



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

21 October 2022

Principal's Report

Bell Times

Students and staff have adjusted to the new bell times that were introduced this term. We will be introducing a 3-minute warning bell at the start of the day and the end of recess and lunch time. This will assist with movement from the playground to the classroom.

There are less than 30 students remaining at school on Tuesday and Thursday afternoons to catch the school bus. All students remaining at school have been asked to go to the learning centre for supervision. This is to ensure the safety of our students whilst on the school premises.

Year 12

The HSC exams are underway and again Year 12 continues to impress us with their resilience and determination. There is always anxiety in the lead up to the start of the HSC, but once students complete the first paper this seems to diminish a little and they establish a study and exam routine. Students are reminded to see Mr Newcomb or speak to the Presiding Officer if they have any questions or concerns regarding illness or misadventure procedures.

Year 12 Graduation will be held on Tuesday 8 November at Manly Campus, arrive 3pm for a 3:30pm start. Deputy Principal Mr Newcomb will be informing Year 12 Parents / Carers with details of the graduation ceremony very soon.

Drop off and Pick ups

At the end of Term 3 and early this term, I have witnessed parents / carers parking illegally in front of the school, using the bus bay as a drop off point and doing dangerous u-turns in front of the school, as well as students not using the pedestrian crossings on Abbott Road. For the safety of our students and community, please ensure the road rules are followed at all times.

Important dates for the final weeks of Term 4

Year 7 – 11 Presentation Day

We look forward to having parents and carers attend Presentation Day on Tuesday 13 December in the school hall.

Year 11: 9:30am – 10:30am

Year 9 and 10: 11:00am – 12:30pm

Year 7 and 8: 1:00pm – 2:30pm

Parents / Carers of students receiving awards will be advised closer to Presentation.

Last day of school for students

There has been a change to the last day of school. Students will now finish school on Friday 16 December 2022. This is due to an additional School Development Day announced for staff across NSW public schools. This has been scheduled to allow our staff to participate in professional learning that was put on hold due to COVID-19 staffing pressures and plan ahead for 2023 to ensure we meet the needs of our students. With this change, we ask that you arrange alternate care for your child on Monday 19 December.

Last day of school for staff

Our staff will engage in twilight learning professional learning sessions this term in lieu of attending School Development Day on Tuesday 20 December. This means that the last day of the school year for staff is Monday 19 December 2022.

Kathy O'Sullivan
Principal

The Learning Hub

The Learning Hub at Manly Campus is now open for business. The Wellbeing and Student Engagement Team have been working towards creating this physical and virtual space in the Library that supports and enhances student's wellbeing and academic growth and foster a visible culture of support seeking for both academic and wellbeing challenges.

With generous support from the P&C, and a herculean effort by our wonderful GA Nick Karandonis in organising all the various trades, we were able to have two rooms built in the library in the Term 3 holidays – The Wellbeing Space and The Learning Hub room. The Learning Hub is for everyone at Manly Campus, and has particular focus upon meeting the following needs in our school community:-

- Twice Exceptional students - additional needs of our HPG students - ASD, ADHD, Anxiety
- To establish a culture of seeking help as a positive and common experience
- To reflect university models of academia
- To create visibility for collaboration
- To further utilise the great space we have in the library
- To foster collegiality between middle leaders whose work often intersects
- To provide a dedicated space for staff collaboration
- To provide safe and private spaces for sensitive wellbeing needs
- Ultimately, to improve student learning outcomes and wellbeing



It's okay to ask for help. Your mental health matters

At school you can talk to:

- A trusted teacher or Year Advisor
- Your School Support Officer Ms Tie (Library)
- School Counsellor
- Your Deputy Principal



At home you can:

- Speak to a trusted adult/parent
- Call Beyond Blue on 1300 22 4636
- Call Kids Helpline on 1800 55 1800
- Call Suicide Call Back Service on 1300 659 467
- Check out Headspace online or call (03) 9027 0100 to find a centre near you.



If you are in need of immediate help call 000

The Wellbeing Space provides a safe, quiet place where students can access supervised space to engage in their self-regulation strategies in order to regroup and get back to learning. Our fabulous Student Support Officer Ms Tie can be found here. She has expertise and experience in encouraging students to use this space and time to implement research-based strategies to help them regulate and regain their sense of efficacy. The Wellbeing Space will also be used by our Wellbeing team to support students and run group sessions if necessary.



The Learning Hub room is where students go for Learning Advisor appointments and also acts as a drop in space where students can access helpful study tips and make appointments with a learning Advisor, if they would like some academic support regarding time management, organisation, motiva-

tion and post school goals. This room can also be used by teachers with individual students or small groups to bolster academic rigour.



The Careers office is also part of the Learning Hub with the amazing Ms Fee on hand to help students link their learning to future post school goals and careers.

Our innovative and creative **Librarian** Ms Black has not only created a physical space that is welcoming and stimulating for our students, she has also created the fantastic virtual component that is on our library website that directs students to the library, wellbeing and learning resources, and allows them to submit queries. Ms Black is working with all faculties in the school to source and update relevant sources that relate to units of work in all subjects and assessment tasks.

[Link to Manly Campus Library](#)

The team is looking forward to the Learning Hub becoming an integral part of helping our students to flourish and seek support and growth in their wellbeing and academic tools.

Fiona Brien
Student Engagement
Student Learning Adviser | HSIE

Mental Health Month and our new Wellbeing Space

October is Mental Health Month in New South Wales, Victoria, and the ACT. It is an opportunity to raise awareness around mental health and wellbeing. Mental health greatly impacts the Australian community with over two in five Australians experiencing mental illness at some point in their life. Importantly, the onset of mental illness is most commonly around the mid-to-late adolescence and Australian youth (aged 18-24 years old) have the highest prevalence of mental illness than any other age group.

Manly Campus is committed to developing our students' awareness of, and access to, pro-active mental health support. I am Ms Tie the School Support Officer and can be found in the new Wellbeing Space in the library. The Wellbeing Space is a space for students to actively engage in developing tools to enable them to self regulate, seek advice and support about school stress or worries. The space can also be used for students to speak with their Year Advisor, Head Teacher Wellbeing, mentors or other trusted teachers.

In line with October being Mental Health Month, I thought it would be appropriate to share some helpful resources. See below for some recommendations for both students and parents.

Helpful resources for students

[Headspace](#) - offers in-person, online and over the phone support for young people on a wide range of issues such as anxiety, depression, self harm, trauma, ADHD etc. They have centres all over NSW.

[BRAVE](#) - is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free, and provide ways for children and teenagers to better cope with their worries. There are also programs for parents.

Finch: Self Care Pet Widget - A phone based app that promotes self care through taking care of an online pet.

Niggle - Another phone based app that helps you track your wellbeing and get personalised information, videos, podcasts, quizzes and tips to help you tame your 'niggles'.

[Reach Out](#) - offers resources and information of various topics such as bullying, identity, study and friendship stress.

Self Help Numbers

Beyond Blue - 1300 22 4636.

Lifeline - 13 11 14

Suicide Call Back Service - 1300 659 467

Kids Helpline - 1800 55 1800

MensLine Australia -1300 78 99 78

Helpful Resources for Parents

Websites

The Butterfly Foundation - Help with Body Image and Disordered Eating

[Parenting Strategies](#)

Beyond Blue, Headspace, Lifeline and Kids Helpline - All have resources and information for parents

Books

Carr-Gregg M. When to really worry: Mental health problems in teenagers and what to do about them.
Dr Michael Carr-Gregg is one of Australia's most high-profile psychologists and an internationally recognised authority on teenage behaviour. The book offers practical advice and insight into teenage development and behaviours.

Parker G, Eysers K. Navigating Teenage Depression: A guide for parents and professionals, Crows Nest, NSW Australia: Allen and Unwin; 2009.

A book produced by The Black Dog Institute in Sydney that includes essays from young people describing their experiences of depression and information about treatment options.

Foa EB, Andrews LW. If your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents. New York, NY, USA: Oxford University Press; 2006.

This book offers a balance of clinical expertise on anxiety and practical strategies for balancing anxiety with school and social activities.

References

National Study of Mental Health and Wellbeing - Australian Bureau of Statistics

Mental Health First Aid Australia

The information above is not intended as a substitute for professional medical advice, diagnosis or treatment. Please seek medical professional help such as the GP (Doctor), if you have concerns about yourself or your child.

Sport Congratulations

- Oliver Franz (Year 10), in the U19 Men's National Floorball team, finished on top of their group at the World Championship qualification games held in the last school holidays, in Wellington, NZ & qualified for the World Championship. The team is heading to Denmark in April 2023.
- Charles Heaton-Armstrong (Year 10) who represented Australia at the Asia Pacific Kayak Cup in Japan during the holidays. He competed in 5 events and won 5 gold medals including the U16 K1 500m, and a silver medal at the championship.
- Cillian Mc Grath (Year 9) who represented NSW at the 15&U National State Water Polo Championships in Melbourne during the October break where NSW were awarded Silver. Cillian has since been selected for the Australian Cadets Water Polo Squad.



Year 9 Visual Design and Photography



At the end of Term 3, the Year 9 Visual Design and Photography class embarked on a journey, catching the very windy Manly Ferry to Circular Quay then another across to Cockatoo Island. Using the theme of 'City in Decay' as inspiration, the students began exploring the rust-stained and historical architecture of the island. With the unique built and natural features of the landscape, from the industrial landscape with eerie interiors and old shipbuilding machinery, to the docks precinct with gloomy tunnels and towering cranes and finally the convict precinct with heritage listed structures from the island's penal establishment, the students had a multitude of inspirations available to practice their photography skills.

They then ventured back to the MCA at Circular Quay to view the 'Ultra Unreal' exhibition, which explored fantastical worlds simulating more-than-human futures, evolving belief systems and fluid frameworks of being. This was a unique experience that inspired the student to think creatively about new technologies and ways of making art.

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
Tuesday 1 November
Thursday 17 November
8:15am-9am

Orders may also be requested
online at: [manly2ndhanduniforms@
gmail.com](mailto: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.*

P&C meeting

Wednesday 26 October
7pm in the Manly Campus Library
or via Zoom

[Register in advance](#)

Meeting ID: 664 9399 7034



Band News

Welcome to Term 4

Who would have thought we would already be on the run down to the end of the year? Time flies! We still have lots planned this term though – two tours, performances, Conductor catchups (previously known as auditions), not to mention the AGM.

Please note that Semester 2 fees have been sent out. Prompt payment would be much appreciated. If you haven't paid Semester 1 fees please can you do so. Any issues please get in touch at andyandmel@gmail.com

Jazz Orchestra, Jazz Combo and Big Band at Manly Jazz Festival

Over the holidays these bands played at Manly Jazz. We were honoured to be given three performance slots and the band members did a wonderful job of entertaining the crowd and representing Bands of Manly. It was a wonderful day and the sun made a timely appearance for us.



Chamber Orchestra and String Ensemble at String Soiree, Mosman Art Gallery

Friday 11 November, approx. 7pm

Details coming out soon. This beautiful event is the showcase night for these ensembles.

All Jazz Bands at Jazz Night Out, DY RSL

Saturday 19 November

Another amazing night out, jazz-lounge style with a professional performer to play along with, and teach, our jazz members.

All Year 9 and 10, Intermediate Band Tour, Batemans Bay

29 November – 2 December

Separate email coming soon. Tour will include music performances every day plus activities and "compulsory fun".

All Year 7 and 8, Junior Band Tour, Port Macquarie
6 – 9 December

Separate email coming soon. Tour will include music performances every day plus activities and “compulsory fun”.

Everyone – all band members and families.

Big Band Bash in the Quad

Tuesday 13 December, in the pm.

To finish off the year, our last event with all bands playing and some Christmas spirit. Come along and see how far they have come since our first BBB in May.

All Band Members - Conductor catch ups

held in Week 10

Previously known as “auditions” we are changing the format. Students will come for a chat with the Conductors and let them know hopes and plans for next year. They should prepare a piece and scales as before but we hope that after tour they will be well warmed up and relaxed – and then they won’t be having this conversation after a six-week holiday of no playing.

All Band Members – volunteering for Sun Run Fundraising

Sun Run 2023 – Saturday 4 February

It may be early to think about it, but as the event is only the weekend after school returns in 2023, we need to ask for volunteers for the Sun Run before the end of the year. It’s our chance to be part of a great community event and fundraise for Band. Come and volunteer.

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

All Families – can you help in some way for now or next year?

As you know, Manly Campus has an amazing, varied and quality band program. You may not know that pretty much EVERYTHING we do is coordinated by volunteers. Many hands make light work so please get involved.

Our AGM is on **Monday 7 November**. There is something you can do, whether you feel you can offer only a little, or more. All committee roles will be open for voting – President (can be more than 1), Vice President (hoping for 4), Treasurer (3 would be good), Secretary, Database etc. We are always looking for new people (especially as some of our members are finishing up at the school). But even if you can’t commit to an Executive role, there are plenty of other ways to help. Whether it’s writing the band news for the newsletter, filling in a form to book an event, finding somewhere for the band tours to go for dinner, coordinating Conductor catch ups. All sorts of things.

Please come along to the AGM, or feel free to ask any question or let us know what you are interested in. andyandmel@gmail.com

Please get involved and don’t assume someone else will do it. If everyone thought that then nothing would ever happen. Every bit counts.

Band

*The next newsletter
will be published in
Week 6 on Friday
19 November*

Band AGM

Monday 7 November 2022

7:30pm in the Manly Campus Library

followed by GM at 8pm

We hope to see you there!