



A winner of the
5-Star Innovative Schools award



MOSMAN HIGH P&C

2021/22 **PARENT INFORMATION BOOKLET**

Welcome to the Mosman High School community. A very active and supportive community is a crucial factor underpinning Mosman High School's success.

The Mosman High School Parents and Citizens Association (P&C) plays a key role in enabling parents and the community to work together in support of the School and its students.

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**KEEP
INFORMED
&
GET
INVOLVED**

**ACCESS
THE
P&C
FACEBOOK
PAGE
&
COME
ALONG
TO THE
MEETINGS**

WELCOME TO MOSMAN HIGH!

The Mosman High School Parents & Citizens Association (P&C) plays a key role in enabling parents and the community to work together in support of the School and its students.

We meet at 7pm in the School Library, usually on the third Thursday of the month, during term time. The first meeting for 2022 is on Thursday 17 February. If Covid-19 restrictions are in place, it will be an online meeting, with details advised via facebook.

The Principal attends each meeting, and our meetings give parents and carers an opportunity to raise ideas and discuss any issues. At the start of meetings we often have an informative presentation based on parent feedback and suggestions, e.g. speakers on study skills, student wellbeing (healthy technology habits, anxiety, resilience), curriculum, to name a few.

Stay Informed...

To stay informed, join the Mosman High Community Facebook Group. For more information about the P&C, go to mosmanhighpandc.org.au

If you have any suggestions or queries don't hesitate to get in contact.

MosmanHighPandC.org.au
mosmanhighpandc@gmail.com

The **Mosman High Community** Facebook Group is open to all parents and carers. Find it on Facebook by searching, using the QR-code, or search for Mosman High Community.



Get involved...

The P&C is open to all the School community; everyone is welcome, so please consider getting involved. You can do this in a number of ways:

- **Come to P&C meetings**

These are informal gatherings and a great way to meet other parents. Meeting dates are published in the School Newsletter and via the Mosman High Community Facebook Page. If you can't come to meetings, please email your suggestions to mosmanhighpandc@gmail.com and see our website for the latest information – mosmanhighpandc.org.au

- **Help out on a P&C committee**

The P&C provides great opportunities for students and assistance to the School through its very active music, drama, sport, environment, art, science & technology and wellbeing committees. You can become an active member of the committee or show your support by coming along to a meeting.

- **Pay your P&C Contribution**

Each year we ask you to make a P&C contribution. This money is invested in school facilities, equipment, resources and technology to enhance students' learning experiences.

- **Become a member of the P&C**

You can become a member for an annual fee of \$2, but you don't need to be a member to attend meetings, volunteer, help on a P&C committee or be active in the School parent community.

PARENT CONTRIBUTIONS

The P&C has contributed significantly to the School:

- *In 2021 and 2020 - \$100,000 in each of these years, to have air-conditioning installed in all of A and E Blocks, a range of Design & Technology machinery, and supporting wellbeing speaker Paul Dillon address students and parents*
- *In 2019 - over \$195,000 to have all of D Block air-conditioned, funding data loggers for students and again supporting wellbeing speaker Paul Dillon address students and parents.*

Our aim for 2022 is to continue to improve the student amenity that will benefit students during and after the school redevelopment - we are working with the School Executive to identify these priority areas.

Rather than hold major fundraising events, the P&C raises money through parent contributions, which are invested in school facilities, equipment, resources and technology to enhance students' learning experiences.

There are many facilities around the School that have been contributed by the community through the P&C.

For example, the covered outdoor learning area (COLA), table tennis table and outdoor furniture. Students have access to resources like electronic whiteboards and a wide range of musical instruments, again thanks to the generosity of parents. In recent years parent contributions paid for the refurbishment of the canteen, new water bubblers and refill stations, and upgrade the area used for music classes to create a new multi-purpose space, and air-conditioning in most of the classroom buildings.

For 2022 the annual parent contribution is planned to remain at \$175 per student. Please be sure to pay this so the P&C can continue to support the School by providing vital resources for the students.



PARENT INFORMATION SESSIONS

As one of our major initiatives, the P&C organises and funds informative talks for parents and students. Recent talks have included: understanding anxiety; technology and learning; communicating with teenagers; and healthy teenage brains.

Some of these talks which ensure parents and students understand the same terms and approaches have been so successful that they have become annual programs.

- Paul Dillon on 'Teenagers, Drugs and Alcohol'. The P&C also produced a handbook for parents to supplement Paul's presentations to students and parents.
- 'HSC Ready' Q&A session featuring experts on health, emotional wellbeing and study skills
- 'Elevate', an organization that works with schools to help students develop their study skills, presents on how successful students study.

See the Wellbeing Committee section for more information on wellbeing and talks.

P&C COMMITTEES – CONTACTS

Much of the work of the P&C is carried out by its committees. Everyone is welcome to join or attend meetings of the committees.

P&C COMMITTEE

E: mosmanhighpandc@gmail.com

W: mosmanhighpandc.org.au

WELLBEING COMMITTEE

E: mhspandcwellbeing@gmail.com

MUSIC COMMITTEE

Ensembles Administrator:

E: mosmanhighmusic@gmail.com

W: www.mosmanhighmusic.com

To express your interest in a Music Committee role or assisting the Music Committee with tasks/projects please

[fill in the online form](#)

DRAMA COMMITTEE

E: mosmanhighdrama1@gmail.com

SPORTS COMMITTEE

E: mosmanhighsport@gmail.com

W: mosmanhighsport.wordpress.com

ART COMMITTEE

E: mhsartcommittee@gmail.com

WELLBEING COMMITTEE

What we do...

The P&C Wellbeing Committee aims to provide parents with information and advice on the wellbeing of our children through their high school years to complement the work of the school and its Wellbeing Strategy. We believe that having parents hear the same messages as students and staff strengthens the school community and our ability to support our young people in being healthy and resilient.

Through the year, working with the Principal and her leadership team, we hold a series of presentations by high-calibre speakers who are experts in their field. For example, Distinguished Professor Ron Rapee has talked to parents about 'Teenagers, Mental Health and Resilience', Dr Andrew Campbell has spoken to parents a few times about teenagers and technology and Associate Professor Viviana Wuthrich has presented on 'Study without Stress'.

In support of our aim to help our young people make wise choices, nationally respected drugs and alcohol educator Paul Dillon has spoken to parents, staff and the older students. His presentations have become something of a fixture in the school calendar as they are so well received by parents and students alike. We have also produced the Mosman High School Parents' Alcohol and Drug Resource Book.

**Visit the P&C website
To find links, resources and
useful information from
previous talks:**

These programs will continue in 2020, supported by parent funding through the P&C. We undertake biannual surveys of parents to make sure we are covering the subjects that matter most to them, as well as gathering feedback on each of the speakers. We have had a tremendous response from parents to our previous presentations.

Getting involved...

Being involved with the Wellbeing Committee is a great way to know more about what's happening in the School and of supporting your child. Hearing from the Principal and her team fills in some of the gaps, and connecting with other parents can be a wonderful support when navigating some of the challenges that come with raising teenagers.

If you can contribute practical skills such as helping find great speakers, organising talks or publicising them, please come and join our team. It doesn't take a great deal of time and is immensely rewarding.

Contact us...

We'd love to hear from you so do get in touch at mhspandcwellbeing@gmail.com



MUSIC COMMITTEE

Mosman High has a thriving music community where students can develop their musical talents as a member of our ensemble program. The Ensemble Program is open to all students and caters for the diversity of talent and musical interest. Whether you like to play an instrument, be part of a band or sing in a choir there is room to express your musical tastes.

The Music Ensembles Program is an extra-curricular activity that provides students with the opportunity to extend their music skills and knowledge in an ensemble setting. The Music Committee supports the Music Department with the management and operations of the Ensembles including fee collection, employment of conductors, event and fundraising activities to support the music program and music staff with aspects of the ensemble administration.

Professional conductors and school music teachers direct the ensembles which rehearse once a week usually before school.

Every family who takes part in the Ensemble Program is automatically a member of the Music Committee. We ask that every parent commits to volunteering to help the committee for at least one hour a term. The ways you can help vary from being an active member of the committee, working a project, through to, helping out with BBQs at concerts. Access the website to find out more about how you can help.

PROPOSED 2022 ENSEMBLES

Symphonic Wind Orchestra - Years 8 - 12

Concert Band - Years 7 and 8

Choirs

Year 7 Choir and Year 8 - 12. Number of Choirs depends upon registration/interest

Jazz Jam*

Where jazz techniques and improvisation is taught. Open to all abilities

Jazz Big Band/s*

Formed according to level of interest. Membership is by invitation.

Percussion Ensemble*

Repertoire is focussed on percussion arrangements. Members play tuned and untuned percussion.

Guitar Ensemble

Catering to every level of ability

String Ensemble

For string players of every ability.

Contemporary Group

For students wishing to play contemporary style music.

These ensembles are subject to change.

**** Members of these ensembles are also required to be in Concert Band or Symphonic Wind Orchestra where applicable.***

PERFORMANCE AND EXTENSION OPPORTUNITIES

The Ensembles perform at school concerts, competitions, music festivals as well as participating in regional and overseas tours including USA, Europe, Cuba, Hawaii and Asia and other international locations. Many students take part in more than one ensemble and a number of students represent the school at regional, State and National level.

JOIN AN ENSEMBLE

Step 1: Access

www.mosmanhighmusic.com.au

Have a look around the site and register via the online form.

Step 2:

Keep an eye on your email, our Facebook page - Mosman High Music - and the website for information about the rehearsals etc. Rehearsals usually start in Week 3 of Term 1.

Step 3: Payment - Ensemble Fees

Ensemble Fees will be due around Week 5. An invoice will be issued once you have registered your child.

Participation and Commitment

Members are required to attend regular attendance of all rehearsals, up to two workshops per year and participation in any competitions, eisteddfods and school performances decided by the ensemble directors.

Fees

Fees are set by the Music Committee. The fees pay for the ensemble directors, additional tutors, sheet music, competition entrance fees and transport to and from venues within school hours. These fees are additional to, and independent of, student school contributions and private music tutoring fees. **Additional Fees are charged by the school for regional and overseas tours.**

Sibling Rate

If one child is paying the Full Rate then the second child is entitled to the Sibling Rate.

Private Tuition

Students are expected to receive 30 minutes private tuition each week and take part in an ensemble. We have a group of talented and experienced tutors who teach on site during the day. You can use your own external tutor if preferred. Details and registration for private tuition can be found via www.mosmanhighmusic.com.au

Annual Fee

Around \$550 (to be confirmed early next year) to be a member of one or more ensembles. This covers conductor fees, music, administration, performances and more.

Uniform

Our Ensembles wear a uniform which will need to be purchased by the first performance. Details are on the website.

MORE INFORMATION

W: www.mosmanhighmusic.com.au

E: mosmanhighmusic@gmail.com

Facebook: **Mosman High Music**





DRAMA COMMITTEE

This committee supports the school's Drama program. Parents are wonderful assets providing not only expertise, but also assistance at performances and concerts. We work closely with the wonderful Performing Arts department, sharing ideas involving workshops, excursions to the theatre and of course performances. We help organise *Mosfest* the school's film festival and its awards night ***The Moscars***.

Get involved and support your child in the Drama program. If you can contribute any skills or expertise please come and join our team. You can contribute by attending our meetings once a

month; our meetings are social and do make a difference to the Performing Arts.

You can contribute by attending our meetings once a month; our meetings are social and do make a difference to the Performing Arts.

MORE INFORMATION

E: mosmanhighdrama1@gmail.com



SPORT COMMITTEE

This is an active committee that encourages the expansion of school sport. Our mission statement is to support, promote and encourage a vibrant sports culture at MHS. We encourage other parents to join us. We usually meet on the second Tuesday of each month at 7:00pm in the School Foyer.

Email: mosmanhighsport@gmail.com

KNOCKOUT TEAMS

Knockout teams are formed by the School Sports Department to represent the school in interschool knockout competitions in the following sports:

- Basketball
- Rugby
- Table Tennis
- Touch Football
- Netball
- Soccer
- Tennis
- Volleyball

The knockout tournaments for open age groups are held in term 1 each year.

The knockout tournaments for the U15 age groups are held in terms 3 & 4 each year.

Notification of the trials for these teams will be given to students in roll call classes. Sign-up sheets will go up outside the Sports staff room. Trials for open aged competitions will mainly be suitable for older students; however younger students with good skills are encouraged to try out. Note that the P&C Sport Committee presents awards each year to the students who show the most enthusiasm in trialing for knockout teams.

CARNIVALS

The School Sports Department holds annual school carnivals for Swimming, Cross Country and Athletics. All students are encouraged to attend and participate or cheer for their housemates. The P&C Sport Committee organises parent volunteers to help run these events.

CHS TRIALS

Do you compete at an elite level in any of the following sports?

- AFL
- Basketball
- Diving
- Golf
- Hockey
- Netball
- Rugby League
- Softball
- Tennis
- Trampolining
- Water Polo
- Baseball
- Cricket
- Football
- Gymnastics
- Lawn Bowls
- Orienteering
- Rugby Union
- Squash
- Touch
- Volleyball

If so, you may be eligible to trial for a Combined High School team.



GAT DEVELOPMENT TEAMS

The P&C Sport Committee supports a number of GAT Development teams in the following sports:

- **Basketball**
- **Futsal**
- **Dance**
- **Tennis**
- **Table Tennis**

These teams compete in regular weekly local competitions and train at school (either before or after school) once a week. Volunteer parents manage the teams. An external coach generally coaches these teams and so a cost is involved for participation.

These teams are not just for experienced players, but for any student who wishes to play a team sport for the school. Trials are run for selection into these teams.

Elite participants will be invited to progress further and compete at Zone and possibly Regional, State or National level.

LOCAL SPORTING CLUBS

Mosman High encourages students to register at local sporting clubs to ensure all round sporting achievements. Mosman High School student teams have had great success in local competition as part of these clubs.

The P&C Sport Committee arranges a Sports Market day early in the year, where local clubs are invited to attend and present information about their clubs to year 7 and 8 students as they transition into high school.

MORE INFORMATION

For further information please contact

E: mosmanhighsport@gmail.com



ART COMMITTEE

The Art Committee meet on the third Monday of the month at 6pm in the Mosman High office foyer or via Zoom to share ideas about how to best support the school's wonderful Art Department and its dedicated teachers and in turn enhance art education for all Mosman High students.

Everyone is welcome to attend, you don't need to have a child in special art just come along and get to know our group.

WHAT WE DO

We raise funds for the Art Department including materials, pinboards, TV, learning aids, and excursions. Anything that is required to enrich the learning and teaching process for all Students and Staff.

Over the past four years we have been involved with working bees to assist the staff with general cleans-ups and organisational tasks to assist with getting the art block ready for the annual Art Exhibition that showcases the HSC Major works and the work of Years 7 to 11.

The Art Committee also produced a hard cover book of HSC Art Student's major works. The students receive a copy on graduation, and Mrs Wyatt proudly presents them as gifts on her official visits.



HOW WE RAISE MONEY

In 2015 we ran our first major fundraising event, the **AnonyMos Secret Artist Project**; an Art Sale and Exhibition of unnamed, untitled 8"x8" canvases. We invited established and emerging artists, Mosman High teachers, parents, ex-students and some of our talented students to paint on the canvases and then send them back to us. The generous support from the artists, as well as local businesses and the school community was amazing!

2016 was a year of consolidation in which we were able to complete our goal of furnishing the art block with new pin boards and hanging system and raising enough funds to continue with some smaller on-going projects. We raised funds by holding a cake stall and small art market on Election Day. We also ran a raffle on the night of the annual school Art Exhibition.

PLANS FOR 2022/2023

“Sip and Create”

This event is a fun evening of art making, wine and nibbles led by our talented teachers. Participants from our Mosman community and school choose a 2-hour session of Life Drawing, Drawing, Painting, Ceramics, Brooch Making or Print Making. We would like to thank our wonderful art teachers for the time and effort they put into creating such a fun and engaging evening for everyone.

“Speaker Series.”

We were also excited to launch our Speaker Series for 2020 following its success in 2019. On February 19 last year we had the privilege of hearing from Ken Done, James Gulliver Hancock and Nina Rycroft.

Coming up we did have an exciting series from curators of international galleries, Hollywood film makers and performance artists live on stage. This exciting speaker series is a first of its kind in our school for the Art Department and we are looking forward to the enrichment it will provide our broader community, fellow schools and students. Everyone is welcome. We hope to be able to bring you more of these compelling talks, at Mosman High School, in the not too distant future if health regulations allow.

“Mosman Art Walk”

This innovative event was run for the very first time in 2020. With the effects of Covid and various lockdowns affecting our normal events we had a re-think about how we as a school could support our community and also develop a new fundraising opportunity for our kids.

The idea of an event for our community was created and now we plan to run this event as our key fundraiser for the next few years.

Mosman Art Walk is an event where we approached the retailers in our village and asked them to provide their shop windows for a short while so we could display professional artworks in them and therefore creating a “walking exhibition” throughout our beautiful Mosman village.

This event is covid safe and in the great outdoors, it's a gentle 3km walk and is free for the public to enjoy. The Art Walk circuit takes viewers on a journey past all different types of retailers therefore increasing foot traffic and hopefully sales into their beautiful stores.

The art is curated by our Committee and is from professional practising artists that we hand pick. Artists such as Ken Done, Sophie Cape, Dana Dion and Anna Carien Goosen to name just a few of our award winning artists who all took part in this event.

The best bit is that while we increase our village exposure for our community we also draw attention to the talents of many artists who have felt the effects of Covid during the past year or so.

The public can go online and purchase the artworks with 25% going back to the school and 75% going back to the artist. Look out for this event in Feb/March 2022.

Fundraising goal

This is a brand new initiative for the Mosman Community and our School. Look out for this event in Feb/March 2022 which will be held in conjunction with the Mosman First campaign. Our aim is to raise money for new student technology and student enrichment in our wonderful new learning environment.

HOW TO JOIN

The Art Committee is keen for new members to join and bring their ideas and skills. If you'd like to find out more and be on our email list, please contact us.

E: mhsartcommittee@gmail.com

You can also find us on the Mosman High P&C Website or Facebook.

www.facebook.com/mosmanhighart/

www.instagram.com/mosman_high_art