

# THE Dispatch



Davidson  
HIGH SCHOOL

Term 1 2021

*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.*

## Great Start to 2021

Mr David Rule, Principal

Hello everyone,

It has been a wonderful start to the year and it has been exciting to see so many of our students return to school in a positive frame of mind. This is such a big thing for our school this year.

Through staff professional learning and student engagement with Positive Thinking we are really after every student to make a simple positive contribution to our school each day. Year 7 have been wonderful with this since their arrival.

It has been pleasing to see the majority of our student body have embraced the school uniform and present so positively in our school. As most of you know, this is very important to me and it has an impact on our school culture and values. Our school is determined to recognise and reward students who wear the uniform positively through school camps, fun days, merits and extra curricular non compulsory activities.

This term I had the opportunity to address the P&C regarding a school plan for the next 4 years. The school and staff will have a clear focus on classroom management and explicit teaching practice that supports student growth and achievement. It is very important that students develop personally as well as academically and a large part of that is understanding the needs of their peers in classrooms and respecting their right to learn in a positive place.

I am excited about the prospect of having parents back on school grounds and would like to thank Mrs Everingham in advance for the organisation of the community breakfast next term. This is a wonderful event with over 100 families attending the last time it was held. I will continue to keep

parents informed of events that can involve parents on site in large numbers. Fingers crossed for Term 2.

It does feel like a long term but it has only really been 9 weeks. I trust families will enjoy some time together, and with winter sport beginning I am sure everyone will be incredibly busy.

Stay safe and I look forward to seeing all the students return in Term 2.



# Deputy Principal's Report

Mrs Meghan Ferguson, Deputy Principal

Term 1 has flown by, COVID restrictions are easing and it is great to see students getting the opportunity to participate in a wide range of activities again. The Athletics Carnival last Friday at Narrabeen Academy of Sport was a fabulous example of this. Students attending were in great spirits, participating and encouraging others to get out there and have a go. Thank you to the PDHPE department and Ms Warwick, for their organisation of the carnival, as well as the staff and many parents in attendance who helped make the day a great experience for all.



## Winter Uniform

All students are expected to be in full winter school uniform upon returning to Term 2 at Davidson High School. All items are available for purchase at the school uniform shop - please see the school website for details on how to order.

<https://davidson-h.schools.nsw.gov.au/about-our-school/uniform.html>

Boys - long grey pants, white shirt and Davidson sloppy joe and/or zip up jacket.

Girls - tunic or navy pants with white shirt and Davidson sloppy joe and/or zip up jacket.



**Sports uniform is to be worn only on sport days and for PE lessons.** Students are expected to change into PE uniform for the lesson and back into uniform after the lesson. Plain dark navy track pants, no logos, are acceptable for winter sports uniform.

Track Pants and coloured hoodies are **not to be worn** as part of the regular winter school uniform and will be treated as an out of uniform item unless students present a written reason to the deputy principal. We encourage all families to assist us with reminding students of their responsibilities of uniform. Always feel free to contact the school if you require any assistance with supplying uniform.

Students who are consistently out of uniform will be notified of their failure to comply. They may be removed from extra school opportunities, such as knockout sport teams, if they fail to improve.

Positive recognition for students who always wear the correct uniform is also occurring at Davidson High School, and we congratulate these students on their efforts.

## Positive Education

The team work, perseverance and zest demonstrated by students on the day are some of the character strengths we are encouraging students to use as a part of their everyday approach to school and our culture of Positive Education. Students are being introduced to the language of positive education in classes and the wonderful new mural in the main quad is inspiring for all staff and students. It is a great reminder of the strengths we hope for students to develop and exercise in all aspects of their life.

# Deputy Principal's Report

Mrs Meghan Ferguson, Deputy Principal

## OPAL Cards

Forest Coach Lines have asked for our assistance in reminding students to tap on and off for all journeys to and from school.

Tap on and off data is collected by Transport NSW to assess demand for their services and plan appropriately. If students don't use their OPAL cards properly our services may be reduced or cancelled due to perceived lack of use. Students have been reminded of this at assembly, through the student news and when they are boarding the bus in the afternoon. An extra reminder from families will assist us with keeping our valuable transport links available for all.

Links to apply for a subsidised school opal card are on our school website.

<https://davidson-h.schools.nsw.gov.au/about-our-school/transport.html>



## Return and Earn

Davidson High School is now registered on the return and earn recycling facility at Glenrose shops. All proceeds raised from your donations will go towards sustainability initiatives in our school including the expansion of the school recycling program.



RETURN AND EARN WITH US



## Open Night

Tuesday 26 March was an opportunity for prospective students and parents to attend the school for a COVID safe tour. I would like to congratulate our senior leaders for their amazing efforts in running the tours on the evening; answering questions about school life at Davidson and sharing their experiences. They were a credit to our school and demonstrated an excellent range of skills and strengths during their tours, such a positive reflection of the students at our school.

We wish all our families a safe and restful Easter break and look forward to another terrific term. See you all again in Term 2.

## Character Strengths



honesty



teamwork



love of learning



leadership



perspective



curiosity



gratitude



bravery



perseverance



hope



appreciation of beauty



kindness



fairness



zest



humility



forgiveness



self regulation



creativity



humour

# Year 12 Biology

Mrs Kate Burns, Science

On Thursday 11 February, Year 12 Biology had the privilege of going to the Museum of Human Disease at UNSW for our modules on infectious and non-infectious diseases. We had to make our own way through the city, catching buses and light rails to our destination, whilst also getting a bit lost. Once we arrived inside the museum, we listened to a talk from Dr Derek Williamson, Director of the museum, as he explained how various organs changed in response to diseases as well as some short videos.

Around 2000 specimens of diseased organs were on display with information describing the nature and impact of certain diseases. While this was confronting at first, it is important for us to have seen these real specimens to learn about each disease, how it develops and how we can treat, prevent or cure it. While roaming the museum, we had to maintain the utmost respect for those who have donated their organs to scientific studies and investigations as practical evidence for diseases. Such an excursion is extremely vital for students as it displays a practical use for the knowledge we are currently learning in class.

Much of what we learnt was incredibly tangible to our current COVID situation, which has proven quite the challenge. Our instructor explained how such an infection can rapidly grow and develop, and how the use of antibodies will one day cease to protect us against such pathogens. Until then, we must continue our research into diseases and look towards adopting preventative measures to treat and control prevalence of a variety of diseases.

The information learnt on the excursion will be vital for our Year 12 depth study, where we create an inquiry question to investigate a chosen infectious disease and explore the causes, symptoms, treatment.

Reflecting on this opportunity, we can honestly say that it was a well worth experience that provided us



with a deepened understanding of our topics and overall how some aspects of the human body work!

By  
Jas Ellery and  
Zoe Beard -  
Year 12 Biology



# Science

## EES AusEarthEd incursion - Year 12

On 1 March, Year 12 Earth and Environmental Science had an incursion visit from AusEarthEd. During the incursion, various activities were completed, including observing mineral and ore deposits around NSW, observing mines correlating with said mineral and ore deposits, analysing different mining techniques, by extracting chocolate chips from muffins, as well as how mines and farming impact the environment and the different ecosystems and species within.

It was fascinating to learn about different methods of mining that are used all across Australia, as well as being able to have the opportunity to implement them ourselves in down-sized models. By doing this, we were able to observe which mining techniques were most effective in different ore-extraction scenarios and how different ores require different methods of mining.

It was also extremely interesting to learn about how mining impacts the environment and what methods and strategies are currently being implemented to restore natural habitats that have been destroyed by mines as well as how the integrity of ecosystems and the populations of species can be maintained even as mining is being conducted. It is inspiring to know that mining companies are increasingly becoming more aware of the impacts they have on natural ecosystems and environments and how more and more of these companies are trying to implement 'greener' mining methods to limit the impact on the environment.

My personal highlight of the incursion was analysing how over-farming can significantly impact different populations of species and, thus, affect entire ecosystems. A specific species of fish that was examined was the Atlantic Bluefin Tuna and how overfishing, due to the Bluefin's extremely valuable price, has caused the fish to become an endangered species.

An engaging hypothetical fishing game allowed each player to catch up to 3 fish per turn and analyse how each player's decision influenced the population of the fish. Through multiple attempts of trying to maintain the fish population, each population of fish was unfortunately reduced to either a non-sustainable level or even to extinction. Through this fun yet eye-opening exercise, we were able to slightly grasp the magnitude of our decisions and how they



impact the thousands of living organisms and ecosystems surrounding us.

The AusEarthEd incursion was an engaging and informative experience that not only increased our level of understanding of the syllabus of Earth and Environmental Science but also how our small daily choices have such an enormous impact on the environment and its species.

By Matt Simmonds



## Meet a Scientist - Year 11

As a female student doing a Science course during school it is positive to see the possibilities we have when we leave school. The 11 February marks the United Nations International Day of Women and Girls in Science.

That same day a group of 17 young women who have chosen a Science course for this year got to participate in a live video hosted by some amazing female scientists from the Royal Women's Hospital in Victoria. These inspiring women engaged us with the opportunities available to us in the field and a clear and strong message of empowerment. They encouraged us to take charge of our futures and to do what makes us happy, to take full advantage of opportunities, to ask questions and to help and encourage one another.

I would like to thank the Royal Women's Hospital for taking the time to set up a live video during a global pandemic so they could spread their inspiring message to women and girls. I would also like to thank Mrs Mendham for organising this event.

I encourage all students to choose a Science subject in the senior years and explore the many possibilities it can offer for the future .

By Logan Le Roux

# Science

## Solar cookers - Year 9

On Thursday 4 of March Year 9 Extension Science made solar cookers.

The solar cookers were very successful. In fact, one oven got up to 70°C, and we were lucky enough to melt marshmallows in them! We were able to make these solar cookers out of very few materials such as; recycled pizza boxes, tin foil, black cardboard, cling wrap and tape.

Extension Science made these solar cookers as it tied into our current topic of heat, light and sound.

Many of us came across a few minor errors along the way but we found ways around it using our creative and critical thinking.



Ultimately, we all found that these solar ovens were very beneficial to our learning and fun to make.

By Bella Byrnes, Morgan Miller and Felicity Rapkins

## Earth and Environmental Science Excursion Kimbriki Resource Recovery Centre

On Thursday 4 of February my Earth and Environmental Science class took an excursion to the Kimbriki Resource Recovery centre. The tip? What is so interesting about that? Despite what you may think, Kimbriki was an amazing experience. This is not just a place where all our rubbish is dumped in a hole and buried, it is a place where we rethink the idea of waste! During our time at Kimbriki we were taken for a tour around the site with Ms Mendham driving the minibus. There was a whole variety of different machines assigned to different piles of waste including, concrete waste, vegetation waste, metal waste, and many others. Methane from the site is burnt off into carbon dioxide (which has way less impact on the environment) in a large chimney. We were even allowed to travel right down into the section where the leachate (or garbage juice) is burned off in order to make sure it doesn't contaminate other areas such as Narrabeen Lakes.

The next part of our excursion included our visit to the Ecohouse in Kimbriki. This area included an awesome garden with a whole range of edible native plants, half of which I never knew were edible - we made a tea out of the edible plants, it was delicious! We were also introduced to interesting ways of making our home life more sustainable such as

composting, eco gardening methods where little water is required, and alternative seed spreading techniques. Now imagine a world where everyone was aware of their impact on the environment and tried to reduce the size of their waste footprint. My class and I had the most eye opening experience at the Kimbriki Resource Recovery Centre, which showed us that there are methods that we can use to stop the rubbish overflowing everywhere around the world. So next time you think about the Kimbriki Resource Recovery Centre, don't think trash, think treasure!!

By Heather Maddock



# HSC - Textiles

*Ms Julie Evans*

## HSC Major Textile Exhibition 2021

Approximately 50-60 students state wide are selected each year to exhibit their major works in the Textile display.

This year numbers were reduced to 20 and the exhibition will be virtual. Five students from Davidson 2020 HSC group were nominated: Alisha Vagner, Grace Seeto, Nicole Thompson, Eliza Yates and Annalyse Graham.

Alisha Vagner was honoured to have her work selected. Her piece was a macramé wall hanging.



## Learning Support

*Ms Leanne Tosi and Dms Dianne Bligh*

### HSC Disability Provisions 2021

If your child is requiring Disability Provisions in the written HSC exams, please call Learning Support or make an appointment for you and your child to discuss their options.

Meetings can be organised through emailing [Leanne.Tosi@det.nsw.edu.au](mailto:Leanne.Tosi@det.nsw.edu.au), [Dianne.Kidd@det.nsw.edu.au](mailto:Dianne.Kidd@det.nsw.edu.au) or contacting Learning Support via the school at 9451 0022.

In this meeting, the following will be discussed:

- Provisions suitable for your child's needs (for both HSC and prior school-based exams)
- The NSW Education Standards Authority (NESA – previously BOSTES) application process
- Supporting Documentation required
- Important dates/deadlines

As the deadline for applications to NESA is strictly the end of Term 1 2021, we will require all your documentation by Friday 12<sup>th</sup> March. This is due to the process of collating and submitting the application to NESA, who will not accept late applications. As NESA requires recent Medical documentation, we strongly suggest you schedule the relevant appointments with Health Practitioners ASAP.

If you have any questions, please contact Learning Support via the school: (02) 9451 0022 or via email: [Leanne.Tosi@det.nsw.edu.au](mailto:Leanne.Tosi@det.nsw.edu.au) or [Dianne.Kidd@det.nsw.edu.au](mailto:Dianne.Kidd@det.nsw.edu.au)

# LOTE

Ms Chalker (Head Teacher Admin/Languages), Professor Coletta (Italian / French), Dalpadado Sensei (Japanese)

## Dispatch Term 1 2021 – Languages BENVENUTI! ようこそ! BIENVENUE!

Welcome back to a brand new year of language learning!

### Year 8

Both Italian and Japanese classes have been allocated course books and workbooks. The student workbooks have been included in the school fees. Students will get to take them home when they are completed (at the end of term 2).

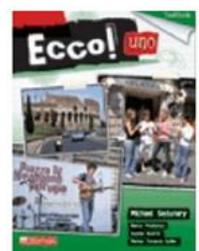
The 4 Italian classes have settled in well and have learnt all the basics of the Italian language. They will now begin working from the *Ecco Uno* booklets to learn about meeting new people and giving personal introductions. Students receive homework every lesson which is required for completion before the next class.

The Japanese classes have started their text *Hai!* Book 1. Both classes are currently in the process of learning the Japanese script *hiragana* (consisting of 46 syllables) and have ongoing weekly stroke order quizzes. Students have each been given a set of *hiragana* cards and instruction in Quizlet to access online study sets have been given in their Google Classroom.

Students are required to regularly complete homework given after each lesson in order to consolidate the Japanese script. It is important that students are comfortable in reading and writing using the *hiragana* script as we will be using it extensively from term 2.

Japanese classes have started off the year by learning about and celebrating some annual festivals including *Setsubun* (Bean Throwing Festival), *Hinamatsuri* (Dolls Festival) and Valentine's Day in Japan (8J5 and 8J6 pictured with their *origami* hearts).

Students are reminded to bring a complete pencil case with all the equipment needed for class. A comprehensive list of requirements is at the bottom of the "Behaviours and Expectations" sheet which is glued into your child's language book.



# LOTE

Ms Chalker (Head Teacher Admin/Languages), Professor Coletta (Italian / French), Dalpadado Sensei (Japanese)

## Year 9 Japanese

We have made a very positive start to the year. Students are learning about the topic of "Family" and have started working on *Hai!* 3 coursebooks and workbooks (included in the school fees).

The class has started learning the second Japanese script *katakana* and we have weekly stroke order quizzes. It is important that students consolidate both the new script and new language each week. Consolidation of work has been given through Quizlet study sets and an invitation has been issued via their Google Classroom.

A group of students are big *anime* buffs and organised a night to the Sunset Cinema in North Sydney to watch "Howl's Moving Castle" which is the film we will be studying in term 2. Unfortunately, the screening had to be cancelled due to a predicted storm but the group exchanged their tickets to see "My Neighbour Totoro" instead which is the animation film that was studied in year 8 last year.

## Year 9

Year 9 **Italian** is continuing their language study through the course book Ecco! Uno. Currently, the class is looking at the topic of weekend activities, and learning about verb patterns. Culturally, students are also discovering the world of Carnevale, having recently painted their masks; and they are about to embark on a film study.

## 2020 Languages HSC Results

In 2020, the Italian Beginners class achieved fantastic results, with over 70% achieving a band 4 or higher. Special mention to Nicholas McAndrew who gained a well deserved Band 6 in the course. We applaud and congratulate your consistent hard work and we wish you all, the best of luck for the future.

## The Languages staff

Our staffroom is located next to the school counsellor's office.

We look forward to working with your son/daughter in Languages this year. Please do not hesitate to contact us via phone or email if you have any queries or would simply like to discuss your child's progress.



Did you know that throwing out used batteries and mobile phones is bad for the environment?



Did you know that 70% of batteries and 90% of mobile phones can be recycled into new reusable materials?

As a result, Davidson is starting 2 new initiatives at school.

We ask everyone to bring in used batteries (any type of batteries) and old mobile phones (and any accessories) that are lying around the house.



Collection points will be in the Science and Language Staffrooms.



# PDHPE - Sport Report

Ms Leanne Warwick

The 2021 season of school sport has kicked off with a bang! We started with the competitors only school swimming carnival, and a small but talented group progressed through to the Zone swimming carnival.

Notable performances at Zone swimming include:

1<sup>st</sup> place: girls U16 relay team who came first by a body length against the competitive Mackellar

1<sup>st</sup> place: Aisha Jackson girls U16 breaststroke

2<sup>nd</sup> place: boys all ages relay, girls 200 medley relay, 12 fastest relay (boys and girls)

2<sup>nd</sup> place: Kate Salmon U16 girls breaststroke, Elise Wallace in the 100m and 50m free

Declan Budd 1<sup>st</sup> in 200m free and 2<sup>nd</sup> in the 100m and 50m free. Declan also broke a number of records in the multi class events



We've had CHS knockout games galore, competing with varying success in a range of sports including boys' and girls' touch football, volleyball and soccer; as well as girls' netball and cricket.



Davo entered a team of U14 boys into the Buckley Shield rugby league gala day, where our team beat four schools (Cromer, St Ives, Pittwater and Ryde), progressing through to the grand final, before unfortunately losing to a very strong team from Narrabeen Sports High. The boys in our team conducted themselves in a responsible and respectful manner all day, demonstrating exemplary sportsmanship. Shay Saunders was named Davo player of the tournament by the team coach, Ben McNaughtan. Other standout players on the day included Saxon Sarkies, Matt Bassett, Jet Chan, Ethan Gray and Bowen Curry. Well done boys.

Students would not be able to participate in any of these events without the



support of staff at Davidson High School. Shout out to all the teachers who have volunteered their time to coach a knockout team, and everyone who has helped behind the scenes by covering classes, driving buses or processing admin work. Our students are lucky to have you!

Term 2 continues to be full pace for sports events, with cross country, zone athletics and CHS swimming all occurring in the first few weeks.

Grade sport also begins in Term 2, with trials occurring in weeks 1 – 3 before competition commences in week 4 and runs into Term 3.

We have a range of grade sport options including:

Year 8: mixed netball, mixed touch, girls and boys soccer

Years 9 – 10: girls and boys basketball, volleyball, soccer and touch football, girls netball.

# Eco Club

*Mrs Catherine Flynn*

Eco-Club is back in full swing this year and students are enjoying being in the garden. Each Thursday at lunchtime we welcome students to the garden to help with planting and tending to the garden's fruit and vegetables. This term we have been learning how to identify and grow finger limes, scarlet runner beans, chillies, radishes, blueberries, strawberries, and eggplants. We've also learnt about summer pests in the garden such as stink bugs and how soft drink can be used in the garden beds to provide soil with a nutrient boost. The produce is harvested and sold by the students to staff in the school. The funds are used to buy more seedlings and other supplies for the garden. Of course, the students get to sample some of the produce too and the liquorice tasting fennel herb has been a hit!

The garden has had a makeover thanks to a Sustainable Schools grant and new sandstone crushed base pathways have been installed.

The Eco-Club garden cannot run without the support of volunteers. Thank you to the ongoing tremendous work that long time volunteers Gail and Graham do each week and also to the amazing help from current parents Annahita and Sally. The students really appreciate learning from and spending time with the volunteers and it really makes for a

wonderful community. It's wonderful to see the students go back to class after lunchtime feeling grounded and looking happy!

**Any student is welcome to come to Eco-Club in the garden on Thursdays at lunchtime.**

**Parents and grandparents are encouraged to volunteer 12.30 – 1.15pm on Thursdays.**

**No gardening experience is necessary!**

**Please talk to Eco-Club Coordinator Cath Flynn in the HSIE Department, for more details.**



A new school year has brought a new and exciting change for the SRC in 2021. Following a quiet 2020 and changes to the leadership program at Davidson, the SRC has undergone some restructuring, with its role now expanded to include being the overarching body for six leadership councils. These councils are led by our Year 12 Prefects and are focused on areas including School Service, Sports, Multiculturalism & Diversity, Social Justice, Sustainability, and Creative and Performing Arts (CAPA). Each council has their own objectives and aims for the year - such as increasing the exposure of their specific area within the school - and although we are only weeks into the school year, they have become a hive of activity!

To celebrate International Women's Day on 8 March, the Social Justice Council placed posters around the school of inspirational women from around the world and all walks of life. The Sustainability Council promoted



Clean Up Australia Day on 7th March, while in the CAPA Council preparations are underway for this year's Season of Performing Arts to be held in June. Meetings for the councils are spread out across the week and students are encouraged to sign up, as it is a great leadership opportunity.



At the end of last year, the SRC was involved in organising Christmas hampers in each roll call class, where students brought in an array of non-perishable goods that were then donated to the Salvation Army.

Those who are wanting to join the SRC are welcome to come along to our meetings in Room 56 during lunchtime of the Mondays of even weeks.

## Appropriate Footwear required in TAS subjects

Footwear is an important safety item. Good soles provide a sound grip on the floor preventing accidents such as slips, trips and falls from occurring. Footwear can also protect feet from damage caused by accidents such as falling objects or chemical spillages. These guidelines have been developed to assist NSW government schools in providing a safe working and learning environment.

The Department has identified areas of its workplaces where appropriate footwear must be worn by employees, students and visitors to ensure their safety.

Enclosed leather footwear is required in - Industrial Arts and trades workshop areas, Science laboratories, Canteen or Food Technology (kitchen areas).

Sandals, open footwear or high heeled shoes are not permitted in these areas. If students present for a

Footwear Guidelines for  
NSW Government Schools  
Health and Safety Directorate



class or activity with inappropriate footwear the student will be offered alternative educational activities until they are wearing appropriate footwear.



# ICET

*Mr Brett Manning, ICET Head Teacher*

The ICET students have, unfortunately, not been able to make it to Australia as planned. This is directly due to COVID and the challenges of international travel.

There were 24 students who had planned to study at Davidson High this year, and whilst it is sad that they are not here, we have still been able to create positive connections through online learning.

A highlight this term was when the year 9 Japanese class took part in a multicultural exchange with the ICET students. Using ZOOM, they were placed into small breakout rooms to exchange Japanese and English. It was a wonderful sight to see, with year 9 being very animated in their interactions, and very thankful afterwards.

Thank you to Dalpadado sensei for allowing for this opportunity to occur and fostering international linkages.

Further, we are very appreciative to the following students for creating wonderful 'introduction' videos which were used as part of the ICET students' online learning.

Ellie Bones  
Courtney Drake (Niquita Stuart's  
cameo)  
Chloe Moorley  
Chirag Murali  
Jarrah Olsen  
Addison Puklowski



These student videos were warmly welcomed and the ICET students were appreciative of the detail and effort. It made the disappointment of not being able to come to Australia lessen and brought relevance to their online learning experiences. It was almost like they were in Australia.

Not having the ICET students for the year is definitely a negative and their cultural input to the school is missed. However, whilst life has been throwing stones at us, we have been able to find diamonds amongst the rubble. We just have to look for them. As such, there are always ways to enhance cross cultural opportunities. We look forward to more interactions throughout the year.

In truth this experience was fun, but extremely awkward. I was flipping through my book to think of something to ask. The ICET students patiently waited, and I was wondering what they thought of my disorganisation. I asked my friend, Belle, how was talking to the ICET students for her. She said she got understandably nervous, but she enjoyed the experience. It was a fun and goofy time for all of us.

Everyone even sung happy birthday to Belle afterwards, which was definitely a time for everyone to remember.

By Rain Foran Year 9

# Rotary Corner

*Mr Kos Psaltis, Youth Service Director, Belrose Rotary*



We were honoured to have the Principal of Davidson High School, David Rule, as guest speaker at our breakfast meeting on 23 February 2021. David brought us up to date with events at the school and there are many positive things happening. One of these is the establishment of a number of student councils and I can see our Rotary club playing a supportive role in at least a couple of these.

Mark in your diaries our Youth Awards Night to be held at The Dutch Club on 13 April 2021. Our meetings are open to everybody and our awards nights are special. There will be around 5 or 6 awards given on the night and 2 or 3 of these will be awarded to Davidson students.

It's worthwhile to come along and hear the citations read out on the night. Our young people are doing some wonderful things and we at Belrose Rotary wish to encourage that.

Last year, due to COVID the DHS Junior Public Speaking Competition didn't take place but it's back in our calendar for Tuesday 8 June 2021. Mark this one in your diary as well. There are normally around 8 or 9 students drawn from years 7, 8 and 9 who deliver a speech and the quality is invariably very good not to mention, very entertaining and covering a variety of topics.

Also, we are planning that this will be the meeting that will be run by the 6 Davidson captains. The school's leadership team run one of our meetings each year but this is the 1<sup>st</sup> time that they will do so to coincide with the DHS public speaking Competition.

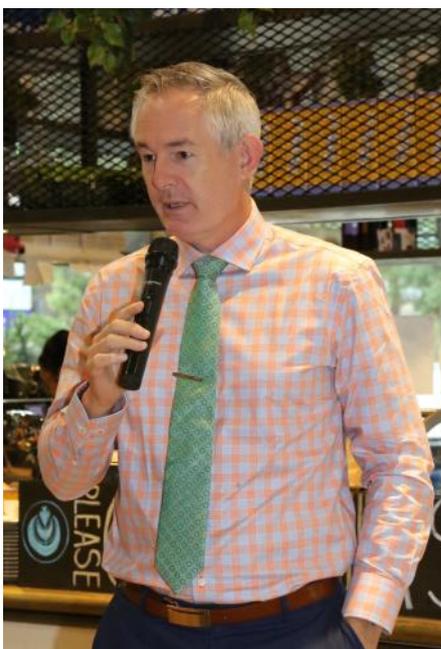
Contact me (mob 0402 205 628) if you would like to attend one of these meetings.

## **Kos Psaltis**

Belrose Rotary

Youth Service Director

Mobile 0402 205 628



# Community Information



## DISCOBILITY JUNIOR ONLINE

### 90'S PARTY THEME

**Friday 23 April, 6.30 - 8pm**

Join us online for a dance party for high school students with disability featuring The Evergreen Collective live band. Prizes up for grabs for best dressed & best dance moves! Tune in solo or get your friends & family involved!

Online via Zoom  
Free, limited spaces  
Registration at [KALOF.com.au](http://KALOF.com.au)

For high school ages  
Family and carers welcome

Enquiries: 8495 6615 or  
[youth@northernbeaches.nsw.gov.au](mailto:youth@northernbeaches.nsw.gov.au)



northern beaches council



## NORTHERN COMPOSURE UNPLUGGED 2021

### ENTRIES NOW OPEN

We're supporting this year's entrants with a professional studio recording and free workshop. Finalists will battle it out live at Glen Street Theatre for cash and prizes



northern beaches council | Glen Street Theatre | MONA VALE MUSIC .COM | perfect pitch | NSW YOUTH WEEK



# Community Information



**You can make a difference. Join Neighbourhood Watch today!**

## What will a Neighbourhood Watch program do for me?

A Neighbourhood Watch program gives you permission to talk to your neighbours about keeping you, your neighbours and your community safe.

**A Neighbourhood Watch program teaches you how**

- to increase community communication and knowledge
- to reduce preventable crime
- to encourage reporting of criminal or suspicious activity
- to improve the quality of information passed on to police
- to improve the level of home security
- to improve personal safety
- to encourage property marking to help reduce the fear of crime particularly for the elderly in your local community



## A joint police and community program.

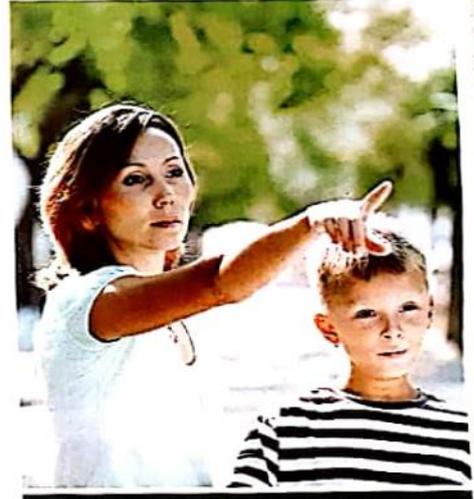
Neighbourhood Watch is a joint police and community program. Its success depends on YOU.



An Australian Government Initiative

## Important Contacts

In an emergency call: **000**  
For police assistance call: **131 444**



To contact your state Neighbourhood Watch office go to the Neighbourhood Watch Australasia website:

[www.nhwa.com.au](http://www.nhwa.com.au)  
Click on: ABOUT NHW JURISDICTIONS  
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## What is Neighbourhood Watch?

Neighbourhood Watch is a community lead safety and awareness program that aims to prevent crime, stop social isolation and increase the safety, security and quality of life for everyone in your community.



A Neighbourhood Watch program gives people cause and confidence to make contact with, and simply talk to, their neighbours.

A Neighbourhood Watch program helps people feel more connected to each other in their community. Community participation and a shared responsibility for what is happening in your local neighbourhood can be vital to your safety.

By communicating with your neighbours you can share important information that will help make your community a safer place. You and your neighbours are in the best position to notice when something unusual is happening in your area and to report any suspicious activity to police.

## Should I become involved with Neighbourhood Watch?

**YES!** We encourage you to take just a small amount of your valuable time to talk to your neighbours.

If you are looking for a meaningful way to contribute to your life and your community then joining or starting a Neighbourhood Watch program in your community is an ideal way to achieve this. Join the vibrant body of active volunteers in your local Neighbourhood Watch community.



## Crime prevention is everybody's responsibility

As part of a Neighbourhood Watch program, what do I have to do?

You will represent Neighbourhood Watch by encouraging effective community relations and promoting crime prevention initiatives in your local area.

You can do this by being able to:

- Communicate with your neighbours regularly
- Evaluate the safety and security of your home
- Take steps to improve areas of your home security where required
- Keep informed on local and contemporary crime prevention information and share this information with your neighbours
- Mark all items of value for police identification

It takes many different people, working together as a team, to successfully build a Neighbourhood Watch program and promote its objectives.

## Five easy steps

You can be a part of the Neighbourhood Watch in five easy steps.

**Step 1** – Identify YOUR Community Area. It may be a cluster of homes around you, your street or a larger block area.

**Step 2** – Find some other neighbours who would support wanting to live in a safer community and become part of a Neighbourhood Watch program with you. Often people are willing; it just needs a neighbour to take the first initiative by asking them if they would like to be involved.

**Step 3** – Register your Community interest with your NHW State Office. It can put you in touch with other local Neighbourhood Watch volunteers and your local Police. The State Office can assist you in establishing your community program and provide you with all the information you need to get started and about keeping yourself and your community safe.

**Step 4** – Invite all your neighbours to a gathering. You can meet in your home, garden or local park. Introduce yourselves and talk about your community and the safety issues that concern you in your neighbourhood. Encourage discussion about how these issues may be solved.

**Step 5** – Agree on a Community spokesperson's. To have a voice, someone needs to speak and take the lead. Establish how your neighbours would like to receive information and news about your Neighbourhood Watch program or receive alerts about crime and other related issues.

**Register your community group by contacting your Neighbourhood Watch State Office.**

Receive up to date crime prevention information to share with your community by registering with Neighbourhood Watch Australasia at [www.nhwa.com.au](http://www.nhwa.com.au) – **JOIN NOW!**

**It is so easy. Keep informed on local crime prevention initiatives, strategies and trends so that you can best protect your personal safety and home security. Share this contemporary electronic information with your neighbours so that they too may be better positioned to reduce preventable crime.**

Go to [www.nhwa.com.au/jurisdictions.html](http://www.nhwa.com.au/jurisdictions.html) or email [admin@nhwa.com.au](mailto:admin@nhwa.com.au) or contact your local police station.

# Community Information

## School Holiday Program ☆ 6-16 April

- All activities require bookings • Ages 11 – 18 unless specified
- Excursions please bring hat, water and lunch unless specified – there may be opportunity to buy lunch depending on excursion

**Tuesday 6 April**

### Pizzas & paintings

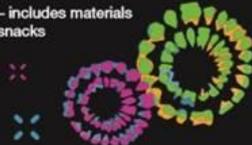
At AWOL Youth Hub  
10am – 2pm  
\$10 – includes materials and snacks



**Wednesday 7 April**

### Tie dye

AWOL Youth Hub  
10am – 2pm  
\$10 – includes materials and snacks



**Thursday 8 April**

### Movie Day

AWOL Youth Hub  
10am – 2pm  
Free



**Friday 9 April**

### Networld excursion

Drop off and pick up at AWOL Youth Hub  
9am – 3pm  
\$40 for transport and adventure  
For 12-18 year olds



**Tuesday 13 April**

### Pancakes & milkshakes

At AWOL Youth Hub  
10am – 2pm  
\$10 – includes everything needed for activity



**Wednesday 14 April**

### First Aid Course

Meeting room 2 \* Gordon Library  
8.30am – 3.30pm  
\$100 includes lunch and full first aid course.



**Thursday 15 April**

### Games Day

At AWOL Youth Hub  
10am – 2pm  
Free



**Friday 16 April**

### Walk about park excursion

Drop off and pick up at AWOL Youth Hub  
9am – 3pm  
\$40 for transport and adventure  
For 12-18 year olds



AWOL Youth Hub • 799 Pacific Highway • Gordon

**Bookings** [krq.nsw.gov.au/youthevents](http://krq.nsw.gov.au/youthevents)

For more information ☎ 9424 0981 @youth@kmc.nsw.gov.au f kcyouthservices @kcyouthservices

**12-24 YRS**  
11 and turning 12 also welcome

# AWOL Youth Hub

Open Tuesdays & Thursdays  
2.30pm – 5.30pm

799 Pacific Highway  
(behind Gordon Library)

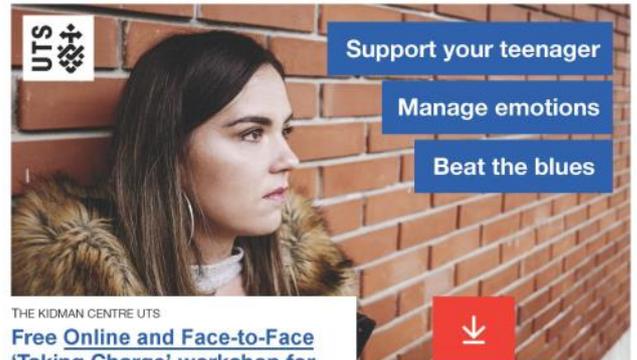
[facebook.com/kcyouthservices](https://facebook.com/kcyouthservices)

Ku-ring-gai Youth Services  
[krq.nsw.gov.au/youth](http://krq.nsw.gov.au/youth)

Vaping is **BANNED**  
at  
Davidson High School

## Free Parent and Teen Workshops

**Thursday 3 June 2021**  
**6-7pm**  
**Thursday 22 April 2021**  
**6-7pm**  
**Thursday 6 May 2021**  
**6-7pm**



Support your teenager

Manage emotions

Beat the blues

THE KIDMAN CENTRE UTS

### Free Online and Face-to-Face 'Taking Charge' workshop for parents: Helping your teen manage their emotions using Cognitive Behavioural Therapy (CBT) techniques

Are you a parent or caregiver who would like to learn practical, evidence-based skills to help your adolescent manage their emotions?

After such a stressful and unusual year, now is the perfect time to learn more about some of the emotional challenges your teenager may be facing and learn practical strategies to support them through this time.

To help you to do this, The Kidman Centre UTS is offering a FREE one-hour online and face-to-face workshop on Wednesday 24th March at 6-7pm, and Thursday 3rd June at 6-7pm.

The workshop will be run by Clinical Psychologist, Jennifer Hawken

The Kidman Centre UTS is a non-profit organisation dedicated to the understanding, prevention and reduction of mental health problems in young people aged 5 to 25, so that they can thrive through their formative years.

The workshop will provide practical, evidence-based strategies, and cover the following:

- Understanding the 'emotional world' of teenagers
- What CBT techniques are and how to use them to manage low mood and anxiety
- Problem solving and taking positive actions
- Identifying and challenging unhelpful thinking
- The importance of self-care

**Bookings are essential as numbers are limited.** See the blue panel for workshop details and booking link.



#### Workshop and Booking Details

**When**  
 6:00pm to 7:00pm on Wednesday 24th March 2021, 6:00-7:00pm on Thursday 3rd June 2021.

**What**  
 1-hour workshop for parents and caregivers.

**Where**  
 The Kidman Centre UTS, based at the Prince of Wales Hospital Randwick, Parkes Building Level 10 East, High Street, Randwick. (See here for a video on how to find us) or Online (via Zoom). An email link will be sent closer to the date.

**Who**  
 Presented by Clinical Psychologist, Jennifer Hawken

**Bookings essential**  
 Phone: (02) 9514 4077 or Email: [kidmancentre@uts.edu.au](mailto:kidmancentre@uts.edu.au) or via Eventbrite: <https://takingchargeworkshops.eventbrite.com.au/>



Supporting your teenager

Keeping the balance

Less stress

THE KIDMAN CENTRE UTS

### Free Online and Face-to-Face 'Taking Charge' workshop for parents: Helping your teen manage exam stress

Does your adolescent procrastinate before exams? Do they have trouble sleeping the night before an exam? Or, do they complain of mind blanks during their exams?

Now is a perfect time to develop your own practical and personalised plan to better manage both their stress, and your own!

To help you to do this, The Kidman Centre UTS (based in Randwick), is offering a FREE online and face-to-face 'Helping your teen manage exam stress' workshop on Thursday 22nd April, from 6pm to 7pm.

The workshop will be run by Jennifer Hawken, an experienced Clinical Psychologist.

The Kidman Centre UTS is a non-profit organisation dedicated to the understanding, prevention and reduction of mental health problems in young people aged 5 to 25, so that they can thrive through their formative years.

The workshop will focus on practical strategies and cover the following topics:

- Identifying common sources of stress for students, and their parents and caregivers
- Understanding the symptoms of acute and chronic stress
- A three step approach to managing stress
- Communicating effectively with your teen: understanding what they need and how best to support them
- Managing expectations
- Keeping the balance
- Taking a 'team approach'



#### Workshop and Booking Details

**When**  
 6:00pm to 7:00pm on Thursday 22nd April 2021

**What**  
 1-hour workshop for parents and caregivers of high-school students

**Where**  
 The Kidman Centre UTS, based at the Prince of Wales Hospital Randwick, Parkes Building Level 10 East, High Street, Randwick. (See here for a video on how to find us) or Online (via Zoom)

**Who**  
 Presented by Clinical Psychologist, Jennifer Hawken

**Bookings essential**  
 Phone: (02) 9514 4077 or Email: [kidmancentre@uts.edu.au](mailto:kidmancentre@uts.edu.au) or via Eventbrite: <https://takingchargeworkshops.eventbrite.com.au/>

[www.tkc.uts.edu.au](http://www.tkc.uts.edu.au)



Understand technology

Parent effectively

Protect your teen

THE KIDMAN CENTRE UTS

### Free Online and Face-to-Face 'Taking Charge' workshop for parents: Balancing teen technology and social media use

Are you a parent or caregiver struggling to manage your teen's excessive technology or social media use?

Technology and social media are ever increasing in our modern world. Although excessive use can lead to poorer mental health outcomes and cognitive deficits, it is impossible and unrealistic to ban devices from teens. Instead, as parents, we need to teach our teens how to use technology and social media to their benefit, not detriment.

To help you to do this, The Kidman Centre UTS is offering a FREE online and face-to-face one-hour workshop on Thursday 6th May, from 6-7pm.

The workshop will be run by Jennifer Hawken, an experienced Clinical Psychologist

The Kidman Centre UTS is a non-profit organisation dedicated to the understanding, prevention and reduction of mental health problems in young people aged 5 to 25, so that they can thrive through their formative years.

The workshop will provide practical, evidence-based strategies, and cover the following:

- Understand how our teen's brain, development and social context impacts how they use technology and social media
- Explore the pros and cons of technology and social media
- Introduce parenting skills to enable effective technology and social media use
- Identify factors that help protect our teens from the detrimental impacts of technology and social media

**Bookings are essential as numbers are limited.** See the blue panel for workshop details and booking link.



#### Workshop and Booking Details

**When**  
 6-7pm on Thursday 6th May 2021

**What**  
 1-hour workshop for parents and caregivers.

**Where**  
 The Kidman Centre UTS, based at the Prince of Wales Hospital in Randwick, Parkes Building, Level 10 East High Street entrance, Randwick. (Video on how to find us) or Online (via Zoom)

**Who**  
 Presented by Clinical Psychologist, Jennifer Hawken

**Bookings essential**  
 Phone: (02) 9514 4077 or Email: [kidmancentre@uts.edu.au](mailto:kidmancentre@uts.edu.au) or via Eventbrite: <https://takingchargeworkshops.eventbrite.com.au/>