



# 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)

3 April 2020 – Newsletter No.6

### From the Principal

What an extraordinary time and learning curve we are all experiencing! As our school moves into a new model, I would like to stress the importance of us all remaining one community/one family. I cannot thank all our staff enough for the phenomenal work they have done, and are continuing to do, to provide the best learning experiences possible for the students at our school. They are truly dedicated professionals and it is an honour and privilege to work with each one of them.

I would also like to acknowledge the parents and caregivers who have helped to support their children as they adapt to new and innovative ways of teaching and learning in the home environment. Whilst I have not come close to responding to all individual emails. I am reading all messages and thank you for your kind words and support.

As the economy is threatened and incomes are reduced or lost, we are very concerned that some of our families will face enormous stress and strain. If there is anything we can do to assist, please contact the school on 9905 3982 or myself via email on [kathryn.osullivan4@det.nsw.edu.au](mailto:kathryn.osullivan4@det.nsw.edu.au)

The calendar of events for Term 2 is not being published in the newsletter for the time being. Moving forward when normal school life resumes, we will provide updates.

At this stage, school holidays commence on Friday 10 April, with learning recommencing on Tuesday 28 April. Any changes to this will be communicated via the school app. Please ensure that you have downloaded the app, as this will be our main communication channel during the school holidays.

The school holidays will be an important time for students and teachers to turn off their devices and down tools. We will be using this time to reflect on what has been a life changing term and use this period to recharge our batteries.

This week we said farewell and best wishes to Chris Palmer, our wonderful Technical Support Officer. Thank you Chris, you will be missed by all.

Principal Cath Whalan has extended her leave. I will continue as Relieving Principal in Term 2, with Marisa Carolan continuing as Relieving Deputy Principal (7, 9 and 11), Kate Munro as Head Teacher English and Fiona Brien along with Rebecca Stuart as Head Teacher Secondary Studies.

The main priority now is to keep yourselves and your family safe and healthy. Take care.

**Kathy O'Sullivan**  
Relieving Principal



**NBSC Manly Campus**

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# From the Deputies

## Cross-generational learning

For the majority of us this will be the most unusual Easter we have experienced. However, there will be newfound opportunities to catch up with family or friends via various networking platforms, be it facetime, Zoom, Skype or some other way.

For the younger generations, this might mean experiencing novel excitement when receiving chocolate gifts in the mail this year; mixed with the boredom of having to listen to Aunt Marjorie's stories of backpacking in India via Skype. Personally, I think Aunt Marjorie's stories would be more appealing (and potentially very interesting), but then maybe this is a reflection of my older age! This type of scenario is quite common - as young people shift their (typically shorter) attention spans towards the sugar and social media streams! Having just written that, I have switched my attention when my email went 'ping' again, and grabbed a chocolate on the way....maybe I can still be young after all!

Age defying activities aside, the point is we are all getting older and hopefully *wiser* as time goes on. This fact has long been acknowledged by traditional societies, where the wisdom of the tribe is considered to be carried by the *elders*. Elders are the people that can answer those big 'life questions'; what makes for a successful marriage, how do we best raise our kids, how do we survive hardship and what is the meaning of loyalty, dedication, respect, love, risk-taking and trust? Maybe young people want to know these answers now, maybe they want to find them out for themselves without guidance, or maybe they just currently place more importance on technological wisdom and the pursuit of material goals. What is most important is that they can recognise *who* the significant elders in their lives are. People that they can go to when they need the voice of experience.

Conversely, us older generations have never been more reliant on the younger technology 'natives' than we are in the current situation. I have personally witnessed great collegiality with our millennial teachers helping our 'more experienced' teachers get up and running with their online

learning platforms. All with great patience and understanding. The silver-linings of this situation are apparent when we acknowledge support.

So hopefully, this Easter break will be a time when these cross-generational bonds within families can continue to be strengthened; young people will now feel they have more time to listen to Aunt Marjorie tell them about how she met the love of her life while being an extra in a Bollywood movie, whilst Aunt Marjorie can ask them how to change the background on her Zoom screen to the Taj Mahal!

**Alex Newcomb – DP Year 8, 10 & 12**

**Marisa Carolan – Rel. DP Year 7, 9 & 11**

## Farewell to our TSO

### Good luck, farewell and massive thanks to our TSO Chris Palmer

Our amazing Technology Support Officer is leaving us to start a new chapter in his life. Chris started at Manly after the Kevin Rudd 2007 rollout of DER laptops. He very quickly became an indispensable part of the team working to support student's software and hardware problems associated with the introduction of hundreds of laptop computers. Chris has always been solution focused and has continued his studies in a range of IT courses during his time at Manly Campus. His professional learning enabled him to broaden his scope of work to ensure that our backend technology performs seamlessly, and he was key in the smooth transition to the secure DET system. Chris has mentored students in the production of high-end hardware and server solutions; as the resident IT expert he was interviewed for design and technology major projects, and has always assisted students with problem solving their personal device issues. From audits and budgeting to teacher professional learning assistance, if you had a question Chris would either have the solution or he would find one. He is affable and patient, and always goes above and beyond to help-out, we are going to miss him. We wish you all the best Chris!



# Wellbeing

Our Wellbeing team is working hard to provide ongoing support to students during this challenging time of COVID-19 and moving to *Learning from Home*. As a result of this unprecedented event our students are experiencing a range of emotions which may trigger unusual behaviours. Our wellbeing program continues to focus on providing students with strategies they can use to maintain a high level of personal wellbeing.

On the following page, is a comprehensive list of all the members of our school's wellbeing team. The preferred means of contacting individual staff is via my email address: [deborah.rixon@det.nsw.edu.au](mailto:deborah.rixon@det.nsw.edu.au) or via the school phone line. This also relates to the three school counsellors listed. Each of the Year Advisors have set up a Google Classroom for their year group - students have been invited to join. This is another tool by which students can keep in touch with their Year Advisor and peers. Information is continually being posted on this site, plus as usual consistently checking DET emails is encouraged.

'5 Ways to Wellbeing' provides the foundation for our school's wellbeing policy. It assists and encourages young people to maintain a happy and a long life and develop strategies to cope with stress.

For more detailed information go to: [5 ways to wellbeing](#)



## Suggested strategies to help deal with the COVID-19 crisis

**Stay Connected:** Spend quality family time together, you will all be needing contact and social interactions. Make time to talk with friends, use the various school platforms to keep in touch with your teachers and classmates, be involved with your PC group.

**Take Notice:** Contact elderly at risk family members often (via safe alternative ways). Be aware when you are overwhelmed by social media and take breaks from this as well as news outlets, negative news can be overwhelming. Take up a new hobby. Stay calm.

**Keep Learning:** Stay up to date with your school work and *learning from home* requirements. Set up work zones, where possible, for study and participation in lessons. Create routines - get up, get dressed begin your day and take breaks.

**Be Active:** Exercise - whilst adhering to the social distancing rules. Eat healthy, nutritious food to keep well. Sleep well - create and keep routines that promote healthy sleep patterns. Switch devices off at a certain time and wake up at a regular time. Make sure to get a dose of sunshine and fresh air, whilst adhering to the social distancing rules. Make outdoor spaces at home more useable and inviting.

**Give:** Be more willing to assist family members at home, volunteer (contact local charities to ask if you can assist), follow up opportunities within the COVID-19 guidelines, check on elderly neighbours if they require support.

## Recommended wellbeing resources

To assist parents we have provided links to recommended wellbeing resources.

**School TV:** Our school has subscribed to an amazing new resource, [SchoolTV](#), a platform that provides information for schools to support parents. It addresses modern day realities facing schools/parents and provides relevant and fact based information about raising safe, happy and resilient young people. A link to [SchoolTV](#) is on the home page of our school website. There is a direct link on the school app as well.



Two programs extremely relevant to the current situation are: [Coronavirus Special Report video](#) and [Remote Learning Special Report video](#)

**Beyond Blue Article:** [COVID-19 Supporting Young People and Educators](#)

**DET Learning from Home:** [Advice to Parents and Carers](#)

**Black Dog Institute:** [Bite Back](#) an online psychology program designed to improve the overall wellbeing of young Australians.

Black Dog - [Importance of Self Care Planning During Caronavirus](#)



# NBSC Manly Campus

## Wellbeing Team 2020

### Senior Executives

Relieving Principal: Kathy O'Sullivan  
[kathryn.osullivan4@det.nsw.edu.au](mailto:kathryn.osullivan4@det.nsw.edu.au)

Deputy Principal -  
Year 8, 10 and 12: Alex Newcomb  
[alex.newcomb@det.nsw.edu.au](mailto:alex.newcomb@det.nsw.edu.au)

Relieving Deputy Principal -  
Year 7, 9 and 11: Marisa Carolan  
[marisa.carolan@det.nsw.edu.au](mailto:marisa.carolan@det.nsw.edu.au)

### Head Teacher Wellbeing

Head Teacher Wellbeing: Deborah Rixon  
[deborah.rixon@det.nsw.edu.au](mailto:deborah.rixon@det.nsw.edu.au)

### School Counsellors

Deborah Campbell-Allen  
[deborah.campbell-allen@det.nsw.edu.au](mailto:deborah.campbell-allen@det.nsw.edu.au)

Melissa Moss  
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David Martin  
Senior Psychologist Education  
[david.j.martin@det.nsw.edu.au](mailto:david.j.martin@det.nsw.edu.au)

### Year Advisors

Year 7 Advisor: Lucienne Herft  
[lucienne.howard@det.nsw.edu.au](mailto:lucienne.howard@det.nsw.edu.au)

Year 8 Advisor: Josinta Chandra  
[josinta.chandra@det.nsw.edu.au](mailto:josinta.chandra@det.nsw.edu.au)

Year 9 Advisor: Branko Goykovic  
[branko.goykovic@det.nsw.edu.au](mailto:branko.goykovic@det.nsw.edu.au)

Year 10 Advisor: Richard Crooks  
[richard.crooks4@det.nsw.edu.au](mailto:richard.crooks4@det.nsw.edu.au)

Year 11 Advisor: Chau Truong  
[chau.truong10@det.nsw.edu.au](mailto:chau.truong10@det.nsw.edu.au)

Year 12 Advisor: Fiona Brien  
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### Boys Advisor

Hoa Nguyen  
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### Girls Advisor

Chloe Woodward  
[chloe.woodward4@det.nsw.edu.au](mailto:chloe.woodward4@det.nsw.edu.au)

## NBSC Manly Campus

School email: [nbscmanlys-h.school@det.nsw.edu.au](mailto:nbscmanlys-h.school@det.nsw.edu.au)

School phone: 9905 3982

# Year Advisors

## End of Term Reports

### Year 7 Term Report

The Year 7 cohort really enjoyed the disco, providing some 'interesting' dance moves and creating innovative shapes with their glow sticks. A big thank you to the Year 10 peer support leaders who joined the fun, Ms Grace and the tech crew who provided the amazing set up, Ms Remin who took photos and all the teacher supervisors who gave up their evenings to supervise.



Students have adapted well to online learning, sticking to their timetabled classes and completing assignments posted. A google classroom has been set up for communication on all things 'Well-Being'. One of the posts provided an invitation to be a part of a Talent Quest. Part of the description was as follows: *"What better time to show of your skills and hidden talents then right now.....join up for the G25 Talent Quest. Whether it be a time lapse art work project, a dance, musical performance, recorded debate on a current issue, juggling, comedy act.....the options are endless. You may even create a group, collaborate on a piece of slam poetry and then one performs the final product."*

Students are encouraged to get involved in this event!

Finally, as the holiday approaches, I would like to wish all Year 7 a restful and relaxing break.

**Ms Herft**  
**Year 7 Adviser**

### Year 8 Term Report

Congratulations to all Year 8 students for their tremendous effort this term. Students have transitioned smoothly into the new school year, demonstrating an overall increase in their ability to take ownership of their learning and maturity as independent learners.

The combined Year 8 and Year 9 disco was a fantastic start to the term. A big thank you to all the students who attended and their collective efforts in making the night a success. Year 8 students embraced this opportunity to interact with each other and the Year 9 students, in a night of innovative dance moves and entertaining singing.

Once again this impressive cohort of Year 8 students showcased their talent and enthusiasm at the 2020 school swimming carnival. Participation levels in all events were high with students earning points for their respective houses. The support and encouragement from non-participating Year 8 students to cheer and applaud, reflected the strong social connections that are present within G24.

The move to online teaching and learning has been a big change this term but G24 have once again demonstrated amazing flexibility, adaptability and patience in a process with little transition time. THANK YOU to all Year 8 students and parents for your support and effort in keeping everyone safe and for continuity of the educational process.

Wishing all our Year 8 families a safe and relaxing Easter break.

**Ms Chandra**  
**Year 8 Adviser**

### Year 9 Term Report

When faced with adversity, Manly students, staff and families always seem to rise to the challenge, demonstrating the true nature that embodies our cohesive spirit! We are currently in the midst of a new and ever evolving world that will try to push us to breaking point, but will only manage to push us into being better individuals that stand together for the greater good!

With a different welcome for our new G23 cohort, we hope you can now see and experience the 'Manly Vibe', the unity that we all feel here at NBSC Manly Campus.

I hope all of you have settled into your *learning from home* routine and manage to have a good understanding of what the expectations are for each

subject. Every teacher is working extremely hard to make this transition as easy for you as possible.

Please remember to **sign in and sign out** of each and every class, as this is now our method of attendance.

Keep an eye on the school app for updates and check into your classes every day to see what is new and what is required of you.

Stay safe! and no matter what else happens in this crazy world, we can always answer with pride..... Who are we? G23!

**Mr Goykovic**  
**Year 9 Adviser**

### **Year 10 Term Report**

It has been a busy and surreal start to what will certainly be an interesting year for Year 10 in 2020. I would like to extend a warm welcome to the new students who have joined G22 this year, who I am sure are settling in well, making new friends and getting involved in all on offer here at Manly.

Many of the enrichment programs provided to Year 10 are underway already. Students should well and truly be getting to grips with their Independent Learning Project by now as they consider their own personal interests, and how they can create a project that is both challenging and relevant to their own learning. I can't wait until the end of the year to see these fantastic projects brought into reality.

*Giving back to the community* is also a prominent ethos of Year 10 as students begin to undertake their 20 hours of volunteering. There are many opportunities on offer, which Year 10 students have enthusiastically taken up, from assisting teachers at the swimming carnival to showing parents around the school on Open Day and even volunteering to help in the canteen at lunchtime.

Peer Support has also been a highlight this term and I'm confident that Year 7 students have appreciated the kindness, guidance and friendly attitude of their Year 10 peer leaders.

Finally, with online learning currently the reality for all students at Manly, I have been very impressed with the mature attitude that the students of Year

10 have brought to this new environment. Don't forget that a large team of staff are here to help you if you are feeling overwhelmed. I have set up the G22 google classroom for students, where I will be posting messages to help keep up the morale of students and as a means of communication during this uncertain time.

Make sure you are looking after yourself, your family and each other during the upcoming holiday.

**Mr Crooks**  
**Year 10 Adviser**

### **Year 11 Report**

In their first year as seniors, Year 11 began the term with excitement and a new sense of purpose. It has been fabulous to see so many of them stepping up to the high expectations of them as Manly Campus seniors, academically, socially and culturally. Many have embraced this opportunity by being members of SWAT (Student Wellbeing Advocate Team), representatives of SRC, creating and running clubs at school. It has also been great to see so many Year 11 making the most of the fantastic resource of the Library study afternoons on Tuesdays and Thursdays, working SMART and freeing up their time home for other pursuits.



The main activity Year 11 undertook this term was *Urban Challenge*. It was a fun-filled day where students donned themed costumes and ran around the Sydney CBD completing a series of clues and activities. The "Dads" Team won the challenge with Ms. Woodward supporting them as the all-knowing Granddad. A big shout-out to Mr. Baker for winning the best-dressed teacher's award. Thank you to the following teachers that took their time out to support our Year 11 students during this event: Ms. Maggs, Mr. Crooks, Mr. Baker, Mr. Nguyen, Ms. Woodward, Ms. Foy, Ms. Grace, Ms. Kontrec and Mr. Leung.

With the current world situation, Year 11 has been making a terrific effort in their online studies. It is encouraging to see how well the cohort has been able to integrate into the new *Learning from Home* protocols. I would like to remind the year group that although they are all learning from home, support is available to them throughout these ever-changing circumstances. Year 11, please reach out and contact your teachers if you are feeling unsure or overwhelmed with the material being provided to you online. We will be doing our best to support you.

Have a wonderful break. Take this time to relax and recharge, make time to bond with your families, do not neglect your physical and mental wellbeing and most importantly, stay safe!

**Ms Truong**  
**Year 11 Adviser**

## Year 12 Report

Year 12 have demonstrated their incredible capacity to be flexible independent learners and adapt to the ever-changing teaching and learning landscape of our current times. I want to thank them all, and their parents and carers, for being patient and understanding of the changes that have been made during the assessment block and for accepting what they can control during these unusual times (their study schedules, their choices regarding food and exercise, their sleep patterns, creatively maintaining their connections with one another, their

perspective and sense of humour, etc.) and what they cannot. Well done G2020.

Whilst there will be no timetabled lessons for Year 12 in Week 11, teachers may choose to connect with their class synchronously or asynchronously during this time if needed. This may be to set up parameters for Term 2 or provide work for them to complete during this time if they deem it necessary. The teacher will advise students of their intentions via the online learning platform they are using and students are reminded of the importance of checking their DoE email several times each day as teachers may also use this to communicate. Year 12, if you have any questions regarding this, please contact your teachers and they will clarify.

Can I also remind you all that these holidays are an important time to rest and recuperate for us all. Everyone has been working extremely hard to make sense of this complex situation and keep life on track as best we can, therefore we all need time off to recalibrate. Please be respectful of your teachers over the holidays and allow them time to catch their breath and recharge for Term 2.

No doubt you have been googling 'Things to do in Iso', so Easter holidays are your time to do some of those creative activities that have caught your eye. Year 12, I would love you to share some of your ideas onto our Twelvies G2020 Google classroom so we can start gathering a collection of 'Eggcellent Easter Exercises'!

As yet, we are still unsure what Term 2 will bring, but what we do know is that regardless of the situation, we will all be here to support G2020 in working towards achieving their goals.

**Ms Brien**  
**Year 12 Adviser**

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# NBSC Manly Campus Makerspace Update

## The new addition to the Manly Campus Makerspace

This week has seen the delivery on a vital piece of technology to the Manly Campus Makerspace.

Sue Heraper in a journal article titled “The philosophy of Makerspaces”<sup>1</sup> cites Fleming who states “*Educational makerspaces have the potential to revolutionize the way we approach teaching and learning. The Maker Movement is about moving from consumption to creation and turning knowledge into action. In pedagogical terms, it is located within the constructivist philosophy of education that views learning as a highly personal endeavour requiring the student, rather than the teacher, to initiate the learning process*” (Fleming, 2014).

As a growing resource the Manly the Makerspace supports our belief of the importance of project based learning. To provide increased accessibility to technology for students especially:

- Year 7 Praxis
- Year 8 Science Techno and
- Year 10 ILPs

Students may wish to incorporate current technology in the development of their projects as part of a solution to a real world problem. This new X5 3D printer will greatly increase our capacity to produce high quality prints.

If you are interested, please have a look at the following video clips demonstration form of the features of this new printer.

[Video clip 1](#)

[Video clip 2](#)

This equipment will soon be able to be booked, using a system designed by Mitch Horner (former

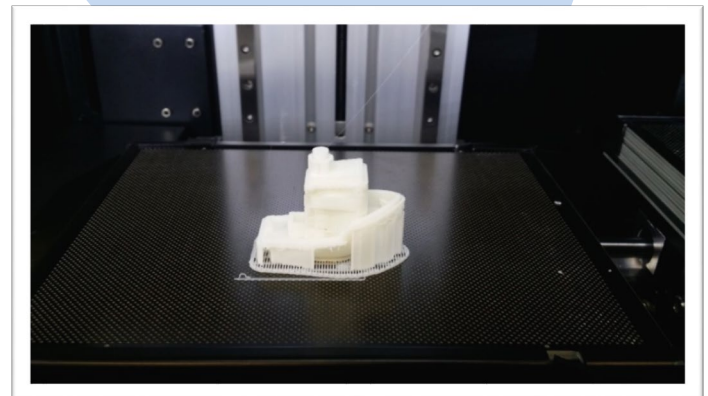
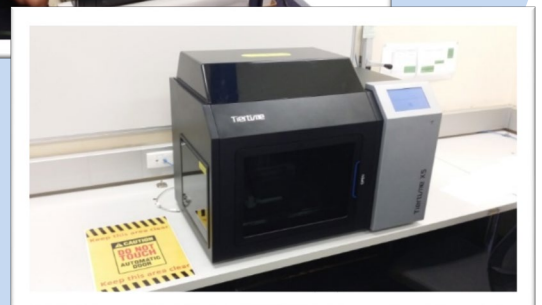
Year 12 student) who is now assisting our TSO Mr Palmer, who supports the extensive range of technology use within Manly Campus. The school is considering a system for students to purchase material for non-TAS subject projects produced in the Makerspace. This would not only include PLA for 3D printing but also a range of coloured or clear acrylic and plywood for [Laser cutting](#).

## Acknowledging a quite achiever

The TAS faculty would like to take this opportunity to acknowledge the ongoing hard work of Yiming Teng (Year 12) in the support of the school’s 3D printer program. Over the past few years, Yiming’s passion for technology has helped maintain our four [Up box 3D printers](#) and provided practical problem solving assistance and tutorials for TAS staff. Yiming has also provided advice to many other students on improving the design features of their products.

Thank you Yiming from all of the TAS staff.

**Mr Forsyth  
TAS**



Photos of Yiming setting up and texting the new X5 3D printer in the Makerspace on Wednesday 1/4/2020

<sup>1</sup> PUBLICATION: CSLA Journal VOLUME/ISSUE: Vol. 40, No. 2  
PUBLICATION DATE: January 1, 2017



# Year 11 Music Masterclass

On 16 March, Ms Joyce gave a Year 11 masterclass, before the students' practical assessment for the term.

Below is the most important piece of information/advice that students took away from their time with Ms Joyce.

- *Each phrase is a statement that must be conceptual and should always tell a story to the audience.*
- *Let your dynamics reflect the lyrics of the song and have the mood and tone portray the character of the singer (as the piece is a transcription of a vocal piece).*
- *Every phrase should go somewhere and tell a different part of the story your piece reflects. Also, pour as much emotion as possible into every note and pay attention to the last note of phrases.*
- *Have direction with your piece by taking care of each phrasing's dynamics and expressive techniques. You must have an idea inside your head regarding where you want to take the piece of music otherwise it will be meaningless.*
- *The music has to tell a story and you have to have that story in mind the whole time you are playing so the music goes somewhere and is interesting and meaningful.*
- *Use ornamentation and dynamics to shape phrases creating expression, interest and direction within the piece.*

The class thanks Ms Joyce for her time and insight.

**Ms Herft  
Music**



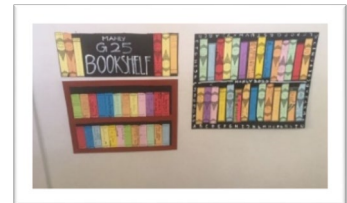
# G25 Bookshelf

## Student Report

The hall was filled with unfamiliar students, who were now our classmates for the next six years. We had all come from different schools, some of us with many friends while the others a completely new journey. We got to know each other better and then it came down to one of our first activities in high school, the 'Year 7 Bookshelf.'

The hall erupted into chatter as we were handed coloured spines to write down our favourite books that we had read. There is a wide range of answers from Harry Potter, Minecraft, Spy stories, the encyclopaedia as well as the dictionary! We all rushed to stick up our book spines, which were collated onto a bookshelf.

Our bookshelf was displayed next to the office for a few weeks. As we entered through the



school gate there was a happy atmosphere as we viewed our first contribution to the school. Later on, we realised that these bookshelves would look great if we jazzed them up a little bit by adding more colour. My friends and I worked hard to make a new bookshelf with various designs painted on them. We used black cardboard and made an outline of a bookshelf. We then created different borders using letters, our school logo and fancy designs. We re-glued our book spines onto our newly designed bookshelves. We worked on them every recess and lunch perfecting them and enjoying this new opportunity.

When we finished, the bookshelves looked great and we got to present them at our year assembly. Giving back to the community has always been a pleasure and I really enjoy helping out. I would like to thank Ms Carolan for giving us this splendid opportunity to try something new and have fun doing the things that we enjoy. Our newly designed bookshelf is now displayed in the English corridor. Whenever I walk past this bookshelf it brings back a smile and how much fun we had doing it together.

**Aarohi Bansal - Year 7**

## Website -

### Learning from Home

A *Learning from Home* page has been added on the school website. Relevant information that has been sent to parents via the app/email, will be placed under this tab.

Additionally, the Department of Education has links to *learning from home* resources and *latest advice* re COVID-19, on this page as well.

Go to [Learning from Home](#).

## NBSC Manly Campus

### School App



Thank you to the vast majority of the Manly Campus community who have downloaded the **NBSC Manly Campus School App**. This is our first point of call to send information/updates out to the Manly Campus community swiftly.

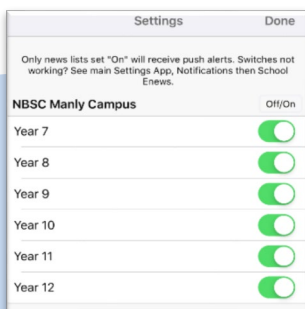
If you have not yet downloaded the school app, we encourage you to do so.

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

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

**Please note: Make sure you have notifications switched on in the App for your applicable year/s.**

Go to the cog on the bottom right of the app next to the plus sign. Then switch the button to green next to your year/s and then select done on the top right of the App to save.



## Attendance

### Absent from School - Notification Procedure

If your child is unwell and unable to log in for *Learning from Home* on any given day, please advise the school via the school app or an email directly to the school [nbscmanlys-h.school@det.nsw.edu.au](mailto:nbscmanlys-h.school@det.nsw.edu.au)

Illness and absence from school learning, must be recorded accordingly.

## 677n and 684n

### Bus Change in Term 2

#### A message from the State Transit Authority

From 27 April 2020, the school run 677n AM Warriewood Square to St Lukes Dee Why and 684n

AM St Lukes Dee Why to Balgowlah Boys High will start trip 7 minutes earlier than that in the current term.

Please note that there are two 684n services. The first 684n starting from Collaroy Plateau will be not be affected by this change and the second 684n starting from St Lukes will be 7 minutes earlier for all the stops in the list.

See the flyer at the end of the newsletter for more information.

## Entertainment Book

Purchase your [Entertainment Book here](#)

20% of your membership sale will go directly to Manly Campus.

entertainment  
Supporting Communities

There has never been a more important time to support fundraising in our communities. You can continue to support your fundraiser today with 20% of each Membership sale going directly to their cause.

Renew now

BONUS \$10 JB Hi-Fi eGift Card with every purchase!

PLUS

- 3 months extra Memberships FREE on Single & Multi City Memberships
- 15 month Membership ending June 30 2021

20% of your Membership sale goes directly to Northern Beaches Secondary College - Manly Campus.

Make the most of being at home

Get your Entertainment Membership support our communities and start saving from the comfort of your own home.

- Stay in Touch**  
Keep in contact with all the gadgets you need at JB Hi-Fi. 5% off JB Hi-Fi eGift Card.
- Spoil you & yours**  
Send yourself or a loved one a delicious hamper to show you care. Save 15% with Entertainment!
- Keep Fit**  
Update your online fitness regime with Lorna Jane. 10% off Lorna Jane eGift Card.
- Show you care**  
Send family & friends a bunch of yummy edible chocolate bouquets. 15% off Edible Blooms.
- Cook up a storm**  
Enhance your cooking with a great selection of spices and herbs. 10% off Penny to Plate Co.
- Friday night in**  
Enjoy a great selection of wines and join your friends online for a glass. Up to 40% off Cellarmasters.

# COVID-19

## headspace Newcastle autumn newsletter 2020

### how to cope with the stress related to novel coronavirus

This information is for young people affected by stress related to Novel Coronavirus (COVID-19).

It can feel stressful and overwhelming during an event like the outbreak of the Novel Coronavirus (COVID-19) and we can all be affected differently. You might feel overwhelmed by the information, conversations and the increased levels of stress in your community. It can be hard to know what information to trust especially in a situation where things are changing so quickly. It can be helpful to keep up-to-date but it's also okay to switch off from the 24 hour media cycle if this is getting too much.

During this time some things in your life may be affected by attempts to contain the spread of the virus. You may have been looking forward to a gig or a trip that's been cancelled. You may be affected by school, uni or your workplace temporarily closing. Or you may have a loved one who is directly affected by the virus.

It's important to find the right level or type of support for you. And keep in mind that the type of support you may need can change as time passes. For many people staying connected to family and friends/loved ones is important.



### Tips to maintain a healthy headspace during this time:

- Be mindful of exposure to information through stories, traditional and social media. It can be helpful to take a break from the 24-hour news cycle.
- Do things that make you feel physically and emotionally safe, and be with those who are helpful to your wellbeing
- Engage in activities that promote a sense of calm and feeling grounded (use of alcohol and other drugs can be counterproductive with this).
- Our [7 tips for a healthy headspace](#) demonstrate simple and effective things that can help people to create and maintain a healthy headspace, irrespective of whether they have been affected by COVID-19 or not.
- It can help to talk with a trusted adult if it all feels a bit much.



## Common reactions

### Fear and Anxiety

At this time you might experience feelings of fear or anxiety. You might be worried about the virus and how it might affect you, your loved ones or your life.

### Anger, frustration and confusion

It can be difficult to understand what to do in these situations because of the volume of different information available. This might feel confusing and frustrating, this is normal. Events like these can reduce the things we normally do in our days and that can seem unfair. This might make you feel frustrated or [angry](#).

### Sadness

If you've been asked to stay at home or stop your normal activities you might feel disconnected from important people or things in your life. This might make you feel sad or bored.

### Denial

When bad things are happening, some people might prefer not to think about them at all. This might be helpful to start with, but our feelings can catch us by surprise later on. It's OK to distract yourself, but also find some time to think about what is happening and how you're going.

If you start to notice that you are experiencing these things, it is important to remember that these are normal reactions to a not normal time. During this time it is important as best as possible to keep engaged with the activities that support your wellbeing. You might need to get creative in how you continue to do them.

## When should I get help?

If you ever feel unable to cope because of overwhelming or intense emotions, or if you have any thoughts of harming yourself, then ask for help immediately.

### National 24/7 crisis services

Lifeline: 13 11 14 or [lifeline.org.au](http://lifeline.org.au)

Suicide Call Back Service: 1300 659 467 or [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

beyondblue: 1300 224 636 or [beyondblue.org.au](http://beyondblue.org.au)

### Additional youth support services

headspace: visit [headspace.org.au](http://headspace.org.au) to find your nearest centre or call eheadspace on 1800 650 890

Kids Helpline: 1800 55 1800 or [kidshelpline.com.au](http://kidshelpline.com.au)

ReachOut: [reachout.com.au](http://reachout.com.au)

SANE Australia: 1800 187 263 or [sane.org](http://sane.org)

Talk with a trusted adult, such as a parent, teacher, school counsellor or headspace Newcastle, phone 42207660. You can also access headspace online: [headspace.org.au/eheadspace/](http://headspace.org.au/eheadspace/)

Speak to your local doctor or [General Practitioner \(GP\)](#) and help make a plan for your recovery. Or you can search for a health service and GP on [healthdirect](http://healthdirect).





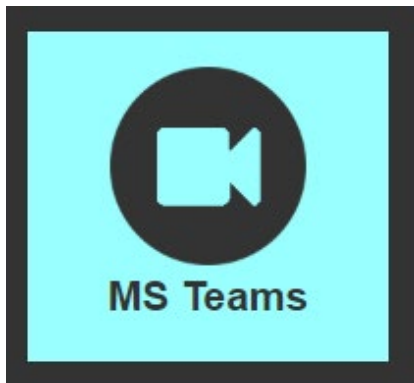
# Learning from Home – Digital Classrooms

## Parent & Student Information

All links to digital resources are on the [school homepage](#). Common applications that will be used are **Google Classroom**, **Google Meet**, **Adobe Connect**, **Office 365** and **MS Teams**.

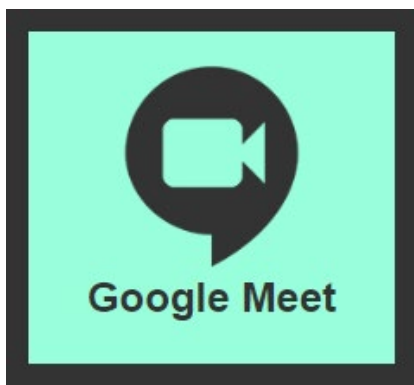
### 1. Using Video Conferencing Tools

#### Students Accessing Microsoft Teams



Students are not able to turn their webcams but audio will work. Teachers' webcams will function only.

#### Students Accessing Google Hangouts Meet



**Important** - Students need to open their Google Meet invitation sent from their teacher with the **Google Chrome** browser in **Incognito** mode (**Ctrl+Shift+N**) to join a video meeting.

## Students Accessing Adobe Connect



Log on using **firstname.lastname@detnsw**

### **2. Using Google Suite for Education**



Students sign in to access their Google Education Suite online tools.

### **3. Free Student Software**

Students can download [Microsoft Office](#) on 5 concurrent devices from the link. Students activate their copy with their DoE email address.



All NSW Department of Education school students are eligible to download Adobe and Microsoft software from this website. Students will need to use their **@education.nsw.gov.au** student email address to register on their first visit. To register, click on the "Sign In" link at the top of the page and then click on the REGISTER button. A verification email will be sent to your NSW DoE email address. To complete the registration please select the link provided in the email

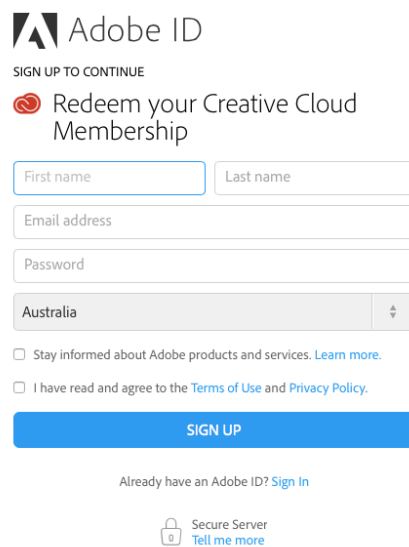
# Adobe Creative Cloud

## Yearly Renewal

### NSW Department of Education

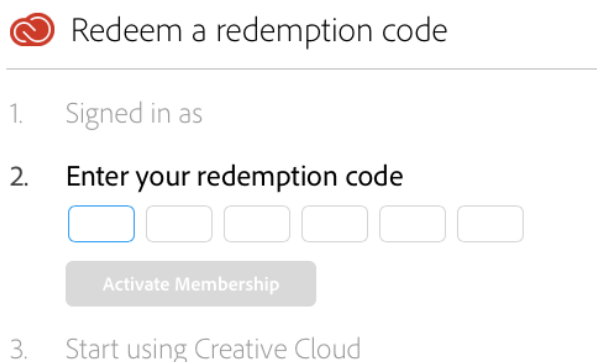
#### The yearly redemption code process:

1. Obtain a redemption code from <https://nsw-students.onthehub.com/>. You need to provide your DoE school student email address to verify your eligibility for the student BYOD program.
2. Check your student email account for the link to redeem the code, which is <https://creative.adobe.com/educard/wah>. See image below.



The screenshot shows the Adobe ID sign-up process. At the top, it says "Adobe ID" and "SIGN UP TO CONTINUE". Below that, there is a red circular icon with a white "e" and the text "Redeem your Creative Cloud Membership". There are four input fields: "First name", "Last name", "Email address", and "Password". Below these is a dropdown menu for "Australia". There are two checkboxes: "Stay informed about Adobe products and services. Learn more." and "I have read and agree to the Terms of Use and Privacy Policy." At the bottom, there is a blue "SIGN UP" button. Below the button, it says "Already have an Adobe ID? Sign In" and "Secure Server Tell me more".

3. **Sign In** (**firstname.lastname@education.nsw.gov.au**), then enter your redemption code and click to Activate Membership.



The screenshot shows the "Redeem a redemption code" page. At the top, there is a red circular icon with a white "e" and the text "Redeem a redemption code". Below that, there is a horizontal line. There are three steps: 1. Signed in as, 2. Enter your redemption code, and 3. Start using Creative Cloud. Under step 2, there are six input boxes for the redemption code. Below the input boxes is a grey "Activate Membership" button.

#### **How do I know when my DoE Adobe Creative Cloud subscription will end?**

- You can check by signing into <http://adobe.com> and check in the Manage Account link, the renewal date is displayed under Plans & Products
- The Adobe Creative Cloud products will also start to display notification messages a week or 2 before your subscription ends.

# School bus service changes



## Route 677n

Commencing Term II 2020

27<sup>th</sup> April 2020

To better meet the travel needs of students at Balgowlah Boys High the 677n trip commencing from Warriewood Square at 7:55am will commence at 7:48am from 27<sup>th</sup> April 2019.

Students are reminded of the requirement to 'tap on' and 'tap off' with a valid School or Child Opal card on every bus boarded as part of their journey.

State Transit and Transport for NSW will be closely monitoring Opal card usage on all school services to ensure buses have been allocated to meet customer demand.

For your complete timetable, go to [transportnsw.info](http://transportnsw.info) and click on the School Students link.

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