



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)

31 July 2020 – Newsletter No.14

From the Principal

COVID-19 update

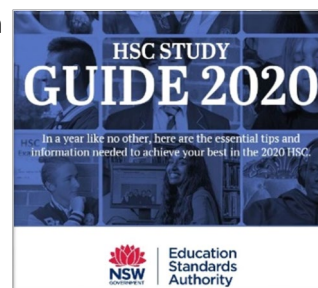
As we headed into the holidays, we were all full of expectations that things would be somewhat 'back to the new normal' this term. Unfortunately, with the increase in locally transmitted cases of COVID-19 in Victoria and now in NSW, there has been no further easing of restrictions in our schools. While we are delighted that extra-curricular activities, including band, vocal ensemble and dance are back on, there is still much that does not resemble our typical schooling experiences. It is with much sadness that we had had to continue to modify or cancel events and activities this term. All precautions must still be taken to ensure the safety of everyone. As a further measure this term, parents and other visitors are only allowed onto the school site if they have an appointment. This is necessary so meeting rooms can be prepared and surfaces cleaned to assist adults, including staff to adhere to social distancing requirements. If there is an essential reason for you to visit the school, please call us on 9905 3982 to arrange this. Any non-essential visits to the school can no longer occur at this stage. I apologise for any inconvenience this may cause. Any visitor who presents at our site without an appointment will be politely asked to make an appointment, call or email so that we can provide the requested assistance. We ask all parents to ensure students remain at home if unwell and if COVID-19 tested, please let us know.

Trial HSC Examinations

At the start of the week, the Trial HSC examinations commenced with music practical performances. Congratulations to all Year 12 Music students on the quality of their performances, as well as their ability to adapt to the changes put in place by NESA earlier this year.

Year 12 written Trial HSC examinations started today and will continue until Week 4, Friday 14 August. We wish all students well as they prepare for and complete their final school based assessment. Students who have HSC major projects or Language oral examinations over the next few weeks are reminded to make sure they have a good balance between these expectations and the Trial HSC. Year 12 parents and students must remember that the "Trials" are practice exams and should be treated as a learning experience to help prepare themselves for the HSC exams.

The annual [HSC Study Guide](#) is now available online. It is packed with practical information and advice to help students achieve their best in the upcoming HSC exams, with written exams due to start on October 20.



NBSC Manly Campus

138 Abbott Road, North Curl Curl NSW 2099

Phone: 9905 3982

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

Child and Youth Mental Health Services in the Northern Sydney Area

Included at the end of this edition of The Weekly Pines is an overview of the Child and Youth Mental Health support services available in the Northern Sydney Area. It provides the names of the services, contact details and the range of services provided. Also included at the end of this newsletter is an updated list of the school's wellbeing team.

Kathy O'Sullivan
Relieving Principal

From the Deputies

Trials and Tribulations

This week, the Year 12 students have entered what may seem another challenging or difficult time. No doubt students will be experiencing feelings of unease or stress at the thought of the upcoming examinations.

Now imagine this; you already know you are going to get the results you want. In fact, imagine you get everything you want, everything you have dreamed of; guaranteed and handed to you. Furthermore, you know this will be the case every single day for the rest of your life. Sounds great, right?

Imagine an escalator to the summit of Everest; and perfect weather every day; you could make the trip up, plant your flag, and do it every day. Big deal.

The truth is; *there is no worthwhile accomplishment without struggle*. It is the struggle, in fact, that makes something an accomplishment.

We cannot appreciate warmth without knowing cold, or a wonderful meal without knowing hunger. Imagine having the most amazing meal you could dream of, but having it every single day. It would no longer be 'amazing'.

And so we believe that it is such 'contrast' that gives value and meaning. The contrast between cold and warmth, between hunger and the satisfaction of even the simplest of meals, is what gives us a sense of fulfilment. The effort, the struggle, and the 'rarity' of achievements is what gives them value and

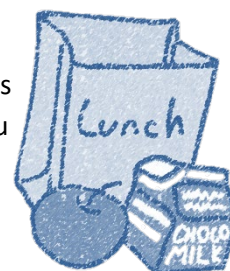
meaning. Imagine an existence without such contrast. Sounds rather bland.

We look forward to celebrating the achievements of our Year 12 students once they have reached their summits. Likewise, we look forward to further opportunities to challenge and excite all of the students at Manly Campus.

Alex Newcomb – DP (8, 10 and 12)
Marisa Carolan – Rel. DP (7, 9 and 11)

Canteen

The canteen is back in full swing and is desperately short of volunteers. If you can spare a few hours please click on the link below to find a time slot that suits you.



[Term 3 2020 Canteen Roster](#)

P&C AGM

Wednesday 5 August at 7pm

The meeting will be held via Zoom

Meeting details are as follows: Zoom meeting ID: 576 953 3569 There is no password.

Join the zoom meeting by clicking on this link:

<https://us02web.zoom.us/j/5769533569>

or Dial In: +61 2 8015 6011
Meeting ID: 576 953 3569

Find your local number:

<https://us02web.zoom.us/j/kbKHTTuZrx>

#LoveWhereYouLearn

Over the past month, a small group of students from Year 7-10 volunteered to enter a video competition run by the Department of Education. The #LoveWhereYouLearn video series aims to showcase some of the amazing schools across the state in a fun and engaging way on DoE channels that reach over 500,000 people each week.

The creative film team worked collaboratively to feature a school tour that highlights what makes Manly unique. Our focus was on the array of activities students can participate in at NBSC Manly Campus, highlighting the message that everyone is welcome and celebrated. This was conveyed through the story of a young man who is nervous about his first day at Manly Campus, but by throwing himself into any and all activities (even those he might not have a natural talent for!), he finds a place of belonging and hope.

Thank you to the Science, TAS, Dance, English, Drama, Vocal Ensemble and Band teachers who allowed us to film their classes.

Congratulations to the following students for their hard work in bringing the video to life:

- Sam Daykin - Year 8 (cinematographer)
- Michael Hawkins - Year 9 (actor)
- Melissa Soe - Year 9 and David Zhan - Year 10 (editors)
- Alexander Goodman, Aaroohi Bansal, Jia Rastogi - Year 7 and Charlotte Thomson - Year 9 (organisers)

Miss Campbell
English Faculty



Michael Hawkins (Year 9)



Year 9 Drama

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.

More information on attendance and absence procedures can be found on our school website.

SchoolTV

SchoolTV Topic Series:

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



SECOND HAND UNIFORMS

Due to COVID -19 restrictions the uniform shop will be closed for on-site purchasing until further notice.

All orders can placed by email to [Marg Martin](mailto:Marg.Martin@optusnet.com.au) or [Fiona Cahill](mailto:Fiona.Cahill@gmail.com)

Please contact coordinators Marg Martin or Fiona Cahill if you would like to place an order
margaret.martin@optusnet.com.au
fiona.cahill4@gmail.com

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) contact Sarah Cole: sarahcole24@gmail.com

Northern Beaches Council is looking to promote and increase feedback of young people on proposals that affect them. For interested students, see the information below from Northern Beaches Council on three projects.

[Activation of Library Spaces at Night](#)

We've got an 'ideas board' on the project's Your Say page and really keen to hear from young people/students from all over the Northern Beaches.

- We want your ideas on how our libraries can be used at night.
- What types of activities or events would you be keen to attend at your local library?

Ideas board closes on Sunday 9 August.

[Draft Child Safeguarding Policy](#)

Northern Beaches Council is committed to becoming a Child Safe Organisation.

To achieve this, we need to adopt preventative and responsive systems, policies and practices to safeguard children and young people (those aged under 18 years) from harm and abuse.

The draft Child Safeguarding Policy provides a set of overarching practices aligned to the Child Safe Standards that demonstrates Council's commitment to child safety.

Comments close on Sunday 9 August.

[North Harbour Reserve Landscape Improvements Project](#)

We'd like your thoughts on the draft concept plan for landscape improvements at North Harbour Reserve. Our aim is to address current issues and enhance recreational opportunities in this much-loved space.

Your feedback will helps us ensure the reserve continues to cater to local schools and students.

Comments close on 23 August.

Term 3 Calendar

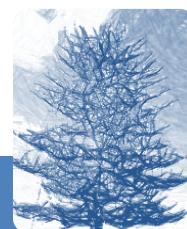
Please check the dates closer to the event!

Week 3A	
3/08/2020-14/08/2020	HSC Trial Examinations (exam timetable has been uploaded to the school website)
5/08/2020	P&C Meeting AGM, 7pm (via Zoom, details in this newsletter)
8/08/2020	HAST Test Year 8-11, 9am Applicants will be sent details
Week 4B	
3/08/2020-14/08/2020	HSC Trial Examinations (exam timetable has been uploaded to the school website)
10/08/2020-14/8/2020	Year 11 Interviews
Week 5A	
20/08/2020	Science Techno - Manly finals
20/08/2020	Year 8 into 9 subject selection - Online format, details will be emailed
Week 6B	
24/08/2020-28/08/2020	Year 10 Interviews
27/08/2020	Applications for School Captain close
28/08/2020	Science Techno College Finals
Week 7A	
31/08/2020-4/09/2020	CAPA exhibition
2/09/2020	School Cross Country

Week 8B	
8/09/2020-11/09/2020	ILP Expo 1 & 2
9/09/2020	P&C Meeting, 7pm
11/09/2020-12/9/2020	Forty Hour Famine
Week 9A	
14/09/2020-25/09/2020	Year 11 Final Examinations
15/09/2020	Write a Book in a Day
16/09/2020	OC Test
Week 10B	
14/09/2020-25/09/2020	Year 11 Final Examinations
24/09/2020	Year 12 Farewell Assembly
25/09/2020	Last day of Term 3 for students

The school calendar is on the home page of the [NBSC Manly Campus Website](#), as well as the [events section](#), where you can click on *remind me* to add the event to your calendar. Please check the dates closer to the event.

Band news on the following page.....



The next edition of The Weekly Pines will be published on Friday 14 August

Welcome to our Newest and Youngest Member of our Band Program

Huge congratulations to Strings Director, Kathryn Crossing and her family who welcomed a beautiful baby boy named Theo on Saturday 25 July. All are well and settling into family life with their new addition!



HSC Music Recording

During the school holidays, Jazz Orchestra and Jazz Combo spent an afternoon at Freshwater Campus in their studio recording composition pieces and the backing tracks for this year's Music HSC students.

Normally, our ensembles provide live musical support to students in their HSC music trials and exams but this year only recordings are allowed. The afternoon ran smoothly with all pieces completed and it provided a different experience to the students being in a recording studio.

Thank you to director Craig Driscoll and the Jazz Orchestra and Jazz Combo students for their support of their fellow students.

We wish all our Year 12 students the very best of luck in their HSC trials over the next couple of weeks.

Term 3 Events and Performances

It is likely that this term will be impacted with some performances cancelled and alternative venues needed for events that will go ahead.

We are working hard on new opportunities to record and perform to replace those cancelled events and we will share the details once we are able to.

Rehearsals

All ensembles have now had a rehearsal this term. Marianne Edwards, the new Strings Director, really enjoyed her first rehearsal with String Ensemble, saying the students were helpful and made her feel very welcome!

Attendance at rehearsals is high, which is fantastic and the directors and students are enjoying playing together again. Please see the table below if you need a reminder of when and where your rehearsal takes place.

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 is extremely important!

Please follow these rules at all times:

- 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.

Treasurer Needed for Band Committee

Our amazing treasurer, Jill Johnson, has decided to step down from the role, so we are seeking a volunteer to take over from Term 4 onwards.

Jill has continued in the role this year despite no longer having a child in the band program and we are so grateful for that continuity, particularly during such a challenging semester.

We cannot thank Jill enough for the many hours she has spent working with the school office and their SAP system to put in place clear processes and ensure we have accurate accounts.

The good news is that because of Jill's hard work, the role going forward should be much simpler and more straightforward!

It requires no more than 3 hours a week on average and other than a set day for payroll, it is mostly answering email queries, following up payment of fees and recording invoices which can be done at any time.

If you are interested in this role or would like more details, please contact Band President, Mel Corner on andyandmel@gmail.com

Band Meeting Going Online

Our band meeting is on Monday 17 August and it will be online. More details will be provided in future newsletters and by separate email.

Band Fees Semester 1

Fees for Term 2 and outstanding fees for Term 1 were included in your student statement of

account sent by email from the school to all families at the end of last term. Term 2 fees include a discount of 40%.

Thank you to all those who have paid and we would really appreciate prompt payment of any outstanding fees.

If you cannot find the email or did not receive it, please contact the school office directly so they can check they have the correct email address and/or re-send it.

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.

Contact Details

After such a turbulent first semester, we are keen to start Semester 2 with up to date contact details and information. Please email the details of any changes to Steph Stoddard at bandmanagerbomc@gmail.com

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.

Term 3

Musicale SWO/JO/CO/SE/JC

Saturday 19 September evening, Independent Theatre North Sydney (Venue has cancelled our booking, looking at alternative locations)

Farewell to Year 12 Assembly SWB/SB

Thursday 24 September, Manly Campus

Cancelled Events for Term 3

The following events have been cancelled:

NSW Schools Band Festival (ASBOF) SE/CO – 30/8
Sydney Con Cancelled

Term 4

Manly Jazz Festival JO

Saturday 3 October, Manly **Cancelled**

Manly Jazz Festival JC

Saturday 3 October, Manly **Cancelled**

City2Surf Fundraiser, All Ensembles

Sunday 18 October, Bondi

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

Year 12 Graduation JO

Thursday 12 November, Freshwater Campus Gym

Junior Band Tour, CB/SWB/SB

First week of December TBC

Year 7 Orientation Day 2022 WE/SE

Tuesday 1 December, Manly Campus

School Presentation Day SWO

Monday 7 December Date, Freshwater Campus

Big Band Bash Christmas, All Ensembles

Tuesday 8 December or Thursday 10 December
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

Child and Youth Mental Health Services in the Northern Sydney Area

Online & Phone Counselling		
Service	Contact Details	Services Provided
eheadspace 	1800 650 890 (9am to 1am/ 7 Days a week AEST) eheadspace.org.au	eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.
Kids Helpline 	1800 551 800 kidshelpline.com.au	Kids Helpline is a free Australian telephone and online counselling service for young people aged between 5 and 25.
Beyond Blue Youth 	1300 22 44 36 (24 hours/ 7 Days a week) youthbeyondblue.com	Beyond Blue offers free telephone and online support and counselling with a trained mental health profession.
Lifeline 	13 11 14 (24 hours/ 7 Days a week) lifeline.org.au	Lifeline provides all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services.

Mental Health Intervention & Support		
Service	Contact Details	Service Provided
Headspace <i>Low Level Intervention</i> 	Brookvale headspace 02 9937 6500 Chatswood headspace 02 8021 3668	headspace deliver early intervention mental health, drug and alcohol, sexual health and employment services for young people in a youth friendly environment. For young people with <u>mild to moderate</u> mental health conditions
YESS <i>Moderate Level Intervention</i>  	1800 YESS PM (1800 937 776) E. yess@parramattamission.org.au	YESS is a mental health outreach service for 12 – 25 year-olds who have, or are at risk of developing, a serious mental illness. YESS is an early intervention program and services can include a combination of psychological intervention, case management, peer work, psychiatry support and family intervention. For young people with <u>moderate to severe</u> mental health conditions. It is a service for young people who may require more support than what headspace can provide and for those who do not meet the criteria for the local Child & Youth Mental Health Services (CYMHS).
Child and Youth Mental Health Service (CYMHS) <i>High Level Intervention</i>  	Hornsby Ku-ring-gai 02 9485 6155 Northern Beaches 02 9388 5150 Lower North Shore 02 9462 9222 Ryde 02 9448 6877	The NSLHD Child and Youth Mental Health Services (CYMHS) provide specialist mental health assessment and intervention to children and young people experiencing significant emotional, behavioural or mental health difficulties. For children and young people with <u>moderate to severe</u> mental health conditions.

Please note this is not a comprehensive list of all the services within the Northern Sydney region. All information is correct as of July 2020.

Support Services

Service Name	Contact Details	Services/Focus
Mental Health Line Mental Health Line 1800 011 511 	1800 011 511 (24 hours/ 7 Days a week)	Provides professional help and advice and referrals to local mental health services for children, teens, adults and older people
Family Referral Service 	1800 066 757 (8am– 6pm Monday to Friday excluding PH) familyreferralservice.com.au	Linking families with the most appropriate service or supports for their individual needs
Butterfly Foundation 	1800 33 4673 butterfly.org.au	Provides information and support for eating disorders and body image issues
Sydney Drug Education and Counselling Centre 	North Shore Service 02 9977 0711 Northern Beaches Service 02 9977 0711 www.sdecc.org.au	Provides free counselling and support for young people aged 12-25 with problematic alcohol and other drugs use (AOD)
Domestic Violence Line 	1800RESPECT (1800 656 463) www.1800respect.org.au	1800RESPECT is the national sexual assault, domestic and family violence counselling service
Taldumande 	02 9460 3777 www.taldumande.org.au	Youth Service offering homelessness services and crisis support accommodation
Twenty 10 incorporating Gay & Lesbian Counselling Services of NSW 	02 8594 9555 www.twenty10.org.au	Providing a broad range of specialised services for gender diverse (LGBTIQA+) young people aged 12-25 including housing, mental health, counselling and social support.
Be You 	https://beyou.edu.au/ Contact for Critical Incidents Be You NSW State Manager 0475 838 049	Be You provides educators with knowledge, resources and strategies for helping children and young people achieve their best possible mental health. Be You also offers support to schools following a critical incident (includes responding to or recovering from a suicide or attempted suicide.
Local General Practitioner (GP)	Local GP’s can make referrals to a Mental Health Clinician (i.e. Social Worker, Psychologist, Occupational Therapist) under a Mental Health Care Plan. Under the Mental Health Care plan, you can be entitled to Medicare rebates for up to 10 individual and 10 group appointments within a calendar year.	
In emergency situations ring 000		

School-Link: How can we help?

School-Link provides a platform for collaboration where mental health professionals and educators work in partnership with children, young people and their families to achieve optimal mental health and remain engaged in education.

School-Link Services Available

- ◆ Consultation on referral pathways for children, young people and their families
- ◆ Linking Health Services and Education Staff to work together
- ◆ Information on evidence based preventions and early intervention programs and initiatives
- ◆ Access to education, training and professional development on current mental health topics



Contact Details:

School-Link Coordinator

Child & Youth Mental Health Service
 Northern Sydney Local Health District
 Tel: (02) 8877 5325 Mob: 0421 582 964

Email: NSLHD-School-Link@health.nsw.gov.au



NBSC Manly Campus

Wellbeing Team 2020

Senior Executives

Relieving Principal: Kathy O'Sullivan

kathryn.osullivan4@det.nsw.edu.au

Deputy Principal -

Year 8, 10 and 12: Alex Newcomb

alex.newcomb@det.nsw.edu.au

Relieving Deputy Principal -

Year 7, 9 and 11: Marisa Carolan

marisa.carolan@det.nsw.edu.au

Head Teacher Wellbeing

Head Teacher Wellbeing: Deborah Rixon

deborah.rixon@det.nsw.edu.au

School Counsellors

Melissa Moss

melissa.moss@det.nsw.edu.au

Tanja Musik

tanja.musik@det.nsw.edu.au

David Martin

Senior Psychologist Education

david.j.martin@det.nsw.edu.au

Year Advisors

Year 7 Advisor: Lucienne Herft

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Year 8 Advisor: Josinta Chandra

josinta.chandra@det.nsw.edu.au

Year 9 Advisor: Branko Goykovic

branko.goykovic@det.nsw.edu.au

Year 10 Advisor: Richard Crooks

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Year 11 Advisor: Chau Truong

chau.truong10@det.nsw.edu.au

Year 12 Advisor: Fiona Brien

fiona.c.brien@det.nsw.edu.au

Boys Advisor

Hoa Nguyen

duc.nguyen180@det.nsw.edu.au

Girls Advisor

Chloe Woodward

chloe.woodward4@det.nsw.edu.au

NBSC Manly Campus

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School phone: 9905 3982