



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 July 2019 – Newsletter No.13

From the Principal

Wicked Musical

Congratulations to everyone involved in our 'Wicked' school musical last week. The outstanding level of this production surpassed the already high expectations of the audience members and was a credit to all the talented, passionate and hard-working students, staff and parents involved. 'Defying Gravity' and 'For Good' aptly describe this production and its impact on our school community.

This annual event is truly a highlight of our school year at Manly. The musical provides an opportunity to showcase the depth of individual and collective talent of our students and also brings together the community in a way that needs to be seen to be understood. Thank you to the many parents and alumni who provided such valuable support in ensuring the production was such a success. Thank you to Annetta Verduyn who coordinated a team of 26 parents who created the amazing costumes, Marg Martin and Susan Woodward who, assisted by a group of another 20 parents, catered for the cast and crew each night, ex-students Khika Whithnell, Tara Dunch, Ben Mills, Michael Goodyear and Keith Muir whose technical and production expertise ensured the production was of such high quality and parent of an ex-student, Annie McCubbin, who provided the drama coaching for our students that took their performances to the next level.

This wonderful event would not be possible without the passion, enthusiasm, expertise and hard work of our talented teachers Chloe Woodward, Lucienne Herft and Lanneke Grace. Together they achieved an outstanding 'Wicked' that some audience members suggested was better than the productions they had seen in Melbourne or New York! Email comments from audience members included:

'Our whole family can't stop raving. ... Everything was brilliant- the orchestra and cast, the lighting, this year's outstanding sets and as always, BRILLIANT costumes. I am so proud to be a Manly mum. Congratulations.'

'What a triumph. I was in the audience on Wednesday night and it felt like last night at the proms - there was so much love. I saw that stage a week or so before and held my breath. All the usual brilliance was there with no hint of what had to have been a stressful time.'

How our musicals have grown. I remember when the orchestra was Meredith Ash on the piano with a couple of other instrumentalists. Now Lucienne has transformed them into a group worthy of the Opera House concert hall. The singers were magnificent, the dancers exuberant, costumes stunning, technical terrific and crew seamless and invisible.'

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Assembly

At this week's assembly, our students who were selected as National Finalists in the International Maths Modelling Challenge, were congratulated and presented with their certificates. Well done to all students who participated.



Sports achievements were also acknowledged with our Athletics age champions (Aidan Perry, Benjamin Crimp, Lachlan Farquhar, Zali Currie and Malayika Russell) and Warringah Zone Cross Country age champion, Hannah Lovlin being presented with their certificates. Grace Fisher, Captain of Bligh house, received the school's house trophy on behalf of the winning house for Athletics and Pittwater House Biathlon winners Lea Hartley, Hannah Lovlin, Amelie Letchford and Joshua Robert-Coles were also presented with certificates.



Left to right:
In order as
listed above.



Sydney North Dance Festival

Congratulations to our students who performed at Glen Street Theatre in the Sydney North Public Schools Dance Festival this week. Superbly led by Chloe Woodward, the three ensembles performed *Spring*, *The Visitors* and *Petrichor* to an enthusiastic audience over a number of matinees and evenings.

Principal's Award Reminder

Our Principal Award ceremony, celebrating outstanding academic achievement in Semester 1 2019, will be held in week 1 next term; Years 7, 8 and 9 at 9:30am Thursday 25 July and Years 10, 11 and 12 at 9:30am on Friday 26 July.

Parents and guardians of students receiving an award have been notified by mail. We hope you are able to attend the ceremony to celebrate your student receiving this accolade.

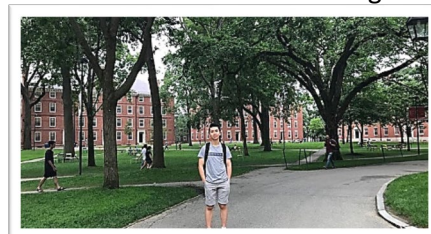
The ceremony and morning tea will conclude around 10:30am.

Happy Holidays

Best wishes to all students, parents and staff for a safe and happy winter vacation. We look forward to the return of all students on **Tuesday 23 July**.

Congratulations to:

- Isaac Ng (Year 11) who is currently attending the seven week Harvard School Secondary School Program. This program offers a taste of the college life with students attending the summer schools courses. Isaac was selected for his string academic record and thoughtful application. He is enjoying studying their courses in Neuroscience and Mathematics.
- Eric Wu (Year 8) who has been shortlisted for the prestigious and competitive Whitlam What Matters Writing Competition out of 4500 entries.
- Sam Goodman (Year 11), Ken Lamb (Year 9) and Maggie Goodman (Year 9). Sam and Ken won in the team competition at the CHS State Squash Tournament in Sydney this week. In the individual competition, Ken and Maggie both won the U15s and Sam tied 3rd. All three will be representing NSW in New Zealand at the Trans-Tasman Squash Interchange.



Cath Whalan
Principal

From the Deputies

Aim for the moon....land in the stars

During the upcoming holidays, 20 July will mark the 50th Anniversary of the moon landing. Some of us may have been around to bear witness to the media sensation that this event created and certainly all of us have had the historical significance of this event embedded in our psyche. The headlines of 1969 quoted Neil Armstrong in describing the landing as a 'Giant Leap for Mankind', an event that to this day symbolises the pinnacle of scientific discovery.



Whilst the late Armstrong is famous for leading the expedition and taking the first step on the moon, he kept a lower profile later in his life; often described as a 'reluctant hero'. On the other hand, Buzz Aldrin, the second person to have walked on the moon, has had a strong presence in public life – especially in the advocacy of further space exploration. He has written a number of books on the subject, his experiences and motivations. He is renowned for being just as candid about his failures as his successes and how these are integral to each other. Below is a list of guiding principles taken from his book entitled *'No Dream Is Too High: Life Lessons from a Man Who Walked on the Moon'* (2016):

- The sky is not the limit ... there are footprints on the Moon!
- Keep your mind open to possibilities.
- Show me your friends, and I will show you your future.
- Second comes right after first.
- Write your own epitaph.
- Maintain your spirit of adventure.
- Failure is always an option.
- Practice respect for all people.
- Do what you believe is right even when others choose otherwise.
- Trust your gut ... and your instruments.
- Laugh ... a lot!
- Keep a young mind-set at every age.
- Help others go beyond where you have gone.

- Progress is not always linear. It takes constant course correcting and often a lot of zigzagging.
- Unfortunate things happen, accidents occur, and setbacks are usually painful, but that does not mean we quit.
- Be careful what you dream—it just might come to pass, so be prepared.

Alex Newcomb – DP Year 7, 9 & 11

Kathy O'Sullivan – DP Year 8, 10 & 12

Canteen

[Click here for the Term 3 Canteen Roster](#)
[or to sign up as a volunteer](#)

We are still greatly in need of volunteers to help share the load. Please check your diaries, the link above shows the days we need help. Thanks in advance!

2019 Nationally Consistent Collection of Data on School Students with Disability

NBSC Manly Campus, along with schools across Australia, will again be participating in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). Our involvement in this process is crucial as it will provide valuable information about supports required for a broad group of students in our school. The NCCD will enable National and State governments to better target support and resources in schools, which will in turn help schools access support for all students with additional needs.

The NCCD is not limited to students with diagnosed disabilities. It uses a very broad definition of disability, taken from the Disability Discrimination Act 1992 and the Disability Standards for Education 2005, which includes a range of health issues and learning difficulties where schools implement strategies to support students in participating effectively in their learning.

The Data Collection will take place in August. No personal or identifying information about any student will be included. If you have any concerns about the NCCD, please contact Ms Kate Munro (Head Teacher Secondary Studies).

You can find out more about the NCCD at: [School Disability Data](#)

Enviro Day

Student Report

The Environment Committee held their annual Enviro Day on Tuesday 25 June, and it was a great success! Our overall goal was to educate students about key environmental issues, make them more interested in looking after the environment, and raise some money for charities, as well as school based environmentally friendly initiatives.

We held a photography competition that saw some incredible entries being submitted by students at Manly. On the day itself, everyone could vote on their favourite to be in the running to win a prize.



An entry in the photo competition by Elliot Connor (Year 11)



We also had two stalls that focused on wildlife, one teaching students about endangered animals, as well as one on birdlife in and around Sydney. We found that they were well received by students, and gave them great insights into the beautiful environment we surround ourselves in.

We ran a bake sale, a stall that sold succulents, and a sour worm guessing competition that was complemented by teaching students about our school worm farm. Succulents are a type of plant that retains water easily, so we sold them in jars of soil, giving students at Manly an opportunity to learn about how to take care of plants, and liven up their indoor living spaces.

Overall, it was quite an enjoyable day, and we hope that students will continue to think about how they can be more environmentally conscious.

Luka Vajdic (Year 11)

Year 7 Zoo Excursion

Student Report

Year 7 and our science teachers enjoyed an exciting day at Taronga Zoo last Tuesday. When we got to the zoo, we marked the roll and broke off into small groups. We received a scavenger hunt worksheet, which required us to take pictures and selfies with certain types of animals. We explored all sorts of Australian animals including kangaroos, koalas and wombats. We also had a look at the beautiful birds and the mighty apes, as well as the Australian nightlife which included animals such as possums, bilbies and echidnas. We went on short bush walks and relived our early childhood in the playgrounds of Taronga Zoo.



In the afternoon, we went to the Taronga Institute of Science and Learning and learned about classification sequences of a few different types of animals that included birds, reptiles and marsupials. We were split into our four different classes and each class went one at a time to either the woodland classroom or the desert classroom. The woodland classroom students looked at animals including parrots, a blue tongue lizard, a cane toad, a quokka and a stick insect. The desert classroom students had a look at animals including a snake, gecko, bilby, scorpion and birds. We broke down each animal's classification sequence and learned about both their external and internal features and functions like how kangaroos can pause their internal pregnancy.

It was a truly fun experience to learn about the different phyla of the Animalia kingdom and to interact with a blue tongue lizard as well as completing the photo scavenger hunt and looking at all sorts of animals. This day wouldn't have been successful without our fabulous science teachers who helped us be organised throughout the day. From the selfies to the kangaroos, seals to the tigers, our Year 7 student body along with the science teachers had a supercalifragilisticexpialidocious day at Taronga Zoo.

Nihira More (Year 7)

Year 10 Elective Music Report

Composition Masterclass with Elden Loomes

On Friday, our elective music class experienced a great opportunity - a composition masterclass with Elden Loomes, an accomplished Manly Campus HSC music student. We were given many words of advice and amazing tips from an expert as well as guidance for our own compositions.

Elden has already composed two symphonies, a modern string quartet, a scherzo for orchestra, as well as numerous other major works. He has had the incredible opportunity to have several of them played in ensembles including *Largo*, played by the chamber orchestra at Open Day, *Il Balo*, also played by the chamber orchestra, and a string work for *Musicale*. Elden has found that his favourite moments during composing are the moments of flow and productivity "where it all just comes out" and he encouraged us to find our own flow.

Some of Elden's key tips to any upcoming composers were to not be afraid to ask for help, experiment with new ideas and to always have a go. More specifically related to composition, he went into detail about keeping the attention of the listener without



overwhelming them through the use of variation in dynamics, meters and fully utilising the potential colours and qualities created by sections of the orchestra. Elden also recommended that we understand which rules apply to ensure that our works are not chaotic. He advised us to start with a simple idea and create layers and interest through the use of counter melodies and harmonies to keep the piece moving forward and maintaining a listener's engagement.

**Lucienne Herft
Music**

UNSW cupcake Programming Competition



cupcake

School of Computer Science and Engineering

Last Friday, Manly Campus entered 3 teams (2 x Year 10 and 1 x Year 7) into the UNSW cupcake Programming Competition run by the School of Computer and Engineering at UNSW.



Teams had to have a maximum of three students in each, with the goal to solve as many of the set programming tasks as possible.

Tasks could be completed using any programming language(s) capable of reading from input (keyboard or redirected from a text file) and of writing text to the screen or to a file, and for which the program source code could be easily and clearly displayed.

Each team shared a single computer with a single keyboard and pointing device. They had the option of a printer and multiple screens and they could use materials such as paper and pens without restriction. Teams were allowed to divide the tasks between themselves in any way they wished. All used code had to be submitted and any code not written by team members had to be clearly identified.

Judges awarded points for each task attempted. Marks were awarded for producing the correct output for each test input.

181 teams from across Australia submitted competition responses and one of our Year 10 Teams (Casey Bolton, Alessandro Eliot and Daniel Duncan – *pictured below*) were awarded a Distinction, coming 12th in the country and just missing out on being a finalist by only 3 places.



Manly Campus's other Year 10 team (Harry Ross, Daniel Field and Ryan Lynch) and our Year 7 team (Charles Morgan, Thomas Osborn and Justin Zhang) gained valuable experience and understanding of the competition and the tasks involved.

Congratulations to all teams on their outstanding performance.

We look forward to Manly Campus entering the competition again next year.

Branko Goykovic
TAS

Science Report

Alumni Student Congratulations

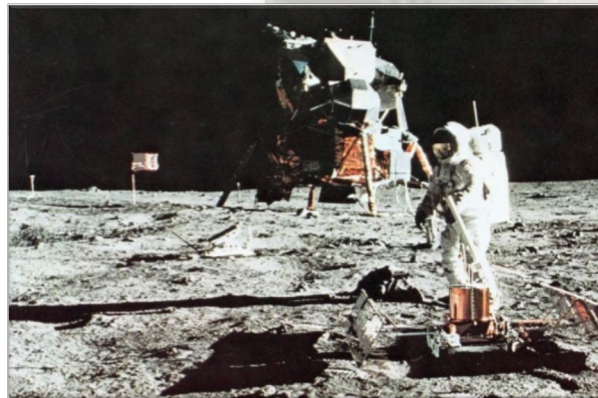
Callum McDiarmid (Year 12 2011) has completed both his Bachelor and Master degrees in Biology and has begun his PhD at Macquarie University.



He has just been awarded a (very prestigious) Fulbright Scholarship and will be studying for his PhD at Cornell University in New York State, USA.

Congratulations Callum and we wish you well.

50th Anniversary - The first man to walk on the Moon, 20 July 1969



Some key events from 1969: Manly Boys' High School (here at North Curl Curl) was just 15 years old, Vietnam War, the Beatles, loud fashion, Woodstock, hippies AND the first man to walk on the Moon!

Top music and bands included: the Beatles ("Come Together", "Yellow Submarine", "Let it Be"), John Lennon ("The Ballad of John and Yoko", "Give Peace a Chance"), the Rolling Stones ("Honky Tonk Women"), the Beach Boys ("I Can Hear Music"), David Bowie ("Space Oddity"), Aretha Franklin ("Tracks of my Tears"), Creedance Clearwater Revival ("Bad Moon Rising"), The Archies ("Sugar Sugar"), Procol Harum ("Whiter Shade of Pale"), Led Zeppelin ("Whole Lotta Love"), Neil Diamond ("Sweet Caroline") and Jimi Hendrix – a star of Woodstock.

Top Movies included: "Butch Cassidy and the Sundance Kid", "Easy Rider", "Midnight Cowboy", "The Wild Bunch", "True Grit", "They Shoot Horses don't they?", "Hello Dolly", "On Her Majesty's Secret Service", "The Italian Job".

Fashion:



Space Travel: Apollo 11, carrying Neil Armstrong, Buzz Aldrin and Michael Collins was the first space mission to land men on the Moon. Armstrong's first

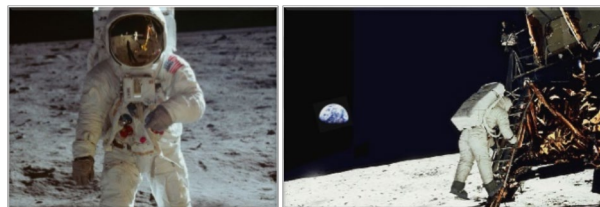
step onto the lunar surface was broadcast on live TV to a worldwide audience, including Australia, where students in schools stopped classes to gather around small black and white TVs. Apollo 11 effectively ended the space race (with the USSR) and fulfilled a national US goal proposed in 1961 by President John F. Kennedy.

Neil Armstrong was the first man to step onto the surface of the Moon from the lunar module, "Eagle", uttering the now famous quote: "One small step for man, one giant leap for mankind." Buzz Aldrin joined him while Michael Collins remained in the command module in lunar orbit. The two astronauts spent 21 hours on the lunar surface at the Sea of Tranquility before rejoining Collins. They performed numerous experiments and collected samples from the surface. They returned to Earth 8 days later when they splashed down in the Pacific Ocean. They then spent two weeks in quarantine as scientists did not know whether they would bring back pathogens or be more susceptible to picking up infections back on Earth.

NASA inventions: During and since the Apollo missions, NASA scientists have pioneered more than 6,300 technologies. They had to make entirely new materials, tools, objects to be able to reach their ultimate goal of landing on the Moon. From these space flight origins, the following are some of the new technologies that emerged:

- Space suit materials – weatherproof, insulated, adapted to make swimsuits to reduce drag
- CAT scanner to detect cancers – first used to find imperfections in rockets
- computer microchip – first used in rocket computers
- cordless tools – drills and vacuum cleaners helped to collect moon samples
- ear thermometer – detects infra-red rays, originally used to monitor the birth of stars
- freeze-dried food – reduces weight and increases shelf life
- home insulation materials – reflective material that protected spacecraft from radiation
- invisible braces for teeth – from transparent ceramic brace brackets on outer rocket surfaces
- joystick – first used in the Apollo Lunar Rover
- memory foam – created for aircraft seats to soften landing

- satellite television – helped to fix and reduce scrambled pictures and sound
- scratch resistant lenses – astronaut helmet visor coating, now makes spectacle lenses more scratch resistant
- shoe insoles – adapted space boot design, with spring and ventilation for foot support
- smoke detectors – with sensitivity levels
- water filters to kill and remove pathogens in water taken into space.



Vicki Maggs
HT Science

Year 7 Term Report

It has been a huge term for Year 7 who began the term by participating in a Digital Insight workshop which aimed to emphasise the importance of safe and responsible digital presence as well as raise awareness of digital footprints.

The keen and eager Year 7 were also given the opportunity this term to develop spiritually through scripture services and given effective and valuable public speaking guidance in a speaking workshop where they engaged in both impromptu and prepared topics.

This term Year 7 were given the option of trying out for Grade sport teams and represent the school in local interschool competitions. The interest was very high and our zealous students have definitely shown themselves to great representatives for Manly.

Despite a term filled with assessments, our young and vibrant Year 7 students participated with great enthusiasm at the school athletics carnival and also in the school musical 'Wicked'. It is great to see so many immerse themselves in the multitude of extra-curricular opportunities available at Manly and take initiative for a holistic development.

G24 have ended the term with a fabulous science excursion to the zoo. The beautiful weather and timely event put smiles on many faces.

Congratulations to a wonderful Semester 1 to G24!

Enjoy the well-deserved break and see you back in Term 3.

Ms Chandra
Year 7 Adviser

Year 8 Term Report

Another term finished, the first half of 2019 is complete. Although Term 2 hasn't been the busiest for our year group, some significant success stories have shone through. With Year 8 reports posted, students spent yesterday's PC reflecting on their academic progress in each of their subjects. After reading many of the reports, I was impressed with the quality of achievement being attained by year group and look forward to reading about more success stories at the end of the year.

Food Technology showcased the culinary talents of several classes at the food critic's day. Students invited a guest to come along and sample their menu and rate their dishes in a professionally presented environment. Everybody I spoke to said that they were very impressed with the quality and presentation of the food and many looked forward to having these meals cooked at home for them in the future.

Early in the term we had our athletics carnival where our year group took centre stage in many events and showed that our cohort's sports men and women are a force to be reckoned with. The day was an absolute success and many Year 8 students qualified for Regional finals.

Parent Teacher night was also a fantastic evening where parents met their children's teachers and gained a better understanding of their successes and areas for improvement. As I walked around and greeted many parents and Year 8 students, I was pleased with the fact that most people had a huge smile on their faces and were very thankful to all the staff with regards to their children's education.

I hope everyone has a safe and enjoyable holiday and I look forward to see our cohort succeed in Term 3 of 2019!!! Who are we? G23!!!

Mr Goykovic
Year 8 Adviser

Year 9 Term Report

Firstly, a huge thank you to Mr Blanch from both myself and the students for the amazing job that he did over the last two years as Year Adviser. Since starting in this role this term, I have had a great time getting to know the fantastic young people of this Year 9 cohort. Over the course of this term, Year 9 has participated in a variety of activities and have taken the many opportunities offered to them.

The term started with a number of creative Year 9 students enjoying the annual pilgrimage to the peace and tranquilly of the Bundanon Art camp where they partook in the idyllic lifestyle on an artist for 3 days. On their return, it was straight into the rigors of NAPLAN which all students took in their stride.

A recurring event, 40 Year 9 students this term took part in Project Penguin. This allows our young, caring teenagers to work as mentors to Year 5 students from Harbord Primary School. In this authentic project, the primary students design a solution, under the guidance of their mentors, to the problem of the local Fairy penguin communities' conservation and protection. After 4 project development days, it culminated in a day at the zoo showcasing their ideas. The local major, State MP for Manly and the Federal MP all visited this event.

Congratulations to all students involved, particularly to David Tsai for his outstanding mentor award and to Millie Matthews, Ashlyn Johnson and Alicia King for showing the official party around the event. Thank you to Ms. Munro for coordinating this event.

The students' diversity of abilities was also evident this term with a vast number of students achieving many sporting feats. These included Louis McKay (Rugby) and Freya Green (Water polo) being chosen to represent NSW, while many Year 9 students performed fantastically well at the zone carnivals with Maggie Goodman and Lachlan Farquhar crowned age champions. Lachlan for athletics and Maggie for both cross country and athletics.

Academic achievements were also at the fore, with both the Da Vinci Decathlon and Maths modelling teams producing strong performances while competing against other NSW schools.

We have 64 students receiving Principal Awards at the beginning of next term for outstanding academic achievement in Semester 1.

All Year 9 got a sneak preview as to what is in stall for them at camp in Term 4, when a representative from the Foster camp presented at the last year meeting. It looks like it will be a blast! Further information including permission notes and payment details will be sent home next term.

Finally, a huge congratulations to all Year 9 students who gave up so much of their time to lend their talents to the 'Wicked' musical. Described by many as "the best ever", with Year 9 represented in cast, crew and orchestra.

Thanks to all for an entertaining term and I look forward to seeing all of Year 9 next term. Have a happy, relaxing and safe holiday.

Mr Crooks
Year 9 Adviser

Year 10 Term Report

Another semester finished! Year 10 are fast approaching the end of their 'junior' years with only one semester to go. Below are some highlights of this term, as well as what to expect next term:

The first big event to happen in Term 2 was the Athletics carnival. Congratulations to Jack Giffin and Malayika Russell for winning 16 Years Age Champion at our school event and winning Warringah Zone Age Champions.

Another amazing sporting achievement this term goes to Hannah Lovlin, for earning the title of 16 Year Girls Age Champion at the Warringah Zone Cross Country competition. Well done guys!

The next huge event in Term 2 was the school musical. This year the production 'Wicked' showcased the incredible talents of many of our

students, including Year 10. Across the cast, the backstage crew and the orchestra, Year 10 was wonderfully represented with a host of dedicated students who had worked long hours after school and on weekends to bring to life this exciting musical to life. The end result was an exceptional show! Thank you to Ms Woodward, Mrs Herft and Ms Grace for all your hard-work, expertise and dedication to create this magnificent show.

Congratulations to the Year 10 SRC members who ran a successful 'Tim Tams & Jim Jams' day which raised a record-breaking \$1,022.80 for the Pyjama Foundation. Well done Alex Yuen, Eliza Lo Russo, Hannah Lovlin, Lea Hartley, Noah Sawyer and Daniel Shi for your maximum efforts in organising and putting together this event. A big thank you to Mr Leung for all of his efforts in coordinating the SRC.

The beginning of next term will be very important for Year 10 as they will take part in the Year 10 into Year 11 Subject Selection Round Robin during the school day and have Subject Selection Evening on Wednesday night in Week 1. These two crucial events are designed to assist Year 10 in selecting their subjects for their HSC. The day-time Round Robin event will offer the opportunity for teachers to speak to students about their specific subjects whilst the night event will offer an overview of the HSC, more information on Year 11/12 subjects and the subject selection process. An interview process with students and their parents will also be undertaken later in Term 3 to further assist students in making effective choices. Thank you to Mrs Whalan, Mrs O'Sullivan, Mrs Rixon and Mrs. Colby for organising these events and resources to support our Year 10 in making their decisions.

A reminder to Year 10 to continue collecting volunteering hours. Some volunteering opportunities coming up next term include the wraps-for-love cake stall and canteen duties. Work experience is also fast approaching and there are still a number of students who need to lock in their places. Any students who are still trying to find volunteering opportunities and/or work experience spots need to check their DET emails for regular careers notices or speak with their careers teachers.

Next term our PALs Leaders will begin their training to assist Year 7 in developing their study skills. Daily notices next term will provide more information on those training days and mentoring duties.

We farewell and congratulate Year 10 student Mallika Aithala, as she finishes school at Manly Campus to embark on her new adventures overseas at ballet school. We wish Mallika good luck and hope to see her again in the future (perhaps performing!)

Have a safe and enjoyable holidays everyone. See you all next term!

Ms Truong
Year 10 Adviser

Year 11 Term Report

Second last term of Year 11 done and dusted, and the fabulous cohort are getting the hang of their new role as seniors. They have risen to the challenges of Preliminary HSC assessment tasks, Life Ready workshops, key Musical roles and responsibilities, leadership opportunities in the form of SRC, SWAT, Environment Committee, multiple band performances, etc. and coped admirably with jetlag coming back from two fabulous Manly overseas excursions, and that's just the activities they are involved in at school. Many of our Year 11 have sport, passions and hobbies they pursue outside of school, have jobs, are learning to drive (or already have their Ps) and should be having a healthy social life. Their lives are busy and demands on their time are high.

With this in mind, I am frequently having conversations with Year 11 about the need to develop practical time management strategies and organisational skill to enable them to work SMART not long. Year 11 is the time to build their strengths in this area and get those learning muscles ready to flex to help them power through their HSC.

Here are my top 3 tips for building muscles.

1. Power Half Hour

Each night (Monday to Friday):

- Empty school bag
- Stick in sheets, etc.
- Go through notes - edit, redraft, refine
- Write brief synopsis or dot point summary of main points or an interesting observation made in class
- Stick in/sort through handouts
- Clarify tricky areas or write down any questions you still have
- Organise bag for the next day.



WHY?

- It will solidify your learning
- It will help you identify gaps in your knowledge and understanding
- It is an excellent way to keep your notes and workbooks neat, legible and organised
- It will help you feel more in control
- An excellent tool for developing independent, effective study habits.

2. Pomodoro Technique



Studies have shown that most of us (particularly during adolescence) struggle to focus effectively for more than 25 minutes. The Pomodoro technique involves breaking down your tasks in half hour blocks, identifying a **SMART** (Specific Measurable Attainable Relevant Timely) task to do for 25 minutes, then having five minute break (and only 5

minutes) before getting into your next 25 minutes SMART task.

An example of a SMART task is:-

I will do **five** Prelim Practice Maths questions in **25**



minutes

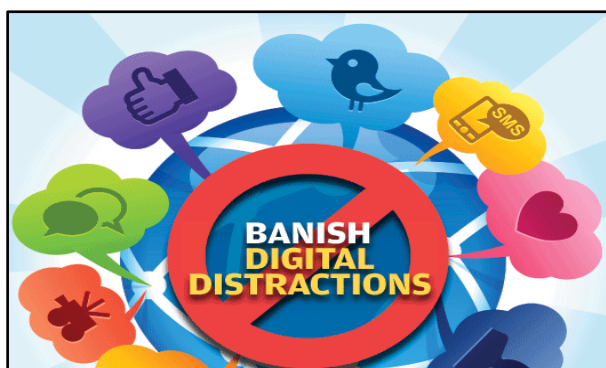
It is **relevant** and **attainable** as opposed to the broad sweeping statement of:-

I'm studying for the Maths test.

Thus create 4 x 30 minute blocks of SMART tasks then a longer break where you can do some exercise, gaze into the depths of the fridge, flick through social media, daydream, bond with your parents... whatever you choose. A sustained approach of chunking tasks like this will soon make you feel more effective in your management of time and your learning outcomes.



3. Banish Digital Distractions



- **Delete the apps that are the most distracting.** This is especially effective during exams. You can always reinstall them later.
- **Turn off all alerts.** It's hard to stay focused when alert after alert is telling you what you're

missing. Turn them off while doing homework, then on again when you're done.

- **Use 'Do Not Disturb'.** This silences alerts, notifications and phone calls until you turn it off. You can also set up daily, scheduled *Do Not Disturb* sessions for the times of day you tend to study.
- **Leave your device in another room.** Set a goal for when you can next check it.
- **Use technology to save you from technology.** Apps, like Antisocial, can block social media for a set period of time. Other apps, like Freedom or Off Time, also block the Internet altogether for a set time. There are apps for phones and computers.
- **Give your device to a parent.** You could call this the nuclear option, but if all else fails, ask an adult to hold on to your phone and not give it back until you're done studying.
- **Use the Pomodoro method** – using an old-fashioned egg timer or a clock/watch.

I encourage all Year 11 to use these three tips to help them work SMART in the final term of Year 11 so that they start Year 12 as efficient learners ensuring that they carve out time in their busy schedules for the *Five Ways of Wellbeing* - staying active; developing and maintaining connections with loved ones; taking notice of themselves, others and the beauty in their everyday; keep learning their hobbies, passions, sports etc.; and giving their time, energy and understanding to those in their lives. Oh and don't forget sleep – crucial component of successful learning: 8-10 hours per night please!

Have a wonderful restful break.

Ms Brien
Year 11 Adviser

Year 12 Term Report

The end of Term 2 is a busy time in the Year 12 calendar as students are finishing their final assessments and beginning preparation for the Trial Examinations that will occur in Term 3, weeks 3 and 4.

This term has seen many achievements across the Year 12 cohort, which are particularly meritorious given their busy academic schedule.

An impressive number of Year 12 students participated in the school musical *Wicked*, which was a HUGE success. Those lucky enough to secure a ticket for the sold out performances would all agree that the music, lighting, acting, dance, vocals and sets all tied together to produce an incredibly uplifting and moving performance. Having seen this show on Broadway and twice in Sydney, I can happily say that the school production put on by Manly Campus was equally as professional and talented as those created by the big-budget producers. The orchestra was phenomenal and our talented Year 12 musicians in conjunction with Ms Herft and the other orchestra members were to thank for the magnificent soundtrack. Many of our musicians have performed in the musical orchestra for numerous consecutive years in a row, some have been waiting to perform in the 'Wicked' orchestra pit since they were 7 years old. It was also wonderful to see our dancers and actors who graced the stage with their energy and presence. Congratulations to Evan Foo who was the wonderful Wizard of Oz and debuted in an acting role in his final year of high school. The back stage, lighting and tech crew are also to be thanked, as while they may not be seen, without them the production would not occur. I was very proud to watch all of the Year 12 students involved in their final high school musical production. It is an experience that will stay with them for life, as they will forever be part of the Manly musical family. Thank you to Ms Woodward, Ms Herft and Ms Grace as without your tireless efforts, energy and time our students would not have had this fabulous opportunity.

Congratulations to all the Year 12 students who were involved in the Mathematical Modelling

Challenge who were national finalists and to those who have received their Bronze and Silver Duke of Edinburgh Awards. Again, these are highly prestigious achievements given the time pressures on senior students.

I wish all Year 12 students a safe holiday. While this holiday may be seen more as a 'study break' by Year 12 students, I hope that students are kind to themselves and do take the time to have a well-earned rest and ensure to mix some fun activities into their busy study schedule.

I look forward to seeing students in Term 3 and assisting them through their final 'official' term of school. Warm wishes.

Ms Izosimova
Year 12 Adviser

P&C Trivia Night

The **P&C Trivia Night** is coming up next term on **Saturday 24 August, 7pm**. Held in the school hall, this event is BYO food and drinks for the evening.

The theme is Christmas in August. Tickets are \$35 and available to purchase through [trybooking](#).

There will be tables of 10. Get a table of friends together or buy a ticket/tickets and join a table.

Any donations of goods and services for our silent auction would be well received and greatly help the success of this fundraising evening. To date we have received the following items for silent auction: 2 night Airbnb stay on the gold coast, Alex Newcomb artwork, Driving lessons, Herring room dining voucher, Temple & Webster voucher, Outdoor gas heater, Outdoor party lighting and Boat House dining voucher. Many thanks to our generous donors!

Next term we will start collecting donations for our gift baskets. The gift basket raffle is an important part of the fundraising on Trivia Night and we ask Manly Campus families to help us make these baskets full of wonderful tempting goods.

Please drop your donations into the office from Thursday 1 August – Friday 23 August.



To ensure we have a great range for our baskets we have given each year group a suggestions for their donations.

Year 7 – Chocolates: bars, boxes, etc.

Year 8 – Men: BBQ related products and tools, car care kits, gardening items, sports gear, shaving products etc.

Year 9 – Ladies: Face cream, makeup, nail polish, candles, mugs, vases, scarves etc.

Year 10 – Gourmet Food: (non-perishable) nuts, biscuits, tea, coffee, olives, jams chutneys, cheese knife/board etc.

Year 11 – New Books: Cooking, Travel, History, Novels etc.

Year 12 – Alcohol: Wine, Beer, Spirits etc.

Please see the attached flyers attached to the back of the newsletter for more details.

Upcoming Events

Year 10 into 11 Subject Selection Information Evening

Date: Wednesday 24 July, 6:45pm

In the school hall

Principal's Awards

Year 7, 8 and 9

Date: Thursday 25 July, 9:30am

In the school hall

Year 10, 11 and 12

Date: Friday 26 July, 9:30am

In the school hall

HSC Trial Examinations

Date: 5 – 16 August 2019

SECOND HAND UNIFORMS

LOCATED NEAR THE CANTEEN

Next open

Tuesday 6 August and Thursday 15 August

8:15am-9:30am

Open before school on the first Tuesday and the third Thursday of the month

8:15am – 9:30am

Coordinator Marg Martin

Please contact Marg if you would like to place an order

margaret.martin@optusnet.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



SE and CO – crowd pleasers at the Northern Beaches Instrumental Festival

String Ensemble and Chamber Orchestra braved the wild weather on Saturday 22 June to play to a full house at the festival. Their performances were extremely well received by the adjudicator and audiences. Thank you to our delightful Strings conductor Brian Buggy for his inspiration and care and for conducting Chamber Orchestra at the gala concert in place of Liz Scott.



Register to Volunteer by 11 July: City2Surf Fundraiser Sunday 11 August

The main fundraiser for band this year will be at the City to Surf on Sunday 11 August.

Please register this weekend before the holiday feeling sets in!

We need 100 students, friends and family members to assist that morning with bag sorting and bag distribution at Bondi Beach. The band raises invaluable funds for every volunteer we send to help. The more volunteers, the more \$\$ and the merrier the time had by all!

In addition, students can earn 4 pink school merits, 6 volunteering hours for Year 10 and 4 hours of Duke of Ed volunteering time.

It's a fun and community spirited morning. Please have your family and their friends register by Thursday 11 July to help.

See the C2Surf flyer in this newsletter to find out how. Or contact parent coordinator Monique for further information: moniquepardavi@gmail.com

Jazz Combo on Fine Music 102.5 FM this Sunday from midday

The first round of performances for the school jazz combo competition will go to air at 12pm on Saturday 6 and Sunday 7 July in two one-hour programs.

Saturday 6 July: Caringbah, Chatswood and Knox

Sunday 7 July: Mosman, NBSC Manly and NBSC Offbeat

These programs go to air on 102.5 FM and Fine Music DAB+ and both will be available to listen to for the following 7 days via the Fine Music website under *Radio on Demand*.

<https://www.finemusicfm.com/listen.html>

Jazz Combo Performers:

Rex	Cameron	Baritone saxophone
Aidan	Wong	Alto Saxophone
Tilly	Dearden	Trumpet
Amelie	Grattan	Trumpet
Bill	Bakker	Trombone
Lachlan	Vu	Guitar
Maia	Hopf	Piano
Metyse	Rogley	Bass
Zach	Eggleton	Drums

Congratulations on the Musical

The band wishes to congratulate all the organisers, staff, students and parents involved in the school musical last week for such an amazing, professional and inspiring production of *Wicked*. It was fabulous!

Workshop Day (pupil free day)

Monday 22 July, Manly Campus.

All wind and jazz ensembles except JO must attend on this day for post-holiday preparation for the festival on 27-28 July.

CB: 7:30- 10:30 am
SWB: 11-12 pm
WE: 11- 12:30 pm
SB: 12:30-1:30 pm
SWO: 1-2:30 pm
BB: 2-4 pm

Australian School Band and Orchestral Festival, Sydney Conservatorium of Music, 27-28 July

Arrival times have been issued by the event organisers and emailed in the call-sheet last week. Please note arrival times are subject to change so please look for emails from your liaisons the week prior to confirm final times.

Saturday 27 July

SWO: Verbrugghen hall- arrive 7:45 pm

Sunday 28 July

SwB: Choral assembly hall- arrive 8:34 am
SB: Choral assembly hall- arrive 10:32am
CB: Music workshop – arrive 12:49
WE: Verbrugghen hall- arrive 1:50 pm
BB: Choral assembly hall-arrive 4:05 pm

Families and friends are encouraged to attend. It is well worth seeing these formal performances at a dedicated music venue.

[Tickets available online](#) or at the door.

Band Blazers are available at Pickles

Blazers have arrived for those who ordered them earlier in the year. Additional blazers should be available for sale in all sizes. Blazers are required for the Festival in Term Three.

To buy or sell a second-hand blazer, contact parent Di Turner ASAP at moogiet@optusnet.com.au

Changed date for 'Musicale'

Sunday 22 September at 6pm

The Independent Theatre, North Sydney

SWO, JO, SE, CO.

Please make a note in your calendars.

Band Calendar

Term Three

Workshop Day (pupil free day)

Monday 22 July, All wind and jazz ensembles (except JO) **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**

HSC Trial Performances, 30 July, MSC hall, SE/JO

City to Surf Fundraiser, Bondi Beach, Sunday 11

August, open to all members and families
-register by 11 July

Essentially Ellington Down Under Festival,

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

Term 3 Band Meeting, Monday 19 August, 8pm, Library, All welcome

Fine Music 102.5 School Jazz Combo competition,

Saturday 31 August, JC (TBC if successful in Round One)

Australian School Band and Orchestral Festival,

Sunday 8 September, SE/CO

HSC performances, MSC hall, 9- 20 September (Date TBA in Term 3), SE/JO

Intermediate Band tour, 18-20 September, WE/BB

Musicale rehearsal, Friday 20 September, MSC from 3:30pm, SWO, JO, SE, CO

Musicale, Sunday 22 September, The Independent Theatre, SWO, JO, SE, CO. *Now Sunday*

Farewell to Year 12 Assembly

Wednesday 25 September, Manly Campus quad, combined SwB/SB

Workshop with US jazz guest artist for JO and bass players, Friday 4 October at Manly Campus

Manly Jazz Festival, 5-7 October, JO/JC

Term Four

Year 12 Graduation, Wednesday 13 November
Freshwater Gym, approx. 3-6pm, JO

Orchestral Soiree

Friday 15 November, Mosman Art Gallery SE/CO

Jazz Night Out

Saturday 16 November, Showroom at DY RSL, SwB/SB/BB/JO

AGM and Term 4 Band Meeting

Monday 25 November, Library, 8pm, All welcome

Junior Band Tour

Monday 2 – Thursday 5 December, Port Macquarie CB/SwB/SB

Year 7 2020 Orientation Day

Tuesday 3 December, MSC hall- WE/SE
(ensembles TBC)

Presentation Night

Wednesday 11 December (TBC)
Freshwater gym- WE

Big Band Bash Christmas

Thursday 12 December (TBC), All Ensembles



City to Surf – 11 August 2019
Please help fundraise for Manly

Campus bands

[Click here to register now!](#)

Please register by 11 July

Term 3 Calendar

Please check the dates closer to the event

Week 1A	
22/07/2019	Staff Development Day - Pupil free
22/07/2019	Band Workshop Day - all Wind and Jazz Ensembles, compulsory
23/07/2019	Duke of Ed - Silver Qualifying - Compulsory Preliminary Training Option 1
24/07/2019	Year 7 and 8 Debate, Cromer Campus, 9am-2:30pm
24/07/2019	Year 10 Round Robin
24/07/2019	Year 10 into 11 Selection Night, 6:45-7:45pm
25/07/2019	Year 11 Life Ready PARTY and alternative program
25/07/2019	Year 7, 8 & 9 Principal's Awards, 9:30am in the hall
25/07/2019	Duke of Ed - Silver Qualifying - Compulsory Preliminary Training Option 2
26/07/2019	NSWCHS Cross Country Championships, 7:45am-2pm
26/07/2019	Year 10, 11 & 12 Principal's Awards, 9:30am in the hall
27/07/2019	Australian School Band and Orchestral Festival - SWO
28/07/2019	Australian School Band and Orchestral Festival - all Wind and Jazz Ensembles (except SWO)
Week 2B	
29/07/2019	Sydney North Athletics Championships
29/07/2019	Write a Book in a Day, 8am-8pm
30/07/2019	Year 11 RACI Chemistry Quiz
30/07/2019	Sydney North Athletics Championships
30/07/2019	Archibull Project Day
30/07/2019	Year 11 PDHPE First Aid Course, all day
31/07/2019	Opportunity Class Test
1/08/2019	SRC Event - cake stall and BBQ
1/08/2019	Australian Mathematics Competition
1/08/2019	Duke of Ed - midyear catch up meeting, all levels, 6:30pm at Freshwater Campus
4/08/2019-6/08/2019	Duke of Ed Silver Qualifying 2 Night pack and paddle - Option 1

Week 3A	
5/08/2019 - 16/08/2019	HSC Trial Examinations
5/08/2019	Year 7 Warringah Zone Gala Day
5/08/2019	SRC Applications Open
6/08/2019	Year 8 Science Techno excursion
7/08/2019	Principal' s Tour, 9:30am, bookings essential via the office on 9905 3982
7/08/2019	P&C Meeting, 7pm in the library, all welcome
10/08/2019	HAST test, 9am
Week 4B	
12/08/2019 - 16/08/2019	HSC Trial Examinations
12/08/2019	Year 8 Gala Day Manly V Cromer
13/08/2019	Archibull Project Day
14/08/2019	Jazz Band Comp
14/08/2019	New Caledonia incursion, at Mackellar Girls Campus, 8:35am-12:35pm
16/08/2019-18/08/2019	40 Hour Famine
16/08/2019	SRC Applications Close
Week 5A	
19/08/2019	Year 7 Warringah Zone Gala Day - Wet weather date
19/08/2019	T3 Band meeting in the library, all welcome, 8pm
20/08/2019	Year 10 and 11 - SRC Executive Elections in the Common Room
20/08/2019	Year 7 Planetarium incursion
21/08/2019	Year 8 and 9 - SRC Elections in the Common Room
22/08/2019	Year 10 History/Geography excursions
22/08/2019	Year 9 Forensic Science Incursion
22/08/2019	Year 8 into 9 subject selection evening, 6:30pm
23/08/2019	Year 7 - SRC Elections in the Common Room
23/08/2019	Year 8 Science Techno Museum
24/08/2019-26/08/2019	Duke of Ed Silver Qualifying 2 Night pack and paddle - Option 2
24/08/2019	P&C Trivia Night, 7pm

Week 6B	
26/08/2019-30/08/2019	Year 10 into 11 interviews
26/08/2019	Year 7 Geography Excursion
26/08/2019	Archibull Project Day
27/08/2019	Year 8-11 School Captain Elections in the Quad
27/08/2019	Pinestock
29/08/2019	Applications for School Captain close
29/08/2019	Careers Incursion Year 12 Interview Skills Pd 2 and Assembly time
29/08/2019	Korean Education Delegates Visit
30/08/2019	Year 8 Science Techno - College Finals, all day
1/09/2019-3/09/2019	Duke of Ed Silver Qualifying 2 Night pack and paddle - Option 3
Week 7A	
2/09/2019	Year 9 Drama Excursion TBC
2/09/2019	School Captain Candidate interviews with the Principal
3/09/2019	Year 10 Drama Play TBC
3/09/2019	Year 8-11 School Captain elections in the quad
4/09/2019-9/09/2019	CAPA exhibition
4/09/2019	NSWCHS Athletics Championships, all day
5/09/2019	Years 7-10 ICAS Science Competition
5/09/2019	back up date Y8-11 School Capt. elections in the quad
5/09/2019-6/09/2019	NSWCHS Athletics Championships
8/09/2019	Australian School Band and Orchestral Festival - SE/CO
Week 8B	
10/09/2019	ILP Expo 1, 6-8:30pm
10/09/2019	SRC Induction Ceremony
11/09/2019	ILP Expo 2, 6-8:30pm
11/09/2019	Principal's Tour, 9:30am, bookings essential via the office on 9905 3982
11/09/2019	P&C Meeting, 7pm in the library, all welcome
12/09/2019	Year 10 BStreet Smart Excursion, all day

Week 9A	
16/09/2019	
-	
27/09/2019	Year 11 Examinations
22/09/2019	Musicale
Week 10B	
23/09/2019	
-	
27/09/2019	Year 11 Examinations
24/09/2019	Year 12 Mentor Morning tea, 11am
25/09/2019	Year 12 School Graduation Morning, 10am

NEW DATE!
Saturday August 24, 7pm

TRIVIA NIGHT



Trivia Night is back, better than ever!
Add Saturday August 24 to your diaries and start preparing!

TABLES OF 10
Gather groups of 10 to create an unbeatable team. Don't know anyone? Use the Facebook groups to organise a blind date table.

AUCTION ITEMS
Start asking around in your community for vouchers that we can use in our Silent Auction. All goods and services are welcome. We'd LOVE a big item, such as a stay in a holiday house.

COSTUMES
Dust off your elf costume, drag out the santa hats - it's a festive theme this year!

TICKETS \$35. AVAILABLE NOW!
<https://www.trybooking.com/BDJFB>



**School Resumes on
Tuesday 23 July**

**The next edition of The
Weekly Pines will be on
Friday 26 July**

City to Surf, August 11, 2019

Please help fund raise for Manly Campus bands

Every year the Bands of Manly Campus are invited to volunteer at the annual City to Surf fun run at Bondi Beach's finish line to raise funds for our band programs. Our job is fun, simple, and extremely important. Manly Campus is highly regarded by the organisers for our excellent support.



What we're asked to do

Take the bags belonging to the runners from trucks and place them in numerical order so that when the runners arrive at the finish line we can give the bags back to them.

What we get

Event T-shirt, Morning Tea, Duke of Ed - 4 volunteering hours, School achievement awards for community service (equivalent to 4 x pink merits), Year 10 students 6 hours can go towards your 20 hour volunteering quota, 10kg block of chocolate for the school year with most participants.



How to be involved

You need to register by July 11. If you've previously volunteered for a Fairfax event, just click on this link to register for 2019's City to Surf [Login Link](#)

If you haven't volunteered before register here: [Registration Link](#)

Once you've registered, contact Monique Pardavi on 0423 803 851 or email moniquepardavi@gmail.com indicating who in your family is participating and where you'll be traveling from so that car pooling and parking can be coordinated.

Location

Near finish line at Bondi Beach

Arrival time: Sunrise (TBC)

Estimated finish time:

11am (due to road closures)

Parking: Limited car parking is available, so car-pooling is a must! If you can bring a car full of people email Monique ASAP- we aim to get you a parking permit at a nearby car park. There are shuttle buses to take us from the car park to the beach.

The Duke of Edinburgh International Award – Bronze Service opportunity

Be Connected Young Mentors, Intergenerational Digital Literacy Program

Program begins Tuesday 30th July 2019

Northern Beaches Secondary College and Manly Computer Pals are partnering to deliver a one-on-one digital mentoring program between NBSC Duke of Edinburgh students and our local Seniors to become Tech Savvy.



The poster features the following text and images:

- Top left: BeConnected Youngmentors Intergenerational Digital Literacy Program
- Top right: Australian Government logo and Be Connected Every Australian online.
- Center: Be part of Be Connected Young Mentors and make a difference to someone's life.
- Below center: Help older Australians use their mobile phones, tablets, smartphones, laptops and computers.
- Bottom left: A young woman in a school uniform mentoring an older woman at a laptop.
- Bottom right: A young woman mentoring an older woman at a tablet.

Program timeline:

- Week 1: **Mentor Training - Tuesday 30th July 2019**
4pm – 7pm at Freshwater Senior Campus – room TBA
- Weeks 2-9: 5 Aug – 27 Sept. (8 weeks)
Mentoring at Manly Computer Pals, Manly Seniors Centre
275 Pittwater Rd, Manly. 4 - 5pm ONE afternoon a week
- Break - No mentoring during school holidays.*
- Weeks 10-11: 14 – 25 October (2 weeks)
Mentoring continues at Manly Computer Pals, Manly Seniors Centre
275 Pittwater Rd, Manly. 4-5pm ONE afternoon a week.

Note: This program will complete the Community **Service** section of the Bronze Duke of Ed. Award.

To register email Vicki Busse, the NBSC Duke of Edinburgh Coordinator vicki.busse@det.nsw.edu.au or phone 9939 6942 and provide your name, campus and a preferred mentoring afternoon at Manly Computer Pals. **Closing date for registration Monday 22 July 2019**

More about the Young Mentors program can be viewed at <https://youtu.be/OsTnAW2YQko>