

# Newsletter NBSC



Northern Beaches

SECONDARY COLLEGE

INNOVATION • EXCELLENCE • CHOICE

## Our student's wellbeing



Over the past four years, the Northern Beaches Secondary College has been focused on enhancing student engagement, outcomes and future life

experiences through improving the wellbeing of our students. In short, our aim is to see our students connect, succeed and thrive.

In order to enhance the wellbeing of our students, a significant priority has been the professional learning of staff followed by exploring and embedding approaches related to positive psychology. Such approaches have clear evidence to show that it really makes a difference.

Experience from around the world has also shown that teachers who apply positive psychological approaches to their own work and life practices are then better able to enhance student wellbeing using the same strategies in the classroom. Gener-

ally for student wellbeing, by living it themselves, teachers are better able to teach it.

This is the thinking behind the introduction of the staff wellbeing initiative which has really begun to be more openly underway in the last weeks of Term 3.

Previously, across Northern Beaches Secondary College, volunteer staff members have shared stories of the times when their wellbeing is at its best. Subsequently, representatives from each campus have been preparing to assist staff to consider their own wellbeing. During this semester all staff are encouraged to take up the opportunity to get some feedback on what works well for them through the online tool The Resilience Report.

With the assistance of Macquarie University PACE students as an organisation, NBSC will be looking to develop practices and procedures which enhance the wellbeing of staff into the future. The online feedback tool The Resilience Report will also help to provide some trend data for our staff to consider the impact of implemented

## Spring 2016 In this issue...

- > Learning through the 7 'C's at the college professional development day.
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- > Science Week and the Science Techno Museum Expo.
- > PECP to Manly dam.
- > College sport update.

strategies. This exciting and innovative staff wellbeing initiative is a great opportunity for teachers to learn about and maximise their own wellbeing leading to greater opportunities for students.

**Neil Worsley**  
College Principal

**NORTHERN BEACHES SECONDARY COLLEGE**

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ABOVE: NBSC Professional Development Day inspired teachers working collaboratively to establish a common understanding of contemporary learning skills, to challenge current practices and to embed pedagogy that can make a difference for our students.

# THE FUTURE IS OURS TO CREATE



BY **RENATA GRUDIC**  
NBSC Head Teacher  
(Teaching & Learning)

Term 3 at the Northern Beaches Secondary College was heralded with a full day staff development day at NBSC Freshwater Senior Campus.

Over the past few years our attention has been on the wellbeing of our students and the part that we can play in promoting mental health and resilience in facing life's challenges. This will continue, but we now formally begin a second focus of delivering quality education incorporating skills for the 21st century', as explained by Neil Worsley (College Principal).

As education adapts to meet the demands of this century, teaching and learning methodologies need to shift toward a new balance. As teachers we need to find the balance between 'being a sage on the stage', who presents, explains, and answers questions and the 'guide on the side', who supports students' research, discovery, and sharing of their findings in learning projects which are focused on: Critical thinking, Creativity, Collaboration, Communi-

cations, Cross Cultural Understanding, Computing, Career & Learning Self-reliance.

A dynamic Teach Meet session opened the day providing inspiration and raising teachers' curiosity. International and national educational experts conducted Master classes focusing on Critical Thinking, Creativity, Collaboration and Communication where deeper learning and practical application was undertaken.



ABOVE: World Café session facilitated by Neil Worsley (College Principal) and Renata Grudic (College Head Teacher, Teaching and Learning).



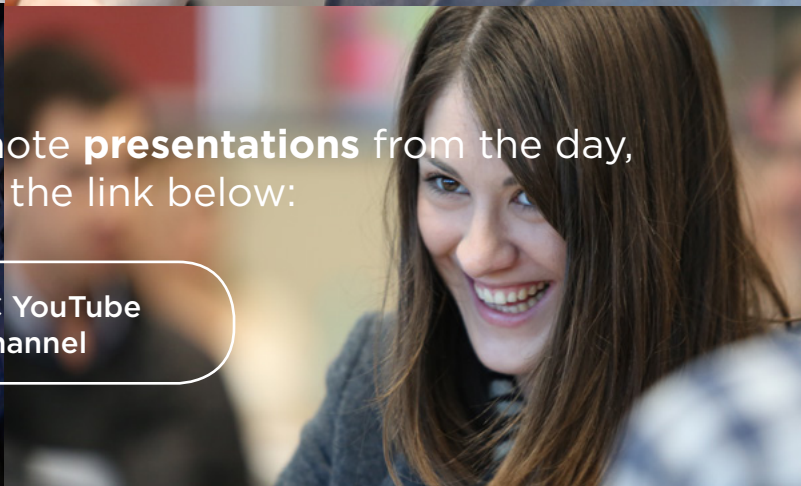
The day culminated with a World Café – style workshop, that brought NBSC teachers together to share ideas of what contemporary education could look like in our College; explore ideas for creating learning opportunities based on contemporary learning skills across KLAs; as well as, discuss ways to further implement these skills in teaching and learning at a faculty level.

Thank you to all our presenters and NBSC teachers who facilitated the World- Café session.



If you would like to see the keynote **presentations** from the day, please click on the link below:

NBSC YouTube channel





# NBSC LANGUAGE SHORT FILM FESTIVAL



BY **BEN PIMENTEL**  
NBSC Head Teacher  
(Teaching and Learning)

Can it be already five years since this fabulous project commenced back in 2011?

**T**he Northern Beaches Secondary College held its fifth Short Film Festival during Education Week. Years 9 and 10 languages students from NBSC Balgowlah Boys, Mackellar Girls and Manly Campuses

participated in this NBSC Project.

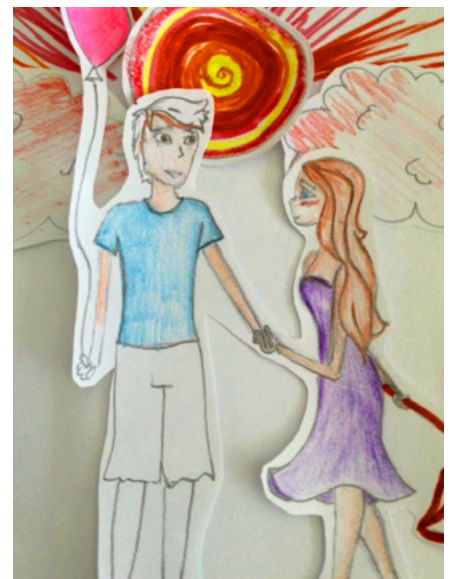
The students refined their language skills in French, German, Italian and Japanese as well as their filming techniques to create and produce original films.

Fourteen short films from the participating campuses were selected for the showcase at the NBSC Freshwater Senior Campus Performance Theatre.

Some campuses also entered their best short films in the national film competitions organised by the Goethe Institute, Modern Languages Teachers Association and the Japan Foundation.

Students from NBSC Freshwater Senior Campus were the Masters of Ceremony for the third year in a row. We are deeply grateful for the significant contribution of these senior students, who we all know, have very busy schedules and commitments.

Certificates of excellence were handed out to students whose films were selected for the NBSC Short Film Festival.



*ABOVE: A stop motion animation from NBSC Manly Campus. TOP: Le Balloon Rouge from NBSC Mackellar Girls Campus.*

# FORMER NBSC STUDENT WINS SILVER IN RIO



*ABOVE: Lisa Darmanin, the class of 2009 at NBSC Manly Campus. She brought her silver medal in sailing when she visited her old school Thursday September 13.*

From the class of 2009 at NBSC Manly Campus, now an Olympic Silver medallist in Rio 2016.

**L**isa Darmanin, 24, with her cousin Jason Waterhouse, won silver in the mixed Nacra 17 multi-hull class in sailing, Wednesday, August 17 in Rio de Janeiro.

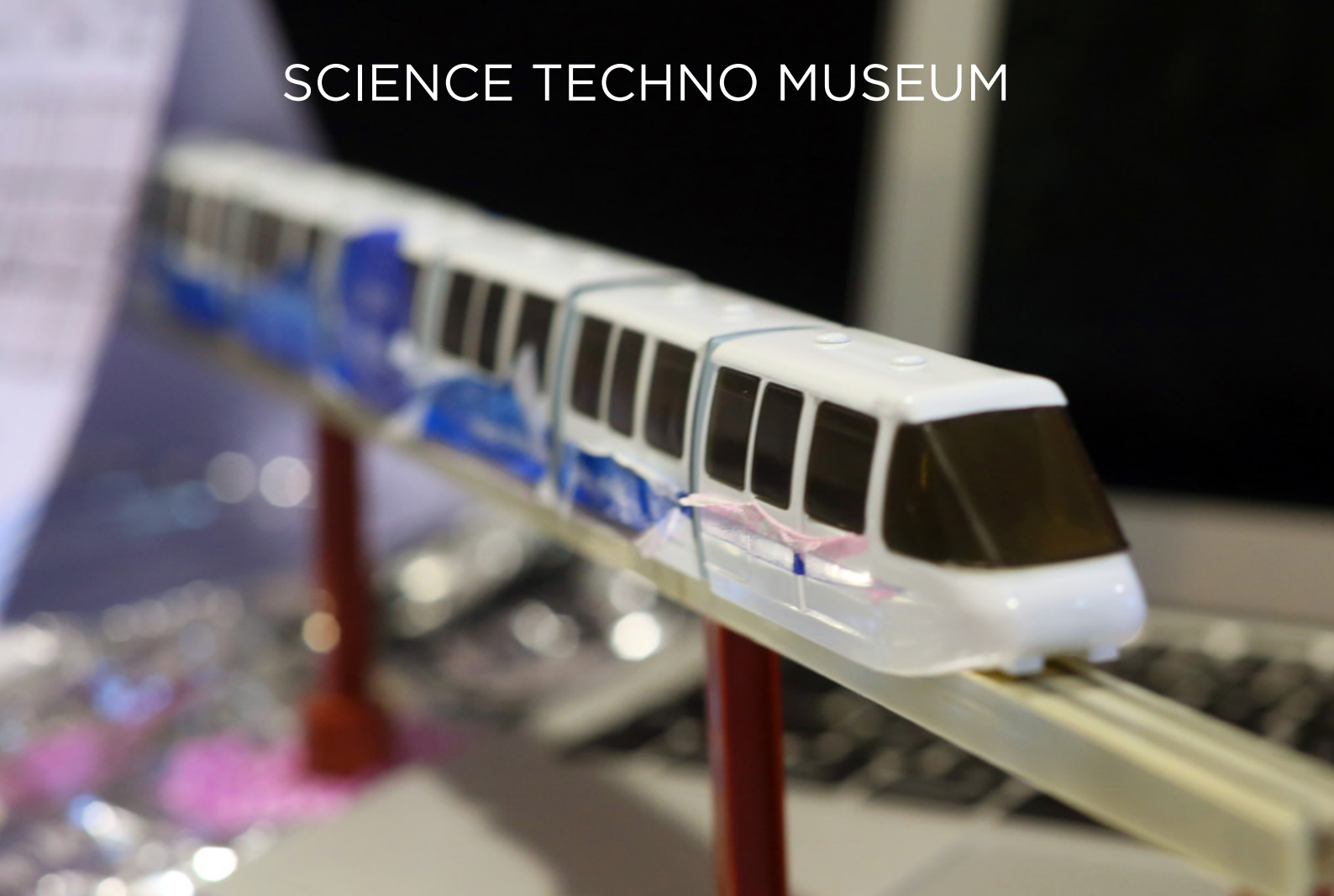
Today she visited her old school and spoke on assembly. She was interviewed by Year 12 students Lucinda Coleman (Captain) and Alexander Molchanoff. Asked about her memories of Manly Campus, she recalled that during her last week of schooling, her year introduced the tradition of carrying a watermelon around the school for an entire day. The student with the last remaining watermelon was the winner.



Lisa admitted that she has had her fair share of luck. The event she competed in, the mixed multi-hulled sailing, has never been offered at the Olympics before. She was partly chosen for the team because she was the ideal height, weight and was unlikely to grow anymore. A few years ago, in rough weather, she fell overboard, was caught in the rigging, and nearly drowned.

She has been sailing since she was 16. Training and competing with her cousin for two years, they together won the 2009 World Youth Championships. She is now preparing an America's Cup campaign.

# SCIENCE TECHNO MUSEUM



*ABOVE: Many of the Science Techno Museum displays were interactive exhibits that primary school students could engage with.*

## CAMPUS STUDENTS SHARING THEIR KNOWLEDGE AT THE EXPO



BY **NIKKI DOYLE**  
Project Penguin  
Coordinator

Year 8 Science students participated in the Science Techno Museum project as part of the National Science Week celebrations.

**S**tudents went to the Powerhouse Museum to learn the art of displaying science techno exhibits and to gain inspiration for

their own projects.

Throughout June, Year 8 NBSC students researched the historical development and scientific principles involved in the evolution of a chosen product. Students worked collaboratively to produce a museum exhibit which was initially displayed at their campus.

The best displays were invited to attend an NBSC Science Techno Expo at NBSC Manly Campus on Friday, 26th August, 2016.

During the Expo, a panel of judges critically evaluated the projects and selected an 'Outstanding Achievement Award' for each campus. Visitors, parents and Year 5 and 6 students from Curl Curl North Public School were also asked to vote.

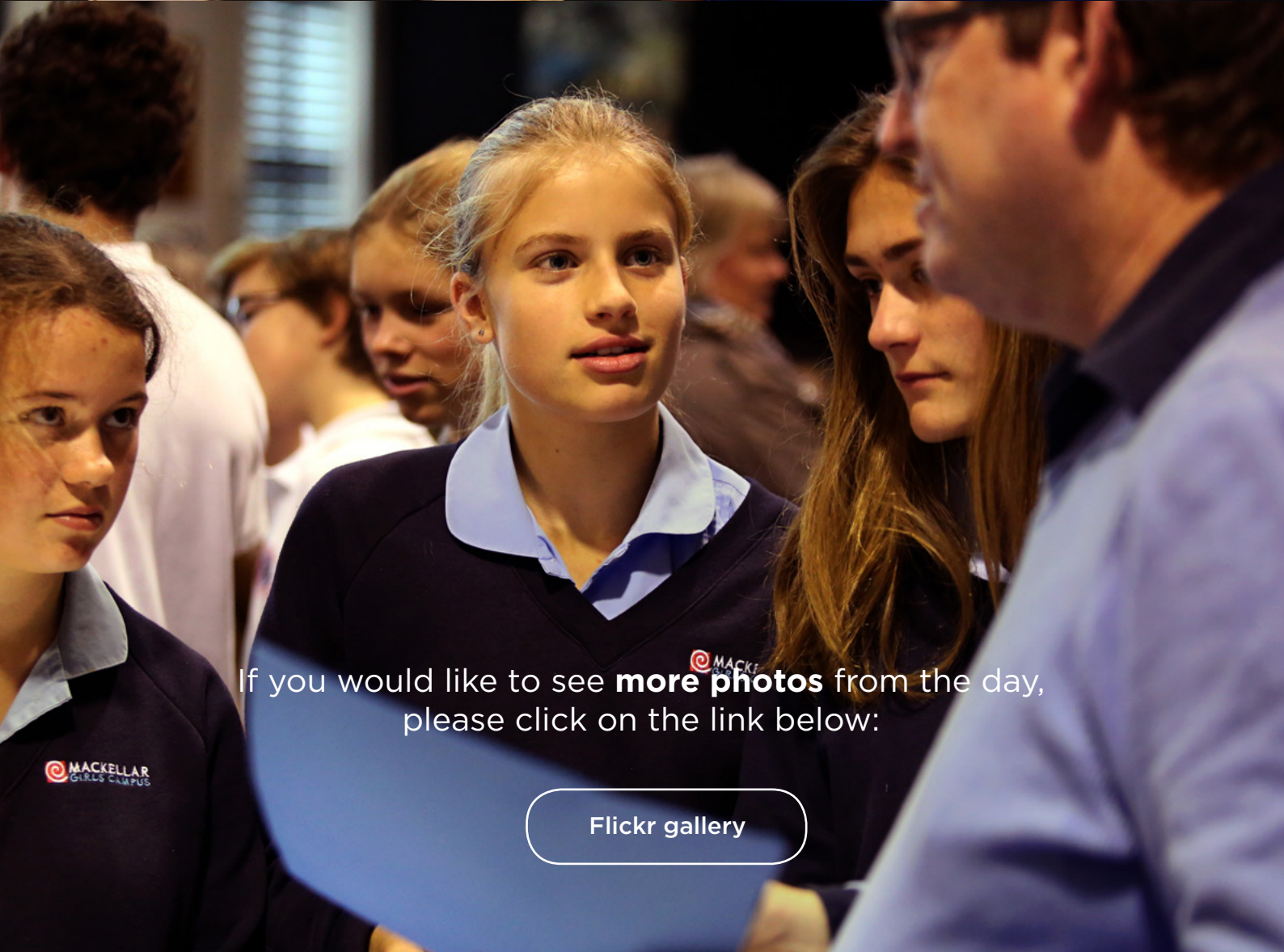
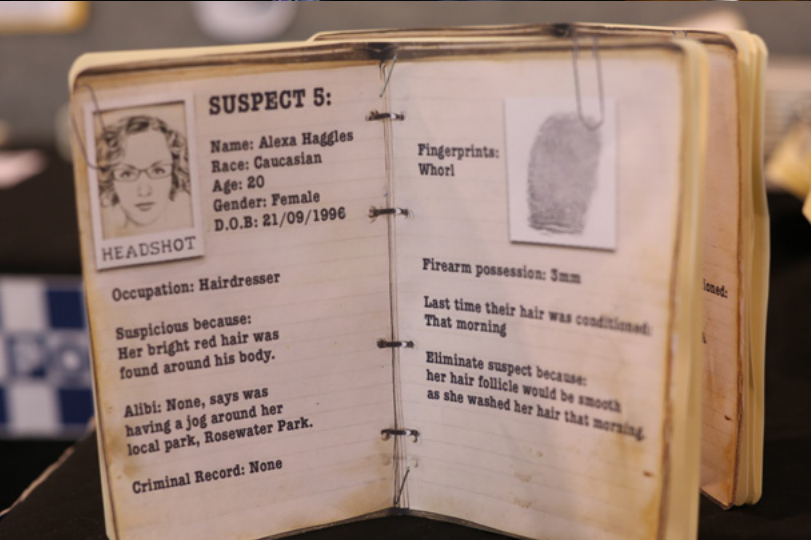
The day ended with an entertaining and informative session called Tick Tick Boom from Fizzics Education.

Thanks to the coordinators: Chris

O'Neill (NBSC Balgowlah Boys Campus), Meagan McLachlan (NBSC Cromer Campus), Yvonne Du Bery (NBSC Mackellar Girls Campus) and Vicki Maggs (NBSC Manly Campus).



*ABOVE: Neil Saintilan, Macquarie University Professor of Environmental Science, helped to judge the displays.*



If you would like to see **more photos** from the day, please click on the link below:

[Flickr gallery](#)

# PRIMARY ENRICHMENT AND CHALLENGE PROGRAM

## INVESTIGATING LOCAL BIO-DIVERSITY AT MANLY DAM



BY **LORNA CURTIS**  
NBSC PECP Coordinator

Manly Dam was the scene for a day trip by the PECP on August 31.

**B**oth the Cromer and Freshwater Senior Campus PECP students visited Manly Dam for a day's excursion to investigate biodiversity in the local environment. Staff from Gibberagong Environmental Education Centre supported this learning.

The students were engaged in a variety of hands-on activities throughout the day.

A number of tests on the dam water to investigate phosphate, dissolved oxygen, pH balance and turbidity were carried out with strict adherence to the principles of scientific enquiry.

The biodiversity of macro invertebrates in the dam was examined. Using dip-nets the students scooped out tiny creatures living in the dam.

Using an identification chart, they then rated the creatures according to their sensitivity to the environment. The presence of even one of the highly sensitive animals would indicate that the water in the dam was in good condition.

During a picnic lunch a consideration of the ethics of a real-life research project being undertaken by Sydney University on an invertebrate living in the dam generated lively discus-



*ABOVE: Hugo from Middle Primary Primary School examining water quality.*

sion with opinions being shared and thinking challenged.

A bush walk in the afternoon uncovered some aboriginal bush tucker and 'natural' lollies to try. The

students finished the day with the shedding of shoes and socks to soak their feet in the creek at the top of the waterfall and write poetry...experiential learning at its best!





# NBSC SPORTS UPDATE



BY **ASHLEY MATHIESON**  
NBSC Sport Coordinator

The Australian Snowsports Championships commenced last Wednesday, 6th September and concluded on Sunday, 11th September at Perisher Valley.

**N**BSC were represented by 8 students, who had all qualified through via the State Championships the previous week in Thredbo.

The first of our students, Jasmine Omm (NBSC Mackellar) & Ty Hatch (NBSC Freshwater) competed in the SnowboardX. Racing was held on the Sun Valley RiderX Course at Perisher. It looked unreal. Long, fast and open, winding from the top of Sun Valley down and around the bowl.

Their results were as follows: Jasmine Omm (NBSC Mackellar) placed 13th, out of a field of 30, in the Female Div2 SBX. Ty Hatch (NBSC Freshwater) also placed 13th, out of a field of 43, in the Male Div1 SBX. The next of our chargers, Oscar Hume (NBSC Balgowlah) ran the Snowboard GS Course at Front Valley, Perisher.

Oscars result was as follows: Oscar Hume (NBSC Balgowlah) came 20th out of 44 in the Male Div2 SBGS division.

From what I heard, Saturday's conditions at Perisher were atrocious. With wind and buckets of rain about.

Our team of competitors involved on this day were Joey Steggall

(NBSC Balgowlah), Cait Halsted (NBSC Freshwater), Bella Roberts (NBSC Freshwater) & Mia Roberts (NBSC Freshwater).

Their results were as follows: In the Div3 Male SkierX, Joey Steggall placed midfield with a 23rd out of 49 racers. With another year to run in this division, Joey will no doubt improve his result when he's a year 8 student.

In the Div1 Female Moguls our team of Cait Halsted, Bella & Mia Roberts placed 4th, narrowly missing a place on the podium. This result was the best result of all our students at the Australian Championships. Individually the girls placed well with Cait in 8th, Mia 9th and Bella 16th out of a field of 22. Well done girls.

The Aussie Championships were concluded on the Sunday with the last event - The Div1 Female SkiGS team, which was raced at Zali's on Mt Blue Cow.

Mia Roberts unfortunately crashed on her second run and while she is OK, it did mean that her time didn't count toward the teams result.

Out of the 42 runners, Cait Halsted finished a very creditable 7th, Bella Roberts 28th, while Mia was DSQ'd.

Unfortunately Georgette Randall had to pull out of the Australian Championships due to another commitment.

Overall our team performed incredibly well at the Australian Championship's



*ABOVE: Ty Hatch (NBSC Freshwater Campus) at the State Championships in Thredbo.*



and we congratulate them all for their efforts, including their parents, who acted as course volunteers & team managers for all our students during each event they were involved in.

Please acknowledge the efforts of our Snowsports team through newsletters & assemblies, especially the four NBSC Freshwater girls, Georgette Randall, Cait Halsted, Mia & Bella Roberts, who finish up their schooling at the end of next week, when they graduate from Year 12. They have been wonderful ambassadors for the NBSC and Snowsports over the last 2 years, but I do believe their racing days started way back in Primary school when they used to race together. You will be sorely missed girls. Good Luck in your future endeavours.

I have attached some photos of Oscar Hume (NBSC Balgowlah) from Nationals and Ty Hatch (NBSC Freshwater) from his Bronze Medal performance in the State Championships.

Thanks again to Mark Purkiss (NBSC Balgowlah) for his rock solid support throughout the whole Snowsports season, acting as Team Manager for the NBSC.



## ABW: Monday 28<sup>th</sup> November – Friday 2<sup>nd</sup> December 2016 at Northern Beaches Secondary College

### How You or Your Organisation Can Become More Involved in ABW Enterprise Education

ABW is a one week program involving students from all Campuses of the NBSC in teams of ten learning about business by running their own computer simulated company, guided by a mentor on loan from business.

ABW is a community based self-help program which now operates in all Australian States.

Students in their thousands across Australia are developing a better understanding of business, its role in the building of a more prosperous nation and gaining a better appreciation of themselves, as the challenge of ABW stimulates them to rise above perceived limitations.

Your role in making this happen is invaluable, but perhaps through your circumstance or organisation, you can do even more.

Many organisations are making a contribution through sponsorship, the provision of mentors, speakers or in kind sponsorship. If you would like to find out more about ABW and how you or your organisation can participate further, just complete the section below, and return to your local campus or email [nikki.doyle@det.nsw.edu.au](mailto:nikki.doyle@det.nsw.edu.au) or [john.donnelly@det.nsw.edu.au](mailto:john.donnelly@det.nsw.edu.au) or phone 99396942 for further information.

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I would like to know more about being involved in ABW as:

- As a Mentor:**
- As a Sponsor:**
- As a Guest Speaker:**

Contact Person: \_\_\_\_\_ Position: \_\_\_\_\_

Business Name: \_\_\_\_\_

Address: \_\_\_\_\_

State: \_\_\_\_\_ PCode: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

If you would like to find out **more** about ABW,  
please click on the link below:

Promotional  
video