



# PICNIC POINT HIGH SCHOOL

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Principal  
Mr Wolly Negroh  
B Ed, Dip Teach

March 2011

PIC-NEWS

## PRINCIPAL'S REPORT

The 50 year school anniversary celebration planning is now underway. The planning committee involving current (and past) staff, students and community members are all working towards the celebration occurring in about 12 months from now. If you want to be part of the planning team or have any suggestions to make, please send an email to the school.

The Year 7 welcome to parents afternoon will be held on Monday 28 March between 4.30 - 6.30 pm. This event is organised and funded by the P&C and is an excellent opportunity to develop school/parent partnerships that will in turn assist us in teaching our children. We look forward to seeing Year 7 parents and students on the night.

Some students can experience anxiety and stress when they transition to high school as primary school friendships get broken up and social groups change. You can identify if your child is experiencing difficulty by knowing who your child's friends are and being watchful for any changes in your child's behaviour, such as if they are upset, withdrawn or anxious. If you require support in dealing with this matter please contact a member of the school welfare team. In addition encourage your child to notify a teacher at school.

Many courses at PPHS require students to present speeches and there are many ways to help your child with speech writing and presenting.

Spend some time listening to your child's speech. Watch them as they practise as they need to be looking at faces when they talk and be given feedback on how they present. Time them with a stopwatch so that they can pace their speech to reach the correct time.

### Make sure they practise:

- saying the ends of words clearly
- using a variety of pitch and pace when speaking
- looking at the audience while speaking
- glancing at their speech cards, not reading every word. More tips can be found at [www.schools.nsw.edu.au/news/ezone/yr2009/issue04/public.php](http://www.schools.nsw.edu.au/news/ezone/yr2009/issue04/public.php)

### Recent school successes include:

- Open night 2011 was an amazing success with over 550 in attendance. I think the overwhelming positive feedback we received on

open night validates what we do at PPHS and acknowledges our many strengths and successes.

- Congratulations to coach Mr O'Mullane and the open boys' basketball team scoring the very first competition win in our new gymnasium. This first time win against Chester Hill will now form part of the school's history.
- Joel and Teaghan Bartley recently competed at the state Wakeboarding championships and Joel was good enough to take out his 1<sup>st</sup> State Title for his age division while Teaghan also rode extremely well taking out 3<sup>rd</sup> place in her age division. They have both been selected to compete in the Australian Titles to be held at the Gold Coast in the upcoming school holidays.



- The recent Year 11 camp was a great success. Thank you and well done to our staff for ensuring the camp was a very worthwhile social and educational experience.

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### **Deputy's Report – Mr Baczynskyj**

Year 12 are already at the midway point of their HSC course! Many students will be sitting for Half-Yearly Examinations at the end of this term, all will have assessment tasks and some will be working on their major works. This is a good time to ensure that students have created a study timetable which also incorporates their leisure (sport, TV, friends, etc) as well as part-time work. As the HSC draws nearer it is reasonable to expect that their levels of anxiety will increase; an organised timetable for their revision, summaries and study will help them to stay focused and to see that it is all possible. It is sensible for students to reduce their number of part-time shifts as the HSC examinations approach in order for them to maximise their ability to achieve their best possible results.

Year 10 students will receive their Assessment Booklets for their School Certificate grading very soon. They will attend a meeting where the rules and processes of the school and the NSW Board of Studies for the achievement of a School Certificate are explained. It is a good idea for parents to also have a look through this booklet when it arrives home as the rules remain unchanged for Year 11 Preliminary courses and the HSC. Year 10 have also been reminded that they are to bring their laptop to school (fully charged) every day except Tuesdays. Any student having a problem with their laptop can approach Mr Mach to find out how to have it repaired.

There was an issue with some of the student diaries this year, involving the binding (or glue) coming away from the cover and subsequently pages falling out. The publisher has acknowledged the fault, provided an explanation and has sent replacement diaries. Any student with a faulty diary can bring it to me and have it replaced. It is necessary for a student to bring the old diary to me in order to receive a replacement.

All student diaries (Years 7-12) have 'passports' in them for students to receive acknowledgement for their good work and effort. Students are encouraged to complete passports and hand them in to their Year Adviser as soon as practical – parents can have a quick look to see how many merits their children are receiving. Why not have a look through student book work as well. Often it is possible to see just how well your child is approaching their high school learning through; the way in which they present their book work, the number of activities fully completed and the effort to correct or respond to any teacher feedback in the book.

This term has started extremely well. We have experienced a good deal of sporting success, all students are in uniform and following general school procedures and many positive comments are coming from visitors to the school (especially in relation to the Year 10 Peer Support Leaders who were excellent on Open Night). Classrooms are also very settled and focused and I look forward to seeing the ongoing academic success of students as the year progresses.

**Adam Baczynskyj**  
**Deputy Principal**

### **Deputy's Report – Mr Schomberg**

It has been a very busy start to the year, but I believe it to be a very positive start. When I visit classrooms, students are engaged in their learning and I have witnessed some wonderful learning experiences happening in the classrooms. I am very pleased to see such innovative experiences happening around the school.

#### **Year 11**

I had the pleasure of attending one day and night at the recent Year 11 Crossroads Camp. It was quite an enjoyable experience and the students were there to witness me overcoming my fear of heights – at least for a couple of minutes. The giant swing was for many students as well as me, a task requiring much inner strength to master. It was very pleasing to see students encouraging each other and some very scarred teachers (me!) to conquer their fears and achieve the goal – a very strong message from the camp experience.

Students have all been issued with their assessment books and I encourage all parents to look at this document and become familiar with the rules associated with achieving the Preliminary Certificate at the end of this year. In particular, the rules associated with illness and misadventure must be read and understood.

#### **Year 9**

I would like to personally thank all of the Year 9 parents who attended the Digital Education Revolution meeting at the school to discuss the issuing of the Year 9 laptops. I would also like to acknowledge the work put in by Mr O'Mullane (Technology Co-ordinator) and Mr Mach (TSO) who were responsible for the very smooth issuing of the laptops and Ms Latty (Year Adviser) who also gave up her evening to attend the meeting.

Already the computers are forming a very integral part of your child's learning. A couple of points I would like to make about the laptop program (Yr9 to Yr11):

Students must bring their computers fully charged every day except Tuesday (Sport's Day).

Students are responsible for the safety and care of their laptops. Broken screens etc must be fixed (see Mr Mach), and cost of repairs will be met by the family.

Inappropriate use of the computer will result in loss of computer privileges at school.

#### **Year 7**

All of Year 7 are looking forward to their upcoming camp. I am hoping that everyone gets the most out of the camp experience and as a parent I know that although it will be hard to say goodbye to your children for a couple of days, deep down you will probably welcome the break. The children will have a fantastic time with a very full agenda of exciting activities planned. This camp in particular does a lot for bringing the children closer to each other and bonding as a group.

**Steve Schomberg**  
**Deputy Principal**

## WHAT'S ON

Thurs 17/3	Years 7 & 10 Immunisation Day1
Fri 18/3	Lunch time Music Concert
Mon 21/3	P&C and Council Meeting
Thurs 24/3	CHS swimming (3 days)
Mon 28/3	Year 7 Immunisation Day 2
Wed 30/3	Year 7 Camp
Mon 4/4	Year 12 Half Yearly Exams
Tues 5/4	School Cross Country
Fri 8/4	ANZAC Day Service
Fri 8/4	TERM 1 ENDS

### P&C News

#### P & C News

The first P & C meeting for 2011 was held on Monday 21st February. It was well attended with both new and returning parents present. Mr. Negroh addressed the meeting and gave us an update on the end of 2010 and the start of 2011 in terms of school activities. Discussion was held on Year 7 sport organization as well as the introduction of the Mathletics program (partially funded by P & C) for Yrs 7 & 8 and one each Yr 9 and Yr 10 class.

Last year the P & C embarked on a minor project to refurbish the hall kitchen and after some ongoing difficulties with tradesmen I am pleased to say the job is now complete and we have a very clean modern looking kitchen in the hall which will make it a pleasure to use for school and P & C activities.

Sadly our volunteer base has dwindled somewhat this year and I am urging all parents to get behind the school and the P & C and offer a little time in whatever way you can. We especially need canteen volunteers as the more we have, the less we pay out in wages which means more money comes back to the school and our students. If you still have your volunteer forms at home it is not too late to complete and return them as we are always looking for more assistance. The Canteen managers can also be contacted by phoning the school and letting them know you are available to volunteer once a month or even once a term.

On the 1<sup>st</sup> March the school held a Year 7 2012 information night and as we have traditionally done in the past the P & C again hosted the cold drinks table for all those families visiting our school for prospective enrolment next year. Thank you to Louise Smith, Sue Morgan, Michelle McGregor, Kate Hallows and Debbie O' Shea who assisted me with this. We also held a Bunning's Fundraising BBQ on Sunday 6<sup>th</sup> March which was well supported and raised approximately \$1200 (exact figure yet to be calculated). I thank the following people for giving up their time to assist: Sue & Rob Morgan, Adele Wardrop, Lyndall Grant, Les Heeb, Sonya & Anthony Allington, Dianne Carroll, Kate Hallows, Kelly MacDonald, Terri Forster, Melinda Favorito, Elizabeth Symons, Lesley Single, Debbie O'Shea and Barry Butters. Thanks also to two students who came along and cheerfully sold drinks to the passing trade: Lauren O'Shea and Russell Butters.

Upcoming events for the P & C are as follows:

- 2011 Annual General Meeting of the P & C will be held on Monday 21<sup>st</sup> March, 7pm. This is the meeting where all positions on the P & C are vacated and nominations open to all to stand for a position. The cost of membership of the P & C is

\$1.00 per person and members must be financial to be able to vote. This amount will be collected at the March meeting.

- 28<sup>th</sup> March Welcome to Year 7 BBQ. The P & C will be hosting this event from 4.30 pm and all Year 7 families have been invited. This is a great way for families to familiarize themselves with the school and P & C and hopefully to come onboard as volunteers also.
- Picnic Point High School 50<sup>th</sup> Anniversary 2012 – we are forming a committee to start planning activities for this auspicious occasion and invite any interested parents and ex students to contact the school and become involved in this activity.

I hope to see more new faces along with the regulars at our AGM on the 21st March and remember children are welcome if you have no-one to mind them.

**Christine Butters - P & C President**

Email: [bjcmbutters@yahoo.com.au](mailto:bjcmbutters@yahoo.com.au)



**Michel's (Revesby)**

**Student of the Month**

**March 2011**

	Name	REASON FOR THE AWARD
7	Ethan Higgin	Excellence in Swimming and dedicated attitude in Science.
8	Rebecca Hughes	For her performance in the school Swimming Carnival.
9	Jordan Grochala	For dedication and excellence in Swimming.
10	Analise Imperato	For excellent efforts in all her subjects, outstanding success in Dance and as a Peer Support leader.
11	Patrick O'Reilly	For his excellent citizenship within the school community.
12	Kisani Whyms	For consistent efforts in class and commitment to year 12 jackets.





## M cQ SMASH REPAIRS

179 River Road Revesby  
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**24 Hour Towing - 9771 5826**  
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Courtesy Cars Available  
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GIO Recommended Repairer  
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Michel's (Revesby) are  
proud sponsors  
of the PPHS  
'student of the  
month' award.



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BANKSTOWN NSW 2200



**Kip McGrath**  
EDUCATION  
CENTRES



## SPORT A MONTH

**Give Hockey a go in March**



Bankstown Sports Hockey Club is offering FREE 'Come and Try' Hockey sessions in March as part of Bankstown City Council's Sport A Month program.

Sessions are available every Saturday in March from 2.00pm - 5.00pm (anytime between these hours) and anyone over the age of 4 years old, including adults and seniors, is welcome to join in.

If you'd like to make a booking, call Bankstown Sports Hockey Club on 0424 546 075 or just turn up to the venue on the Saturday of your choice:

**Venue** The Crest Hockey Complex, Mount Street (off Carysfield Road), Georges Hall.

[Download a copy of the Hockey Sport A Month brochure](#) or call Bankstown City Council's Recreation Officer on (02) 9707 9641 for more information



WHY NOT VISIT YOUR LOCAL COMMUNITY CLUB  
28 CHILDS STREET PANANIA  
PROUD SPONSORS OF THE  
LEONARD W. EICKENLOFF SCHOLARSHIP  
TO STUDENTS OF PICNIC POINT HIGH SCHOOL



Phone: **9772 1700**  
Fax: 9792 3960

# PICNIC POINT HIGH SCHOOL

*YOUR COMMUNITY SCHOOL PROMOTING EXCELLENCE*

*Principal - Wolly Negroh B Ed, Dip Teach*

61 Kennedy Street  
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[www.picnicpt-h.schools.nsw.edu.au](http://www.picnicpt-h.schools.nsw.edu.au)

Dear Parent/Guardian,

As part of the PD/H/PE syllabus provided by the Board Of Studies of NSW we are required to teach students in Years 7-10 about a variety of issues related to Growth and Development as well as Challenges We Face In Life. Topics we are required to cover include:

- Heredity
- Puberty, Pregnancy and childbirth
- Managing the changes that occur during puberty
- Physical, Emotional and Social changes during Adolescence
- Sexual Awareness & Sexual Harassment
- Developing positive physical relationships
- Sexually Transmitted Infections
- Homophobia & Date violence
- Sexual health & Sexual Choices
- Suicide
- Loss & Grieving
- Empathy & Understanding
- Resilience

We feel it is important that parents are informed of the syllabus that we are required to provide to students. If you do **NOT** wish your son/daughter to attend the classes when these topics are taught please fill in the slip below. If you are happy for your son/daughter to follow the program set by the Board of Studies you do not need to respond to this letter. Thank you for your cooperation and should you require further information or clarification please do not hesitate to call me on 97721700.

A. Millican  
Head Teacher PD/H/PE

I do NOT wish my son/daughter \_\_\_\_\_ to attend classes on Growth and Development and require separate work to be set for them.

Signed \_\_\_\_\_ Date: \_\_\_\_\_



Shop 32 Stockton Avenue, Moorebank Shopping Village



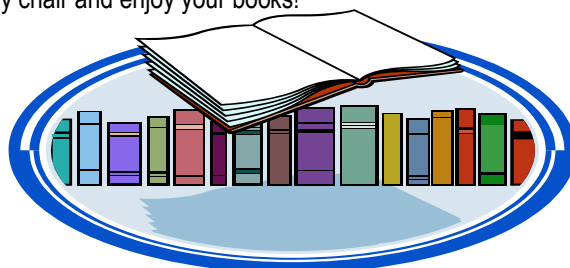
Mondays - Milperra Public School, Pozieres Avenue, Milperra  
 5 & 6's - 4.30-5.30pm  
 7 & 8's - 5.30-6.30pm  
 9 & 10's, 11 & 12's 6.30-8.00pm  
 Ladies 8.00pm

Tuesdays - Endeavour Hall, River Road, Revesby  
 13,14,15 & 1st Year Seniors - 7.00-8.30pm  
 2nd Year & Open Seniors - 8.30 till lights out

Saturdays - Girls Guide Hall, Weston Street, Panania  
 Under 5's - 9.00-10.00am  
 Louise - Secretary - 0415 339 035  
 Debbie - President - 0404 465 439  
 Janet - Treasurer - 0405 706 179  
 Helen - Teacher - 0407 893 967  
 Kirsty - Associate Teacher - 0422 476 325  
 Email us - lscastellan@bigpond.com

### Library News

The NSW Premier's Reading Challenge is off to a fantastic start at Picnic Point. Nearly all Year 7 students have borrowed books and started on their mission, to finish 20 books by August. Miss Elwell is doing the Challenge too and is on to her second book. Which of her students will beat her to the 20? Mrs Heap, Mrs El Darwiche, Mrs Wardrop, Miss Hespe-Poulos and I are also joining in, so come and tell us which books you recommend. We are hoping to have more students in Years 8 and 9 finish with us this year, so find a comfy chair and enjoy your books!



### Marion Aranjó - Teacher Librarian

#### Reminder

#### To Parents - Pic News

Picnic Point High School would like all Parents and Carers to have regular access to PIC NEWS.

To assist in the distribution of the electronic copy of PIC NEWS we ask that Parent and Carers please provide the school with an updated E-Mail address(es) so the school can include you in our PICNEWS distribution list.

The **school calendar** can also be **accessed** from the school website.

You can update the school with your details via the school e-mail address of [picnicpt-h.school@det.nsw.edu.au](mailto:picnicpt-h.school@det.nsw.edu.au) , 02 9772 1700 or via letter.



### CHS Girls Cricket Championship

Ashleigh Gardner and Mary Molloy helped Sydney South West (SSW) to be undefeated champions at the NSW CHS Girls Cricket Championship held at Cobram-Barooga on the Murray River from 21-24 February 2011.

In the last round match vs South Coast, SSW were 3 for 52 when Mary joined Ashleigh at the wicket. A partnership of 105 from the Picnic Point High School pair ensured SSW had enough to win the match. However, Ashleigh kicked on for a massive-152.



In the final, North Coast were within 20 runs of winning their third title in a row, with their batter on 144 and looking impossible to get out. She chipped a ball slightly up between cover and point, where Mary ran about 10 metres, dived full stretch and held the ball. The crowd roared with excitement. Mary was piled upon by more than 1/2 the SSW team who nearly crushed her to death. North Coast were bowled out just 15 short of their target.

Ashleigh was selected in NSW CHS 1s and Mary with 6-14 off just 7 overs and some good scores was selected in NSW CHS 2s. The two will play at Newcastle from 21-23 March at the All Schools Carnival vs Independent and Catholic schools.

### Industrial Arts

Well what a flying start to the year it has been, Year 12 well into their studies of their HSC year, Year 11 starting the preliminary course and the junior years starting construction of many interesting projects that will further develop existing practical skills.



Yr 12 Construction hard at work.

Open night was a great success displaying the many talents of students in the Industrial Arts Faculty. I would like to take this opportunity to personally thank all the students that helped out on the night, your input made the night what it was.



It is TECHNO PUSH time again!!!! This year Picnic Point has decided to enter two teams, let's see which team is successful on race day. If you wish to contribute in any way to either team, your time or donations would be greatly appreciated.



This is a good opportunity to remind all students that are undertaking a practical based activity that it is an Occupational health and safety requirement that all shoes are solid leather that will supply ample protection.



YR 12 student Andrew Lloyd



Students that undertake practical subjects will produce a series of projects out of their chosen medium. The materials used for these projects incur a cost payable by the student. Please send this payment at your earliest possible convenience.

If you have any further inquiries regarding student learning please do not hesitate to contact me. I look forward to an exciting and productive year.

Regards

**P. Burgess HT Industrial Arts**



### Sailing Excursion - Sydney Harbour

*"I can't change the direction of the wind, but I can adjust my sails to always reach my destination" ~ Jimmy Dean.*



On the 28th of February students from our Support Unit took part in an amazing adventure - sailing on Sydney Harbour. This event was provided by an organisation called "Sailors with disABILITIES" (SWD).



SWD members aim "to heighten community awareness" of people with special needs and believe that they are capable of participating in active and responsible roles within society and should be treated as equals."  
(<http://www.sailorswithdisabilities.com/mission.html>)



We travelled to Rushcutters Bay by school bus and met the crew at the Cruising Yacht Club of Australia (CYCA). It was a wonderful recreational opportunity, full of excitement and social experience.



All the students enjoyed their first sailing cruise very much and were grateful to be invited on board "Kayle", a 16 metre yacht designed by David Lyons.



This fantastic experience was very memorable and we believe it was a unique life changing opportunity for both students and their teachers.

**Miss Andrzejewska**



## LOTE Faculty

### Oki Gakuen High School Visit

On Friday, February 18, 2011, Picnic Point High School welcomed 78 Japanese Students and 5 Teachers from Oki Gakuen High School, Japan.



After speeches and songs in both Japanese and English, our students demonstrated the skills of Netball and AFL and the Japanese students demonstrated origami and karate.



All the students were able to try some of the Australian foods on offer, including lamingtons and Vegemite.



The students involved made an effort to speak Japanese, whilst the Japanese students practised their English. The day

was a great success and we would like to thank all those students who made a contribution.



The many photos will serve as memories of this experience. Special thanks must also go to Mr Andrews and the choir for their wonderful rendition of the National Anthem and Waltzing Matilda.

### Japanese Guests

A group of Japanese students from Oki Gakuen High School came to visit Picnic Point High to learn about Australian schools and to have a fun cultural experience! When they arrived at PPHS we were all a little nervous but as the day commenced we felt more comfortable with each other's company and had all made some new friends.



The Japanese students arrived at nine o'clock for a welcoming presentation involving speeches from students in Year 11, Mr Negroh and a special speech from one of our guests. The choir sang the National Anthem and Waltzing Matilda; while a few of the Year 11 Japanese students sang the 'Ponyo' theme song in Japanese [Ponyo is a Japanese anime movie]. Our visitors then showed us their karate skills with a few moves that impressed us all.





After the presentation was over we wanted to show the Japanese students some Australian culture so we played some Aussie sport. The groups were split in half with one half playing Netball and the other playing AFL. We all had a good laugh and gained some memories to treasure forever. Many photos were taken!



Later we gave the Japanese students a tour of the school. They were amazed by what they saw as it was very different to their school. They were then shocked more as the bell rang for recess and they saw how many students were at PPHS. Recess came and to share our Australian culture we offered the Japanese students some Australian food including: cordial, vegemite, lamingtons and everybody's favourite; Tim Tams!!! They found the food unusual but it was still enjoyed. Again many photos were taken!!



The Japanese students then decided to return the favour and showed us how to make some origami. It was very hard for some but others succeeded with ease. People made paper cranes or paper ninja stars and we all got to share the Japanese culture.



When we all headed back to class we mourned a little over the separation of the two cultures.

This has been a great experience for everyone but especially the senior Japanese students who were able to spend the whole morning with our visitors, as we learned more about the language and culture of Japan. We had such a great time making new friends!



Thank you to Ms Marquis and Ms Mitchell for organising all the different activities for the visit.

**From Hazel and Adrian of Year 11**

#### **Stage 4 Japanese**

Year 7 have now completed half a term of Japanese and all students are enjoying learning a new language. Our students are eagerly learning new vocabulary and even some Hiragana, Katakana and Kanji characters. Year 8 is also continuing their study of Japanese using their Hai! 2 Course and Workbooks. Our students are consistently learning new vocabulary and script and will soon complete their first chapter test of the year.

#### **Stage 5 Japanese**

The elective Year 9 Japanese class has recently completed their first chapter test, focusing on all of the macro language skills of reading, writing, listening and speaking. All students are to be congratulated on the way they approached these tasks. Year 9 have just received their laptops and are enjoying typing in Japanese font and using the Audacity program to record their Japanese conversations. Year 10 are also working consistently through their new Hai! 5/6 Course and Workbooks and learning a new script, Katakana. They will soon complete their first assessment task for their School Certificate.

#### **Stage 6 Japanese**

Year 11 have settled into senior Japanese exceptionally well, with all students showing a positive approach to the Japanese Continuers course. They have nearly completed the first chapter of their Wakatta! Course and Workbooks and are soon to complete their first assessment task. Year 12 are also consistently working through the Wakatta! Course and are preparing thoroughly for their upcoming assessments, trials and the HSC. The HSC Speaking Examination for Japanese Continuers will be held on Saturday, August 6.

**Ms Marquis and Ms Mitchell**



### Bankstown City Council Sister City Exchange

Thank you to the families who will welcome Japanese students on behalf of Bankstown City Council at the end of March. We trust this will be a wonderful experience for the families involved and we look forward to meeting the students.

### Student Exchange Programs

We regularly receive information from companies who organise student exchange programs for either summer (2-3 months), a semester or a year to more than 20 different countries around the world. These programs are open to *any* interested students and provide the opportunity to enhance international understanding by arranging a change of cultures, families and schools. You do not necessarily need to be studying a foreign language in order to qualify for an exchange program. The following web sites have further information on these programs, or you can contact us at the school if you have any questions. The programs are Lions Youth Exchange Program [www.lionsclubs.org.au/ye](http://www.lionsclubs.org.au/ye), Southern Cross Cultural Exchange [www.scce.com.au](http://www.scce.com.au), EF [www.ef.com](http://www.ef.com), WEP [www.wep.org.au](http://www.wep.org.au), the Australian Institute of International Understanding [www.aiiu.com.au](http://www.aiiu.com.au), STS [www.sts-education.com.au](http://www.sts-education.com.au) and WEP [www.wep.org.au](http://www.wep.org.au)

### Sport Report

Grade Sport has begun again for the year. It has been great to see that most of our teams are filled this term. Our teams are doing very well in the competition and we hope that many will make it into the Grand Finals that are to be held at the end of the term.

**The Swimming Carnival** was held early in the term. While attendance was down, house and school spirit was high.



There were many fantastic results on the day, with a total of **15 records broken**, with seven of these by Brandon Grochala of Year 10 and four broken by Samantha Abbott also of year 10.



### The age champions for swimming were:

Age	Boys	Girls
12	TBA	Georgia Kapsimalis
13	Peter Markantanotis	Rebecca Hughes
14	Jordon Grochala	Jordin-Lee O'Connell
15	Zac Hatzis	Belinda Anderson
16	Brandon Grochala	Samantha Abbott
17+	Brendan Carmichael	Michelle Short



The competition was fierce between houses. The final house points score was Hankin on 717, Doohan with 668, Murphy on 485 and Slater on 382. Congratulations to all swimmers on the day.







The Zone Swimming Carnival was held on March 3. The competition was stronger this year, particularly in the boys' section, with the inclusion of three new schools in our zone. We now have Birrong Boys', Punchbowl Boys' and East Hills Boys' as part of our zone. Even with more competition, our school once again led the way, comprehensively winning the carnival. At the time of writing, the age champions for the day have not been received, but we had wonderful results, with all our competing relays making it to the Regional Carnival, and most of our individual swimmers also making it to Region. We wish all our competitors the best of luck at the Carnival.

The next big event on the sporting calendar is the Cross Country carnival. In this carnival all Years 7 and 8 will compete, with competitors from other years registering their interest in the next few weeks. The Carnival will be run around the school.

**T. Northall and C. Worthington - Sport Organisers**



## Student Welfare Report The Act II Respectful Relationships Program

***Research has shown that adolescence is a critical time in respect to the formulation of healthy non-violent relationships later in life (National Campaign Against Violence and Crime, 1998).***

Year 9 students participated in the Act II Respectful Relationships program early Term 1. The program was aimed at Year 9 students as this is an important time developmentally. They are becoming more independent from their parents and teachers, connecting more with and being more influenced by peers, becoming more complex thinkers and seeking to make sense of their place in the world (Bellhouse, 2004; Ainley & Reeve, 2004).

Act II is an awareness program aiming to raise awareness of ethical behaviour, develop protective behaviours and develop skills in conducting respectful relationships. The program covered areas such as the definition of violence, statistics of violence towards women, the concept of 'crossing the line' and recognising your line and other people's lines. This

concept is in line with the Australian government's 'The Line Campaign' aimed at reducing violence against women. The program also looked at gender stereotypes, communication, appropriate behaviour in relationships and what constitutes healthy and respectful relationships. One of the positives of the program was that it did not focus on the end result, but looked at early indicators of an unhealthy relationship.



Drama was used a lot throughout the day. The use of specific examples, particularly through drama was highly effective. Professional actors performed scenarios and then worked with the students to create their own role plays.

The presenters also used multimedia, such as video and lighting to present the content and scenarios. This complimented the dramatic feel of the day. The mix of counsellors and actors worked really well as the students were able to benefit from the expertise of both groups of professionals.



The final activity was probably the most engaging and enjoyable for the students and was a good way to sum up what they had learnt. The students had to role play the same scenario twice. Act I showed how the scenario played out in an unhealthy way and then Act II showed how the situation would be played out in a healthy relationship.

Overall, the program was beneficial for our Year 9 students. It helped to raise their awareness of positive relationships and their rights in any relationship, as well as promoting behaviours in support of respectful relationships.

**Ms Succar – Counsellor**



## Girls' Supervisor Report

### International Women's Day Breakfast

On Tuesday the 8<sup>th</sup> of March, girls from year 9, 10 and 11 celebrated the 100<sup>th</sup> anniversary of International Women's Day. All girls enjoyed a yummy breakfast of raisin toast, croissants, doughnuts and fruit. Everyone made some cut out dolls and wrote on them their dreams for the future and we were lucky to be joined by former PPHS school captain Jackie Blazek, who gave a terrific speech about her time at PPHS and what she's achieved since then. Following is a report about the breakfast from Tayla McGregor (year 11).



On Tuesday the 8<sup>th</sup> of March, International Women's day was celebrated by many people all over the world. For the third year in a row, Picnic Point High School teachers organised a breakfast in the Hall to which female students from years 9 to 11 were invited. Breakfast was served at 8:45 and 40 girls joined the enthusiastic teachers, not only to enjoy the delicious food, but to get involved in and learn about why we were there. After consuming an assortment of cakes, a few loaves of toast and some croissants, Ms Marquis pointed out a table with piles of sheets on it, for all the girls to take home and read. On these sheets there was not only relevant but interesting information as well. For example, did you know that in 2010 every major political office in Sydney was held by a woman (premier and governor all the way to the Queen of England!)



Following a brief reading of the handouts, all of us were given a piece of paper with the pattern of a female figure on it. We were asked to make a paper chain of women, and write our wish for either ourselves as a woman or for women in the

future. The little women were decorated and are now located outside B15A staffroom. We then all moved down to the front of the Hall to watch a presentation on women, our place in the world, how woman have suffered and triumphed and how we still have a long way to go before we are truly equal. We also learnt about how many countries hold this day as a national holiday and that this year (2011) was the 100<sup>th</sup> anniversary of International Women's Day!!



We were then treated to a motivating speech by a special guest, Jackie Blazek, one of Picnic Point High School's previous school captains. She talked to us about her life and the struggles and the achievements that come with leaving high school. She taught us all that we are capable of achieving anything we set out to do. Most importantly, that we can accomplish anything from getting our drivers licence to finishing university and getting a job and that we are fortunate to have the opportunity to do so, unlike the many hard-working women before us.



Thankyou to Ms Marquis, for organising the event and allowing us to have such a great morning and thanks to everyone who attended and supported International Women's Day 2011. ☺

**Tayla McGregor**



### 1 Million Women Campaign – 10, 000 Teens

The 1 Million Women Campaign has launched the youth program '10, 000 Teens'. This campaign is about giving girls the tools they need to make a difference for the planet. The goal of this campaign is to empower teenage girls to get involved with climate action. Students and parents are invited to attend a meeting to launch this campaign. This event will be held on Tuesday 29<sup>th</sup> March from 4:30pm to 6:00pm at the Packer Theatre, Ascham School, 188 New South Head Road, Edgecliff. If you'd like to attend, please RSVP to Bronte Hogarth at [rsvp@1millionwomen.com.au](mailto:rsvp@1millionwomen.com.au)

### Immunisations

Immunisation Schedule for 2011 Sydney South West Area Health Service is conducting two school vaccination programs in high schools in 2011 – one for Year 7 students and one for Year 10 students. These vaccinations are offered free of charge and the program is conducted by Nurses from the NSW Health Service.

#### Year 7

All students in Year 7 will be offered Hepatitis B, dTpa (Diphtheria, Tetanus, Pertussis) and Varicella (Chicken Pox) vaccines and girls in Year 7 will be offered HPV (Cervical Cancer) vaccine. The HPV vaccine used in the program protects against 2 particular types of HPV virus, which are responsible for causing up to 70 – 80% of cervical cancers in Australia.

#### Year 10

Year 10 students will be offered a combined booster vaccination (dTpa) for Diphtheria, Tetanus and Pertussis (whooping cough) to complete their adolescent program.

#### Further information for parents

A parent information kit has been sent home to all parents/guardians of eligible students. Thank you to all parents who have returned these consent forms. A record of vaccination will be provided to each student vaccinated at the clinic. Parents/guardians should ensure that this record is kept for future reference. The dates for these vaccination programs are as follows:

#### Year 7:

Day 1: 17<sup>th</sup> March - Varicella (Chicken Pox)  
Day 2: 28<sup>th</sup> March – Hepatitis B and HPV  
Day 3: 30<sup>th</sup> May – HPV and dTpa (Diphtheria, Tetanus and Whooping Cough)  
Day 4: 21<sup>st</sup> October – Hepatitis B and HPV

#### Year 10:

Date of visit: 17<sup>th</sup> March - dTpa (Diphtheria, Tetanus and Whooping Cough)  
Please note that the program is NOT compulsory. Students may receive these vaccinations from their local doctor as an alternative. In addition, parents who wish to withdraw their consent for any reason can do so by writing to the school Principal. If you have any questions about this vaccination program please do not hesitate to contact me on 9772-1700 during school hours.

**Ms K Marquis - Girls' Supervisor**

### Open Boys Basketball Knockout

The Picnic Point Piranhas, Open Boys Basketball Team played their first round knockout against Chester Hill High School on Wednesday 2<sup>nd</sup> of March. All the boys were geared up and ready from the morning and felt confident that they could all work together to take out their competitors. As a cohesive team, the Piranhas were an unstoppable force to be reckoned with, showing some awesome skill and putting up big points throughout the entire game. Chester Hill High School showed some great competitive ability, however, it was the Piranhas who defeated Chester Hill 47 to 37.



In the entire game the Piranhas showed some quality skills and some honest sportsmanship; we wish them all the best in their following match against Sefton High School on Friday 11<sup>th</sup> March. Also big shout-outs to our top scorers on the day; Jake Beck, Daniel Hamer and Mitchell Ashton.

Big thanks also to Rachel Picklum who officiated for this match and also to Sam Tall and Kyle Lloyd who acted as scorers.

**Daniel Cvetkovski**



# FREE

Quality Coaching, Demonstrations and Drill progressions that produce results Designed to work on individual skills in volleyball and basketball Ideal for all levels, the clinic will help improve overall skills. A Fun and Friendly Environment while learning the essential skills of volleyball and basketball.

*-Please note this is not an overnight camp*

*-Young people will be divided into categories by age 12-16 years and 17+*

**Date:** Tuesday 12 April 2011 and  
Wednesday 13 April 2011

**Time:** Early birds 9am - 4pm

**Main Sessions:** 11am - 4pm each day

**Venue:** Bankstown Basketball Stadium,  
Third Avenue, Condell Park

**Register online at:** [www.bankstown.nsw.gov.au](http://www.bankstown.nsw.gov.au)



## Year 11 Camp Report

On the 23rd-25<sup>th</sup> of February year 11 of Picnic Point High ventured out to Mangrove Mountain Retreat for a 3 day camp. During these three days we endured many physical activities, faced many fears but had fun along the way.



Year 11 woke up early to a grey day for an 8 o'clock start. The buses arrived roughly after 9 o'clock. At that time we were all gearing and ready to go. The ride to Mangrove mountain resort was a 2 hour trip. When we arrived there we ate lunch and got started into the activities. The first activity for my group was a Crossroads session where we learn about relationships. After that we all enjoyed afternoon tea of snow cones and fruit. The next activity, which was the Flying Fox for my group, was really fun as it went over a miniature man-made lake, which had spectacular views.



After the flying fox, we had dinner. It was great to get together with the whole year to share some tucker. Following dinner was the night activities. The whole year assembled in the cafeteria to have a challenge night, which was full of many fun and challenging activities. We all had to choose our own teams and complete a range of activities. The games we played at the challenge night tested different skills, like flexibility and strength. Most people got involved and we all had a noisy but fun time. Next we had supper and gathered round the camp fire for a spooky story. After being scared to our wits we were headed for bed to get ready for the next day ahead.

On Thursday the 24<sup>th</sup>, Rise and shine was at 6:30am, what a beautiful way to start the day. Breaky was at 7am to up our nutrition levels because as they say breakfast is the most important meal of the day.



My group's next activity was the High ropes, I was terrified of these but had the courage like most to go ahead with the challenge and was proud of my success as well as others, and after this we had morning tea then we got started on raft building, my team's raft collapsed many times especially in the water following this we gathered to have some lunch.



We then got ready to go on the giant swing which was 14m high, many were terrified but this fear was faced and most people said this was the best activity and I must agree it was. Afternoon tea was then served and we then did abseiling this also gave some adrenaline rush and we all had a great time. Dinner was after this and we all enjoyed the roast.





The night activities were great fun as we split into teams to find each others flag. Supper was next and then like the night before we gathered around the camp fire for another spectacular spooky story. Lights were then out and it was time for bed.



On Friday the 25<sup>th</sup>, we woke up to the sun peering through our windows, for a 6am start to pack and clean up. Breakfast was at 7am. My group's first activity of the day was rock climbing. As my group walked up to the climbing site I peered up to the top and thought "How am I going to get up there?" Everyone had a job to do, whether it was belaying someone or climbing the actual wall.



There were three walls you could choose to climb, an easy one, a medium or a hard one. I chose the medium wall. As I ventured towards the top of the wall my legs began to shake. Once at the top I felt over whelmed by success.



Morning tea was next then it was time for the last camp activity. Mine was crossroads session 2 where we learn issues such as drugs and how it affects people around you. Lunch was next served and then camp came to a close. Over all camp was a success and many people overcame fears that they probably never would. Many people bonded and made wonderful new friendships along the way.



We would like to thank the teachers (Mrs McManus, Mrs Robinson, Mrs Goovan, Mr O'Mullane, Miss Mitchell and Mr Ismail), who gave up their time to spend with us. A special thank you to our Year advisor Ms Mitchell who helped organise this camp and supported us along the way. Also to the camp instructor's, particularly 'Pip', who kept us safe during our stay and provided many laughs along the way.

**By Hazel Klimczak and Joseph Tesorio**