



The Weekly Pines

Northern Beaches Secondary College

Manly Campus



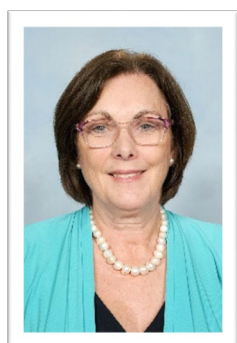
Academic Excellence ★ Personal Best ★ Giving Back to the Community

Relieving Principal: Ms Kathy O'Sullivan

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

11 September 2020 – Newsletter No.17

Farewell from the Principal



After much deliberation (no rush to a wrong answer), I have made the difficult and somewhat challenging decision to retire. This will allow for the recruitment process for the next Principal to take place next term to enable a smooth transition as the school moves

forward. I always knew it would be very sad to say my goodbye to Manly, although I never realised it would be this hard! The past eight years as Principal and Deputy Principal of this outstanding school have been the absolute highlight of my career in public education. It has been an honour to work with such an amazing school community where care and compassion are the backbone to success and reflect the amazing futures many of our students continually contribute to society. Thank you to the ever hard-working and amazing staff, students, parents and community members for your individual and collective contributions to ensure NBSC Manly Campus continues to grow and thrive.

This year has been, and continues to be, one that challenges our sense of 'normal' in all senses of the word. I would personally like to thank Kathy O'Sullivan for her outstanding leadership and Marisa Carolan, Kate Munro, Fiona Brien and Bec Stuart for

so successfully relieving in their respective leadership roles this year.

I am hoping to have the opportunity to say farewell in person at some stage although not sure how that can happen in these virtual times! Until then, sincere thanks and take care.

Cath Whalan
Principal

Principal Report

Farewell Cath Whalan

We wish Cath all the best for the future and thank her sincerely for her leadership over the past eight years. A farewell event will be organised when restrictions ease and details will be provided in The Weekly Pines. The Director of Education, Julie Kennedy will begin the recruitment process at the start of Term 4 with the intention of having a new Principal appointed for the commencement of 2021.

School Captains 2021 & SRC Induction Ceremony

NBSC Manly Campus 2021 Student Representative Council (SRC) members were inducted at a whole school assembly on Tuesday, along with the announcement of our new School Captains and Vice Captains.

Congratulations to our 2021 School Captains Eliza Lo Russo and Max Oldham, to our new Vice Captains Hannah Lovlin and Noah Sawyer along with SRC

NBSC Manly Campus

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members; Chloe Bracher, Lea Hartley, Amelie Letchford, Vivienne Paduch, Daniel Shi and Alexander Yuen (Year 12 2021), Samuel Capell, Gina Harrison, Harry Huang, Audrey Li, Jenna Kim, Daniel Martin, Bezi Saunders and Kristof Zajicek (Year 11 2021), Genevieve Bauder, Riddish Cahna, River Fitzgerald, Michael Hawkins, Melissa Soe and Isabelle Stapf-Giannakis (Year 10 2021), Samuel Dakin, Alexandra Harris, Liam Lehane, Esther Schroeter, Thomas Woods and Isabel Young (Year 9 2021), Aarohi Bansal, Evan Cahill, Wilson Foo, Alexander Harvey, Liam Llewellyn and Kateryna Shalopa (Year 8 2021). Whilst you have big shoes to fill, we know you are more than capable of rising to any challenges ahead.



From top left to right: Ms O'Sullivan, 2020 School Captains Chloe Martin and Fergus Clarkson, newly appointed 2020/21 School Captains Eliza Lo Russo and Max Oldham, newly appointed 2020/21 SRC Executive team.

Links:

[Eliza and Max's speech](#)

[SRC 2020/2021 Student Representative Council](#)

Thank you to the 2020 SRC who worked hard throughout the year organising activities to engage our student body through such a challenging year. A heartfelt thank you to the 2020 leadership team; Chloe Martin and Fergus Clarkson (Captains), Lauren Griffiths and Kyle Ambrosius (Vice Captains) along with Robin Evans, Finn Harte, Amelia Heffernan,

Kate McLoughlin, Loukas Triantis, Zhuoheng (Jason) Wu and Hannah Yuan, who were wonderful role models to their peers and represented our school admirably at both formal and informal events. Thank you to Mr Leung and Ms Kontrec for their support and organisation of the 2020 SRC.

SRC Frightfest



SRC held a special event 'Frightfest' last Tuesday. The event started with a whole school zoom meeting led by Ms Giuffrida and Year 11 SRC representatives Eliza and Hannah followed by COVID safe activities at recess. A big thank you to the SRC for their organisation of the event.

HSC Drama Nominations

Congratulations to Rhiannon Lidbury and Holly Matthews who have been nominated for possible inclusion in OnSTAGE, a showcase of performances and individual projects from Higher School Certificate Drama students.

Year 11 Examinations

Year 11 Examinations started on Thursday and will continue throughout week 9 and 10. The examination timetable has been uploaded to the home page of the school website for your reference.

During this time, we encourage students to practise their study routines and examination technique prior

to beginning the HSC course next term. Students are reminded to inform the school on the morning of the task and follow the illness and misadventure procedures outlined in their assessment booklet if necessary.

Canteen Volunteers needed

Whilst we are restricting access to the school, please note that volunteers are officially allowed in the canteen. Now running at full capacity, the canteen relies on volunteers to provide an affordable and varied menu for our students every day. It has been a struggle to get enough volunteers, please support our wonderful canteen staff and use the following links to sign up for a shift.

[Term 3, 2020 Canteen Roster](#)

[Term 4, 2020 Canteen Roster](#)

Congratulations to:

- Louis McKay (Year 10) who came equal first in Australia in the 2020 Australian Geography Competition.
- Esther Schroeter (Year 8) received a highly commended award in the Mosman Youth Award in Literature.



Kathy O'Sullivan
Relieving Principal

From the Deputies

We are always amazed at the variety of directions our students take after they complete their Manly Campus journey and also the influence that the school has had in terms of their global citizenship. Below is a letter from 2009 Year 12 graduate, Vanessa Moskal who has written as an aspirational message to our current school community. She certainly has embodied the Manly ethos of giving back to the community and personal best.

'Staring at my upcoming HSC exams in 2009 I couldn't imagine where my education at Manly would take me. While at Manly, I was selected to represent Australia at the youth Precursor to the G8 Summit on Climate Change. My dedication has been recognised with an Order of Australia Certificate of Commendation for Service to the Community (2009),

Australian Defence Force Leadership and Teamwork Award (2009), and Rotary Pride of Workmanship Award Excellence in Leadership and Passion for Learning (2013). Qualified with a Certificate of Engagement from the International Association of Public Participation (2015), I also have a Bachelor of Political, Economic, and Social Sciences from the University of Sydney (BPES).

11 years since graduating, I've co-founded a musical society, served in local government, and now, after years of volunteering, I work in the environmental sector. I work at the National Carbon Bank of Australia as a NSW Compliance Officer, supporting people through the process to navigate rebates, legislation, and options for reducing their carbon emissions. Working under the NSW Energy Savings Scheme, I specialise in Home Energy Efficiency Retrofits (HEERs) for homes and small businesses across the state.

Locally, in government, for five years I served as an elected Councillor (policymaker) with Warringah Council (2012-2017). This involved chairing the Environmental ECOS Strategic Reference Group (SRG). The SRG covered environmental issues for 4 lagoons, 9 beaches, and 1700ha of bushland. In the role, I also gained experience in policy for sea-level rise in the Collaroy Coastal Zone Management Plan (CZMP) and in capital works for Narrabeen Lagoon Trail. From this, I have a passion for the environment. The role also involved extensive experience in public speaking, such as being a speaker and MC at Australia Day and community events.

Abroad, I have represented Australia at the precursor to the environmental G8 Summit on Climate Change in Hokkaido, Japan (2008) participated in the UNICEF Roundtable on Human Rights in the Asia Pacific (2007), worked in Poland teaching English (2010-2011), and seen aid work for women with disabilities in Nepal (June 2014). Manly instilled in me a passion for community service.

During my time at Manly Campus, I also began volunteering with OzGREEN Australia that first was suggested through the Manly SRC. It's now been over 10 years volunteering with OzGREEN and since 2018, I am an elected Board Member. The organisation has

been recognised with a Eureka Prize, Banksia Award, and UN Media Peace Awards. Most recently the founder of OzGREEN, Sue Lennox, was awarded the 2020 NSW Senior Australian of the Year and in January we had the opportunity for a meeting with the environment Minister, Matt Kean. Indeed, an education at NBSC Manly Campus will take you incredible places!

I wish all students, particularly HSC students the very best. Take advantage of the opportunities to volunteer, to practice art, to be a part of extra-curricular activities. To all the dedicated teachers at Manly, thank you for believing in us and giving us the foundations to our future.'



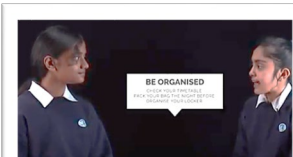
Alex Newcomb - DP Year 8, 10 & 12

Marisa Carolan - DP Year 7, 9 & 11

2021 Cohort Video



Students from Year 7 and Year 10 contributed to a video that will be shown to the new cohort of 2021. The students offered suggestions and advice on the transition from primary to high school.



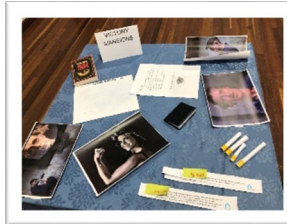
A big thank you to Alvin Theseira from the NBSC administration centre for offering his filming talents on the day, Mrs Blundell for the use of her photography studio and to the stars of the video Aarohi Bansal, Evan Cahill, Pahandee Kodituwakku, Jia Rastogi, Saksham Sehgal, Cecilia Wan (Year 7), Alexander Gaal and Lydia Woodward (Year 10).

Mrs Herft
Year 7 Adviser

English Faculty Report

The English faculty has been working hard to keep Year 12 engaged in revising for their HSC examinations. Students have been attending lectures given by each Trial marker to ensure a deep understanding of the requirements of each section of the exam is in place.

Ms Hewes and Ms Koo's classes took a tour through key locations in George Orwell's *1984* to get their students thinking about how settings, symbols and language work together in the text to create meaning.



Meanwhile, Ms Munro's class played "revision pong" to test their knowledge of Shakespeare's *Henry IV Part 1* (and also their throwing skills, which she overestimated!). Once students landed a ping pong ball in a cup, they won some lollies and the chance to test themselves with questions such as "Who does Hotspur call 'a frosty spirited rogue'?" and "Name a character in the play who is definitely not Machiavellian." Luckily, students were better at answering questions than they were at getting the balls into the cups!



Kate Munro
Rel. HT English

Year 12 English Extension 2 Major Works – Completed

There was relief and elation at 3pm on Friday 21 August when Year 12 Extension 2 English students submitted their HSC Major Works to NESA. The culmination of countless hours of research and drafting, it was also the end of 13 years for a group of students whose love for reading and writing started when they were very young.



Teachers Ms Carolan and Ms Koo are proud of each and every student for submitting bodies of work that reflect their passions, vision and inventiveness in language. A big thank you to Ms Hewes for her support and guidance throughout the process, and also to Ms Brien and Ms Munro for calm heads in the frenzy of the final day.

Thank you also to all the parents and families of these students who supported their young people through the Extension 2 course.

Well done team, you did it!

Below are the titles of each student's piece:

Short fiction

Conor Carroll: 'The Bridge Poet'

Eleanor Fogarty: "Through her Wondering Eyes"

Ellie Shefts: Separated Together

Emily Hewitt-Park: "Whanau"

Indy Pike: "The Map of Hell"

Madison Harrington-Hopkins: "The Surgeon"

Nicholas Goodyer: 'The Dark Carnival'

Rebecca Ladbrook: "I Dreamed a Dream"

Tatiana Baladina: 'Pravda'

Poetry

Christian Bruun Plener: 'Death Invited By Ourselves'

Billie Clow: 'The Growth and Decay of a Sea Man'

Critical Response

Krishaa Tulsiani: 'No Escape: An Exploration of the Dark Feminine in Jane Harper's Outback Noir Oeuvre'

Script

Douglas Woon: "Caesar"

Madeleine Koo - English

Year 12 Student Report

I thought my writing days were over for the time being, but we come back for a little encore to applaud the twelve amazing students that have stood by my side through the chaos, frenzy and intellectual insights that came with Extension 2. Of these insights, my biggest appreciation has to concern the dozens of referencing systems that are so similar, but too different to pass off as the same. Apart from my newfound love of the Chicago Manual of Style (and heartfelt gratitude for its online copy), I was lucky enough to study Jane Harper's incredible body of work under the guidance of my fellow crime enthusiast and mentor teacher, Ms Koo, who introduced me to the brilliance that was "The Dry". Whilst the book, and corresponding analysis in relation to Jung's dark feminine, has been drilled so far into my brain (to the point where I still can't sleep without thinking of state ranking John Bivell's critical response), the movie release in November is pencilled into my calendar. I guess this either speaks volumes about the quality of her work, or my love for it. Regardless, Extension 2 was an amazing experience that taught me a lot about how much I can achieve with a sprinkle of passion and a lot of hard work. I'm sure myself and fellow students will carry this same enthusiasm and ethos as we move toward similar projects in the future.

A huge congratulations to my "Wednesday's only end at 5pm" friends, and a huge thank you to Ms Koo, Ms Carolan, Ms Hewes and many, many others who have made this major work journey possible.

Krishaa Tulsiani

New Year 9

Careers/Wellbeing Program: Strengths for Success

This week all Year 9 students participated in a new Careers/Wellbeing program: *Strengths for Success* designed by Turning Point Consulting. The main topics covered included:

- Common strength styles in connection with personal behaviours in work and school settings
- Students identifying their own strengths in connection to their interactions with others, at home and school
- Reflecting on how these skills can be presented in a work transition situation, e.g. resumes and/or interviews
- Discussing how these strengths support them in their suitability for employment

Students participated in five individual teacher led workshops. The workshops were designed to lead students through several pre-recorded insights discussions that are followed by several activities. The activities embed the learning and personalise it to the students with connection to their personal choices and preferences at school, home and in hobbies.

Session 1: Introduction to the day with outline followed by an introduction to strengths

Example based sharing around strengths, the manner in which it will change how people view situations and how people may react. A lead discussion for students to consider which strengths they offer and how they see them in themselves.

Activities: Identify your strengths and connect them to your life.

Session 2: Strengths in study and beyond

Reflecting on your thoughts in session 1, consider how your strengths may be hindering and helping you in your studies. We will connect their tendencies to possible study paths post school and career choices.

Activities: Reflection on subjects and connection with focus on "What's working? What's not?"

Session 3: Presenting your Strengths

Discussing how you present your strengths in career situations, specifically focusing on interview skills and body language.

Activities: Applying these skills, film yourself (or present to a peer), share feedback and improve in your second attempt.

Session 4: Seeking opportunities

Connecting your strengths and choices to gaining experiences for resumes and beyond, looking at where and how we can develop or apply strengths to create success in our job hunt or transition from school.

Activities: Reflect on how you are using your strengths, select an area of focus and set a plan to move forward and workshop it with your peers.

Session 5: Working together

Linking core employable skills within the workplace, we discuss how to develop or maximise these strengths in individuals with a specific focus on teamwork and communication skills

Session: Discussion questions for students to workshop, then strategic group activity to create a team to design and market a new ice cream flavour

Overall, the students' evaluation of the program was very positive.

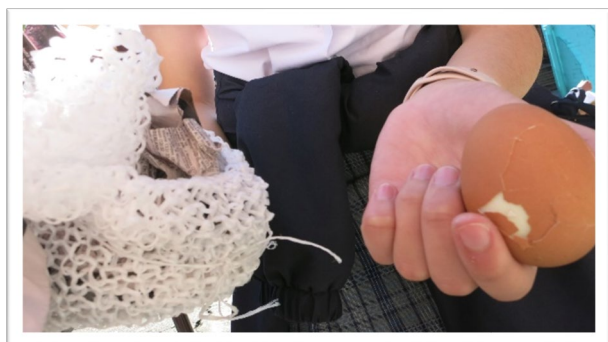
Many thanks to Mr Goykovic, Ms Chandra, Mr White, Ms Fee and Ms Woolven who were the teachers who gave up their time to run this program.

Mrs Rixon
HT Wellbeing/Careers Advisor

Year 7 Science - Egg Drop Competition

This term, Year 7 have been studying their physics topic on energy and forces, and designed a contraption whose purpose was to protect an egg from cracking after being dropped from a two story building.

Taking ideas from real world concepts such as crumple zones on cars, parachute harnesses and shock absorbent materials, our students came up with a variety of different products to perform the drop test.



To ensure that the playing field was level, each team were only allowed to use a specific amount or recycled materials provided to them in class. Creativity and ingenuity were needed to design an effective structure able to protect the egg from the significant forces involved as it plummeted.

The best designs from each class were showcased at the year assembly and each member of these groups were awarded with a certificate of 'eggcellence'.



Jamie Wan
Science

Annual Wraps with Love Silent Auction



This week students and staff have been busy adding their name and bids to the Silent Auction of 3 blankets, which have been knitted and sewn together by students and community members of Manly Campus.

The 2020 school captains, Chloe and Fergus have organised this event and had a hard time selecting only 3 blankets from the 23 completed this year. They will announce the highest bidder at the beginning of lunch on Monday 14 September. The funds raised will contribute towards the running of the Manly Campus 2021 Wraps with Love program. A big thank you to them and all the knitters who have contributed to this year's program for such a worthy cause.

Barbara Harrison
Librarian

Managing the Final Year of School in the COVID Era

with Dr Michael-Carr

City of Ryde is proud to host Managing the Final Year of School in the COVID Era with Dr Michael-Carr Gregg.

Tuesday 15 September, 6.30pm-7.15pm
Open to students and parents.

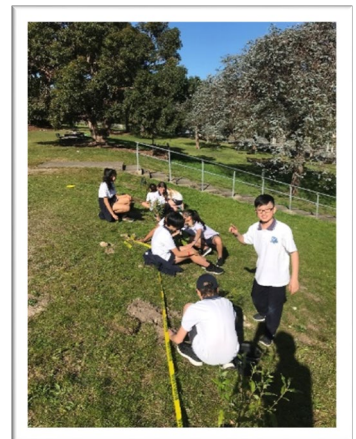
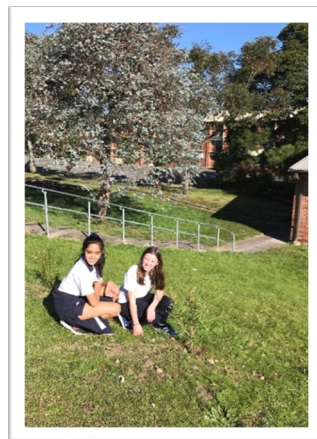
To register please go to the [eventbrite link](#).



TAS Report

Enjoying the rain...

The TAS faculty with the assistance of many students marked out, dug holes and planted many native plants purchase with Grant funds, ready for the rain in the last few days. When flowering these plants will for a hedge and provide a close by food source for Native Bees. Please see our progress in the following photos.



2020/2021 School Captains

Speech

Eliza: Thank you so much. Wow, how honoured we are to stand before you as your elected Captains for 2021. We know it's going to be a rollercoaster, starting from when we had to write this speech overnight, despite both having exams this morning, but regardless of the inevitable up's and down's there's no better group we'd like to experience it with. Manly has become a second home for us over the last few years, so it is with great joy and excitement that we take on this opportunity.

Max: Before we talk about the year ahead, and all the wonderful new additions to the SRC family, we would just like to say a few words about the leaving exec team. Chloe, Fergus, and the rest of the team; Lauren, Amelia, Kate, Hannah, Kyle, Robin, Loukas, Finn, Jason, you have left some enormous shoes for us to fill and we know that upon starting the rest of your lives you'll definitely make the same impact and have great influence wherever your lives may lead you. That goes for the whole of this past year's SRC.

Eliza: The guidance and experience we have gained from the previous school captains has been monumental in both our decisions to run for school captain. Max and I have both been on SRC since year 7, and we can say without a doubt, the exec team of 2020 will leave an incredible legacy on this school, which could have been even greater had the pandemic not had other plans. But despite all the crazy goings on of 2020, you managed to stay focused in your roles and ensured that this year was not one to forget, so thank you.

Max: From the SRC in the coming year you can expect both a focus on fun and entertaining events as well as a focused view of change in the school, both new and carried forward from this year - like the current vertical garden plans or the drama storeroom renovations. Although like this past year, many of our events may be affected, we believe in carrying forth 2020's legacy in leading corona-safe events and will do our very best to ensure that each and every one of you has an amazing 2021 at Manly.

Eliza: Our plan for 2021 is extensive and exciting, and we would like to say that even if you aren't a part of the SRC, we still value your opinions so we would like to reiterate that the SRC has an open door policy to all Friday meetings - or in the current case, an open zoom link. Our vision is for the students, by the students, while strengthening the connection between teachers and exec. We're always up for chats, whether about initiative ideas or your go to canteen order, we're all ears for inspiration.

Max: We are so excited to be your school captains for 2021, and we can't wait for the year ahead and we hope you feel the same way. With the amazing incoming exec and SRC team, we have no fear about tackling the many challenges ahead and ensuring that the student voices are heard. Thank you.



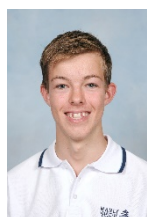


SRC 2020 - 2021

SRC Executive – Year 12 2021



Eliza Lo Russo
Captain



Max Oldham
Captain



Hannah Lovlin
Vice Captain



Noah Sawyer
Vice Captain



Chloe Bracher



Lea Hartley



Amelie Letchford



Vivienne Paduch



Daniel Shi



Alexander Yuen

Year 11 2021



Samuel Capell



Gina Harrison



Harry Huang



Audrey Liu



Jenna Kim



Daniel Martin



Bezi Saunders

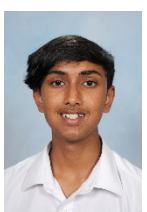


Kristof Zajicek

Year 10 2021



Genevieve Bauder



Riddish Chanda



River Fitzgerald



Michael Hawkins

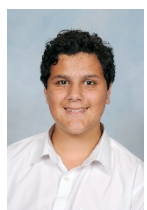


Melissa Soe



Isabelle Stapf-Giannakis

Year 9 2021



Samuel Dakin



Alexandra Harris



Liam Lehane



Esther Schroeter



Thomas Woods



Isabel Young

Year 8 2021



Aarohi Bansal



Evan Cahill



Wilson Foo



Alexander Harvey



Liam Llewellyn



Kateryna Shalopa

Calendar of Events

Please check the dates closer to the event

Term 3

24/09/2020	Year 12 farewell assembly
25/09/2020	Last day of Term 3 for students

Term 4

12/10/2020	First day of Term 4 for students
14/10/2020	Year 12 2021 Information Evening - format TBC
20/10/2020 - 11/11/2020	HSC Examinations

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.

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](#) or [Fiona Cahill](#)

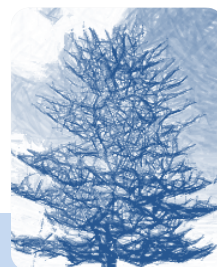
Please contact coordinators Marg Martin or Fiona Cahill if you would like to place an order
margaret.martin@optusnet.com.au

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

Band News on the next page...



*The next edition of The Weekly Pines will be published on
Friday 25 September*



Percussion and Rhythm Focus

Quote from Craig Driscoll: *"As a professional musician, I have spent thousands of hours working on my rhythm and in particular my "time feel". This is not only making sure of playing the correct rhythm but working on the way the rhythm feels and sits within a beat, a tempo and a style of music. It is this "feel" and sense of rhythm that most high school students do not work on so I am actually excited for what we can achieve while are not allowed to blow our instruments forcing us to work on rhythm only at band."*

Seeking a New Band Manager

Our current band manager, Steph Stoddard, has accepted a new opportunity and is stepping down from the role at the end of Term 3. We are looking for someone to take over from Term 4. Please [double click](#) on the link below for more information.



If you are interested in the role and would like to find out more, please get in touch with the band president Mel Corner at andyandmel@gmail.com.

Applications for the role to be in by Sunday 20 September.

New Treasurer Update

Good news! A parent has expressed interest in taking on this very important role. They will be meeting with our current Treasurer and President over the next week or so and we hope to have the new Treasurer approved by the Committee and officially announced by the end of the term.

Band Fees Semester 1

Very Overdue – Payment Requested Urgently

Most fees have now been paid and reminder emails have been sent out to the remaining families with outstanding fees.

Please pay these fees as soon as you can. The band program runs on a not for profit basis and it is challenging to plan and budget for the rest of the year with fees from Semester 1 still unpaid.

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

Rehearsal Times for the Remainder of Term 3

Please be there on time as the sessions cannot overrun and there can be no cross over of students.

If you are one of the students who have two bands on at the same time, you can choose which one you would like to go to or alternate.

Strings Stream

Monday - Year 10, 11, 12 Strings

7:20am - Year 10 to common room

7:20am - Year 11 to room 204

7:20am - Year 12 to room 205

Friday - Year 7, 8, 9 Strings

7:20am - Year 7 to common room

7:20am - Year 8 to room 204

7:20am - Year 9 to room 205

Wind Stream in Hall

Monday - Year 7 and 8 Wind

7:20am - Year 7 rhythm students

7:45am - All Year 7

8:15am - All Year 8

Thursday - Year 9 and 10 Wind

7:20am - Year 10

8:05am - Year 9

Friday - Year 11 and 12 Wind

7:20am - Year 12

8:05am - Year 11

Jazz Stream in Library

Tuesday - Year 9 and 10 in Big Band Jazz

7:20am - Year 10 rhythm students

7:45am - All Year 10

8:15am - All Year 9

Wednesday - Year 11 and 12 Jazz

7:20am - Year 12 rhythm students

7:40am - All Year 12

8:05am - Year 11 rhythm students

8:20am - All Year 11

Thursday - Year 7 from Stage and Swing Band Jazz

7:20am - Year 7 rhythm students

7:50am - All Year 7

Friday - Year 8 and 9 from Stage and Swing Band Jazz

7:20am - Year 9 rhythm students

7:40am - All Year 9

8:10am - All Year 8

Calendar 2020

Term 3

All events and performances cancelled

Term 4

Manly Jazz Festival JO and JC, 3/10 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, F/water 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, 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

Coming in Term 4!

NBSC MANLY CAMPUS

ONLINE

TRIVIA *Night*

**SATURDAY 7TH NOVEMBER
6.30 PM**

The Manly Campus parents' trivia night is one of the highlights of the calendar. While 2020 has brought more curve balls than a Yankees game, we couldn't have a year without the fun of the trivia night.

And now it's coming into your home!

**So put the date in your diaries
and start getting your team together.**

Play in a pair, or in a team of up to 10 people. Get in touch with other Manly parents, or create a team with friends. Choose a house to host your team, and get in the **GREEN** theme - for trivia, games and FUN!

**Tickets on sale at the end of Term 3 - keep
your eye out in the Pines and on FB.**

Trivia brought to you by Time For Trivia. Funds raised will go towards the **green wall** being installed at the school.

Optimising the Healthy Digital Diet: A Guide for Parents and Families

In recent years, the phenomenon of *problematic internet use*, or 'PIU' (commonly referred to as internet or video game 'addiction') has emerged as a real concern for teachers, counsellors and parents. This resource aims to assist parents and families in addressing what can become a complex and challenging problem.

From as early an age as possible, we strongly recommend all school children follow a 'Healthy Digital Diet'. Ideally, a healthy digital diet should be encouraged from Primary School onwards, with sensible, moderate use being a key consideration for parents to aim for. It is not about 'getting rid' of computer games or social networking - which are usually enjoyable and empowering activities - but about not letting these habits become excessive and potentially interfering in other daily activities, such as social interaction, sport, hobbies and home chores. Global research indicates that between 5% and 10% of young people who use information and communication technologies (ICT) regularly develop a problem or addiction around this use.



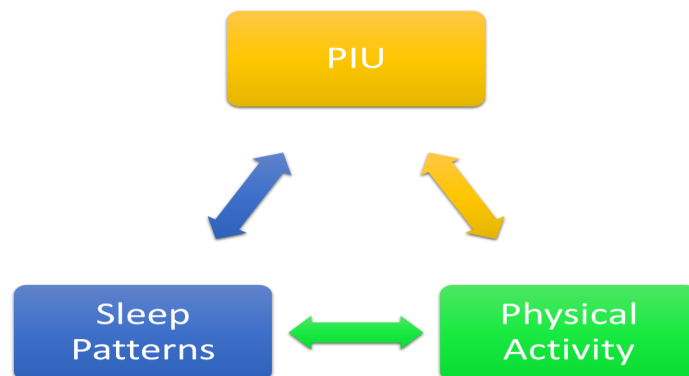
What is 'internet addiction'?

the pervasive, long-term usage by a person of ICT and related technologies, which results in a clinically significant impact in that persons daily functioning or role/expectation, and which persists despite efforts in the client, or in the social circle, to reduce that usage.

What are the core common features of a schoolchild with possible PIU? Note that individual cases will differ slightly.

- Playing games, or going online, for longer and longer periods each day.
- Seeking to go online or to game, as soon as the child wakes up.
- Neglecting, or avoiding, daily chores or general duties, such as attending the family dinner, homework tasks, tidying bedroom, bathing and washing.
- Sleeping patterns being disturbed – e.g. going to sleep at a later time, and/or getting up in the night to go online.
- Lying about, or minimising, the amount of time spent online when asked by an adult.
- Getting angry or even aggressive when not able to go online – e.g. when computer crashes, when no WiFi is available outside, or when computer use is restricted by an adult.
- A decline in school performance — e.g. Grades or results lower than expected, or reports from teacher or school counsellor that ICT overuse is distracting them in class.

The 'Health Triangle'



The 'health triangle' is a useful way of showing that the key domains of sleep patterns, physical activity and internet use are all interlinked. Thus, problems in one area can cause problems in another (e.g. Increasing time spent on computer gaming can cause a lack of exercise and weight gain, then sleep problems). Tackling an established case of advanced PIU will require that the domains of sleep optimisation and the encouragement of exercise be addressed — not just the PIU alone. Thus, a holistic and individualised approach is recommended to achieve positive and lasting change.

Consider using our '**IMPROVE**' tool at home, to gain for yourself a picture of how severe the PIU might be and what its characteristics are: visit our website, www.niira.org.au, for more details.

Some Tips for Parents

DOs

- Inform yourself of what capabilities the device or computer you are purchasing has e.g. Can it utilise Wi-Fi; can it play online multi-user games; how much memory does it have?
- If you are not 'digitally literate', book yourself into one of the computer and internet use courses that your local library or community centre will run.
- Speak with your child after any purchase about what the rules and time limits are over its usage at home and at school.
- Consider preparing an 'Internet Use Contract' with your child (see related document).
- Be consistent with any other children and adults about computer usage—children are very good at 'splitting' adults over rules and claiming 'unfairness'.
- Where possible, encourage computer use to be done in a shared social space, e.g. The living room.
- Consider having a 'recharge station' in the home where all devices, including adults' ones, are placed during family activities such as meals to promote positive interaction.

DO NOTs

- Allow unrestricted, unsupervised use of the computer, especially late at night especially at bedtime and late at night. Experts suggest all devices be turned off at least one hour before bedtime to improve sleep quality.
- Monitor your child's internet use without her/his permission, such as by finding out your child's password, or by secretly installing web-monitoring software
- Allow your child to regularly play games that are rated beyond her/his age-group.
- Assume or hope that the issue will go away – it is safer that any problem be openly discussed or addressed at an early stage, as entrenched habits can be harder to break
- Feel that there is no-one professionally qualified to assist with any problems: an increasing number of school counsellors, clinical psychologists and child psychiatrists will be able to intervene and assist.
- Hesitate to speak to your child's teacher or counsellor if concerned, and if problems persist consider a specialist referral. Intervening early is preferable to a delay in action.

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