

THE Davidson Dispatch

A community school, Davidson High School is committed to providing an inclusive educational environment that is supportive, innovative and engaging. We believe that by working strategically and collaboratively we will inspire and develop future focused students who are active and connected learners and critical and creative thinkers.

Matthew Simmonds Year 9



September 2018

Getting Gritty

Mrs Jann Pattinson, Principal

Do you stick to your long-term goals? Or do you constantly get distracted by new ideas and projects? Do you keep showing up when things get difficult? Or do you procrastinate and give up? Your answers to these questions are important because they say a lot about the level of success you're likely to experience in life.



80% of success is showing up. With that in mind, what will you stop talking about and start doing? Everyone will occasionally struggle - what is important is how you react to the struggle. Will you give up? Or will you keep going no matter what? The choice is yours.

Why do some people accomplish more than others of equal or even greater talent? The simple answer is they have more *grit*. No matter what long-term goals you're trying to achieve, you need grit to get there. And the good news is that you can grow your grit. You can realize your potential.

Why Does Grit Matter?

Grit is about having a goal you care about so much that it organises and gives meaning to almost everything you do. And grit is holding steadfast to that goal over time. Even when you fall down. Even when you stuff up. Even when progress toward that goal is slow.

Talent and luck matter to success. But talent and luck are no guarantee of grit. And in the very long run, grit may matter as least as much, if not more, to what you achieve.

What Does Grit Look Like?

Grit is perseverance and passion for long term goals. The gritty student approaches learning and achievement as a long distance event not a sprint. Angela Duckworth is a professor of psychology and pioneer in grit research. In study after study, she has found that "where talent counts once, effort counts twice." She explains

that finding with this formula:

TALENT x EFFORT = SKILL
SKILL x EFFORT = ACHIEVEMENT

When you apply effort to a talent, you get a skill. And when you apply effort to a skill, you get achievement. Without effort, your talent is just untapped potential. And without effort, your skill is just something you could've done, but never did. That is why grit is such an important factor. Research indicates that the ability to be gritty - to stick with things that are important to you and bounce back from failure - is an essential component of success.

3 Ways to Grow Your Grit

Pursue Your Interests. The first step to growing your grit is to find something interesting. But that doesn't mean sitting around thinking about what your passion is. Get out there and try different things until you've found something you're passionate about. Once you've done that, find someone who can help you develop your skill and help you improve.

Practice, Practice, Practice. Hard work leads to competence, and we're much more likely to stick with things we're good at. The most gritty people always want to improve, no matter what it takes or how good they already are. So, when you've found your interest, put in the work to get a little bit better every day. Compete with who you were yesterday.

Cultivate Hope. If you want to reach your goals, you first need to believe it's possible. Research has shown that you have the possibility to change your brain and learn new skills throughout your life. So, go after your goals with the belief that you can improve if you work hard at it. Because you can.

"You have extraordinary power within you to overcome life's difficult challenges" Lailah Gifty Akita

Diary Dates

SEPTEMBER

Monday 17 - Friday 28

Y11 Exams

Wednesday 19 - Friday 21

ICET to Cowra

Tuesday 25

P&C meeting

Wednesday 26

Y12 Farewell assembly

Thursday 27

Y12 Fun day

Friday 28

Y12 Luncheon

Last day of Term 3

OCTOBER

Monday 15

Students return to school

School Spec Dance rehearsal

Tuesday 16

Y11 into Y12 Info Evening

Wednesday 17

Leadership Day

Thursday 18 - Tuesday 6 Nov

HSC exams

Friday 19

School Spec combined Dance & Choir rehearsal

Thursday 25

Stage 5 PASS - Invictus Games

Friday 26

Drama ensemble to State

Drama Festival

Tuesday 30

P&C meeting

NOVEMBER

Wednesday 7 - Friday 9

Y10 Exams

Y9 Camp

Wednesday 7

School Spec Dance rehearsal

Thursday 8

Y7 Vaccinations

Tuesday 13

Chess Competition

Wednesday 14

School Spec combined Choir rehearsal

Thursday 15

School Spec combined Dance rehearsal

Deputy Principal's report

Mr David Rule Deputy Principal



With term 3 drawing to a close we take the time to farewell year 12 as they come nearer to completing their journey through 13 years of schooling.

For many of them, Davidson has been their home for the past 6 years and for those who have joined the adventure mid trip, they have been welcomed with open arms by their peers.

There is much to celebrate as year 12 look towards their luncheon which has been organised by a wonderful group of parents, who, all things considered, are probably the reason why the students have made it this far.

A special thank you to Ms Everingham for all her support, patience and hard work in keeping the students together, motivated and functional over the past year.

Having said all this, there is still a small thing called the HSC. I wish every student the best of luck in their impending exams and encourage them all to study effectively and efficiently. It is never too late to do that little bit extra.

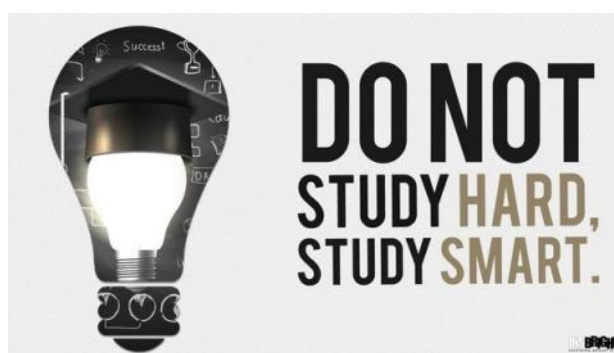
An Australian Olympian once said when visiting our school;

It is never too late to do that little bit extra and challenge yourself.

A big congratulations to all students who have had a productive and positive term with their studies and extra curricula pursuits.

There are so many wonderfully talented students in our school and we are lucky to have such a diverse student body.

Have a safe and exciting holiday and I look forward to seeing everyone refreshed and energised for term 4.



“Make the uncomfortable comfortable”

BYOD

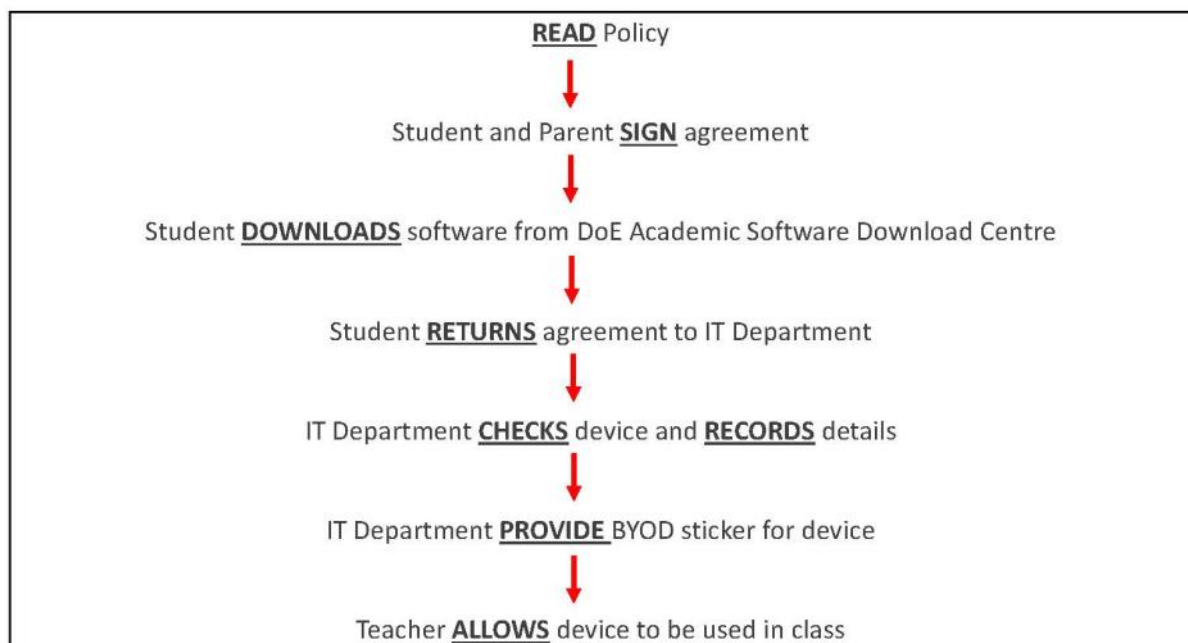
Mrs Alexia Martin Deputy Principal



Bring Your Own Device (BYOD)

The Davidson High School Bring Your Own Device (BYOD) Program will be introduced to Year 10-12 students in 2019.

In order for students to be permitted to use their own device at school, they need to read the policy, sign the agreement and return it to school. A sticker will be issued that allows teachers to easily identify that the device meets the school requirements and is permitted to be used in the classroom.



The BYOD policy and agreement were handed out at the parent information evening and emailed home. There are hard copies available in the front office.

In order to decide on the most appropriate device, you can:

- use currently owned device (if it meets the required specifications)
- purchase a device from the parent purchase portal (a school collaboration with HP) www.hpshopping.com.au/davidsonbyod
- purchase own device independently (using the guidelines on the specifications sheet)
- borrow a device from the school which will involve an annual hire fee- this option is for day use only and subject to availability
- provide no device which will mean that a device may be provided by the teacher if available in the class per lesson

If you have any questions related to the introduction of BYOD at Davidson HS, please contact Mrs Martin on 9451 0022 or email alexia.martin@det.nsw.edu.au

Recognising Achievements

Matthew Simmonds - Year 9

Australia's Best Up & Coming Drummer Competition

In August, Matthew Simmonds, Year 9 competed in the 'Australia's Best Up & Coming Drummer' competition (Intermediate U16 Category). Matthew performed extremely well and placed 2nd.

Finalists came from all over Australia to Melbourne for Australia's Ultimate Drum Weekend, which is the largest drum festival in the world. It featured some of the world's best drummers from countries including the USA, England, Germany and Brazil.

Well done Matthew.



Mitchell Campbell - Year 9

Gold Medal—NSW Field Archery Championships

Congratulations to Mitchell Campbell, Year 9, who just won the Gold Medallion (1st) in his Archery Intermediate division (compound style) in the 2018 NSW Field Archery Championship.

Mitchell took on the field, in Wollongong, with high expectation to achieve his best performance. Impressively his achievement was met with an inspirational show of disciplined effort and self determination.

Good job Mitchell.



Junior Girls Soccer

Davidson High is proud to congratulate the following students for winning 2-0 against Barrenjoey High School in the Super Grand final for Grade-Sport.

This group of girls also defeated five schools to make it to the area final of the Bill Turner Trophy Knock Out Competition, unfortunately going down to Pymble Ladies College 4-1.

Awesome result girls.



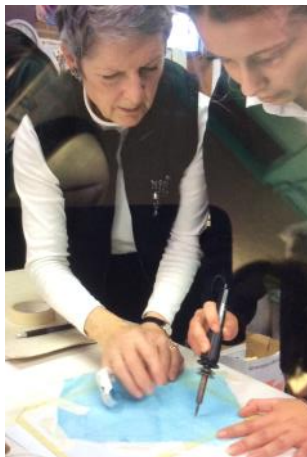
Textiles

Ms Julie Evans

In August, Year 10 Textiles were privileged to receive a visit from award winning Textile artist Kay Haerland, who is renowned for her creative landscape quilts.

In the workshop she showed Year 10 her amazing pieces and demonstrated several techniques she uses to create these quilts.

Kay has produced a series of DVDs that teach all her techniques and secrets which she generously donated to Davidson High. A big thank you to Kay Haerland for her generosity and time.



Food Technology

Mrs Keeler and Ms Ritchie

Year 10 Food Technology High Tea

On Thursday 23 and Friday 24 August Mrs Keeler and Ms Ritchie's Year 10 Food Technology class both prepared a magnificent High Tea for their teachers.

Students designed menus, invitations and prepared food for the occasion. The High Tea complimented the unit Food Service and Catering.

Invited teachers were very impressed with the quality of food and high standard of presentation.

Congratulations Year 10!



Languages

Prof Coletta (Italian/French), Dalpadado Sensei (Japanese) & Signora Smart (Italian)

Odawara Student Exchange

Each year, Northern Beaches Council offers a Student Exchange Program together with Tokimeki International School in Odawara, Japan. Twenty high school students have the opportunity to improve their Japanese language skills and learn firsthand about Japanese culture through the program and homestay. This year seven Davidson High School students applied and went through the application and interview process. All seven students were accepted into the program. Congratulations to Laura Brownlee, Olivia Bicakian, Olivia Clayton, Heather Maddock and Caleb Pietsch in Year 9 and Phoebe Holland and Kai Pierce in year 10.

In July, the chaperones and the Japanese students visited our school to experience Australian high school life for a day. The chaperones enjoyed a morning tea with Ms Pattinson before going on a tour of the school. They attended the Year 8 Japanese class where the students impressed the visitors by giving their self introduction in Japanese.



The year 9 Japanese class put on a party for the visiting students with a variety of Australian foods including lamingtons, vegemite sandwiches, eucalyptus lollies, meat pies Anzac biscuits and pavlova. Our students will be heading off to Japan in the next school holidays.

Year 12 Japanese Excursion

The Japanese Continuers students enjoyed a lunch at Fuji Bakery in Killarney Heights before joining the Killarney Heights High School students in a mock HSC oral examination. It was a good opportunity to meet the Killarney HHS students who are studying Japanese and to be examined by Sugimoto Sensei, their Japanese teacher. Year 12



Japanese students sat their oral exam at the end of August. Well done.



Year 8 Japanese

Both year 8 Japanese classes completed the *Hai!* 1 coursebook and workbooks in semester 1 and have started working on *Hai!* 2. Most students have mastered the basic *hiragana* script and received their *fude* (calligraphy brush) licences and *fude* pens. Congratulations.

Class 8 Japanese 5



Class 8 Japanese 6



French

Congratulations to Year 12 French Beginners students who have just finished their HSC exams. We wish them all the best in their future endeavours.

The Year 11 French Beginners class has started their Year 12 HSC course and are doing well. They are encouraged to continue their weekly writing tasks in preparation for their upcoming assessment and holiday homework. It is imperative that students continue to practise their French skills over the long summer break.

Languages

Prof Coletta (Italian/French), Dalpadado Sensei (Japanese) & Signora Smart (Italian)

Year 9 Japanese

Year 9 Japanese have been learning the second script called *katakana* (the script used to write words of foreign origin). Combining their knowledge of this new script with the unit of work on Daily Routine where we learnt what Japanese people typically eat for breakfast, lunch and dinner, the class had a Japanese party with items brought in from Fuji Bakery, green tea and party food. The class has finished their semester 1 coursebook *Hai! 3* and have started *Hai! 4* which is based around the topic of School and School life.

Year 8 Italian



Year 8 have completed chapter 3 of *Ecco Uno* on Family and adjectives and will be completing their topic test next week. They will start looking at the topic of animals in chapter 4.

Year 9 Italian

Year 9 are finalising their work on chapter 6 of the textbook *Ecco Uno* and after their topic test will focus on the topic of getting around town.

On Friday the 31st of August, the Year 9 class attended the annual Italian Dance Party at Five Dock RSL. This night is held every year for students in Sydney who study Italian to allow students to meet other learners of the language as well as experience Italian music and food. The students can be seen here having fun.



Earlier in the year, the Year 9 class studied a cultural unit on the Carnevale in Venice, Italy. They painted different

shapes of masks, which represented a person's different status or were used for specific occasions.



Year 11 Italian

The year 11 class has got into the swing of their senior studies and are busy consolidating any new vocabulary and structures learnt this year in preparation for their final Preliminary exams held in the last two weeks of the term. In bocca al lupo, ragazzi!

Year 12 French

Year 12 Languages students sat their oral exam at the start of September. Well done. The class is now consolidating all the work done in the last two years in preparation for their final HSC exams.

We wish all our Year 12 French and Japanese students sitting the

HSC exams next month the best of luck. **Bonne chance & gambare!**

Year 7 Students

Two weeks ago, all year 7 students received a permission note to be taken home regarding their choice to study either Japanese or Italian in year 8 2019. If your child needs another note, please pick one up outside the Languages Staffroom, otherwise completed forms can be deposited into the box, also outside the Languages Staffroom. Please ring the Languages staff if there are other queries.

Book Week

Ms Fraser and Ms Witherdin

Find Your Treasure!

It was all matey's on board for an exciting Book Week where students celebrated the 'treasure' of reading books and sharing their stories!

"Find Your Treasure", the theme of this year's Book Week, saw the library transformed with exotic palm trees, pirate's treasure chests and decorations from the sea. Many of us have a favourite book, author or area of study that is our 'treasure' and we explored this idea throughout the week with a variety of activities which made for a fun filled week with many students and staff involved.



The library has a loyal group of volunteers who come in and help out in a myriad of ways. We kicked the week off with a pirate themed morning tea, with Ms Pattinson, where we thanked our volunteers for their efforts. Our special guests for the day were: Zoe Beard, Laura Brownlee, Emma Fraser, Caleb Pietsch, Heather Maddock, Amberley Hawker, Liv Wishart and Winona Wrigley.



We had a super exciting day on Wednesday as our celebrations continued with a special guest speaker, the writer, social commentator and Sydney Morning Herald columnist Benjamin Law who recently featured on an SBS.



Benjamin has had a variety of interesting experiences growing up and in the media industry and recently was one of the stars on an SBS documentary on life on the streets as a homeless person. He spoke passionately and with humour about how

we all have stories in our experiences, our families and in our relationships and how these can be used to "write and share our stories". He also discussed that one of the primary purposes of reading and writing is to share our common humanity and so that we know that we are not alone, whatever is happening in our world.

The Year 11 audience were captivated by his humorous stories as well as his thought provoking ideas and had the opportunity to ask questions at the end of the session. He, in turn, was impressed by the Davidson students, publicly tweeting how great they were!

A new initiative this year "The Kids' Cancer Project - Write a Book in a Day" competition was run in the library over 12 hours by Mrs Fraser and Ms Witherdin.

This involved 7 groups of students from years 7 to 10 who wrote and illustrated their own books for children in hospitals. The Davidson ICET students, which made up 2 extra groups, joined in with the day and also wrote and illustrated books under the guidance of Mr Kolokossian.

The library was a busy, creative, productive hub for the day as students honed their literacy and artistic skills. The books are available for viewing in the library.

Other activities included:

- The "Design a Book Cover" competition which was won by Zoe Beard from Year 9 and Madeleine Rose from Year 7.
- The match the baby photo of teachers to their favourite books competition, which was won by Kirra Budd and Felicity Whitlock from Year 7.
- The dress up mufti day and sausage sizzle fundraiser to conclude the week, which was run by the SRC and school leaders. It was a huge success and the money raised has gone to "The Kids' Cancer Project" which was our chosen charity this year.

We would like to thank all students and staff involved in helping and running the week. The school came together as the wonderful community it is and the enthusiasm and generosity of all involved made the whole event a wonderful celebration.

Book Week



Rotary Corner

Kos Psaltis, Youth Service Director, Rotary Club of Belrose



We were very pleased to hear recently that Year 11 student, Tori Gillespie, has been accepted into the National Youth Science Forum. We are the sponsoring club and are delighted with her success.

Rotary offers a number of science and engineering courses but this is definitely the most sought after.

We will be inviting Tori to one of our meetings before the forum and again after it has concluded. We trust that Tori will benefit greatly from this course which may also influence her as to her future career path.

Our current inbound exchange student, Julie Brettnacher, has settled well into Davidson High school and is currently staying with Alicia Humphrey's family at Terrey Hills. Alicia is our current outbound student in Norway.

Alicia's monthly reports are of a particularly high standard. She is now 2/3rd through her exchange year

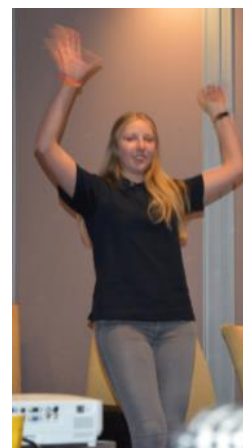
and her proficiency level is such that she understands everything that she hears in Norwegian. It will be great when Alicia returns to commence her Year 11 studies as she will be in the same grade as Julie.

At our Rotary meeting on 28 August, Julie gave her 1st presentation about her home country, Germany.

At the end of her exchange year, in the middle of 2019, she will give her 2nd presentation about her year in Australia.

For an inbound who is not yet 16 and making a presentation in her 3rd language, it was staggering.

Kos Psaltis
Belrose Rotary
Youth Service Director



ICET

Mr B Manning, ICET Head Teacher

Year 5 Enrichment

On 4th September, the year 5 students came to the ICET room for Enrichment Day. The ICET students had planned a lot for the day. There were Japanese activities which are not carried out before such as making Japanese fans (sensu), bookmarks with flowers (oshibana) and playing leapfrog. At first, we made Japanese fans called sensu. Students drew whatever they liked, and one of them explained to us that he drew Dragon Ball which is a Japanese cartoon. I was surprised to know that such a young person liked Japanese things, and I was proud once again to be born Japanese. We also played cards called karuta that we made specially. It was not formal karuta though. After that, students experienced to wear Japanese clothes called yukata. Although the yukata that we prepared were quite large for the students, they seemed to like it. While they wore the yukata, we all tried Japanese green tea following the manners of Japanese tea ceremony. Then, we made bookmarks with flowers called oshibana. I saw that some students wrote "ICET" on their bookmarks. That was great to see, and they seemed to be enjoying making oshibana. In the afternoon, we played a lot of activities such as a chopstick race game, leapfrog, chain tag and dodgeball.

As I imagined, the children seemed to like running around rather than staying in the classroom. Then, we went back to the classroom and watched a Japanese cartoon, Doraemon. It was not the first time to do something for the year 5 students, but I thought it was a good opportunity because I could learn something new every time we saw them.



Momoka Masaki



The URA Forum

From August 9th to 10th, we held the URA forum 2018. Many students from Davidson, Model Farms and Blacktown Girls came. At the forum, we discussed about "global issues".

On the first day, the ICET students presented about some issues such as "education", "population", "discrimination", "poverty" and "ocean pollution". Among them, our group presented about "ocean pollution".

Today, it is getting very serious because of many reasons, for example plastic garbage, house and factory drainage, and noise pollution. People think the problem of ocean pollution is very familiar to the public but it is not true.

When I ask people "what do you know about this problem?", the answers were ambiguous. As we knew many facts, we thought that it would be good if we provided some solutions. After we presented, all of students were divided into several groups and discussed the improvement of these solutions. In our presentation, one of the members talked about a "road that made from plastic garbage" so, my discussion group picked up this topic and we discussed about "what products we can make from plastic garbage". On the second day, we made a presentation about this topic then we presented it.

It was successful. What I learned from these two days, is it is wonderful to cooperate with people from all over the world. I think it is not an easy thing for us.

Of course there were some students who I met for the first time, but this was good because the important thing is to open each other's minds and to be good friends. Also, I made a lot of new friends at the forum. I appreciate our teachers for giving us such a wonderful opportunity.



Aoi Omori



High Tea and Book Making

On August the 23rd, I had a very busy day. I participated in book making and also had high tea for my elective class.

We prepared for high tea a while ago by making invitations to the teachers, planning and preparing the food. We also cooked on the day. There are many dishes such as pies, tarts, cupcakes and scones. The teachers came to the classroom around 12 o'clock and we all had high tea. I was nervous, but many teachers were pleased so I was glad. I was happy because everyone enjoyed the experience and had a good time!

On the same day, we made a book for the children's hospital. ICET started to make books in our classes a while ago, so we started finishing and drawing the books on this day. Each group had some changes, but we managed to finish

it. It was good that we can make original books. Making books was harder than I could imagine. However, it was a very good experience and I was able to learn the

difficulty of making books.

August 23rd was a busy day, but a very fun day! Thank you for reading.



Rina Miyaji



ICET - URA Forum 2018

Jacques Kolokossian

Unity is a vital quality that has become scarcer in the public forum with each passing year, especially when considering the current political and international climate. It can only be achieved when individuals or groups understand, respect and accept each other.

This is why I believe the URA Forum is one of the most important events on the ICET school calendar.

It fosters these qualities as the participants work with each other to research and discuss global issues of today despite differences in social and ethnic backgrounds. In other words, the URA Forum demonstrates unity in action.

The sea of students rich in diversity and talent is a familiar scene at the URA Forum, and 2018 was no different. Unlike previous years however, awkward introductions had to be abandoned for the Forum's first ever aerial photo shoot. All participants had to work together to make a human formation of the letters U - R - A. Compromises and negotiations were a must to complete the task. Despite a couple of adjustments, it really showed how working as a team can be picture perfect.



Once, the photo shoot was complete, the students were treated to a presentation by motivational speaker and life coach, Dr Nicole Gruel who spoke about *Finding Your Big V*.

The audience listened attentively as Dr Gruel spoke about visualising a future that not only motivates them as individuals but also makes a difference for those around them as well. To get there, all students had to do was follow the three H's: their Head, Heart and Hands. Dr Gruel's words of inspiration not only gave the students a blueprint on how to realise their dreams but also to help bring the world together through their actions.

However, the main aim of the forum was to get these inspired minds to work together.

Ten groups were formed based on the topics of interest presented by the ICET students. The members comprised of



students from the four participating schools who were fusing their individual strengths and talents to create a comprehensive presentation on their chosen issue. It was encouraging to see all the students, discuss and share their perspectives without worrying about their levels of English.

Clearly, understanding and accepting each other in a short period of time was a crucial part of the process to successfully work as one.

Of course, the one thing that brings people together is music and dance. Although they were apprehensive at first, the participants turned out to be great learners of the Cha-Cha.

The energy in the room was electrifying once the Latin American rhythms started playing, as each couple was in sync with the music perfectly executing the steps taught.

The dance however, was a warm up for the talent quest. The performances seemed more professional than something you would expect out of a small school event; from push ups to piano recitals, all the acts were highly entertaining. As each performer left the stage, they were given the warmest of applause, reflecting the respect the audience had for each of the acts.

In all the activities at the Forum, the participants were strengthening their ability to understand, accept and respect each other.

Whether they were aware or not, the students were sowing their own seeds of unity.



Canteen

Canteen News

We now offer a range of Gluten Free products in the canteen.

Gluten Free Dotty Cookies can be purchased over the counter for \$2.50

Gluten Free nuggets (5 for \$2)

Gluten Free Chicken Caesar Wraps (using Cardinis caesar dressing) - Fridays (\$4)

Gluten Free wraps (BFree brand)

CANTEEN MENU



A variety of fillings are available for the wraps including Gluten Free chicken tenders.

NB. All wraps are by order only.

Please see our menu <http://www.davidson-h.schools.nsw.edu.au/our-school/canteen1> for other filling options and come and see us in the canteen if you have any specific queries about our products.

Uniform Shop

The uniform shop is open every Wednesday 8.00am - 9.00am.

We have the following items on special this month:

Girls black stockings now \$3

Knitted poly cotton & woollen jumpers with Davidson logo now \$20

(Note this does not include sloppy joes)

A variety of second hand uniforms at very reasonable prices.

Now is the time to start thinking about your summer uniform requirements for next term.

Please don't leave it to the last week of this term as we may run out.



Community Information

Bicycle Road Rules

Bicycle riders need to be aware that school zones are signposted and operate outside schools in the morning (8am through to 9.30am) and in the afternoon (2.30pm through to 4pm) during school term time. There are also a small number of school zones that have different operating hours to suit the individual school.



As a bicycle rider you are considered to be a road user. As a road user you are required to follow some basic road rules:

- give way to children crossing the road at a pedestrian crossing
- should follow the direction of a pedestrian crossing supervisor using the handheld stop/slow sign
- only ride your bicycle across a crossing where bicycle crossing lights are installed, if there is no bicycle light, you must dismount and walk across the crossing
- must wear an approved bicycle helmet securely fitted and fastened on your head



As a bike rider you need to be wary of car doors opening and other potential hazards like children running across the road. Buses can also pose a hazard to bicycle riders. Buses may pull out at any time in front of you so allow yourself plenty of clearance and move quickly. You must give way to a bus that is attempting to merge into traffic in accordance with the law.

<http://www.rms.nsw.gov.au/roads/bicycles/safety-rules/road-rules-for-bicycle-riders.html>



Ford Australia is bringing its Driving Skills for Life program for the fourth year to provide new and young drivers with hands-on safety training.

Driving Skills for Life allows participants to get hands-on training to learn new driving skills in a safe and controlled environment. The training will also highlight the importance of safety on the road and equip the new generation of drivers with skills beyond those taught in traditional driver education courses.

This year, the **free training course** will be brought to NSW, VIC and QLD with a focus on cyclist safety as well as vehicle handling, space and speed management, hazard recognition and impaired driving. Working with professional instructors from Driving Solutions, students will drive current-model Ford vehicles to learn driving skills that are an important step in the life-long process of learning to drive safely.

Students can now sign up for the dates and locations below on the Ford website here: <https://www.forddsfl.com.au/>

- Sunday 23rd September – Wollongong at Kembla Grange Racecourse
- Saturday 8th December – Sydney at Sydney Motor Sport Park



Community Information

PROUDLY PRESENTING THE
STAGE ARTZ
PRODUCTION OF



Disney BEAUTY AND THE BEAST

21 – 29 SEPTEMBER, 2018
GLEN STREET THEATRE

TIX: 9975 1455 | GLENSTREET.COM.AU

STAGE ARTZ PRODUCTION OF DISNEY
PRODUCED BY ALAN HEMMEN
WRITTEN BY HOWARD ASHMAN & TIM RICE
MUSIC BY LINDA MCKEVERTON

PROUDLY SUPPORTING THE CHILDREN'S HOSPITAL AT WESTMEAD

THE 2018 PITTWATER PADDLE

SUNDAY 4 NOVEMBER



KAYAK | SUP | PADDLE BOARD | SKI

THE PITTWATER PADDLE

An 8.4km course for serious paddlers.

THE PITTWATER FAMILY PADDLE

A 3.6km course for families and less experienced paddlers.

THE PITTWATER SPRINT

A 1km sprint race for elite paddlers.

Compete as an **individual**, or as a **team** in a multi-seated craft of your choice.

EVENT DETAILS

Sunday 4 November
Winnererremy Bay, Mona Vale
8.30am (rego from 7.30am)

REGISTER

www.pittwaterpaddle.org.au

MORE INFO

02 9970 0500
BYO paddle craft
Entry fees apply



REGISTER TODAY | WWW.PITTWATERPADDLE.ORG.AU



Northern Beaches Mental Health Forum TOGETHER ON THE RECOVERY JOURNEY



Catherine DeVrye –
Inspirational Speaker & Author



Patrea King –Quest for
Life



Ben Webb –Northern Beaches
Veterans Centre



Catherine Kezelman –
Blue Knot Foundation



Allan Sicaud –NSW Police



Kim Hodges –Author of
Girl Over the Edge

A Forum for those on their mental health recovery journey, their family and support people, featuring a range of inspirational and informative speakers, including those with lived experience.

- Browse over 30 information stands.
- Lunch and refreshments provided.

Wednesday 3 October
9am to 3.30pm

DEE WHY RSL
932 Pittwater Rd, Dee Why

CONTACT
Snow on 8405 4444 or snowl@yourside.org.au

FREE – BOOKINGS ESSENTIAL

Participant registration: www.trybooking.com.au/VUFI
Stall holder registration: www.trybooking.com.au/VUFI

The Forum has been organised by the Northern Beaches Mental Health Working Group



Health
Northern Sydney
Local Health District



The Forum has been sponsored by Dee Why RSL Club

Northern Beaches Mental Health Forum TOGETHER ON THE RECOVERY JOURNEY

Wednesday 3 October

PROGRAM

9.00 am	Refreshments available
	Browse over 30 information stalls
9.15 am	Forum begins – MC Catherine DeVrye – Inspirational speaker and author
9.20 am	Acknowledgement of Country – Karen Smith, Aboriginal Heritage Office
9.30 am	Forum Outline – MC Catherine DeVrye
9.45 am	Official opening – Catherine Lourey, NSW Mental Health Commissioner
10.15 am	PTSD and Recovery – Ben Webb, Northern Beaches Veterans Centre
10.35 am	My Stories – DVD viewing
10.45 am	BREAK – refreshments available
11.10 am	Carers Choir
11.20 am	Services Update – Northern Sydney Local Health District and Healthscope
11.50 am	Homelessness – Superintendent Allan Sicaud, NSW Police
12.30 pm	LUNCH
1.15 pm	"Girl Over the Edge" – Author, Kim Hodges
1.45 pm	Trauma and Recovery – Dr Catherine Kezelman, Blue Knot Foundation
2.15 pm	My Stories – DVD viewing
2.25 pm	Mindfulness and Recovery – Patrea King, Quest for Life
3.05 pm	Carers Choir
3.15 pm	Browse over 30 information stalls
3.30 pm	Forum close



Health
Northern Sydney
Local Health District



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Community Information

What do you say when your friend or family member is going through a tough time?

COURAGEOUS COMMUNICATION

TUESDAY 9 OCTOBER 6-8PM

Words can make all the difference. Come along and learn how to manage a difficult conversation.

This is a free event for 14-24 year olds held at Newport Community Centre. Parents and Carers welcome.

Register or find out everything you need to know about this event at KALOF.com.au

Any questions? Give us a call on 9970 1620 or shoot us an email youth@northernbeaches.nsw.gov.au

Don't let study stress you out

FEED YOUR MIND

THURSDAY 4 OCTOBER 6-8PM

Join Naturopath and Nutritionist, Layla Metcalfe and discover how food can help you manage stress, increase memory and improve study performance.

This is a free event for 14-24 year olds held at Manly Library. Parents and Carers welcome.

Register or find out everything you need to know about this event at KALOF.com.au

Any questions? Give us a call on 9970 1620 or shoot us an email youth@northernbeaches.nsw.gov.au



LAYLA METCALFE
NATUROPATH & CLINICAL NUTRITIONIST



KALOF

Competition Weekend

24/7

Youth Film Festival 2018

Saturday 29 September, 8 - 10am

The challenge is on! On Saturday you will learn secret rules you must use in your 7 minute film. Submit it by Sunday 10am and have a chance at \$5000 in prizes!

Northern Beaches Council Civic Centre
725 Pittwater Rd, Dee Why

Ages 12-24

247filmfest.com.au
Enquiries on 9970 1223 or youth@northernbeaches.nsw.gov.au

northern beaches council

KALOF

THURSDAY 25 OCTOBER

PARTY SAFE

6-8PM

No scare tactics, no judgement, just real stuff that you need to know to keep yourself safe at parties.

Free event for 14-24 year olds at Yolo's Youth Centre Frenchs Forest. Parents and Carers welcome.

Register or find out everything you need to know about this event at KALOF.com.au

Any questions? Give us a call on 9970 1620 or shoot us an email youth@northernbeaches.nsw.gov.au

MEM VALORA

MENTAL HEALTH MONTH

northern beaches council

Entries now open!

NORTHERN COMPOSURE UNPLUGGED

**Be part of this premier acoustic competition!
In November you'll compete with local musicians
to win cash, prizes and busking licences.**

Open to young people under 19
years old. **Get your entries in before
Sunday 30 September!**



Everything you need to know about
Northern Composure Unplugged is
over on our website **KALOF.com.au**

Any questions? Give us a call
on 9942 2195 or shoot us an email
youth@northernbeaches.nsw.gov.au

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