

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

29 July 2022

From the Principal

College Development Day

On our first day back this term, our staff attended the College Professional Development Day along with staff from each of the four other campuses which comprise Northern Beaches Secondary College. The day focused on Aboriginal Education. Our opportunity to make positive change on the pathway to reconciliation in our country relies on our knowledge, understanding, empathy and the action we take. As the often-attributed to First Nations People Australia saying goes, there is no path; paths are made by walking. Together our path can make our campus more culturally safe, inclusive and supportive for First Nations students, their families and community.

Thank you to Kristie Crawford and the numerous staff that she has led to create and organise this day of professional learning.





NAIDOC Week Assembly

NAIDOC Week fell during the school holidays. The theme this year is "Get up Stand Up Show Up." During a week 1 assembly, student's Octavia Williams and Rebecca Hoffman developed the NAIDOC assembly, explaining that NAIDOC week aims to celebrate 65,000 years of Aboriginal culture and connection to country. They paid tribute to the amazing achievements of several high achieving Aboriginal people in the last year, highlighting the following:

"<u>Patty Mills</u> – lead Australia to a bronze medal at the Tokyo 2020 Olympics. At these games he also made history as the first Aboriginal Australian Olympic flag bearer. Back home he has launched the Aboriginal

Basketball Association and Team Mills Foundation dedicated to supporting culture and diversity in rural areas and through basketball. Not only this, but in 2020, he donated his \$1.5 million salary to organisations tackling racial inequality. For all of his efforts, Mills was an Australian of the year finalist for 2022.

<u>Leanne Liddle</u> – recognised for her passion and valuable efforts for justice. She has been the driving force behind the Northern Territory Aboriginal Justice Agreement and Director of the Aboriginal Justice Unit with the goal to reduce imprisonment rates, increase Aboriginal leadership and improve justice outcomes for Aboriginal Territorians. For all of her efforts, Liddle was an Australian of the year finalist for 2022.

<u>Dr Colin Dillon</u> — was the country's first Aboriginal police officer when he entered the QLD police force in 1965 — one decade before the Racial Discrimination Act became law. In 1987, he showed great courage as the first serving police officer to voluntarily step forward and give first-hand knowledge under oath before the Fitzgerald Inquiry into Police Corruption. Dr Dillon has been awarded the Australian Police Medal and received an honorary doctorate from the Queensland University of Technology, and in 2013 was made a Member of the Order of Australia for his services to the Aboriginal community. Not only this but for all of his efforts, Dr Dillon was a senior Australian of the year finalist for 2022.

Ash Barty — won the NAIDOC person of the year award for 2022. She is a 3-time grand slam singles champion with a career high on No.1 in the world and bestowed the highest honour of the NIDOC week awards night, being named the NAIDOC person of the year. After retiring, following this year's Australian Open triumph, Barty was chosen for her achievements on court and efforts to encourage Aboriginal participation in sport and education.

<u>Dr Rachel Farrelly</u> – in 2022 Dr Farrelly became the first ever Aboriginal female orthopaedic surgeon. Rachel is a Gunu woman who was raised on Wiradjuri

country. She moved from a small rural community to a city university experiencing gruelling challenges. However, Dr Farrelly is such a role model for young Aboriginal kids seeking to make their own difference to the world.

<u>The Kid Laroi</u> – a Kamilaroi boy from Redfern, lived a tough childhood but rose to fame and stardom to become one of the most well-known rappers in the world with STAY taking the Number 1 Billboard spot. He hasn't forgotten his hometown, as in May of this year he returned to Redfern and donated \$100,000 to the Fact Tree Youth Service, to help bring opportunities to life for young children, and bought McDonald's for everyone present at the youth centre on the day." Octavia Williams (Year 9)

From these outstanding achievements we recognise incredible Aboriginal Australians and how their contributions currently shape society. It shows us that anything really is possible and inspires not only Aboriginal Australians but young Australians from all walks of life to do the same.

This year's NAIDOC theme is "Get Up! Stand Up! Show Up!" and it is a demand for action to bring about systematic change and keep rallying around mobs, elders and communities to ensure that Aboriginal culture is celebrated and continues to thrive. NAIDOC is more than one week of the year. It's our culture, our identity and our way of life. We are proud to be Aboriginal and want to celebrate and share our culture and history with everyone in our communities.

Each year, people engage in celebrations to learn new things about these cultures, participate in creative arts that are reflective of Aboriginal culture, watch movies to understand what the lives were and are currently like for Aboriginal people which Miss Stuart has advertised in the daily notices. Plus, many people celebrate by trying some new Aboriginal foods.

Regardless of how you choose to celebrate NAIDOC though, there is a common accomplishment – the

culture of Aboriginal and Torres Strait Islander Peoples lives on through you.

The ceremony concluded with a Q and A session to further deepen students understanding of aspects of Aboriginal culture and



connection. To culminate, a colouring competition

was held based on winner of the NAIDOC week poster competition named Stronger by Rydia Dank (Nardurna) with entries on display in the Library.



Annual School Report

Our 2021 Annual Report has been published on our school website. The annual report provides an account of our operations and achievements throughout the year. Please follow this <u>link</u> to download a detailed account of:

- the progress we have made to provide highquality educational opportunities for every child as set out in the school plan
- the impact of our strategies for improved learning
- the benefit to all students from resources including equity funding
- our operations and achievements throughout the year.

Bell times

Thank you to the families who engaged in the survey about the proposed changes to bell times. I have responded directly to the questions and comments posted. We will be implementing these changes at the start of Term 4. This term we will consult the SRC about what activities they would like to see on offer after school on Tuesday and Thursday afternoons and we will continue to work with the bus company to ensure our students are able to get home safely from school. It is however, unlikely that changes will be made to services at the start of Term 4.

Building and maintenance

While the students were on holidays, there was a lot of activity happening at school. The gymnasium project is underway. An industrial clean and painting of the student toilets took place. A tree audit was done and trees identified were pruned and cut. WAPS were replaced throughout the school. LED lights were installed throughout the school as part of the LED Lighting Upgrade Program. The benefits include:

- Energy saving reduced electricity usage and lower bills over the long term by replacing inefficient fluorescent lights with efficient LEDs.
- Lower maintenance and repair costs when compared with fluorescent lights.
- Improved learning outcomes in the classroom as a result of improved lighting.

Staff Appreciation

Thank you to many of the staff who gave up time in the holidays to mark student work and/or to come into school to assist in the preparation of student major works and the Trial HSC Examinations. Thanks also go out to Nick Karandonis (General Assistant), Jill Thelander (Caretaker), Mitch Horner (IT support) and Branko Goykovic for all work they do during the school holidays. It is during this time without students on site, that a lot of maintenance work can be done.

Congratulations

Congratulations to Mitch Horner on receiving the UNSW Sydney Deans Honours Award for the School of Computer Science Engineering. Mitch graduated from Manly Campus in 2018 and how lucky are we to have him provide IT support at our school. The whole school community is extremely proud of your achievement.



Year 8 Year Adviser

This term we welcome Liz Lindsay to the Wellbeing team. Ms Lindsay will replace Ms Grace as Year 8 Year Adviser. Open communication is valued and encouraged at all times, with Year Advisers being the first point of contact for matters relating to specific students. You



can contact Ms Lindsay via email: elizabeth.k.lindsay@det.nsw.edu.au

New Staff

This term we warmly welcome the following teachers to our school community. We are confident you will enjoy belonging to such a wonderful school and encourage you to become involved in the many varied school activities throughout the year.

Thank you to the SRC executive for interviewing our new staff members and making them feel welcome:

- Soraya Abidin replacing Mr Shirlaw in TAS
- Kevin Collins replacing Ms Molnar in Science
- Mareta Collins replacing Ms Grace in Music
- Eleni Larkaris job sharing with Ms Coss in HSIE

Kathy O'Sullivan Principal

P&C AGM

The Northern Beaches Secondary College Manly Campus P&C will hold their annual AGM at 7pm on Wednesday 3 August. At this stage the meeting will be a hybrid meeting; in the school library and via Zoom. This meeting may move to be online only due to COVID but this will be advised in advance via email and/or the school app.

If you wish to join via Zoom: Meeting ID: 658 7166 4827

Please register in advance for this meeting:

https://au01web.zoom.us/meeting/register/u5El-cOiuqD8iGNPeXWxZUkgUjmPyeRN7xzbi

After registering, you will receive a confirmation email containing information about joining the meeting.

At the AGM, all positions are declared vacant and put up for election. We have a number of Year 12 parents stepping down across a number of key roles including President, Vice President, Canteen & Grants - so we are particularly looking for parents to fill these roles. The P&C is a great opportunity to be involved in the school. I can personally also say that I have made some great friends from being on the P&C. The roles can be shared among multiple people and most of the work can be done remotely - it is not a lot of time. Every meeting is now on Zoom so you don't have to attend in person to be involved. We will also assist with the transition into a role with our outgoing Year 12 exec parents still around for the rest of the year to help provide advice and guidance. The Agenda has an overview of each role - but if you would like more information please reach out.

Please find attached at the end of the newsletter:

- AGM Agenda
- Minutes from the previous AGM

Following the AGM, the regular P&C meeting will occur.

Ben Mills P&C Secretary

Alumni Army

The inaugural Alumni Army was here in force on Tuesday and Thursday afternoons in the library in Weeks 1 and 2 as part of a Student Engagement initiative to help support Year 12 in their preparation for their Trials. Over 70 Year 12s tapped into the expertise and experience of past top-ranking Manly students to gain insight into ways to approach the Trial and HSC exams and maintain a healthy, balanced lifestyle. We are most grateful to the following Alumni for giving their personal best back to their school community in such a meaningful and authentic way:- Jared Li, Mia Rankin, Hayley Yong, Holly Hughes, Jamie Caddick, Hannah Lovlin, Peter Tweedie, Alexander Wright, Eleanor Fogarty, Jayden Lancemen, and Elliot Connor who Zoomed in from Senegal!

We are hoping to run a similar series of workshops before the HSC exams and if any Manly Alumni are reading this and would like to be involved, please email Ms Brien.

Sleep Hygiene



Sleep hygiene for teenagers

Teenagers in general need more sleep than adults. Research suggests that teenagers need between eight to ten hours of sleep every night. However, with the lingering impacts of Covid-19 bedtime routines, an influx of extracurricular activities and the temptation of gaming and phones, most teenagers are not getting the hours of sleep that they need.

What is sleep hygiene and why is it important?

Sleep hygiene is about optimizing one's sleep schedule and pre-bedtime routine to improve the quality of sleep. Teenagers may need gentle reminders or reinforced boundaries when it comes to ensuring that they get enough sleep each night.

Not getting enough sleep each night can lead to a range of negative outcomes. Some of these include concentration difficulties, poor decision making, reduced academic performance, days away from school due to being too tired, trouble remembering already learnt concepts and negatively impact mood.

Some tips to practice good sleep hygiene

- Avoid having caffeinated and sugary drinks in the late afternoon and evening.
- Set a regular wake up time during the week.
- Avoid screen time or intense exercise an hour before bed.
- Establish a bedtime routine that works for you and one that you can easily stick to. For example, it could look like having a bath, doing some stretching and listening to some relaxation/mindfulness podcast.
- Aim to get at least 30 minutes of exercise every day.
- Do not sleep with the television or phone on as the lights can stimulate your brain.
- Putting your phone on silent or 'Do not disturb' at night can help screen messages and app notifications.

Tips for parents

- If teenagers have sleep problems, they need to be involved in solving their own sleep issues.
 This is something that should be worked through together to get the best results.
 For example, a discussion about poor sleep habits may lead to an understanding that your teenager has excess energy at night because they are not doing enough exercise during the day.
- Provide gentle reminders or enforce house rules with consistency when it comes to bedtime routines and technology use.
- Teenagers tend to sleep in on the weekends.
 However, sleeping in for too long on the
 weekend can disrupt the sleep schedule.
 Encourage working towards a sustainable and
 consistent sleep routine throughout the whole
 week instead.
- If your teenager is still struggling with sleep despite the best efforts to establish a good bedtime routine, it may be time to make an appointment a General Practitioner.

Ms Tie

Sources

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English Report

Year 7 - Mood in Poetry task

In Term 2, Year 7 English were studying how mood is conveyed in poetry. 70 were given a menu task where they could choose from one of five moods, themes and poetry forms and create their own poem, as well as provide a reflection on their creative process and how technique helps convey their chosen mood. Here are 4 examples from the class:

Leron/ Form: Sonnet/ Mood: Sadness/ Theme: Futility of War

At first we were lied to, convinced it was good,
Convinced that enlisting was a choice that was right,
Excited and proud to do what we should,
Off on a journey and ready to fight.

But we were not greeted with honour or praise, Instead pushed straight into a wreckage and hell, Of gas that chokes and bullets that chase, Of people put under a horrible spell.

And of those poor people, a good man like me, Who suffered the trauma of this awful dread, I still hear the cries and the echo of screams, I still replay all of these scenes in my head.

What have we become? What have we become?

Our task was to choose a form of poetry, theme, and mood and create a poem that expresses a meaning and emotion. The poem I created was a 14-line sonnet about the futility and awfulness of war, that expresses a sad and hopeless mood. I liked the idea of a sonnet, and how it concludes with two rhyming lines. I was inspired to write it about the futility of war after our class did a study and discussion of the poem written by Wilfred Owen during World War One, Dulce et Decorum est. This topic clearly expresses a mood of sadness. The meaning of my poem is about how pointless and horrible war is. It is written in first person, through the perspective of an Australian soldier who enlisted and went to war. Each stanza has it's own topic and mood. The 1st stanza is about enlisting and going to war, and shows excitement. The 2nd stanza expresses bewilderment and shock, about the unexpected horrors of war. The 3rd stanza expresses trauma, leading to the last stanza. There are several poetry techniques used in the poem. During the making of this poem, I discovered that repetition was a technique I enjoy using, as it creates a strong and powerful tone and message. I used repetition several times. For example, the last two lines of both the 2nd and 3rd stanza started the same - with 'of' in the 2nd stanza and 'I still' in the 3rd. I used the final 2-line stanza to my advantage by repeating the same line twice. All of these examples are used to emphasise a point, and I think it is a very effective technique. I used stanza and rhyming ABAB throughout the poem, as well as personification in the line, 'gas that chokes and bullets that chase', and a rhetorical question in the last stanza. The line, 'Of people put under a horrible spell', symbolises the soldiers who are traumatised and hopeless, who do what they're told because they see no reason to do otherwise.

Audrey/ Form: Basic (abab cdcd)/ Theme: Walking through a surreal dreamscape/ Mood: fearful, then joyous

Blizzard chill, freezing wind, a frosty blanket hovered Screeching storms, howling rain, grey drowned the clandestine sun

Like a snickering beast it tore down, your bony frame left uncovered

Desperation creeps in, crumbling sticks replace your run

Knives pierce your skin but you limp on; cloudy eyed Screaming chirps instead of joyous song You're deaf even to the hollows taunting you behind It wraps you in a frightening gust so long

Cracking droplets leak and you cry out— Your eyes wander but no one hears Sitting up your bleeding mouth tries to shoutBut the world was an empty page, just as you feared

Scraping the ground, muscles dead and brain torn
Drunk with lassitude as sound began to fade
Gone was the merciless pitter-patter and storm
Gone were sneers of the lonely barricade

A gentle humming, a blissful melody Caressed your ears, sweet like a honeysuckle tart Hands grasped; oblivious to the given remedy Floating around in ecstasy, mellow is your heart

Eyes burst; body launches; a lion about to pounce Light floods the shadows and melts the frozen land Slowly looking up, you meet an angel unannounced And you wake, smiling, as you take his hand

For my poem, my inspiration consists of a variety of sources, including two different movies and the storyline of a story I was writing at home. The main character in all these things is a victim to being cast out of society because of who they are or what they believe in. The blizzard in my poem is an exaggerated representation of this feeling; a feeling of complete fear, despair and hopelessness. The waking of the person in the poem represents the person being saved and accepted into their world and existing happily and equally among their peers. I tried to emphasise the message that people will always go through hard times and it will often seem hopeless. But, if you push through, there will be a better time waiting for you ahead, if you choose to see it. If you look close enough, in every nook and cranny of the world, there is somebody who loves and cares about you, even if you do not notice it at first. In my poem, I used a variety of techniques. The use of metaphors in my poem creates a strong image and paints an intense picture in the reader's mind. By comparing elements of my poem to other objects, it helps the reader to understand the effect of those things and enables them to better imagine themselves in the situation. By using personification, the poem evokes the image of something sneering, which points towards the fearful mood of my poem. The use of rhyme in my poem creates a sense of connection and harmony, leading to a better flowing piece. Use of repetition in my poem (Gone was the... Gone were the...) evokes the image of the subject repeating themselves as if in shock or in a wary state of mind. By using imagery, I am creating a powerful picture in my poem that helps the reader understand it, and enables them to transport themselves into the world of my poem.

Bella/ Theme: Loss of object / Mood: Sadness /

Form: Free Verse

Her

The warmth of her was what I embraced
Every day, every morning, every night.
Cradled between my arms like a child,
Her gentle smooth fur soothing along my skin
Lying, sitting, watching me as I slept.

There was never a day without her since I was a baby

The blue ribbon bunny Resting beside my bed My companion My childhood

One day she she wasn't there

There was a cool breeze
A strange aura of emptiness
As I curled up into my blankets
The numbing air
The gap in my bed sheets
A deserted island

Nothing to hold Nothing to snuggle with Nothing to share my dreams with

> Emptiness Fearfulness

How will I sleep?
How will I dream?

If I don't have her beside me..

During composing the poem I thought about how to convey to the reader how the loss of an object was a childhood toy. I incorporated the line "There was never a day without her since I was a baby" to help communicate to the reader. I thought about writing about this because the idea was quite unique and different. The theme wasn't what I would usually write about so I wanted to challenge myself and try something new; outside my comfort zone. The meaning of the poem is about the effects of losing a memorable and valuable object that has been with me for a long time. The purpose was to show how someone can feel after losing something so valuable. The simile "like a child" helped convey the mood because it shows how much I appreciate the childhood toy as I would hold it like a child. The anaphora in the 6th and 8th stanza emphasised the effects of losing the toy. The alliteration used in the first stanza gave description of the toy helping the reader visualize the toy. The imagery in the 5th stanza also helped visualize the loneliness and space without the precious toy. The metaphor at the end of the 5th stanza summarised the 5th stanza which added description and helped visualise. The poetry excursion was a creative workshop that helped me use my imagination and quick thinking. It taught me to be creative which is why I chose to write about something different. I only had one draft but was considering to write about other things.

Charlie/ Theme: Dreamscape / Mood: Apathy/ Form: Free Verse

And the clock struck
It twirled through the sky
Its distorted chiming filling his head
DONG......

It stretched out like the sun and moon that rotated again, again, again

The hills of sand sent coarse particles spiralling into the air.

Skies bled and yelled

Rivers flowed emerald

Trees died and flowered before the eye

In a desert that was yet filled with life

The conductor composed this orchestra of chaos

Not a single soul,

To hear me

Colours danced before my eyes in

Shapes I was too insolent to realise

On and on I trudged

The sand ran from my feet

I left my mark within the bedlam

Only for it to be swept away by the roaring wind

To a bird passing by

Order was tinctured within the chaos

But it was all disorder to me

And as the clock struck again

I was trapped

The sun and moon chased it each other indefinitely

The sky was red and thundering with no clouds in sight

Rivers carried grass instead of water

An endless, futile cycle

Black against white

Yet somebody still pulled the strings

On the puppet that was my end

Devoid of reason

Arbitration at its finest

Somebody reigned it all

A composer to my Limbo

At the start of making this poem, I didn't really know how I was going to write my poem. I probably went through 3-4 drafts before I finally settled on the right theme and mood. I wanted to write a free verse poem from the beginning because I had never done it before and I wanted to try it out. The poetry

incursion helped me visualise somebody reading my poem and by extension helped me think of what I wanted it to sound like. After not being happy with my first drafts, I thought to try and find a song that kind of tied into the mood/theme/meaning of my poem which worked really well. The meaning of my poem is that the narrator is trapped in this very surreal place/dimension where everything is quite pointless yet strange and anomalous. He realises that within this dream-like place, there is order layered within everything and he suspects that somebody is causing this. He has an apparent apathy to this fact. In my poem, I used repetition in words but also in the meaning of some of the sentences. I did this to convey how everything in this world just repeats in the same absurd way and he couldn't care about it. I used personification to make it seem like things that aren't really alive are actually living, adding a level of insanity/craziness to it. I broke up the lines in the poem quite frequently to slow the reader down to add a kind of lethargy to it to aid the mood. The rhythm was very sporadic in speed which I thought helped with making reading the poem hard in a way because it made it impossible to gain a pace for the events in it. I didn't do any rhyme in this poem because it makes it all the more random. I thought that these techniques would help me show and present my message/mood of the poem.

All of our amazing poets are encouraged to enter their work into local writing competitions, such as the KSP Poetry Award:

KSP Poetry Awards

The KSP Writers' Centre is proud to present this annual poetry competition for Australian writers, which is free for youth to enter thanks to sponsorship from the Shire of Mundaring. Entries must be original and unpublished. All poetry styles and themes are acceptable.

There are three categories to enter:

- Youth KSP Poetry Awards (10 to 17 years)
- Open KSP Poetry Awards (18 years plus)

Entries close 29 September 2022. To find our more go to KSP Writers centre - poetry competition.

Language Report

Year 11 Japanese

Year 11 Japanese class went to Tanken Centre at Kirawee for an excursion in Week 1. 'Tanken' means 'exploring' so this is the place to explore Japanese language and culture. First of all, the students learned how to enter the building in the japanese way (which is taking off shoes and wearing slippers). The room is designed in japanese style. We saw beautiful kimono and japanese garden. The students sat on Tatami mat and joined a variety of activities such as games. All instructions from the staff were given in Japanese. The students enjoyed attending

each game by helping and cooperating with each other. This excursion successfully reinforced the classroom based learning and motivated students.











Kubo Sensei

Modern History

Year 12 Modern History - Excursion to the Sydney Jewish Museum

Despite the freezing and rainy start to the day, the Sydney Jewish Museum gave Manly students the warmest welcome as they ran through a full learning experience with an exciting tour of the museum's collection of objects, each with an insightful story to accompany it, a Holocaust survivor talk and two informative lectures that greatly enriched out knowledge and provided a deeper understanding of the experiences of the Jewish community before and during World War II.

The Sydney Jewish Museum illuminated the experiences of Holocaust survivors, commemorating their journey and highlighting the suffering of men,

women and children in the community, with the tour and the survivor talk facilitating the transfer of their memories and collection of stories. Manly students had the privilege Hungarian meeting Holocaust survivor Joe Symon who brought humour and character, with enlightening us stories on his experiences as a teenager in Hungary, Talk with Holocaust survivor his studies, his work as a baker and his eventual move to Australia.





Joe Symon

The museum provided the opportunity to listen and explore the museum's collection of vast artifacts, collected from survivors of the Warsaw ghetto and Auschwitz extermination

camp. Blankets. uniforms highlighted the and shoes conditions within the camps, helping students to understand the extreme atmosphere. We finished the day with a lecture on the prevalent anti-Semitic views in Europe in the inter-war periods, crucial in understanding Nazi ideology.





Museum Collection

The year 12 Modern History excursion to the Sydney Jewish Museum was an enriching and impressive experience, not only due to the engaging speakers but having the opportunity to go out and explore lunch spots in Darlinghurst and listen to an account of the Holocaust by a survivor. Listening to lectures that targeted the HSC Modern History syllabus Power and Authority was extremely helpful towards revising content for the HSC Trials and provided insight into the ideology that was prominent in Europe during the Nazism.

Jennifer Kieu and Josephine Lo

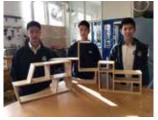
TAS Report

Year 8 Timber Technology

The timber technology students learnt the core marking out, materials preparation and assembly skills during Term 1, when they all constructed a timber pencil caddy. 'Measure twice-cut once" was the lesson to learn.



In Term 2 they successfully finished the construction of their own individually designed timber storage projects.









Congratulations, Year 8 on the design and construction of some impressive timber projects. Semester 1 groups have now changed over to Food Technology and a new group will start in Timber Technology.

Year 11 Engineering - BioMedical Studies

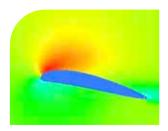
Year 11 Engineering students are congratulated for their successful design and build of a biomedical arm that is capable of collecting, moving and placing a table-tennis ball at different locations within a given

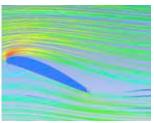
3-dimensional space. Students displayed a strong knowledge of CAD, 3D-printing and workshop skills, as well as the ability to write a technical report to a high standard.



Year 12 Engineering - Aeronautical Studies

Year 12 Engineering Studies students have shown themselves to be proficient aeronautical designers through an assessed task to design a propeller blade for a quadcopter, as well as a few lunchtimes creating a low cost remote control plane for fun. Students carried out detailed research on the difficult engineering task of understanding thrust generation from a propeller and utilized CAD, 3D printing and even some experimental Computational Fluid Dynamics studies in their quest to design a propeller that generated maximum thrust for a given spatial envelope. Testing was carried out on the department's thrust measurement rig under strict safety controls as the occasional destructive test did occur. Successful propellers were developed through trial and error and an interesting understanding of the important design characteristics of a propeller was gained.





Left to right: Pressure distribution across propeller at relatively high angle of attack and velocity flow across propeller at relatively high angle of attack







Top to bottom, left to right: Propeller testing, Test rig, the Student's remote control plane, developed for instrustional perposes

Sport

Tennis Knock Out Senior Boys

The senior boys tennis team played an outstanding match against North Sydney Boys in Week 9 of Term 2. Both Leroy Sze and Leo Bernhardi won their singles matches which were both played at a very high standard. The atmosphere was electric as the tennis courts situated at North Sydney School are central to the lunch and recess areas and North Sydney Boys were vocal in their support for their team. Overall, the team just lost despite winning some doubles matches, which was an excellent result and the boys wished North Sydney all the best for their finals tilt. All four boys (Daniel, Leroy, Leo and Yao) are congratulated for their play and their sportsmanlike behavior.



Ultimate Frisbee

NBSC Manly Campus has some State and National champions in Ultimate Frisbee.

Matthew Zabel (Year 12) and Joseph Morrissey (Year 10) were part of the NSW Under 18s Open Team that recently took part in the Australian Championships in Ballarat, Victoria. Jay Lakhana (Year 12) and Maggie Goodman (Year 12) were also selected for the team, but could not take part due to other commitments. Matthew and Joseph endured three days of extremely cold weather to complete all games. They won this tournament convincingly through great play and coaching as well as teamwork, leadership, sportsmanship and synergy, looking out for team mates both on and off





Matthew (top) and Joseph

the court. They also won the mixed competition.

Both Matthew and Joseph will be travelling to Auckland in October to play in the Trans-Tasman Series for the Australian Under 20s Team.

Congratulations to Matthew and Joseph and we wish them well in the New Zealand competition.

V Maggs

Sydney Regional Interschools Snowsports Championships 2022

During the recent school holidays, the NBSC Snowsports team competed in the Sydney Regional Championships at Perisher. The following students represented NBSC proudly, demonstrating excellent sportsmanship and commitment to their races.

- Noah Turner (Year 8) SB X (4th) SB GS (4th)
- Joaquin Gjivoje (Year 8) SB X (27th) SB GS (29th)
- Yelin Zou (Year 9)- Ski X & Alpine
- Enzo Munro (Year 10) Alpine (89th)
- Matteo Saita (Year 10) Alpine (36th) Ski X (49th)

Congratulations to Noah Turner who has qualified to represent NBSC in two individual events

(Snowboard GS and Snowboard Cross) at the NSW/QLD/ACT State Championships at Perisher from the 22-26 August.



Congratulations to:

- Yelin Zou (Year 9) who won Silver in the Oceania and Australian Cadet Women's Saber. Yelin ialso won Gold in the NSW Women's Saber team on 1 July at the Oceania and Australian Cadet Championships . In addition, Yelin won Gold for the U15 Women's Saber individual and Women's sabre team in Australian Youth (U15) Championships on 4 July.
- Logan Campbell (Year 12) who placed 1st in the 18 Years boys and Eamon Corry (Year 7) who placed 3rd in the 12/13 Years boys. NSW All schools Cross Country Championships held on Friday 22 July. Both boys have now been selected into the School Sport NSW team to compete at the National Cross Country Championships.

SRC Staff Spotlight Report

Ms Laskaris (HSIE)

How did you decide to get into teaching? And what have you been doing prior to teaching at Manly?

I have worked in the travel industry and non-for-profit industry. I also worked at an Outdoor Education school in the US. I really enjoyed it which is why I decided to pursue teaching back here.



What do you love about economics?

I think Economics (and Business) is always relevant and changing which keeps it interesting. Also, I love how you can use real-world examples.

What's something about you that people don't usually expect?

People don't expect that I can surf.

Do you have any fond memories of being in high school?

Yes, I loved my high school experience. I was a good student but not the best. My favourite subjects in Year 12 were PDHPE and Maths.

What have you found most exciting about Manly?

Every day is different. I have enjoyed getting to know the students so far.

What advice would you give to students who are struggling with their studies?

My advice would be to find ways to apply your knowledge, for example, do extra textbook questions or past papers. Also, be focused and use your time wisely in class and don't be afraid to ask for help.

Ms Lindsay (English)

How did you decide to get into teaching? And what have you been doing prior to

teaching at Manly?

I said growing up that the one job I would never do is teach. I was from an extended family of teachers, so I saw very early on how challenging the role could be, but also how passionate they all were about



it. While I respected what they did, I was determined to do something different, so I decided to start out in a Commerce degree at University. However, I soon realised that despite having done a lot of Maths and Science at school, I actually didn't want a career in these areas and found it quite boring. I remembered how much I had loved English and so I chose several subjects relating to literature and it reignited my passion for it. I moved over to a double degree in Arts and Education and never looked back. Tip from the wise. Choose subjects you are actually interested in.

What do you love about English? What is your favourite area of this subject?

I absolutely love what I do. I always loved reading and the fact that no matter how things were going in life there was a world somewhere you could immerse yourself in for a few hours. Words are the most powerful tool we have, and the fact that the substitution of a single word in a speech can make or break it, is worth paying attention to in my opinion. As for favourite area I admit I like the more challenging texts (novels and film) and my favourite part about teaching them is the discussion that comes from the students. I think the precision of language in poetry is quite amazing, but I'm pretty fussy about the poets I study. Every year through English I am encouraged to look at things differently and challenge my own assumptions. I think we should all do this a little more often.

Staying on the subject of English, what's your favourite genre of literature? Do you have any favourite books or authors?

I like Crime Fiction, Dystopian and Sci-Fi texts most these days. I prefer them a little left of centre so that they challenge what I think I know about the world. I studied Sylvia Plath and Emily Dickinson in my senior years, and these authors had a huge impact on me at the time. They are a good reminder of how literature can help with maintaining some perspective and teach us empathy.

Do you have any fond memories of high school?

To be honest my two schools were very diverse. My school in the country had great outdoor spaces but the school I attended in the city had more subject options and better resources. My favourite moments were spent outdoors with friends.

I heard that you are Year 8's new Year Advisor. What does that role entail?

Basically, looking after the welfare needs of students (not the discipline part). I'm the one you come and

speak to if things in your life are getting a little bit of hand and you need some support. This can be emotionally, academically, organisationally or in relation to concerns about friends or family. My job is to listen, support you, and point you in the right direction to get back on track. I also like to help you celebrate the good stuff so I'm always keen to hear from students when they do something outside of school that they are proud of.

Finally, what advice would you give to students struggling with their studies?

Ask yourself the tough questions. Are your expectations, or those of the people around you, realistic and achievable? If not, change them. Is this struggle a temporary setback (we all have them) or are you in need of extra help? If it's temporary, then remember you're human and cannot function at 100% all the time. If you have had problems on a personal level or have been recovering from illness, then maybe you need to give yourself a break and maintain some perspective about what is important. This will pass. If you need help, then coming to this realisation is the most important step, now take the next one. Have you approached your classroom teachers for help? If not, why? They are the subject experts, so start there. If it is all starting to look very dire then come and talk to your Year Adviser and we'll get you back on track.

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 2 August 8:15am-9am

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

Students only | Wear a mask | Stand 1.5 mtr apart while waiting in line. If a student cannot attend the shop, orders may be requested online at:

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.

Parents Prepared

Information about drug and alcohol use & young people

When: Thursday 1st September, 2022
Time: 4.30-6.00pm

Where: online via Zoom
Cost: \$10 per ticket

Presenters:

Hayley Bowen, Clinical Team Leader Northern Beaches Rez Akbarian, Drug & Alcohol Counsellor

RSVP:

To register visit https://www.trybooking.com/CAYWK



This webinar will cover:

- ✓ Why young people use substances
- ✓ Information about substances young people use
- √ How to start conversations about substance use
- ✓ Available support services



Band Report



ASBOF tally

Gold: Concert Band. Wind Ensemble. Symphonic Wind Orchestra. Swing Band. Big Band

Silver: Jazz Orchestra

Bronze: Stage Band



A huge THANK YOU and CONGRATULATIONS to everyone involved in the Australian School Band and Orchestra Festival. Thank you for coming along on Sunday to play, and to the families to watch and support. Some were there from 8.30 until 5, we really appreciate your commitment! Congratulations to you all on your wonderful performances, excellent musicianship and professional presentation. It was a joy to hear you play in such a beautiful venue and all the smart blue blazers made you sound even better. Thank you to Lou for organising the event, all the Liaisons for coordinating their ensembles and to all the parents who transported equipment. A special thanks to Ish and Jen for helping so many families source blazers after 3 years of no need for a uniform.

String and Chamber – enjoy your day! 28 August









Strings Opera House Performance

String Ensemble has been accepted to play at the Opera House. We are so proud of you and excited.

Strings will play at the Festival of Instrumental Music and only a few individual items are chosen so this is a real honour. Congratulations.

Tuesday 30 August 7pm performance

There will be a rehearsal during the day at the SOH to prepare. Time TBC.

Tickets are already on sale to the Banksia Event.

Concert Band and Wind Ensemble at NSSWE (Northern Sydney Symphonic Wind Ensemble)

CB and WE will be playing at the Spring Festival of NSSWE at the Concourse in Chatswood – another great venue for music. Our new blazers are getting a real workout.

Thursday 8 September 7pm

Details to follow but bands usually meet approx. 5.30 on the Concourse Steps in order to go in and warm up. Ticket info available soon.

Senior Wind Orchestra, Jazz Orchestra, Chamber & Strings at Musicale

Our premier event where we hear outstanding music and officially say goodbye to our year 12s.

Sunday 11 September

Stay tuned for info and ticket sales.

Jazz Orchestra & Jazz Combo at Manly Jazz Festival

The Jazz festival has had to move to a new date and reduce to 2 days, so it is a testament to the reputation of Manly that we are still asked to perform when there are less spots available. Please save the date:

Jazz Orchestra Sunday 25 September 4-5pm Jazz Combo Sunday 25 September 1.45-2.45pm

Intermediate Tour

In order to give more distance between a tour and this wave of Covid, and to alleviate staffing pressures on the school, Intermediate Tour will be in Term 4. Details coming soon.

Future Dates

Friday 11 November

Chamber and Strings – Strings Soiree

Saturday 19 November

All Jazz – Jazz Night Out

Junior Band Tour/Camp
Intermediate Band Tour / Camp

Wednesday 14 December TBC

All Bands - Big Band Bash 2





P&C ASSOCIATION

2022 ANNUAL GENERAL MEETING - AGENDA 3rd August 2022 7.00pm Library + Virtual Meeting

Zoom Details:

Meeting ID: 658 7166 4827

Please register in advance for this meeting:

https://au01web.zoom.us/meeting/register/u5ElcOiuqD8iGNPeXWxZUkgUjmPyeRN7xzbi

Welcome

Attendance & Apologies

Minutes from previous AGM (28th July 2021)

Note – the minutes from the AGM held on the 28th of July 2021 were approved at the general meeting held on 1st September 2021.

Principal's Report

President's Report

Audited Accounts

Sub-Committee Reports (as required)

- Environment
- Canteen
- Second Hand Uniform Shop

Election of Office Bearers (members of the P&C Executive)

	/
President – Nomination of	
Nominated	
Seconded	
Appointed	
Vice – President – Nomination of	
Nominated	
Seconded	
Appointed	
Vice - President (secondary)- Nomination of	
Nominated	
Seconded	
Appointed	
Treasurer – Nomination of	
Nominated	
Seconded	





P&C ASSOCIATION

Appointed	
Secretary – Nomination of	
Nominated	
Seconded	
Appointed	

Election of Sub Committee Team Members – multiple people can be elected for these roles.

* Also a member of the P&C Executive

Also a member of the Pac executive	
Canteen* – Nomination of	
Nominated	
Seconded	
Appointed	
Environment* – Nomination of	
Nominated	
Seconded	
Appointed	
Communications* – Nomination of	
Nominated	
Seconded	
Appointed	
Events – Nomination of	
Nominated	
Seconded	
Appointed	
Fundraising* – Nomination of	
Nominated	
Seconded	
Appointed	
Grants Officer – Nomination of	
Nominated	
Seconded	
Appointed	
Special Projects – Nomination of	
Nominated	
Seconded	
Appointed	
Clothing Pool – Nomination of	
Nominated	
Seconded	
Appointed	
Alumni Representative – nomination of	
Nominated	
Seconded	
Appointed	
Building & Library Fund – nomination of	
Nominated	
Seconded	





P&C ASSOCIATION

Appointed	
College Principal's Advisory Group – nomination of	
Nominated	
Seconded	
Appointed	
District P&C – nomination of	
Nominated	
Seconded	
Appointed	
WWCC Officers – one of the officers must be an Office	
Bearer	
Nominated	
Seconded	
Appointed	

Appointment of the Auditor

As per the P&C Constitution – the auditor is to be appointed at the AGM

Auditor	
Nominated	
Seconded	
Appointed	

General Business

Change of Signatories on Manly P&C Bank Accounts

"In matters concerning NBSC Manly Campus P&C association's bank accounts at CBA, 062-127 10231692, 062-179 00901472 and 062-032 50104750, we will update the signing authority on all accounts as follows:

- 1) Removal of anyone leaving a Manly P&C Office Bearer role TBC
- 2) Addition of anyone new to a Manly P&C Office Bearer role TBC
- 3) Retention of anyone still in a Manly P&C Office Bearer role TBC

The method of operation will be via any two of the authorised signatories."

Close of AGM and opening of General Meeting





P&C ASSOCIATION

P&C Roles

Our P&C comprises an Executive Committee as well as sub-committee heads and members, event specific volunteers and general volunteers. All roles are non-paid and generally not onerous. People are always welcome to join and participate in whatever capacity suits their interests and availability. It's a fun and very rewarding experience.

President

The primary duties of the P&C President include; maintaining open lines of communication between the P&C and the school, chairing P&C meetings, oversight of sub-committees, fostering participation of P&C members in decision making, achieving agreed P&C goals in accordance with the constitution and by-laws, encouraging and supporting members and volunteers and, acting as the P&C spokesperson at school and external events.

Secretary

The Secretary is responsible for carrying out the administrative tasks related to the decisions of the P&C. These include; maintaining official documents and records, preparing and disseminating meeting notices, agendas and minutes, note taking in meetings and tabling correspondence.

Treasurer

The Treasurer's role includes; responsibility for all funds held and handled by the P&C, producing financial accounts including budgets, cash-flow, profit & loss accounts and balance sheets and, complying with all internal and external financial accountability requirements.

Vice President (x2)

The role of the VP is primarily to support the P&C President by whatever means necessary to ensure the objectives of the P&C association are met in accordance with the constitution and by-laws. The VP forms an integral part of the P&C executive with powers to fill-in for the P&C President in case of absence.

Sub-Committees:

Canteen

The Canteen Secretary has responsibility for maintaining communication lines between the canteen and the P&C in order to facilitate it's continued operation including; record keeping, minutes of meetings, volunteering needs, financial and technical support and, compliance with health and regulatory requirements.

Fundraising

The Fundraising Convenor plans, oversees and co-ordinates any fundraising events. They preside over the Fundraising Sub-Committee and maintain records of all events, expenditure and income received from





P&C ASSOCIATION

each event. Each year we hold at least one major fundraiser – Trivia Night – and we are always on the look out for other fundraising opportunities. This is a great role for people who just want to focus on one annual event.

Grants Officer

The Grants Officer helps write grants applications for the P&C.

Uniform Shop

Responsible for the running of the uniform shop, maintaining records of sales, money receipted and the ordering of uniform stock, and reports these to the P&C meetings.

Communications

Responsibilities include keeping our school community informed of P&C initiatives and successes via the school newsletter and our social media platforms by promoting events, volunteering and fundraising activities. This is a fun role for creative people to work their magic.

Environment

The Environment sub-committee organises and facilitates activities around environmental issues including beautification of school grounds and implementing energy saving initiatives to help us achieve our goal of becoming a carbon neutral school by 2025.

Events

The P&C organises and supports a number of school events each year including volunteer and staff thank-you evenings, Year 12 celebrations, parent-teacher nights, school musical set-building and costumes, and others. These events form an integral part of our wonderful school culture.

Alumni

The alumni sub-committee is often comprised of former students who wish to contribute to our school by providing information or assistance to the current cohort of students. What can be a better example of giving-back to your school community than this?

Special Projects

Special projects can include anything not otherwise covered in a sub-committee category. Use your skills and contacts to come up with something really special that you can do for the school!

Building and Library fund

The B&L sub-committee makes decisions about where and when to allocate funds for school infrastructure projects. Currently most B&L funds are being earmarked for use in the soon to be commenced school





P&C ASSOCIATION

2021 ANNUAL GENERAL MEETING - MINUTES
28 July 2021
7.00pm
VC (Zoom)

Meeting Opened: 7.07pm

Attendance – as per register Apologies – none

Minutes from previous AGM (5th August 2020)

Note – the minutes from the AGM held on the 5^{th} of August 2020 were approved at the general meeting held on 9^{th} September 2020.

Principal's Report (see attached)

As per report.

President's Report (see attached)

As per report.

Treasurer's Report and Accounts

Roman tabled the financial reports for 2020 (see attached). There were no questions or concerns raised. Roman also thanked Ming Zhang for again auditing the accounts. It is a NSW P&C Federation requirement that they are audited annually by a suitably qualified person.

Motion: "That the P&C approve and accept the 2020 P&C Audited Accounts."

Moved: Ben Second: Marg

Result: Approved – unanimous.





P&C ASSOCIATION

2021 ANNUAL GENERAL MEETING - MINUTES
28 July 2021
7.00pm
VC (Zoom)

Meeting Opened: 7.07pm

Attendance – as per register

Apologies – none

Minutes from previous AGM (5th August 2020)

Note – the minutes from the AGM held on the 5th of August 2020 were approved at the general meeting held on 9th September 2020.

Principal's Report (see attached)

As per report.

President's Report (see attached)

As per report.

Treasurer's Report and Accounts

Roman tabled the financial reports for 2020 (see attached). There were no questions or concerns raised. Roman also thanked Ming Zhang for again auditing the accounts. It is a NSW P&C Federation requirement that they are audited annually by a suitably qualified person.

Motion: "That the P&C approve and accept the 2020 P&C Audited Accounts."

Moved: Ben Second: Marg

Result: Approved – unanimous.

Sub-Committee Reports

- Environment (see attached)
- Uniform Shop (see attached)

Election of Office Bearers

Kathy O'Sullivan was the returning officer.

All positions were declared vacant and the following members were elected to these roles:

Election of Office Bearers (members of the P&C Executive)

President – Nomination of	David Young
Nominated	Marg Martin
Seconded	Victoria Landells
Appointed	David Young
Vice – President – Nomination of	Simon Cahill
Nominated	Marg Martin
Seconded	Catherine Yetts
Appointed	Simon Cahill





P&C ASSOCIATION

Vice - President (secondary)- Nomination of	Marg Martin
Nominated	David Young
Seconded	Catherine Yetts
Appointed	Marg Martin
Treasurer – Nomination of	Roman lalovega
Nominated	Marg Margin
Seconded	David Young
Appointed	Roman Ialovega
Secretary – Nomination of	Ben Mills
Nominated	Roman lalovega
Seconded	Simon Cahill
Appointed	Ben Mills

Election of Sub Committee Team Members – multiple people can be elected to these roles.

* Also a member of the P&C Executive

Canteen* – Nomination of	Catherine Yetts
Nominated	Sharon Walters
Seconded	Fiona Cahill
Appointed	Catherine Yetts
Environment – Nomination of	David Young
Nominated	Fiona Cahill
Seconded	Marg Martin
Appointed	David Young
Communications* – Nomination of	Derry Finkeldey
Nominated	Marg Martin
Seconded	David Young
Appointed	Derry Finkeldey
Events – Nomination of	Olena Ialovega
Nominated	Fiona Cahill
Seconded	Roman Ialovega
Appointed	Olena Ialovega
Fundraising* – Nomination of	
Nominated	
Seconded	
Appointed	Vacant
Grants Officer – Nomination of	Michelle Washington
Nominated	David Young
Seconded	Marg Martin
Appointed	Michelle Washington
Special Projects – Nomination of	
Nominated	
Seconded	
Appointed	Vacant
Clothing Pool – Nomination of	Fiona Cahill
Nominated	David Young
	Carlos de Averra
Seconded Appointed	Catherine Yetts Fiona Cahill





P&C ASSOCIATION

Alumni Representative – nomination of	Ben Mills
Nominated	David Young
Seconded	Catherine Yetts
Appointed	Ben Mills
Building & Library Fund – nomination of	Ben Mills & David Young
Nominated	Marg Martin
Seconded	Roman Ialovega
Appointed	Ben Mills and David Young
College Principal's Advisory Group – nomination of	David Young
Nominated	Fiona Cahill
Seconded	Marg Martin
Appointed	David Young
District P&C – nomination of	David Young & Simon Cahill
Nominated	Catherine Yetts
Seconded	Marg Martin
Appointed	David Young and Simon Cahill
WWCC Officers – one of the officers must be an Office	Ben Mills and Simon Cahill
Bearer	
Nominated	David Young
Seconded	Catherine Yetts
Appointed	Ben Mills & Simon Cahill

Appointment of the Auditor

As per the P&C Constitution – the auditor is to be appointed at the AGM

The per time is the desired time and time is to the appearance at time is the in-	
Auditor	Ming Zhang
Nominated	Roman Ialovega
Seconded	Catherine Yetts
Appointed	Ming Zhang

General Business

David thanked Marg Martin (outgoing President) for her extensive contributions to the school in a variety of roles.

Change of Signatories on Manly P&C Bank Accounts

Motion: "In matters concerning NBSC Manly Campus P&C association's bank accounts at CBA, 062-127 10231692, 062-179 00901472 and 062-032 50104750, we will update the signing authority on all accounts as follows:

- 1) Removal of anyone leaving a Manly P&C Office Bearer role Marg Martin
- 2) Addition of anyone new to a Manly P&C Office Bearer role Ben Mills & Simon Cahill & David Young
- 3) Retention of anyone still in a Manly P&C Office Bearer role Roman Ialovega

The method of operation will be via any two of the authorised signatories."

Moved: Ben Mills

Second: Catherine Yetts

Result: Approved - unanimous

Meeting Closed: 8.08pm