



# THE POINT

Your Community School Promoting Excellence

29 July 2022

## Term 3 Weeks 1 & 2 Picnic Point High School Update



### Year 11 Prefects 2022-2023

During Term 2, the Year 11 Prefect Candidates spoke so confidently and bravely to their year group and their teachers as part of their application for Prefect 2022-2023. Picnic Point High School is so excited and proud to present to the school and the community the 2022-2023 Prefect Body: Ashleigh Allerton, Sora Broadbent, Brayden Cooke, Jaymee Cuskelly, Blake Iofrida, Sofia Katzakis, Ben Kovacs, Marianna Kotsis, Sarah Larkin, Beau Lucas (not pictured), Casey Macreadie and William Sakis.

**Ms Abdoh**  
Prefect Coordinator

### Congratulations to Deana and Marissa Finka Year 11

Marissa and Deana Finka who are currently ranked Number 1 in Australia for their weight and age divisions have this year been selected to represent Australia in Judo.

They have already represented Australia internationally in Peru, Poland and Portugal with the ultimate goal of being selected for the Cadet World Championships being held in Bosnia and Herzegovina, Sarajevo from 24 to 27 August 2022. This event has representatives from five continents including Australia, 37 countries and has 228 competitors.

Through their hard work and dedication and performance both nationally and internationally this year, both Marissa and Deana have been selected to compete at this tournament and to represent Australia. These championships are the highest level of international judo competition for juniors, 18 years of age or under.

Congratulations girls, we are so proud of you both!

**Ms Tarasenko**  
Year 11 Deputy Principal



### Coming up @ PPHS

#### Social Media

##### Website:

[www.picnicpt-h.schools.nsw.edu.au](http://www.picnicpt-h.schools.nsw.edu.au)

##### Facebook:

Picnic Point High School  
Official

**Twitter:** @picnicpoinths

WEEK 3	
Monday 01.08	
Tuesday 02.08	Regional Athletics Carnival
Wednesday 03.08	Regional Athletics Carnival Year 11 bStreetsmart Excursion
Thursday 04.08	
Friday 05.08	

WEEK 4	
Monday 08.08	Year 12 Trial HSC
Tuesday 09.08	Year 12 Trial HSC
Wednesday 10.08	Year 12 Trial HSC Year 7 Camp
Thursday 11.08	Year 12 Trial HSC Year 7 Camp
Friday 12.08	Year 12 Trial HSC Year 7 Camp

Mathematics Surveys

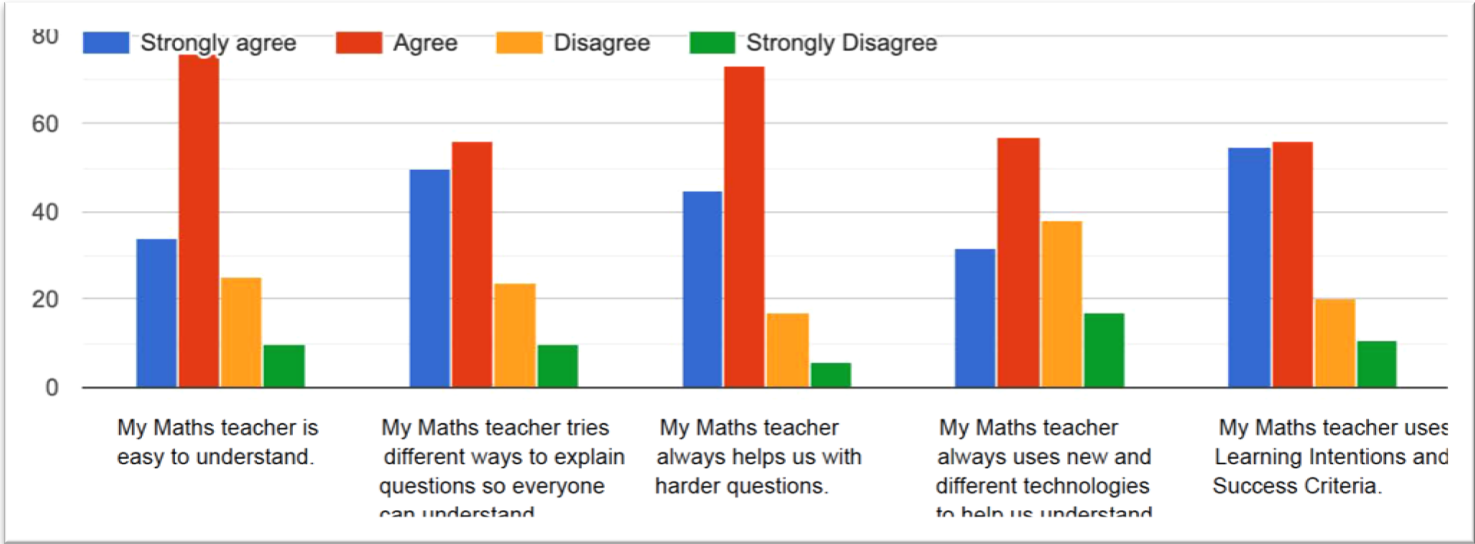
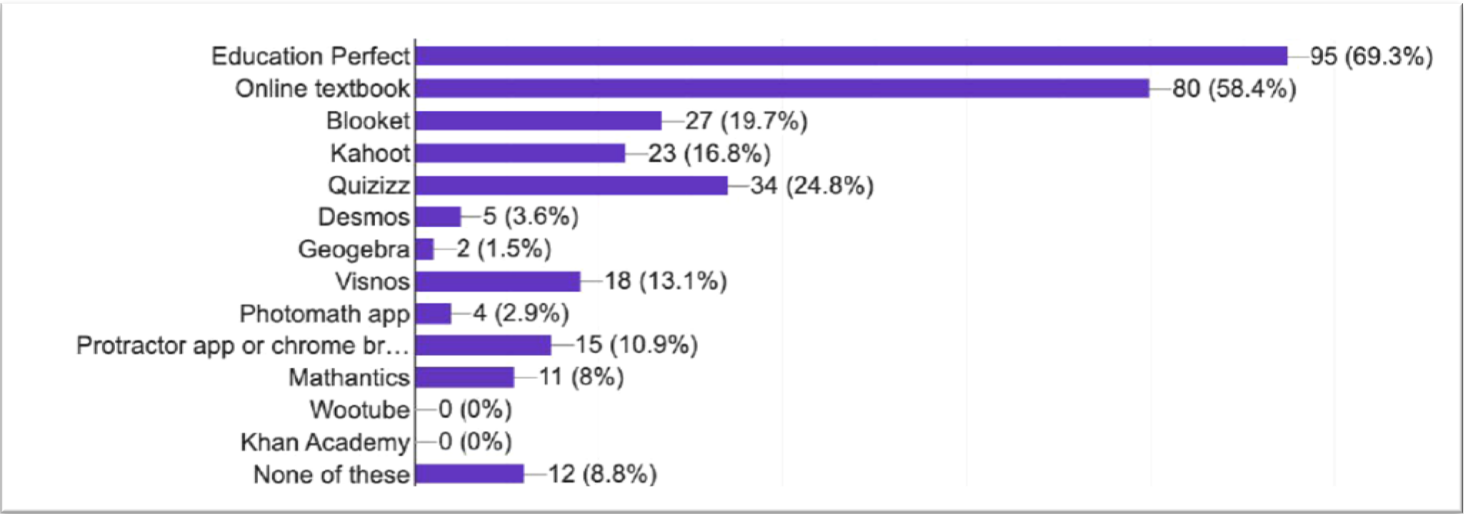
Thank you for your responses to our recent survey on Mathematics at our school. Here is a summary of the responses.

Parent/Carer feedback includes:

- Need more communication between parent/carer and teacher
- Technology is being used for homework and engagement in class eg. Kahoot, Blooket, Education Perfect and the Online Textbook
- Most parents/carers are satisfied with the support provided by the Maths teacher or Learning and Support teacher for their child with/without additional needs.
- Keep homework club going on Wednesday afternoons
- More working out should be in their books so we can help at home

Student feedback includes:

Choose the following online applications that you have used during your Mathematics lessons





## Year 12 Retreat Day

Last Wednesday, Year 12 were surprised with an incursion called The Retreat where we had a day full of no classes, teachers or content learning. What could have possibly been better than that?

The day involved an English workshop to prepare ourselves for the upcoming Trial Examinations and HSC. Ms Hespe-Poulos, Ms Hunter and Ms Roubaie really knew how to give a motivational and inspiring speech with the additional preparational skills so we can achieve the best possible outcome. Ms Menezes did a session about Mindfulness. Not only did we connect with our Monkey Mind, but we got to appreciate the delicious eating of mandarins and apples through Mindful Eating. Before all the fun began, we made one last journey to Ms Waibel who conducted a workshop on the responsibilities we have as young adults once we graduate high school. She taught us the important skills we need to take on the world, whilst also earning money by doing what we love. To finish off the amazing Retreat, Year 12 defeated the teachers in Newcombe Ball which was the 3rd round of the Golden Re-boot, and our lovely Year Advisers – Ms McManus and Mr Doyle organised a Round Robin of Year 12 dodgeball.

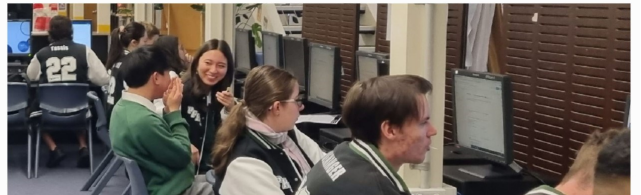
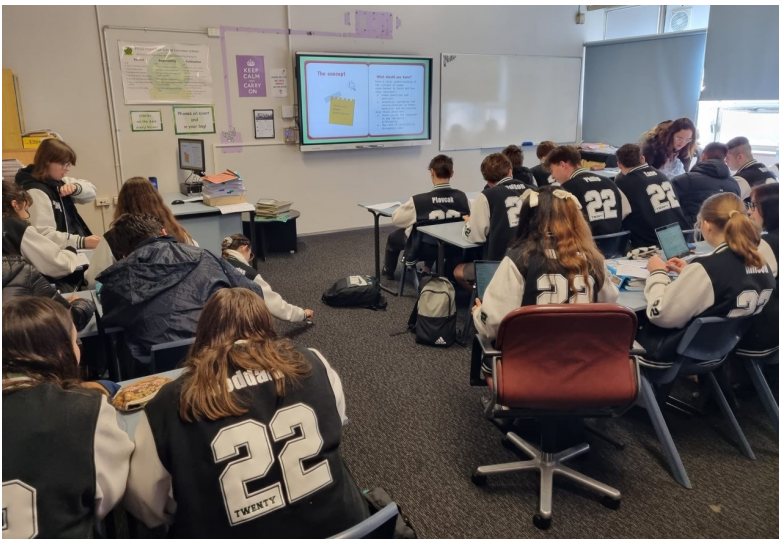
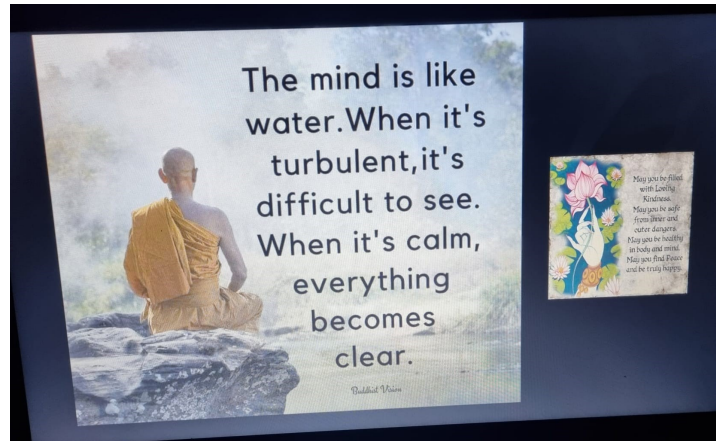
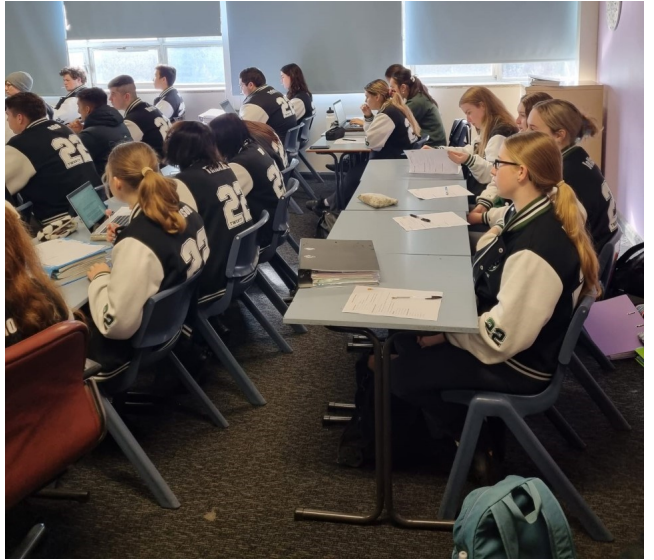
Overall, the day was an absolute success to give the graduating year group a break from all the study and hard work, as well as a little care package to send us into our trial examination period. A huge thank you goes out to Ms Stavros who organised this whole day, our Year Advisers, English Faculty, Mr Ang, Ms Menezes, Ms Waibel and any other teacher who helped out throughout the day.

## Madi Windschuttle

### Year 12 Prefect 2022










## Life Skills information

Click [here](#) for more information

practical life skills




**Life Skills**

Office of the Advocate for Children and Young People  
**acyp**

Need a bit of help with the basics?

Check out our new Life Skills videos for a crash course in getting a job, managing money, looking after your home and staying healthy on top of it all. Follow the QR code below for all things Life Skills or head to:

[www.acyp.nsw.gov.au/life-skills](http://www.acyp.nsw.gov.au/life-skills)

acyp. 

www.acyp.nsw.gov.au/life-skills 2022

FOR YOUNG PEOPLE

## THE FACTS ABOUT VAPING

Vapes are electronic devices designed to deliver vapourised liquids into your lungs when you breathe in. Vapes aren't water. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

### DO YOU KNOW WHAT YOU'RE VAPING?

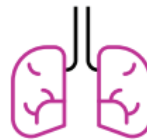
**NICOTINE**

Many vapes contain nicotine making them **very addictive**

**FRUITY**

The nicotine in 1 vape can **= 50 cigarettes**

If you vape you are **3 times** as likely to take up smoking cigarettes



Vaping has been linked to **serious lung disease**



Vape aerosol **is not water vapour**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.



Do you know what you're vaping?  
Get the evidence\* and facts at [health.nsw.gov.au/vaping](http://health.nsw.gov.au/vaping)

\*All statements are backed by evidence which can be found on the website



2 DAY  
**VIP**  
EVENT

4<sup>TH</sup> & 5<sup>TH</sup> AUGUST

ZERO & REWARDS CARDS HOLDERS

**20% OFF**

**SCHOOLWEAR\***



DON'T HAVE A CARD? APPLY INSTORE OR ONLINE & START ENJOYING THE BENEFITS

\*T&C'S APPLY, SAVINGS OFF ORIGINAL PRICES.