

PIC NEWS

Picnic Point High School Newsletter



May 2016 Edition

Term 2 Week 5

PRINCIPAL'S REPORT

Term 2 is a very busy time for everyone as students will be undergoing further assessments and teachers complete semester one student reports. Best wishes to all students as they finalise their assessments towards semester one studies.

Year 11 interim reports were sent to all parents at the end of last term and Year 12 reports were distributed last week. It is hoped that all students are encouraged to continue to focus and maintain their learning to ensure further successful studies.

National Sorry Day, 26 May 2016 is an Australia-wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities.

National Reconciliation Week, 27 May to 3 June 2016 at PPHS is focusing on how Australians can better recognise each other and recognise the contributions, cultures and histories of Aboriginal and Torres Strait Islander people. Each year National Reconciliation Week (NRW) celebrates and builds on the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians.

Parent Teacher Night is on Thursday 30 June for parents of Year 7 and 11 students. We will once again use the on-line booking system in the school student management software (millennium). More information will be sent very shortly and in the meantime please save that date.

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Congratulations to the open girls' soccer team that are now regional champions (the full story will be in the next edition of Pic News).



Congratulations to Mr Goman, Ms Gourlay and their team of student and staff helpers for the outstanding Anzac Day ceremony last term. It was as usual, a highly respectful ceremony and we were pleased to have many invited guests attend, who witnessed the wonderful talents and leadership skills of our students and staff.



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B Ed, Dip Teach

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DEPUTY'S REPORT – MRS SHERRY

Year 7 students have now completed at least one or two assessment tasks for each of their subjects. Parents were shown at the Year 7 Parent Information Evening how to assist their child with reading, researching, completing and then marking the task. All families are encouraged to continue the conversation about when students have received a task, what assistance they need to complete the task and then reflecting on the effort that has been made before it is handed in. All students should complete their tasks two days before they are due so that there is time to do a final edit and to use the marking criteria to mark the task themselves. By doing this, then there is time to make improvements in any areas that may have been marked low.

Year 11 and Year 12 have both completed their first semester assessment schedule with marks awarded and reports written. All students are encouraged to reflect on their results and set goals to improve their performance for the second half of their courses. The top twenty students and those who made significant academic improvement have been invited to the Deputy Principal Morning Teas held this week. It is always great to see new faces at the morning teas due to students setting their goals and working hard to either improve or move in to the top twenty students.

The following students have been ranked in the top 50 in their year group. An asterisk (*) beside their name indicates a top twenty rank. Students who have made significant academic improvement have also been listed. All of these students are to be congratulated on their outstanding academic achievement.

Year 11 Academic Merit – Top 50

Taylor Jane Alaelua, Aisha Alvarez, Georgia Anderson, Sage Anderson*, Tess Anderson*, Jackson Bell*, Brianna Boaro*, Monique Boboleska, Lauren Brutovska, Madeline Carroll, Dylan Deegan*, Mitchell Edmunds, Nathan Eirth, Tarra Evans, Olga Gasteratos*, Mazen Hammoud, Madison Harvey*, Jacob Hill, Audrey Hoang, Jack Hughes*, Nikki Kayatz-Monahan*, Ziad Khodragha, Emily King*, Sean Klimczak*, Georgia Korch, Tommy Lang, Maggie Loizou, Jaimie Loy, Andrew MacDonald, Sarah McCauley*, Joel McNamara, Christine Nguyen*, Hank Nguyen, Vincent Orogan, Pamela Papacharalambous*, Daniel Papagianopoulos*, Billy Petsalis, Anthony Pham, Hayden Probert*, Robert Ristevski, Ellen Rotziokos, Jess Setter*, Victoria Spanos, Annalise Summers*, Naomi Tall*, Mitchell Tran, Robin Tran, Aliah Walton*, Ryan Williams, Angelos Zervas.

Significant Academic Improvement

Andrew Macdonald, Brock Taylor, Georgia Korch, Jake Hinton, Jarrod Lee, Lillian Potter, Maggie Loizou, Monique Boboleska, Perri Rowe, Robert Ristevski, Tarra Evans.

DEPUTY'S REPORT – MR BACZYNSKYJ

Feedback from the Year 12 Parent/Teacher meetings has been very positive. Parents report that they benefitted from having some extra time with each teacher to discuss their child's academic progress. They also appreciated the more spacious layout and the fact that there was far less noise during the interviews. We would like to acknowledge the teachers who gave an additional afternoon to make this a successful evening.

Year 12 now have less than 80 days until they leave school. After receiving their reports and feedback from their Half-Yearly examinations, it is crucial that they now make the most of their time in the classroom with their teachers. If students have not yet organised a home study timetable it would be of benefit for them to do so, as there are many 'busy' things in their lives and they need to work out how to organise it all.

Year 10 has just completed their Half-Yearly assessments and they too should be focused on the feedback from their teachers. Any effort to improve is usually rewarded through increased achievement of outcomes. This is similar for Year 8 who will also enter their assessment period shortly.

As the cool weather approaches, it is timely to remind students of the uniform expectations. Beanies or 'hoodies' are not a part of our uniform in any way. Hats should be plain grey, green or white. Similarly any scarfs worn are to be plain grey, green or white. School jumpers/jackets should be worn. If there are any questions or concerns regarding the school's uniform, please check the website and/or contact one of the Deputy Principals.

Year 12 Academic Merit – Top 50

Georgia Abou-Haidar, Cameron Blight, Elle Bogar*, Emma-Lee Borg, Liam Bow, Chloe Burgess, Tahlia Burke, Chelsea Cook*, Bradley Cousins, Tayla Dasios, Luke Dilonardo, Eryn Dimopoulos*, Jessica Dostal, Mitchell Driver, Daniel Eata, Christopher Fartek, Georgia Gale*, Elly Georgiou*, Lilly Hassett*, Felicity Hassett, Alex Jackson, Sruti Janakiraman, Hannan Kahla-Dunn, Emily Kannedy, Stella Lee, Serena Lloyd*, Antonia Mangos*, Alison Martyn*, Hamish McGeoch, Hayley Millar*, Daniel Morris*, Nicholas Morris*, Sam Mourad, Lauren O'Shea, Emma Peake*, Melissa Petrovski*, Ellie Pieters*, Maddison Pike, Taylah Probert, Erin Riley, Hayley Riley, Heidi Seeto*, Cameron Single*, Caitlyn Smith, Louise Stace*, Tara Stimpson, Joshua Sullivan, Theodore Totsis*, Zoe Ward Brown, Annie Zhai*.

Significant Academic Improvement

Tarek Ahmad, Cameron Blight, Brandan Cook, Alana Cox, Jasmin Cvijanovic, Mitchell Driver, Jessica Dostal, Alexis Freitas, John Herlihy, Ian Johnstone, Monique Larkin, Thomas Lovegrove, Tara-Leigh Macintyre, Lauren O'shea, Maddison Pike.

DEPUTY'S REPORT – MS STAVROS

LITERACY AT PPHS

Another reading comprehension strategy teachers have been using in their classrooms is **Making Connections**. Connections are links that readers can make between what they are reading and things they already know. Good readers use their own background knowledge and prior experiences to make connections. There are 3 different ways that a reader can make connections:

Text-to-Self



Text-to-Text



Text-to-World



These are connections that readers make between the text (what you are reading) and their own past experiences and/or background knowledge. The following clip provides a good explanation of the strategy Making Connections <https://www.youtube.com/watch?v=YaXSArreF0A>

Below are some examples of questions that can be used to facilitate student connections:

Text-to-Self:

- What does this remind me of in my life?
- How is this different from my life?
- Has something like this ever happened to me?


Text-to-Text:

- What does this remind me of in another book I've read?
- How is this text similar or different to other things I've read?
- Have I read about something like this before?

Text-to-World:

- What does this remind me of in the real world?
- How is this text similar or different to things that happen in the real world?

Parents can encourage students to consider the above questions when their child reads a new text. Text connections should lead to text comprehension.

 <h3>Making Connections</h3> <p>Learners make personal connections from the text with:</p> <ul style="list-style-type: none">• something in their own life (text to self)• another text (text to text)• something occurring in the world (text to world).	<h3>Example Questions/Statements</h3> <p>“What do I already know about this topic from my own life?” “Does it remind me of another text?” “Is there a real life event that is similar?”</p> <h3>Example Teaching Idea</h3> <p>Students create two columns with the heading “Book/Me”. Prior to and during reading students add details about the connections between the book and their lives.</p>
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Below we have Year 7 Japanese classes completing a literacy activity based on a typical day of a Japanese student's life.



WHAT'S ON – TERM 2

Monday	30 May – 3 June	Formal Assembly Week
		Reconciliation Week
Wednesday	1 June	Year 7 DP Morning Tea
Wednesday	8 June	Year 7 Immunisation (Day 2)
		Year 10 DP Morning Tea
Monday	13 June	Public Holiday
Wednesday	15 June	Year 9 DP Morning Tea
Monday	20 June	P & C Meeting
Wednesday	22 June	Athletics Carnival
Thursday	30 June	Parent Teacher Night (Year 7 & 11)
Friday	1 July	Last Day Term 2

MESSAGE FROM THE P&C



There was a great parent turnout at our last meeting on May 16. On behalf of the P&C we would like to thank Ms Vicki Stavros for sharing the progress and achievements the school is making towards the 3 Year School Plan. For more information, please see our meeting minutes which will be released shortly.

Canteen Upgrades

Our canteen upgrades all went smoothly during the school holidays. The upgrades included a small change of floor plan, new freezers, fridges, commercial oven, pie warmer, bench tops and a fresh coat of paint. The most important part of this upgrade was the change that enables us to open the third window to serve the students. When this window is staffed and open we have found at recess we have finished serving the children well before the end of recess bell and at lunchtime we have finished serving the majority of children with 15 minutes of lunch to go. This was our goal with the upgrade and we are thrilled it has come to fruition.

As always we are after new volunteers to work in the canteen. With three windows open we ideally need 3 volunteers per day. Volunteering at the canteen is a fun way to get to know other parents, staff, teachers and students at the school. It also a great way to give back to the school as the canteen is our major fundraiser for the school. If you would like to volunteer, please contact the front office of the school.

Library upgrades

The P&C funded library upgrades are almost complete and are already being utilised by the students and teachers. The space is a very exciting and modern place to learn and is accessible to all classes and teachers. We hope to share some photos in the next edition of PIC News.

Vacant Role - Canteen Treasurer's Delegate

At the P&C AGM meeting the role of the Canteen Treasurer Delegate was not filled and we are reaching out to the community to see if there is a

volunteer to support the Treasurer in processing canteen invoices and staff pays. The role requires a weekly commitment of about two hours and access to a computer and internet. All training will be provided. This is a great opportunity to learn more about the P&C and get involved. For further information, please contact Eduard Grueninger 0426 230 333.

Uniform Update

At our May meeting the P&C was provided with a glimpse of the proposed new sports uniform. The working group lead by Deborah Driver have been meeting regularly with parents, students and school staff to review options to refresh the sports uniform and update the girl's school uniform. In summary we can share the following with you:

- a) **There will be a larger pocket for the sport shorts to accommodate smart phones which will include a zipper.**
- b) **Negotiations with suppliers are still in progress and at a minimum there will be two suppliers stocking the uniform.**
- c) **There will be a supplier which can provide custom size uniforms for smaller or larger students.**
- d) **The girls' shirt is being reviewed and the group is considering an alternative finish to the bottom of the shirt both in the front and the back of the shirt. The front of the shirt would have peaks and the back of the shirt would be longer and rounded.**
- e) **Any changes to the uniforms will be phased in and communication to parents will be provided through the school.**

Next P&C Meeting

All are welcome to come along to the next P&C meeting on Monday 20 June at 7:00pm, where guest speaker Mr Rawlings will present an update on the schools plan to move to BYOD.

Elizabeth Grueninger
P&C President

STUDENT OF THE MONTH

 MICHEL'S REVESBY STUDENT OF THE MONTH MARCH		
	NAME	REASON FOR THE AWARD
7	Steven Kallas	For having a positive and diligent approach to all school activities and always treating both staff and students respectfully.
8	Andrew Lyall	For his encouragement of other students in class and sportsmanship.
9	Emaison Beck	For outstanding commitment to her learning, her peers and her school.
10	Teisha Okunowski	For a diligent effort to improve her maths results.
11	Melissa Markoski	For her conscientious approach and excellent dedication in English Studies.
12	Daniel Koliopoulos	For his work ethic in PDHPE.

 MICHEL'S REVESBY STUDENT OF THE MONTH APRIL		
	NAME	REASON FOR THE AWARD
7	Paige Roche	For having a positive and diligent approach to all school activities and for recently at the Year 7 camp treating both Camp staff and all peers in a respectful and conscientious manner.
8	Tainui McFadden	For improved dedication to his studies and participation in class.
9	Kristen Jones	For applying herself wholeheartedly in all subjects and displaying positive citizenship across the school.
10	Tiffany Nguyen	For consistently working hard and displaying a conscientious manner across all subjects.
11	Billy Petsalis	For his conscientious approach and excellent dedication in Biology.
12	Maddison Pike	For her conscientious work ethic in all subjects reflected in her semester 1 report.



NEWS

NSW SCHOOL VACCINATION PROGRAM 2016

NSW Health offers all school students free vaccinations recommended by the National Health and Medical Research Council [NHMRC]. These vaccines are important and protect students through to adulthood.

YEAR 7 PROGRAM SUMMARY

Below is a list of the vaccines offered to students at Picnic Point High School:

- **Diphtheria, Tetanus and Pertussis [whooping cough]** – 1 booster dose for all students.
- **Human Papillomavirus** – 3 dose course. This vaccine provides protection for girls and boys against a virus which could lead to a range of cancers later in life. HPV is a common virus that affects both males and females.
- **Varicella [Chickenpox]** – 1 dose. A catch up for students who have **not** had the Chickenpox or the vaccination.

Dates	Immunisation
March 30, 2016	HPV and dTpa
June 8, 2016	HPV and Varicella
November 30, 2016	HPV

The first round of immunisations took place on Wednesday, March 18, 2015. Year 7 students received the HPV and dTpa vaccination. Any students who were absent on this day will be vaccinated at the next school visit. **Nurses from NSW Health will be visiting the school again on Wednesday, June 8, 2016 for the second round of vaccinations.**

If you have any questions about the immunisation program, please contact Ms Karavias on 9772 1700 during school hours or the SWSLHD Immunisation Team on 1300 066 055.

**Immunisation Co-ordinator
Ms Karavias**



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SCHOOL CAPTAINS VISIT PARLIAMENT HOUSE



As captains of Picnic Point High School, we were given the opportunity to attend the 2016 Secondary Schools Student Leadership Program on Wednesday 4 May.

The day began at 9:45am at Parliament House, New South Wales, where a small number of student leaders from different schools across the state attended. Members of New South Wales Parliament spoke to us about leadership, their involvement in politics and their ascent to their parliamentary positions. We were able to engage in discussion about leadership and politics, which was followed by a visit to the public galleries of the Legislative Assembly and Legislative Council Chambers. Here, we were able to witness parliamentary procedures in the Upper and Lower Houses where there were discussions over two different bills.

This session was followed by a lunch break in which we were able to speak with other leaders from various schools and the Members of Parliament who shared their time with us. After lunch concluded, we walked to Government House and were given a guided tour of the House and its history. We later met with His Excellency General the Honourable David Hurley AC DSC (Ret'd), Governor of New South Wales, and his wife, Mrs Linda Hurley. The Governor spoke to us of his duties as the governor, as well as leadership issues and qualities.

Following this, students were given time to walk freely out in the garden and around Government House, to have individual discussions with the Governor and his wife and take group and individual photos.

It was a great privilege and honour for us to represent Picnic Point High School as well as gain more insight into leadership and politics.

Alex Jackson & Antonia Mangos

NCCD

The Nationally Consistent Collection of Data on School Students with Disability (the national data collection) is an annual collection that counts the number of school students with disability and the level of reasonable educational adjustment they are provided with.

The national data collection (NCCD) will count students who have been identified as receiving an adjustment to address a disability under the *Disability Discrimination Act 1992* (the DDA). The DDA can be accessed from the ComLaw website at www.comlaw.gov.au.

Our school participated in the 2014 trial and from 2015 the NCCD was mandatory for all schools in Australia. The aim of the national data collection is to collect better information about school students with disability in Australia.

Every year your child's school will collect the following information for each student with a disability:

- the student's level of education (i.e. primary or secondary)
- the student's level of adjustment
- the student's broad type of disability.

The information collected by schools will be provided to all governments to inform policy and programme improvement for students with disability. The definition of disability for the national data collection is based on the broad definition under the DDA.

For the purposes of the national data collection, students with learning difficulties such as dyslexia or auditory processing disorder as well as chronic health conditions like epilepsy, diabetes or asthma, that require active monitoring by the school, may be included.

Teachers and school staff will identify the number of students with disability in their school and the level of reasonable adjustment they are provided based on:

- consultation with parents and carers in the course of determining and providing reasonable adjustments
- the school team's observations and professional judgements
- any medical or other professional diagnosis
- other relevant information.

School principals are responsible for ensuring the information identified about each student is accurate.

Protecting the privacy and confidentiality of all students and their families is essential. Personal details such as student names or other identifying information will not be provided to local or federal education authorities. Further information about privacy is available from

www.education.gov.au/notices

If you have any questions regarding the NCCD please contact either myself or Vikki Garrett-Meade Head Teacher of Special Education/Learning & Support.

Mr Negroh
Principal



How to use your Opal Card correctly



Remember,

You only need to Tap On and Tap Off **once** for each Journey, then find a seat and sit down to travel safe on the bus, train or ferry.

Contact 131500 for all Timetable and Opal Enquiries

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LEUKAEMIA FOUNDATION WORLD'S GREATEST SHAVE

During the April school holidays, Joshua Weatherill of Year 11 shaved his head to raise money for the Leukaemia Foundation. He raised over \$1500.00.

Thank you to the generous staff and students of Picnic Point High School and the wider community for sponsoring Joshua and this great cause.

The before and after photo of Joshua's amazing effort are pictured below.

Well done Joshua!



Revesby Vet Hospital

143 The River Rd Revesby



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Phone: 02 8739 8842

revesbyvet@tpg.com.au

Mon-Fri Consultation Fee - \$40

Sat+Sun Consultation Fee - \$45

*No consult fee for vaccinations

Dog Vaccinations:

C3 Vaccination - \$50

C5 Vaccination - \$65

C7 Vaccination - \$75

Cat Vaccination:

F3 Vaccination - \$45

Microchipping:

\$25

Dental incl. Scale & Polish:

\$250

Cat/Rabbit Desex:

Male - \$70

Female - \$140

Male Dog Desex:

0-15kg - \$110

16-30kg - \$130

30-35Kg - \$200

40Kg+ - \$360

Female Dog Desex:

0-15kg - \$150

16-30kg - \$200

30-35Kg - \$300

40Kg+ - \$400

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Mon - Fri 8:30am to 7:00pm

Sat 9:00am to 4:00pm

Sun 9am to 2:00pm

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*Feel free to contact us at our other locations:

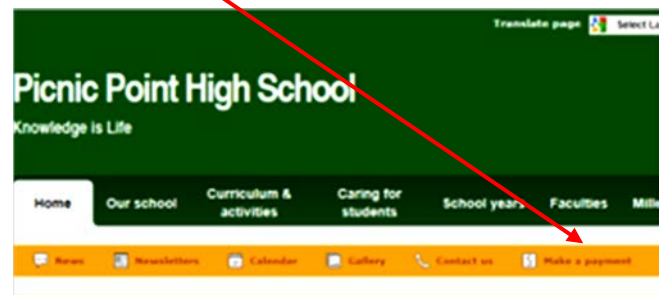
Moorebank: (02) 8798 4859

Glenfield: (02) 9618 0177

PARENT ONLINE PAYMENTS (POP)

If you have not yet used the new Parent Online Payments system (POP), you are able to make online payments to the school with Visa or MasterCard credit or debit cards.

On the Picnic Point High School website there is a "Make a payment" tab.



By selecting this link you will be taken to a secure Westpac payment page. From the initial Westpac QuickWeb page payers will complete the necessary details, some of which are mandatory (marked with an *), before confirming the payment details and completing the payment. A receipt can be printed from the payment page and/or be emailed to the payer.

TO SEE OUR RANGE OF CULTURAL, EDUCATIONAL AND JUST-FOR-FUN TOURS AND EVENTS RUNNING THROUGHOUT THE YEAR, PLEASE VISIT OUR WEBSITE.

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PICNIC POINT HIGH SCHOOL

YOUR COMMUNITY SCHOOL PROMOTING EXCELLENCE

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www.picnicpt-h.schools.nsw.edu.au

Dear Parents/Carers

Our student's ongoing health is always paramount and can be at risk if they come into contact with infectious illnesses, in particular: chicken pox, measles or mumps. If your son or daughter is ever suspected of having one of these illnesses it is very important that he/she does not attend school. It is also important that while your child is unwell he/she remains at home until he/she is no longer contagious. Information on infectious conditions can be found on national health websites e.g.: www.health.gov.au or alternatively contact your local GP.

If your child has chicken pox, measles or mumps or is suspected of having an infectious illness please contact the school immediately. This will allow the school to assess the probable contact and therefore exposure to other students and staff to the disease. Notification can then be given to parents and medical specialists.

As a school community we value your support in relation to the well being of all of our students. Please do not hesitate to contact the school if you have any questions.

Yours sincerely

Wolly Negroh

Wolly Negroh
Principal

PROGRAMS

STUDENT LEADERSHIP WORKSHOP ONE

On Friday March 18, 180 students from Year 7 to Year 11 participated in Leadership Workshop One in the Hall. The students were able to develop their leadership skills and work in cooperation with students from other year groups. Some comments from students include:

'Despite working with people I've never met, I still had fun'

'I'm not usually a very confident person, but in this environment, it was really easy'

'I really loved connecting with people who I've never spoken to before'

'I learnt how to think in more depth when solving a question'

'The most important thing I learned was to be comfortable to voice my opinion and be confident in what I do'

Following is an overview of the day from Kayla Markantonatos of Year 10:

Think and Do! Was the theme of this year's first Leadership Program Workshop. Our day began at 8:44am when all leadership students came together after they signed in and got their name tag [which definitely benefited us all throughout the day; there were almost 200 students at the workshop!]

Ms Marquis and Ms Stavros introduced themselves along with Ms Davila. Our day was filled with ice breakers, games and other activities. These were really good activities for year 7 students to meet students in other years. Year 11 students made some new friends too.

Ms Marquis provided us with an amazing morning tea – lots of sweets and fruits that were prepared in the morning by the brilliant Year 10 catering team. After morning tea, Mr Burgess spoke to us about critical thinking and why it is always important to always think before you do! Ms Kaur then explained the SRC Election Process to us. After lunch, the year 11 student leaders created activities for us to do, to try and beat all the other groups in 'A Minute to Win It'.

Overall this day was so fun and I believe all students should be a part of the leadership program. It's a great opportunity to:

- Learn new skills
- Be a better and stronger leader
- Meet new people and have fun!!!

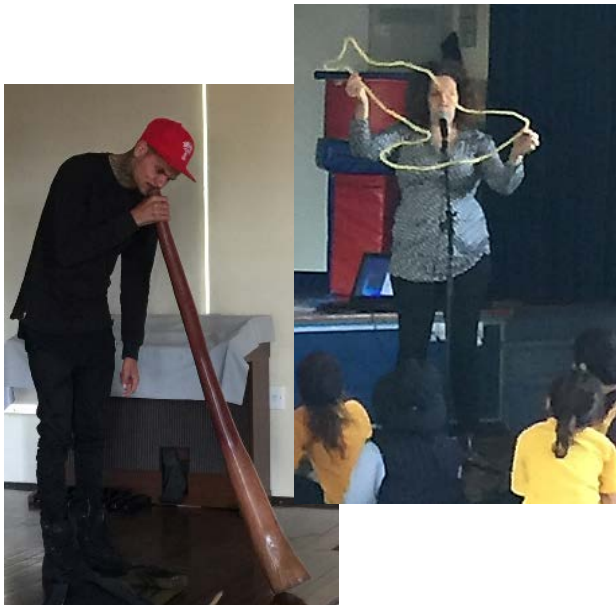
Thanks to all our teachers for organising such a great leadership workshop!



INDIGENOUS EDUCATION

BELONGING CULTURAL DAY EXCURSION

On Thursday 19 May, 15 Picnic Point High indigenous students from Years 7 – 10 attended the East Hills Belonging Cultural Day at Panania Public School. The aim of the day was to connect the students with a variety of local culture and crafts as well as develop friendships and links within the local indigenous community. Another important aspect of the day was to encourage the High School students to learn or display leadership skills by assisting the Primary students within their allocated groups. Our students not only had a fun, friendly and informative day, but they represented their school and people admirably and were outstanding leaders, mentors and role models.



The day began with a traditional welcome from our local leader, Aunty Carol Brown. Students then participated in traditional workshops based around the theme of “The Whale Song” which was written and performed by our guest Nadeena Dixon. She is the granddaughter of “Chicka” Dixon who we learnt was an important Aboriginal Activist in the 1960’s and 1970’s and fought for basic rights such as having the Aboriginal people counted in the population Census of 1967. Nadeena Dixon led a weaving workshop that encouraged students to learn and enjoy a lost art.

Students also attended Koomurri workshops on the didge, boomerang throwing, Aboriginal and Torres Strait Islander traditional dance and also modern dance performances.

Our students had a great day, made many new friends and are all looking forward to meeting up with them again at the next Cultural Day in September.



Ms Harding



SRC ELECTIONS

The SRC elections were held on Friday 13 May during lunch. The number of candidates for each year was impressive. The nominees for each year had to present a speech to the leadership group consisting of 180 students. All the nominees displayed an amazing confidence whilst they presented their speeches to the group. The standard of the speeches was very high.

The 2016 SRC nominees are:

YEAR 7 BOYS – Spiro Kolokoris, Michael Ponticello, Zander Mucenski, Ben Wedgwood, George Kabbaz, Brodie Romicke

YEAR 7 GIRLS – Gemma Urban, Danielle Zidan, Hannah Bentley

YEAR 8 BOYS – Peter Koletti, Adam Zidan, Luke Papagianopoulos

YEAR 8 GIRLS – Gabby Williams, Bella Nash

YEAR 9 BOYS - Dang Pham, Nathan Bates, Mustafa Syed, Ranvir Shinh

YEAR 9 GIRLS – Jasmine Zande, Hana Herlihy

YEAR 10 BOYS – Matthew Blight, James Butler, Christos Mangos, Harrison Walther, Cameron Walsh

YEAR 10 GIRLS – Jancinta Black, Emma Bray, Emma Forster, Abbey Leedow, Jessica Luth, Rachel Stace, Tash Stengos, Imogen Wallace

All the SRC nominees for 2016 are to be commended on this excellent effort.

Well done everyone!

Mrs Kaur
SRC Coordinator

FACULTY REPORTS

ENGLISH

Term Two heralds the beginning of debating competitions for our students. There has been much interest and students have been trying out for positions on teams. Students have also been provided with permission slips for the 2016 International Competitions and Assessments for Schools (ICAS) English Competition. This is a beneficial opportunity for students of all years to gain a measure of their achievement in English in an external testing situation. It provides teachers, parents and students with a comprehensive reporting of results in the area of English.

Year 12 Extension 1 English students attended an English Teachers' Association Study Day at Newington College on Sunday, 15 May. The students attended a series of lectures that explored the key ideas and concepts of their Elective: After the Bomb, and the feedback from the students was very positive.



YEAR 9/10 PREMIER'S DEBATING CHALLENGE

On Monday, 16 May, Picnic Point High School hosted East Hills Girls High School for Round 1 of the Years 9 and 10 Premier's Debating Challenge. Debating the topic that we should ban NAPLAN testing, Picnic Point's team of Rachel Stace, Tim Warren, Jasmin Avramovski and Sami Croft were victorious, arguing in the negative. All of the team performed well under the challenging circumstances of public speaking, with Jasmin's rebuttal as third speaker exceptionally strong.

Special mention should also go to our 5th and 6th team members James Butler and Ebony Cross for their contribution on the day and we look forward to them participating in Round 2. East Hills Girls Team B awaits!

English Faculty

MATHS

Year 7 students are currently studying Fractions and Percentages and will finish the term with Angle relationships. The Task 2 assessment task will have been completed during week 5 and parents are encouraged to discuss the result with their child.

Year 8 students are currently studying Equations and starting Area and Surface Area to finish off Term 2. The Task 2 assessment task will have been completed during week 4 and parents are encouraged to discuss the result with their child.

Year 9 has just recently completed the **NAPLAN** test and also their Task 2 assessment in week 4.

All parents are encouraged to access Millennium to check the progress of their child in Mathematics before the Semester 1 reports are distributed.

MATHLETICS CERTIFICATES

Certificates achieved on Mathletics are being printed and distributed during week 5. Parents should be on the lookout for these certificates going home and encourage your child to complete as many of these activities as possible by week 9.

A merit sticker will also be issued for each Bronze certificate and two stickers for a Silver certificate. Achievement of a Gold certificate will result in a merit certificate being issued. Students are encouraged to complete all set activities to achieve some of the certificates.

TEXTBOOKS

Students in Year 9 and 10 studying the Stage 5.3, Stage 5.2 and Stage 5.1 courses will be issued with the brand new textbooks this term.

Stage 5.3 students will be issued with the NSW Australian Signpost textbook and the electronic copies accompanying the textbook as this text offers a more rigorous and challenge for our students. Stage 5.2 students will be issued with the New Century Maths and Stage 5.1 will receive the Developmental Maths series.

7 TIPS FOR MATHS PROBLEM SOLVING

The focus of every Maths lesson is to develop exceptional problem solving skills. Students and parents will find the following guide useful for developing problem solving skills. Below are tips number 3 and 4. Be on the lookout for tips 5 and 6 in future newsletter

3. Master the Key Concepts

Do not try to memorise the processes. This is counter-productive. It is much better and rewarding in the long-run to focus on understanding the process and logic that is involved. This will help you understand how you should approach such problems in the future.

Remember that Maths is a sequential subject so it's important to have a firm understanding of the key concepts that underpin a mathematical topic before moving on to work on other, more complex solutions which are based on understanding the basics.

4. Understand your Doubts

Sometimes you can get stuck trying to solve part of a maths problem and find it difficult to move on to the next stage. It's common for many students to skip this question and continue on to the next. You should avoid doing this and instead spend time trying to understand the process of solving the problem. Once you have grasped an understanding of the initial problem, you can use this as a stepping stone to progress to the remainder of the question.

Remember: Maths requires time and patience to master.

It is a good idea to study with a friend who you can consult with and bounce ideas off when trying to solve complex problems.

MATHEMATIC QUIZ EDITION 232016

For every newsletter, there will be a math quiz for readers of all ages. Entries can be submitted to trieu.le@det.nsw.edu.au

The solution to Mathematic Quiz Edition 2 was

- When the boys are in the slow lane Alex counts more vehicles compared to Matthew.
- When the boys are in the fast lane Matthew counts more vehicles compared to Alex.

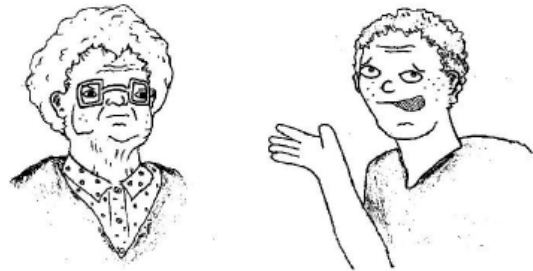
For anyone interested in the full solution please send an email to trieu.le@det.nsw.edu.au

The problem below was sourced from the Maths Challenge Entries 2016, School of Mathematics & Statistics, Newcastle University.

KEN'S GRANDMOTHERS

Ken, who lives in Newcastle, has two grandmothers; Gladys lives in Morpeth and Audrey in Durham. He goes to see them by train from Newcastle Central Station, at no particular fixed time. To avoid deciding whom to visit, he always takes the first possible train to either destination when he arrives at the station.

There is one train every fifteen minutes to each destination, so he thinks this is fair. However, Ken finds that over time he sees Gladys four times as often as Audrey. Explain how this is so.



M
Head Teacher of Mathematics



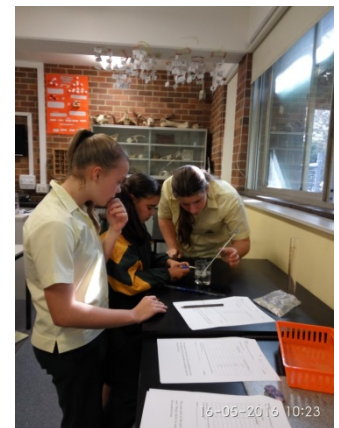
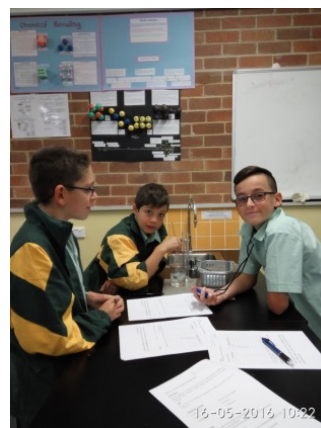
SCIENCE

This term has already been a fun and productive term in Science. Lessons have been organised to include many fun filled experiments and activities across all grades.

In Year 7, students have been learning about the unique properties of water. They are examining why water is such a special substance with 'magical' physical and chemical properties.

Students are exploring techniques to make muddy water drinkable by using methods such as filtration, distillation evaporation and condensation.

During this topic, they are so excited using scientific equipment such as the conical flask and the Bunsen burner.



In Year 8, students are learning about the chemicals within food and materials used to cook food. This involves conducting experiments to find out why water boils faster with the lid on, why Styrofoam cups keep hot liquids warmer for longer and why baking a cake is a chemical reaction.



Year 9 students started the topic Destruction where they are learning about the destructive nature of earthquakes and volcanic eruptions that occurs all around the Earth.

Students have explored concepts related to these disasters – such as, faults, tectonic plates, convection currents and the Richter scale. Some of the classes made volcano models and replicated a volcanic eruption.



Year 10 has been busy this term looking at chemical reactions. They are using the Periodic Table to look at why sodium is so explosive and why neon is so “lazy”. During the course of this term, students will learn about the different signs of chemical changes.

The Year 10 students are so excited that they will make hydrogen explosions and elephant toothpaste.

Science Faculty



HISTORY

As part of their studies in History, Year 10 students will be attending an excursion to the Sydney Jewish Museum in Darlinghurst next term (dates to be confirmed). Year 10 Mandatory History students will be commencing their study of the ‘Holocaust’ this term.

The excursion will provide students with the opportunity to engage with the concepts of this topic in a deep and meaningful way. Students will learn about the experiences of the Jewish population of Europe and other victims of the Nazi persecution through oral testimony and examining key displays and artefacts.

Students can also study selected areas in depth through the use of the Museum’s resource facility.

The Museum will provide students with an open, fluid physical space and the opportunity to explore

- A multimedia enriched exhibition which contains the latest historical research
- Various Australian connections to the events of the Holocaust
- The testimony of Holocaust Survivors
- Content from a diverse range of Holocaust experiences
- **Anne Frank: A History for Today**, an exhibition on the life of Anne Frank, which includes an overview of the history of Nazism as well as a particular focus on the Frank family’s plight
- **Signs Of Life**: An exhibition showcasing the letters sent by those destined for the ‘Final Solution’. This collection reveals the personal dimension of the Jewish experience during the Holocaust and illustrates that even through the darkest tragedies, hope and humanity resonates

The interactive sessions will examine

- How Nazi ideology operated
- Key historical events that culminated in the mass extermination of Jewish people and the establishment of the six extermination camps
- An explanation of how the persecution and murder of Jewish people was central to the aim of the Nazi regime to establish an empire in Europe, in order to assist in understanding the importance of the Holocaust as part of World War II

Ms Karavias
History Teacher

LOTE

STAGE 4 JAPANESE

Year 7 has now completed a term of Japanese and all students are enjoying the opportunity to learn a new and exciting language. Our students have already learnt how to introduce themselves in Japanese and are now learning how to count and say their age. They have also learnt some hiragana and katakana characters and will begin to learn some kanji characters too. Year 7 should be congratulated on their high levels of effort and enthusiasm. Year 8 are also continuing to develop their Japanese by using their Hai! 2 Course and Workbooks. Our students have been learning and revising vocabulary and grammar in every lesson and applying their knowledge in a variety of class activities.

STAGE 5 JAPANESE

The elective Year 9 Japanese class have been progressing well throughout Term 2, as they continue to develop their macro language skills of reading, writing, listening and speaking ahead of their next Chapter Test. Congratulations are in order for Year 10 who have just completed their Half Yearly Examination. Our students have continued to successfully build upon their skills as they learn more about the Japanese language and culture.

STAGE 6 JAPANESE

Year 11 has started Term 2 by continuing to work well through their studies of the Preliminary HSC Course. Their great progress so far was demonstrated through the completion of the Reading and Responding assessment task, which should stand them in good stead for the beginning of their HSC studies in Term 4. Year 12 continue to move along swiftly towards the completion of their high school studies in Japanese, having completed the Half Yearly Examination. In particular, the speaking component of the examination demonstrated that our students have developed some thoughtful and nuanced responses. A reminder to Year 12 to keep up the good work, with the oral speaking examination taking place on August 6 and the written HSC exam being held in October. Year 12 will also be continuing their speaking workshops with Mrs Flynn at the end of this term and at the start of Term 3 and attend a JTAN Speaking Day at North Sydney Boys High School in June.

NIHONGO TANKEN CENTRE: HOLIDAY WORKSHOP

In the April school holidays, two of our Year 12 students completed a two day workshop at the Nihongo Tanken Centre. This workshop focused on the development of the listening and speaking skills of each student. It also provided invaluable preparation for the upcoming examinations, including the HSC!

AIJU STUDENT EXCHANGE

AIJU Student Exchange has announced new full and partial scholarships for Australian high school students. The scholarships are very generous and assist students to receive all the help that they need to fulfil their dream to study in Japan. AIJU is a NSW registered Student Exchange Organisation, with a strong reputation for support, safety and professionalism. Applications are now open for the high school exchange programs to Japan departing in March 2017 and August 2017.

The prices for the 2017 Programs are: 10 months **\$8,850** or 5 months **\$7,850**.

Interested students can visit the website www.aiju.com.au where they will find information about the programs, and can complete an on-line Preliminary Application Form.

分かりましたか？

Did You Know?

...that children and adults who understand two languages or more can solve logic problems and multitask more effectively! **おもしろいですね！**

また、来月！

Ms Marquis, Mrs Morris and Ms Wu



PDHPE

Once again it has been a busy start to the term in PDHPE. Year 11 completed Half-Yearly exams with Emily King & Nikki Kayatz-Monahan excelling in PDHPE and Jacob Hill in SLR. Many students displayed the ability to do very well in both subjects and we look forward to seeing their development and progress throughout Year 11 and into Year 12.

The Year 9 cohort has completed an assessment task on persuasive writing which was an argument that "Personality is more important than looks in a relationship". Some of the arguments were extremely well constructed and showed excellent discussion on the key aspects to relationships.

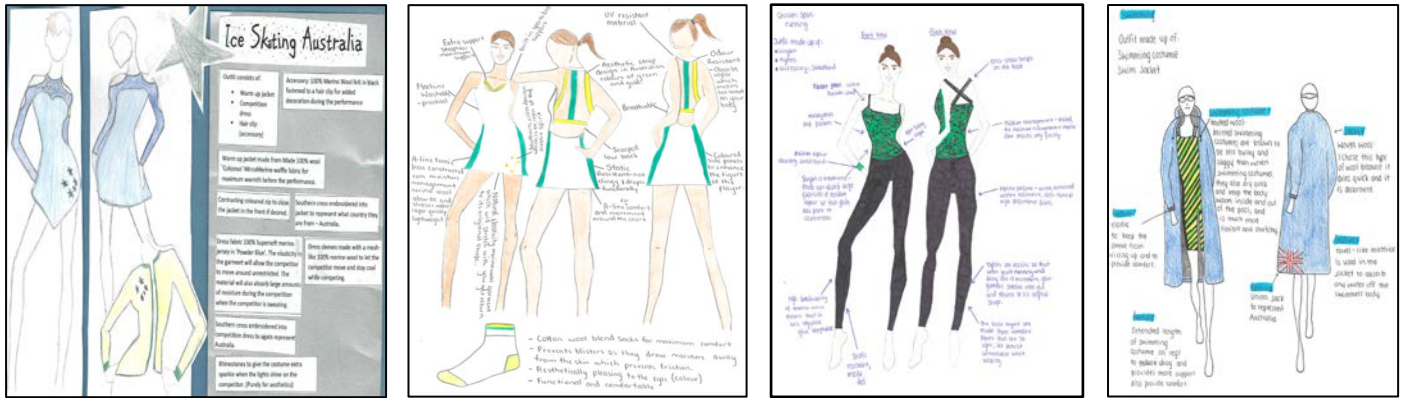
Year 7 and Year 9 have also been completing the gymnastics unit in practical classes. They have completed floor routines, beam and mini tramp work with the use of the padded vault box as well. Some of the student's gymnastic ability has been awesome to watch and it is great to have a facility that allows us to complete such a unit of work.

**Mr Millican
HT PDHPE**

YEAR 10 TEXTILES TECHNOLOGY

Students in Year 10 Textiles Technology have been working on the Wool4Skool competition. Wool4School is a real-life fashion design experience which sets the challenge to design an original outfit made from one of the world's most innovative and natural fibres - Australian Merino wool. This year's design brief was to design an innovative and creative male or female sports outfit that conveys the Aussie team spirit. Below are some examples of the designs created by our students.

For more information about Wool4skool visit www.wool4skool.com.au



Their second practical assessment for the year has just been completed. Students have worked hard to construct a skirt. During the construction of the skirts students have become more proficient with inserting invisible zippers. They have learnt how to slip stitch and insert darts. Below is a sample of some of their projects.



TECHNOLOGY MANDATORY (TEXTILES)

Some of our pencil cases are finished and ready for use. Students started with two pieces of white fabric and a zipper. They created their own unique design by colouring their fabric with fabric dye and/or paints. Below are just a few of the projects made by our students.

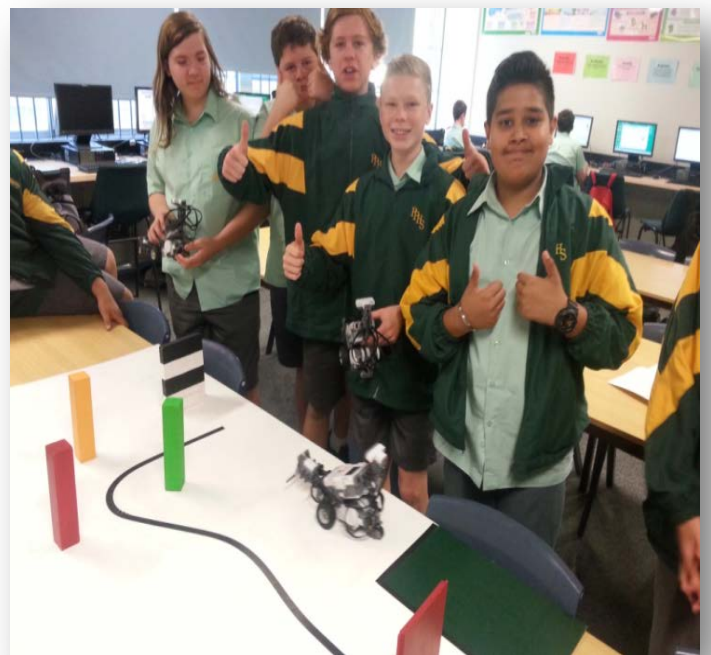
Mrs Thompson



COMPUTING STUDIES

It has been a busy time in Information & Software Technology this term. Students in Year 9 have begun work on the Robotics topic for this term. This will give students the opportunity to see what can or cannot program the robotic to do. The enthusiasm of the students is very high as they learn and play with these devices at school to undertake the challenge of navigating the task before them successfully and without any issues arising.

Students in Year 10 are also busy as they undertake their Programming exercises this term. They have started learning how to program, being introduced to different programming languages to see the different styles that exist. Shortly the students will get the opportunity to begin developing Android Apps which they will be designing for the Android Phone platform which they can then download and install.



Mr O'Mullane TAS Faculty

INDUSTRIAL TECHNOLOGY

TIMBER – YEAR 9

Students in the Year 9 Timber classes have been applying the finishing touches to their first practical projects in recent weeks and have started taking them home. The Breadbox project has developed students' skills in making rebate joints by hand, setting up and using the router with the aid of a jig and further developing general hand tool usage throughout the project construction, sanding and the application of an appropriate finish.



Year 9 Timber students will now begin the design and construction of a kitchen cutting board. These will be constructed using various timber species to create differing patterns. Further development of students skills in the use of hand tools as planeing and sanding will take place before an appropriate finish is applied.



Mr Burgess
Head Teacher TAS



SOCIAL SCIENCES

We have had a great start to Term 2 in the Social Sciences Faculty. Mr Sparks and Mr Habak are currently on leave but we are fortunate to have Mr Sassine working with us again this term.

Year 7 Geography students have completed their first assessment task. This was a poster. Teachers were very impressed with the quality of the students' work. The students will be completing a skills test in week 5. Students should review their class notes and ensure their bookwork is up-to-date.

Year 8 Geography students have completed an ICT Research Task on the United Nations and the importance of human rights. Year 8 teachers have been impressed with the empathy that students have demonstrated when studying the global issue of human rights. They are now studying wealth and

poverty and the unequal distribution of riches throughout the world.

Students in Year 9 and Year 10 are currently studying a range of geographical issues in the Australian environment. Natural hazards, spatial inequality, air quality and urban growth and decline are examples of topics being studied. Students are developing a greater understanding of these topics and will consider the importance of their role as active citizens in response to these issues.

It has been a busy time for senior students. Year 11 Geography, Business Studies and Economics students completed Half-Yearly Examinations during the formal Examination period. Students will have their results soon. Year 11 Legal Studies students have also completed a research task on individual rights and responsibilities. Teachers are currently in the process of making arrangements for Year 12 students to attend upcoming HSC Study Days at universities. It is highly recommended that students attend these events as they will receive invaluable advice about their subjects from academics, students and HSC markers. Year 12 Students are encouraged to continue to work through the syllabus and prepare draft responses to extended response questions. We are only too happy to review and provide feedback on students' study notes and draft responses. "Practise isn't the thing you do once you're good. It's the thing you do that makes you good." (Malcolm Gladwell)

Mrs O'Brien

Report from 10 Geography G Class

On the 30 March, 2016, Year 10 of Picnic Point High School embarked on a great adventure to Cronulla Beach. Entitled "The Cronulla Excursion", it was a very educational journey from Wanda to Cronulla Point. It was very interesting learning about Cronulla, as it is local to us here, at Picnic Point, and the weather proved a nice day to go out.



We looked at various things, including the plant life in the dune area, the ocean and the sea wall. One of the highlights of the day was being able to see the sea wall and hide inside it, as well as stop at the park.

Overall, we walked away with so much more knowledge and enjoyed the day out doing fieldwork.

YEAR ADVISER REPORTS



THE GREAT AUSSIE BUSH CAMP – YEAR 7

We had fabulous 3 days of weather at The Great Aussie Bush Camp - Kincumber. It was amazing seeing students taking on new challenges and experiences outside their comfort zone. The Year 7 Anti-Bullying Program took place during the Rock and Water activity unlike previous years which was done at school. Students learnt about the nature of bullying and will be taught strategies to identify report and minimise potential incidents of bullying at Picnic Point High School. Thank you to Ms Marquis for presenting the program and any students who were absent from camp will get the anti-bullying program during school time. Well done to everybody (teachers and students) who made our 7 camp such a wonderful experience. Below are some pictures and student stories from camp.



The year 7 camp was amazing! We went to the Great Aussie Bush Camp in Kincumber and there was so much to do! There were so many rides and amazing instructors which helped us throughout the three days. We did activities such as the giant swing, survivor, High ropes, rock climbing, abseiling and rock and water.

We split up into 6 groups and did different activities at different times. My first day began like this. We arrived at the camp unpacked and had lunch. The first activities that we did were the high ropes course. Its set in the trees with harnesses connected to wire. We climbed to the top then completed obstacles and ended it with the flying fox.

The next activity was rock climbing we had some challenging rocks to climb and there was one where the rocks were so far apart that people had a prise if they completed it. In my group no one completed that challenge.

At night we would sit around the campfire and sing songs and told stories. We would also play night time activities where students hid away from teachers! Then we went to bed and waited for the next morning.

On the last day we woke up had another delicious breakfast then did one more activity, my last activity was abseiling and I felt like I was flying but at the end it was an amazing experience!

Boy, did I love year seven camp!

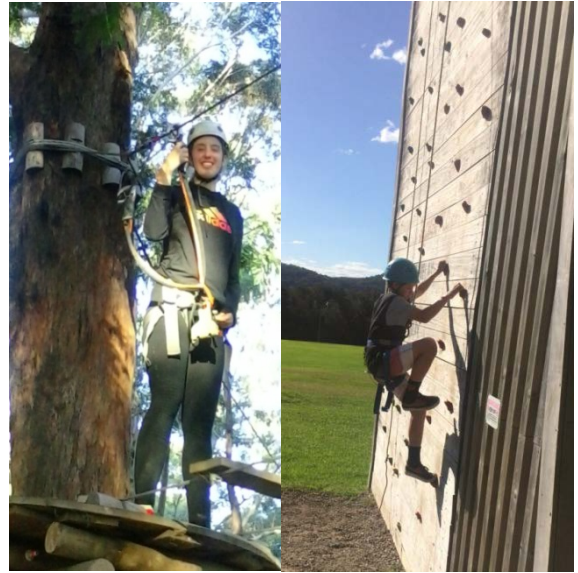
By Danielle Zidan

The Great Aussie Bush Camp was a great camp with engaging and challenging activities, physically and mentally, not just for me but for everyone. This included rock climbing, abseiling, giant swing, group leadership activities and mud course. These activities started with people not believing in themselves and then leaving changed.

The hardest challenge, mentally, for me was the mud pit. Being dirty did not bother me, but at the time it left me confused and exhausted. It was fun working as a team with people I barely knew, making new friends and connections with them, learning more about them and their personalities.

Camp for me was a great experience, but I wasn't the only one that left changed. Everyone I spoke with left with something. Even their attitude towards what they eat has changed. Camp was a fun, engaging, and exhausting.

By Joel Ormerod



THE MERIT SYSTEM

Year 7 has been collecting merits and stickers for excellent behaviour and academic achievement. Congratulations to all students who have handed in passports and merits to Ms Ng. We hope to see many Year 7 students at the Term 2 rewards day.

Mr Dannaoui
Year 7 Adviser

YEAR 9

STUDY SKILLS PROGRAM

On 16 May, Year 9 had the privilege of participating in the Study Skills Program in the school hall. We participated in a series of activities which included surveys based on our study routines and a number of games which tested our knowledge and skills. We rotated every 6 minutes to enable every activity to be completed thoroughly. The students who demonstrated enthusiasm were rewarded with lollies as an incentive.

We learnt several new strategies on how to study which will benefit us in the long term. Specifically, we learnt that you remember 90% of what you say and do and 10% of what you read. What we learnt in this program opened our eyes to more useful ways to improve our results by effective techniques of studying. The core message that students learnt was the more you use your brain the easier it becomes to think.

By Ebony Cross and Sami Croft



YEAR 11

Term Two is off to a flying start; it is hard to believe we are nearly half-way through the term! Year 11 students are busily working through their Preliminary courses, completing numerous assessment tasks and organising jackets for their final year of high school. Year 11 will also participate in the 'bStreetSmart' program at Qudos Bank Arena, Sydney Olympic Park later this year. This program aims to reduce driver fatality and injury in young people by promoting safe behaviour as drivers, riders and passengers. There is no cost associated with this program, but students must return the permission note to B15A as soon as possible. We trust this will be a valuable program for all students.

Congratulations to the 'Student of the Month' recipients, Monique Boboleska [February], Melissa Markoski [March] and Billy Petsalis [April], to the students who continue to submit merit certificates and completed passports and to the students who were invited to the Deputy Principal Morning Tea for Semester One. Keep up the great work!

A reminder to all students and their families, that attendance at school is compulsory. Students must arrive to school on time every day and medical appointments should be made outside of school hours, wherever possible. All absences must be explained by providing a note and a medical certificate to the roll-call teacher. Students who miss an assessment task must provide a medical certificate to Mrs Sherry on the first they return to school in order to satisfy BOSTES requirements. Please refer to the Year 11 Assessment Booklet for further information.

Please check the Year 11 noticeboards outside B15A and the English Staffroom to view the points tally list and other important study events available to Preliminary students.

Mrs Morris
Year 11 Adviser



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Search in the app store, visit the web address or scan a QR code:

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<http://apps.schoolenews.com>

SPORT

CROSS COUNTRY

On 5 April 2016 Picnic Point High School held their annual school cross country carnival. All students from year 7-10 and self-nominated year 11 and 12 students took part in the carnival and ran the new cross course.

Although it was another hot day for a Picnic Point High School sports carnival the students who participated in the 2016 cross country gave an extremely good effort.

Congratulations to all who participated and well done to the following students who finished first in their race and are the 2016 Picnic Point High School Cross Country Age Champions.

AGE GROUP	MALE CROSS COUNTRY AGE CHAMPION 2016	FEMALE CROSS COUNTRY AGE CHAMPION 2016
12 YRS	MAHSEN NARVEL	DANIELLE ZIDAN
13 YRS	KYA SPARKS	EMILY PARMAXIDIS
14 YRS	MITCHELL SMALL	SAMANTHA BATTAMS
15 YRS	HANA HERLIHY	ADRIAN VASILJ
16 YRS	TAREN WILSON	ALEXANDRA SHUMAK
17 YRS	JONATHON VRTKOVSKI	GEORGIA ANDERSON
17+ YRS		TAHLIA BURKE & FELICITY HASSETT

The Bankstown Zone Cross Country carnival is on Monday 23 May 2016. Students who placed in the top ten males or top eight females for their applicable age group have qualified to attend this carnival and will receive further information regarding the Bankstown Zone Carnival during Term Two 2016.

STATE SWIMMING CARNIVAL

The 2016 State Swimming Carnival was held from April 4-6. Picnic Point High School had 8 students attending this carnival at various times over the three days. Picnic Point High School sent two relay teams which included the 13 Boys Freestyle Relay Team and the 6 x 50 Boys Relay Team. Picnic Point High School also sent multiple students who were competing at the State Swimming Carnival in individual events. The students that represented Picnic Point High School and Sydney South West Region included:

BLAKE MCDONALD
JACKSON SIMS
SAMANTHA BATTAMS
PETER PANAGAKIS
BLAKE SHERRY
COOPER SIMMONS
NATHAN LINABURY
PETER MARKANTONATOS



Congratulations to all students who attended this carnival it is a fantastic achievement for each individual and for Picnic Point High School.

Ms Wolstencroft
Carnival coordinator

OPEN BOYS' WATER POLO

The open boys' water polo team travelled to Lambton Pool, Newcastle to compete in the final series, at the end of term one. To progress to this stage the team won the Sydney South West region, and defeated the winner of South Coast region.

The final series involves the top 8 teams in the state, divided into two pools, and competing in a 3 game round robin. The top 2 teams in each pool will play in the semifinals on day 2.

Despite the enthusiasm of players at training, our opposition in Newcastle was a step up with many teams packed with representative players, and we were defeated in each of our games.

Congratulations on great effort lads. You should be proud of yourselves. Your performances in the pool and your never give up approach was great to see. You bring credit to both the school and your families.

This was my last trip away and I enjoyed the company of such a well-mannered and fun loving group of people.

**Cheers
Mr Sparks**



EXTRA-CURRICULAR

SANDRA WARD DANCE AMERICA TOUR 2016

On 14 April 2016, Sarah-Louise Ashford-Doyle, Year 7, took part in the Sandra Ward Dance America Tour 2016. Former PPHS students Cherie Ashton, Beth Farrow and Angelina Kastoumis were also part of the Tour Troupe.



CONGRATULATIONS DEAMMA

Congratulations to Deamma Taganesia, Year 8, who was chosen to be a part of the Ascics Little Athletics Team. The team competed in a National Competition in Adelaide from 22-25 April.

Deamma placed 2nd in Discus with a personal best of 44.61 metres and 3rd in Shot Putt.



EXTRA-CURRICULAR DANCE ENSEMBLE AND COMPANY PROGRAM



This year talented Dance students from our school have been working on performance works through the Picnic Point High School Extra Curricular Dance Program. 19 students from Years 7 to 9 were selected to be a part of our Junior Dance Ensemble, whilst 16 students from Years 10 to 12 will form the Senior Dance Company. These students have been rehearsing outside of school hours in preparation for the Dance Festival Series 2016 – Ultimo Public Schools. The students will be performing at the Seymour Centre during Week 9, Term 2 as part of the festival. Please see below for more detailed performance and ticketing information.

JUNIOR DANCE ENSEMBLE – Tuesday 21 June – 7:30pm

SENIOR DANCE COMPANY – Friday 24 June – 7:30pm

Tickets can be purchased directly through the Seymour Centre Box Office from 9am Monday 23 May (Week 5, Term 2). These are available online from the Seymour Centre Website www.seymourcentre.com or by calling the Box Office on **9351 7940**. Adult tickets are \$30.00 and Student/Concession \$25.00. Please note that booking fees may apply.

SYDNEY OPERA HOUSE - MEET THE MUSIC

Picnic Point High School Elective Music Students have had the wonderful opportunity of visiting Australia's most iconic venue, the Sydney Opera House and watch the Sydney Symphony Orchestra and other world class musicians.



The Sydney Symphony program '*Meet the Music*', is a four part concert series. The first concert featured the Sydney Symphony and the famous American composer and performer *Wynton Marsalis*. This was a sensational concert featuring the most exciting and complicated Twentieth Century orchestral repertoire with a classical and jazz fusion. On Thursday 28 April we attended the second concert. It was a real joy! We had the pleasure of watching the classic Australian film '*Babe*', with the film music composer Nigel Westlake conducting the Sydney Symphony as they performed the underscore live.

For many of the students at the excursion, this has been their first time watching a concert at the Sydney Opera House. We look forward to the next concert in the series to be held early in Term 3.



IN CONCERT 2016

On Monday 16 May, the Picnic Point High School Singers performed at The Sydney Town Hall at The Arts Unit's event, 'In Concert' as members of the 500 piece Combined Secondary Choir. This year, 'In Concert' featured the internationally renowned Australian vocalist Katie Noonan.



Students have been learning repertoire at school and participated in two combined rehearsals for Sydney metropolitan schools.

On the day of the performance, students participated in a whole day rehearsal working with Katie Noonan, NSW Public Schools Symphony Orchestra, NSW Public Schools Jazz Orchestra and the full 500 piece Choir.

The repertoire included a fascinating piece titled 'Tribe', by Sally Whitwell, for choir and orchestra composed especially for this event. The NSW Public School Jazz Orchestra accompanied the choir and Katie Noonan with her arrangement of two famous pop songs, 'Blackbird', by the Beatles and 'Goodbye Yellow Brick Road', by Elton John.

The finale of the concert was the famous 'Carmina Burana' by Carl Orff.

This has been a unique and exciting opportunity for our students. Congratulations to all of the students that participated – your commitment and dedication to learning the repertoire was evident through your confident singing at the Concert.

Lisa Gourlay
Music Teacher



Year 8 student Adam Zidan was lucky enough to capture a selfie with Katie backstage before the show!





Improving Your Health: 5 Things You Should Know When Getting Started

Never in our history have we had easier and faster access to information. However, as a general population our movement is at all-time lows while the consumption of energy-dense/nutrient-sparse foods is at all-time highs. We drive to the shops to collect our pre-packed groceries; shopping is done from your lounge room; social interaction is via hand held devices.

We can all agree that life is easier when you're strong and healthy, right? Carrying groceries from the car (*a/ways* in one trip), beating your child in an arm-wrestling competition, and life skills. Survive the impending zombie apocalypse? Bring it on. And we know it's a good idea to exercise regularly and eat a balanced diet of vegetables, fruits, grains and lean meats. Oh, you should probably drink plenty of water, too.

The information is there. But where should you start? What is the right information for you and your situation? It can get confusing; go to the 'health' section of a book store (yes, they still exist) and you will find two books side-by-side, sprouting two completely opposite messages! Good job, health and wellness industry!

Let these 5 simple tips help you cut through the confusion and be your starting point on your journey to achieving optimal health.

It Sucks At First, But Gets Easier

Starting out, nothing feels natural. Body parts jutting out every which way, new, unfamiliar and possibly intimidating environments. Oddly-named exercises. Being cued by your coach to "stay tight" doesn't seem to make any sense, Lycra?

And yes, there will be soreness. Your body will hurt. It's going to happen.

The great news! Your body will respond to the new stimulus. You *will* get better. Your health *will* improve. The movements begin to feel more natural. You become more relaxed in your new environment. That soreness which made you move like a robot won't be as intense or as long-lasting. You may even begin to enjoy your training!

Beast Mode Is Overrated

Exercise shouldn't be scary. And when programmed safely, intelligently, and with your goals as the compass, exercise is actually quite fun. It can be easy to fall into the trap of watching a video online and thinking "Hey, look at that person who just finished a hardcore workout. Sure, they're passed out on the floor and worked so hard their shirt blew right off their body, but they have abs. Can't wait to try it!"

Your capacity for high intensity workouts will be limited when you are starting out. Am I against effort? Absolutely not! There will be an uncomfortable level of effort required on your part to achieve your goals. And there will be times when you will be required to ramp up your intensity and flip the beast mode switch. But it won't be all the time. It won't even be most of the time.

My point is - especially if you are just starting out - most of your focus should be on developing a strong foundation and understanding of the basics in your training and nutrition. Even individuals who have been exercising regularly for years will practice the basics. If it's good enough for someone who can lift twice (or more) their bodyweight, it's good enough for you. Further, if you were to include the more challenging workouts now, when you are actually ready to incorporate them into your training, the benefits of those workouts won't be as great.

Consistency Is King

The tortoise always beats the hare.

I know you're excited and you *really* want to achieve your health goals. You're willing to put in 110%, train twice every single day, eating nothing but chicken, broccoli and rice. You're committed. You're ready. You want the best bang-for-your-buck exercises which will target that pesky [insert body part] 'problem' area.

Sorry to burst your bubble, but more is not better. Training for hours a day, seven days per week won't help you reach your goals more quickly, quite the opposite. It could easily lead an injury, stopping your progress dead in its tracks. You don't need to combine every method under the sun.

Improving your health and physique takes time. Endless exercise and fad diets are not the short cut you are looking for. Being consistent with your training and nutrition is your number one asset for achieving success.

Let's be clear, I didn't say you needed to be perfect. There will be distractions, interruptions, setbacks, missteps and self-doubts. I've heard some people refer to this as 'life'. The occasional "*burger with the lot and my bodyweight in fries, please*" won't add 20kgs to the scales overnight, just as performing a push up won't turn your shoulders into boulders.

If you can be consistent with your training and nutrition, I guarantee your health and body composition will improve. Regular strength training has been shown to be beneficial for shedding body fat, improving bone density, strengthening tendons and ligaments. What does that mean for you? Your muscles will begin to show their shape and you will move and feel better. You will probably start looking better, as well.

However, the rate at which these changes occur is rather slow. You will not get the body of your dreams overnight. In fact, you won't get the body of your dreams in 30 days. In a year, you'll be very pleased with your progress, but it is very likely that you still will not be completely satisfied. Overnight success takes years of work to achieve. Don't strive for perfection; aim for progression, getting a little better every single day.

You Cannot Out-Train A Bad Diet

The individual who consumes a balanced, nutritious, healthy diet and stays active will have a better physique than the person who trains hard but eats complete crap, even if this person doesn't lift weights.

Energy balance is your first priority when improving your physique is a goal. Too many calories, you will gain weight; too few calories and you will lose weight. It sounds simple and there other factors at work but for the most part this is true.

A balanced diet should consist of appropriate energy intake and proper ratios of protein, carbohydrates and dietary fat, while allowing some freedom and flexibility for the important things, such as chocolate and ice-cream. Including these foods into your diet will actually help control cravings, reduce the stress of temptation and avoid awkward social situations (people will stop inviting you to dinner if you're "on a diet").

This doesn't mean you can mindlessly eat the entire block of chocolate or order take-away every night and not expect it to have a negative impact to your health, unless you're a genetic freak, in which case, you are disliked by everyone.

Get Small Wins

In the beginning, it can be overwhelming. People think their schedule and lifestyle needs to be blown up and undergo and complete overhaul. In my experience, I've found the people who do too much too soon often end up overwhelmed, frustrated, and confused and give up, believing it is too hard.

If you are just starting out, do just that: start. You don't need gym memberships, crash diets or this season's \$500 active wear. Choose one thing you can do right now. Make it so simple it would be impossible not to do. Then do it every day. Those daily wins will create new, healthier habits. You will

build momentum and confidence. Your small wins will transform into slightly larger wins. Rinse and repeat the process, but keep the wins so small they would be impossible not to do.

Finally, I encourage you to find yourself a community which supports and encourages you, stripping away any inhibitions you may have faster than you could do it by yourself. Your community will know all too well how you are feeling right now and what awaits you on the journey ahead, because they were once in your shoes. The right community will become your very own cheer squad! Plug yourself into that community and enjoy the ride.

Nathan Schomberg is the Head Coach at Optimal Health Personal Training, a community-focused gym located at Picnic Point High.

When he's not lifting heavy things or drinking coffee, his mission is to bring joy and passion to people's lives by helping them achieve their unique version of optimal health.

He works with Picnic Point High in developing student-athletes through the Talented Athletes Program.

