What a great success the 2015 NBSC Professional Development Day was. Our aim was to extend the application of positive psychology into our context using it as a common approach across Northern Beaches Secondary College.

Our collective success is borne out by the sensational feedback from the day and also by other conversations since that time. Reports indicate that over 90% of teachers could see direct relevance of the application of the Solution Focused strategies they learned to their work and were then confident to get underway.

Solution Focused approaches have the potential particularly to assist our students to be more resilient in their thinking and to provide them with skills for life that will help their learning now and also their wellbeing into the future. It has been very gratifying to hear success stories of teachers using their new skills in a wide variety of contexts across NBSC.

The willingness of our 30 workshop facilitators from a variety of campuses really made the difference to what was achieved. Their professionalism to deliver quality training experiences was built on the inspirational start to the day provided by our TED-style presentations. It may be of interest that, during the July school break I was able to travel to the 2015 World Congress of Positive Psychology in Florida, USA. Hearing of the latest research findings and how schools around the world are applying them has provided more potential inspiration for developing our approach here at NBSC.

This term we will continue to look to offer opportunities for staff to take the Solution Focused approach even further, to explore other strategies and so to assist students’ wellbeing and learning.

Neil Worsley
College Principal
As a school NBSC has been developing positive psychology approaches to education to improve resilience, wellbeing and learning outcomes of our students.

Research studies clearly identify that positive skills can be taught to assist students to lead happy and fulfilling lives and to help them grow through life’s inevitable challenges.

Over the past two years, staff have explored and developed an understanding of positive psychology and evidence based strategies which can be implemented in the classroom. This year’s focus was on developing a common language and applying solution focused approaches.

In preparation for the professional development day, 30 NBSC staff completed intensive training in solution focused approaches, led by Michael Durrant and Neil Worsley, (NBSC: College Principal).

Inspiring TED Talks started the day, by our team of experts in the field of applying of solution focused approaches in schools: Michael Durrant, Jason Pascoe and Lyn Worsley.

Staff participated in workshops, led by NBSC facilitators, learning new strategies and developing a personal plan of implementation.

Staff had opportunities to hear of school successes, speak with the presenters and ask questions. The day was well received by all and continues NBSC’s pathway to building a positive school, where student wellbeing and learning is always at the forefront.

The three keynote speakers taking questions at the conferance’s final session for the day.

BUILDING POSITIVE SCHOOLS: THE NBSC WAY!

JASON PASCOE
Senior Consultant with Growth Coaching International

MICHAEL DURRANT
Director of The Brief Therapy Institute of Sydney

LYN WORSLEY
Director of The Resilience Centre

BY RENATA GRUDIC
NBSC Head Teacher (Teaching & Learning)

Keynote TED Talks Now Online
BUILDING POSITIVE SCHOOLS: THE NBSC WAY!
COMPETITION HEATS UP AT PROJECT PENGUIN

Taronga Zoo and Northern Beaches Learning Alliance have collaboratively worked together to make key changes to Project Penguin to improve students learning outcomes.

Taronga Zoo and Northern Beaches Learning Alliance have collaboratively worked together to make key changes to Project Penguin to improve students learning outcomes. This year four campuses, Manly, Balgowlah Boys, Mackellar Girls and Cromer, have been working with local primary schools; Curl Curl North, Harbord, Manly Village, Manly West and Seaforth.

The project aims to promote public awareness and understanding of the plight of the Fairy Penguins in Little Manly. Student competition was reintroduced into the project. Students developed a display, movie or a performance in their groups which was voted on at their school expo and the best projects progressed through to the Zoo Expo day. The Zoo Expo day launched on Thursday 18th June with an exciting new revised format. Student groups rotated around the Zoo to see the movies, displays and the performances in the presentation ceremony. The project incorporates a wide range of activities, workshops for all the students, encourages teamwork and provides leadership experience for NBSC students.

The finalists’ projects will be displayed at Warringah Mall in the winter holidays.

Outstanding Mentor Awards

<table>
<thead>
<tr>
<th>NBSC CAMPUS</th>
<th>STUDENT NAME</th>
<th>PRIMARY SCHOOL</th>
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<tbody>
<tr>
<td>NBSC Balgowlah Boys</td>
<td>Mouloud Brarti</td>
<td>Manly West PS</td>
</tr>
<tr>
<td>NBSC Balgowlah Boys</td>
<td>Max Moreland</td>
<td>Seafort PS</td>
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<tr>
<td>NBSC Cromer</td>
<td>Tristan Dilweg</td>
<td>Curl Curl North PS</td>
</tr>
<tr>
<td>NBSC Mackellar Girls</td>
<td>Maria Grozdanova</td>
<td>Manly Village PS</td>
</tr>
<tr>
<td>NBSC Mackellar Girls</td>
<td>Finn Dawe</td>
<td>Manly West PS</td>
</tr>
<tr>
<td>NBSC Mackellar Girls</td>
<td>Zoe Bowers</td>
<td>Harbord PS</td>
</tr>
<tr>
<td>NBSC Manly</td>
<td>Tea Hosmann</td>
<td>Harbord PS</td>
</tr>
<tr>
<td>NBSC Manly</td>
<td>Daniel Gleeson</td>
<td>North Curl Curl PS</td>
</tr>
</tbody>
</table>
The Little Penguin is the smallest of all penguin species, weighing around 1kg and reaching about 30cm tall. It is the only penguin with slate-blue back feathers and flippers, which is why they are often known as the ‘little blue penguin’. The underside is white, the eyes are silver and the bill is black.

Little Penguins are noisy communicators, producing a variety of distinctive snorts, screeches, brays and growls depending on their activity.

The Little Penguin is the only species of penguin native to Australia. Although all penguin species are native to the southern hemisphere, only a few are found in cold climates such as Antarctica. In fact, one species, the Galapagos Penguin, is found near the equator.
EXPO

There was a real buzz and a flutter of activity as excited Year 4 and 5 students set up their displays, awaiting the discerning gaze of the official party. College principals, zoo officials, politicians and educational executives were all in attendance. Then, at the theatre space, everyone gathered to listen to speeches, awards and the performance of student plays before the ominous southern skies delivered rain and cut the proceedings short.

Mark Speakman, NSW Minister for the Environment, attended the event to inspect student displays and present awards to student mentors, including Mouloud Brarti from NBSC Balgowlah Boys Campus (pictured above).
There are **five components** to the Duke of Ed Award: Skill, Service, Physical Recreation, Adventurous Journey and Residential (Gold only). Participants choose their own activities and work towards personal goals for an **hour a week** in their own time. In this article, five students from different award levels and campuses tell us about their activities:

**Snapshot: Physical Recreation**

**Name:** Megan Schumacher  
**Campus:** NBSC Cromer Campus, Year 9  
**Duke of Edinburgh Award:** Bronze (3 months minimum)  
**Component:** Physical Recreation – hip hop dance

“For my physical recreation I chose to do **hip hop dance** classes. I am in the senior class with three other people, and we have just started to do our concert dance. Our theme this year is ‘the last day of school’. I have learnt different styles of hip hop like **hard** hip hop and **lyrical** hip hop and some **break** dancing moves like the **six step**. I find hip hop dancing beneficial as I am getting a good exercise workout session and I am also having fun with my friends in a safe and happy environment”.

*RIGHT: Megan Schumacher at Hip Hop Dance.*
**Snapshot: Adventurous Journey**

**Name:** Jack Halford  
**Campus:** NBSC Balgowlah Boys Campus, Year 11  
**Duke of Edinburgh Award:** Silver  
**Component:** Adventurous Journey - Pack and Paddle (2 expeditions x 3 days 2 nights)

"The Pack and Paddle consisted of a group canoe trip up the Colo River near Windsor. At the end of the first day we stayed at a camp site called Cobbs. The second day we completed our canoe trip and began our hike to the next camp site called Wheelbarrow 1. The third day consisted of hiking back to base camp Somerset.

I gained teamwork skills through cooperation with the hiking group and improved my skills at reading maps. My problem solving skills have improved and can make decisions quickly. I really enjoyed getting to meet new people."

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**Snapshot: Skills**

**Name:** Nathalie Kasselis  
**Campus:** NBSC Freshwater Senior Campus, Year 11  
**Duke of Edinburgh Award:** Gold  
**Component:** Skill - driving

"For my skill I am doing driving. This is very practical for me as I am on my Ls and need to get my hours up anyway. So not only does my Gold duke of ed Skill fall nicely into place with my daily life, but it also somewhat forces me to drive more as I need to reach my goal of 120 hours in 1 year. This choice of skill is pretty relaxed and can include anything from a small neighbourhood drive, to a long drive up the beaches. Because driving is my skill under Duke of ed, it has made me pay more attention to the more intricate factors, by which through this I have learnt a lot more and hope to continue to throughout the rest of my journey."

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*Nathalie Kasselis uses her driving lessons for her Gold Skill.*
Name: Amy Warren  
Campus: NBSC Mackellar Girls Campus, Year 11  
Duke of Edinburgh Award: Gold  
Component: Residential – Brewarrina (min 5 days 4 nights)

"During the Easter holidays, I was lucky enough to be chosen as a Warringah Youth Ambassador and represent our local area on a trip to the remote Aboriginal community of Brewarrina, as part of my Residential Project for my Gold Duke of Edinburgh Award. I was one of six young people from Warringah to spend five days in "Bre", followed by a reciprocal visit to Sydney by the Bre youth. Everything we saw and did in BRE was amazing – from the 40,000 year old fish traps to the ancient rock paintings at Gundabooka national park. We spent a lot of time with the locals at the Youth Centre, which is a popular hangout spot for everyone from three to eighteen. Employment and quality education are difficult to find in BRE, and a lot of people move down to Sydney or Newcastle to go to school or find work.

Everyone in BRE is so friendly, and approachable, and because it's so small – with about 1800 people – everyone knows everyone. It's very different to the fast-paced lifestyle of the Northern Beaches, and it was refreshing to spend some time in such a different environment. I had a fantastic experience, and forged some great friendships – with both the Bre locals and the other Warrinagh ambassadors".

BELOW: Amy at the 40,000 year old fish traps with some Bre locals and the five other Warringah Youth Ambassadors.
Snapshot: Service

Name: Daniel Brocklebank
Campus: NBSC Manly Campus, Year 9
Duke of Edinburgh Award: Bronze (3 months minimum)
Component: Service – Pittwater Coastal Environment Centre

“For the service component I am looking after the three aquariums (a tropical and local fish tank and a yabby tank) at the Pittwater Coastal Environment Centre. This involves checking the water temperature, changing the tank water, cleaning the sand at the bottom of the tank, cleaning inside the tanks with magnets and wiping down the glass on the outside.

I also get to feed the fish. The tropical and local tanks get brine shrimp (similar to sea monkeys), which are frozen and compacted, so they have to be defrosted in water and distributed between the two tanks. The yabby gets a nice fresh meal, a slice of carrot and a worm straight from the worm farm. This is a very relaxing activity and it is fun to watch the fish swimming around or guzzling down food.

I have not only learnt lots about fish but also to attention to detail, and that even just wiping the glass on the outside makes the tanks look noticeably better”.

BELOW: Daniel enjoying his volunteering at the Pittwater Coastal Environment Centre.
NBSC SPORTS UPDATE FOR TERM 2

BY ASHLEY MATHIESON
NBSC Sport Coordinator

What an action-packed term it has been in college sport with big wins in Hockey and Netball!

HOCKEY

The NBSC Girls Hockey Team played in the Final 4 Carnival at Wyong on 10th June, winning their first game 3-0, qualifying them for the 1st Vs. 2nd playoff game. They won this game 3-1, therefore becoming Regional Champions and advancing through to the NSW CHS State Finals as the Sydney North A representatives.

Sue Saunders from Mackellar did a fantastic job on the day coaching the girls. We wish them the very best of luck in the State Finals.

The College Boys Hockey Team also played in the Final 4 Carnival at Pennant Hills on Tuesday 16th June. They defeated favourites Concord 3-2 in their first game, also qualifying them for the 1st vs. 2nd playoff game, giving NBSC the chance to do the boys & girls double. Gosford High proved to be a touch stronger when it counted winning 4-1 in the final, giving our Boys team Runners Up within the Region, still good enough for them to advance to the State Finals as the Sydney North B representatives.

Stuart Tanswell, father of Harry Tanswell (NBSC Balgowlah Campus) did a great job on the day coaching the boys. We wish them good luck as they enter the business end of the CHS Draw.

NETBALL

On Tuesday 16th the all-conquering NBSC Netball Team played their Regional Final against BWSC, winning very comfortably 73-45, crowned Sydney North Champions, qualifying for the CHS State Finals in September for the 4th straight year.

The team was guided to the 28 point victory by Bec Angus from Mackellar. We wish them all the best as they strive to get the all elusive gold medal after collecting 2 silvers and a bronze in the last 3 years.

Above: The NBSC Girls Hockey Team: Lara Simpson (NBSC Freshwater); Emily Hewitt-Park, Katie Healy, Ingrid Ackerman, Remy Young (NBSC Manly); Kiki Kwakernaak, Brianna Trim, Jordan Anderson, Kirsten Picard, Fin Dawe, Jenna Trim, Kenna Lindegger, Ruby Arneil, Yasmin Appleton, Gabi Palme and Emma Wardman (NBSC MGC).

Above: The NBSC Boys Hockey Team: Harry Tanswell, Sebastian Bland, Andrew Palme, Lochie Watts, Levi Van Schie, Bodhi Spijker, Ethan Williams (NBSC Balgowlah Boys); Jai Tattersall (NBSC Cromer); Zac Walker, Cooper Anderson, Riley Mackie (NBSC Freshwater Senior); Todd Miller, Wil Hawkins, Sam Hobson and Tom Carter (NBSC Manly).