

A school community fostering creativity, individuality and leadership while striving for excellence in teaching and learning.

Six Weeks to Christmas!

FROM Susan Wyatt, The Principal

Where has Term 4 gone ... let alone the year? It seems incredible that we are already in week 6 and starting to issue final year reports. In fact, on Friday 11 November Year 11/12 received their final reports as Year 11 Preliminary students. Year 12, 2023 are already well into their HSC studies and in fact, in week 8 will be participating in their first assessment block with associated StuVac. Students already have received their rubrics for each of their five subjects and will either deliver their assessments to their teachers online via Google Classroom or attend in their normal lesson time for formal tests or oral presentations. We are hoping that by using an assessment block week, we will further support our students in their preparation for their Trial HSC and HSC blocks later next year.

I mentioned in my regular 'Principal's Update' that each teacher had been provided an extra five hours of professional learning per term to support the introduction of new curriculum in every subject. The New South Wales Education Standards Authority (NESA) that provides all syllabuses for NSW schools has released a timeline for introduction of a subject syllabus, planning for implementation and then implementation. This whole syllabus change will take place over the next three years and teachers will need time to accustom to the new syllabuses, write or update programs and plan appropriate teaching strategies.

Thus the five hours will be useful to support all these requirements. In the past we would have given teams of teachers a day at a convenient time to work in teams to facilitate this initiative. However with such a casual teacher shortage even for a school such as Mosman what was possible in the past is no-longer possible.

The staff have spent considerable time since this initiative was announced coming up with a number of options to make this new professional learning happen. The option that would work, that is teachers could work in subject teams on the day for one day a term and the Head of Administration would not have to find casual staff that don't exist, is for students to have a working from home day once per term. The day would operate in a similar manner to how students engaged in learning during lockdown. Teachers would provide lessons on Google Classroom so that continuity of learning would occur. However there would not be Zoom lessons on this day. If there were families that could not supervise their child on the 'Professional Learning Day' of course there would be limited supervision at school for students to

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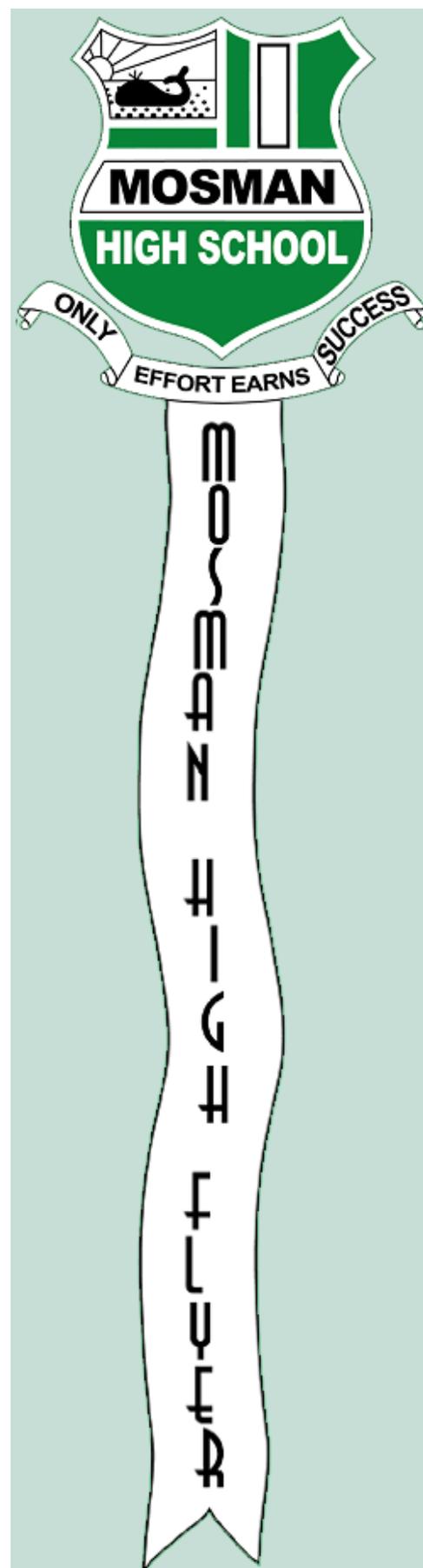
P&C

NEXT MEETING

7pm, Thursday November 24th

All Welcome

SCHOOL LIBRARY - Enter Gladstone Ave pedestrian gate, left up the stairs and right through the corridor.



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work on their Google Classroom lessons. The timing of the ‘Professional Learning Day’ could be at the start of term, or mid-way through the term or at the end of term. I have discussed this day with our P&C President who in principle could see that this of all the options would be best for teachers and students. I have asked that at the upcoming P&C meeting this is an agenda item so that I can canvas parents’ ideas and we can come up with a solution before the 2023 year commences.

The build has really started to move forward and all layers of concrete floors have been poured. Now rooms are being delineated with stud walls in place. All decisions relating to furnishings have been made and the furniture has been ordered. There are some additions to the build that do not fit into the SINSW standards and I thank the P&C for supporting all the ‘variations’ that have come up which will ensure that this building is exactly fit for the context of our school. Examples of these variations include a curtain for the front of the hall stage and a black curtain at

the back of the theatre as well as motorized doors for the front entrance to the school and student entrance. As you know we had these motorized sliding doors in our old building and they not only support our parents and students who may have a disability but also have a sustainability factor.

Multiplex recently held a “tree topping” ceremony to mark the completion of the highest section of the build. This is an ancient Scandinavian custom that originally was to appease the ‘tree spirits’ for the use of wood in the build. The custom spread throughout Europe and to the Americas. While our build largely has steel formwork, it was nevertheless an opportunity to celebrate an important milestone. I must say the views from the third and fourth floor across to Manly in one direction to the Eastern suburbs in another and then to the Harbour Bridge and city skyline are stunning.

I am very grateful to Mosman Council for their support of our students’ safety when crossing Gladstone Avenue in the mornings and afternoons. It seems a possible crossing at the back of the school has been approved in principle and has now gone to the traffic committee for detailed planning. With so many of our students trying to cross at the time that buses are picking up students and cars are using Gladstone as an alternative way through the suburb a crossing will not only support our students but our local community, many of whom cross in that area.

Finally, congratulations to our students who are representing us in so many endeavours, whether on the sporting field, musically, in the environmental area, in leadership or in the creative and performing arts. You will find their successes mentioned in detail later in the newsletter. However, I will congratulate Holly Baynham and Henry Newton of the Class of 2022 for their nominations in Art Express a fabulous achievement.

Topping Out Ceremony



Deputy Principals' Reports

FROM Colette Longley & Clint Johnson, Stage 6 Deputy Principals

This article is about getting organised for the Assessment Period scheduled for Week 8 – There are only 12 days to go!

Keeping in mind 3hrs per day x 12 = 36 hours of study to prepare ahead.

This means for 5 subjects (the minimum studies), there is approximately 7 hours of study for each subject enrolled. Keep in mind that there are 40 periods left in a timetable for the next week and half, students will have approximately 6 hours of study time at school to fill ie at least one hour can be spent studying during the periods timetabled for each day. Students should not waste this valuable time.

Recently the students have had a goal setting session in Maths and Art to help identify their strengths and weaknesses for each subject.

Here are some suggestions to support their goals and take action to improve their performance;

1. Note taking is a process that is ongoing and must be well organised

Each student has finished or are near finished the first unit or section of their course. In the week 8 assessment period the students need to have prepared their notes from term 4. I would recommend targeting the weakest subjects first. Students can ask their teacher for guidance on where they can expect to make gains and how to plug the gaps. It's not too late to ask questions so that when notes are written possibly at the last minute the students can focus on what course content or skills should be prioritised.

Notes need to be accessible and organised. With twelve days to go, it is important that Year 12 is efficient in their approach to revision. Students should sort their notes by subject (5 folders) and by topic.

Note taking is a skill. There are many excellent sites that can assist with notetaking and organisation. These have been published in past High Flyers. Cornell note taking method is one highly regarded at Mosman High School.

2. Prioritise

Students should create a study timetable for what subjects you need to study and when. These next days are about study not about homework, a different priority from the last few weeks. If a student requires assistance with a study timetable just ask them to open up year 12 google classroom and a template can be found there.

Once the study timetable is done put it on the family fridge so that all family members know what lies ahead in the next twelve days. The student can cross off each day as a way of celebrating their organisation skills and in moving steps closer to achieving their goals.

Next is to figure out how to be precise with what exactly needs to be studied or prepared for each subject and what needs to be explicitly done. Here is an article of interest about the importance of deconstructing HSC verbs. These verbs are the flags that help students to figure out what to tackle first

[How to Respond to NESA Key Words to Ace Your HSC! \(matrix.edu.au\)](https://matrix.edu.au)

If a student has been given a hand in to submit or a choice between two questions to prepare or the question directly, this article should help.

Turning a large number of notes into a succinct graphic organiser such as a table, mind map will help the student to memorise and clarify the information they need to learn.

3. Do Past HSC questions

Build in time to do at least one past paper question for each subject studied in week 7. Papers for all subjects can be found on the NESA website

[HSC exam papers archive | NSW Education Standards](https://www.nesa.nsw.edu.au/exam-preparation/exam-preparation-articles/hsc-exam-papers-archive)

NESA posts the past papers and solutions and marking centre notes.

Remember the student is not doing the whole paper. The student should follow the time restraints and conditions noted in their assessment notice. It is important the student should self-reflect on their work first by using the marking rubric their teachers have recently supplied them. After that process is completed make adjustments then ask a critical friend or peer or teacher to give feedback. Sit the paper again and repeat.

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Deputy Principals' Reports

FROM Colette Longley & Clint Johnson, Stage 6 Deputy Principals

4. Well being

I found this recent article in the Sydney Morning Herald very useful. It is vital that over the next few days there is life and study balance. All work and no play are not recommended.

[How to cope with the stresses of the HSC \(smh.com.au\)](https://www.smh.com.au/education/2022/11/01/how-to-cope-with-the-stresses-of-the-hsc-20221101)

I have recommended before the HSC well being hub for tips for HSC kids. Just a reminder

<https://education.nsw.gov.au/student-wellbeing/stay-healthy-HSC?q=>

5. Don't procrastinate

It's important to try to learn, sustain and or build on routines for study now and avoid wasting time. For now, here are two ideas for how to do this:

- Developing memorisation techniques to train the brain to concentrate <https://education.nsw.gov.au/parents-and-carers/going-to-school/preparing/getting-ready-for-year-11-12/brain-tips-and-tricks>
- Find others that inspire the student to stick at it and feel supported <https://education.nsw.gov.au/student-wellbeing/stay-healthy-hsc/resources/heres-7-ways-you-and-your-mates-can-support-each-other>

It's all about studying consistently and efficiently. The aim is to use these days to polish skills and knowledge, and use the results from assessment one to build on performance.

Good luck to all your Year 12 in the coming weeks. I hope you achieve your personal best!

Professor Pasi Sahlberg and Professor Sarah Goldman from Melbourne University with Mosman High School Captain Will Osborne and Mosman High Parent Ann King who formed the panel of an evening of discussion at the Utzon Room at the Opera House with the topic "Imagine if Health was as valued in the school curriculum as other subjects".



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FROM Tony Gahan, Stage 5 Deputy Principal

In today's mental health landscape, I regularly remind the students to seek the advice of professionals, rather than rely solely on the advice of their peers. I also receive feedback that mental health agencies are very difficult to secure their services. I subscribe to the notion, that it is better to book and wait, rather than to hang up in frustration.

Following are the contact details of the local providers.



supporting young people; ways to help when you are concerned about their mental health

information for parents, carers, and community members

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

About headspace

Headspace National Youth Mental Health Foundation provides tailored and holistic support to young people aged 12 to 25 years to navigate the big issues in life, their mental health, physical and sexual health, alcohol and other drugs issues, as well as work and study. More than 75% of mental health disorders begin before the age of 25 (Kessler et al, 2005) and by working with young people at such a critical time in their lives, we aim to prevent a disorder from occurring or to reduce its severity.

In addition to headspace centres, eheadspace connects young people to youth mental health professionals 365 days a year. eheadspace provides a free, secure and anonymous service for young people who cannot access help in person, or who prefer to interact online or over the phone.

Local supports:

- Australian Psychological Society (APS): find a psychologist in your local area.
- Mental Health Access Line, NSW: 1800 011 511 - available 24 hours a day, 7 days a week, offering professional help and advice, and referrals to local mental health services.
- Health Direct, Australia: government funded service providing quality approved health information and advice.

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FROM Tony Gahan, Stage 5 Deputy Principal

- Primary Health Network: funds a variety of local mental health services. national supports Support for young people:
- headspace National Youth Mental Health Foundation: Information and resources for young people, family and friends.
- eheadspace: 1800 650 890 - available 9am – 1am, 7 days a week.
- ReachOut Australia: Online mental health service for young people and their parents.
- Kids Helpline: 1800 55 1800 - available by phone, email or webchat, 24 hours a day, 7 days a week.



what is mental health?

Mental health is defined as “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”² So rather than it being about ‘what’s the problem?’ it’s really about ‘what’s going well?’

the mental health continuum



(The mental health continuum, Be You. Beyond Blue, 2021)

Mental health isn't a fixed state. Mental health can be thought of as sitting on continuum that we all move along, all the time, depending on how things are going for us in our lives.

Most young people sit at the *Flourishing* end of the mental health continuum, most of the time. However, you may have noticed during COVID-19, some young people showed changes in their relationships, their behaviour and learning that significantly impacted their daily activities, and this might suggest they may be in, or are moving towards, the far-right side of the continuum.

The [mental health continuum](#) demonstrates a stepped care approach to supporting young people. Having productive conversations with young people as they move along the continuum, such as how they can maintain their mental wellness, rather than wait until it impacts on their functioning, can be an example of this.

So, what the continuum looks like in real life, for a young person during COVID-19 and what conversations can be helpful?

[2] World Health Organization (2005)



FROM Tony Gahan, Stage 5 Deputy Principal

starting a conversation

the "NIP It In the bud!" guide to support your young person

NOTICE

You might notice changes in a young person, for example:

- A noticeable change in how they are feeling and thinking
- Feelings like anger, sadness, fear, not caring about anything, risk taking
- You might see changes in the way your child is behaving or acting
- Not enjoying things anymore
- Changes in eating or sleeping
- Being easily irritated or having problems with friends and family
- Finding they can't focus on things or maintain attention
- Feeling down or that there is no hope or point to life
- Having trouble concentrating or remembering things
- Turning to alcohol or drugs to cope with feelings
- Having negative thoughts or distressing thoughts
- Feeling unusually stressed or worried
- Changes socially like withdrawal, being secretive, acting out of character

INQUIRE

There's no perfect way to start a conversation about mental health – so it's ok if you're finding it hard.

It can help to do some research first and find a time and place where everyone involved is feeling safe to talk about it.

When asking, it can help to be specific about the things you've noticed. And remember, you're asking to understand.

Understanding your young person's experience can leave you in a better place to respond in a way that helps.

Some ways to try having this conversation might be:

- *Hey, I've noticed you seem to have a lot on your mind at the moment. I'd like to hear how it's been for you.*
- *I've noticed that sleep has been harder for you lately. Have you got some ideas about why that might be?*
- *I haven't seen any of your friends recently. How have things been going?*
- *What can I do to be help?*

PROVIDE

It's about providing what you think your young person might need at that time. This will include support, listening, and empathy. Responding in a way that shows you're really listening can make a big impact.

Here are some statements that might help:

- *"I can hear this is really tough for you"*
- *"It sounds like it's been impacting lots of areas of your life"*
- *"Thank you for sharing with me, I care about how you feel and what you're going through."*

Taking the time to try to understand, can show the young person you're a safe place to go to for support and might mean they end up sharing more. In trying to find the best way to offer some support, it can help to share the decisions with the young person.

Some statements that might help include:

- *"I'd like to find a way that I can be helpful for you. Would that be ok for you?"*
- *"It sounds like home is a bit stressful now. Would you like to have a go with me at figuring out some ways to take some of that stress away?"*
- *"I'm not feeling very confident about the best way to help at the moment. Would it be ok if we called a service to help us figure out the best way forward?"*

If you have immediate concerns, take them to your local Emergency department or phone 000 and stay with them.



FROM Tony Gahan, Stage 5 Deputy Principal



free online support, wherever and whenever you need it

There are lots of things for your young person to think about like school, study, work, relationships, physical and mental health. Whatever it is they're facing, headspace is here to help.

Develop self-help skills

There are interactive exercises that allow your young person to manage their own mental health. These bite-sized activities help them reflect on their own needs, build their everyday skills and set goals to improve their mental health.

Join the community

Our safe and supportive online community provides a great way to connect with others and share resources that are helpful.

Our regular group chats bring young people together and explore topics that are important to the community. Our peer-led chats are held every week, where young people can share tips and experiences with others. There are also chats run by our professional clinicians who explore topics and provide resources, strategies and advice to help build their skills.

Chat privately with professionals

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

Get support with work and study

Young people can get support with their work and study goals by speaking with our work and study specialists via webchat, video chat, email or phone and it's free. We can help young people with everything from writing resumes and job applications through to planning course options, practicing interviews and managing their mental health with their work and study. Visit headspace.org.au/workandstudy to register or call 1800 810 794.

Resources and tips

There are heaps of resources available which can be a great starting place to gather information that's relevant to them.



There are many ways young people can get the support they need just from visiting the headspace website and creating an account.



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FROM Tony Gahan, Stage 5 Deputy Principal

seven tips for a healthy headspace

There are small steps that you and your family can take to support your family's mental health.

1. Get into life

Set a goal or task that you want to achieve for the day - it can be something small like making your bed, going for a walk or calling a friend. Try some new hobbies and keep doing the things you love as best you can like reading, drawing or exercising.



2. Learn skills for a tough time

It might be helpful to learn new coping skills to maintain and improve wellbeing. Try journaling thoughts and feelings, practise some breathing exercises, explore mental health apps or websites, create a new routine, or take a digital detox.

3. Create connections

When we can't physically connect with friends and loved ones, there are so many other ways to stay connected. Try connecting by video chat or phone with friends and family. Online video and board games can also be used to connect with others.



4. Eat well

Minimise unhealthy snacks. It's good to develop coping strategies that are not related to food. Be sure to nourish your body with things like: fruits and veggies, foods high in fibre, fermented foods like unsweetened yoghurt, olive oil, and fish.

5. Stay active

Try doing an online fitness program or a yoga class, challenge your friends to a push-up challenge, get outside for fresh air or have a living room dance party – all great free ways to keep up physical and mental health.



6. Get enough sleep

Try to stick with a sleep routine. Go to bed and wake up at the same time as much as possible and aim for at least 8 hours of sleep a night. Switch off from electronics 30-60 mins before bed.

7. Cut back on alcohol and other drugs

Be mindful of your use of alcohol and other drugs. Try a short break – start with a few days and then try a week, consider alternatives like herbal tea, water or a smoothie, and find new activities to keep you engaged.



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FROM John Feros, Stage 4 Deputy Principal

Welcome to Week 6! The year/term has absolutely gone so quickly. The Year 8 Camp has come and gone with a number of highlights and memorable moments. The students are now looking forward to Ski Camp in Year 9. Looking at the School Calendar, it's packed!! In class there are assessments to complete, School Concert and Presentation Night. There will be more happening in between these major events, so watch the calendar! With all the assessments coming up and just day to day at school, I thought I would touch on *Anxiety*; it's never too late. It is such a huge topic and there is so much information out there, so below is just a short summary. Just a reminder that we have some great resources at school; The Year Advisers – Mrs Shore and Mr Edwards in Year 7, Miss Peniazeva and Mr Little in Year 8. As well we have Hayley our Student Support Officer, Counsellors and Head teacher Stage 4 Mrs Smith. Students can also see me any time. If anyone is feeling anxious, please reach out.

What is anxiety?

Anxiety is the body's physical response to a threat or perceived threat. It causes a pounding heart, rapid breathing, butterflies in the stomach and a burst of energy as well as mental responses such as excessive fears, worries or obsessive thinking.



Everyone experiences anxiety from time to time. It helps us to avoid danger by giving us energy and alertness to escape. But for some students, anxious feelings don't go away. They can see situations as much worse than they really are, and their anxiety affects their ability to concentrate, sleep and carry out ordinary tasks.

The common types of anxiety disorders are:

- **Generalised anxiety disorder** - Excessive, uncontrollable worry about a range of ordinary issues such as health, school, friends.
- **Social phobia or social anxiety disorder** - Causes people to avoid social or performance situations for fear of being embarrassed or rejected.
- **Panic disorder** - Regular panic attacks, which are sudden intense episodes of irrational fear, shortness of breath, dizziness and other physical symptoms.

What can I do to manage anxiety?

Some tips:

- Try to stay connected to people in whatever way you can;
- Be conscious of your exposure to social media and the negative impact it can have;
- Keep routine in your day and add something enjoyable in where you can;
- Practice some regular breathing exercises;
- Listen to some favourite music;
- Keep active, doing whatever you enjoy;
- Try to eat a reasonably balanced diet most of the time;
- Look at your bedtime rituals. Are they working for you? Can you limit screen time before bed, use low lighting, implement regular bedtimes, or just rest when you can.



Performing Arts News

FROM John Feros, Head Teacher Performing Arts

All students are currently preparing performances for assessment and there should be some showcases in the upcoming weeks. Our End of Year Concert will be in Week 7. I would encourage all students to prepare Dance, Drama and Music items. We showcase our talented students. It is an opportunity for students to perform in front of a live audience.

Miss Hardingham has also organised a visit to the Sydney Theatre Company to see *The Tempest* featuring Richard Roxburgh on November 30. The play is a deeply moving reflection on life, love, and what it means to let go. This should be a great production and we are so lucky that theatre is so accessible from Mosman. I would encourage all Drama students to get out and see theatre; you will be influenced in your own skill development.



Years 9-12 Music students are equally lucky with Miss Brownlee organising an excursion to Moulin Rouge. Great choice and great production – Voulez-vous coucher avec moi !! Can't wait for the student feedback.



Past Alumni

It's always great to receive news about past students. This time it is Celeste Dodwell. Celeste finished at Mosman High in 2007 with a brilliant ATAR. But, even more special was her result in Drama where she came first in the state! Celeste decided to by pass NIDA and study in London at LAMDA. She graduated after three years and has been continuing her acting journey in competitive London. I received news from her mother that Celeste is treading the boards at the Lytton Theatre in Shakespeare's *Much Ado About Nothing* for The National Theatre; it will be shown in early December at The Cremorne Orpheum. Apparently, The performance was filmed on the day HM Queen Elizabeth departed the stage, an announcement made to cast and crew and audience at the half hour call. In her mother's words, *'Talk about upstaging...'*



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Performing Arts News

FROM Amy Hardingham, Teacher Performing Arts

Year 8 Drama



This Semester, Year 8 Special Drama has investigated contemporary Australian theatre in depth. In particular, they have focused on the plays of playwright, novelist and TV writer Debra Oswald. Whilst Debra is probably best known as the creator and writer of the hit TV show *Offspring*, she has written numerous plays. Her play *Dags* is a perennial favorite of young people and Drama teachers (it is a favorite of Mr Feros and Ms Hardingham was in it when she was in Year 8!). *Gary's House* was on the HSC syllabus for a number of years, as well as being shortlisted for the NSW Premier's Awards. *Stories in the Dark* won the NSW Premier's Award in 2008.

Year 8 Drama reached out to Debra who very generously offered to come in and meet the class! Debra volunteers with the Sydney Story Factory and she loves working with young people and sharing her craft with them. She joined Year 8 in Scots Kirk Hall on Wednesday 26th October. Astrid Durrant presented her detailed research slideshow to Debra and reminded her of some of her accomplishments over the years. Molly Fazekas and Aisling Kerridge then performed a scene from Debra's play *House on Fire*, which Year 8 have been working on in class.

Debra then participated in a Q&A with Year 8 who had developed some really interesting questions, including Seb Topping's question about what Debra was like in High School (answer: "a complete dag") and Sienna Parker's question about which of her plays she likes best (answer: "that's like asking me to pick my favorite child!"). Charlotte Dunsford then thanked Debra and presented her with a lovely bunch of flowers. Year 8 really enjoyed the experience and as always rose to the occasion. Debra was most impressed and really enjoyed her visit.

Welcome to our new Music teacher Mr Williamson. Having just returned from New York, he replaces Mr White who is on leave in Term 4. Mr Williamson is a professional musician as well as a Teacher. He will bring real world experience into class. We are all looking forward to working him and I'm sure the students will value his teaching.



Year 8 Camp to Lake Burrendong

FROM Bernadette Smith, Head Teacher Stage 4

Last week Year 8 set out on quite a long bus journey to Lake Burrendong Sport and Recreation Camp. The end of the journey was marked by throngs of students running onto fields of green with kangaroos and wildlife and having endless spaces to have fun playing tennis, football, basketball, soccer, throw a frisbee, cricket or enjoy a game of table tennis or chess. The opportunities were endless and at that stage the sun was shining but not for long. I have to congratulate all Year 8 for their resilience and endless enthusiasm whilst participating in the activities provided in pouring rain, wind, some sun and freezing conditions (Snow Flurries nearby). The activities themselves were novel, engaging and diverse such as grass skiing, canoeing, go karting, archery tag and mountain bike riding as well as indigenous games. The only activity not going ahead was the Damper cook out, however, Halloween was celebrated with a flourish. Our students looked spectacular and the outfits were fantastic as we played Halloween Trivial Pursuit. The teachers and camp leaders supported our students throughout their learning of new skills and having new experiences so a huge thank you to the Sport and Recreation team as well as our own wonderful teachers John Feros, Liz Peniazeva, Stephen Little, Noah Hodge, Prue Smith, Geesje Van de Linde, Raffy Guilambarian and Hayley Rose. I also had a wonderful time supervising students who were very appreciative of this opportunity to experience new adventures in a very different and beautiful setting, away from mobile phones and the internet. Thank you to all our fantastic parents who made sure our students were there to board the bus at 8am on a Sunday morning and who supported us on this new venture.



FROM John Feros, Deputy Principal Stage 4

Ok, so we left on a Sunday, travelled seven hours on a bus, put up with torrential rain and camp food! But despite these difficult conditions, the Year 8 Camp was really great! What I liked about the camp was the way Year 8 conducted themselves during the 3 days. A little rowdy at night after lights out... but overall Year 8 were fine representatives of Mosman High. In fact, the staff at the camp commented on the politeness of our students and willingness to do the activities. Let's face it, the students showed great resilience in braving the rain and wind; nothing seemed to phase them. I thought that the camp was a way for students to get to know each other and meet students from different groups.

The theme of my camp montage is *Groups*, except of course for the single shot of our Year Adviser's tribute to iron men; one S. Little who was doing his best solo man impersonation (see the photos).

Special thanks to the staff who attended the camp and did a great job - Stage 4 Head Teacher Mrs Smith (with her impeccable organisation) Ms Peniazeva, Ms Smith, Ms Vander Linde, Mr.Hodge and finally Mr Giulambarian. Enjoy!

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Year 8 Camp to Lake Burrendong

FROM John Feros, Deputy Principal Stage 4



FROM Liz Peniazeva, Year 8 Adviser

Earlier this month, Year 8 students set out to Wiradjuri Country for 3 nights and 4 days of adventure fuelled fun. Surrounded by the waters of stunning Lake Burrendong and majestic gumtrees, students shared the rural retreat with friendly mobs of kangaroos and exquisite birdlife. Days were spent mountain biking, canoeing, peddle carting, playing First Nations games and even grass skiing. During the evenings, games and trivia activities were hosted by the wonderful Sport and Recreation staff. Students especially enjoyed dressing a little bit spooky for a Halloween themed trivia night. Students agreed that the special memories that were made and the fun was well worth the long bus ride and patches of rainy weather.



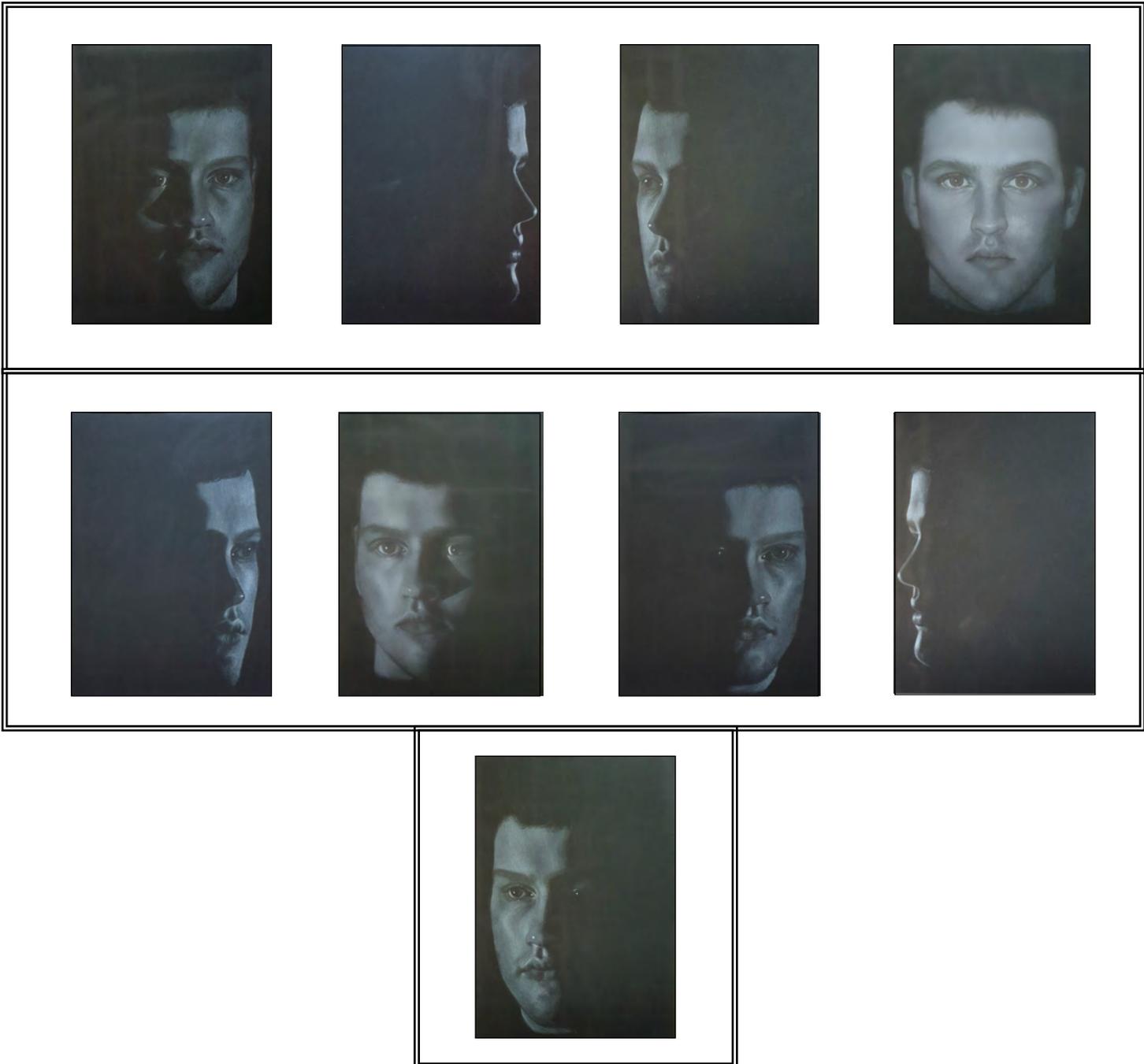
Visual Arts

FROM Fiona Ackerman, Head Teacher Visual Arts

Congratulations to the following two students that have been nominated for consideration for inclusion in ARTEXPRESS 2023:

Holly Baynham - The Lunatic Phases
Henry Newton—Wynyard Station After Dark

Holly Baynham - The Lunatic Phases



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Visual Arts

FROM Fiona Ackerman, Head Teacher Visual Arts

Henry Newton—Wynyard Station After Dark



Student Support

FROM Hayley Rose, Student Support Officer

When should I enlist mental health support for my teenager?

The following information is for parents and carers who do not need help with a crisis or emergency. If you need help right away here is a comprehensive list of services and supports - <https://parents.au.reachout.com/emergency-contacts>

The following information has been collated and includes resources and tips from ReachOut, headspace and other local services.

Parent Concerns:

- you're worried about your teen's mental health, but are not sure if it's serious enough to get help
- you want to know how to get advice or support for your teen's mental health
- you want to know what kind of mental health support services for teenagers and young people are available.
- Knowing how to approach the issue of teen mental health can be difficult. They may not recognise that there's something wrong, or you may wonder whether the issue is serious enough for you and your young person to get help. The good news is that there are a lot of options for help and support, depending on what your child's needs are, and what they're ready for. Getting help early will give your teen the best chance of managing any problems before they become more serious.

Getting help early for your teen

Most mental health concerns first appear between the ages of 11 to 25, while the brain is going through a process of rapid development. Around 1 in 4 young people have experienced a mental illness by the time they're 25. It's important to look out for signs of mental health or emotional problems in your child from an early age and during adolescence. When mental health conditions are treated and managed early, the episode of illness is likely to be less serious and have a shorter duration. Mental health conditions are generally episodic, which means that your child will likely experience periods of being unwell in between stretches of time where they seem to be doing better. Learning to spot the signs that your teen is feeling unwell early will mean that you'll have the best chance of managing their wellbeing and getting them the support that they need.

Knowing when to get help for your child can be difficult. At times, the signs of mental health problems can be similar to the 'ups and downs' of being a teenager. It's not always easy to tell the difference between 'normal' teenager behaviour and when there might be something else going on. Mental health difficulties will surface differently for everyone. As a parent, you have an important perspective - you've spent years with your child getting to know their patterns of behaviours and emotions. You're well placed to spot when your child's own 'normal' has changed, or if they're acting differently to usual. **Remember to trust your instincts.** If you think there might be something wrong, it's best to chat with your teen and raise your concerns.

It is important to recognise that not everyone who experiences distress or goes through a tough time has a mental health problem. Sometimes, your teen might be experiencing distress due to a life event, such as loss of a loved one, difficulties at school or changes at home. If your teen is going through a tough time, and is finding the way they are feeling isn't improving even with the support of family and friends, then speaking to someone can be helpful, even if what they are experiencing isn't a mental health issue.

What to do next for your teen

There are many different types of teenage mental health help and one way is not necessarily better than another. Different approaches will work for your child differently. Sometimes it's a combination of approaches that works best.

The first thing to do is to have a conversation with your child and find out more about what's going on. Things to remember when having a supportive conversation:

- take a curious approach and be open to hearing their point of view. You might start the conversation saying, 'I've noticed that you seem really down recently, how are you going?'
- take it seriously and actively listen to what they are telling you
- be positive in approaching the situation and support them to take a first step
- be your child's greatest advocate in getting the right help for them
- be optimistic that you will get through this together.
- Even if your teenager doesn't open up at first, you'll have shown that you're concerned and are there for them. When they're ready, they'll know that they can come to you.

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Student Support

FROM Hayley Rose, Student Support Officer

Once you and your child have acknowledged there may be a mental health difficulty going on, it's time to look at support options. Your general practitioner (GP) can provide medical assistance for mental health concerns. If you're worried that your teen is experiencing a mental health difficulty, a visit to the GP is a great first step in recognising whether something more serious is going on, and is a great place to learn about treatment options and get a referral to psychological interventions.

Headspace has a vast array of online resources - <https://headspace.org.au/explore-topics/for-young-people/mental-ill-health/> as well as offering in person services locally. Headspace Chatswood is a free and confidential service where young people aged 12-25 and their families can access support for their mental health, physical and sexual health, drug and alcohol concerns and work and study needs. Phone: (02) 8021 3668

ReachOut Parents provides information, tools and resources to help parents and carers support the 12-18 year-olds in their family environment. <https://parents.au.reachout.com/>

At Mosman High School we have an incredible wellbeing team who are here to support your teenager and family. The wellbeing team is made up of the year advisors, deputy principals, school counsellors, student support officer and wellbeing nurse. You can reach out to your child's year advisor in the first instance. I am also happy to offer connection to external services supporting parents and carers, you can contact me via the school email - Attention: Hayley Rose, Student Support Officer.

GET READY FOR

ROWING

AT MOSMAN HIGH

TRY SOMETHING NEW TODAY!

**THE MHS ROWING PROGRAM IS
LOOKING FOR NEW RECRUITS**

Contact Kieran to try rowing and
represent Mosman High in 2023

E: KIERAN.KOBELKE1@DET.NSW.EDU.AU
P: 0491 032 592

MHS Stars



'Out and about'

Our MHS Jazz Ensemble performed at the Mosman Festival Concert by the Beach down at Balmoral. The Ensemble performed on two consecutive Friday evenings on 21st & 28th October.

What a wonderful community event!



Junior Masters

Harry has been offered a position to participate and join the Jack Newton Junior Golf, Sydney Metro Academy. The objective of the Academy is to introduce keen talented juniors to elite athlete training in the hope of progressing them along the JNKG and Golf NSW High Performance Pathway. As part of this Academy Harry will have the opportunity to compete in the 2023 Harvey Norman Sydney Week of Golf, the 2023 Bathurst Junior Masters and the 2023 Regional Academy of Sport Academy Games.

Congratulations Harry!



Kids Giving Back

Oliver Sharp & Emilia Sharp are among close to 500 young people who produced over 7,500 hot meals, cold meals, fruit kebabs, breakfast boxes and care packs which all included empathetic positive messages on each item. These were then distributed to 9 charities around Sydney.

Great job Oliver & Emilia!



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MHS Stars

Champions League

Our GAT Basketball program sent 4 teams to the recent Champions League 3 x 3 tournament hosted by the Illawarra Heat 3 x 3 club on Saturday November 12.

Our Under 13 boys, Max Packross, Sam Catanho Martinez, Harvey Kendall and Xavier Hekking were undefeated across 4 game and took out the championship and scored some great prizes.

Mosman High entered 3 x Under 18 teams with a mixture of players from Year 9 - 11.

Mosman Bucks - Riley Davis-Donath, Adam Hasanovic, Kobe Webster and Rylan Neri

Mosman Sonics - Angus Bendall, Max Linden, Tom Fish and Bayley Chan

Mosman Stars - Jack Davies, Sihao Liu, Angus Hammersley and Ethan Coleman

All 3 teams showed great skill and camaraderie and all won games against some strong teams from Wollongong. The Bucks made it all the way to the final but were defeated by a very strong local team but put up a great fight.

Look out for more 3 x 3 tournaments in 2023 and congratulations to all our players and Year 9 Girl supporters.

Blake Hughes won the open 3 point shooting contest as the only female entrant - woo hoo Blake!

Under 13 Boys



Mosman Bucks



Bronze Medal in Abu Dhabi!

India Risby, Year 10, won a Bronze medal in Jiu Jitsu in Abu Dhabi last weekend. The medal was awarded by a member of the Royal Family. Congratulations India!



HSIE

FROM Jane Piper, Teacher HSIE

HSIE - Year 8 History Medieval Fair

Year 8 celebrated the inaugural Medieval Fair on Wednesday Week 5, showcasing a range of fantastic products and sharing expert knowledge from their investigations of life in Europe during the Middle Ages.

Student products included 3D models, VR tours, short films, investigative reports, fashion magazines, multimedia presentations, card games, brochures and posters. Plus we were treated to medieval pretzels and pottage from talented Yr8 chefs.

In the spirit of the fair, elderflower and rose cordial was enjoyed with shortbread, oatcakes, scones alongside dried fruits including apples and apricots. Board games and card games - Chess, Sleeping Queens and Three Kingdoms - were competitively played while listening to lute music of the troubadours.

A fun and informative day was had by all, and we were very impressed by the quality of the projects.

Ms Piper, Ms Johanson and Ms Scott



Enviro Club

FROM Mark Jones, Head Teacher TAS

Kiah Ratcliffe, Marina Ratcliffe, Lily Davies, Charich May Honoria and Hannah Ishimura Wright from our Enviro Club attended the Zero Emissions School Network event and entered the 'Trash Hack Challenge'. Although we didn't win we had an amazing time and received an award and book for their great works.

The event started with guest speaker Carolyn Corrigan who is the Mayor of Mosman delivering a speech, then the schools presented their Trash Hacks. It was very interesting to see many of the other school's ideas ranging from recycling bins to bird feeders and some of which we thought would be beneficial to implement in Mosman High. Then Zali Stegall who is the MP for Warringah delivered a speech followed by Sam Fricker who is an Olympic Diver allowed us to hold a commonwealth games medal.

Overall it was a very interesting event to attend leaving us inspired with ideas to talk about in further environmental club meetings.
By Hannah Ishimura - Wright Year 7

On Friday 4th of November, I along with other members of the Mosman High School Enviro group attended the Zero Emission Schools Network meeting to be a part of the Trash Hack Competition. Judged by Olympic diver Sam Fricker, Warringah MP Zali Stegall and other prestigious members of the network, we presented our Trash Hack, year 12 student Ashkia Ramsey-Robert's named N.E.D.

Ashkia's design aimed to provide a practical way for community members to make recycling soft plastics more convenient. The mechanism compresses the soft plastics, allowing us to increase the volume of plastic that can be recycled in one trip to recycling venues. Despite not being able to attend herself due to the HSC Exams, we can assure you the judges were very impressed with her creative design!

After hearing the 'Trash Hacks' from other local schools, we left the presentations inspired by ways we can make Mosman High School more sustainable as we collectively work towards a Net Zero Future. Some of these hacks included bird feeders from recycled plastics and an E-waste and pen recycling program. We look forward to doing more research into these ideas and hope we can implement more sustainable schemes at Mosman High.

By Lily Davies Year 12

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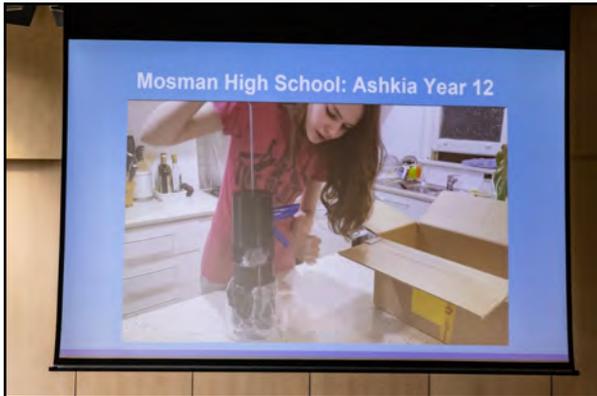
Enviro Club

FROM Mark Jones, Head Teacher TAS

Thank you Ashkia for allowing us to present your fantastic design and thank you Mr Jones for your involvement in the Network and Enviro Group!

We look forward to being involved in more Zero Emissions Network events in the future.

Lily Davies - Year 12



Calling all Textiles!

Thanks to the pioneering work of Veena Sahajwalla, a scientist at UNSW, on microrecycling science our old textiles will be turned into building products such as benchtops. These unique benchtops will then be incorporated into the new MHS build.

The university requires 150kg of textiles. So please donate any old clothing that you are about to throw out to the school. Please note no buttons or zippers.



Languages

FROM Jane Jackson, Teacher Languages

Congratulations to Lana Barrios in Year 10 for the nomination for the Denise Soos Scholarship for her dedication to the learning of Spanish.

"The Denise Soos Language scholarships sponsored by the Modern Language Teachers Association of NSW will be offered to two students currently in Year 10 who intend to study a language in Stage 6 in 2023. There will be two scholarships awarded. The value of each scholarship will be \$500 to be used for resources for the Language studied or as a contribution to an in-country experience."

All Saints' Day, La Toussaint, Dia de Todos los Santos and Tutti i Santi

La Toussaint (All Saints' Day) is a very big deal in France!

1 November is All Saints' Day. It is a Catholic holy day and in France it's a public holiday (as it is in Spain and Italy) and a time when families visit cemeteries to remember and honour their deceased relatives. It's traditional for families to put a pot of chrysanthemums on the graves of their family for la Fete de la Toussaint.

2 November is technically All Souls' Day (as it is in Spain and Italy) which you might think is better for the visit to remember those who have passed. But the 2 November is not a holiday in France whereas 1 November is, so that's the day the French make their visits.

In Spain, this day is known as Dia de Todos los Santos and in Italy, this day is known as Tutti i Santi.



MHS Wellbeing

FROM Emily Catt, Wellbeing Nurse

New Mental Health Service



Linking language, culture and mental health care

The Transcultural Mental Health Line has now commenced operations in NSW. Language and different cultural understandings of mental health can impact the way people access services. Because the line is specifically focused on supporting people from CALD communities, it can ensure they get the help they need, with a specialist team of health care professionals who speak their language and understand their mental health concern from shared cultural perspectives.

The telephone service operates Monday-Friday between 9:00am-4:30pm and is available to provide brief over-the-phone and telehealth support for callers.

Student Engagement



Youth Up Front runs programs targeted at students from Year 7 to Year 12 who have been identified as individuals who are at risk of disengaging from their learning or have already disengaged and need support to develop and cope with life and high school demands. Their programs are aimed at improving students sense of wellbeing and sense of purpose through a personalized approach that fosters inclusion, resilience and positive relationships. Those who may benefit most from their programs are students with sporadic or poor attendance, non-completion of school work, mental health or wellbeing issues, a lack of connection with their peers and lack of self-confidence. If you would like to find out more please email the Wellbeing Nurse- emily.catt@health.nsw.gov.au and she can send you a parent's information pack.

CALENDAR OF EVENTS

TERM 4 2022

Thursday 17 November

Yr 7 NSW Vaccination Program 2022
Yr 10 MHS School Vaccination Clinic
P&C Wellbeing Committee Meeting 6 - 7pm

Monday 21 November

Yrs 8/9 Top Blokes Mentoring for Boys 2022
P&C Art Committee Meeting 6 - 7pm
MHS Music Ensembles Concert 6.30 - 8pm

Wednesday 23 November

Yr 7 2023 Orientation for Primary School Students at Mosman Public School
Yr 11/Yr12 2023 Entertainment Observation
MHS Concert 7 - 9pm

Thursday 24 November

Yr 7 2023 Orientation for Primary School Students at Neutral Bay Public School
P&C Meeting 7 - 8pm

Monday 28 November

Yr 11/Yr 12 2023 StuVac Week
Yrs 8/9 Top Blokes Mentoring for Boys 2022
Yr 7 2023 Orientation for Primary School Students at Beauty Point Public School

Tuesday 29 November

Yr 11/Yr 12 2023 StuVac Week
Yr 7 2023 Orientation for Primary School Students at MHS

Wednesday 30 November

Yr 11/12 2023 StuVac Week
Sports Award Ceremony 10 - 11am
Bundanon Art Exhibition 6 - 7pm

Thursday 1 December

Yr 11/Yr 12 2023 StuVac Week
Yr 7 2023 Primary School Students at Middle Harbour Public School

Friday 2 December

Yr 11/Yr 12 2023 StuVac Week

Monday 5 December

Yrs 8/9 Top Blokes Mentoring for Boys 2022

Tuesday 6 December

Yr 9 Duke of Edinburgh Practice Journey

Wednesday 7 December

Yr 9 Duke of Edinburgh Practice Journey
Yrs 9/10/11 Presentation Night 7 - 9.30pm

Monday 12 December

Yrs 8/9 Top Blokes Mentoring for Boys 2022
Yrs 7/8 Presentation Night 7 - 9.30pm

Tuesday 13 December

Yr 9 Duke of Edinburgh Qualifying Journey

Wednesday 14 December

Yr 9 Duke of Edinburgh Qualifying Journey
Carols in the Cola 6 - 7.30pm

Thursday 15 December

HSC 2022 Results released

Friday 16 December

Last Day Term 4

TERM 1 2023

Tuesday 31 January

Yrs 11/12 & Yr 11 new students First Day Term 1

Wednesday 1 February

Yr 7 2023 & Yrs 8/9/10 new students First Day Term 1
Yr 7 O Week

Thursday 2 February

Yrs 8/9/10 First Day Term 1
Yr 7 O Week

Friday 3 February

Yr 7 O Week

Monday 6 February

Yrs 9-11 Final Week for Change of Electives
Yr 7, 12 & Staff MHS School Photos
Yrs 11/12 Parent Forum Online 7 - 8.30pm

Tuesday 7 February

Yrs 9 - 11 Final Week for Change of Electives
P&C Sports Committee Meeting 7 - 8pm

Wednesday 8 February

Yrs 9 - 11 Final Week for Change of Electives

Thursday 9 February

Yrs 9 - 11 Final Week for Change of Electives
P&C Wellbeing Committee Meeting 6.30 - 8pm

Friday 10 February

Yrs 9 - 11 Final Week for Change of Electives

Dates are correct at time of printing and may be subject to change.

CONTACT DETAILS

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**MOSMAN
HIGH SCHOOL**

**ATTENDANCE
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