

Dear all

Lots of information for you in this update.

The most interesting is a special event that has been organised by The Lower North Shore Community of Schools to which Mosman High belongs (flyer attached). I have heard Dr Peter Krabman speak and he is brilliant. He is a clinical psychologist who provides amazing practical advice for parents and teachers on how to support children with general or social anxiety.

He rarely speaks to school groups but we have been able to get him to speak to parents in our community. The presentation will be via Zoom on 8 November at 7pm so no need to come out at night. The school is covering the cost so no cost to any who attends but there is registration as if we get a great turn out then we will try to organise more high level speakers.

The second flyer comes from Mosman Rowers who are keen to offer opportunities to Mosman High students.

Then access the link for, [a really interesting article on sleep](#).

Lots of course happening at school as well with the fabulous Design exhibition showcasing the great work being done in the TAS faculty. Then our Jazz Band were stunning at Balmoral last Friday evening. The good news is they are playing again tonight at the Balmoral Rotunda commencing about 7.00pm. See a sample of their performance on the [Mosman High Music Facebook page](#).

Congratulations to students Ruby Lafferty and Laura Williams who have been selected to sing at "Pulse Alive" a great achievement. Also congratulations to our gorgeous school captains Emma, Raghunath, Mia and Beau already they are doing so much for our school.

Exciting news on Tuesday Multiplex will hold a "Topping Ceremony". This is a Scandinavian custom where when the roof is poured or completed they put a tree on the roof and have a small party to provide the building with a happy vibe. It is great news that the fourth floor has been poured and soon the scaffolding will start to come down so that the brick work can be started.

Speaking of the build we were to have this wonderful recycled material as the surface for all our bench tops. Unfortunately the organisation in Victoria could not make the order. Multiplex sourced an alternative from the UNSW. It is made from textiles and glass. The university needs 150kg of textiles no zippers or buttons. I have placed a large container outside my office. If you have any clothes/textiles that you would like to remain forever part of our new build please send them with your child to school. This is a prototype and we are the only school or organisation being given this opportunity.

Sunday, Year 8 head off to camp. Students are expected at school by 8.00am. I am sure they will have a fantastic time. This is the first time we have ever organised a Year 8 camp and I thank Bernadette Smith for all her hard work leading up to the camp.

Also good news we are starting our overseas music tours again. Next year we will be flying to Singapore for ten days of music and cultural experiences. Thank you to Caroline Fechner who has done so much to get this happening.

Finally today is World Teachers Day and I would personally like to thank each and everyone of the fantastic teachers we have at Mosman High. All the incredible programs that we offer and exceptional learning in the classroom would not take place without them. I am sure you agree with me :)

Best wishes
Susan

Lower North Shore Community of Schools



TERM 4, 2022 PARENT ZOOM

Leaning into fear:

How parents, teachers and the student
can work together
to enable anxious and avoidant students to
engage constructively with developmentally
necessary uncertainty and risk



FRANZCP CERT. ADV. TRNG. CHILD ADOL. PSYCH. MEMBER FACULTY OF CHILD & ADOLESCENT PSYCHIATRY-RANZCP MEMBER FACULTY OF ADDICTION PSYCHIATRY-RANZCP
FRANZCP CERT. ADV. TRNG. CHILD ADOL. PSYCH. MEMBER FACULTY OF CHILD & ADOLESCENT PSYCHIATRY-RANZCP MEMBER FACULTY OF ADDICTION PSYCHIATRY-RANZCP

Date: Tuesday 8th November

Time: 6 – 8pm

Where: Virtual, Zoom, presented by
Dr Peter Krabman

**CLICK HERE TO
REGISTER**

TryBooking RSVP closes 3pm, 4th November 2022

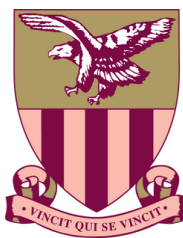
Submit your questions for the Q & A with
Dr Krabman via this google form

<https://forms.gle/qvwwXnSUt37uL2GA6>

ABOUT THE SPEAKER

Dr Krabman has over 15 years experience as a child, adolescent and family psychiatrist, after an earlier career in general practice. He takes a biopsychosocial approach to assessment and treatment of children, adolescents and young people, providing that assessment and treatment to individuals, in a family context.

Dr Krabman is skilled in the provision of family therapy, dyadic (parent/child) therapy, individual therapy, and medication treatments.





GET READY FOR

ROWING

AT MOSMAN HIGH

STARTING TERM 4 2022

Contact Kieran to try rowing and
represent Mosman High at CHS 2023

E: KIERAN.KOBELKE1@DET.NSW.EDU.AU

P: 0491 032 592

