



# 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

15 October 2021 – Newsletter No.16

### From the Principal

Welcome back to Term 4. We are excited about our return to face-to-face learning, and welcoming students and staff back onsite in Week 4 on **Monday 25 October**; where we know the best learning happens.

It is understandable that some students will be excited while others anxious, and some feeling a little in between, after such a long time away. Just as you did when your child was starting kindergarten all those years ago, having positive conversations about returning to school will help with the transition back to face-to-face learning on site.

All staff required on site supporting the return to school will need to be fully vaccinated from 18 October. Then from 8 November all staff, contractors, volunteers and students on student placement on a school site, will need to be fully vaccinated. NSW Health are urging all students 12 and over to get vaccinated with the Pfizer or Moderna COVID-19 vaccine as soon as possible before returning to school. COVID-19 vaccination is the best protection against severe illness and also reduces the risk of spreading the virus to others.

Our COVID-safe return to school plan is NSW Health approved and includes numerous effective practices to support the health and wellbeing of our students and staff. These practices include vaccinations, mask wearing, reduced mingling of

student groups and staff, ventilation in classrooms and continued good hygiene and cleaning.

An outline of our school's plan for bringing students and staff back on site in a COVID-safe way will be presented at the P&C meeting on Wednesday 20 October. Please send through any questions you would like answered in advance and we will make sure we cover as many as possible. If you can't make the meeting, we will share an outline of our return to school plan, immediately after.

#### Proposed changes to bell times for 2022

Proposed changes to the bell times for 2022 will be presented at the P&C meeting next week. The presentation will be sent to all families for consultation after the meeting.

#### P&C Meeting at 7pm on 20 October via zoom

Register in advance for this meeting at:  
<https://au01web.zoom.us/joining/register/u5Mp-d-yuqD8rHtGPK6Qy0AX-NtZWRVb4dE0n>

Kathy O'Sullivan  
Principal



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# PDHPE Report

Taking care of your health and making it a priority is always important, especially during this difficult time. Therefore, whilst learning from home this term, students in Year 7 and 10 have been applying the knowledge and skills they have learnt throughout the year. Students have been supplied with a matrix of activities that relate to the 5 components of health and the 4 units of work they have studied. Each week, they choose 5 activities from the matrix and then upload evidence of their application. Below are photos and statements from some of the students.

## Year 7

Social health: *'I made a meal/snack for my family and we answered some of the questions while we were eating'.*



Spiritual health: *'While walking the dogs, I decided to sit under one of the biggest trees there..... I thoroughly enjoyed this, and I hope to do it again soon. I genuinely love to ground myself, whether that's sitting against a tree, lying on the ground, or climbing to the top of a tree. It helps me feel connected to nature, and at peace with myself, which puts me in a good mood'.*



Physical health – daily 2-minute challenge: *'I recently broke my wrist, and my arms are not as strong as they used to be, so this will be a good way to get back to the level of fitness I was at before I broke my wrist'.*



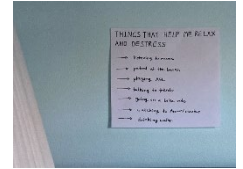
Cognitive Health: *'It is fun to play card games with the family, and as everyone gets older we will do it less and less so it was good to learn gin rummy. I did not win either of the two rounds we played,(my mum did) but it was still very fun to play. I enjoyed talking to my family while playing a strategy game, it made it more interesting because playing against the family adds a layer of competitiveness and friendly rivalry to the game'.*

## Year 10

Emotional health:

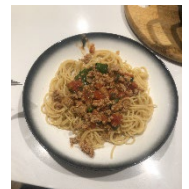
*Gratitude list - 'My parents , My house , My bed, My food , My friends, My sibling , My education, My teachers , My dog , My environment'*

*'I wrote a list of things that help me relax when I'm feeling stressed, and put it up on my wall in front of my desk so I can constantly see it. I love being outdoors and staying active, so a lot of things on my list are physical and sport-related, like playing AFL, and I also wrote some other activities for when I'm at home like listening to music'.*

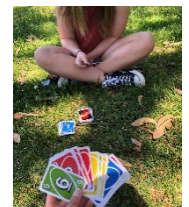


Social health:

*'I cooked an Italian styled pasta with minced pork and a tomato and spinach dressing, I did this with my brother and it was very fun and good to catch up together'.*



*'I played a game of uno with x, as we are good friends and we live close to one another. We stayed outside to reduce risk of covid infection. The game was fun and I beat x by a lot'.*



## Year 8

Students have started a new unit this term on risk taking. The focus will include road safety, prevention of drug and alcohol use, water safety and first aid.

## Year 9

Students are continuing to work collaboratively on their class health and wellbeing magazines. These are almost finished, and we are all looking forward to being able to read them.

**PDHPE Faculty**



# Visual Arts Report

## Year 7

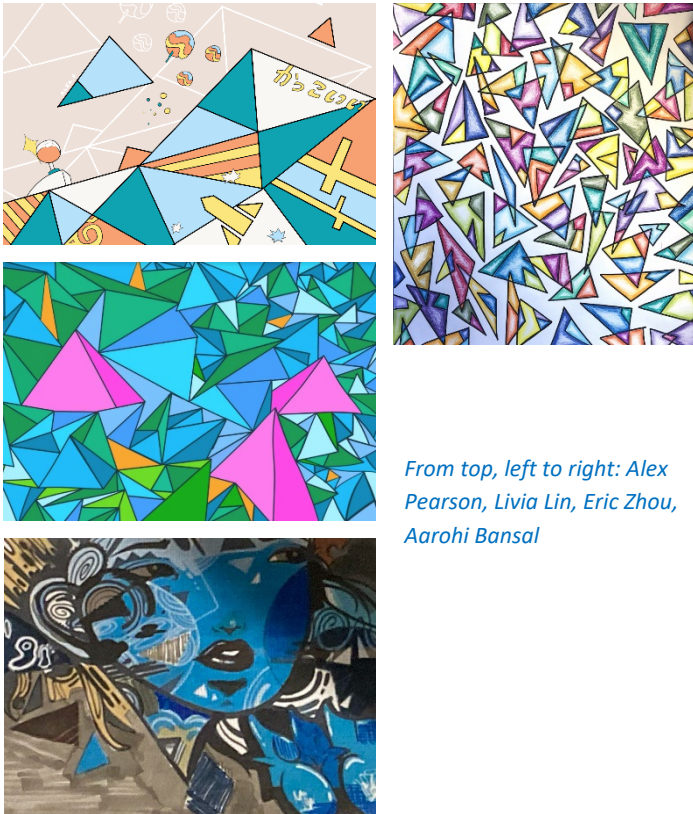
Last term Year 7 explored the topic 'It's All About Me' and experimented with various artmaking techniques through the topic of portraiture. One of the tasks the students enjoyed was creating a Pop Art inspired self-portrait using Photoshop. Using bright blocks of colours the students worked well to learn new techniques to produce fun and creative artworks.



Left to right: Elise Heffernan, Meika Herron, Dexter Carr, Samara Correya

## Year 8

Year 8 finished their study into the topic 'Street Art' last term creating a Patterned Street Art design, inspired by geometric shapes and forms. These colourful designs explored the use of shapes, line and pattern in a creative way.



From top, left to right: Alex Pearson, Livia Lin, Eric Zhou, Aaroahi Bansal

## Year 10

Year 10 continued their study of the topic 'Still Life' last term and took photographs of dynamic compositions of objects collected from around their homes. They are using these photos as inspiration for a series of drawings, the first of which had to be in pencil or charcoal.



From top to bottom: Maya Simon, Hannah Stephenson, Felicity Murray, Annabel Lynch

## EAM Submission

Year 7 students were asked to create SMART goals in their final lesson of Term 3 as part of their EAM studies. Here are some examples that were chosen by classroom teachers which gives a great insight into the goals year 7 students are setting themselves

### Mylo Davis

**Specific:** Define your goal in as much detail as possible. Think about who, what, where, and when.

**S** My SMART Goal is to complete my PADI Scuba Diving by the end of the year. This includes completing the Elearning, Practice and Open Water Dives. I will do this course with Nick Thornley and Alex Stanoejevic at the Manly Dive Centre.

**Measurable:** track the outcome and your progress

**M** To complete my Elearning, I will set small goals like completing one subsection each day. This will mean I will complete one out of five sections each 3 days. Once I have completed this, I will move on to practice to master my skills that I have learned, then put them to action in the open-water dives when the date comes around.

**Action:** What will you do to achieve your goal?

**A** To achieve this SMART goal, I will dedicate full and concentrated effort and research to pass tests and complete this course.

**Realistic:** Is your goal achievable?

**R** My goal is achievable and is relevant to my life, as it opens up doorways to a new underwater world and makes me understand about life other than humans. It also carves a path around the world to have fun and be adventurous, as everyone needs that in their lives.

**Time-Oriented:** How long will it take to complete?

**T** This goal will take me until the end of the year, and as I take it onboard, I will follow small steps to achieve the bigger and higher order goals.

### Andrew Zhang

**Specific:** Define your goal in as much detail as possible. Think about who, what, where, and when.

**S** My goal is Art. My whole family is great at art, especially drawing portraits and many other drawings, and I want to improve my art as well. I've been used to drawing stick man people but I have to draw different drawings now, and more of a variety like portraits.

**Measurable:** track the outcome and your progress

**M** I can continue practising and check my progress over time. As I draw more and more drawings, I become more experienced and my drawings will start to look more realistic and like real people. That is my goal, I can also get help from my parents and my sister just to give me some tips and tricks to drawing portraits.

**Action:** What will you do to achieve your goal?

**A** I can achieve my goal by listening to the teacher in VA class and focusing when drawing my portraits in class. I can learn all the tricks and techniques to drawing so I can use these skills to draw many other portraits.

**Realistic:** Is your goal achievable?

**R** My goal is realistic, it is not impossible, all it takes is some practise. Practise makes perfect.

**Time-Oriented:** How long will it take to complete?

**T** I can improve a lot by practising in class and at home and by the end of the year, I can become just as good as my sister and my parents.

### Will Hope-Jones

**Specific:** Define your goal in as much detail as possible. Think about who, what, where, and when

**S** By the end of the year, I want to be able to ride with the A grade pace partner on Zwift for 40 minutes.

**Measurable:** track the outcome and your progress

M First goal is to keep up for 30 minutes. I have already done 25.

Next goal is 35 minutes.

Last goal is to keep up for 40 minutes.

Action: What will you do to achieve your goal?

A Every fortnight I will ride with the pace partner and try and get a little further than before.

Realistic: Is your goal achievable?

R My goal is realistic as I have already done around 25 minutes and it will help me when restrictions lift, and I can go back to racing.

Time-Oriented: How long will it take to complete?

T I am aiming to have done that by December 31.

Zwift is an online riding world, which connects to a power sensor on your bike and calculates how fast you would be going. This is great as I can do it at home on a stationary trainer and still get a great workout. This has been a game-changer during covid. There are four pace partners who all average different watts per kilo(w/kg). I am trying to keep up with A (the fastest), who averages 4.2 w/kg.

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## Canteen

### The canteen will re-open on Monday 25 October

We are excited to be returning to school and re-opening the canteen!

You can have confidence that we will be operating in accordance with NSW Health and DoE directives to ensure safety. Due to the restricted access to the school and social distancing requirements, our service will be as follows:

- on-line pre-orders only via Flexischools for both recess and lunch
- no breakfast service

food will be delivered to each year group's designated area (students will not be able to access the canteen directly)

The interim menu is attached to the end of this newsletter. We would appreciate any early visibility you can give us (i.e. order early if you can!) Depending on demand, we may be able to add additional specials (via Flexischools) once we are up and running.

Thank you for your patience and support.

**The Canteen Committee**

# Manly Selective Campus

## Canteen Price List Term 4 2021

### Snacks

Chicken Tender Wrap	\$3.50
Cheese and bacon roll	\$2.00
Popcorn	\$2.00
Sultanas/sesame snacks	80c

### Rolls/Sandwiches/Wraps

Unbuttered./buttered roll	\$1.50/\$2.00
Lettuce and mayo roll	\$2.50

### Sandwiches/Roll Add 50c

Egg mayo & lettuce	\$4.50
Salad + beetroot/Cheese & salad	\$4.50
Tuna, mayo, cucumber & lettuce	\$5.00
Ham, cheese & salad	\$6.00

### Toasted

Cheese/spaghetti/baked beans	\$3.00
Cheese & tomato	\$3.50
Ham & cheese	\$4.50
Chicken & cheese	\$4.50
Ham, cheese & tomato	\$5.00

### Wraps

Chicken, lettuce, avocado & mayo	\$6.00
Super salad wrap	\$6.00
Falafel, tabouli & hummus	\$6.00
Tuna & salad	\$6.00

**Extra fillings: beetroot, lettuce, tomato 80c**

**Egg, cheese, avocado \$1.00**

### Salads & Sushi

Caesar salad	\$6.00
Greek salad	\$6.50
Sushi rolls	\$3.80
Rice paper rolls	\$6.00

### Hot food

Garlic roll	\$2.00
Chilli chicken tender	\$1.60
Pasta bolognaise	\$5.00
Pasta Napolitana	\$5.00
Beef lasagne	\$5.00

### Burgers (Not available Weds)

Hamburger & salad	\$6.00
Sweet chilli chicken burger	\$6.00
Veggie burger	\$6.00

### Drinks

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

**All orders via Flexischools (recess and lunch) until further notice.**

To set up an account:

go to [www.flexischools.com.au](http://www.flexischools.com.au) and register. Our school is 'NBSC Manly Campus'

