

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

# Assessments, reports & so much more!

FROM Susan Wyatt, The Principal

Well Term 2 is well on the way with only four weeks till the Term 2-3 holidays.

NAPLAN is over for another year and Year 7 and 9 were fantastic in their engagement and diligence in completing all their tests for both literacy and numeracy online. Organising NAPLAN is quite a logistical feat as students are not able to use their own devices and so all computer labs and the library must be used. As you know space is at a premium in the school so a huge congratulations and thank you to Mr Ferguson (HT admin), Mrs Ackerman (HT Stage 5) and Mrs Smith (HT Stage 4). This will be the last year for NAPLAN in Term 2, as from 2023, NAPLAN will be held early in Term 1.

Year 10 had their first formal exams with a StuVac. They handled the new routine superbly, arriving on time to walk to the Returned Servicemen's Club for each exam. Again, another extra challenge with no hall on site, but the students and staff coped really well with the variation and the week went so smoothly. A huge thank you to Year 10 and their teachers.

For 2022, we have decided to hold the trial HSC exams for the first time in Term 2. So from Thursday of week 8, Year 12 will be sitting their exams in the RSC. In fact, the Year 10 exams were a very useful practice

for the organisation of the Trial exams. Year 12 will also complete their actual HSC exams in the RSC so this will be a practice on many levels. Disability provisions (as for Year 10) will be held at school in classrooms as will Language exams. When the time arrives for Year 11 to sit their final Preliminary exams, again we will use the RSC.

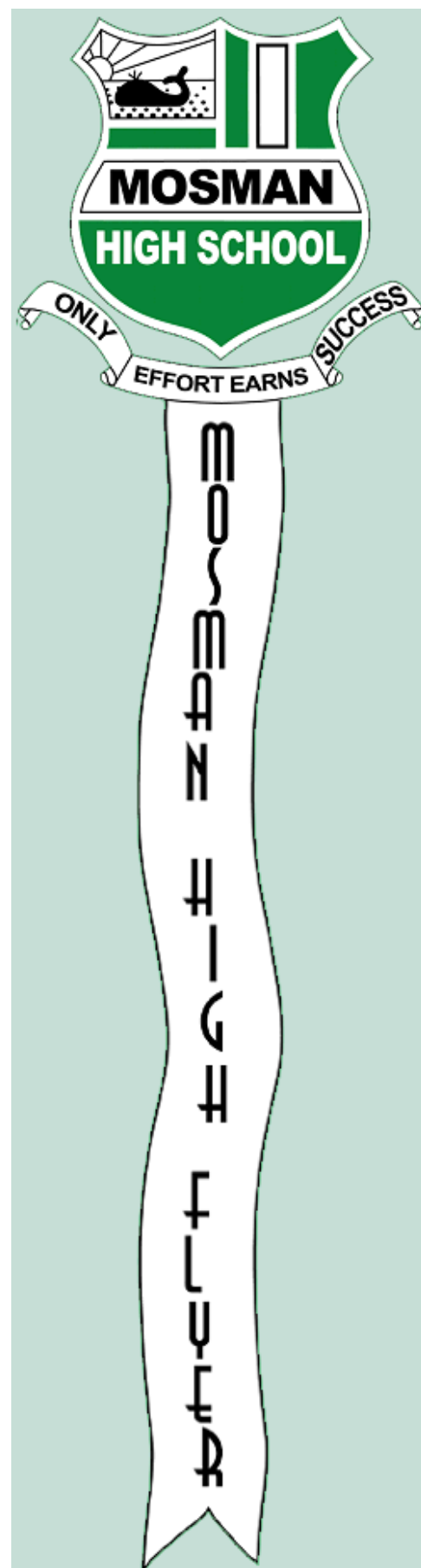
Of course, with all this assessment taking place, teachers are extremely busy writing Semester 1 reports and these will be issued over the next few weeks. Stage 4 reports will be issued first, then Stage 5 and lastly for Semester 1 ... Year 11.

Speaking of Year 11, they attended their camp at Broken Bay earlier this term. At the camp, students completed the 'Life Ready' mandatory HSC course. The teaching staff who attended were full of praise for our students and their engagement in all that the camp had to offer. In fact, the same comments were true from the staff at the Year 7 camp earlier this term. I think anyone who knows our school would be aware of

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June 2022  
VOLUME 30 ISSUE 4

MOSMAN HIGH SCHOOL

**P&C**  
COMMITTEE

**NEXT MEETING**  
**7pm, THURSDAY**  
**JUNE 16th**

*All Welcome*

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

**Continued from page 1**

what wonderful young people we have in every year group😊

It seems hard to believe, but we will soon be commencing the planning for the 2023 timetable. In fact on Wednesday 8 June, we will be holding the first information evening for Year 10 moving to Year 11. The meeting will be via Zoom and all Head Teachers offering subjects for the HSC will be presenting to Year 10 parents and their students. The following day we will commence the Year 10 interview week, where our wonderful Careers Adviser, Richard Mew, will hold meetings with every student and their parents to discuss options for senior studies. Also in attendance will be a member of the executive to provide a school perspective. The Head Teachers of English, mathematics and science have recommended levels and subjects for your Year 10 student as a guide to decision making. At Mosman we provide a huge range of subjects including many Languages and opportunities for the very popular VET courses in hospitality and entertainment. Of course all students can choose subjects at the highest level and we are well regarded for our success in extension English, mathematics, history, music and Languages.

Congratulations to all our sporting teams who have been representing us in Knock Out competitions, after school competitions and in many other competitions. A special congratulations to our Open Boys Basketball team who reached the top sixteen in the state ... a fantastic achievement.

Recently our School Captains, Will Osborne and Stella Meier, represented us at the ceremony commemorating the time when the WW2 Japanese submarine entered Sydney Harbour. Will read from the diary of a sailor of the time to all assembled on North Head.

Will and Stella also attended the last P&C meeting and discussed with parents present their vision for student leadership and voice for the year. Then last week our Year 12 Leadership Council organised an afternoon of fun games and yummy afternoon tea for prefects from all schools in our area. I am really proud of our Year 12 Leadership Council, they are involved in all areas of the school including coordinating the Student Representative Council or SRC as well as attending parent committee meetings and providing a

student voice.

Finally, I would like to welcome our new Dance teacher to Mosman. Desiree De Bono comes to us with a wealth of experience in teaching dance in schools and other contexts and we are very excited to have her as part of our team. Our new building will have a state-of-the-art dance studio and hopefully we shall see dance expand even further within our school in 2023.

Duke of Edinburgh  
Hawkesbury River





# Deputy Principals' Reports

FROM Colette Longley & Fiona Ackerman, Stage 6 Deputy Principals

## HSC and Managing Stress

As the end of term approaches we have Year 11 completing an assessment period and Year 12 ready to begin their HSC trials. It takes a team of people to support HSC students. The support they need now should be focused on managing stress and supporting wellbeing so senior students can achieve their best.

Director of the Macquarie University Centre for Emotional Health, Professor Jennie Hudson said:

*"When you are stressed your mind is primed to look for threat, to look for the negatives. If you want to improve your performance and your stress levels, then invest some time to first monitor, and then challenge unhelpful thoughts."*

NSW Education Standards Authority CEO said it is incredibly important that students keep the HSC in perspective and maintain a balance.

*"Education is a lifelong journey. The HSC is an important point in that journey. Students will achieve their best if they're happy and healthy. Your wellbeing is important."*

With this in mind, there are certain milestones where managing stress and wellbeing becomes paramount for our Mosman senior students. The 2022 MHS trial exams will start on Monday 16<sup>th</sup> June and finish on the 30<sup>th</sup>. After the trials, there are over 10 weeks to stuvac then the HSC begins in Term 4. For year 11 there will be only 8 weeks to the Preliminary Exam, ending Year 11 for 2022. All these dates signal significant moments in a young adult's life.

So how can parents/carers support their student to get through the HSC. Here are some hints:

## **Nutrition**

- Providing a healthy diet
- Encourage drinking lots of water
- Being positive about plenty of sleep about how they will do in the exam
- Supporting exercise and time to switch off and relax each day.

## **Support and encouragement**

- Highlight strengths and successes.
- Encourage your child not to dwell on failures, but to see them as 'mistakes', which can actually be something they can learn and benefit from.
- Support your child to focus on the tips provided by teachers prior to the exams and the feedback provided after the exams.
- Acknowledge the stress and be aware of setting realistic expectations. Liaise with the well being team at our school or your GP if you have concerns

## **Give them some slack**

- Understand young people under pressure become supersensitive and argumentative from time to time. Parent/carers or siblings are usually the first targets. Try not to overreact.
- Encourage a healthy life balance, particularly recreation. Sometimes students need a total break from everything for a weekend or so, to recharge their batteries.
- Encourage and allow your child to be independent. The more independent your child is in meeting the challenges of stress, the more resilient they will be to succeed.

## **Encourage help seeking**

- Encourage your child to seek help from teachers, year adviser, mentor, HT stage 6, DP stage 6 or the school counsellor if they are having any difficulty with organisation, stress or anxiety about examinations.
- [Reachout.com](https://www.reachout.com) has a great section for parents. It's a great resource for practical support, tools and tips to help young people get through anything from everyday issues to tough times – and the information they offer parents makes it easier for you to help your teenagers, too. [Reachout.com](https://www.reachout.com) also has great tips

on [coping with exam stress](#).

## **Show your genuine interest**

- Take an interest in what your child is doing, if they'll allow you to (some won't). This can include knowing your child's study timetables, when exams are scheduled and what activities have been organised as well as show awareness of what's happening in their social world.

Term 2 holidays are not that far away. Remember as a family refresh and renew. There is always time to take a break.

Here are some sites and apps that may be of additional use to parents over the coming months

<https://www.verywellmind.com/top-school-stress-relievers-for-students-3145179>

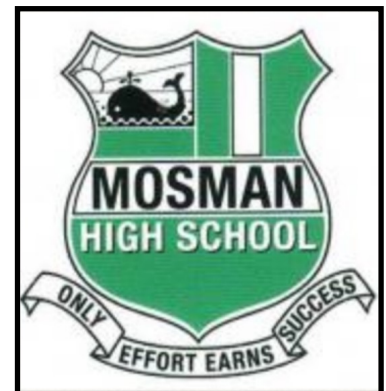
<https://ergo.slv.vic.gov.au/learn-skills/study-skills/manage-stress>

<https://www.artofsmart.com.au/hsc-parents-can-help/>

Apps:

<https://www.ipnos.com/apps/relax-melodies/>

<https://www.sleepradio.co.nz/>



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## FROM Tony Gahan, Stage 5 Deputy Principal

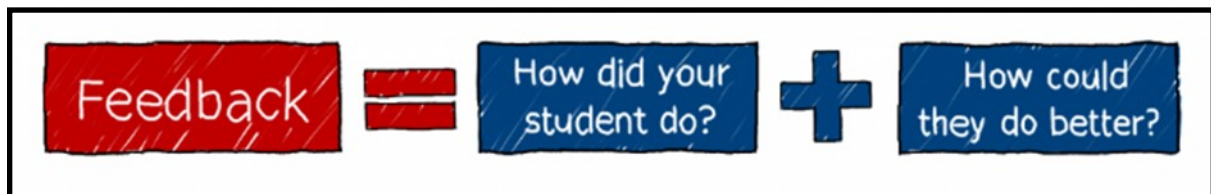
Dear parents, carers and the Mosman High School community. In the later part of Term 2, students will receive feedback regarding the fruits of their labour (Semester 1 assessment). The dates that students will receive their reports can be found on the school web page in the calendar, 1<sup>st</sup> of July.

Students will receive targeted feedback regarding their half-yearly examinations and assessment tasks. Students are encouraged to analyse and un-package the feedback provided. Those students who throw-away assessment tasks in frustration, need to realise that they have thrown away the greatest opportunity to learn.

The school has engaged the services of the Visible Learning team led by John Hattie, the author of Visible Learning and the Director of the Melbourne Education Research Institute, who believes that feedback, is essential to school improvement. When John Hattie reviewed over 500,000 research studies, *he found that feedback had more impact on student results than any other teaching strategy.*

In fact, research shows that feedback has double the impact that regular teaching strategies have on student achievement.

*The goal of feedback is to provide students with insight that helps them to improve their performance.*



### So why am I giving parents/carers a Teacher Professional Learning activity.

Firstly, so that parents and carers; are aware of and complement strategies that teachers use at school.

Secondly, so that it is an expectation (both at home and school) that students are able to articulate

1. "How did you do in the.....assessment task" and
2. "How could you do better", note not "trying harder" but "the teacher said I didn't engage the reader and that means that I have to....."

And finally, swap the word student below for son/daughter/child, because we are all teachers.

There are four ways that you can use feedback to help your students. These are:

#### 1. **Affirming what they did well**

You should let your students know what they have done right as well as what they have done wrong.

This holds true for all learners, from the child who is struggling to the student who excels.

However, affirmation is different to praise. Personal praise, such as good girl, well done, you're so smart, or I'm proud of you is not feedback as it focuses on the person instead of on their work. At its most basic level, affirmative feedback tells your students that what they have done is correct.

In all cases, you let your student know what they have done that you like, and tell them that you want to see more of it as they continue their practice.

#### 2. **Correcting and directing**

Your students will not always do things correctly. Making mistakes is part of learning.

When your students make errors, it shows that they are willing to push themselves beyond what they have already mastered.

You need to do more than just tell them they are wrong. You also need to direct them to the right answer. You correct and then direct.

Giving 'correct and direct' feedback about more complex tasks often involves telling your students what they could add.

#### 3. **Pointing out the process**

The essence of the point out the process form of feedback is to show the child the connection between their result, what they did to get that result and what they need to do to get a better result.

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## FROM Tony Gahan, Stage 5 Deputy Principal

The central aspect of point out the process feedback is to connect the student's actions with the quality of their work. You could apply this principle in many different ways, such as highlighting the link between:

- Test scores and time spent studying.
- Assignment grades and proofreading.
- A wrong answer to a sum and estimating to determine the reasonableness of an answer.
- The quality of a short story and the narrative devices that have been and could be used.
- Understanding a story and self-correcting when meaning is lost.
- A wrong answer to a math' problem and the creating an organised list strategy.

### 4. Coaching students to critique their own efforts

Coaching is the art of using questions to help students help themselves.

It is a potent strategy to use when giving feedback to more experienced and advanced learners.

In short, then considering how to give effective feedback to your students:

- Use affirmation with all students, but make sure you are affirming their performance rather than praising them as people.
- Use correct and direct feedback to help inexperienced and struggling students with a particular task.
- Point out the process when you want to help your students use your feedback to complete similar tasks in the future.

Coach experienced and gifted students to critique themselves.







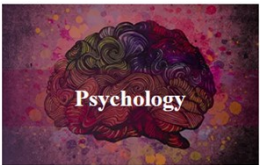
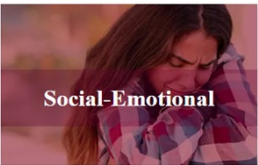

Please note, that the above is an extremely abridged version of the work of John Hattie and his team (Visible Learning).

I do think that it does give meaning to the valuable efforts that teachers put into their feedback. That learning is a continuum and thus, we don't down tools and go to the beach after we finish our exams. At least, not until after the last exam, in the HSC.

See the link below for additional information.

<https://www.evidencebasedteaching.org.au/>

### Browse Evidence-Based Teaching Articles

 <p>Assessment</p> <p>Read More &gt;</p>	 <p>Behaviour</p> <p>Read More &gt;</p>	 <p>Learning</p> <p>Read More &gt;</p>
 <p>LITERACY</p> <p>Read More &gt;</p>	 <p>New Teachers</p> <p>Read More &gt;</p>	 <p>Learning Support</p> <p>Read More &gt;</p>
 <p>Psychology</p> <p>Read More &gt;</p>	 <p>Social-Emotional</p> <p>Read More &gt;</p>	 <p>Teaching</p> <p>Read More &gt;</p>

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## FROM John Feros, Stage 4 Deputy Principal

It's that time of year again, reports! The first semester reports will be distributed soon and it's an opportunity for all students to consider their performance in semester one. Some students will be ecstatic with their reports whilst others will be thinking, could have done better, what if I... You know all the cliches. Well, when students get their report, regardless of how they performed, it is time to consider how they are going to improve in semester two. It is time for students to own their learning. Let me introduce S.M.A.R.T. Goals.



### For Students

After you have looked at your report, consider your performance. How have you performed in all your subjects? What is my weakest subject? Should I really take notice of my teacher's comments? (Of course). What do I need to do to improve in semester two? It's quite simple, have some goals for semester two. They can be simple goals such as doing more revision, reflecting on Teacher feedback, or even starting an assessment early.

#### SMART goals are:

- Specific. Students need to clarify the who, what, when, and where of their goal. ...
- Measurable. Students need to be able to know when they have reached their goal or if they are making progress toward it. ...
- Attainable/Actionable. ...
- Relevant. ...
- Timely.

By having clear goals, you become aware of precisely what you want to achieve and how to go about doing it. You can more accurately assess and measure your ability to accomplish the goals and most importantly, you have a plan that can guide you along the way and keep you on track. Try it for Semester Two.

### Benefits of Goal Setting

- Provides Direction. First and foremost, goals give you a direction...
- Clearer Focus on what is important. ...
- Clarity in Decision Making. ...
- Gives you control of your learning. ...
- Provides Motivation. ...
- Gives you a sense of personal satisfaction. ...



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# Warringah Remembers

FROM John Feros, Stage 4 Deputy Principal

It is the 27 May, the school has been asked to send student representatives to the 80<sup>th</sup> Anniversary. In late May and early June 1942, during World War II, submarines belonging to the Japanese navy made a series of attacks on the Australian cities of Sydney and Newcastle. On the night of 31 May – 1 June, three submarines each with a two-member crew, entered Sydney Harbour and attempted to sink Allied warships. Two of the midget submarines were detected and attacked before they could engage any Allied vessels. The crew of M-14 was successfully attacked and sunk. The crew of M-21 killed themselves. These submarines were later recovered by the Allies. The third submarine attempted to torpedo the heavy cruiser USS Chicago, but instead sank the converted ferry HMAS Kuttabul, killing 21 sailors. This midget submarine's fate was unknown until 2006, when amateur scuba divers discovered the wreck off Sydney's Northern Beaches.



So, the day is a significant event. Our school captains Stella and William were to represent the school and we were asked to provide another student to read out a diary extract. I turn up to school and there was a message from the student who was to read out the diary speech. COVID has hit! Right, a quick call to Ms Hardingham, suggestions? We come up with another student, but we then find they are sick! At this stage it is time to go. I meet Stella and William. I hand William a script and said guess who is doing a speech? He looks at me puzzled... I said you can go over it in the car; you are now the special guest. At the venue we are met by Navy representatives, they said to park down there. I said I have a special guest; thinking that I would have VIP parking. Wrong! I dropped Stella and William off *as their driver* and had to park away some distance.

As we walked into the ceremony we could see dignitaries galore, Mayors, ex-Prime Ministers and lots of Military. William looked at me and I told him that he will be great! William was introduced and then he delivered his presentation. Despite only picking it up 20 mins prior, William worked his audience like a pro. He engaged and entertained his audience. At the end of his presentation, William was greeted as if he were *Harry Styles*. He was slapped on the shoulder by an ex- Prime Minister, congratulated by the Military and by a number of the audience. William accepted all of the accolades and then we exited not wanting to over do 'our' celebrity status. In the end, job well done. I guess it is just part of the School Captain gig.



# Performing Arts News

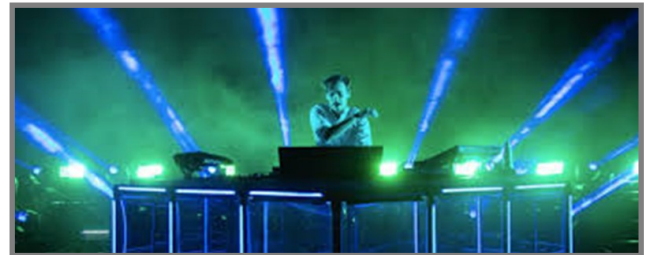
FROM John Feros, Head Teacher Performing Arts

Time to get ready for some great performances. Year 12 Drama and Music will be showcasing their HSC works in Scott's Kirk Church and hall; dates will be on the School calendar. Come along and see some quality performances. Special thanks to Reverend Graham for allowing us this opportunity. It's an unusual venue for us, but one that will certainly work! We will also be having a Music Ensemble evening in the Church, before the end of term. Keeping with upcoming events, on June 15, we will have our annual **Grandparent's day**. This is a great opportunity for Year 7 to showcase their talents in front of their Grandparents. Year 7 Drama and Music perform and there is a special presentation from Year 7's recent People and Places project done in conjunction with The Sydney Opera House.

Just a reminder – our **mid-year concert** will be on early in term 3. Now is the time to start rehearsing and prepare a piece for audition. We want music, dance and drama items from Year 7-12. The concert is a great way to meet students who have similar ideas/interests. Get a band or act together and see where it goes? On stage we hope!

## Ex-Students:

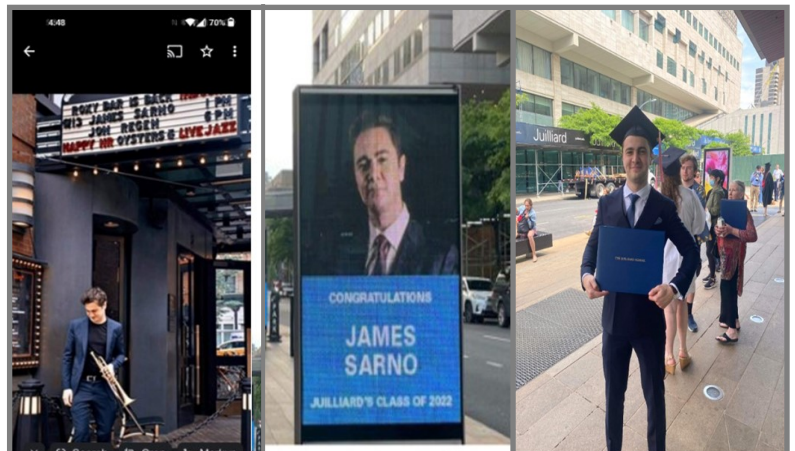
The media at the moment can't get enough of two ex-Students stars who are 'killing' it around the world. There were some great articles recently promoting their sell out tours in Australia and overseas. They may be International stars, but they came from Mosman! We all remember them at our concerts and 'hanging' around the music rooms. They are an inspiration for all music students. Let me introduce **David Le'aupepe** (*Gang of Youths*) and **Flume**.



## More Alumni

**James Sarno** graduated from The Juilliard School in New York with a Master of Music degree. A lot of you may remember James as a gifted guitarist who really used to impress at School concerts. James picked up the Trumpet and once again demonstrated his brilliance! He was accepted in to The Conservatorium of Music in Sydney and then applied for the Juilliard School in New York. Admission to Juilliard is highly competitive, with an overall acceptance rate between five and eight percent.

The Juilliard School is a private performing arts conservatory in New York City. Established in 1905, the school trains about 850 undergraduate and graduate students. The school's mission is to provide the highest calibre of artistic education for gifted musicians, dancers, and actors from around the world so that they may achieve their fullest potential as artists, leaders, and global citizens. James is an inspiration to all musicians at school. He came through our Ensemble Program and really shows the perseverance you need to succeed at the highest level. We are all proud of his achievements. Remember the name **James Sarno**!





# Year 7 People & Places PBL Program

FROM Bernadette Smith, Amy Hardingham & Catharina Simmonds

## People and Places PBL Top 5 Announced

After an in-depth review of projects in collaboration with staff from the Sydney Opera House we were pleased to announce the Top 5 Projects for our Year 7 People and Places PBL program. This was not an easy task as there were more than 30 fantastic group projects to review.

**Harry Deitz and Lachlan Nallaratnam:**

### The Natural Hotel in the Gondwana Rainforest

*An eco-friendly hotel for humans and animals with a focus on sustainability education.*



**What is the Natural hotel?**

The natural hotel is a shared space for people (and animals) with a focus for helping the environment and decreasing global warming. Examples of ways we save the environment in our hotel are:

- We use solar energy to generate electricity
- Located in a preserved environment
- All energy will be replaced by solar sources
- People will be able to arrange for a electric car to take them to the hotel
- The hotel will contain a safe haven for endangered animals

## Inflatable Obstacle Course

The Inflatable Obstacle Course will be set up in the water. People won't have to comment on social media because on the day they will come in their swimmers and be put in groups and each group will have one hour on the obstacle.

We will hire the course for the day and pack it up for the day and set it up for the next day. It will be located to the side of the jetty.



**Louella Goodsir, Giselle Uribe, Lauren Murray, Matilda Baruah, Daniel Kotze, Lucca Baulderstone:**

### Beach Games Festival at Balmoral

*A fortnightly Festival of Beach Games and food at Balmoral - proceeds go to charity.*

**Hannah Ishimura Wright, Trent Mitchell, Aadhya Thapa, Scarlett Ray:**

### Buddy Benches

*Installation of graffiti proof "Buddy Benches" with QR codes linking to an app featuring conversation starters and games to play with new friends.*

### Where will your project be located?

Buddy benches will be located in the Mosman Village green as it is a communal area near the Mosman Library, Art Gallery and communal shops. But overall our goal is to have buddy benches in more areas and not just here.



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# Year 7 People & Places PBL Program

FROM Bernadette Smith, Amy Hardingham & Catharina Simmonds

**Java Leddin, Aimee Lassing and Safi Hartard:**

## Centro Creativo

*An inclusive and accessible creative centre and hotel hosting art, music, drama workshops.*

Centro Creativo: Sketches of rooms



LUX Bathroom



Restaurant



Outdoor reading space ideas

On Cloud 9: 3D model of the building



**Charlotte Smith, Abaigh Cox, Louisa Simpson and Tallulah Lambert:**

## On Cloud 9

*A safe and inclusive space for all young people to access after school to relax and study.*

**Congratulations to the above students who will present their projects at Grandparents' Day, and congratulations to all our participants. We have no doubt that these students will have a positive impact on their community and the world around them throughout their high school years and into their futures.**

## 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

# Year 7 Year Adviser News Semester One

FROM Jai Edwards & Mrs Bianca Shore, Year 7 Year Advisers

After nearly a Semester of navigating themselves around a very busy place, with a lot of bustling bodies and moving parts, Year 7 have settled really well into High School. Mrs Shore and I are really enjoying getting to know all the diverse range of interesting and wonderful individuals within our year group. It has been lovely to watch students participate in the many extra-curricular activities mentioned at the beginning of the year, as well as begin to represent the school in zone sporting carnivals.

One of the more important challenges the students have had to experience in this time is how to manage the ebb and flow of their academic commitments within and outside school. By now, your child would have had many assessment tasks to perform and submit from their ten courses and learning how to ensure they are organised so they are able to present their best work can be a big **learning** curve.

To help assist in this matter, it is worthwhile to foster a healthy study routine for your child at home in the afternoons. The important thing typically is that it doesn't need to be onerous but marked by flexible slots of structured study

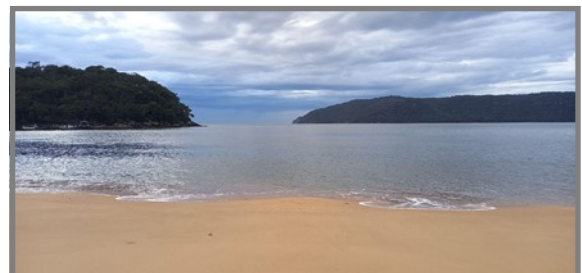
time that also recognises all the other fun and relaxing activities they enjoy. It is suggested for Year 7 that if they can commit to at least one to two 45mins time slots every night during the week, this will pave the way for greater success with their studies and set them up in a successful routine for the years beyond. Additionally, to maximise the success of this, it would also be beneficial for this to be done in a quiet and undisturbed space, where

possible (this may mean quietly negotiating the packing away of their phones and at times, devices).

Attached below is a sample study timetable that you may want to consider. You can locate this weekly planner file for your use within the school's Sentral Portal under "Calenders". Look for the first weekend of each term.

Week A	Monday	Tuesday	Wednesday	Thursday	Friday	Add Time	Saturday	Sunday
4.00pm								
4.40pm								
5.20pm								
6.00pm								
6.40pm								
7.20pm								
8.00pm								
8.40pm								
9.20pm								
10.00pm								
Total Hours								

## Year 7 Camp "Broken Bay"



In what was a rare sight of three sunny days, it was really nice to see Year 7 outside in the natural environment and away from their screens. The camp provided students and staff to spend quality time together as a cohort and learn about each other and make friends through a variety of new and unique experiences. A range of activities included eating their honey drizzled damper made atop of flames of their own built campfire; bushwalking among the dense ferns of the Hawkesbury headlands (and even challenging themselves to keep calm among the leeches) ; the joys of orienteering & team building activities along the beach; constructing (non) floatable rafts in the pool; and finally, the privilege of competing against the smartest teachers to ever grace school camp trivia. Students and teachers alike had a blast!

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# Year 7 Camp “Broken Bay”

FROM Jai Edwards & Mrs Bianca Shore, Year 7 Year Advisers

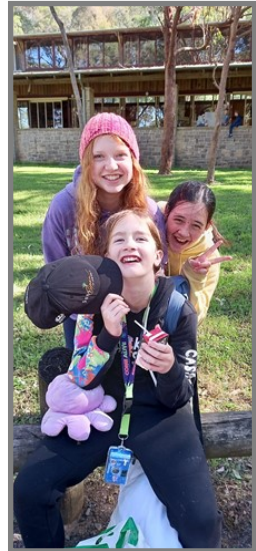


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# Year 7 Camp “Broken Bay”

FROM Jai Edwards & Mrs Bianca Shore, Year 7 Year Advisers



# Student Support Officer

**FROM Hayley Rose, SSO**

I have had a busy term so far, attending Year 7 and Year 11 camps and getting to know the students over campfire building and archery. I discovered I am adept at flicking leeches off squealing teenagers shoes and removing spiders from cabins in life or death situations! I have started lunchtime hangouts in D13a on Tuesday and Thursday lunches where I provide some snacks, music and games such as Uno. I have also started Wednesday Breakfast Club where students can come in early on Wednesday (our late start day) and share a free cheese toastie and some fruit with me and other students. I have had student volunteers help me prepare and clean up and a great level of interest thus far.

## Friendships

I thought I would share some tips on supporting your child through navigating friendships. This is a common concern for parents and young people alike and something I find myself having conversations about with students every day. Friendships are important to teenagers on many different levels – from being a support network to providing both positive and negative influences. Learning to start, change or maintain friendships is a skill teenagers all need to learn and work on.

As a parent, taking the time to understand how your child is experiencing their world, and knowing how to remain connected, can help them to navigate these relationships successfully and independently.

This could help if you:

- want to understand why friends play such a big role in your child's life
- think your child might be in a bad peer relationship
- would like to know how to engage with your child's friends
- would like to help your child be a better friend
- need more information about the qualities of a good friend.

## Why are friends so important to my child?

It's important for teenagers to feel a sense of belonging and acceptance from their peers. Friendships can be a network of great support and can offer protection against negative peer relationships such as bullies. Learning positive friendship skills can help them socially so they feel happier and more confident. So it's good for your child's happiness to be a great friend to someone and to have a group of good friends supporting them.

It's also important for you to understand and respect that, during their teenage years, your child is figuring out who they are beyond the family. Shared interests, attitudes, social struggles and being in circumstances that may resemble their own are some of the reasons young people will reach out and find comfort in close connections with friends. These connections can help your child learn about trust, respect, acceptance and intimacy, which will be important concepts for them to understand as they enter adulthood.

## How can I help my teenager become a good friend?

The most important thing you can do as a parent is to be a positive role model for your child. By demonstrating how to build and nurture strong friendships yourself, your teenager will learn from you. This could include:

- Being proactive in connecting with friends
- Being warm and friendly towards others
- Being actively interested in other people
- Listening actively
- Supporting friends through tough times.



## What if my child has difficulty making friends?

All children are different. Some will naturally make a lot of friends and have a large social circle. Others will depend on a small number of intimate friendships. However, if your child is struggling or it's affecting their everyday life, there are things you can do to help your teenager make friends. This YouTube clip from ReachOut has some tips. <https://youtu.be/FaYg-bZybKk>

I am available here at school to provide students with support around friendship concerns and a friendly ear if needed.



# Science Faculty

FROM Linda Hodgson, Head Teacher Science

## First Australian Teacher to be matched with Working Scientist!

Amgen Biotechnology Experience (ABE) is an innovative science education program that introduces students to the excitement of scientific discovery and builds bridges between school and the real-life biosciences.

**Sophia McLean** and her Year 12 Biology Students studying the disease modules of the their Year 12 course have been chosen as the first Australian match to take part in the ABE Volunteer Program (AVP).

**AMGEN** Biotech Experience  
Scientific Discovery for the Classroom

### Yr 9 Ski Camp week 6 Term 3

Camp Dates Sunday 21st - Friday 26th August 2022

Dear Parents/Carers, some questions answered

What is the exact program? What will they do on Monday? **See below**

Can a child attend the camp who never skied before? **Yes and most students have never walked on snow.**

Does the price include ski lessons? **Yes and is compulsory.**

Does the price include lift pass? **Yes.**

Could you confirm what discount is applicable if you do not require a ski pass because this has been paid separately? **No discounts apply.**

Can they bring their own snowboard/ skis and/ or boots? **No.**

Can they bring their own helmet? **Yes, however, if it does not comply with safety standards, the student must wear one of the freely provided helmets.**

**We will ski at Perisher.**

### Yr 10 Ski Camp week 9 Term 3

Camp Dates Sunday 11th - Friday 16th September 2022

To maximise the level of engagement and reduce muscle fatigue and injury a pre-skiing/ snowboarding exercise regime is recommended. See links below:

<https://www.youtube.com/watch?v=58ey6KJ6M9k>

<https://www.youtube.com/watch?v=EdOJnTAPH14>

# PDHPE Faculty

FROM Clint Johnson, Head Teacher PDHPE

This Term we have had many students represent our school across the Zone at various carnivals and knockout competitions. At the Zone Cross Country that was run at Pittwater Rugby Park we had about 40 students in attendance and some notable achievements from students including Will Litchfield in Year 8 who placed 1st in his race and Rosemary Rummey in Year 7 who placed 3rd.

At the Zone Athletics Carnival held at the Sydney Academy of Sport, Narrabeen, our school was represented by a strong group of 50 athletes across various events. Again, Will Litchfield put on a stellar performance and placed first in his races, the 1500m and the 800m track events. Other athletic performances that stood out on the day were Charlie Moriarty placing 2nd in the 100m and our 15 year old boys' team placing 2nd in the 100m relay. In the throwing events, Fenella Burns placed 1st in both discus and shotput whilst our resident javelin thrower, Lili MacPherson, placed first and broke the zone record.

Our knockout teams trained hard and were competitive in the sports of netball, tennis, touch football, but were however unsuccessful in advancing through to the later rounds.

Congratulations to our basketballers who were successful at making to round 16 with finals to be played shortly.

All in all a very busy term of sport at Mosman High School.

**Continued on page 16**

# PDHPE Faculty

FROM Clint Johnson, Head Teacher PDHPE



Sydney Academy of Sport, Narrabeen



Netball Knockout Competition



Lili MacPherson, Year 11



# Languages Faculty 2022

FROM Jane Jackson, Teacher Languages

## Ciné-Club

The new Ciné-Club débuted last Thursday 2 June to an enthusiastic group of students! Over two Thursday afternoons, we watched 'La Famille Bélier' (The Bélier Family) ...



The Béliers are ordinary people: Rodolphe and Gigi are married, have two children and run their farm for a living. Ordinary people? Well, almost... since three of them, Dad,

Mum and their son Quentin, are deaf. Which is not the case for the boy's big sister, Paula. And not only can she speak but her music teacher discovers her beautiful voice as well. He encourages her to sit for the entrance exam of the Maîtrise de Radio France, a vocal elite choir in Paris. Her parents, who rely on her as their ears and mouth in the outside world, take the news badly. Paula, who hates the idea of betraying her parents and her brother, goes through a painful dilemma... If you would like to know more

about the film ...

<https://www.imdb.com/title/tt3547740/>

And the soundtrack, which can be found on Spotify, or other music streaming services, is just beautiful too!

If the plot of this film sounds familiar, it's because the 2022 Academy Award for Best Film was awarded to the film 'CODA' which is based on 'La Famille Bélier' as Philippe Rousselet was one of the original film's producers, and he had the rights to do a remake.

We are going to watch a Japanese film next. Students can stay up to date by joining the Google Classroom using the code ku6igdi.

## La Fête de la Musique 2022 – The Festival of Music in France

As we enter the depths of winter, we remember and feel a little jealous of our family and friends in the Northern Hemisphere enjoying summer! The summer solstice, that is, 'longest day of the year' is 21 June when the sun will rise at 5:47 a.m. and set at 9:58 p.m. in Paris ... that's 18 hours of light! What better way to celebrate than with a music festival that takes place in every village, town and city in France. This year marks the 40th anniversary of this amazing event. For more info, go to <https://fetedelamusique.culture.gouv.fr/en/>

Listening to music is an amazing and enjoyable way to learn another language and immerse yourself in another country's culture, especially if you choose a particular period in history. Why not try 'Yé-yé', a particular form of counterculture that derived most of its inspiration from British and American rock and roll, but with a European twist!



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# Languages Faculty 2022

FROM Jane Jackson, Teacher Languages

## LA FESTA DEL GELATO Year 8 Italian

After having completed a unit on the cultural tradition of '**gelato**' eating in Italy, students in Year 8 Italian had the chance to taste some real Italian gelato. Students practised their skills ordering **un cono** (a cone) or **una coppetta** (a cup) of a variety of different flavours including: **cioccolato** (chocolate), **fragola** (strawberry), **limone** (lemon), **stracciatella** (vanilla choc chip), **caffè** (coffee) and **vaniglia** (vanilla).

Overall, the occasion proved to be lots of fun. Here's what some of the students had to say ...

"Stracciatella was the best!" Ally and Holly

"We should do this every afternoon!" Mia



"È buonissimo!" Sofia

"È delizioso!" Christian

"It's good incorporating fun aspects into our learning!" Petar

"It was a good way to learn about gelato!" Greta



"Who says we don't learn real life things at school?!" Annalise



# Student Stars

## Thank you to a wonderful student!

Tristan Begley, Year 8

*I am delighted to write to you to acknowledge a wonderful young student from your school who participated in community programs at Kids Giving Back during the 1st Term of this year and the recent April school holidays. It is especially heart-warming to know this young member of your school community chose to spend some of their holiday time volunteering to help others in need.*

*The following student gave their time to undertake a range of activities that contributed to meet the needs of vulnerable people in our community:*

*Tristan Begley*

*This student is among over 500 young people who produced over 7000 hot meals, salads, fruit kebabs, breakfast boxes, snack packs, care packs and decorated tote bags which were distributed to 13 charities around Sydney. They also were especially helpful in folding and packing new clothes for over 8000 vulnerable people, many of whom were affected by this year's floods. We deeply appreciate their service to others and kindness they have extended.*

**Gabrielle Morrissey Hansen, PhD  
CEO**

## Jiu Jitsu Championships, California!

India Risby, Year 10

India has been away competing at the world Jiu Jitsu Championships in California. She came third in her division.

She fought the world champion and while she did not win, she put in an amazing performance.

India can be seen at 2:25 losing to the world champion on the attached short video from the "flo grappling" stream who update and commentate on the event.

<https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2F84XqoD7wISQ&data=05%7C01%7CKatharine.Gutteridge%40det.nsw.edu.au%7C8c5e7fbd0f9446e50c3e08da474a03ce%7C05a0e69a418a47c19c259387261bf991%7C0%7C0%7C637900680452728485%7CUnknown%7CTWFpbGZsb3d8eyJWIjojMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTil6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2B%2BNUHCxuoZ4OXxpQvRS5T8jOnPv9gOk4%2F2VsMNOgj7E%3D&reserved=0<https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2F84XqoD7wISQ&data=05%7C01%7CKatharine.Gutteridge%40det.nsw.edu.au%7C8c5e7fbd0f9446e50c3e08da474a03ce%7C05a0e69a418a47c19c259387261bf991%7C0%7C0%7C637900680452728485%7CUnknown%7CTWFpbGZsb3d8eyJWIjojMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTil6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2B%2BNUHCxuoZ4OXxpQvRS5T8jOnPv9gOk4%2F2VsMNOgj7E%3D&reserved=0>>

Third in the world, a fantastic effort and something to be proud of!



# Visual Arts 2022

FROM Jai Edwards, Head Teacher Visual Arts

## Mosman Youth Art Prize 2022

Following our large overhaul of successful entries into the Mosman Youth Art Prize, we are also very excited to announce the following outstanding past and present students were announced as deserving winners of the Prize on Opening Night early in May.



Jasper Sewell, *Is this what we've come to?*  
Second Prize – Tertiary

Nicole Yang, *The Journey of Cockatoo Island*  
Second Prize – Senior



Continued on page 21



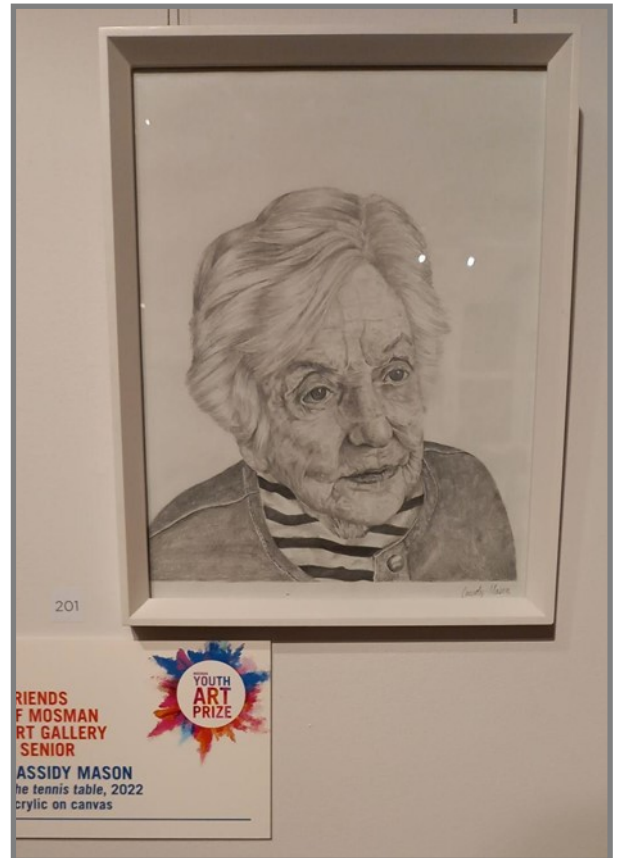
# Visual Arts 2022

FROM Jai Edwards, Head Teacher Visual Arts



Tess Lindsay, *Yuin Country*  
Friends of the Gallery Award – Tertiary

Cassidy Mason, *The Tennis Table*,  
Friends of the Gallery Award – Senior



Have you had a chance to visit? The exhibition closes soon.  
When: This Sunday, 12th June. Where: Mosman Art Gallery, 1 Art Gallery Way, Mosman NSW 2088

# Enviro Club

FROM Mark Jones

Attendance at our Monday Lunchtime meetings are being attended by interested students willing to be active in making our Environment a healthier place and trying to educate others in how simple actions can help create better habits.

Unfortunately, the poster included recently had a typo with an incorrect code for the Google Classroom. Please use w6nlzo3 to join the Google Classroom and keep up to date. Sorry if you've been trying to join with the wrong code.

I recently attended a meeting at Mosman Prep as the MHS representative for the Zero Emissions Sydney North Group. This is mainly driven by local Primary Schools but more High Schools are coming on board & it's a good vehicle to keep up to date with Mosman Council initiatives and events. I will give you the date of the next meeting so some of our students might like to be involved.

They will be conducting a mini-Expo on the 4<sup>th</sup> November at Taronga Zoo that we will be attending but more on that later. It was mentioned at this meeting that some schools are donating unwanted furniture, computers and sporting equipment to a group that sends resources to Tonga. If any family has items that fall into these categories, that you think a school in Tonga may be able to use, contact me at [mark.a.jones@det.nsw.edu.au](mailto:mark.a.jones@det.nsw.edu.au).

This was the message from Beauty Point Public School.

I have contacted Louise Waterhouse who is the Hon. Consular General of Tonga and she is happy for schools to email her directly if they have any of the following items that they are willing to donate:

- working computers
- good quality school furniture (desks and chairs for students)
- books
- quality sports equipment

At this stage, they have access to a warehouse for the next three months so they can arrange collection and storage of any items donated.

Another initiative students may want to be involved in is a free event on the 14<sup>th</sup> of June. Sorry for the short notice but you may be able to join in.

ClimateClever have recently partnered up with Mosman Council and will soon be delivering a free online event about our sustainability program and ways to reduce your impact at home and school. I just wanted to let you know in case you were interested in attending!

If you would like to book in a ticket to the event happening on the 14<sup>th</sup> of June I have included a link here:

<https://327184.maynardstreetdelivery.com/email/click/504076/327184/J55bzq-Gr15Tm2OvxjDtEJ10AQ-uyflfXXjF4X3KPzw.2>

Additionally, for a quick overview of ClimateClever, check out this 1-minute video:

[https://327184.maynardstreetdelivery.com/email/click/504080/327184/8Be0NGV\\_CrxFzUq\\_dWJOSIg4ImxDrOmjLEtlwmCM34.2](https://327184.maynardstreetdelivery.com/email/click/504080/327184/8Be0NGV_CrxFzUq_dWJOSIg4ImxDrOmjLEtlwmCM34.2)

If you are interested, we would also love if your school would like to sign up - it is FREE and we currently have over 150 schools across Australia using the Platform.

Natasha & Charich have been helping out at the Memory Park Garden & we'd like to have more students involved. If you're able to spend some time on Friday afternoons, around 3.30 to 4.30, it would be greatly appreciated. See Mr. Jones for details.







FROM Deborah Mulhall, Librarian

We may be small in our temporary premises, but we are busy! Whilst 95% of our collection is in storage, we are still working on building new resources to meet the challenges of changes in syllabi and to reflect cultural viewpoints. All HSC study guides are up-to-date, and we have the most recent publications to support Indigenous Studies and LGBTQI issues.

**A reminder to look at INFOBASE when researching! The Health Reference Centre offers some great material for areas of study in both Science and PDHPE**

Let's look at a database in particular –

**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 2 2022

### Monday 13 June

Queen's Birthday Holiday

### Tuesday 14 June

Yr 10 Interviews Week

P&C Art Committee Meeting 6-7pm

### Wednesday 15 June

Yr 7 Grandparent's Day

Yr 10 Interviews Week

Yr 10 into Yr 11 Subject Selection Due

### Thursday 16 June

Yr 12 Trial HSC 2022

SNS Cross Country Carnival

Yr 10 Interviews Week

P&C Meeting, MHS Library 7-9pm

### Friday 17 June

Yr 12 Trial HSC 2022

Yr 10 Interviews Week

Yr 10 Boys Basketball Trials

### Monday 20 June

Yr 12 Trial HSC 2022

### Tuesday 21 June

Yr 12 Trial HSC 2022

Yr 9 Visual Arts Excursion to Taronga Zoo

Yrs 8/ 9/10 Raise Youth Mentoring Program

### Wednesday 22 June

Yr 12 HSC Trial 2022

P&C Sports Committee Meeting 7-8pm

### Thursday 23 June

Yr 12 HSC Trial 2022

### Friday 24 June

Yr 12 HSC Trial 2022

### Monday 27 June

Yr 12 HSC Trial 2022

Yrs 7/8 Top Blokes

### Tuesday 28 June

Yr 12 HSC Trial 2022

Yr 11 Drama Excursion

Yrs 8/ 9/10 Raise Youth Mentoring Program

Yr 10 Parent Teacher

### Wednesday 29 June

Yr 12 Trial HSC 2022

### Thursday 30 June

Yr 12 Trial HSC 2022

### Friday 17 June

Last Day of Term 2

Yr 12 Trial HSC 2022

## TERM 3 2022

### Tuesday 19 July

All Students return to school

Yrs 8/ 9/10 Raise Youth Mentoring Program

### Thursday 21 July

Yr 9 Parent Teacher

### Monday 25 July

SNS Athletics Carnival

### Tuesday 26 July

SNS Athletics Carnival

Yrs 8/ 9/10 Raise Youth Mentoring Program

### Wednesday 27 July

MHS Concert Evening

### Thursday 28 July

MHS Concert Evening

### Tuesday 2 August

Yrs 8/ 9/10 Raise Youth Mentoring Program

### Wednesday 3 August

Yr 7 into Yr 8 Language Choice Due

### Thursday 4 August

Yr 11 Excursion B - Streetsmart Road Safety Forum

### Tuesday 9 August

Yr 7 Sports Gala Day

Yrs 8/ 9/10 Raise Youth Mentoring Program

P&C Sports Committee Meeting 7-8pm

### Thursday 11 August

Yr 12 Drama Performance Showcase

Yr 9 into Yr 10 Subject Selection

Evening

P&C Wellbeing Committee Meeting

### Friday 12 August

MHS JAZZ Night

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

**MOSMAN  
HIGH SCHOOL  
ATTENDANCE  
LINE**

**8968 7602**

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