



The Weekly Pines

Northern Beaches Secondary College

Manly Campus



Academic Excellence ★ Personal Best ★ Giving Back to the Community

Principal: Ms Kathy O'Sullivan

Deputy Principals: Mr Alex Newcomb

Ms Marisa Carolan

20 August 2021 – Newsletter No.13

From the Principal

Wellbeing

As we do our best to navigate the lockdown, it is important to look after ourselves and those around us.

For children of all ages, open conversations are vital to mental health. The National Mental Health Commission has recently launched the [Chatstarter program](#), which has been designed to help parents start supportive conversations with their children.

Importantly, starting the conversation may not simply be a matter of finding the right words; sometimes engaging in activities together can open opportunities to reach people before they reach crisis point and help them access the right type of care.

For those parents who are running on empty, please let us know if we can be of assistance. I encourage all parents to offer themselves the same kindness that they give their children, and to manage competing demands on the 'oxygen mask' principle: first make sure that you are supporting yourself adequately so that you can sustain your support of those you love.

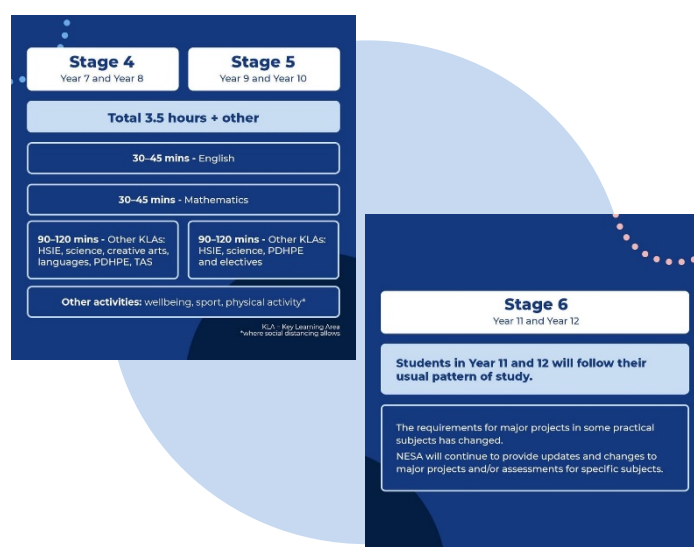
At our next P&C meeting on Wednesday 1 September, Lucienne Herft, relieving Head Teacher Wellbeing, will be providing an overview of the wellbeing support structures in place at Manly Campus. Additionally, the wellbeing team

will be holding year specific parent information sessions in Week 9 and 10 to unpack the support offered in each year group and go over the activities they have participated in this term.

Learning from Home

During Week 5 students were surveyed about how they were managing learning from home. The survey included questions about the level of workloads for specific subjects as well as the numbers of hours students were spending both online and offline completing schoolwork.

This has provided valuable data for staff to plan sustainable online learning programs that fit departmental guidelines and meet the academic and wellbeing needs of the students.



NSW Department of Education Guidelines for Online Learning

NBSC Manly Campus

138 Abbott Road, North Curl Curl NSW 2099 / Phone: 9905 3982

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

HSC Update

Year 12 are halfway through their final assessment block and have responded admirably to completing alternate tasks in the online environment. The assessment block ends on Tuesday 31 August, with lessons resuming on Wednesday 1 September. We wish them all the best for the remaining tasks.

Year 11 Update

In the likelihood of an extended period of learning from home, the yearly assessments will be conducted in an online format during Week 9 and 10. There will be no lessons during this time. A timetable will be issued at the start of Week 7 and updated assessment notifications with detailed instructions will be provided to students. Students are advised to prepare for assessments as per their usual programs of study and should seek subject specific guidance from their teachers.

A 'Year 11 Interview form' was completed by students this week. Information provided in these forms allowed students to check their intended Year 12 pattern of study with their intended goals and request further individualised advice from the Careers Adviser, Year Adviser, Deputy Principal or Head Teacher of a specific faculty if needed. These requests will be responded to in Week 7.

A Year 11 parent information session will be held via Zoom at 6pm on Wednesday 25 August.

When: Aug 25, 2021 06:00 PM Canberra, Melbourne, Sydney

Topic: Year 11 Parent Information Session

Register in advance for this webinar:

https://nsweducation.zoom.us/webinar/register/WN_IY3Re1-tQEO9wNflaUpEBg

SRC Elections

This week over 70 students put themselves forward for leadership positions at Manly Campus. The students braved the online forum and grasped the opportunity to address their peers on why they are the best candidate to represent the school as a member of the Student Representative Council.

Students have the opportunity to vote for these important positions. With this strong group of candidates, our future is in safe hands.

Giving Back to the Community

Holly Hughes graduated from Manly Camus in 2020. She contacted Ms Truong last week with a wonderful offer to give back and live up to our school motto, *Capimus Sed Tradius - What We Receive, We Pass On*. Holly is studying a Bachelor of Science/Bachelor of Advanced Studies (Dalyell Scholars) at the University of Sydney. As part of her Dalyell (a program/community for those with ATARs over 98) requirement, she is completing a unit called "Leadership in STEMM". The two main components are: attending (and later hosting) seminars with leaders in the STEMM community, and engaging in a form of volunteer leadership. For this, while she was brainstorming potential volunteering options, news regarding the HSC trials being moved online and the uncertainty regarding Year 12 students going back into school was popping up on the news, and she was inspired to want to help Manly Campus G21, using her knowledge and experience.

Holly has created a series of fantastic video tutorials for Year 12 students with tips on how to study effectively, stay motivated for the final push towards to HSC exam, study and exam strategies for English Advanced, Mathematics Advanced and Mathematics Ext 1, Physics and Biology (the HSC subjects she did - she truly is a STEMM girl), which will be made available for all Year 12 through their relevant faculties and Year 12 Google Classroom. She will also be invited into Zoom lessons in these subjects in Week 10 to take part in a Q&A session where she will be able to answer any questions our Year 12 students may have regarding successfully preparing for their HSC exams.

We are most grateful to Holly for her time, effort and thoughtfulness in choosing Manly Campus to give back to.

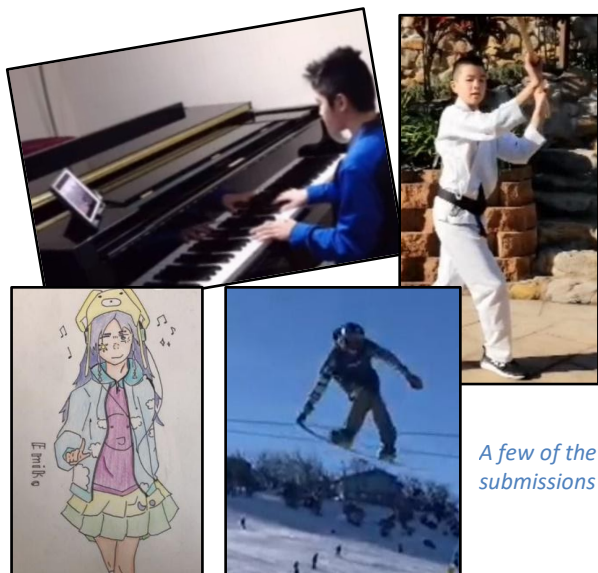
Kathy O'Sullivan
Principal

Wellbeing

Online Talent Quest

Year 7 and 8 cohorts have been busy providing submissions for the online talent quest. From charcoal sketching to cat training, flute concertos to juggling, singers to a rap centred on Dinosaurs - just another reason to acknowledge and celebrate the various skills and interests of the Manly Campus community.

Winners were announced during PC, which included prizes awarded by the Senior Executive and a 'People's Choice', as voted by the students' peers. We thank all students that submitted for the online talent quest.



A few of the submissions

Free Online Seminars

A reminder about the free online seminars available. Please see flyers attached to the end of the newsletter, for information on two important, online seminars for parents which assist in supporting young people's wellbeing and body image. Places for *Coach to Cope* are limited and details on how to register are located on the flyer.

Wellbeing Presentation / Information Sessions

The Senior Executive and the Wellbeing Team are putting together presentations for both the P&C and individual Q&A sessions for cohorts 7-11. Our first session will be with Year 11 on Wednesday 25 of August at 6pm via zoom. Parents can submit questions to be answered on the night via the google form which has been sent by email.

Year Meetings

A reminder for students of the importance of attending year meetings. Students learn important information and updates during these meetings, along with the opportunity to connect as a whole cohort.



Lucienne Herft
Rel. HT Wellbeing

P&C Meeting

Wednesday 1 September

7pm via Zoom

Register in advance for this meeting

<https://au01web.zoom.us/j/84451234567>

After registering, you will receive a confirmation email containing information about joining the meeting.

HSIE Update

Society and Culture Major Works Submitted

On Monday, six very excited and relieved HSC Society and Culture Students handed in their Personal Interest Projects (PIPs), worth 40% of their HSC exam.

Over the first nine months of Year 12, each student undertakes in-depth social and cultural research - both secondary and primary research - about a social issue or phenomenon that is of interest both to themselves and broader society.

Every year, I am amazed by the broad range of social and cultural issues that are investigated and the incredible academic merit of these PIPs, and the importance they have for the personal, social and cultural development of the students.

This year, the areas of research were as follows:-

Simp-ly inadequate: A Symbolic Interactionist study investigating the use of derogatory terms surrounding gender roles and stereotypes within adolescent culture.

Fake it till you make...money: An investigation into the micro, meso and macro impacts of the commercialisation of the inauthentic Indigenous Art industry in Australia.

A Newborn Problem: What are the gendered cross-cultural social costs and benefits of continuities and changes regarding the norms and expectations of parenthood?

Much Taboo About Nothing: The impact of the commodification of the vagina on the construction and deconstruction of taboos.

It's Time to Face It: A sociological study in the continuities, changes and impacts of blackface minstrelsy and its evolving socio-cultural acceptance and rejection.

Choosing Light from Wrong: An investigation into the role of the skin-lightening industry in perpetuating colourism and its implications upon

African Australian and Asian Australian women's cultural identity.

Congratulations to Chloe, Eliza, Melissa, Halainah, Kris and Malayika for their hard work, tenacity and resilience in completing these fabulous Major Works under challenging conditions.

History Competition

In Term 2, Year 7-10 students sit the Australian History Competition, a national event that tests student's general history knowledge and skills. Unfortunately last year the competition was cancelled, so we were thankful this year to be able to participate just before current restrictions took hold.

Manly Campus performed highly this year, with 25% of the entire cohort receiving a High Distinction (90/100 and above).

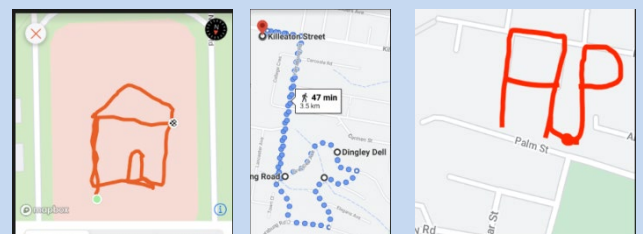
We are thrilled to announce that Enzo Munro in Year 9 has been named National Champion for Stage 5. This is an outstanding achievement against thousands of students around the country. Congratulations Enzo. We look forward to presenting Enzo with his medallion, portfolio and prize money on our return to school.

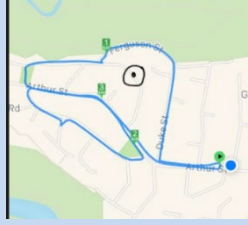
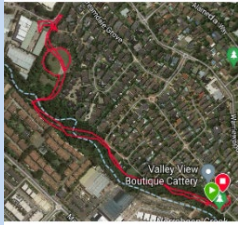


HSIE Faculty

PDHPE Update

Students were given a new challenge this week to combine creativity with physical activity. Titled the GPS challenge, students set out to design an interesting and creative course that they could walk, run, ride, swim and then follow their course with their GPS tracker on to make a picture. See some of the pictures created below which include a house, dog on a leash, student initials, fishing rod and a duck.



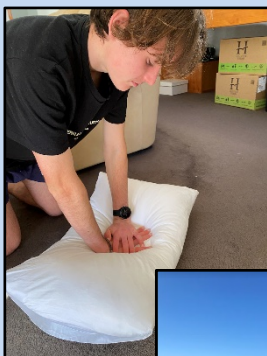
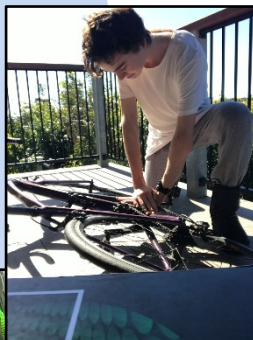
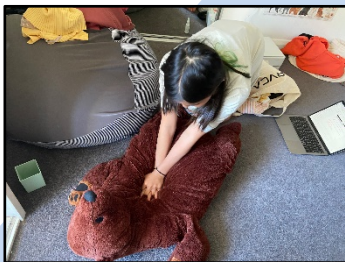


Visual Arts Update

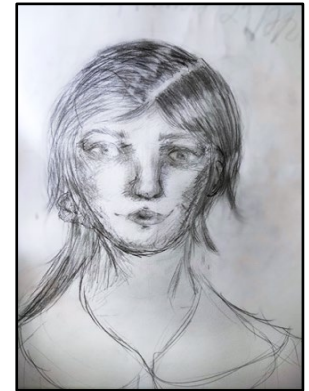
Students in all years have embraced online learning and the challenge of creating artworks at home. They are producing some excellent artworks that are showing students' ability to showcase their skills and imaginative approach to tasks.

Year 11 students were unfortunately not able to complete their first aid course, however they have been creative in practicing their first aid skills at home.

They have used many different inanimate items for CPR, and family members for slings and bandages.



Year 7 Visual Arts have all just completed the first task in the new unit of work called "It's All About Me" and featured below are some outstanding self-portrait drawings, that have been shaded realistically in pencil.



From top, left to right; Bianca Robinson, Kaden Noll, Ashley Jee and Berkeley Leung

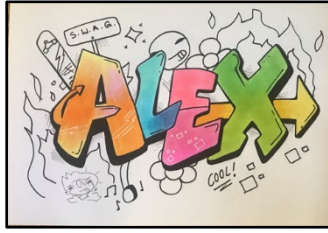
Year 8 have been investigating 'Street Art' and have created some creative and expressive graffiti tags based on their name, using digital media, coloured pencil and texta.



Katie Yoon

Well done to all of you.

Jen Walker
HT PDHPE

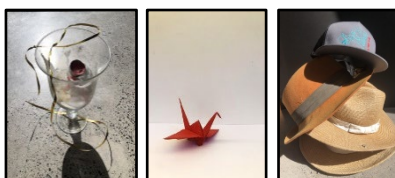


From top, left to right; Chloe Funnell, Darcie Barker, Alexandra Pearson, Lillian Hamilton, Marlon de Forestier and Arshia Paryavi

Year 9 Visual Design and Photography have just started a new unit of work called "Digital Identity". The students have enthusiastically responded to the first task, a photography scavenger hunt based on photographing objects around their house and they are awarded points based on the content of the photographs and also their innovative approach to responding to set requirements e.g. a red object, a secret object, something that lights up. Students are currently working on this task using either a digital SLR camera or a phone camera. Some students initial photographs are pictured below. I am looking forward to seeing how other students approach this task.



Object Photography
Top 3 images by Juliet Stephens.
Bottom 3 images by Madi Heesom



Year 9 Visual Arts are working on body of works based on Metamorphosis and the Bundanon Art Camp. Pictured are some images from the 3-day Art Camp in May this year to Arthur Boyd's homestead and property. The students produced some excellent works including ink drawings, paintings and environmental sculptures and they are using this for inspiration for their body of works.



Karen Blundell
HT CAPA

Thank You to Manly Campus Staff

Messages from Manly Campus Students

Thank you for your continuous effort this lockdown, adapting to all the changes for online school. I'm aware that online school is probably just as hard for you guys as it is for us, so thank you for continually showing up and putting in the effort to make online learning as easy as possible for us.

Thank you so much for running the whole operation smoothly and making sure that all the children and their parents/caregivers know what is going on. Also, thank you for making sure that we are well by checking in on us, giving us well-being days, giving us recommendations on how to work efficiently.

The teachers have all been so helpful and understanding, they reply to emails really quickly and make this experience so much better

All of the teachers at manly have been so involved with every class and making sure of how everyone's going! You guys are the best thank you for all of your hard work!! :)

They are all really happy to teach us and willing which makes me feel less alone and still connected to the class and the school, I really appreciate their support

All Manly teachers have been extremely understanding of students needs and have been working very hard to adapt learning practices to suit the at home learning. All students have been given a variety of resources to help us succeed

I am grateful for the quick action that Manly teachers and staff have taken to deliver updates, news and information to us students

Thank you for sacrificing your time to plan our schedule

Thankyou teachers! All your hard work has not gone unrecognised, we truly appreciate everything you do for us, from the continual talking to a screen to the hours of work outside of class, thank you for keeping morale up and helping us keep learning!

Thank you for continuing to support year 12, even though you all have your own struggles at home. I hope you know how much we appreciate it.

Thank you so much for continuing to do your best to teach us and make online school as easy as possible because your help, guidance and support has been amazing throughout. :)

All the staff who have been on my lessons have made it so fun, engaging, and have taken our minds off the scary world out there. I really appreciate all the effort

they are putting in to making our home learning easier and happier.

All the teachers have been very considerate of students suggestions as to how best to run each class.

Thank you all for your resilience and positivity even though you are just as confused and stressed as us!

I know that it's very hard to coordinate class work and answer the requests and emails of every student, so thank you for taking the time to answer these requests. I think that teachers are very underappreciated and under acknowledged for all of the work that goes on in the background, and so I would like to say thank you, and I am very grateful for all of you, and have so much respect for you and other teachers. You rock! Go Manly!

Thank you to all the teachers for making their best efforts and working hard not only to keep teaching through this difficult time but also in trying to stay connected with their students.

It's a tough time for everybody right now, and it makes it so much easier when there's such an amazing group of teachers and staff working to support our needs while looking after themselves. Many of you are also balancing families and working from home, which can be extremely demanding, and I'm very grateful for the time, energy and passion my teachers exhibit and the greater Manly teaching community.

All my teachers have been working tirelessly to make online classes engaging and an easy-to-learn environment, and it does not go unnoticed. A big thanks to all my year 12 teachers for making lockdown more enjoyable :)

I appreciate the understanding of teachers knowing we won't get all our work done on time or to the best standard comparatively to being in normal school and for working to adapt to this strange situation.

Thank you to the teachers and staff who have been trying to make online learning as smooth and fun as possible - especially for us year 12s. This is a difficult time for a lot of us and you are all being very kind and understanding especially towards mental health and personal health during this time which does not go unnoticed.

THANK YOU! We see the amount of effort that goes into prepping learning from home. And we know that this energy doesn't come from nowhere, that it's all time borrowed from your own lives. All of this pays off in lessons- we feel supported, connected, have routine and are still learning. Thank you and take care of yourselves :)

Thank you so much teachers for making online learning so convenient and smooth flowing! I really appreciate all your efforts especially as these circumstances are affecting you as much as it does for students.

It's a literal honour to be at a school with such awesome teachers and staff!

Thank you so much for all of the support, encouragement and effort you have put into making learning from home as good as it can be. Your positivity and perseverance has been so helpful to all of us, and we can't wait to see you all again in person when lockdown is over.

The teachers and staff have been truly supportive and creative to make online classes less mundane.

All the teachers have adapted so quickly to online teaching! Being able to teach without being in person is very impressive, since there's a larger barrier to communication and to making a schedule. The staff have been amazing with their quick adjustments, putting out material like bell times and other things, and keeping my (and assumedly everyone else's) parents informed of things as well!

Thank you so much for putting in so much hard work for us and adapting to online learning. We all really appreciate it and it means a lot to us to have teachers who care so much about their students. We love you!

Hello! I hope you are doing well. Just wanted to say that online school has been really helping me out mental health wise and I seriously cannot thank you all enough for keeping up with us. I know I at least speak for myself and my friend group when I say that we really miss going to school and interacting with our teachers face to face. Can't wait until lockdown is over.

I want to thank all the teachers for continuing to teach us and changing programs very quickly. They have been there for us, and they are working very hard to challenge us throughout online school. I really appreciate how if I'm struggling, I can reach out and the teachers will help me.

It's such a tricky time BUT one silver lining is that we have such dedicated and talented staff at Manly, who despite the challenges continue to overcome them as best they can - I can't imagine all the behind the scenes work that's happened to make the transition online possible. Thank you for being flexible and working with us. I'm sure the novelty of learning/teaching from home has gone out the window for all of us by now, and we all feel exhausted but thank you for not giving up and continuing to be enthusiastic and energetic. We miss you all, and look forward to being back in the classroom, especially Year 12 - so we can make the most out of the little time we have left :D

Thank you so so much for all the work you've put in making sure our HSC can be as smooth and normal as possible despite everything constantly changing, I really appreciate everything that you're doing behind the scenes.

THANK YOU

COVID-19 Resources for Parents

WEBSITES



raisingchildren.net.au
the Australian parenting website

Provides free, reliable, and up-to-date information to help families grow and thrive together. Funded by the Australian Government.

<https://raisingchildren.net.au/>



eSafety Commissioner

The eSafety Commissioner (eSafety) is Australia's national independent regulator for online safety.

<https://www.esafety.gov.au/>



Official government website on Covid 19

<https://www.nsw.gov.au/covid-19>



Non-judgemental and evidence-based support by professionals for any parent or carer

<http://www.parentline.org.au/>

1300 1300 52 Mon-Fri 9am-9pm, Sat-Sun 4pm-9pm

Family Connect and Support

Free service linking families with the most appropriate community based service or supports for their individual needs

1800 066 757



Coronavirus Mental Wellbeing Support Service

<https://coronavirus.beyondblue.org.au/>

1800 512 348 24/7



Organisation dedicated to advancing the mental health and emotional wellbeing of Australian infants, children, adolescents and their families.

<https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/>

ARTICLES

[Coronavirus \(COVID-19\) and children in Australia](#)

[Communicating with your child about COVID-19](#)

[Physical distancing and family wellbeing](#)

[Home schooling \(and keeping kids busy during COVID-19\)](#)

[How to talk to kids about the coronavirus pandemic](#)

[What to Say to Your Child about the Coronavirus](#)

[Staying Sane When School is Closed](#)

[Working From Home with Kids](#)

Official Corona Virus Information

NSW COVID-19 Website

www.nsw.gov.au/covid-19

Australian Government's National Coronavirus Helpline: 1800 020 080 (24 hour help line)

Useful Contacts

Domestic Violence Line 1800 65 64 63

Mental Health Line 1800 011 511

Lifeline 13 11 14

Mensline 1300 78 99 78

In an emergency, please call 000 or go to a hospital emergency

COVID-19 Resources for Parents

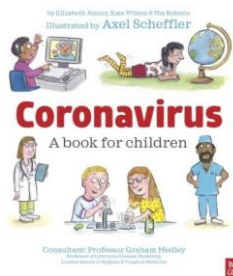
BOOKS

Free children friendly ebooks available to download (Click on book title or book cover)



Don't Walk Your Cat & Other Advice for a Worried Kid

Birdie & the Big Sickness



Coronavirus: A book for children

My Hero is You



Many Ways to Share a Hug



Many Ways to Share a Hug

WEBSITES FOR CHILDREN AND YOUNG PEOPLE

The Digital Lunch break <https://www.digitallunchbreak.nsw.gov.au/>

The Digital Lunch break website has been developed in response to Covid-19 to collate a variety of activities and resources government and non-government organisations have made available for children and young people.



Kids Helpline <https://kidshelpline.com.au/>

Kids Helpline is an Australian free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.



headspace

Information, resources and support for young people dealing with mental health



Youth Beyond

Information, resources and support for young people dealing with depression and/ or



Coach 2 Cope: Families and Carers

**Supporting the mental health and
wellbeing of young people**



**Are you concerned about the impact mental health
has on your children?
Would you like to learn simple ways to respond to
young people during times of distress?**

EquiEnergy Youth is a charity dedicated to reducing psychological distress, self-harm and the risk of suicide in young people. Our programs aim to connect young people with safe & effective adults with the capacity to effectively respond to them during times of distress and improve mental health outcomes.

As a result of a PhD research project and thousands of hours of clinical experience, Dr Stephen Spencer has developed a simple method to guide adults on how and when to respond to young people in distress to achieve a positive outcome. Steve will coach you on the following;

- *A 5 step evidence-based psychological first aid framework (TAR3) for you to follow when responding 'in the moment' to episodes of distress and behavioural challenges. For example, TAR3 is the equivalent of the DR ABC process for responding to first aid.

- *Guidance on simple ways you can help young people build coping, resilience and positive help seeking behaviour and the vital role you play in promoting this.

- *Context on why child & adolescent mental health occurs and what you can do to improve mental health outcomes for the young people you support.

- *Coaching in the use of scripts and engagements strategies to adopt when responding to distress using the TAR3 psychological first aid framework.

Live via zoom from 5.30pm to 6.30pm on 24th of August (free for families and carers of the Macquarie Park Network of schools)

Bookings are essential via this link (please be quick as spots are limited)

<https://www.eventbrite.com.au/e/coach-2-cope-families-and-carers-macquarie-park-network-tickets-167265334117www.eeyouth.org.au>



FREE WEBINARS FOR PARENTS – SUPPORT HEALTHY BODY IMAGE IN YOUR CHILD

01 SEPT 2021 (FREE)
7PM – 8.15PM
VIA ZOOM

**Live – No recording
available**

[BOOK NOW](#)

09 SEPT 2021 (FREE)
7PM – 8.15PM
VIA ZOOM

**Live – No recording
available**

[BOOK NOW](#)

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LET'S TALK BODY CONFIDENT CHILDREN AND TEENS

Delivered by Butterfly Foundation, this webinar for carers of primary and secondary age children provides practical tips to help you better understand and promote positive body image in the home and healthy eating and exercise behaviours. **Learn about:** the power of positive role modelling; reducing toxic body talk; developing resilience to social media pressures; and what to do if you are concerned. For a full session outline visit: www.butterfly.org.au

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LET'S TALK BODY IMAGE IN BOYS

For parents/carers of pre-teen and adolescent boys this webinar explores the challenges young males are facing and practical strategies to support the development of a healthy body image in boys. **Learn about:** the common concerns for boys and who is at higher risk; how stereotypes, social media and the sport and fitness industry drive appearance pressures; common signs that training, exercise and eating may be problematic; and what to do if you are concerned.

Links not working? Copy and paste into your browser:
<https://events.butterfly.org.au/portal>

These webinars are offered as part of Butterfly's Body*Kind*Families initiative designed to help parents support their teen's body image. Register for either webinar and gain automatic access to additional Body*Kind*Families resources – videos, factsheets, family activities and audio materials. For more information: www.butterfly.org.au/bodykindfamilies

Contact:

E: education@butterfly.org.au
T: 02 8456 3908
www.butterfly.org.au

nib foundation

Butterfly
LET'S TALK eating disorders