From the Principal

Several years ago I attended a presentation given by Mr Paul Brock, Director of Learning and Development Research with the NSW Department of Education and Training. I was moved by some of the personal comments he made about our responsibilities as educators and I shared these in a newsletter at the time. Recently I came upon the article and thought it was worth sharing again. In an extract from his book entitled A Passion for Life he writes:

“Therefore, not just as a professional educator, but as a Dad, I want all future teachers of my Sophie and Millie to abide by three fundamental principles that I believe should underpin teaching and learning in every public school.

Firstly, to nurture and challenge my daughter’s intellectual and imaginative capacities way out to horizons unsullied by self-fulfillingly minimalist expectations. Don’t patronise them with lowest-common-denominator blancmange masquerading as knowledge and learning; nor crush their love for learning through boring pedagogy.

Don’t bludgeon them with mindless ‘busy work’ and limit the exploration of the world of evolving knowledge merely to the tyranny of repetitively churned-out recycled worksheets. Ensure that there is legitimate progression of learning from one day, week, month, term and year to the next.

Secondly, to care for Sophie and Millie with humanity and sensitivity, as developing human beings worthy of being taught with genuine respect, enlightened discipline and imaginative flair.

And third, please strive to maximise their potential for later schooling, post-school education, training and employment and for the quality of life itself so that they can contribute to and enjoy the fruits of living within an Australian society that is fair, just, tolerant, honourable, prosperous and happy.

When all is said and done, surely this is what every parent and every student should be able to expect of school education: not only as delivered within every public school in NSW, but within every school not only in Australia, but throughout the entire world.”

Recently, I presented our management plan for the next three years to the Parent Consultative Group. This plan has many of the ideals expressed above at the heart of its overall purpose. We hope over the duration of the plan we will meet and sometimes exceed several of the milestones that will be in place. The plan will be available on our website at the beginning of next term and I will also be emailing each family a copy.

Frank Pikardt

From the Year 11 Deputy Principal

It has been very pleasing seeing how the Year 11 students have settled into an effective working routine, watching new friendships develop as well as positive working relationships with teachers. For many students, coming to Freshwater has meant a new start in terms of effort, organisation and commitment.

Whilst we do our best to monitor the attendance of each student, BOSTES requires that a minimum amount of time must be spent at school in order to qualify for the HSC. That means that all lessons must be attended and in the event of illness, that the school be notified. Students who are running late may advise the office that it was a once off occurrence,
and their reason for being late is then considered to be genuine. If a student is repeatedly 
late or regularly late for a subject, parents will be notified and a meeting held to discuss 
the situation.

Uniform also sends a strong message to the community about values, levels of 
organisation and attitude towards school. Most of the students I coach and interview 
hold their teachers in high regard and are mostly very happy with instruction and 
guidance. Dressing appropriately not only sends a positive message to teachers, but also 
confirms the person is a part of a team. It also conveys an element of pride and gratitude 
for being associated with the organisation.

In these interviews, I discuss the regularity of homework and find that most students 
have it each day, and prefer to complete in the early stages of the afternoon. I have been 
encouraging students to speak to their teachers and seek advice on what to do if regular 
homework is not provided, and this could include areas within a topic that require 
additional revision and strategies for consolidation. These might include completing 
past exam papers or using other online resources.

Feeling supported is an essential part of one’s journey into adulthood and it is pleasing when students confirm that they feel this way when at home. Talking about units of work, projects and things that were done at school during the day are a simple way of connecting with parents and using this support effectively. A common goal for students is improving their time management and long term outlook, which assists organisation and pacing of assessments and preparation for exams.

I would like to conclude by acknowledging the superb organisation done recently by Leanne Turner and the Wellbeing team for the Urban Challenge. This day saw groups of students who did not necessarily know one another, working together as a team to solve riddles, to navigate their way around the city, to budget for expenses and to actively support each other. It was a brilliant and highly memorable day that resulted in new friendships with so many teachers saying how impressed they were with their groups. The activities required trust, listening, respect and consultation and being amongst this on the day has been one of the highlights of my time at Freshwater.

Chris Mortimer

From the Year 12 Deputy Principal

School is a great place to have experiences in a safe supportive environment. Students 
can try out new experiences, or do things that they have not attempted before, such 
as play an instrument in front of an audience, speak in front of a crowd, create a textile 
piece or even raise money for a charity. If you are to be successful in life, you may need 
to go outside your comfort zone and push those boundaries.

Many students are feeling a bit stressed about assessments and the upcoming exams, 
and this is normal. It is a time for schools to extensively support students and to try to 
determine what they know and what they need to learn before the HSC.

Students will grow and develop through experiencing this pressure, they will learn 
from their mistakes and each will become a stronger person. In the big wide world there 
will be many challenges, and it is helpful if students have experienced some smaller 
challenges and have learned to cope with them. Therefore school is a good place to 
develop the resilience skills needed.

This is my last newsletter contribution as I too am about to embark on a new challenge. 
I am taking up a different role as I have been appointed as the new principal of Killarney Heights High School. Just like the students, I have found Freshwater to be a great environment in which to learn and develop my skills. I have really enjoyed the last 12 years here as both Head Teacher and Deputy Principal. I am disappointed that I will not be here when the current Year 12 students complete their HSC, but I am entirely confident that the Freshwater staff will continue to support them until their final exams are over in November. I will miss everyone, as I have made long lasting friendships with students, parents and the teachers at Freshwater.

Hayley Emmerton
We would like to congratulate Year 11 as they continue to smoothly settle into the Freshwater routines. The first term at a new school can be extremely daunting, especially with over 300 students in the year. It has been fantastic to hear how much the students are enjoying Freshwater Senior Campus. We are now coming to the end of Term 1 and students have been very busy, dealing with new subjects, assessment tasks and of course, the Orientation Days.

So Year 11, as we head towards Term 2, make sure you have a copy of the assessment schedule in an easy to access places such as on the wall above your desk or stuck to the fridge door, so that you can easily see when your tasks are due. Make sure you speak to your teachers if you don’t understand any aspects of your classwork or assessment tasks and get into the habit of starting tasks early so that you can seek feedback on your progress.

Wet and Wild
On a hot day in week 5, 310 Year 11 students headed west to Wet and Wild Water Park. Although the queues were a bit long, it was a fantastic day, enjoyed by both the students and the teachers. Everyone had a great time going down the rides, from the T5 to the Curler. Some even dared to go on the Sky Coaster, with screams of laughter being heard all over the park. The bus trip there was very quiet as a lot of students didn’t know each other, but the trip back to school was full of chatter with new friendships made.

Urban Challenge
On Monday 16th March, Year 11 completed the Urban Challenge. This was an ‘amazing race’ style day which had the students out and about in the city, solving challenges and exploring for 12 hours! From the ferry trip to the city, to the numerous train trips around the CBD, students certainly had good experience with the city’s transport system. Starting at Manly Wharf and heading to Circular Quay, groups got into the spirit of the day, some were dressed up in ‘high vis’ fluoro workmen’s vests, others had tropical and the colour black themes. Students moved around the Rocks area, walked across the Harbour Bridge and up to The State library. More details and photos will follow in the next newsletter, after the presentation assembly next week.
Many thanks to all the parents and students that were able to attend the Parent Teacher Interview night. It was a busy evening and hopefully you were provided with valuable feedback to help students set realistic goals and move forward in their preparation for the HSC. If you were unable to see any teachers please be reminded that you can contact the school to seek information on the progress of your son or daughter at any time.

We are approaching a very busy time in regards to Year 12 assessments, half-yearly exams and major work projects. It is important to use the information teachers provide as a valuable starting point for planning and setting goals for achievement. Utilising the library, private study rooms and Homework Club on a Monday afternoon is also recommended as a positive way to maintain motivation and keep organised. Students who have been taking advantage of these opportunities have also benefitted from maintaining contact with their Year Advisers and available teachers in gaining additional support and advice. When we see and meet students who are utilising their time in these positive ways, working in a focused and dedicated manner, it makes us feel very proud to be associated with a fabulous Year group. It is important to us that students not only enjoy their final year of school but make it a positive one, where they achieve to the best of their ability and are proud of their accomplishments. We ask students to come and see us if they need further support.

With a week to go before half-yearly exams, students should be working to study plans and making use of summary notes or flashcard strategies to assist with memory and recall. Additionally, students will benefit from attempting to apply this information to samples of past HSC questions in their different subject areas. Students with major works are encouraged to maintain their focus in developing the practical and theoretical components of their projects, making contact with their teachers regularly for continual and valuable feedback. With such a busy lead up to the holidays, we cannot stress how important it is to keep a balanced approach and take time out for relaxation. We wish students the best in their exams and a safe and enjoyable holiday.

Something for us all to look forward to is the end of year formal. In our last assembly, Mr Pikardt came dressed to ‘impress’ and gave the boys a demonstration in tying formal ties for the big occasion. He also introduced the teachers in this photograph who, having searched their wardrobes for frocks they wore at their own high school graduations, attracted much laughter from staff and students! Plans are now in place for students, parents and teachers to come together to celebrate the final school year and personal achievements. Unfortunately we do not have partners at our formal due to restrictions with numbers. The details of the formal for you to include in your diaries are as follows:

**Date:** Thursday 17th September 2015  
**Time:** 7pm  
**Venue:** The Crystal Palace, Luna Park, Milsons Point.

**Price per person:** $136.00 per head  
**Further details will be announced in future newsletters.**
From the Learning Support Co-ordinator

As we settle into a routine of school, assessment tasks, revision, part time work, sports and so on, many students begin to ‘burn the candle at both ends’. It seems increasingly difficult for teenagers to manage their varying time commitments, with sleep being the loser.

Recent research suggests that the sleep requirements for an adolescent are between 9-10 hours per night. This is more than what is generally required by both children and adults, and much less that the amount many students actually receive. Chronic sleep deprivation can cause concentration difficulties, mentally ‘drifting off’ in class, poor working memory, moodiness and aggression. All of these can obviously impact on student performance and functioning at school and in the home environment.

Typically, the teenage brain is hardwired to go to bed late and then wake late the following morning. This is obviously problematic given many of our students have classes beginning at 8am! Now is the time for putting in place some strategies to ensure that maximum brain power is available as we move into the mid-year period. Even 30 minutes of extra sleep can make a real difference.

Suggested strategies include:
- Turning electronic devices OFF before bed. The blue light that is emitted from iPhone, iPad and laptops and TV actually suppresses the release of melatonin (the hormone that helps bring on sleep). Encourage your son or daughter not to contact others, or reply to text messages or social media after a negotiated time.
- Bedrooms should be as dark as possible when going to sleep, and conversely, allow bright light in the morning. The wake-sleep cycle of the brain is determined predominantly by light that is received through the eyes.
- Encourage your son or daughter to create a bedtime routine that they stick to for at least a month. This might involve a warm bath or shower, hot milk (not chocolate), or reading their English novel for 10-15 minutes. After about a month the brain will associate this routine with sleep.
- Consider meditation or progressive muscular relaxation whilst preparing for sleep. Guided meditation routines can be downloaded from the internet or YouTube.
- Avoiding caffeine /caffeinated products in the mid- late evening.

Sweet dreams........

Cathy Moran

From the Counsellor

“‘The True Measure of Any Society can be found in how it treats its most vulnerable members” – Ghandi

I believe that one of the strongest characteristics of Freshwater is our diversity. We are not a selective school. Students come because they choose to be here. This is a rare quality in public schools. As a result our student body is made up of students ranging from the ridiculously intelligent through to those with significant intellectual disabilities.

We have students who have mental health issues and others who struggle with complex family difficulties and those who are on the Autism Spectrum. We have students who identify as ’same sex attracted’ and those who are just ‘sex attracted’.

But the thing that always moves me the most is the compassion and generosity that the bulk of the students demonstrate towards their peers, particularly those students in the integrated studies unit. These very special students always get the loudest cheers when they perform at concerts or receive an award. The mainstream students, on the whole, are patient, and warm and welcoming. We have had students accept invitations to bowling parties and sleep overs at the zoo, who respond with a wave and a smile to often repetitive greetings.

I do think that Freshwater is richer for the diversity and the value of our school community is enhanced by the positive bonds of our members.

Caroline Powell: M.A. Dip Ed, School Counsellor, Registered Psychologist
Faculty in Focus - Mathematics

Q: What do you call a number that can’t stand still?
A: A roamin’ numeral!

We have had a settled beginning to 2015 both within the Maths faculty and in the various Maths classrooms where students are engaged and focused on their learning. The Maths faculty has increased in size, with Philippa Blamires joining the staff this year. This is the third addition to the staff in as many years, providing new perspectives and enthusiastic input of new ideas. All three have come from private enterprise and bring knowledge and ‘real world’ examples into the faculty, their classrooms and lessons. We have 469 students, or 75% of the students at Freshwater, studying one or more Mathematics courses this year (a mathematical fact!).

Nearing the end of the first term, all Maths students are preparing for their first assessment task for 2015. Revision in preparation for these tasks has been provided to students and they have been encouraged by their teacher to seek assistance or support if, or when, necessary. The Year 12 students will be revising later in the year using books of past HSC exam papers with the official solutions, published by the NSW Mathematics Association. These books are invaluable in providing students with an understanding of the style of question and standards required in the HSC.

In August, interested Year 11 students have the option to participate in the Australian Mathematics Competition which is conducted worldwide. This is an excellent opportunity for talented Maths students to test their problem solving skills. Over the past few years we have achieved significant success in this competition, receiving a number of prizes as well as a medal in 2012 (one of only 4 awarded in Australia).

Q: Where do Maths teachers holiday?
A: Times Square!

Jane Pross, Head Teacher Mathematics

From the Head Teacher Secondary Studies

As Term 1 draws to a close it is a great time for reflection and looking back over the last term. For Year 11 they may reflect on the new experiences the have had, friendships forged and a new sense of place and belonging that has been discovered. Year 12 might reflect at this time on the fact that half of their final HSC year is now complete and what this may mean for the rest of their year.

I encourage parents to use this point to reflect with your children – how has the last Term been for them? Are they settling in to the new school? Have they performed to their best potential thus far? It is vitally important for parents to know how their child is feeling about their school experience – and this is not only about how well they might be doing in class (though this is important too). Does your child enjoy going to school? Are their needs being met socially, academically and emotionally? Our hope here at Freshwater is that every student has a positive and successful experience during their two years. We aim to engage, support and challenge all our students in becoming their best selves. The end of term brings a time for students and families to reflect on the 10 weeks gone by and have a conversation about how successful Term 1, 2015 was.

Lastly it is now time for a much needed break from school. I encourage all the students to rest, rejuvenate and prepare for the upcoming Term. It has been a massive start to the year and everyone is exhausted. The holidays is a great time to catch up on some neglected activities like exercise, sleep and socialising – but it is also a time to catch up on school work and to come back prepared for the Term ahead. I wish everyone a safe and happy holiday and look forward to the start of another amazing Term where the students are well rested, focused and enthusiastic towards school.

Jasmin Chowdhury
Library News

The Library at Freshwater continues to pulse with activity - we are home to large numbers of students who come to borrow books, both texts and fiction, and to enjoy the comfortable seats and other support. The Library is open from 8am until after 4pm and many students avail themselves of this opportunity to study or catch up on work. We run a system similar to the State Library’s “Ask a Librarian” - the Librarian is available through the day for assistance to any student and for guidance using Library facilities.

There are computers for student use in the Library and they can readily access other libraries through these and thus gain access to a multitude of databases and other assorted information caches. The Library also has an extensive magazine collection which is available for borrowing by the student body; we also have a good reference section and a section devoted entirely to Extension English. The Art section is extensive and very current, our CAPA Head Teacher Ms Svilans offers excellent advice for the acquisition of books in that genre. We also have an extensive collection of study guides and past HSC papers which are available for students to borrow. Students can print from their computers to our printer and scanning is also available to the students’ email addresses. Any suggestions for the acquisition of books or other resources is gratefully received by the Library staff, this adds a new dimension to our rationale.

On Monday afternoons we host the Homework Program and on other afternoons we enjoy the intellectual activity of the English groups and other assorted study groups or meetings. Mr Thompson is available in the Library, Period 4 on Wednesday to help any student with any level of Mathematics. Many other teachers offer one on one support to students and the Library is a dedicated supporter of these activities.

Students who are enrolled in the Open High School have their base in the Library as do the Distance Education students. We process all their activities with those external colleges. Students can borrow all resources from the Library with their student card so do feel free to drop in and take advantage of this incredible opportunity to extend your knowledge.

Joan Ellison, Teacher Librarian

Freshie celebrates Chinese New Year!

There are more than 20 students from China currently studying at Freshwater. They celebrated their most important festival - Chinese New Year on 19th February, which happened to be exactly New Years Day. Year 12 student Kai Chang brought back red lanterns from China to decorate the school. Year 11 students made fire crackers, Jeff Wei wrote couplets and three students worked in the kitchen to make and serve dumplings. Students gathered in the Theatre with school leaders and sang Chinese songs. Above all, the most exciting part was the dragon dance. All the Chinese students danced with the dragon into every classroom and received not only cheers but also boxes of red packets with little gifts in them. Happy New Year!

Joy Yao, Chinese teacher and student co-ordinator
Sports Report

SWIMMING CARNIVAL
The first carnival of the year went off with a splash a few weeks ago with some amazing swimming. It was a carnival where Year 12 went in with huge expectation after their clean sweep in all carnivals last year but Year 11 had other ideas and turned up ready to compete. Year 12 won the fancy dress category but unfortunately, that was the end of their success on the day! Nine records were broken on the day - which in itself is a record!

Jakob Hammond was outstanding in the 16yrs boys’ events, breaking the record in the 50m Freestyle which has stood since 2003, he followed this up by taking 3.58 seconds off the 50m backstroke record and set a new record in the 50m breaststroke and 100m freestyle. Needless to say he was our 16yrs boys age champion!

In the 16’s girls, Natalie Jander set records in the 50m Freestyle and 50m Backstroke, and was the age champion. Age Champion in the 17’s girls was Isabella Wolff and she also broke the 100m Freestyle record. Not to be outdone, Ejay Schaffer broke two records in the 17’s boys’ age group, the 100m Freestyle and the 200m Individual medley, and he is the age champion. These and other athletes went on to compete at the Zone (team pictured below) and some to the Regional carnival. These carnivals will be reported next term.

VOLLEYBALL
Our girls’ volleyball team have been enjoying some great successes this year with some hard fought matches. We were up against Carlingford High school in the first round. It was a very challenging match, lasting over 90 minutes, the match see-sawed throughout, but the Freshie girls managed to outlast their very well organised opponents and win it in 5 sets.

This took us out to Olympic Park to play rounds 2 and 3 of the draw. Our girls played brilliantly in both their matches; won against Kincumber High School 3-0 and then took on the very professional looking Riverside Girls. We won the first two sets quite convincingly, but Riverside came back at us in the third. They held set point at 24-22 but perfect serving and sheer determination kicked in and we won the next four points and the set 26-24. We next play Wadalba Community School in the regional semi-final during Week 10. To top off a great day, Alyson Theseira was selected for the Sydney North Regional team.

The boys’ team played against Normanhurst Boys High school in an incredibly close match. We were quietly confident after winning the first two sets, but Normanhurst went up a gear and made a big come back in the next set, winning it 25-22. This provided them with some momentum, and in a match that went for over two hours, Normanhurst won the next two sets as well. Our boys were gallant in defeat and thoroughly enjoyed the tough match. Congratulations to Devin Pandiyan who has been selected in the boys Sydney North Regional team.

FUTSAL
Our boys and girls Futsal teams were back in action last Friday at the Windsor Regional Futsal Championships. These very talented players had an amazing day, and between the two teams, played 14 matches, won one, drew two and lost two. Unfortunately, the only two games we were defeated in were the two grand finals - the boys going down 3-2 to Glenwood High School, and
the girls beaten by Gungahlin College 2-1. Our players put on a very classy display and have qualified for the State championships at Penrith in July. Congratulations! The teams are pictured below.

**RUGBY UNION**

Congratulations to Eddie Fry, Cameron Signorini and Nathan Williams from Year 11; and Luke Milham and Scott Hamer from Year 12 who have been selected for the regional Rugby Union squad. They are all training hard, hoping for selection in the final team to play early next Term. Good luck boys!

**GIRLS TOUCH FOOTBALL**

In the first game of the year the Freshwater team faced Macarthur Girls High School. The Freshie team started out well, scoring in the first 2 minutes of the game which added pressure to the opposition. Further great defence by Natalie and Tully made it extremely hard for the opposition to score. Throughout the game the Freshwater team worked well together, initiating several strategies to attack the opposition’s line enabling Ally, Georgette, Tamara, Sinead and Cat to get across the line and score some great tries that produced a winning result of 21 - 0. Congratulations to all the girls within the team, they did a great job! The next match will be against Asquith, to be played shortly. The team members are: Georgia Toovey, Tiarne Casey, Tully Marr, Georgette Randall, Sinead McNamara, Margot O’Brien, Ally Cooke, Tamara Black, Ally Green, Xanthe Shepherd, Renee Cosh, Caitriona Laing and Natalie Jander.

**GIRLS BASKETBALL**

Round one of the girls basketball saw them playing against Killarney Heights High School. The girls were prepared for a tough game. The Freshwater team had a slow start with the score after the first quarter demonstrating how strong Killarney was. After some motivation from stand-in coach, Reece French-Lightfoot, the game was then played with high intensity towards the finish with entertaining moves from both teams.

The great attack from Tully, Tamara and Ally Green saw Freshwater shoot some beautiful hoops, paired with strong defence from Naomi and Ally Cooke. The girls put up a good fight towards the end of the game but unfortunately couldn’t match the intensity of the opposition who ran away with 31-23 win. Well done to all the girls in the team, they all delivered a great game! Lastly, a big thank you to Josh Champion who refereed the game and to Linda Marks who gave up several early mornings to coach the girls this year. The team members were: Ally Cooke, Ally Green, Tamara Black, Tully Marr, Lauren Perry, Georgia Gale, Ann Khoulmounian, Naomi Peterson, Rebecka Einspinner and Alyssa Perry.

**COLLEGE SPORT NEWS**

The Girls Open College Waterpolo team had a successful day at Ryde Aquatic Centre last week, just missing out on becoming the Sydney Metropolitan winners in round 4. The results were:

Game 1 vs Pittwater HS - NBSC won 27-0.
Game 2 vs Riverside - NBSC won 8-7 in an exciting match.
Game 3 vs Burwood - NBSC lost 10-11 in an amazing match!

The girls were an absolute delight to accompany for the day, showing both commitment and incredible talent. The team members from Freshwater were Charlie Jacobs, Natalie Jander and Isabella Wolff.

Equally successful were the Open College Netball Girls at the Gosford Knockout Competition.

Game 1 vs North Sydney Girls - NBSC won 96 - 4 !!
Game 2 vs Henry Kendall - NBSC won 62-17

The team (including Freshwater students Mia Kovacevich and Tamara Black) will now play Northlakes sometime in May.

Lisa Peterson, Sport Co-ordinator - with input from Shannon Cooper and Vicki Busse
Our school now subscribes to CAREERSWORKS.

CAREERSWORKS is for students and parents. There’s just so much careers information in the public domain, but it’s not always easy to find ... particularly when students only want the immediate answer to a specific HSC, tertiary education, or study related question.

CAREERSWORKS is a student-friendly platform based on “back to the source” for all information ... intuitively navigable ... an up-to-date and comprehensive directory of Career resources.

CAREERSWORKS has been designed to disseminate Careers information to secondary students and those who care for those who care for them ... optimised for all online devices and accessible anywhere, anytime.

How can students apply for a TAX FILE Number? Unfortunately schools can no longer administer applications for students. Any student needing a Tax File number must now apply online or present POI (Proof of Identity) documents at a participating Australia Post Office. More information on applying online can be found at ato.gov.au by searching for “QC27248”

A successful University Information Evening was held at school on Monday 9th March. The Performance Theatre was full of Year 12 students and their parents, and as a result of this evening we believe Year 12 are feeling inspired and motivated. Careers interviews are being booked by students to work out what university courses encompass their interest and abilities. Make sure you book an interview time to make your plans!

As a follow on from the University Information Evening, Year 12 will be attending the Careers Expo on Friday 15th May where all NSW universities will be present to offer students a wider range of course information for next year. The Expo
provides a great opportunity for Year 12 students to access a huge range of the most up to date career information at this one stop shop. Representatives from industry employer groups, Northern Sydney Institute of TAFE, private colleges, Gap Year providers and lots more will be present to talk to students about the opportunities they are offering for 2016. A visit to the Careers Expo is an essential step in preparing for life after the HSC. We have found in past years that a visit to the Careers Expo is most helpful for students who do not know what they want to do after Year 12. Permission notes are available from the school front office and careers office. The signed note and payment of $10 (bus fare and entry fee) are due to the front office now. Thank you to all those students who have already paid and returned notes - you have taken another step toward securing your future!

**Cadetships**

Professional Cadetships Australia is offering Business Cadetships (now open for application) and Engineering & Technology Cadetships (open for application 28th April). Why should you consider a cadetship? You get paid while you study at University plus you gain industry skills and experience so when you graduate you have more than just a degree to offer an employer. More information about these can be found at [www.businesscadetships.com.au](http://www.businesscadetships.com.au)

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**STA (Students Take Action) Report**

**Community Outreach Group and Positive Education**

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Within the model of positive education, “MEANING” is defined as understanding, believing in and serving something greater than yourself and deliberately engaging in activities for the benefits of others. The intrinsic value of contributing to others and the community provides a strong rationale for a focus on purpose within schools. Instilling students with a sense of responsibility to the world and a commitment to helping others is a valuable objective. In addition to being worthy in their own right, there is evidence that doing things for others, and having a sense that life is purposeful and meaningful, contributes to students’ psychological and physical health.

**MISSION STATEMENT**

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

Through aiming to make a difference in the lives of others, both in our local community and in our sister school in Tanzania, Africa, STA students undoubtedly develop greater resilience and self-esteem.

Barbara Leonard, STA co-ordinator and Girls Supervisor
"We reach out to our community in order to enrich all of our lives" – this is Student Take Action’s (STA) mission statement and the reason we meet every week. STA aims to provide for those less fortunate than us in our local community and around the world, to make a big difference through small contributions. We participate in local and overseas projects in order to raise awareness to give back to the community. Freshwater Senior Campus and STA is committed to giving $5,000 each year to our sister school in Tanzania, Hanga Vocational Training Centre to help the students graduate.

Throughout this year, STA has organised various activities and fundraisers. Our first project was Valentine’s Day where we shared the love, selling roses, heart-felt messages and heart shaped lollipops. Through this we were able to raise $200 to contribute towards purchasing 200 chocolate bunnies, which we took to Mona Vale Hospital to give to the patients and staff for Easter.

During the course of the year, we have held three mufti days, two of which had an additional cake stall and one we held a BBQ. In doing so, we raised much needed funds for our sister school in Tanzania. This has gone towards providing learning supplies and school improvements. Through the involvement of the whole school, they were huge successes, as we raised over $2,500. At the BBQ, a great vibe and atmosphere was created by the talented music students performing great tunes inspiring some fabulous dance moves from our wonderful teachers (Ms Chowdhury and Dr Brown). With the help of the Year 12 leadership team, hundreds of sausages were cooked and sold to our ravenous peers.

STA has worked with the Salvation Army on two occasions during this year. On 24th May, we participated in the Red Shield Appeal, where we walked around the streets of our local community and knocked on doors collecting donations for the Salvation Army. At the beginning of Term 4, 12 STA students, Mrs Leonard, Mrs Moran and Mr Pikardt went to the Salvation Army, Surry Hills “Street Level” Centre where we participated in the “STUMP” program. This saw us volunteering in their op-shop, food market and kitchen, serving meals whilst interacting with their local community. In the evening, we were able to go on a street walk around the inner city where we were exposed to the homeless community who sleep rough every night. This was an eye opening experience that allowed us to realise just how blessed we are.

During Term 4, we are able to support Pink Ribbon Day through selling ribbons, pens and collecting donations. This money goes directly to the Breast Cancer Foundation and helps to raise awareness for breast cancer.

Along with a choir from Manly Selective Campus, STA travelled to the War Vets, where we spent two hours with the aged and the elderly trying to brighten up their day through sharing the Christmas spirit, singing Christmas carols, listening and giving them chocolate Christmas Santas.

Each year a group of students from STA go to Mona Vale Hospital for a Christmas visit, where we take chocolate Santas and spread the Christmas joy amongst the patients. This is a great experience as it enriches our lives, as well as those in the hospital.
2014 Visit to “Street Level” Centre, Collaroy War Vets and 2015 Valentine’s Day Fundraiser

World’s Greatest Shave

On Friday 13th March, Eddie Kubur, one of our Integrated Studies students participated in the World’s Greatest Shave at the Harbord Diggers Club. Eddie raised close to $1000 for the Leukaemia Foundation, and was cheered on by family and fellow students alike.

-Jane Vieceli, Integrated Studies teacher
### School Calendar

<table>
<thead>
<tr>
<th>Week</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>Weekend</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>10 APRIL</strong></td>
<td>30</td>
<td>31</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4/5</td>
</tr>
<tr>
<td>10 APRIL</td>
<td><strong>Y12 Half yearly exams</strong></td>
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**TERM 2**

<table>
<thead>
<tr>
<th>Week</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>Weekend</th>
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</thead>
<tbody>
<tr>
<td><strong>TERM 2 1 APRIL</strong></td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23/24</td>
<td>25/26</td>
<td></td>
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<tr>
<td><strong>TERM 2 1 APRIL</strong></td>
<td>School Development Day (no students)</td>
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<tr>
<td><strong>TERM 2 2 MAY</strong></td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>1</td>
<td>2/3</td>
</tr>
<tr>
<td><strong>TERM 2 2 MAY</strong></td>
<td>Year 11 Parent / Teacher night</td>
<td></td>
<td>School Athletics Carnival – 9am – 1.30pm</td>
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<tr>
<td><strong>TERM 2 3 MAY</strong></td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9/10</td>
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<tr>
<td><strong>TERM 2 3 MAY</strong></td>
<td>Zone Cross Country – Pittwater Rugby Park (TBC)</td>
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<tr>
<td><strong>TERM 2 4 MAY</strong></td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16/17</td>
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<tr>
<td><strong>TERM 2 4 MAY</strong></td>
<td>Open Day 3pm to 7pm</td>
<td></td>
<td></td>
<td>Y12 Geography excursion - Pyrmont</td>
<td>Careers Expo – 10am – 1.10pm (Year 12 only)</td>
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<tr>
<td><strong>TERM 2 5 MAY</strong></td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23/24</td>
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<tr>
<td><strong>TERM 2 5 MAY</strong></td>
<td>Year 11 Assessment Week</td>
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<td></td>
<td>Zone Athletics Carnival - Narrabeen</td>
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<tr>
<td><strong>TERM 2 6 JUNE</strong></td>
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<td>30/31</td>
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