From the Principal

Australian Business Studies Competition
Congratulations to Year 12 student Sebastian Santana on his success in the recent UNSW Business Studies Competition. Sebastian was ranked in the 99th percentile of this nationwide competition, achieving a High Distinction Award. In addition to the certificate awarded, Sebastian also won a cash prize and has been invited to attend the Presentation Ceremony on Monday 7 September at the University of New South Wales.

This is a magnificent achievement in what is a very highly contested competition. It is pleasing to see that Sebastian didn’t ‘just do it’ but did it very well. (Isn’t that right, Year 12?)

CHS Athletics Success
Year 10 student Tessa Constantine had an outstanding carnival at the CHS Athletics Championships held at Homebush last weekend. Tessa competed in four events, bringing home four medals. She achieved gold medals in the 400m and 400m Hurdles, both in personal best times, was a member of the 4x400m Relay team which finished second and gained third place in the 100m Hurdles. These are outstanding results and richly deserved. Tessa will now represent NSW at the National Schools Championships later this year.

In other wonderful results, Ashleigh Carter placed fifth in the High Jump and Nicholas Marsh, fifth in the 1500m.

Congratulations to each of these athletes.
Year 12 Mixed Emotions
There is no doubting that at this time of the year our Year 12 students, and their families, are having mixed emotions as students spend their last weeks in ‘normal’ classes at Manly Selective Campus. Many of these emotions come through the very strong ties that our community has to teachers, support staff and the strong spirit of the school.

Our Year 12 cohort is an astonishing group of young men and women. They have made extremely positive contributions to the school in so many ways and will be dearly missed. However, before that time we need to work together to finish this ‘race’ in as strong a position as possible. This will happen if we all stay focussed and do our best in all that we do in final preparations.

Next week will be very special for Year 12 – their last week of formal classes. We have planned a wonderful series of events with them to celebrate their time at Manly. Spending that final time in classes on Monday to pay gratitude to their class teachers, a Mentor’s Morning Tea on Tuesday, fun day with tutorial classes on Wednesday and then their Farewell Assembly and concert on Thursday. I am very much looking forward to celebrating with Year 12, and anticipate them spending the week being recognised with the dignity and respect that they deserve as senior members of our school.

Staff Changes
There are no mixed emotions on my part as I announce that two staff members will also be leaving us at the end of this term. I am very saddened to be losing two highly experienced, valuable and valued, members of staff.

Mrs Bannister has accepted the Principalship of a school in the private sector and will leave us at the end of term. While only having been here for a relatively short period of time, Mrs Bannister has been a wonderful addition to our senior executive and school. She has brought new ideas and been able to view our practices through ‘new eyes’, always being that critical friend that we have needed as we endeavour to further improve what we are able to offer students. Whether it be in classroom practice, administrative procedures or the general day to day running of the school, I have certainly valued the support and suggestions that Mrs Bannister has offered. She will certainly be missed as a dedicated classroom teacher and wonderful colleague. I pass on my thanks and sincere appreciation for the friendship that Mrs Bannister has offered me and her service to our school, and wish her well in her new endeavours.

Secondly, Mr Bill Baker will be retiring after many, many years of service to the students and community of Manly Selective Campus. In fact, Mr Baker officially retired back in April of this year, but wanted to stay on the see his Year 12 Physics class through to the HSC. Mr Baker has made a significant contribution to our school as a Physics and Science teacher, a Year Adviser, sport coach, mentor to staff and students, and a genuine, caring member of staff who at all times strives to provide the very best for the students in his care. I know that many of our current and former students have appreciated Mr Baker’s passion for Science which in turn has helped them form a similar passion. On behalf of the school, I pass on our most sincere thanks for the service to public education that Mr Baker has provided. Mr Baker will be replaced by Mr Richard Crooks who will begin with us after the holidays.

Tony Rudd
Principal

From the Deputy Principals
As I write this article to the wonderful sound of Year 12 Music students rehearsing for their HSC performances tomorrow, I am again reminded of the amazingly talented students here at Manly! Best wishes to those performing tomorrow and I look forward to listening to all our Band students at Musicale this Saturday evening.

Year 11 students are now half way through their final Preliminary Examinations. Due to the Year 12 Farewell next Thursday there are no examinations scheduled that day and all students are expected to attend the ceremony and concert. Students are also reminded that Year 12 courses begin Week 2 next term once students have received their Preliminary examination results and been signed out of subjects they plan to discontinue. Students will be issued with updated timetables on the first Friday next term.

Thank you to all those parents who have already paid the deposit for Year 9 Camp at Somerset Outdoor Learning Centre. This is an extremely worthwhile experience for all students and we encourage everyone to attend. Families experiencing financial difficulties are encouraged to contact Mr Rudd or Mrs Whalan to discuss how the school may be able to assist. Ms Walker has also asked for the online medical forms to be completed as soon as possible. The link to the Somerset webpage is: http://www.campsomerset.com.au/

Year 10 IST students, under the expert guidance of Ms Farrow, have already started planning Project
Year 8 are also settling into what will be their last weeks in Stage 4. Stage 5 will see a lift in curriculum challenge in many areas along with a broad choice of electives. They are well placed to continue their studies in the mature form they have demonstrated so far this year.

Another recent development is that I have accepted the position of Principal at another school and will leave Manly Selective Campus at the end of this term. It has been a delight to work with the students and staff here and I will sorely miss a number of features, not the least of which is the magnificent music that has greeted me several times per week emanating from the Hall and the room just near where I park my car. This, coupled with the student led initiatives such as Carnation Day and the Environment Committee through to the Rainbow Alliance and Pinestock has been a wonderful experience.

In addition the pleasure of working so closely with Cath Whalan and Tony Rudd will be difficult to replace. These two lead our professional body here at Manly Selective Campus with great compassion, grace and good humour and they will be sorely missed as work colleagues.

Barbara Bannister
Deputy Principal
Years 8, 10, 12

Tell Them from Me Parent Survey

Thank you to all parents who have so far participated in the Tell Them from Me Parent Survey. The window for completion of the survey is open for another week until Friday 18th September. So if you haven’t already done so, we would greatly appreciate you logging in and giving some feedback on the school.

Your login and password should have been emailed to you last Friday. If you did not receive the email, have any problems logging in or have any questions on the survey please contact the school during the week.

Thanks again for participating in this important survey to enhance the learning environment at Manly and we look forward to utilising the feedback.
**Australian National Chemistry Quiz Results**

Congratulations to the 75 students from Year 11 Chemistry who sat for the Royal Australian Chemistry Institute annual Chemistry competition. 11 students received High Distinctions, 16 Distinctions and 12 Credits. The school’s average score was above both the NSW and Australian averages.

Individual students’ results are:

ATTRILL, CEINWYN Credit  
BENNETT, JACK Distinction  
BRAND, TIMOTHY Distinction  
BRITTAINE, MATT Distinction  
CANTWELL, ROBERT High Distinction  
CHEN, MICHAEL Credit  
CHENYOUNG, BILL Credit  
DAVIS, AUSTIN High Distinction  
DIVOLA, RUBY Credit  
GANN, DENNIS Distinction  
GEARING, ALEXANDER High Distinction  
GUICHON, THEO Credit  
HEMARIDIS, JASON Distinction  
HOPE, NICOLA Distinction  
KOVAACS, TOBY Distinction  
LAM, WHITNIE Distinction  
LAMBROU, CONNOR Distinction  
LE COUTEUR, FRANK High Distinction  
LEE, CHRISTINA Credit  
LI, YIFAN High Distinction  
LIU, WILLIAM Credit  
MARTIN, MATTHEW Credit  
MARTYN, KRIS Credit  
MASON, MARGOT High Distinction  
MILETICH, LANA High Distinction  
MOLCHANOFF, ALEX Distinction  
PINKMAN, JESSE High Distinction  
ROWE, TAYLOR Distinction  
SCOTT, HARRISON High Distinction  
SEPAROVICH, MARNIE Distinction  
SUTTON, CALUM Distinction  
TANG, JANETTE Distinction  
VAUGHAN, TOM Credit  
VINCENT, RUAN High Distinction  
WATTLE, JORDAN Credit  
XIE, JACOB Credit  
YOSHIKAWA, MUNEKI Distinction  

**MESSAGES FROM THE OFFICE**

**LOST PROPERTY**

In the foyer there are 2 tables full of lost property of infinite variety: cushions, drink bottles, shoes, sunglasses, near new jackets without names .....  
Anything not collected by Wednesday will be given to our second hand uniform shop or to Stewart House or dumped.

**CREDIT CARDS**

We’re always pleased to receive payments, but sometimes credit card payment slips are not easy to decipher. May we request that all care is taken with writing numbers, with the card’s expiry date, and with the best day time telephone number where we can contact you.

Thanks, The Office

**Alumni News**

One of our graduates, Max Illingworth, continues to make the news. He is one of three Australian chess Grandmasters representing Australia at the World Chess Cup in Azerbaijan.


The Chess tradition continues at our school with a record 72 students from Years 7-12 now registered.

In Term 2 they compete in an Interschool Competition. This year three of our teams made it to the semis, and one team were grand finalists. Chess is alive and well in the library every day before school and at lunchtime.

Vicki Maggs  
HT Science
Final Reminder for Frame Orders for Art 61

If you purchased a small square canvas from the Art 61 exhibition, you can add some finesse with a frame to finish it off.

A frame will turn your beautiful artwork into that perfect Christmas, birthday or ‘just because’ gift. You can choose one of four colors in the ‘Italian Classics’ moldings from Art Smart in Seaforth.

Maria Romeo will place all of the orders as a group order on Tuesday 15 September. See the order form attached at the end of the newsletter, or go to the Art 61 website: http://art61.weebly.com/frame-yoursquare-canvas.html

Parents and friends volunteer in so many ways here at MSC: in the canteen; behind the scenes at the musical; with the band program/performances; at our working bees for the grounds and costume store; at the clothing pool; organising and serving at Open Days, Welcome Events and Fundraisers; being part of the P&C Committees and in so many other areas! It makes such a huge difference here at the school and now it’s our turn to say Thanks – and an opportunity for you to meet some other MSC parents and friends.

If you’ve volunteered in any capacity at MSC over the past year, please come and join us on Wednesday 21 October from 6:30pm to 8:30pm in the Foyer for a drink or two, some light finger food and a little light networking amongst your school community.

We do need numbers for catering, so please RSVP to Karen at karenwilletts@bigpond.com

Hope you can come along and join us.

Bands of Manly Selective Campus

Thank you to JO and to Hinano Fujisaki and Ben Devries (in a sax quartet) for accompanying Tom Dowse in HSC exam this morning and for the many weeks of preparation beforehand. It is a testimony to the calibre of the band students that they can support the music students in their HSC exam.

SWB and SB joint rehearsals weeks 9 &10 in preparation for Year 12 Farewell

Friday 11 September, SwB to have extra rehearsal (joining SB at 7:20 am)
Thursday 17 September, SB to have extra rehearsal (joining SwB at 7:20 am)
Joint performance at Farewell Assembly Thursday 17 September, MSC.

**BOOK NOW**
Performance Highlight of the Year

*Musical 2015*
Saturday 12 September @ 7.30pm
Independent Theatre

There are still good seats available for our premier music event featuring Symphonic Wind Orchestra, String Ensemble and our departing Year 12 students.

This evening is *well worth* attending
Join us from 6:45 pm and after the show for jazz in the foyer with Craig and the senior students.

*Bookings* [http://www.theindependent.org.au/](http://www.theindependent.org.au/)
*Tickets* 35/pp and $20 students/concession

*Don’t miss this!*  

Jazz Combo at Manly Jazz Festival Monday 5 October 12:30-1:15
Information has been circulated by email for this event on the last Monday of the long weekend before school returns.

**Band Diary Dates**
**TERM 3**
- Musicale, Saturday 12 September, Independent Theatre: 7:30pm. Students to arrive at 3:30pm for rehearsal, SWO/JO/SE
- SB to have additional rehearsal with SwB: Thursday 17 September at 7:20
- Assembly farewell to Year 12, Thursday 17 September, MSC Hall: SB/ SwB
- Manly Jazz Festival Mon 5 October 12:30-1:15 Jazz Combo

**Band names**

**Wind Stream:**
SWO~Symphonic Wind Orchestra; WE~Wind Ensemble; CB~Concert Band;
SE~String Ensemble; CO~Chamber Orchestra

**Jazz Stream:**
JO~Jazz Orchestra; BB~Big Band; SB~Stage Band;
SwB- Swing Band

**Jazz Improvisation:**
Impro ~Impro Workshop
JC ~ Jazz Combo

**Calendar Terms 3&4**

*Please check all dates and times closer to the event*

**WEEK 10**
14/09/2015 Year 11 Yearly Examinations
14/09/2015 Year 10 Scripture Period 1
15/09/2015 Year 11 Yearly Examinations
15/09/2015 Year 12 Mentor Teachers Thank You
15/09/2015 Morning Tea
15/09/2015 Year 7/8 Debating vs Killara HS
16/09/2015 Year 11 Yearly Examinations
17/09/2015 Year 11 Yearly Examinations
17/09/2015 Year 12 Farewell Assembly
18/09/2015 Year 11 Yearly Examinations

**TERM 4, WEEK 1**
5/10/2015 Labour Day Public Holiday
6/10/2015 Years 7-11 and staff return to school
8/10/2015 Year 12 2016 Information Evening

**WEEK 2**
8/10/2015 Whole School Assembly
12/10/2015 HSC examinations
12/10/2015 HSC 2016 courses commence in all subjects
12/10/2015 Year 10 Scripture Period 1
12/10/2015 TBC 10VA Masterclass at Art Gallery
13/10/2015 HSC examinations
13/10/2015 Year 7 vaccinations & some Year 8 catchup
14/10/2015 HSC examinations
14/10/2015 Toys and Tucker Christmas Charity set up
14/10/2015 Food Tech Incursion
15/10/2015 HSC examinations
15/10/2015 Student Leadership Day - 2016 Exec
15/10/2015 Year Assemblies
16/10/2015 HSC examinations

**WEEK 3**
19/10/2015 HSC examinations
19/10/2015 Years 9 & 12 VA to Sculpture by the Sea
19/10/2015 Year 10 Scripture Period 2
19/10/2015 Years 7 and 10 PALS Period 1
20/10/2015 HSC examinations
20/10/2015 Year 7 History excursion - tbc
21/10/2015 HSC examinations
21/10/2015 P & C Meeting 7pm School Library
21/10/2015 Principal’s Tour at 9.30. Bookings essential via reception. Ph: 9905 3982
22/10/2015 SRC Camp
22/10/2015 HSC examinations
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<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td>22/10/15</td>
<td>Pastoral care</td>
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<td>22/10/15</td>
<td>8Tec5 Critic’s Day</td>
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<td>SRC Camp</td>
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<td>23/10/15</td>
<td>HSC examinations</td>
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<td>23/10/15</td>
<td>Final day for enrolment in new HSC courses</td>
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<tr>
<td>23/10/15</td>
<td>8VA1 2 and 3 Incursion</td>
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<td>23/10/15</td>
<td>8VA4 5 and 6 Incursion</td>
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<td><strong>WEEK 4</strong></td>
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<td>Year 10 Scripture Period 1</td>
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<td>HSC examinations</td>
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<td>28/10/15</td>
<td>UNSW High School Engineering Day</td>
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<td>28/10/15</td>
<td>Years 10 &amp; 11</td>
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<td>Whole School Assembly</td>
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<td>2/11/15</td>
<td>HSC examinations</td>
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<td>Years 7 and 10 PALS Period 1</td>
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<td>2/11/15</td>
<td>Year 10 Scripture Period 2</td>
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<td>2/11/15</td>
<td>Parent Band Committee AGM</td>
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<td>HSC examinations</td>
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<td>Year 7 Zoo Excursion</td>
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<td>Strings Sioree</td>
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<td>5/11/15</td>
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<td>5/11/15</td>
<td>Year 8 History/Geography Excursion - tbc</td>
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<td>5/11/15</td>
<td>Year Assemblies</td>
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<td>6/11/15</td>
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<td>9/11/15</td>
<td>Year 10 Scripture Period 1</td>
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<td>9/11/15</td>
<td>Year 12 Graduation assembly</td>
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<td>11/11/15</td>
<td>Remembrance Day ceremony</td>
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<td>12/11/15</td>
<td>Year 8 VALID Science test</td>
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<td>Pastoral Care</td>
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<td>13/11/15</td>
<td>Jazz Ensemble Night Out</td>
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<td>16/11/15</td>
<td>Year 10 Scripture Period 1</td>
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<td>16/11/15</td>
<td>Year 8 High Resolves Day 2</td>
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<td>18/11/15</td>
<td>Year 10 Digital Learning Portfolio presentations</td>
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<td>Year 7 Geography Excursion TBC</td>
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<td>Year 10 Digital Learning Portfolio presentations</td>
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<td>Year 10 ABW and Work Experience</td>
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<td>25/11/15</td>
<td>Year 10 ABW and Work Experience</td>
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<td>25/11/15</td>
<td>Toys and Tucker Christmas Charity pack up</td>
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<td>25/11/15</td>
<td>P &amp; C AGM Meeting 7pm School</td>
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<td>Principal’s Tour at 9.30. Bookings</td>
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<td>Year 10 ABW and Work Experience</td>
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<td>Year 10 ABW and Work Experience</td>
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<td>27/11/15</td>
<td>Year 9 Commerce to ABW Period 1-2</td>
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<td><strong>WEEK 9</strong></td>
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<td>1/12/15</td>
<td>Year 10 Forensic Science Workshop</td>
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<td>1/12/15</td>
<td>HSC Mathematics Assess 1</td>
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<td>Year 7 2016 Orientation Day</td>
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<td>Pastoral Care</td>
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<td>4/12/15</td>
<td>Years 8-11 2016 Orientation Day</td>
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<td>Year 10 ILP Show Case</td>
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<td><strong>WEEK 10</strong></td>
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<tr>
<td>7/12/15</td>
<td>Ext 1 Mathematics HSC Assessment 1</td>
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<td>8/12/15</td>
<td>CAPA Faculty Music planning day</td>
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<td>10/12/15</td>
<td>Rehearsal for Presentation Day</td>
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<td>10/12/15</td>
<td>Presentation Night @ Freshwater</td>
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<td>Senior Campus Gym</td>
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<td>11/12/15</td>
<td>Big Band Bash</td>
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<td>16/12/15</td>
<td>Year 7-11 last day of school</td>
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<td>16/12/15</td>
<td>HSC Results released online</td>
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<td>17/12/15</td>
<td>Staff Development Day</td>
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<td>17/12/15</td>
<td>ATAR released to students online</td>
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<td>18/12/15</td>
<td>Staff Development Day</td>
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Frames are available from Art Smart in four colours of the “Italian Classics” range:

A LIMEWASH  B BLACK  C WHITE  D NATURAL

Examples of some paintings temporarily framed in the different shades available:

- A picture frame can add a finishing touch to your small square Art 61 canvas.
- Frames cost $60 each, & $20 of that goes back to the school as Art 61 fundraising.
- All orders have to be placed at school on Monday 14th September.
- Payment is to the school and cheques are made out to Manly Selective Campus.
- Any 25cm x 25cm painting will fit into the frames (even paintings from Art 55, Art 57 & Art 59)
- When the frames are ready they will be delivered to school for collection by the buyers, who will be notified by email. Maria can help you insert your painting into its frame.

Return to school on MONDAY 14 SEPTEMBER marked: ART 61 PICTURE FRAMES OFFER

Call Maria on 0407 461 102 if you have any queries.

Buyer Details:
Name (please print): ___________________________ Phone (business Hours)____________________
Email address ________________________________

Picture Frame Details:
Colour: ______________ How many? ________
Colour: ______________ How many? ________
Total number of frames ordered at $60 each: ________ Total amount payable: $______________

Payment Details:
Payment Amount $ __________  □ Cheque (made out to Manly Selective Campus) □ Cash □ Credit card
Card Type : □ VISA □ Mastercard □ Other _______________________
Card Number: __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ Expiry __ __ / __ __
Name on the Card: __________________________ Signature: __________________________
Manly Selective Campus presents

Symphonic Wind Orchestra

with performances by Jazz Orchestra & String Ensemble

7.30pm Saturday 12 September The Independent Theatre

Bookings: www.theindependent.org.au

269 Miller Street North Sydney

Adults $35 Concession & Students $20
WHAT’S ON IN TERM 4 - COURSES/WORKSHOPS FOR PARENTS/CARERS

**Tuning in to Teens Course**
Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.
* Understanding teenagers today & communication skills
* Emotional intelligence skills
* How to prevent behaviour problems & conflict resolution

**Chatswood 5 wks/2.5hrs** (28/10 – 25/11, 7.00-9.30pm)

**Dealing with Teen’s Backchat Workshop**
* Learn how to restore a respectful & positive relationship with your teenager
* Understand what it is like being a teenager today
* Learn how to talk so that they listen & how to listen so that they talk to you

**Chatswood (21/10, 7.00-9.30pm)**

**Tuning in to Kids Course** - Chatswood (20/10 – 17/11)

**Triple P Seminars**- Chatswood (5/11, 12/11 & 19/11)

**Communicating with Kids Workshop** (based on PET)-**Chatswood (29/10)**

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS - 9887 5830
* Dealing with Teen’s Back Chat
* Transition to High School
* Triple P Seminar Series (Teens)
* Resilient Kids
* Bully Busting Workshop

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)
* Understanding Your Toddler/Discipline & Tantrums
* Tucker without Tantrums/Toilet Training
* Speech & Language Development/Sleep
* Triple P (PPP) Seminar Series (1-12 years)
* Older Sibling – New Baby
* Transition to School
* Grand Parenting
* Communicating with Kids

Enquiries: Child & Adolescent Parenting  9887 5830
MAY15 CATALOGUE NUMBER: NS09416

HOW TO ENROL

PLEASE READ THE BOOKING CONDITIONS CAREFULLY BEFORE PROCEEDING

COMPLETE the Application Form;
MAKE cheques/money orders payable to: Northern Sydney Local Health District
POST the completed Application Form and the fee to:

Child & Adolescent Parenting
PO Box 142
NORTH RYDE NSW 1670

or fax forms, using Mastercard or Visa to:
FAX: 9887 2941

Staff Concessions:
20% discount for staff of Northern Sydney Local Health District on courses only.

Childminding:
We regret we cannot provide childminding.

Public Holidays:
Classes are NOT held on public holidays.

Receipts:
Receipts and confirmations are posted after your enrolment has been processed. Please allow adequate time before enquiring.

Refunds/Credits:
Select your course carefully. Refunds and/or credits cannot be given unless a course is cancelled.

COURSE VENUES

Chatswood Community Health Centre,
57 Hercules St

ALL OUR LEADERS ARE PARENTS & PROFESSIONALLY QUALIFIED

Couples discount available for courses only.
We regret that we cannot provide childminding.
FOR CHILDREN 1–12 YEARS

**Toddlers: Terrible or Terrific**
3 x 2.5 hr workshops $50pp or $120pp for 3 workshops in one term  Age 1-3yrs
(1) Understanding Your Toddler/Discipline & Tantrums
(2) Tucker without Tantrums/Toilet Training
(3) Speech & Language Development/Sleep

**Term 3 Tues** 7.00-9.30pm 28/11(1), 5/12(2), 12/12(3) Chatswood
**Term 4 Mon** 7.00-9.30pm 29/10(1), 5/11(2), 12/11(3) Chatswood

**Helping your Pre-School Child with Anxiety**
2 x 2.5hr workshops $80 for the 2 workshops
PARTICIPANTS MUST ATTEND BOTH WORKSHOPS
Content: Understand anxiety, symptoms, impacts & causes; find out traps to avoid & where to seek help.

**Term 3 Wed** 7.00-9.30pm 28/11 & 5/12 Chatswood
**Term 4 Tues** 7.00-9.30pm 29/10 & 5/11 Chatswood

**Tuning in to Kids**
5 wks (2.5hrs) $175pp ($150 concession) Age 3-10yrs
Content: Help your child develop emotional intelligence, learn how to talk with & understand your child, help them manage emotions, prevent behaviour problems & teach them to deal with conflict.

**Term 3 Mon** 7.00-9.30pm 27/11 – 24/12 Chatswood
**Term 4 Tues** 7.00-9.30pm 28/10 – 25/11 Chatswood

**Triple P (Positive Parenting Program)**
3 x 2hr seminars $50pp or $120pp for 3 seminars
1 - The Power of Positive Parenting
2 - Raising Confident, Competent Children
3 - Raising Resilient Children

**Term 3 Wed** 7.00-9.00pm 5/11(1), 12/11(2), 19/11(3) Chatswood
**Term 4 Thurs** 7.00-9.00pm 5/12(1), 12/12(2), 19/12(3) Chatswood

**Communicating with Kids Workshop**
2.5hrs $50pp
Content: Communication skills for building positive relationships, problem ownership, listening skills, assertiveness skills and problem solving skills.

**Term 3 Mon** 7.00-9.30pm 31/8 Chatswood
**Term 4 Thurs** 7.00-9.30pm 29/10 Chatswood

Resilient Kids Workshop
2.5hrs $50pp
Content: Helping your child recognise, accept & express feelings, develop optimistic thinking, coping skills & problem solving, deal with negative emotions.

**Term 3 Tues** 7.00-9.30pm 18/11 Chatswood
**Term 4 Mon** 7.00-9.30pm 16/11 Chatswood

FOR TEENS

**Tuning in to Teens**
5wks (2.5hrs) $175pp ($150 concession)
Content: Help your teenager develop emotional intelligence, learn skills to talk and understand your teenager, help them to manage their emotions, prevent behaviour problems and teach them to deal with conflict.

**Term 3 Thurs** 7.00-9.30pm 30/11 – 27/12 Chatswood
**Term 4 Wed** 7.00-9.30pm 28/10 – 25/11 Chatswood

Dealing With Teen’s Backchat Workshop
2.5hrs $50pp
Content: Are you struggling with a teenager who answers back all the time? Learn how to restore a respectful and positive relationship between you and your teenager, understand what it is like being a teenager today, learn how to talk so that they will listen and how to listen so that they will talk to you.

**Term 3 Tues** 7.00-9.30pm 20/10 Chatswood
**Term 4 Tues** 7.00-9.30pm 27/10 Chatswood

**Resilient Kids**
Organised through schools, centres and councils
Positive ways to promote children/teens development
1-12yrs: Seminar 1: Power of positive parenting
Seminar 2: Raising confident, competent children
Seminar 3: Raising resilient children
TEENS: Seminar 1: Raising responsible teenagers
Seminar 2: Raising competent teenagers
Seminar 3: Getting teenagers connected

**Triple P (PPP) Seminars (2hrs) $500ea**
Content: Understanding your toddler/discipline & tantrums

**Term 3 Tues** 7.00-9.30pm 28/11(1), 5/12(2), 12/12(3) Chatswood
**Term 4 Mon** 7.00-9.30pm 29/10(1), 5/11(2), 12/11(3) Chatswood

WORKSHOPS AND SEMINARS ORGANISED THROUGH SCHOOLS, CENTRES & COUNCILS
Community rate $500 group booking (25 people)
Corporate rate available on request
To organise a workshop/seminar OR for details of workshops/ seminars scheduled, phone 9887 5830.

**Toddler Workshops** 2.5 hours
1. Understanding Your Toddler/Discipline & Tantrums
2. Tucker Without Tantrums/Toilet Training
3. Speech and Language Development/Sleep

**Older Sibling – New Baby** 2.5 hours
Content: Understanding your older child’s feelings, development & reactions, strategies to help juggle 2 children & manage the older child’s behaviour, community services & networks.

**Grand Parenting** 2.5 hours
Content: Role of grandparents in today’s world, challenges and joys of being a grandparent, supporting children/grandchildren through active listening & problem solving, discussion around real life scenarios.

**Communicating with Kids Workshop** 2.5hrs
Content: Communication skills for building positive relationships, problem ownership, listening skills, assertive skills and problem solving skills.

**Transition to School** 2.5 hours
Content: The emotional transition from home to school, effective communication and listening skills, how to say “no” assertively, problem solving skills and how parents can look after themselves.

**Bully Busting and Cyber Bullying for Parents** 2.5 hours
Content: Who is affected by bullying behaviour, myths about bullying, how to help your child if they are being bullied, they are doing the bullying behaviour or if they witness bullying behaviour.

**Resilient Kids** 2.5 hours
Content: Helping your child recognise, accept & express feelings, developing optimistic thinking, coping skills & problem solving, dealing with negative emotions & stressful events.

**Transition to High School** 2.5 hours
Content: Learn practical tips to make the transition smoother, understand the changes ahead, build self-esteem, use communication skills and how parents can look after themselves.

**Dealing with Backchat** 2.5 hours
Content: Restore a respectful & positive relationship between you and your teenager, understand teenagers today, how to talk so that they will listen & listen so that they will talk to you.