ALARM

Upon joining Pittwater High School earlier this year, I was overwhelmed by the success, and widespread use of the ALARM (A Learning And Response Matrix) model. It was therefore a privilege to have its developer Max Wood return to our school this week, to work with newer staff in developing their skills and understanding of this process. The feedback I consistently receive from students regarding ALARM is overwhelmingly positive, with comments reflecting the benefit that this method provides in clarifying the process of learning and using higher order thinking skills, as well as the support it provides in approaching the task of analysing and responding to task requirements. Pittwater High School is committed to ensuring that all students are supported in the acquisition of fundamental literacy and numeracy skills, and with this in mind, the Literacy Team has worked to ensure the consolidation of this highly successful approach.

SCHOOL GROUNDS

The wonderful transformation to the school grounds over the course of 2015 has resulted in significantly improved amenity, in a way that supports and complements the natural environment. Students have treated these new facilities with care and respect, and I congratulate everyone for maintaining this commendable approach towards caring for the school grounds. Special mention must be made to all those who worked on transforming the school grounds including Larry Bates, Cheree Hall and Joshua Wandl of Year 12.

Mr Dailhou has recently reintroduced the “Take 3” approach, where students and staff are encouraged to place three pieces of litter into the bins, and this is already starting to have a noticeable effect on the school grounds. It is a credit to the students at Pittwater High School that in taking the photos for this Newsletter, it was very difficult to find a piece of litter for Mr Dailhou to be photographed with.

Ben Rekic—Deputy Principal
You are cordially invited to the
Pittwater High School 2015 Presentation Night
on Tuesday 8 December at 7pm in the school hall.

Please put this date into your diary.

**Flowers for the Stage:** If you are able to assist on the morning with a donation of flowers and/or the arrangement of them please email Amanda Sechi at amanda.sechi@det.nsw.edu.au

**Supper:** A light supper will be available after the function.

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A reminder that the bus turning circle outside the school in Mona Street has restrictions—as indicated. There are often council rangers patrolling the area so please be aware of these restrictions.

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**Year 11 University Information**
The QILT website helps you compare official study experience and employment outcomes data from Australian higher education institutions. Create your own shortlist to compare different study areas and institutions. [http://www.qilt.edu.au/](http://www.qilt.edu.au/)

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<table>
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<tr>
<td>Wednesday 4 November</td>
<td>P&amp;C Meeting—7pm</td>
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<tr>
<td>Tuesday 10 November</td>
<td>PHS Musicale—7pm</td>
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<tr>
<td>Tuesday 8 December</td>
<td>Presentation Night—7pm School Hall</td>
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</table>
Are you RITE?
Over the past term Pittwater High School has been reviewing and updating the school Anti-Bullying plan. Staff, students and parents were given the opportunity to have their say in an online survey and this information has been used to inform the staff anti-bullying team who have worked hard to create a clear and effective policy. Over the coming weeks we will be working with the student anti-bullying team to raise awareness and encourage all students to stand together against bullying. Students who are targets or bystanders who witness bullying are encouraged to follow the ‘Are you RITE?’ principle:

**R** Recognise the incident. Is it bullying or a one off circumstance?
**I** Inform the bullies calmly and politely you want them to stop! Use assertive ‘I’ statements. I don’t like it when you…
**T** Tell a responsible or trusted adult about reoccurring bullying. Talk to them about ideas and strategies you can use to manage the situation, and identify with them the reoccurring tendencies.
**E** Evaluate the situation. If it does not improve follow up on the situation with the trusted adult.

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**Reporting Bullying at Pittwater High School Parent Flow Chart**

Bullying is repeated verbal, physical, social or psychological behaviour that is harmful toward one or more individuals

**Identify**
Student discloses incidents of bullying to parent/guardian. Listen calmly, note specifically what your child is saying. Refer to support strategies in Pittwater High School Anti-Bullying Plan (see school website).

**Report**
Report information to your child’s year adviser who will counsel all students involved and make relevant referrals.

**Outcome**
School to follow up with all students involved and will communicate to all parents.

Parents are encouraged to follow the following process if bullying is reported to them at home.
Whooping Cough Information for Schools

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken five days of antibiotics. Keep coughing children away from babies.

Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at six weeks, four months, six months, four years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for [information for childcare and schools about whooping cough](#).

CONGRATULATIONS.....

Jiu-Jitsu Champion!

Adam Eglesz, of Year 7, recently competed at the Pan Pacific Jiu-jitsu Competition in Melbourne. Adam won the Gold Medal, coming first in his competition. Congratulations to Adam on his fine achievement. We are all very proud of him. Not only is he an incredibly strong athlete, he always displays an outstanding attitude in everything he does!
Students from Pittwater High School achieved outstanding results when they participated in the International Competitions and Assessments for Schools (ICAS). Those students whose achievements were outstanding were rewarded with Certificates of Merit, Credit and Distinction.

This year, 192 students participated in the competition, 87% gaining recognition of their achievements. The results were:

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<th>CREDITS</th>
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<tr>
<td>TOTAL</td>
<td>20</td>
<td>76</td>
<td>25</td>
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</tbody>
</table>

**DISTINCTIONS:**

Year 7:  Lulu Blayney, Adam Eglesz, Grace Fisher, Thomas Poppleton, Drew Power, Clancy Raymond

Year 8:  Bettina Cilia

Year 9:  Michela Bates, Ryan Burke, Maximillian Neddalek, Laurie Sykes, Ricky Wandl

Year 10: Jason Beard, Lachlan Cassidy, Zachary Dinter, Yuanda Dong, Liam Evans, Jenzy Ocampo, Toby Rutherford, Samual Squire

Year 11: Daniel Chun, Harry Hall, Zihang (Chris) Luo, Wakana Mori

Year 12: Calum Baird

Congratulations to all for their participation.

Mrs Sechi—Head Teacher
The warming weather of week two saw Pittwater High School’s Year 9 Camp where the students travelled north to ‘The Great Aussie Bush Camp’ at Kincumber on the central coast. The participation of both the teachers and students was incredible, with one of the major focuses of this year’s camp being inclusivity and extending past your comfort zone. Rebecca Sharples of Pittwater’s Multi-Categorical class enjoyed her time so much she insisted on sharing her camp experience with the Pittwater community. Read about her exciting week at camp below.

Year 9 camp was amazing from the start. We arrived at the great Aussie Bush Camp on Wednesday morning at around 10 o’clock. We all sat on logs to wait to be sorted into cabins. I was in cabin 12 with my friends.

After we unpacked our bags we had lunch. The food there was really nice and so were the camp leaders. After lunch we were sorted into groups. There were five groups and each group had boys and girls in them. Each group did different activities.

I was in group one and our first activity was Rock and Water. Then our second activity was where we had to place planks in muddy water and cross them without falling in. Our team won and we were very happy. After dinner we had a disco and everybody danced the night away! It was so much fun and we played a lot of fun games. Then everybody was tired and we all went back to our cabins to go to bed.

The next morning we were all so tired after being woken up at 6:00 AM by the annoyingly cheerful voices of the camp leaders. We all were very tired and wished we could sleep longer, but we were soon all wide awake once we discovered what our first activities were for the day! My group had the giant swing first and at first we were very excited.

Then it started to rain so our group leader took us under the shelter and talked to us about the swing. Everybody was sorted into groups of three and the leader showed us how to wear the full-body harnesses. Finally we did it and our stomachs turned as the swing went down. It was fun and worth the wait. I couldn’t wait to get off though! My legs really hurt and I didn’t think I could walk! But I was fine.
After the giant swing we had snow cones for morning tea. Then we were prepared for our next activity. Group one’s second activity for the day was the mud course. We had to dress in clothes that we could get dirty. The mud course was an obstacle course where you had to jump over and under obstacles and get as muddy as possible. I didn’t do it so I waited with the other kids who didn’t want to get muddy. The boys had so much fun and at the end they were covered from head to toe in mud. It was hilarious watching them slipping and sliding over in the mud and we couldn’t stop laughing.

After the mud course we had lunch. After lunch we had initiatives. Then after our 4th activity which was rock and water again we had free time. We roasted marshmallows on the campfire and had fun talking and playing. Then we all went for dinner.

After dinner we got ready for movie night. The movie was called ‘Remembering the Titans” and we all sat/lay on our pillows and watched. Then we all went to bed.

We were very happy the next morning when we found out that group 1’s first activity was canoeing! We walked to the lake and we all got into our canoes then we played some games and paddled around the river. After canoeing we had our final activity. It was rock climbing. Everybody had heaps of fun. Then we had hot dogs and soft drinks for lunch and the boys bombarded Mr Lutton with waterbombs. Then the buses came and we all went back to school.

Year 9 camp was an unforgettable experience and a message to all the future year 9’s: “You won’t regret going to year 9 camp. You will regret it if you don’t go though. You will have so much fun and you will love every second of camp!”

Rebecca Sharples—Year 9
Long Reef Rock Platform Excursion

Students from Pittwater High School’s Marine and Aquaculture Technology Year 9 Program recently attended an excursion at Long Reef Aquatic Reserve. The excursion was kindly hosted by the amazing staff at Pittwater Council’s Coastal Environment Centre, with funding made possible from the Pittwater Council’s environmental education funding.

The aim of the excursion was to teach students about the delicate marine ecology of our rock platforms. Students were taught methods of water sampling, animal identification and sampling, the adaptations of animals to changing environmental factors and the human impacts on our rock platforms.

Students were introduced to many of the great animals that are found on our rock platforms including sea hares, sea urchins, turban snails, waratah anemones and gloomy octopus. The weather was great, students enjoyed their time and they represented the school with a great maturity.

Mr Cannings and Mr Tucker would like to thank Toni Wilson and David Lowery from the Coastal Environment Centre for hosting the school on such a great day.

Pittwater High School’s environmental prefects and select students from Year 10 recently attended the Youth Eco Summit at Homebush Bay.

The Youth Eco Summit is a gathering of like-minded students who are concerned about the environmental impacts humans are having on our planet. Students gathered to hear from selected presenters about projects involving sustainability and environmental awareness. The aim of the summit is to inspire students to get involved in projects that enable schools to become more sustainable and environmentally conscience.

Students from Pittwater attended the event with other schools from the peninsula. The Summit was very valuable in gaining ideas about projects that could be implemented at Pittwater High. Look out for a number of ECO projects from this team.

Mr Cannings would like to thank the Environmental Action Group for attending—Will Bailey, Harry Steiven-Dalton, Yasmin Avery, Harry Lush, Danelle Kelliher—headed by Taylor Springthorpe

Mr Paul Cannings—Classroom Teacher
Things have been bubbling, fizzing and shining in the Science department this semester.

At the end of last term eight students from the Junior Science Club represented Pittwater High School at the Peninsula Community of Schools (PCS) Science Fair. This year the Science Fair was hosted by Narrabeen Sports High School.

Over 13 primary and secondary schools from the peninsula presented science projects with this year’s theme, the Science of Light. Students had to design and create projects that are then presented to visiting students. Over 15 students from Pittwater’s Junior Science Club also attended the event. The students from the Science Club have volunteered their early Wednesday mornings to work on projects for the school’s theme of “Reflection: Entertaining with Light”.

Students designed and built a laser maze, diorama of a laser security system, a total internal reflection fountain and a hologram optical illusion pyramid. The students worked very hard, built some amazing projects and presented to fellow students with amazing professionalism.

Mr Cannings would like to thank all the junior scientists from the Junior Science Club for all their hard work. Special mention to the students who presented, Jed Griffiths, Madelaine Avagliano, Heath Blinco, Anton Peden, Kirra Stubbs, Chris Wall and Max Shaw. Without the amazing dedication of these students, the day would not have been such a success.

Mr Cannings—Classroom Teacher/Coordinator Junior Science Club
Parents/Carers: Please don’t hesitate to contact me via phone or email if you have any questions.

Year 12: Good luck with your final HSC exams!!

UAC applications for university places in 2016: For those undertaking an ATAR pathway and wishing to go to university next year, they should have received their UAC pin, (Universities Admission Centre pin) by now in the mail. They will need to log in and select their nine university courses for 2016. Selection deadline was the end of September, however you can still apply, you will just pay a late fee. This year’s UAC books have arrived-please collect and sign for your copy from the Careers Office!

EAS, (Educational Access Scheme) applications for those who have suffered “long-term educational disadvantage” (to gain extra ATAR points) are available now from the Careers Office in the Library.

University Open Days:

<table>
<thead>
<tr>
<th>DATE</th>
<th>UNIVERSITY OPEN DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 December</td>
<td>Southern Cross University Coffs Harbour</td>
</tr>
<tr>
<td>9 December</td>
<td>Southern Cross University Lismore</td>
</tr>
<tr>
<td>11 December</td>
<td>Southern Cross University Gold Coast</td>
</tr>
</tbody>
</table>

Full-time Jobs:

- Electrical apprenticeships
- Landscaping apprenticeship
- Locksmith traineeship

Please see me for more information.

Year 10:

Careers Lessons this term, once a fortnight. We will be: Making a short video clip about a job of interest and Investigating post-school options

NOTE: Work Experience for this year has now concluded.

JOBS/Other news: Students need to check their department emails regularly for advertised jobs! Also, checkout www.seek.com.au for more jobs or The Manly Daily for local jobs!

YEARS 10, 11 AND 12 STUDENTS: Please log onto

The MHSCareers website-Pittwater High School subscribes to this website which advertises current careers events. To login: use “parent” or “student” then password “14cairns”. You can also register for email alerts! The “Calendar” is great info!

Or for more general careers information, look at our Careers website by checking out CareersWorks, students should have the password but email me if you need a copy?

Also, we have created the Pittwater High Careers website, please have a look and encourage students to register!!

I would love some feedback on the above websites, please email me on jocelyn.bates@det.nsw.edu.au

J. Bates, (Careers Adviser, ext 128).
For those of you who don’t know what the music extension class is, it is basically a class filled with talented year 7 students that have been selected through an audition process.

The year 7 students in 7P are involved in a variety of bands here at Pittwater High, including the string orchestra, concert band, junior stage band and the symphony orchestra. We also get many opportunities to perform at concerts such as our Year 7 music night, the musicale and all of the amazing performances that the bands organise for us. This year our class has been selected to perform a piece in the musicale. We will be playing Disco Inferno, and the senior strings and choir will also be performing a piece. We also have a few soloists who will be showcasing their talents in the Musicale.

In class we work on many different styles of music and ensembles. Recently we have done the style of jazz, learning and playing music based on that style. In the past we have also done Classical, Baroque and TV or movie show themes. When we do ensemble work we work on our sight reading and how we can improve our playing as a group. Throughout this year 7P has enjoyed every part of this amazing class which has been taken by Miss Meyers, we look forward to see who gets the opportunity next year to be a part of 7P.

Jessica Gudmunson

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Ensemble</th>
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<tbody>
<tr>
<td>31 October</td>
<td>Community Event</td>
<td>20 Jubilee Ave Warriewood</td>
<td>Senior Strings Ensemble</td>
</tr>
<tr>
<td>10 November</td>
<td>PHS Music Night</td>
<td>School Hall</td>
<td>Selected students, Year 7 Music Elective Class, Senior Strings, Senior Stage</td>
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<tr>
<td>17 November</td>
<td>Instrumental Presentation Night</td>
<td>School Hall</td>
<td>All ensembles</td>
</tr>
<tr>
<td>8 December</td>
<td>School Presentation Night</td>
<td>School Hall</td>
<td>Senior Stage Band</td>
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**Music News**

**MUSIC NEWS**

**When** | **Event** | **Location** | **Ensemble**
---|---|---|---
31 October 9.45 arrival | Community Event | 20 Jubilee Ave Warriewood | Senior Strings Ensemble
10 November 7pm | PHS Music Night | School Hall | Selected students, Year 7 Music Elective Class, Senior Strings, Senior Stage
17 November 7pm | Instrumental Presentation Night | School Hall | All ensembles
8 December 7pm | School Presentation Night | School Hall | Senior Stage Band

**Arts Alive Combined Schools Bands**—Auditions for 2016 are now being planned
**Jazz at the Inch**—Please help share the word about this fantastic event to support the China Tour
**Busking Opportunity**—Pittwater Council is running a market day on 1 November
**2015 Payments**—The online portal is open for access. Payment questions to Rick Eliott icycoldlager@gmail.com http://www.myschoolmusic.com.au/pittwaterhighmusic

**Contact Information:**
- President Valerie Mavridis yurimavridis@gmail.com 0416 444 303
- Secretary Helena Nobs nobschul@ozemail.com.au 0417 434 547
- David Fogarty david.fogarty@gmail.com 0406 007 778
- Treasurer Rick Elliott icycoldlager@gmail.com 0400 461 941
- Uniforms Melissa Turnock melissa.turnock@pilatesscene.com 0414 452 152
- Canteen Sheridan Femia xerofemia@gmail.com 0414 594 905
- Concert Band Linda Mancini lindamancini@hotmail.com 0410 445 799
- Helena Nobs nobschul@ozemail.com.au 0417 434 547

**Symphonic**
- Strings Grace Marshall grace.marshall@ioof.com.au 0408 811 066
- Junior Stage Jouila McLaren Jouila.mclaren@gmail.com
- Senior Stage Sally Simons sallysimons2@icloud.com 0414 771 346
- Orchestra Valerie Mavridis yurimavridis@gmail.com 0416 444 303
- Band Captains Nick Simons Robbie Fabbro
CAR BOOT SALE

SUNDAY 8TH NOVEMBER 2015
PITTMWATER HIGH SCHOOL
7.30AM - 1.30PM

TREASURES WAITING TO BE UNCOVERED
COME EARLY TO DISCOVER A BARGAIN

COFFEE, DRINKS, CAKES AND A SAUSAGE SIZZLE
WILL BE AVAILABLE ON THE DAY

SELLERS VEHICLE $40/TRAILER $50 - BUYERS FREE!

BOOKINGS ESSENTIAL
VISIT WWW.TRYBOOKING.COM/JDDT

ALL PROCEEDS ASSIST THE PHS INSTRUMENTAL TOUR TO CHINA
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<tr>
<td>Junior Tartan Tunic – Summer</td>
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<tr>
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<tr>
<td>Junior Tartan Skirt – all year round</td>
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<tr>
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<td>10-22</td>
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<td>Junior &amp; Senior Long Black Pants – Winter</td>
<td>4-16</td>
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<tr>
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<td>BOYS</td>
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<td>Junior Maroon Polo Shirts with PHS Emblem</td>
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<td>Navy Microfibre Tracksuit Pants</td>
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<tr>
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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>OTHER</td>
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<tr>
<td>Scientific Calculators</td>
<td></td>
<td>33</td>
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<tr>
<td>Portable USB 2GB</td>
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<td>4</td>
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<tr>
<td>Black Winter Stockings – Girls</td>
<td>S,M,L</td>
<td>9</td>
<td></td>
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<tr>
<td>Year 7 book pack (inc. scientific calculator and cap)</td>
<td></td>
<td>85</td>
<td></td>
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<tr>
<td>Navy Apron</td>
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<td>12</td>
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</tbody>
</table>

**TOTAL AMOUNT TO PAY**

NAME OF CARDHOLDER: ___________________________(exactly as shown on card)
Card No: ___________________________ Expiry: ________/______

Please CIRCLE method of payment CASH CHEQUE EFT Credit Card – MASTERCARD / VISA

Signature: ___________________________ Date: __________

Cheques are to be made payable to “Pittwater High School Uniform Shop” and have a 5 day clearance hold on items purchased.
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 from canteen at any time.
A selection of second hand uniforms are available for purchase at reduced prices.
The Uniform Shop is open every Tuesday and Thursday from 8:15am to 11:15am, and located at the far end of the Canteen –
{} enquires 9979 6968 or contact the Uniform Shop manager Kim Gobbe.

12 October 2015
Wednesday 28 October: Fiona Griffith
Thursday 29 October: Sheridan Femia. Helpers needed
Friday 30 October: Debbie Havenstein, Sue Nicol, Susan Crosse
Monday 2 November: Michelle Le Creurer
Tuesday 3 November: Leonie Olivari, Blandine Bizeau, Ann Clayton
Wednesday 4 November: Melissa Trbojevic, Linda Newman, Di Brian, Helen Mijakovac
Thursday 5 November: Keryn Gallagher, Sarah Jones
Friday 6 November: Sunny Van Raad, Lisa Haworth
Monday 9 November: Christine Bratkovic, Roger Springthorpe
Tuesday 10 November: Fiona Griffith, Wendy Mclean, Georgia Bramhand

Please advise canteen managers Katrina or Felicity (9999 4035, x122) if you are unable to make your canteen day. Please don’t assume you will be covered.

If any parents, friends, family or grandparents would like to assist on any day helpers are needed please contact myself or Felicity or Katrina in the canteen. A full day is 9am to 2.30 or 3pm; a half day is 3 hours

Fiona Griffith packfund@optusnet.com.au Phone 0431 121 631

A problem shared is a problem halved

The Northern Beaches ADHD Support Group is a voluntary, parent run group offering support to parents of children or teenagers with ADHD, via regular meetings. The group aims to provide a safe and supportive environment to discuss and learn more about ADHD in order to best help parents and kids.

SPAKER EVENING: DR ROBYN COSFORD

“The Gut-Brain Connection”

Dr Robyn Cosmos MBBS (Hons) FACNEM
Director, Northern Beaches Care Centre
Conjoint Lecturer, University of Newcastle School of Biological Sciences
will talk on the gut-brain connection.

Monday 23rd November 2015 @ 7.00-9.00pm
The Pittwater RSL, Main Sail Room, 82 Mona Vale Road, Mona Vale

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