SRC Biggest Morning Tea
Week 5A	
27/05/2019	Band Meeting - T2, 8pm, in the library, all welcome
28/05/2019	Zone Cross Country
28/05/2019	Da Vinci Decathlon, Years 7 and 8
28/05/2019	Year 10 into11 subject selection night, 6:30-8pm
29/05/2019	Da Vinci Decathlon, Years 9-11
30/05/2019	Silver Duke of Ed Practice Hike - Option 3
30/05/2019	Year 12 Economics Excursion
30/05/2019	Project Penguin Year 9, 1/2 day visiting Primary Schools
30/05/2019	Vocal Ensemble and Tides of Sound Northern Beaches Eisteddfod
30/05/2019	Year 11 Crossroads - GPs in Schools
31/05/2019	Year 11 Physics Excursion Luna Park, all day

The next edition of The Weekly Pines will be in Week 11 on Friday 12 April



National Youth Week is coming up Wednesday 10th – Thursday 18th April, a celebration of young people and highlighting opportunities and events to get involved with and have fun! This year's theme is *Coming together to Connect, Share, Speak Out and Celebrate*.

Northern Beaches Council and other local Youth Services and Organisations have organised a large range of events and activities happening throughout Youth Week across the Northern Beaches, please see below.

Avalon Youth Hub Open Day:

Wednesday 10th April 3 – 5pm at Dunbar Park Avalon.

Avalon Youth Hub will be hosting an open afternoon featuring variety of activities, including Bubble Soccer, BBQ, Music, Smoothie Bike, Outdoor Games and Youth Services Expo.

Boxing for Youth:

PCYC Northern Beaches will be hosting free come and try boxing classes for young people

Wednesday 10th and 17th April

5.30 - 6.30pm for 12 - 17 year olds

6.30 - 7.30pm for 18 - 24 year olds

All equipment supplied, Free - no bookings required.

Poetry Slam:

Thursday 11th April 5 – 7pm at Manly Library.

Check out the freshest young performing writers from the Northern Beaches as they battle it out to become slam champion, hosted by professional spoken word artist Lorin Elizabeth.

Northern Composure Final:

Friday 12th April 7 – 11pm at PCYC Northern Beaches.

Local bands will battle it out to win their share of a \$10 000 prize pool! All ages, drug and alcohol free event. \$10 entry.

ARTDECKO:

Whilst checking out the ARTDECKO Exhibition get involved in one of our drop in workshops;

Mon 15 April - Mini ARTDECKO

Tue 16 April - Tote bag screen printing

Wed 17 April - Trucker cap painting

10am to 2pm each day, \$10 per workshop.

RAWFM Live:

RAW FM will be broadcasting live from the ARTDECKO skate deck art exhibition at the PCYC as part of National Youth Week celebrations, Monday 15th April 3 – 6pm.

Come along and see 2 up and coming local DJ's, live broadcast shout outs, RAW FM giveaways and much much more!

All Girls Skatepark Safari:

Tuesday 16th April 8:30 – 1pm.

Join KALOF, is skate Australia and Skateboard NSW for a skateboard mentoring and fun session at three Northern Beaches Council Skateparks. Helmets compulsory. Coaching, lunch and transport included.

Pick up and drop off - PCYC Northern Beaches, Dee Why. \$20 per person bookings essential at <https://www.eventbrite.com.au/e/all-girls-skatepark-safari-tickets-59146844805>

Youth Week BBQ:

Wednesday 17th April, 12 – 3pm at Bert Payne Park Newport.

We are celebrating all things Youth Week with a BBQ, music, giveaways and information about your local services.

Character Creation Workshop:

Wednesday 17th April, 1 – 4pm at Manly Library.

Join celebrated Sydney based artists Chris and Andrew Yee on an artistic journey into character creation. Learn cartoonist techniques including structure, movement, personality and shading and create your own unique artwork.

Ages 12+ years. \$10, All materials provided, bookings essential at <https://www.eventbrite.com.au/e/character-creation-workshop-with-chris-andrew-yee-tickets-58689355442>

You can find more information about each event at KALOF.com.au

Weekday Appointments between 9.30-2.30pm



BULK BILLING: PSYCHOLOGICAL THERAPY



Bulk Billing on Psychological Therapy/Counselling Now Available



Learning Links is now offering bulk billed psychological therapy for **weekday appointments between 9.30am - 2.30pm*** that have been referred by a GP under the Mental Health Care Plan. These sessions are bulk billed through Medicare which means they are **FREE** with no additional out-of-pocket costs to you. You can see one of our qualified Psychologists for up to 10 sessions per calendar year.

Our psychologists work with children and families using evidence-based therapies to address concerns such as:

- Anxiety, depression and low self-esteem
- Poor social skills
- AD/HD and difficulties making transitions
- Dealing with family separation and divorce

We utilise a number of evidence-based therapies including Cognitive Behaviour Therapy, Brief Solutions and play therapy to help build resilience and confidence.

We may also offer services to parents who may be requiring support with their child.

Call 8525 8222 to make a booking or for further information.

Enquire Now