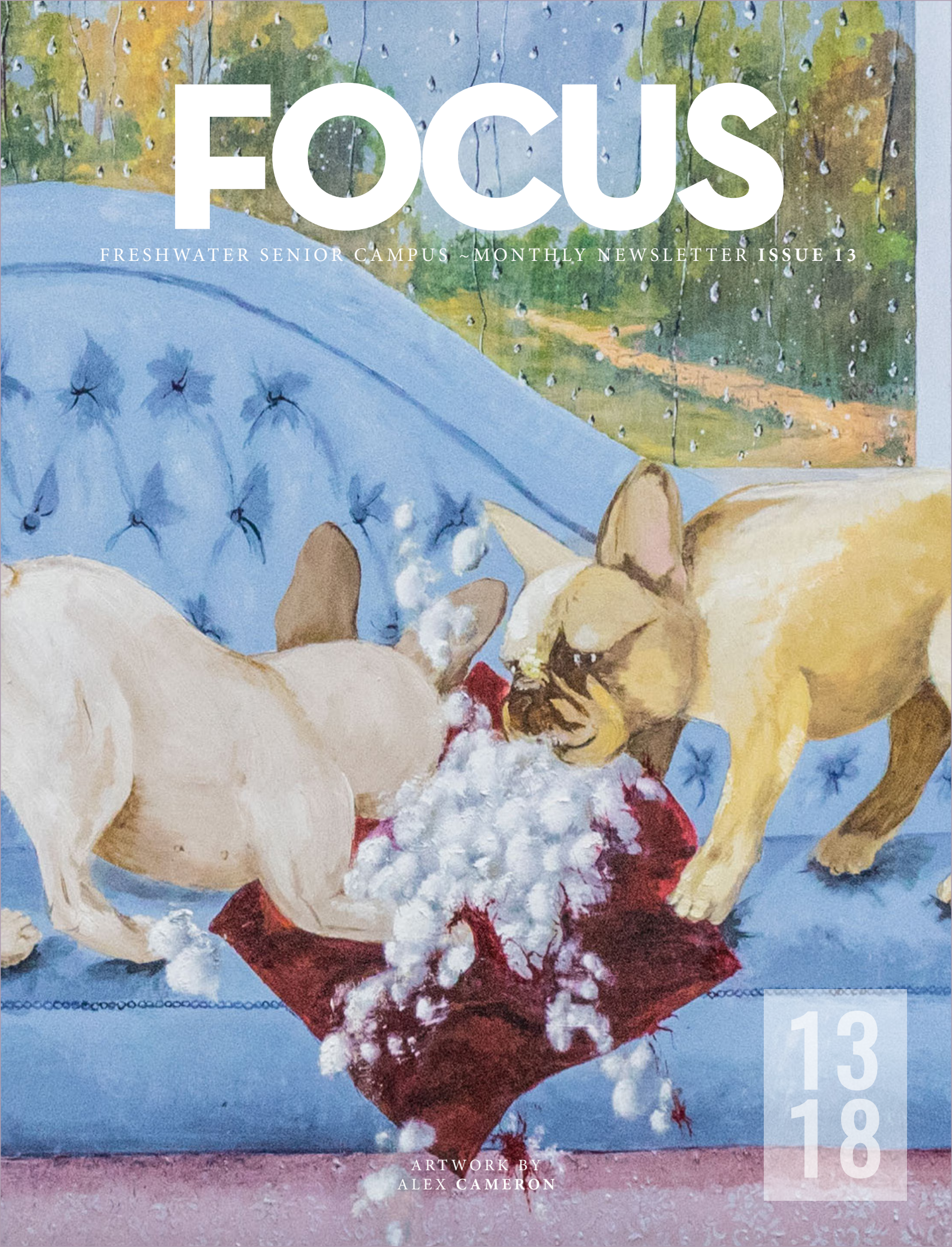


# FOCUS

FRESHWATER SENIOR CAMPUS ~ MONTHLY NEWSLETTER ISSUE 13



ARTWORK BY  
ALEX CAMERON

13  
18



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**PRINCIPAL (REL)**  
**MR DARREN PERCY**

As schools develop and more educational research occurs, there is a greater understanding of the impact a student's wellbeing has on their academic life.

As we endure Trial examination weeks for all Year 12 students and as the results and more importantly, the feedback is returned, the value in shifting our conversations from "It's too hard, I failed" ie. the problem: to "The exams showed me that I need to focus more on.." ie. The solution: cannot be underestimated. This approach to teaming and feedback can be adapted in all we do in a school community, whether it is an academic problem, a social problem or a personal problem. In the classroom, students should use their strengths and find the answers from within, as opposed to the outdated method of wanting to be spoon feed information. Open dialogue between students and their parents and teachers to discuss what's happening at school what is coming up, and which subjects are most challenging for them, all helps students to focus on their preparation for the next step.

One of the great strengths of our school and the reason so many families in our community want their children to attend Freshwater is the academic and social success that our students achieve. A wonderful example of

the social conscience that is built as part of our school culture is our student willingness to give. We recently had a mufti day to raise money for the farmers. The staff and students raised \$1120 that will be used by the Lions Club to support the physical and mental health of our mates in the bush. Our donation will go directly to supporting the "Hay Run" out to Dunedoo from the 31st August.

As always, our students and staff continue to be highly committed to their work, both during and out of school hours and I must acknowledge the generosity of our staff in supporting student achievement. A significant example of this is around the joint student-teacher efforts in completing major projects. Well done to all involved, the showcase of work and the quality of what they have produced has been amazing. We are a school of vitality and commitment to effort in all that we do and each of us is very fortunate to be part of such a wonderful school community.



YEAR 12 (REL)  
DEPUTY PRINCIPAL  
MRS LEANNE  
TURNER

The beginning of Term 3 has been very busy for Year 12, with performance evenings for Music, Drama and Dance and the Visual Arts/Textiles and Design major works exhibition.

The quality of the works on display this year was excellent and the combination of individual and solo performances was incredibly diverse and impressive. There was a wide range of work that was innovative, colourful and creative. It was also very pleasing to note the high levels of support and interest with excellent attendance from parents, students and the community. Society and Culture students have all successfully completed their Personal Interest Projects (PIP). I would like to thank the teachers of these students, who have provided guidance and feedback over the past 10 months, to get these works to the standard presented.

Whilst the lead up to the Trial exams has been a stressful time for some students, many took advantage of the holiday period and after school library sessions, to prepare themselves thoroughly, which has been evident as students leave exams, confident with the responses they have provided.

As students return to classes after the exams, feedback will enable them to identify areas of concern and can be addressed in the lead up to the HSC exams to ensure success. After the Trial exams, students

have the opportunity to work together to deepen their knowledge so as to achieve the best possible results for themselves.

Max Balard, Levi Kaye, Calem Nieuwenhof (Year 12) and Harry McCarthy (Year 11) recently competed in the NSW All School's Football Team, which won the competition and have now been selected in the Australian under 19's Schoolboys' squad to tour the UK in January. Congratulations to these outstanding sportsmen – their conduct has been exemplary.

Congratulations also to students who have already gained early entry to their chosen university courses.

Finally, I would like to thank the Year 12 Wellbeing team and teachers for working so hard to make this time as painless as possible for our students. They have provided ongoing emotional and academic support to our students.

I have recently emailed all parents the dates for this Term. They can also be accessed on the calendar on the Freshwater website. We are nearly there!

DAVID  
WATKINSONJENNI  
BRADSTREETKIM  
HAMILTON

## YEAR 12 ADVISERS

As the Trial HSC exams have begun, we wish Year 12 well. They are so close to the finish line that will mark the culmination of their thirteen years of school, and we congratulate them for their work ethic and know the hard yards will be worth it.

Trial HSC examinations are, by name, a trial. It is the first time all students sit two English exams over two days. It is the first time students are examined on all, if not the majority of their syllabus areas for study. It is a trial run for what the HSC exams will ask of them in terms of knowledge and skills. It is a turning point for some, to pull up their socks and get serious. It is a valuable indicator for many, that they are on track and improving over time. Most of all, it is practice. And the post exam feedback they receive will clearly delineate strengths, gaps and areas for revision.

So where to next? This month, universities showcase their open days as well as TAFE, so it is an opportune time for students to start thinking about, and planning their futures. A small amount of planning now will make a big difference. Tapping into school support networks will help students stay motivated. They will have queries and questions and we are here to guide and mentor. We remind

students to make contact with us as Year Advisers, and make appointments with the Careers Advisers.

We would like to congratulate students undergoing major work projects. In the first two weeks of Term, their diverse and specialised talents were presented in Visual Art, Drama, Dance and Music showcases. These nights allow students to display their dedicated work to family and friends, and truly reflect excellence and sheer ability in creative and performance subjects. We wish them well with the submission of their major works and HSC exams, due in just five weeks.

In these times of high expectations and pressure, we remind students they are not alone. We, and the Wellbeing team are here for help and support, to see them through the home run.

**YEAR 11 DEPUTY  
PRINCIPAL (REL)  
MRS CATHY MORAN**



There has been the wind of change in the air for Year 11 over the past few weeks. Term 3 signals a time of transition at Freshwater, with both endings and beginnings.

While Year 12 have been undertaking the last of their school assessments - the Trial exams, in readiness for graduation and the HSC, Year 11 have had the school pretty much to themselves. They start to see what life will look like when they are the 'seniors' on campus. The preliminary HSC exams loom closer, and in many classes, students will be nearing the end of the course. Now is the time for students to develop a regular study and revision program, taking the time to develop tools to be used in preparation for the exam period. Mind maps, summary notes, flash cards etc. will help to consolidate knowledge.

Students have also begun to attend compulsory fortnightly study sessions on Friday mornings. These 'Faculty hubs' are the perfect opportunity for students to identify areas or subjects in which more support is needed, and then attend the selected 'Hub' where there will be teachers allocated to assist. These sessions provide a valuable time where students can be self directed and identify areas for themselves, as senior learners, in which they need some additional support. I encourage all to get involved.

At the last assembly I spoke with the year group about the importance of 'swiping out' each time that students leave the school during the day. This applies to any student who may leave during the day for any reason,

and then return eg. going to purchase some lunch elsewhere and then returning to Period 4. There are legal requirements that apply and we must know when students are on or off site, particularly if we have an emergency situation like a whole school evacuation. There are student kiosks for swiping in and out in both the front office and the Library - using the student ID card. I ask your cooperation in reminding your student about this very important aspect of school operation. Additionally, if your student is leaving the school, please remind them about safe behaviours while out in the public and representing their school. This applies particularly if after leaving the school grounds, they are travelling in vehicles with other students.

Lastly, deliberations are currently underway to select the group that will move forward into the next round of voting for the 2019 Leadership group. We had an amazing amount of students submit applications to be part of the team. It is unfortunate that not all who apply will move forward. Can I take this opportunity to say 'thankyou' to all who applied for their interest in being a leader of the school. At the same time I'd like to remind all students that there are many informal ways for all students to get involved in leading groups throughout the school eg STA, sports teams, environmental group etc.



## YEAR 11 ADVISERS

Welcome to Term 3! We cannot believe how quickly time has flown with Year 11 and in no time, they will become our Year 12s.

The countdown is on! We are encouraging all students to start getting organised in preparation for their HSC Preliminary exams happening in Week 8 of this Term. Students should develop a study timetable, start creating study notes for each subject and get organised!

This Term, Year 11 will commence subject specific 'Hubs', every second Friday during mentoring. These Hubs are run by each faculty and students choose which session to attend according to their needs at that time. These have been very popular with the current Year 12 cohort as they enable students to ask questions and seek help across all subjects as they see fit. It allows for choice and flexibility, and encourages forward planning which will help the year group plan for their upcoming exams.

Super 7s will be occurring again this Term, providing students with the opportunity to catch up with their group and their Year Adviser and to touch base with how they

are going here at Freshwater. It will be a great opportunity for the students to come back into their groups to share resources and ideas, and have the time to catch up with other students within the year group who they may not necessarily see on a day to day basis.

Finally, the student leadership process has begun with enthusiastic applicants picking up their expression of interest forms. Being a part of the leadership team is an amazing opportunity in any capacity, so we look forward to seeing these students through on their journey!



HEAD TEACHER  
CREATIVE AND  
PERFORMING ARTS  
MRS SANDRA  
SVILANS

## CAPA FACULTY IN FOCUS

Term 3 began with a flurry of activity for the Creative and Performing Arts faculty.

On Wednesday 25th July, Year 12 Visual Arts students exhibited their HSC Bodies of Work. Students and staff transformed the school gym into an art gallery. The presented works explored a broad range of media and themes. The class of 2018 have demonstrated a heightened sense of environmental and social awareness examining diverse contemporary issues.

On Tuesday 31st July Dance and Drama students presented their HSC performance programs. Dance performances were polished and sophisticated with each piece generating a distinct narrative and mood. The Drama students presented a dynamic program of Group and Individual Performances. The genres explored were varied from comedy to poignant investigations into contemporary life.

Thursday 2nd August saw the Year 12 Music Night. Students entertained us

with band, vocal and refined instrumental performances. A common feature of all works was a communicated enthusiasm for performing and a passion for music.

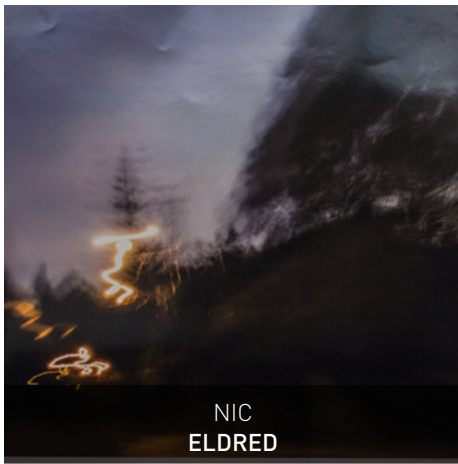
As well as entertaining the broader Freshwater community, these presentations facilitated the process of offering students feedback from a range of markers. Students are encouraged to embrace this advice and continue to refine their submissions and performances until the final submission and examination dates.

Congratulations to all the students and staff involved. It is always a delight to witness the talent, skills and exemplary efforts of the Freshwater Creative Arts students. Thank you also to the parents, family and friends who attended these evenings and offered their support.





SANDRA  
BRKIC



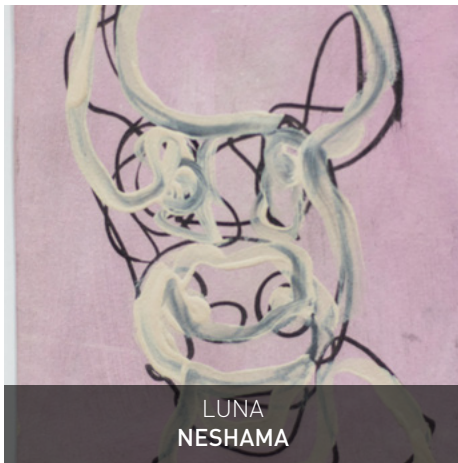
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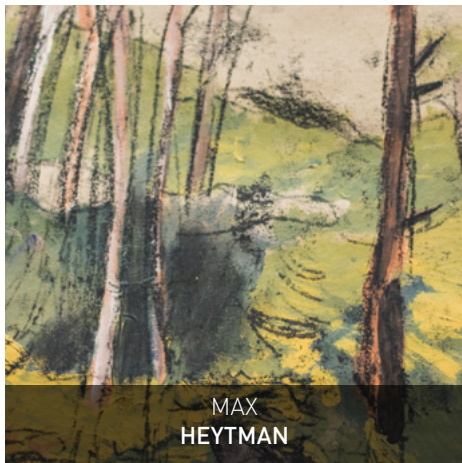
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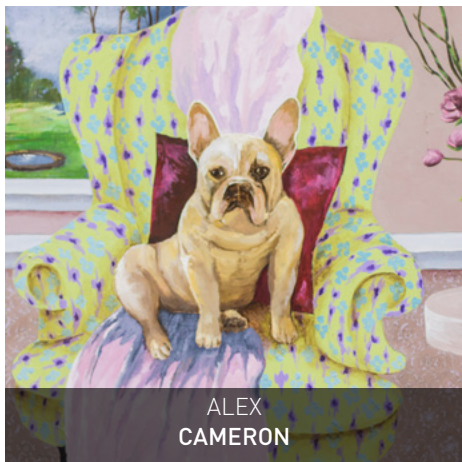
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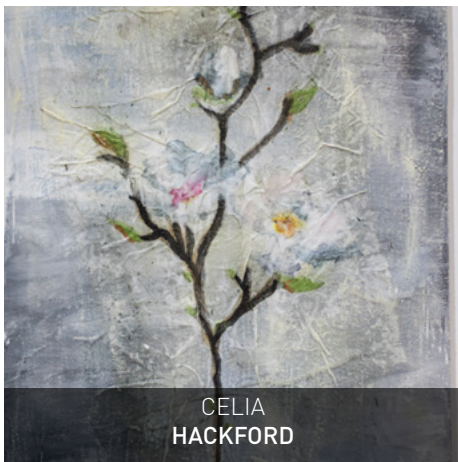
AMY  
NA



JASMINE  
OMM



ALEX  
CAMERON



CELIA  
HACKFORD



TILLY  
WHITFIELD



# DANCE

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It has been a very busy few dance months! Beginning with Dance festival at Glen Street Theatre at the end of Term 2.

The contemporary Ensemble performed beautifully both nights. A special mention to Eliza Fouracre who learnt four different cast members parts over the course of the year. It has been her willingness to adapt that has often enabled the Contemporary Ensemble to perform.

The next performance was at Extreme Dance Eisteddfod, held at Shore Grammar. Both the Jazz and Contemporary Ensembles performed, and while waiting the Year 12 students completed study for their upcoming Trial exams. The Jazz ensemble was awarded 3rd out of 24 groups! An exceptional achievement and testament to the dedication of all students. A special mention to Cameron Gaw for her fabulous choreography and direction of the students. Following this successful weekend, the Year 12 Dance class then performed at the HSC showcase night in Week 2 in the Gym, where their HSC exams will take

place on 21st August. All students and ensembles performed beautifully. The night was a wonderful success and a first for Freshwater with Alyssa Devries presenting Freshwater's First Dance on Film Major work. A very heartfelt thank you to our teacher helpers and wonderful supportive audience!

We are now doing the final preparations to our HSC works in anticipation of the HSC exams.

Dance Teacher  
Jenni Bradstreet







# MUSIC

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The Music at Freshwater significantly contributes to the rich and vibrant learning community that the school is known for.

The Music rooms are constantly buzzing with students practising for live performances at our assemblies, showcase nights, public events and festivals. There is also busy preparation for our weekly music videos recorded in our studio for 'Freshwater Couch Session' – the schools Music YouTube Channel. The musicians we have at Freshwater are amazing, they work hard to refine their craft and are spurred on by a range of mentors, including the Freshwater HSC Band consisting of past students Daniel Willington ('14), Sean Niven ('14), Andrew Back ('15), Kessiah Frize ('17) and Zoe Hormovas ('17), affectionately known as 'The Band 6' for obvious reasons. In Week 8 of this Term, our Music 1 HSC students will be completing the practical

component of the HSC, roughly 70% of their mark! If the incredibly display of skill at the recent HSC Music Showcase Night is anything to go by, the markers should be in for quite a treat! We wish them all the very best of luck!

Head Teacher Teaching and Learning  
Music and Entertainment Teacher









HEAD TEACHER (REL)  
SECONDARY STUDIES  
JANELLE WHITE

---

The frenetic pace of senior school often means that before we know it we are in an exam block for which many of us feel unprepared.

While Year 12 have been busily studying for their Trial exams, many of our Year 11 cohort have looked on with increasing interest as they realise that they too are only weeks away from a significant exam block.

The Preliminary exams will begin in a matter of 6 weeks and to support them in their study, Andrew Herft (HT Teaching & Learning) and I have been developing some activities that will foster some new skills and habits. Rather than Interest Groups, Year 11 will now choose a subject on which to focus and attend the study hubs for that subject in Weeks 2, 4 and 6. Each student has been issued a Study Skills booklet that was compiled by Marie-Ann Sykes (Learning Enrichment). This booklet has a wide range of different study skills from

which the students can draw to enhance their understanding, and recall, of the content learned in their classes.

The English faculty have already begun with the 5x5 Flashcard approach and each of the hubs in Week 2 looked at the skills of note taking and note making. In Week 4 we intend to investigate graphic organisers and then, in Week 6, we will focus on exam strategies.

We hope that through establishing an understanding of 'how to study' our students will also develop grit and good working habits as 'success is the result of perfection, hard work, learning from failure, loyalty, and persistence.' (Colin Powell)



HEAD TEACHER  
TEACHING AND LEARNING  
ANDREW HERFT

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As a school we have focussed quite a bit on study techniques how you can study effectively.

Once you know how YOU study (see the learning styles below), the focus shifts to how you can manage that time effectively to make it as productive as possible. No one wants to spend all day studying, so start thinking about how you can get the most out of your time. A great website to help this area is [www.developgoodhabits.com](http://www.developgoodhabits.com) - I've picked out a few points from it below - feel free to access it for more information.

1. Pomodoro Technique (Timed study sessions) - after repeated usage, your focus during the allocated time is 10x better!
2. Write down three of the most important tasks every morning - Be clear and specific.
3. The two-minute rule - If a task can be done in two minutes, do it
4. Use site blockers - If you get distracted easily from websites, block sites at the start of your study sessions and keep the phone out of the room.
5. Listen to Music - For some people, music can help you focus and stay productive.
6. Batch similar tasks - You'll stay in

the same frame of mind and get through them quicker!

7. Start your day tough, or start your day small - do either the hardest task first to get it out of the way, or do something small to build momentum
8. Use the one and done rule - as soon as a new task arises, schedule a time to handle it. Don't 'wait till later' to deal with it.
9. Keep a pen and pad (or keep notes on your phone) - Write everything down that you need to remember.
10. Work near natural light - research shows that exposure will improve your wellbeing and in turn your productivity levels. Open up a window!

# THE 7 STYLES OF LEARNING

## VISUAL (SPATIAL):

You prefer using pictures, images, and spatial understanding.

- Use images, pictures, color and other visual media to help you learn
- Use color, layout, and spatial organization in your associations, and use many 'visual words' in your assertions.
- Use mind maps
- Replace words with pictures, and use color to highlight major and minor links

## SOLITARY (INTRAPERSONAL):

You prefer to work alone and use self-study.

- You prefer to learn alone using self-study
- Align your goals and objectives with personal beliefs and values
- Create a personal interest in your topics
- When you associate and visualize, highlight what you would be thinking and feeling at the time
- You drive yourself by the way you see yourself internally
- Modeling is a powerful technique for you
- Be creative with role-playing
- Your thoughts have a large influence on your performance and often safety

## AURAL (AUDITORY-MUSICAL):

You prefer using sound and music.

- Use sound, rhyme, and music in your learning
- Use sound recordings to provide a background and help you get into visualizations
- When creating mnemonics or acrostics, make the most of rhythm and rhyme, or set them to a jingle or part of a song
- If you have some particular music or song that makes you want to 'take on the world,' play it back and anchor your emotions and state.

## SOCIAL (INTERPERSONAL):

You prefer to learn in groups or with other people.

- Aim to work with others as much as possible
- Role-playing is a technique that works well with others, whether its one on one or with a group of people
- Work on some of your associations and visualizations with other people
- Try sharing your key assertions with others
- Working in groups to practice behaviors or procedures help you understand how to deal with variations

## VERBAL (LINGUISTIC):

You prefer using words, both in speech and writing.

- Try the techniques that involve speaking and writing
- Make the most of the word-based techniques such as assertions and scripting
- Record your scripts using a tape or digital audio recorder (such as an MP3 player), and use it later for reviews
- When you read content aloud, make it dramatic and varied
- Try working with others and using role-playing to learn verbal exchanges such as negotiations, sales or radio calls

## PHYSICAL (KINESTHETIC)

You prefer using your body, hands and sense of touch.

- Focus on the sensations you would expect in each scenario
- For assertions and scripting, describe the physical feelings of your actions.
- Use physical objects as much as possible
- Keep in mind as well that writing and drawing diagrams are physical activities
- Use role-playing, either singularly or with someone else, to practice skills and behaviors

## LOGICAL (MATHEMATICAL)

You prefer using logic, reasoning and systems.

- Aim to understand the reasons behind your content and skills
- Create and use lists by extracting key points from your material
- Remember association often works well when it is illogical and irrational
- Highlight your ability to pick up systems and procedures easily
- Systems thinking helps you understand the bigger picture
- You may find it challenging to change existing behaviors or habits
- If you often focus from analysis paralysis, write 'Do It Now' in big letters on some signs or post-it notes







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

With Trial HSC exams in progress and Preliminary exams looming, there is a heightened level of excitement and activity in the school.

For some students this is helpful and keeps them motivated to achieve their best. For others it is more difficult to cope with causing stress and anxiety levels to rise. It is important for all students to understand that it is normal to feel some stress at this time.

Applying management strategies will assist students in moving forward with confidence in relation to their thinking and learning. Some useful strategies, based on the research of Professor John Hattie, include:

**Developing a plan of action** - When applying this action questions to ask might include

- What do I already know?
- What do I need to do to gain success?
- What time limits are there?
- What realistic goals do I want to accomplish?

**Maintaining and monitoring this plan** - When applying this action questions to ask might include

- How am I going?
- Should I adjust my plan?
- What should I do if I am experiencing difficulties?
- Is it time to seek feedback from my teachers?

- What study skills can I use eg. working with a study partner, organising, rehearsing, memorising and reviewing notes, self talk and questioning, preparing images and strategies such as mind maps, study cards and mnemonics to remember facts?
- Am I maintaining adequate sleep, a nutritious diet and moderate exercise?

**Evaluating the process** - When applying this action, questions to ask might include

- How did I go?
- What could I have changed for next time?
- Can I gain additional feedback from my teachers to clarify areas of weakness and close gaps in my learning?

Best wishes to all students for the Year 12 Trial and Preliminary examinations. Please remember that during this time, the school Counsellor, Year Advisers, Learning Support team and most importantly all teachers are available for any students who need support leading up to, during or following examination periods.



**LIBRARIAN  
KARUNA CHETTY**

What a busy and productive start to Term 3. Well done to all the students who made use of the welcoming and studious library space to prepare for Trials and assessments during the school holidays.

Again this Term, the library functions as a positive learning environment setup to support you in anyway possible. We have resources, past Trial and HSC exams, a librarian that can proofread and edit your work as well as give you words of encouragement!

Be sure to make use of the whiteboard that has the due dates for assessments and the Year 12 Trial timetable.

All the best for Trials Year 12, and please remember the library will still be a great place to study during the examination period.

Year 11- please be sure to:

- Ask the Librarian  
At times, you may not know where to begin with a research topic. Though you might have basic research skills, if you are not sure where to go or what questions to ask, it can help to bring

in a third party who is not attached to your research: the librarian.

- When you talk with the librarian, it can help to:  
Have book titles that have been helpful to you. If you already have found helpful books, show the librarian so she or he can look for similar books to support you.
- Have a question you need to answer. Yes, it can help to have a question in mind when you talk to librarians. They will help you answer it.

Give you the confidence to complete your assessment

Please come to the library and ask us any question you might have.



# CAREERS NEWS AND OPPORTUNITIES



**CAREERS ADVISER**  
**MELISSA PENROSE**

## UNIVERSITY APPLICATIONS

Applications for University Entry 2019 are now open. Apply online @ [www.uac.edu.au](http://www.uac.edu.au) Make your application by Friday 28th September and pay only \$70. After this date it will cost \$200. Once you apply you can make regular updates to your preferences at no extra cost. Your Student number and UAC pin number are required to apply.

## OPEN DAYS

We hope Year 12 and even Year 11 are making plans to attend either University and/or TAFE Open days. Held over the last few Saturdays in August and early September. Invaluable course information and motivation can be gained by attending these. Each University has a program of events and lectures running on the day so consulting the websites will make your visit/s more worthwhile.

Mark these Saturdays in your diary and head to campuses from 10am-4pm. All parents and students are welcomed to attend.

- University of Wollongong 11th August
- Macquarie University 18th August
- NB, St Leonards & Enmore TAFE 18th August
- University of Sydney 25th August
- University of Technology 25th August
- Notre Dame University 25th August
- Ultimo TAFE 25th August
- Australian Catholic University – North Sydney Campus 1st September
- University of New South Wales 1st September

The UAC website has a wealth of information for Undergraduate and International students as well as application details about the following:

- **Schools Recommendation Scheme (SRS).** Like to receive an offer to University in mid- November? Apply for SRS and the school is able to recommend you for an early offer to any one of these universities: ACU, ANU, Charles Sturt, Macquarie, University of Canberra, UNE, U Newcastle, UTS and WS University. Student application is not difficult nor time consuming. Some universities, UTS and Sydney included, have eligibility criteria.
- **EAS /ACCESS.** For students who have experienced a long term proven educational disadvantage over Year 11 and/or 12 to help gain access to tertiary study.
- **Equity Scholarships.** These scholarships are for students who have experienced proven financial disadvantage. They may receive Centrelink Assistance, have unpaid carer responsibilities, identify as indigenous or have refugee status.

## YEAR 11 INTO 12 TAFE COURSES - TVET

Year 11 will soon be asked to apply for any 2 unit TAFE courses they wish to study for the HSC/Year 12. Application forms and course details are available from the school Careers Office.



**CAREERS ADVISER**  
**MARYANN ROGERS**



**STA CO-ORDINATOR  
GIRL'S SUPERVISOR  
BARBARA LEONARD**



## SOME HIGHLIGHTS OF OUR CHARITY INITIATIVES

It's been quite a busy time for our STAs over the past weeks, as we have been fundraising for a wide variety of worthwhile projects.

Our ongoing focus on supporting both Mike Pawley's 'Happy Days Cambodia' project and Bear Cottage in Manly, has culminated in our presentation of \$2,000 to each of these incredibly worthy causes at our 'Pyjama Mufti Day' assembly at the end of Term 2.

Mr. Herft's music students provided a fabulous atmosphere in the Undercroft, where sausages were sizzling and "onesies" were the look of the day " !

We also held a cake stall for Stewart House, raising \$200 which will help bring smiles to the faces of the underprivileged children from rural areas, who visit the beach sometimes for the first time, whilst spending a week at Stewart House.

Clearly the plight of our drought stricken farmers has been of major concern to us all, hence our most recent "Denim Day" Mufti fundraiser, raising \$1,100 for the Lion's Club Drought Relief Initiative, really showed how our school community has empathised with this cause.

Finally, some of our delightful Year 11 and 12 STAs gave up their precious Saturday morning to door knock for the Salvation Army Red Shield Appeal in the streets around our school. In 2 hours we were able

to receive \$860 in donations for those less fortunate in our community, who are helped by the Salvos.

Well done to all!

## AUFWIEDERSEHEN PARISSA UND CLEMENT

*"Thank you to Freshie and the students for this fantastic year. I am going to miss Sydney and all the lovely people. Keen to come back!" - Clement*

*"I really appreciated my year at NBSC Freshwater. I met amazing people and created true friends. The school helped me to enrich my English and my personal growth!" Parissa*









**SPORTS CO-ORDINATOR**  
**JANELLE GARLAND**



Calem Nieuwenhof, Levi Kaye, Ash Mathieson (Coach),  
Harry McCarthy & Maximilien Balard

### **AUSTRALIAN ALL SCHOOLS FOOTBALL**

A massive congratulations is due to four extremely talented and hardworking students here at NBSC Freshwater. The following students were recently selected into the Australian All Schools Boys Open Football Team who will compete overseas in the UK in January representing not only NBSC Freshwater but Australia!

This is a new achievement for Freshie sporting records having four students selected from one school is unheard of! These four students had to work their way through the pathway system of the following team selections before being selected to represent their country. Warringah Zone Team, Sydney North Team, NSW CHS Team, All Schools NSW Team and then the Australian All Schools team. This means we have four of the best Football players in the country here at Freshie!

Congratulations and Good Luck to the following students:

- Maximilien Balard (Year 12)
- Levi Kaye (Year 12)
- Harry McCarthy (Year 11)
- Calem Nieuwenhof (Year 12)

### **SYDNEY NORTH & NSW CHS ATHLETICS**

Well done and congratulations to Tayanita Robertson (Year 11) and Finn Evers (Year 11) who will both be competing at the NSW CHS Athletics carnival 5-7th September 2018 at Sydney Olympic Park.

Tayanita competed in the 16 years Girls 100m (1st) and 200m (1st) events at the Sydney North Athletics Championship and Finn Competed in the 17 years Boys 110m Hurdles (3rd), Long Jump (7th) & Triple Jump (7th)

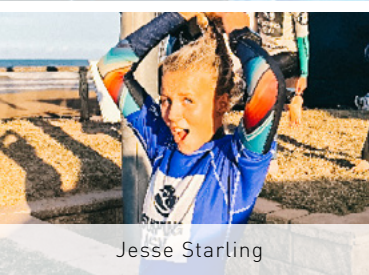
The following NBSC Freshwater students also competed at the Sydney North Carnival with some excellent results

- Macy Carrothers - 16 years Girls 200m (4th) & 100m (10th)
- Mikaela Trbojevich - 17 years Girls Shot Put (8th)
- Natalie Jonkers - 16 years Girls Discus (8th)
- Jackson Mackie - 17 years Boys 800m (6th), 1500m (7th) & 3000m (9th)
- Callum Walton - 17 years Boys 800m (9th)
- Jerome Van Der Heide - 17 years Boys Shot Put (4th), Javelin (4th) & Discus (10th)
- NBSC Freshwater Senior Campus 16 years Girls 4x100m Relay (3rd) - Natalie Jonkers, Wren Lockhart, Macy Carrothers & Tayanita Robinson

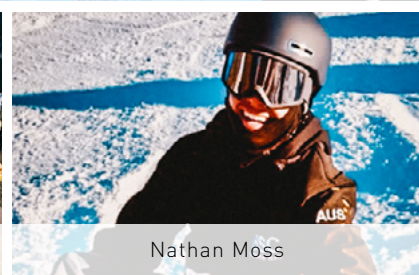




Tara Schmidt &amp; Jasmine Omm



Jesse Starling



Nathan Moss



### SNOWSPORTS (ASH MATHIESON)

#### NBSC Freshwater:

- Jasmine Omm
- Nathan Moss
- Tara Schmidt
- Angus Schmidt

Our first Gold of the Championships was won by two NBSC Freshwater Boys in Angus Schmidt and Nathan Moss who came 1st in the teams Division 1 Snowboard, finishing 8th and 12th respectively to be ranked 1st as a team.

These 2 boys backed up to finish 8th overall in the Boarder Cross with Nathan 7th and Angus 19th after their two runs.

Jasmine Omm and Tara Schmidt combined in the Division 1 Snowboard to finish 3rd overall in the teams section and get on the podium for the bronze. Jasmine finished the two runs with a score of 63.49 to collect the silver individually. Jasmine collected the bronze individually in the Boarder Cross, while Tara and Jas finished 4th in the teams. At the end of competition, they tally up all the points for your team, and our NBSC Team finished 3rd overall in the Secondary Co Ed section – the section is for schools that have both boys and girls curriculums. That is an unbelievable achievement by our entire team.

Jasmine, Tara, Nathan and Angus have all qualified for the State Snowsports Championships, to be held in Thredbo from 21st – 26th August 2018

### STATE SURFING (ASH MATHIESON)

In Week 1 Term 3, we had a number of NBSC Surfers compete at the State Schools Surfing Championships in Coffs Harbour. All qualified via the regional titles, which were held at Dee Why in May and NBSC Freshwater was represented by Jesse Starling and Molly Donohue.

Jess and Molly performed well in the teams event narrowly missing a spot in the final by under one, while Jesse advancing through to the semis in the individuals, narrowly missing out on a spot in the final, finishing 3rd.

# KEY DATES

## TERM 3 2018

	MON	TUES	WED	THURS	FRI
AUG 13-17 WK 4	13 HSC TRIAL EXAMS CONTINUE	14	15	16	17
AUG 20-24 WK 5	20 HSC TRIAL EXAMS END	21	22	23	24
AUG 27-31 WK 6	27	28	29 PRINCIPAL'S HSC INFO EVENING	30	31
SEP 3-7 WK 7	03	04	05 YEAR 12 ELEVATE STUDY SKILLS WORKSHOP	06	07
SEP 10-14 WK 8	10 FOCUS 18 HSC MAJOR PROJECT EXHIBITION INDUSTRIAL TECH TIMBER AND MULTI + DT	11 PARENT CONSULTATIVE MEETING	12 SUBJECT INTERVIEWS - YEAR 11, 2019	13  PRELIM EXAMS COMMENCE	14 MUFTI CHARITY DAY
SEP 17-21 WK 9	17	18	19	20	21

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