

FOCUS

FRESHWATER SENIOR CAMPUS ~MONTHLY NEWSLETTER ISSUE 14



ANIMATION BY
JORDAN LAND

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PRINCIPAL MR FRANK PIKARDT

On the 27th September our 2018 senior class will graduate from the school. Of the 295 members of the class, the majority have completed the past two years with us.

The students have come from 24 different schools. It is my hope that after their time here that they have developed a real sense of loyalty and connection to the school and will have fond memories of their days at "Freshie" for years to come.

To our student leaders Lauren Fairchild and Bailey Skelton (School Captains) and the rest of the Leadership team goes my gratitude for their support and leadership of the school. They have all played a significant role in maintaining the wonderful sense of community that exists here at Freshwater.

I would like to acknowledge the incredible work of the year 12 Wellbeing Team consisting of Year Advisers, Ms. Jenni Bradstreet, Ms. Kim Hamilton, Mr. David Watkinson, Deputy Principals Mr. Chris Mortimer and Ms. Leanne Turner, Careers Advisers Ms. Melissa Penrose and Ms. Maryann Rogers, Girls Supervisor, Ms. Barbara Leonard, School Counsellor Mr. Spike Mackay and acting Head Teacher, Secondary Studies, Ms. Cathy Moran. The devotion of this team is extraordinary.

The teachers over the last two years deserve great credit and thanks. Within our classrooms they have instructed, encouraged, and even sometimes bribed their students to be the best they possibly can be. I know they always have the best interests of the students at the very core of their work. We are so lucky as a school to have such a dedicated and skilled teaching faculty.

I congratulate the parents of the graduating class and thank them for their support of the school. We will miss them and wish them every happiness and success in the future.



YEAR 12 (REL) DEPUTY PRINCIPAL MRS LEANNE TURNER

Well Year 12, where did the last 2 years go?! As we head towards the final days of our Year 12's school years, we keep hearing many comments on how quickly this year has gone.

Take the time over these last weeks to enjoy the 'normality and organisation' of school life as it will certainly change after the HSC.

I have been very fortunate over the last two Terms to be in the relieving Deputy Principal position and work with Year 12. I have witnessed resilience and determination from students, achievements such as the completion of major projects and performances, as well as fabulous support for each other, especially in times of stress and anxiousness.

Year 12, as you move into the next phase of your life, I hope you look back on your time at Freshwater with fond memories and know the friendships made will last many years.

In 4 weeks' time you get another opportunity to show off all that you have learned during all of those assessments, study sessions and afternoons in the Library. Make the most of this time to refine your skills, deepen your knowledge and brush up on the finer points that you may have overlooked in your earlier preparation.

In regards to the upcoming HSC exams, these are coordinated by Mr and Mrs McGregor (Presiding and Assistant Presiding Officers) and students will be familiar with who they are. If there are any issues during the exams, they are the first port of call. Misadventures are handled by them during the exams and I ask that all parents and students read the rules for the HSC and in particular the definitions of misadventure. These include that students are required to stay for the full length of each exam, make a genuine effort and be dressed in full school uniform. Students

have also been advised to arrive with plenty of time to spare before the commencement of each examination, allowing for traffic and transport issues. Getting to school early and spending time reflecting or gathering thoughts is a far better option than arriving as an exam is about to commence and running straight in, stressed and anxious.

I would like to thank the wonderful Year Advisers, Jenni Bradstreet, Kim Hamilton and David Watkinson for their care, dedication and support provided to our students over the past two years.

To the families of all our students, you're nearly there! Thank you for the support you have provided your child and the school over the past two years. I know that all your efforts, especially during the stressful times, will be worth it.

Finally Year 12, enjoy your final days of school – you have earned the right to celebrate the end of 13 years of formal education. Our final year assembly, on Friday 21st September, is sure to be fantastic, as will the Freshie Fun Fair on Tuesday 25th September and the Graduation Ceremony on Thursday 27th September – I'm sure they will be memorable events. Then of course we have the Formal, which is time to dress up and enjoy the party – your last chance to celebrate as a whole year group.

I would like to wish all Year 12 well in the HSC exams and in your future endeavours. I hope your goals and aspirations are realised, and that this group of fine young people enters the world outside school embracing the challenges that await them, and giving their best at all times.



YEAR 12 ADVISERS

With two weeks to go before the end of Term, and the end of thirteen years of schooling, it is an exciting time for our Year 12 cohort!

With only five weeks to go before the HSC examinations begin, it is also a time for students to stay focused on their goals, attend all classes and work on manageable, incremental improvements that will see them achieve their personal best. Educational research equates student attendance with academic and wellbeing success, so we urge Year 12 to make it to all their teachers' revision lessons.

While many students have an ATAR score they hope to achieve, for others it is certain Bands in specific subjects they are aiming for. After receiving trial HSC exam feedback, students have guidance as to where they need to consolidate and polish strengths, and similarly, work on any weaknesses. It is this fine tuning of extended responses, refining notes, making flashcards and committing to timed writing practice that will see students through to the home run, feeling confident and prepared. Again, educational research attests the power of having a range of study strategies in place. So a study repertoire and resource bank

is what students need now, to make their goals come to fruition.

Lastly, we look forward to seeing all Year 12 in our final assemblies. Especially the Week 9 assembly as we have special, dare we say secret, surprise elements! While it is a special time for students, their excitement resonates and inspires us to make their final weeks at school as productive and memorable as we can. As Year Advisers, we wish our send off to reflect the care and kindness we feel, giving back, in our own entertaining way, for laughs, fun and frivolity.

We wish all our students the very best for a bright and fulfilling future. We'll miss you.

YEAR 11 DEPUTY PRINCIPAL MR DARREN PERCY



This is officially the last of my articles
before the students begin the HSC course.

The final two weeks of the Preliminary course culminate in their examinations. These are an opportunity to demonstrate the knowledge of their learning and gain valuable feedback on their learning needs prior to beginning the metaphoric 'long run home.'

Year 12 graduate in the coming weeks and our newly elected leadership team are acknowledged and celebrate their first official duties. I look forward to working closely with them and their coordinator, Ms Carney to ensure they represent the student voice in the school in a reassured and confident manner.

I attended a Deputy Principal conference with Mr Mortimer and 450 other Deputies from across NSW a couple of weeks ago in Bathurst. Based on our efforts here at

school to raise funds for the farmers, it was scary to see the impact of the drought first hand but amazing to be welcomed by the resilient and hard working people who are living through it everyday. It was a fantastic opportunity to celebrate the success of students in public education and see the impact of quality teaching on students. Of greatest interest to me was the amazing athlete Kurt Fernley, a local to the Bathurst area and a former teacher. He spoke passionately about his journey, about taking risks and being bold. He imparted some very powerful messages and inspired us to meet the needs of every child.

May we never stop learning.

Have a safe holiday.

CHARLOTTE
GREENGREG
EDWARDSSHANNON
COOPER

YEAR 11 ADVISERS

It seems surreal to be writing the last entry for our year group as Year 11s, how quickly time has flown by!

We hope all students are feeling settled and supported at Freshie. We had a great time checking with all Year 11 students in the recent Super 7s day and hope they did too!

With the Preliminary exams coming up soon, it's very important for all students to check in with their wellbeing. During stressful periods of time such as these, it's all about establishing a good balance. For instance, are you getting enough sleep each night? It's recommended that 16-17 year olds are getting 8-10 hours of sleep each night to support their overall health. Your good amount of sleep should be complimented by a healthy balanced diet. We love some chocolates as study incentives, but it's important to balance those out with lots of fruit and veggies to improve your concentration. It's important that students are still making time for activities they enjoy, even when there's lots to study for.

This will be Year 11's first attempt at a formal examination period; the most important thing is for them to have a taste of what Year 12 examination periods will be like. In preparation, we hope students have been trying different study techniques, asking their teachers for help where necessary, and utilising the facilities in the library. It is a great time to reflect on what has and hasn't worked well for them this time so they can make the necessary changes for Year 12.

We wish Year 11 all the best in their upcoming exams. Afterwards, have a safe and happy break before you return as Year 12!



HEAD TEACHER (REL)
HUMAN SOCIETY AND
ITS ENVIRONMENT
MR GLENN BENNETT

HSIE FACULTY IN FOCUS

HSIE (Human Society and Its Environment) is the study of human society and social relationships.

Here at Freshwater the HSIE faculty understand the importance for students to be able to connect what they learn in the classroom to what is happening in the real world. One of the most effective and powerful teaching tools to achieve this is to take students out on field trips.

The Year 12 Geography excursion to Pyrmont investigated the significance of Sydney as Australia's global city and to see first-hand the transformation of Pyrmont from a decayed manufacturing and industrial suburb into one of Australia's most densely populated and vibrant suburbs.

Year 11 Legal Studies attended the state courts at the Downing Centre in the CBD where they put their knowledge of the court jurisdiction and procedures into practice through observing a myriad of cases involving assaults, drug possession and traffic matters. It was a hugely successful

excursion and inspired some students follow a career in law.

Year 12 Economics attended an economics conference in the city where they heard from experts in economics about issues such as the impact of Trump on global trade and how high housing prices and low wage growth could limit future economic growth. They were also treated to a lecture on the Federal budget by the Sydney Morning Herald's economics editor, Ross Gittins.

Also this year, Year 11 Ancient History classes participated in an excursion to the Ku-ring-gai National Park. With the guidance of Uncle Laurie Bimson, a Guringai Elder, the group viewed rock carvings and rock paintings and learnt about the meaning behind them. The students enjoyed learning about the ancient history of their local area.





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

It is a busy time of year for everyone. Year 11 have now finished their Preliminary courses and are sitting for their final exams.

These exams provide students with the opportunity to demonstrate their knowledge and skills related to the subjects studied. The results will also provide them with feedback to assist them in making important decisions regarding a pattern of study for their HSC year.

Year 12 students have received their Trial HSC exams and in the lead up to the start of their HSC examinations have been involved in reflection on their results, solid class revision and action to move forward. To ensure students achieve their personal best they should identify and focus on their strengths and weaknesses to determine what could be improved upon and what strategies can be put in place now to make productive use of the time leading up to the exams. Attention should be given to the development of a structured study plan or timetable and the organisation of summaries based on syllabus documents. Applying management strategies will assist all students in moving forward with confidence but if you require help please

ask. The 'Wellbeing Team', including Year Advisers, the Learning and Support Team, Deputies, Counsellors, Careers Advisors along with teachers work hard to develop support structures to assist all students and increase resilience.

I would like to conclude by wishing all Year 12 students who have been involved with the Learning and Support team over the last two years success in the future. As a team, we will miss working with you and celebrating your achievements.



**LIBRARIAN
KARUNA CHETTY**

It is great seeing the library packed with Year 11 students studying and preparing for their Preliminary Exams.

I've had a few students sit with me as we organised a study plan and came up with the best ways they can study for their various subjects. Please come and speak with Ms Chetty if you need any help in getting organized and creating study plans.

Year 12 students are finding momentum and are looking to use their time wisely as they prepare for the HSC. Again students are using the library to get organised and create study timetables to ensure they are using the feedback from their trials to support their academic growth. The library will be available for students to study during the second week of the holidays and Term 4. We encourage you to use the space to avoid any distractions at home or if you need any assistance.

A huge Thank You to Sam Stead (Year 12) and Archie Watts (Year 12) for their support in helping their fellow peers by supplying the library with study posters for Physical Development and Chemistry. If you have any study posters, the library would love to have them on display to help others learn.

Both year groups are always encouraged to make use of the library space, before and after school as well as during the breaks to feel prepared.

And be sure to make good use of your time with some wide reading by borrowing out some engaging books.

"The more that you read, the more things you will know. The more that you learn, the more places you'll go."

— Dr. Seuss

Have a safe and wonderful holiday and enjoy reading for pleasure.

CAREERS ADVISER
MARYANN ROGERS

CAREERS ADVISER
MELISSA PENROSE



CAREERS NEWS AND OPPORTUNITIES

YEAR 12 BEFORE YOU CROSS THE FINISH LINE HAVE YOU:

- Applied to UAC with 1 – 5 university course preferences receiving your UAC application number?
- Applied for the School Recommendation Scheme for Macquarie University, ACU or other regional universities?
- Completed your EAS/ Access application if you have had a proven educational disadvantage over a 6-month period in Year 11 and/or Year 12?
- Applied for an Equity scholarship if you are a Youth Allowance recipient?

All these need to be completed by Friday 28th September. (excluding Equity Scholarships)

IMPORTANT DATES POST HSC:

Thursday 15th November
Unconditional and Conditional SRS offers made via UAC. Accept your Unconditional offer and then remove it from your list of preferences or put it at the bottom. If you received any Conditional offers you place them in order of preference by Sunday 16th December.

Tuesday 13th December
Receive an EAS/Access eligibility letter if you applied.

Thursday 13th December
HSC results released by NESA

Friday 14th December
ATARS released on UAC website from 9am

Sunday 16th December
Final change of preferences

Thursday 20th December
University offers released from 7.30am

Tuesday 25th December
Merry Christmas

YEAR 11

Over the holidays why not put 40 minutes aside and complete this recommended Career HQ Career Test. Not only could the results help you plan any subject changes for Year 12 but you may also find some great ideas for your future career assisting in motivation levels as you start Year 12. Give it a go!

<https://careerhq.pages.ontraport.net/nbsc-freshwater-senior-campus>



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



STA – STUDENTS TAKE ACTION “WE REACH OUT TO OUR COMMUNITY IN ORDER TO CHANGE ALL OF OUR LIVES”

This mission statement really encompasses our caring and compassionate students here at Freshwater Senior Campus when it comes to supporting those less fortunate in both our local community and abroad.

It was a great pleasure for Zali Stamopoulos from our STA group to present \$220.00 raised from our recent cake stall, to Amy from Stewart House in Curl Curl. We continue to support this wonderful facility, which gives amazing opportunities to so many underprivileged children from regional schools and we look forward to bringing a little Christmas cheer to them next term.

We also presented Mike Pawley an additional \$2,000 towards his “Happy Days Cambodia” project, an initiative which also encourages our Year 12 students to consider volunteering in the community and school he supports, as an alternative to ‘schoolies’.

Our next donation of \$2,000 from funds raised through Mufti Days and cake stalls, will be to Bear Cottage in Manly early next Term.

STAs from both Years 11 and 12 have learnt about ‘homelessness’ in our city. We attended the Hope Street Baptist Care facility in Woolloomooloo, where the issue of being homeless and the diverse range of backgrounds of those affected, became a reality. The stark contrast of lifestyles as witnessed within a small area of this suburb, was profoundly evident. Our students came away benefitting from a greater understanding of the plight of those who find themselves in this situation, sometimes through no fault of their own.

Next Term we look forward to spreading a little Christmas cheer at Mona Vale hospital, The War Vets Retirement Village in Narrabeen and Stewart House in Curl Curl. Finally, we thank all our wonderful graduating STAs from Year 12, 2018 for their amazing selflessness and incredible energy in giving wholeheartedly over the past two years – we wish them well!





SPORTS CO-ORDINATOR
JANELLE GARLAND



NBSC College Rugby Union 7s



Tayanita Robertson



NBSC College Rugby Union 7s

SYDNEY NORTH WATER POLO

Congratulations to the following NBSC Freshwater students who trailed for the Sydney North Boys and Girls Water Polo Teams on Friday 7th September and were successful in their selection for the teams.

- Sienna Hearn
- Nellie Scarrabelotti
- Dakota Stuart
- Aysha Whyte
- Campbell Reimer
- Oscar Blaikie

TAYANITA ROBERTSON

During week 7 on the 5th, 6th and 7th of September Tayanita Robertson was very busy competing and representing NBSC Freshwater Senior Campus at the NSW CHS Athletics Carnival at Sydney Olympic Park, Homebush. We are extremely proud to congratulate Tayanita on her outstanding performances in both the 100m and 200m events in which she achieved a place in the finals for both events.

NBSC RUGBY UNION 7S

On Thursday 30th August the NBSC College U/15s and U/17s Boys and Girls Rugby 7s teams competed at the NSW Rugby Northern Beaches School Gala Day. Both Miki Trbojevich and Michaela Douglas competed from NBSC Freshwater Senior Campus with true grit and determination. Miki was awarded the U/17s NBSC College MVP award as well as captaining the team. It was great to see so many young males and females getting involved and even trying out Rugby Union 7s for the very first time. Both the NBSC College girls teams finished 2nd for the day.

KEY DATES

TERM 3-4 2018

	MON	TUES	WED	THURS	FRI
SEP 17-21 WK 9	17 PRELIMINARY YEARLY EXAMS	18	19	20	21 YEAR 12 FINAL ASSEMBLY
SEP 24-28 WK 10	24	25 YEAR 12 FUN FAIR	26 YEAR 12 GRADUATION PRACTICE	27 YEAR 12 GRADUATION AND FORMAL	28 END OF TERM 3
OCT 15-19 T4 WK 1	15 TERM 4 BEGINS FOR STUDENTS AND STAFF	16	17	18 HSC WRITTEN EXAMS COMMENCE	19
OCT 22-26 WK 2	22	23	24 YEAR 11 STUDY SKILLS WORKSHOPS 9-10AM	25 LEADERSHIP INDUCTION ASSEMBLY 9:30AM	26 MUFTI CHARITY DAY
OCT - NOV 29-2 WK 3	29	30	31	1	2

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