PRINCIPAL’S REPORT—Jane Ferris

NAPLAN Results

I have been asked to distribute the following message to all parents of Years 7 and 9 in relation to the release of NAPLAN results.

“On Thursday 5 September ACARA identified an error in the placement of the national average markers on the Years 5 and 7 NAPLAN Student Reports for Language Conventions. Importantly the NAPLAN student data is correct.

ACARA made the immediate decision to halt any further packaging and distribution of NAPLAN reports while options regarding the distribution of correct NAPLAN Student Reports were considered.

ACARA is working closely with Test Administration Authorities (TAAs) in every state and territory to ensure correct reports are distributed.

This matter may result in the delay of the distribution of student reports, possibly to the week of 13 October, however ACARA and TAAs will seek to minimise the delay.”

In the meantime at Pittwater High we are already examining the trends in NAPLAN results made available to schools. We will continue to identify areas of strength and weakness in literacy and numeracy and how we can best support students improve their skills. One area to support literacy is through a framework called ALARM that engages students in higher levels of writing. 30 staff are giving up their time after school this week to be in-serviced in a two and a half hour workshop on this framework. Further workshops will take place through term 4.

Farewell Year 12

It is that time of year when we again say farewell to our year 12 students. They have proven to be a very cohesive team of young people and we will miss them greatly. This week sees appropriate celebrations including a year 12 breakfast, farewell whole school assembly, graduation and valedictory dinner. On their behalf, I know that they would like me to pass on their thanks to year adviser Ms Rosemary Allen, their Deputy Mr David Muirhead and all their teachers and mentors. After this week, students will then need to refocus during stu-vac through the holidays and first week of term 4 before the commencement of the HSC. Students, you are really encouraged to plan your time wisely as these weeks can be critical in maximising your HSC results – and don’t forget to balance this with rest, exercise and eating well. All the best!

Bike Safety

I would really like to draw your attention to the flyer in this newsletter on bike safety, particularly the necessity of wearing a helmet. Parents, it would be greatly appreciated if you communicated the expectation that this simple road rule is followed and enforce it from home. A helmet saved my own daughter from serious head injury as evident in the huge indent left in the smashed windscreen of the car that hit her. So if you are going to ride to school not only keep healthy, but safe by clipping on your helmet.

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### CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 17 September</td>
<td>U/16 Peninsula Cup Rugby Union Grand Final</td>
</tr>
<tr>
<td>Wednesday 18 September</td>
<td>Yr 12: Breakfast-7:45am; Graduation Ceremony-9am; Yr 12 students, parents and staff-5pm; Dinner at Manly Pacific-7pm</td>
</tr>
<tr>
<td>Friday 20 September</td>
<td>Last Day Term 3</td>
</tr>
<tr>
<td>Tuesday 8 October</td>
<td>First Day Term 4</td>
</tr>
<tr>
<td>Wednesday 9 October—6pm</td>
<td>Yr 11 into 12 Information Night</td>
</tr>
<tr>
<td>Thursday 10 October—7pm</td>
<td>PHS Drama Night</td>
</tr>
<tr>
<td>Monday 14 October</td>
<td>HSC Exams Commence</td>
</tr>
<tr>
<td>Wednesday 16—Friday 18 October</td>
<td>Year 9 Camp</td>
</tr>
</tbody>
</table>
It is with a great deal of disappointment that I write about the behaviour of some Year 12 students today. A group of year 12 students showed a great deal of disrespect to staff, caused damage to the school and incurred a cost to the school in cleaning. They also intimidated junior students. They disadvantaged other students in the school in the name of their “rights” to celebrate the end of school. With rights come responsibilities and these students showed no sense of the responsibility nor a sense of respect for other students and staff.

It is a pity that the good spirit and enthusiasm they have shown for the school is dissipated by these kinds of actions. Parents have been contacted and individuals who have been identified will have consequences applied.

Having said that, it is with real sadness that we farewell the 2013 Year 12 group who have been an asset to the school in their six years here.

School returns on Tuesday 8 October.

Full summer school uniform must be worn including the black leather lace up shoes. A reminder that knit shorts are not a part of uniform.

We wish all families a safe, restful break.
CONGRATULATIONS

to KOBIE H (Year 8) who has been awarded a Helen O’Grady Drama Academy grant to further her dramatic training

Kobie was selected from the Year 8 cohort by her peers and teacher, and is hoping that this will be the first step towards a career in the Performing Arts.

BREAK A LEG KOBIE

Congratulations to:

Junto Q (yr 9) for winning the Saturday Morning Premier League tennis finals against Northern Beaches Tennis Academy’s Lochie M and Jamie H (yr 11). He also placed first in round 2 of the District Championships.

FOR SALE

The PHS Agriculture department has some 2 year old laying hens for sale.

They are in top laying condition at the moment and are ONLY $15 each

WHAT A BARGAIN

Please contact Mr Thatcher for supply
As we come to the end of year 12 formal lessons most of the students will be taking a deep breath in anticipation of their exams. I say most, as the Industrial Technology Timber class have already had a taste of exams as they submitted their Major Design Projects and Management Folios in August. This counted for 50% of their external assessment.

The planning and research stage started in term 4 last year. The students carefully chose a project that allowed them to extend their existing skills and that met course requirements. The projects were custom built by each individual student and had to be made predominately from timber. Once the students had purchased their timber they began to manufacture their products incorporating fine craftsmanship and high quality. A wide variety of projects were made including a queen bed, modular shelving unit, chaise lounge, bathroom cabinet, outdoor day bed, children’s rocking horse, butchers block and entertainment units.

Completing such a task allows the students to develop important life skills which they will take with them as they leave school. The students are very proud of their achievements and have been enjoying their new furniture at home. Congratulations go to the students for persevering throughout the whole process and submitting very pleasing projects.

Miss C. Samojlowicz (Industrial Technology teacher, HT TAS)
CAREERS

YEAR 12

UAC, (University Admission Centre) books can be collected from my office, UAC applications should be done by 28 September.

EAS, (Educational Access Scheme) forms for any disadvantage suffered during the HSC year can give you extra ATAR points, see me for more details.

YEAR 11 : TAFE STUDENTS

Students MUST inform me if they are going to be absent for any reason! Year 11 students planning to continue their TAFE course in 2014 will need to complete a new “Expression of Interest” (EOI) form and return to me before the end of this week.

YEAR 10: CAREERS LESSONS are in HSIE classes next term, we will be looking at interview skills, investigating post-school options and finalising portfolios.

Some students will be undertaking Work Experience too, remember the documentation MUST be in 2 weeks before the Work Experience week! Time is running out, only the first 5 weeks of term 4 are available for work experience!! Don't forget to send me some photos!

Please log onto “My High School Careers” website. PHS subscribes to this website which advertises current careers events.

To log in: use “parent” or “student” then password “mhs2013”. You can also register for email alerts! The “Calendar” is great info!

For more general careers information, look at our Careers website by checking out www.careersworks.com, (the password was emailed earlier to students and parents but please email me if you don't have it).

YEAR 10,11 and 12: STUDENTS:

CONGRATULATIONS to Lochie M; Brad G; Jamie H; Darcy M and Angus M for winning the category “Channel 7 Best Film under 18’s” for their film called “Captain Sexalicious”.

24/7 youth film festival

The 24/7 Youth Film Festival is a unique and dynamic competition for young people aged 12-18. You have 24 hours to make a 7 minute short film that includes scripted stories, dialogue and sequences that are only revealed at the beginning of the 24 hours. Information sessions and free film making workshops are held for youth leading up to the competition.

CONGRATULATIONS to Lochie M; Brad G; Jamie H; Darcy M and Angus M for winning the category “Channel 7 Best Film under 18’s” for their film called “Captain Sexalicious”.
PHS SAILING PROGRAM

Be involved in Australia’s most successful Olympic Sport and be part of a 40 year impressive sailing history at PHS

TERM 4, 2013 SCHOOL SPORT

WEDNESDAY AFTERNOON SAILING - APPLICATION FORM

Wednesday afternoon school sailing will commence at 12.30 and finish at 3.30 pm Wednesday 9 October 2013 (1st Wed of term 4), at Royal Prince Alfred Yacht Club using AVF instructors. It is available for students from beginner level and upwards, sailing club Hobie Waves & Pacers, from years 8 to 10.

Students will be transported to RPAYC but need to arrange their own transport home.

Cost will be $240 for the 8 week term payable the first week of Term 4, 2013.

Cheques made out to “Pittwater High School”, envelope clearly marked with “SCHOOL SAILING” and STUDENTS NAME & ROLL CALL CLASS and placed in Red Box in A Block Foyer.

Please fill in the details below along with the RPAYC Consent Form and place, with the cheque, in the Red Box. Info re transport etc will only be forwarded to those who provide email address.

STUDENTS NAME____________________________..ROLL CALL CLASS_______

PARENTS NAMES & EMAIL_______________________________________________

________________________________________________________________

HOME PHONE____________________PARENT MOBILE_____________________

WE ARE DEPENDENT ON PARENT TRANSPORT.

Please indicate whether you can assist with transport from PHS/RPAYC

(circle) YES NO

Level of sailing ability: (circle) experienced intermediate beginner

Leisa Stranack; PHS sailing co-ordinator; 0418 619760
Royal Prince Alfred Yacht Club
Secondary Schools Sailing
2013 - 2014

Participants Details
Name: Term 4, 2013 / Term 1, 2014 (circle)

Previous sailing experience:

Parents / Guardians Details
Name: Contact Number:
Email:

Medical Information

Does your child have any medical conditions? (If yes, please specify)

NB: Medical information gathered is for information purposes only, and is only used for advising emergency personnel.

Risk Notice
Civil Liability Act 2002

Sailing is a sport that involves interacting with the uncontrollable and difficult to predict elements of nature, and therefore involves a degree of risk. Many of the risks inherent in the sport are intuitive. Without seeking to list all possibilities the following are brought to your attention:

- There is a significant risk of bruises, cuts, scratches and other injuries resulting from contact with the boat or collision with other boats. Flapping sails, or unanticipated changes in wind direction or in the direction of the boat can cause a spar to bump the head or other part of the body or cause a rope flick injury. These injuries can occur both afloat or while near a boat on land.
- When launching or coming ashore, hard surfaces below the high tide line can become slippery, resulting in slip and fall injuries. Oysters and other sharp marine creatures can also grow on these surfaces. Stingless jellyfish or other marine stingers may be present in the water. Sharp objects can be hidden in sand or weed below the water which can cut or pierce feet or other parts of the body. Proximity to the elements makes it more likely for nails or splinters to be raised in wooden decks and floors and these can also cause foot injuries and trip hazards. The wet feet of sailors can make surfaces slippery.
- Because of reflected glare, sunburn will occur more rapidly than normal on unprotected skin. Dehydration or hypothermia can occur in those who do not heed and prepare for the conditions.
- Most injuries are relatively minor. However on occasions the injury can be more significant.
- When sailing dinghies on inshore waters, really serious injuries of the type that can cause permanent disablity or even death are statistically very rare but can and do occur. As with any water sport, the possibility of drowning is also present. While for many sailing activities a patrol boat might be present, the boat cannot be everywhere at once, can not observe every incident that occurs and may not always recognise an observed incident as being a serious one requiring immediate response. First aid or medical assistance is not available.

I have read and understood the above risk warning and I agree that I participate in the sport of sailing at my own risk and I acknowledge that neither The Royal Prince Alfred Yacht Club (“Club”) nor any official volunteer or member shall be under any liability whatsoever for the death or bodily injury, loss or damage which may be suffered or incurred by me or the minors for whom I am responsible. I also acknowledge that neither The Royal Prince Alfred Yacht Club nor any official volunteer or member shall be under any liability for any loss or damage to personal property which may be suffered or incurred by me or the minors for whom I am responsible.

I understand that I or the minor for whom I am responsible may be photographed while participating in activities conducted by the Club and I hereby give permission for the use of my name or the name of the minor or any data which is held about the minor.

Signature of Participant: ____________________________
Signature of responsible parent/guardian of minor: ____________________________

Full name of Participant: ____________________________
Full name of adult: ____________________________

Date: ____________________________ Date: ____________________________

Reducing Risk

You can help reduce risk to yourself by always following these guidelines:
- Always wear footwear while sailing or on the Club premises;
- Always wear a life vest and adequate sun protection and carry drinking water while sailing;
- Always examine launching ramps before using them to see how slippery they are;
- Always check the weather forecast before going sailing. Always follow the directions of your instructors;
- Do not run or skylark when around the club, especially on the car park, marinas and on launching ramps;
- Beware of flapping sails;
- The Club is not responsible for supervising minors while ashore. This is the responsibility of their parents or delegated adult.

The Royal Prince Alfred Yacht Club
PO Box 99, Newport Beach, NSW 2106
Ph: 02 9987 1022 Fax: 02 9987 8620
E-mail: sailtraining@rpayc.com.au Internet: www.rpayc.com.au
**PITTWATER HIGH SCHOOL INSTRUMENTAL MUSIC PROGRAM**

**MUSIC NEWS**  
**TERM 3 WEEK 10**

**PERFORMANCE & MEETING DATES**

<table>
<thead>
<tr>
<th>Term 3 - Performances</th>
<th>Day</th>
<th>Time/ Place</th>
<th>Bands</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17 September</strong></td>
<td><strong>Tuesday</strong></td>
<td><strong>Bus departs from School at 2.40 pm. Concert @ 7.00pm. Sydney Town Hall. Finishes 8.25pm</strong></td>
<td><strong>Orchestra. Full Band Uniform.</strong></td>
</tr>
<tr>
<td>“Daintree” Concert</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>17 September – REHEARSAL TO REPLACE FRIDAY’S. This is for the Manly Jazz Festival</strong></td>
<td><strong>Tuesday</strong></td>
<td><strong>7.30 SHARP Performance Space</strong></td>
<td><strong>Senior Stage Band</strong></td>
</tr>
<tr>
<td>5 October (Holiday)</td>
<td><strong>Saturday During School Holidays</strong></td>
<td><strong>4.00 Arrival; 5.00pm Performance. Jazz Stars of the Future Stage #4. Meet near the Stage.</strong></td>
<td><strong>Senior Stage Band. Full Band Uniform.</strong></td>
</tr>
<tr>
<td>– Emergency Contact</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>for this event is Allison Meadows, on 0412 564 674.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Term 4 – Meeting</th>
<th>Day</th>
<th>Time/ Place</th>
<th>Bands</th>
</tr>
</thead>
<tbody>
<tr>
<td>14 October 2013</td>
<td><strong>Monday</strong></td>
<td><strong>7.00pm - Pittwater RSL</strong></td>
<td><strong>Including Election of New Office Bearers.</strong></td>
</tr>
<tr>
<td>Music Ensemble Committee Meeting</td>
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</tr>
</tbody>
</table>

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**Stage Bands:** Royal Prince Alfred Performance on 28 September has been CANCELLED.

**Manly Jazz Festival, 5 October 2013:** All members of the PHS music ensemble community and their families are invited to come along and support the Senior Stage Band at 5pm on Saturday 5th October, it promises to be a wonderful event. Bring a jumper, the jazz will be cool but the late afternoon sea breeze will be even cooler!


**Fundraising:** In the space of 7 days, (2 canteens and Election Day), we raised $1,173. Thanks to all helpers and to Harris Farm Market, Mona Vale for allowing us to purchase jam fruit at reduced prices.

**Bathurst Tour: Last Chance to Pay this Week!**

**Music Ensemble Trophies Awarded in 2012:** Could all last year’s winners please pull out their trophies, dust them off and return them at the start of next term please.

**Conservatorium High School:** Many congratulations to the two Year 9 students and good friends, Georgina GH and Natalie M who have both been accepted into the Conservatorium of Music High School next year.

**Our newly elected President** has to step down (see above) – the shortest tenure in the School’s history?! Would someone please step forward … Election of New Office Bearers is 14 October.

**HOT OFF THE PRESS:**

**Sydney Eisteddfod Stockland Orchestral Spectacular:** Sunday, 15 September at the Town Hall. This was a Concert with many of Sydney’s top music students and alumni, conducted by Richard Gill – and what a spectacular concert it was. Well done to Gemma, Caelan and Georgina who represented Pittwater High School at the Concert. A great celebration of music headed up by the Maestro himself!

**CONTACTS:**
- President: Valerie Mavridis: yurimavridis@gmail.com or 0416 444 303
- Secretary: Joanne Gwatkin-Williams: joanne@thevastydeep.com or 0437 408 801
- Treasurer: Rick Elliott: icycold@outlook.com or 0400 461 941
- Uniform: Geri Bergstein: geribergstein@hotmail.com or 0407 602 795
- Canteen: Kim Jeffreys: kimjefferys@optusnet.com.au or 0422 002 519

**Ensemble Parents:**
- Concert: Elizabeth Gardner: elizgard@tpg.com.au or 0414 704 812
- Symphonic: Anne Connors: bcmcycles@bigpond.com or 0415 255 498
- Symphony Orchestra: Joanne Gwatkin-Higson (above)
- Strings: Grace Marshall: grace.marshall@ioof.com.au or 0408 811 066
- Junior Stage: Julie Rodgers: jl.rogers@bigpond.com or 0438 635 048
- Senior Stage: Allison Meadows: meadows2@iinet.net.au or 0412 564 674
# Pittwater High School Uniform Shop Order Form

## Date

Order Taken By (Internal Use):

### Student's Name

Roll Call:

### Contact Phone No's (Home):

(Parent Mobile)

<table>
<thead>
<tr>
<th>Item</th>
<th>Sizes</th>
<th>Price</th>
<th>Order Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Girls</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Junior Tartan Tunic – Summer</td>
<td>6-22</td>
<td>65</td>
<td></td>
</tr>
<tr>
<td>Junior Tartan Skirt – Summer</td>
<td>6-22</td>
<td>39</td>
<td></td>
</tr>
<tr>
<td>Junior Tartan Skirt – all year round</td>
<td>4-18</td>
<td>59</td>
<td></td>
</tr>
<tr>
<td>Junior Blue Short-Sleeved, Pintuckled Blouse</td>
<td>10-22</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Junior &amp; Senior Long Black Pants – Winter</td>
<td>4-16</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Senior White Short-Sleeved Blouse with Maroon Piping, PHS Embroidered</td>
<td>8-22</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Senior Grey, Front Pleated Skirt – Summer and Winter</td>
<td>8-22</td>
<td>59</td>
<td></td>
</tr>
<tr>
<td><strong>Boys</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Junior Maroon Polo Shirts with PHS Emblem</td>
<td>10-26</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Junior &amp; Senior Grey Surf Style Shorts</td>
<td>XXS-5XL</td>
<td>39</td>
<td></td>
</tr>
<tr>
<td>Junior Midford Grey Elastic Waist Shorts</td>
<td>12-18</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Senior White Collar Short-Sleeved Button Shirt</td>
<td>16-26</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Senior Maroon School Tie with PHS Embroidery</td>
<td>16-26</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td><strong>Unisex</strong></td>
<td></td>
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<tr>
<td>Maroon Fleecy Zippered (Hoodie) with PHS Embroidery</td>
<td>XXS-XXL</td>
<td>50</td>
<td></td>
</tr>
<tr>
<td>Junior Maroon Sweatshirt (Sloppy Joe) PHS Embroidery</td>
<td>12-22</td>
<td>29</td>
<td></td>
</tr>
<tr>
<td>Junior Grey Woollen &quot;V&quot; Neck Jumper</td>
<td>10-18</td>
<td>70</td>
<td></td>
</tr>
<tr>
<td>Senior Maroon Woollen &quot;V&quot; Neck Jumper with PHS Emblem</td>
<td>10-24</td>
<td>75</td>
<td></td>
</tr>
<tr>
<td>Senior Maroon School Blazer with PHS Emblem</td>
<td>14-24</td>
<td>110</td>
<td></td>
</tr>
<tr>
<td><strong>Sports Uniform Unisex</strong></td>
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<tr>
<td>Maroon Microfibre Shorts PHS Logo</td>
<td>XS-XXL</td>
<td>35</td>
<td></td>
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<tr>
<td>Maroon Knit Short PHS Logo</td>
<td>12-16</td>
<td>25</td>
<td></td>
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<tr>
<td>White Polo Shirt with PHS Emblem</td>
<td>10-24</td>
<td>30</td>
<td></td>
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<tr>
<td>Navy Microfibre Tracksuit Pants</td>
<td>12-XL</td>
<td>45</td>
<td></td>
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<tr>
<td>Navy Microfibre Tracksuit Zip Up Top with PHS Emblem</td>
<td>12-XL</td>
<td>45</td>
<td></td>
</tr>
<tr>
<td>PHS Maroon Rugby Shorts</td>
<td>XS-XL</td>
<td>22</td>
<td></td>
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<tr>
<td>Maroon and White Long Rugby Socks</td>
<td></td>
<td>10</td>
<td></td>
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<tr>
<td><strong>Other</strong></td>
<td></td>
<td></td>
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<tr>
<td>Scientific Calculators – required for Yr 7 Mathematics</td>
<td></td>
<td>33</td>
<td></td>
</tr>
<tr>
<td>Portable USB 2GB</td>
<td></td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Black Winter Stockings – Girls</td>
<td></td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Year 7 book pack</td>
<td></td>
<td>72</td>
<td></td>
</tr>
<tr>
<td>Year 8 book pack</td>
<td></td>
<td>50</td>
<td></td>
</tr>
</tbody>
</table>

### Total Amount to Pay

**Please Circle method of payment**

- **Cash**
- **Cheque**
- **Credit Card – MasterCard**
- **Visa**

**Name of Cardholder:** ___________________________(exactly as shown on card)

**Card No:** ___________ / _________ / _________ / _________ / _________ / _________

**Expiry:** ___________ / _________

**CCV No:** _________

**Total Amount:** _________

**Signature:** __________________________ (exactly as shown on card)

**Date:** ___________

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1. EFTPOS facilities available - 1% surcharge on credit card purchases
2. Cheques are to be made payable to “Pittwater High School Uniform Shop” and have a 5 day clearance hold on items purchased.
3. All orders must be accompanied with payment and put in an envelope, clearly marked “Uniform Order”, and placed in the Red Box in A Block or given to a supervisor in the canteen. Collect uniforms during opening times.
4. A selection of second hand uniforms are available for purchase at reduced prices
5. The Uniform Shop is open every Tuesday and Thursday from 8.15am to 11.15am, and located at the far end of the Canteen – enquiries 9979 6968 or contact the Uniform Shop manager Kim Gobbe.
Parent Fact Sheet: Heads up on Helmets
Why your teenager should wear a bike helmet

Facts:
1. Teenagers are less likely than other cyclists to wear a bike helmet.
2. Half of the teenage cyclists involved in a bike crash risked serious head injury by NOT wearing a bike helmet.
3. 1 in 4 teenage cyclists who end up in hospital after a bike crash suffer a head injury - a head injury can have lifelong consequences.
4. Cyclists can reduce the risk of head injury by more than 60% by wearing an approved bike helmet which is correctly fitted and fastened.

It's the law
All bike riders must wear a helmet that complies with the Australian and New Zealand Standards (AS/NZS2063) securely fitted and fastened on their head. Each year in NSW over 3000 young cyclists are fined for not wearing a helmet or wearing a helmet incorrectly. That's more than 60 fines a week! The fine is over $50!

A bike helmet will protect the head only if it is the right size and worn correctly. This means:
- A firm fit. The helmet has a secure fit and cannot move around on the head.
- Sit square. The helmet sits straight on the head, not tilted in any direction.
- Protect forehead. The rim of the helmet sits 2 finger widths above the eyebrows.
- Closed buckle. The buckle is securely fastened under the chin - check that no more than 2 fingers can fit between the buckle and chin.
- Snug straps. The straps are not loose or twisted. Adjust straps regularly.

Remember... no helmet, no bike - no exceptions!

Parent attitudes do matter to teenagers
- Have a "no helmet, no bike" rule - remind your teenager about this rule on a regular basis.
- Always check to see your teenager is wearing their helmet.
- Always wear your helmet when riding a bike - lead by example.

Discuss with your teenager why a properly fitted bike helmet is important
- Talk regularly about the benefits of bike helmets in reducing the risk of head injury.
- Discuss the possible consequences of head injury such as permanent brain damage.
- Remind them to wear their helmet correctly each time they ride their bike - bike crashes can happen anywhere.
- Talk about the law and the risk of a fine for not wearing a helmet or wearing it incorrectly.

Get friends on board
- What friends think and do is really important to teenagers so encourage other parents to also have a "no helmet, no bike" rule.

Buying the right helmet
- Where possible, let your teenager choose their own bike helmet.
- Make sure the helmet complies with Australian and New Zealand Standards (AS/NZS2063).
- When buying a bike helmet, ask an experienced staff member to fit the helmet and show your teenage how to adjust it correctly.

Damaged helmets are unsafe
- Helmet damage is not always visible - buy a new helmet rather than a second-hand helmet.
- Replace your teenager's helmet if:
  - It has been dropped on a hard surface
  - It has been involved in a bike crash
  - It has visible signs of damage to the shell, foam or straps
- Bike helmets don't last forever - it's a good idea to replace a bike helmet every 3-5 years.

PHS Drama Night
Thursday 10 October
Performance Space
FREE!!
Wednesday 18 September; Vicky Gurman, Helena Nobs  Helpers needed

Thursday 19 September; Kim Grosser, Diane Del Pozo  Helpers needed

Friday 20 September; Debbie Havenstein, Sue Nicol  Helpers needed

TERM 4
Tuesday 8 October; Leonie Olivari, Deb Vandersaag  Helpers needed

Wednesday 9 October; Melissa Trbojevic, Mandy Daher, Mel Marshall, Kinda Newman

Thursday 10 October; Keryn Gallgher, Sarah Jones  Helpers needed

Friday 11 October; Rhonda Scotter, Sunny Van Raad, Lisa Haworth  Helpers needed

Monday 14 October; Deb Bertock, Roger Springthorpe, Christine Bratkovic, Katie Scharkie, Karne Lambert

Tuesday 15 October; Sue Stevens, Kim Jefferys, Wendy Mclean, Michelle Watts, Brigitte Mills

If you are unable to make your rostered day please try to arrange a swap or advise canteen managers Lisa/Katrina (ph 9999 4035). 7 people needed on Tuesdays; 4 people needed on Wednesdays; 3 people needed on Thursdays; 3 people needed on Fridays.

If any parents, friends, family or grandparents to the school are able to assist on any of these days please let me know.

A full day is 9am to 2:30 or 3pm; a half day is 3 hours

Penny Winterbottom; Canteen roster co-ordinator; Pennywinterbottom@hotmail.com; 0432 679977