



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

16 September 2021 – Newsletter No.15

From the Principal

The end of Term 3 has been a busy one for our school. Together we have made it through what has been a constantly-changing and sometimes difficult term. We could not have done it without the commitment from all of our Manly Campus families who supported learning from home, and our fantastic teaching and school staff. I want to thank you all for your efforts to continue to keep our school community safe and I hope everyone enjoys a break over the holidays and is looking forward to the COVID-safe return to school sites that we are planning for in Term 4.

Term 4 commences on Tuesday 5 October with students continuing to learn from home. Students in Year 7 – 10 will continue following their synchronous / asynchronous timetable and Year 11 will continue synchronous lessons, however lessons will increase to 55 mins for Year 11 students. Arrangements for Year 12 have been communicated directly to students and families.

Thank You to our School Administrative Support Staff

Last week we acknowledged our wonderful School Administrative Support Staff (SASS) for their invaluable contribution as part of our school team. Thank you for all that you do to ensure that our school is both welcoming and outstanding.

Our SASS team have so many important responsibilities each day and are extraordinarily

adaptable and flexible, also showing great strength in dealing with the challenges of school life during the pandemic. Their support and care for our students, staff, families and wider community is greatly appreciated. Collectively, they are part of the heart and soul of our school and we thank them for their wonderful service to our school community.

Additionally, I would like to take this opportunity to farewell one of our long-standing SASS members, Arnaz Bana. Arnaz has been an integral part of the Manly Campus administration team as the school attendance officer and is retiring this year after 22 years of service. We wish Arnaz all the very best in her retirement.



School Captains 2022 & SRC Induction Ceremony

NBSC Manly Campus 2022 Student Representative Council (SRC) members were inducted on Tuesday, along with the announcement of our new School Captains and Vice Captains.

Congratulations to our 2022 School Captains Gina Harrison and Hugh Huang, to our new Vice Captains Jenna Kim and Daniel Martin, along with SRC members; Sam Capell, Eden King, Audrey Liu, Jake Nelson, Bezi Saunders and Krystof Zajicek (Year 12 2022), Genevieve Bauder, Riddish Chanda, River Fitzgerald, Michael Hawkins, Alicia Jiang, Felicity Murray, Melissa Soe and Isabelle

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Stapf-Giannakis (Year 11 2022), Samuel Dakin, Liam Lehane, Sophia Roques, Esther Schroeter, Lachlan Swinton and Thomas Woods (Year 10 2022), Aarohi Bansal, Evan Cahill, Wilson Foo, Alexander Harvey, Liam Llewellyn, Eric Ma, Cillian McGrath and Kateryna Shalopa (Year 9 2022), Utsab Ahmed, Carla Anderson, Byron Cahill, Ella Cooper, Jennie Ming Kowalik and Harrison Woods (Year 8 2022).

Thank you to the 2021 SRC who worked hard throughout the year organising activities to engage our student body through such a challenging year. A heartfelt thank you to the 2021 leadership team; Eliza Lo Russo, Max Oldham, Hannah Lovlin, Noah Sawyer, Chloe Bracher, Lea Hartley, Amelie Letchford, Vivienne Paduch, Daniel Shi and Alexander Yuen, who were wonderful role models to their peers and represented our school admirably at both formal and informal events. Thank you to Mr Leung and Ms Woolvern for their support and organisation of the 2021 SRC.

- [Link to the incoming School Captain speeches and the 2022 SRC photo page.](#)

Year 12 Farewell Assembly

Today the school farewelled G21. Although the format was different this year, it did not lessen the significance of this event. Student representatives from each year group: Carla Anderson, Byron Cahill (Year 7), Aarohi Bansal, Alexander Harvey (Year 8), Esther Schroeter, Liam Lehane (Year 9) Genevieve Bauder, River Fitzgerald (Year 10) and Jenna Kim and Daniel Martin (Year 11) shared stories and expressed thanks to our Year 12 cohort for their leadership and camaraderie. Our 2021 School Captains Eliza Lo Russo and Max Oldham, spoke with gratitude when reflecting on their time at Manly Campus. Thank you to Ms Carolan and Ms Truong, who co-ordinated the event.

We are looking forward to holding the Year 12 Graduation at school with students and families on Tuesday 14 December (pending restrictions).

- [Link to the Principal's speech](#)
- [Link to the Year Adviser's speech](#)
- [Link to the outgoing School Captains speech](#)

Write a Book in a Day

49 budding Year 8 authors took on the challenge to write, edit, illustrate, review and publish a 4000-5000 word novel suitable for children aged 10 – 16 years in 12 hours. The completed books will be presented to children in hospital and all funds raised go to the Kids Cancer Project, a charity supporting childhood cancer research.

Congratulations to all students who took on the challenge, raising close to \$4000, embracing our school ethos of Giving Back to the Community. Thank you to Ms Herft for providing this opportunity for our Year 8 cohort especially in the online environment.

Year 12 2022 Information Evening

Congratulations to G22 on completing their assessments and Year 11 courses. We hope that they can now enjoy a well-deserved break as they prepare to start Year 12 studies in Term 4.

In Week 1 next term, we will be hosting an information webinar via Zoom to go through important information regarding HSC requirements and assessment, wellbeing and post-school transition. We look forward to Year 12 2022 students together with their parents/carers joining us on:

6 October 2021 @ 6-6:45pm

Zoom link:

<https://nsweducation.zoom.us/j/67419895152?pwd=MnJpNOJ5NDYvbXhkWEhRdkU4RE00QT09>

Passcode: G22

A copy of the presentation will be emailed to students and their parents following the event.

Mental Health Services and Support

Included in this edition of the newsletter, is a newly developed flyer by North Sydney Area Health – Mental Health Support Services. The flyer includes National resources and services as well as services local to the Northern Sydney area.

Kathy O'Sullivan
Principal

Year Adviser Term 3

Reports

Year 7 YA Report

The students of G26 have endured the most challenging term and I am beyond proud of their efforts throughout this time. They have shown dedication and resilience in every area of school, and it has been a joy to watch them excel.

Thank you to the SRC for all the fun challenges that they provided to keep us going during lockdown. The Hunger Games not only brought us together as a cohort but as a school and it was so much fun to be a part of. It was also exciting to see all the submissions from the fastest Rubik's cube completion and baking to all the stunning sketches of teachers. We had a blast when Year 11 SRC came to do Kahoots with us, reminding us of what it is to be involved in the "Manly Vibe". Thanks to our wonderful Fiona Brien who gave us fortnightly PC challenges to look forward to and take part in.

We are so lucky at Manly to have such legendary musicians involved in our band program who have been working hard behind the scenes to keep the bands playing and keep the momentum alive. Huge thanks to Craig Driscoll and Maia Hopf for our weekly band zooms and all the effort that you have put in this term. We still had almost 80 students attending Concert Band right to the end of term. The dedication of Year 7 to the band program has been phenomenal. A shout out to Ms Chloe Woodward who is the fire and drive behind the dance ensembles and goes above and beyond to provide our dancers with the best opportunities.

One thing that has become really apparent during the online learning experience is that providing the best school experience is a team effort. I don't know how we could have coped in this online environment without the one and only Branko Goykovic, who has assisted us through our technology woes with patience and understanding.

To the Well-being Team, Deputy Principal Alex Newcomb, our Acting Head Teacher Wellbeing, the

School Counsellors, and the Learning Support team, thank you for your consistent support throughout this crazy time. We appreciate everything that you have done to get us through.

To our wonderful leader, Principal Kathy O'Sullivan, words can't express how much we appreciate your wisdom and guidance throughout this time. From "catch up" days to relieve the pressure, to the words of encouragement and general support. It would have been a vastly different experience without you to help us through, so thank you.

Finally, cheers to the G26 parents for getting your young people out of bed in the morning and encouraging them to keep going even though it's been so hard. G26, thankfully this whole online learning thing is only temporary, and we will be back in the classroom before you know it. Hopefully you've picked up some skills along the way and can look back and laugh or appreciate what we went through. It has been wonderful seeing you all via zoom at our fortnightly year meetings, but I cannot wait to get back to school and see you all. Have a fabulous holiday, get some rest and I'll see you all very soon.

Ms Lanneke Grace
Year 7 Adviser

Year 8 YA Report

I continue to be so proud of Year 8 as they have dealt with online learning extremely well throughout the term. As well as continuing with their work in the virtual classroom, the cohort participated in a wide range of extracurricular and wellbeing activities; from the Year 7 vs 8 Talent Quest (Alexander Goodman and Sophie Roach coming 1st and 2nd), continued mentoring with Raise Online, Trivia on the second last day of school, various Pastoral Care exercises, and Write a Book in a Day.

Manly had 49 students from Year 8 participate in the Write a Book in a Day charity event. Students were given parameters, random words and just 12 hours to complete a 5000-word book with illustrations. All students raised enough money to qualify for their book to be judged for potential

prizes, and most importantly as a cohort they raised \$3850 for the Kids Cancer Project. Manly Campus kindly paid all students' entry fees for the event and the students appreciated the support from Mrs O Sullivan and Mrs Carolan, who checked in on their progress during the day.



All of the students' books will now be available on digital libraries in Children's hospitals across Australia. You can see examples of the students written and illustrative work below.



I was flying my pineapple coloured CESSNA 172 over some islands in Victoria when I heard a grating noise from behind me. The plane dipped in the air, losing height. The screen in front of me flashed, alerting me to the fact that something was wrong. Within seconds, the plane was hurtling towards the ground. I steered the plane towards the nearest island, it had a massive abandoned building standing in the middle of it. My head jerked and it went black. When I came to, I was lying on the ground, my head pounding, my darling plane in pieces around me. My eyes began to close and a figure shuffled towards me.

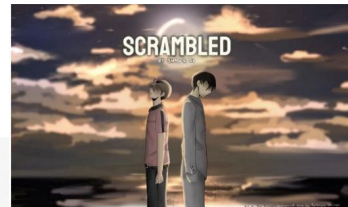


Chapter 3 - The Crab King

Wondering what the clue meant he wandered off, walking down to the bottom of the cliff near the smoke. As they traveled through the endless seemingly forests, Charlotte's stomach grumbled. "Alrighty, time for some food, let's split up and find some edibles, don't even bother looking for animals, let's not waste our time, just get some bush tucker then we good, got it?"



Oliver nodded, half understanding her words. Walking along the cliff they searched for edible berries and plants. After finding a bunch of food, Oliver decides to meet up with Charlotte and have some food. "Mhm, these berries are so good!" Charlotte said happily. Suddenly, out of nowhere was a loud cry for help. "Help! Anyone!" An anonymous voice cried. It didn't exactly sound like a human, with a squeamish sounding voice and a weird accent. Rushing towards the voice, they replied, "Don't worry, we are coming to help you." When they reached the destination, they saw a crab. "What are you staring at? Help me already!" The crab said, annoyingly.



a Regular Day of PE Class

2 morning Mr Hurley the whole class chorused. It was a Monday morning, first it was quite an amusing sight to watch the students frantically avoiding soaked. let's get going" Zach Hurley bellowed "we wouldn't want y'all to get wet out here!" whole class followed him towards the oval as he chuckled. The class had no firm on on Mr Hurley, he was... quite a peculiar character to say the least. But despite hey all enjoyed him as a PE teacher, with a quite buff appearance and bubbly nality. Nobody questioned his background, nobody knew, quite fine the way it was. today I'd thought we could do some army drills, like the ones I did back when I was an army general". The rumours were true, he was once part of the army, wisps of conversations floated around, heads turned towards each other. "Calm down now, class, well let's get started!" It was a cocktail of emotions, they were ecstatic about the newfound fact but not so joyful at the idea of army drills. After all, it was a Monday morning.



Chapter 1:

"Where did you say the chips were?" Darryn shouted over the loud gusts of wind. "In the cupboard at the back," Adam responded calmly. "Don't eat all of it, they're our rations."

"Oh, be quiet!" a big wave crashed into the side of the boat, cutting Darryn off.

The tall rogue waves towered over the yacht, threatening to collapse on top of them at any second. The small ship maneuvered to face the incoming swell. As wave after wave challenged, the boat cut through every one with vigour, determined to break through. The gargantuan walls of water passed and the boat was left with minor damage. But some of the wood splintered, leaving a few boards floating away on the ocean's surface.



"We'll need to make a stop, I need to repair the boat's hull!" Adam said, sounding worried. "Didn't see that wave." "But it was huge! I knew going to see the family wasn't a good idea," argued Darryn. "Ugh! I wish I hadn't listened to you."



I hope all students have a safe and restful holiday and recommend going on a walk during Spring. <https://www.northernbeaches.nsw.gov.au/things-to-do/parks-and-trails/walking-trails>

Mrs Herft
Year 8 Year Adviser

Year 9 YA Report

This has been a challenging term for G24, however they have adjusted to the transition to online learning with only minor hiccups and have demonstrated very good memory of the process from their 2020 experience.

I congratulate Year 9 on their genuine effort to participate in online activities to maintain social connections and actively nurture their wellbeing. Their strength as a cohort clearly demonstrated in G24 collecting over 22000 points in the inaugural Hunger Games, coming 2nd to Year 12. Also a reflection of a tremendous efforts of G24 and their SRC representatives who have worked both creatively and collaboratively throughout the term to remain connected.

Our fortnightly chats during our assigned assembly time has not only given me the opportunity to communicate important information and resources but given G24 the opportunity to enthusiastically shared their thoughts and ideas with each other via this ZOOM assembly.

Throughout the current LFH, I have seen a definite growth and independence in Year 9 as they take control of their education and show responsibility for their learning by communicating directly with their teachers and actively seeking clarification or more information when in doubt.

I applaud G24 on their strength of character and commitment to learning under the current circumstances. I also want to thank all parents and caregivers for their support and patience throughout Term 3. This term has definitely highlighted the importance of good communication and partnerships between the home and school to optimise learning opportunities and outcomes for students.

Wishing G24 a safe and relaxing term break.

Ms Chandra
Year 9 Year Adviser

Year 10 YA Report

I wrote this report on RUOK day and I have been reflecting on all of the wonderful things I have had the privilege of seeing and being part of during this tumultuous time. I'm reminded of the fabulous staff here at Manly Campus and how hard they are working to keep our students happy, healthy and well educated, all from home;

- The SASS staff who are tirelessly working behind the scenes on the attendance records, processing orders, dealing with enrolments for next year, organising payments, compiling the newsletter, and the many other essential administrative tasks that all help to keep our school functioning and operational.
- The teachers who have had to completely re-vamp, upgrade and redesign their entire subject content and lessons for the digital environment, all whilst trying to keep their students engaged, and in many cases entertained, as well as well educated.
- The major work practical HSC teachers who have had to be on-site and organise the roster for students to be able finish their projects under the strict government guidelines.
- The welfare and student engagement team who have been constantly reaching out to students and families in need with help and reassurance that, we will in fact, all get through this.
- The Head Teachers and Deputies who are going above and beyond keeping our staff and our school community well informed and organised as well as heading different teams with what seems like daily changes in protocols and information.
- Our Principal, Ms O'Sullivan, who has managed to coordinate all of the above with grace, humour and astuteness all the while being inundated with emails, Zoom meetings, phone calls, staff requests, student information and parental communication.
- Then last, but far from least, our students and their families, who have shown such resilience and grace under pressure in every aspect of the current situation we find ourselves in, that I am proud to be part of the NBSC Manly community and even prouder of the community itself.

Let's hope we can all be back in our usual routine at some point next term and when we reflect upon the efforts of everybody involved, we smile with

pride and the knowledge that we are stronger together than anyone could have expected.

Who are we?... G23!

Mr Goykovic
Year 10 Adviser

Year 11 YA Report

... And then Year 11 work was finished. To think as Year 7 that debuted at Manly in 2017 are now going to be the big kids on the block is amazing, and they are more than ready for the task.

This term was not what we were expecting, was it. Sitting here in the same spot as the last 10 weeks, it would be easy to lament the missed opportunities that being at school presents; excursions, school events, and spending lunchtime with your friends. While we all miss these, G22 during this term has shown that they are ready to tackle any challenge head-on. Year 11 took remote learning in their stride; Zooms, assignments, and online yearly examinations....no problem.

A huge congratulations to all the students who put up their hands to be part of the SRC executive, and well done to those who will lead our school for the year ahead.

The SRC did a wonderful job when faced with the cancellation of Pinestock. The replacement Hunger Games event was fantastic, with G22 great contributors to this event.

I had the pleasure this term, to present Year Adviser Awards to 20 deserving students. Well done to all the recipients.

I would like to take the opportunity to thank G22 as well as parents, carers, teachers, wellbeing, learning support, and executive teams supporting them. I am proud to be part of the Manly Campus community, all coming together to make a difficult situation workable. Thank you very much.

Looking forward, we have a lot to get excited about; the return to school, G22 jerseys arriving and the final frontier, the HSC.

Make sure you all have a wonderful and relaxing holiday break. See you next term.

Mr Richard Crooks
Year 11 Adviser

Year 12 YA Report

- A snippet of Year Advisor Speech from the 2021 Year 12 Graduation Ceremony

When it came down to things I could talk, I was at a loss as to where I should start. I have so many fond memories of our time together, so I guess the best place is at the beginning...

In 2016, 120 of you entered the school grounds as fresh new students of Manly. You were a small bunch – with cute adorable faces, oversized bags and new school uniforms that you hadn't yet grown into. High School was a scary and exciting place for you all as you would once again be the youngest cohort in a school.

When I first met you all, I wasn't your Year adviser, I was merely one of the Science teachers who watched over you during year meetings while your first year advisor Ms Amanda Tye skillfully guided you through your first two years of high school.

Just from observations, I knew from the beginning that you were going to be my favourite year group. Not only were you all so sweet and adorable, you had your quirks too and some of you were extra cheeky from the beginning. You never ceased to surprise and amaze me.

As a Science teacher, I loved teaching you. I knew from the start that G21 was a curious group of students with a strong focus on science. My main goal was to inspire you to challenge your understanding of the world and possibly pursue more careers in Science. Some of the work you produced was amazing, I had never imagined how skillfull and creative you all were.

G21 also took part in one of the best Science Techno exhibitions there has ever been. You spent weeks planning, creating and preparing your displays and the end result was spectacular. You not only impressed the Science faculty, you

WOW'd every single judge who walked through those halls.

Near the end of 2017, there was a position opening to become your Year Adviser. It was at that moment that I realised that this was something I desperately wanted. I had already taught half of the cohort in science and during those fun lessons, I'd grown so attached to you guys already.

When it became official and I was announced as your Year Adviser, I was over the moon. You can ask anyone in the Science faculty how giddy and happy I was that day. I looked forward to getting to know you more and to watch you grow and mature into extraordinary young adults.

Our first huge event together was Year 9 camp. I have so many fun memories of those 3 days. We had just welcomed about 20 new students and we saw our cohort grow from 120 to 140 students. Those were some great times. I particularly enjoyed the night challenges and watching you participate in all those wacky competitions.

Another one of my other fondest memories of G21 was the music video the SRC created for "battle of the years". My gosh, that was a fun event. We fought tooth and nail for the title of "the best year group" and won. By now we knew we were an unstoppable force.

As time moved on, we farewelled a few of our friends and welcomed in many new ones. We've come a long way since Year 7 and have faced many changes over the years. You've had 3 Year Advisers, 2 Principals, 2 Deputies and met a number of new teachers along your journey.

I want to take this opportunity to thank our past Principals, the remarkable Ms Cath Whalan and our legendary principal now, Ms Kathy O'Sullivan. It is tough being a school executive, but even tougher being the head of the school. Ms O'Sullivan, Year 12 are very lucky to have your unwavering support, kindness, acceptance and assistance throughout their school journey, even when you ascended from Deputy Principal to Principal, you never stopped caring and helping

out G21. The grade and I thank you for your compassion and guidance.

To Ms Carolan, stepping into the role of Deputy is hard enough but you did so with such ease and grace. Ms Carolan, you have been so understanding of the difficulties that everyone has been facing in these tough times, and as a Deputy, you have done what every great leader does, and guided us through these situations. You were always there to lend a helping hand to students when they were in need. I am sure the entire grade is thankful for all your help and advice throughout these last two years.

Thank you to the Career Adviser Ms Fee who has taken up so much time to speak with each and every student in Year 12, to help you prepare for the next steps beyond high school. Without you, many students would not have received the prestigious scholarships that await them, be able to navigate the complex ATAR system or know about career options and life experiences.

Other supporting teachers who I want to mention:

To Ms Rixon and Ms Herft, past and present Head Teachers of Wellbeing, thank you so much for your enormous efforts to support G21 in these last few years.

To the Learning Support teachers, Ms Brien and Ms Larsen, a big thank you for your ongoing efforts in supporting Year 12 students. Your advice and guidance in organisational, motivational and study skills will not be forgotten.

To all the teachers and mentors who have nurtured and supported G21 from Year 7 all the way through to Year 12. I know that each and every student in G21 will want to extend their thank you for all the time, effort, intelligence, experience, generosity and perseverance you have provided to them to help them get over the line that is the HSC.

So where was I in my reminiscence?... Ah, senior years of high school...

Early 2020 was great, we entered a new style of schooling, where you got to actually choose what

you were learning, things were looking good. Our first group activity was Urban Challenge. I loved this event, it gave us an opportunity to connect with the new additions to the cohort and we got some good exercise running around the city collecting clues and solving puzzles. Shout out to the "Dads" team for winning the competition. I had no idea how many versions of stereotypical dads existed. I am so grateful we actually got to go on this excursion, especially since a few weeks later COVID-19 placed us all into our first lockdown and that was it for excursions.

I want to say how proud I am of you all for overcoming all the obstacles that have been thrown in your way. From cancellation of school events, to learning from home and state-wide lockdowns, you have all demonstrated such resilience and perseverance in these tough times. You all deserve to be congratulated for your efforts, particularly for the last two years.

I would also like to take the final moments of my speech to thank the parents, guardians and families. You have been a huge support to the Year 12 cohort, and while the HSC hurdle still lies ahead and you will probably have to put up with many excuses as to *"why I have no time to clean my room/do the dishes/do the laundry/wash the dog or cat/etc-etc"* I am sure your child will be forever grateful for your ongoing support and understanding of this important time in their lives, and I'm positive they will happily return the favour once the HSC is over and there's that anxious wait for the release of ATARs and University admission. By the end of November, you will see the floor again, you will have the right to request cleanliness, siblings: you will have the opportunity to fight back and all will return to normal again. Thank you for your love, kindness and most of all patience during this testing time.

Finally, I would like to say my farewell to Year 12. G21 I have watched you grow from tiny Year 7 students to young mature adults who all tower over me. I have grown to love and respect you all. Each one of you is unique and it has been an honour to know you. I will definitely miss seeing your happy smiley faces everyday around school. I

will miss hearing about all your achievements, and even miss hearing about the cheeky things you get up to. I learnt to be a better listener, communicator, carer and a better person in general just from being around you, and I'm sure you have had this unknowing effect on your friends around you too.

As is the tradition of all graduation speeches, I will end mine with a quote: Albert Einstein once said *"In the middle of every difficulty lies opportunity..."* Year 12 may you all have the courage to face any challenges that come your way, may you all have the strength to overcome any obstacle and take on all opportunities that come your way.



Congratulations to the Graduating Class of 2021.

Ms Truong
Year 12 Adviser



Year 7 Technology

Innovative Year 7 students have created the latest kitchen appliance trend - the Tea-Bag Jiggler. Following the seven design process stages of identify, brainstorm, design, prototype, evaluate, iterate and then communicate, they have shown an outstanding ability to produce working product concepts within the confines of home. Some of the



many outstanding examples are shown below:

Year 12 Science Extension

Congratulations to the Year 12 Science Extension students who have completed their Student Research Project Reports. The skills you gained in research, planning, organisation and communication will benefit you into the future, whatever career pathway you choose.

"The science extension research project was a challenging yet rewarding experience. Over the course of the year after a long process of determining a feasible project idea, we began to conduct our practical or secondary research, finally recording this research in the format of a scientific paper. This process helped me develop a deeper understanding and appreciation for the scientific process, both in writing and publishing a scientific paper. This would not have been possible without the help of Dr Molnar, who continuously invested

her own time in assisting our progression (even responding to emails I sent the day after Christmas and on New Year's day!). On behalf of the class I'd like to express my gratitude for the dedication and hard work Dr Molnar has contributed to making our projects possible even during the recent COVID-19 outbreak, allowing the completion of highly commendable and impressive final products of my fellow classmates." - Jamie Caddick

While I helped to guide each of you through the course, it was your determination and hard work that got you to the end to produce these outstanding reports, you should be proud of your achievements as I am of you all! - Dr Molnar

Student reports:

"Quantifying glucose concentration using school laboratory equipment" - Jamie Caddick

"Systematic review of the grey and white matter changes in the brains of individuals with antisocial personality disorder" - Zahra Chew

"Classical-quantum neural network classification accuracy with varying numbers of qubits" - Daniel Duncan

"Origins of the current universal epoch" - Amelie Grattan

"Determination of the gases most indicative of star formation" - Josh Hort

*"A study of mycorrhizal relationships through varying strengths of *Pleurotus ostreatus* mycelium" - Sean Huang*

"The propagation of sound waves through solids of measured elasticities and densities" - Hannah Lovlin

"The effects of additive pH upon the efficiency of copper electroplating" - Noah Sawyer

"Finding the optimal quantity of qubits for maximised processing speed and fidelity using Grover's algorithm" - Rory Self

Writing Competition for Year 10 and 11

Is your young person in Year 10 or 11? Do they enjoy writing?

The Australian youth literary journal *Voiceworks* is calling for entries in the 'Books That Made Us' Youth Fiction Prize. The competition is open to Year 10 and 11 and is run in collaboration with the ABC and The Wheeler Centre.

Students are encouraged to submit a short piece of fiction up to 300 words exploring the theme of Landscape. Entries close Monday 4 October. For more information contact Miss Koo:

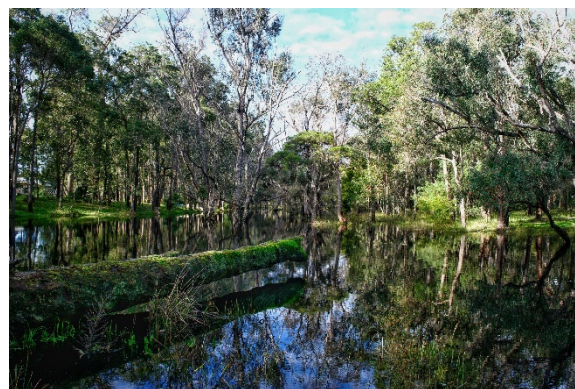


Image: Pixabay

madeleine.koo@det.nsw.edu.au

Library Update

Congratulations to all the students who have participated in the 2021 Premier's Reading Challenge. I have validated your reading logs and you should receive your PRC Certificates during Term 4.

With the school holidays upon us, why not borrow an E Book or Audio Book from the Manly Campus Library's E Platform (See instructions in TWP No. 12). I have notice many of the students have been borrowing, which is wonderful to see. Take a look as there are over 1000 titles to choose from. Why not borrow an Audio Book and listen to it when you are exercising or on a walk.

**Mrs Harrison
Librarian**

SRC 2022 Induction

Incoming School Captain Speeches

Gina: Good morning teachers, parents, and the new SRC. I'm Gina and with me is Hugh, and with excited but admittedly nervous hearts we introduce ourselves as the incoming school captains for 2022.

Hugh: Our time in the SRC so far, alongside all the other G22 members, has taught us that regardless of how last minute the planning of night of stars is or ambitious our goals of producing a blockbusting hunger games film in 2 days are, the collaborative, encouraging and determined nature of the SRC makes us **virtually** unstoppable. (Even though the nbn might suggest otherwise). It is these experiences, hardships and consequent laughs that have assisted Gina and I in the development of our aims to direct the SRC in a nurturing and engaging environment which evidently stimulates effective leadership and a cooperative student council over the next year.

Gina: As many of you know Hugh and I already discussed our individual visions and goals for the next year of the SRC within our speeches. Hugh's using the metaphor of a lumberjack cutting wood to represent collaboration and my speech using a *soup* in an attempt to signify the importance of celebrating and understanding individuality. But if only we could find a good enough analogy as a lumberjack or soup to represent the cumulation of these ideas. Well you're in luck. To metaphorically convey our vision, we kindly ask you all to visualise a tram.

Hugh: A tram, nay, the manly SRC tram. By stopping at each individual station, a tram fulfills the individual wants and needs of its passengers - which in this case is the student body of our school. Each student, or passenger, is different and our SRC aims to showcase this individuality by taking their desired goals into account to achieve outcomes which assist a wider portion of the school community. However, a tram cannot function without all the components coming together, forming a singular unit. From the engine,

to the wheels, to the conductor, a tram cannot function unless each component works together harmoniously, thus demonstrating our visions of collaboration across the whole school community, so come on Manly Campus, it's time to hop aboard the manly tram.

Gina: The role of captain is one discussed frequently, but this new full-time job assigned to us has led us to question what the true nature of leadership looks like; is it wearing false eyelashes upside down for a hunger games video? Somehow meticulously knowing every detail about the olympics? Or pretending to feed us the "sacred blood of the SRC" which turned out to be juice from the servo? Regardless of these questionable antics the SRC has had the (say cautiously/sarcastically) *delight?* of witnessing, Eliza and Max have turned a year of uncertainty due to COVID into one that bonds the entire school together through their positivity that practically exuberates out of their zoom frames, their determination to consistently put in the most effort possible no matter the circumstances and their constant perseverance, which have truly demonstrated to us what it means to be a school captain.

Hugh: Similarly, alongside Max and Eliza, the entirety of the 2021 SRC exec team has demonstrated the true nature of leadership to not only the SRC, but to the entire school throughout the past year. Hannah and Noah, the lovely vice captains always supporting each member with their new ideas; Lea and Amelie, heads of assemblies and community liaison, allowing our school to consistently give back to the community while extending our own; Vivienne leading the SRC promotional team and making the best possible use out of the green zoom beard; Chloe as our secretary who somehow always kept the google drive looking meticulous; Daniel making sure the performing arts committee is always the cream of the crop and finally Alex, our head treasurer, directing the flow of the SRC's budget in and out. You have all done such an incredible job throughout the year, and on behalf of the 2021 SRC we would like to thank each and every one of

you one last time. You guys have truly taught us all so much and have left incredibly large shoes to fill.

Gina: Regardless of the possible technical failures we are nervous to face, we are beyond excited to be here and speaking to you all as incoming members of the new SRC. Alongside the G22 exec team, filled with a powerhouse of creative, diverse and critically thinking minds, we have no doubt

that this SRC will continue to adapt to and amplify the voices and needs of our students at Manly.

Hugh: Gina and I could not be more excited to be taking on the role of School Captain, and we truly look forward to the year ahead, a year bound to be full of new initiatives, events and priceless memories. Thank you.

Gina Harrison and Hugh Huang



SRC 2021/2022

Year 12



Gina Harrison
Captain



Hugh Huang
Captain



Jenna Kim
Vice Captain



Daniel Martin
Vice Captain



Samuel Capell



Eden King



Audrey Liu

Year 11



Jake Nelson



Bezi Saunders



Krystof Zajcek



Genevieve Bauder



Riddish Chanda



River Fitzgerald



Michael Hawkins

Year 10



Alicia Jiang



Felicity Murray



Melissa Soe



Isabelle Staph-Giannakis



Samuel Daykin



Liam Lehane



Sophia Roques

Year 9



Esther Schroeter



Lachlan Swinton



Tom Woods



Aarohi Bansal



Evan Cahill



Wilson Foo



Alexander Harvey

Year 8



Liam Llewellyn



Eric Ma



Cillian McGrath



Kateryna Shalopa



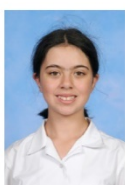
Utsab Ahmed



Carla Anderson



Byron Cahill



Ella Cooper



Jennie Ming Kowalik



Harrison Woods

Year 12 2021 Farewell

Assembly Speeches

Principal's Speech

Year 12, today is the culmination of your 13-year school journey and we are here to celebrate the amazing group of young people you have become. You have forged lifelong friendships and the bonds that tie Manly students together cannot be easily broken or severed. You are a testament to the fact that hard work and perseverance have rewards and so many of you have already reaped the benefits of this by the amount of early entry offers to Tertiary Institutions that have been made.

You will always have a special place in my heart as the first Year 7 under my care as Deputy Principal and the first Year 12 group as Principal. I have watched you grow into a sensitive, brilliant and wonderful group of young men and women and I am so proud of you all.

Today is a day of celebration, your celebration and although we cannot be together physically, we are here in spirit and linked by indelible bonds of community and friendship which encapsulate the Manly experience. It is not only a vibe, it is real, tangible and evident in the calibre of students here today. Your teachers and parents are amazed at your resilience and capacity to move forward with hope and tenacity.

G21 have been most fortunate to have been supported by your amazing Year Advisor, Ms Truong. Thank you, Ms Truong, for everything you have done to help Year 12 successfully ride the rollercoaster of high school. Thank you also to your Deputy Principal Mr Carolan who has so actively supported you for the past two years.

I would like to thank the incredible teachers who have been there for you as role models, mentors and so much more than that. We also thank your parents who have loved, supported and anguished with you, provided physical and emotional nourishment with your best interest always at heart.

I would however, like to focus today on what cannot be taken away from you as you navigate your future life beyond the gates and classrooms (virtual or not) of Manly Campus.

No one can take away spirit, which has helped you traverse the uncertain terrain in your final years of schooling. No one can take away the brilliance, which will carry you away in many directions in life and make a mark in so many unexpected ways, places, fields and contexts. No one can take away your courage in the face of adversity. This will make you even stronger global citizens who will strive to stand up for the courage of your convictions and develop new and unique ways of countering life's challenges. We know you will be the faces of the future and we will claim you. No one can take away your generosity of spirit, which has seen so many of you look out for the younger members of our school community. This will be an outstanding trait as you move into new adventures. We know we are in good hands as you lead but look behind to ensure those under your care are looked after. No one can take away your sense of fellowship, empathy and support as you have been there for one another rather than in the singular pursuit of a goal. You have a collective spirit emboldened by trail blazing opportunities which you will seek out and make your mark on. Most importantly, no one can take away the honour that being a Manly Campus student has bestowed upon you. We will not forget you or what you have had to endure.

Our hope is that you complete your HSC in the same way you have approached your life at this school: With assurance that you have learned the lessons, have excellent understanding and skills and the capacity to achieve your personal best. You are the embodiment of our school ethos so wear this badge with honour as you move on beyond the school gates.

Congratulations, best wishes and farewell from everyone at Manly.

Ms Kathy O'Sullivan
Principal

2021 School Captains Speech

Eliza: When Max and I sat down to write this speech, we originally didn't want to make this a sappy, cheesy, emotional farewell, but given we don't know when we'll get the chance to say this again, we argued it was deserving, so hopefully you can forgive us. Despite some serious difficult times and changes to our high school experience, they cast a very small shadow on 6 years within MSC as a cohort, we affirm that the memories and friendships made *during* our time together at Manly Selective Campus will *always* outshine our time apart. From that day we walked into the Manly gates in year 7 to the day we unknowingly walked out of them for the last time a few months ago, we've grown up together, watching each other step into the resilient, hard-working, young adults our time and education at Manly has shaped us to be. It's hard to know where we'll end up, but if the past 6 years are any indication, we'll always land on our feet.

Max: Yes, the truth is we can't predict the future. We don't know whether we'll see all your smiling faces walking down the corridors when we arrive on that Tuesday morning for our first HSC English exam. To be honest, we don't even know if there will be a first HSC exam. But the effect of Manly is such that we don't need to be at school to feel it. That feeling that fills the halls with conversation between teachers, students, and every like-minded individual that has the privilege of saying 'I went to Manly Selective'. Our environment is so unique that the most important thing to know as you leave high school is not your results or your extracurriculars, but rather that sense of community and friendship that has bound us all together for a long time.

Eliza: One good thing about giving this virtual speech, is you're all muted so we can't hear some students audibly groan when we mention 'the Manly Vibe'. Our school indisputably has a unique culture of openness and acceptance, fostering strong connections between year groups. 6 years on the SRC has opened our eyes to the talented, hilarious, generous and crazy intelligent human beings outside our own year, and we know we'll be recognising so many of you on TV, in science

journals, magazines and every other corner of public achievement in the years that come. But the inter-year bonding is so much wider than just the clubs and societies that thrive at Manly, it's the selflessness of the year 11 girls who helped me peel of my spandex fish suit at musical, to the smiling face of ms truong at year assemblies, to the healthy competition of ping pong tournaments at the Slab. The Manly Vibe is more than just a tagline, it comes in different forms for everyone, but it lingers even when we find ourselves apart. For which other school has such a popular Paleontology club, committed Teacher band or where Battlelands supposedly gave you street cred for the boys of G21, wherever you look within Manly, you find a sense of inclusiveness, creativity and unity that is unmatched.

Max: Getting through this year, and our whole high school experience for that matter, would not have been possible without the endless love and support from all of our wonderful teachers, who despite our best attempts, kept us motivated and focussed on school this past term. But a special shout out must go to our wonderful year advisor and everyone's favourite gamer, Ms Truong - third time really is the charm. We have so many things to thank you for. You have always been our number one cheer-leader, whether it's right before our race at a sports carnival, or just as we're entering the classroom for an exam. I know we all will treasure these memories with you forever and we cannot express how lucky and privileged we are to have had you as our year advisor. We would also like to extend our gratitude to Ms O, Ms Carolan, all the teachers and staff here at Manly, as well as those who supported us over the past 6 years but may have since left. Thank you for all your support and dedication to the school over the years, we couldn't have done it without you.

Eliza: So as we prepare for the final leg of this marathon, we thought we'd leave some sage advice for our fellow students gathered from the students of G21 online. When asked what was one thing they wished they knew prior to year 12, amidst answers of lockdown and the difficulties of full mark assessments, the general sentiment was

to stay calm. Life, pandemic or not, is bound to throw many curveballs your way, and year 12 is a time where these curveballs might hit harder than usual. Keep in mind the hundreds of options of pathways into university or your chosen workforce, a bad mark, even a bad year, doesn't jeopardise your future. When asked if we could leave one piece of advice, it came down to 2 words. Have fun. It seems so tiny, so simple, so elusive yet it truly is the key to high school. Take the subjects you want to, not because you need to, sign up to a club because it can't hurt you, say yes to every beach day, party and hang out with your friends, when you look back at 6 years of high school, it's not the number of hours at your desk that will stand out, it'll be the hours spent laughing with the people you care about that you'll truly cherish. This school brought us together and keeps us connected even in times of separation. These truly are friends for life.

Max: So if we could sum it all up, what we're saying is thank you. Thank you to every student, every teacher, every member of staff, every parent, every volunteer, every single person we've interacted with because of this cozy school we call home, because each of you have contributed something to our Manly experience that has been so important to our growth as we prepare to finally say goodbye and find ourselves in a world without government-mandated free time, and thank you to everyone who has spoken today for all your kind words. We would also like to say good luck, to all those with a number of high school years ahead of them, or to those, who just like us, might find themselves towards the end of their high school chapters, we know you've got the capabilities to conquer anything that comes your way. We love you all and wish you all the best.

Eliza Lo Russo and Max Oldham
NBSC Manly Campus School Captains 2021



Thank you to your bands on Zoom!

Congratulations to all band members and directors for their dedication to keeping their music and their bands progressing during a locked down Term 3.

Directors Mark Brown, Craig Driscoll, Liz Scott and Kathryn Crossing have appreciated the students' attendance and enthusiasm. We admire the student's resilience and good humour despite the disappointment of many events cancelled this term including our showcase events for Year 12.

A sense of teamwork has been on show despite the physical distance between all band members. Many students have talked about how playing their instrument has given them something to do after their studies and beyond their devices that uplifts them and improves their sense of well-being while confined to their homes. For others their instrument has been a source of personal pride when mastering a piece that had challenged them.

Certainly, for band members, the online rehearsals have provided opportunities for enhancing music reading skills and keeping their fingers, 'chops' and lungs used to playing so they can be ready to perform as soon as they next get a chance. Thank you to all.

Benefits of your bands

If you have not already done so- please watch this [5-minute video](#). To understand some of the amazing benefits of music and playing in bands and [read this brief article](#). If you want to find out more, Dr Anita Collins, award-winning educator and researcher, is also the author of *'The Music Advantage: How learning music helps your child's brain and wellbeing'*

Happy holidays and best wishes to Year 12

We won't yet say farewell to our wonderful Year 12 band members but do wish them the very best over the coming weeks and months.

To everyone in band, a big thank you for Term Three and enjoy a well-deserved break.

National mental health services and support



Beyond Blue

24/7 mental health support service

1300 22 4636

beyondblue.org.au

eHeadspace

Online support and counselling to young people aged 12-25

1800 650 890 (9am-1am daily)

For webchat, visit:

headspace.org.au/eheadspace

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people age 5-25

1800 55 1800

kidshelpline.com.au

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732

1800respect.org.au

Lifeline Crisis Support

If you are thinking about suicide or in emotional distress

Call: **13 11 14** (24/7)

Text: **0477 13 11 14** (6pm-midnight)

Chat: lifeline.org.au (12 noon-2am)

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467

suicidecallbackservice.org.au

Mensline

24/7 counselling service for men

1300 78 99 78

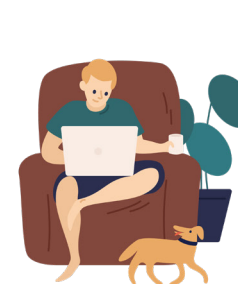
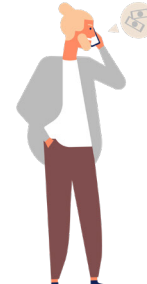
mensline.org.au

QLife

LGBTI peer support and referral

1800 184 527 (6pm-10pm daily)

qlife.org.au (online chat 3pm-12am daily)



Local mental health services and support

NSW Mental Health Line

24/7 professional help, advice and referral to local mental health services

1800 011 511

headspace Chatswood

Early intervention mental health services for 12-25 year olds, including physical health (including sexual health), alcohol and other drug services

8021 3668

**headspacechatswood@
newhorizons.org.au**

headspace Brookvale

Early intervention mental health services for 12-25 year olds, including physical health (including sexual health), alcohol and other drug services

9937 6500

**headspacebrookvale@
newhorizons.org.au**

SNHN Mental Health Triage

Triage referral from experienced clinicians for people who are not in crisis and require mental health (including psychology), drug and alcohol, and suicide prevention services

1300 782 391

StandBy Support After Suicide

Postvention support for anyone who has been bereaved or impacted by suicide at any stage in their life

1300 727 247

standbysupport.com.au

Lifeline

Counselling, psychological services and support groups

9949 5522 (Northern Beaches)

9498 8805 (Harbour to Hawkesbury)

