

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

Is Term 3 the fun term?

FROM Susan Wyatt, The Principal

With two ski camps, two concerts, the annual art exhibition and lots of sporting and other amazing excursions, it could be argued that Term 3 is a term of fun and extra-curricular learning. With slightly warmer weather and the promise of a Spring vacation, we are all looking forward to longer and sunnier days.

Already the Ensemble and Winter concerts have come and gone and all who attended would testify to the excellent venue that is Scot's Kirk. The acoustics in the church are wonderful and whether it was our string ensemble, performance band, our drama groups or a rock band they all sounded and performed really well. Our Year 11 rock band 'Garden of Youths' recently back from a creditable third place in Youth Rock showed why they are so successful.

Exciting news! At the Ensemble Concert we were able to announce that we are hoping to recommence our overseas music program in 2023. After COVID we are looking to travel to Singapore in the Term 2/Term 3 holidays. Singapore schools have an excellent musical reputation and there is so much to see and do in Singapore including workshopping in schools and providing performances in the community. More information will be coming out soon, so if your child is in one of the ensembles, the choir or is interested in getting back into music ... watch this space.

Speaking of COVID, it is pleasing to note that the number of student cases is

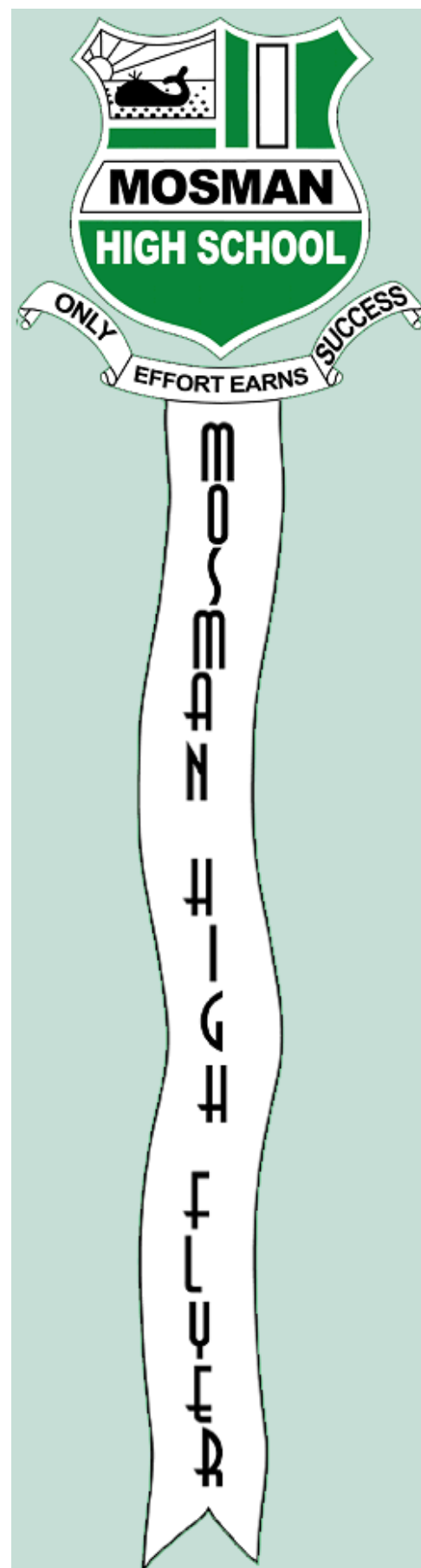
continuing to decrease. The school has purchased more Rapid Antigen Tests and of course we still have thousands of masks. The masks are available to students everyday and I am giving out RAT packages every couple of weeks. We are also awash with sanitiser and of course we have extra cleaning staff working to keep all hard surfaces sanitised. While wearing a mask indoors is optional, it is again pleasing to note that many students are doing so. Of course, if your student has symptoms then they should do a test and if positive isolate for seven days. If they are in the same household as someone who has tested positive and they have no symptoms, they should conduct a daily RAT and return a negative test each morning before attending school. They can then come to school but must wear a mask when indoors at school.

Term 3 is also the term for subject selection evenings and we have had two at this stage. Year 10 firstly selected their subjects for Year 11, 2023 and then Year 9 for Year 10, 2023. The last of the subject selection evenings is for Year 8 to choose their electives for next year. Year 7 will need to choose a language to satisfy the 100-hour mandatory Stage 4

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August 2022
VOLUME 30 ISSUE 5



NEXT MEETING

7pm, Thursday AUGUST 18th

+

7.30pm Cyber Safety Parent Seminar

All Welcome

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

language curriculum. Year 7 students are lucky to have such a choice. They can choose one of the following Japanese, Italian, Chinese, French or Spanish. The only choice remaining for a year group, will be when Year 11 decide what subject they want to drop as they move from 12 units to 10 units in their HSC year. Year 11 will make this choice after they finish their Year 11 preliminary exams at the end of Term 3.

Of course, Year 12 are at this time working hard to complete major works in visual arts, Industrial Technology, textiles and design and technology for the HSC. Then there are the HSC performance exams in drama and music, while the Year 12 writers are completing Society and Culture research projects or Extension English and Extension History major works as well as the HSC Language oral exams. As you know we moved the trial exams to the end of Term 2, and this has provided time for our Year 12 students to focus on these early HSC requirements.

Year 12 graduate in week 10 of this term. This year we are having their formal graduation ceremony at the Sydney Conservatorium of Music. It is a beautiful venue to say farewell to such a wonderful group of young people. They have been excellent leaders and role models within the school and we will miss them, but wish them well in their future careers. Many of our students excel at a diversity of sports and in this edition of the High Flyer you will read of their achievements. However, I must mention Will Wilkinson of Year 9 who represented Australia in Turkey in the Optimist sailing category and won gold, a sensational achievement and we are very proud of Will and all our students who are achieving success in their chosen sports.

Finally, you will have noticed that the build has at last come out of the ground and we have a number of vertical metal frames as well as scaffolding suggesting the magnitude of what we will be receiving. As the building starts to take shape not only the staff and students are excited but also, I hear from the community how interested everyone has become. Our wonderful art staff have been collating the art work of each year group and arranging the works on a banner. These banners have been affixed to the internal white hoarding to provide a continuous outdoor art gallery of student work. We now have three banners including Year 8, Year 11 and last years Year 12 works and we are hoping to showcase the works of the other years shortly.



Year 8 & Year 11 artwork



Deputy Principals' Reports

FROM Colette Longley & Clint Johnson, Stage 6 Deputy Principals

Science Week 13 – 21 August

It's National Science Week coming soon. The school theme for National Science Week in 2022 is *Glass: More than meets the eye*. It is based on the UN International Year of Glass. It will celebrate the many roles that glass plays in our lives – from phone screens to optical fibre to glassware in labs – plus investigating glass as a part of our sustainable future. I thought it timely for year 11 and year 12 if they are interested in science to start thinking about careers in this area. Hopefully this link inspires your student to pursue a career in Science.

[This is Every Science Career We Can Think of | Science Careers List \(careerswithstem.com.au\)](#)

Book Week 20 – 26 August

It is a week of celebrations, each day focusing on a different theme. The 24th August fits well with the year 11 and year 12 experience. It is the perfect day to visit community libraries and the work they do to support Mosman students. The theme for book week is “dreaming with eyes open.”

Mosman Library Service and Mosman High Library have an extensive range of print and online resources to help HSC students through their studies. Both libraries, in the HSC collection, a student will find all the English texts as well as study guides to all the current subjects. Both libraries also have online resources for students.

All the student has to do in Mosman Community Library is to search the EBSCOhost databases which gives them access to premium online information contained in academic journals worldwide. Another resource available called *Ecriture* offers your student resources that will support and extend their school studies, providing a series of ideas to help them analyse texts. Structured lessons are also available to help them improve their academic and creative writing skills.

Of course at the Mosman High School library is our wonderful librarian, Ms Mulhall. A trained school librarian is often

described as a human search engine. Students are encouraged to tap into their school library for any additional support from Ms Mulhall in the weeks leading up to the preliminary and HSC exams.

In the Library we also have Infobase - a substantive database on articles not available through Google. Students can access either at school or at home: [Infobase.com](#)
User ID: Mosmanhs
Password: Library!

Important dates coming up :

Year 11

Preliminary exams (from 5 September) – Year 11 Final Assessment for 2022. The school exam schedule will be published very soon. Students should keep an eye out on the year google classroom and their student portal for individual timetables.

Year 11 into Year 12 – end of term 3 subject choice (post preliminary exams). Decisions are made around number of units taken, extension/extension 2 courses and eligibility. This link may be a useful resource so that you are fully aware of options, rules and guidelines.

[Subject selection | NSW Education Standards](#)

Year 12

Check out this link [Student guide | NSW Education Standards](#) and pen some dates in your diary

It provides lots of important links re exam dates, major work submission dates as well as rules, provisions for exams, past papers, curriculum, advice around skills development ie multiple choice.

Year 12 should also start making an individual appointment with Richard Mew, our careers adviser, re transition beyond school. Mr Mew has many contacts and knows a great deal about tertiary education entry and pathways. I suggest students firstly check out [Careers NSW](#) which offers free, personalised career advice and resources that can help you kickstart your career. It includes a [career quiz](#) to help you understand your work style and explore careers you might enjoy. Students can also speak to a careers advisor, an industry expert or visit the [self-service website](#) to help them understand educational pathways to match with the skills they need to find employment.

It is important students give themselves time to think and plan about the many pathways they can take to assure their future beyond school and to consider the resources they might need to best support them.



Catherine Simpson, Year 9

Continued on page 4

FROM Tony Gahan, Stage 5 Deputy Principal

Dear parents, carers and the Mosman High School community, welcome to the start of Semester Two.

Thanks to our P&C Wellbeing Committee, our Year 7, 8 and 9 students will receive a presentation on Cyber Safety; the details of which are below. In addition, a Cyber Safety presentation will be delivered to Parents and Carers at the P&C meeting on Thursday 18 August. Please register using the link below (see red arrow) your intent to attend.

Date:

15th August and 18th August

School:

Mosman High School

Session Type/s & Time:**15th August:**

Student Education Session - Year 7 Students - 9am- 10am

Student Education Session - Year 9 Students - 11.35-12.40pm

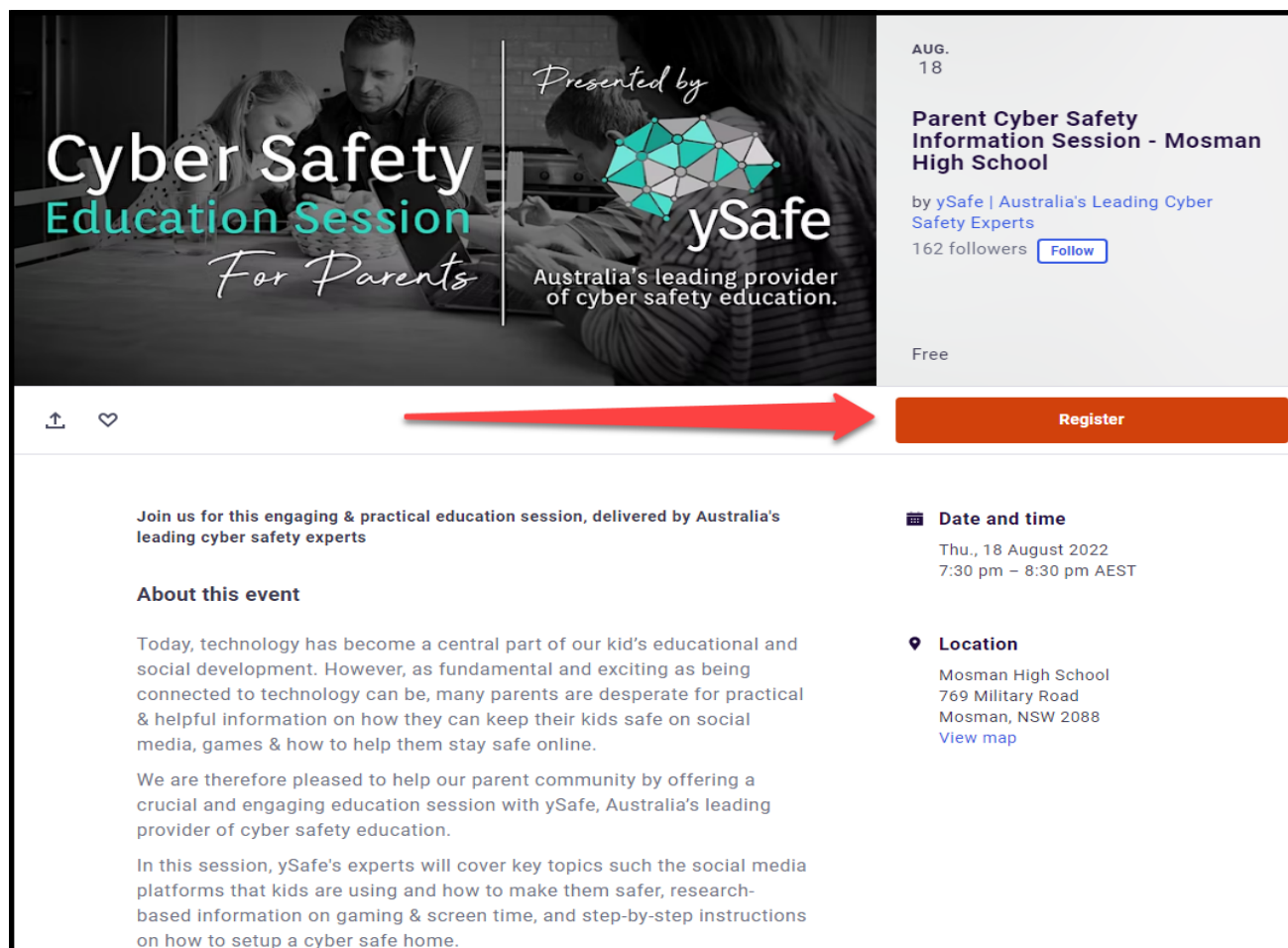
Student Education Session - Year 8 Students - 2.10pm- 3.10pm

18th August:

Parent Education Session (face to face) : 7.30-8.30pm. There are currently 0 registrations from the <https://www.eventbrite.com.au/e/parent-cyber-safety-information-session-mosman-high-school-tickets-390945938827>

ySafe Presenters:

David Smith and Ankita Patwardhan



Cyber Safety Education Session For Parents

Presented by **ySafe**
Australia's leading provider of cyber safety education.

AUG. 18

Parent Cyber Safety Information Session - Mosman High School

by ySafe | Australia's Leading Cyber Safety Experts
162 followers [Follow](#)

Free

[Register](#)

Join us for this engaging & practical education session, delivered by Australia's leading cyber safety experts

About this event

Today, technology has become a central part of our kid's educational and social development. However, as fundamental and exciting as being connected to technology can be, many parents are desperate for practical & helpful information on how they can keep their kids safe on social media, games & how to help them stay safe online.

We are therefore pleased to help our parent community by offering a crucial and engaging education session with ySafe, Australia's leading provider of cyber safety education.

In this session, ySafe's experts will cover key topics such the social media platforms that kids are using and how to make them safer, research-based information on gaming & screen time, and step-by-step instructions on how to setup a cyber safe home.

Date and time
Thu., 18 August 2022
7:30 pm – 8:30 pm AEST





Location
Mosman High School
769 Military Road
Mosman, NSW 2088
[View map](#)

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FROM Tony Gahan, Stage 5 Deputy Principal

Secondary Student **Workshops**

Our standard secondary student workshops cover four key cyber safety topics.

 <p>Cyber Bullying</p> <p>This interactive section encourages students to reflect on how their personality types influence the way they respond to cyberbullying, helpful conflict-management strategies & positive bystander behaviour.</p>	 <p>Nudes & the Law</p> <p>We explore of the laws around 'sexting' and non-consensual sharing of nudes. We discuss the broader social and emotional impacts of distribution, and provide strategies to manage inappropriate requests & peer pressure.</p>	 <p>Online Wellbeing & Screen Time</p> <p>Looking at the 'brain-hacks' developers use to draw us in to technology, we explore the importance of managing screen time, including the impact on study distraction and sleep, excessive gaming, digital validation and self-esteem.</p>	 <p>Digital Footprint & Online Reputation</p> <p>We discuss the concept of online reputations and personal branding, challenging students to think about perception, explore the impact on university and job prospects, and provide strategies for harnessing a positive online image.</p>
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NSW School vaccination clinic, Year 10 students, Monday 22nd August 2022

NSW Health will offer Meningococcal ACWY vaccination to all Year 10 students at your school clinic, after signed consent has been given by parents/guardians. Signed consent forms are due to the DP's office by **Monday the 15th**. This allows time to collate and pre-order the correct number of vials.

Consent for school vaccination

- Year 10 parents/guardians have been sent (via their Year 10 student) a Parent Information Kit that includes an information sheet, consent form and privacy statement. To consent to the vaccination of their child, parents/guardians are advised to read all the information provided, complete the consent form, and return it to their child's school.
- Vaccination for Year 8 students is only for students who handed the consent form in at school in 2021 but did not complete their vaccinations in 2021.
- A parent/guardian may later change their mind (after submitting the signed form) and withdraw their consent for vaccination at any time. This can be done by providing the school with written notification of such withdrawal, or by emailing nsllhd-phuschoolvaccinationprogram@health.nsw.gov.au.
- If you do not want your student to receive the school vaccinations please DO NOT complete or return the consent form. No student will receive vaccinations at school without a completed consent form signed by their parent/guardian.
- There is no concern for students receiving the Meningococcal ACWY, HPV or dTpa (school vaccinations) either before or after they complete COVID-19 vaccinations (advised by National Centre for Immunisation Research & Surveillance).

Parents should also;

- Ensure that students with influenza-like symptoms do not attend school and are tested as soon as possible (www.nsw.gov.au/covid-19/symptoms-and-testing)
- Ensure that their student eats breakfast on the morning of the vaccination clinic. o Please watch this short video with your child. Adolescent meningococcal ACWY vaccine – Seb's story
- Absent students. Any students who are absent will be offered any missed doses at the next school vaccination clinic on 17/11/2022 and do not need to go to their GP for the vaccine.
- A Record of Vaccination card will be provided to each student. Details about vaccinations given at school will also be uploaded to the Australian Immunisation Register (AIR). Further information about school vaccination is available; <http://www.health.nsw.gov.au/schoolvaccination>

NSW catch up vaccinations for Year 7 & 8 also on Monday 22nd August 2022 - catch up for missed doses of HPV or dTpa vaccination

Year 9 into Year 10 Subject Selection Information Evening

On Thursday the 11th of August, year 9 parents, Carers and students will receive a Zoom broadcast to inform them of the subjects available and the format to apply.

The online form is due on the 18th of August, avoid the tears; meet the deadline.

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FROM John Feros, Stage 4 Deputy Principal

Welcome to Term 3! The year seems to be flying and there have been so many fantastic things happening in the school so far this term.

We have had a successful Grandparents' Day in Scot's Kirk Church, a Gala day, the Ensemble Concert, the Winter Concert, Debating and it is only week 4! Keep an eye on the calendar for upcoming events.

Can I encourage all students to get involved in the activities at school. We currently have debating, Art Club and the Enviro Club on Mondays, Stitch and Yarn on Tuesday afternoons, 'lunchtime hangs' with Hayley on Tuesdays and Thursdays, Breakfast with Hayley on Wednesday. There is something for everyone. Just ask one of your year advisers for further information.

As the students settle into Term 3, a focus for Stage 4 is social media, in particular the use of snapchat. For those of us who are not in tune with snapchat, I have included a brief outline below. I guess the real challenge for students, is to understand how to use it safely and realise that whatever is posted has an *effect*.



What is Snapchat? How can you report online abuse, ask for content to be removed or block someone?

Snapchat is a messaging app that lets you send images, videos or instant text messages to friends. These images, videos and messages are only available for a short period of time once they are opened. You can also use filters on your images and upload photo and video stories that last for 24 hours before they disappear. Content posted to Snapchat is not as temporary as it may appear, as users can save chats or screenshot them without the sender knowing.

Snapchat is used for: content sharing, location sharing, messaging/online chat, online relationships, photo/video sharing, voice chat and video calling

How can you report online abuse, ask for content to be removed or block someone?

- Report abuse
- How to report abusive behaviour on Snapchat.
- Remove or block someone
- How to stop someone from contacting you.
- **Always take a screen shot !!!**

How can you protect your personal information?

- Privacy settings
- Learn how to make your account as secure as possible.
- Disable Snap Map Feature
- Learn how to remove live location tracking.
- Who can see your Snaps and Chats?
- Learn how Snapchat servers keep and delete the content you create.

This is a great link - <https://www.connectsafely.org/wp-content/uploads/A-Parent%E2%80%99s-Guide-to-Snapchat>.

Performing Arts News

FROM John Feros, Head Teacher Performing Arts

What a month it has been! We are just getting over the Ensembles Concert and the Winter Concert. Both concerts were held in Scot's Kirk Church. What a venue! At the Ensemble evening our ensembles were showcased. The Wind Orchestra started the evening with a great Metallica song – Enter Sandman, great rendition. What really impressed the audience was the variety of repertoire each ensemble performed. The Strings, Jazz Band, Percussion and Guitar ensembles all performed with such professionalism, directed by some outstanding tutors. The Church's wonderful acoustics really complimented the ensembles. You can certainly see the growth in performance. Special thanks to Caroline Fechner who not only is chair of the Music Committee, but also coordinates the music ensembles.



Take two! Our next performance was our Winter Concert. Again, this was in Scot's Kirk Church. After hiring a stage and the Entertainment students setting up all the sound and lighting, the Church really showed it's versatility; the acoustics the stained glass, the seating all came together for a fantastic night. It was so nice to get the students in front of a live audience! Once again what impresses with our shows is the variety of entertainment; dance, drama and music. We had students performing from Year 7-12. It is great that we showcase each year group and there were some standout performers. You all know who I mean... What I really like is to watch over the years how students develop their performance skills starting in Year 7 and by the time they are in Year 12 they are seasoned performers. A lot of work goes on behind the scenes to get a show on stage. I would like to thank the Performing Arts staff, Miss Hardingham, Miss Brownlee and Mr White. Thanks also to the Entertainment class who get better with each show. Finally, a special thanks to Rev Brett Graham and The Scot's Kirk committee for allowing us to use the Church for our concert.



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Performing Arts News

FROM John Feros, Head Teacher Performing Arts



So what's coming up?

Year 12 drama are diligently working on their Group and Individual performances in the lead up to their practical HSC Examination on 26th August. Year 12 students Stella Meier, Anoushka Israni and Jack Burton-Sullivan impressed audiences with excerpts from their Individual Performances at the recent concert, and all of Year 12 will be showcasing their work at the Year 12 Performance Night at the RSC on Tuesday 16th August. We are very proud of them and wish them all the very best with their exams!

Elsa McNamara, Year 11 won the National Speak Up song writing competition last weekend. She won a variety of prizes including a \$2,000 production recording. It was quite exciting, they brought in the contestants from the bottom up and when they got to second place and it was someone else, we knew she had first place!

Elsa and Ruby Crawley really enjoyed representing the School at the Solo Vocalists camp and they did brilliantly, both performing solo parts with their groups in the final performance.



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Performing Arts News

FROM John Feros, Head Teacher Performing Arts

It has been a busy time for Drama students with several excursions lately. At the end of Term 2, Year 11 went to the Ensemble Theatre to see a modern adaptation of Ibsen's classic *A Doll's House*, updated by Joanna Murray-Smith. It was interesting for them to experience this production having studied the play as part of their Preliminary studies. Also at the end of Term 2, Year 10 Drama students visited Australian Theatre for Young People (ATYP) at their brand new home at Walsh Bay, to see Lachlan Philpott's play *M Rock*. Students were able to observe actors playing multiple roles with seamless transitions, something they are focusing on this Term in their own Playbuilding.

More recently, Year 8 & Year 9 visited Glen St Theatre to see a remount of the blockbuster Australian Production *The Sapphires*.



Our students were blown away by this high energy production which deals with important historical and political issues in a highly engaging way. Year 7, are currently working on adapting picture books into abstract theatre pieces and will be seeing a theatrical adaptation of the picture book *Yong* at Monkey Baa Theatre at the end of Term. Wherever possible we attend Q&A sessions with the artists and our students always ask mature and insightful questions, reflecting their high level of engagement with live performance. Our students always conduct themselves in the theatre in a highly appropriate way that reflects well upon the school. It is a pleasure taking them to the theatre.

Alumna

Jagged Little Pill – our own Harmony

I was called to the reception, where I saw one happy Dad! Ex student Harmony Lovegrove.... has just landed the role of Jo in *Jagged Little Pill*. Inspired by Alanis Morissette's Grammy Award - winning masterpiece, *Jagged Little Pill* is "immaculate – charged, confrontational, and uncompromising" (*Daily Beast*). This electrifying musical brings to the stage the joyful and redemptive story of the Healys.

Jagged Little Pill tells the story of the Healys, the perfectly imperfect family. To the outside world they are the suburban ideal – a PTA mum who is always cheering on her kids, a busy lawyer dad providing the best for his family, a high achieving son who's just made valedictorian, and the artistic adopted daughter fighting for change in small town Connecticut. But nothing is as it seems.

Harmony auditioned for the role two years ago and almost made it. In the current production, the lead actor has gone to Broadway to workshop *Muriel's Wedding*. Enter Harmony. She gets a call from the director asking her to come to rehearsal. There was a point when the Director was going to cancel the show. Once Harmony got on stage, there was a huge sigh of relief. The Director was impressed with the seamless transition Harmony made to fit into the ensemble. Go check it out before it leaves Sydney.



Grandparents' Day

FROM John Feros, Stage 4 Deputy Principal

Each year we invite the Grand Parents of Year 7 to our school to see what is happening in school. It is an opportunity for the grand-parents to have morning tea with their *grand student*. This year due to our school renovation, we decided to have it in Scot's Kirk Church (thanks to the hospitality of Rev Brett Graham). It was such a great venue!

The morning began with a meet and greet and there was such a great vibe. Indie and Sofia were the MCs and did a brilliant job! Year 7 presented a selection of their projects - a recent Project based Learning unit – People and Places. This was a unit that worked in conjunction with The Sydney Opera House. The presentations were stunning! They had creative content and had visual images to support each presentation.

Year 7 Drama presented some fantastic monologues which showed excellent performance skills. Always a crowd favourite, is the invitation for a grandparent to speak about their experiences at school. It is so good to hear and surprise students that there was a time when there was no social media or electronic devices; hard to believe for many students. Throw in some great music and you have an impressive *Grandparents' Day*. For me, apart from the excellent performances and presentations was the catch up with a teacher from the past; one grandparent taught at Mosman High in the 1980's and I remembered him fondly. Great to reminisce about *ye olde* Mosman days. All up, Grandparents' Day was a great time and I'd like to thank Year 7 and of course the grand par-ents, who seem to be getting younger!



As a result of being spotted at Grandparents' Day, one group (Aadhya, Hannah, Trent and Scarlett) was asked by Middle Harbour Primary to show their presentation. The main focus of the presentation was Buddy benches which was part of the PBL. The students gave a presentation to the SRC encouraging them to fund raise and install Buddy benches in their school. It was so great for the students not only to present, but to be back in their old school. Impressive!



Year 8 Sport & Recreation Camp

FROM Bernadette Smith, Stage 4 Head Teacher

Lake Burrendong

This year we are running a camp for the first time in Year 8 which gives our students in this Year 8 cohort an opportunity to participate in a camp in Stage 4 . The camp will run from the 30th October until the 2nd November at Lake Burrendong. It is situated midway between Dubbo, Orange, Mudgee and Parkes.

As you can see below from the image it is set in amazing natural bushland in cabin accommodation that is surrounded by gum trees and wildlife, a pristine lake and cloudless skies . The program at this sport and recreation site will offer our students many different experiences from grass skiing , cookouts, damper making, mountain bike and BMX bike riding in fact a vast array of activities are on offer in a unique setting and the focus at the camp is to understand their environment.

Further information on times and bookings will be available later in the term.

[School Camps](#)



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Student Support Officer

FROM Hayley Rose, SSO

Connection and Gratitude in Young People

When it comes to adolescent wellbeing there are risk factors and conversely protective factors that influence a young persons overall wellbeing. We have all heard and seen the evidence around lifestyle such as diet, exercise, sleep and the like, however a huge protective factor parents have direct influence over is connection and gratitude. The Washington Post had an article in recent years that included some prompts that can be used around the dinner table, or my favourite, in the car where you have a 'captive' audience and conversations are often side by side, less confronting and more casual. I have included the prompts in this article for you to start to think about how you may use them to have robust and meaningful conversations with your children. Be curious, sincere and open, ask questions to help you understand where they are coming from, do not criticize or correct them, there is no right and wrong answers.

- Who is the most important person in your life that I know?
- Who is the most important person in your life that I don't know?
- Tell me why your favourite person is your favourite person.
- What person has had the biggest influence on you so far?
- What person trusts you the most?
- What person do you trust the most?
- What person knows you the very best?
- Of all the people who know you well, who do you think is closest to liking you as you are today — giving you unconditional love?
- What friend do you admire most? Why?
- What adult in your life do you admire most? Why?
- Have you ever told those people how important they are to you? Do you think they have any idea?
- What activity has had the biggest influence on you so far?
- If we moved tomorrow whom would you miss most (make it clear you are not moving!)?
- If we moved tomorrow what activity would you miss most?
- Phone aside, what appliance /modern invention would you miss the most if we lost electricity?
- What's your favourite song? Can you help me understand what you like about?
- What's your favourite movie of all time? What do you like about it? (Then go and watch it yourself!)
- What show do you like to binge watch? Why?
- What book have you read that you liked most?
- What brings you the most joy in life?
- What experience are you really glad you had?
- What experience are you glad is over?
- What experience are you really glad you had that you are glad is over?
- What is something you didn't like but you are glad happened?
- If you had to list five things, what would you be most grateful for?

Young people value authenticity, and they want to be seen as the expert on their own lives. They want to be taken seriously. These questions will hopefully help you start.

As always I am available here at school to provide students and families with support and connection to services. Contact me via school reception or email - attention Hayley Rose



MHS Wellbeing

FROM Emily Catt, Wellbeing Nurse

Hello Mosman High Parents!

A quick re-introduction - I'm Emily, the Wellbeing Nurse, employed by NSW Health and working at Mosman High on Thursday and Friday. My main role is to support students in accessing the right services to meet their health needs. Hopefully some of your wonderful teenagers are beginning to know who I am, even though I hide up the top of the A block in the "retreat" (the perfect place to have a quiet and private chat!).

Being a teenager can be tough, they experience physical and emotional changes and shifts in hormones, all whilst trying to build connections with peers and establish where they belong in this crazy world. In addition to this, the prevalence of social media plays a massive role in how they view themselves and the relationship they develop with their body. In fact, The Butterfly Foundation has identified body image as one of the top concerns of young Australians for several years running. This is not just limited to females, males also struggle with low esteem caused by pressures of body image.

The Butterfly Foundation (butterfly.org.au) provides support for eating disorders and body image issues and they have some free webinars around body image for parents and carers coming up:



LET'S TALK BODY IMAGE IN BOYS - INFORMATION FOR PARENTS

For parents/community

Free

WEBINAR

(CANBERRA, MELBOURNE,
SYDNEY TIME)

Wed, 31st Aug 2022, 7:00 PM

MORE INFO

LET'S TALK BODY CONFIDENT CHILDREN AND TEENS

For parents/community

Free

WEBINAR

(CANBERRA, MELBOURNE,
SYDNEY TIME)

Mon, 12th Sep 2022, 7:00 PM

MORE INFO

For more information and to register for these free webinars, please visit:

<https://events.butterfly.org.au/portal#msdyntrid=WDWMUzWkmKDHL2kJRSX2GTMUXKvh->

If you have any concerns regarding your young person and body image or eating disorder concerns please feel free to contact me via the school. I would be more than happy to have a chat to you, set up a time to meet with your young person or point

Languages Faculty 2022

FROM Jane Jackson, Teacher Languages

Good luck to all our Year 12 students who have completed or will complete their HSC Speaking exam during August and early September. Speaking comprises 20% of a student's internal (school) assessment and also the Speaking exam comprises 20% of a student's external (HSC) mark. For Stage 6 language students, it is helpful to think of the Speaking as like a major work, that is, students do need to dedicate time to it and continuously work at crafting and improving their responses during Year 12 so that they not only can understand the questions being asked but that they can also be at ease and speak thoughtfully to express their ideas and opinions. It's incredible to see the progress students make from the beginning to the end of Stage 6 and to know that they will absolutely be able to use this knowledge and skills in the real world.

The **Ciné-Club**, launched in June, is gathering a small but faithful following! To date we have watched 'La famille Bélier' (France), 'Mirai' (Japan), the first two episodes of 'Reply 1988' (South Korea) and 'Under the Riccione Sun' (Italy). Even though we may not understand the language, it is fascinating to observe cultures that we may be unfamiliar with and perhaps consider experiencing these first hand in the future!

La Fête de la Musique 2022 – comes to Manly

You may remember that in the last High Flyer I wrote about **La Fête de la Musique**, its origins and how it is celebrated annually on the summer solstice in France. Well, now it is coming to Manly, so note down Saturday 24 September in your diaries. For more information go to ...

[https://www.eventbrite.com.au/e/fete-de-la-musique-make-music-day-manly-tickets-162948309781?](https://www.eventbrite.com.au/e/fete-de-la-musique-make-music-day-manly-tickets-162948309781?fbclid=IwAR3klx6lbHFKdTw51881lbdQ0g--7xKBD6hundnDDEj4BAIncc4eCfXWTb4)

[fbclid=IwAR3klx6lbHFKdTw51881lbdQ0g--7xKBD6hundnDDEj4BAIncc4eCfXWTb4](https://northernbeachesliving.com.au/a-music-festival-is-coming-to-manly/)

and/or

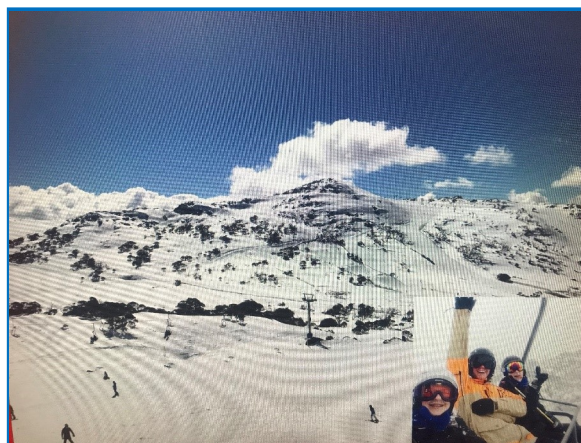
<https://northernbeachesliving.com.au/a-music-festival-is-coming-to-manly/>



Yr 9 Ski Camp

Students need to arrive at school at 7.15am on Sunday the 21st of August and will return sometime around 4pm on Friday 26th August. All other information can be accessed via the school calendar.

Students not attending the camp are expected to attend school.



Yr 10 Ski Camp

Students need to arrive at school at 7.15am on Sunday the 11th of September and will return sometime around 4pm on Friday 16th September. All other information can be accessed via the school calendar.

Students not attending the camp are expected to attend school.

MHS Stars

Dylan Elliot, Year 11

Dylan has been selected to join an elite youth football training squad run by the Villarreal CF Football Academy. Villarreal CF plays in the first division of Spanish football (La Liga) and is one of the most successful European Football Clubs. Last season Villarreal made the semi-finals of the Champions League. It is a great opportunity for Dylan to pursue his love of football and provides a pathway for him to train with them in Spain. He will continue to play NPL for UNSW FC. Congratulations Dylan!



Will Wilkinson, Year 9

Will had a great Optimist World Championship in Turkey. It was a fantastic experience meeting other young sailors from over 61 countries and sailing on the beautiful Aegean Sea in Bodrum.

It was very competitive with many excellent sailors. Will managed to win his division and it was a wonderful moment when he stood on the number 1 dais, wrapped in the Australian flag and collected his trophy. Congratulations Will!



Continued on page 16

MHS Stars

Patrick Griffin, TAS Teacher

Patrick was awarded the Deans Medal by Western Sydney University for having the highest GPA in his Master of Teaching Degree. There were some delays with the award being announced due to Covid, but it was a very welcome surprise and a highlight of his 8 years at university! What an achievement!



Year 7 Basketball

These gorgeous Year 7 boys are the winners of the Semester 1 basketball competition in the Manly Warringah competition and their proud coach Luke Cooper. They won against St Luke's Grammar in the final 35 to 31. Fantastic!



MUNA Teams doing us proud!

We had two teams representing Australia and Saudi Arabia at the Model United Nations Assembly (MUNA). Teacher Gemia Jonscher is supporting both teams at the Model United Nations. Australia won the prize for best dressed. Congratulations to all involved.



Continued on page 17

MHS Stars

Sam Hart, Year 10

Great dress up Sam!

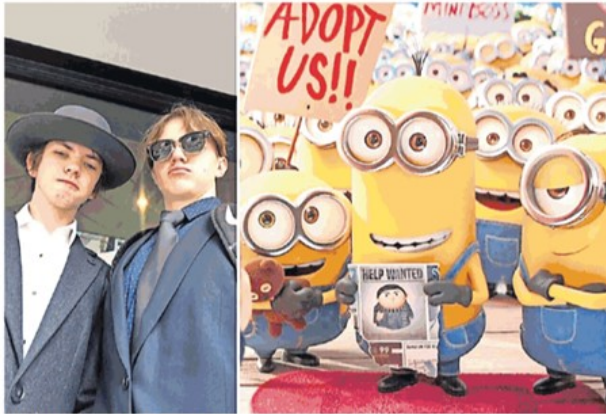
Dressing up for the Minions? It suits me

COMMENT
Sam Hart

I first heard about the trend of teenagers dressing up in their best suits to watch *Minions: The Rise of Gru*, the latest release in the MCU (Minions Cinematic Universe), via TikTok. My friends and I immediately thought that if we didn't engage in it, we'd regret it for the rest of our lives. We talked it out, set a date and arrived in our formal outfits.

My outfit mainly consisted of my dad's clothes, with my hat being a recent addition that I had bought for the opening night of *Moulin Rouge! The Musical*. My attire was very much inspired by my favourite character from my favourite show, Alfie Solomons in *Peaky Blinders*.

We all wore suits to celebrate the historic milestone of being able to view what we consider the peak of cinema. The movie rivalled classics such as *The Godfather*, and we all deemed it right to go in suits for such a historic moment. There were other teenagers at the cinema who decided wearing suits was only right for such an event, too.



Sam Hart, left, is one of the hundreds of Gentleminions watching the latest Minions movie.

Ruben Fernandez, Year 8

Some great news! Ruben Fernandez from Year 8 has been selected to join the NSW Public Schools Drama Ensemble. This is an impressive achievement as it is by audition only. Ruben will work with students from other schools to refine his performance skills and further extend his passion for Drama. Great job!



Khao Yamada & Niemeyer Fosse, Year 9

Khao's & Niemeyer's completed IT timber. Great work!



Youth Rock!

Jai De Jager, Harrison Brown, Jeremy Smith, Rory Edmonston and Luca Elliot, Year 11 represented Mosman High at Youth Rock. They put on an amazing show and finished third. It was a very tough decision for the judges. Congratulations!



Schools Spectacular 2022

Eloise Wong, Year 9 will be attending the 2022 Schools Spectacular Featured Tap Ensemble Live Auditions at Carlton School of Arts! Congratulations Eloise!



Visual Arts 2022

FROM Jai Edwards, Teacher Visual Arts

YEAR 10 VISUAL ARTS EXCURSION TO THE ARCHIBALD, SULMAN & WYNNE PRIZES

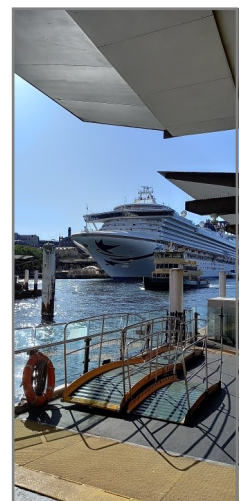
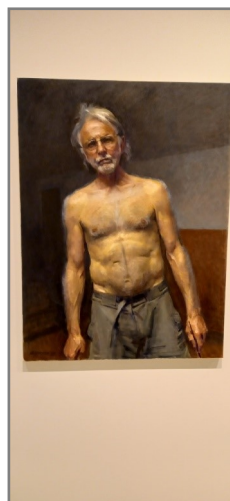
On a beautiful, warm and clear Winter's day, the cohort of Year 10 Visual Arts students caught the Mosman Bay ferry to Circular Quay and walked through The Royal Botanical Gardens to spend a terrific day at The Art Gallery Of New South Wales. Even though there was plenty of construction out the front of the gallery, the students thoroughly enjoyed wandering around the quiet wings and floors of the building experiencing the many artwork on display. The main reason for the excursion was to visit of course the 2022 Archibald, Wynne and Sulman's exhibitions. The students slowly wandered through the many rooms that hung the large amount of successful entries for the three prizes. Many students discussed their favourite work, drew some of the paintings and even appreciated the many talented children whose work was displayed for the Young Archies. My personal favourite for the Archibald Prize was Robert Hannaford's self portrait (alas this did not win). What was particularly great timing during our visit was the students were lucky enough to experience the public and media announcement of the winner of the ANZ Archibald's People Choice Award. This was won by the Melbourne artist Jeremy Eden, and his portrait of the Australian actor and cancer charity advocate, Samuel Johnson. Filled with cameras, lights, interviews and speeches, we all felt part of the exclusive art world during this media event and announcement. Charlotte Cunningham was also able to receive an autograph from the winner. After lunch in The Botanic Gardens, we reversed the trip by walking back to Circular Quay and after a last minute afternoon tea, courtesy of gelato and ice creams, we ferried through the beautiful Sydney Harbour to destination Mosman. Thank you to all the students whose excellent behaviour, interest and engagement on this day made Mr Little and me very proud to have such fine representatives of Mosman High School.



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Visual Arts 2022

FROM Jai Edwards, Teacher Visual Arts



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Visual Arts 2022

FROM Fiona Ackerman, Head Teacher Visual Arts



We are celebrating the artwork of all year groups in 2022.
The Art Department welcomes you to peruse the hallways and art classrooms.
Year 12 artwork will be on display in the grand hallways.
Artwork from Year 7, Year 8 and Year 9 will be on display upstairs in the classrooms.
Artwork from Year 10 and Year 11 will be on display in the classrooms on ground level of the Artblock.
We welcome your attendance over any of the three timeslots to view your student's creativity.

COVID Safety Plan

All students:

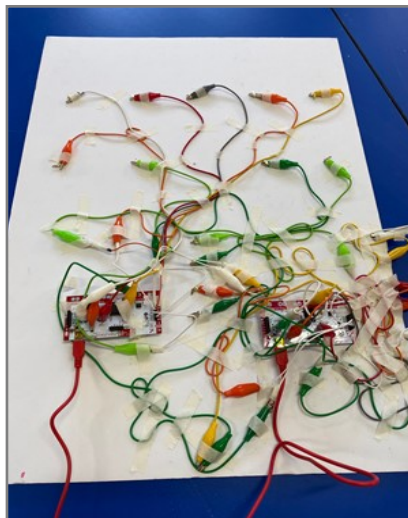
- may wear a mask when inside school buildings every day
- should regularly wash their hands with soap and use paper towel to dry
- should use the sanitiser placed around the school
- should use a RAT (Rapid Antigen Test) if displaying any symptoms
- should have a parent report to the school if the RAT is positive and stay at home in isolation for 7 days
- should use a RAT (Rapid Antigen Test) everyday for 5 school days and return a negative result each morning before attending school if a close family member who lives at the same address tests positive and should wear a mask indoors except when eating or exercising
- should 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

MOSSMINDS

FROM Jess McCarthy, Head Teacher Teaching & Learning

We are very lucky at Mosman High School to run a wonderful future focused program in Year 9 that allow students to develop their creative and critical thinking skills. This semester in the Higher Order Thinking STEM and Humanities classes, students have been answering big questions, solving problems, and generating solutions that allow them to be hands on and work collaboratively. Questions such as “How can we bring nature to the build environment?” and “Do actions speak louder than words?” have offered students to the chance to consider different viewpoints and how they would share new ideas with an authentic audience.

The HOT STEM class have been using technology called a Makey Makey. This is a creation tool that can turn a banana into a keyboard. The students had to develop an interactive poster or artefact that educated or informed the end user. To get the Makey Makey to work involves the creation of simple circuits with buttons or scratch coding. The energy in the classroom is real and students are really proud of what they have produced. Examples included an excavation that tells you what happens when plastics are in the environment, a ‘how to bake a cake’ poster, how to sanitise and wear your mask interactive box, a video store that plays that theme music from movies and a space invaders video game. The projects are all so diverse, but also celebrate students interests and talents. We are organising a showcase so that all 4 classes of works can be on display.



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iSTEM

FROM Jess McCarthy, Head Teacher Teaching & Learning

The Year 10 STEM students are currently studying Design for Space. The first part of their research was understanding the impact that space travel has had on innovation back on Earth. Inventions such as the scratch resistant lenses, the dustbuster and baby formula have all been designed as an extension of the engineering solutions for missions in space. Students wrote an article for a science magazine to explain these technologies:

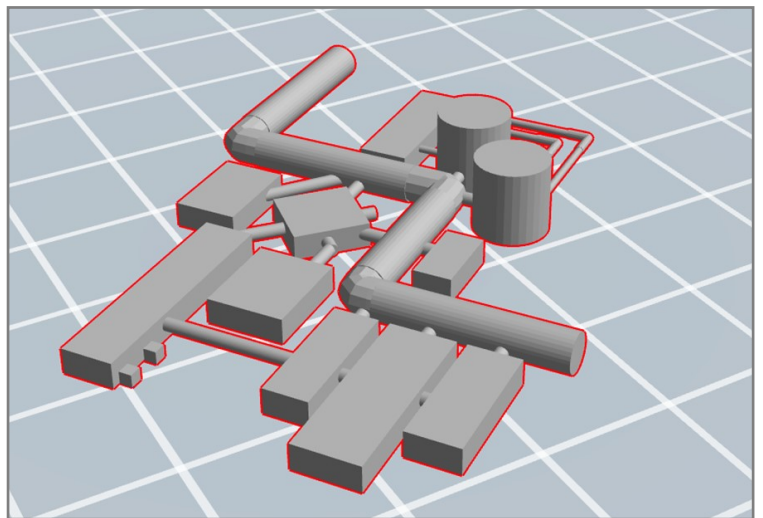
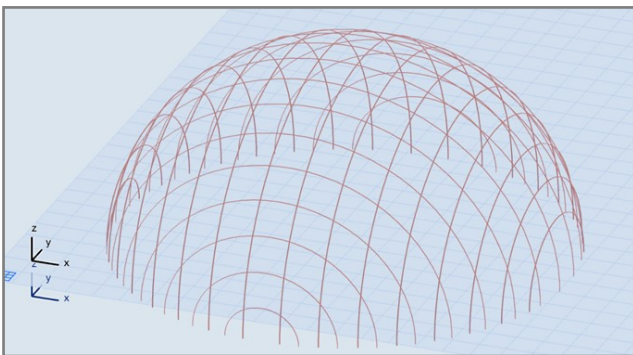
Been dreaming of space? It might be because your mattress has been there.

Memory foam, two words you've probably heard plenty of times in your life - sales assistants, sponsored videos, doctors and more. So why is memory foam actually so important? And I don't just mean for your sleep, but also for how it protects and provides cushioning for astronauts in intense G-Force environments. Memory foam is made up of viscoelastic materials which are temperature sensitive, allowing your body to mould to the foam. This truly groundbreaking technology provides immense benefits to astronauts - and now through innovation, we common land folk can have those benefits too! Eleni Meir

It's a cold winter morning and I prepared my lunch: some warm soup. However, I wanted it to stay warm until midday. I poured my minestrone into my thermos, knowing this would keep my soup toasty for 12 hours. I never realised that I have NASA space travel to thank for my warm lunch.

Reflective insulation is all around us. Incorporated into products ranging from reflective windows on cars to thermos bottles, this form of insulation is often taken for granted. Many may recognise the range of products that the public domain technology has been used in, including systems for homes and offices, and even specialised applications such as candy wrapping, windshield covers for vehicles, fire suits, space blankets for forest rangers, race cars, and refrigeration trucks to name just a few. But where did reflective insulation come from? Why was it invented? Surprisingly, reflective insulation was not initially made for use on Earth, and what many may not know is that this important and versatile discovery was originally made during the Apollo program to ensure the safety of astronauts on missions in space. Andre Vladica

Students are now proposing an engineered solution for a colony on Mars. This task is modelled after a similar task that was proposed by NASA where designers from all over the world submitted concepts for 3D printed habitats if we were to go to Mars soon. Students are 3D modelling and printing their designs and suggesting ways humans would be able to breath, eat and live on the harsh planet.



Continued on page 23

Academic Extension

FROM Jess McCarthy, Head Teacher Teaching & Learning

Have you ever wondered how the brain works? After studying case studies and examples on aspects of different brain functions, the Year 8 Academic Extension class posed their own inquiry question and had to write a thesis about an area of the brain that interested them. With topics such as “how does brain deal with stress?” or “Is there a link between Technology and Mental Disorders (like Adhd)?” there was some interesting research and discussions in our classroom. Some samples of writing are included here:

The Bilingual Brain, A curse or a gift?

Bilingualism used to be seen as a disadvantage, just something that hinders academic performance, and even sometimes treated as a curse, but the ability to speak more than one language may have deeper effects than once thought, evidenced through our growing understanding of the brain.

What is bilingualism?

Being bilingual means “able to use two languages equally well” but there are two different types of bilingualism: compound bilingualism and coordinate bilingualism. Coordinate bilingualism simply occurs when you learn a new language to the one you are already familiar with. With this type of bilingualism, you would see each language as separate, this is due to a mixture of different context and surroundings. The brain makes pathways between existing knowledge and the new one and at first it is almost like a translator, where you have to think about the word in your first language to make the connection with the new one. This stage of learning a language is also called subordinate bilingualism. Eventually your brain creates an entirely new pathway, allowing your cognitive functions to be active in that language. Once this happens, you may now start to think and even dream in that language.

*The one I will be mainly referring to today is compound bilingualism. Compound bilingualism happens when a young child is raised by bilingual parents and both languages are used at home, and the child grows learning both languages simultaneously in the same environment. This type of bilingualism can cause the person to not even realise that the two languages are different. This is because when we are young we learn language through the speech and sounds of others and our brain links the sounds with our surroundings. If two or more different languages were used around us as we were learning how to talk, our brain would just connect each word to what they mean, without seeing them as separate in terms of language. **Caden Behr***

Are Humans Really Smarter Than Apes?

When I visited the zoo last week, I went to see the chimpanzees. I observed them and noticed how similar they look to us. They are our closest living relatives and share 98% of our DNA. So it got me thinking, if we look so similar to them then do we have similar brain functions? To communicate with each other they mainly use their facial expressions and body language which we use to communicate with as well. Whilst observing them for longer I noticed that their memories are exceptional, far greater than ours. They learn quickly and solve puzzles that the zookeeper's place in their enclosures for them to stimulate their brains. So are humans really smarter than apes? They seem to have better memories, learn faster and communicate mainly without a sound, how can we compare?

*Scientific tests have shown that chimpanzees have an amazing short-term and long-term memory, specifically their short-term or working memory. In the wild they use it to survive to make rapid decisions in day to day life whereas the human race does not. The Primate Research Institute (PRI) in Japan made a test to compare human and chimpanzees working memory. The chimpanzee memorised the numbers in an instant with a 90% success rate but the human competitor took much longer and got 99% wrong. Most of the chimpanzees at PRI took the test and always beat the human students who had regular practice with this test. Although the human brain is three times the size of a chimpanzees their hippocampus is exceedingly better than one of a humans. The hippocampus is a complex brain structure deep within the temporal lobe. It controls learning and memory inside the brain. **Zahara Smith***



Sergeant Scott HORWOOD
Crime Coordinator
North Shore Police Area Command
63 Archer Street
E: horwzsc@police.nsw.gov.au P: 02 94148500 E: 68500





NSW Police Force

Keep your family safe

Well done if you choose to lock your house, car and valuables. If you don't, it is a good time to start as there has been a significant increase in break & enter and stolen vehicle offences in the North Shore.

The theft of unlocked vehicles & the entering into unlocked homes to obtain car keys is unprecedented.

We are doing everything we can to keep our community safe, we just need you to help us by being security conscious.

#9pmRoutine

NORTH SHORE POLICE AREA COMMAND



TAS TERM 3

FROM Mark Jones, Head Teacher TAS

As usual, the TAS workshops, kitchens, Textiles and computer studios have been a hive of activity. Term 3 sees submission dates for HSC Major Works coming soon and we wish our candidates every success. The HSC Major projects will be on display in our Design Expo early in Term 4 - date to be advised. Although we have been unable to have visitors in for our HSC marking exhibitions due to Covid, 2022 sees marking revert to traditional external marking so the exhibition will occur after our Textiles, Design & Technology, Industrial Technology Timber and Multimedia Major Works have been assessed. As usual, we are impressed by the wide range of project concepts and the many skills that have been developed and tuned in the production of impressive pieces.

The Junior years have also been busy with a varied array of projects. Yr 7 & 8 classes have been producing beautiful carved salad servers and turned bowls as well as steel hot pot stands.

Some Yr 7s were busy making pikelets which they enjoyed with maple syrup. Yum!



Yr. 9 Timber classes have produced hardwood mallets, turned and carved bowls as well as ash & cedar jewellery boxes with contrasting timber inlays. They are now creating bow saws while gaining skills with hand tools and portable electric tools such as routers and the domino machine that produces mortises for the floating tenon system.

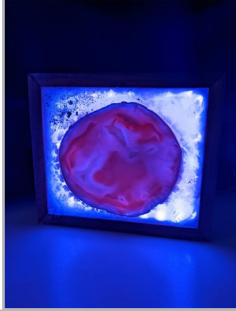


Continued on page 25

TAS TERM 3

FROM Mark Jones, Head Teacher TAS

Year 10 accelerated D&T were given the task of designing a light using LED strip lights. Here are some of the wonderful examples of student projects from the class.



Charlotte Cunningham - Resin & Crystal Light



Zoe Swarts - Stained Glass Window inspired Lantern



Arabella Menzies - Flower Light

Year 9 Accelerated Design and Technology were given the design brief of creating a toy for a child between the ages of 0-3, 3-5 or 5-8. These are some of the examples of the work Year 9 created.



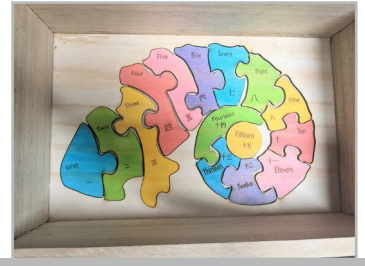
Charlotte Gilliland - Sensory Hedgehog



Year 9 accelerated D&T Pippa



Phoebe Cunningham - Dinosaur



Angus Hammersley - Bilingual Puzzle helping children learn English/Mandarin

Ms. Diggins has been guiding students through the amazing possibilities of creating products in the Textiles room. As well as tie-dying, Year 7 students have been creating comfy cushions.



Continued on page 26

TAS TERM 3

FROM Mark Jones, Head Teacher TAS

Stitch & Yarn

Come by on Tuesday afternoons for Stitch and Yarn. All year groups and students welcome. This is a creative space where students can come to embroider, knit, crochet and draw. (There are even cups of tea to help us keep warm on those cold afternoons).



A great initiative of Mr. Willems and the Year 12 Hospitality class in Mosmenulog where the group satisfy their service provision requirements and produce and deliver restaurant quality food for the majority of staffrooms once a fortnight. The students are working well as a team, fine tuning skills they have learnt in the school kitchens as well as their restaurant work placements. A similar program may be used in Term 4 as the Year 11 students progress through to Year 12. Congratulations to all.



Year 11 Industrial Technology Timber



Beau Burrow's Hallway Table

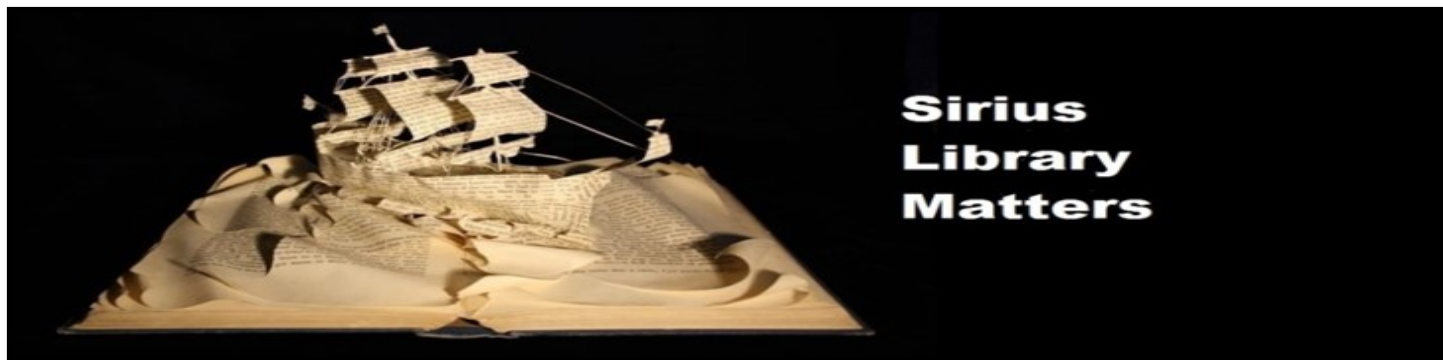


Lola Ankcom's Chair complete with secret storage



With subject selection information evenings being conducted in the next few weeks, it is important that students & parents have a clear understanding of the skills developed in our courses and the importance of the creative process and the permanence of learning by doing.

Students studying TAS subjects tend to follow the old adage ;
I hear - I know, I see - I remember, **I do - I understand.**



FROM Deborah Mulhall, Librarian

Last month we looked at all the specialised information available on the PDHPE database. This month, our focus with **INFOBASE** is the database **SCIENCE ONLINE**, which provides e-learning modules across all the sciences, along with current Science news (updated regularly). Better than Google, it is a great go-to for all things science!

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

CALENDAR OF EVENTS

TERM 3 2022

Monday 15 August

Yr 12 Urban Places Excursion
Yrs 7/8/9 Cyber Safety Seminar
Yrs 8/9 Top Blokes Mentoring for Boys
P&C Art Committee Meeting 6 - 7pm

Tuesday 16 August

Yr 12 Drama Performance Showcase
Yrs 8/9/10 Raise Youth Mentoring Program
P&C Music Committee Meeting 7 - 8pm

Wednesday 17 August

Yr 8 into Yr 9 Subject Selection Information Evening 7 - 8.30pm

Thursday 18 August

Yr 9 into Yr 10 Subject Selection Due
P&C Meeting 7 - 9pm (including Cyber Safety Parent Seminar)

Friday 19 August

Yr 11 Entertainment Excursion to NIDA
MHS Art Exhibition 6 - 8pm

Monday 22 August

Yr 10 NSW Vaccination Program
Yr 7 NSW Vaccination Program
Yr 9 Ski Camp
Yrs 8/9 Top Blokes Mentoring for Boys

Tuesday 23 August

Yr 9 Ski Camp
Yrs 8/9/10 Raise Youth Mentoring Program

Wednesday 24 August

Yr 9 Ski Camp
Yr 8 into Yr 9 Subject Selection Due

Thursday 25 August

Yr 9 Ski Camp

Friday 26 August

Yr 9 Ski Camp

Monday 29 August

Yrs 8/9 Top Blokes Mentoring for Boys

Tuesday 30 August

Yrs 8/9/10 Raise Youth Mentoring Program
MOscars Award Night 7 - 9.30pm

Monday 5 September

Yr 11 Exams
Yrs 8/9 Top Blokes Mentoring for Boys

Tuesday 6 September

Yr 11 Exams
Yrs 8/9/10 Raise Youth Mentoring Program
P&C Sports Committee Meeting 7 - 8.30pm

Wednesday 7 September

Yr 11 Exams

Thursday 8 September

Yr 11 Exams
P&C Wellbeing Committee Meeting 6 - 7pm

Friday 9 September

Yr 11 Exams

Monday 12 September

Yr 11 Exams
Yr 10 Ski Camp
Yrs 8/9 Top Blokes Mentoring for Boys
P&C Art Committee Meeting 6 - 7pm

Tuesday 13 September

Yr 11 Exams
Yr 10 Ski Camp
Yrs 8/9/10 Raise Youth Mentoring Program

Wednesday 14 September

Yr 11 Exams
Yr 10 Ski Camp

Thursday 15 September

Yr 11 Exams
Yr 10 Ski Camp
P&C Meeting 7 - 8pm

Friday 16 September

Yr 11 Exams
Yr 10 Ski Camp

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

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ATTENDANCE
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