



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)

4 December 2020 – Newsletter No.23

From the Principal

Cath Whalan's Farewell Assembly

Last week we held a special farewell assembly for Principal, Cath Whalan. This assembly provided an opportunity for the students to say farewell and thank you for her outstanding leadership at Manly over the past 8 years. We wish Ms Whalan a happy and healthy retirement.



Below are the student farewell speeches from each year group.

Farewell from Year 8 - Ms Whalan, I want to thank you on behalf of G24. Your commitment to this school and all the students is astounding, whenever we saw you, you were always on the job, constantly striving to make manly a better place. Your passion is

the reason this school is what it is. You were always there at every assembly, every school event and every ceremony, and the Tireless hours you've put into our school don't go unnoticed, with your undying commitment to making a statement in every one of our lives. We truly could not have had a more hard-working person at the helm of our school, we are forever grateful for your service. And thank you for your fabulous fashion! Not everyone can rock a purple jacket however your consistent displays of colour always brightened the school. We will truly miss you.

Farewell from Year 9 - Ms Whalan, I would just like to say thank you, on behalf of all of G23 and the entirety of Manly Campus, for being such a strong principal, and truly making us achieve at our highest potential. You lead our school with your heart on your sleeve, and with a strong idealistic manner, and we are all so grateful for your years as principal here. You really have achieved a lot here and brought us all up here with you, so thanks. From the day I first met you, as a young year 6, I was inspired immediately by your leadership and courage, and the way you presented this school with the dignity it deserves. I think many would agree with me when I say that that speech is one of the reasons I decided to come here. Thank you for allowing us to reach our potentials and leading us as a cohort to be great. We really couldn't have done it without you. Your strength propelled us forwards, and allowed us to grow, allowing us to turn into trees. I for one, am an oak tree. We'll miss you heaps, Ms Whalan, and

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you're always welcome back with open arms, but for now, wish you the best, and from G23, goodbye and good luck.

Farewell from Year 10 - Although our year group is on work experience right now, we would personally like to thank Ms Whalan for what she has done not only for G22, but for the entire student body and the surrounding community of Manly Selective. Ever since we saw you take over Mr Rudd in 2017, you've displayed constant dignity through your innovative ideas to constantly improve the school. We've always admired your creativity and ability to utilise this creative thinking to effectively and efficiently problem-solve at Manly. Thank you for your constant dedication and clearly shown commitment to the school, words could not express the gratitude we feel whenever we enter this school approximately 200 days a year. We wish we could be here to give you a proper farewell, but instead, since you loved to use quotes in your speeches, we leave you with a famous overused saying from Paulo Coelho - "If you're brave enough to say goodbye, life will reward you with a new hello". And we as a student cohort wish you the very best of luck with your future and life's reward of a new hello.

Farewell from Year 11 - Ms Whalan, on behalf of G21 and our school I'd like to say a huge thank you for every moment of your support, encouragement and connection to the student body. I'll never forget your smiles around the corridors, inspiring speeches on topics we students were interested in, and your unwavering support of the many initiatives, extracurricular activities, and people in this school. A personal highlight was always seeing your smile and cheers at the many band concerts... from big-band bashes to jazz night out, your continued enthusiasm let us know you really cared about the students, not just academically, but through the diverse multitude of other opportunities and endeavours pursued at this school. Dance, band, debating, speeches, the list goes on... you were always there for support! Thank you for appreciating every one of us, not just as a collective but as individuals capable of thinking and speaking freely with the confidence that there is a network of peers, family, and teachers right behind us. You've inspired us to celebrate our uniqueness

while remaining proud of our unity, and for that, we are so lucky to have had you as our principal!



Orientation Days

On Tuesday and Wednesday morning we had the joy of meeting our new students for 2021 and welcoming them to Manly. The Year 7 Orientation Day program on Tuesday showcased some of the school's creative and performing arts with performances from the dance, vocal and band ensembles. Students viewed a frequently asked questions video to help them with their transition to high school and also had a tour of the school. This video can be viewed on the home page of the [school website](#) and the Manly Campus Facebook page, or you can view the video [here](#).

The Year 8-11 Orientation on Wednesday morning provided an opportunity for our new students to meet other students in their year group as they toured the school, asking questions along the way.

Thank you to all the students involved in welcoming our new students and ensuring their transition to high school is an enjoyable experience. Thank you also to Ms Carolan, Ms Herft, Ms Grace and the Office Staff for coordinating and assisting with these events and answering all the questions from the excited students and their parents.

Year 10 Work Experience and Next Gen

With Year 10 examinations and assessments completed, students spent last week participating in either Work Experience or the Next Gen program. Both of these programs provided students with invaluable experiences and insights into the world of

work and business development. At Next Gen, our students worked in teams with students from each of the other NBSC campuses to develop a business model, plan and campaign to promote a product that they have identified as fulfilling a need in society. Thank you to Ms Fee and Ms for organising and coordinating both of these worthwhile experiences.

Geography Competition

Congratulations to Louis McKay (Year 10) who was equal first in Australia in the 2020 Geography Competition.



Samuel Rose and Zeb Norris (Year 8), and Naomi Lui (Year 9) also achieved in the top 1% in their year groups.

Semester 2 reports

Semester 2 reports for Years 7 - 10 will be distributed via email today. Please contact the school if you have any concerns or questions about your child's progress.

Presentation Day

Presentation Day will run in stage groups on Monday 14 December. Parents and family members will be able to via the ceremony via zoom. Zoom links will be emailed to all families next week. You will need a registered Zoom to access the links.

- Year 9 and 10 at 9:30am
- Year 11 at 11:30am
- Year 7 and 8 at 2pm

Kathy O'Sullivan
Relieving Principal



This upcoming Tuesday is Chrismanly - An annual Christmas themed event organised by the SRC.

Students are asked to wear red, green, white and/or gold colour mufti to get in the festive spirit of Christmas. Students will be having an extended lunch (1:20pm - 2:20pm). There will also be live performances, a photo booth, fun activities and food (sausage sizzle, nachos, drinks, etc.) on sale, so students are reminded to bring cash to spend. All funds raised are being put towards school initiatives as requested by the students, such as a new mural to replace the old 2011 SRC hand-print mural as well as new communal picnic rugs for The Pines/Oval areas.

From the Deputies

Sleep to Perform

As the year draws to an end, a lot of us will be feeling we need a really good rest. After negotiating the extra challenges of 2020, we may just feel like getting on the pyjamas earlier or sleeping in a little longer these holidays. Should we be considering ourselves lazy or could this in fact benefit us greater than anything else we do?

Until recently, we didn't quite understand the science of why sleep is so important and why our bodies are telling us we need it. However, this is what UC Berkeley neuroscience and psychology professor Matthew Walker has been able to explain in his recent book, "Why We Sleep: Unlocking the Power of Sleep and Dreams."

In his book, Walker states that "We no longer have to ask what sleep is good for....instead, we are now forced to wonder whether there are any biological functions that do not benefit from a good night's sleep. So far, the results of thousands of studies insist that no, there aren't."

Walker points to research that proves sleep restores the immune system, balances hormone levels, lowers blood pressure, cleanses toxins from the brain, and more. He also challenges many commonly held beliefs about sleep. Here are some of the myths that Walker 'debunks':

Myth: You can get by on less than seven hours a night

If you want to figure out how much sleep you actually need, you should spend a week letting yourself fall asleep when you are tired and then waking up naturally, without an alarm.

As it turns out, the vast majority of people need between seven and nine hours of sleep a night. There are a few people out there who for biological reasons either need more sleep or can get by with less, but statistically, you're probably not one of them.

People tend to think they can get by with less sleep because after a few days or weeks of 5 or 6 hours,

that just starts to feel like "normal." But even though people assume they've adjusted, tests show that they are performing in an impaired state.

Myth: The only long-term consequence of not getting enough sleep is that you'll be tired.

Not getting enough sleep can be harmful to both our mental and physical health. It is associated with a laundry list of negative health effects, including memory problems, increased cancer risk, depression and anxiety, heart disease, and Alzheimer's linked build-ups in the brain.

Myth: You can make up for sleep on the weekend.

If you've had a week of late nights and early mornings, you may think you can just make up for it by sleeping until noon on Saturdays and Sundays.

Unfortunately, as chronobiologist Till Roenneberg explains in his book, "Internal Time: Chronotypes, Social Jet Lag, and Why You're So Tired," it's best for your body to keep a consistent schedule. You can throw your body off even more by trying to catch up on sleep over the weekends, which can make it harder to sleep during the week (it's like changing time zones).

Myth: If you wake up in the middle of the night, you should just stay in bed.

If you can stay relaxed in bed, experts say that can help you fall back asleep. But if you're starting to feel agitated or simply can't drift back off, sleep experts say you should stop trying so hard.

If it's been longer than 20 minutes, go do something else. Avoid things that'll trigger strong emotional responses and stay away from stimulating screens like your computer, phone, or television. Try and read a book or drink some non-caffeinated tea.



So don't feel you're just being lazy these holidays if you take the opportunity to get into some good healthy sleep patterns. As scientists prove, getting good sleeping is the single most performance enhancing habit we can have.

Alex Newcomb – DP Year 8, 10 & 12

Marisa Carolan – DP Year 7, 9 & 11

Uniform Shop

The uniform shop will be open next **Thursday 10 December, 8am-9am for students only.**

(Due to the current restrictions, parents are not allowed on site)

For any enquires and/or online orders please email Fiona Cahill at manly2ndhanduniforms@gmail.com

We are in great need of second hand uniform stock.

Any donations of clean uniforms can be donated at the front office and are very much appreciated.

Canteen

A big thank you to all who have come forward and helped in Canteen this year, despite the difficult circumstances with COVID restrictions.



There are still a few more days where assistance is needed between now and the end of term if you can spare a few hours? If so please go to [Canteen Roster, Term 4, 2020](#)

We are also starting to prepare for Term 1 next year, so if you're able to help us out and would like to secure a spot or two that works for you please go to [Canteen Roster, Term 1, 2021](#).

New volunteers are always welcome, and to all our volunteers, your help is very much appreciated.

Canteen

Toys N Tucker

The SRC is giving you the gift of giving through Toys N Tucker. Donate any non-perishable or good-condition toys to the less fortunate this Christmas! Please hand all donations to your children to place contributions in your year group box in the foyer. The year with the most donations wins a prize! See the poster at the end of the newsletter and the shopping list to guide you.



2021 Sport

Year 8-10 Recreational Sport - Round 1, 2021 (9 Weeks)

Electronic permission notes will be emailed to caregivers in week one of the 2021 school year. Students will not be able to participate in their sport until the permission note is returned.

Sport Selections will open at the following times:

Year 9 - 10:46am

Monday Recess, 7 December

Year 8 - 11:20am

Tuesday Recess, 8 December

Year 7- 11am

Wednesday Recess, 9 December

**Online selections will close on Thursday
10 December at 3:20pm**

Listed below are the sport options available for this round of sport. Please make sure you take note of the cost for each sport, as you will be invoiced for the sport that your child selects.

Sports Involving Fees

Sport	Cost	Venue and Provider
Aerial Silks	\$155	Integral Aerial Silks 3A/24-26 Winbourne Rd, Brookvale
Beach Games	\$50	Curl Curl Beach
Tae Kwon Do	\$100	NBSC Manly Campus Quad Wyllie Martial Arts
Yoga	\$90	NBSC Manly Campus Zenergy Yoga
Learn To Surf * See note below	\$200	Long Reef or Collaroy Beach depending on weather conditions. (bus to venue) Manly Surf School
Lawn Bowls	\$90	Harbord Bowling and Recreation Club Bennett St, Curl Curl NSW 2096
Parkour	\$162	4/13 Dale Street, Brookvale Stunt Gym

Surf Coaching with Beau Mitchell * See note below	\$190	North Curl Curl Beach The Boardriding academy
Squash	\$160	106 Blackbutts Road, Frenchs Forest Energize Health Club East Coast Squash Academy
Tennis (Coaching)	\$130	Griffith Park, Anzac Avenue, Collaroy Collaroy Tennis Club
Manly Warringah Gymnastics Club	\$150	24 Middleton Rd, Cromer Manly Warringah Gymnastics Club

*** Water sports (Surfing and SUP):** As per the NSW Department of Education sport safety guidelines, all students who participate in Surfing, Body board, Wave Ski Riding and Stand-up Paddling as a sporting activity **must possess either a Surf Life Saving Association (SLSA) Surf Survival Certificate, Australian Professional Ocean Lifeguard Association (APOLA) Ocean Safety Surfer Award or higher level award.** Additionally students should be **assessed annually in rescue techniques and first aid/emergency care procedures.** Therefore students who choose surf coaching with Bea Mitchell must have one of these awards.

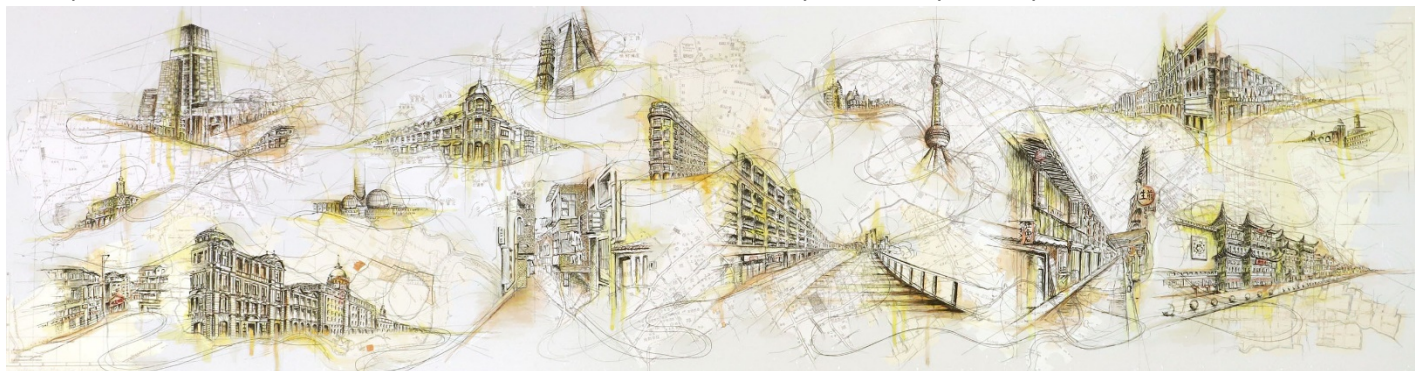
Non-Fee Paying Sports

Sport	Venue and Provider
Basketball	NBSC Manly Campus Basketball Courts NBSC Manly Campus Staff
Court Sports – paddle tennis & handball	NBSC Manly Campus NBSC Manly Campus Staff
Theatresports	NBSC Manly Campus NBSC Manly Campus Staff
Touch Football	NBSC Manly Campus NBSC Manly Campus Staff

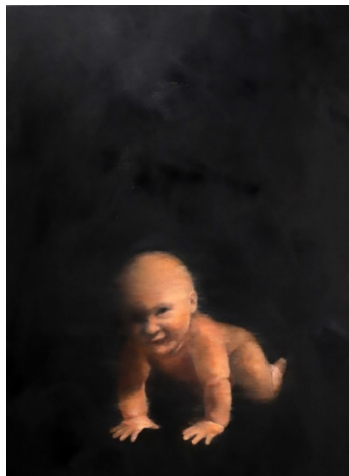
2020 HSC Body of Works

This year's HSC Body of works will be exhibited to students at the CAPA Annual Art Exhibition next week.

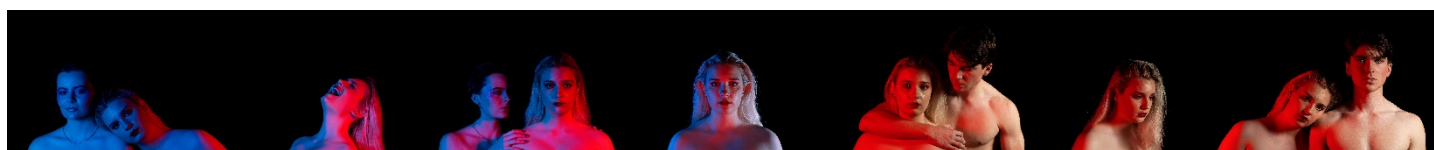
Congratulations go to two of our students who received ARTEXPRESS Nominations and five students selected for 'Express Yourself' Northern Beaches HSC showcase held at Manly Art Gallery in early 2021.



Ella Fu, *Wei Wan Dai Xu (To Be Continued....)*, ink drawing and mixed media. ARTEXPRESS nomination, selected for 'Express Yourself' 2021 Northern Beaches HSC showcase.



Heather Trett, *Lost and Found*, oil on canvas. ARTEXPRESS nomination, selected for 'Express Yourself' 2021 Northern Beaches HSC showcase.



Eleanor Fogarty, *Glimpses*, photography





Jackie Lu, *The City Sleeps*, lino-cut print and mixed media. Selected for 'Express Yourself' 2021 Northern Beaches HSC showcase.



Madison Harrington-Hopkins, *Mainframe Interface*, acrylic on canvas. Selected for 'Express Yourself' 2021 Northern Beaches HSC showcase.



Holly Matthews, *For Granted*, film. Selected for 'Express Yourself' 2021 Northern Beaches HSC showcase.



Kiana Hishi, *In harmony; inharmonious*, ink drawing, watercolour and photography.

Sustainable Schools Grant - Update

Earlier in the year the TAS department, with the assistance of members of our community were successful in applying for a Sustainable Schools Grant provided by the NSW Government. The Sustainable Schools Grant project will target Year 7 TAS classes, and regular updates will be provided to the whole school community on our progress in increasing our knowledge and awareness of sustainability and sustainable practices.

Recently the school received a delivery of a hive stocked with native stingless bees. For our area we were recommend the species *Tetragonula carbonaria*. This bee species was chosen as it is a cold tolerant species and can survive in many parts of NSW, including all coastal areas from Nowra north.



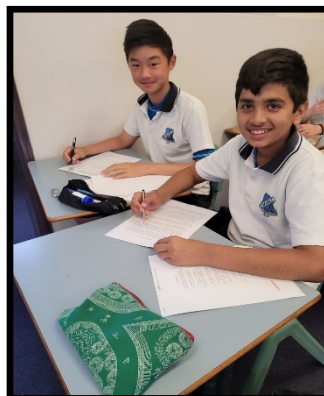
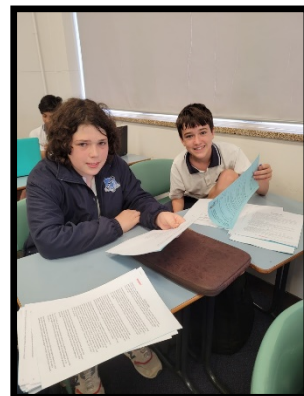
Our General Assistant Mr Karandonis installed the hive in a safe location near the TAS block. Next year we are hoping to make a new wooden hive and split this hive into two. We also plan to have a native bee honey tasting session with our Year 7 2021 students during this time.

Roger Forsyth
TAS

Strengthening Community Connections

Expertise in writing is an essential skill for young people to develop as they transition into high school. Having mentors to guide you can make a valuable difference. Our school's commitment to strengthening community connections involves working with Mona Vale Public School's Opportunity Class program to develop the writing skills of gifted and high potential students.

In English lessons recently, 7Y and 8R put their editors' hats on to provide peer feedback to Mona Vale Year 5 and 6 students as part of the primary school's annual OC writing festival. Our students showed a high level of initiative in providing valuable feedback to the young writers on their creative stories, poems, drama scripts and newspaper articles. It was a thrill for many students who were alumni of the OC program to give back to and reconnect with their primary school. MVPS is also providing feedback to Year 7 students on their slam poetry.



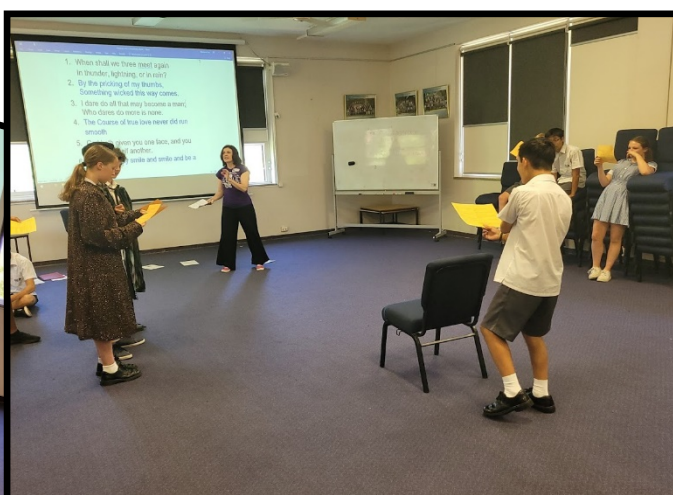
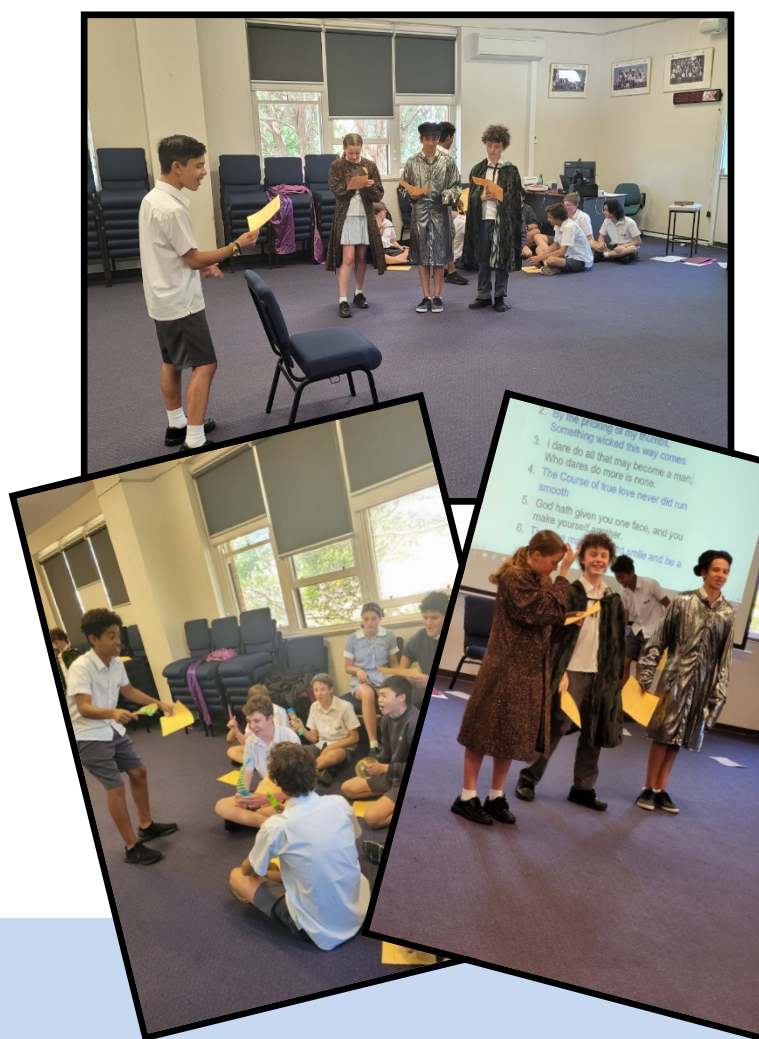
Miss Koo
English

Shakespeare

Student Report

The Year 8 Shakespeare incursion was held this week. It was hosted by actor and educator Belinda Delaney who runs NIDA courses on Shakespeare. We learnt about the language that Shakespeare used, words that he made up, and we did a scene of his comedy/tragedy play "The Tempest". It was good to learn about Shakespeare in a very hands-on and fun manner. One of my favourite things that we did during the excursion were his insults. One in particular is "artless clapper-clawed canker blossom". I believe that the whole of Year 8 was very pleased by this incursion and had a lot of fun.

Dex Schmidt
Year 8



2020: a year to remember in debating

Our school's involvement in the Premier's Debating Challenge was certainly that this year – *a challenge!* The global pandemic put a halt to all debates mid-way through term 1, at the beginning of the debating season. In Term 3, however, new digital technologies such as Zoom and Microsoft Teams allowed the competition to resume. Debates were held in a different format, but with no less enthusiasm from our fine teams of representative debaters. These talented students were recognised at assembly this week with certificates of recognition from the NSW Department of Education. Well done to all involved this year and we are looking forward to a bigger and better debating challenge in 2021!



Also in exciting news – our Year 11 debating team (pictured) have started a long-awaited student Debating Club! All are welcome for social debating, mentoring/training and friendship. Debating Club is held in room 137 every Tuesday at lunch.



**Miss Koo
Debating**

Movember

A big congratulations to our staff members; Roger Forsyth, Richard Crooks, Scott White and Hoa Nguyen for being brave and postponing the shave last month for Movember. It's been a tough year that no one could have predicted, so these gentlemen came together to do some good for the world. By growing out their moustaches and enduring the itchiness, our lads managed to raise awareness, raise funds and start conversations to prevent our fathers, brothers, partners, sons and friends from dying prematurely.



**Hoa Nguyen
Boys Adviser / Science**

PDHPE

Year 8 practicing springs and landings in an educational gymnastics lesson



Term 4 Calendar

The school calendar is on the home page of the [NBSC Manly Campus Website](#)

Week 9A	
7/12/2020-9/12/2020	CAPA Exhibition - for students only
8/12/2020	ChrisManly - student event
11/12/2020	Shakespeare Festival for Year 8
Week 10B	
14/12/2020	Year 7 -11 Presentation of Awards. Students and staff only, live stream for parents
15/12/2020	Year 7-10 Activity Day
16/12/2020	Last day of Term 4 for students

Please check the dates closer to the event.

SECOND HAND UNIFORM SHOP

The second hand uniform shop
will be open next
Thursday 10 December
8am – 9am for students only

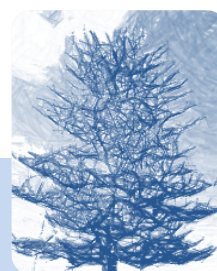
**(Due to the current restrictions,
parents are not allowed on site)**

You can also place an order by email Fiona Cahill at
manly2ndhanduniforms@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 at
sarahlcole24@gmail.com

Band news on the following page...



The next edition of The Weekly Pines will be published in Week 10



Thank you Stage Band

Stage Band performed for the farewell to Cath Whalan during assembly last week. Thank you to the band members and to Lanneke Grace for conducting them on the day.

Year 7 Orientation Morning

Big Band and Wind Ensemble gave a warm welcome to the new students as they entered the school on Tuesday. The cicadas joined in with their own version of the music!

Thanks to the two ensembles and their conductors Craig Driscoll and Mark Brown.



Top to bottom; Wind Ensemble and Big Band playing at the Year 7 2021 orientation day on Tuesday 1 December.

Performances on Presentation Day, Monday 14 December, school hall, via Zoom

9:30am Year 9 and 10- **Big Band**

11am Year 11- **Jazz Orchestra**

2pm Year 7 and 8- **Swing Band**

Band members to wear school uniform. Please bring instruments on the day

We will record **Concert Band** during their regular morning rehearsal from 7:20 that morning.

Musicale at Manly - A Farewell Senior Concert, Tuesday 15 December, 5:30-7pm, SWO/JO/CO

The senior bands will perform in an outdoor concert to celebrate and farewell our senior students who have contributed so much to band in their six years at the school.

Performing will be Symphonic Wind Orchestra, Jazz Orchestra and Chamber Orchestra.

Invitations were sent by email to families of the performers.

RSVPs are requested by Monday 7 December.
Band members to stay after school for finale rehearsal and set up prior to the concert.

Band Fees

We request prompt payment this week of any outstanding Semester Two fees.

Bands of Manly Campus is a parent financed program. It requires funds to pay ensemble directors and meet other band expenses before the close of the school year.

Placement Auditions for 2021 / Change of Band Contact Details

At the start of each year the band directors meet each of the 200 members and hear them play and/or sing in a friendly and informal audition. The auditions allow the directors to place the students in the right ensembles.

These auditions will take place in the first ten days of Term 1, including one weekend in early February for the new members of Year 7.

Audition times for each band member will be emailed to families by the third week in January.

Please advise us if you have a change of band contact details or wish to audition on an additional instrument or on vocals for jazz by emailing Sarah Dowse at bandmanagerbomc@gmail.com.

Instrument and Mouthpiece Return (Week 10)

Students with school instruments and cleaned mouthpieces must have them returned and signed off by Craig in the band room in Week 10 for refund of your deposit.

School Blazers

Are you selling your school blazer? Or do you need a larger size?

You may be a graduated Year 12 student that wants to sell their blazer?

It may be time to get a larger blazer and sell your smaller one to the incoming students for 2021?

Please contact Sarah Cole at sarahcole24@gmail.com to sell or to add your name to the list to buy a second-hand blazer in 2021.

Band Committee 2021

If you wish to join the 2021 band committee, in any role, big or small, or you want to find out more, please email band president Betina Friedeberg at TheCoffeys@tpg.com.au. It is a great community to be part of.

Diary Dates

Year 7-11 Presentation Day

Monday 14 December, SwB/BB/SwB

Musicale at Manly

Tuesday 15 December, quad, 5:50-7pm. Bands from 3:30. SWO/JO/CO

Instrument and mouthpiece return for CB, Monday 14 December, remainder by 16 December.

Last rehearsals are in the final week of school (week 10) for CO/ CB/BB and JO
Last rehearsals for remaining groups are Week 9

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;

Covers band- CVB

☀️ TOYS 'N' TUCKER ☀️

What Can I donate?

- Non-perishable food (long life milk, canned food, pasta, biscuits, etc..)
- Toys (either new or second hand and in good condition)

Have a few things you need to part with lying around at home? Toys 'n' Tucker is the perfect way to make a difference



THE YEAR GROUP
WITH THE MOST
DONATIONS WINS
A PRIZE!

DEADLINE:
DECEMBER 14

PLEASE HAND THE
DONATIONS TO YOUR
CHILD AT MANLY DUE TO
NO PARENT ACCESS TO
THE SCHOOL :)

*Season's
Greetings!*



Shopping list

Food

Here are the things we include in a food hamper. Standard sizes (as indicated) are preferred to help fit everything in neatly.

- Christmas cake
- Christmas pudding
- Tinned ham (450g)
- Tinned salmon (415g)
- Tea (50pk) or Coffee (100g)
- Milo (small tin)
- Packet of biscuits
- Dried pasta (500g)
- Pasta sauce
- Long-life milk, custard or cream
- Tinned fruit and vegetables (425g)
- Jam (500g)

Gift ideas

Pre-school

- Age-appropriate games
- Educational toys
- Picture books

Children

- Good-quality toys
- Outdoor games
- Sporting equipment

Teenagers

- Gift cards/vouchers
- Sporting equipment
- Toiletry packs

Sadly we can't include chocolate as it's likely to melt.



**LEARN HOW TO IMPROVISE
and take your music to another level.**

Northern Beaches Secondary College offers an Improvisation Program (Music) like no other. Students learn how music works and how to improvise. They learn to make their own music - finding their 'voice' – by combining theoretical understanding and how to put it into practice.

Throughout the **Improvisation Program @NBSC Music** students learn about scales, modes and harmony and how to use these in various music styles (such as rock, jazz, blues, classic, pop). They practice basic to advanced improvisation in a small band with individualised tuition.



If your child enjoys playing an instrument in a band setting and likes a challenge, then the **Improvisation Program @NBSC Music** is for you!

2021 ENROLMENTS ARE NOW OPEN

Visit the Northern Beaches Secondary College website, College Opportunities, for further information and to download the application form.

<https://nbsc.schools.nsw.gov.au/>

Improvisation Program @NBSC Music



While we enter the start of summer, it is also time to start thinking about next year's ski season and the **2021 Subaru Sydney Interschools Snowsports Championships**. The event is scheduled for Thredbo and **NBSC Snowsports** is looking for new members.

Racers participate in Ski Slalom, SkierX and Moguls, Snowboard Slalom, Snowboard BoarderX and Slopestyle Ski and Board events, both as individuals, or as a member of age group divisional teams. After **Covid19** disrupted the 2020 season **NBSC Snowsports'** racers will be looking ahead and be ready to welcome the next group of Year 7's, and/or older students interested in 'having fun and having a go' into the team.

All five NBSC campuses are expected to be represented by a keen group of skiers and boarders ready to test themselves against conditions, the course and the race timeclock.

Successful qualifiers from the Thredbo event can progress through to the **Subaru NSW/ACT/QLD State Interschools Snowsports Championships**, at Perisher in late August, and the **Australian Interschools Championships** at Mt Buller, early September.

Families wishing to be involved can join the mailing list or direct any event inquiries to either mark@markpurkiss.com or through the college via **Kristie Crawford** kristie.crawford@det.nsw.gov.au (NBSC Sports Coordinator).

The Ski Australia NSW - Interschools Snowsports website <http://nswinterschools.com.au> is where you can register for email updates and event information. Also make sure you like and sign-up to the **NBSC Snowsports** Facebook page at <https://www.facebook.com/groups/1554955111467801/>

If you enjoy skiing or boarding and would like to be involved in some fun racing, join our **NBSC Snowsports** team and start planning to head down to Thredbo next July. You're bound to make new friends and have plenty of fun.

Mark Purkiss

NBSC Snowsports, 0439 439 731





Lifeline Saving
Lives

Crisis Support. Suicide Prevention.

GIANT BOOK FAIR

Brookvale

St Augustine's College
Federal Parade

December 10-13

Thursday 11-7, Friday 9-7,
Saturday 9-5, Sunday 9-3