

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

Sustainability at Mosman

FROM Susan Wyatt, The Principal

Welcome back to 2022 and I hope you are all safe and well. It was lovely to welcome our students back to school last week. Of course, the school is in a state of transition but it is incredible what has been done over the holiday break. While we have obviously lost B block and our hall, library, theatre and administration area; it is amazing how well we have moved into our new spaces. We now have four new furnished portable classrooms all with air-conditioning and the latest technology. We also have a double demountable library, and while most of our extensive library collection is in storage we do have thirty iMac computers and lots of study space for students. We are fortunate to have the wonderful Mosman Library just up the road from our school as well. The demountable closest to the gate on Gladstone Avenue is the new office. However, we also have a foyer where parents can meet students and staff and this is up the stairs and into D block then first on the right on entry. My office is also close to that foyer as is the school counsellor. The only block that has been removed is B block and I must admit that I did not realise how much space there is in that area. Already, I have been informed that Multiplex is ahead of schedule so hopefully in early 2023 we will take possession of the most fabulous space for teaching and learning. We have also created extra playground spaces to compensate for what has been lost with the removal of B block and you may have already seen the paved area between D block and Gladstone Avenue. I have ordered a large number of outdoor settings

to be placed in this area for our students. We are also looking at opening up the area between E block and The Avenue as another area for students to play and sit. The staggered recess and lunch are working well. At early recess and lunch only, Year 7 and 8 are in the playground and Year 11 of course has permission to stay in their classroom or access the Military Road shops. During late recess and lunch only, Years 9 and 10 are in the playground and Year 12 also can stay in their classroom or access Military Road shops. Thus, we are doing our best to cohort students and provide ample space in the playground during breaks.

Well at the moment COVID is not far from our thoughts and we received another delivery of masks in the holidays and so every student or staff member will have access to a mask each day. Also, the second load of Rapid Antigen Tests has been delivered and we will distribute packs of four towards the end of week 2. The school also received another load of HEPA filters in the holidays and they have been distributed to class and staff rooms. A huge thank you to the P&C, as every classroom has air-conditioning

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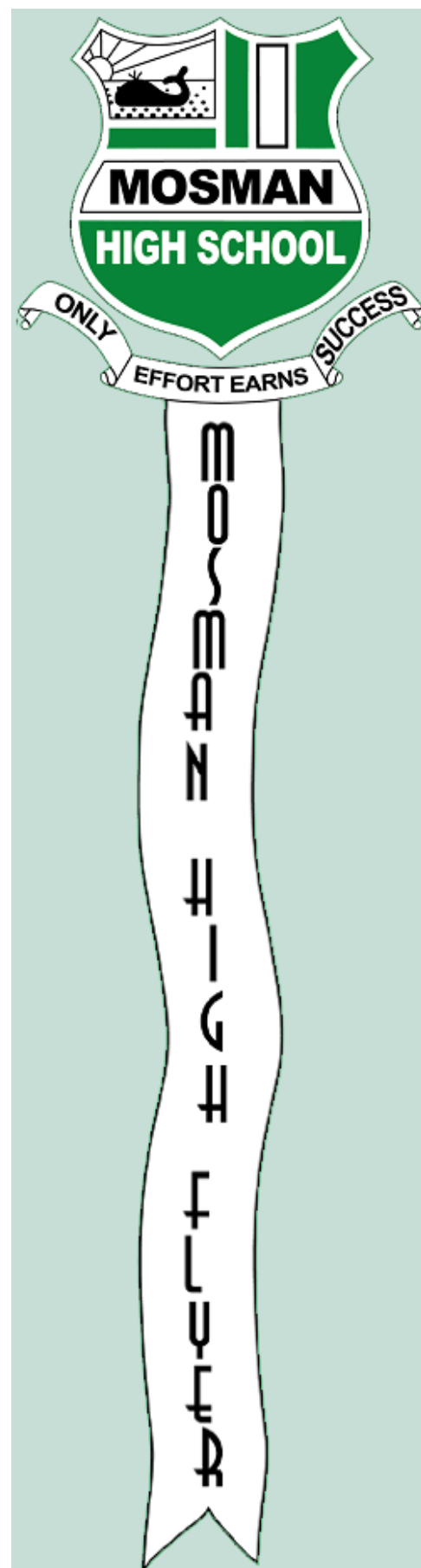
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P&C Meeting

Thursday
17 February
7.00pm

Zoom

All Welcome



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and of course all windows can be opened as well. With the breeze that comes directly from the ocean we are fortunate with ventilation.

The Class of 2021 despite the horrid two senior years they experienced did extremely well. Before even sitting the HSC, 155 of our students had achieved an early entry offer to university. That represents 86% of our cohort. A great many of these offers were unconditional, that is the offer remained irrespective of their HSC results. This of course removed the stress for our students. The top three students were Scott Hu, Yimei Zhao and Angus McLean. They all achieved ATARs in the high 90's and a number of students achieved results that placed them in the top ten in the state. Josefine Orrenius was placed second in Swedish. Josefine was an accelerated student and will complete her HSC in 2022. Harry Wood was placed third in the state in Indonesian Beginners, Yuuka Nishiya was placed sixth in the state in Japanese in Context and Aurelia Collins was placed tenth in the state in Italian Beginners. Visual Arts had 41% of their students achieve a Band 6 (over 90%) compared to 17% in the state and other subjects in which many students achieved at the highest level included drama, all levels of music, textiles, legal studies, Industrial Technology and extension 1 and 2 English. Mathematics continues to be a strength at Mosman with 30 students achieving Band 6. As always, we had many students nominated for their major works and I am looking forward to seeing Gerrard Barrios's art work at the Art Gallery of NSW as part of ArtExpress and Paloma Ploeg's Design and Technology work as part of Shape at the Powerhouse Museum. Congratulations to the Class of 2021 as well as their caring and hard-working teachers.

While COVID is still part of our world, we will evaluate whether to have all out term 1 meetings face to face or via Zoom. We have hired the Return Servicemen's Club's auditorium and Scot Kirk's hall for all of 2022 and so we can use these spaces for classes and sometimes events. We also successfully used the Taronga Zoo auditorium for our two Presentation Nights last year and we also have this facility available to us. I will continue with my regular Principal's Update so that you are kept in the loop regarding all that is happening.

There have been limited staff changes from 2021 to 2022. Mr and Mrs Papilos

are expecting a baby and so have taken leave. Mrs Moran is also expecting a baby early this year and has taken leave. Mr Harris moved with his family to Canberra and we welcome Mr Coonan to replace Mr Harris in the mathematics faculty. Ms Leto and Mr Toner resigned to do other things and Mr McCaffrey, Mr Perkins and Ms Dobson who were already valued members of our team last year will replace them in 2022. To the staff who have left us, we thank them for their contributions to our school and wish them well for the future.

After an outstanding inaugural Mosman Art Walk in 2021, our fantastic P&C art committee are organising a second Art Walk. Over thirty retailers in Mosman Village are providing space in their windows for paintings, sculpture and drawings. Our own Rod Grant (former Head Teacher of visual arts at Mosman

High and an artist in his own right) will be conducting walking tours of the exhibition. All art works are available for purchase online and while 80% of proceeds goes to the artist, 20% goes to the school's art department supporting our talented students. This is a wonderful initiative supporting our students as well as our community.

Finally, in the Chinese New Year of the Water Tiger, the zodiac suggests there will be challenges and opportunities but the tiger has the strength and courage to deal with them. 2022 is meant to be an auspicious year for having babies and this is definitely relevant to our school. A baby born this year will be smart, humorous and good at socialising and have good luck in making money as well as the ability to adapt to new challenges. We are all facing challenges at the start of this new year, but like the "Tiger" I am confident in our school's capacity to deal with those challenges and grasp opportunities as they arise.



The Journey of the Build

Building B is gone!



Our new Waiting room

Students love the new grassed space



Deputy Principals' Report

FROM Colette Longley & Fiona Ackerman, Stage 6 Deputy Principals

There is no doubt Year 11 and Year 12 can be tough and challenging years and even more so during a pandemic. It's important as we start afresh to remind your kids just how resilient the family and all your family's connections have all been. Looking back is just as important as looking forward to appreciating how far we have all come.

It is not always easy to stay motivated and we are starting Term 1 with some programs to support your student with their motivation and to remind the kids to pat themselves on the back and be confident as year 11 starts their HSC journey and year 12 move to the half way point on their way to exams.

On 7th February year 12 were presented "Student Elevation" by the Elevate group. An important and timely presentation to learn about the tips and tricks needed to maintain motivation and to stay resilient. This included understanding the role of self-efficacy, developing a growth mindset, increasing motivation through goal attachment and breaking goals into manageable tasks and deadlines.

On 4th March year 11 will be presented "Time Management" by the Elevate group. Year 12 will start engaging with their mentors they selected at the end of term 4 2021. After the elevate session students and mentors should sit down and set goals together both personal and learning goals and apply some of the tips learned. Year 11 can set personal goals with their friends or potential study buddies.

February features opportunities to enrol in local activities that promote self-care. It is a great time to look to register in local sporting organisations (physical well-being), enrol in local area organisations that extend and enrich your student's creative side in music, drama or art and finally to encourage your student to tap into other various extra-curricular activities such as tutoring, Duke of Edinburgh and community activities such as school clubs/community groups that tap into emotional/cognitive and spiritual wellbeing. This is just to name a few of the many local activities that support well-being and growth.

In addition, student individual learning goals will also be supported by teachers in the coming weeks in the classroom. Staff will refocus students on setting academic

expectations and giving invaluable tips on how to achieve them.

Stage 6 students must look forward. Often external motivation can be found by understanding where a course of study will take your student. The weeks ahead are the first steps to shaping the future and understanding the transition from school to beyond school is nearer than you think. I cannot stress enough how much the careers adviser, Mr Mew, can assist students with their career aspirations. An early appointment Term 1 can be a great motivator and a way to look forward

to the possibilities that lie ahead. Mr Mew's staff room is near the textiles room. Not every student follows the same path.

Finally, I would encourage parents and students to review the green link at the bottom of our webpage called "student wellbeing hub" or go to <https://studentwellbeinghub.edu.au> or another site <https://schools.au.reachout.com> These sites will help parents and students to find many other resources that could be of use as we navigate 2022. Let's energise, refocus and develop our young people's strengths and skills by working together.

COVID Safety Plan

All students should:

- wear a mask when inside school buildings every day
- regularly wash their hands with soap and use paper towel to dry
- use the sanitiser placed around the school
- use a RAT (Rapid Antigen Test) on Monday and Wednesday mornings.
- have a parent report to the school if the RAT is positive and stay at home in isolation for 7 days
- stay at home for 7 days if a close family member who lives at the same address tests positive
- access your class's Google Classroom or The Learning Hub on the DoE website if you are well enough to keep up with school work

There will be from time to time a student who does have a positive RAT, the school will send a text message to all parents in the year cohort simply for parent monitoring purposes. If your child is unwell, with a sore throat, runny nose, a high temperature please keep them at home until they are well.

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FROM Tony Gahan, Stage 5 Deputy Principal

Dear parents, carers and the Mosman High School community, effort is a wonderful thing. “Effort,” wrote William James, “is the one strictly underived and original contribution we can make to this world.” We have everything else given to us – health, strength, talents, abilities of all sorts, whether spiritual or mental or physical. Effort is the ingredient which we add.

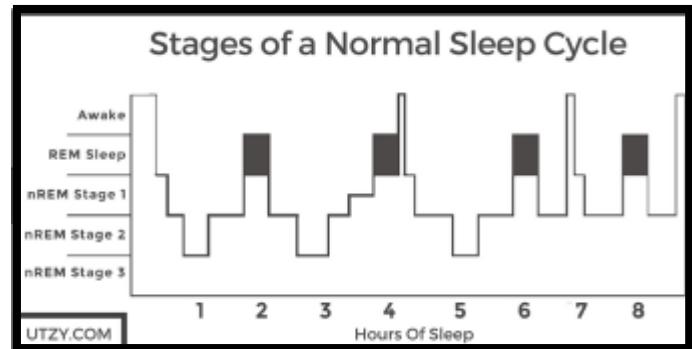


However, the return to school after a well-earned break brings with it certain challenges one of which, is the need for sleep routines which afford students the ability to apply “effort” to the school year ahead. Below is some advice.

The Sleep Connection: Improve the Health, Resilience and Performance of Your School Lisa Maltman Founder, The Sleep Connection. I have tried to convey some of Ms Maltman’s presentation below.



Lack of sleep shuts down the frontal lobes and this reduces the ability to make rational decisions. It also leads to an increase in activity in the emotional parts of your brain. As such, you are less able to deal with issues, you are more prone to over-reacting. If this sounds familiar, read on. We are all familiar with the fact that there are different stages of sleep and that each stage is important for our bodies.



The purpose of non-REM sleep is to build your body up after a long day of tearing it down. Of particular importance to those wishing to do well in education, is REM sleep. According to Ms Maltman, one of the purposes of REM sleep is to process and cement knowledge acquired during the school day. Thus achieving a state of REM is a goal which all students should strive to achieve. The quantity and quality of sleep is a major concern, driving much of the current research into mental health and wellbeing.

Causes/Indicators of Teen Insomnia

- Poor habits/time management
 - Studying to late
 - Exercise just before bed
 - Greater desire to sleep in on the weekend
 - Phones used as an alarm clock, delivering notifications through-out the night.
- Technology before bed – Blue light from any screen
- Poor diet
 - Poor food and drink choices immediately before bed
- Depression, Anxiety, Stress
- Snoring
- Low iron levels
- Sleep disorders, including restless leg syndrome and sleep apnea.

Teen symptoms of insomnia and sleep deprivation:

- Complain about inability to go to sleep, stay asleep or waking too early in the morning
- Irritability, Aggressive, Severe moodiness
- Feel constantly tired
- Binge eating or loss of appetite
- Increased use of caffeine and energy drinks

- Lack of concentration
- Clumsiness
- Tardiness or absenteeism at school and/or on a job

Suggestions

- Routine - Even an extra half an hour of extra sleep will improve your wellbeing
 - Slowly move your body clock back – it may take up to 3 weeks to feel the beneficial effect
 - Recommended 9 to 10 hours per night of sleep (teenagers)
- No screen time one hour before bedtime.
 - The light from our devices is “short-wavelength-enriched,” meaning it has a higher concentration of blue light than natural light—and blue light affects levels of the sleep-inducing hormone melatonin more than any other wavelength. <https://www.scientificamerican.com/article/q-a-why-is-blue-light-before-bedtime-bad-for-sleep/>
 - Apps can be used to filter blue light. However, orange glasses are more effective and filter more of the light (97%). So if you can’t convince them to stop using the device immediately before bed, try convincing kids to wear the orange glasses.
- Do not shut out all natural light. Circadian rhythm is our inner biological clock set by light or lack thereof.
- Buy an alarm clock – Phone notifications through-out the night affect the brain’s ability to reach REM.
- Monitor and manage your children’s phone use.
- <https://www.insomnia.net/sleep-health/teenagers/>

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FROM Tony Gahan, Stage 5 Deputy Principal

RAISE

Through-out this year the stage 5 Wellbeing team will be catering to the many and varied needs of students. We are fortunate this year, to be running two RAISE programs, during term two and three.

Raise Foundation is a registered Australian charity which improves the lives of young people in our community by providing school and community based mentoring programs and personal development workshops. We put into practice the idea that it takes a village to raise a child. This program has run very successfully at Mosman High School, for many years.

Our mentoring programs focus on helping young people make informed choices, improve their relationships, advance their wellbeing and coping strategies, increase their self-confidence, identify and achieve their goals, and engage in extra-curricular school programs.

Each program is coordinated by a qualified Program Counsellor who will bring a group of our mentors into each school for an hour each week at a consistent time. We facilitate one-on-one mentoring, followed by group supervision for mentors. All our mentors complete accredited training in Mentoring in the Community through TAFE NSI, and they undergo the compulsory Working with Children and Police Checks, as well as providing personal and employment references.

Students are invited to attend the Ismo program by teachers who feel the student might benefit from having a neutral positive role model in their lives, and the students choose whether they would like to be involved.



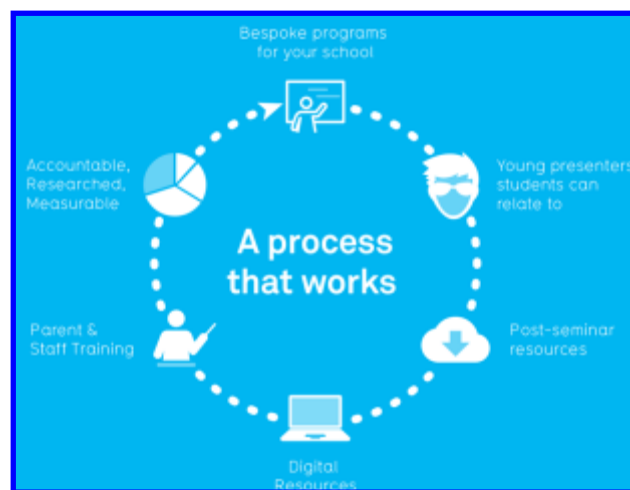
ELEVATE

Since 2001, Elevate has been transforming the way study skills programs are run across Australia.

Drawing upon over 20 years of research into the habits of the country's top students, Elevate's high impact seminars & workshops help students improve their study techniques, increase motivation, build confidence, and lift exam performance.

Mosman High School has organised all year groups to receive the Elevate program in 2022. Year 9 will receive a presentation titled Memory Mnemonics on the 25th of February. Year 10 will receive a presentation titled Study Sensei on the 3rd of March. This is a good opportunity to engage your kids around the dinner table on the evening after the presentation.

The Wellbeing team, look forward to engaging with all parents and carers of year 9 and 10 students via Zoom on the evening of the 21st of February at 7pm.



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FROM John Feros, Stage 4 Deputy Principal

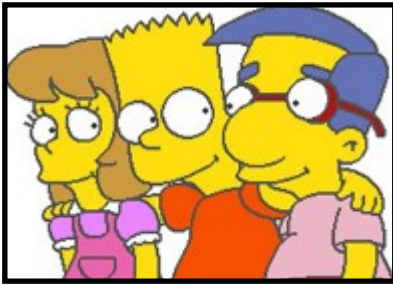
Welcome to 2022! The year is shaping up to be an eventful one. We have the new build happening all around us, but it is business as usual. I must commend the students for their ability to adapt to the 'changes' around them. I think they are aware that they will be getting an incredible school next year! The calendar is filling up with a number of events for Year 7 and 8. Can I encourage everyone to look at the calendar and get involved in School and student activities. You can also check to see what classwork is due as well.

What a fantastic beginning for Year 7! After O Week the students have certainly settled into the Mosman High routines. I haven't seen any lost students or answered any queries. Everyone is just in a groove going from class to class. What is pleasing, is the way students have adapted to their new timetables and life in the playground. When I walk through the playground, I see 'chilling' 'chatting', some playing handball or basketball. All students can be seen in clusters, which is a good indication that students are developing friendship groups.

We have an incredible team in Year 7-8 all here to assist students and parents. If you have any concerns just contact the year advisers Mrs Shore or Mr Edwards Yr7 and Yr 8 Ms Peniazeva and Mr. Little, Stage Head Teacher Mrs Smith or Mr Feros. We are all here to make this year a fantastic experience for all students. I look forward to meeting everyone at some stage this year.



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Friendships:

Making new friends and a desire to fit in sometimes means Students do things they might not normally do – just so they can be liked or be one of the crowd. Letting students know they don't have to do everything their peers do is an important way of ensuring the friendships they make are genuine and positive – not based on pressure or conformity. A valuable message is that a real friend is someone who likes them for

who they are.

New friends Making new friends can be a daunting task for Year 7 students. Students often come from a variety of primary schools and they may find themselves in classes filled with children they don't know. Fitting in is often important to Year 7 students – finding people they like and who share their interests helps motivate them and increase their self-esteem. As parents it is great to discuss new school experiences each day, the people they've met or observations they've made – that way there is an awareness of difficulties when they

Mathematics Faculty

FROM Amy Xue, Head Teacher Mathematics

The Mathematics faculty congratulates Year 12 2021 on their achievements in the HSC. In our subject area, there were students that achieved top bands across all four of our courses which was excellent. It was a challenging year but our students approached their studies with determination and resilience and received well deserved final results.

We look forward to the year ahead where we will continue our blended approach to teaching and learning for our students. This will involve lesson recordings and annotated class notes for our students which can be accessed via Google Classroom.

In 2022, we are continuing our three different tiers of classes from Year 8 to Year 10.

In Year 8 we are running one 8MAT1 class, parallel 8MAT2, 8MAT3

and 8MAT4 classes, and parallel 8MAT5 and 8MAT6 classes. All students across all classes will be presented with the same curriculum.

In Year 9 we are running one 9MAT1 class, parallel 9MAT2, 9MAT3 and 9MAT4 classes, and parallel 9MAT5, 9MAT6 and 9MAT7 classes. The two higher tiers of classes will be presented with the full 5.3 curriculum and the lower tier of classes will focus on the 5.2 curriculum with opportunities for further extension if needed.

In Year 10 we are running one 10MAT1 class, parallel 10MAT2, 10MAT3 and 10MAT4 classes, and parallel 10MAT5, 10MAT6 and 10MAT7 classes. Again, the two higher tiers of classes

will be presented with the full 5.3 curriculum and the lower tier of classes will focus on the 5.2 and 5.1 curriculum with opportunities for further extension if needed.

We are also introducing a new accelerated mathematics program starting in Year 7 with our 7 Aqua students. Throughout the year, across both their 7MATA and 7ACXA lessons, students will be fast tracked through the Year 7 and Year 8 mathematics curriculum. We are very excited about this new initiative which serves to both enrich our students as well as allow them to complete 2 units of their HSC by completing the Mathematics Advanced HSC course in Year 11.

Finally this year, we welcome Mr Coonan to our faculty and look forward to the wonderful work Mrs Jelley will be doing with Year 9 in numeracy support throughout the school.

Welcome to MHS's English Faculty 2022

FROM Catharine Simmonds, Head Teacher English

Over the holiday I read *Atomic Habits* by James Clear - greatly deviating from my regular fiction reading routine. *Atomic Habits* outlines strategies for establishing small habits in your life in order to become the person you want to be such as setting intention statements for yourself, "After I make myself a cup of tea I will read one chapter of a novel on the balcony", making cues for your habits obvious, "When I make my bed I will place the novel I want to read on my pillow so that I can enjoy it at night" and reducing conflicting habits that impede new ones, "I will only sit on the couch to watch TV, not read or study there as I get distracted." As we share our reading recommendations and list with you, I thought I would start with these helpful tips from my own reading for you to share with your children and use yourself.

Catharina Simmonds, Head Teacher English (RL)

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Welcome to MHS's English Faculty 2022

FROM Catharine Simmonds, Head Teacher English

I recently read Kazuo Ishiguro's latest work of dystopian fiction, *Klara and the Sun*. Ishiguro's control of prose is exemplary, and he can make even the most mundane description of shopfronts and people seem as engaging as action sequences. The novel follows Klara, an AI robot designed to support a child's learning and development. As the story unfolds, it is clear that Klara, our narrator, knows more than it seems, and the mystery is both engaging throughout and satisfying in its conclusion. I would recommend this novel to senior students due to its conceptual complexity. It would also be a great introduction to the work of Ishiguro for those who will study his work in Advanced English.

Noah Hodge, English Teacher

Whenever I am asked for book recommendations, it is always *Sapiens: A Brief History of Humankind* by Dr. Yuval Noah Harari. I haven't found many nonfiction books compelling, but Harari combines his skills as a storyteller and a historian to recount our incredible narrative. He walks us through the radical and devastating impacts of the Scientific, Agricultural, Industrial and Cognitive Revolutions; and the way they have all shaped our world today...with us as the only species of human on this planet. And in this, he delves into our contemporary values and beliefs: why do we believe in gods? How did money and financial institutions become the powerful entity they are today? What about the concept of time? And most importantly, are we happier because of all this? Or have we simply created our world to be a place of perpetual dismay?

Annie Lam, English Teacher

During lockdown last year I picked up *Honeybee* by Australian author Craig Silvey and it quickly became my favourite novel of 2021. However, this novel also raised some important questions about culture too. Personally, I am passionate about social justice and empowering marginalised voices and if you are too, this novel is for you. *Honeybee* is a piece of realist fiction focalised through the perspective of a transgender narrator, inviting readers to see the world through their eyes. At times it can be quite raw and heartbreaking. The novel illuminates concerns around mental health, identity, alienation and poverty; immersing readers into some key contemporary concerns faced by many Australian youths. Whilst I believe the text itself may be considered quite controversial considering Silvey, a cis man, is occupying space that should be reserved for queer Australians, I believe that this is a starting point for an even greater, emerging conversation. At times it seems a little performative, but I cannot wait to see the emergence of more queer Australian literary voices.

Raffy Giulambarian, English Teacher

During school term, I'm usually busy reading or re-reading texts that are taught to students. However, during school holidays I love to use a book to escape, which is why I have really come to love the fantasy and adventure genre. Over the last year, each holiday break means I'm picking up a book from *The Witcher* series by Andrzej Sapkowski. For me, it's a great blend of the supernatural and fantastical, but still has a realistic backstory where Geralt of Rivia navigates his way through societal discrimination received as a witcher and mutant, as well as dealing with his love interests and emotions not usually encountered by a witcher. Everytime I read it, an array of emotions are experienced and there is a continuous desire to know what happens next.

Bianca Shore, English Teacher

During the recent break I was recommended Haruki Murakami's novel *Killing Commendatore*. As a lover of surrealist art and magic realism I was assured this novel was right up my alley. Immediately I was drawn into the dreamlike indeterminacy of his writing. Although it starts off a little slow in terms of plot (following a portrait artist who goes to live in the Japanese mountains after the breakdown of his marriage) soon I was drawn into the blurred lines created between reality and dreams and could not put it down. As a disclaimer, this text is only appropriate for senior students and adults. I hope you enjoy it as much as I did!

Sally Mock, English & HSIE Teacher

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Welcome to MHS's English Faculty 2022

FROM Catharine Simmonds, Head Teacher English

Throughout my schooling (and I'm sure your own) I was often told that certain books were too old for me - and I found that nothing made a novel more alluring. I would inevitably stop whatever I was doing and start reading. Often I was challenged. Often I gave up. And yet, I was always exhilarated. Like some ancient explorer I was heading somewhere unknown and dangerous and wholly compelling. I believe Steven King has expressed similar sentiments about censored novels. So my first general recommendation for a book to read is picking something that excites you; don't worry about how long it is or if your friends/parents/English teachers tell you it's beyond you. If you've managed to get it in your hands - then it's worth reading (the first chapter at least).

"But Mr Hardy!" I hear you exclaim, "I don't know any books that are too old for me." Well in that case - I strongly recommend that you stay away from *The World According to Garp* by John Irving. It is so far beyond what someone your age should be reading that I couldn't possibly suggest it as a suitable satirical commentary on the pains of growing up and being grown up. I read it as a teenager and look at what happened to me.

Keith Hardy, English Teacher

Writing Competitions & Debating

Writing Competitions 2022

FROM Henry Chen, Writing Competition Co-ordinator English Faculty

Could there be a correlation between lockdown and writing competition success? It seems so! Last year, MHS enjoyed enormous success in various writing competitions where students wrote about what mattered to them and what the future looked like. Matilda Meikle won the entire AusBiz competition, scoring a very impressive laptop and an internship. We had finalists for Red Room Poetry and the What Matters writing competition, and many other success stories. But perhaps the greatest success we've enjoyed is that students are finding their passion for writing and having their ideas and skills affirmed outside of school too. This year, there will again be plenty of opportunity to participate in writing competitions (What Matters is on already!) and students can be kept up to date by hearing the daily notices or viewing the noticeboard outside the English staffroom.

Debating 2022

FROM Bianca Shore, Debating Co-ordinator English Faculty

Debating has grown immensely over the last few years and we run after school classes coached by Masters Academy for stages 4 and 5. Although the last couple years have looked different with the pandemic, this has been overcome through the wonderful world of zoom. Despite the physical challenges from COVID-19, students have participated in debates online with other schools and the stage 5 team continued in term four last year with Masters Academy, where students developed their confidence in public speaking, language of debating and critical thinking skills when attacking a debate. If you are a year 7-10 student interested in debating in 2022, please come put your name down at the English staffroom with either Mrs Shore or Mr Giulambarian.

All Performing Arts students are busy preparing work for upcoming performances. Akoostikum (music concert unplugged) is happening this term and there will be a number of Drama and Music performances as well. Keep an eye out for dates.

S



During the school holidays Will Wilkinson competed in the Australian Optimist Sailing Championships on Botany Bay. Over 5 days of competition against more than 70 sailors from all around the country. Will finished 2nd overall! This was a great reward for all his hard work and he is now invited to represent Australia at the World championships in Turkey later this year. Congratulations Will!

Welcome to Languages 2022

<https://www.smh.com.au/national/study-languages-and-save-uni-fees-discount-lost-in-translation-20220120-p59q0e.html>



<https://www.orpheum.com.au/wp-cinema/movie/OFFF2020/ALLIANCE+FRANCAISE+FRENCH+FILM+FESTIVAL+2022/>
À la prochaine!

HSIE News

FROM Phil Webster, Head Teacher HSIE

We welcome new staff members Ms Abby Dobson for Ms Moran (Maternity leave) and we welcome back Mr Tom Perkins with our Business Studies programs in Stage 6. 2022 continues to see fantastic student numbers across our Faculty in Stage 6, from Ancient History to Society and Culture. In Term 2, we will be running the Australian History Competition in Year 8 and the Australian Geography Competition in Year 9 and we continue to build out Commercial knowledge for our Stage 5 students. Our new Year 7 Geography students have settled in well with BYOD and are currently studying Landscapes and Landforms with a literacy task in Week 5 of Term 1. All tasks for 2022 are on our Sentral calendar and we look forward to a productive and fulfilling year of learning!

GAT Basketball News 2022

FROM Phil Webster, GAT Basketball Co-ordinator

Welcome back to another hectic year of Basketball for our mighty Mosman teams. We will field 13 boys teams from Year 7 to Opens coached by Luke Cooper and his able assistants. Our girls program has been reduced slightly but we aim to rebuild this with a new Mosman Flares team in year 7 that we hope can expand as we move forward. Our Year 8 and Year 10 girls will also compete at the Northern Beaches Indoor Sports Centre kicking off in Week 4. Please use the following sites for more information in the 2022 season
Uniforms and merchandise <https://mosmanhigh.secure-decoration.com/>

Manly Warringah Basketball <https://manlybasketball.com.au/>

A reminder that players may need to leave class about 10 minutes prior to our 3.20 finish in order to meet the 4.20 time slot

Sport at MHS 2022

FROM Lea Haines, Sports Co-ordinator

It is shaping up to be another busy year in sport at Mosman High School. Students will have the opportunity to compete at our annual carnivals, trial for the Gifted and Talented sporting teams and participate in a diverse integrated sports program.

Upcoming events

Carnivals

Swimming carnival at Drummoyne
Swimming Pool - 21st February
Cross Country carnival at Georges Heights
- 4th April - 7th April
Athletics carnival at Sydney Academy of Sport - 3rd May

Knockout sport

Trials are ongoing for the following sports

- Netball
- Basketball
- Soccer
- Tennis
- Touch football
- Basketball

GAT sport

Trials are ongoing for the following sports:

- Basketball
- Futsal

Term 1 sports program

Students from 7-10 are participating in an integrated sports program and are involved in the following:

- Balmoral watersports
- Sailing
- Kayaking
- SUP

Sea Australia surf survival program

Students work with lifeguards down at Manly beach learning integral skills to swim in the surf

Sydney Supersonics

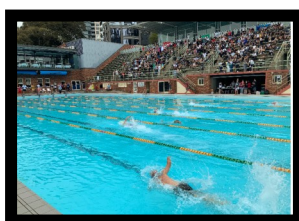
Students participate in a structured 3x3 basketball program at venues such as Norths Basketball Stadium.

ACHIEVEMENTS

So far in 2022 we have had successful student athlete achievement across the following sports;

Fencing - Rony Vasileva placed 10th in the world at Sabre

Cricket - Sara Chun is representing Sydney North at CHS



Music Committee News

FROM Caroline Fechner, Chair Music Committee

We are getting the bands back together! We are slightly excited that music ensembles and music tuition are allowed to commence back on site this week. It has been lovely to hear the beautiful sounds of instruments being played by our students. The creative energy is returning to the music building bringing smiles and positivity to students and staff.

Our Year 7s' were treated to a performance during O week, from our Jazz Ensemble who had just one hour to rehearse the pieces before their performance. They played really well and the year 7s were clearly enjoying it. It came together quickly so thanks to those students and Joern who managed a great performance.

It has been a trying couple of years for school band programs and instrument tutors. All school band programs have suffered tremendously with membership numbers dropping and sadly we are not immune to that. We are experiencing our lowest membership numbers in many years but we are big on talent and coming back stronger with a re-building phase to rejuvenate the program, compelling students to be part of a music program rejuvenation movement throughout the school. The elective music classes are starting the rejuvenation wave with high class numbers and bursting with talent - all these students will be joining an ensemble

as per the elective music requirement. We look forward to our ensemble numbers growing!

Register to join an ensemble

We are keen to see all our ensemble members return and welcome new musicians. Please access our website to read all about our ensembles and register to joining www.mosmanhighmusic.com.au

Private Music Tuition

We have a group of excellent instrumental and vocal tutors at Mosman High School who hold lessons during the school day for the convenience of parents and students. You can register for private tuition via the Private Tuition button on the website www.mosmanhighmusic.com.au

Music Committee - join a fun team

Now that ensembles are back and are planning performance opportunities, we will reconvene the music committee meetings. There are a range of ways you can support our music ensembles so if you are interested in helping out please shoot us an e-mail on mosmanhighmusic@gmail.com. We always have lots of fun.

Stay tuned for more details on a music family gathering in March.

More information?

If you need more information on the ensembles or private tuition please contact mosmanhighmusic@gmail.com, we would be pleased to assist you with your queries.

Facebook: Mosmanhighmusic



Disability Provisions

FROM Clint Johnson, Head Teacher PDHPE, Special Provisions

Disability provisions provide students who have special needs with practical support in formal exams. Students' special examination needs may include learning, medical, vision or hearing difficulties. Examples of provisions available include: braille or large-print papers, use of a writer and/or reader, use of an oral interpreter, extension of test time, rest breaks, small group examination supervision and permission to take medication.

In preparing the application additional evidence must support the application. This must include a report from your child's GP or other health professional or a vision or hearing test. The evidence should be less than 12 months old at the commencement of the test/exams. Schools are required to determine the disability provisions that will be allowed in school-based examinations. It is advised Year 11 students apply for disability provisions in 2021 so that they have some experience of the provision provided the following year in the HSC. NESA only determines disability provisions for the Higher School Certificate examinations. Students and parents should be advised that there is no guarantee NESA will grant the same provisions as those given at school.

Applications for known cases of HSC students must be submitted to Mr Clint Johnson HT PDHPE by the 1st April 2022.

For further information go to:

<https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/disability-provisions/applying-for-provisions>

A recap of Visual Arts...and the year ahead

FROM Fiona Ackerman, Head Teacher Visual Arts

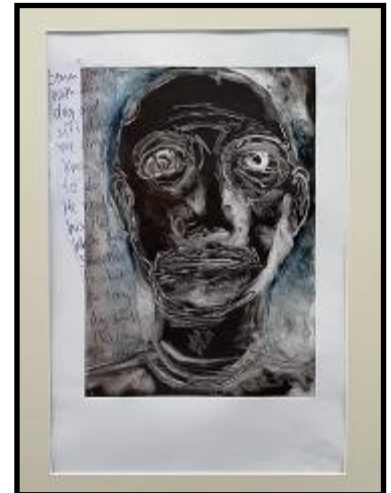
The Visual Arts Faculty had an amazing 2021 school year with students involved in an extensive range of curriculum-enrichment activities, that showcased the plethora of talents and interests at Mosman High School. Of note was the incredible successes of our 2021 HSC students.

2021 Visual Art Higher School Certificate results

From the 32 Visual Art students at Mosman, 13 students received over 90% and were placed in Band 6 (the top band). This equated to 41% of our Visual Art cohort. Congratulations further to the 11 highly accomplished students of whom received over 80% and were placed in Band 5. In fact, the average HSC mark in Visual Art at Mosman High School was 85%.

Every year, a very small number of HSC Bodies of Work from around the state are also selected to be showcased in the ARTEXPRESS exhibition. Due to covid restrictions in 2021, nominations for ARTEXPRESS were limited. Gerard Barrios' artwork, titled: 'Takeaway', will be on display at the Art Gallery of New South Wales. I hope you all can get along to see this very prestigious Yr 12 art exhibition showcasing the Higher School Certificate practical component of the examination.

Dates: 3rd February to 25th April 2022 and is free admission.



Inspired by my upbringing and working in my family's cafes, my body of work represents the people and experiences that have made an impression on my life. Encounters are brief while I make each person's coffee, but they tend to reveal small measures of their personalities. Using gestural drawings and prints, some made using the coffee I brew every day, I express the brief encounters, the small takeaways that occur with each patron – some old friends, some regulars, some one-off customers. Cafes are a collective, tactile, loving environment, and the people within them create memories and joy.
Influencing artists: Carlos Barrios

Continued on page 14

Visual Arts 2022

FROM Fiona Ackerman, Head Teacher Visual Arts

We welcome back our art teachers, Mr Edwards, Ms McCarthy, Mr Little, Ms Peniazeva and Ms Henry.

In 2022, students at Mosman High School will be introduced to a broad and enriching range of material practice, concepts, and extra-curricular activities.

Be on the lookout for upcoming excursions and events planned in Visual Arts, starting with Year 11 visiting **Cockatoo Island** in Week 4 to sketch and photograph the architecture and objects as part of their body of work development for Term 1. Year 12 will also be visiting **Matisse: Life & Spirit** Masterpieces from the Centre Pompidou, Paris and **ARTEXPRESS** exhibitions at The Art Gallery of NSW to assist them towards their understanding of the BOW's material practice and conceptual strength.

Don't miss the **Mosman Art Walk** starting 24th February until 13th March. Our second exciting Mosman High School Visual Arts P&C fundraising initiative, where over 30 incredible artists will be exhibiting and selling their work via a silent auction throughout the Mosman Village shopping precinct to raise funds towards Mosman High School. Ex Head Teacher of Visual Arts, Mr Grant will be conducting a walking and guided tour of the exhibited works too.

Finally, welcome to the students and families of Year 7 and welcome back to the years of 8 to 12. We look forward to another wonderful and engaging year for our Visual Arts students.



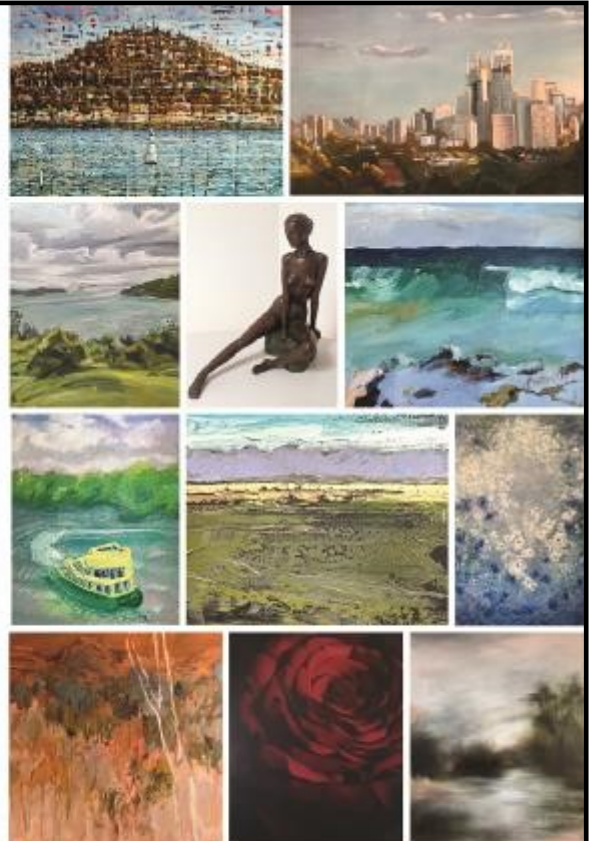
24 FEBRUARY-14 MARCH 2022

Put your walking shoes on and join the 2022 Mosman Art Walk. This 3km circuit around Mosman Village can be joined anywhere at any time and you can do it more than once!

Discover this fun and Covid-safe event for the whole family while window shopping in Mosman's best retailers showing original artworks by acclaimed Australian artists. Some are Mosman High teachers, parents and former students, and their works, from paintings to sculptures to prints, are often inspired by the local environment, Mosman's beaches, bush, streets and headlands.

If you see something you like, it's easy to put in a bid online on the spot, with 25% of the proceeds donated to support art education at Mosman High, 75% going to the artists.

It's a community fundraiser and outdoor art exhibition with a difference, brought to you by the Mosman High Art Committee.



**KELLY+
PARTNERS**
CHARTERED ACCOUNTANTS





FROM Deborah Mulhall, Librarian

The end of 2021 saw us into our new temporary premises and about 95% of our resources and gear sent into storage. We are tight but looking forward to our move into a fab new Library in 2023. For now, this is our tiny but servicable space:





Googling just isn't enough! Here to help is INFOBASE

Tired of Googling assignments and being overwhelmed with 200,000 responses, none of which seem to give the information you actually want? Mosman High Library has subscribed to Infobase. These are comprehensive, subject-specific databases, written by experts and vetted by editors, with information not available on Google.






Students may access the database from home as well as school!

The basic address is <https://online.infobaselearning.com/> and then log in with :

User ID: Mosmanhs
Password: Library

	<p>Ancient and Medieval History provides thorough coverage of world history from prehistory through the mid-1500s, with special Topic Centers on key civilizations and regions, including the ancient Near East, ancient Egypt, ancient Greece, ancient Rome, ancient and medieval Africa, ancient and medieval Asia, the Americas, medieval Europe, and the Islamic World. Each civilization's history is brought to life through articles, videos and slideshows, primary sources, and more.</p>
	<p>Bloom's Literature offers a comprehensive resource for the study of literature. Edited and curated by Yale University professor Harold Bloom, this database includes thousands of critical essays and discussion questions, plus author biographies and character analyses, full-length poems, the full text of hundreds of reference books, full-length videos of classic plays and films, and more.</p>

Continued on page 16

 <p>Health Reference Center</p> <p>Infobase</p>	<p>Health Reference Center includes comprehensive, in-depth coverage of body systems, current health issues, major diseases and conditions, treatments, and procedures, as well as health and nutrition information specific to men, women, children, teens, and seniors. The up-to-date information comes from hundreds of authoritative sources, plus users can find thousands of videos, illustrations, journal articles from PubMed Central, and reference articles from MedlinePlus.</p>
 <p>Issues & Controversies</p> <p>Infobase</p>	<p>Issues & Controversies helps students and researchers understand today's crucial issues by exploring hundreds of hot topics in politics, government, business, society, education, and popular culture. Presented in a balanced, pro/con format, each article presents the key facts, arguments, history, and current context—an ideal resource for research papers, debate preparation, and persuasive writing assignments.</p>
 <p>InfobaseBooks</p> <p>Infobase</p>	<p>Infobase's eBook Collection features thousands of core reference works from acclaimed imprints such as Facts On File, Ferguson's, and Bloom's on a wide range of subjects areas, from history to science, literature, and more.</p>
 <p>Modern World History</p> <p>Infobase</p>	<p>Modern World History offers a comprehensive look at world history from the mid-15th century to the present. Thousands of subject entries, biographies, images, videos and slideshows, maps and graphs, primary sources, and timelines combine to provide a detailed and comparative view of the people, places, events, and ideas that have defined modern world history.</p>
 <p>Science Online</p> <p>Infobase</p>	<p>Science Online offers expansive reference coverage of the full range of scientific disciplines through extensive essays, videos, diagrams, definitions, interactives, and experiments. Comprehensive Topic Centers help students find a starting point for their research, and the science eLearning modules cover core topics with Teacher Support.</p>

Other passwords: students are given their personal network and internet passwords when they enrol. It is suggested they enter these into their phones as a "contact" and to take a photo of the details. Finding and re-allocating individual passwords is time consuming and staff are not always free to do so immediately.

TAS Report

FROM Mark Jones, Head Teacher TAS

Welcome to 2022! Touch wood (we have quite a lot in E Block) the Term is off to a flying start despite the Covid protocols continuing. The great progress with the building site continues to be an ongoing Engineering and Design & Technology case study. When explaining the factors involved with the final design of the new building, the design team and architects mentioned our students will have opportunities to have access the site during various times during the construction. The blank slate left by the demolition of B Block is an impressive area for the build. Exciting times ahead!

Congratulations go to the work completed by Mosman students in the many subjects offered by the TAS Faculty. Students enjoyed being back in the workshops, kitchens, Textiles and computer rooms in Term 4, 2021, after the online learning period. With the staggered reintroduction to practical work during Term 3, and the delay to submission dates for practical work, we were immensely proud of all the students completing and submitting their Major Projects in Software Design, Design & Technology, Industrial Technology Timber & Multimedia and Textiles & Design. Results in all our subjects were above State Averages with the Major Works of Paloma Ploeg (Yr 11 Accelerated D&T) and Erin Miles (Yr 12 Textiles & Design) being selected for the **SHAPE Exhibition** at the Powerhouse Museum (MAAS) Ultimo. Congratulations to both students for this fantastic achievement.

Paloma had a specific client who required a light weight, easily collapsible & transportable chair & table system. After intensive research, many prototypes and much experimentation, Paloma settled on using carbon fibre to create a truly elegant solution which she hopes to market as the Xero Work Post. It easily folds into 3 small carry bags and only weighs 2.4 kgs. Her patience and skill in manufacturing such a high-tech material into a product of such amazing quality is a testament to Paloma's talent as a designer & maker. As shown in the photo, it can be easily used anywhere. Well done!

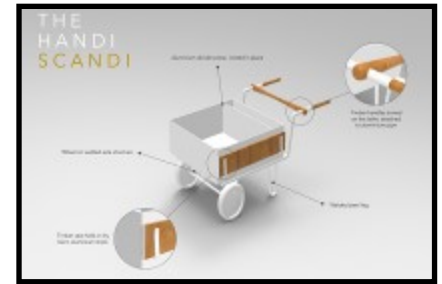


Paloma Ploeg

Other innovative Major Design projects included **Charlotte Horton's** no sew Covid masks from recycled material, which would appropriate technology for a developing country, with compostable, replaceable bamboo filters. Considering the initial research for this project began in Term 4 2020, the design brief & solution remain important concepts society should consider minimising the medical waste (non-biodegradable land fill) often forgotten during the pandemic. Equally as important on the Environmental front was **Kiera Burke's** designs for ballet & active wear that would reduce the amount of micro plastics discharged into our water ways. To do this she researched the history of materials used through history in ballet and adapted modern natural materials to fulfill the brief. All 6 prototypes performed well and were evaluated by dancers from a local studio. Quite an interesting scenario during a lock down. As well as performing well as dance wear, all run off from the washing of the garments was biodegradable.



Kiera Burke



Oscar Lo Lu

Oscar Lo Lu produced a wonderful multi use garden trolley in Scandinavian style utilising Aluminium panels sprayed white with elegant turned beech handles with a matching seat. The weight distribution of the fully loaded trolley was such that the ergonomics were beneficial to a client suffering from osteoarthritis. Again, a clever and elegant solution.

Aiden Duncan designed & produced a great solution to the task of single-handed loading his skiff onto the racks at the Balmoral Sailing Club. As most sailors use wheels under their boats to manoeuvre their vessel into position, it usually takes 2 people to lift it onto the rack. With a bit of tangential thinking, Aiden designed a track roller system above his boat so it could be winched, single handed onto the rack and then slid into position. Again, a simple solution after much research, multiple prototypes and experimentation to see the problem in a new light and develop a creative, innovative solution.

With the popularity of working from home, **Jacob McConkey Greene** tackled the problem of having a bedside table that would support a modular platform that was easily converted into many flexible uses such as charging technology and supporting a laptop & phone while being versatile enough to be used in aged care homes and hospitals.

Congratulations to all these students who not only achieved great results but have completed 2 Units of their HSC in Yr. 11 due to being accelerated.

Erin's project for Textiles & Design, also selected for Shape, was an intricate outfit with a few skirt options, a bodice and a top hat inspired by Alice in Wonderland. A costume that is technically brilliant with design documentation that told the story of inspiration and application. We look forward to seeing how the curator of the Shape exhibition displays Erin & Paloma's projects.

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Continued from page 9



Erin Miles

As mentioned, the Industrial Technology Timber students displayed great resilience to organise their workshop time around a 2 hr per day maximum attendance when they were completing their Major Projects. Congratulations to Ms. Allan for guiding this group through a difficult HSC year. It's always great to see such a varied range of products, all completed to a fine standard. Well done to all! Here are some of the fantastic projects. Images of other projects will be placed on the school website gallery at a later date.



Term 4 2021 saw a return to the after school activity of "Stitch & Yarn" where Ms. Allan leads students interested in Textiles to settle in CLS3 each Tuesday afternoon to create woven wonders. As they approached the Festive Season, some students turned their sewing and embroidery skills towards decorations and gift stockings. Here are some examples –



Continued on page 19



I'd like to welcome some teachers re-joining the TAS Faculty. Mr. Willems has been with us previously and we are very lucky to have such an experienced chef & teacher return to take over the Food Tech and Hospitality classes while Ms. McClintock and Mrs. Papilos are both on extended leave. We are also very lucky to have Mr. Griffin join us for this year to replace Mr. Walker who has taken up a Head Teacher role at the new City School on Cleveland St. We wish Mr. Walker well and thank him for his many years of teaching at Mosman, especially his innovations in the delivery of the Multimedia syllabus. Again, we are extremely lucky to have a teacher of Mr. Griffin's calibre to add to the creative processes in the TAS Faculty.

Although our 2021 Design Expo was cancelled due to Covid restrictions, all Major Works as well as Stage 4 & 5 projects will be placed on the school website soon as a TAS Gallery. I will include links in future a High Flyer.

The lunch time wood turners club will start again in Week 4 so listen to the morning announcements for details. No experience necessary. Here's what you might expect –



No experience needed if you'd like to join Ms. Allan on Tuesday afternoon's, 3.20 to 4.20 pm to develop your stitching skills & have a yarn! See Ms. Allan in the TAS staffroom if you're interested in joining the group this Term. The group will begin on the 15/2/22.

I wish all the students at Mosman every success in developing their practical & technology skills so they can involve themselves in designing and creating for the future. Have a go, ask lots of questions, and design solutions to problems that affect you!

Enjoy 2022, respect the wonderful opportunities the workshops offer you and work in conjunction with your teachers to develop your creative skills!

CALENDAR OF EVENTS

TERM 1 2022

Monday 14 February

Yr 7/8 Parent Forum Evening (Zoom)

Thursday 17 February

P & C Meeting 7pm (Zoom)

Friday 18 February

Yr 7, Yr 12 and Staff School Photos

Monday 21 February

MHS School Swimming Carnival -

Drummoyne Pool

Yr 11 & Yr 12 Music trip to Encore HSC Performance

Tuesday 22 February

Yr 12, Yr 11 and Yr 10

Presentation by Paul Dillon

Teenagers, Alcohol & other Drugs

Parent Presentation 7pm at RSC

Wednesday 23 February

Mosman High Special Programs Night

5-7pm

Thursday 24 February

Yrs 8, 9, 10, 11 School Photos

Yr 7 ELEVATE - Kickstart

Friday 25 February

Absentee School Photos

Yr 10 HSC Minimum Standards

Yr 11 Visual Arts Cockatoo Island

Excursion

Yr 9 ELEVATE - Memory Pneumonics

Monday 28 February

Yr 12 IHP Week

Yr 10 HSC Minimum Standards Practice

- Numeracy

Tuesday 1 March

Yr 12 IHP Week

Yr 10 HSC Minimum Standards Practice

- Numeracy

Wednesday 2 March

Yr 12 IHP Week

Yr 10 HSC Minimum Standards

Practice - Numeracy

Yr 12 Parent Teacher (D Block) 4-7pm

Thursday 3 March

Yr 12 IHP Week

Yr 10 HSC Minimum Standards

Practice - Numeracy

Yr 7 & Yr 8 NSW Vaccination

Program 2022

Yr 10 ELEVATE - Study Sensei

Friday 4 March

Yr 12 IHP Week

Yr 10 HSC Minimum Standards

Practice - Numeracy

Yr 11 ELEVATE - Time Management

Wednesday 9 March

Yr 12 Visual Arts 1 & 2 Excursion to

Artexpress

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

**MOSMAN
HIGH SCHOOL**

**ATTENDANCE
LINE**

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