

PIC NEWS



Picnic Point High School Newsletter

December 2016 Edition

Term 4 Week 9

PRINCIPAL'S REPORT

As this is the final edition of PIC News for 2016 I start by thanking all members of our community for their dedication and focus on learning this year. I am grateful for the commitment of staff, parents and students working together to achieve the best learning environment possible at PPHS.

At PPHS we continue to support an environment that brings together diverse social, learning and cultural backgrounds into a school whereby we all learn together, accept each other and embrace all that is special and unique about Public Education.

Student enrolments next year will be at capacity with a record number of students in all years. Year 7 will be no exception and thank you to our school (teaching and office) staff who assisted with a very successful Year 6 orientation day this week.



Congratulations to Tristan Evans-Tsoi who was awarded a Sydney South West sporting blue for the sport of touch football.

Presentation day will be at the Revesby Workers Club on Wednesday 14 December and will be an opportunity for our school to showcase and celebrate the wonderful talents of students, staff and parents. We will continue with the presentation of the highly contested Dux of the Year awards for all years in 2016.

This year we will farewell Ms Murphy, Mr Pham and Ms Bonus and Ms Elwell, Mrs Brown and Mrs Wolstencroft will be on leave in 2017.

On behalf of all members of PPHS community, I thank them for their dedication and support they have given to our whole school community.

This will be my final report in PIC News as the Principal as I will retire at the end this term. I have been proud and privileged to be selected as the Principal of our school and have enjoyed working with many amazing staff, parents and students over 10 and half years that have helped make this the great school it is today.

I learned a lot about true teaching and learning and the special partnership that ensures success. It really works when the teacher reaches beyond the outer image, looks into the heart, understands and respects what they see. The student's role is to allow themselves to be seen, not just for who they are, or have been, but also for who they could be. This has been the positive culture at PPHS.

It is with gratitude that I look back on my career in education. I entered a profession dedicated to assisting young people achieve their potential, to revealing or finding their best selves. As I leave it, I am taking many of you with me in my memories. I will always remember the things we achieved together:

I remind all families that if your child will not be attending on the first day of school in 2017, we will need a letter to confirm the official first day of attendance at school in 2017, to ensure that a position remains available in the year group.

Finally I extend very warm and sincere best wishes to all students, staff and parents and thank them for their commitment to learning at Picnic Point High School this year. We all look forward to the successes and opportunities that 2017 will bring to all members of our school community.



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DEPUTY'S REPORT - MRS SHERRY

It is with mixed feelings that I would like to begin by wishing Mr Negroh all the best in his retirement. On behalf of the whole school community I would like to thank him for the dedication, commitment and vision he has provided for the staff, students, families at not only Picnic Point but across many schools and NSWCHS throughout his career. Whilst I have been at Picnic Point for seven years, I have had the opportunity to work closely with him as the Deputy Principal and Relieving Principal over the last three years and have been able to see this commitment and dedication in achieving the best possible outcomes for all students. I thank him for all of the support, advice, guidance and opportunities he has not only provided myself with over this time, but every staff member and student. However, I congratulate him on his service to Public Education and know that he looks forward to retirement and seeing the school continue to thrive and prosper under the vision and plans written by the whole school community.

Once again, I would like to thank the staff, parents, community and students in supporting the success of the various extra-curricular programs and teaching and learning that has occurred at Picnic Point High School throughout 2016. I look forward to an amazing 2017.

Wishing you all a very Merry Christmas and Happy Holidays. See you in 2017.

RELIEVING DEPUTY'S REPORT - MS TARASENKO

On a final note for my Deputy Principal Report in 2016, I wish to acknowledge some success stories of 2016.

Kristina Haira (Year 12) found a passion for Nursing after completing her Year 10 Work Experience in this field. After experiencing this real-world opportunity, Kristina elected to study Nursing as a vocational education subject as part of her pattern of study for the HSC. As a result of her passion and diligence towards her studies, Kristina was nominated for the 2016 NSW Training Awards for the category **VET IN SCHOOLS STUDENT OF THE YEAR**, achieving a



Commendation Award for this prize.

Her supervisor has described Kristina as someone who 'has the potential to succeed at becoming a great nurse and go on to be an asset to the health industry and to her patients'. What a great reflection of our students within the professional industry. I would like to congratulate Kristina on this outstanding achievement and wish her all of the very best in her future Health Industry career.



Semester Two Academic Achievement and Significant Improvement in Year 8 and Year 10

As Deputy Principal, I have the privilege of acknowledging students that have demonstrated Outstanding Academic Achievement for students that have achieved in the Top 20 of their year group as well as acknowledging those students that have significantly improved on their results from Semester One. 27 students in Year 8 and 26 students in Year 10 were recently invited to the Deputy Principal Morning Tea to celebrate and acknowledge their outstanding achievement.



I would like to take this opportunity to wish all our students and their families a wonderful and relaxing holiday break.

DEPUTY'S REPORT – MS STAVROS



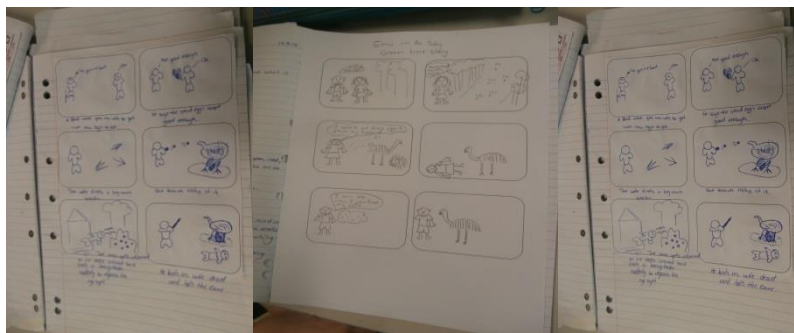
LITERACY AT PPHS

2016 has been a productive year for the Literacy Team who have worked hard to not only professionally develop all teachers on the eight reading comprehension strategies but to develop resources and share their creative ideas with teachers from all subject areas.

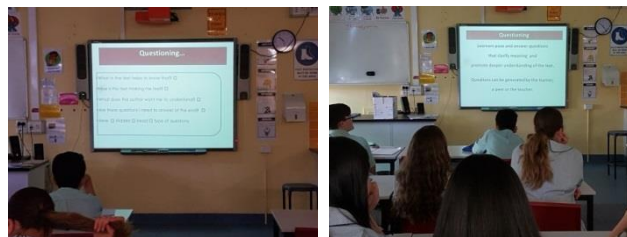
Below are some Semester 2 highlights:



8E Science working on hands on activities using different separation techniques and learning about how to summarise a fact sheet!

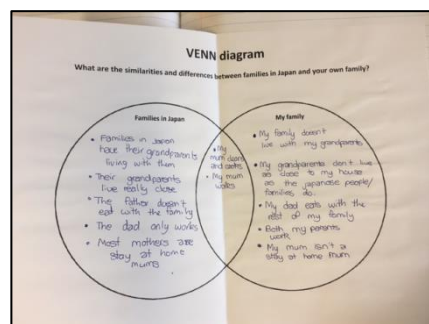


8E Science using the skill of visualising whilst reading the dreamtime story of *The Emu in the Sky*



8B Science learning about the Dead Sea and how to use the skill of questioning.

Year 7 Japanese classes are currently completing the topic 'Family' and using the skill of **making connections**. They have learnt about families in Japan and how these families may be similar and/or different to their own family.



Teachers are currently busily embedding these strategies into their teaching and learning programs for next year. Keep a look out for more exciting activities involving the eight reading comprehension strategies in 2017!

ACADEMIC ORDER OF MERIT



SEMESTER 2 – 2016

The following students have been ranked in the top 50 in their year group. An asterisk (*) beside their name indicates a top twenty rank. All of these students are to be congratulated on their outstanding academic achievement.

Year 7

Angelina Allagiannis, Natasha Angel, Ryan Bell, Hannah Bentley, Meghan Blackburn*, Gemma Borkowski*, Sarah Bray*, Grace Cameron, Erin Campbell*, Zac Cantrill, Johnny Dertilis, Monique Dunn, Felicity Earl*, Yaseen Elgedawy, Lily Fatseas, Jacalia Fenton, Olivia Hansford, Riley Hayward*, Kevin Le, Edward Le, Hayley Linabury*, Blake Macdonald, George Mangos, Camille Orogan, Emily Parmaxidis, Jack Pike, Bradley Porter, Henry Quach, Lara Ri*, Angela Ri*, Lachlan Ritossa*, Paige Roche*, Brodie Romcke-Harber*, Domenic Rovere, Victoria Sakis*, Zayne Saleme*, Jaxon Skead*, Tamara Smith, Daniel Snook, Nathan Southon*, Alex Stengos, Alex Stoleski*, Kayleen Tang*, Georgia Thompson*, Ellie Truong, Benjamin Wedgwood*, Declan Whitley, Holly Wilmore, Nicolas Yung, Danielle Zidan.

Year 8

Perry Alexakis, Jessica Atkins, Samantha Battams*, Dylan Bennett, Ricardo Bolivar, Hristijan Brdarovski, Jarrod Brown*, Sarah Butler, Mitchell Carroll, Kristen Cuskelly, James Davison*, Monique De Bruyn, Renae Edmunds, Joanna Edwin, Tayla Fartek, Marina Gazilas, Lily Genford, Alice Haddon*, Harry Houllis*, Mark Houllis*, Charlotte Humphrys*, Joshua Jury, Martin Karaolis, Daniel Kayatz-Monahan, Peter Koletti, Luke Laurance, Andrew Lyall*, Riley Meredith*, Maddison Metselaar, Tahlia Miller-Dietrich*, Alyssa Mullinger, Hanan Narvel*, Bella Nash*, Nikki Paglialonga, Luke Papagianopoulos*, Vincent Pham*, Georgia Piniros, Tegan Rare*, Karen Rios*, Ellie Ristuccia, Lauren Setter, Jenna Sotiropoulos, Kya Sparks, Felicity Steinfurth, Justin Tran*, Sarah Tran Nguyen*, Damon Trieu*, Noah Vando*, Keisha Waban, Adam Zidan.

Year 9

Phillip Au*, Shae Avery*, Nathan Bates*, Ashley Beitelis, Liam Billington-Urquhart, Lachlan Bogar, Jemma Brooks, Annabelle Buckley, Celine Bull*, Liam Campbell*, Macy Carter, Raymond Chan, Sami Croft*, Ebony Cross, Daniel Dostal, Cameron Driver, Caleb Earl, Caitlin Fenton, Monique Galloway, Madeline Gordon*, Lauren Hallows*, Hana Herlihy, Kristen Jones, Zahir Khodragha, Paul Lambert, Stephanie Le Bas*, Samantha Lee*, Shi-Yao Li, Matthew Loy, Alyssa Lusted*, Molly Miller*, Joseph Ollino, Dang Pham*, Cameron Piniros*, Cassie Reilly, Isabella Rennie-Surra*, Hayden Reynolds, Jack Rowell, Ender Samuels, Emanuele Serra*, Kirthen Shanmuganathan, Kyle Single, Beckham Smith*, Bryce Smith, Priscilla Spalding, Garrick Tischler, Tim Warren*, Mitchell Waud, Jasmine Zande*, Ryan Zangari*.

Year 10

Andrew Ahern, Andrew Alexakis, Sara Allouche*, Jasmin Avramovski*, George Bakopoulos, Gemma Bell*, Jacinta Black, Matthew Blight*, Zac Borkowski, Emma Bray, Thomas Bush*, Patrick Christodoulou*, Isabel De Araujo, Patricia Eata*, Matthew Fartek, Emma Forster*, Tim Gray*, Nathan Hillier*, Phoebe Kleckin, Samantha Lecce, Abbey Leedow*, Brianna Levar*, Nathan Linabury*, Sally Lindberg, Jessica Luth*, Christos Mangos, Adrienne Mihalopoulos, Tiffany Nguyen*, Calyp Nguyen, Martin Nguyen, Nancy Nguyen, Teisha Okunowski*, Hayden Ormerod, Carley Parmaxidis, Phoebe Payet, Andrew Pham*, Hayden Sherry, Ally Shumak, Ryan Solo, Rachel Stace*, Tash Stengos, Scott Thompson*, Matthew Urban, Katie Vernon*, Cameron Walsh, Harrison Walther, Genevieve Webber, Connor Whitley, John Wood, Brian Yue-Lap-Wan.

Year 11

Thomas Alexakis, Georgia Anderson*, Sage Anderson*, Tess Anderson*, Emma Atkins, Jackson Bell*, Brianna Boaro*, Monique Boboleska*, Ethan Bowmaker, Lauren Brutovska, Madeline Carroll, Dylan Deegan, Mitchell Edmunds, Nathan Eirth*, Hannah Eirth, Tarra Evans, Drew Fitisemanu, Olga Gasteratos, Madison Harvey, Jacob Hill, Audrey Hoang, Jack Hughes*, Nikki Kayatz-Monahan*, Ziad Khodragha, Emily King*, Sean Klimczak*, Georgia Korch, Tommy Lang, Jaimie Loy*, Sarah McCauley*, Christine Nguyen*, Hank Nguyen, Vincent Orogan, Pamela Papacharalambous*, Daniel Papagianopoulos*, Billy Petsalis, Anthony Pham, Hayden Probert*, Emma Roberts, Ellen Rotziokos, Jess Setter, Victoria Spanos, Annalise Summers*, Naomi Tall, Bronte Tonks, Mitchell Tran*, Robin Tran, Jonathon Vrtkovski, Aliah Walton*, Ryan Williams.



TERM 4 2016

Wednesday	7 December	Year 7 DP Morning Tea
Friday	9 December	Year 10 Work Experience Concludes
Wednesday	14 December	Presentation Day
Friday	16 December	Last Day of School for all Students

TERM 1 2017

Monday	30 January	Years 7, 11 & 12 Return to School
Tuesday	31 January	Years 8, 9 & 10 Return to School

2017 SCHOOL SWIMMING CARNIVAL


The Picnic Point High School Swimming Carnival will be held on Thursday 2 March 2017

It will be an all-day event starting at 9am – 2.20pm

All students are expected to attend

STUDENT OF THE MONTH



		
MICHEL'S REVESBY		
STUDENT OF THE MONTH		
NOVEMBER		
	NAME	REASON FOR THE AWARD
7	Natasha Angel	For her diligent approach to her studies and significant improvement across all subjects.
8	Jenna Sotiropoulos	For her consistent effort and application to her studies across all subjects.
9	Hayley Shipley	For a consistently strong, dedicated and focused approach to her schooling.
10	Phoebe Payet	For her commitment to learning in all subject areas.
11	Hayden Probert	For his consistent effort and outstanding results in all subjects areas.



FREE

The NEW City of
**CANTERBURY
BANKSTOWN**

Bus to Beach



The City of Canterbury Bankstown is providing free buses to Cronulla Beach for young people and their parents/ guardians on the following days:

Tuesday 10 January 2017

Thursday 12 January 2017

Tuesday 17 January 2017

Thursday 19 January 2017

All buses depart Cronulla Beach at 3pm SHARP and return to the pick up points as above. Bookings are not required; the program operates on a 'first come, first served' basis.

Buses will depart from the following pick up points

BUS 1 and 2

- 9am - The Roundabout Youth Centre, Helen Street cnr Carlingford Road, Sifton
- 9.15am - Greenacre Senior Citizen Centre, 202 Waterloo Road, Greenacre
- 9.30am - 69 The Mail, Bankstown (on Paul Keating Park side, opposite Lincraft)

BUS 3 and 4

- 9am - Panania Railway Station, Panania on Weston Street side
- 9.15am - Revesby Railway Station, Revesby on Blamey Street side
- 9.30am - Padstow Railway Station, Padstow on Howard Road side

Bus 5 and 6

- 9am - Belmore Youth Resource Centre, 3/38-40 Redman Parade, Belmore and
- 9.15am - Riverwood Community Centre, 151 Belmore Road North, Riverwood

All passengers must comply with the conditions and warnings which can be found at www.bankstown.nsw.gov.au. Call 9707 9605 for more information.





LEARN TO SURF PROGRAM

As part of the bus to beach program, Council is also offering the opportunity for young people to learn how to Surf! This is available to young residents aged between 12-24 years.

Thursday 12 January 2017 (\$10 registration fee)

Meet at 69 The Mall, Bankstown at 9.10am to catch the free bus to Cronulla Beach

Bus departs Bankstown at 9.30am sharp

Bus departs Cronulla at 3pm (Expected to arrive in Bankstown at 3.45pm)

FREE LUNCH: 1 - 2pm

All participants must accompany Council staff on the bus to and from Cronulla Beach.

*** Registration is essential and spots are limited*

*** The \$10 registration fee for the surfing program must be paid to Council's Customer Service Centre by Friday 6 January to ensure participation in the program. Registrations that have not been paid by this date, will forfeit their spot.*

**Register online at <https://2017youthsurfprogram.eventbrite.com.au>
or call 9707 9605**

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Laila Debes:
0403 718 090

Suite 31/532 Canterbury Road,
Campsie NSW 2194
T: 1300 CITYWIDE
F: (02) 9787 6444



Carols By Candlelight AND FIREWORKS DISPLAY

SUNDAY 11TH DECEMBER 2016

PLAYFORD PARK CAHORS ROAD, PADSTOW

Padstow Rotary will have a Sausage Sizzle along with a variety of other food stalls from 5.30pm and the entertainment by Lifegate Church, Schools and Bankstown Talent Advancement Program together with local Opera Singers Blake Fischer and Rebecca Currier will commence around 6.00pm

ENTERTAINMENT FROM 6:00PM

Sponsors



Transport
for NSW

School travel 2017 Application information Nov 2016

Information for parents, guardians and students

Our school has partnered with Transport for NSW to use the new online process for you to submit school travel applications.

This means we will be able to process your applications online, making it easier and faster for parents, guardians and students to apply for school travel.

Applications for school travel in 2017 are now open, including for travel to Mascot and Green Square station and for private ferries. Parents, guardians and students are encouraged to apply as soon as they are able via:

Applications for 2017 school travel are now open via
www.transportnsw.info/school-students

A new application is required when:

- applying for a School Opal card or travel pass for the first time,
- enrolling in Kindergarten, or
- requesting an additional entitlement as a result of a shared parental responsibility situation.

You will need to do an update application if the student has a current school travel pass and:

- is progressing from Year 2 to Year 3,
- is progressing from Year 6 to Year 7, or
- changes address, or
- changes school or campus.

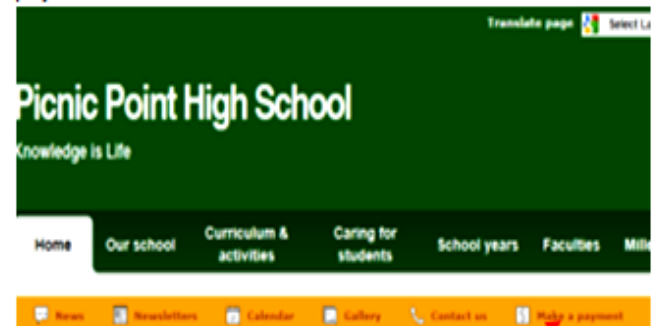
Already have a School Opal card or travel pass?

- When you've updated, and you are eligible for free school travel next year, Transport for NSW will send you an email confirmation once your application has been processed. For travel in rural or regional NSW, we'll also inform your nominated transport operator(s).
- **If you already have a School Opal card that does not need updating, or you've successfully re-applied, the Opal card will automatically be updated for travel next year. Do not throw it out as you'll be able to use it when the school year starts in 2017.**
- If you currently have a printed travel pass provided by your transport operator, a new pass will be ready at the beginning of the new school year.

PARENT ONLINE PAYMENTS (POP)

If you have not yet used the new Parent Online Payments system (POP), you are able to make online payments to the school with Visa or MasterCard credit or debit cards.

On the Picnic Point High School website there is a "Make a payment" tab.



By selecting this link you will be taken to a secure Westpac payment page. From the initial Westpac QuickWeb page payers will complete the necessary details, some of which are mandatory (marked with an *), before confirming the payment details and completing the payment. A receipt can be printed from the payment page and/or be emailed to the payer.



Phone: 9772 1700
Fax: 9792 3960

PICNIC POINT HIGH SCHOOL

YOUR COMMUNITY SCHOOL PROMOTING EXCELLENCE

Principal - Wolly Negroh B Ed, Dip Teach

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

Dear Parents/Carers

Our student's ongoing health is always paramount and can be at risk if they come into contact with infectious illnesses, in particular: chicken pox, measles or mumps. If your son or daughter is ever suspected of having one of these illnesses it is very important that he/she does not attend school. It is also important that while your child is unwell he/she remains at home until he/she is no longer contagious. Information on infectious conditions can be found on national health websites e.g.: www.health.gov.au or alternatively contact your local GP.

If your child has chicken pox, measles or mumps or is suspected of having an infectious illness please contact the school immediately. This will allow the school to assess the probable contact and therefore exposure to other students and staff to the disease. Notification can then be given to parents and medical specialists.

As a school community we value your support in relation to the well being of all of our students. Please do not hesitate to contact the school if you have any questions.

Yours sincerely

Wolly Negroh

Wolly Negroh
Principal

NEWS & PROGRAMS

SOLDIER ON - REMEMBRANCE DAY - 11.11.16



This year I wanted to establish a new community relationship and enhance the School's appreciation of Remembrance Day. I also wanted students at our school to know and understand that there are veterans of recent and ongoing conflicts that need support. Many of these recent veterans return to Australia facing immense physical and psychological challenges. In this way I was hoping to connect our students to a much more contemporary generation of veterans.

With these goals in mind I contacted the **Soldier On** organisation. And they assisted me with ideas about fund raising. Eventually with the very positive support of Mrs Davila, Prefect Coordinator and the prefect body we settled upon selling Soldier On wristbands and having a School sausage sizzle.

Our prefects offered outstanding support and conducted all elements of the fund raising activities at school. I was pleased to be able to announce to the School that as a community we had raised \$800.00 in support of **Soldier On** and their important work with younger veterans.

I want to thank our prefects, Mrs Davila and the community of PPHS for such strong support of this important and ongoing cause.

Lastly I would like to thank all veterans of recent or ongoing conflicts for all that they have done for our nation.

Mr Goman Head Teacher History



GIRLS' SUPERVISORS REPORT

WHITE RIBBON EVENT

In order to promote the importance of White Ribbon at Picnic Point High School, the SRC presented information to all students at formal assemblies in week 7. Following this, there was a white ribbon making workshop in the Quad through the week. Students took initiative to come to the stand and make their white ribbon. Teachers and students wore their white ribbon on their shirt till Friday November 25. I am proud to announce that approximately 650 ribbons were made and worn during this week. A fantastic effort and achievement.



Below is a copy of the script and some images from the week.

SCRIPT FROM FORMAL ASSEMBLIES

Good morning peers, I am Rachel Stace and this is Mathew Blight. We are here today to present you with information about the WHITE RIBBON FOUNDATION.

White Ribbon is Australia's only national, male led Campaign to end men's violence against women. Its goal is to make women's safety a man's issue too. White Ribbon Day, annually on November 25. White Ribbon Day signals the start of the 16 Days of Activism to Stop Violence against Women, which ends on Human Rights Day (December 10).

Violence against women is a serious problem in Australia where:

- Domestic and family violence is the principle cause of homelessness for women and their children.
- One in three women have experienced physical and/or sexual violence perpetrated by someone known to them.
- One in four children are exposed to domestic violence, which is a recognised form of child abuse.

But there is hope, because research also shows that:

- Building greater equality and respect between men and women can reduce attitudes that support violence.
- Social policy initiatives addressing gender inequity are central to reducing violence against women.

The White Ribbon Foundation has created a campaign focussing on the education of young people on the issue of violence against women.

You may be wondering, so how does this relate to us as students at Picnic Point High School?

The White Ribbon Campaign is about recognising the positive role that men play in preventing violence against women. It fosters and encourages male leadership in the prevention of violence against women, based on the understanding that most men are not violent.

The Campaign is a means for men to speak out against violence against women, and to safely and effectively challenge the attitudes and behaviours of a minority of men who use or condone violence against women.

Our generation can and must work towards stopping violence against women so that all women can live in safety, free from violence and abuse.

We encourage you all to take a moment and think about your peer relationships. Male and female students of PPHS, consider the way we interact with each other, whether we display respect for our peers. Let's make a difference and foster positive relationships that are built on acceptance and mutual respect.

We would like you all to take the oath and pledge to stand up for violence against women and gender disparity. We proudly support the oath: **"I WILL STAND UP, SPEAK OUT AND ACT TO PREVENT MEN'S VIOLENCE AGAINST WOMEN"**.

The following clip explains the importance of this pledge.

<https://youtu.be/XWKNH1LA8zQ> (start the clip at 0.16 seconds)

In order to show your support of this pledge, we encourage you to join us on Wednesday for a white ribbon making workshop out in the Quad. Make your own white ribbon, wear it proudly on your PPHS uniform and show others that you support gender equality, positive peer relations and respect for all groups.

Before we leave, we would like all students to repeat the following oath that is up on the screen: repeat after me **"I WILL STAND UP, SPEAK OUT AND ACT TO PREVENT MEN'S VIOLENCE AGAINST WOMEN"**.

Thank you for listening and we hope to see you on Wednesday for the ribbon making workshop.

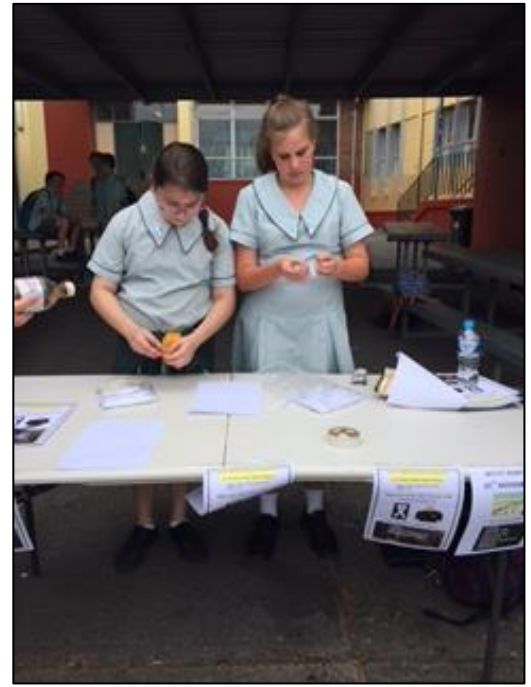
Ms Karavias

WHITE RIBBON DAY 25TH NOVEMBER 2016



TAKE THE WHITE RIBBON OATH:

I will
stand up,
Speak out
and act to
prevent
men's violence
against
women.



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www.schoolspectacular.com.au



PEER SUPPORT TRAINING WORKSHOP



On Wednesday 9 and Friday 11 of November, 58 Year 9 students participated in the 2016 Peer Support Training Workshop. The aim of the workshop was to encourage students to step outside their comfort zones and to develop their leadership and communication skills so they can successfully guide the 2017 year 7 students undertaking the Peer Support Program. The Year 9 students took part in two days' worth of fun activities such as charades, skill games, group discussions and even a newspaper dress up.

Throughout this workshop students had the opportunity to socialise and connect with peers they may be working with next year. The purpose of these activities was to allow the students to be open to; new ways of communication, reflect on personal strengths, make decisions, problem solve and so much more.

Overall, the peer support training workshop was a positive experience for students and all skills acquired will assist them leading next year's 2017 Peer Support Program. We would like to thank Mr Bleyerveen, Ms Hespoupos and Mrs Morris for being fantastic trainers and we are all looking forward to working with the Year 7 students next year.

Shae Avery





FACULTY REPORTS

ENGLISH

YEAR 8 ENGLISH PROJECT BASED LEARNING

This term, 8O and 8E participated in a Project Based Learning activity in which they designed an advertising campaign based on saying 'No!' to bottled water. Students read an article about the impact bottled water has on our environment, and then they collected information and used it for their campaign.

Project Based Learning (PBL) allows students to work in groups to complete a project. Working as a team, students listen, communicate, and are respectful and work together to create products such as posters and PowerPoint presentations.

Below is an example of a poster created by one of the teams in 8E:



HOLIDAY READING

English has put together a list of books that is a mix between classics and new releases. Students can speak to their teacher about more suggestions and also look at the Premier's Reading Challenge lists. Happy Reading!

In no particular order...

Harry Potter series

The Book Thief by Markus Zusak

Adventures of Huckleberry Finn by Mark Twain

Pride and Prejudice by Jane Austen

To Kill a Mockingbird by Harper Lee

Wuthering Heights by Emily Bronte

ENGLISH REMINDERS

As the end of the year is approaching, we are reminding students to return all of their books. Students can return them to their English teacher or directly to the Faculty. We would like to thank students in advance for double checking and returning all texts as soon as possible.

The English Faculty



MATHEMATICS

MATHLETICS

The Mathematics Faculty has issued all students their gold, silver and bronze certificates for diligently using MATHLETICS for this semester. Congratulations to those who received a certificate and well done to all students who found this mathematics software effective in remedial and consolidation of their Math's skills. The Mathematics faculty would like to thank the incredible support of the schools P&C for funding this program to years 7-10.

TEXTBOOKS

All students need to return their textbook to their teacher or the Math's faculty as soon as possible. Textbooks will not be re-issued to students in the following year if they still have any outstanding textbook from the previous year.

YEAR 7

This term year 7 were learning about the properties of geometric figures, data and ratios. All topics are very important and relevant leading into year 8. Student's classes into year 8 for 2017 are streamed based on the marks that they have achieved throughout this year. For some students, it is advisable that they use the summer holiday to revise their work by using Mathletics to be better prepared for year 8.

YEAR 8

Year 8 students have studied the properties of geometric shapes, probability and single variable data throughout this term. Lots of students enjoyed the practical aspects of probability and its application especially using dice to model outcomes. We had students achieving some fantastic results in the extension classes. Well done to those high achieving students.

YEAR 9 AND 10

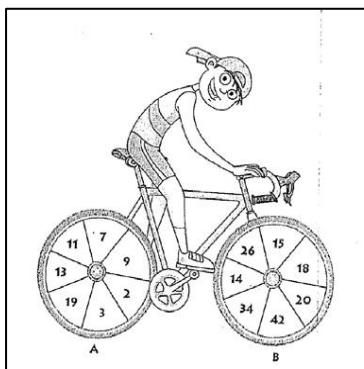
Year 9 Stage 5.1 classes started learning about geometric shapes and then finished off the year learning linear relationships, length and area.

Year 9 Stage 5.2 classes commenced with probability and its application to real-world examples. They finished the year learning about linear relationships, area and surface area. Classes used objects such as vegemite jars, tissue boxes and other practical shapes to calculate their surface areas.

Year 9 Stage 5.3 class learned about linear relationships, area and surface area and finished off the year with non-linear relationships. Results from yearly examinations were pleasing and showed a higher than the usual number of students mastering the Stage 5.3 course.

MATH PROBLEM OF THE MONTH

QUESTION: Which number is the odd one out on each wheel?



Solution: Wheel A – 2 (it's the only even number)
Wheel B – 15 (it's the only odd number)

Mr Dannaoui
Year 7 Adviser
Mathematics Teacher



SCIENCE



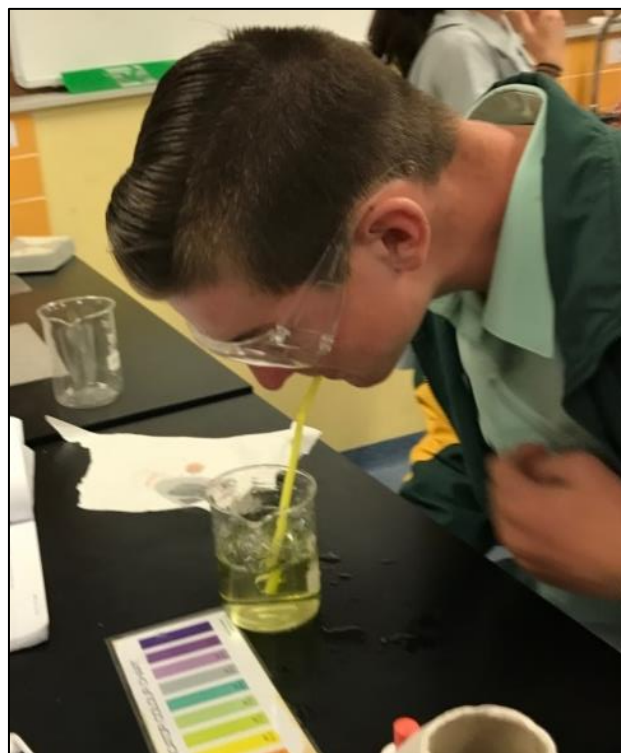
Year 7 is continuing to investigate the Science of Toys by studying different types of forces and energy. Students will be exploring these concepts through building motorised toy cars as well as catapults. From this, students will be given the opportunity to design their own experiments.

Year 8 is continuing their Marine Science topic and are continuing to explore issues relating to our oceans such as plastic pollution and ocean acidification.

Students also made posters about how to identify rip currents and ways in which they could stay safe. The best posters will be sent to Cronulla Surf Club for display. May the best poster win!



A Year 8 student presenting an excellent poster about the Great Barrier Reef



A Year 8 student investigating the effect of carbon dioxide on the pH of water

Year 9 is delving deeper into the Forensic Science topic by exploring the world of bones, blood and DNA. By using this knowledge, they have staged a mock trial and evidence to portray and investigate the Azaria Chamberlain case. Students are having a great time playing the roles of the prosecutors, forensic specialists as well as key players in the case.

Year 10 is continuing their studies into the Top Gear topic and learning about different types of technologies in cars and how this may inform their choices in cars for the future. This was done through exploring different engines and how combustion reactions work.



A fiery experiment showing the effect of oxygen in combustion reactions

Our senior students studying the HSC course have made significant progress towards their studies this term.



Year 12 students investigating the science of galvanic cells

This term Year 12 Chemistry's topic is the Production of Materials. Students have studied how plastics are manufactured from petrol. The caption shows two students and the galvanic cells they set up for the experimental class.

On Friday 25 November, the students toured the ANSTO facility at Lucas Heights observing the OPAL reactor in action manufacturing vital radioisotope for use in medical procedures. The particle accelerator at ANSTO is analysing thin films for photovoltaic (solar cell) applications, and probing materials engineering problems such as corrosion and coating delamination. In the future anti venom for snake bites will be delivered in a spray molecule that soaks into the skin allowing treatment to be administered quickly in remote areas of Australia. Thanks to Mr Clay for driving Mrs Rajcevski and the Year 12 Chemistry students around the site!

On another note, on November 1, students from local high schools were presented with the Victor Chang Cardiac Research Institute School Science Awards. Sean Klimczak received his award from Professor Sally Dunwoodie who spoke of the work of the institute. Victor Chang grew up in the Bankstown area and attended Belmore Boys High School in 1951. His motto was to 'dream big, work hard and serve the community' which he did with his pioneering heart transplant surgery. Today the Institute's research aims to understand the molecular basis of inherited birth defects, and the process called atherosclerosis, or the hardening of blood vessels.

Congratulations Sean!



Sean Klimczak receiving the Victor Chang Cardiac Research Institute School Science Award

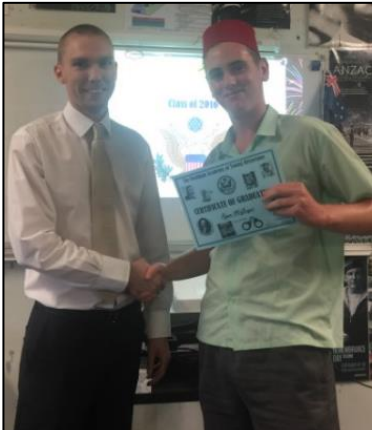
Science Faculty



HISTORY



Students studying Year 10 Elective History celebrated the end to a successful year of learning with a graduation ceremony during Week 7. During their graduation ceremony, students were presented with a certificate of graduation and had their picture taken with Mr Poolman whilst wearing a 'History Hat'.



Ryan McGregor accepting his certificate wearing a Turkish Fez Hat



Sana El Zein accepting her certificate wearing an Aztec Imperial Headdress



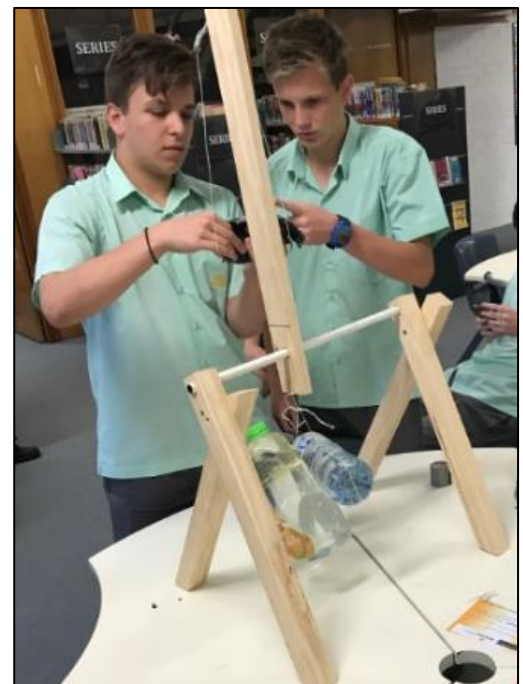
James Molloy accepting his certificate wearing an Egyptian Pharaoh's Headdress

This class has been studying the topic 'Science of War' where they have examined the relationship between scientific discovery and warfare. This study has involved a close examination of drone warfare in the modern context, the atomic bomb, medical experiments on prisoners of war as well as the strategies and tactics of medieval warfare. This topic has allowed students to explore and formulate opinions on many ethical issues. Students have also debated some of History's biggest events such as the bombing of Hiroshima and the secret experimentation performed by the Japanese military in occupied China during World War 2.

In a more recent lesson students looked at siege warfare from the Middle Ages and even had the opportunity to use a trebuchet created by Mr Eaton. Students have thoroughly enjoyed the varied learning experiences throughout this topic.



Students creating the sling on a medieval trebuchet



Elective History often allows classes more time to experiment with the practical side of History. This includes creating masks and devises from the past as well as utilising the ICT resources of the school to undertake deep and meaningful research.

During the course of the year Elective History students have also studied a variety of highly relevant and engaging topics. These include;

- The American War of Independence which included an in depth study of colonial American society.
- The Presidency of John F. Kennedy. This included an overview of the Cold War as well as the various theories regarding the assassination of President Kennedy.
- Ancient Sparta. This topic delved into great detail regarding the organisation of Spartan government and society as well as the military training system known as the *agoge*.



Mr Eaton and Mr Poolman have found teaching Elective History to be an enjoyable and rewarding experience. They both wish all of their Elective History students' success as they continue their study of History into the future.

Mr Poolman
History Teacher



SOCIAL SCIENCES

There have been many changes in the Social Sciences Faculty this year. We farewelled a much-loved staff member (Mr Sparks) who retired after 37 years of service to Public Education and this school; experienced the re-emergence of an old friend (Mr Sassine) and now we welcome Miss Di Maio to the Team. It is great to see that she has been warmly welcomed by all her classes and within the faculty. Miss Di Maio is very excited to be here and is looking forward to everything that the new teaching year will bring.

Year 7 Geography – Students are excited about the work they are doing on “Mountains and Rainforest” Communities. The learning experience of students is obvious in the depth of research undertaken to acquire the interesting facts and knowledge about those communities. The students were involved in a number of group activities whereby they conducted a research plan on a ‘mountain’ or ‘rainforest’ community, interpreted and analysed the data and information collected, and finally communicated their findings to their peers in the form of a PowerPoint presentation.

Year 8 Geography – Students were engaged in a research program on ‘Tourism’, which will occupy their time until the end of term. Students are learning the many aspects of Tourism; especially those associated with its advantages and disadvantages as well as its impact on the natural environment. Students have been exposed to the concept of “Ecotourism”, whereby students devised a plan or a policy recommendation requiring them to balance the benefits of tourism with the preservation of the natural environment. The students completed a trivia based competition on major tourist cities/landmarks across the globe answering questions based off facts and clues. There was an intense rivalry amongst our students to see who was the king/queen of geography trivia. Our students displayed a vast array of knowledge pertaining to major cities and demonstrated this through their

answers. The classes are now completing a project based learning where the students are asked to plan a holiday for 2 weeks including flight details, accommodation and activities planned out for each day.

Year 9 Geography – Students are about to finish their work on communities and their characteristics. In the early stage of year 10 Geography, students study 'Geographical Issues'. Students will receive an overview of the following geographical issues: Air Pollution, Waste Management, Urban Growth & Decline, Land & Water Management and Coastal Management.

Students of the Year 10 Elective Geography course have been presenting their Project Based Learning (PBL) assessments in class over the last couple of weeks. Students chose from a variety of major continental transects, varying from the Adelaide to Darwin Railway to the Silk Road. The presentations highlighted the natural environment, the physical environment and the places of significance along a transect. Students have used PowerPoint, Publisher and Photoshop to create material that they used during their presentations. As part of the assessment, groups had to create an activity for the audience to participate in. Groups created engaging activities using Kahoot! game show ideas and creative board games. Overall, this has been another excellent term for the year 10 Elective Geography class.

All of our senior courses are well underway in Business Studies, Economics, Geography and Legal Studies. All senior students have their first assessments before the Christmas/ New Year break.

In Business Studies, students have begun the Year 12 HSC course. In the first topic "Operations", students examined the creation of goods and services in large, global businesses. Students have studied the role of operations management and the factors that influence the strategies implemented by global businesses. In particular, the students have examined the operations of Qantas, Apple and McDonald's. The students' familiarity with these businesses is a great advantage when studying the course. The first assessment task is a hand-in research task which is due in Week 10. The completion of this task allows the students to make connections between a variety of syllabus areas as well as providing them with the opportunity to extensively research particular strategies of a business that is of interest to them.

This term has seen our students complete their end of year examinations focusing on curriculum taught across this full school year. On behalf of the Social Sciences Faculty, may everyone have a great holiday season and wonderful 2017.

Team Social Sciences



PDHPE

It's been a big year in PDHPE in 2016. Our Year 12 students completed a very successful HSC year and we are looking forward to their results and hopefully seeing many of them achieve the outcomes they richly deserve.

I would also like to congratulate those who have won awards in PDHPE, SLR, PASS and PDHPE for first place and highly commended. They have worked hard (as many of the students have) to achieve excellent outcomes in our subjects.

2017 will once again see a full list of classes in PDHPE. All senior classes are full as are the elective classes in Year 9&10 PASS which we are delighted to see. We also have a full Sport Coaching class in Year 11 which is testament to the work Mrs Finn has put into the course which has only been operating for 3 years.

We wish all the staff, students and their families a wonderful Xmas and New Year and hopefully a relaxing and enjoyable holiday. We look forward to doing it all again in 2017.

Mr Millican
Head Teacher PDHPE



LOTE

Life Skills Japanese

This year, Mr Northall's class has learnt all things Japanese with Ms Wu. They have studied many aspects of the language and culture of Japan and most recently, participated in a calligraphy lesson. The students practised writing kanji characters using brushes, ink and traditional Japanese paper. They also wrote their names in Japanese.



Preparing for 2017

The Japanese teaching and learning programmes for 2017 are now being finalised. In 2017, all Year 8 students will continue the mandatory 100 hours of Japanese through one period of Japanese per week. Students who have elected to study Japanese in Years 9 and 10 should keep all of their Japanese workbooks from this year, as we will continue to use them throughout the Stage 5 course. Students in Year 12 will purchase new workbooks at the beginning of 2017, but should keep all workbooks as materials for revision.

Presentation Day

Presentation Day is on Wednesday, December 14, 2016 and we would like to take this opportunity to congratulate all the Japanese award winners. All students are to be commended on their fine achievements in 2016! We would like to thank all of our students for their hard work during 2016. It has been fantastic to see the wonderful progress you have made in developing your knowledge of the Japanese language and culture. We wish all of our students and their families a safe and happy holiday.

Did you know? In Japan, because the majority of the population are not Christian, Christmas is not considered a religious event but a time for family and friends to get together. They often just celebrate with a large bucket of KFC chicken! In fact, New Year is the most important celebration in the Japanese calendar.

メリークリスマス!

Ms Marquis, Mrs Morris and Ms Wu





SPECIAL EDUCATION

It has been an extremely busy term for the students in Miss Martin's and Miss Negroh's class. Students have participated in a range of different activities such as School Spectacular, Say Hi Day, Sport at Revesby PCYC, Blue light Disco and Community access. All these activities have allowed students to access a range of different social interactions and learning opportunities which has played a positive part in their development.

The senior students have been involved in work experience programs at Coles Revesby and Target Roselands. Work experience has provided students with many benefits and has given them the skills and experiences to be valuable members of a workplace. Students involved in the work experience program should be congratulated for their maturity, effort and hard work.

Some of the junior students had the opportunity to participate in yoga, zumba and sign language classes every Monday at Broderick Gillawana School. This initiative built positive relationships between students while attaining health benefits. Participating in these activities enabled students to develop their body awareness, manage stress through breathing and build on their concentration.

Miss Martin and Miss Negroh would like to congratulate Tarek, Charbel and Bayley on completing year 12 this year. We would like to wish them luck and all the best in the future as they enter the workforce, all their experiences through high school have equipped them well for their future. The current year 7 group should also be congratulated for a positive and mature transition into high school. Well done to everyone on positive and productive year!

Miss Negroh and Miss Martin



TAS

YEAR 10 – TEXTILES TECHNOLOGY

DRESS A GIRL AROUND THE WORLD



Year 10 has just completed making dresses that will be distributed to less fortunate girls in the Philippines in time for Christmas.

The class thoroughly enjoyed this project. They should be proud of their work, knowing that they will make a difference to the lives of little girls who have most likely never owned a dress before. A big thank you to parents who donated materials.

If you would like to know more about the DRESS A GIRL AROUND THE WORLD program, please check out the website below or follow the program on facebook. Our schools contribution will be posted soon.

Mrs Thompson & Mrs Wardrop

<http://www.dressagirlaustralia.com.au>

<http://www.facebook.com/dressagirl.sydneyaustralia>



TAS

As I sit here writing this article for PIC NEWS I can't believe that it is already getting very close to the end of the year, it is amazing how fast it seems to go. What a year it has been in the TAS faculty with many great student achievements.

At this time of year we reflect and look back at the year that has just past and we celebrate all the student successes. I congratulate not only those students that have achieved excellent results in a course but for all those students that have constantly strived to achieve their own personal best.

I would also like to congratulate the Year 12 Hospitality students and Mrs Angelone for the new initiative of the breakfast café. This allows students real life café experiences at school and allows them to log hours of time for their service period.

Below are some photos of the students in action.



I would like pass on a HUGE THANK YOU to everyone that has supported TAS faculty throughout the year and look forward to your continued support.

I wish you all a very merry Christmas and a happy and safe holiday.

Looking forward to a productive and fun filled 2017.



Mr Burgess
Head Teacher TAS



CAPA



"The Schools Spectacular is an outstanding showcase of the talent in NSW Public Schools. In terms of sheer size, scale and scope, the Schools Spectacular is unequalled in the world with a 2700-strong choir, 2300 diverse dancers, an 80-piece symphony orchestra, a world class stage band and a huge number of outstanding solo performers." The Arts Unit website states.

Picnic Point High School students were well represented at this year's Schools Spectacular. We are proud to report that 49 of our students contributed to this enormous display of creative arts excellence and the new Guinness World Record for Largest Amateur Variety Act.

Our participants included: 18 Choir, 14 Combined Dance, 4 State Dance, 1 Featured Dancer, 7 D'Arts, 3 VET Entertainment Stage Crew and 2 Millennium Marching Band. All students involved had an exceptional time. Each student represented not only Picnic Point High School but also NSW Public Schools to contribute, not only to a world class professional show of talent, but an opportunity to secure friendships with students from other schools. Ms Linney was most impressed with the enthusiastic and caring nature of our Combined Dance students, who made many new friendships and also created great support for our special education students in the D'Arts Ensemble. Our choir students worked extremely hard to learn lots of repertoire in preparation for the live shows. This year's choir of 2700 participants was the largest choir in Schools Spectacular history. The sound of this many people singing was amazing and to add to the show in a spectacular way, the choir also had props such as coloured torches and glow sticks to create extra lighting effects for the audience. This was a fun experience and a very effective highlight to the show. Our D'Arts Ensemble students stole the show, dancing to 'Better when I'm Dancing'. Ms Garrett-Meade was exceptionally honored to be a part of Schools Spectacular with the D'Arts Ensemble and said they did our school proud.

A special thank you first and foremost to Mr Wayne Clay, who drove students to rehearsals all over Sydney in the weeks leading up to the show. Thank you to Ms Gourlay and Ms Tarasenko for organising the choir students. Thank you to Ms Garrett-Meade for co-ordinating the D'Arts students. A very special thank you to Ms Linney and Miss Mason for giving up many hours of their time to work with the Combined Dance students.

Congratulations to all students involved. It was an outstanding performance.



YEAR ADVISER REPORTS



YEAR 7

As we quickly approach the end of the year, I would like to congratulate Year 7 students on the positive way they have completed their first year of high school.

The 2016 Year 7 group has experienced a lot this year; a nervous transition that was quickly dissipated by making new friendships and school culture understanding, they also discovered many learning opportunities and enjoyable experiences along the way. It's hard to focus on one highlight as there have been so many, but one that clearly stands out was the Year 7 camp. The trip provided the chance for peer bonding and education practices. Some of the great activities included, abseiling, rock climbing, high ropes, giant swing, archery and much more. Night activities included storytelling by the fire and games, with commando being the highlight of camp.

Bully busters were an incursion at school that performed a play about bullying and its consequences to the year 7 students. This performance really opened up the minds to bullying; helping them understand the effects that one can have on bullying. Many forms of bullying were demonstrated including physical, emotional, cyber and social. The year 7 cohort went away learning something new and refreshed their thoughts on bullying.

Year 7 experienced peer support which was a great program offered during the transition stage. Students were selected in small groups with two year 10 leaders. They participated in fun activities and began to know more about their peers and the school in general.

Study skills was a great initiative that year 7 undertook in class which helped student complete a booklet learning about getting organised and better planning for various tasks involved in high school, especially how to make good use of the student diary.

There was also the police youth liaison officer program which gave year 7 the opportunity to listen to a couple of well experienced police officers/senior constables who explained about the use of social media and the forms of breaking the law. They spoke about the dangers of using online social media, how to keep things private and to watch out for people who are predators online. In the end, students left understanding the importance of safe keeping when using social media and to be extremely careful of what to say or when sending things to others.

I would like to acknowledge and thank my Assistant Year Adviser Ms Ng for her tireless and dedicated work in supporting Year 7 throughout the year. It's been a wonderful year, we are ready for year 8 and now looking forward to an exciting 2017.

Have safe and enjoyable holidays!

Mr Dannaoui
Year 7 Adviser



YEAR 10

The end of the year is fast approaching and for year 10, this means the end of junior high school. Congratulations Year 10 on the positive way you have completed the school year. This year has seen many highlights for year 10 students in academics, leadership, sport and creative arts, just to name a few. I look forward to continuing as your Year Adviser throughout your senior studies and witnessing you all grow throughout the challenging yet rewarding nature of senior school. For those who will not be returning next year, I wish you all the best in your endeavours.

Year 10 Alternate Program

The Year 10 Alternate Program was held on Wednesday, Thursday and Friday of week 7. During the program, students participated in a variety of workshops run by Optus, CommBank, Legal Aid, NRMA, the Canterbury Bankstown Bulldogs and completed Personal Training, Cyberbullying and Team Building sessions. A special mention must be given to Hayley Rowlings, Reegan Donovan and Karim Saboune who held the record for the 'bridge building' activity from start to finish. Students' also completed modules from the 'All My Own Work' program, mandated by the Board of Studies, Teaching and Educational Standards [BOSTES]. Students cannot begin Year 11, 2017 without completing the necessary assessments. Students who were absent will need to complete the assessment online and present their certificate to Mr Eaton before the end of the school year.

During the Alternate Program, there was a BBQ held to celebrate the achievements of students in year 10. This provided the opportunity for the students to bond as a whole year group for one of the last times as junior students.





Year 11

As we quickly approach the end of the year, I would like to congratulate our students on the positive way they have completed the Preliminary Course and commenced the HSC course. Our students have diligently completed their first HSC assessment tasks for most subjects and have started preparation for major works and assessment tasks over the coming year. All students are encouraged to have a relaxing holiday, but also spend time devising an effective study plan and getting ahead with coursework as best they can. Every spare moment of study time, without the pressure of school, homework and assessments, can support students to achieve their very best throughout their HSC year.

Congratulations to the recipients of awards at Presentation Day, 2016. On Wednesday, December 14, some Year 11 students will be recognised with special awards for their dedication to many aspects of their school life. All students who achieved first place and highly commended in each subject will also be recognised for their conscientious effort this year. Congratulations also to Hayden Probert – Student of the Month [November].



A special mention must go to Jackson Bell, who received the prestigious Western Sydney University Academy Access Award for most outstanding Year 11 student of 2016. This award was presented at a ceremony at Western Sydney University, Parramatta Campus on Wednesday, November 30, 2016. The award consists of a one-off study grant payment valued at \$500.00, a conditional Academic Excellence Scholarship to the value of \$20,000.00, a guaranteed place in The Academy, a guaranteed undergraduate course offer in 2018, library access and exclusive VIP campus experiences focused on the award winner's discipline of interest. Congratulations Jackson on your achievements this year!

It has been my pleasure to support Year 11 this year. Ms Kourouche and I look forward to working with our students again for their final year of secondary school. There are many exciting things to look forward to in 2017.

Merry Christmas! Happy Holidays!
Mrs Morris

Work Experience

Year 10 are currently completing two weeks of work experience. I encourage all students to embrace this opportunity and learn as much as they can during this period. Students will return to school Week 10. A quick reminder to any student receiving an award at presentation day, there will be a rehearsal on Monday, 12 2016.

Year 11 Crossroads Camp

Year 11 Crossroads Camp will be held at Sydney Academy of Sport and Recreation, Narrabeen in March 2017. The paperwork for the Year 11 Crossroads Camp was due by the November, 12 2016. Payments can be made at the school office or via Parent Online Payment from December, 2 2016. If you have any concerns or questions about Year 11, 2017 camp, please do not hesitate to contact me by email or phone.

It has been my pleasure to support Year 10 through their final semester of junior school at Picnic Point High School. Ms Harding and I look forward to working with our students again next year.

Merry Christmas! Happy Holidays!

Miss Martin
Year 10 Adviser





SPORT

Our students have continued to have great successes with sport this term. At the time of writing, Grade sport is heading towards the finals series and we have a number of teams that have dominated their competitions. The introduction of Dodge ball as a new sport has proven very popular with the students.

Jessica Hilley-Hulme (Year 10) and Samantha Battams (Year 8) made their way to Alstonville to compete for the Region at the State Water Polo carnival. This is a great effort by the girls.

Congratulations must go to Tristan Evans-Tsoi of Year 12. Tristan has been selected to achieve a Regional Blue for his commitment to Touch Football at the Regional level. This is a prestigious award and we are very proud of Tristan and his achievements at the school, Zone and Regional levels over his time at Picnic Point.

We are now in the process of organising sport for 2017. If your child has any outstanding sport payments, please ensure that these are paid as soon as possible.

As the year draws to a close, we would like to thank everyone for their support of sport at Picnic Point High School, and we look forward to following the achievements of our students in the New Year.

Mr Northall and Ms Worthington Sport Organisers



YEAR 12 GRADUATION 2016



THE 5 NUTRITION HABITS CHEAT SHEET

“Which is more important for fat loss, diet or exercise?”



When it comes to optimal health, I believe that exercise and nutrition are equally important factors of the same question. And while I cannot take you through a workout via the written word, thanks to *Precision Nutrition* habit-based coaching model I can give you a ‘cheat sheet’ to help you navigate your nutrition questions.

Whether you are new to eating well (and may ask questions like, *“What’s a protein?”*), have a basic understanding of nutrition but need guidance (*“I eat pretty well”*), or someone who eats the right foods in the right amounts at the right times (*“Check out my macronutrient breakdown spreadsheet!”*), the principles within the *Precision Nutrition’s* 5 Habits Cheat Sheet will serve as a resource you can come back to at any time.

With the following cheat sheet, answer any question you have relating to nutrition according to these 5 Habits.

1. Eat Slowly And Stop At 80% Full

Many of us are eating far too quickly, or are distracted with television, smart phones or a rushed lunch break at work. This habit doesn’t really have much to do with *what* someone eats; rather, it has to do with *how* someone eats.

Are you eating slowly? Check in with hunger, sit down, relax and take your time; 15-20 minutes for a meal is about right. Make sure you stop eating when you’re about 80% full.

By slowing down our eating and stopping at 80% fullness, you will also benefit from enhanced appetite cues for the next meal, improved digestion, better performance with exercise, more time to enjoy meals and better sleep if you’re eating before bed.

2. Eat Protein Dense Foods With Each Meal

Some experts will have you believe that additional protein is somehow harmful or unnecessary. The research however is pretty clear: in healthy individuals, a higher protein diet is completely safe. Not only is it safe, it may actually be important for achieving optimal health, body composition and performance.

Where is the protein dense food? Are you about to eat at least one palm-sized portion of protein dense food? Women get one palm-sized portion and men get two palm-sized portions.

By following this habit, you will not only ensure an adequate intake of protein, you will also stimulate your metabolism, improve your muscle mass and recovery, and reduce your body fat.

3. Eat Vegetables With Each Meal

Remember how much your parents and grandparents harped on about eating your vegetables? Turns out they were right.

Where are the veggies? Are you about to eat a large portion of vegetables? They can be prepared any way you like. One serving is about one fist-sized portion and you should try to eat a few portions per meal.

By developing this habit of eating vegetables at each meal, you will be much more likely to get your full ten servings of cancer-fighting, free-radical-destroying, acid-neutralising and micronutrient-rich power per day. Hard to argue with Grandma about eating your vegetables now, isn’t it?

4. For Fat Loss, Eat A Majority Of Other Carbohydrates After Exercise

Another way of saying this is: If you’ve got fat to lose, you need to earn your carbohydrates by exercising first. If you enjoy your rice, breads, pastas, sugary foods and the like, you can eat them as long as you do two things:

1. Focus on more unprocessed varieties
2. Save most of them until after exercise

Let me be clear: I am not advocating a low-carbohydrate diet. Rather, it’s a *controlled*-carbohydrate diet. If you’re interested in fat loss, getting most of your carbohydrates from vegetables and fruits with a small amount of starchy sources post-exercise is a smart habit to develop.

Where are the carbs? If you have fat to lose but haven’t just worked out, eat less pasta, bread, rice, and other starchy carbs. Opt for a double serving of veggies instead. If you have just worked out, a mix of carb sources is fine.

5. Eat Healthy Fats Daily

Anywhere between 20-40% of the diet should consist of dietary fat. And no, fat won't make you gain weight; excess food consumption will do that. Ensuring a healthy distribution of dietary fat will optimise your health, body composition and performance.

More important than total fat intake is the balance between saturated, monounsaturated and polyunsaturated fats. Where are your fats coming from? Today you need some fats from various foods, prioritising whole food sources like eggs, meats, fish, olives, nuts and seeds. Spread these throughout the day.

Don't be intimidated by getting the ratios spot-on immediately. Focus on adding monounsaturated (think extra virgin olive oil, some nuts, avocados) and polyunsaturated (some nuts, some vegetable oils, fish oil supplements) fats to the diet. By adding these to a diet of fruits and veggies, 'earned' carbohydrates and lean proteins, your dietary fat intake should balance right out.

A basic familiarisation of nutritional education is vital if you want to feel good, look great and perform at your best. Developing strategies around proper nutritional intake does not have to be complicated or time-consuming. If you can learn and follow these simple habits, it will naturally lead to an improvement in calorie control, food selection and nutrient timing.

***Nathan Schomberg is the Head Coach at Optimal Health Personal Training,
a community-focused gym located at Picnic Point High.***

***When he's not lifting heavy things or drinking coffee, his mission is to bring joy and passion
to people's lives by helping them achieve their unique version of optimal health.***

***He works with Picnic Point High in developing student-athletes through the
Talented Athletes Program.***

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**Have a  
Merry Christmas  
and a  
Safe and Happy New Year**

**Years 7, 11 & 12 return  
Monday 30 January 2017**

**Years 8, 9 & 10 return  
Tuesday 31 January 2017**

