From the Principal

As the year draws to a close we have already had so much to celebrate with our class of 2014. I would like to congratulate the following students who have been nominated in their respective disciplines for inclusion in showcase events. The work of these students has been deemed to be in the high range of results by HSC markers and worthy of being considered for showcasing. The students are: Gerrad Gibson, Thomas Kobula, Toby Perks and Thomas Stinson who have been nominated for their Major Design Projects for inclusion in InTeach 2015, Thomas Hammond, Thomas Kusturin, Hannah Bailey and Kieran Shields for ArtExpress, Kate Asquith, Katarina Gomola and Tenzin Youdon for CallBack in Dance, Jasmine Alaba for OnStage in Drama and Daniel Willington, Dakota Urbiztondo and Georgia Kean for Encore in Music. What a wonderful achievement by each of these students!

While the students’ talents continue to astound me it is the work of their teachers that I wish to also publicly acknowledge. These teachers put in an enormous amount of their own time into nurturing the talent that is within the school. Any subject that has a major work requires enormous amounts of dedication and patience to ensure students are appropriately supported and guided through this rigorous and time consuming task.

So on behalf of the entire school community I would like to thank our Dance teacher, Ms Jenni Bradstreet, our Music teacher, Mr Andrew Herft, our Drama teachers, Ms Annette Giblett and Ms Jasmin Chowdhury, our Industrial Technology – Multimedia teacher, Ms Sabina Walters, and all the teachers whose subjects involve the production of major works for your generosity of spirit and your unwavering dedication to excellence.

I would also like to share a story with you because the person that I am writing about is not just a wonderful human being but a close friend of mine. Transplant Australia is a unique charity which both promotes the need for more organ donors and helps to look after and rehabilitate their patients. The CEO, Chris Thomas recently decided to demonstrate what can be achieved - even by someone who has turned 50 - by riding his bicycle 4,334 kilometres across Australia from City Beach in Perth to Freshwater Beach in Sydney on behalf of this charity.

Chris initially had the idea of undertaking this mammoth trip when he was just 16. But to show that it is never too late to fulfil your dreams he undertook the ride in October and November this year taking 45 days (including nine rest days) to achieve the crossing. So far he has raised $25,000 to help the Children’s Hospital at Westmead implement an ‘Exercise for Life’ program to help child transplant recipients to remain active and healthy around their donated organ. He has a target of $40,000 and is hoping that the Northern Beaches community will help him achieve his goal.

For most Australian kids sport and school life go hand in hand. That’s especially true for the students at Freshwater Senior Campus. But for a group of young Australians the thought of playing soccer, rugby league, netball or hockey is a dream too far away. Born with some type of congenital condition they have received the gift of renewed life in the form of a new liver, kidney or heart transplant. We are inspired by these stories when we read about them and its helps us to understand the importance of organ and tissue donation.

Please visit https://transplanttrek.everydayhero.com/au/chris and if you would like to review his remarkable journey visit ontheroadtofindoutbiketrip.wordpress.com If you haven’t discussed organ donation with your family please do so - you may be able to leave behind one of the most valuable legacies by saving the lives of up to seven other people.

Frank Pikardt
From the Year 12 Deputy Principal

As Year 12 unwind and await the results of the HSC, I am hoping that the date of our annual ATAR breakfast can be noted and passed on to the students. On Friday, December 19th from 9am, students are invited back to Freshwater to share their achievements with staff at a breakfast, to be held in the undercroft. Please encourage your son or daughter to attend.

Whilst at a recent conference, the topic of anxiety in children was covered by Jennie Hudson from Macquarie University Centre for Emotional Health. I compiled the following summary from her presentation to further shed light on this topic.

- **Anxiety** often starts in preschool, and can lead to problems later in life if not addressed. It comes from how children interpret threat. It is a normal response with physical effects being common, and can involve thoughts of uncertainty and negative self-image, leading to withdrawal and avoidance. Common behaviours linked with anxiety include avoiding raising the hand in class to answer questions, avoidance of camps, constant checking of Facebook and texts, absence from exams, seeking constant reassurance and a tendency to look over their shoulder more than others.

- **Social anxiety** is a fear of what others think of you. It is a fear of being laughed at, and sufferers tend to avoid eye contact, blush, mumble, and avoid parties and gatherings.

- **General anxiety** is when worry occurs about everything. It can involve compliant behaviour, wanting to fit and blend in, involves asking many “what if” questions, negative thoughts such as: “what if I do it incorrectly?”, and often involves fear of new situations.

- **Reasons that anxiety develops** include genetics and the impact of parents and teachers. Environments enabling students to avoid situations, as well as over protective parenting can add to anxiety. Sometimes when a parent is spooked by a situation, their child will be too. As parents, by “rushing in” we are not letting children do things on their own and take risks. We must encourage our kids to face difficult situations and pay attention to courageous behaviour.

- Kids with anxiety must not be ignored, but rather be encouraged to take risks and to make mistakes. Parents must not: dismiss or ignore fear, help children avoid situations, label them as shy or anxious, push a child into a situation they cannot face, or criticise the child when they take a risk and then fail.

- To build resilience we must: listen and acknowledge fear, gently encourage brave behaviours, keep feelings in check, face fear ourselves, model coping strategies, be realistic and encourage effective study.

- To face fear a person must work in small steps (like a ladder), experiencing fear in each step, repeating it over and over, moving on to the next step and then rewarding success. In the example of a fear of lifts, the steps can include: observing the lift from a distance, going up one floor, then building the number of floors ascended.

- Help for children with anxiety can be sought from your GP, psychologist and/or paediatrician.

Chris Mortimer

From the (new) Year 12 Deputy Principal (Relieving)

The new Year 12 students must be breathing a sigh of relief (I know I am) as they look forward to a break. This first term of the HSC has, for them, been challenging, busy and at times overwhelming. Weeks 8 and 9 have seen the majority of subjects running assessment tasks resulting in a very busy schedule. I have heard from staff, Year Advisers, students and parents who have been concerned with the work load and have seen some very stressed individuals trying to navigate their way through their first lot of HSC assessments.

I would like to remind all our Year 12 students and their families that the HSC year will be stressful – there will be times when all students may feel overwhelmed but stress is a normal part of the HSC year. I encourage students to seek help and advice during times of stress; go to teachers, Year Advisers, the Deputy Principal and parents for support.
We have an extremely experienced and caring welfare team that prides itself in putting student wellbeing at the forefront of our work. I would also like to assure all parents and students that no one task will make or break a student’s final results. The HSC must be looked at as a long distance race rather than a sprint. Whilst some degree of stress is necessary and normal it is when students become paralysed or incapacitated by stress that they need to ask for help and that’s why we are here. As the term comes to a close I encourage all students to take time over the break to rest, relax, exercise and play. They have a big year ahead of them and need to be fighting fit.

I have had the great pleasure of being the Relieving Deputy for Year 12 this term and during my time I have been impressed by the confident, dedicated and spirited students that make up the cohort for 2015. I have witnessed acts of maturity, kindness and absolute dedication to their studies. We are coming to the close of a fantastic year with our HSC results rapidly approaching but what I have witnessed from the new group fills me with confidence and pride as I have no doubts how bright, capable and compassionate the new Year 12 students are. I look forward to seeing their ongoing success in 2015. To all families and students I wish you a safe and happy holidays and a very Merry Christmas.

Jasmin Chowdhury

From the Year 12 Advisers

With only weeks till the end of the school year, we would like to thank all students, parents and carers for their efforts and support in 2014. We continue to be amazed at how well our large student cohort, coming from a wide variety of schools, have come together to embrace Freshwater Senior Campus and each other. We continue to be impressed by the collegiality of this group and the way they encourage and support each other in lessons, assembly performances, sport, creative arts, charity and extra-curricular events.

This last term has been busy and demanding. Students had to evaluate their patterns of subject selection so as to put themselves in the best position to do well in the HSC year. Accordingly, students have been given their HSC assessment schedules for each subject and are in the process of completing their first Year 12 tasks that go towards their overall HSC mark. We are proud of all students in how they have shown renewed commitment, many of whom have stepped up to the challenge of seeing us to arrange personalised study plans. If there are any further students who think they would also benefit from discussions about setting up a positive study plan, they are encouraged to come and see us as we are very happy to assist you.

The final Preliminary reports would have provided valuable feedback regarding progress and we urge all students and parents to examine the comments provided for suggestions to assist in improving performance. The end of year break is a good opportunity for Year 12 students to reflect on their achievements in Year 11 and consider actions they might implement to achieve their personal best and a rewarding final year of school. Students with HSC major works should take the time to work on, and move forward with these projects, rather than feel the stress of deadlines next year.

On Wednesday December 17th, students will be presented with awards for Year 11 Preliminary performance. These awards will be for individual subject areas and whole school activities.

We wish you all a very happy Christmas, a restful break and look forward to a successful HSC year in 2015.
From the Counsellor

Another HSC over, another year passes. Our precious Year 11 have now become our senior students and the cycle continues. Each year begins with a group of fresh faced, enthusiastic students all of whom have chosen to be at this school, all of whom want to do their best. What a gift that is for us, the staff.

There is the risk that the HSC can become the all-consuming focus of life at Freshwater, however it is what happens between arriving at the school and sitting for the HSC that is the most significant indicator of success.

I have the privilege of watching the journey from outside the classroom. I see an increase in confidence and self-esteem. I see strong bonds form and students thrive with the challenges. These are not just the academically able students but those who enjoy the challenge of achieving their best. I work more closely with those students who falter and have doubts or challenges that are too great for them.

It is how they cope, the strategies they employ and the links they form which will help them reach their ultimate destination.

I believe that the academic rigour at Freshwater is matched by an effective support network. The focus is to help develop strong resilient young adults who have a sense of purpose and connection, and a belief that they can control their destiny.

Not everyone remains on the ‘HSC express’. Some leave for alternate destinations and they do so with a grin and a wave. Others get off because they find the trip too arduous and are concerned that their visas will run out. My goal is that they all leave feeling that they are better off for having started the journey.

Caroline Powell: M.A. Dip Ed, School Counsellor, Registered Psychologist

From the Head Teacher Secondary Studies (Relieving)

Year 12 will have an opportunity early in Week 11 this term to complete the last components of ‘Crossroads’. This is a compulsory 25 hour course about relationships, drug use and sexuality that all students in public schools must complete. A component of the course was covered earlier this year during the Year 11 camp at Jindabyne.

The final sessions will involve a presentation to all students from Brent Saunders of ‘Winning Edge Strategies’. Brent has been presenting to students at Freshwater since 2006 and he delivers a unique and thought-provoking presentation. Issues such as self-protection, avoiding conflict, power in relationships and legal implications of consent are discussed. Students leave his presentation with knowledge and strategies about how to avoid dangerous situations and be empowered in their relationships. There is also a big focus on ways to stay safe when socialising or when just “out and about”.

The second part of the day will see students in small group settings discussing issues raised in the first presentation, and also engaged in conversations around sexuality, managing relationships, self-esteem and resolving conflict. Guided discussions around ‘perceptions versus reality’ of the opposite sex are facilitated, including power and responsibilities that exist within all levels and types of relationships.

This is a very worthwhile day and feedback from students in the past has been overwhelmingly positive. As this is part of a compulsory course, any students not in attendance will be required to complete make-up activities before being deemed as having completed the ‘Crossroads’ component.

We look forward to all Year 12 students taking advantage of this unique learning opportunity.

Cathy Moran
Careers News

HSC results
A free Careers Advisory Service will be running from 18th-23rd December from 9am-5pm, phone 1300 300 687. This service is to assist students in planning after the HSC and ATAR results have been released. Universities will also hold information days between 3rd-6th January 2015 for the same purpose. A visit can be very beneficial when trying to sort out options of transferring or what to do if your ATAR is not quite what you expected. Check websites for details.

Honeywell Engineering Summer School
Good luck to Joshua Champion and Scott O’Brien (pictured left to right) who will represent Freshwater Senior Campus and Belrose Rotary at this event in Week 10.

Apprenticeship news
Over the last few weeks we have had some of our new Year 12 gain fulltime apprenticeships. All these students have participated in Year 11 VET courses either at school or TAFE. The courses have equipped the students with skills and maturity whilst instilling self-confidence to follow their dream. It is sad to see them leave Freshwater, however, we congratulate these students on their success and wish them well.

Local Scholarships
Local RSL and League clubs often offer scholarships to members’ or ex-service children/grand children who are enrolled in HSC studies, TAFE or university. Check with your local club.

Tax File Numbers
Students will no longer be able to apply for a tax file number through school from 31st December, 2014. This will now involve a trip to the post office or an online application. Take advantage of the current system and apply through school before the end of the year. Come to the Careers Office to collect your form.

Melissa Penrose, Maryann Rogers

2014 Yearbook now available
The 2014 Yearbook has been completed by the Information and Digital Technology class, and has been distributed to the current Year 12 students. Any student who did not receive their copy, see Ms Walters in the staffroom. Newly graduated Year 12 students will receive their copy by post.

Sabina Walters, Technology Co-ordinator
Ping Pong takes over Freshie!

This term we have been running the inaugural Freshie Ping Pong Tournament to encourage the students to be involved in sport and have fun. There have been open doubles, ladies doubles and mens and ladies singles divisions. We kicked off with the open doubles competition, with 16 teams taking to the tables in some fiercely contested matches. Students and teachers were competing on equal terms, with much light hearted sledging and gamesmanship taking place.

The grand final was a brilliant contest between the highly fancied Jake and Liam up against the calm and relaxed Eli and Fin. The boys insisted on a stadium final and the match didn’t disappoint. With the cheer squad led by Mark, it was tense from start to finish. Jake and Liam pulled out some amazing returns, and Eli’s whipping topspin backhand won many points for his pair. The match went to 4 sets with Eli and Fin taking out the title, winning the honour being the first names printed on the highly coveted Freshie Ping Pong Trophy.

The Ladies doubles competition followed, with 16 eager teams entered and loads of fun was had by spectators and players alike. It was good to see a couple of teacher/student teams, in particular Ms Yao and Jessica Guo whose talent saw them progress to the semi-finals.

The grand final was a close contest with Bella and Sophie taking on Lexi and Chloe. The tension was palpable and with the sets locked at 1-1 could have gone either way. Bella and Sophie conquered the nerves and took out the final two sets winning the competition 3-1.

Men’s singles were next on the agenda and the draw was full within minutes of opening. It was like trying to get tickets to see Foo Fighters, with students clambering over each other to get themselves entered. The semi-finals went to the wire, Sid vs Tayller, Eli vs Jake, but Tayller and Jake won their way through to the Grand Final. Jake was overcome with nerves and was down 9-0 in the first set before he managed to settle, but that set was gone 11-4. Tayller began the second in similar fashion but Jake gained confidence and pushed him to 11-9. In the third and fourth sets, Jake hit his stride with many blistering shots and winning both. The fifth set was a very tense affair, with both players reluctant to go for the winner for fear of a miss hit, but Tayller eventually took out the match 11-9. Congratulations to both boys on such an entertaining match.

Lisa Peterson, Sports Co-ordinator
Faculty in Focus: CAPA (Creative and Performing Arts)

The HSC marking process has concluded for the 2014 cohort and as a by-product of this process, high performing works and performances are identified for pre-selection for showcase exhibitions and performances.

Dance students completed their HSC Practical Dance Exams in August. Ms Bradstreet reported that all 2014 Dance students demonstrated commitment, competency and commendable collaborative skills during their course of study. Within the class there were 7 nominations for Callback, the series of dance concerts for exemplary HSC Dance students. Kate Asquith and Tenzin Youdon were nominated for their Core Performance and Major Performance pieces. To be nominated for these pieces indicates that these students presented outstanding solo performances that demonstrated consistency of performance, control of technique and commitment to the performance. These students are very talented and this achievement is a credit to them and the dedication they displayed this year. Katarina Gomola has been nominated for Core Composition, Core Performance and Major Performance. To be nominated for Core Composition Katarina was required to compose a dance piece and teach it to another student who performed it in the exam. Katarina skilfully used the elements of dance to create an effectively sequenced piece. Olivia Fello of Year 11 2014 performed this dance with refinement and skill. To be nominated for the full HSC performance program is an extraordinary accomplishment and demonstrates exemplary accomplishment across all Dance disciplines. Congratulations!

Ms Bradstreet has indeed had a busy year, she delivered a beautiful baby boy Jack Bradstreet in October. The whole Freshwater community extends their congratulations and best wishes to Jenni, Anthony and baby Jack.

It is also timely to welcome Brittany Skea and Adam Murray to the Creative and Performing Arts Faculty. Ms Skea will replace Jenni Bradstreet until Term 2. Adam Murray is an experienced Dance educator and former Freshwater senior campus school captain (2004). Adam and Brittany will be teaching the 2015 Year 12 Dance class collaboratively.

This year each of the three Visual Arts classes has been represented through ArtExpress nominations. Tom Hammond, Tom Kusturin, Hannah Bailey and Kieran Shields have had their artworks preselected. These selections represented a range of expressive forms and subjects. Genres referenced included naturalistic representations, realism as well as abstraction. What was common to these works was each student’s commitment in examining concepts which held personal interest or relevance, and their perseverance in refining their chosen media and dedication to achieving a high level of technical resolution and mastery of process. These works fulfilled the criteria of the higher mark ranges for this year’s HSC marking operation. It is refreshing to see students grappling with ideas which are central to their personal passions and identity. Hannah investigated her grandfather’s life and achievements through a chronological narrative executed using textiles and fibre. Tom Hammond produced a series of paintings examining the relationship between himself and his grandfather. Tom Kobula focused on presenting ideas about environmental concerns and Tom Kusturin examined urban environments through a series of energetic and expressive paintings. These students applied themselves vigorously to the refinement of their submissions, these are indeed well earned achievements.

Kieran Shields
The Year 12 Freshwater Visual Arts Exhibition provides an opportunity for the curator from Manly Art Gallery and Museum to view and select works for the annual Express Yourself Exhibition. Artworks generated by Tom Kusturin, Kieran Shields, Tom Kobula and Finian Simes have been selected for this exhibition in 2015 - an outstanding achievement!

We have also had a most successful year for Drama in 2014. It is very rewarding to look back at all of the skills Year 12 Drama students have acquired and refined throughout the year as they developed creative and innovative Group and Individual Performances, drawing on a range of theatrical styles. There were many memorable HSC Group Performances exploring issues such as the perils of backstabbing, searching for a path to follow in life and letting go of emotional baggage. The students demonstrated an ability to work as an ensemble and engage audiences in their 8-12 minute self-devised performances.

Jasmine Alaba also deserves special congratulations for her Board of Studies ‘On Stage’ Nomination for her Individual Performance titled “Too Junior Jones” which explores the power of fleeting relationships. Jasmine’s nomination reflects the way she demonstrated exemplary skills in creating a complex character through effectively manipulating the elements of Drama.

Year 11 Drama students also performed at the Northern Beaches Secondary College performance showcase ‘On Show’. Their performance titled “What’s the Cure?” drew on conventions of expressionism to explore the pressures of modern life. We would like to thank Mackenzie Allan, Velvet Simonetti, Dakota Kitson-Croft, Sahara Gaw, Imran Dewan, Claudine-Mae Mendoza, Zoe King, Koya Evans, and Molly Ohlback for demonstrating professionalism in the development of this original performance. It is always satisfying to see such a commitment to achieving excellence.
We are proud to celebrate all of the achievements of the 2014 Drama students and the wide range of talents they have showcased throughout the year. We would also like to acknowledge all of the support that parents, friends and family members have provided throughout 2014 and we look forward to another great year in 2015.

It has also been an exciting year for all Music courses at Freshwater. Music 1, Music 2 & Music Extension were all represented through student nominations for Encore. Georgia Kean, Dakota Urbiztondo (Mackellar Campus) and Daniel Willington were all nominated based on their Practical HSC performances. All students have worked hard on refining their style and communicating through high technical skill and personal expression. Nominations require students to perform at the highest level of musicianship and we are deeply proud of our students’ achievements this year. These students and others have developed musicality during school functions as well as extra-curricular activities. Daniel Willington has particularly excelled in this area, performing in School Spectacular 2015, and participating in a range of Arts Unit initiatives.

Sean Niven has been instrumental in the College Jazz Improvisational Ensemble’s success this year, inspiring and leading fellow college students through skilful musicianship. Use of higher order skills are fostered at Freshwater through opportunities to perform regularly at assemblies, Cross Campus music nights, On Show, master classes with professional musicians and composers, and the Freshwater HSC Music days that involve all the college campuses.

It is wonderful to see such a rich and profound music community flourishing at Freshwater. We extend a big thankyou for all the support from parents, friends and family members throughout 2014, and are excited for the year ahead.
Whilst these achievements have been reaffirming of our faculty’s values and gratifying for all concerned, it is appropriate to note that many other 2014 Year 12 Freshwater students entertained us, provoked our intellect, excited our sense of the visual and touched us emotionally through their works. Congratulations to the Creative and Performing Arts students on a fine year of achievements and best wishes for the future.

A big thank you is also expressed to all Creative and Performing Arts teachers. The demonstrated passion for their subjects, deep knowledge and expertise combined with a dedication to nurture students in their creative and academic endeavours has facilitated these fine achievements.

Sandra Svilans, Head Teacher Creative and Performing Arts
(With contributions from Jenni Bradstreet, Jasmin Chowdhury, Annette Giblett, Andrew Herft and Terri Morley)

STA (Students Take Action) report

“We reach out to the community to enrich all of our lives”

i) Connecting to people in Cambodia - by Zoe King

In the last school holidays I travelled to Cambodia with my mum to film a promotional piece for a local charity, the “Build Your Future Today” centre or BFT, based in Siem Riep. My mum, a cinematographer and TAFE teacher, got involved with this project through two other teachers who had ties to the charity and needed help in shooting a promotional video to assist with fundraising.

Cambodia, the poorest country in Asia, needs as much support as it can get. The “Build Your Future Today” centre focuses on education. Their main aim is to empower the Cambodian people with the right intellectual and economic tools to attain self-sufficiency.

In my time there I saw teenagers who had gained the opportunity to learn English, now teaching others who were in a similar position that they had been only a few years before. I met a 17 year old girl named Chiva, who sacrifices 3 hours every afternoon to teach younger kids English, so that like her, they may get an opportunity to go to university through a BFT scholarship.
BFT also visit surrounding villages for the kids who can’t get into the education centres in the city, and provide books, toys, meals and take care of the population living below the poverty line. They also provide housing and give the local people the tools to be self-sufficient. In one village I visited, the local women were taught how to make school uniforms for their children and to earn extra income between work in the rice paddies. They also taught crafts, such as basket weaving and jewellery making, to be sold at the BFT shop in the city. I believe BFT is such a worthy cause because it empowers the Cambodian people who have suffered so much in the past, and helps everyone they possibly can by teaching them essential skills. I learned so much in my time in Cambodia, and I would encourage anyone who has the opportunity to visit the country to go!

Last Friday we held a fundraiser to help both my and Mallory’s causes, and I was absolutely overwhelmed with the generosity of Freshie! We raised a staggering $934.40 to go to our respective charities. Thank you so much for everyone who donated and made cakes on the day, it is going to go a long way.

ii) Connecting to people in India - by Mallory Badham

In 2006 my Mum met an amazing woman named Pantha, who when travelling as a young adult through India stumbled across a Tibetan community who had come to India looking for a better life. Over the years Pantha has set up a not for profit system where people from all around the world sponsor Tibetans from this community. In 2006 my mum started to sponsor a Tibetan nun named Ani Tensin. In 2010 I decided that I wanted to join my mum in helping this community so I went there and chose to sponsor a young boy named Tseten Dorjee. Pantha takes volunteers with her every year to help distribute the money to the community. In 2011 my stepfather, mother and I were lucky enough to be a part of her team for that trip.

It is hard to put it into words how much this trip impacted me. The love that I was greeted with every day by the Tibetan people as I walked through the streets in Tso Pema was overwhelming. All the people from the community were very eager to see Pantha. I noticed that it is quite hard for teenagers to get sponsors, as people tend to want to sponsor young kids. So this motivated me to help to raise enough money in order to support Tseten Dorjee for a whole year. Now with the help of the Freshie community fundraiser, this is possible!
Duke of Edinburgh’s Award

Congratulations to all the students who have been working hard to complete the Duke of Edinburgh’s Award this year. All participating students are encouraged to complete their skill, fitness and service hours and ask assessors to sign off their progress.

The Gold Adventurous Journey will take place at the Snowy Mountains (Guthega and Perisher) from Friday 5th to Tuesday 9th December. All the best to the students attending this expedition! Those students from Freshwater who cannot attend this expedition are encouraged to join the NBSC Gold Expeditions in the April and July holidays in 2015.

Thank you to Mrs Vicki Busse who has done an amazing job coordinating the program across the five campuses of the NBSC this year, whilst I have been on maternity leave. I am now back on Fridays and Vicki is working on Wednesdays.

For more information about the Duke of Edinburgh’s Award, see the flier at the end of this newsletter, contact us at the College Administration Office on 9939 7348 or email naomi.yorston@det.nsw.edu.au or Vicki.busse@det.nsw.edu.au

Naomi Yorston, Duke of Edinburgh’s Award Co-ordinator

Music 2 class meet a Master Composer

Music 2 students at Freshwater were fortunate enough to participate in a master class with composer Rosalind Carlson recently. Rosalind is a professional educator and composer who has written many diverse and interesting compositions all of which are available through The Australian Music Centre. She conducts, composes and arranges for her own female vocal group called the Carlson Chorale, who just presented their annual concert in the Hills area.

The workshop was engaging and Rosalind talked about three of her works to the students, including some “higher level” concepts with unusual intervals that feature in a number of her creations. The students, Mr Herft and myself discussed compositional elements of the pieces and looked at how musical ideas are created and used within a piece.

Rosalind was also able to spend time with each student individually, looking at compositions for the HSC. She was able to both inspire and generate discussion.

It was a privilege for us to have a composer of the calibre of Rosalind here for the afternoon and I am certain the students will benefit greatly from the experience as they continue with their compositions.

Chris Mortimer, Deputy Principal
Northern Beaches Secondary College

Duke of Edinburgh’s Award

2015 Information Evenings:

Students and parents are invited to an information evening to learn about the NBSC Duke of Ed program and commence the registration process.

The Duke of Edinburgh’s International Award is a non-competitive, flexible, interesting and fun-packed program for all young people between the ages of 14 and 25 to participate in a number of activities over a set length of time. It is entirely voluntary and is structured so the participants can design their own unique program centered around their interests and passions over three levels, Bronze, Silver and Gold.

**BRONZE** (year 9+):

(2 sessions available - Please choose 1 to attend)

Wednesday 4th February 2015, 5:30-7:00pm, Freshwater Senior Campus Theatre, or
Thursday 5th February 2015, 5:30-7:00pm, Freshwater Senior Campus Theatre

**SILVER and GOLD** (year 10-12):

Wednesday 11th February 2015, 5:30-7:00pm, Freshwater Senior Campus Theatre
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</tbody>
</table>