



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)

23 October 2020 – Newsletter No.20

From the Principal

Year 12 HSC Examinations

On Tuesday, our Year 12 students began their HSC examinations with English, and from all reports they were happy with the first paper. There is always anxiety leading up to the start of the HSC but once students complete the first paper, that anxiety does seem to diminish a little and students establish a study and exam routine. Students are reminded to see Mr Newcomb or speak to the Presiding Officer if they have any questions or concerns regarding illness or misadventure procedures.

We wish students all the best and hope they enjoy the next few weeks studying and completing their HSC courses.

Year 7 Talent Based Tasks

Year 7 have started to participate in a series of talent-based tasks, which highlights various subjects taught at Manly. The first three options focused on Food Tech, English and Photography. The 'Crumbly Baker' had students race against the clock to bake cookies that were then judged by the SASS staff.

'Poetry Maker' required students to individually hand in an original work based on the theme 'Memories'. The winner was judged by Ms Munro.

The 'Prize Creator' required a picture to be taken of the 'Manly Vibe'. The winning photo will be placed

on a mug and will form part of the prize awarded to each task.

Crumbly Baker - Josie Johnson and Sophie Roach



Poetry Maker - Livia Lin

*Painting a New Year
Darkness was his canvas.
Letting go of the fire cracker
He painted.
Myriads of colour exploded into the sky,
Strokes of iridescent lines slowly formed
Then disappearing and cascading away.
He let go again.
The firework shouted its presence with a boom
He painted bright flowers,
They sparkled and shone.
More were sent up into the sky,
Shapes and colours filling up the canvas again.
He sighed,
Letting go of the last firecracker.
They calmed down,
Dancing away from the canvas.
The vibrant sky slowly faded.
Next year he would paint the darkness again.*

NBSC Manly Campus

138 Abbott Road, North Curl Curl NSW 2099

Phone: 9905 3982

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

Prize Creator - Jennifer Choi



Year 10 Endure for a Cure

Today, Year 10 students took part in the Endure for a Cure Schools Challenge to raise money for The Children's Cancer Institute. Congratulations to our participating students who raised funds for this worthy cause and endured a day of physical challenge to improve the prognosis of children with cancer. Thank you to Fiona Brien for her enthusiastic coordination of our school's participation in this annual event and to Scott White and the PASS class who assisted on the day. If you would like to sponsor a member of the team, please go to team [Manly Selective](#). There is an article on this event in this newsletter.



NBSC Manly Campus Online Trivia Night



The NBSC Manly Campus Online Trivia Night is coming up on Saturday 7 November. If you would like to join in the fun and support our school, you can buy your tickets through [trybooking](#). If you can't attend the trivia night, you might like to purchase [raffle tickets](#). You need to click on the book now button and the raffle ticket option is at the top of the list – 1 for \$5, 3 for \$10 or 8 for \$20.

Thank you to the P&C for organising this event.

Year 9 Camp

Due to the easing of restrictions, I am pleased to announce that the Year 9 camp to Forster will be going ahead. We have been busy consulting with the provider to ensure that measures are in place to maintain the health and wellbeing of students and staff while participating in camp activities. We have developed a best and worst case plan and should there be changes to the rules and restrictions in place to keep the community safe. Permission notes and payment need to be made by Friday 20 October. An alternate program will be provided for the students who do not attend.

Congratulations to:

- Logan Campbell (Year 10) who placed 4th in Under 17s at NSW State Cross Country Championships held on the 10 October. Logan was selected into the NSW team for the Australian Championships; unfortunately, this was cancelled due to Covid 19.

Kathy O'Sullivan
Relieving Principal

P&C MEETING

Wednesday 28 October at 7pm

The meeting will be held via Zoom

Details are as follows:

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

Meeting ID: 576 953 3569

Password: None

Dial In: +61 2 8015 6011

Meeting ID: 576 953 3569

From the Deputies

The many paths our former students follow were often not the ones that were initially in their post Year 12 sights. This is reminder that it is ok to not have a rigid mindset, as there are many forks in the road of life. As American poet Robert Frost states in his famous poem, *The Road Not Taken*, 'ways lead to ways'.

Former 2004 student Kristina Deminick has written about her post school journey:

I can't remember what I thought I wanted to be at high school.

What I do remember is the things I loved to do the most, which after a successful career in digital advertising, I've come back to. Moral of the story? The things you love are always worth a shot.

I was the Manly High School Captain in 2004. Now I lead workshops and mentor creatives. My drama HSC monologue was my favourite thing. Now I work in a theatre promoting all the shows. I wrote 14 poems for my 3 Unit English Major Work. Now I write and sell my poetry as cards. Geography and Society & Culture were my sciences. Now I love to travel and run a self development business. I hated P.E. Yet I'm now a Pilates and Yoga instructor. I didn't see that one coming.

Just so you know, I'm 34 next month so I had to take a few detours to get here. My only advice is - pay

attention to what you love, make moves in a direction you want to go, but don't beat yourself up if that direction changes.

I went from Manly to Sydney Uni for an Arts (Media and Communications) degree. I think I thought I'd probably come out a journalist or writer of some sort. Instead I fell in love with film and TV and decided I wanted to produce music videos. Toward the end of my final year I applied for internships at production companies around Sydney. I got a few rejection letters and pretty much gave up. I hadn't been taught how to handle it, nor how to persevere or network to get my foot in the door. A job in a small digital advertising agency came up so I took it as it at least felt like more of a career than staying in retail! I don't regret it as I had a blast, but I knew from the beginning that I didn't really want to work in online media. I ended up working in the industry for 7 years, for clients like Neutrogena, Warner Music, The Wiggles, and Sydney Film Festival. After one particularly stressful year when 14 hour days were the norm, my boyfriend and I decided to take a year off to travel. The time away, and some mental health challenges meant that within months of coming back I knew it wasn't the industry for me anymore. I trained to become a Pilates instructor and took freelance work before we got the opportunity to move to Denmark. Living and working overseas really reminded me of what I actually loved to do because I wasn't trying to fit the expectations of what I (or others) thought I "should" do. During my time in Denmark I taught Pilates and did PR/Marketing for a software company (while cycling around Copenhagen and drinking lots of coffee - as the Danes do!). When I came back to Australia I trained to be a Life Coach, and started my business This Electrified Life to help improve workplace wellness. I had a little success with individual clients and companies including F45 Training and Australia Post, but I soon realised that this too was keeping me in the stress of the environment I had been so brave to leave. Through a lot of trial and error, making very little income and relying on my husband financially, and many days wondering what on earth I was doing, I began mentoring people to use their creative outlets to improve their wellbeing. The more I delved into it, the more I remembered all the things I did at Manly. I remembered how much fun I'd had, and

how supportive my teachers were because they knew I genuinely cared about the subjects I was doing. I'm really happy that I can look back and say I loved high school. Now in my business I run workshops, teach masterclasses on social media, coach people privately, sell my own hand painted cards, and I'm working on publishing a book of my poetry. I've realised that I work best when I have a few "careers" to play with, and I accept that leaving digital advertising wasn't a failure. I call my career a "bento box" as I do a little bit of many things, but they all satisfy my creative streak, and call on my best skills of writing, teaching, and project managing.

You can follow me on social media @thiselectrifiedlife, or my website www.thiselectrifiedlife.com. Feel free to message or email me about what you'd love to do on the next wild adventure after school.

To return to Robert Frost's final line in the poem mentioned above, 'I took the road less travelled and that has made all the difference.' It is a timely reminder that as the world changes, so do we.

Alex Newcomb - Deputy (Year 8, 10, 12)

Marisa Carolan - Relieving Deputy (Year 7, 9, 11)

Endure for a Cure

Once again, many fabulous Manly Campus students have signed up to be part of the Endure for a Cure Schools Challenge.



However, the event had to be modified due to current COVID restrictions and in order to ensure the Children's Cancer Institute does not miss out on much needed fundraising donations, we ran our own Endure for a Cure event here at school on Thursday. Participating Year 10 students cycled, rowed and ran as many kms as they could endure using the exercise bikes, rowing machines and pedometers at the school. Ms Walker's fabulous PAAS class used their knowledge and expertise of organising and facilitating sporting events to help run the event.

Some Year 12 students signed up for the event and managed to raise a substantial amount, but were not able to participate in the rescheduled event due to their HSC exams having started. We thank them for their fundraising efforts and those generous sponsors.

This fabulous experience offers our young people the opportunity to demonstrate our school goals of personal best and giving back to the community and wonderfully reflects the Five Ways to Wellbeing.

Take notice

[Children's Cancer Institute](#) is an amazing charity that has one aim; to cure all childhood cancer. To do this they need money for on-going research.

By participating in the Endure for a Cure Schools Challenge and enduring a day of physical challenge, our students will be helping improve the prognosis for other Australian kids with cancer, now and into the future, in a tangible, authentic way.

Be active

This challenge promotes teamwork, social connection, sport, fitness and healthy competition.

Endure for a Cure is also a perfect opportunity for our Year 10 students to connect as they clocked up the kms and supported one another in enduring for an excellent cause.

Connect

Give your time, your words, your presence, your appreciation

Each student participating needed to raise \$250 (or more) to go towards vital research into childhood cancer. We have raised an amazing \$9,650 as I type, but as you can imagine, this year the charity is really struggling as most of the fundraising events have been cancelled and many people are unable to donate as freely as they were pre-COVID. So, if you can, please donate to one of our wonderful students, or Ms Brien, at [Manly Selective Endure for a Cure](#) and help the Children's Cancer Institute continue their amazing work.

Go Manly!



Fiona Brien

Year 7 TAS Incursion

In Week 1, Year 7 Tech students attended a TAS incursion in the Learning Centre, to learn first-hand from about the many names, uses and history of Australian bush foods.

Australian Indigenous history and agricultural practices were explored and discussed in depth, with students learning many new and important facts.

At the end of the presentation, Adam who was the presenter at the incursion showed students a selection of bushfoods and explained their edible and medicinal purposes.

7TEC6 student Marlon LeForestier recounted:

Last week an Australian Indigenous man came to our school to talk to year 7 about historical agriculture and aboriginal culture. From inventing bread to efficiently building and using a fishing trap system, the aboriginal people have always had ways of using and helping the environment. Year 7 has learnt about how to grow crops and save the soil as well as what certain plants are and their purposes.



Visual Art – Congratulations

Congratulations to Jaylan Yang in Year 8 whose artwork was selected as a finalist in Western Sydney University's Australia-China Institute for Arts and Culture's new audio-visual exhibition, 'Coronavirus in Children's Eyes'. The digital exhibition features 20 unique artworks created by youths aged six to 16 years old from the three community-based art studios in Sydney and are accompanied by a voice narration from each artist and music, also by young musicians.

"Artist Jaylan Yang added texture and colours and light and shadow to his piece, 'A smile to share', while he was at home. The 12-year-old said the artwork was inspired by his little sister's unwavering happiness during this unpredictable and peculiar time."

"Her happiness spread to me when I was cooped up at home. A blessing to me when being drowned in school work and anxiety," said Jaylan.

"Her face in the painting shows happiness and innocence. I have used warm colours to symbolise happiness, comfort and sociability: all traits of my sister."

View Jaylan's work in the [digital exhibition here](#).



Experience It! - Engineering

Student Reports

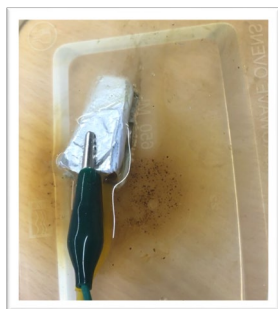
Experience It! 2020, was the first NSW online program of experimental workshops for students, teachers and parents alike, to support girls and women in STEM.

The day started off with a zoom call with Yemi Penn, a mechanical engineer by profession and an entrepreneur by passion. She talked about her background in engineering, mentioning inequality, the importance of confidence, and how to change your mindset to achieve your goals.

After this inspiring introduction to engineering, we started our first workshop, which was to design a light show using Arduino. With resistors, and wires, and breadboards at the ready, the teams started coding.

Task completed, we moved onto making Magnetohydrodynamic (MHD) Thrusters with the help of Adam Taras, a third-year student from Sydney Uni.

From a couple of alligator clips, a ball of blue tack, some magnets, aluminium foil, a 9-volt battery and a takeaway container, a miniature Magnetohydrodynamic Thruster was made.



← Coffee was used (in place of food colouring) and can be seen being moved, by energy, through our funnel and out the other side, burnt and blackened.

We then learnt about aerodynamics when making paper planes, held a competition for the highest marshmallow and spaghetti tower (in which my team failed miserably!), and then delved into materials engineering and nanotechnology, a.k.a slime!

Hearing from present and future leaders in engineering was a great experience, and we all had fun learning so much.

Kate Hollander - Year 8

Experience It!

Created especially for aspiring female engineers, this fun-filled and informative conference caters for all skill levels with engaging activities that encourage young girls to design solutions to all kinds of problems. I was able to hear from and ask questions to many inspirational female engineers and was motivated by their incredible stories and work, which encouraged me to dream about making the world a better place. I used this opportunity to learn more about the career of engineering, and how I could become as successful as many of the women that I met at this conference. I was included in exciting activities, such as aerodynamic engineering (we designed our own paper planes), IT engineering (we programmed and created light bulb sequences), and

the classic spaghetti and marshmallow challenge which helped us to learn about structural engineering. Through modelling of a magnetohydrodynamic thruster, we were taught about marine and space engineering, and we learnt about material engineering through the creation and discussion of the properties of slime. I would recommend this conference to many fellow students to gain information and experience in engineering, as it is such an impressive and influential career and passion. Engineering is all about creating a solution to improve problems in our lives, such as global warming! So in the words of Yemi Penn, "If you can see a problem, it is because you are part of the solution."

Harriet Carmichael - Year 8

Engineering has always been an area of doubt, it seemed boring, equations based and exclusive to only the most intelligent people.

But this program taught me otherwise.

Starting off with an invigorating presentation by Yemi Penn, who spoke passionately about being an engineer, innovator and entrepreneur. Her perspective on engineering to solve problems, regardless of the scale, was unique and novel. She spoke about her own companies which dealt with problems which seemed to affect her and the broader community. Ms Penn then discussed areas of engineering where women are needed. Her drive and will to help others through engineering was inspiring and has since cleared the air that engineering was not as boring nor as small of a field as I had once thought.

In the library, we began by using an Arduino. In groups we were taught, through a zoom call, in using an Arduino board to make LEDs blink. This was interesting and if we had followed the steps correctly, it could've perhaps worked.

The next activity was by far my favourite. Through a powerpoint session and zoom call we built our own Magneto-thermoelectric generator. This generator is often used in spacecraft and does not have any moving parts. We successfully managed to build one

with a take away container, magnets and a battery. The simplicity of the design to demonstrate a complicated and novel process was fascinating and showed the limitless and non restrictive nature of engineering.

I had never put much thought into building a paper aeroplane, until that day. With considerations of thrust, drag, gravity and lift, we designed paper aeroplanes and flew them around outside. With even more time and consideration, in groups, we built another and held a paper plane competition.

We finished with a Q&A of two engineers, which gave a thought provoking insight into what engineering encompasses, the struggles and the successes that engineers have and how it can change the world. This changed my perspective on what engineering encompasses and how much it can affect the world around me.

Amrita Vivekanandhan - Year 10



How can we help our school community value the life and works of William Shakespeare?

DISCOVER:

- Shakespeare's life story
- Shakespeare's world
- Shakespeare's craftsmanship as a poet and a playwright

CREATE:

- a performance, product, or presentation that showcases your deep knowledge and understanding of an aspect of Shakespeare's life, world or works

SHARE:

- your performance, product, or presentation as part of our inaugural Shakespeare festival
- a 300 word reflection on how this project has shaped your appreciation of Shakespeare's life, world and works



William Shakespeare



TRIVIA Night

Join us for Manly Campus' Covid-style Trivia Night
on Saturday 7 November!

Buy your tickets now: <https://www.trybooking.com/BLNCH>

Steps to get 'Trivia Ready':

- 1 Invite up to 10 friends to form a team for a **fun night in**.
- 2 Choose a Team Captain – you will be partying **at their house**.
- 3 **Buy your Tickets** - Choose a team number & get your team mates to join your team when purchasing.
- 4 **Green theme** - Get your outfit ready (Prize for Best Dressed!)
- 5 On the night: **Have 2 devices ready** (phone / laptop / tablet) – one to see the questions & host, and one to enter the answers.
- 6 **Have a great night in supporting NBSC Manly Campus.**

If you can't attend the trivia night, you can purchase raffle tickets to support our fundraising here: <https://www.trybooking.com/BLNCH>

Term 4 Calendar

The school calendar is on the home page of the [NBSC Manly Campus Website](#) Please check the dates closer to the event.

Week 3A	
20/10/2020 - 11/11/2020	HSC Examinations
28/10/2020	P&C Meeting via Zoom
Week 4B	
20/10/2020 - 11/11/2020	HSC Examinations
7/11/2020	Manly Campus P&C Online Trivia Night
Week 5A	
20/10/2020 - 11/11/2020	HSC Examinations
11/11/2020- 13/11/2020	Year 9 Camp Forster
12/11/2020	Year 12 Graduation

SECOND HAND UNIFORMS

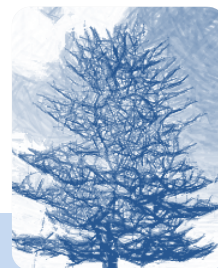
Due to COVID -19 restrictions the uniform shop will be closed for on-site purchasing until further notice. All orders can placed by email to [Marg Martin](#) or [Fiona Cahill](#)

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: sarahlcole24@gmail.com

Band news on the following page...



*The next edition of The Weekly Pines will be published on
Friday 5 November*



Welcome back to Rehearsals

We were certainly happy to see students being able to play their music together again!

All groups except the small ensembles with mixed year groups (JC, JJC and Covers) have been able to rehearse since last week.

Thank you to the Year 12s who are still coming to rehearsals. We hope the music is helping you de stress. Good luck for the next few weeks. You deserve the best.

Brian Buggy is filling in for Marianne Edwards to conduct String Ensemble this Friday. The students will enjoy working with him again.

Rehearsal Location during HSC

Wind bands (CB, WE, SWO)	Quad under cover
Jazz bands	Library
Stings and Chamber	Rooms 137/9

New Band Manager and Treasurer

We are delighted to announce that Sarah Dowse is returning as Band Manager. She is very excited to come back as she missed us (although she was never very far away). She will be juggling this and teaching, and we are grateful to have her experience, knowledge and enthusiasm back.

Lena He, mother of Joanna Lee (Year 7) has very kindly agreed to be treasurer, taking over from Jill Johnson. The band appreciates Lena taking on this vital, voluntary role in the committee.

Thank You

A huge thank you to Steph Stoddard who has been amazing this year as band manager and a true rock while we navigated Covid and all that has meant

for the program, conductors and students. We could not have done it without you Steph.

We are also very appreciative of volunteer parent Jill Johnson who has done an outstanding job getting our finances into shape. She has been committed to this community service even without a child in the program. Thank you.

Band Fees

Semester Two Band fees are being adjusted down to reflect the changes to the original event schedule this year and will be sent out via email to families next week.

Catch up Meeting Monday 26 October 8pm

An informal meeting is being held via Zoom next Monday to touch base with band families before the final Band meeting and AGM later in the term.

The link was sent via email from the band president, Mel Corner, last week.

Please join in and we can take you through what is happening, and our hopes for this term. It will be an opportunity for you to meet Sarah, say goodbye to Steph, ask questions or let us know your thoughts.

You may prefer to ask a question via email by Sunday 25 October to Mel Corner andyandmel@gmail.com

Diary Dates

Year 12 Graduation - Thursday 12 November- JO required after school until 5:15 pm

AGM - Monday 16 November, 8pm. Location TBA

Big Band Bash - If restrictions allow. Possible dates Thursday 10 or Tuesday 15 December- ALL

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