

PRINCIPLE UPDATE: 1 September 2023

Dear all,

Well an exciting day yesterday when we had the official launch of World Ocean Day at our school. Almost 200 students from different years participated in the day where presenters discussed the issues of plastics entering our oceans and waterways. We also had a number of federal and local members attend the day including the Federal Minister for the Environment Tanya Plibersek, the local Federal Member Zali Steggal, and the Mayor of Mosman Caroline Corrigan. Valerie Taylor who is a champion of the oceans also attended. This was a pilot and from Mosman will travel to regional centers across NSW to present to many schools.

Our students were engaged for two hours and asked insightful questions. Emma and Raghunath our school captains were valued leaders in welcoming our guests to the school and participating in the event. This coming weekend they will again be representing our school at the Merchant Navy Memorial Day. Speaking of school captains Year 11 have nominated and voted for the 2024 Leadership Council and I hope to call them down some time today and congratulate the successful candidates and then set up an election for the school captains and vice-captains.

Year 11 commence their final Preliminary examinations in the hall starting Monday of next week. These exams last two weeks and then from the start of term 4, they become Year 12 and then their HSC year begins.

We have some great presenters for parents coming to the school in the next few weeks.

1. Monday 11 September at 7.00 pm the P&C has organised Paul Dillon to speak to parents in our new theatre. You are all welcome. Enter via the Belmont Road student gate and then walk up the stairs towards the new build. We will be there to guide you to the theatre. The topic looks at how parents can support their child who might exhibit risk taking behaviour and particularly with drugs and alcohol and vapes.

2. Monday 18 September (in the same location and at the same time) the P&C have engaged Ysafe. This presentation was provided last year at the RSC and while there were a number of parents who attended, it was judged by all present to be so good that we booked them again. The speaker looks at all aspects of social media and its pitfalls, the presentation is targeted to parents and the strategies and ideas provided were incredibly valuable.

Both presentations are definitely worth attending.

I have attached the next communication regarding the upgrade to Mosman High from SINSW. Everything is moving at a pace and the centre of the school is now all soil as the concrete and footings are being poured for landscaping. Next week the car park will be emptied and the re-surfacing begins. Also in week 10 the audio-visual works will begin in the theatre and the hall.

Mosman High School upgrade

Works notification | DD August 2023

Mosman High School is being upgraded to provide students with the latest educational facilities for teaching and learning. The new building G facility opened for Day 1 Term 3 2023. Building C has been demolished and work is underway to remediate the area building C was on.

Work to start on staff carpark from 4 September 2023

Construction work will be starting from Monday 4 September 2023 on the staff carpark in the northwest of the school site. This work will involve adding in 33 additional car park spaces for staff, new gates and new lighting. Please see overleaf for a map showing the location of the new staff carpark on the site.

This work is expected to take place for a period of approximately 6 weeks, with the majority of construction work to take place over the spring school holidays. The spring school holidays run from Monday 25 September 2023 to Friday 7 October 2023.

Working hours

These works are taking place during the hours of 7 am to 6 pm Monday to Friday and 7.30 am to 3.30 pm on Saturdays. Unless otherwise notified, no work will take place on Sundays or public holidays.

The health, safety, and wellbeing of the school and the local community is our highest priority and we will continue to keep the community updated.

Finally, I received this email from Headspace which provides study tips and support for students and parents. I know this will make my email a long one but wanted to share it. See below.

Best wishes,
Susan

The end of Term 3 is such a busy time for students, educators, parents and carers. I know your students will be feeling a range of emotions as their time at school comes to a close and they prepare for their next chapter.

The resources listed below include links to help seeking resources as well as links to the headspace Work and Study Program (which is a great resource to use even post HSC).

If you'd like any additional support just reach out...

Promoting help seeking

We have included a selection of resources that may be useful to promote through your

school channels perhaps via newsletter, online platforms or hard copy for distribution. We suggest reviewing and selecting the most appropriate resources as well as reiterating local supports.

Work and Study Support

- headspace Work and Study Programs support 15-25-year-olds to find a job, write an application for employment or study, plan a career, and give advice on study options/ further education. Support can be given online or in person and there is absolutely no cost.
- Access here: [Work and Study Program and Career Mentoring Program](#).

This information would also be helpful for parents of Yr. 12 students

For All

- [Be You support services infographic](#) access here

For all students

- [Headspace How to stay healthy over the holidays](#)
- [Headspace Tips for a healthy headspace](#)
- [Headspace How to help a friend going through a tough time](#)
- [Headspace How To Reduce Stress & Prepare for Exams](#)

headspace digital services (also known as eheadspace)

Young people aged 12-25 years old can chat privately with our professional counsellors over the phone or webchat, seven days a week between 9am – 1am. It's a safe space if you want some advice, unsure of what help you need or maybe just want to talk things through.

- <https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fheadspace.org.au%2Fonline-and-phone-support%2Fconnect-with-us%2F&data=05%7C01%7CBelinda.Chard1%40det.nsw.edu.au%7C88e4d361816e480641a208dba9faf096%7C05a0e69a418a47c19c259387261bf991%7C0%7C0%7C638290667492501610%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6IjEhaWwiLCJXVCi6Mn0%3D%7C3000%7C%7C%7C&sdata=nVJYw%2Fa3xNc%2FzFy5DKNfTT8gbwYDUgQyXgchHDSLLWw%3D&reserved=0>

Study Tips:

Reach Out Study Stress:

<https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fau.reachout.com%2Fstudy-work-and-money%2Fexam-stress&data=05%7C01%7CBelinda.Chard1%40det.nsw.edu.au%7C88e4d361816e480641a208dba9faf096%7C05a0e69a418a47c19c259387261bf991%7C0%7C0%7C638290667492501610%7CUnknown%7CTWFpbGZsb3d8eyJWljoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ikk1haWwiLCJXVCi6Mn0%3D%7C3000%7C%7C%7C&sdata=BMypMZ1mzaj6xEzBlitWaG3d5Y%2Bz%2Feu4IQTONOzaQECw%3D&reserved=0>

NSW Department of Education Stay Healthy HSC

<https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Feducation.nsw.gov.au%2Fstudent-wellbeing%2Fstay-healthy-hsc&data=05%7C01%7CBelinda.Chard1%40det.nsw.edu.au%7C88e4d361816e480641a208dba9faf096%7C05a0e69a418a47c19c259387261bf991%7C0%7C0%7C638290667492501610%7CUnknown%7CTWFpbGZsb3d8eyJWljoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ikk1haWwiLCJXVCi6Mn0%3D%7C3000%7C%7C%7C&sdata=cQlccpGhvprfT3HfUrbJJe%2FRng73oLbK%2FRVWHBRorWc%3D&reserved=0>

For all parents

· <https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.parentline.org.au%2F&data=05%7C01%7CBelinda.Chard1%40det.nsw.edu.au%7C88e4d361816e480641a208dba9faf096%7C05a0e69a418a47c19c259387261bf991%7C0%7C0%7C638290667492501610%7CUnknown%7CTWFpbGZsb3d8eyJWljoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ikk1haWwiLCJXVCi6Mn0%3D%7C3000%7C%7C%7C&sdata=bCYxFXWDM48Yp3A5XBSncfLbr7W%2BM68Yc68eu6RWd2M%3D&reserved=0> 1300 1300 52 -tips and advice around a range of topics for parents to support young people

· <https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fparents.au.reachout.com%2Fone-on-one-support&data=05%7C01%7CBelinda.Chard1%40det.nsw.edu.au%7C88e4d361816e480641a208dba9faf096%7C05a0e69a418a47c19c259387261bf991%7C0%7C0%7C638290667492501610%7CUnknown%7CTWFpbGZsb3d8eyJWljoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ikk1haWwiLCJXVCi6Mn0%3D%7C3000%7C%7C%7C&sdata=hZQ83klcsGIYYIxsB2lccWYUM0FicIT7D%2BUo8PGBDfM%3D&reserved=0> - a free online coaching service for parents and carers to support their teens through a tough time