

NBSC

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N O R T H E R N B E A C H E S S E C O N D A R Y C O L L E G E



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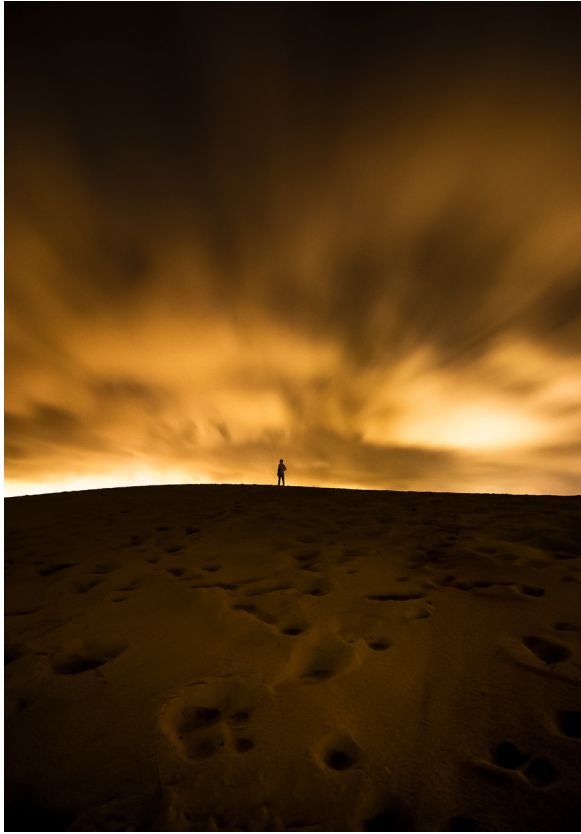
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COVER PHOTO BY AMY GILL - NBSC CROMER CAMPUS

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Term 1

Written by Stacey Exner
NBSC College Principal



I walked in to work this morning past the closed canteen and empty classrooms, and into my office, it was eerily quiet and lacking the usual buzz and bustle. I started to feel strongly that I wanted to send a message to you all, not as an official update from the College Principal, but as a personal message at what is a very difficult time for us all.

First and foremost, I want to acknowledge that every single one of us who is part of the Northern Beaches Secondary College community is feeling concerned and perhaps a little anxious right now, for loved ones, for ourselves, for everybody around us in the different work and home communities of which we are part. I have three children in their 20s; one living at home and the older two children living in shared houses. I also have parents in their early-80s who live at the South Coast, and my husband and I are isolated from them as to keep them safe. I also have an eighteen-year-old nephew who is stuck in the French lockdown and unable to return home due to the borders being shut down. I am sure that each of us has similar situations to try to deal with.

This is true whoever you are, and you are in my thoughts, whether you are a student or a member of staff.

We need to be authentic with ourselves about our feelings, accept that they are entirely valid, but we also have to try to keep things in perspective and keep calm.

I realise that the public health challenge the world faces now is serious indeed the number of cases will increase in the next few days and weeks, but the measures that governments are recommending and that we are taking are intended to keep these numbers as low as possible. For those of you who are interested in keeping up with the official data, the Federal Government website is a good source.

This is unprecedented times and the fact is that some people, very sadly, have already died from this virus. The measures that the government has mandated and that we have responded to are going to be tough on many people, particularly those concerned for their livelihoods, and those people already suffering disadvantage of various kinds. They will cause all of us to reflect on the importance of social contact, the arts, sports events, and other things that we have taken for granted and have been part of our normal life.

However, if we follow these measures together, we have our best chance of curbing the pandemic, preventing it from becoming a more serious situation.

I want to acknowledge that all our staff are working incredibly hard at the moment, through some very difficult and complex changes, and I want to thank you all, and you, our students, too, for your patience and calmness at this time. It is incredible how the continuity of learning has not been affected and the vibrant virtual classrooms have been created with such expertise.

Together, I am sure all of us will do everything we can to slow down the spread of this infection, and in due course start again to work for a brighter future.

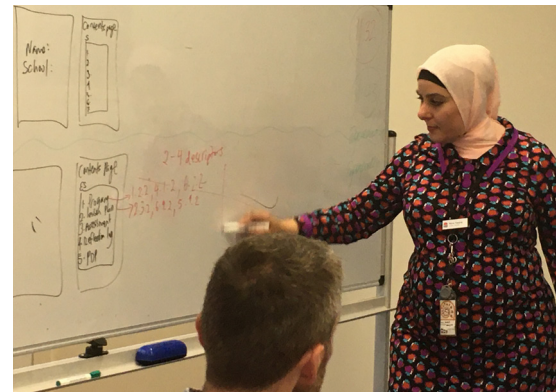
NBSC Welcomes 18 Beginning Teachers

Written by Renata Grudic
College Head Teacher, Teaching & Learning

At the Northern Beaches Secondary College we acknowledge the first three years of teaching involve a steep learning curve navigating the craft of the profession, which can be rewarding and challenging at the same time. 2020 has certainly provided all of us with many new challenges as the learning landscape changes.

To assist transition into the teaching profession, NBSC provides support to all our beginning teachers at College and campus levels. In March, our beginning teachers meet each other at an 'Accreditation at Proficient' Workshop delivered by Nora Yassin (Teacher Quality Adviser). We have also established an MS Teams platform for ongoing support and communication.

Welcome Dayna Spink, Rebecca Crawford, Elly Kate McEwan, Michelle Green, Brandon Diaz, Nick Hardy, Melinda Kennedy, Lara Hirsh, Chloe Christensen, Melinda Wardlaw, Candice McKittrick, Sarah Robertson, Sarah Jones, Sarah Collins, Emma Rounds, Jack Bailey, Amy Kelly, Ruth Yahalom.



Equality in contemporary Australia

Written by Renata Grudic
College Head Teacher, Teaching & Learning

Are all Australians equal? was the driving question that Year 7 academically high performance and gifted students explored during Term 1. Students were challenged to:

Investigate

- The concept of equality
- Various examples of equality issues in Australian society
- Reasons why inequalities exist
- Possible solutions to resolving inequalities (equity)

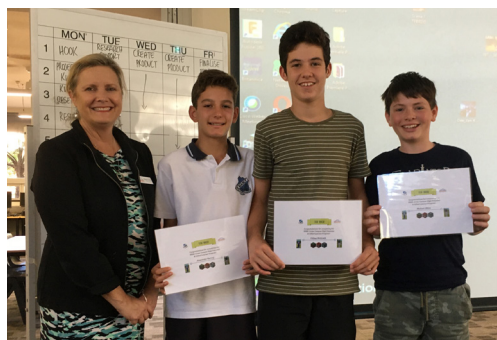
Develop

- A deeper understanding of equality in contemporary Australian society (based on a focus area)
- A written report of research findings and understanding
- A creative digital presentation

NBSC Balgowlah Boys harnessed the way artists express ideas of equality to launch the program. Demonstrating their learning on a digital platform, NBSC Mackellar Girls produced websites whilst Mine Craft was the preferred platform for NBSC Manly students.

The Year 7 students demonstrated critical and problem-solving skills as they proposed solutions to address inequality issues, creativity and innovation in producing the digital presentation and communicated their findings with clarity to peers and family members at campus presentations.

Thank you to our coordinators for the delivery of a highly successful program: Thomas Oliver (NBSC Cromer Campus), Oliver Hillsmith (NBSC Cromer Campus), Rebecca Reed (NBSC Mackellar Girls Campus), Bianca Hewes (NBSC Manly Campus), Christopher Boylan (NBSC Balgowlah Boys Campus).



NBSC Duke of Edinburgh Award

NBSC students make a difference in Borneo

Written by Vicki Busse

NBSC Duke of Edinburgh Award Coordinator

In the summer holidays 21 dedicated students and staff from the five campuses of Northern Beaches Secondary College dedicated their time to fundraising and planning their trip from the Northern Beaches to Borneo as part of the Duke of Edinburgh award. Students spent 3 weeks immersed in Malaysian culture in the communities of Tinangol, Bongkud and Batu Puteh. A fun and enjoyable atmosphere was cultivated by the students whilst engaging in their humanitarian projects. Projects included; mixing and laying concrete, building retaining walls and drains by the side of the road, planting trees and potting in the dense jungle along the Kinabatangan river to ensure the Orangutan population is preserved, conversing with and teaching English to young people in the local small communities.

The students made the effort to support local business through their regular “snack” purchases at the local shop. A highlight included playing football and volleyball with the local teenage community among the foothills of Mount Kinabulu. A challenging trek over 5-days through the muddy Malaysian jungle and setting up camp in wet, dense and tough conditions proved an accomplishment many will not forget.

The three-week adventure was accentuated with an incredibly humbling visit to the Sandakan memorial site for Prisoners of War, soldiers who perished in the Death March toward the end of World War II. The Sandakan Death Marches were a series of forced marches in Borneo from Sandakan to Ranau which resulted in the deaths of 2,434 Australian and British prisoners of war held captive by the Empire of Japan during the Pacific campaign of World War II in the Sandakan POW Camp. 6 soldiers survived, all Australian. The NBSC team left a positive mark everywhere they travelled. Well regarded by local staff for their commitment to all elements of the expedition, smiling, happy and very tired travellers returned to Australia just one week before school resumed following an experience of their lifetime.





NBSC Duke of Edinburgh Award information during COVID-19

Written by Vicki Busse

NBSC Duke of Edinburgh Award Coordinator

At this time when so many things are uncertain, changing and cancelled I want to provide you with some information about your Duke of Ed award. You are encouraged to continue your award with some modifications as suggested in this document. If you would like to take a break that is also acceptable – you have until you are 25 to finish your award.

It is exactly at times like these that as a Northern Beaches Secondary College Duke of Ed. community we live up to the values the award believes in: being empowering, progressive, diverse and connected. It is essential that we build resilience, enhance communication, encourage accountability, and problem solve as we progress through the award together.

I encourage as many of you as possible to continue with the award you have started.

Frequently Asked Questions at this time:

Can I keep working toward my Duke of Ed award?

Yes, you can with some changes to what you had planned. There are many suggestions listed below. If you would prefer you can take a break from your award until the COVID-19 pandemic is over and things return to some normality.

Do I need to talk to my assessors about changes I may need to make?

Yes, it is your Award so be sure to personally start conversations with your Activity Assessors about how you might look to complete your activities in the weeks and months ahead. Assessors are permitted and encouraged to be flexible in the way you will pursue your Award activities. During this time, it is still possible for you to keep in touch with your coach/teacher/mentor online. Redefine what you will do and be sure to be specific with your log descriptors. Photos are good.

Will I need a new assessor?

If you need to completely change your activity you will need a new assessor and therefore they will need to complete the Assessor Commencement Guide via the Google Form on the College website (step 4). Be sure to have a conversation first with your current assessor to see if they may be okay to assess your new activity (modification).

What about our Hikes/Expeditions in 2020?

I will continue to monitor the situation with providers, but at this stage it is unlikely scheduled Bronze and Silver expeditions will go ahead in term 2. We will need to change dates to later in the year in order to offer all planned expeditions. It is early days and we will be sure to communicate to all families ahead of time including back up dates for you to note in your personal and family calendar.

Do I need to finish all of my hours for all of my sections this year?

No, it is normal for some participants to log their remaining hours over the December/January holidays and into term 1 of 2021.

Here are some suggested alternatives I have found that may interest you.

Physical Recreation

Running, walking, swimming, yoga, and at home workouts. All of these can be used instead of your usual team sports. Keep a good log online and take photos. Here are some great online workout ideas;

- 30 Days of Yoga - <https://www.youtube.com/playlist?list=PLui6Eyny-UzwxWCWDbTzEwsZnnROBTIL>
- Body Coach - <https://www.youtube.com/user/thebodycoach1/videos>
- Darebee Fitness Cards - <https://darebee.com/pdf/other/darebee-exercise-cards-single.pdf>
- Zumba - <https://www.youtube.com/watch?v=eWjd8C2SB0Y> & https://www.youtube.com/watch?v=L_W4F6_c2Jg
- Just Dance, Dance workout - <https://www.youtube.com/watch?v=Rj2IubFfEqY>

Skill

Your skill section should be able to continue largely uninterrupted. Be sure to check-in with your assessor on progress or if you hit any hurdles along the way. Add a photo of you improving your skills from home. If your current skill is not working develop your skills at cooking, typing, knitting, playing an instrument, art. Check out these links for some great online tutorials.

- [Skill Share](#)
- [YouTube \(learn skills online\)](#)

Service

Service (volunteering) ideas. This is possibly the section of the award that may require the biggest change depending on what you had planned to do. With the current social distancing requirements in place consider the following Service opportunities.

- Type in “Digital volunteering opportunities” in google search.

Donate your skills virtually from the comfort of home. Lots of organisations are offering this.

- wrapwithlove.org - the much-loved Australian knitting charity. Participants volunteer to create simple knitted squares, which combine to become treasured handmade blankets.

- <http://www.redcross.org.au> - Trauma teddy - Knit for the Red Cross

- Elderly or people with a disability in our community may need help in these difficult times. You could pair up and mow lawns, walk dogs, or even grocery shop for some of these. Always keep in mind the social distance guidelines.

- Clean up Australia Walks. Walk around your local area with a garbage bag and clean-up as you go. Log the hours and take photos of your time.

[‘Invisible volunteering’](#) - this ABC News article highlights an example of ‘virtual volunteers’ including an ‘online army’ of millennials quietly contributing in regional and remote communities.

Some other suggested websites for Virtual Voluntary Service activities.

- [Do Something Near You: Virtual Volunteering](#)
- [Seek Volunteer](#)
- [NSW Volunteering](#)
- [Go Volunteer](#)
- [UN Volunteers](#)

Reduced contact Service activity ideas

- Walking the dog of an elderly/disabled/immuno-compromised person
- Provide basic gardening services to an elderly/disabled/immuno-compromised person
- Doing a grocery shop for someone who is unable to leave home
- Animal welfare (help out at an animal shelter/rescue)

Non-contact Service activity ideas

- Bundle care packs of toilet paper, hand sanitiser & other necessities for the elderly/disabled/immuno-compromised people
- Writing letters to elderly people, or kids in hospitals, who are unable to have visitors
- Creating or maintaining a website/social media page for community groups

- Caring for a school or community garden
- Environmental clean-up campaigns at school, local parks or beaches
- Do an online First Aid course (with a view to do the practical FA service later)
- For those already helping coach/teach – what about doing classes/sessions via Skype or other online video stream?
- Knitting beanies, scarves and other items for community groups
- Planting native trees or revegetation projects
- Tutoring/mentoring younger students (including Reading Buddies) via Skype/online means
- Making toys or collecting books for disadvantaged children

I trust this email has provided you with the information you need to help progress your award.

A Duke of Edinburgh Award outcome has never been more relevant.
Please make contact if you have further questions.

Take care,

Vicki Busse
Duke of Edinburgh Coordinator
for Northern Beaches Secondary College
02 9939-6942



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**If it's too hard to talk,
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Chat online at lifeline.org.au
(7pm-midnight AEST)**

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Shrinking Our Footprint

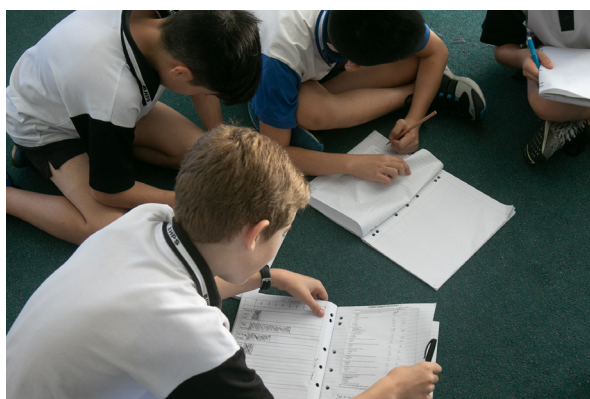
Written by Sandra Bonello
NBSC Project Officer

Shrinking our Footprint was the theme of this years' Design//Make//Innovate (DMI) project. Inspired by the recent bushfires, students from Wheeler Heights, Dee Why, Curl Curl North, Harbord, Beacon Hill and Manly Village primary schools, set about measuring their use of resources to determine their families overall carbon footprint. Students then wrote a letter to their family giving them solutions and urging them to develop a more sustainable way of living.

Once the measurements were established, students formed collaborative groups, with their NBSC Balgowlah Boys, Mackellar Girls and Cromer Campus mentors, to design a prototype for a product or technology, based on their selected resources, that could assist in reducing theirs or the communities carbon footprint. They utilised the latest Design Thinking resource from the DoE to assist in their understanding of design thinking and in the development of their prototype; creating it, testing it and modifying it and in producing their digital folio.

The students were highly engaged in this authentic learning experience and gained valuable practice in problem solving, critical thinking, collaboration and communication to name a few.

Thank you to all the Principals, Teacher Coordinators and Stage Teachers for your dynamic leadership and courage to try a completely new program. Thanks also to our student mentors for displaying excellent leadership throughout DMI and to our primary students for your creativity and commitment to DMI 2020.





NBSC Sports

Written by Kristie Crawford
College Sports Coordinator

Sydney North Girls Cricket Win NSWCHSSA Championships

The Sydney North Girls Cricket team competed at the NSWCHSSA Championships in Bathurst, coming away as winners by the end of the 4 days competition.

The girls worked hard and held their nerve at key moments over the week. Sienna James (NBSC Mackellar Girls Campus) came on after drinks in the semi-final and bowled a brilliant spell. She bowled Hayley Silver-Holmes (WBBL), that helped turn the game back in Sydney Norths favour.

Mia Nel (NBSC Mackellar Girls Campus) played well against Sydney South West, along with Mia Waddington (NBSC Mackellar Girls Campus) who came in towards the end of the innings and helped accelerate the score. Mia Waddington was great in the field and always put her body on the line. She took a few wickets with her bowling but her 3 run outs set the standard in the field. Charlotte Camburn (NBSC Manly Campus) opened the batting in the semi-final and final which, really set up both matches. In the final Charlotte batted for 49.4 overs out of 50 making 90 and laying the foundation for the win. Stella Campbell (NBSC Mackellar Girls Campus) was an inspirational leader for the Sydney North girls. She has represented Sydney North every year since year 4 and this was her first final and win. She is to be congratulated on the way she has conducted herself over the years.

Congratulations to Charlotte Camburn who was the recipient of the Brewer award.

Stella Campbell and Charlotte Camburn were also selected into the CHS 1's.



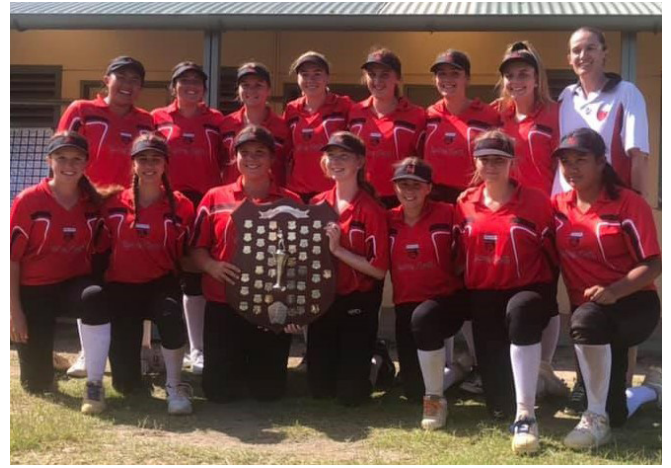
Sydney North Softball – NSWCHS Champions 2020

The Sydney North Girls Softball team were crowned the 2020 NSWCHS Girls Softball Champions after three days of competition at Curl Curl in late February. Day one saw the girls defeat Sydney North Western (29-1), Sydney West (6-3) and North Coast(16-3). Day two followed the same way with another clean sweep against South Coast(20-1), Sydney South West (1-0) and Riverina(10-0). Day three started with another convincing win over Hunter (20-0), North West (12-3) and Sydney East (13-4).

Congratulations to the following girls who were named in the NSWCHS teams:

Red:
Chelsea Bennett, NBSC Mackellar Girls Campus
Isabella Lorenzo, NBSC Manly Campus

Blue:
Keira Trim, NBSC Mackellar Girls Campus



CHS KNOCKOUT COMPETITION NBSC Boys Basketball

Words by Jon Hanna (NBSC Cromer)

Congratulations to the NBSC Open Boys Basketball team who convincingly defeated The Forest 61-34. The team played a very strong defensive game with solid rebounding and consistent pressure on the ball. There were also some impressive 3 pointers scored throughout the game. It was a solid team effort and the team are preparing for their next round game.



NBSC Boys Baseball

Words by Stephen Hook (NBSC Cromer)

The NBSC Boys Baseball Team was successful in their round 1 match against Gorokan High coming away victors 17-1. Was a tremendous effort from all boys, the game was played in great spirits and both teams enjoyed themselves. The team are looking forward to their round 2 contest against Narrabeen Sports High.



Lifeline Surf Pro Challenge 2020

The stage was set at the Sydney Surf Pro at Manly Beach on Saturday 7th March 2020. Students from NBSC were eager to get out into the ocean as the waves were rolling in. The girls were first to compete and with a late withdrawal from one of our surfers, Bella Grainger stepped up to surf twice for the team. The girls strategically selected their waves and ensured there was plenty of time for each of their surfers to carve up the lowering tide. With a solid display of impressive surfing the NBSC Girls finished the heat with a decent 42.18. After an anxious wait the NBSC Girls were crowned champions for 2020.

The Girls NBSC team consisted of Lily MacDonald (NBSC Freshwater Senior Campus) Blaze Roberts (NBSC Freshwater Senior Campus) Bella Grainger (NBSC Freshwater Senior Campus) and Anna-Lei Petit (NBSC Mackellar Girls Campus).

The Boys division of the 2020 Lifeline Challenge was taken out by NBSC Balgowlah Boys who gained the edge in the high scoring final, finishing with a mammoth 65.83 team score for their efforts ahead of NBSC Freshwater by a 2.24 margin. With the tide continuing to drop the rips were running fast and left and rights were now working consistently. With a split field, sets rolling in the crowd was privy to exceptional surfing with countless cut back, floaters and the occasional wipe out.

The Champion NBSC Balgowlah Boys team consisted of Gil Pybus, Saxon Reber, Axel-Rose Curotta, Gor Ozharovsky and Jack MacDonald.

The runners up NBSC Freshwater Boys team consisted of Jack Bannister - Tiaan Cronje - Max Grayling - Eric Ellery - Ollie O'Rourke.

2020 Lifeline Challenge Results :

Boys

- 1 – NBSC Balgowlah Boys Campus
- 2 – NBSC Freshwater Senior Campus
- 3 – Narrabeen Sports High Seniors
- 4 – Narrabeen Sports High Juniors

Girls

- 1 – Northern Beaches Secondary College
- 2 – Narrabeen Sports High Seniors
- 3 – Pymble Ladies College





SPORT UPDATE TERM 2 From Sydney North

Sydney North Schools Sports Association advises that due to the COVID-19 outbreak and 'social distancing strategy', all sport programs for Terms 1 and 2 are now cancelled. All Zone, Sydney North, NSWPSA and NSWCHSSA activities in Terms 1 and 2 have been cancelled. This includes trials, championships, knockouts and state-wide competitions. Warringah and North Shore Zones have also cancelled the Grade Sport competition for 2020.

The health and wellbeing of everyone involved is paramount and at the heart of this decision. Sydney North SSA recognise the pressures that schools are currently experiencing and supporting staff and students is their highest priority. This situation will be regularly reviewed and updates provided. We thank you for your understanding during this time.

If you have any questions please speak with your School Sports Coordinator and updates will be posted on the Sydney North Sport Sports Association website <https://app.education.nsw.gov.au/sport/SydneyNorth>

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NEWSLETTER

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