



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 (relieving)

19 March 2021 – Newsletter No.4

From the Principal

Strategic Improvement Plan (SIP) 2021 – 2024

Our school is committed to a continuous process of school improvement, centred on maximising and sustaining outcomes for all students. Like other schools in the state, our school has engaged in a Situational Analysis involving self-evaluation and extensive consultation with all community stakeholders to inform our 2021-2024 School Improvement Plan.

We are proud to share our Vision and Strategic Direction.

School Vision: At NBSC Manly Campus, we are committed to creating a rich teaching and learning environment which nurtures and celebrates academic excellence, personal best and giving back to the community. We extend our high potential and gifted students through enrichment and acceleration opportunities.

A school culture of high expectations fosters creative, critical and reflective learners, who are supported and challenged by inquiry based collaborative and explicit teaching practices. We create highly numerate and literate students who excel in the classroom and in external examinations to inform success in future pathways. We provide opportunities to enact these skills now so students can become global citizens who can navigate complex challenges.

Strategic Direction 1: Student Growth and

Attainment - Purpose: to ensure that every student is highly engaged and shows growth in their learning through explicit, research-informed teaching. Our teachers will adapt their practice through targeted professional learning and effective use of assessment data to inform teaching.

Strategic Direction 2: Refine Teacher Practice - To develop consistent teaching and learning protocols and to use data to effectively evaluate and deliver high quality differentiated teaching programs and assessments in Stage 4 and 5.

Strategic Direction 3: Engagement of High Potential and Gifted Students - To engage and challenge our High Potential and Gifted Students through providing Stage 6 subject acceleration, consistent self-assessment and reflection practices, and targeted enrichment and extra-curricular programs.

Sport at Manly

It has been an eventful 2 weeks on the sporting fields. The school cross country was held last Friday with many students competing for the top 10 positions in each age group for the Zone team and lots of other students being active and enjoying the great outdoors.

Our swimmers represented the school at the Warringah Zone Championships. Manly Campus came 2nd overall and two students were named

NBSC Manly Campus

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Phone: 9905 3982

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Warringah Zone Age Champions; congratulations to Christine Ruff and Cillian McGrath.

There have also been a number of Knockout games played including Boys Touch Football, Girls Netball and Boys Tennis. More information about sport can be found later in *The Weekly Pines*.

Nanga Mai Awards

Nanga Mai is an Eora word meaning 'to dream'. The Eora Nation is home to Sydney CBD. Each year the NSW Department of Education hosts the Nanga Mai Awards ceremony. The Nanga Mai Awards celebrate and recognise Aboriginal students, Aboriginal and non-Aboriginal teachers, other departmental staff, Aboriginal community members and schools that demonstrate excellence across a diversity of areas.

2021 will celebrate the 15th anniversary of the awards with a virtual live-stream event on 31 March.

For more information on this event, and/or to join virtually please visit [Nanga](#)

[Mai Awards 2021](#). Manly Campus student Tom Woods (Year 9), will feature as a solo artist.



Student nominations are:

- Outstanding Student Engagement Award
- Livinia Williams (Year 9)
- Outstanding Achievement in Performing / Creative / Visual Arts Award
- Tom Woods (Year 9)
- Student Leadership Award
- Stephanie Evans (Year 12)
- Academic Excellence Award
- Sachi Lardner (Year 12).

Lions Club Youth of Year Public Speaking Competition

Congratulations to Annie-Ming Kowalik who competed in the regional final of the Lions Club Youth of the Year public speaking competition held at Asquith Golf Club on Wednesday 10 March.



This nation-wide competition is designed to encourage student interest in leadership and the qualities required to take an active and constructive role in the community. A high-level of academic, leadership, sporting, public speaking and citizenship achievement is sought in its potential winners.

As the youngest competitor in the finals, Annie-Ming did a fantastic job winning the Public Speaking Award for her speech on 'Being Multicultural in Australia', but narrowly missing out on being the overall candidate chosen to go through to the next round.

Debating

Our talented senior debaters enjoyed their first round of the Premier's Debating Challenge for 2021. Considering that last year's competition was cancelled due to the pandemic, our teams were all smiles as they faced each other on Wednesday. The teams went head to head on the topic of whether all university courses should include a mandatory arts component. Our Year 12 team was ultimately successful, convincing the adjudicator that a one-unit humanities course should be compulsory in higher education. Our teams next debate against Turramurra High School and Cammeraygal High School.

Year 11 Life Ready

Over the last two weeks, Year 11 have begun their Life Ready program; with a highly informative presentation from Tom Reynolds about drugs and alcohol and then continued with the students racing around the city chasing clues and having an amazing collective experience during Urban Challenge.

Photography

Last week the Year 11 photography class went on an excursion to the Quarantine Station in Manly to explore the theme of 'Historic Landscapes'.



A fascinating look into our local history, especially given current experiences with pandemics and quarantining. The students enjoyed the opportunity to explore the significant buildings and landscapes of the site, gaining access to unique places such as the old hospital, shower block, glasshouse and jetty.

Year 10 Geography Fieldtrip

On 4 March, Year 10 participated in the Narrabeen-Collaroy fieldtrip. This provided students an opportunity to engage in authentic learning by investigating real world problems that are occurring in our local area. The knowledgeable and friendly staff from the Narrabeen Coastal Environment Centre guided the students through activities which included; water testing at Narrabeen Lagoon, sketching beach profiles, identifying waves and a guided walk where they discussed different strategies that have been implemented to manage coastal erosion.

Digital Thumbprint Incursion

Year 7 - 10 attended digital thumbprint incursions this week presented by Optus on the safe use of internet and social media.



Elective Music and Dance Excursion

Elective music and dance students attended Frozen at the Capitol Theatre last Wednesday and thoroughly enjoyed the production.

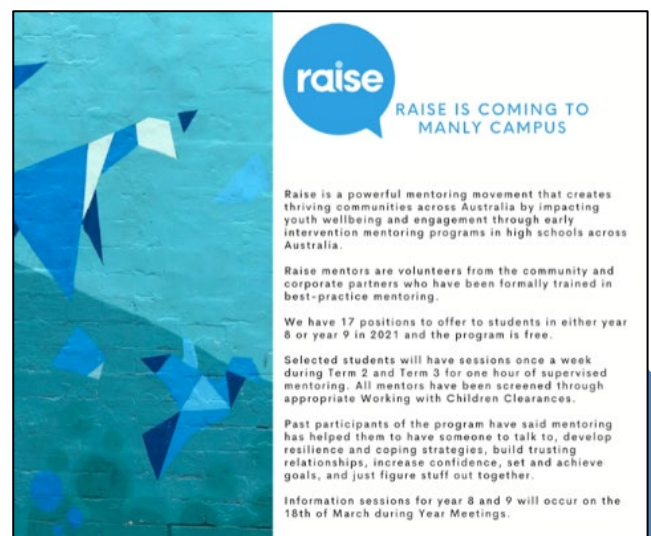


Y NSW 2021 Youth Parliament program

Y NSW 2021 Youth Parliament program are now open. The Y's NSW Youth Parliament program has a proud history of fostering the development of young people by valuing their opinions and investing in their growth. Supporting young people to consider themselves as agents of social change and transforms how the wider community perceives the ability of young minds to engage in thoughtful debate. It is run by young people, for young people, with a group of passionate and empowered volunteers leading the direction of each year's Youth Parliament. Students in Year 10 - 12 who are interested in enhancing their leadership and advocacy skills are encouraged to apply. The program consists of an online leadership and training component commencing in April and a residential camp in the July school holidays in 2021. Applications close Friday 26 March. Further details [can be found here](#).

Raise

Raise is a one on one free mentoring program open to Year 8 and 9 students. Students had an information session on raise during their year meeting yesterday and information and permission notes have been sent to parents via email and e'Diary. There are a limited number of spots available, and application is a short turnaround. Those interested in participating need to complete [the online consent](#) as soon as possible.



raise
RAISE IS COMING TO
MANLY CAMPUS

Raise is a powerful mentoring movement that creates thriving communities across Australia by impacting youth wellbeing and engagement through early intervention mentoring programs in high schools across Australia.

Raise mentors are volunteers from the community and corporate partners who have been formally trained in best-practice mentoring.

We have 17 positions to offer to students in either year 8 or year 9 in 2021 and the program is free.

Selected students will have sessions once a week during Term 2 and Term 3 for one hour of supervised mentoring. All mentors have been screened through appropriate Working with Children Clearances.

Past participants of the program have said mentoring has helped them to have someone to talk to, develop resilience and coping strategies, build trusting relationships, increase confidence, set and achieve goals, and just figure stuff out together.

Information sessions for year 8 and 9 will occur on the 18th of March during Year Meetings.

Congratulations to:

- Samuel Capell (Year 11), who competed in numerous events at Swansea Belmont beach, as part of the winning Newport Surf Club team at the State Surf Lifesaving Championship last weekend. As a testament to his many hours of training, he reached the finals in the board rescue, individual swim, board relay, and came 5th in the Taplin event. Sam achieved 3 gold, 1 silver and 1 bronze.
- Olly McDonald (Year 8) who came 4th in the State in the U14 boys 400m at the ACPE Junior Track and Field Championships last weekend, and will now represent NSW at the National Junior Athletics Championships at SOPAC in April.
- Logan Campbell (Year 11) who placed 2nd in the U18s 3000m at the 2021 NSW Junior Track and Field Championships on 14 March. Logan has qualified for the Australian Championships which will be held in April.



In this regular feature, we like to recognize students who have achieved highly in school and community events, competitions and activities. Demonstrations of the school ethos of academic excellence, personal best and giving back to the community deserve to be recognized. Parents are welcome to phone or email the school any achievements that we may not be aware of, for inclusion in *The Weekly Pines*.

Kathy O'Sullivan
Principal

Parent Teacher Nights

Booking details emailed to all families closer to the event date.

Year 7	Tuesday 23 March (T1, Week 9)
Year 11	Thursday 29 April (T2, Week 2)
Year 10	Thursday 13 May (T2, Week 4)
Year 9	Tuesday 18 May (T2, Week 5)

Costume Room Clean Out

Volunteers needed this Sunday

This Sunday 21 March we will be holding a working bee to clear out the musical costume store room and get ready to begin working on costumes for this years' musical production of *Legally Blonde*.

Any assistance from the school community to help undertake this job would be greatly appreciated. If you are able to lend a hand, even for just an hour of two, please contact Annetta via email: acverduyn@hotmail.com. Physical distancing restrictions and protocols for parent volunteers need to be adhered to on school site, so please advise in advance if you are planning to attend.

The Musical Team

Elevate Webinars

Parents of NBSC Manly Campus have exclusive access to Elevate Education's Parent Webinar Series for Term 1, 2021. The recent webinar on 10 March was on **Tech Devices - setting boundaries and promoting self-regulation with teens**. Watch the [Technology webinar here](#). Download the [tech webinar resource sheet here](#).

The next webinar is on Wednesday 24 March, and covers **Note Making Strategies – how to favour understanding over rote**. You [can register for this webinar here](#).

Wellbeing

One Piece of Advice

This week's edition of one piece of advice comes from newly graduated student Rhiannon Lidbury. Rhiannon is currently studying a B. Arts Degree majoring in Theatre and Performance Studies, minoring in English and Education at UNSW.

Her advice to Year 12 students as they head into the next assessment block is *"to understand that Year 12 is a time to appreciate friendships and work hard but know that there will be more chances to do so in the future"*.

Sport Report

School Cross Country

The school cross country carnival was held last Friday. We were very lucky that the rain stopped for the afternoon and everyone was able to participate in the run, in enjoyable weather. Students put in a great effort, running either 3km, 4km, or 6 km depending on their age. Congratulations to the following students who were the Age Champions:

Age	Boys	Girls
12 Years	Zackery Williams	Honami Kanoshiro
13 Years	Jonas Antolik	Daisy Burt
14 Years	Alex Harvey	Sophie Lintvelt
15 Years	Charlie Kanu	Annie Hewish
16 Years	Jasper Vajdic	Tara Harvey
17 Years	Logan Campbell	Maggie Goodman



Zone Swimming Championships

On Monday 44 students represented the school at the Zone Swimming Championships at the Warringah Aquatic Centre. Manly Campus came 2nd overall in the competition. Cillian McGrath and Christine Ruff were named Age Champions. Congratulations to everyone involved. The top two place getters from each event will be invited to attend the Sydney North Championships, which will be held at Olympic Park on Thursday 25 March.

Knockout Netball

Congratulations to the Open Girls Knockout Netball team who took home the win with a score of 30-13 against Willoughby Girls High School and are set to

go through to the next round. Thank you to Gina Harrison and Gemma Stevenson for providing their excellent umpiring skills and to Ms Grace for her tremendous coaching of the team. Bring on Round 2.

Knockout Touch Football

Congratulations to the Open Boys Knockout Touch Football team who beat Killara High School with an incredibly close score of 3-2. A huge thank you to Hayley Bird (one of our SASS staff) for expertly umpiring such a close and exciting game. The Year 11 and 12 boys demonstrated great sportsmanship and athleticism, and represented Manly Campus well. We wish you luck for your Round 2 game.

Grade Sport (Term 2)

Grade Sport is an interschool competition, played during sport time on Wednesday. Students in Years 7-10 have the opportunity to participate in this competition. Trials for the teams will be held at the beginning of Term 2, however, students will need to register in Week 9, Term 1 if they would like to trial for a team. [Registrations can be made through schoolbytes.](#)

The sports on offer include:

North Shore Zone (Year 7 and 8 Students)

- Boys Touch and Boys Soccer (8 teams per sport)
- Girls Soccer & Girls Netball (8 teams per sport)

Warringah Zone (Year 9 and 10 Students)

- Sports for the boys includes:
 - 1 x Opens Soccer and 1 x Junior Soccer (15yrs and under)
 - 1 x Opens Basketball and 1 x Junior Basketball (15yrs and under)
 - 1 x Opens Touch and 1 x Junior Touch (15yrs and under)
 - 1 x Opens Volleyball
- Sports for the girls includes:
 - 1 x Opens Soccer and 1 x Junior Soccer (15yrs and under)
 - 1 x Opens Netball and 1 x Junior Netball (15yrs and under)
 - 1 x Opens Touch
 - 1 x Opens Volleyball
 - 1 x Opens Basketball

SRC March Review

Club of the Month: Debating Club

When: Tuesday at Lunch

Where: 137 (English corridor)

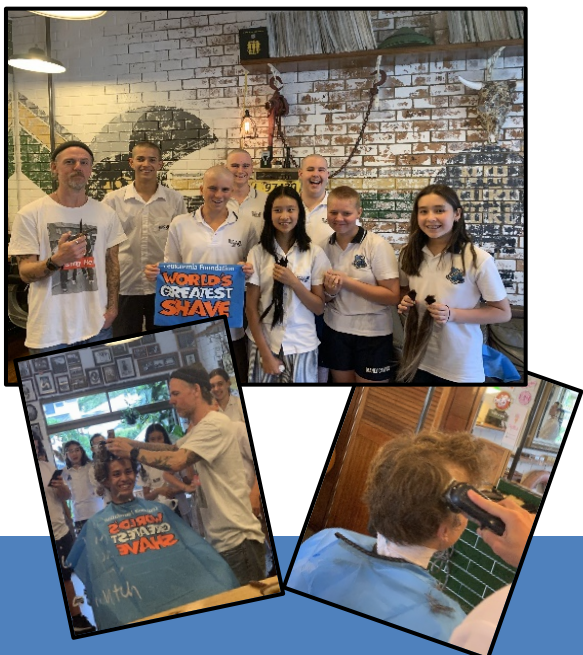
What: A place to debate for all who like to debate.

Why it's so great:

- Improve debating skills
- Learn how to think on the spot
- We play games and occasionally have food. Also the leaders are just fantabulous.
- Great people

World's Greatest Shave

We held a World's Greatest Shave event on Monday 8 March at Brother Barbers in North Curl Curl. Due to COVID-19 restrictions we unfortunately weren't able to carry out the event as we have in past years. Instead we opted to hold it over two days. On the Monday we headed to Brother Barbers with the participants and cut/shaved their heads and on the following Tuesday we held a crazy hair and sock day at school. We encouraged gold coin donations and sold drinks at lunch, as well as hair spraying. We also held an auction in which we auctioned off the right to hairspray teacher's hair. All in all, it was an amazing event that raised over four thousand dollars. A huge thank you to all shavers and people who had their hair cut, and of course to the professionals, Brother Barbers who were incredibly kind, donating their services to shave all the participants' hair.



Carnation Day

We held Carnation day on Tuesday this week, a day to celebrate love and friendship at Manly Campus, where students pre-order letters and gifts for their friends and they are delivered on the day by the SRC.

This year we delivered warm and fuzzies, chocolate hearts, chocolate roses, carnations and stuffed animals. The SRC spent the last few days before Tuesday hurriedly sorting the many, many envelopes and tallying orders.

The day went super well, with live music, activities, raffle, a sausage sizzle and fairy floss, raising \$1420 for the Northern Beaches Women's Shelter. Like many organisations, times have been extremely tough for them, as due to COVID 19 restrictions with social distancing measures they can run only at half capacity. The money raised will go towards helping them to expand and therefore be able to support more women. Thank you so much to everyone who helped out, especially Ms Grace and crew, and to everyone who supported the event by buying gifts or donating.

Sending lots of love to all the Manly community.

SRC

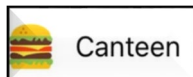


Canteen

Cashless Payments via

Cashless payments have been implemented for the school canteen via [Flexischools](#) to allow students to pay at the canteen using their existing student card.

If you have a Flexischools account, you can now link it to your student card which can be used at the canteen like a debit card. Just add the card number to a student's details under 'Students' in your Flexischools account ('How to' details are at the end of this newsletter). There is also link to [Flexischools](#) on the school app under the canteen icon.



Once set up, students can pay for items over the counter at the canteen by scanning the bar code on their card. Easy for the students to use and parents can set daily spending limits.

A 2021 Canteen price list is attached to the end of this newsletter.

Canteen Volunteers Needed

The canteen is short of volunteers for the next two Tuesdays - 23/3 and 30/3. If you are able to help out please sign up on the [Term 1 Roster Signup](#), we appreciate any volunteer hour you can spare.

If you would like to sign up to the Term 2 Canteen roster please go to [Term 2 Roster Signup](#). Your time is very much appreciated.

There is also a link to the roster signup on the school app under the canteen icon.

SECOND HAND UNIFORM SHOP

The uniform shop will be open on the first Tuesday and third Thursday of the month from 8:15am-9:30am

NEXT OPEN: Tuesday 4 May @ 8:15am-9:30am

COVID safe practices in place, please adhere to the following:

- Check in with the QR code on arrival
- Wear a mask
- Stand 1.5 meters apart while waiting in line
- Only one parent/caregiver with their child are allowed in the uniform shop at a time.

Parents are encouraged to order online where possible. You can place an order by email at manly2ndhanduniforms@gmail.com

Donations of washed good quality uniforms are most welcome and can be left at the school office.

Proceeds go to the P&C for school improvement projects.

For second hand band blazers (buy & sell) please contact Sarah Cole at sarahcole24@gmail.com

Term 1 Calendar

Please check the dates closer to the event.

Week 9B	
23/03/2021	Year 7 Parent Teacher Night
23/03/2021-30/03/2021	Year 12 Assessment Block
25/03/2021	Year 11 Ancient History excursion
25/03/2021	Sydney North Swimming Championships
26/03/2021	Band Outdoor Concert in the Quad, 6pm (SE/CO/WE/BB/CVB)
Week 10A	
23/03/2021 - 30/3/2021	Year 12 Assessment Block
31/03/2021	Band Outdoor Concert in the Quad, 6pm(SWO/SwB/SB/JO/JC)
1/04/2021	Last day of Term 1
2/04/2021	Public Holiday

Term 2 Calendar

Please check the dates closer to the event.

Week 1A	
19/04/2021	School Development Day – Pupil free
19/04/2021 – 20/04/2021	Band – Music Workshop SWO/JO/SE (CO TBC)
21/04/2021	Principal Tours – Bookings essential via the office on 9905 3982
23/04/2021	School Athletics Carnival
25/04/2021	Musical Rehearsal
Week 2B	
26/04/2021 – 28/04/2021	Year 9 Bundanon Art Camp
28/04/2021	CHS Swimming
29/04/2021	Year 11 Parent Teacher Night
30/04/2021	CHS Swimming
2/05/2021	Musical Rehearsal
Week 3A	
3/05/2021	Warringah Zone Cross Country
5/05/2021	Principal's Tour. Bookings essential via the office on 9905 3982
5/05/2021	P&C Meeting, 7pm in the library
6/05/2021	Year 11 RYDA program – Terry Hills
9/05/2021	Musical Rehearsal

Band news on the following page...



**Big Band Bash! Outdoor concert in two parts,
Manly Campus quad: Friday 26 and Wednesday
31 March, 6-7pm**

The bands will perform for parents at the end of the term in an informal, outdoor concert split across two evenings to showcase the progress of the ensembles after their first six or seven rehearsals.

Friday 26 March SE/CO/WE/BB/CvB

Wednesday 31 March CB, SWO, SwB, SB, JO, JC

The invitation to attend is extended to the parents/guardians and siblings of the band members performing.

RSVPs will not be required. All guests will need to sign-in and scan the QR code on entry to the quad via the staff car park off Abbott Rd. Gates open 5:40pm for a prompt concert start at 6pm.

Call sheets with all details have been sent by email via band liaisons. We now have enough volunteers, thank you everyone who offered.

Band members to meet at 3:30 in the quad.
Dress: performance blacks (includes band polo).

Please note: If your child has a special dietary requirement for their pizza, please let us know by Sunday 21 March [via this link](#)

Black Band Polos

The polos will be needed for the Big Band Bash concerts. Available from Pickles Schoolwear.

Invoicing

Band finances are processed through the school accounts. The school will issue Semester 1 band fees shortly via the primary email listed with the school. (Please note this may be different to the primary email listed for band communications.)

Senior Band and Strings Camp: Monday April 19 (pupil free day) to Tuesday 20 April, Naamaroo, Lane Cove: SWO, JO, SE and CO

With changes to restrictions, the band has been given permission to go off-site for our first band camp in well over a year. It is great news!

The camps and tours provide a focused and fun way for the band members to work on their music and the cohesion of their groups.

The senior wind and jazz bands and all strings students will attend a two-day, one-night camp at Naamaroo Conference Centre in Lane Cove. They will work intensively on their music through ensemble rehearsals with their band directors and guest conductors and sectional workshops with a range of professional instrumental teachers. They will be accompanied by their directors Mark Brown, Craig Driscoll and Kathryn Crossing and supervising teacher staff.

Details and permission notes will be emailed via band liaisons next week. Please look out for them and return them ASAP. The success of the annual camps and tours require attendance by all ensemble members.

NEW EVENT

Senior band and Strings Concert Friday 23 April, Manly Campus, 5:45- 6:45pm

As time is tight on a two-day camp, a concert for parents and guardians will be held on the first Friday after the camp to showcase what was achieved.

Term 1 Band meeting

Committee members, band parents, the principal Kathy O'Sullivan and Band Director Craig Driscoll met on Monday evening last week for the Term One band meeting.

The committee was very pleased to report that the band survived a tough year in 2020 and remains remarkably strong with 220 band members (just under 30% of the school).

Plans were discussed for concerts and camps to be run where possible in a Covid safe way for 2021. Plans will evolve as restrictions change.

Thank you to the additional parent volunteers for accounting (Christie Zhang, mother of Sophie Li in Year 7) and photo and video publishing (Damian Noll, father of Kaden in Year 7 and Sharon Jewell, mother of Ben in Year 8).

Are you a Graphic Designer?

We are still looking for a parent with graphic design skills who can help design one or two concert programs later in the year. Please contact Sarah Dowse at bandmanagerbomc@gmail.com

Band Liaisons and Absences

A reminder that it is very important to contact your parent liaison to notify of your child's absence by the morning of their missed rehearsal. We also ask that you let them know of any time your child cannot make an event for an unavoidable reason, emailing as early as possible in advance to arrange for someone to play their part.

Ensemble	Parent Band liaison
Wind Bands	
SWO	Jeanette Williams
WE	Liz Huxley
CB	Patti (Caroline) de Montfort
Jazz Big Bands	
JO	Mel Corner
BB	Steph Stoddard
SB	Fotini Harvey
SwB	Kaye Chan
Strings	
SE	Annie Woods
CO	Annie Woods
Small groups	
JC	Mel Corner
JJC	Liz Huxley
CvB	David Young
PG	Sharon Jewell

Second Hand School Blazers

As the need for the formal band uniform is unlikely this year, there is no urgency for new band members to buy a blazer.

However, if you have one to sell or wish to add your name to the waitlist to buy one for 2022 (allowing room to grow) please contact Sarah Cole (mother of Hannah Lovlin) at sarahcole24@gmail.com

Band Contact Details- Changes or Additions

If you have recently moved, changed email address or wish to add a second contact number and email to the band lists, [please complete this form](#) to ensure you and your family receive important band information.

Term 2

Big Band Bash Concert 1, Manly Campus, Friday 26 March SE/CO/WE/BB/CvB

Big Band Bash Concert 2, Manly Campus, Wednesday 31 March CB, SWO, SwB, SB, JO, JC

Senior Band and Strings Camp: Monday 19 April (pupil free day) to Tuesday 20 April, Naamaroo, Lane Cove: SWO, JO, SE and CO

Senior band and Strings Concert, Friday 23 April, Manly Campus, 5:45-6:45pm

Term 3 - Save the Date

Monday 12 July (pupil free day) - Week 1 workshop day [for all bands](#), Manly Campus

Term 4- Save the Dates

Monday 8 November (TBC) with back-up Friday 12 November-String Soiree- Mosman Art Gallery- SE/CO

Saturday night November 13 Jazz Night Out, DY RSL- all jazz bands

Band Names

Wind Stream:

SWO-Symphonic Wind Orchestra; WE-Wind Ensemble; CB-Concert Band

Strings Stream:

SE-String Ensemble; CO-Chamber Orchestra

Jazz Stream:

JO-Jazz Orchestra; BB-Big Band; SB-Stage Band; JC-Jazz Combo; JJC-Junior Jazz Combo;

Other: Covers band- [CvB](#), Percussion Group-PG

Manly Selective Campus

Canteen Price List 2021

Breakfast (8am to 9am)

Milk shakes	\$3.00
Yoghurt	\$2.00
Fresh fruit	\$1.00
Raisin toast	\$2.00
Banana bread	\$3.50
Cheese toastie	\$2.00
Hash brown	\$1.00
Up 'n' Go	\$3.00

Snacks

Fresh fruit	\$1.00
Yoghurt	\$2.00
Cheese and bacon roll	\$2.00
Popcorn	\$2.00
Sultanas/sesame snacks	80c
Chocolate mousse	\$2.00
Jelly	\$2.00

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
Garden salad (pre-order only)	\$6.00
Greek salad (pre-order only)	\$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

Additional Choices

Mon	Beefburger	\$6.00
	Bean/Chicken burrito	\$5.50/6.00
Tues	Nachos vegetarian	\$5.50
	Nachos meat	\$6.00
	Chicken satay & rice	\$6.00
Wed	Traveller Pie	\$4.00
Thurs	Curry of the day	\$7.00
	BLT (bacon, lettuce, tomato)	\$6.00
Fri	Nachos vegetarian	\$5.50
	Nachos meat	\$6.00
	Chicken sausage in a roll	\$3.50

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
Appletizer	\$2.50
Water 600ml	\$2.50
Up 'n' Go	\$3.00

Please check our white board for other daily specials including salad of the day, special stir fries etc. To avoid waiting and to get the best choices pre-order your lunch via Flexischools or before school or at recess. Bags are provided.

Volunteers are always welcome. Please call the canteen on 9939 7835 or download a form from our website





Setting up a Flexischools account

If you do not have a Flexischools account, simply go to www.flexischools.com.au or download the Flexischools App and click **Register**. You will be sent an email with further instructions on how to complete the registration.

You can activate a student card during the registration by entering your **Student Card Number** in the field as shown below.

Note: This is located below the barcode on your student card.

Desktop View

Settings

School name: NBSC Manly Campus, 138 Abbott RoadNo

Year Level: Year 7

Class: Year 7

First name: Test

Last name: Student

Student card number: 436712345

Give student their own login

Daily spend limit: Enter daily spend limit amount

Save

App View

amaysim 1:50 PM 56%

School

School name: NBSC Manly Campus, 138 Abbott_Ro

Year Level: Year 7

Class: Year 7

Personal

First name: Test

Last name: Student

Other

Student card number: Enter student card number

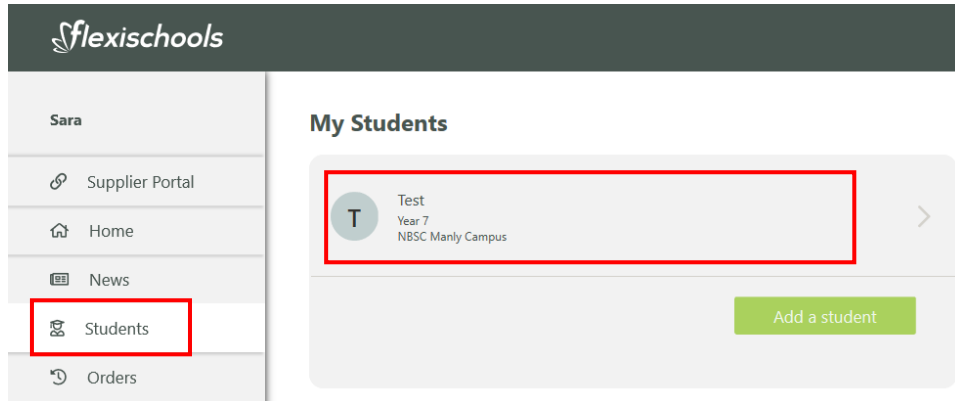
Give student their own login

Daily spend limit: Enter daily spend limit amount

Adding card payments to an existing Flexischools account

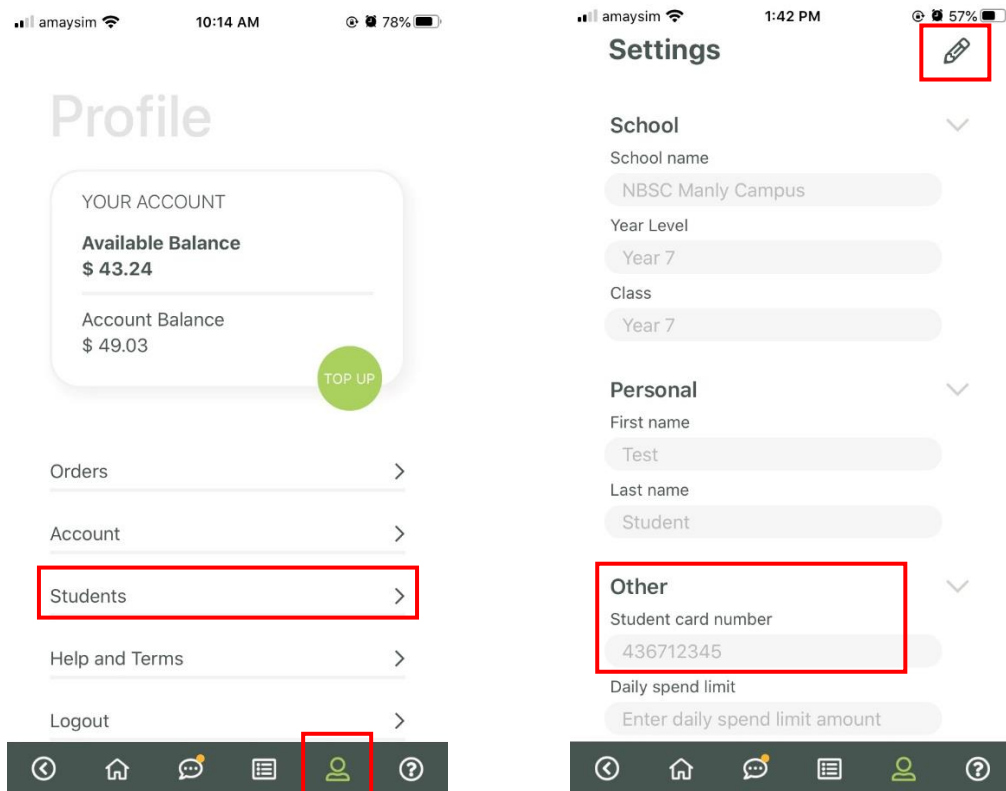
If you already have a Flexischools account, you can link a student card to your account by adding the card number to a student's details under 'Students' in your Flexischools account.

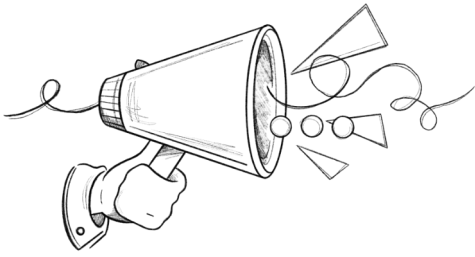
Desktop View



App View

If you are using the Flexischools App, click on the "profile" button at the bottom right and then click on "Students". Click on the student you wish to edit and press the edit pencil at the top right.





Invest in your child's speaking skills and confidence.

Manly Selective: Social Debating Programme

What will be taught?

Debating and public speaking are great catalysts for learning invaluable communication skills.

Although not all students will go on to compete in debating and speaking competitions, all students will need to actively listen to information presented to them, think critically and with purpose, and communicate effectively throughout their lives.

Through the practice of debating and public speaking, students will learn persuasive language, critical thinking and logical thinking skills, while gaining a deeper understanding of key knowledge areas, such as health, economics, history, law, politics and current affairs.

We teach these key life-skills through activities, teamwork, discussions and participation in classroom debates.

Year Groups: 7, 8, 9 & 10

Day: Monday or Tuesday

Time: 8:00am - 9:00am

Location: School Campus

Cost: \$189 per term

Term Length: 7 weeks

Starting: Week 3, Term 2



Enrol Now:

enrol.mastersacademy.com.au





Lifeline Saving Lives

Crisis Support. Suicide Prevention.

GIANT BOOK FAIR

Brookvale

St Augustine's College
Federal Parade

April 15-18

Thursday 11-6, Friday 9-6,
Saturday 9-5, Sunday 9-3

Rotary  Club of Manly

REGISTER NOW!



**START THE NEW YEAR WITH A FUN CHALLENGE
& RAISE FUNDS TO SUPPORT LOCAL CHARITIES!
4KM TRIVIA TRAIL WITH CLUES HIDDEN AROUND MANLY**

2-6 JANUARY 2021



Grab your family or friends & start hunting for clues to lead you around a scenic & historic adventure around Manly for a fun charity event! Use your smart phone to find find over 25 clues via QR code over a 4km walking trail around Manly. Do it with prams and grans, on foot, on scooters, on bikes and trikes. Family friendly, no stairs, easily accessible for all, Covid Safe & endorsed by Northern Beaches Council

BY DONATION FROM \$20 REGISTER QR CODE

REGISTRATION NOW OPEN: **WWW.ROTARYCLUBOFMANLY.ORG/TRIVIA-TRAIL**