



THE POINT

Your Community School Promoting Excellence

Term 3 - Picnic Point High School Update

17 September 2021

Hello everyone

I would like to say a big thank you to all the students, parents, carers and staff for the outstanding way that you have supported each other during this very difficult time. You are all amazing. Sadly, the lockdown has continued for longer than we wanted and it has been difficult, your resilience has been outstanding.

Please use the school holidays to try and relax and recharge in readiness for Term 4. I cannot wait until we are all able to be together at school again, when it is safe for us to do so. Special congratulations to Year 12 who complete their formal lessons this term. I wish you every success in your HSC Examinations. I know you will all do your best, I am very proud of you.

Kind regards

Sharon Byron

Principal

Congratulations to the new Student Leadership Team for 2021-2022

This year the interviews for the position of School Captain and Vice Captain were conducted via Zoom. This was a wonderful opportunity for each Prefect to outline their passion and vision for their school community. While things looked a little different this year, the exceptional quality of candidature was a testament to the resilience and leadership of the students at Picnic Point High School.

It is with great pleasure that the incoming School Captains and Vice Captains for 2021-2022 can be announced:

School Captains	
Drew Steinfurth	Emily Papagianopoulos

School Vice Captains	
Blake Woods	Sophie Edwards



Drew Steinfurth



Emily Papagianopoulos



Blake Woods



Sophie Edwards

Introducing Prefects 2021/2022



Trinity Lembo



Shi-Qi Li



Jaidon Locke



Tara O'Gorman



Ruby Pike



Madison Windschuttle



Tony Wong



Alex Yang

Wellbeing Days at PPHS

Learning from home has lasted far longer than any of us ever predicted. In the past 11 weeks, it has become more important than ever that we look after ourselves and those around us. Our wellbeing and mental health has become a priority for our Teachers and our Prefect Team, with a joint goal to encourage ways to find a sense of normality from this otherwise abnormal situation. We, the Prefect Team, put together a collection of activities for the school community to participate in, as a motivating way for students to take time away from their devices and to be out in the fresh air; an essential for good wellbeing. These activities included dressing up as your favourite teacher, a family bake off, recreating old photos, and spreading messages of wellbeing and gratitude. After seeing the success and responses of the first Wellbeing Day, we put together ideas to make the second day bigger and better. Last Friday, we hosted a virtual scavenger hunt with activities that focused on the topics such as doing something for yourself, your mind and something for someone else. The engagement that we received from the second Wellbeing Day was incredible and we hope to strive for another one in the future. While this period of learning from home may last a little longer, it is important to remember that we are in this together and if we stay connected we can get through this.

Emily Papagianopoulos and Drew Steinfurth

School Captains 2021-2022



Science Week Competition

During Week 6 the Science Faculty celebrated Science Week which involved all science classes engaging in a range of active science activities in class and even an opportunity to participate in the PPHS Science Club Competition! The week saw students participating in competitive class Kahoot quizzes, exciting experiments, electronic 3D modelling and scientific trivia activities! The event also saw the birth of Picnic Point High School's first Science Club, this will continue to engage our young scientists throughout the year. At the end of the week the Science Competition demonstrated how talented our scientists truly are! There were some amazing submissions ranging from the creation of real rocket fuel, erupting volcanoes, educational TikTok's, exploding bottles and interesting posters. Congratulations to our Winners.

Mr Doyle
Science



Social Media

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

Facebook:

Picnic Point High School Official

Twitter: @picnicpoinths

Week 1 - Term 4	
Monday 4.10	Public Holiday
Tuesday 5.10	All students return ONLINE LEARNING
Wednesday 6.10	
Thursday 7.10	
Friday 8.10	

SPORT REPORT

Picnic Point Pandas Rugby League Program – Semester 1 update

Semester 1 has been quite unique for the Picnic Point Pandas Rugby League Program as it began with a Basketball Knockout. As mentioned in a previous edition of The Point, this had our very young Open Men's Basketball team valiantly compete in an unsuccessful Basketball Knockout tournament. This inspirational performance was followed by the revival of the whole school based training sessions for the Picnic Point High School Pandas Rugby League Squads which has not occurred since 2018. This included new additions to the program, our first Junior Men's Rugby League squad and our first Open Ladies Touch Football squad. With weeks of commitment during sacrificed lunchtimes, our squads strengthened, united and developed.

Here is a recap of the Open Men's Basketball from Term 1:

The Picnic Point High School Open Boys Basketball team recently competed in the biggest nationwide basketball competition hosting an astonishing 44 schools. The social and competitive atmosphere was remarkable with our boys representing the Picnic Point Panda Nation in a humble and honourable way. We played two games and left with nothing but joy, satisfaction and memories from our day. The Year 12 students are grateful for this final opportunity to represent our school in their favourite sport and send their gratitude to Mrs Byron, Mr Stayte and Mr Silburn for their part in allowing this day to occur. The remainder of our team, who were very young, shone a very bright future for our school. Honourable mention to Jacob Pevec, our MVP for the day. Jacob's top point scored for our team and dominated the court with a very entertaining and Shaquille O'Neal like performance



The first test for our Rugby League based sport program was for the Open Ladies Touch Football team. With major postponement due to April storms, we found ourselves playing our Round One game against East Hills Girls Technology High School in Term 2. On the wet and cold but sunny day, our team, which was diverse and spanned across all year groups, united to perform exceptionally well with a few niggling injuries and superstar performances. Result: Picnic Point High School (12 points) defeated East Hills Girls Technology High School (4 points).

SPORT REPORT (Continue)

The next test was for our debutant Junior Rugby League squad in the Buckley Shield. A very young Under 14s team played remorselessly against our three opposing sides during the central venue day at the Crest. We had emerging talent on display demonstrating that the hard work and commitment dedicated during the past few months of lunchtimes had been beneficial. Playing against people twice as heavy, taller and at times four times hairier would have been a daunting task but our boys were unshaken. Results: Overall 5th place (no progression), 2nd place in our pool.

Game 1: Picnic Point High School (18 points) defeated Punchbowl High School (14 points).

Game 2: Picnic Point High School (0) were defeated by Bass High School (46 points).

Game 3: Picnic Point High School (18 points) defeated Ingleburn High School (16 points).



Our Open Men's Rugby League team participated in the University Shield this year. This was also a central venue day with multiple games. With a last minute draw reshuffle, we found ourselves again playing Bass High School in round one. They have a fantastic sporting program that provides our school an opportunity to play the best of the best in the zone. Round one was very physical and competitive. We had a slow start and conceded two tries early on; however, after that we dominated the ruck and showed Bass High School that we are a competitive force. Result: Picnic Point High School (12 points) were defeated by Bass High School (24 points). With a minimal break, the second game was against Punchbowl Boys High School. Our physically depleted team withstood another physical contest to again dominate the ruck yet still struggle to score and be defeated Picnic Point High School (12 points) – Punchbowl Boys High School (26 points). Though the result did not favour our school, our young men produced a noteworthy performance to be proud of.

Our Open Ladies Touch Football team continued their tournament with their central venue day. Through blistering winds, inconsistent rain, mud and a few rays of sunshine, these young ladies had the challenge of not only competing against the top 16 schools in our zone, but to do this with our Year 12 leaders absent attending camp. As a result, a few impressive debutants from our younger years, stepped up in addition to new leadership on display by the next eldest groups in line



With our pool draw in hand, we found our first opponents to be Thomas Reddall High School who were overwhelmed by our ladies' speed and technique allowing for our 8-0 victory. Our second round was scheduled against our arch rival, Bass High School. Our team put in an extreme effort to defeat Bass High School 3-2. Our next opponent was Pairewood High School who did not arrive, therefore was a 5-0 forfeit win for Picnic Point High School.

SPORT REPORT (Continue)

Our ladies were on a mission and progressed to the final against Elderslie High School who had numerous representative players including two Australian Touch Football National players. Regardless of our missing seniors, the penalty count, the opponents skill, technique and elite level experience, and the weather, this game was as competitive as you could make it. With solid defence and a punishing offence, the opposition were reluctant to substitute their key players, which any team athlete will tell you, means that they were in strife. That is a sign of respect, especially when competing against some of the world's finest elite athletes in the sport. Unfortunately, we were defeated 6-5 with the feeling that if the game were minutes longer we could have achieved victory. I cannot have higher praise or have more pride in our Picnic Point High School Ladies Touch Football team than I have from our 2021 journey together.

With every cloud though, comes a silver lining. During the day Abbey Fuz received an invitation to progress to the next level of representation in Sydney South West Secondary School Sport-based Touch Football. Taneisha Gray was also acknowledged for her possible Rugby League based participation in future representative teams. Congratulations to both athletes.

Our programs final entry was into the Bulldogs City Cup Under 13s Knockout competition. Our Junior Men's Rugby League squad had another opportunity to display the skills, abilities, comradery and team spirit we had developed throughout our lunchtimes and prior competitions together. The team comprised of a mix of debutants and competitors from the Under 14s Knockout mentioned earlier. Our Under 14s team was quite young with some players eligible to demonstrate their talents and experience in the Under 13s team. The leadership of these players was remarkable. From our bus karaoke rides to our on field display, we truly reflected similarities to the 2021 Penrith Panthers and NSW NRL teams.



Games for the Bulldogs City Cup under 13s Knockout competition are played in 10 minute halves with no halftime break, which the outcome even more impressive! In our first game we played Malek Fahd High School where we physically steamrolled our way to a 38-0 victory. This victory meant that we scored more points than minutes played, almost double, in a game of Rugby League that is astonishing to say the least. Our second game was played against our arch rivals, Bass High School. PPHS were prepared this time and those experienced players had not forgotten about the Under 14s game earlier in the year. This was our players' opportunity to shine. After a hard fought game, with a large amount of talent in both teams, we found ourselves not only the victors but outscoring the clock again! We defeated Bass High School 22-0. Based on this result, we progressed to the finals to find our opponent to be Bass High School, who respectfully forfeited to allow both teams an early finish to the day and plenty of recovery time for our team. For that we give a big 'thank you' to Mr Wilson and his team.

This victory means that we are the current, reigning Under 13s Canterbury Bankstown Rugby League Champions! Our programs greatest success for 2021. Congratulations to all squad members, both in the playing and training teams involved, it was a very fitting way to avenge the premature knockout of our Under 14s team. We were to play other area Champions from across NSW (e.g. Champions of the Newcastle Knights competition) to determine the Champions of Champions; however, due to the COVID 19 lockdown restrictions, this has been indefinitely suspended.

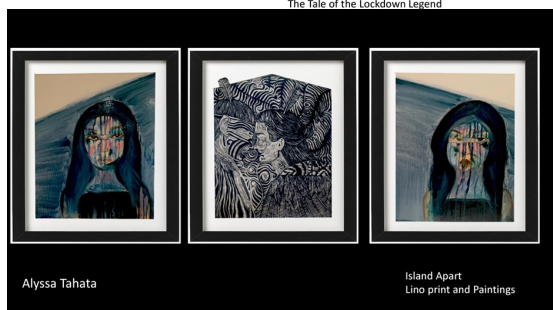
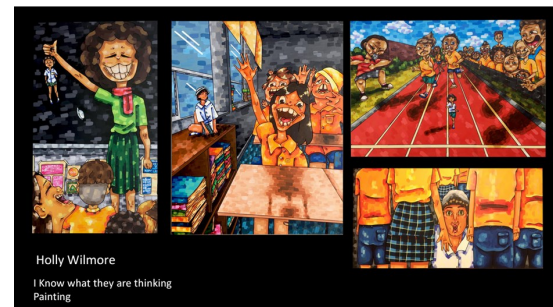
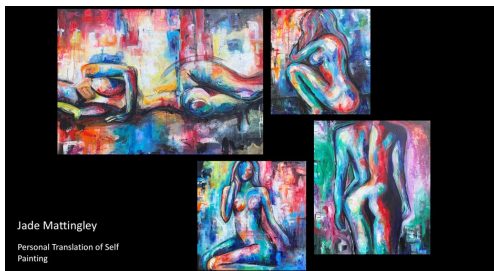
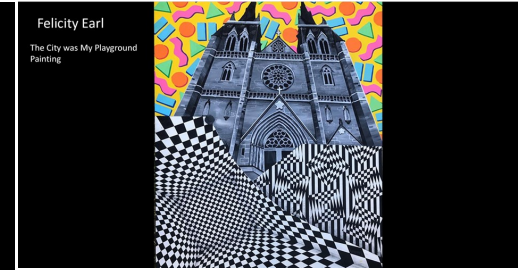
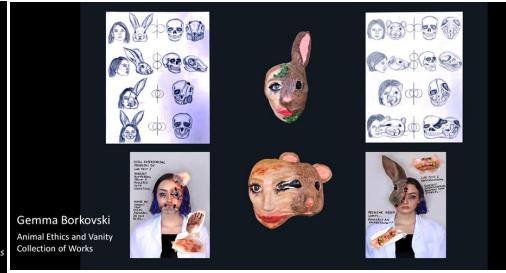
In conclusion, the overall success of the program is not determined by placings. It is evident from this report that our success has been demonstrated by our students displaying the development, progression and impressiveness of their talents, abilities, comradery, teamwork and school spirit around the zone in various sport. While maintaining their commitment towards their educational responsibilities and their sporting and personal commitments outside of school, their dedication to practice and training is commendable. To say our school is proud is an understatement.

A special thank you to all students and staff involved, whose participation has enabled such a program to be provided at our school. This includes the voluntary services of Mrs Morris for travel assistance, our Sports Coaching students for training and game day assistance, and Mr Clay, our Head Trainer, for both travel and game day assistance, and wisdom. Our biggest thank you goes to Mrs Byron for allowing this program to be established. As always 'teamwork makes the dreamwork'! Onto 2022...

Mr Strbac
PDHPE

2021 HSC Visual Arts Body of Works

Congratulations to all of the Year 12 Visual Arts students who have submitted outstanding 'Body of Works' for the Higher School Certificate practical submission. Term 3 is a crucial time for Visual Arts students to complete their artworks and even though some students couldn't access resources for the final touches of their works, Ms McManus and Ms Menezes are so proud of the final submissions. **Ms Gourlay - Head Teacher CAPA**



VET Awards

The TAS faculty would like to congratulate Year 12 Hospitality student Lara Ri on being chosen as a finalist in the VET Awards in the category of Hospitality - Food and Beverage. Lara has shown dedication to her studies in Food and Beverage over the course of two years. She has become further proficient in her practical skills and knowledge during this time. Lara's work at Gloria Jeans cafe has complimented her learning in the classroom. Many of the staff and students at Picnic Point High School have sampled her coffees and would agree that she is one of our star baristas! We congratulate Lara on her effort and achievements in Hospitality and wish all our students every success in the future, after a very challenging year.

Ms Buller

Technology and Applied Studies

Hospitality Food & Beverage Finalists



Careers Update

Year 12 have been busy this term applying for various Early-Entry programs to University. Congratulations to all Year 10, 11, 12 TVET/EVET students who have worked incredibly hard in moving to an online environment this year for their vocational studies. A further congratulations to Stacey Holden who has been successful in gaining a Certificate II in Salon Assistant (SHB20216) through GyMEA TAFE and Giacinta Maestrelli who has been successful in gaining a Certificate II in Community Services (CHC22015) through Ultimo TAFE. Year 10 student Celina Cerqueira and Year 11 student Imogen Savage were recently recognised by their TAFE teachers for demonstrating diligence, effort and hard work throughout their courses in 2021 in Business Services and Retail Services respectively. There have been many successful transitions to work and study by Year 11 students this year and in particular we congratulate Keanu Taki for securing an electrotechnology apprenticeship and Daniel Hayward who was successful in securing an apprenticeship at Bankstown Golf Club.

Finally to all Year 10 students, parents and carers, there will be an update regarding work experience at the start of Term 4 and it will be based on Public Health advice and Department advice.

Ms Waibel

Careers Adviser

Year 7 iThrive Update

This term iThrive has been exploring the question of "How do we survive in an uncertain world?". We have researched survival stories, planned for survival scenarios, calculated our way out of getting lost in the desert and combined our geography and science skills to explore different ways to capture water when scarce.

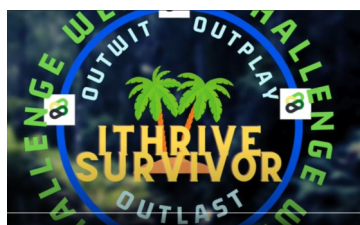
Week 10 has been the culmination of our learning and survival experiences, where students were transported to the Amazon jungle during 'Survival Week'. This has given the students an opportunity to apply their learning in order to reach their survival destination.

Ms Abdoh

iThrive Teacher

Survivor Week: <https://www.youtube.com/watch?v=kViQhh34Sdc>

Packing For Our Adventure: <https://www.youtube.com/watch?v=s3gHPUOnotg>



Check out the links for some
AWESOME teaser clips!!

ITHRIVE SURVIVOR



R U OK?

RUOK? DAY
9 September 2021



Staying connected with family and friends is a great way to lift our mood and reduce feelings of anxiety and isolation.

Some simple steps to keep the good vibes multiplying:

STEP 1: Check in with you!

How are you staying connected and on top of things?

STEP 2: Connect with a friend or a family member?

Just by reaching out and saying 'hi' and sharing a story can also help lift someone else's mood.

STEP 3: Repeat, keep the connection and positive vibes on a loop!



Those good vibes just not kicking in for you or a mate?

Check out the extra support available



PPHS School Counsellor:

<https://picnict-h.schools.nsw.gov.au/supporting-our-students/student-health-and-safety/school-counsellor-referral-while-learning-from-home-.html>

Kids Help Line



Kids Helpline is a free, private and confidential phone and online counselling service for young people aged 5 to 25.

1800 55 1800
(24/7)

Webchat
<https://kidshelpline.com.au/get-help/webchat-counselling>
(24/7)

Headspace



eheadspace provides free online and telephone support and counselling to young people aged 12 - 25 and their families and friends.

1800 650 890
(9am - 1am)

Webchat
<https://headspace.org.au/eheadspace/contact-with-a-clinician/>
(9am - 1am)

