



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)

8 May 2020 – Newsletter No.8

From the Principal

Thank you for your cooperation during this challenging time of remote learning. Students are participating in lessons and completing work and we thank our parents and carers for collaborating with us to ensure our students continue to thrive at NBSC Manly Campus.

We are now preparing to welcome our students back onto our grounds next week from **Monday, 11 May**. This is in line with the Phase 1 Return to School model being implemented by the NSW Department of Education. Students will attend school one day a week and learn from home on the other days.

The Department of Education explains the phased return [here](#).

Phase 1 Return to School from 11 May at NBSC Manly Campus

- Year 7 – Return ONLY on Mondays
- Year 8 – Return ONLY on Fridays
- Year 9 – Return ONLY on Thursdays
- Year 10 – Return ONLY on Wednesdays,
Periods 1 – 3
- Year 11 – Return ONLY on Tuesdays and
Wednesday from Period 4
- Year 12 - Return every day

As outlined in the return to school guidelines, parents still have the discretion to keep students at home. Students who stay at home are to continue with online learning, and will not be marked absent.

Families who need to send their child to school every day may continue to do so; no child will be turned away.

Timetables for Return to School

Year 7 – 10

Year 7 - 10 will follow their new timetables. Please check the rooms carefully as these may have changed. When students attend school, they will be working on-line, on exactly the same unit of work as those who are learning remotely. The purpose of once a week contact with teachers is to allow for social connection, teacher being able to give or get feedback, provide clarification, and check in with students. There will be two teachers allocated to each class; their normal timetabled teacher and a casual teacher. Their timetabled teacher will spend time in each classroom.

Year 11 and 12

Students in Year 11 and 12 will follow their normal timetable. They will have their normal timetabled teacher when they return to school. Depending on the size of the classroom and the number of students in the class, students may be spread out across two rooms. If this is the case, the timetabled teacher will move between the two rooms.

NBSC Manly Campus

138 Abbott Road, North Curl Curl NSW 2099

Phone: 9905 3982

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

When learning from home, attendance will be recorded for all synchronous timetabled lessons. Students are to sign in using the online system.

Bell times have been adjusted to allow for adequate breaks between lessons. We will be operating on the same bell times on and off site. New bell times are published at the end of this newsletter.

Phase 0 and 1 Bell Times					
Period	Monday	Tuesday	Wednesday	Thursday	Friday
1	8:50-9:50	8:50-9:50	8:50-9:50	8:50-9:50	8:50-9:50
Break	9:50-9:55	9:50-9:55	9:50-9:55	9:50-9:55	9:50-9:55
2	9:55-10:55	9:55-10:55	9:55-10:55	9:55-10:55	9:55-10:55
Break	10:55-10:58	10:55-10:58	10:55-10:58	10:55-10:58	10:55-10:58
3	10:58-11:58	10:58-11:58	10:58-11:58	10:58-11:58	10:58-11:58
PC		11:00-11:20		11:00-11:20	
Recess	10:40-11:00	11:20-11:40	11:00-11:20	11:20-11:40	10:40-11:00
Period 3	11:00-11:40	11:40-12:30	11:20-12:10	11:40-12:30	11:00-11:40
Break	11:40-12:00	12:30-12:50	12:10-12:30	12:30-12:50	11:40-12:00
Period 4	12:00-12:40	12:50-1:40		12:50-1:40	12:00-12:40
Break	12:40-1:00	1:40-1:50		1:40-1:50	12:40-1:00
Lunch 1	1:00-1:20	1:50-2:10	12:30-12:50	1:50-2:10	1:00-1:20
Lunch 2	1:20-1:40	2:10-2:30	12:50-1:10	2:10-2:30	1:20-1:40
Period 5	1:40-2:20	2:30-3:20	1:10-2:00	2:30-3:20	1:40-2:20
Break	2:20-2:40		2:00-2:10	2:20-2:40	
Period 6	2:40-3:20	3:40-4:20	2:10-3:00	3:40-4:20	2:40-3:20
Break	3:20-3:40		3:00-3:10	3:20-3:40	
Period 7	3:40-4:20		3:10-4:00		3:40-4:20
Period 8			4:00-6:00		

Uniform

Students in Year 7 – 10 are expected to wear their sports uniform and students in Year 11 and 12 are expected to wear their full school uniform on the days they attend.

Canteen

The Canteen will be open every day with a limited menu through [flexischools](https://flexischools.com) only.

Library



Health and safety rules for the Library:

- Library closed before school, recess and lunch
- Borrowing & returning books during breaks is permitted
- Games and socialising not permitted
- Study Rooms closed
- Learning Centre closed
- Maintain 1.5 metre social distancing at all times

The library will be closed before school, recess and lunch. Students are however able to borrow and return books during the break times.


Expectations to ensure health and safety of all students and staff

Safety is a priority during the COVID-19 pandemic. Students will be expected to behave in a responsible manner, which recognises the importance of protecting the health of themselves, their peers, and staff, who are at a higher risk of COVID-19. In keeping with our protection of vulnerable people, some staff will be delivering their lessons remotely

to the students on campus. In this instance, a casual teacher will be employed to supervise the class on campus.

Classrooms

- Students line up outside the classrooms on the marked social distancing spots on the floor.
- Students clean their hands using hand sanitiser provided as they enter the classroom.
- Classroom furniture has been set up to maintain the 1.5m social distancing guidelines.
- Students sit at the same desk for the duration of the lesson.
- There will be a maximum of 15 students per classroom.
- Students wipe down their desks using disinfectant wipes provided as they leave.
- When moving from class to class, students follow the direction of the yellow arrows.



Health and safety rules for classrooms:

- Do not enter the classroom before your teacher.
- Line up outside your classroom in the social distancing spots indicated.
- Clean your hands using hand sanitiser before entering the classroom.
- Sit at the same desk each lesson.
- Do not move classroom furniture.
- Observe 1.5 metre social distancing at all times.
- Avoid touching your eyes, nose and mouth.
- Cover your cough/sneeze with a tissue or your elbow.
- Clean your desk thoroughly at the end of the lesson using the wipes provided.
- Place used wipes in the bin as you leave the classroom.

Before school, recess and lunch

- Students must go to designated playground areas to ensure social distancing ratios.
- Students observe 1.5 metre social distancing and avoid physical contact when greeting.
- No ball (e.g. handball, basketball and soccer) games.
- Library closed.
- Canteen open for pre-orders only via [flexischools](https://flexischools.com). Canteen orders will be delivered to the designated area to collect.



Health and safety rules for breaks outdoors:

- Go to your designated colour area for all breaks including lunch and recess.
- Cover your cough/sneeze with a tissue or your elbow.
- Avoid touching your eyes, nose and mouth.
- Maintain 1.5 metre social distancing at all times.
- Do not use communal sporting equipment.
- No ball sports (e.g. handball and basketball).
- Bubblers are out of bounds - fill water bottles only.
- Do not share food or drinks with peers.

Hygiene

- Do not send your child to school if unwell. If your child is at school and displaying any symptoms of being unwell, they will be sent home.

2. Hand sanitiser dispensers have been placed next to the sunscreen dispensers in the foyer, near the sports noticeboard and outside the PE storeroom.
3. Additional cleaning staff have been employed to wipe down touch surfaces throughout the day.
4. Bubblers have been closed off and students should come prepared with their own water bottles for the school day. Taps and the chilled bottle refill station are still available. Students should only fill their own water bottle.
5. Students are not to share food or drinks.

Travel to and from school

1. Minimise use of public transport where possible.
2. School bus routes will still be operating.
3. Practise social distancing when using public transport and when waiting in lines.

I would like to acknowledge the cooperative and supportive way in which all teaching and non-teaching staff have worked with the Senior Leadership Team of the school to develop a safe return to school plan.

We look forward to welcoming our students back.

Staffing Update

Our school counsellor Ms Deborah Campbell-Allen has accepted a transfer to a base school closer to her home. We thank Ms Campbell-Allen for the support she provided our students during her time at Manly. Tanja Musik has been assigned as a School Psychologist to our school and will commence in Week 4 this term. Tanja will be working Tuesday, Thursday and Fridays, along-side Melissa Moss who will continue working Monday and Wednesdays.

Kathy O'Sullivan
Relieving Principal



From the Deputies

In the last Deputy Report published in the Term 1 Week 10 newsletter, Alex Newcomb reflected on the Covid-19 event. I will continue in this vein.

As Covid-19 continues to impact on life as we know it, we always like to take something positive from challenges that life throws our way. Teachers generally look forwards to school holidays as much as students, but this lockdown process was something different, with more time to reflect and think about what is really important.

During my daily walk with my dog Atticus (named after the famous Lawyer from To Kill a Mocking Bird and the fact that I am an English teacher), I noticed some really heart-warming things. People were actually in their front yards. This may seem ironic given the stay at home order, but in my area (not the Northern Beaches) it is a rarity to see people in front yards. I actually met neighbours whom I had never seen in 20 years living in this area. People along the walk said 'hello, how are you?', made eye contact and despite the physical distance, we all felt the need to connect with strangers.

Children on bikes reclaimed the back alleys or rode with their families. With swings out of bounds they also played games in the local park with their parents. The busiest shop once Apple had closed its doors, was the bike shop on Parramatta Rd, where long lines of socially distanced people waited patiently. Chalk art returned to the sidewalks from a huge 'Happy Birthday Archie' for a young boy down the road to hopscotch games, which I couldn't help having a turn. My inner child had returned! Happy Easter signs and bunnies filled windows and books, DVD's and toys were left out with 'free' or 'please take and enjoy' signs.



These are just some of the things that I hope return permanently to community life after Covid-19.

After the experience of relinquishing our freedom for the greater good and despite our continual technology trajectory, I also hope that we continue to not only value, but prize connection and physical interaction as profound aspects of the human condition, which are not to be taken lightly.

Finally, as an English Teacher I have used the event to construct an acoustic poem to celebrate our school community's response to this unique event. I also invite our students to take up the challenge to write something of their experience at this historically significant time.

C - Courage it has taken for our school community to adapt and change in a momentous way

O - Outstanding and innovative ways of approaching teaching, learning and well-being activities

V - Very kind ways teachers and students have helped those who are not 'digital natives' manage online learning with, at times, non-intuitive technologies

I - Independent and resilient students, who have developed a new set of coping mechanisms under forces they cannot control

D - Determination of teachers, SASS staff and parents to provide continued nurture, instruction and support for children under their care.

Marisa Carolan – DP Year 7, 9 and 11
Alex Newcomb – DP Year 8, 10 and 12

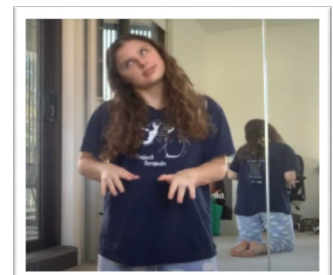
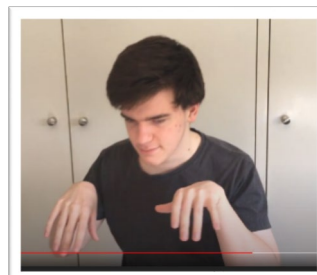
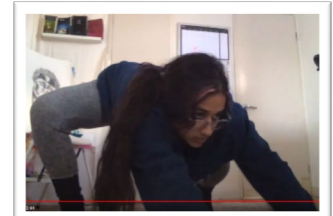
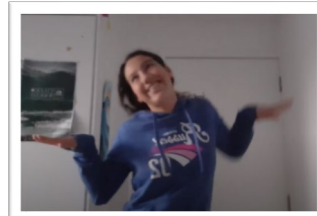
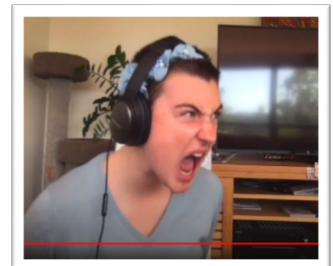
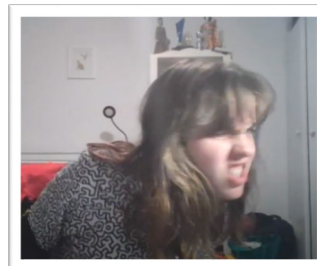
Online Learning Legends!

Year 11 Drama are used to milling about the performance space, chanting in unison, crawling across the floor and making sounds that invite passers-by to ask: what are they doing in there?

Now they have to turn on their cameras and perform for the empty air, perhaps entertaining a dog or a curious younger sibling.

For their new unit of work, Theatre of the Absurd, Year 11 Drama were asked to use dramatic symbolism and transformational acting to create a short performance where they must shift from human to insect/creature to criticise an aspect of society. From the screenshots below, you can see they have engaged creatively with their online learning task. Perhaps TOO well...

Miss Campbell



Year 7 English

Year 7 have impressed their teachers with their outstanding creative writing. As school moved from the classroom to home, students were given a choice of writing prompts each lesson to promote autonomy and spark imagination.



One of them was to imagine yourself as a leaf...

Autumn by Thea Ward

Down

Down

Down

Sisters, brothers, fallen.

Lost for good. I would never see them again.

We clung on, fragile enough that a gust of wind could be the end.

Changing, go to stop.

Every year, this happened. Only the strongest survived.

We held on tighter, hoping we would be one of the lucky ones. We started to wilt, more crinkly, like paper. Our skin wearing thin, crunching with just a touch.

I didn't mind though. Every passing season was one closer to a new dawn.

Spring. We would grow again and the trees would be full just as the others had left and fallen.

These new youngsters would sprout and be the next.

Hoping not to be one of the fallen.

Evergreens by Lillian Hamilton

Tap, Tap, Tap. I uncurl myself, as I do every morning, as the little bird hops across my branch. The air seems different to normal, too harsh. Everything feels... cold. The word is unfamiliar, but I can hear the others whispering it to each other as the wind blows us from side to side. Even the wind is different. Unlike the sweet summer breezes, this is hard, chilling, abruptly interrupting my perfect existence. I can hear a squirrel, scampering up the trunk and into the hollow. It brings with it a strange smell, earthy and slightly... nutty? I've smelt it before, traces on the squirrels and birds, but for the first time, it appears the squirrel is bringing whatever it is up the tree. Why?

I curl slightly as the wind shakes the tree, blowing me far to the right. Something brushes against my tip, and I can hear the murmurings of a fellow leaf, falling down past me! I try my hardest to ask what's happening, but we all began our existence back in spring, and have never experienced such strangeness.

The sound of tinkling laughter sounds out. It comes from another branch, but not of our tree.

It's fall coming, the other leaves call out, soon you'll all be gone!

How do you know this? we cry.

We are special. We live through all the changes.

Evergreens, I hear the others grumble.

Year 7 Japanese

A couple of examples of work in Ms Feros' Japanese lessons to keep students connected to their room and lessons, with a creative task for time away from their screens.



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於己曾止乃保毛与呂遠无

Offbeat NBSC

- Impro Program

Offbeat NBSC - Impro Program is still up and running online.

If you are missing your music, want to learn how to improvise or develop your Impro skills, you are eligible to join the Impro Program.

You work at your own pace from beginner to advanced. Any instrument is ok.

Contact: Colin Bright
colin@brightmusic.net 0419 208 974

Co-ordinator: Renata Grudic
renata.grudic@det.nsw.edu.au

NBSC Manly Campus

School App



The NBSC Manly Campus School App 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.

Entertainment Book

Purchase your [Entertainment Book here](#)
 20% of your membership sale will go directly to Manly Campus.

Phase 0 and 1 Bell Times

Period	Monday	Tuesday	Wednesday	Thursday	Friday
0	8:00-8:50	8:00-8:50	8:00-8:50	8:00-8:50	8:00-8:50
Break	8:50-9:00	8:50-9:00	8:50-9:00	8:50-9:00	8:50-9:00
1	9:00-9:40	9:00-9:50	9:00-9:50	9:00-9:50	9:00-9:40
Break	9:40-10:00	9:50-10:10	9:50-10:10	9:50-10:10	9:40-10:00
2	10:00-10:40	10:10-11:00	10:10-11:00	10:10-11:00	10:00-10:40
PC		11:00-11:20		11:00-11:20	
Recess	10:40-11:00	11:20-11:40	11:00-11:20	11:20-11:40	10:40-11:00
Period 3	11:00-11:40	11:40-12:30	11:20-12:10	11:40-12:30	11:00-11:40
Break	11:40-12:00	12:30-12:50	12:10-12:30	12:30-12:50	11:40-12:00
Period 4	12:00-12.40	12:50-1:40		12:50-1:40	12:00-12.40
Break	12:40-1:00	1:40-1:50		1:40-1:50	12:40-1:00
Lunch 1	1:00-1:20	1:50-2:10	12:30-12:50	1:50-2:10	1:00-1:20
Lunch 2	1:20-1:40	2:10-2:30	12:50-1:10	2:10-2:30	1:20-1:40
Period 5	1:40-2:20	2:30-3:20	1:10-2:00	2:30-3:20	1:40-2:20
Break	2:20-2:40		2:00-2:10		2:20-2:40
Period 6	2:40-3:20	3:40-4:20	2:10-3:00	3:40-4:20	2:40-3:20
Break	3:20-3:40		3:00-3:10		3:20-3:40
Period 7	3:40-4:20		3:10-4:00		3:40-4:20
Period 8			4:00-5:00		

Recess Only

Spring roll	50c
Pizza Sub	\$2.50

Snacks

Bread Sticks	\$0.80
Yoghurt	\$2.00
Popcorn	\$2.00

Sultanas	80c
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Drinks

Poppers	\$2.00
Milk 300ml / 600ml	\$2.00/\$2.50
Up 'n' Go	\$3.00
Oak milk 300ml	\$2.50
Ice Break or Just Natural	\$4.00
Ice Tea drinks	\$4.00
Appetizer	\$2.50
Juice Bomb	\$2.50
Water 600ml	\$2.50

Rolls/ Sandwiches/ Wraps

Rolls

Unbuttered / buttered	\$1.50/\$2.00
Lettuce + mayo	\$2.50
Salad Roll/Cheese & Salad roll	\$4.50/\$5.50
Ham Cheese & Salad	\$6.00

Sandwiches

Egg, mayo + lettuce	\$4.50
Tuna, mayo, cucumber + lettuce	\$4.50
Salad/Cheese & Salad	\$4.00/\$5.00
Ham Cheese & Salad	\$5.50

Wraps

Chicken, lettuce, avo + mayo	\$6.00
Chicken Caesar	\$6.00
Falafel, tabouli + hummus	\$6.00
Tuna Salad Wrap	\$6.00

Toasted

Cheese / spaghetti / baked beans	\$2.50
Cheese + tomato	\$3.00
Ham + cheese	\$4.50
Chicken + cheese	\$4.50
Ham, cheese + tomato	\$5.00

We can make any sandwich, roll or wrap to order with your favourite fillings

Extra fillings e.g. beetroot, etc 50c each
Egg, Avocado \$1.00 each

Burgers Lunch Only (not available Wed)

Hamburger & salad	\$5.50
Sweet chilli chicken burger	\$5.50
Veggie burger	\$5.50

Hot Food

Hot Rolls - Garlic	\$2.00
Chilli Chicken Tender	\$1.50
Chilli Chicken Tender & Unbuttered roll	\$3.00
Chilli Chicken Tender & Buttered roll	\$3.50
Chilli Chicken tender & Lettuce and Mayo roll	\$4.00
Pasta Bolognese	\$5.00
Pasta Napolitana	\$5.00
Beef Lasagne	\$5.00

Salads

Caesar salad – every day	\$6.00
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Hot Food Monday To Friday (Lunch Only)

Mon	Beef Burger	\$5.50
Tues	Nachos – vegetarian Nachos – meat	\$5.50 \$6.00
Wed	Traveller Pie	\$4.00
Thur	Curry of the Day	\$6.50
Fri	Nachos – vegetarian Nachos – meat	\$5.50 \$6.00

We are currently only allowed to take on-line orders at Flexischools. We now added a new recess service,

If you don't have a Flexischools account, please go to

<https://www.flexischools.com.au/>

to open one.



Photo credit: Rhett Noonan on Unsplash

ONLINE PARENTS CORNER

A CHAT ABOUT DRUGS & ALCOHOL AND YOUR YOUNG PERSON



Thursday

14 May 2020

1.00pm – 2.00pm



via Zoom



FREE

This session will cover:

- The impacts of drugs and alcohol on young people
- An intro to the harm minimisation approach
- Ideas for parents tackling this issue
- Places to seek further support

Facilitated by a qualified youth drug and alcohol worker.

DAYSS
DRUG & ALCOHOL YOUTH SUPPORT SERVICE

TO REGISTER:

DAYSS Team

Northern Beaches Family Centre

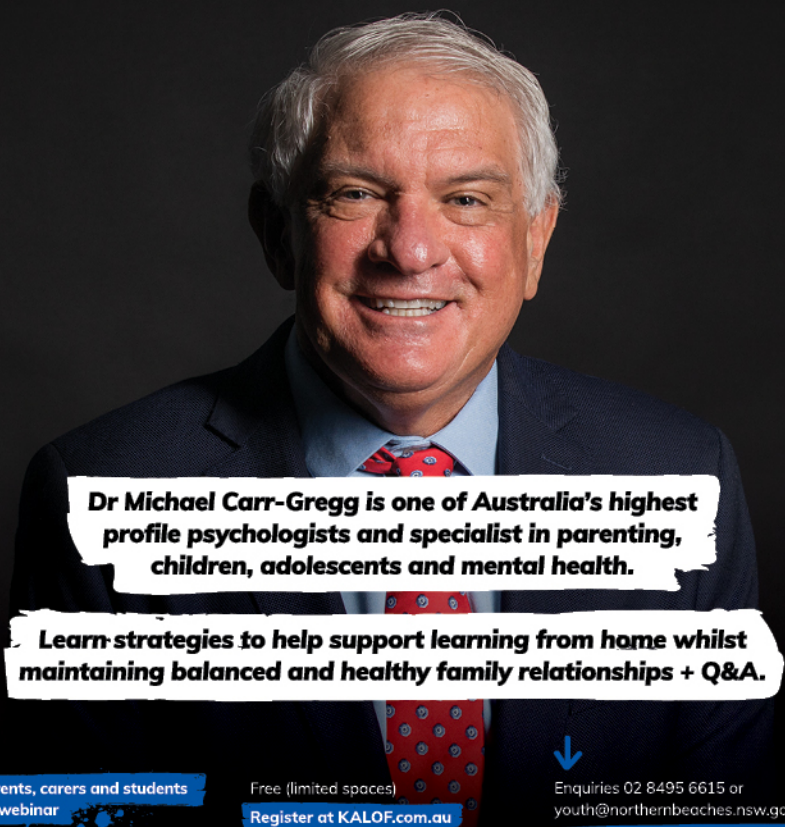
P: 0457 791 099 | E: dayss@catholiccaresdbb.org.au



[dayss/nb](https://www.facebook.com/dayss/nb)

[catholiccaresdbb.org.au](https://www.catholiccaresdbb.org.au)

WEBINAR

**SCHOOLING FROM HOME 3
NAVIGATING FAMILY RELATIONSHIPS****DR MICHAEL CARR-GREGG****Wed 20 May, 6.30 - 7.30pm**

Dr Michael Carr-Gregg is one of Australia's highest profile psychologists and specialist in parenting, children, adolescents and mental health.

Learn strategies to help support learning from home whilst maintaining balanced and healthy family relationships + Q&A.

For parents, carers and students
Online webinar

Free (limited spaces)
Register at [KALOF.com.au](https://www.kalof.com.au)



Enquiries 02 8495 6615 or
youth@northernbeaches.nsw.gov.au