

THE POINT

Your Community School Promoting Excellence

Term 3 Week @ PPHS

13 September 2019

Student Leadership Camp—Ms Marquis

On Wednesday, August 21, 42 students from the PPHS Leadership group met on the school oval early to pack up our huge backpacks and head out on a 3 day wilderness adventure at Kangaroo Valley. After the long bus ride, the groups were dropped off and we set off on a 26km hike into the valley. For some of us, it was our very first ever camping experience. Our group, the 'Fly-kickers' walked 8km down-hill, carrying everything in our packs, to a beautiful campground where we would set up camp for the first night. We put up our tents, started a fire and then cooked some vermicelli noodles for dinner. Thursday started early for some of us, getting up at 5:30am to walk to the river and watch the sunrise. After hiking 12km and a reunion lunch with the other groups, we arrived at our next camp. We set up our tents, played ultimate frisbee and saw some wombats. We made some pasta for dinner and roasted marshmallows. On Friday, we packed up and set off for the final leg of our adventure. We walked up a steep 6km hill where the bus was waiting for us. The ride home was quiet, but we had a boost after a stop Macca's - we all ate way too much! At school we unpacked, said our thankyou's to the Tops instructors and teachers and went home with so many new memories, stories and friends.



Term Three, Week 8- 9@ PPHS

WEEK 8 9.9 – 13.9.19	
Monday	Y10 EVET Applications Close
Tuesday	
Wednesday	Y11 BStreetSmart Excursion
Thursday	
Friday	Y10 Commerce Lawy Day Out Y7 Sticks & Stones Incursion

WEEK 9 16.9 - 20.9.19	
Monday	Y11 Preliminary Exams Day 1 P & C Meeting
Tuesday	Y11 Preliminary Exams Day 2
Wednesday	Y11 Preliminary Exams Day 3 Y10 English Assess Task 5
Thursday	Y11 Preliminary Exams Day 4
Friday	Y11 Preliminary Exams Day 5

Social Media

Website: www.picnicpoint-h.schools.nsw.edu.au

Facebook: Picnic Point High School Official

Twitter: @picnicpoinths

News items

Gallery

Facts about the importance of sleep - Ms Marquis

The Sleep Health Foundation is Australia's leading advocate for healthy sleep and helping people to understand the value of getting a good night's sleep. It aims to improve people's lives by promoting sleep, advocating to governments and raising awareness of sleep disorders. The Foundation has a range of fact sheets on its website - the following fact sheet looks at why teenagers are sleep deprived, the consequences for their learning, behaviour and mental health and how to help improve your child's sleep patterns.

<https://www.sleephealthfoundation.org.au/?view=article&id=955:facts-about-sleep-for-parents-and-school-staff&catid=98>



Inaugural Chess Match - Mr Bodey

David initiated the first Lunchtime Chess Match on the Deck. 17 students attended (years 7,8,9,10, 11) and 3 staff David James and I.



Donation from Ikea - Ms Marquis

Picnic Point High School recently received a donation of watering cans and spray bottles from IKEA Rhodes to help keep our gardens and green areas watered and healthy. We are grateful to IKEA Rhodes for their donation and to Mrs Savage for her assistance.



STUDENT OF THE MONTH - AUGUST

Year 7	
Year 8	Euan Gullick
Year 9	Brandon Plavcak
Year 10	Emily Parmaxidis
Year 11	Adam Brown
Year 12	Celine Bull

