From the Principal

Three weeks have already passed this term and this article has given me an opportunity to reflect on the strengths and challenges we have here at Freshwater. Our strengths clearly lie in our dedicated teaching staff, wonderful facilities and the majority of our student body who are dedicated to learning.

Our challenges lie in getting the little things right. From my perspective, time on task needs to be maximised, therefore the students need to be at school and in class on time. Commitment breeds success. There is a myriad of things going on in our students’ lives but their priority needs to be to do the best they can at school so that they have the greatest amount of choice when they leave. Attendance and punctuality is a reflection of attitude and without the right attitude there is inevitably disappointment. We have this week implemented a music system to replace our bells not only to lift the spirits of the staff and students but also to set clear timeframes around lesson times. When the music stops the lesson starts and everyone is expected to be there.

The school’s reputation is based very clearly on how our students present themselves in public. While many do the right thing as regards uniform I am disturbed that some are not willing to comply with standards that have been set by the school community. Please assist us in making sure that your son or daughter is dressed appropriately and takes pride in his or her appearance. To compromise on our standard of dress is to compromise our good name.

Frank Pikardt

From the Year 11 Deputy Principal

Term 1 was a busy period for Year 11 settling down into Freshwater, making new friends and getting acquainted with their teachers and subjects. As I have said previously, the ethos of our school is “Positive Education”. It is based on knowing one’s goals and having strong relationships with the people that count. It also involves making productive use of time, working “smart” and focusing on solutions. It may even involve turning a negative situation into something positive, such as working with small, available “pockets” of time.

Attendance at school is of paramount importance and is closely monitored. Whilst the majority of students in Year 11 go to every lesson, some have been slipping. Students are interviewed regularly about their attendance, and in genuine instances where there has been sickness or official business resulting in absences, reminders are given to students encouraging them to ensure that work missed is caught up and assessment tasks are progressing. Students who do not have genuine reasons for absences are given reminders that BOSTES requires a minimum amount of school hours to be undertaken in order to achieve a Preliminary HSC.

I believe strongly in the role of the Careers Advisers at school and have encouraged many students to make appointments with Ms Melissa Penrose or Ms Maryann Rogers. These interviews should be conversations about strengths and areas of interest. It is about whether a student is prepared to commit to an area of study and turn it into a lifelong journey and career. The discussion should initially establish what these interests and strengths are, and in a follow up appointment,
the Careers Adviser should be able to help present a series of options which may include tertiary institutions, TAFE courses or job opportunities that are achievable for the student.

At this point in the year, all students should be familiar with the school and their teachers, as well as the expectations in terms of each course. “Free” periods must be managed correctly and are not just an opportunity to waste time - they are actually termed “study “periods. Clever students will utilise them studying, completing homework in the library or even preparing for an upcoming lesson.

It is great that so many friendships have been forged in a short period and I hope that many of these are lifelong. Students should be aware of the demands of a busy social life and expectations at school, and be able to somehow balance the two. I hope Term 2 is a positive time for all and that those affected by the recent storms get back on their feet and return to a normal working routine.

Chris Mortimer

From the Relieving Year 12 Deputy Principal

As most of you would be aware, the previous Deputy Principal, Mrs Emmerton, is now the Principal of Killarney Heights High School. I have been given an amazing opportunity therefore, to see the school from a completely different perspective to my usual role as the Counsellor.

And what a Term it has been so far; storms, blackouts and hail! I hope this is not an indication of what the rest of the Term will be like! On a more positive side I have already witnessed an incredible display from Year 12 at the Athletics Carnival. Despite threatening weather they turned up in numbers not seen for years, they had fun and participated, most got wet but kept smiling.

Despite the blackout on the first day back, the bulk of the students were here and while there was some anxiety about the lack of power to charge phones they continued to work much like students of previous generations; no laptops, no smart boards, no heat and no lights. They and the teachers rose to the occasion admirably.

All of Year 12 have received the results of their half yearly exams. Parents will receive the reports in Week 6. Some students are disappointed with their results, some have decided to drop a subject and some now feel that they want to leave school. One of the main reasons for these exams is to give students and teachers an opportunity to identify strengths and weaknesses, to determine whether goals are realistic and to identify the work that has to be done in order to gain the best possible results in the HSC.

The following are probably the three most significant factors impacting on academic performance:

- **Attendance**: students need to attend all lessons on time. There are numerous studies that make a clear link between attendance and success.
- **Preparation**: students need to be familiar with course content and in particular, the vocabulary of the subject. They need to be prepared for exams and assessments and not leave everything to the last minute
- **Stress management**: While stress is a normal part of exams and the HSC, how it is managed can make a huge difference to performance.

So let’s use the recent results as an indication of what changes and strategies need to be employed for future success.

Caroline Powell: M.A. Dip Ed, School Counsellor, Registered Psychologist
It was a very wet and stormy welcome back for Year 12 with the inclement weather of the first week of Term 2. Teachers and students admirably carried on with lessons on the first day without power. While most students were able to make it to school, albeit a little damp and without internet access, some students’ families had to be evacuated from their homes and are still staying in alternate accommodation. As Year Advisers, we spoke to the students concerned and want to commend all of them on their maturity under pressure in dealing with their situations. They demonstrated the qualities of leadership that can, at times, go unnoticed.

Students will have received their results for the half yearly exams. As importantly, they will have received valuable feedback on how to make improvements. While exam results can be a source of anxiety, we encourage students, parents and guardians to view them as a tool and guide for areas to work on and refine. This is the perfect time for students to approach their teachers for extra guidance, so as to revise their study plans and reflect on manageable ways to go forward and achieve their personal best.

With sunny times forecast, both literally and metaphorically, the staff are focused on solution based outcomes. This equates with helping each other and students to build on, and link areas of strength, as a means of staying positive and moving forward to reach our preferred futures. Students demonstrated this positive spirit themselves in their impressive attendance level and enthusiasm at the Athletics Carnival, competing in wind and rain with smiles, laughter and camaraderie.

On another ‘sunny’ note, our aural bells for class times have changed. This week, we started with musical extracts from songs. Rather than the loud amplified alarm, we have implemented teachers’ requests of musical compositions that will be played for the period of time whereby students should be in class. The race for song extracts was prolific and Mr Herft has been compiling tunes that will reflect the eclectic requests of staff. The inaugural musical bell for first period was Jackson Five’s ‘ABC’. This certainly had the desired effect with some students singing and dancing in the corridors!

So after a wet and soggy start to Term 2, our intention with musical bells is to have students not only in class on time, but inspired by the spontaneity and power of music. We wish students a successful Term 2 and look forward to seeing them dance their way to class, in step with staying positive in the lead up to the HSC.

From the Year 11 Advisers

Year 11 are well and truly into their Preliminary studies this term and at this point may be feeling overwhelmed by the work load. To avoid unnecessary stress and anxiety, students should always begin assessment tasks or homework as soon as possible - I know that’s easy for a teacher to say, but once students get into the habit, it will come easily.

It was great to see so many parents at the recent parent teacher interviews. If you need to discuss anything with any of your child’s teachers then contact the school via email or phone to make an appointment. A student should see Mr Mortimer if he or she feels they would benefit from a personal learning plan. Alternatively, the Year Advisers are the people to make contact with if a student needs someone to chat to or help with alternative strategies for coping. However, a student’s most important tools are his or her teachers who should be consulted with questions before things
become overwhelming. Completing drafts for feedback to make sure a task is on the right path is also a good idea (but not the day before a task is due)!

As we move into the cooler months and sickness prevails, a student who has been absent must make sure he or she sees the teacher upon return to class to seek the work that has been missed. A student who has taken time off due to a family trip or prolonged absence should also ensure work is sourced in order to keep up to date with the course work. Anyone who is away sick, please ring the school office on the day so teachers can be made aware of this.

On Monday, 16th March, 300 Year 11 students met at Manly Wharf to participate in the Urban Challenge. It was great to see so many groups get into the spirit of the day and dress up – the ‘High Vis’ group, the All Black group and the Hawaiians all stood out. All students were given a role in the group – such as accountant, photographer and keeper of the transport tickets. It was a long and exhausting day, but all would agree that we were on the go the whole time and we certainly met new people and tried new experiences! Some hadn’t caught the Manly Ferry in years, others hadn’t been to Chinatown or Surry Hills and most figured out ways to be creative and earn bonus points. Some began their challenges in Manly, whilst the rest headed over to Circular Quay to start. We crossed the Harbour Bridge, walked to the Botanical Gardens and Government House to find clues, caught trains to Wynyard and Surry Hills, played laser tag at Chinatown and table tennis in Darling Harbour. The day culminated in students haggling for the best priced dinner at a restaurant in Chinatown. Afterwards, a quiet ferry trip back to Manly due to complete exhaustion ended the day (as well as an ice cream for those who had money in the kitty)! Congratulations to Mrs Low’s group who won the overall challenge with the most points!!

The last day of Term 1 was spent at Palm Beach - the weather was kind to us and we were able to have a leisurely walk up to Barrenjoey Lighthouse. We were refuelled afterwards with a BBQ lunch. The rest of the afternoon was spent playing soccer and enjoying the park and beach surrounds.

As always, we are astounded at the talent of our students – from drama and musical performances to art and textiles pieces as well as the sportsmen and women and scientists among the group who take an active interest in the world around them. Congratulations to Tomiah Patten, Kimberley Lockie, Rachel Fehily, Georgia Etherington, Jessy Kennedy and Alana McKinnon (Year 12), who went to the USA in Weeks 1 and 2 of this Term to compete in the Cheerleading World Championships. They performed outstandingly and were able to match the Americans at their own game with fantastic results. Well done girls – we look forward to a demonstration next assembly!!
**Careers News**

The following careers events and opportunities are happening over the next few weeks:

- **Meet the Business Leader** – an opportunity for Year 12 students to meet over 20 top firms and Universities offering Cadetships and Work Placement scholarships for 2016. This event occurs on Wednesday 20th May, 5pm at Crystal Palace, Luna Park. To register, go to: charteredaccountantsanz.com/mtblnsw

- The **Engineering & Technology Cadetships Program** is open for application. Go to: www.etcad.com.au

- **UMAT** (Undergraduate Medical and Health Science Admission Test) is now open for application. This test must be undertaken by students wishing to study in Medicine or Optometry at University in 2016. The closing date for application is June 5th and the exam takes place on July 29th. Go to: www.umat.acer.edu.au

- **UNSW Co-op Scholarship Career Evening** is on Wednesday June 3rd, to register go to: http://www.whatson.unsw.edu.au/egateway/students.schedules_search?p_event_id=70

- Brookfield Multiplex, a global contractor, is keen to hear from current Year 12 students who are looking to enter the **Construction Industry** (‘rather than simply a trade’). Contact the Apprentice Master, Graham Broome on 9322 2243. Act now!

- Macquarie University is now taking applications from Year 12 students for the **Global Leadership Entry Program**. The program is for all-rounders wishing to study at Macquarie in 2016. More information about the program and the opportunities it will provide students can be found via links at: mq.edu.au/glep

NB: Applications for Schools Recommendation Scheme (previously called Early Entry) for university do not open until Term 3.

Finally, Year 12 students are strongly encouraged to have a Careers Interview if they have not already done so. Please come to the Careers Office to book a time. We are available during your study periods, as well as during breaks and at lunch.

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**Freshie students shine at “OnShow”**

Selected Year 11 and 12 Music students at Freshwater Senior Campus graced the stage at the 2015 ‘On Show’ – a range of performances from the Northern Beaches Secondary College.

Freshwater Senior Campus has always had a great impact on the show, and this year proved to be no different, with two standout items showcasing the talents of Music 1 and Music 2 performers at the school. Students are continually encouraged to communicate in music, both to the audience and each other, and public performances like ‘On Show’ are always a great opportunity to put this into practice. Freshwater Senior Campus was noted as being the school that made it one of the best OnShow productions since its inauguration. We are so proud of all of the Dance, Drama, Music and Entertainment students involved that made it such a success.

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Melissa Penrose

Maryann Rogers
While we have fantastic performances within our school, our students are taking advantage of our extra-curricular opportunities that harness musical excellence. We encourage all students to apply for these opportunities, as they not only foster musical excellence, but they also create professional networks that can assist students with their careers after they leave school.

In January 2016, selected students from Freshwater Senior Campus and Manly Selective Campus will be taking a combined Flamenco Guitar Ensemble to Spain! Alexandra Wilson (Year 11), Caitlyn Perry (Year 12), and Sean Niven (Year 12, 2014) will be representing the school in a range of performances during the tour of Spain.

Another great opportunity lies with the Arts Unit, specifically the NSW Public Schools Senior Singers Ensemble. Caitlyn Perry (Year 12) has represented the school in this elite ensemble. The NSW Public Schools Senior Singers is one of the premier student SATB vocal ensembles in Australia. The ensemble proudly celebrates a long history of high achievement and regularly performs at prestigious venues including the Sydney Opera House and The Sydney Town Hall. Caitlyn recently performed with the group for Norwegian royalty – King Harald V and Queen Sonja at the Governor’s house. We congratulate her on this outstanding achievement!

Andrew Herft, Music teacher

A message to all Year 12 from the Leadership Team

One of the most appealing aspects of FSC is the support students receive from their teachers and from each other. With the half yearly exams now out of the way, it is very important for us to remember this. While it can be easy to shut yourself away from friends, and class mates, to guard against competition, when this happens, we all lose a powerful support network. If we focus too much on ranks, and competing to get the best rank, we could be doing ourselves a real disservice, because it’s together that we can best improve our marks.

After all, we are a cohort, and when the cohort does well, each one of us benefits. On the other hand, if we lose sight of the benefits of working together, and end up not getting the best marks, then the reverse applies.

We all have something to bring to the study table, and we know that teaching something is the best way to learn it well. So I’d like to suggest that we look out for each other instead of looking away, that we work together to help raise the Year rather than working in total isolation with a limited focus on our own individual rank.

Competition is healthy, but so too is collaboration and mutual support. If we can find balance, support each other, and stay positive, we’ll find that success is there for us all to enjoy.
From the Learning Support Co-Ordinator

I had the great privilege of travelling with my husband to China at the end of last Term. Whilst there, we spent a week on cultural exchange in a very large regional school in the southern town of Ren Hua.

There are many differences between the Chinese and Australian Education systems. Fifty students in every class, very long days for staff and students, and vastly varied curriculum patterns are but some of those obvious variants. What really surprised me though, were the similarities between our students here at Freshwater and those at Ren Hua. In every class I taught, there were students who were enthusiastic, perfectionist, studious, engaged, tired, happy, anxious, smiling, academic, non-academic, and everything in between.

Unlike my husband, I’m not an English teacher, but my role was to spend time speaking English with the students. Like Freshwater students, every student in China must study English. Additionally, Chinese students must also complete an oral English exam as part of their final exams. Many students find this particularly difficult. They have very limited opportunity to converse with native English speakers, despite this being an examinable component. This explains why I had a very sore throat after conversing with over 2000 students in 5 days!

Interestingly, despite the golden opportunity of a VERY non-Chinese speaking - English speaking teacher in front of them, many students were reluctant to begin a conversation with me. Drilling more deeply, I realised it wasn’t necessarily because the students were shy. Instead, like many of our students, they were AFRAID of making a mistake. They were worried that their English wasn’t good enough, thus sitting silent rather than risking saying something to me that was incorrect. An opportunity to take a risk and learn, instead lost and consumed by fear of failure. I took the opportunity to discuss as best I could, the advantages of making mistakes. A mistake is a golden opportunity to learn. With students here at Freshwater receiving feedback on a daily basis, much of it highlighting errors, many opportunities exist to see mistakes as friends, rather than foes.

All students should feel confident that with the support of their teachers and peers, that mistakes can be easily turned into positive learning opportunities. Take the risk, open your mouth and have the conversation. Seek the feedback that will help you to improve. Learn to see the learning opportunities that exist in a comment or red pen on your paper, knowing that treated properly, these mistakes are unlikely to be made again.

Cathy Moran

From the Head Teacher Secondary Studies

On Tuesday 5th May the Wellbeing team ran a Parent Anxiety Workshop “Be Alert Not Alarmed” for HSC parents. This was the first time we have run this activity in a very long time and it was a huge success. Firstly I would like to acknowledge my Wellbeing team members who helped run and present the evening: Caroline Powell (Relieving Deputy Principal and Counsellor), Cathy Moran (Learning and Support Coordinator) and Year 12 Adviser Kim Hamilton (Andrew Herft and Marie-Anne Sykes were unable to attend on this occasion). They are an awesome team and we work well together to ensure that we look after the wellbeing of all the students to the best of our ability.

The evening was a great conversation starter for families – hopefully the dialogue around worry, stress and anxiety can open up a better understanding between students and their families. We here at school are constantly demanding the best from our students and whilst high expectation is a core Freshwater belief, we are also mindful that students’ lives are full of complexities and the HSC is just one path for success. Our advice is to be patient with your children as they navigate their way through this treacherous year. However, that doesn’t mean you need to accept abuse, bad behaviour or a lack of effort.

My hope is that evenings like the one described above can open up conversations between parents and students, and also parents and the school. If we can work together to support students as they complete their final year then surely we will continue to have outstanding results both academically and personally.

Jasmin Chowdury
From the Sports Co-ordinator

BOYS BASKETBALL

After a forfeit earlier in the year, the boys’ basketball team played a later game facing Mosman High as their first opponents. Mosman were quick off the mark and were effective at putting our team under pressure. At the conclusion of the first half, Mosman had a slight advantage over Freshwater, being ahead by 8. In the second half, the Freshwater boys went onto the court with extra motivation from the supporters. There were outstanding plays from Reece, Miller, Sam and Josh who worked fast in attack adding pressure to the opposition. There was also amazing defence by Riley and Harrison which made it difficult for the opposition to score. With a nail-biter of a finish, the Freshwater boys fought hard to play a strong and fast paced game giving them a winning score of 26 - 21. Well done to all the boys involved: Reece French-Lightfoot, Miller French-Lightfoot, Harrison Drew, Sam Halsted, Matt Bath, Patrick Wood, Riley Mackie, Josh Champion, Ezra Knight, Callum Denmead and Tayller Baptistini.

BOYS TOUCH FOOTBALL

After a forfeit in the second round of the boys touch, the boys were up against Manly Selective Campus in round three. The game started off extremely fast with Manly putting Freshwater under pressure. After a slow start by the Freshwater team, they switched on and started to dominate the game. The boys attack was unbeatable with Andy, Scott and Mason scoring 7 tries between them enabling Freshwater with a winning score of 9-2. Big congratulations to all the boys within the team; each and every one of them did a fantastic job. Also, a big thank you to James Marks for coaching the team so far this year. The boys now move onto a round robin tournament played at Bill Sohier Park, Central Coast on the 22nd May. The team members are: Asher Riese, Andy Higginson, Jeremy Allen, Michael Riggio, Nathan Williams, Alec Panetta, Campbell Marks, Mason McDonald, Scott Hamer, Sam Halsted, Jakob Hammond, Isaac Earl, Joel Cambourne and Tayller Baptistini. Good luck boys!

BOYS FOOTBALL

Our boys came up against a very high quality Carlingford High School at the end of last term. With a skilful team, our lads went into the game full of confidence. We scored first with a brilliant strike from Jack McGinley very early in the match, but Carlingford hit back and equalised within minutes. It was going to be a tough battle with the opposition having a Sydney FC youth player in their midfield. He was very talented and had impressive skills, but Andy Higginson did a great job repeatedly shutting him down.

In very hot conditions our boys began to fatigue, but Brendon Zappia threaded a shot into the top corner through a maze of defenders to score our second. Carlingford were assisted by a free kick just outside the box which snuck its way just inside the left post to equalise 2-2. In a match that went from end to end with neither side managing to seal the game, it looked like we were heading for extra time. 17 seconds before the final whistle, with our defence slightly out of position, Carlingford squeezed a goal just inside the post and past our diving keeper and it was over.

GIRLS VOLLEYBALL

Our girls team trekked up to Wadalba on the Central Coast to play their fourth round match. Freshwater started strongly and won the first set 25-15. Wadalba composed themselves and played much better in the next two sets winning both 25-19 and 25-14. Freshwater girls, inspired by the fact that if they didn’t win the next set it would be their last ever volleyball match for the school, came out on fire. Our captain, Saili Falealoto served 15 consecutive aces to give us a commanding lead in the fourth set, and the girls’ confidence grew, shutting out the set 25-7. The fifth and final set began
as we finished the previous with Naomi serving 7 in a row, setting us up for a triumphant 15-4 win and the Regional final. We have now progressed into the top 16 schools in NSW, to play at the State finals series at Homebush in July.

TENNIS

Freshwater Senior Campus competed in the 2015 Knockout boys tennis competition in the Sydney North Region of the Stan Jones Trophy. This competition was named in honour of a late, great tennis player and teacher who went above and beyond the call of duty to promote the game of tennis amongst school students in NSW, many decades ago. It was a historic moment in the Freshie’s sporting tradition as it was the first time the school has entered the competition since its inception. Each round involves four players from each school competing against each other, each player playing two sets of doubles and a set of singles against their counterparts.

Freshwater’s team won the first two rounds of the competition against Narrabeen Sports High and Mosman High. The team then went on to compete in the quarter finals of the Zone against North Sydney Boys High School. This match was a great experience for the boys as it was held at Gosford Tennis Centre in a gala day setting where the winning teams progressed through to the Semi-Finals and Finals to be played on the same day. Unfortunately, North Sydney Boys High School proved far too strong on the day, beating us and going on to make the Final of the competition. Freshwater’s team consisted of Tudor Hobincu, Zachary Williams, Byron Leach, Jake Matthews, Miles Van Rhijn and Eli Cox. Each of these boys deserves to be congratulated for his sporting efforts, spirit and general conduct during the competition which made it an absolute pleasure to manage the team and spend time with these fine young men. They represented the school very well. - Roger Moore - FSC Tennis Team Manager 2015

CROSS COUNTRY CARNIVAL

After a rain soaked Week 1 of Term we were fortunate to see it stop long enough to have our Cross Country Carnival. In true ‘Cross Country’ conditions, the runners had to find their way through puddles, fallen trees, assorted debris on the track and long wet grass!

Congratulations to Matt Stirrat winning the overall boys contest (and 17 years age champion), setting a new course record. Joel Aitken came in second and Tom Garland third. The 18 years age group was won by Mitchell Scott and the 16 years age champion was Lucien Tran.

A sprained ankle saw the girls race leader, Ellyanne Slennett, bow out at the half way mark leaving Lily Kelly of Year 12 to win the girls’ race, followed closely by Isabella Wolff and Indya Hodgson as the 16 years age champion in third place. 18 years age champion was Keily Dober who came in fourth place overall. The 8 runners from each age group ran at the Warringah Zone carnival on Monday 11th May, their results will be published in the next newsletter.

Year 11 won the carnival, dominating Year 12 and scoring 292 points compared to Year 12’s total of 150 points. Year 12 will now have to pull out a huge score in the Athletics Carnival to win “The Bird”. Stay tuned till our next newsletter to see if they have the determination! Congratulations to all the students who have been competing in sport this year for Freshwater. It has been a great start to the year with many more events to come.

Dates for the diary:
Rugby League Carnival – Tuesday 19th May, all enquiries to Ashley Mathieson
Zone Athletics – Thursday 21st May, Narrabeen
Sydney North Waterpolo trials – 12th June, see Mrs Peterson for details
Interschools Snow Sports – 18th June, see Mrs Peterson for details

Lisa Peterson - with input from Shannon Cooper
College Sport teams have had a busy first term in a variety of Knockout Competitions across the region.

The Girls Open College Netball team had a convincing win in their first round game against Barrenjoey HS with a 49-20 win. The girls then travelled to Gosford early in March for the next two rounds and showed incredible talent and strength winning both rounds. The first game was won playing North Sydney Girls 96-5 and then against Henry Kendall, 62-17. The team will now play Northlakes in the 4th round in May. Freshwater students in this talented College Squad include Tamara Black and Mia Kovacevich. They are coached by Rebecca Angus.

Congratulations also to Tamara Black who was successful in making the Sydney North Open Girls Netball Team to attend the NSWCHS carnival from Tuesday 26th May to Thursday 28th May in Wollongong.

The Girls Open College Waterpolo team was selected following trials early in March before they travelled to Ryde Aquatic Centre for three games in one day. The squad progressed through two rounds but were unfortunately knocked out in the final game by one goal against Burwood Girls. Results by round were; NBSC College defeated Pittwater HS 27-0, NBSC College defeated Riverside 8-7, and NBSC College were defeated by Burwood 10-11. The girls played well together coaching and mentoring themselves through each of the rounds and are to be congratulated for their enthusiasm and dedication. The Freshwater students in this squad included Charlie Jacobs, Natalie Jander and Isabella Wolff.

The Boys Open College Waterpolo team was equally successful in their games at Ryde Aquatic Centre the following week again progressing through two rounds to be knocked out by Balgowlah Boys in their final game! Results for this talented team were: NBSC College defeated Galston 24-5, Homebush 12-10, and but were defeated by Balgowlah Boys 8-13. It was nice to see the final round for the day being played by two very strong NBSC teams where friendships across the teams were evident. The Freshwater boys who made up the core of the team were Conner Wood, Greg Izossimov, Ejay Schaffer and Isaac Williams.

Congratulations to the following Freshwater students: Zac Walker, Riley Mackie and Adib Memari who were selected in the Boys Open College Hockey team to compete against North Sydney Boys in the first round of the Knockout Competition last week. They put in a very strong performance to win the match 4-2. The team is looking for a few more players to join the squad, so if you play representative hockey or hockey at a high level please contact Vicki Busse in the College Administration Office for further information. Finally, a big thank you to Ms Saunders, (Mackellar Girls Campus) for running the trials and selecting the teams.

Vicki Busse - Relieving College Sports Coordinator
STA (Students Take Action Community Outreach Group) Report

EASTER JOY AT MONA VALE HOSPITAL

Once again, in our great Freshwater Senior Campus tradition, a delightful group of STA students, laden with Easter baskets of delicious chocolate bunnies, donned “bunny ears” and headed off to Mona Vale Hospital in the College bus, purely intent on brightening the lives of both patients of all ages and staff.

It goes without saying that the huge joy of giving, in addition not only to the opportunity to, but also the experience of reaching out to others, builds greater strength, self-esteem and resilience in the “giver”. Our students are richer through this experience.

Barbara Leonard, STA Co-ordinator, Girls Supervisor
Faculty in Focus: Integrated Studies

The Integrated Studies students have had a busy start to the year, heading out to Wet ‘n’ Wild with Year 11 for a day of gravity defying rides. Our students also competed in the school Swimming Carnival to loud cheers from the crowd. Both Eddie and Amelia went on to swim at the Zone, which was a great achievement. Term 1 ended with a bus trip to Palm Beach and a walk up to Barrenjoey Lighthouse which was another great opportunity to get to know new people.

From the very start at Freshwater Senior Campus, the emphasis for our students is to prepare them with the knowledge, skills and confidence they need to participate effectively in the community. To consolidate pedestrian skills we undertake weekly travel training in the local area. Every Tuesday the students attend work experience at various sites including Taronga Zoo, Fighting Chance and Sunnyfield Chatswood. Our work experiences at school include shredding, assisting with laundry and restocking the school canteen. Our garden is flourishing, supplying the school kitchens with fresh herbs, fruit and vegetables. We are gardening with a Year 12 mentoring group and look forward to more new friendships developing as well as sharing delicious meals prepared with our organic produce.

Future events planned include a ZooSnooZ with the 2016 leadership group and visits to local government departments such as Fire Brigade, Police and Council Chambers.

Jane Vieceli, Integrated Studies teacher
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<th>20/21</th>
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- **21 MAY**: Zone Athletics Carnival - Narrabeen
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