



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

27 September 2024

Principal's Report

School Captains 2025

NBSC Manly Campus 2025 Student Representative Council (SRC) members have been inducted, along with the announcement of our new School Captains and Vice Captains.

Congratulations to our 2025 School Captains Aarohi and Alexander, to our Vice Captains Chloe and Michael, along with SRC members; Allister, James, Liam, Cillian, Anthony, Octavia (Year 12 executive); Utsab, Sunny, Ella, Akshita, Eimi, Ella Jacob, Harrison (Year 11); Jiayi, Adrina, Natasha, Leron, Stephanie, Ethan, Dennis (Year 10); Rumir, Adrian, Aliy, Melody, Darius, Stefan, Cooper (Year 9); Lucus, Aanya, Grace, Sienna, Edward and Aleksei (Year 8).

[Please see SRC Group Photo on page 11](#)

Thank you to the 2024 outgoing SRC for their energy and enthusiasm throughout the year. This year's leadership team of Sam, Esther, Jaylan, Jennifer, Felix, Ethan, Ivan, Liam, Leonardo and Yana have provided wonderful role models to their peers and represented our school admirably at both formal and informal events.

Thank you also to Ms Woolven and Mr Haigh for the support, guidance and behind the scenes organisation you've provided and continue to provide for the SRC.

Year 12 Farewell Assembly

This week the school farewelled G24. Student representatives from each year group: Edward and Oscar (Year 7) Aily and Cooper (Year 8), Leron and Stephanie (Year 9), Akshita and Ella (Year 10) Anthony and Michael (Year 11) shared stories and expressed thanks to our Year 12 cohort for their leadership and camaraderie. Our 2024 School Captains Sam and Esther, spoke with gratitude when reflecting on their time at Manly Campus. Thank you to Mr Newcomb, who co-ordinated the event. We are looking forward to holding the Year 12 Graduation at school with students and families on Tuesday 12 November.

Executive Director Public Schools Recognition Program: Congratulations Nick Karandonis



Congratulations Nick who has received the Executive Director Public Schools Award. Here is the citation submitted to support his nomination.

Nick is an indispensable member of the Northern Beaches Secondary College Manly Campus community, who goes above and beyond in his role as a General Assistant, taking the initiative to ensure that our campus remains a safe, functional, and clean environment for both learning and working. Proactive in identifying and addressing potential maintenance issues and hazards, Nick also seeks ways in which the campus can be improved. He strives to find solutions beyond the scope of what is asked to ensure that the outcome for the school is of the highest quality. His adeptness at resolving issues efficiently underscores his accountability and reliability, greatly contributing to the school's operational effectiveness and highlighting his invaluable role within the community. An outstanding communicator, Nick stays well-informed about school events and provides support across a broad spectrum of activities, from academic programs to extracurricular pursuits. This dedication reflects his deep commitment to enhancing the overall educational experience and contributing to the school's success. His kindness, sense of humour and pragmatism means he gets along with all staff. The staff respect and trust him because of his dynamic approach and kindness in the face of a daily crisis. He is known by the students for his incredible work ethic and the support of their endeavours across all disciplines. His respectful and supportive interactions foster a positive environment where staff and students feel confident in his abilities and judgment. Always offering a generous smile, and a willingness to help, Nick is amongst our campus' greatest assets.

Staffing update

This term we say farewell to several staff from the Manly Campus community.

Karen Blundell is retiring after 40 years teaching - 14 years at Killarney Heights High as a teacher and 26 years as Head Teacher CAPA at Manly Campus. Heather Crawford is retiring after 29 years in public education. She has worked at Cromer Campus, Pittwater High and here at Manly Campus in school support. Thank you both for your outstanding service to Public Education. We wish you all the best for your retirement.

Jo Drew is on leave for 12 months, we wish her all the best on her overseas adventure and look forward to her return to both the TAS and Maths faculty. We thank her for her professionalism and genuine care for cultivating a supportive learning environment.



Happy holidays

Wishing everyone a safe and restful holiday. Students and staff return on Monday 14 October.

Kathy O'Sullivan
Principal

Year Adviser Reports

Year 12 Report

On Wednesday 30 January 2019, 120 Year 7s joined Manly Campus Secondary College as G24.

As I called the first roll, I was filled with excitement but also a bit of apprehension about the 6 years ahead. To me it only feels like yesterday that you embarked on this journey, eager and wide-eyed, ready to make your mark.

From your very first day, you showed a remarkable blend of enthusiasm and curiosity. You faced the challenges of adapting to high school life with determination and resilience. It was clear from the start that this was a group that was not only capable of achieving great things but also of setting new standards of excellence.

We farewell 139 in this graduating class of 2024. As you stand on the threshold of the next chapter of your lives, remember that the lessons you've learned and the memories you've made here will stay with you forever. You are ready to take on the world with the skills and values you've developed, and I have no doubt that you will continue to achieve great things.

I want to express my deepest pride and gratitude for each and every one of you for the respect I have received and the value you have placed on my advice.

Year 12 of 2024 have left a profound impression on this school, and your legacy will inspire future generations. Congratulations on reaching this milestone, and best wishes as you embark on your next adventure.

Josinta Chandra
Year 12 Adviser

Year 11 Report

Year 11 have had a great term full of fun, learning and honing in on their organisation skills.

There were a variety of excursions and incursions, in which we could see the varied interests of this cohort. These ranged from PDHPE students completing their First Aid course, Ancient History students going to the Chau Chak Museum, a biology excursion as well as music students who undertook a Masterclass here within our school hall.

Along with the engaging aspects of the curriculum, came the more serious with Year 11's completing a variety of Assessments in which they demonstrated their increasing maturity and ability to hand in quality tasks in an organised fashion.

This newfound sense of responsibility was the perfect segue for students as they approached their first Preliminary Examinations. These all went off without a hitch, a testament to their commitment to study, tenacity and maturity during this stressful period.

Our Year 11 SRC representatives were congratulated by both Miss Haigh and Miss Woolven for their leadership and keen involvement with this year's Pinestock helping to run a successful and extremely fun "Disneystock".

Our newest leadership team for 2025 were also announced this term and we know we will all be in very good hands with our Captains, Vice Captains and SRC executive leadership team.

A last bit of fun for the term was the Year 11 verse Year 12 games in which all our seniors came together in the spirit of healthy competition and year group pride.

As we come to the end of this term it is important for all students to know that these holidays are a time for rest and regeneration as you will have a big term ahead of you in Term 4. I know some of you may be nervous for this, but I also know that you are all a bunch of talented, determined and more than capable individuals who can achieve great things.

So, relax these holidays and we shall see you next term for your newest and greatest adventure yet-Year 12.

Lisa Giuffrida
Acting Year 11 Adviser

Year 10 Report

G26 have had another busy term, participating in the B-Smart Excursion for Road Safety, Bell Shakespeare Performance, ICAS tests and several subject-specific incursions and excursions in Term 3. They also presented their ILP projects in the final days of term, a unique learning experience which gave the students the opportunity to explore and follow their passion in a major work project throughout the year.

At the start of the term, both Principal and Year Adviser Awards were presented. I would like to congratulate all recipients of these awards for their ongoing commitment to achieving their personal best both inside and outside of the classroom. G26 have been busy making their subject selection decisions for Year 11 and it was wonderful to see so many parents at the school during these sessions. A big thank you to the plethora of staff that have helped guide Year 10 during this time and given up their time to answer questions and help our students make informed choices about their future.

With many of our trail blazers being the first year of accelerated studies we had Year 10 students sitting their preliminary examinations with Year 11 this week and we wish them the very best.

Well done to all the students who were involved in the SRC 2024 nominations and congratulations to the new SRC members for 2025. Our students do an amazing job fundraising for our school and making the community the best it can be, so keep up the amazing work that you do.

As G26 head into their final term in stage 5, I hope that each student has the opportunity to relax in these upcoming holidays, connect with friends, have a sleep in and get plenty of fresh air. Just a reminder too that you then need to drag your summer uniform out of storage and hope it still fits.

Best wishes to all over these school holidays and stay safe.

Elizabeth Lindsay
Year 10 Adviser

Year 9 Report

G27 has had much to celebrate during this productive and busy term and as always, there is so much happening both inside and out of the classrooms. We are very proud of the Year 9 students who were the recipients of the Principal's Awards. These awards acknowledge the dedication and consistent effort in upholding our school's commitment to Academic Excellence by achieving exceptional grades that reflect a thorough knowledge and deep understanding of the course material across all subjects for Semester 1. Congratulations to - Evelyn, Annabelle, Emily, Mia, Audrey, Natasha, Charlie, Oliver, Leron, Charles, Stephanie and James. Congratulations also to the recipients of our Year Adviser Awards. These students also achieved very high grades and demonstrated consistent effort throughout Semester 1 - Sam A, Kai B, Jiayi, Roger, Claire, Charlotte, Irene, Nia, Taylor, Seika, Victoria, Anidita, Ari, Georgia, Bella, Owen, Evie and Ethan.

There was more to celebrate with the elected SRC representatives for 2025 well done - Jiayi, Stephanie, Ethan, Leron, Dennis, Natasha, and Adrina. We are sure you will do a fantastic job next year.



We are so proud of Sarah who spoke on gender equality in sport. Early this term, Manly Campus hosted a local final of the Junior Public Speaking competition, an initiative of The Arts Unit. We would also like to acknowledge the support of the SRC for leading the hosting of the event and supporting our visitors. Leron was part of this team.

Well done to our dance students who performed throughout this term, our drama students who performed their assessment pieces in front of the Year 7 and Year 12 audience and our band students who performed at ASBOF. Our band students also had a busy weekend last weekend. I thoroughly enjoyed attending the Musicale on Saturday night, they also had the Manly Jazz Festival on Sunday morning, and we wish them the best of luck on the tour during Week 10.



We hope that all students enjoy the break and come back safe and refreshed ready for our final term of Year 9. We are also excited for our upcoming camp.

Katie Anderson and Chloe Woodward
Year 9 Advisers

Year 8 Report

Year 8 continues to work hard, enjoy life and make the most of each day. Term 3 was a time to choose three elective subjects for the next two years at school. This process marks a milestone as each student looks to tailor their learning to suit their interests and passions. The Stage 5 accelerated mathematics and chemistry streams proved popular, as did creative writing, PASS and the exciting variety of TAS and CAPA subjects.

Year 9 SRC 2025



Another highlight of this term was the voting of the 2025 Year 9 Student Representative Council. While not all candidates were able to be elected, I am proud of every student who had the courage and tenacity to put themselves forward for the role. Congratulations to the 2025 Year 9 SRC: Adrian, Aliy, Cooper, Darius, Melody, Rumir and Stefan.

In other news, it was exciting to have the Year 8 debating team make it through to the knockout final of the Premier's Debating Challenge. The team came up against the equally undefeated Barrenjoey High School and narrowly lost their argument that we should phase out the domestication of cats. Meanwhile, it was a privilege to be invited to the Raise program's graduation ceremony where the Raise mentees and mentors celebrated the weekly program's culmination. It was clear that all participants found this in-demand wellbeing initiative incredibly beneficial. As the assessment period came to a close at the end of term, Year 8 enjoyed the carnival atmosphere of the annual Pinestock.



Finally, as we approach the holidays, I would like to encourage everyone to keep reading. Well done to all who continue to participate in the Premier's Reading Challenge, especially those who have maintained their record from kindergarten. This term in English Year 8 read the classic novel *Lord of the Flies* and completed an essay on its themes and language. Despite being written 70 years ago, the novel resonated with the grade who felt that its message, about the capacity of the human heart

for both good and evil, remains important as they make their way in a changing world. In the words of the author William Golding, the character of Ralph sums it up: *“in the end he has come to understand... that what stands between him and happiness comes from inside him”*.

Madeleine Koo
Year 8 Adviser

Year 7 Report

Term 3 has been a quieter yet productive time for Year 7 as they have continued to settle into high school life. It's been wonderful to see your progress and effort since the start of the year.

I would like to congratulate those students who were recognised for their outstanding achievements this term. A special mention goes to those who received a Principal's Award and the recipients of the Year Advisor's Award, highlighting their dedication and hard work throughout the term. Additionally, congratulations to Lucas, Anya, Grace, Sienna, Edward, Aleksei, who were nominated for the Student Representative Council (SRC). Their nominations reflect their leadership potential and commitment to making a positive impact on the school community.

I would also like to acknowledge the fantastic effort of the students who participated in the Premier's Debating Challenge Sienna, Kabir, Rushil, Alex, Parmida and Andrew. Their dedication and teamwork were impressive, and they represented Year 7 with pride.

One of the highlights of the term was the Year 7 Gala Day. It was an exciting opportunity for the students to come together, and it was great to see everyone enjoying the spirit of friendly competition and teamwork.

As we look ahead to the final term of the year, I encourage all Year 7 students to continue working hard, supporting each other, and making the most of their high school journey.



Year 7 Year Advisor Award Recipients - congratulations for upholding the school values of academic excellence, personal best and giving back to the community.

Brigit Myers
Year 7 Adviser

English Report

As we wrap up this term, it's a wonderful moment to reflect on our students' impressive achievements in English. First and foremost, congratulations to the talented students who submitted their Extension 2 HSC major works. The creativity and dedication of the 7 students through their projects over the whole year was outstanding with powerful works including podcasts, creative short fiction and critical essays.

To our HSC students completing their English course, their Trial exams and heading into the HSC examination, we commend your resilience and determination. Your efforts have set a strong foundation for success in your upcoming exams. We wish you all the best as you prepare for the final stretch ahead and are excited to hear about the amazing future opportunities coming your way.

Year 10 students had an exciting opportunity this term with the Bell Shakespeare incursion. This immersive experience not only deepened their understanding of Shakespeare's works but also ignited a passion for performance and literature. For our junior students, the focus has been on analytical writing and students have been diligently working on honing their essay writing skills in a range of challenging courses, developing strong writing foundations in preparation for their upcoming assessments on *To Kill a Mocking Bird*, *The Book Thief* and *Lord of the Flies*.

Meanwhile, Year 11 is gearing up to transition into Year 12 next term having just completed their studies of *Julius Caesar* and *Othello* and successfully completed their Preliminary Examinations. We look forward to supporting you as you take on new challenges of beginning the HSC course in the coming months.

As we approach the holiday break, we encourage students to take this time to rest and recharge. Enjoy your break, and we look forward to seeing you all back soon.

Rachele Haigh
English Faculty

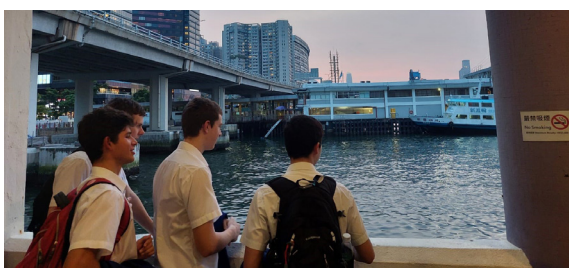
International Mathematical Modelling Challenge

Further to our article in the last edition of The Pines, please find the below report from “The Algebras”.

Our favourite moment in Hong Kong was the night on the boat that went along Victoria Harbour where we connected with team delegates and took some amazing photos of the CBD. We also loved Hong Kong’s food and were given the opportunity to taste countless dishes with the daily trips to all-you-can-eat restaurants for lunch and dinner.

Our trip to Hong Kong also taught us a lot about mathematical modelling; the other teams had fascinating models that included concepts such as AHP and grey system theory.

Overall, it was an unforgettable trip that brought us closer as friends.



The Algebras
Student Report

Year 12 Science Extension

Congratulations to Year 12 Science Extension students who recently submitted their final Scientific Research Reports. Students completing Science Extension conduct research into a topic of their choosing, which may be within any of the fields of science studied at HSC level (Biology, Chemistry, Earth and Environmental Science, Physics).

The G24 cohort conducted research into the following topics:

Gaby: Exploration of differential gene expression through RNA sequencing of Alzheimer’s disease patients

Matthew: The effect of differential functionalisation of aspirin on logP and pharmacokinetic properties

Charlie: Effects of altering the weight percent of Gelatin-Methacrylate (GelMA) within bioink on the shape fidelity of the resulting hydrogel

Maria: The effect of the chemical modification of a molecule on its lipophilicity and logP value

Bella: Investigating the effect of pH on polymer-gold nanoparticle conjugates

Carys: Seaweed and biodiversity: Seaweed species and their role as habitat providers

Matyas: PCR primer production for retroviruses

All students are to be commended for their dedication and hard work this year, and we wish them the very best in the future.



Dr Holly Bolton
Science Faculty

Australian History Competition

We have two National Champions.

Ollie is a joint National Winner in the Year 9 category and Nicholas the National Champion of the Year 10 category of the Australian History Competition for 2024.

Scott Sinclair
Head Teacher HSIE

HSC Drama Class

Standing Ovation: HSC Drama Class Achieves Unprecedented Success in Exams.

Congratulations to the entire 2024 HSC Drama class who were ALL nominated for both their Group Performances and Individual Performances. This is a huge achievement that is testament to their talent, dedication and tenacious approach to creating sophisticated theatrical work. Completing two major works in one subject is not an easy feat but this class has managed to do it with resounding success. They leave behind a unique legacy and a culture of dramatic excellence for others to follow.

Congratulations to Alex, Annabelle, Ella, Isabel, Lachlan, Madeleine and Madi.



Skye Campbell
English Faculty

Congratulations to our Evatt National Finalists

Each year, UN Youth Australia runs the Evatt Model United Nations Competition to immerse Year 9 to Year 12 students in the world of peace and security on the international stage. Simulating a session in the UN Security Council, delegates (in teams of



two) represent one of the fifteen member states in negotiations to settle threats to global peace. This year over 918 teams across Australia competed in 70 rounds, debating 210 resolutions ranging from “The Question of Universal Healthcare” to “The Question of Kurdish Independence”.

Amongst the 1,836 competitors, four Manly Campus students were recently invited to the National Finals to be held in Melbourne. Congratulations to Michael and Allister (Year 11) and Tenzin and Felix (Year 12). Since May, these teams have debated, negotiated, and legislated across the preliminary rounds, the semi-finals, and the state final.

The state final was held at State Parliament in June, with our student’s placing 4th as an outspoken Russia (Tenzin and Felix) and 5th as a not-so-neutral Switzerland (Michael and Allister) making Manly Campus the most represented school on the podium.



From the 27 November to the 3 December, these delegates will face the other 13 best teams from across the country in a week of fierce (though always diplomatic) competition whilst having the opportunity to learn from amongst Australia’s best in a series of workshops and talks.

Best of luck.

Atalya Masi
Head Teacher Enrichment/Teacher (Music)

Congratulations To:

- Matteo (Year 12) who recently competed at the Australian National Snowsports Championship where he placed 24th in Alpine and 27th in Skier Cross out of 60 competitors.
- Kota (Year 12) who has been selected for the Australian U18 Invitational Schoolboys Football squad. The team will tour the United Kingdom and Ireland in January 2025.
- Esther (Year 12) who was Highly Commended in the Senior Poetry in the Mosman Youth Awards in Literature.
- Emily (Year 10) who was awarded first place in the Senior Story in the Mosman Youth Awards in Literature.

P&C Information

Canteen Roster Sign Up

If you are able to volunteer some time to help in the Canteen, please find the Roster Sign Up link for Term 4 2024.

<https://www.signupgenius.com/go/Canteen Roster>



Second Hand Uniform Shop

This year the second hand uniform shop will be open on the first Wednesday and the third Thursday of the month, during term time only, from 8:15am - 9am

Next Open

**Thursday 17 October
and
Wednesday 6 November**

Orders may also be requested online at:

manly2ndhanduniforms@gmail.com

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



Band Report

Term 3 ends – enjoy the holidays!

And so, we come to the end of a hugely busy Term 3. We would like to thank every member of the band program and their families for all their effort and commitment to rehearsals and performances these past few weeks. We hope everyone has a restful holiday and returns raring to go in Term 4, as there are plenty more performances to come.

As I type, the Intermediate Band is on tour in Lake Macquarie – there is much excitement in the school communities Manly Campus are visiting. We will be sure to report how things went in the newsletter next term.

Also, a reminder that Chamber Orchestra rehearsals start on Day 1 of Term 4 as there is no pupil free day.

Jazz Night Out

What a fantastic evening we had at our new venue the Jazz Lounge Chatswood. Our jazz ensembles played to a very high standard and JO were lucky enough to share the stage with professional jazz vocalist Gregg Arthur. Huge thanks to everyone for all their hard work to make this evening possible and many thanks to parents who transported gear to and from the venue.



Musical – Symphonic Wind Orchestra, Jazz Orchestra and Chamber

As always it was an emotional night at another new venue, the NSW Conservatorium of Music, last Saturday as we said goodbye to our Year 12 students who will be moving on to pastures new next year. The performances were wonderful and thoroughly enjoyed by everyone in the audience. Thank you to all those who helped make this possible, particularly to Ms Masi who held things together during such a busy time in the band calendar. Also, another shout out to all the parents who once again helped bring music, instruments, equipment and stands to and from the venue – your time and help with these small things is always greatly appreciated.



Jazz Orchestra at Manly Jazz Festival



Huge congratulations to our Jazz Orchestra who played on the 'Jazz Stars of the Future' stage at the Manly Jazz Festival last Sunday. The weather was beautiful, and the band did a wonderful job entertaining the large crowd and representing Bands of Manly. Well done everyone.

SWO, Chamber Orchestra & Stage Band at Year 12 Assembly

Thank you to these ensembles for playing at the Year 12 Graduation assembly on Wednesday. Particular thanks to those Year 11 students who stepped up to play in the middle of their exams as our Intermediate bands are on tour. We wish our Year 12 all the best with the final stretch of study and their exams.

Intermediate Band Tour, Lake Macquarie

Our Year 9 and 10 students who were away on Tour. I am sure they had an amazing time – we look forward to hearing all about your adventures on your return.



Junior members of band will be heading off to the Shoalhaven region for their tour in early December – more details to follow.

Working Bee

A reminder to everyone that there is another Working Bee being held on [Saturday 19 October from 10am to 2pm](#). We will be maintaining and clearing up the band rooms and continuing with our digitization of the many music scores currently only in paper form. As always, come along for 10 minutes or an hour – any contribution you can make will

help. Remember Year 10 students who are involved can count the time towards their volunteer hours – you don't have to be a band member to take part. Please could you send your Band Liaison or our Band Manager (bandmanagerbomc@gmail.com) a quick email if you are hoping to attend so we can get an idea of numbers and what jobs we can tackle on the day? We look forward to seeing you.

**String Soiree, Mosman Art Gallery – Chamber Orchestra & String Ensemble
Friday 8 November – approx. 7pm**

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

Term 4 AGM – can you help in some way?

Our AGM is in Week 6 of Term 4. All committee roles are open for voting (President, Vice President(s), Secretary, Music Librarian, Enrolments, Newsletter/Communication etc). Even if you can't commit to a committee role there are plenty of other ways to help. We are looking at formalising our volunteering supports with things like the liaisons, fundraising team, events, roadies etc. Please come along to hear more about the programme and what is planned. Feel free to email your liaison or send through a message via the school email to Ms Masi to ask any questions or let us know what you are interested in.

Manly Campus has an amazing, varied and quality Band program. So much of what we do requires the support of our volunteers. Many hands make light work, so please get involved and don't assume someone else will do it. If everyone thought that then nothing would ever happen – it's always easier to share the load.

Thanks, and see you there.

Dates For Your Diary

Term Four

Working Bee

Saturday 19 October (10am – 2pm) – all welcome (time can count towards Year 10 volunteer hours)

Strings Soiree, Mosman Art Gallery

Friday 8 November (evening event) – SE & CO

Band Meeting - AGM

Tuesday 19 November – everyone welcome

Junior Band Tour, Shoalhaven region

2-4 December – Year 7 & Year 8

Big Band Bash – all ensembles

December, Date TBC

Ensemble Information

Wind Bands (Room 223)	
Directors – Brad Lucas (CB & WE)	
Steve Williams (SWO)	
Concert Band (CB)	Tuesday
Wind Ensemble (WE)	Wednesday
Symphonic Wind Orchestra (SWO)	Friday
Jazz bands (Jazz Lounge/Band Room)	
Director – Craig Driscoll	
Jazz Orchestra (JO)	Tuesday
Big Band (BB)	Thursday
Stage Band (SB)	Wednesday
Strings (Common Room/Room 223)	
Director – Sada Muramatsu	
String Ensemble (SE)	Friday
Chamber Orchestra (CO)	Monday

*Remember, **rehearsals are always on**, even on carnival and excursion days unless you have been emailed by your band liaison to say otherwise. Students should arrive by 7.20am to set up for a prompt 7.30am start.*

Band Liaisons

Ensemble	Parent Band Liaison
Wind Bands	
SWO	Mona Johnson
WE	Volunteers Welcome
CB	Emma Gelding
Jazz Bands	
JO	Mona Johnson
BB	Volunteers Welcome
SB	Kyle Zhou
Strings	
SE	Tiina Jaaniste
CO	Annie Woods



NBSC Manly Campus SRC 2025

Year 12



Aarohi
Captain



Alexander
Captain



Chloe
Vice Captain



Michael
Vice Captain



Allister



James



Liam



Cillian



Anthony



Octavia



Utsab



Guanjun (Sunny)



Ella



Akshita



Eimi



Ella

Year 11



Jacob



Harrison



Jiayi



Adrina



Natasha



Leron



Stephanie



Ethan

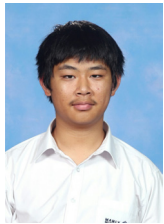
Year 10



Dennis



Rumir



Adrian



Yuyao (Aliy)



Melody



Darius



Siyuan (Stefan)



Cooper

Year 9



Lucas



Aanya



Grace



Sienna



Edward



Aleksei

Year 8



LEADERS IN AUSTRALIAN DEBATING

The Team That Brings Students The National Virtual Debating Competition

LIMITED PLACES



Enrol with the leading provider of debating, public speaking and communication education to schools in NSW.

Our programmes prepare students with the soft skills and experience that today's students need for their technology powered future.

CRITICAL THINKING

Learning how to comprehend, deconstruct, evaluate and respond to different ideas & perspectives

EMPATHY

Considering issues that may be unfamiliar to students from multiple stakeholder perspectives, including within different cultural and historical contexts

ACTIVE LISTENING

Learning to quickly comprehend, analyse and respectfully respond to opposing ideas with confidence

PERSUASIVENESS

Understanding how speech can be crafted for maximum effectiveness using engaging manner, compelling matter and clear method

GENERAL KNOWLEDGE

Discussing a wide range of ideas and events from history, economics, politics, society, pop-culture, current affairs and other topics

LOGICAL REASONING

Learning to deconstruct ideas in a methodical and rational manner, leading to logical and defensible conclusions

SPEAKING CONFIDENCE

Practising their speaking skills on such a regular basis, students quickly become comfortable taking part in a valuable activity that many adults fear; resulting in greater self-esteem and resilience



DEBATING & PUBLIC SPEAKING

TUESDAY

2:35 PM to 3:35 PM

MANLY SELECTIVE CAMPUS
TERM 4
7 WEEKS
60 MINUTE SESSIONS
FOR YEARS 7, 8 & 9
ONLY \$239 PER TERM

ADVANCED DEBATING

THURSDAY

2:35 PM to 3:50 PM

MANLY SELECTIVE CAMPUS
TERM 4
8 WEEKS
75 MINUTE SESSIONS
FOR YEARS 7, 8 & 9
ONLY \$339 PER TERM



mastersacademy.com.au/enrol





LEADERS IN INTELLECTUAL SPORTS

The Team That Brings Students The National Virtual Entrepreneurship Competition

LIMITED PLACES



Enrol with the leading provider of debating, entrepreneurship, and communication education and competitions to schools in NSW.

Our programmes prepare students with the practical skills and experience that they need for their technology powered future.

CRITICAL THINKING

Learning how to comprehend, deconstruct, evaluate and respond to different ideas & opportunities

STAKEHOLDER ANALYSIS

Considering issues that may be unfamiliar to students from multiple stakeholder perspectives, including within different market, cultural and historical contexts

ACTIVE LISTENING

Learning to quickly comprehend, analyse and respectfully respond to opposing ideas with confidence

PERSUASIVE PITCHING

Understanding how speech can be crafted for maximum effectiveness using engaging manner, compelling matter and clear method

MARKET ANALYSIS

Discussing a wide range of ideas, problems, solutions and opportunities in varying business and consumer markets

LOGICAL REASONING

Learning to deconstruct ideas in a methodical and rational manner, leading to logical and defensible conclusions

SPEAKING CONFIDENCE

Practising their speaking skills on such a regular basis, students quickly become comfortable taking part in a valuable activity that many adults fear; resulting in greater self-esteem and resilience



ENTREPRENEURSHIP

FRIDAY

3:35 PM to 4:35 PM

MANLY SELECTIVE CAMPUS
TERM 4
7 WEEKS
60 MINUTE SESSIONS
FOR YEARS 7, 8 & 9
ONLY \$239 PER TERM

Designed & delivered by an award winning social-entrepreneur, a **founding mentor of Sydney University's Incubate Accelerator** with extensive experience in deep tech, artificial intelligence, the education market and TV/Broadcast media.

STUDENTS ENJOY

- Practical Challenges & Activities
- Developing Business Plans through Lean Canvas
- Pitching & Negotiating
- Market & Customer Analysis & Validation
- Product & Service Development Process



mastersacademy.com.au/enrol





Lotus Mandarin

Lotus Mandarin (Lotus Chinese Community Language School Inc. ABN: 80 646 816 251 (IBN ID: 659) is an approved community language school conducted through the NSW Department of Education's CLSP unit.

Lotus Mandarin Classes at NBSC Manly Campus 2024 Term 4 enrolment:

Class time: Tuesdays 2:30pm – 4:30 pm (15th Oct – 17th Dec. 2024, 10 weeks).

Classroom Locations: Room 034, NBSC Manly Campus

We offer one free trial lesson for all students.

For enrolment, please contact the **Lotus Team** at admin@lotusmandarin.org.au or contact **Jing Gandy** on 0425 203 353 or **WeChat ID** jdandy3

Term fees: \$300 for term 4

Lotus Mandarin banking details:

Account Name: Lotus Chinese Community Language School Inc.

BSB: 062205 Account No: 10407358 (Please use student's name as your EFT payment reference).

Please transfer your enrolment fee **14th Oct. 2024**

About Lotus Mandarin program:

- General knowledge of Chinese traditions and customs, geography, history and arts.
- Appreciation of classical Chinese poetry and music.

Opportunities for Lotus Mandarin students:

- Opportunity to participate Chinese Cultural Immersion Youth Summer/Winter Camp.
- Outstanding students are nominated for the Minister's Award.
- All Students who attend four terms of Mandarin classes during the year receive certificates issued by the NSW Community Languages Schools Board.
- Participation in Chinese language events and competitions.

This program is supported by the NSW Government and administered by the NSW Department of Education

About Lotus Mandarin team:



Ms. Jing Gandy, founder of Lotus Mandarin, is publisher of renowned 'Boating Bible' - Australian Boating Manual, authored by her late husband Capt. Dick Gandy. Before migrating to Australia in 1998, she was a lecturer at the Liaoning University of Technology in China and received an 'Excellent Lecturer' Award in 1995. She gained her Certified Practising Accountant honours in 2000. From 2008 to 2016, she studied Ceramics and Visual Arts at the Northern Beaches TAFE and Sydney College of the Arts, USYD. Mrs Gandy has a keen interest in language acquisition. In 2015 she completed certification in Language Teaching. In 2018 she studied Leadership and School Management through The University of Sydney. She was a volunteer Ethics teacher at Mona Vale Public School. Mrs. Gandy passionately believes our students can benefit greatly through learning second languages. Lotus Mandarin offers our students diverse opportunities to learn about the Chinese language and culture, and to unlock their potential in an increasingly connected world.



Mr. Jiping (Daniel) Chi, Lotus Mandarin teacher, is a senior environmental engineer and an associate professor. In 2010, he obtained a master's degree in Project Management from Tianjin University. He participated in many World Bank and ADB projects, and possesses professional knowledge in environmental engineering and project management. Mr. Chi has served as a project leader and evaluation expert in many projects, including working for AECOM, listed at #260 on the Fortune 500 as one of America's largest companies, as a Senior Development Manager.

Apart from his professional expertise, Mr. Chi is also a senior art appreciation expert and Chinese culture enthusiast. He is passionate about Chinese education and He has been spreading Chinese history and culture to students from various cultural backgrounds, who are from grade 3 to grade 11 for many years. After years of study, these students can generally master Chinese

in listening, speaking, reading, and writing. They also gain a certain understanding of Chinese history and culture, build their own cultural confidence, and benefit from it.



Mr. Victor Petersen, Lotus Mandarin teacher, grew up in Sydney and first studied Chinese at university in Canberra after a trip to China in 1985. He went to university in Chengdu and lived and worked in China for 15 years. He has degrees in Economics, Asian Studies and an MBA and is currently studying teaching. He has written a number of books including textbooks on Chinese and translations of modern and Classical Chinese works. He has spent 10 years finishing his latest work <Lunyu Analysis>, which translates Confucius and explains his philosophy in clear modern English. He also makes games,

some of which we play in class. He likes to make class both interesting and useful. Besides Chinese he also speaks Japanese and lived in Tokyo for 3 years.



Safe Haven

Feeling overwhelmed?

If you are a young person (12-17 years) who is experiencing suicidal distress, come to the Safe Haven and have a chat with people who understand.

Safe Haven is a friendly, non-clinical place where everyone is welcome and you won't be judged.

Have a chat, have a tea or coffee, join in an activity or just relax in a welcoming environment.

Find out about support services that are available to meet your needs.

You can choose what's right for you. It's about choice and control.

**No referral or medicare required.
No costs involved.**

OPEN 4.00pm to 8.00pm everyday (including Public Holidays)

LOCATION Ground Floor, Brookvale Community Health Centre, 612/624 Pittwater Rd, Brookvale, NSW 2100

CONTACT 02 9388 5044

If you have immediate concerns for the safety of yourself or someone you know, please call 000 for immediate support.



LOCATION
QR CODE



Black Dog
Institute

ClearlyMe®

NO FILTER. JUST ME.

ClearlyMe®

A mental health app to see
teens through tough times.



1x



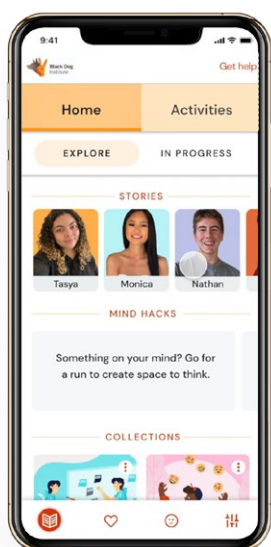
For Parents and Carers

ClearlyMe® is a mental health app to see teens through tough times

When teenagers go through a tough time, it's more than feeling low or sad. Tough times can also leave teens feeling stressed, worried or overwhelmed. It is normal for teens to feel these emotions, which usually arise as they learn to balance their studies and relationships or grapple with concerns like climate change. When these feelings last longer than expected, it can impact their mental health.

Almost one in four teens report experiencing mental health challenges like stress, anxiety, depression and low self-esteem.¹ When it comes to depression, approximately 1 in 10 Australian teens aged 11–17 meet the criteria for a diagnosis.² Finding the best type of help at the right time can be challenging.

At this age, teens are reluctant to seek professional help.³ As parents, we recognise the difficulty in getting our teens to confide in us about their emotions or the challenges they face. Sometimes, we can be at a loss on how to initiate support or where to begin offering help.



Getting started with ClearlyMe

Overall navigation

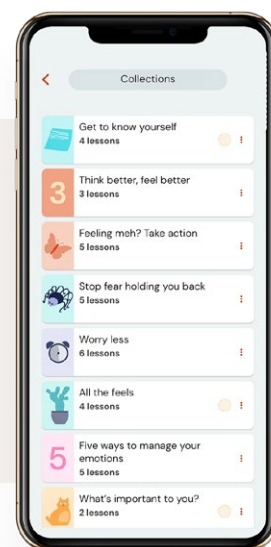
At Black Dog Institute, we've codesigned ClearlyMe® with the help of parents, teens and other mental health experts. It's a free app built in a way that makes sense for teens and uses evidence-based activities to help them navigate their thoughts, feelings, and actions in tough times.

Young people can freely explore ClearlyMe collections, activities, and features as needed at any moment. This means young people can control when and how long they interact with ClearlyMe.

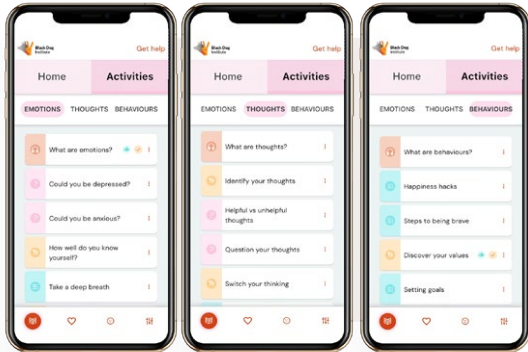
Completing ClearlyMe through themed *Collections*

ClearlyMe consists of 37 brief evidence-based *Activities* based on Cognitive Behavioural Therapy (CBT). These *Activities* can be accessed individually through the categories of *Emotions*, *Thoughts* or *Behaviours* or by choosing one of the nine *Collections*. Each *Collection* groups activities by topics that may be relevant (e.g. depression, worry).

As a guide, individual *Activities* may take between 5 and 10 minutes to complete, and the themed *Collections* may take up to 20 minutes.



1. McHale R, et al. Youth Survey Report 2023. Sydney, NSW: Mission Australia.
2. AIHW. Australia's youth: Mental illness. 2021.
3. Li, S.H., et al. the Cognitive Behaviour Therapist. 2022;(15):e13.



Completing ClearlyMe by individual *Activities*

The *Activities* teach young people to build psychological skills and coping strategies for when they experience tough times. The activities also encourage young people to practise learned psychological skills outside of the app, and they can return at any time to reflect or access further content as needed.



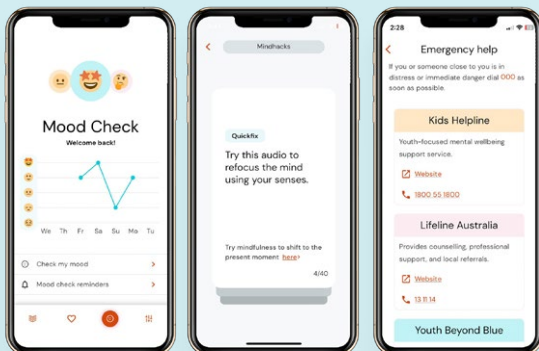
Teen lived experience *Stories*

These showcase short videos of young peoples' experiences managing mental health symptoms and positive help-seeking experiences to provide users with additional pathways to accessing therapeutic content.



Other features

The *Activities* teach young people to build psychological skills and coping strategies for when they experience tough times. The activities also encourage young people to practise learned psychological skills outside of the app, and they can return at any time to reflect or access further content as needed.



Mood Check

A simple mood-tracking tool to visualise mood over time.

Mind Hack

A carousel of swipe cards that offer quick strategies to help in the moment and link to lessons.

Get Help

Contains information on when and where to access additional mental health support services.

Introducing ClearlyMe to your teen in four simple steps



STEP 1

Download and get to know ClearlyMe

Get to know the key features and how the app works. Demonstrating that you know what's in the app is a significant first step in building confidence with your teen.



STEP 2

Introduce ClearlyMe to your teen

Set aside some time to show ClearlyMe to your teen. Explain that the app's purpose is to support them if they are going through a tough time. For example, they may have expressed negative thoughts, been feeling down or low, or lacking motivation.

If you think it's helpful, highlight some of the app's benefits and help them understand that it has been scientifically tested and there's evidence that the activities are effective and help teens feel better.



STEP 3

Set realistic expectations

ClearlyMe can support your teen in the moment or over long periods. If they are learning CBT strategies for the first time, you can let them know these skills take time and practice to develop and that progress may be gradual.

It is important to remind teens that ClearlyMe is only one tool to support their mental health and that it's okay to take breaks or seek additional support if needed.



STEP 4

Offer support and encouragement (optional)

It is important to remember that some teens will find it hard to share their experiences or might not want to talk at all. Since ClearlyMe can safely and effectively be used as a self-guided tool, checking in with your teen is optional, and it may just be to let them know they are supported if needed.

Our research has shown that ClearlyMe can help teens think and feel better during tough times. If we address concerns early, we can help them feel motivated, grounded and reassured to be their best selves and thrive in school and life.

For more information please email:

clearlyme@blackdog.org.au

