



# 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

6 May 2022

## From the Principal

### Welcome to Term 2

We welcome back students, parents, and staff to a busy Term 2. There are many activities for students to look forward to this term. Over the past two weeks, we have hit the ground running with students involved in debating, knock out sport, study skills sessions, wellbeing programs, NAPLAN preparation, excursions, a Visual Arts camp, and rehearsals for band, vocal, dance and the musical.

The long hiatus imposed by COVID-19 has only emphasised the importance of these activities to the life of our school and to the students' sense of connectedness and wellbeing. As a school community, we want all these activities to continue. It is therefore important that all students ensure they follow the COVID-19 measures put in place. I encourage all families to carefully read the updates regularly posted on the school app. It is extremely important that we remain vigilant and work together to help reduce transmission at school to protect our community.

It is important to note that in the future, there may be times where we must implement the following measures to reduce minimise disruption to face-to-face learning and reduce transmission:

- pause non-curriculum activities
- reschedule or cancel large indoor events
- implement mask wearing for staff and students.

### Uniform

Thank you for your support with ensuring our students are attending school in the correct school uniform. We understand there may be times when a student is unable to wear the correct uniform to school. In this event, please write a note to the child's year group Deputy Principal, so an out of uniform pass for that day can be issued before school. As communicated in the newsletter at the end of Term

1, the school's *Unisex Sweatshirt* and the *Unisex Microfibre Track Jacket* are the only jumpers that are to be worn at school. Students who wish to purchase Anastasia musical hoodies can wear these in Weeks 6-10, to coincide with the promotion schedule and release of tickets. Previous musical hoodies are not to be worn at school.

Uniforms can be purchased at Pickles Schoolwear in Brookvale, and from the Manly Campus second-hand uniform shop which is located near the canteen and open on the first Tuesday and third Thursday of the month from 8:15am to 9am. Our uniform shop offers quality second hand uniforms at a huge savings on retail prices. Email orders are welcome: [manly2ndhanduniforms@gmail.com](mailto:manly2ndhanduniforms@gmail.com)

If any financial assistance is required with uniform, please do not hesitate to contact the school and speak with the Principal, Deputy, or Year Adviser so that arrangements can be made.

### P&C Meeting

The next P&C meeting will be held at 7pm next Wednesday 11 May, in the school library or you can attend via [Zoom](#) if you prefer. Details of the meeting were emailed out yesterday.

### Congratulations to:

- Olivia Maietta (Year 11), who received the 2021 Sydney University Academic Excellence Award.





Kathy O'Sullivan  
Principal

# Sporting Achievements

---

## Congratulations to:

- Yelin Zou (Year 9) who competed in the 2022 Women's Sabre Cadet and Junior World Championships in Dubai UAE. Yelin was the youngest fencer competing and managed to rank 106/128 in the Junior U20 event and 60/127 in the Cadet U17 event. This experience has been good preparation for Yelin for the upcoming Commonwealth Games in September. Yelin has since won silver at the Senior Women Sabre individual @ AFC #2 tournament held in Brisbane last week.
- Felix Birke (Year 10) who, with his partner, won silver at the Beach Volleyball Junior National Championships held towards the end of last term. 
- Freya Green (Year 12) who, as a member of the SNB Breakers water polo team won gold at the U18 State Championships held during the last school holidays. The team followed on to achieve 4th place at the National Championships. Freya will now go to compete at senior level.
- Louis McKay (Year 12) who, with his team Sydney North East, has won the CHS Open Rugby Championships. Louis has also been selected for the CHS Open Squad. 

We like to acknowledge our student's sporting achievements. Please email [scott.white30@det.nsw.edu.au](mailto:scott.white30@det.nsw.edu.au) or [kristie.crawford@det.nsw.edu.au](mailto:kristie.crawford@det.nsw.edu.au) with your child's results, achievements and any good action photos (permission to publish only).

## Elevate Study Skills

---

Students from Year 7, 9, 11 and 12 share their experiences (in the reports following) of the recent Elevate Study Skills seminars which aim to improve students study techniques, increase motivation through developing a sense of efficacy in their learning which builds confidence and can lift academic performance.

Students were given the password **RONDO** during the seminars which will enable them to access online Elevate resources to assist them in developing study strategies as they progress towards becoming lifelong independent learners.

Additionally, there are [free weekly parent webinar sessions available on line](#). These aim to help parents and carers support their young people as they develop the skills and understanding necessary to become independent lifelong learners.

## Student Reports on Elevate Study Skills

### Year 12 - Student Elevation and Ace Your Exams

Our presenter from Elevate, a former Manly Campus school captain, Arkie started out the session with an agree or disagree icebreaker about some of our interests, our beliefs about school and studying and of course whether or not tomato sauce should be kept in the fridge. Moving on, we discussed the road map idea made up of three main points: beliefs, goals and planning.

We dove further into deconstructing our beliefs and discussed probably the most interesting part of the seminar, the Pygmalion effect. For those unfamiliar with the concept, the Pygmalion effect or Rosenthal effect is the phenomenon in which when a person is presented with higher expectations, whether self-imposed or from external sources like teachers or parents, the brain will subconsciously change habits and behaviours to achieve those higher expectations essentially creating a self-fulfilling prophecy. There was then a focus on how we could "high-jack" the Pygmalion effect to benefit us in our study.

This in turn then led to the idea of a growth mindset which was something that the majority of the group had heard about and in general believed about however, as Arkie pointed out, in practice the majority did not use it. There was an emphasis on reframing our thoughts and adding "yet" to our negative beliefs, for example 'I can't do this essay... yet'. At the conclusion of the first session, we focused on goal setting with a focus on specificity and setting short term manageable goals.

We then progressed to how to excel in upcoming exams with the 7 steps for preparation with a focus on how to fix previous mistakes and make sure we progressively do better and better after every exam/assessment and staying calm within the exam room using things like breathing techniques.

Personally, the strategies that I valued the most out of the seminar was to set specific goals and to try to focus on a growth mindset as personally, I tend to get fixed in my own thoughts. Overall, the seminar was really helpful and Arkie was a super engaging presenter who kept things interesting and lively.

**Caoimhe Daly**

### **Year 11 – Student Elevation and Ace Your Exams**

Year 11 has brought with it many new challenges that force us to reconsider the way we study for exams, which eventually leads to the ever-looming HSC. This morning's Elevate Study Skills workshop saw all of Year 11 introduced to a plethora of new ideas and methods to prepare us for the years ahead. We debated whether natural intelligence really makes that much of a difference and learnt about a *beliefs* → *goals* → *planning* flowchart, in which giving ourselves motivation to achieve our goals is the basis of the growth mindset needed to spend our time studying effectively.

Moreover, it was an amazing opportunity to learn and develop upon pre-existing skills, especially regarding the common practices used in preparation for exams. We discussed the varying levels of significance and benefits of notetaking, memorisation and completing study papers. The technique of memorisation is most useful around 3 weeks before the exam itself - the time you should start studying - while practice papers are the most effective way to study, particularly just before the assessment. This is opposed to note taking, which we discovered is practically ineffective unless completed throughout the term in a summing style.

Overall, the Elevate study skills workshop was an invaluable experience which highlighted how studying can become a positive experience if students adopt a growth mindset, opening all our minds to the possibility of achieving more with the help of the skills we learnt today.

**Isabelle Stapf-Giannakis**

### **Year 9 – Study Sensei and Time Management**

With G25 split up into groups, a few presenters from Elevate Education came to Manly Campus, hoping to teach us at least one study skill. Funny enough, with a brisk raise of hands, they learnt that no one was excited about this program. However, the presenters quickly caught our attention and were easily able to control and teach the class. Providing hilarious examples and coming from the view of young ex-graduates, this program was enjoyable and educational. Along the way, the presenter called up students to provide examples, keeping us engaged.

This two-hour session consisted of two seminars, "Study Sensei" and "Time Management." The first one, "Study Sensei," consisted of three sections: Create, Master and Learn. For each, strategies were given on how to effectively finish our tasks and ensure we can easily revise by looking at our notes later on. We were given tips on the layout of

our notes, how often we should be flipping through them and how to stand out in assignments and tests. In our second seminar, "Time Management," we learnt about how to find time and reduce work with methods like study groups.

By the end, I had learned two main strategies that I would like to implement into my way of learning and studying. Firstly, I would like to start using loose-leaf paper, allowing the simplicity of grouping topics and flipping back and forth. Additionally, I am inclined to begin prioritising my non-required tasks, such as studying, over required tasks, those with deadlines, as our brains work in a way that ensures our work is completed by a certain deadline. Talking to my friends about this program later on, I am sure all of G25 can agree that it was very informative and captivating.

**Jia Rastogi**

### **Year 7 - Kick Start and Junior Time Management**

The Elevate Study Skills session was implemented to educate Year 7 about how to organise their school work and homework and develop successful strategies to become independent learners.

We went through how to do dynamic reading - a method applied in order to discover information in the most effective manner possible. Steps to dynamic read included subtitles, goals and finding relevant text. Another important skill taught to us during this session was effective note taking. Note taking included using trigger words (key words) and verifying if the note taken is useful or unusable. These two strategies helped us to gain information in the most efficient way possible.

In my opinion the most interesting section of the elevated program was an activity presented to us in the form of catch. The demonstration was simple, they would throw 3 balls, with a small pause in between, then they would throw all 3 simultaneously. They explained how tackling one task at a time would be much more convenient than tackling all at the same time, similar to how catching 3 balls is much more difficult than catching 1 at a time.

In the end, I'm planning on using these strategies to help me sort out information. When a single subject can have multiple areas to study, it may be easy to get lost in the vast confusion, using effective note taking however really helped me the first night I experimented with it. I would highly recommend these two strategies and overall they are extremely effective.

**Roger Full**



# THURSDAY SENIOR STUDY SESSIONS

**WHERE: LIBRARY**  
**WHEN: 3.30 — 5PM**

## WHY?

- **GREAT PLACE TO WORK INDIVIDUALLY  
OR IN STUDY GROUPS**
- **ACCESS TO LEARNING ADVISER  
SUPPORT & SCHOOL SUPPORT OFFICER**
- **DELICIOUS SNACKS TO FUEL YOUR  
BODY & MIND**

## 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 19 May 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 [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.





## IMPORTANT INFORMATION | SCHOOL PHOTOGRAPHS

Dear Parents, Guardians and Students,

Thank you for your continued trust and support in permitting us to be a part of your community each year in providing your school photographs.

I know many families and businesses have been affected by so many obstacles in recent months and unfortunately we too have been met by obstacles this year that will undoubtedly result in delays to the expected delivery of school photography packages you may have ordered.

These include:

1. Ongoing Covid-19 cases within schools resulting in over 200 school bookings having to be rescheduled  
These include many main days of photography and many additional catch up days
3. Recent extreme weather has also impacted completion of photography
4. Ongoing Covid-19 cases within our own team
5. Ongoing absenteeism within our team caused by close contact regulations
6. A shortage of available extra staff in Australia to buffer illness and isolating staff
7. The extension of ordering dates to give families the longest opportunity to place orders
8. Ongoing delivery delays by Courier services also facing similar issues

We will continue to communicate with the school and will have your completed packages delivered at earliest opportunity.

We are also developing a range of products and technologies that will ensure improvement under these ongoing circumstances and look forward to sharing them with the school and community later in the year.

In the meanwhile you have our sincerest apologies and utmost appreciation for your patience and understanding.

Thank you and kind regards,

A handwritten signature in blue ink that reads 'J. Isherwood'.

**Jason Isherwood**  
Managing Director

Answers to frequently asked questions can be found at  
[www.advancedlife.com.au](http://www.advancedlife.com.au)  
or contact us via  
[www.advancedlife.com.au/ContactUs](http://www.advancedlife.com.au/ContactUs)



## Band News

---

I hope everyone had a wonderful Easter break with all the long weekends and some fine weather for a change.

Term 2 will start with a bang with:

### **BBB tonight - 6 May.**

We couldn't be more excited and ready to play together in Freshwater Campus Gym.

All students will be walking over from school for setting up and rehearsals. Food (Pizza) will be provided to students before the performance.

Uniform will be black trousers / skirts and shoes and Band Polos.

Attendance is free with gold coin donation at the door.

Thank you to everyone who has volunteered to help out and make the night a success.

Please follow the school's covid-safe plans - do not attend with any symptoms or as a close contact or if you are within 8-10 days after testing positive; please wear masks. Doors will be open so please dress appropriately. Please wait outside after the end of the performance - all students will be helping to pack up the equipment at the end, and help putting away chairs would be appreciated.

Thank you. See you in a few hours!

### **Dates for the Diary**

The rest of the term is fairly quiet for Band to allow for the focus on Musical which is always of such a professional standard and a wonderful night out. But please make a note of these dates:

#### **Saturday 4 June TBC**

Chamber & Strings - Northern Beaches Instrumental Festival

#### **Monday 18 July (Pupil Free Day)**

All Bands - Workshop Day at school

#### **23 - 24 July TBC**

Concert, Wind Ensemble & Wind Orchestra. Swing, Stage, Big Band and Jazz Orchestra - ASBOF

#### **Sunday 28 August TBC**

Chamber & Strings - ASBOF

#### **8 - 11 September TBC**

Concert and Wind Ensemble - NSSWE Spring Festival at the Concourse

#### **Sunday 11 September**

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

#### **13 - 16 September**

Intermediate Band Tour / Camp

#### **1 - 3 October TBC**

Jazz Orchestra, Jazz Combo - Manly Jazz

#### **Friday 11 November**

Chamber and Strings - Strings Soiree

#### **Saturday 19 November**

All Jazz - Jazz Night Out

#### **6 - 9 December**

Junior Band Tour/Camp

#### **Wednesday 14 December TBC**

All Bands - Big Band Bash 2

Some events are to be confirmed as they haven't opened for booking yet and there are additional in-school performances, but please make a note of dates, especially the senior students in Year 12 who will be planning their end of HSC celebrations.