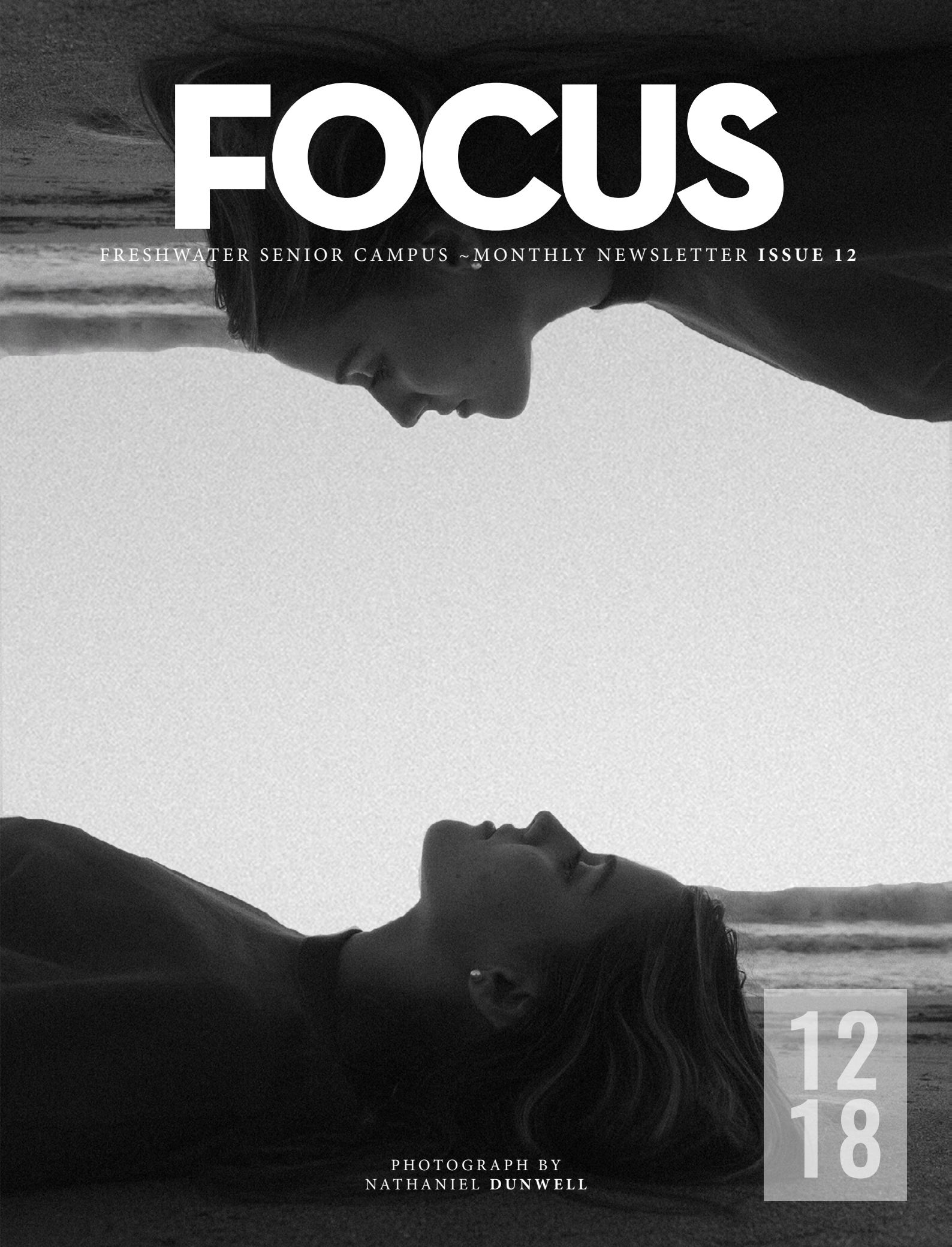


FOCUS

FRESHWATER SENIOR CAMPUS ~ MONTHLY NEWSLETTER ISSUE 12



12
18

PHOTOGRAPH BY
NATHANIEL DUNWELL

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PHOTOGRAPH BY
VICKI CUTHBERT



PRINCIPAL MR FRANK PIKARDT

We have recently concluded our Open Day for potential enrolments in 2019 (my how the year rolls on).

The reason I mention this is that I wanted to take this opportunity to congratulate all the Year 11 students and Year 12 Leaders who acted as guides on the day. I received many positive comments about their appearance, their enthusiasm and the great credit they brought to the school. Our strength is in the wonderful young men and women who have chosen to attend Freshwater and a day like this just reinforces this view.

Winter has obviously arrived. Can I urge all parents to support the school in maintaining it's positive image in the community. Black jeans, various coloured jumpers, black cardigans, hoodies under the school jumper and shoes that are not all black are simply

unacceptable. There is always a choice for students in the morning when they are preparing to come to school. It should be the right choice when it comes to uniform. To the overwhelming majority of students who support the school, can I say thank you!



**YEAR 12 (REL)
DEPUTY PRINCIPAL
MRS LEANNE
TURNER**

It has been a busy second half of the Term, with most students completing their third assessment tasks and the onset of deadlines for subjects with major works.

Students should use the remainder of the Term to consolidate results, reflect on tasks and start planning their study routines in preparation for their Trial HSC exams in Weeks 3, 4 and 5 next Term.

The Trial HSC timetable has been distributed to students and those attending cross campus examinations should now be aware of where and when these are taking place. There will be days when students may have two exams in one day, or even four exams over two days. It is essential that students are aware of this and be prepared in the event of such a demanding schedule. There is a break between examinations that occur in the morning and afternoon, including for those who have received extra time/rest breaks due to disability provisions. Students who access disability provisions will receive a separate exam timetable. Locations for these exams are on Level 2 – Rooms 203 and 207.

Standard and Advanced English exams will be held in Rooms over Level 4 and the Gym. Students will be advised in due course where they are to go for these

exams, which are scheduled for the first and third days of the exam period.

Should sickness occur during the Trial exams, parents are requested to contact the school on the morning of the exam to advise of the absence. A new date for the student to sit the exam will be organised at this time.

Students will be required to complete a misadventure form, obtained from the office, after they have sat the exam, with a doctor's certificate or appropriate letter attached, which will be given to the Head Teacher of the subject affected. Misadventures will not be accepted after the exam period has finished. If you have an illness or misadventure, it must be reported to the Head Teacher of the subject concerned on the day of the exam.

Students need to start getting organised for their Trial exams as time is becoming a precious commodity and it must be used wisely. Over the holidays, students should be completing their major works and begin revising and looking back over the year's work. Students should be approaching their teachers and



seeking additional feedback and areas that they should be focusing on for their revision or require further development.

Methods of studying vary greatly and all students have their own way of preparing for exams. The process of looking over class notes and summarising and reformatting them is the most popular. Looking at a unit of work or topic and spending time each week reading over the notes, removing material not deemed important and separating concepts and explanations is a thorough way of producing summaries. These can be linked to syllabus dot points and ALARM tables. I have been printing past HSC paper packs for students who require them. Completing past HSC questions is a good way of consolidating your knowledge and allows you to see how your notes will answer the question in order to gain maximum marks.

Walking past the library and study rooms each day and seeing the students working on their assessment tasks, homework and revision work in such a dedicated manner (and in such lovely settings) gives us a great sense of pride for the Year group. On Thursday 7th July (week 10), students will participate in a study skills session from Elevate, providing them with strategies for studying over the holiday period.

As I have been having interviews with students over the Term, I have been pleased to hear from students who have reflected on their half yearly exam results and worked hard this Term to improve. This has also been noted by teachers who have commented on the effort students have been putting in to their tasks, drafts and speeches and overall attitude in class.

A reminder to organise, book tables and pay for your formal tickets as next Term will fly by. Finally, as the colder weather sets in, there may be the need to increase the layers of clothing worn to school by students. Students are reminded to wear correct school uniform. Hoodies under school jerseys are not part of the uniform. As I drive to work every day and see our students at the bus stops, I am very proud of our school and those that represent us when out in the community and love seeing everyone smartly dressed in our uniform!



2018 FRESHIE FORMAL IMPORTANT DETAILS

DATE:
THURSDAY, 27 SEPTEMBER,
2018

TIME:
7PM (BE THERE BY 6 FOR THE
FERRIS WHEEL)

PLACE: CRYSTAL PALACE,
LUNA PARK

GUESTS: FSC YR 12 STUDENTS
AND PARENTS

COST: \$145PP – TABLES OF 10.

PAYMENT DETAILS:
[https://www.trybooking.
com/351147](https://www.trybooking.com/351147)

FSC CONTACT:
JANELLE WHITE
(email: [Janelle.White@det.nsw.
edu.au](mailto:Janelle.White@det.nsw.edu.au))

YEAR 12 ADVISERS

We would like to reiterate how pleased we are seeing so many Year 12 students utilise the library.

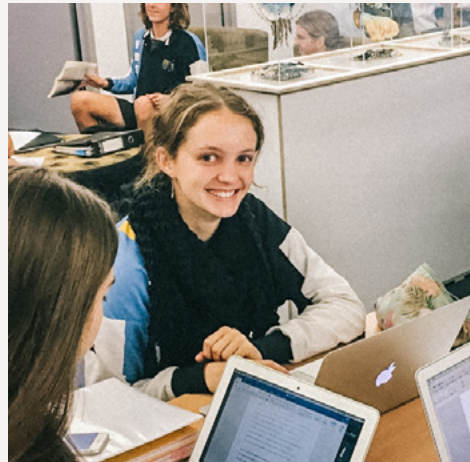
They have been busily using the study spaces and resources, and actively seeking assistance and feedback from Karuna Chetty, other library staff and teachers alike. It seems after receiving half yearly reports, students are more motivated than ever, to put in the hours of effort to deepen their knowledge and best prepare for final assessments. The recent English speeches are a sign of this renewed surge of inspiration, where all students taking this one mandatory subject in the HSC, have on the majority, risen to the occasion. Go Year 12! This is not only anecdotal evidence we have heard...we have data to prove it!

A timely reminder to all Year 12 students - the library is open from 7:30am to 5:00pm school days, with snacks provided on Monday afternoon. Further, we encourage students to take the opportunity to meet with their teachers and Year Advisers, to plan for some study and revision in the upcoming holidays. The holidays will be a deserved break. However, we recommend a balance between rest, play and study for

a healthy overall wellbeing plan to best tackle the Trial exams in Week 3 of Term 3.

Teachers advise making notes from Term 4 last year and Term 1 this year to refresh memory of content. Flashcards are effective in remembering content and analysis for both short answers and extended responses.

Setting weekly goals and getting organised to stay on track will build confidence now. We look forward to your continued progress to make the rest of the year count for personal best success.



YEAR 11
DEPUTY PRINCIPAL
MR DARREN PERCY



It seems that the world is full of sport at the moment. We have the World Cup Soccer, the State of Origin, the touring Rugby Union tests, and Wimbledon and the Tour de France on its way. Wonderful, if sport is your thing, but no doubt I've lost some of you already.

We continue to celebrate sporting success here at Freshwater in a plethora of sports as well. Our students continue to represent themselves and their teams and make us justifiably proud. Of course, success in all these sporting events doesn't just happen. Like all examples of success, it requires an alignment of different attitudes, qualities and behaviours. The message we can take from high achievement in any endeavour is a lesson that striving for success is a worthwhile pursuit.

It is also a journey that carries considerable risk. We might fail. We may not achieve our goals. We may even embarrass ourselves. But the whole exercise is worth that risk because the rewards are tangible and the opportunity to develop our character is significant. The same process is true for our students.

Embarking on a pathway of scholastic success also carries some risk. Some

students will not always measure up academically against their peers. All students will make mistakes in their work and may be disappointed with their results. But the journey is worthwhile because, as we all know, successes in the classroom will open doors later in life.

Of course success is different for every person. For the highly gifted athlete or student, their measures of success will look much different from the rest of us. At this key stage in the journey, we must not accept mediocrity in ourselves or in those around us and remember that it's not always about the measure; it is also about the effort.



YEAR 11 ADVISERS

Year 11 are now more than half way through their Preliminary year and first reports from Freshwater will be available by the end of Term.

Now is a good time for students to reflect on their time at Freshwater so far and where they want to be at the start of Year 12. In particular, are they doing what they need to do to achieve their goals?

We encourage all students to ask themselves: In lessons, do they have a positive attitude and are they using time productively? At home, have they established a healthy balance of study, socialising, family time, and health? Creating this balance promotes physical and mental health, but it's not always easy to maintain! As always, we encourage students to seek help from their Year Adviser if they need help and advice.

The best way to succeed is to plan your work and work your plan, so get organised! Your Year Adviser is always happy to take time out and sit down with students to create personalised study timetables - a great way to get focused.

On another note, interest groups will be changing to 'Faculty Hubs' in Term 3. A Faculty Hub is a space staffed by each faculty once a fortnight where students can get some one on one help with work. This is a great opportunity for students to review any work they may be having problems with in a less formal environment. There will also be a leadership hub established. This is not only for students who may wish to pursue leadership positions in Year 12 but for any student who would like to learn the skills required to be a leader.

We encourage all Year 11 students to continue with a mature approach to their senior studies for the remainder of the Term, and take the time to relax and recharge over the break.

CAREERS NEWS AND OPPORTUNITIES



**CAREERS ADVISER
MELISSA PENROSE**

The 2019 UAC University Guide will arrive around 6th August to coincide with the 2019 university application site going live. To accompany this arrival, we will run Career hubs about the on-line University application process. UAC pin numbers will arrive in August via email. Look out for this email as you will need this PIN number to apply for University and the school does not get a copy.

The upcoming school holidays is the ideal time to take our recommended career test. Find the test at <https://careerhq.com.au/organisation/northern-beaches-secondary-college-freshwater-senior-campus>

EXPERIENCE UTS DAY

Happening for Year 11 and 12 students on Thursday 12th June. This is a hands on day in the holidays hosted by UTS, showcases the university experience in UTS courses. Students choose the workshops they wish to attend when they register on-line. Google search: Experience UTS Day 2018 for the program and to register. Open now and will fill up so don't delay.

MACQUARIE UNIVERSITY GLOBAL LEADERSHIP ENTRY PROGRAM (GLEP)

This program is open to HSC students who are active in the community and achieve good results in school. To read more about this wonderful entry program and apply go to: <https://www.mq.edu.au/study/admissions/entry-requirements/domestic/macquarie-entry/global-leadership-entry-program>

University Early Entry Applications closing date for University Notre Dame, and Australian Catholic University Community Achiever Program is looming - 31st July 2018.

UNIVERSITY OPEN DAYS

All senior students are encouraged to attend at least one University Open Day in Year 11 and probably two or three in Year 12. It is the best way to know if the university and the courses you are interested in are the right fit for you. Plan your day. Programs for course information lectures on the day are available on each university website.

Australian Catholic University
North Sydney - 1st September
Strathfield - 8th September

Australian National University
Canberra - 25th August

CQ University
Sydney - 23rd August

International College of Management, Sydney
Manly - 12th August

Macquarie University
North Ryde - 18th August

National Art School
Darlinghurst - 1st September

University of Canberra
Bruce - 25th August

University of Newcastle
Port Macquarie - 16th August
Central Coast (Ourimbah) - 4th August
Newcastle (Callaghan and Newcastle City) - 25th August

University of Sydney
Sydney.edu.au
All campuses - 25th August

University of Technology Sydney
Broadway - 25th August

University of Wollongong
Wollongong - 11th August

UNSW Sydney
UNSW Sydney - 1st September
UNSW Canberra (ADFA) - 25th August

Western Sydney University
Parramatta - 19th August

University of Notre Dame Sydney
25th August

HSC AND CAREER EXPO

Year 12 attended the comprehensive HSC and Careers Expo held recently at Moore Park. Students gained great information about their options for life after the HSC. Feedback was, as always, extremely positive. In early Term 3 Year 12 students are encouraged to make their final appointment with the Careers Adviser. Time does get away in Term 3 so make these appointments in the first few weeks.



**CAREERS ADVISER
MARYANN ROGERS**



YEAR 12 STUDENTS AT THE
HSC AND CAREER EXPO



**HEAD TEACHER (REL)
SECONDARY STUDIES
CATHY MORAN**



**“HOW TO SLEEP BETTER”
- CLICK TO WATCH**

As they juggle the routine of school, assessment tasks, revision, part time work, sports etc. many students begin to ‘burn the candle at both ends’.

It seems increasingly difficult for teenagers to manage their varying time commitments, with sleep being the loser.

Recent sleep research suggests that the sleep requirements for an adolescent are between 9-10 hours per night. This is more than what is generally required by both children and adults, and much less than the amount many students actually receive.

Chronic sleep deprivation can cause concentration difficulties, mentally ‘drifting off’ in class, poor working memory, moodiness and aggression. All of these factors can obviously impact on student performance and functioning at school, and affect how they behave in the home environment.

Typically, the teenage brain is hardwired to go to bed late and then wake late the following morning. This is obviously problematic given many of our students have classes beginning at 8am!

Now is the time to put some strategies in place to ensure that maximum brain power is available as we move into the mid-year period. Even 30 minutes of extra sleep can make a real difference.

Suggested strategies include;

- Turning electronic devices OFF before bed. The blue light that is emitted

from iPhone, iPad, laptops and TV actually suppresses the release of melatonin (the hormone that helps bring on sleep).

Encourage your son/daughter not to contact others, or reply to text messages or social media after a negotiated time.

- Bedrooms should be as dark as possible when going to sleep, and conversely, allow bright light in the morning. The wake-sleep cycle of the brain is determined predominantly by light that is received through the eyes.
- Encourage your child to create a bedtime routine that they stick to for at least a month. This might involve a warm bath/shower, hot milk (not chocolate), reading their English novel for 10-15 minutes. After about a month the brain will associate this routine with sleep.
- Consider meditation or progressive muscular relaxation whilst preparing for sleep. Guided meditation routines can be downloaded from the internet, YouTube or even as an App on smartphones.
- Avoid caffeine /caffeinated products in the mid- late evening. Sweet dreams.....



**HEAD TEACHER
TEACHING AND LEARNING
ANDREW HERFT**

As Year 12 approach their final Term of school, and as Year 11 start to think about their journey into the HSC, it's important at this stage to reflect on how effective our strategies are working for us and if they need to change.

I say 'our' because a successful learner is built by a team that include the student, teachers, peers and parent/guardians. Now is a nice time to remind ourselves of what we can do to support learning that is happening in the classroom.

LEARNING AT HOME

Have a designated area to study, away from noise, visual distractions and your phone. Study for chunks of 25-30 minutes, take a short break, reward yourself, then come back. Take effective notes - highlight important terms as a cue to recall your learning. Summarise and explain what you have learnt to others in simple terms (the Feynman Technique). Use memorisation techniques like mnemonics, acronyms and best of all, image association.

GOAL SETTING

Create Specific, Measurable, Achievable, Realistic and Timely Goals (SMART Goals). Consistently prioritising and creating short

term goals will give you a sense of direction and keep you focussed each week. As simple as it sounds, develop physical folders for subjects and use visual organisers to manage work from different subjects.

PARENTS/GUARDIANS

Communication is key, so as a parent/guardian, stay informed with what's going on at school and how your child is developing. Celebrate successes throughout the year but negotiate your expectations around study, free time and leisure activities, aiming to reduce the stress on your child, especially around examination time. It really is such a short amount of time before our Freshie students graduate, so provide as much practical, loving support as you can.

The school will soon be asked to participate in a reporting process called the Nationally Consistent Collection of Data on School Students with Disability (NCCD).

This process collects information about:

- how many students with disability are enrolled in Australian schools
- where these students are located and
- the broad level of reasonable educational adjustment provided to assist them participate in schooling on the same basis as other students.

Additional information about the national data collection including resources for parents and carers is available on the Australian Government Department of Education and Training's website at: <https://education.nsw.gov.au/teaching-and-learning/disability-learning-and-support/personalised-support-for-learning/national-disability-data-collection>

Leading up to this process the school has now begun a review to reflect on the processes and quality teaching practices that we put in place at Freshwater Senior Campus to identify and support students with learning and support needs and identify how these can be improved.

Protecting the privacy and confidentiality of all children and their families is an essential part of this process. As part of the data collection personal or confidential information will not be provided to anyone not authorised to see it.



**LEARNING SUPPORT
CO-ORDINATOR
MARIE-ANNE SYKES**



**SENIOR PSYCHOLOGIST
- EDUCATION
SCHOOL COUNSELLOR
CAROLINE POWELL**



“Commitment is what transforms a promise into reality. It is the words that speak boldly of your intentions and the actions that speak louder than words. It is making time when there is none. Commitment is the stuff character is made of...” Abraham Lincoln

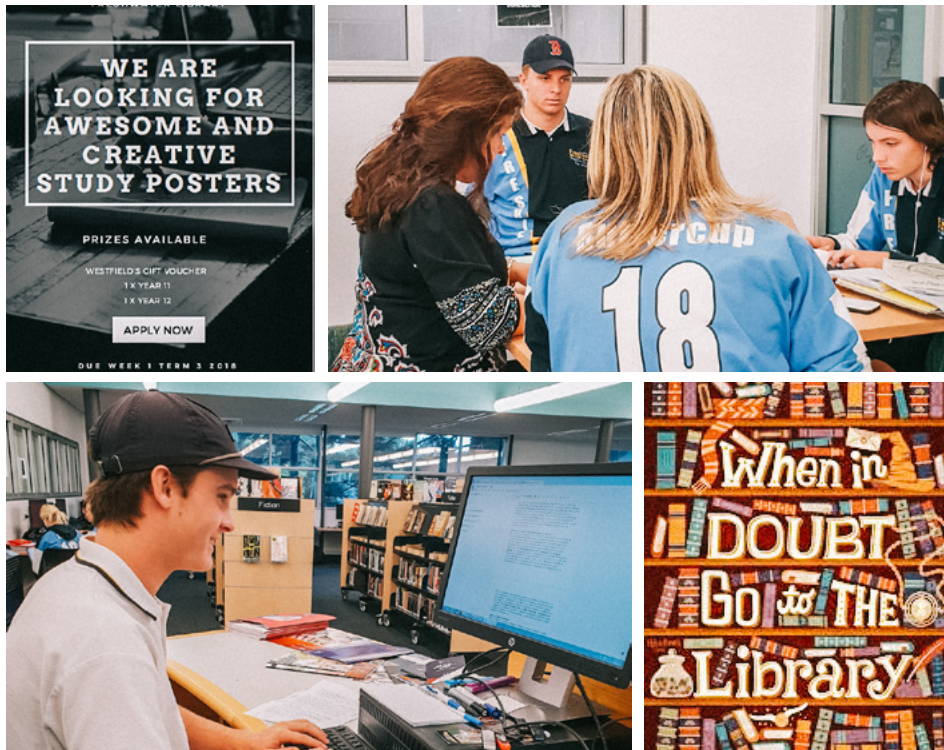
Unfortunately a number of students find it difficult to understand the importance of commitment. They talk the talk but don't walk the walk. Many have difficulty understanding that they alone have to make the commitment to achieve their personal best. By Year 11 and 12 it is no longer the responsibility of parents and teachers to ensure success.

Many claim that they want an HSC and they really want to do well but find it difficult to make the time or reduce the social activities or do enough study or organise their time or present drafts or complete homework or take responsibility for themselves. It would appear that there are a number of overworked fairy godmothers who are miraculously going to leave a fabulous HSC under various pillows on the peninsular.

Over time as a school counsellor I have found that one of the best indicators of 'success' is the presence of a goal. This

does not have to be a great HSC result or even academic achievement. It can be to improve my maths results by 5 marks or to get work in on time. In fact the best goal is a SMART (Specific, Measurable, Authentic, Realistic and Time framed) one.

In fairness to the students they are under a great deal of pressure, they feel swamped by the work- load and become immobilised by competing demands. The best that we, as parents and teachers, can do is to try and support them. Provide a secure loving environment with reasonable and predictable boundaries , try to ensure that they have achievable goals and alternative plans. Most importantly we need to model commitment in our own lives .



LIBRARY NEWS

What a busy few weeks!

As always I am in awe of all the students who have made fantastic use of the library space and worked on their assessments. It is great seeing sooo many students using the space before and after school as well.

The amount of work and effort that has been done this term has been truly amazing, and as Mitchell Humphries and Jenna O'Hagan (Yr 12) said " The library is my home away from home."

As welcoming as the library is, just gentle reminder that as much as the library is a refuge for all students, especially during this winter weather, please respect that many students are studying and working hard. There are some wonderful places in the school to socialise during the breaks, and not disturb the studious students hard at work in the library.

We look forward to seeing the students using the library and continue to work collaboratively or independently. As always, Miss Chetty is always here to help with school work and time management, please don't hesitate to ask for her help.

Exciting Breaking News:

1. The library will be open the SECOND week of the upcoming school holidays. Please be sure to take advantage and prepare for Trial Exams and Assessment tasks by using the library during the holidays.

2. The Library needs YOU! We are holding a student competition for the BEST and most CREATIVE study posters for the Study Rooms in the Library.

The study rooms are in dire need of useful and informative study notes on subjects, positive inspiring quotes, useful diagrams and flow charts to help students study.

Bring your SKILLS and TALENT to the library BY Week 1 Term 3. A physical copy or electronic copy to the library/ librarian anytime Week 1 Term 3 would be great.

The best Poster from both Year 11 and Year 12 will receive a Westfields gift voucher.

Make them, design them, draw them, paint them... be ready to give the Freshwater Library a creative facelift!



SPORTS CO-ORDINATOR JANELLE GARLAND

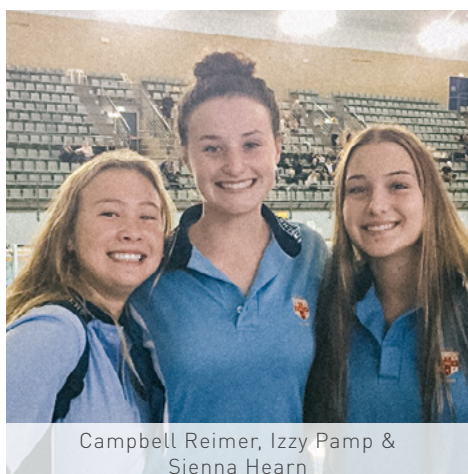
NBSC FRESHWATER ATHLETICS CARNIVAL 2018

On the 16th May 2018, NBSC Freshwater headed out to Narrabeen Sports Academy for the Annual Athletics Carnival. The theme for the day was "Glitz and Sparkle" chosen by our leadership team and there was plenty of it on and off the track! A big thank you to all staff and students who attended as it was one of our largest for participation on record yet. Thank you especially to the PDHPE faculty and Ashley Mathieson for the outstanding efforts on the day.

These students were the Age Champions for 2018

Natalie Jonkers – Girls 16 Years
Jett Griffiths – Boys 16 Years
Jenna Trim – Girls 17 Years
Finn Evers – Boys 17 Years

A huge thank you must also go to Andrew Lai and his Multimedia student's, Jordan Land and Nathan Butler for capturing the fantastic photography and video highlights on the day.



Campbell Reimer, Izzy Pamp & Sienna Hearn



Mya Geros (Year 11) and Jenna Trim (Year 12)

WARRINGAH ZONE ATHLETICS CARNIVAL 2018

On the 1st June 2018 NBSC Freshwater sent a number of participants to the Warringah Zone Athletics Carnival. Although it was a cold day spirits were definitely at a new high with a great amount of support and cheering coming from the Freshie students for their fellow Freshie competitors!

Congratulations to the following students who will be competing at the Sydney North Athletics Carnival at Sydney Olympic Park Athletics Centre in Week 2 of Term 3.

Finn Evers	1st – 17yrs+ Long Jump 2nd – 17yrs+ Hurdles
Jackson Mackie	1st – 17yrs+ 800m 2nd – 17yrs+ 1500m
Tayanita Robertson	1st – 16yrs 100m 1st – 16yrs 200m
Macy Carrothers	2nd – 16yrs 100m 2nd – 16yrs 200m
Callum Walton	2nd – 17yrs+ 800m
Kyra Atherton	1st – 17yrs+ 100m
Aysha Whyte	2nd – 17yrs+ Long Jump
Wren Lockhart	2nd – 16yrs Discus
Aaron Nasko	2nd – 17yrs+ Javelin
Miki Trbojevich	2nd – 17yrs Shot Put
Tayanita Robertson Macy Carrothers Wren Lockhart Mia Connelly	1st – 16yrs 4x100m Relay
Leeah Bevan Kyra Atherton Jordan Piper Aysha Whyte	1st – 17yrs 4x100m Relay

SYDNEY NORTH CROSS COUNTRY

Congratulations to the following students who completed at the Sydney North Cross Country Championships at Gosford Race Track on the 22nd June 2018.

- Lauren Fairchild
- Jackson Mackie
- Laura Oliver
- Kyle Lawson
- Chiara Gann

IZZY PAMP, SIENNA HEARN AND CAMPBELL REIMER

Congratulations are in order for Izzy Pamp NSWCHS 1 (Year 12), Sienna Hearn NSWCHS 1 (Year 11) and Campbell Reimer NSWCHS 2, who competed in Perth at the National All Schools Water Polo Championships early Term 2 2018. Izzy captained her team to victory 11-7 v QLD in the final and was named in the National All Schools Girls Water Polo Team in addition Sienna was named as a reserve. An amazing achievement for all girls, we are so proud of you!

JENNA TRIM AND MYA GEROS

Congratulations are in order for both these amazing athletes who recently represented NSW at the All Schools Softball National Championship. NSW was undefeated all week and unfortunately went down 3-2 in the Grand Final. However, both Jenna (Year 12) and Mya (Year 11) were selected into the Australian School Girls team for Softball. Well done girls on this outstanding achievement - we can't wait to hear all about your next victories as part of the National Team!



SYDNEY NORTH CHS FOOTBALL

We would like to acknowledge another amazing sporting achievement. The following NBSC Freshwater students were selected into the Sydney North Open Boys Football Team and represented Sydney North during Week 6, Term 2 at the NSW CHS Championships.

- Levi Kaye (Year 12)
- Max Balard (Year 12) - Sydney North Captain
- Tom Opie (Year 12)
- Harry McCarthy (Year 11)
- Calem Nieuwenh (Year 12)
- Nathan Felsher (Year 11)

The boys from Sydney North came home with a well-deserved silver medal with 10 players being selected in the NSW teams - 6 in NSWCHS 1st and 4 in NSW 2nds - which was the most players from any region.

NBSC Freshwater student Harry McCarthy (Year 11) was also named "Player of the Tournament" which is a huge achievement.

Additional congratulations must go to the following students who were then selected to represent NSW in the NSW CHS 1 team.

- Levi Kaye
- Calem Nieuwenhof
- Max Balard
- Harry McCarthy

Well done to **SIENA MOSS** who made the Sydney North Girls Open Football team who competed earlier in the Term and made it to the Grand Final!

NBSC FRESHWATER OPEN BOYS FOOTBALL TEAM

Our Knock Out competition days have unfortunately come to an end for 2018 (too soon if you ask me!).

Well done to the following boys on making the Sydney North Semi Final against Narrabeen Sports High School which saw the boys go down in an amazing battle 2-1. You did Freshie proud!

- Max Balard - Captain (Year 12)
- Jett Griffiths (Year 11)
- Tom Opie (Year 12)
- Nathan Felsher (Year 11)
- Jack Blair (Year 11)
- Harry McCarthy (Year 11)
- Calem Nieuwenhof (Year 12)
- Billy Franks (Year 11)
- Finn Ashton (Year 12)
- Levi Kaye (Year 12)
- Tenzin Choesang (Year 11)
- Daniel Chambers (Year 11)
- Charlie Wheeler (Year 11)
- Theo Kemp (Year 11)
- Jordi Mandson (Year 11)
- Mikel Garchetorina (Year 12)

HOSPITALITY WORK PLACEMENT



HEAD TEACHER (REL)
TECHNOLOGICAL AND
APPLIED STUDIES
MERYN BAYLISS

Congratulations to the three Year 11 Hospitality classes who have now completed their first Mandatory Work Placement. During Weeks 5 and 8, the students experienced first hand what it is like to work in the Hospitality Industry. They travelled near and far, working in establishments ranging from a 5 Star hotel

in the city to local cafes and restaurants. Some students even had job offers for part-time work. Well done Year 11 Hospitality students - you have been excellent ambassadors for the school and I hope you enjoyed your time at work placement.





**PDHPE AND CAFS
TEACHER
SHANNON COOPER**



J-TRAIN PDHPE YEAR 11 EXCURSION

As part of their content studied in Core 2 (health and skill related components of fitness) and Fitness Choices, students were given the opportunity to take part in a class excursion at Keirle Park with trainers from J-Train Gym.

J-Train Athletic Performance is a strength and conditioning company based in Brookvale. The trainers offer customised Strength Programs, fitness testing for a range of levels and abilities as well as specialised Strength and Conditioning programs designed around a number of sports.

Year 11 PDHPE students attended a half day excursion which was based

around the syllabus. The session was divided up into fitness testing as well as a boot camp style session providing students with an opportunity to apply the content in a practical setting.

We were blessed with amazing weather over the five different days and it is safe to say that the students and trainers had an amazing time. There were a number of students with sore muscles after the session!

Big thanks to James, Cal, Michael and Sam from J-Train for all of their organisation into providing our students with engaging and relevant sessions.



DANCE HIGHLIGHTS

Freshwater Dance ensembles have been working hard all year to get Eisteddfod and Festival ready. They have committed to multiple weekly rehearsals and had their first successful eisteddfod in May at the IRBD competition.

Huge shout out goes to Cameron Gaw who has been responsible for choreographing and organising costumes for the Jazz

ensemble who Achieved 2nd Place at the eisteddfod, missing 1st by only one mark. As well as this thanks goes to the Year 12 Dancers who have been instrumental in supporting both Cameron and myself as we create both the Contemporary and Jazz work.



**DANCE TEACHER
JENNI BRADSTREET**

KEY DATES TERM 2-3 2018

	MON	TUES	WED	THURS	FRI
JUN 25-29 WK 9	25	26 DANCE, MUSIC AND MULTIMEDIA NIGHT (YEAR 11)	27	28	29
JUL 02-06 WK 10	02	03	04	05 ELEVATE "ACE YOUR EXAMS" - YEAR 12	06 END OF TERM 2
JUL 23-27 TERM 3 WK 1	23 STAFF DEVELOPMENT DAY	24 STUDENTS RESUME FOR TERM 3	25 HSC MAJOR PROJECTS EXHIBITION	26 MATHS COMPETITION	27
JUL-AUG 30-03 WK 2	30	31	01	02 HSC MUSIC SHOWCASE NIGHT	03 MUFTI CHARITY DAY
AUG 06-10 WK 3	06 HSC TRIAL EXAMS COMMENCE	07 LAW DAY OUT	08	09	10

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