



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

30 August 2019 – Newsletter No.17

From the Principal

Year 10 into 11 Interviews

Year 10 into 11 interviews, conducted throughout the week, have provided a valuable opportunity for students and parents to discuss Stage 6 subject choices and potential career and study options. Strategies to support students through a range of study techniques and wellbeing initiatives were also discussed. Many thanks to Ms Truong, Ms O'Sullivan and Ms Rixon who conducted the interviews.

Pinestock

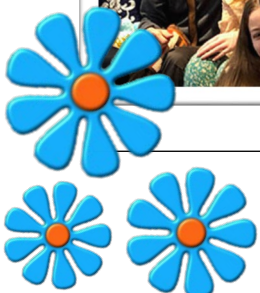
SRC held their annual Pinestock festival with the theme of 'Woodstock' on Tuesday. The wet weather did not deter our students from embracing the theme whole-heartedly and enjoying the spirit of the day. Lots of activities and fundraising, along with musical performances by students and staff were performed in the school hall, which was a highlight of the day.



A big thank you to the SRC for their organisation of the event and to the supporting staff, especially Mr Leung.

Year 7 2020 Principal's Tour

Excitement was in the air on Wednesday morning for many of our Year 7 2020 families, when they attended the Principal's Tour dedicated to this upcoming year group. It was a pleasure to meet our soon to be new members of the Manly Campus community and give them some valuable insight to what is in store for them at our wonderful school.



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Parent Seminar – Supporting Young Peoples Wellbeing

On Wednesday evening, 140 students and parents from all year groups attended a presentation by Sarah Adlington, a psychologist who works in private practice and with KYDS and Avalon Hub. Sarah spoke of the link between anxiety and performance and how to identify and manage unhealthy anxiety and perfectionism. She also provided a list of useful websites and apps, including: *Smiling mind*, *The Mindfulness App*, *Headspace*, *Happify*, *Mind Shift*, *Self-Help for Anxiety Management (SAM)*, *Reachout*, *MoodMission*, *7 Cups: Anxiety & Stress Chat* and *Happify*.

SASS Appreciation Week

This week we recognise the wonderful work of our School Administration Staff, led by Karen O’Kane and Jen Bowden. A sincere thank you from the staff, students and parents of Manly for everything that you do every day to ensure our school runs smoothly. You are all very much appreciated every week of the year.

Korean Education Delegates Visit

On Thursday, 20 Korean Delegates from the Education Vice-Commissioners Group visited our school to hear about our selective school curriculum and how we support our students’ academic success and wellbeing through our programs. Thank you to Eliza Lo Russo, Hannah Lovelin, Noah Sayer and Alex Yuen (Year 10) who took our visitors on an informative tour of the school, to Felicity Murray and Alicia Jiang (Year 8) who spoke about the Achibull Competition and to Alex Lee, Chantelle Lee and Victoria Choi (Year 12) who shared their experiences at Manly (in Korean) with an enthusiastic group of delegates.

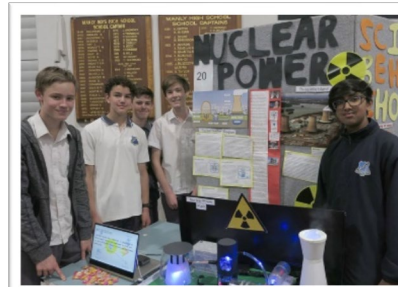


Year 8 Science Techno College Finals

A huge congratulations to our Year 8 students on their efforts in the Science Techno Museum project. There was fierce competition between the Manly groups, but in the end the top six displays as judged by our Year 9 and 10 students and teachers, were: *Nuclear Power*, *The Foot Ball*, *Wind Power*, *Surgical Stitches*, *Space Missions*, and *Lipstick*. Today the college finals were held at Manly, finalists from each school came together and were treated to a presentation from Dr Karl Kruszelnicki. The overall winners for Manly were *The Foot Ball* – People’s Choice and *Space Missions* – Outstanding Achievement.



Science Techno 2019



Student perspective: ‘From the start, ‘Science techno’ sounded like a really fun project. We got to choose our own groups and our own topics, meaning we could study things that we were really interested in. At first, we went to the Australian Museum and the Powerhouse Museum and learnt about what makes an engaging presentation, and about some of the

topics we could choose. For my team, we had already chosen our topic, but the trip to the Museums helped us work out what our display would look like, and how we could keep viewers entertained. Throughout the next two weeks, we got given time at school to work on our projects. All the groups were spread out across the library and computer rooms, giving each group plenty of space to research and plan our displays. Before we knew it the two weeks had gone by, and it was time to present our ideas. Each group got a display board and a desk, and had to have an informative and engaging display. We had two periods to present our displays, and we got marked on the content we had covered, as well as the aesthetics.'

– Gemma Bones

Climate Change Champion

Stephanie Evans (Year 10) spoke passionately in support of the Northern Beaches Climate Emergency Declaration at the Council meeting this week. By all accounts, she brought a few tears of pride and joy to the audience and some of the Councillors. Her speech is available on the link below and in the student reports section in this newsletter.

Congratulations and well done, Steph!

Facebook link:

<https://www.facebook.com/nigel.howard/videos/10220745713261402/?sfns=mo>

Write a Book in a Day

Early this term, 35 Year 8 students participated in *Write a Book in a Day*. In teams they worked hard over a 12 hour period to complete their books and are to be commended on raising over \$8 000 for *The Kids' Cancer Project*, supporting childhood cancer research. Thank you to Kathy O'Sullivan for coordinating and supporting this annual event.

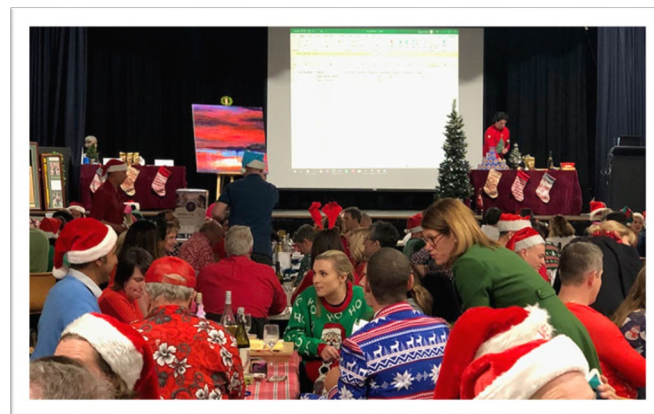
To view the students' books on our school website go to [the latest news section on the home page](#).

P&C Trivia Night

Red and green decked the hall at the annual P&C Trivia Night held last Saturday evening. 205 people attended, a great turnout for the festive theme of 'Christmas in August' which set the mood for an entertaining evening with lots of interesting questions. A big thank you to Sally Rogers who coordinated the event, resulting in over \$11,000 for

P&C funds. Thank you also to the many sponsors who donated some wonderful prizes, to families who donated items for the ever popular gift baskets, to our trivia master, auctioneer, scorers and all other helpers involved.

See the page further in *The Weekly Pines* listed our generous sponsors.



HSC Drama Evening

Congratulations to all Year 12 Drama students for their enjoyable and impressive performances at the HSC Drama Evening last Thursday. Students presented both their group and monologue performances for family and friends in preparation for the HSC Practical Examination which was held on Monday. Many thanks to Ms Joyce and Ms Carolan for their guidance and support of our students.



Year 8 into 9 Subject Selection Evening

The Year 9 2020 Subject Selection evening last Thursday provided an opportunity for Year 8 parents and students to discuss course options for Stage 5 electives. Thank you to all who attended and particularly to the teachers who were available to give further information about the courses and answer the many questions.

Year 12 Visual Arts Exhibition

The opening night for the NBSC Manly Campus Creative Arts Exhibition for 2019 is on Wednesday 4 September at 7pm in the school hall, showcasing our talented Year 12 HSC Visual Arts students' Body of Work. Our Year 12 Music students will be performing and a selection of artwork from Year 7-11 students will also be on display. See the invitation at the end of *The Weekly Pines* for the exhibition days and times.

ILP Expo 2019

The ILP Expo will be held in Week 8 on Tuesday 10 September from 5:30-7:30pm for 'Design and Entrepreneurial Projects' and Wednesday 11 September from 5:30-7:30pm for Art, Research, and Subject Specific Projects. Parents and friends of the school are welcome to attend this display of our Year 10 Independent Learning Projects.

Congratulations to:

- Isaac Ng (Year 11) who recently studied abroad at Harvard Summer School. Isaac received his course results and has achieved the top A grade for both the 'Foundation of Neuroscience' and the 'Multivariable Calculus' courses.
- Ayane Satsuma (Year 7) placed 2nd in the 12 years and under piano section for Ryde Instrumental Eisteddfod and also received a Highly Commended in the Multi-Instrumental Section for Ryde Instrumental Eisteddfod.

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.

Cath Whalan - Principal

From the Deputies

Ideas to help someone who is anxious

Before you continue reading let's start off with a *grounding* activity. *Grounding* yourself, is the process of balancing your physical, emotional, mental and energy state and reconnecting them.

First, I would like you to think of 5 things you can see.

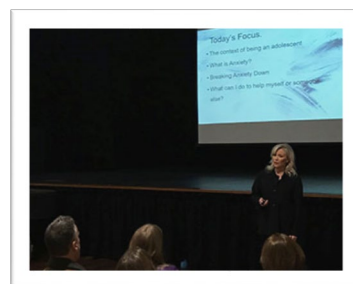
Now think of 4 things you can feel.

Can you think of 3 things you can hear?

What about of 2 things you can smell.

And finally, 1 thing you can taste.

This is one of the strategies Sarah Adlington shared with us at the Supporting our Youth presentation during the week. Grounding helps bring you back to the present by being more aware of your surroundings.



For those that missed the presentation, here are few other takeaways from the evening that could be used help someone who is anxious:

Physical

- Slow breathing techniques
- Blow bubbles
- Grounding
- Mindfulness
- Physical exercise – vigorous
- Sleep routine

Cognitive

- Allocate time for worrying and stick to the time
- Identify and notice thoughts / self-talk e.g. journal, 'worry diary'
- Challenge anxious and perfectionistic thoughts – evidence? Helpful? Alternative view?
- Gratitude diary
- Build problem solving skills
- Self-affirming statements
- Visualise / draw a STOP sign

Feelings

- Journal / draw feelings
- Mindfulness
- Learning to sit with uncomfortable feelings
- TALK TO SOMEONE

Behaviour

- Gradual exposure to fear (with support) – depending on the fear
- Encourage talking to someone – a friend, parent, teacher or a counsellor or anyone they trust
- Help set realistic goals
- Develop a balanced time management plan including study and exercise, social and fun activities
- Self-care
- Create a plan / menu for coping strategies

As a parent, how can I help my teen?

- Be calm, patient and listen
- Be empathetic
- Be present
- Manage your reactions
- Be realistic
- Believe in your child
- Encourage them to be brave
- Help them develop a plan and strategies
- Check in with your teen often to see how they are
- Encourage age appropriate independence

Useful websites and Apps

- Smiling mind
- The Mindfulness App
- Headspace
- Happify
- Mind Shift
- Self-Help for Anxiety Management (SAM)
- Reachout
- MoodMission
- 7 Cups: Anxiety & Stress Chat

Kathy O’Sullivan – DP 8, 10 & 12

Alex Newcomb – DP 7, 9 & 11

P&C Meeting

**Wednesday 11 September
7pm, in the school library**

All welcome to attend

Volunteer

Thank you Evening

Thank You Evening

This is a reminder about the Volunteer Thank You evening that is on **Wednesday 18 September.**

This is our school's chance to formally say THANK YOU to the many, many parents who volunteer at our wonderful school. From canteen to working bees, or donations for the trivia night - we would love the chance to get together and say thank you! This is the perfect chance to connect with other parents from the school community.

Please do come along! The evening starts at 6.30pm in the new Library extension.

Everyone is welcome, however, to assist with catering, can you please email your acceptance to jennifer.bowden1@det.nsw.edu.au or phone the school office on 9905 3982

We look forward to seeing you.

Music

On 17 September, Year 12 music students will undertake their HSC practical examination. You have two opportunities to see them perform live before this date.

The class will either perform at the John Perry College Showcase at 7pm on 2 September in the auditorium of Freshwater Senior Campus, or the Manly Campus Creative Arts Exhibition opening night at 7pm, Wednesday 4 September, in the Manly Campus Hall. Both events are free and we would love to see you there!

**Lucienne Herft
CAPA/Music**

Sport

Warringah Zone Grade Sport Finals

Last Wednesday 4 Manly teams were successful in winning the Warringah Zone Grade Sport finals. This progressed them through the Super Zone finals, which involves playing against the winning team from the North Shore Zone.

Warringah Zone Champions included the Open Boys Basketball, Open Boys Soccer and Open Girls Touch. These 3 teams progressed to the SuperZone final and were runners up in this competition.

North Shore Grade Sport Finals

Unfortunately, due to wet weather the North Shore Zone (Years 7 & 8) finals were cancelled for Soccer and Touch. The Girls Netball finals was able to go ahead. Manly 1 and Manly 2 won their game making them the Zone champions.

CHS Knockout Netball State Finals

The College Open Netball team reached the State finals after months of games. This team has a wonderful history of excelling (3 silver medals and 9 bronze medals) and exemplifying the true meaning of collegiality amongst the NBSC campuses. This year only Freshwater and Manly Campuses were represented.

The finals were held in Wollongong over 2 days (27 & 28 August), with our team playing other teams from every region in NSW.

The team played extremely well and ended up ranking 8th in NSW. Congratulations to all girls in this team – you represented your college with ability, determination and flair as well as your ever-present high level of sportsmanship.



Students from Manly Campus were Caitlin Mulquiney and Vivienne Paduch (currently on exchange in Germany). Congratulations Caitlin! Thank you to Sandra Bonello and John Perry from the college.

Vicki Maggs

Upcoming Sports Events

Round 3 Sports Selections

Online selections will occur using school bytes
Selections will open at the following times:

Year 10

Wednesday 4 September at 2:35pm

Year 9

Wednesday 4 September at 5:30pm

Year 8

Wednesday 4 September at 7pm

Colour Run

Wednesday 11 September (Week 8)

\$20 entry fee

All the money raised will help pay for the outdoor gym!

For more information about the colour run and sport selections, please see the permission notes that were handed out during Year assemblies this week!

Wear it Purple Day

Wear it Purple Day is an annual LGBTIQ awareness day for Australian youth. We will be celebrating this day on Tuesday 3 September with fun activities, games and a cake stall in the quad during assembly time and recess.

Students please wear a touch of purple to show your support for the amazing diversity of our school community, and remember to bring some money so you can participate in our fundraising activities on the day!

All funds raised will be donated to Minus18, an organisation that supports young LGBTIQ people through events, resources and advocacy.



Chloe Woodward
Dance/HSIE

Alumni

Nathan Ruser (Year 12 2014) is working with the International Cyber Policy Centre at the Australian Strategic Policy Institute.

Extract below from an article on Nathan in the Sydney Morning Herald.

'You'll know Nathan Ruser as the Strava student, the one who rocked the world's security agencies last year by pointing out the visibility of regular exercise routes for US troops at their base in Syria, using data from exercise app Strava he found posted on Twitter.'

To read the full article, go to:

<https://www.smh.com.au/technology/the-young-australian-with-the-secrets-of-satellites-at-his-fingertips-20190821-p52jaa.html>

Dance Ensembles

DanceSpec Eisteddfod

Congratulations to the dance ensembles who achieved some fantastic results at DanceSpec Eisteddfod last weekend.

Company were awarded 3rd place in the secondary schools contemporary section for their routine 'Spring', while Jazz 1 received highly commended in the secondary schools jazz section with 'Not About You'. Both Ensemble A ('The Visitors') and Ensemble B ('Petrichor') also competed in the contemporary section, receiving high scores and some lovely comments from the judges, particularly praising the students' performance quality.

The eisteddfod was a great way to end our performance season for the year, and we were particularly chuffed to be the only public school to receive any awards on the day. Congratulations to all the dancers for your hard work!

Your last chance to see the dance ensembles perform this year will be the annual Dance Showcase, to be held at 7pm on 9-10 December. Watch this space for ticket info next term.

Chloe Woodward
HSIE/Dance

LOTE

BONJOUR – KONNICHIWA – CIAO!

It was with many thanks and enormous gratitude that the Languages faculty recently said *Sayonara* to Mrs Hiroko Takashiba, who has been our Japanese speaking skills assistant for 8 years! Hiroko has helped all of our Japanese Continuers students achieve their best in the speaking skills HSC over that period and we will greatly miss her contribution to the school and our Japanese program. *Arigato Hiroko! Gambatte!*

NBSC Manly Campus Languages students took part in the annual Filmfest for Languages which was held at Freshwater Campus recently. Short films produced in French and Japanese by our students were presented alongside those from other NBSC schools. The audience included many students from across the campuses, parents, Languages staff and the College Acting Principal Justin Hong, who delivered some inspiring words on the great value of language learning. The crowd enjoyed pizza and swapping film-making stories after the screenings. The quality of the films was exceptional, in both the language used and the production values. Our Year 9 and 10 French and Japanese students always enjoy this engaging and valuable activity. Roll on 2020!

"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his own language, that goes to his heart." – **Nelson Mandela**

Debating

Regional finalists

Our Year 9/10 debating A team will compete in



the Northern Sydney Regional Final of the Premier's Debating Challenge after a win over Cammeraygal High School this week. The team argued successfully that we should not make mathematics compulsory in the Higher School Certificate. Well done to Max Oldham, Nina Grozdanova, Max De Vries, Jared Li and Eliza Lo Russo.

Madeleine Koo
English

Year 7 Robocup Excursion

Year 7 members of the NBSC Manly Campus Robotics Club; Joel Huxley, Sean Haines, Nihira More, Oscar Pritchard, Danny Thompson and Tom Woods, competed in the Robocup Jnr 2019 recently at Olympic Park. All teams finished in the top half of the 38 teams competing, a great effort for those who have been refining their robotic skills this year.



Year 7 Geography Excursion

On Monday, Year 7 visited Bicentennial Park to learn about the natural processes that shape landscapes, as well as the ways in which humans interact with their environment. They learned about the history of the area, exploring the Indigenous custodianship of the fauna and flora, the misuse of the land by various industries in the twentieth century, and finally the land reclamation that created Sydney Olympic Park. Students heard Dreaming stories, investigated the changes in the topography of the land, and studied the effects of human activity on the mangrove and saltmarsh populations. Hands-on activities included drawing précis maps, transects and field sketches. They also tested the salinity, pH

levels, turbidity and temperature of the water, as well as the clay content and pH levels of the soil. It was an enriching learning experience and a day enjoyed by all.



Natacha Shaw

HSIE

Year 8 Poetry

Year 8 have been busy studying various styles of poetry this semester. It is a joy for their English teachers to see students take risks with language and experiment! The below is a selection of 8Y's 14-line sonnets using Shakespearean iambic pentameter, as well as odes and poems of the Romanticism era.

Madeleine Koo

English

The wind through trees like a solemn whisper,
The sun shining through their branches like gold,
The wind causing leaves to softly quiver,
A forest full of life both new and old.

On the ground creatures weave through the tall trees,
Whilst others lurk and await their own prey,
And insects crawl across soft green leaves,
And so it shall happen through night and day.

But all is not kind in the cold forest,
Some will never awake in the morning,
After a few cold and fearful nights rest,
And none take time from their days for mourning.

But still each day the golden sun shall rise,
And the forest awakes to the birds cries.

By Genevieve Bauder

The dark midnight, you call to me in the night,
Drawing me into a world of fiction,
Taking my mind off harsh reality
Always soaring into the unknowing.

Then I will come to you in day and night,
To stillness and calmness and emptiness,
When in the dead of night you come to me,
I'll come to play with the shadows again.

The dark blue sky is an endless canvas.
I plan to paint my life in its blank space.
The cold, brisk air brushes against my face
My mind empties as I walk my own pace.

The sun comes again, but I'll wait till night,
I will return again, to you, midnight.

By Rachel Kim

Shall thee compare me to a winter's night?
For youths cry with terror when I approach
Adults curse my name in grief, hate and fright
When I visit their friends and family

For I am death, the conqueror of light
Shrouded in darkness and wielding a scythe
I live in the land of eternal night
Dwelling with the dead, and unfeeling souls

But I am merely life's fraternal twin
Why do earthly mortals detest me so?
I am the prosecutor of man's sin
The escort for man to God's holy court

So am I the ruthless ender of life?
Or the just giver of eternal life?

By Gabriel Wan

A whiff of salty breeze crept up my nose,
as I trampled on sand trickled with shells.
does nature ever tire? I suppose,
The screech of seagulls as clear as church bells

The familiar taste of salt fills my mouth,
the sea; an endless ribbon of stretched road
Speckled with groups of people from down south
The water, sand and rocks were overflowed

Whitewashed waves tumble on the sandy shore
The ocean challenging man to come near
To wade in the sparkling waves and explore
The ambient and serene atmosphere

The water reflects my contented face
Watching the beach, this is my happy place
By Alisha Choi

A falsified force
Surrounding
Feeding
On our dreams and thoughts
Unescapable

Why even believe
When it cuts you down
For it has no emotion
No sympathy

But one thing
Can make you think
The opportunities are there
The doors; open

Hate takes no prisoners
For hope sets them free
By Thomas Thake

Glistening in the sunlight.
Bold and bright,
Green as an emerald.
New as a sunrise.
Accessory to the tree,
Decorating its bare branches.
Providing protection,
From the harsh summer heat.
The sunshine disappears,
Replaced with icy wind.
Green turns to amber,
New to old.
Slowly, slowly.
Drifting to the ground.
Life comes to an end,
Another fallen soldier.
By Callia Ward

You, fire engulf the dark sky at midnight
Your sparks splatter across the open air
Echoing, your flames hungrily crackle
Sharp lights flashing upon the great azure

Your friend, the wind helps you travel afar
You sweep through towns, burning everything
You tear down homes and take the souls within
Sirens warn the people of your presence

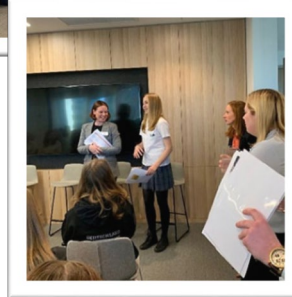
Alas, they make you, they feed you when dark
You are their protector from cold dangers
They seek your warmth but complain when they burn
You are always blamed for their own mistakes

They love you for your gifts of warmth and light
But when you come unannounced, they will fight.
By Zali Currie

TAS

Girls in STEM

On Tuesday 20 August, six students from our popular *Girls in STEM* lunchtime program attended an industry led STEM program at the Arcadis Engineering Consultancy on George St, Sydney. They participated in construction, brainstorming and engineering activities and had the opportunity to spend significant time discussing careers with engineering consultants. The engineers running the day were impressed with the students' strong team-working, analysis and communication skills and it is hope that this partnership between industry and education will lead to further opportunities for the girls.



**Dr Drew and students:
Anna Dahlstrom, Thilara
De Mel, Steph Evans, Nina
Grozdanova, Jessie Zhang
and Joanna Ho**

Archibull

The Archibull Prize team had another fabulous day on Monday. Our Young Farming Champion Samantha Wan who works for Elders as a buyer and seller of wool, visited us to check up on our progress and share her expertise. She was very impressed by our team's excellent questions and the creative way that we are expressing our learning about wool through our cow art.

You can follow our progress on our [blog](#) and our social media [instagram](#) and [twitter](#).

Soon we will be asking you to vote for us for the People's Choice award, so look out for more information shortly!



Student Reports

Stephanie Evan's Speech

- Given to Northern Beaches Council in support of the Northern Beaches Climate Emergency Declaration.

'Thank you for giving me the opportunity to speak in support of this motion. My name is Stephanie Evans and I am 16 years old.

I know I may be young, I don't have a fancy degree and I can't vote. I am, however, worried about the future of my generation and future generations. We are relying on adults to do what is essential for the survival of our future. We may only be in high school, but we are not uneducated or ignorant. We are aware of the current state of our world. Kids not only

want, but need you to vote in support of our futures and we have shown you this multiple times.

I am sure you are all aware of Greta Thunberg and her call to arms. Children around the world have been attending the School Strikes for Climate. They are not wagging school. These are school captains, kids who ace every test, future leaders. This is a measure of our desperation. Students are having to strike from school to force adults to protect our future and show that we care.

Last year the IPCC concluded that mankind only has 12 years to decarbonise all aspects of life to keep warming under 1.5degC. Today that is 11 years away. In 11 years time, I will be 27 and probably thinking about starting a family. I don't want my children and grandchildren to have a future where the collapse of food supplies and rise of sea levels is a constant threat. Since industrialisation the climate has warmed by approx. 1degC and each day there is news of bushfires, droughts, coral bleaching and mass extinction.

The anxiety amongst our generation over the failure of previous generations to act is spiralling due to the appalling consequences. Failure to protect our Earth will lead to a lack of food and water, millions of climate refugees and the death of coral reefs, including the Great Barrier Reef. It saddens me to know that I won't be able to take my children snorkelling at the Great Barrier Reef like my parents did with me. Do we want to be responsible for the destruction of our ecosystems?

Although you may feel that there is nothing the council can do, there definitely is something! The Northern Beaches Council is lagging behind in recognising the obvious climate emergency. The council can act. We ask you today to recognise that we are in a state of climate emergency. Children are not only asking but demanding a future and to help facilitate that I ask that you not only vote in favour of the declaration, but put into place a potent action plan.

As President Obama said, "We are the first generation to feel the impact of climate change and the last that can do something about it."

I am very aware that I am sitting here in front of so many successful people as a 16 year old girl, however, I implore you to please vote with the future of all children in mind because YOU CAN do something to change this. Youth may only be 25% of

the population, but we are 100% of the future and we deserve to have a safe future.

Thank you.'

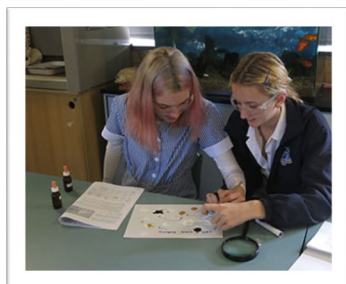
Stephanie Evans (Year 10)

Year 9 Forensic Science Incursion

Last Thursday, all of Year 9 attended a forensics science incursion. The experiments that we performed in groups, were preparing us for our term assignment.

The day started with flame, urine and chemical tests. Each one was relatively fast, they were all really interesting to see and it was an amazing experience to be able to do these experiments independently. Next, we did powder testing with different household materials (cornstarch, salt, sugar, baking soda) to identify unknown powders. This was also a really fun experiment as we got to make and see lots of chemical reactions (and it got pretty messy). After recess we took part in a murder mystery case, where we did lots of small experiments to try solve a case. We were given suspects and data, and had to piece together all the given evidence to come up with a conviction. This was really fun and we had to test our group work skills to agree on our results. The tests ranged from testing fibres beneath microscopes, to testing drugs, fingerprints and phone data for locational evidence.

Overall it was a really fun day, and everyone enjoyed learning about the different aspects of forensics.



Yindi Schiphof (Year 9)

Science Techno Excursion Article

On 6 August, Year 8 got to visit the Australian Natural History Museum and the Powerhouse Museum as an introduction to our Science Techno project.



We walked the halls of the history museum with our friends, gazing in awe at the massive dinosaur and whale bones, we tiptoed through the halls filled with birds and other creatures. We went from one end of the museum to the other, filling out our sheets of notes as we went. After lunch we took a trip to the Powerhouse Museum to see the exhibitions. Two hours flashed by as we ran room to room, fascinated by the many unique and interactive displays.

We saw a large replica of the moon and memories from the Apollo missions, the Mars 2020 laboratory, exquisite gowns made from interesting fabrics as well as trains from so long ago, but everyone definitely took a trip down memory lane with the Wiggles exhibition. We all had a good laugh along the way, and were very sad when we got back on the bus to go back to school.

Year 8 had an amazing day. My favourite part was exploring the Apollo 11 exhibition, in honour of the 50th anniversary. We saw space suits, replicas of shuttles and satellites littered around the museum like space junk. But they weren't space junk, they were a memory of one of the most important moments in history.

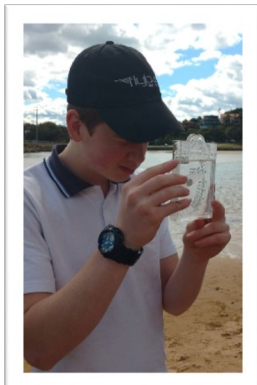
One of my all-time favourite exhibitions was the model of a space shuttle you could go inside. You stand there completely still as the walls revolve around you, creating an illusion of floating in zero gravity.

This excursion helped us with ideas for the Science-Techno expo. Thanks to all the teachers who made this day possible.

Isabelle Stapf-Giannakis and Melissa Soe (Year 8)

Year 10 Geography Excursion

On Thursday 22 August, Year 10 Geography classes travelled to the Coastal Environment Centre at North Narrabeen to collect primary data for our Coastal Change and Management assignment. An introductory presentation revealed the devastating impacts of erosion, pollution, deposition and loss of biodiversity along the local coastline, which threaten local residence, business, tourism and recreation. Afterwards, we took samples of the water at the mouth of Narrabeen Creek. The ammonia levels indicated a minor degree of pollution and phosphate levels, pH, temperature and turbidity of the water were also optimal. We measured the local water biodiversity using sieves and buckets, and took photos of the dunes at Narrabeen Lagoon to compare movement and erosional trends over time. We also photographed coastal vegetation to determine changes in health across the seasons, and filmed some spectacular displays of destructive wave movement.



The Northern Beaches Council is currently erecting a series of sea walls along sections of the Narrabeen/Collaroy coastline to combat erosion, and we were able to look at the plans and photograph the construction site. We sketched the beach gradient and were also able to see property

damage that has remained unresolved since the 2016 storms. Some residents have attempted to prevent further erosion by constructing fences, changing the land gradient and planting coastal vegetation to stabilise the sand on which their homes are built.

This excursion was extremely valuable for the completion of our assignment and was greatly refreshing amidst subjects conducted purely in the classroom; we achieved a deeper understanding of geographical processes by witnessing them in person.

Elle Fitzgerald and Eva Stones (Year 10)

Canteen - Volunteers Urgently Needed

The Canteen is in urgent need of volunteers. Dates that we still need to fill in September are:

Thursday 5, Friday 6, Tuesday 10, Wednesday 11, Thursday 12 (urgent), Friday 13, Thursday 19, Friday 20, Monday 23, Wednesday 25, Thursday 26 and Friday 27.

If you can spare a few hours please sign up at: [Canteen Roster Term 3](#).

Attendance

A reminder that absences need to be reported to the school by 9am on the morning of the absence, by phone call to the attendance office on 9905 3982 or by email to the school at: nbscmanlys-h.school@det.nsw.edu.au.

Please note: The school app facility for reporting absences is not available until further notice.

Upcoming Events

Creative Arts Exhibition

4 - 9 September

Wednesday 4/9: 5-9pm, Official Opening 7pm

Thursday 5/9 & Friday 6/9: 9am-4pm

Monday 9/9: 9am-11pm

Year 12 Visual Arts HSC student's Body of Works as well as a selection of artworks from Year 7-11.

Wear it Purple Day – Student Event

Tuesday 3 September at 1:40pm

Ms Chloe Woodward IC

Europe Tour Band Photo Night

Thursday 5 September at 7pm

In the staff common room.

40 Hour Famine – Student Event

Friday 6 – Sunday 8 September

SRC - Mr Ranald Leung IC

ILP Expo

ILP Expo 1 – Tuesday 1 September, 6-8:30pm

ILP Expo 2 – Tuesday 2 September, 6-8:30pm

Ms Bianca Hewes IC

Colour Run – Student Event

Wednesday 11 September, 1-2:30pm

\$20 entry

Students to wear white T-shirt and sunglasses!

Ms Jen Walker IC

P&C Meeting

Wednesday 11 September, 7pm

In the school library, all welcome to attend

Principal's Tour

Wednesday 11 September, 9:30am

Bookings essential via the front office on 9905 3982

School Website Calendar

The calendar on the [School Website](#) is a great way to keep up to date with upcoming school events.

Entertainment Book



Purchase an Entertainment Membership for Dad this Father's Day and not only will you be supporting our fundraising but you will also go in the draw to WIN the Ultimate Father's Day Prize - 2 tickets to the 2019 Toyota AFL Grand Final + 2 nights' at Melbourne Short Stay Apartments + a \$400 flight voucher and dinner at Red Spice Road! Get your Membership today!

<https://www.entbook.com.au/20042i6>

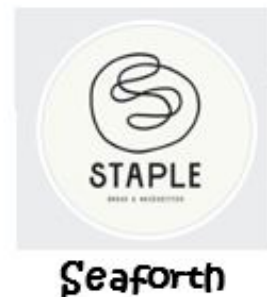
Trivia Night - Thank You

A big thank you to our Trivia night donors, Gift basket donors, helpers and to all who attended on the night. Without the collaborative help and donations we would not have the success we do. A heartfelt thanks to you all.

Trivia 2019 Donors



Narraweena



Helpers

Alex Newcomb
Ben Mills
Carolyn Montgomery
Cath Whalan
Catherine Yetts
Dave Rodgers
David Coffey
Elana Roseth

Elliot Shoebridge
Greenie
Jessica Layden
Jody Green
Judy Boylan
Lisa O'Brien
Nir Yaffe
Olena Ialovega

Emma Watts
Lyn Powe
Stuart Montgomery
Sue Lumb
Wendy Blume
Wendy Monteleone



**BANDS of
MANLY CAMPUS**

**This Saturday, catch them live on air!
Jazz Combo on Fine Music 102.5 FM**

Tune in to 102.5 FM on Saturday from 1 pm to hear our Jazz Combo perform live in the second and final round of the School Jazz Combo competition. Our Combo have been selected as one of three finalists and will be performing last of the three at around 2:15 pm.



The winner of both rounds will be announced around 3:20 pm.

Best wishes to the eight Combo students from Years 10-12 who are performing:

Bill Bakker (Trombone), Tilly Dearden (Trumpet), Zach Eggleton (Drums) Amelie Grattan (Trumpet), Maia Hopf (Piano), Metisse Rogley (Bass), Lachlan Vu (Guitar) and Aidan Wong (Alto saxophone). Thank you to Craig who has the group well prepared but is unable to be there Saturday afternoon due to performance commitments. Jazz Combo will be under the able leadership of Maia Hopf on the day.

GOOD LUCK JAZZ COMBO!

Australian School Band and Orchestral Festival
Sunday 8 September
Leighton Hall, UNSW, Kensington

Very best wishes to the String Ensemble and Chamber Orchestra for their performances on Sunday 8 September.

SE arrive 3:13pm, CO arrive 4:25pm

Dress: Formal band uniform with blazers and ties.

Families and friends are invited to attend. Tickets at the door for \$15 or \$11:50
online <https://asbof.org.au/tickets/> Children FREE.

Intermediate Band Tour
(WE/BB) 18-20 September

Permission notes and forms have been circulated. Your prompt return of these as well as payment is appreciated so we can finalise numbers.

Save the Date Musicale 2019
Sunday 22 August
All Manly Campus families

Musicale 2019
Sunday 22 August 2019, 6pm
The Independent Theatre, North Sydney

This is our band program's premier event and a wonderful night to attend.

The senior wind and jazz bands as well as the strings groups will be performing, and we showcase and farewell our Year 12 students.

Concert 6-8:30pm, with an intermission.

Start planning your night. Bookings at The Independent Theatre will open next week.

Tickets \$35 adults, \$20 concession.

Europe Tour Photo Evening and Wrap

Thursday, 5 September
Manly Campus Staff Common Room, 7- 8:30 pm

Families are invited to come to see the photos and enjoy a recap of this wonderful tour.

Semester 2 Fees, due this Friday

Band Fees have been issued via the school office this week and are due by Friday 30 August. The parent-run band program requires funds to pay ensemble directors and meet other band expenses, so your prompt payment of semester fees is much appreciated.

If you need more time to pay, please contact the band treasurer:

Jill Johnson treasurerbmsc@gmail.com

Term 3 Band Meeting

Thank you to the committee members and parents for coming to the Term 3 Band Meeting on Monday last week.

We welcomed new Band Manager, Steph Stoddard, and thanked Monique Pardavi and all the participating band families and students for their successful fundraising at this year's City to Surf. Plans were discussed for a billeting fundraiser for 2020.

The band acknowledged departing Year 12 parent, Di Turner, for her invaluable role as the parent coordinating second-hand blazer sales over many years and identified the need to replace her in this role.

The committee and directors strongly encouraged all band families to attend the highlight concerts late this term and next term: Musicale, Orchestral Soiree and Jazz Night Out. See dates for these events below.

Band Calendar

Term Three

LIVE Fine Music 102.5 School Jazz Combo competition, Saturday 31 August, JC
Commences 1pm, Manly Campus Jazz Combo at approximately 2:15pm

Europe Tour Photo Evening

Thursday 5 September, 7pm Manly Campus
New event

Australian School Band and Orchestral Festival,

Leighton Hall, UNSW
Sunday 8 September, SE/CO
SE arrival 3:13pm, CO arrival 4:25pm

HSC performances

Tuesday 17 September
Manly Campus hall, SE/JO, during school hours.
HSC date now confirmed

Intermediate Band Tour

18-20 September, WE/BB

Musicale rehearsal

Friday 20 September
Manly Campus hall, 4-6pm, SWO, JO, SE, CO
Confirmed time

Musicale

Sunday 22 September 6pm, The Independent Theatre, SWO, JO, SE, CO.

Farewell to Year 12 Assembly

Wednesday 25 September, 10am, MSC quad, combined SwB/SB

Workshop with US jazz guest artist for JO and bass players

Friday 4 October, venue TBA

Manly Jazz Festival

Saturday 5 October, St Matthews Church, 10:15- 11am, JC

Manly Jazz Festival

Monday 7 October, Stars of the Future Stage, 2-3 pm, JO

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, Manly Campus hall- WE/SE (ensembles TBC)

Presentation Night

Wednesday 11 December, Freshwater gym- WE

Big Band Bash Christmas, Thursday 12 December (TBC), All Ensembles

Term 3 Calendar

Please check the dates closer to the event

Week 7A	
2/09/2019	Year 9 Drama Excursion TBC
2/09/2019	School Captain Candidate interviews with the Principal
2/09/2019-3/09/2019	Duke of Ed Silver Qualifying 2 Night pack and paddle - Option 3
3/09/2019	T3W7 Youth Eco Summit, all day
3/09/2019	Year 8-11 School Captain elections in the quad, P1 (backup 5/9)
3/09/2019	Wear it Purple Day, 1:40pm
4/09/2019	CAPA exhibition 5-9pm, school hall, official opening 7pm
4/09/2019-06/09/2019	NSWCHS Athletics Championships, 8:30am-2:30pm
5/09/2019-6/09/2019	CAPA exhibition, school hall, 9am-4pm
5/09/2019	Europe Tour Band Photo Night, staff common room, 7-8:30pm
6/09/2019-8/09/2019	SRC 40 Hour Famine
6/09/2019	Year 10 Commerce Market Day, beginning of P4
8/09/2019	Australian School Band and Orchestral Festival - SE/CO
Week 8B	
9/09/2019	CAPA exhibition, 9-11am, school hall
9/09/2019	Archibull Project Day 6, all day
10/09/2019	Year 11 Biology Field Excursion, 9am-2:30pm
10/09/2019	SRC Induction Ceremony, 11am
10/09/2019	Year 8 HPV Information Session, P3
10/09/2019	ILP Expo 1, 5:30-8:30pm
11/09/2019	Principal's Tour, 9:30am, Bookings essential via the office on 9905 3982
11/09/2019	Colour Run, 1-2:30pm
11/09/2019	ILP Expo 2, 5:30-8:30pm
11/09/2019	P&C Meeting, 7pm, in the library, all welcome
12/09/2019	Year 10 Bstreetsmart, all day

Week 9A	
16/09/2019-27/09/2019	Year 11 Examinations
18/09/2019	Volunteer Thankyou Evening, 6:30pm
Week 10B	
22/09/2019	Musicale
25/09/2019	Year 12 School Graduation Assembly, 10am
27/09/2019	Last day of Term 3

SECOND HAND UNIFORMS

LOCATED NEAR THE CANTEEN

Next open

Tuesday 3 September and
Thursday 19 September

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

The next edition of *The Weekly Pines* will be on Friday 13 September



Moe Iwasawa - Year 12



NBSC MANLY CAMPUS CREATIVE ARTS EXHIBITION 2019

Official Opening

Wednesday 4th September 2019, 7pm

Showcasing Year 12 Visual Arts HSC students' *'Body of Works'*

Body of Works

A selection of artworks Years 7 to 11

Music and vocal ensemble performances

Exhibition Dates

Wednesday 4th September, 5pm - 9pm

Thursday 5th September, 9am - 4pm

Friday 6th September, 9am - 4pm

Monday 9th September, 9am-11am

Year 12 Visual Arts Students: Hayley Gayfer, Moe Iwasawa,
Chelsea Liu, Harry Peters, Kaya Vuletic

NBSC Manly Campus - Assembly Hall
138 Abbott Road, North Curl Curl NSW 2099
t: 02 9905 3982 e: nbscmanlys-h@det.nsw.edu.au
www.nbscmanlys-h.schools.nsw.edu.au

2ND

SEPTEMBER
2019



The John Perry College Showcase

A night celebrating HSC Music
from across the college.

NBSC FRESHWATER SENIOR CAMPUS
PERFORMANCE THEATRE

FREE ENTRY

COLLEGE HSC MUSIC
SHOWCASE NIGHT

7^{PM}

153 HARBORD RD,
CURL CURL,
NSW 2096

The John Perry College Showcase

Performance Order

ALANNA MANFREDINI
MANLY SELECTIVE CAMPUS

PARIS WHITELEY
FRESHWATER SENIOR CAMPUS

SHAUN VALKOVICH
BALGOWLAH BOYS CAMPUS

KATE MEEHAN
MANLY SELECTIVE CAMPUS

LAKISYA EFRAS
CROMER CAMPUS

TIANA MANNELL
FRESHWATER SENIOR CAMPUS



ETHAN ROBB
BALGOWLAH BOYS CAMPUS

ELODIE ROUMANOFF
MANLY SELECTIVE CAMPUS

LAKISYA EFRAS
CROMER CAMPUS

TAYANITA ROBERTSON
MANLY SELECTIVE CAMPUS

NICK SERRANO SANCHEZ
BALGOWLAH BOYS CAMPUS

MICHAEL WELCH
FRESHWATER SENIOR CAMPUS

XIANDA REN
MANLY SELECTIVE CAMPUS