



The Weekly Pines

Northern Beaches Secondary College

Manly Campus



Academic Excellence ★ Personal Best ★ Giving Back to the Community

Relieving Principal: Ms Kathy O'Sullivan

Deputy Principals: Mr Alex Newcomb
Ms Marisa Carolan (relieving)

19 June 2020 – Newsletter No.11

From the Principal

Updated Operational Guidelines

Updated guidelines from the NSW Department of Education regarding the safe operation of schools were posted on the school app last week. This week band and music tutoring returned along with extra-curricular clubs. The SRC also hosted our last whole school virtual assembly and we look forward to a whole school outdoor assembly next week.

We have been advised that there will be further easing of restrictions for the commencement of Term 3. As usual, we will be strictly following these guidelines to ensure the ongoing safe operation of our school.

COVID-19 Testing

A reminder to inform the school if your child is being tested for COVID-19 and the location such as a hospital. After testing, students are to remain at home and wait for a negative result before returning to school. Once a negative result occurs, please advise the school immediately by email and attach the clearance certificate if applicable. Testing remains an important priority to stop the spread of infection in the community. NSW Health urges everyone to have a COVID-19 test and isolate themselves right away if any respiratory systems like fever, cough, sore/scratchy throat or shortness of breath appear.

Staffing Update

I will continue as Relieving Principal in Term 3 as Principal Cath Whalan has extended her leave. Marisa Carolan will continue as Relieving Deputy Principal (7, 9 and 11), Kate Munro as Head Teacher English and Fiona Brien along with Rebecca Stuart as Head Teacher of Secondary Studies.

Leave Early Passes

If your child has an appointment and is required to leave school early, the request must be put in writing and submitted to the relevant Deputy Principal at the start of the school day for approval.

Year 8 to Year 11 2021 Enrolments

Application for entry in Year 8 to Year 11 2021 are now open and will close on 24 July 2020. The application form is available to download from the Department of Education high performance unit website. No late applications can be accepted. The test will be held on Saturday 8 August and the outcome advice will be sent to applicants in Term 4. More information and a link to download the application form, can be found in the enrolment section of our [school website](#).

NBSC Manly Campus

138 Abbott Road, North Curl Curl NSW 2099

Phone: 9905 3982

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

P&C Funded Table Tennis Tables

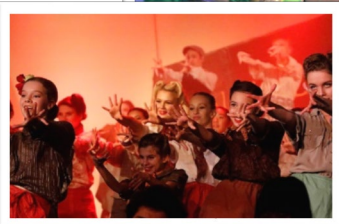
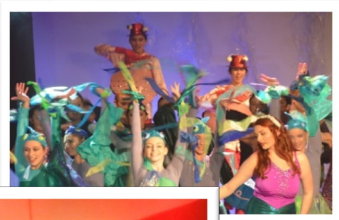
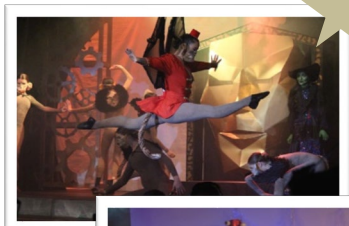
Thank you to the P&C for donating three table tennis tables. We now have two on the slab for year 12 students and two outside the TAS block for all to enjoy.



Musical Week

This week would have been musical week, one of the biggest events on the school calendar and Tuesday night would have been opening night for Mary Poppins. To mark this occasion, students and families were treated to a live viewing of last year's musical. Thank you to Chloe Woodward for organising this event. I would like to take this opportunity to reflect back on all the outstanding musical performances we have held over the last five years:

- * 2020 – Mary Poppins (*cancelled due to COVID-19 restrictions*)
- * 2019 – Wicked
- * 2018 – The Little Mermaid
- * 2017 – Evita
- * 2016 – Beauty and the Beast



Kathy O'Sullivan
Relieving Principal

From the Deputies

Structured Revision Plans

With Year 12 commencing their Trial HSC examinations early next term and Year 11 preparing for their yearly examinations, now is a time when students will be revising content covered in their courses. Structured general revision is also a good routine for our junior students to get into.

It is natural for students to feel stress in the lead up to examinations, after all, they are a measure of students' ability to apply specific knowledge under time restraint. When we feel pressured, one of the first things that can suffer is our ability to make decisions.

Research indicates that decision making can take up a significant amount of our brain's energy. Therefore, we should conserve this energy by establishing routines that remove the need for inconsequential decision making. Remember, there is a reason that Steve Jobs and Albert Einstein wore the same outfit every day! Having a highly structured revision plan ensures that you can:

- maintain a consistent routine
- ensure continual improvement through 'chunking' of tasks
- minimise 'thinking' about what you have to do and when you have to do it, so that you can reduce stress build up and focus on unwinding at other times.



VS



Tips for developing a structured revision plan

- keep a 'study log' so you know exactly what you have done and need to do
- break improvement into steps, understand you may not achieve mastery until a number of study sessions have been completed
- use high impact sessions with achievable goals.

A sample revision plan

4 x sessions (15-30 minutes each):

1. **Test yourself** – diagnostic (quiz, sample exam question etc.)
2. **Identify areas for improvement** – note where you will find info/ help (e.g. class resources, text books, Edrolo videos, peer, teacher)
3. **Review and guided practise** (this should be set for success – use scaffolds, marking criteria, working samples etc.)
4. **Targeted testing** – gradually increase difficulty and independence until mastery achieved.

Alex Newcomb – DP Year 8, 10 & 12
Marisa Carolan – Rel. DP Year 7, 9 & 11

Year 10 Vaccination Reminder

NSW Health has advised that the Year 10 Meningococcal ACWY vaccination program will continue. Our clinic is on Wednesday 1st July.

Please return purple consent forms to the school as soon as possible. If you require another consent form, see Mr Nguyen in the science faculty.

Mr Nguyen

Uniform Shop

As parents are currently not permitted on school grounds, the second hand uniform shop will not be physically open for the time being. However, you can order any second hand uniforms you may need by sending an email to Marg Martin: margaret.martin@optusnet.com.au

Marg will let you know if your item is in stock. If so, you can pay online and the uniform will be delivered to your child via the school front office.

2020 Premier's Reading Challenge

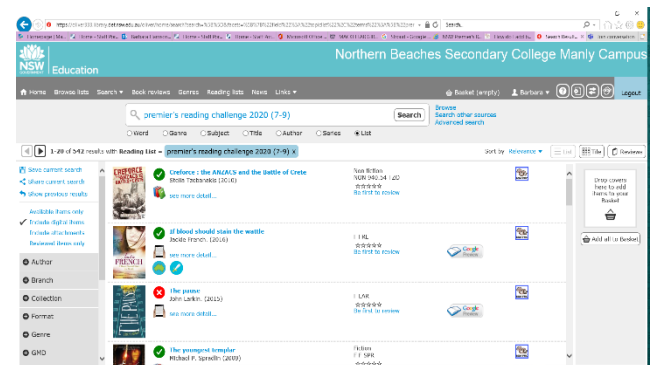
Rule Changes

This year you may have 10 titles of your own choice. I am sure many of you have been reading during CoVID-19, register and list the titles that you have read.



The NBSC Manly Campus School Library has titles in a Premier's Reading List:

- Use your Student Portal/My Library
- Choose List
- Enter Premier's Reading Challenge (there are 542 titles for you to choose from)



To add bonus choice books for 2020 go to [bonuschoice](#).

Mrs Harrison
Librarian

Wraps with Love

Once again, students are knitting squares for the community project *Wraps with Love*. This week over 20 Year 7 students signed up and learnt to knit.

Students from all years are involved in knitting the 25cm squares, which are then combined and sewn together to make blankets. Traditionally, Year 10 students participate, gaining volunteering hours. So far this year we have 9 completed blankets.



Knitting continues through to end of Term 3. Any student who would like to knit or crochet squares, pop into the Library to collect some wool and needles.

We need volunteers to help sew the knitted squares into blankets. If you would like to help please contact either Mrs Harrison or Mrs Crawford in the Library on 9905 3982.

Donations of knitting needles size 4mm or the old size 8 and any 8ply wool would also be much appreciated to assist with this project.

Mrs Harrison
Librarian

SchoolTV

SchoolTV Topic Series:

- Mental Health
 - CyberSafety
 - School Survival
 - Healthy Body
 - Positive Parenting
- Special Reports



Attendance

Absent from School - Notification Procedure

Please be advised that the only way to report your child's absence is:

1. Through the School App
(download through the App store
– School E News)
2. An email directly to the school
nbscmanlys-h.school@det.nsw.edu.au
3. By phoning the school office on 9905 3982

Absences must be advised to the school by 9am. Please note that an SMS only works as a direct response to the school absence / late notification sent to you. You cannot directly SMS the school to notify of your child's absence.

School App



The **NBSC Manly Campus School App** is our first point of call to send information/updates out to the Manly Campus community swiftly.

If you have not yet downloaded the school app, we encourage you to do so.

To download, please go to the App store and search for **School Enews**.

Once you have downloaded the **School Enews app**, click on the + and type in **NBSC Manly Campus**, then select done.

Entertainment Book

Purchase your [Entertainment Book here](#)
20% of your membership sale will go directly to Manly Campus.

Band news is on the next page....

The next edition of The Weekly Pines will be published on Friday 4 July.





It's been a while...but we're back!

Last week saw our ensembles back playing together for the first time in 10 weeks and we were delighted to see such a great turnout. It was also wonderful to hear the school corridors filled with music once again.

It was with relief and joy this week that the students were joined by our four band directors who were finally cleared to conduct face to face rehearsals. One of them (who will remain anonymous!), even admitted to shedding many tears listening to one of their ensembles rehearse.



Chamber Orchestra rehearsal

We are acutely aware just how unsettling this time has been for everyone, it has been tough staying



Concert Band rehearsal

motivated and engaged, so it has been hugely encouraging and uplifting to see so many students attend rehearsals.

We cannot thank you all enough for your commitment and support. We are proud of our position as one of the biggest and strongest public school band programs in NSW, able to stand up against the heavily-funded private schools and we are determined to ensure that continues.

We wanted to acknowledge the incredible support of Miss Lanneke Grace, who has conducted face to face rehearsals for some of our larger ensembles as well as Mr Branko Goykovic for his technical expertise in setting up the rehearsals over Zoom.



Stage Band Rehearsal

In addition, our senior students have stepped up to assist wonderfully and special mention must go to Felix Qian, Tilly Dearden and Daniel Shi.

Band Rehearsals

Rehearsals for the last few weeks of term have now reverted back to the regular timetable. Some locations have changed to allow for more space between students.

The table below is a reminder of the weekly band timetable. Please let your co-ordinator know if you are unable to attend for any reason.

Monday 7.20am	Chamber Orchestra	Common Room
Monday 7.20am	Concert Band	Hall
Tuesday 7.20am	Big Band	Learning Centre
Tuesday Lunch	Covers	Jazz Lounge
Wednesday 7.20am	Jazz Orchestra	Learning Centre
Thursday 7.20am	Swing Band	Learning Centre
Thursday 7.20am	Wind Ensemble	Hall
Thursday lunch	Junior Jazz Combo	Jazz Lounge
Friday 7.20am	Stage Band	Learning Centre
Friday 7.20am	Symphonic Wind Orchestra	Hall
Friday 7.20am	String Ensemble	Common Room
Friday Lunch	Jazz Combo	Jazz Lounge

Hygiene at Rehearsals

We need to stress that **hygiene is extremely important in band and the same rules apply as to the classrooms.**

- Use sanitiser on entry to the room
- Music stands should be treated the same as desks, so please wipe them before putting away
- Paper towel must be used if students need to empty their instrument, this should be disposed of immediately and hands should be washed / sanitised again
- As always, if you/ your student is feeling unwell please stay at home.

Music

Every student needs to make sure they come with the music they have been working on at home.

Please **print out the parts and bring them to the rehearsals.** Conductors are not allowed onsite so they cannot organise individual folders.

Google Classroom for Band

We are continuing to use Google Classroom to supplement and reinforce our communication. This includes Zoom meeting details for rehearsals where applicable, messages from directors and posting new music to print for rehearsals and practice at home.

Band Fees Term 1 Overdue

We understand that this is a sensitive subject, however fees for Term 1 are now very overdue. We have received approx. 50% of fees so far. If you have not paid, we kindly request payment as a priority.

All payment requests were emailed to the primary school account holder on 30 March 2020. As previously communicated, we would normally bill for the whole of Semester 1 but due to the pandemic, we only asked for payment for Term 1 which was 65% of the total semester fee.

This is a tough time financially for many of us, so please do not hesitate to contact our Treasurer, Jill Johnson, treasurerbmsc@gmail.com if you have any queries or difficulty in paying.

Calendar 2020

Whilst many performances have been cancelled, we are hopeful that the second half of the year will be more positive and there will be some performances that go ahead. The directors and band committee are actively seeking new opportunities to make up for missed events.

The calendar below is very much subject to change as we work through what performances and events can still go ahead.

Term Three

Musicale SWO/JO/CO/SE/JC

Saturday 19 September evening, Independent Theatre North Sydney – **The venue has cancelled our booking, looking at alternative locations**

Farewell to Year 12 Assembly SWB/SB

23 September, Manly Campus

Cancelled Events for Term 3

The following events have been cancelled:

- Workshop Day (pupil free day) - 20/7 (wind and jazz ensembles) **cancelled**
- NSW Schools Band Festival (ASBOF) SWO at Sydney Con. – 25/7 **cancelled**
- NSW Schools Band Festival (ASBOF) CB/WE/SWB/SB/BB at Sydney Con. – 26/7 **cancelled**
- NSW Schools Band Festival (ASBOF) SE/CO at Sydney Con.– 30/8 **cancelled**

Term Four

Manly Jazz Festival JO

Saturday 3 October, Manly

Manly Jazz Festival JC

Saturday 3 October, Manly - TBC

City2Surf Fundraiser, All Ensembles

Sunday 18 October, Bondi

Year 12 Graduation JO

Thursday 12 November, Freshwater Campus Gym

Strings Soiree CO/SE

Friday 13 November, Mosman Art Gallery

Jazz Night Out SWB/SB/BB/JO/JJC/JC

Saturday 14 November, Dee Why RSL

Junior Band Tour, CB/SWB/SB

First week of December TBC

Year 7 2021 Orientation Day WE/SE

Tuesday 1 December, Manly Campus

School Presentation Day SWO

Monday 7 December, Freshwater Campus Gym

Big Band Bash Christmas, All Ensembles

December (Date TBC), Manly Quad or Freshwater Gym (weather dependent)

BAND NAMES

Wind Stream:

SWO-Symphonic Wind Orchestra; WE-Wind Ensemble; CB-Concert Band

Strings Stream:

SE-String Ensemble; CO-Chamber Orchestra

Jazz Stream:

JO-Jazz Orchestra; BB-Big Band; SB-Stage Band; JC-Jazz Combo; JJC-Junior Jazz Combo



School Zones

They keep our children safe

School zones operate between 8 - 9.30am and 2.30 - 4pm on school days.

The speed limit is 40km in all school zones.

We aim to improve road safety in school zone areas to protect children on their way to and from school.

It's important to understand the road conditions and signage in school zone areas. Please assist us by keeping our roads safe and educating your children to be safe around traffic.

Child safety is paramount and we make no apology for issuing infringements to drivers illegally parked in school zones. We are continuously conducting patrols during school terms to ensure child safety around our schools.



northern
beaches
council

No Parking

No Parking zones can be used to **drop off** and **pick up** children



- Drivers may stop to drop off or pick up passengers or goods for a maximum of 2 minutes.
- The driver **must** remain in or **within 3 metres** of the car
- Do not leave the vehicle unattended

Penalty \$191 and two demerit points

Bus Zone

Stopping is not permitted at any time.



- Drivers are not permitted to stop in a bus zone at any time. Unless, the sign shows times of operation, then the restriction only applies during those times.

Penalty \$344 and two demerit points

No Stopping

Stopping is not permitted at any time.



- Dropping off or picking up passengers is not permitted in these areas.
- A continuous yellow line on the edge of the road also indicates a No Stopping zone.

Penalty \$191 and two demerit points

Double Parking

Double parking reduces visibility for other motorists and pedestrians.



- Vehicles must not stop next to legally parked vehicles, even for a short time.
- It is illegal to park within three metres of double white centre lines

Penalty \$344 and two demerit points

Driveways

Do not park across or on a driveway or any other vehicle access way.



Penalty \$344 and two demerit points

Please note:

Correct as at 1 July 2019 but are subject to change. Demerit points can increase the cost of your Greenslip.

**Specially tailored webinars for
men, women, young people, older people
and the LGBTIQA+ community**

**WEDNESDAYS 7.30 - 8.30 PM
27 MAY - 1 JULY**

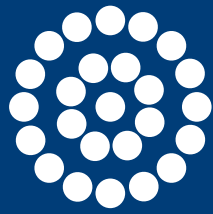
SAFE AND SOUND WEBINAR SERIES

**In each webinar, you'll hear from
local experts as they share
wellbeing tips and support services**

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northernbeaches.nsw.gov.au

Enquiries 8495 6608 or
gatekeeper@northernbeaches.nsw.gov.au

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GIANT BOOK FAIR

Brookvale

St Augustine's College
Federal Parade

JULY 2-5

Thursday 11-6

Friday 9-6

Saturday 9-5

Sunday 9-3

M.W.B.A. BOUNCE CAMP

Be Game Ready

5



- Focus on the next level basketball skills and game situations.
- For players who are serious about improving their game.
- Will be pushed to get the results

Ages: 12 to 16 years

Dates: 14th & 15th July, 2020, 10-2:00pm

Cost: \$50 per day or 2 day for \$90

Head Coach: Steve Shortland

Venue: N.B.I.S.C , Jacksons Rd, Warriewood

To Book: <https://www.trybooking.com/BJWFJ>



MANLY WARRINGAH BASKETBALL

JULY HOLIDAY CAMP

COME ALONG AND LEARN BASIC, FUN SKILLS

DATES: 6TH, 7TH & 8TH JULY, 2020

TIME: 5 to 9 Yrs old 9:00 to 11:30am

10 to 14 Yrs old 12:30 to 3:00pm

VENUE: Northern Beaches Indoor Sports Centre

AGES: broken into age groups

COST: \$99 (If camp is cancelled, total refund)

PROFESSIONAL COACHES & PRIZES

NO SINGLE DAYS MUST PAY FOR 3 DAYS

PLEASE BRING LIGHT SNACK & WATER

Due to Covid-19 restrictions there will be limited numbers, & No spectators.
MWBA Will provide sanitised balls on the day. No balls to enter the stadium.

[HTTPS://WWW.TRYBOOKING.COM/BJTZZ](https://www.trybooking.com/BJTZZ)

Which drugs
are young
people
using?

How would
you know if
your child
was using
drugs?

What are
the signs of
drug use?

How could
you talk to
your child
about
drugs?



Presents

Parents Prepared

Starting the conversation with young people about drugs

When: Wednesday 12th August, 2020

Time: 4.00-6.00pm

Where: online via [Zoom](#)

Cost: \$10 per ticket

Presenters:

Belinda Volkov, Clinical Coordinator
Hayley Bowen, Master of Social Work Student

RSVP: visit <https://www.trybooking.com/BJXZR>
to register

To find out more about SDECC, visit www.sdecc.org.au

Supported by the Sydney North Health Network