

PIC NEWS



Picnic Point High School Newsletter

June 2016 Edition

Term 2 Week 9

PRINCIPAL'S REPORT

Congratulations to students for the mature and conscientious manner they completed Term 2 assessments and a big thank you to our committed staff who have worked tirelessly to complete Semester One reports in time for Parent/Teacher Night. There have been some fantastic improvements in students' academic achievement and many students have been acknowledged at the high achievers morning tea organised by the Deputy Principals.

Thank you to Mrs Kaur for her organisation and leadership of student elections for the 2016 SRC. I'm sure the successful nominations will continue to follow and surpass the fantastic example set by our previous student leaders. Further details are in this edition of PIC News.

The 2016/2017 school Prefects have been elected and congratulations to the following elected leaders who will assist the Year 12 Prefects for the remainder of this term and all of Term 3. Thank you to Mrs Davila for leading and organising this program.



Thomas Alexakis
Luke Colley
Nathan Eirth
Sean Klimczak
Joel McNamara
Daniel Papagianopoulos

Georgia Anderson
Maddie Carroll
Hannah Eirth
Sarah McCauley
Annalise Summers
Bronte Tonks

The Year 11 students that presented themselves for nomination gave outstanding speeches and I think all of them would have made confident successful prefects and uphold the outstanding school leadership tradition at PPHS.

A Parent/Teacher Night for parents of Years 7 and 11 is organised for Thursday 30 June and on Tuesday 26 July a Parent/Teacher Night for Years 8, 9 and 10 will be held. We look forward to the opportunity to meet with parents and discuss how we can best meet the individual learning needs of each child we teach.

Appointments can be made on-line through the millennium parent portal (user name and password have been previously sent to all parents). Please contact the school if you have any questions or concerns regarding portal access. It would be very helpful to bring a copy of your child's report to your interviews. Here are some very useful tips for all parents and carers from NSW public high school teachers to help you with regarding parent teacher interviews. Please take the time to read the information provided in the following link:

<http://www.schooltoz.nsw.edu.au/homework-and-study/planning-for-the-future/parent-teacher-interviews>



'Cornered' Performed by Junior Dance Ensemble
Dance Festival Series – Ultimo Public Schools

MADD night will be held on Thursday 21 July at 7pm. It will be another outstanding exhibition of student artworks and a demonstration of amazing performances in dance, drama and music.

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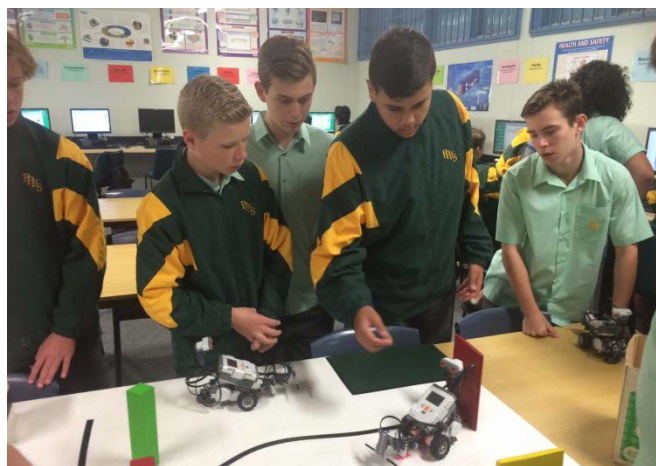
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DEPUTY'S REPORT – MRS SHERRY

Year 7 and 11 students will be receiving their Mid-Year Reports in the next week, followed closely by Parent Teacher Night on Thursday, 30 June. This is an excellent opportunity for parents to meet formally with their child's teacher for each subject. Parents and students are encouraged to work together to ensure that they do not become complacent in the level of work they are completing both at school and at home and in their attendance. It is essential for students to be present and on time to school every day. Missing days of school could make the difference between achieving a Band 5 and a Band 6 in their final HSC results.

The NSW Department of Education website has a large bank of resources for parents to support their children in their education. Parents are able to access up-to-date information on a wide range of topics, policies and issues. Parents can access that information from the following link. <http://www.dec.nsw.gov.au/parents>



Over the last 4 weeks, the school has been celebrating the achievements of our top 20 students in each year group and also the significant improvement of 10 students in each year. It is always great to see students that have made significant improvement or even those that have just increased by a couple of positions, but have made it in to the top twenty. Students are encouraged at all times to ensure they are making their best effort to complete all work to the highest level. This is firstly done by ensuring that students manage their time effectively and ensure that all work is completed ahead of time so that it can be edited and then checked against the marking criteria. We have published the order of merit lists for Years 7, 9 & 10 in this issue of PIC-News. Year 8 will be published in the next edition.

Congratulations to all those students who have been rewarded with invitations to the Deputy's morning teas and also those students who have been ranked in the top 50 in their year group.

DEPUTY'S REPORT – MR BACZYNSKYJ

Parents are reminded that they are able to log into the Millennium Schools Parents Portal, to find out more information about the merit points achieved and also the demerit points attained by their child. This information enables you to see current information in relation to your child at the school. As many parents are concerned about the character of their child and how he or she is presenting at school, this is an easy way to get a glimpse of their positive or negative interactions. The Portal also provides details of all absences. Parents are able to access this information and check whether explanations have been provided for specific dates.

Year 12 students are rapidly approaching the final term of their schooling at Picnic Point High School. All students are finalising their final assessment tasks and students studying VET subjects are completing their hours for work placement. Students studying subjects where a major work or performance is required are frantically working on their finishing touches. Major work items are submitted prior to the formal HSC examination period, so these students should definitely be taking advantage of the extra time their teachers are providing for feedback on the finalisation of these projects.

Many students are applying themselves with 100% effort and are enjoying seeing the improvements in their learning. Trial HSC Examinations will be held in Weeks 4 and 5 of Term 3 and all students should have an established study routine. It is necessary to ensure that instead of just revising work and making notes, students are collecting past papers, attempting them in the allotted time period and answering them as if they were in the examination room.

The BOSTES website

http://www.boardofstudies.nsw.edu.au/hsc_exams/2015/ has copies of past examination papers, marking guidelines and also notes from the Marking Centre that describe what responses look like that will achieve the higher bands.

All junior reports will start to be distributed over the next couple of weeks. These provide specific detail about each student's learning achievements and suggestions for improvement. It is important to consider these suggestions and discuss them with your child. The upcoming parent/teacher nights are then an excellent opportunity to discuss your child's progress. Often it is these simple interactions between parents and staff that make a significant difference to student success, irrespective of their current level of achievement. Contrary to what teenagers tend to want us to think, they respond well to ongoing parent interest and involvement in all of their activities and school represents a substantial amount of time and energy in their current lives.

DEPUTY'S REPORT – MS STAVROS

LITERACY AT PPHS

Questioning is another reading comprehension strategy teachers have been using in their classroom. **Questioning** is a process where students ask and answer questions before, during and after reading a text. It helps students with difficulties engage with text in ways that good readers do naturally, thus improving their comprehension. Good readers are actively involved in the reading process, but poor readers often are not.

Self-Questioning is a good skill students can use when reading a text, either **in class** or **at home**

- Does what I am reading make sense?
- What am I supposed to be learning?
- Where am I getting stuck?
- How does this relate to what I already know?
- What am I learning?
- What in the text helps me to know that?
- How is this text making me feel?
- What did the composer mean by...?



Questioning

Learners pose and answer questions that clarify meaning and promote deeper understanding of the text. Questions can be generated by the learner, a peer or the teacher.

Example Questions/Statements

- “What in the text helps me to know that?”
- “How is this text making me feel?”
- “What did the composer mean by....?”

Example Teaching Idea

Wonderings – Using Post-It notes, students list all the questions they have about a text. As they read, students continue to write questions. When an answer is found for the wondering students remove the note.

If you would like to learn more about this comprehension strategy, check the sites below:

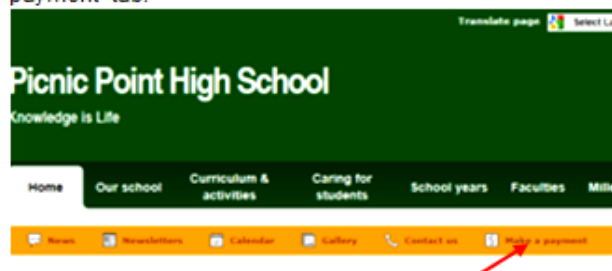
<https://www.teachervision.com/skill-builder/reading-comprehension/48617.html>

<https://www.youtube.com/watch?v=RKPf2sfW7ck>

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.



Provides our
school with a
5% rebate on all
uniform sales.

**PLEASE SHOP
“at LOWES”**

ACADEMIC ORDER OF MERIT

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, Hannah Bentley*, Meghan Blackburn, Gemma Borkowski*, Sarah Bray*, Grace Cameron, Erin Campbell*, Zac Cantrill, Johnny Dertilis, Monique Dunn*, Felicity Earl*, Yaseen Elgedawy, Jacalia Fenton, Olivia Hansford, Riley Hayward, Amira Kahla-Dunn, Kevin Le, Hayley Linabury, Blake Macdonald*, George Mangos, Camille Orogan, Bonnie Padron, Jack Pike, Bradley Porter, Henry Quach, Angela Ri*, Lara Ri*, Lachlan Ritossa*, Paige Roche*, Brodie Romcke-Harber*, Domenic Rovere, Victoria Sakis*, Zayne Saleme*, Jaxon Skead*, Tamara Smith, Daniel Snook, Nathan Southon, Jonathan Stavridis*, Alex Stengos, Alex Stoleski*, Kayleen Tang*, Georgia Thompson, Ellie Truong, Tommi Vesanen, James Vo, Benjamin Wedgwood*, Declan Whitley, Holly Wilmore, Danielle Zidan*.



Year 9

Phillip Au*, Shae Avery*, Nathan Bates, Liam Billington-Urquhart, Mylie Boaro, Lachlan Bogar, Zach Bowmaker, Jemma Brooks*, Celine Bull, Liam Campbell*, Macy Carter, Brad Cooper, Sami Croft*, Ebony Cross, Jack Dinsdale, Daniel Dostal, Cameron Driver, Caleb Earl*, Caitlin Fenton, Monique Galloway, Madeline Gordon*, Lauren Hallowes*, Hana Herlihy, Kristen Jones, 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*, Jack Rowell, Ender Samuels, Emanuele Serra, Kirthen Shanmuganathan, Hayley Shipley, Kyle Single, Beckham Smith*, Priscilla Spalding, Garrick Tischler*, Kyle Ward Brown, Tim Warren*, Mitchell Waud, Jasmine Zande*, Ryan Zangari*.



Year 10

Andrew Alexakis, Sara Allouche*, Jasmin Avramovski*, George Bakopoulos*, Gemma Bell*, Matthew Blight*, Zac Borkowski*, Tahlia Brackley, Emma Bray, Thomas Bush*, Patrick Christodoulou, Isabel De Araujo*, Patricia Eata, Matthew Fartek, Emma Forster*, Tim Gray, Nathan Hillier*, Phoebe Kleckin, Luke Knebusch, Abbey Leedow, Brianna Levar*, Nathan Linabury, Sally Lindberg, Jessica Luth, Christos Mangos, Adrienne Mihalopoulos, Tiffany Nguyen*, Martin Nguyen, Nancy Nguyen, Teisha Okunowski*, Ali Oreibi, Hayden Ormerod, Carley Parmaxidis, Phoebe Payet, Andrew Pham*, Huy 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


WHAT'S ON – TERM 2

Wednesday	22 June	School Athletics Carnival
Thursday	30 June	Parent Teacher Night (Years 7 & 11)
Friday	1 July	Last Day Term 2

WHAT'S ON – TERM 3

Tuesday	19 July	All Student Return
Tuesday	26 July	Parent Teacher Night (Years 8, 9 & 10)
Thursday	28 July	Year 7 Immunisation (Day 2)
Wednesday	3 Aug – 5 Aug	Year 10 Love Bites Workshops
Monday	8 Aug – 19 Aug	Year 12 Trial HSC
Wednesday	10 Aug – 12 Aug	Leadership Camp
Monday	15 Aug	P & C Meeting

STUDENT OF THE MONTH

 <p>MICHEL'S REVESBY</p> <p>STUDENT OF THE MONTH</p> <p>MAY</p>		
YEAR	NAME	REASON FOR THE AWARD
7	Lara Ri	For her conscientious approach and excellent dedication in Mathematics.
8	Tahlia Miller-Dietrich	For her excellent approach to her studies and consistent hard work across her subjects.
9	Jemma Brooks	For consistent application and effort, displaying excellent dedication to her studies.
10	Hayden Ormerod-	For working to the best of his ability and always helping out in Science.
11	Jackson Bell	For his conscientious approach and excellent dedication in Mathematics.
12	Aidan Murphy	For a significant improvement in all his subject areas.





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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Picnic Point NSW 2213
PO Box 78 Panania NSW 2213
E-mail: picnicpt-h.school@det.nsw.edu.au
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

YOUNG WOMEN'S LEADERSHIP CONFERENCE AT NSW PARLIAMENT HOUSE

On Thursday 12 May, we visited New South Wales Parliament House for the annual Young Women's Leadership Conference.

During the day, we listened to many inspirational women from the Upper and Lower House. The day started off with a seminar from an empowering business woman, Kylie Legge, who described her journey to success. She has now made great accomplishments in her business, Place Partners, and other projects.

We were then shown the Lower House Chamber where there was a Law Act being debated by Jenny Leong who is the MP for the Newtown electorate and also a member of the Greens Party.

Following this, we were shown back into the theatrette where we received more insight into the women of Parliament. We both felt that Jenny Leong's talk was the most valuable and relevant to us as she was the youngest woman there and she is achieving great success as a woman in Parliament. She explained to us that she never imagined that she would be in this position in Parliament and talked about how women can achieve as much as men in Parliament and she is glad to be a part of the government.

This really encouraged us to further develop our leadership skills as women and not to be afraid of challenges and obstacles that might be in our way. After this talk we ended the day by listening in on an Upper House debate about the Opal Card fares in New South Wales. This was very amusing to all.

Overall, we feel as though the day was very interesting and a very worthwhile experience.

Hannah Eirth & Emma Gilbert
Year 11



SRC

The SRC nominees underwent the election process of presenting their speeches to the leadership group on Friday 13 May 2016.

The standard of the speeches was very high and all the nominees are to be commended on their efforts. The following students were elected by the leadership group using the preferential voting system.

STUDENT REPRESENTATIVE COUNCIL 2016-17

SRC2016-17

Student Representative Council



PICNIC POINT HIGH SCHOOL
KNOWLEDGE IS LIFE

<p>YEAR 7</p> <p>BOYS Michael Ponticello Ben Wedgwood</p> <p>GIRLS Hannah Bentley Gemma Urban</p>	<p>YEAR 9</p> <p>BOYS Nathan Bates Dang Pham</p> <p>GIRLS Hana Herlihy Jasmine Zande</p>
<p>YEAR 8</p> <p>BOYS Luke Papagianopoulos Adam Zidan</p> <p>GIRLS Bella Nash Gabby Williams</p>	<p>YEAR 10</p> <p>BOYS Matthew Blight Cameron Walsh</p> <p>GIRLS Rachel Stace Imogen Wallace</p>

These students attended an induction on the Tuesday 24 May and were familiarised with the policies and procedures of the SRC.

Once in office this new SRC has been busy to assist year 11 students to run Australia's biggest morning tea last week. They have raised a sum close to \$500 which will be sent to Cancer Research.



Congratulations to the newly elected SRC for 2016-17 on their success.




Mrs Kaur
SRC Co-ordinator



Revesby Vet Hospital

143 The River Rd Revesby



GRAND OPENING: 9-1pm SAT MAY 14TH

Phone: 02 8739 8842
revesbyvet@tpg.com.au

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Sat+Sun Consultation Fee - \$45
**No consult fee for vaccinations*

Dog Vaccinations:
C3 Vaccination - \$50
C5 Vaccination - \$65
C7 Vaccination - \$75

Cat Vaccination:
F3 Vaccination - \$45

Microchipping:
\$25

Dental incl. Scale & Polish:
\$250

Cat/Rabbit Desex:
Male - \$70
Female - \$140

Male Dog Desex:
0-15kg - \$110
16-30kg - \$130
30-35Kg - \$200
40Kg+ - \$360

Female Dog Desex:
0-15kg - \$150
16-30kg - \$200
30-35Kg - \$300
40Kg+ - \$400

Opening Hours:
Mon - Fri 8:30am to 7:00pm
Sat 9:00am to 4:00pm
Sun 9am to 2:00pm

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***Feel free to contact us at our other locations:**
Moorebank: (02) 8798 4859
Glenfield: (02) 9618 0177

PICME

UNDER CONSTRUCTION

The Library's own League of Learned Loonies have been hard at work this term, sweating under hot production lights and teetering trepidatiously upon shaky scripts, to bring our students the latest in online learning.

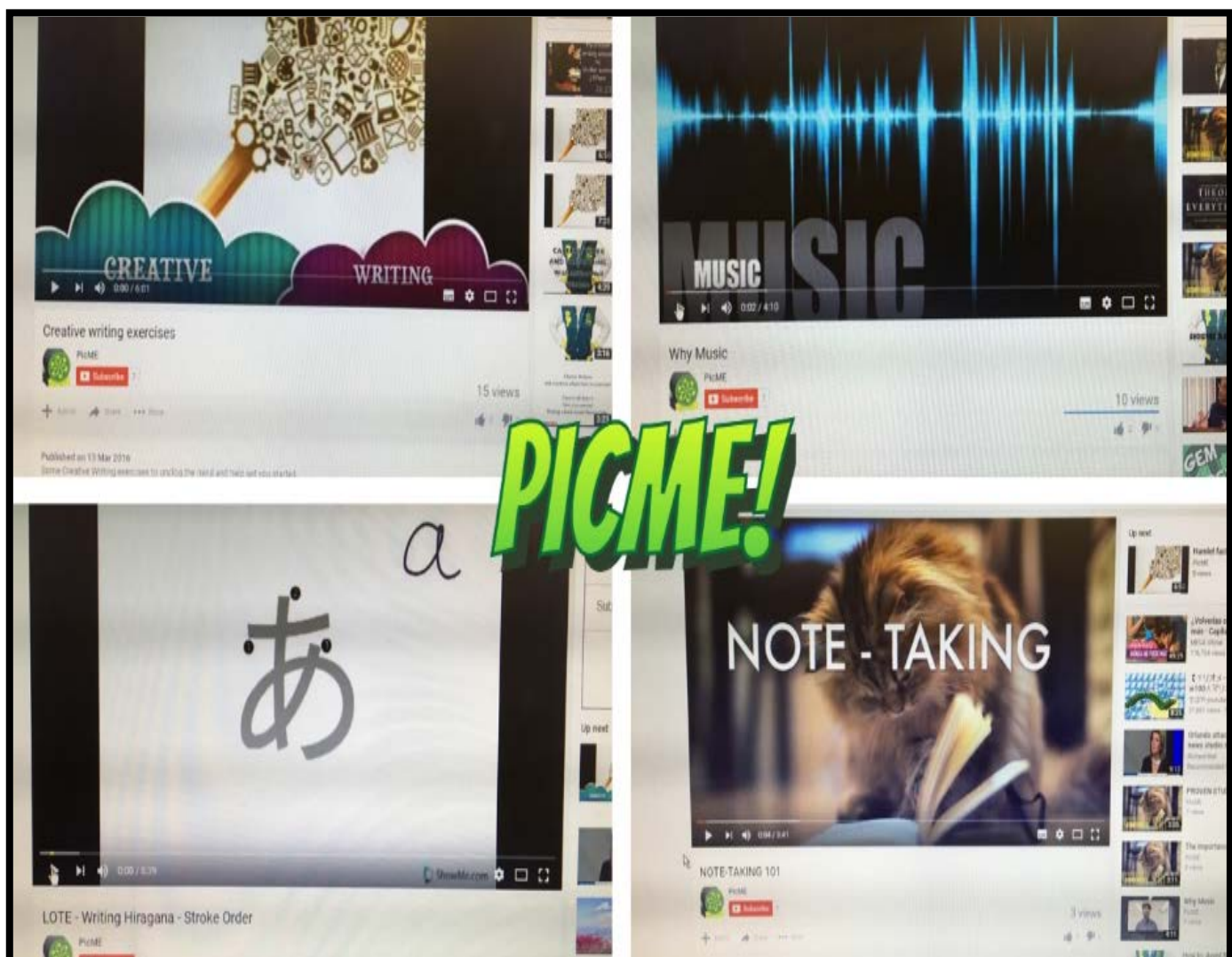
This year Picnic Point High School has commenced construction on our very own YouTube channel! The goal of the PicMe channel will be to collect, create and customise key lessons, study tips and other information useful to students from years seven to twelve.

The channel is already available on YouTube and is free from pesky sign-up fees, or login details. Simply type 'picme youtube channel' into Google and checkout what the burgeoning site already has on offer.

The long-term commitment of the PicMe program will be the creation of videos that are tailored to the learning needs of students here at Picnic Point, allowing them to access handy material anytime of the day or night, not just during their classroom lessons. With over twenty videos already available, PicMe hope to provide the students of Picnic Point High School with a range of revision, a cacophony of content, a plethora of practical tips and of course a surplus of study material.

The program is committed to taking advantage of student and staff feedback to ensure that the content we present will be the most beneficial to our students. We hope that in the coming years Picnic Point students will have access to hundreds of perpetually available videos to enhance and streamline their learning experience.

Kind Regards
Mr Mac, SC
SLSO



BANKSTOWN WOMEN'S HEALTH CENTRE INCORPORATED

A.B.N.: 74 181 873 702
Funded by N.S.W. Ministry of Health



Women's Health Matters!

As women, we are always busy taking care of things from the house to the children and other loved ones. But when did *you* last have your women's health check? **Too busy!** It is important to look after your health in order to look after others! **Do you need it?** Women's health issues are very common and important to deal with, for example, breast cancer and cervical cancer can occur at any age and is the most common cancer in women in Australia. **If I have had my HPV vaccine- do I still need a pap smear?** Yes, although the HPV vaccine against cervical cancer covers 70% of HPV types causing cervical cancers, there is still the risk of cervical cancer. **Worried about getting a health check?** Rest assured as at Bankstown Women's Health Centre we appreciate the sensitivity of certain health issues and have bulk-billing women doctors specialised in women health checks which are confidential.



At Bankstown Women's Health Centre, our health checks cover pap smears, breast checks, contraception, pregnancy, post-natal checks, STI screening, urinary tract infections, menstrual problems and treatment as well as menopause management for older women and managing depression and anxiety. For more information, visit our website at www.bwhc.org.au or for further enquiries and to book an appointment today please contact 9790 1378 or email bwhc@sswahs.nsw.gov.au

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How to use your Opal Card correctly



Remember,

You only need to Tap On and Tap Off **once** for each Journey, then find a seat and sit down to travel safe on the bus, train or ferry.

Contact 131500 for all Timetable and Opal Enquiries



PICNIC POINT HIGH SCHOOL

presents

MADD FESTIVAL

A celebration of

Music Art Dance & Drama

Thursday 21st July

7pm

Venue: School Hall

Tickets: \$5.00

Refreshments available during intermission



FACULTY REPORTS

ENGLISH

It has been a busy month in the English Faculty! The Premier's Debating Competition is in full swing with some strong results for our teams.

YEAR 9/10 DEBATING

On Monday the 16 of May, Picnic Point High School hosted East Hills Girls for Round 1 of the Years 9 and 10 Premier's Debating Challenge.

Our team was victorious, arguing in the negative.

During our second round, on the 3 June, our school debated against East Hills Girls - Team A and our topic was whether horse racing should be banned. Picnic Point was the negative team and East Hills was the affirmative.

Our school was successful and we won the debate.

On the 10 June, our team debated against Moorebank High School and the topic was Politics. Once again, we were the negative team. We debated against the voting system being turned into a voluntary system and Picnic Point walked away with a very close loss.

Congratulations to the team: Rachel Stace (1st Speaker), Tim Warren Warren (2nd Speaker), Jasmine Avromosvski (3rd Speaker) and Sami Croft and Ebony Cross (4th Speakers) and we look forward to the next debate.

YEAR 7/8 DEBATING

On Thursday 19 May, our Year 7/8 team debated against Auburn Girls High School.

Though Auburn won, it was a very close debate. Our students received valuable feedback from the adjudicators and took on board feedback for their next debate, making a few more friends in the process.

We would like to congratulate our debaters, Sarah Butler, Danielle Zidan, Zander Mucensk and George Kahbaz on their enthusiasm and being great representatives of Picnic Point High School.

YEAR 11 DEBATING

On Thursday the 9th of June, our Year 11 Debate Team hosted Sefton High School for Round One and Two of the Premier's Debating Challenge. Our team consisting of Daniel Papagianopoulos, Ben Woudsma, Mazen Hammoud and Thomas Alexakis argued in the affirmative for both debates and although Sefton High School won, the students were given valuable feedback from the adjudicator

and they greatly improved for Round 2 of the debate. Congratulations to our Year 11 team and good luck in Round 3 of the debates!

ENGLISH COMPETITION

The English Competition is set to be very successful this year with over 60 students applying to attempt the test. The English Faculty wishes them well in this competition and we look forward to some great results! A big thank you to Mrs Kapaniris for organising this event.

The competition date at Picnic Point High School is Monday 1 August.

YEAR 12

Year 12 students are nearing the end of their courses in English with the Trial HSC examinations starting in Week 4 next term. Students are encouraged to revise all their modules in preparation for these important examinations. Writing responses to examination style questions should benefit students in their preparation. The English Faculty wishes them well for these examinations.

Students in all years are encouraged to continue to explore the wonderful world of literature by reading widely and regularly!

From the English Faculty



MATHS

Year 7 students are currently studying Percentages and finish off the term with Angle Relationships. Parents of year 7 students can support their child by ensuring that all activities on Mathematics in the topics Fractions, Decimals and Percentages are completed by week 9. It is essential that all students complete these topics as part of their ongoing revision. Could parents and caregivers please assist by ensuring that your child completes all of these activities at the end of week 9? If there are any technical difficulties please inform your child's classroom teacher as soon as possible.

Year 8 students are currently studying Area and Surface Area until the end of Term 2. By week 9 students are expected to have completed Equations on Mathematics. Could parents and caregivers please assist by ensuring that your child completes all of these activities at the relevant check point. If there are any technical difficulties please inform your child's classroom teacher as soon as possible.

Mathletics Certificates

Certificates achieved on Mathletics are being printed and distributed during week 9 this term. Parents should be on the lookout for these certificates going home and encourage your child to complete as many of these activities as possible by week 9.

A merit sticker will also be issued for each Bronze certificate and two stickers for a Silver certificate. Achievement of a Gold certificate will result in a merit certificate being issued. Students are encouraged to complete all set activities to achieve some of the certificates.

ICAS Math Competitions

All students in the extension class 7E and 8R, 9R, 10R, Year 11 Advanced Maths class and selected students from year 7 are expected to participate in the 2016 ICAS Mathematics Competition being held on the 17 August 2016.

7 Tips for Maths Problem Solving

The focus of every Maths lesson is to develop exceptional problem solving skills. Students and parents will find the following guide useful for developing problem solving skills. Below are tips number 5 and 6. Be on the lookout for tip 7 in future newsletter.

5. Create a Distraction Free Study Environment

Mathematics is a subject that requires more concentration than any other. A proper study environment and a distraction free area could be the determining factor when solving complex equations or problems in geometry, algebra or trigonometry!

6. Create a Mathematical Dictionary

Mathematics has specific terminology with a lot of vocabulary. Students should create notes or flash cards with all the concepts, terminology and definitions you need to know. Students should include their meanings, some key points and even some sample answers so that they can consult them at any time and recap.

Mathematic Quiz Edition 2016

For every newsletter, there will be a math quiz for readers of all ages. **The solution to Mathematic Quiz Edition 3 was**

Since the trains are always 15 minutes apart it is advisable to fix both trains departure times

Gladys 0 15 30 45 etc

Audrey 3 18 33 48 etc

Then just assume that Ken will arrive at any time in the first 15 minutes. Determine the options that are available to Ken as to which train he can catch. Ken will have 4 times as many option to catch the train to visit Gladys compared to Audrey.

For anyone interested in the full solution please send an email to trieu.le@det.nsw.edu.au

Mathematics Quiz Edition 4 Problem

The below problem was sourced from <http://dailybrainteaser.blogspot.com.au/2012/12/hard-math-problems.html>

As they say, beggars can't be choosers, in fact begger take what they can get. A begger on the street can make one cigarette out of every 6 cigarette butts he finds. After one whole day of searching and checking public ashtrays the begger finds a total of 72 cigarette butts. How many cigarettes can he make and smoke from the butts he found?

Entries can be submitted to trieu.le@det.nsw.edu.au

Mr Le
Head Teacher of Mathematics



SCIENCE

Science International Competition and Assessment for Schools (ICAS)



This term seventy one students from Year 7 to Year 11 entered the ICAS. The competition was held in the hall on the 31 May 2016.

Students were assessed in their skills in the key areas of Interpreting data, including observing, measuring and interpreting diagrams, tables and graphs, Applying data, including inferring, predicting and concluding and higher order skills, including investigating, reasoning and problem solving.

Modeling in Science - Why use models?

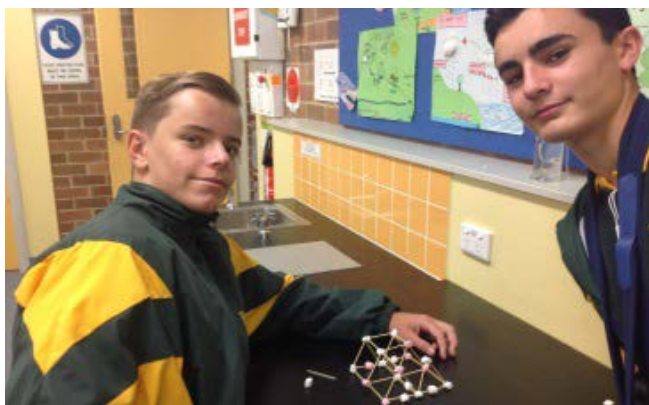


Sometimes processes that cannot easily be seen directly can be modelled. Students in Year 9 observed volcanic eruptions in the laboratory. Both the sand and the water represent the crust of the Earth while the red candle wax represents the magma which is heated with a Bunsen burner and erupts.

An abstract idea such as how particles behave when energy is applied can be understood using a model. Students in Year 7 created diagrams of the particles in the different states of matter.

Science, Technology, Engineering and Maths (STEM) Activities

Designing and building an earthquake proof structure with toothpicks and marshmallows was the challenge for students in Year 9. The earthquake waves were simulated in a tray of jelly. The buildings with a large surface area in the foundation triumphed over the tall narrow design. This activity gave students an insight into the engineering of buildings that must be built in an earthquake zone.



Literacy focus

Students in Year 7 wrote narratives about the journey of a water molecule through the water cycle. Their stories gave a personal context to a scientific process and they utilised scientific language which is learnt in the 'Water fit enough to drink topic'.



Predicting

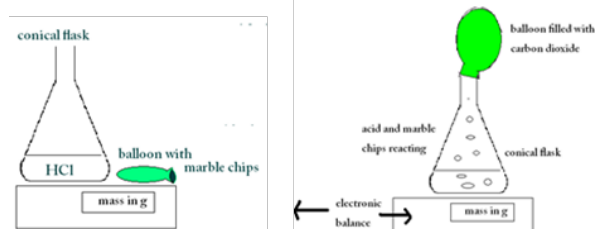
The future of our planet was in the hands of Year 9 students who worked in groups to predict the effect of human activities such as the enhanced greenhouse effect, the ozone layer depletion, rising sea levels, waste management and the loss of biodiversity. They produced a poster which included poignant images of the possible future.



Predictions are integral to developing hypothesis in scientific investigations. Year 8 students developed predictions about the type of materials used to heat food. Cooking pots made of copper and aluminium were used to test predictions. In Science students use 'if' and 'then' statements to write their predictions. For example if a copper pot is used then the food will heat the fastest. Some extension learning included predicting the effect of heating popcorn with or without a lid.

As a part of the 'Chemical Earth' unit Year 10 investigated the conservation of mass. So what happens to mass when a chemical reaction occurs! Well as students discovered the mass stayed the same even though the products of the reaction were different from the reactants.

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Year 7 caught on camera doing Science experiments

Mrs Rajcevski
Science Faculty



SOCIAL SCIENCES

We are approaching the end of Term 2 which has seen the Social Sciences faculty focusing on writing reports for student feedback. All year groups have completed their Half-Yearly Examinations throughout the mid-point of this term.

Year 7 Geography students completed their second assessment task which had the students apply their geographical knowledge of skills including latitude/longitude, bearings and BOLTS. Students have progressed well with their development of these geographical skills and are encouraged to continue their interest in them.

Year 8 Geography has seen the students continue their learning of wealth, poverty and global inequalities. We have supported this with literacy focused activities on how education is affected by poverty. These activities saw the students predict what an article would be about only from the heading along with visualising a classroom in a developed/developing country.

Year 9 and 10 students have continued their progression on a range of issues in Australia. These issues relate to natural hazards, which have seen our faculty focusing on floods and storms across NSW. Due to the recent storms and flooding that took place, the students were able to construct climatic graphs and interpret synoptic charts (weather maps) for future weather predictions.

On Wednesday 8 June, Mrs O'Brien took the Year 12 Legal Studies to a HSC study day at the University of Wollongong. It was a great opportunity for students to consolidate their knowledge and have a preview of the last topic that they will study before the HSC examination. The students heard tips on completing the HSC exam from an experienced HSC marker.

They also heard from academics in the fields of Crime, Human Rights, Family and Workplace. Thank you to Mr Clay for driving the students safely to the venue in the school bus.

On Tuesday 21 June will see the Year 12 Business Studies students attend a HSC study day at the University of Wollongong with Mrs O'Brien and Mr Kuenzle supervising. These excursions provide the students with helpful advice on how best to prepare themselves for the upcoming HSC examinations. Feedback from the students has been positive as the students have all stated that they took tips and hints out of the day and can apply the feedback towards their learning.

Year 10 Elective Geography Report

This term students have been learning about Australia's neighbours with a focus on the Asia-Pacific region. The assessment task allowed students to research and learn about differing cultural aspects such as food, sport, region, music, and clothing. Students were given the chance to work collaboratively with their peers for this particular assessment task. The class enjoyed studying this topic as it gave them a chance to learn about the cultural differences within our neighbouring countries.

Our next topic we will explore in Term 3 is the "Geography of Sports". This topic has been designed to run during the same time as the 2016 Rio Olympic Games. It will provide students with an insight of the geographical processes that are associated with major sports, their competitions and events. Students will learn about the origins of sport, the sporting environment and the globalisation of sport.

Mr Ang
Head Teacher of Social Sciences



HISTORY

As part of the Year 10 History course, students have been learning about the history of Indigenous peoples in Australia. This study included a comprehensive overview of government policies towards Aboriginal Australians and their experiences including the Stolen Generations. The students of Year 10 have found this topic both engaging and useful.

This was definitely the case for one of our keenest students of History, Harrison Walther. He is currently representing the youth of East Hills and NSW in the YMCA NSW Youth Parliament.

The YMCA Youth Parliament is an apolitical program that empowers young people to be advocates for their community. This program gives young people the opportunity to create solutions to the problems facing NSW and debate those ideas in NSW Parliament House in front of real MPs. Harrison is currently serving as a representative for the sub-committee of Aboriginal Affairs. Part of his role on this sub-committee is to create a bill that would address current issues regarding Indigenous Australians.

Harrison's participation in this program has been enhanced by his learning in the year 10 History course. When students are learning about topics they often ask the question; "where am I going to use this knowledge outside of school?" The YMCA NSW Youth Parliament is one way of utilising the knowledge gained in schools as well as to further your understanding of the topic. "Learning about the struggle of Aboriginal Australians has been beneficial to my role as one of the representatives for Aboriginal Affairs".

Harrison has also used this opportunity to further develop his leadership skills. He has been involved in the school leadership program since Year7 and has developed impressive leadership qualities. Harrison has proven himself to be an outstanding ambassador for Picnic Point High School and has earned the highest commendation from the History Faculty. We wish Harrison the best of luck in this program when it recommences in early July.

Mr Poolman
History Teacher



LOTE

Half Yearly Assessment

All students who study Japanese have now completed assessments for their Half-Yearly reports. All results are very encouraging and demonstrate that our students continue to excel in their studies of Japanese. We would like to remind all students that regular revision is the best way to prepare for assessment tasks.

Stage 4

Our Year 7 students have continued learning about the Japanese language and culture. They have shown considerable enthusiasm as they begin to understand how to count in Japanese. Using this knowledge, they are now also able to say their age and their phone numbers. Year 8 are continuing to develop on these foundations as they learn how to describe and discuss their weekend activities in Japanese.

Stage 5

The Year 9 Japanese class have just completed their second assessment task – a very detailed task that tested all four language skills. Students even presented a 1 minute speech in Japanese. Year 10 have been learning to discuss the weather, clothing and how to use some very complex grammar structures – well done to Year 10 on their ongoing efforts to develop their language skills!

Stage 6

HSC Speaking Skills Exams

Year 12 students had another opportunity to practise their speaking skills at a specialised 'HSC Oral Examination Preparation' workshop event run by the Japanese Teachers Association of NSW on Saturday, June 18 at North Sydney Boys High School. At this workshop, students were given tips on preparing for their exam and had the opportunity to practise speaking in Japanese in an HSC-style examination environment. Preparations for this section of the HSC exam, to be held on Saturday, August 6, are now in full swing, and we wish the Year 12 Japanese class all the best as they undertake this challenging task.

Open High School

We would like to congratulate Alex Paglialonga for receiving a Certificate of Achievement from the Open High School for his effort to maintain a high standard in his HSC Italian Continuers course. Well done Alex!

Speaking Workshop

Our colleague, Mrs Yumi Flynn, conducted a Japanese speaking workshop with our Year 9, 11 and 12 students on Tuesday, June 21. This was a fantastic opportunity for our elective students to practise their Japanese speaking skills with a native Japanese speaker!

Japan Trip

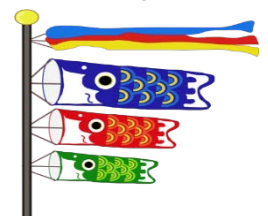
All 13 students have now received information about their Japanese host families – many have exchanged emails already! All students have participated in fundraising activities at the Athletics Carnival and are organising a barbecue for Election Day on July 2 – please come along, vote and support our students!

分かりましたか Did you know?

While in Australia we celebrate Father's and Mother's Day, in Japan there is a special day dedicated to children called Children's Day. Every year on May 5, families make wishes in hopes that their children will grow up healthy and strong.

ありがとうございます！

Ms Marquis, Mrs Morris and Ms Wu



TAS

TEXTILES TECHNOLOGY

Students were involved in a Textiles Colouration workshop this term. The Textiles Technology course requires students to experiment with different colour and decorating methods. Students were shown some new techniques for colouring fabric. Techniques included fabric marbling, play colour, dry etching, ice tie dyeing and the use of oil paint sticks.

They are designed to be used with fabric and are heat set to become permanent. This was a very hands-on workshop with every student producing a sample for each technique.

Mrs Thompson



COMPUTING STUDIES

Year 9 students have now completed their Lego robotics assessment task. The students have been very enthusiastic as they completed the challenge for their assessment. Some of the successful examples can be found here:

<http://tinyurl.com/zrq2cyd>

<http://tinyurl.com/jzaswh7>

<http://tinyurl.com/z73j7ol>

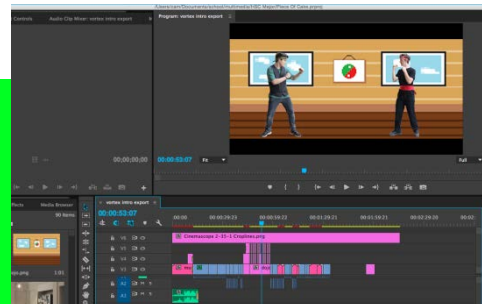
<http://tinyurl.com/ju7d8uo>

Students in Year 10 have also been busy working on their Visual Basic exercises and will be starting to design Android Apps for their assessment task. Students will begin creating games of chance, quizzes and apps about facts that can be installed onto Android phones.

Student in Year 12 Multimedia are completing their Major Projects for the HSC. A number of the students are working on short films, websites and animations for their projects.

Examples of their work can be seen here.

Mr O'Mullane
TAS Faculty



ASASASASASAS

SUPPORT UNIT

GARDEN

This year the two IO Support Unit classes have been working very hard together, preparing, planting and growing vegetables and herbs for garden. This has given them the opportunity to learn about living things and how they grow. Looking after new plants teaches our students responsibility and teamwork.

It provides an opportunity to bring science, mathematics, language and visual arts to life through hands-on learning. Not only does the vegetable garden provide tasty produce, it has also been valuable for the students to gain an understanding about the purpose and value of money, as they have been selling their produce to staff members. This has raised money so that the students can continue to buy seeds and other gardening supplies for the garden.

Congratulations to all students for all their hard work in the garden.

Miss Negroh and Miss Martin
Special Education Teachers

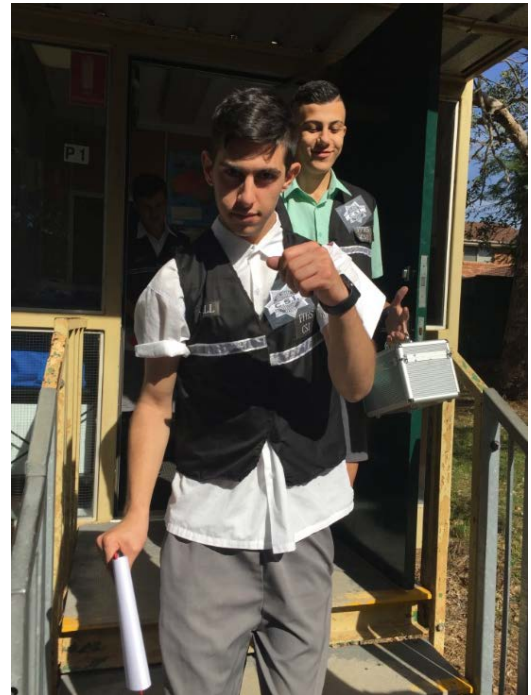
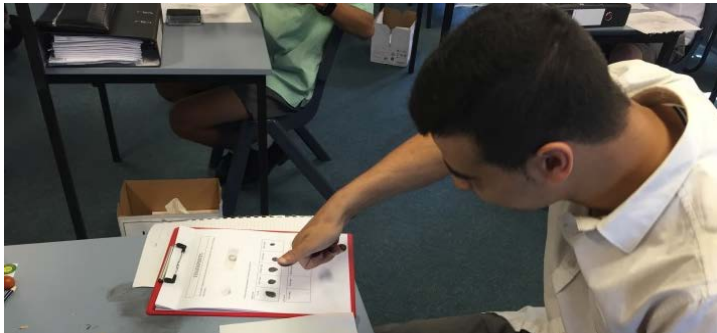


CSI PICNIC POINT

This term the support class completed a project-based learning unit with Ms Myles. A crime scene was set up in the library. A jar of cookies had been stolen.

The students had to collect and label the evidence and then use their skills in Maths, Science & English to solve the crime. Students interviewed suspects, studied fingerprinting, analysed teeth impressions, compared DNA samples, and did a chromatography experiment amongst other CSI tasks.

Finally after 4 consecutive Thursdays, the cookie thief was apprehended and the crime solved. The students really enjoyed the hands-on approach to learning and can't wait to unveil their next project.



Ms Myles



PDHPE

Senior students in PDHPE have been working hard to complete assessment tasks in both Year 11 and 12. The Year 12 cohort have 1 more assessment to complete before sitting their Trial HSC and have the opportunity to put their best foot forward and consolidate or improve their ranking with good performances in both of those tasks.

Year 11 PDHPE have commenced the First Aid option and will be required to perform a practical demonstration as part of their next assessment task which is based on several scenarios that they may face in everyday life. It is a challenging task but one that we hope they find very enjoyable and rewarding.

The Year 11 VET Sport Coaching students have just undertaken their St Johns First Aid accreditation as part of the course requirements. The students were actively engaged and enjoyed the course and now have certification for First Aid for the next 3 years.

Our Year 7 students have completed the Gymnastics unit where they were tested on floor routines and are currently doing the Dance unit. Some of the creative performances and routines the students are designing and performing have been fantastic to see.

Parent teacher night for Years 7-11 are approaching at the end of term and early next term and we look forward to seeing as many parents as possible and discussing the progress of the students in the various subjects within the PDHPE KLA.

Mr Millican
Head Teacher PDHPE

CAPA

SENIOR MUSIC NIGHT

On Thursday 26 May, the Year 12 VET Entertainment Industry class hosted 'Senior Music Night'. The evening concert provided a performance opportunity for our Year 11 and 12 Music students in preparation for the Higher School Certificate Practical Examination, which will be held next term. As much as the musicians were centre stage and dazzled in lights, the night was really aimed to showcase the skills and hard work of the Entertainment students. The Entertainment students completed the assessment of Cluster F: The Client. This assessment focused on observation, written tasks and a portfolio for completion of the competencies; BSBWOR301B Organise personal work priorities and development and CUVPRP304A Participate in collaborative creative projects.

The night was a great success. The students had to demonstrate leadership and team work through the process of co-ordinating an event. All preparation was completed by the Entertainment students who delegated roles and responsibilities in the Pre-production, Bump-In, Technical Rehearsals, Concert, Bump-Out and Post-Production.

The VET Entertainment Industry course is a great subject option for students who are interested in the Entertainment Industry and Event Management. Students who select VET Entertainment for the HSC receive Certificate III in Live Production and Services as well as contributing to an ATAR. The course focuses on skills in staging, lighting, audio and vision and also overlaps with competencies from the VET Construction and VET Business Studies courses.

The Year 12 VET Entertainment class have demonstrated fantastic skills in leadership, team work and time management and assisted our talented musician to put on a great show.

Ms Gourlay
Music/ VET Entertainment Studies Teacher



YEAR ADVISER REPORTS

YEAR 11

Another term quickly passes, only one term of Year 11 to go! It is amazing to see so many Year 11 students achieving great things both inside and outside the classroom.

Congratulations to the students elected as prefects to represent the cohort and the school for 2016-2017. A commendation must also go to all candidates that nominated themselves for prefecture and the Year 11 student group who listened attentively to all speeches and voted in a mature manner.

Congratulations to Jackson Bell – Student of the Month [May] and to all the students who continue to represent themselves and our school in extra-curricular activities. Congratulations also to the students who were rewarded for their high achievement on the merit list.

Year 11 students have now completed assessment tasks for their Semester One report. Reports will be issued shortly, with Parent-Teacher Interviews scheduled for Thursday, June 30, 2016. Parent-Teacher Interviews are a great way to discuss the progress of a student in each subject area and I encourage all parents and students to attend. Bookings can be made online through the Parent Portal of Millennium. Bookings can also be made with Ms Kourouche or myself, if required, to discuss welfare or other general matters.

A reminder to all students and their families that attendance at school is compulsory. Students must arrive to school on time every day and medical appointments should be made outside of school hours, wherever possible.

All absences must be explained by providing a note and a medical certificate to the roll-call teacher. Students who miss an assessment task must provide a medical certificate to Mrs Sherry on the first they return to school in order to satisfy BOSTES requirements. Please refer to the Year 11 Assessment Booklet for further information.

As a further reminder, students who arrive after roll-call because of a flexible timetable arrangement must ensure they sign in at the front office at least ten minutes prior to the commencement of their Period Two class. Students who undertake Extension Mathematics or English classes must also ensure they arrive on time to all Period Zero classes, without exception.

Mrs Morris
Year 11 Adviser



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SPORT

GIRLS KNOCKOUT SOCCER REGIONAL CHAMPIONS

Congratulations to Picnic Point High Schools Open Girls' Soccer Team for their success so far in the NSW Combined High School Sport soccer knockout competition. Over the past few months the girls have played games against John Edmonston High and Sefton High which qualified them to play in the Sydney South West regional quarter finals which were held on Wednesday 25 May 2016 at St Helens Park against Robert Townson High School. The team was able to secure a win in this match which allowed them the opportunity to play in the final later that afternoon against Elderslie High School who were the regional champions last year. Even with fatigue and dehydration from already playing an incredibly hard game in the morning the girls were able to back up again to secure another win.



Picnic Point High school is not only regional champions for South West Sydney, they are now one of the top 16 teams in NSW for girls' soccer. The next game will be played by the end of Term 2 where the team will have to travel and stay overnight in Bathurst.

Every single one of the girls in the team is an outstanding player. I am extremely proud of the way that they have represented their school, demonstrated exceptional skill, sportsmanship, and teamwork and still managed to have fun at the same time.

Congratulations to the Open Girls' Knockout Soccer Team and all they have achieved so far this year.



Miss Negroh

OPEN GIRLS' BASKETBALL TEAM

Congratulations to the Open Girls' Basketball Team who placed in the Top 16 Girls' Basketball teams in NSW.

On 2 June, the Open Girls Basketball Team travelled down to Albury to play against Murray High School. Unfortunately Picnic Point High School did not win this game, however the girls never gave up and played right until the end, working hard to close the score gap.

Congratulations must be given to all the girls but to one player in particular who played her last game for Picnic Point High School. Like every game Georgia Gale has played for Picnic Point High School she humbly lead the girls with amazing sportsmanship making sure that the younger girls all had a chance to demonstrate their skills and always helping her team mates play to the best of their ability. Picnic Point may not have won the game but Georgia was by far one of the most skilled athletes on the court. I would personally like to thank Georgia for her commitment and effort she has given to the Picnic Point High School Girls' Basketball Program over the years, along with all the girls that have put in an excellent effort this season.



Coach Wolstencroft

ZONE CARNIVAL

On the 23 May 2016, Picnic Point High School sent 78 students from various year groups to represent the school at the Bankstown zone cross country carnival. 29 Students have gained a position to progress to the Sydney south west regional carnival where they will represent Bankstown zone. Special mention to the girls in the 14 year Age group, where Picnic Point High School took 1st, 2nd and 3rd place.

Picnic Point High School placed second overall at the zone carnival in 2016. Congratulations to all who attended the carnival and good luck to those students competing at the Sydney South West Regional carnival on Thursday June 16.

Ms Wolstencroft
Carnival Coordinator



EXTRA-CURRICULAR

But Why Lift Weights?

"But why lift weights? Why not cardio?" I often get asked this question. Its popularity is on par with, *"Should I eliminate [insert latest demonised food group here] from my diet?"* (It depends, but probably not), *"Where are my abs?"* (Where they've always been), *"How tall are you?"* (6'4"), and *"Do you even lift?"* (That's mean, but yes).

I'm often asked why our training programs at Optimal Health Personal Training are based around lifting weights and getting stronger, rather than cardio or something you have seen on the internet. I quietly chuckle to myself when I'm asked because it reminds me of a scene from Zoolander.

There are a multitude of reasons why lifting weights should be included as part of your overall balanced lifestyle if improving your health and physique is important to you. Of course, the makeup of your diet should be your first priority. You cannot out-train a poor diet. Your second priority, lift heavy things.

But Why Lift Weights? The Physical

A study from University of Michigan showed that a combination of controlling your diet plus incorporating weight training was beneficial for overall body composition improvement. Even though the diet only group did lose more weight overall than the diet and weight training group, the diet only group saw a decrease in their lean body mass (muscle), while the combination group saw an increase. This means the combination group not only lost more body fat, but their overall body composition was greater than the diet only group (more muscle, less fat).

The take-home sound byte - ***If you want to lose weight, diet. If you want to lose body fat, combine diet and weight training.***

Another study conducted at Tufts University demonstrated that after 12 weeks of strength training participants increased not only their lean body mass but also their resting metabolic rate. Your RMR is the minimum number of calories your body needs at rest to fuel its metabolic activity, such as heart beat, breathing, temperature and muscle mass. This means the study participants needed to

burn more calories per day to sustain their improved physiques.

The take-home sound bite - ***Increasing your lean muscle mass by lifting weights will fast-track your fat loss results.***

But Why Lift Weights? The Mental

There are benefits that go beyond the physical of why lifting weights is beneficial. Being challenged physically will reveal what you are made of mentally. You will learn more about yourself and your ability to overcome failure through physical challenges; Lifting weights; spending time under the iron; being tasked with the raw goal of lifting a heavy object off the ground, than you could via other pursuits.

There will be days when you don't feel like going the gym. There will be sets that you don't feel like finishing. There will be exercises you don't like and be tempted to 'phone it in'. There will be instances when everyone else in the gym will see you fail. If you keep showing up, then you'll develop the mental fortitude to get past failure, work when you don't feel like it, and discover what you're really made of mentally and physically.

Far too often people get caught up on what the scales tells them. What if, after months of consistently showing up, putting in the effort in the gym and adhering to an appropriate nutrition framework, you hopped on to the scales only to see the number had shifted only slightly (if at all). Does that make you a bad person? Umm, no.

In a flip of the scenario as above, what if our focus was on tangible goals? The scale won't tell you that your push-ups have progressed from knees to toes. The scales didn't see you get your first pull-up. The scales can't measure the feeling you have when deadlifting twice your bodyweight, for reps. The scale doesn't know you; that you are better than you were yesterday. Jerk scales.

Focusing on tangible and performance-based goals will create a sense of purpose in the weight room, sustainable over the long term and be an incredibly mentally rewarding experience. Lifting weights solidifies your sense of self-worth; in my experience if you can increase your efforts and performance in the gym, the initial reason you begun this journey to optimal health, will take care of itself.

But Why Lift Weights? Be A Better Version Of You

Finally, strength training allows you to transform into a better version of yourself. Improving your health and fitness allows you to do more in life.

You will be more resistant to illness and injury, have confidence in your abilities while recognising your limitations. You will be able to keep up with your children (or grandchildren), walk up a flight of stairs without being short of breath, or change the world by inspiring others to take action on their own health.

Bronnie Ware, a nurse from New South Wales who spent over ten years caring for dying individuals and is now an international speaker and author said it best, *"Health brings a freedom very few realise, until they no longer have it."*

The take-home sound bite - ***Challenging your body is a great method for discovering the strength of your mind. And one of the best ways to challenge your body is through lifting weights.***

If you currently lift weights, great! Keep going. If you're not, I hope there is enough evidence for you on why lifting weights is not only a beneficial aspect of any exercise and weight loss program, but it's crucial in long-term weight maintenance. The psychological and self-worth benefits should be spoken about more frequently and by more professionals.

Now please, no more questions about *"But why male models?"*

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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