



NBSC Manly Campus

The Pines Newsletter

*Academic Excellence * Personal Best * Giving Back to the Community*

Principal: Ms Kathy O'Sullivan | Deputy Principals: Ms Marisa Carolan and Mr Alex Newcomb

16 December 2022

Principal's Report

Congratulation G22

Congratulations to our 2022 Year 12 students on their excellent achievements in the HSC examinations. Their individual and collective results were once again a result of the consistent effort and commitment of students, teachers, parents and the peer group.

Congratulations to place getters:

- Andrew de Montfort 4th in Ancient History
- Yindi Schiphof 5th in Earth and Environmental Science, 7th in Society and Culture
- Logan Campbell 5th in Engineering
- Zan Lee Sormaz 6th in Engineering
- David Tulk 7th in Engineering
- Maxime Schrader 3rd in German Continuers (studied at Mackellar Girls Campus)
- Jasper Vajdic 18th in PDHPE

Special congratulations to our NBSC Manly Campus All-Rounders:

Logan Campbell, Bennett Chan, Mia Christiansson, Andrew de Montfort, Max De Vries, Tara Harvey, Rebecca Hoffman, Daniel Huang, Michael Joyce, Jay Lakhana, Kenneth Lamb, Matthew Lim, Daniel Martin, Bezi Saunders, Zan Lee Sormaz, Jasper Straetemans, Kanan-Hannah Toyoda, David Tulk, Jasper Vajdic, Olivia Watts and Jerry Yan.

On Thursday morning, we had the opportunity to celebrate HSC successes with many of our students at the morning tea in the library. It was a joy to hear how many of them have achieved the ATAR required for their preferred University course and we wish them all the best for their future endeavours as they *'pass on what they have received'* to make a positive difference in society.

Congratulations

Presentation Day

The successes and achievements of our 2022 prize winners from Year 7 to 11 were celebrated on Monday at school. These ceremonies provided an opportunity for the school community to recognise student' achievements over the course of the year. Many thanks to Ms Monteleone who compiled the awards, program and prizes and to Ms Herft for organising all the speakers and performers.

The 2021 Dux, Proxime Accessit and Kim Berendes Scholarship recipient, were awarded during the Year 11 award ceremony.

Dux - Andre Mitchell

Proxime Accessit - Amelie Grattan

Kim Berendes Scholarship recipient - Stephanie Evans

Uniform

The summer break is the best time to ensure that all students have the correct uniform ready to start the new year. Shoes should be black enclosed leather or vinyl (NOT canvas or sports style except on Wednesdays) and school shorts or pants should be grey (except on Wednesdays when sports uniform can be worn by students in Year 7-10). A reminder that the Back to School NSW Vouchers provides 3 x \$50 vouchers, totalling \$150 for each eligible student. The vouchers can be used towards the cost of school uniforms and shoes. Thank you in anticipation for your assistance in ensuring our students show their respect for our school through wearing the correct school uniform.

Digital behaviours

This year, in partnership with the P&C we engaged Dr Kristy Goodwin, one of Australia's leading digital wellbeing researchers to support our students, families and staff to pinpoint the digital habits that are helpful and serving students and some of the digital behaviours and practices that may need to be adjusted and/or rectified to optimise students' physical health, mental wellbeing and/or focus. We will continue this partnership with Dr Kristy Goodwin

in 2023, with all Year 7 students participating in a workshop in the first week of high school. Year 8 students will also have a follow up session with Dr Kristy Goodwin on Wednesday 1 February. A parent/caregiver's session will be held on Wednesday 22 February for all year groups. We will continue to review and monitor the use of technology in 2023 and work with our community to ensure digital behaviours (not just mobile phone use) and practices optimise students' physical health, mental wellbeing, and focus.

Building works

While the students and staff are on holidays, there will be a lot of activity happening at school to improve the physical environment of the school. Work will be continuing on the gymnasium, due to be completed early March. The sewage upgrade will be completed ready for the toilet upgrade that is scheduled to start in March. The road between the courts and the library will be resurfaced and new lockers will be installed in the HSIE / Language corridor.

College Appreciation Awards

On Thursday we recognised members of our staff and community members who have made a significant contribution to the students of our campus, through the Northern Beaches Secondary College, Staff and Community Appreciation Awards. Recipients from our campus included: Jenny Bowden, Rob Harris, Vicki Maggs, Lissa Woolven, Richard Crooks and Brendan Young (pictured below left to right, with NBSC College Principal Mr Dane Ropa (left), as well as parents Catherine Yetts and Mel Corner. I had the pleasure of reading the citations in front of all staff members detailing each person's significant contributions to our school and students, for which we are most appreciative.



Citations for Catherine and Mel who were unable to be at the appreciation ceremony;

Catherine Yetts has been the Canteen Coordinator and a valued member of the P&C for the past 5 years. Under her thoughtful and collaborative leadership the Canteen enhanced the menu to obtain healthy

canteen certification, streamlined the volunteering process, and implemented new electronic ordering and payment methods. During Covid-19 her tireless work ensured the ongoing viability of the canteen by helping coordinate staff and obtain government financial assistance to ensure the canteen would be operational once restrictions were lifted. Regularly going above and beyond, Catherine has left the canteen in a superior position to when she joined.

Mel Corner has demonstrated outstanding leadership as President of the Manly Band Program over the past 5 years. She coordinates a program of 10+ award winning ensembles that involved 25% of students at Manly. During Covid, Mel was instrumental and demonstrated exceptional leadership to keep the band program viable. She ensured the students and conductors were kept as busy and engaged through virtual, staggered and compartmentalised rehearsals. The Manly band program continued to thrive when many other band programs stopped. Mel is the glue that holds the whole jigsaw puzzle that is the Manly band program together.

Farewell

Farewell and thank you to our members of staff who will not be returning in 2023. Two of our Head Teachers are retiring this year. Mr Rob Harris, Head Teacher Mathematics who has worked at Manly Campus for 23.5 years and Ms Vicki Maggs, Head Teacher Science who has been Head Teacher for 20.5 years and has worked 47 years in Public Education. Ms Mast (Science) and Ms Farrow will be taking next year off and we are looking forward to them both returning to Manly in the future. We also wish Ms Prideaux-Remin (Visual Arts and Wellbeing team), Ms Collins (Music), Ms Deshwell (Science), Ms Abidin (TAS), Ms Laskaris (HSIE) and Ms Musik (School Counsellor) all the best and sincerely thank them for everything they have contributed to making our school so wonderful.

2023 Return to school dates

Year 7, 11, 12 and students new to the school, along with Peer Support Leaders, will start back on Tuesday 31 January 2023.

Followed by all students back at school on Wednesday 1 February 2023.

A note that school photos will take place on Friday 17 February, please see the flyer at the end of the newsletter for more details.

Thank you

I would like to take this opportunity to thank every member of staff for their exceptional dedication and every member of our community for your incredible support. I will be taking leave for the first week of Term 1, 2023. During this time, Ms Carolan will be Relieving Principal and Ms Farrow will be Relieving Deputy Principal (Year 8, 10 and 12).



I wish you a Merry Christmas and holiday season, may you be safe, healthy and have a wonderful time over the summer.

Kathy O'Sullivan
Principal

Year Adviser End of Term Reports

Year 7 Report

At the start of the year a group of young, shy and nervous students walked into Manly as G27, and four terms later these students have transformed into confident, outgoing and generous young adults. It has been a pleasure to help G27 flourish in their high school life, trying new things, taking risks and achieving their personal best.

This year has seen a lot, from Year 7 camp, musical, SRC events, wellbeing activities and achievements within the classroom. Term 4 saw students partake in the swim program, enjoying the beautiful weather at Manly and Dee Why beach, a few of our wonderful dancers represented Manly in the School Spectacular and we had a visitor from the Youth Police Liaison to speak to the students. The end of the year is filled with excitement as the students have Christmas, a Christmas event run by the SRC and activity day at Luna Park.



It is with great sadness that I will be leaving Manly next year but I know that Miss Woodward, who will be taking on G27 as their Year Adviser, will find a group of amazing young people who will thrive during the rest of their years at Manly. I wish everyone a safe and happy summer break and good luck in Year 8.

Ms Lana Prideaux-Remin
Year 7 Adviser

Year 8 Report

It can be easy to forget just how challenging G26's start to High School has been, but they have settled into their studies and have become fully engaged with school life in a variety of clubs, sporting activities, and the creative arts. In the last year they have navigated online learning and the return to the classroom, Covid disruptions, compulsory social distancing, RAT testing, cancellations of excursions and events and general disruption to their lives... and they have done it with resilience and style.

We had thirty students from Year 8 participate in the *Write a Book in a Day* charity event and raised \$1205 for the Kids Cancer Project, which is phenomenal. They have undergone VALID testing and Check-in Assessments, attended a lecture with the local Youth Police Liaison Officer and learned about their rights and responsibilities as young people. Language students impressed staff with their culinary skills, several students have represented the school in debating, and a huge number of the cohort attended the Band Tour in Week 9 and found it a worthwhile and enriching experience.



The end of the year finished with our highly anticipated activity day at Luna Park, a wonderful way to get the holiday spirit started.

I would like to wish all of G26 and their families a safe and happy Christmas and we look forward to seeing you fresh, and no doubt taller, next year.

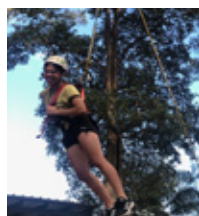
Ms Lindsay
Year 8 Adviser

Year 9 Report

A huge term for G25! Peer Support Leaders had their training session, where they were able to contribute to the content being provided in the 2023 program. The leaders got to meet G28 at their Orientation Day and will see them again, the day before the rest of the school arrives, on 31 January for their first two peer support sessions. Each Peer Support Leader needs to have arrived at the hall by 9:30am and will be dismissed by 3:10pm.

It was wonderful to see so many excited students on camp where challenges were met and new friendships formed. Whether it was trying the Power Fan for the first time, or figuring out how to get their team members across platforms, in order not to end up in the mud, G25 gave it their all during their final camp at Manly Campus.

A few students who were away at the previous presentation were able to receive their Year Adviser awards and we also had students achieve excellent results in the Premiers Reading Challenge. I would like to acknowledge every student that has worked to their best of their ability, this term as well as throughout the year, whether it was undertaking Duke of Ed, signing up to be a Peer Leader, demonstrating set goals in particular subjects, and more; the list goes on.



The activity day held today is a chance for students to be with their friends and have some fun on the last day of school. I wish all G25 families a safe and happy Holiday.

Ms Herft
Year 9 Adviser

Year 10 Report

As the year rapidly comes to a close, I would like to congratulate all Year 10 on their efforts and successes during the year. They have established a positive reputation within the school as role models for the juniors. Their energy and enthusiasm is impressive as well as the way they have bonded together to form a coherent group.

Congratulations must also go out to all those students who have had individual success during the year. This extends from the Year 10 students who achieved Principal's Awards, to those who have been successful in various sporting competitions or had a role in the school musical, to individual success in several academic competitions. Well done all!

Term 4 has been very full with several activities or events happening outside the classroom. The praise and commendations from work place managers were consistent across all of G24 as they participated in the work experience programme. Year 10 also had the opportunity to showcase their Individual Learning Projects, which was reflective of the creative and innovative strengths in this cohort. The entrepreneurial skills of G24 Commerce students left many in awe as they successfully planned and managed their Market Day stalls.

The students have also actively participating in whole school activities with great zeal. Their efforts were impressive and they are to be congratulated for their positivity during ChrisManly celebrations

I would like to thank the 2022 SRC members, Liam Lehane, Sophia Roque, Esther Schroeter, Sam Daykin, Tom Woods and Lachlan Swinton for their efforts during the year in helping make the year a success for all.

To all of G24, enjoy your holidays, take time to relax and I'll see you all next year.

Ms Chandra
Year 10 Adviser

Year 11 Report

And that's a wrap for 2022. What an amazing first term of Year 12. It started with the distribution of the now constantly worn jerseys, with many funny and interesting nick-names on the back. Year 12 (as they are now known) received their Year 11 exam results back and this was the decider for some as to whether they would continue on with some subjects, and for others it was a time to reflect on the 3 previous terms and look toward the next 4 as HSC subjects. They began almost immediately with the HSC course work and understood the importance of what they are about to undertake.

Ms Carolan ran the cohort through the every aspect of HSC requirements, rules and regulations, so that it was crystal clear what they were required to do. This included several sessions on illness and misadventure, so they understood their rights in case something went wrong.

We then had the GPs in Schools come to visit, a successful day where students were able to ask questions in a safe and informed space of Doctors who answered honestly and openly.

ChrisManly was an event run by the SRC whereby many G23 got into the Christmas spirit and partook in all the activities of the day.

I would like to wish you all a safe and happy break. Remember to take some time for yourselves and not to do too much study. You can leave that side of things to 2023. Our Year! Who are we? G23!

Mr Goykovic
Year 11 Adviser

Staff Spotlight

SRC Interview with 3 of our teachers who are leaving Manly Campus

Mr Harris

Mr Harris, on behalf of the SRC, we're incredibly sad to see you leave from teaching at our school and into your well-deserved retirement, and would like to take this chance to possibly ask you some short questions regarding yourself, your time at Manly Campus, and your teaching legacy.



How many years did you teach?

23.5 years at Manly and 3 years in Queensland.

What was your favourite part about Manly Campus?

Easy answer, with rare exceptions, it is the student population, the students here are smart, capable and fun, which makes the job so much more enjoyable.

What was your favourite part of maths to teach?

Extension 2 was always the most interesting, but I did enjoy making people answers "Algebra Pizza" quiz pages which had excellent dad jokes as the answers.

What school did you attend?

North Rockhampton State High School in Queensland with 1400 students.

Did you participate in any extracurricular activities?

I did enjoy going on school trips to other countries. I have managed to visit 9 countries during my time here at Manly and they were fantastic trips. For me, as my knees now hurt too much, I go paddling on a surf ski as well as being a member of a dragon boat club.

What is your proudest moment in school?

Receiving emails from past students saying what they are doing and/or hearing that they have received awards for their studies - that is the best.

What was your best memory at Manly?

Hard to say, some of the best would be the class parties at the end of the year, when everyone is a bit relaxed. Also giving my Year Adviser speech for G2011.

What was your funniest experience/memory at Manly?

I always enjoy it when someone gets my jokes, it's hard to pin down any one example.

What subjects did you teach?

For the last 15 years, only Mathematics. Before that I taught Mathematics, Biology, Junior Science and very briefly at the start, Chemistry.

What do you plan on doing after your retirement?

Relax, not get up early for Period 0 Extension classes, go swimming / paddling, coffee at the beach and maybe some travel, but easy travel - no carrying back packs.

Any advice for a young teacher?

The first few years will be difficult but don't stress. Give yourself time to do other things. Not every lesson has to be the greatest and things will go wrong, it's not the end of the world.

Ms Maggs

Ms Maggs, on behalf of the SRC, we're incredibly sad to see you leave from teaching at our school and into your well-deserved retirement, and would like to take this chance to possibly ask you some short questions regarding yourself, your time at Manly Campus, and your teaching legacy.



How many years did you teach?

47 years in total and 20.5 years at manly. My previous schools were, Hunters Hill High School, Sydney Girls' High School, Cromer Hill High School and Manly High School.

What was your favourite part about Manly Campus?

The students' intelligence, wit and eagerness to learn.

What was your favourite part of Science to teach?
Biology, just like David Attenborough (I wish!)

What school did you attend?

North Curl Curl Primary and then Manly Girls' High School.

Did you participate in any extracurricular activities?

Always; the netball team, softball team and school choir.

What is your proudest moment in school?

Coming first in Science in Year 12, (this consisted of Physics, Chemistry, Biology and Geology)

What was your best memory at Manly?

Laughing and having fun in class.

What was your funniest experience/memory?

At the zoo during Spring and it seemed like every animal was feeling romantic.

What subjects did you teach?

Science (Year 7-10), Chemistry and Biology

What do you plan on doing after your retirement?

Travelling; Iceland, Galapagos Island, Antarctica and South America.

Any advice for a young teacher?

Make every day interesting for both you and your students, and stay positive.

Ms Prideaux-Remin

Ms Remin, on behalf of the SRC, we're incredibly sad to see you leave from teaching at our school and wish you luck at your new school. We would like to take this chance to possibly ask you some short questions regarding yourself and your time at Manly Campus.



What was your first impression of Manly and has it changed?

I was very nervous to start at Manly, it was only the second school I had ever taught at since graduating and I was honestly a bit intimidated thinking what type of students and staff might be there. It has been such a wonderful experience getting to know the staff and students in the Manly community, everyone has been so welcoming and I have loved it here.

What had been your favourite moment teaching at Manly?

I think organising the trip to Bundanon Art Camp with my Year 9 class, this year was definitely a highlight. I had so much fun doing the workshops with my class and seeing the amazing works they created. The staff there even said that this was the best Year 9 group they'd ever had which made me very proud.

How has being a Year Adviser been?

I have loved being part of the Wellbeing team so much this year as the Year 7 Adviser, it has been enormously rewarding to see Year 7 grow from shy little students, barely talking in their first week to becoming such confident, outgoing and energetic almost Year 8s. Guiding them through this process this year has truly been another highlight for me.

Any messages for Art club?

You have all made my time at Manly so wonderful with your creativity and positivity, I will miss you all so much but I know Ella and Bella will do a wonderful job taking over from me.

What will you miss the most?

I will miss the students the most, from my wonderful elective classes, to inspiring the juniors to pick my subjects, to simply saying hi in the corridor and playground, the students have been the best part of my career at Manly and I will miss you all so much.

Chrismanly

Last Monday, 5 December, the SRC once again rocked Manly's grounds with the annual Chrismanly. In an epic combination of Christmas and Manly Campus, the students and staff launched celebrations in the most appropriate way possible; a day dedicated to cheer.



The SRC Crew at Chrismanly

To raise levels of festivity, the SRC conducted a competition between faculties to see which could decorate their staff room best. The PE faculty took the win home, impressing the school community with enough decorations to beat my local Coles.



The atmosphere on the day was truly an Australian dream. Sanga sizzled on the BBQ under the sun, manned by SRC members, who effectively managed to serve a mean sausage sandwich. Santa sat on a couch nearby and provided a great opportunity for a photo shoot. Jelly, Zooper Doopers and baked goods were also up for grabs. Not only this, but there were also live performances on the day from some incredibly talented students and staff members, who sealed the deal and made the vibes perfect.



The SRC's planning and effort was highly appreciated and reflected with the whole school showing off their Christmas spirit in red, white and green clothes. As a whole the event saw over \$1300 going towards OxFam charity, who is a non-for-profit organisation focused on the alleviation of global poverty. Working in over twenty different international nations, OxFam aims to eliminate poverty by tackling inequality. They believe that all lives are equal and poverty is preventable.

This highly successful event was not only an awesome day for Manly Campus students, but also will positively impact many other's lives through this charity. Chrismanly set the perfect mood for the end of term and beginning of the summer holidays, and raised the excitement levels for Christmas.

Robotics

3MB school robotics team

A small team of dedicated Year 12 students (Annie-Ming, Kai and Lucas), led the inaugural 3MB school robotics team during the 2021 competition under difficult COVID conditions. The team in 2022 welcomed many new members from Year 7 to Year 11.

On Sunday 27 November, the Year 12 students led our school team in the regional First Tech Challenge (FTC) at Pymble Ladies College. On the day of the competition Ruben, Jenny Ming, William, Henry and James worked diligently throughout the day competing with enthusiasm in qualification event and even winning some games to reach the semi-finals and placed 11th overall.

As a team they learnt a lot about cooperation, communication, team engagement and team spirit and are looking to step up to lead the school team throughout the 2023 season.



Top to bottom; compliance check, field checking and presentation before the judges.

To increase the competitiveness of our team and close the gap on the competition leaders, the team will be seeking support and sponsorship from our local community. If you would like to contribute your engineering /electronics expertise or provide financial support, please contact the Manly Campus TAS faculty.

Dr Drew and Mr Forsyth
TAS Faculty

VEX IQ Competition

The VEX IQ Competition, presented by the Robotics Education & Competition Foundation, provides elementary and middle school students with exciting, open-ended robotics and research project challenges that enhance their science, technology, engineering, and mathematics (STEM) skills through hands-on, student-centered learning. This competition fosters student development of the teamwork, critical thinking, project management, and communication skills required to prepare them to become the next generation of innovators and problem solvers.

After ranking #1 in the middle school range of our VIQC regionals competition earning us the excellence award and an invitation to VIQC nationals. On 3 - 4 December we participated in our nationals competition at Sydney Olympic Park. During the competition we achieved a judges award, 2nd place in robot skills and a shared #1 placing in the teamwork tournament with our alliance partner earning us a banner, 2 trophies and an invitation to participate in VIQC Worlds in the USA.



Marcus Bai
Year 7

NSW Constitution Convention

Congratulations to Aidan Hogan who represented NBSC Manly Campus at the NSW Schools Constitution Convention last month. As usual, there were a very high calibre of nominations and we are immensely proud of Aidan's success in representing the school. All nominated students had to write an Expression of Interest, including a one-page



response to the question:

The appointment, removal and accountability of Ministers is based as much on convention as law. How can we ensure that Ministers are truly accountable to Parliament and the people, and should we move away from convention to strict legal requirements?

Ms Rebecca Stuart
HSIE Teacher

On Tuesday 29 November, I attended a constitutional convention at NSW parliament house which aimed to promote discussion and understanding of the Australian constitution. A Keynote address was given by Professor Anne Twomey, an Australian lawyer specialising in constitutional law and the director of the constitutional law reform unit, to outline information about the constitution. After splitting into smaller groups numbering about 14, a discussion was then held amongst the students centred around ministerial accountability and whether or not it should be described in the constitution. The students collaborated and debated constructive ideas which were presented to the other students, after which, a referendum was held regarding whether the role, appointment and removal of ministers/ the prime minister should be fully described in the constitution. The students cast a vote and thus, ended a day where students were able to demonstrate their legal skills in full. I found the convention thoroughly enjoyable, particularly as it strengthened and consolidated my knowledge of the Australian constitution.

Aidan Hogan
Year 12 2023 Legal Studies

Games Initiative

This term saw the launch of Manly Campus 'Tech Free Thursday', where students at our school are encouraged to get off their devices and make meaningful connections in person.

To coincide with Tech Free Thursday the SRC kicked off our 'Games Initiative' where students play a friendly round of giant Dominos, have a flick at Pick-Up-Sticks, challenge each other in giant Jenga, and face off in a healthy duel of giant Connect-Four. The games are in the quad for the students



of our school to use at both recess and lunch, each Thursday. They were a massive hit with people from every grade coming with their friends to play and have fun with the mega sized boardgames.

If you are looking for a way to beat your mates in friendly offline competition or just looking for something to do, come to the Games Initiative in the quad on Tech Free Thursdays. This event will continue to happen in 2023.

Mia Haroutonian
Year 7

Languages News



Linguafest 2022

This year our school entered its Year 9 and 10 French and Japanese classes into the *NSW Modern Language Teachers Association's Linguafest Short Film Competition*. This year's theme was generosity and the signature item was a musical instrument.

Our group made a 2-minute film titled 'Le Milliardaire le Plus Egoïste' or 'The Most Selfish Billionaire'. All the films from our college were shown at a Filmfest screening at Freshwater Campus. There were films in French, Spanish, Japanese and German.

Ultimately, our group's film was nominated for the final round of judging after which we won Best Comedy and a trophy for the People's Choice.



Andrius Alcazar, Kaelan Carlos, Jeremy Lee, Carys Turvey, Hannah Hawkeswood
(Year 10)

French and Japanese Food Incursions

As we all know, food is an integral part of language and culture, so we decided to end the year with a little cultural and culinary incursion.

The French food incursion was one of the Year 10

French classes favourite activities throughout the year. We got to try some authentic French crêpes with different toppings such as the classic citron-sucré (lemon + sugar) typically enjoyed by many French people. As well as the crêpes, we also had



the opportunity to enjoy a wondrous drink called Orangina which is made from grapefruit, mandarin, orange, lemon and orange pulp. It is famous for being one of the most natural soft drinks in the world. C'était délicieux et rafraîchissant! (it was delicious and refreshing!)

Noah Evans
Year 10

The Japanese classes also enjoyed a delicious and novel drink called Ramune as well as learning how to make onigiri or Japanese rice ball. A culturally rich and delicious experience!



As we approach the festive season, we would like to take this opportunity to wish you all - "Joyeux Noël, bonnes vacances et bonne année" "Merry Christmas, have a good holiday and happy New Year!"



Bûche de Noël - A traditional French Christmas cake in the form of a chocolate log.

akemashite omedetou gozaimasu
あけましておめでとうございます!

Wishing everyone a happy and healthy new year!

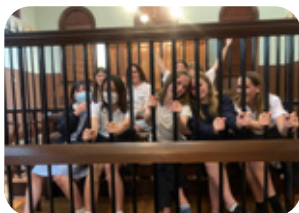
Commerce

Year 9 Commerce 'Civic Day Out'

This term Year 9 Commerce were finally able to obtain access to NSW Parliament House.

Three Year 9 Commerce classes enjoyed a whole day of civic engagement. Students were introduced to our bicameral system of parliament and role played the passage of legislation through both the lower and upper houses. The controversial topic was about whether or not the drinking age should be raised.

Following the visit to parliament, students enjoyed another role play at the Police and Justice Museum. Students were able to investigate cases such as the Pyjama Girl, and then experience the decision-making skills required by judicial officers. Whilst a number of students were horrified at becoming prisoners for the role play, they all enjoyed the opportunity to learn outside of the classroom.



Enrichment opportunities provide important socio-emotional skill development for our students and authentic real-world learning experiences help to prepare them for life after school.

Rebecca Stuart
HSIE Teacher

Congratulations

- Congratulations to Logan Campbell who was awarded a New South Wales Combined High Schools Sporting Association (NSWCHSSA) State Blue in the sport of Cross Country.



- Congratulations to all students who received Duke of Edinburgh Awards this year. Some students were presented their certificates at an assembly last week.



Second Hand Uniform Shop

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

Next Open
Thursday 16 February
Tuesday 7 March

Orders may also be requested online at:

manly2ndhanduniforms@gmail.com

The second hand uniform shop is run by parent volunteers and relies on your generous donations. Donations of washed, good quality uniforms are much appreciated and can be left at the school office. 100% of proceeds go to the P&C for projects to benefit students.



Band News

Goodbye 2022 & Happy Holidays

What a busy last few weeks of term we have had, with performances galore and two hugely successful band tours. It has been such a joy to be able to finally complete a full band program, and we hope the students have enjoyed themselves. We look forward to welcoming everyone back to a full program next year!

Jazz Night Out, Dee Why RSL

This was a true showcase event, with all the jazz bands playing to a very high standard and the bonus of professional musician Nic Jeffries performing with them. Many thanks to Jen Moran and Fotini Harvey for all their hard work organising this evening – a thoroughly enjoyable evening was had by all.



Band Tours

Two different tours were completed over the last couple of weeks. The Year 7 and 8 Junior Band Tour visited Port Macquarie, while the Year 9 and 10 Intermediate Band Tour headed south to Bateman's Bay. Each band enjoyed performing at several primary schools, with very positive feedback from our students and the schools. They also had the opportunity to take part in fun activities such as Mogo Zoo, bowling and the movies. Thank you to those involved in making these tours a reality for our students – for those in Years 7 - 9 it will have been the first time they have ever been on tour. To quote some of our Intermediate Band members:

'Everybody should go on a band tour! It is so much fun, and the regional schools we play at really love it. The talent show is hilarious!'

'It was really interesting visiting the different schools. There was even one so small they'd never had a music program! That was a good performance. I'm looking forward to next year's tour already'

I think that says it all!

Big Band Bash

What a wonderful way to end the year this was. The atmosphere was relaxed as we settled down to performances from all our Concert Bands, String Orchestras and Jazz bands, with some festive cheer sprinkled into the repertoire. Even the weather co-operated! Thank you to everyone who helped to organise this event to take us into the Christmas holidays.



2023

The calendar for next year has been approved and we have lots of amazing opportunities planned for our band program.

Band placement meetings have been ongoing this week, with all current students catching up with the Conductors to talk about next year. Placement meetings for new students in 2023 will be organised for the start of Term 1 next year. A big thank you to Sharon Jewell for taking on the huge task of organising the timetable for these meetings at such a busy time of the year!

Anyone not currently involved in the band program who is interested simply needs to complete an Expression of Interest form and we will be in touch. Email loustruthers@gmail.com for further information.

All Band Members – Volunteering for Sun Run Fundraising

Sun Run 2023 – Saturday 4 February

A reminder about the Sun Run, which comes up very quickly at the start of Term 1. This event is local to Manly Campus, with competitors running from Dee Why through Curl Curl and Freshwater to Manly. This is a chance to be part of a great community



event and fundraiser for Band – please consider volunteering at the water stations on the day.

Email susie.halverson@bigpond.com if you can help.

Finally, some farewells...

Our first farewell is to our wonderful Year 12 band members. Thank you for being part of Band, for persevering during a tough couple of years, and for the leadership, skill and enthusiasm you have given to the program. We wish you all the best as you move forward to new adventures.

We are also very sad to say goodbye to three of our Conductors – Mark (Wind), Liz (Chamber) and Kathryn (Strings). We have been so fortunate to have had you as part of our band program, through good times and hard times. Your leadership, energy, drive and commitment has allowed our students to experience so many fantastic performance opportunities. We thank you, we will miss you, and we wish you good fortune and all the very best in your future endeavours.

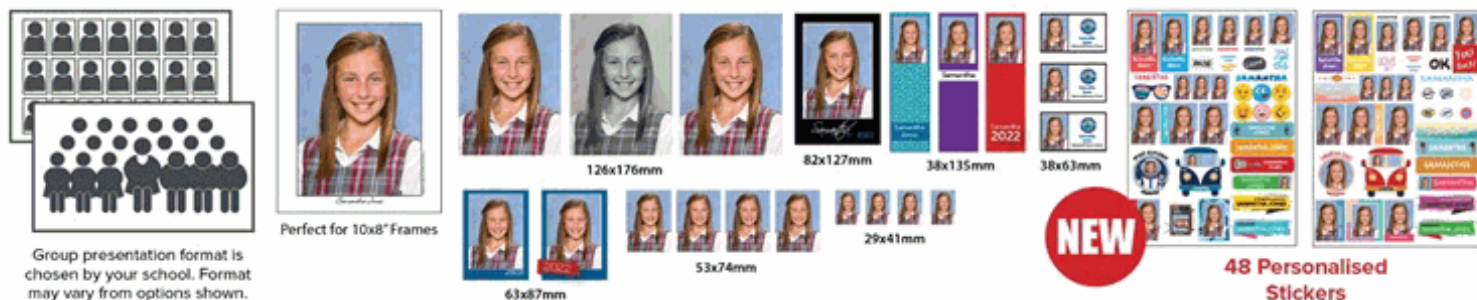


Finally, we say goodbye to Mel, our Band President for the last 6 years. Thank you so much for all the time and commitment you have put into this role. You are leaving very big shoes to fill, but you certainly deserve a rest. Thank you and best wishes from us all.



*Wishing
everyone a
very Merry
Christmas
and a safe
and restful
holiday!*

School photographs on Friday 17/2/2023



Please note: Traditional, Composite or High-Resolution Virtual Group format is chosen by your school. Sibling photos, if available, can also be ordered online and must be ordered prior to your photo day. A late fee will apply for photos purchased after ordering has closed.

how to order

order online

Online payment options include Visa, Mastercard and PayPal. Alternatively, you can choose to pay over 10 weeks using LatitudePay.

STEP 1

Go to www.advancedlife.com.au on your computer, phone or tablet.

STEP 2

Enter your school code:

KLN C7G JBL

in the 'order and download' box.

This will take you to your school's secure online ordering site.



STEP 3

Click on 'Order Photos' and complete your details and procedures. During this process you can place orders for additional children at your school and sibling photos, if available



cash/envelope ordering

Your school prefers orders to be placed online. However, if you are unable to order online, please complete your order using the order envelope provided.

STEP 1

Complete a separate order envelope for each individual child's package/s ordered. If ordering for more than one child, payment should be enclosed in the envelope of the eldest child and this should be indicated on the envelope of the other child/children (the envelope that does not have cash enclosed).

STEP 2

Enclose exact cash payment in one envelope for the package/s you are ordering. Payment for more than one child should be in the eldest child's envelope and marked at the bottom of the envelope in the space provided.

STEP 3

Return your completed envelope/s, with correct cash payment, to our photographers on the day.

Please note: You must enclose exact correct payment, as change is not available. Credit card payments can only be made online and we no longer accept cheques. There is a separate envelope for sibling photo orders, should your school choose to offer sibling photos.

School photographs will be returned approximately 6 weeks after the day of photography.

Please note this delivery timeframe is dependant on proofing and additional photography days at your school.

IMPORTANT - "not for publication" students

If you have instructed your school that your child's image is "not for publication" (sometimes called "do not publish" or "not for media release" instructions), the school will ensure that your child is not presented to our photographers on photo day and school photographs will not be available for purchase. If you wish to change your instruction, then you must notify your school, so they change their records and identify your child as able to be photographed for school photography purposes. All students presented to our photographers by your school on photo day will be photographed, their images will appear in school photography packages with their fellow students and these packages will be available to purchase by all families.

Contact us: www.advancedlife.com.au/contact



supporting young people in school holidays: practical tips for parents and carers

headspace National are hosting education sessions for parents and carers across NSW who are supporting young people during school holidays.

These sessions aim to:

- Identify challenges and opportunities of the school holiday period
- Offer practical ideas for parents and carers
- Provide information about additional support services
- Highlight the importance of self-care

Where:

Online webinars.

When:

We will be offering this session multiple times around the school holiday period. Sessions will be held at 12 - 1pm AEDT or 6 - 7pm AEDT.

Session dates will be listed on Eventbrite.

How do I register?

Click the link to register for a session via Eventbrite: bit.ly/3UVKYQM, or copy the URL into your web browser. Alternatively you can scan the QR code:



After registering, you'll receive a confirmation email which will include the Zoom webinar link.

You will receive a digital information pack after the session that includes key messages and links to resources and support services.

Need more information?

Email us: programsupport@headspace.org.au.

Supporting your young person during the holidays



headspace
School Support

Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more veggies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.