

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

Celebrating Parent Involvement

FROM Susan Wyatt, The Principal

Mosman High School is renowned for its celebration and encouragement of parent involvement in the school. I am frequently heard to say that the more challenging years for parents are when their children are at high school. The changes that occur for a young person between entering high school in Year 7 as a twelve year old and then graduating as a Year 12 HSC student at eighteen years of age are significant. While many parents are actively involved in their child's schooling throughout primary I encourage parents to think about continuing that involvement into secondary school.

At Mosman, our parents have embraced this opportunity and not only do we have a P&C but we have parent committees following the interests of their students or their own passion. The committees meet prior to a P&C meeting (third Thursday of the month) and give feedback at the meeting, thus ensuring that all families are informed of what is happening. These committees do so much for our school and particularly the students.

The Sports Committee began in a small way and now is a committee with a huge impact. While the focus appears to be on basketball, other sports including futsal, volleyball and even table tennis are supported by this committee. With over sixteen girls and boys basketball teams representing our school in the Warringah competition and coaching most mornings and afternoons, the program has a huge impact on the wellbeing, fitness and leadership of our students. The coaches

hired by the committee are at the highest level and provide our students with outstanding guidance. This committee meets via Zoom on Tuesday of the second week in the month at 7.00pm with the school sports coordinator and Head Teacher PDHPE in attendance as well.

The Music Committee co-ordinates all the ensembles at our school. The diversity of ensembles ensures there is something for everyone from performance and jazz bands to string ensembles, percussion and wind ensembles and more. The committee also coordinates music tutors who come to the school and provide tuition for students. Again these tutors are at the highest level as practising musicians. This committee meets in person in the library on Tuesday of the third week of the month at 7.00pm and the Head of Performing Arts always attends these meetings.

The Wellbeing Committee consists of a group of parents who focus on providing guest presenters to parents and students in areas to support student wellbeing. Already this year the committee has sponsored Paul Dillon to speak to all students in Years 10, 11 and 12 and this is

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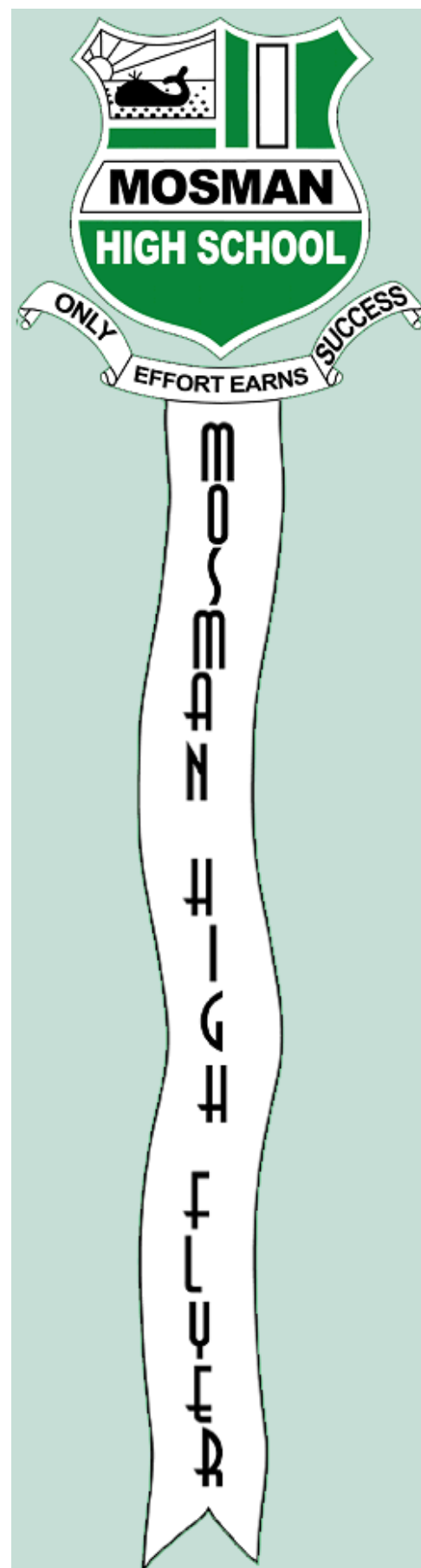
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P&C Meeting

7pm, Thursday March 16th

All Welcome

RSC AUDITORIUM - parking under the Club



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sponsored by the P&C and has occurred every year for the past six years. The wellbeing committee meetings occur in week two of the month on Thursday night and commence at 6.00pm in the school foyer or waiting room. Frequently a Stage deputy principal and the Student Support Officer attend these meetings to discuss the wellbeing programs being implemented at the school.

The Science and Technology Committee while a small and new committee is already making an impact with the provision of guest presenters being organised to attend subject classes. For example most recently all engineering students at the school were treated to the amazing engineering and design involved in parking meters and the potential advances in this area. The focus of the committee is to provide presenters to inspire students in science and technology.

The Art Committee is another committee that is making an impact both for students in our school and the community generally. Their most recent venture is the Mosman Art Walk which is in its third year and runs from late February through

March. Local and national artists have provided work which is displayed in Mosman shops along Military Road. The art work is for purchase with 30% going to resources for our students as well as the programs being run by the art department.

In 2022, the Art Department ran its first immersion camp at Bundanon with students producing amazing work. This camp was partly sponsored by the proceeds of the Art Walk. The retailers are very happy to be part of the walk as are the artists and the involvement is increasing from year to year. Look for the blue spots on the pavement as that indicates there is a work in the window. The art committee meets on Monday of the third week in the month at 6.00 pm in the art block.

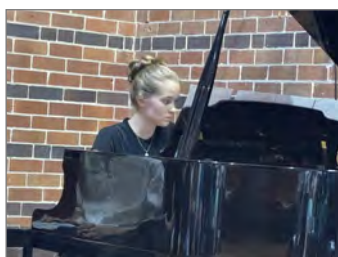
Our most recent committee is the Dance Committee. With the new building getting closer to completion, it is exciting to note that we will have a state of the art dance studio. Many students in Mosman love dance in all its forms and in 2023 we are running our first year of a Special Program in dance. We are very fortunate to be

supported by the Mosman Dance Academy in providing space for our dancers while we wait for our own space to be completed.

These committees promote International opportunities for our students including overseas tours as well as local tours and so much more. Parents are also welcome to attend our many school concerts, sporting carnivals, parent forums and speaker events. So I hope you realise you are very welcome to be part of our school. Apart from all the opportunities provided to students by the parent committees our wonderful teachers also provide a range of extracurricular opportunities in leadership, crafts and speaking skills. Students can join the debating club, chess club, stitch and yarn, art arvo, the coding club, the social justice team, the environment committee and the Student Representative Council.

Of course this is all happening in parallel to excellent teaching and learning in the classroom, cross-curricular Project Based Learning and excursions providing real world connections to classroom learning. I encourage you to join us in one of these amazing opportunities as we work together to provide the best outcomes for your students throughout these important high school years.

Year 12 Leadership Council - Induction Ceremony



Deputy Principals' Report

FROM Colette Longley Stage 6 Deputy Principal & Hayley Rose, SSO

Developing Respectful Relationships that Matter

Relationships embody all connections within the school community that increase the opportunity for students to be known, valued and cared for. As such it includes relationships within schools between students, teachers, support staff and parents and, within the broader community. Young people who develop positive relationships whilst at school are better equipped to experience success in life beyond school.

Positive relationships foster connectedness and belonging and are essential for wellbeing. These relationships are characterised by constructive interactions that provide genuine support. They are important because they help to build social and emotional skills and in turn nurture other positive, caring and respectful relationships.

For Year 12 there are planned opportunities for students and staff mentors to meet regularly. For stage 6 students, Year 11 will build, and Year 12 students already have built a trusting relationship with a teacher or member of the well-being team. Teachers understand the needs of the students and are empowered with the skills to support them. Regardless of their role within the school, all staff accept responsibility for students.

Some ideas for Families

Making Connections with Family and Others

Adolescence is a time of rapid development rivalled only by the first few years of life. Our children go through so many emotional and physical changes during this time that it is easy for them to feel unsure. Yet the enduring connections they have with friends and family form the blanket of security they need to become their best selves.

The most protective force in our children's lives is the connection they have with family — its proven by research and rings true to our real-life experiences. Family connections are critical, but young people also reap benefits from multiple layers of connections. That includes relationships with caring adults in their schools, after school programs, communities, and faith-based organizations. The healthier connections, the better.

Human connection and the ability to get through things together allow us to recover from challenging times. Solid connections allow us to be vulnerable because we know we can turn to others who genuinely care. We would do the same for them if and when they needed us. Connection also lets us more fully celebrate joyous times. For teens, it allows them to try new things and be exposed to opportunities that will develop their skills and build their confidence. When our adolescents are surrounded by many protective connections they will continue to seek other healthy relationships throughout their lives and will build strong families of their own. Connection is one of seven critical elements for building resilience within our children.

Connections Beyond our Families

In infancy and early childhood, parents are the centre of their children's world. (And it feels good!) As our children grow it is critical they are part of an ever-widening circle. Connections to educational, civic, athletic, recreational, and artistic groups can increase their sense of belonging to a larger world. Peer connections prepare them for the world of work and interpersonal relationships. School engagement is critical to academic success. Other caring adults they meet may offer them exposure to life's possibilities.

It is also important that we encourage our teens to forge connections that build strong communities. It is often said; the future will be built on well-worn paths between neighbours. It is our reaching out to those who might hold different views that ensures our continued growth. The root of connection in our communities is not really that different than it is in strong families — it is about respectful listening, empathy, and seeing people in their best light, as they deserve to be seen.

Here is a link that may be of interest to parents:

<https://parents.au.reachout.com/skills-to-build/wellbeing/things-to-try-romantic-relationships/help-teenagers-have-respectful-relationships>

Some ideas for Students

Making lasting Relationships

We are not meant to travel alone in this life ... true friends are important! As we get older it can be helpful to step back and examine friendships to see if they are supportive, healthy and positive? Sharing values and interests is the base of solid friendships and as we mature into senior schooling and transition to adulthood it is common for friendships to change and new connections to be forged. This does not necessarily mean closing a door on old friends, simply having a few more branches in our growing friendship tree! An example of this could be meeting up with some classmates to study for exams together as you have similar academic goals, and as a

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FROM Colette Longley Stage 6 Deputy Principal

result creating additional connections and friendships. Social connection is so important. The benefits of being able to connect with similar, like-minded people and of feeling accepted and valued are enormous, and contribute to the positive mental health, resilience and achieving our goals. In challenging times we're better together, to look out for each other and keep connected. Year 11 and year 12 are encouraged to make time to be around people who make them feel good and are there to help.

Often stage 6 is a time where large child hood groups split into more smaller ones. Often, we observe at school, the change that occurs is based on values, level of maturity and interest. Ultimately the best advice is to always ensure that all involved in the redefining or resolving or ending of a relationship features empathy, communication and trust. For all involved dignity and mutual respect are preserved.

Some questions to ask ourselves when re-evaluating friendships:

- Do They Invest as Much Time as I Do?
- Is It Easy or Difficult to Connect When We're Together?
- Can I Trust Them Completely?
- Do They Really Listen?
- Is Our Time Together Draining or Energizing?
- Do We Encourage Each Other?
- Are They A Valuable Person in My Life?

If you need help in understanding what respectful and healthy relationships look like, you are encouraged to connect to family, true friends, teachers and members of the well being team.

Here is an interesting link to help:

<https://education.nsw.gov.au/student-wellbeing/stay-healthy-hsc/resources/heres-7-ways-you-and-your-mates-can-support-each-other>

International Women's Day 2023

Mosman Council celebrated International Women's Day on 8 March with an inspirational and entertaining guest speaker breakfast event at Mosman Art Gallery. The Guest Speaker was Anna Bligh. Emma Simpson, Mia Cumming, Lily Springett and Sunday Meikle, representatives from our Year 12 Leadership Council, attended the event along with Ayako Hirata, a teacher from our Languages Faculty. Other attendees included representatives from local Primary and High Schools. The Mayor of Mosman, Carolyn Corrigan and local member Felicity Wilson were also in attendance.



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FROM Tony Gahan, Stage 5 Deputy Principal

Dear Parents,

Welcome to the Assessment and Reporting Period of Term 1. Students from Years 7 to 11 have now experienced enough course content and skills to be assessed. Of course, Year 12 are into their second term, and are thus well into the swing of things.

Thank you, to all the Parents/Carers and students who tuned into the parent forums. The feedback provided thus far has been very positive, and I look forward to further feedback in relation to the this assessment period.

Parents and Carers have an important role to play in engaging their children in their learning **and routines**. I encourage all students to track their study efforts by using the weekly planner, and to highlight areas of educationally demanding times. Students can do this by using the term planner.

Access copies of the term planners via the link below:

https://www.tmbank.com.au/-/media/community/investing-in-the-teacher-community/school-planners-pdf/2023/schoolplanner-nsw-a3_fa18_editable.ashx

NOTE – Teachers Mutual Bank Planner is one week out of alignment compared to our school calendar in term 1 only. Please adjust accordingly. I also highly recommend at home attaching this to your fridge to illustrate every term's assessment tasks.

As mentioned during the recent Parent Forum, parents and students are encouraged to access the school calendar every week to ensure all events and assessment tasks are up to date. This is important because from time to time, tasks and events will need to be altered.

See the last High Flyer under the following heading, for explicit instructions.

Mosman High School **Guided Forward Planning for Assessments** **2023**

Recent Workshops - Paul Dillon (Drug and Alcohol Research and Training)

Paul attended our school, on Tuesday the 21st of February, to speak to Year 10, 11 and 12 students. The following is a very brief overview of these workshops.

His presentation highlighted the success Australian's had achieved in drastically reducing the percentage of the population who smoked cigarettes. The ignorance around the dangers of smoking cigarettes between the 1920s-1960s, compared to today, the advertising which accompanied their sales, and interestingly why its popularity waned.

DARTA Vaping Webinar

Why the success?

Number of factors contributed to the success of Australian tobacco prevention measures

- ❑ **message was simple and clear – don't smoke**
- ❑ **evidence was indisputable – smoking kills, causes cancer and a range of other major health problems**
- ❑ **community was ready and willing to accept the evidence and make changes to their behaviour**

At the same time – legislative, population-wide changes were rolled-out – e.g., price increases, stricter regulations for selling

Every year 5 million people stop smoking.

ARE YOU A SMOKER?
THIS IS THE AMOUNT OF TAR
IN YOUR LUNGS AFTER 2 YEARS

Lung cancer doesn't go with a prior

A simple message!

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FROM Tony Gahan, Stage 5 Deputy Principal

The range of devices (vapes) on the market is staggering, the growth of this industry is phenomenal and it is mostly owned by “Big Tobacco”; the producers of cigarettes.

Marketing is targeted at young people and many will remember the colours used to roll out the alcopops in the 90’s. Those colours are copied by the producers of vapes.



It is illegal to sell e-cigarettes and accessories to a person under 18 years of age - whether they contain nicotine or not. Paul Dillon’s research identified that 14 and 15 year olds were the most confused group regarding the dangers of e-cigarettes. Most e-cigarettes are purchased on line and as such they are easily obtained by youth under the age of 18. However, there is increasing evidence of under-the counter sales, despite fines of up to \$45K.

Most youth start with the flavoured vapes. However, they often move onto the nicotine vapes as they get more of a hit. **Nicotine addiction is fast becoming a reality for vape users.**

Nicotine

Mayer (2013) How much nicotine kills a human? Tracing back the generally accepted lethal dose to dubious self-experiments in the nineteenth century. *Archives of Toxicology* 88, 5-7

Stimulant – toxic compound naturally produced in nightshade family of plants, including tobacco

- ❑ high doses associated with **nicotine poisoning**
 - ❑ common in babies/children (lethal levels occur at lower doses per kg of body weight) but rarely results in death
- ❑ lethal dose for adults was believed to be 60 mg or less (30–60 mg)
 - ❑ now believed >0.5 g of oral nicotine required to kill an adult
- ❑ **smoking a cigarette - uptake of ≈2 mg of nicotine**
- ❑ unlikely to overdose on nicotine through smoking alone

Many, although not all, e-liquids contain nicotine

- ❑ wide discrepancies between labelled amount and actual nicotine content
- ❑ reported concentrations range widely
- ❑ **nicotine in e-liquid can be hazardous to babies/children through accidental ingestion or skin contact**

Drug and Alcohol Research and Training Australia

Victorian baby dies after being poisoned by liquid nicotine from an e-cigarette

A Victorian baby has died after being exposed to liquid nicotine from an e-cigarette, raising fears about the safety of the increasingly popular vaping devices.

NICOTINE OVERDOSE — HOW MUCH IS TOO MUCH?

JUUL 18 mg nicotine (100% VG)

This product contains nicotine which is a highly addictive substance.

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FROM Tony Gahan, Stage 5 Deputy Principal

One of the many issues with vaping is that they are produced overseas and of course there is no regulatory authority overseas or in Australia who is charged with identifying a vape's contents as true and accurate. Some flavoured vapes have been found to contain up to 5% nicotine, despite the labelling displaying "nicotine free".

In NSW, the fine for acquiring, using and/or possessing liquid nicotine or nicotine devices without prescription is **\$1,100**. We have the smallest fine in the country but it is important to remember **vaping nicotine without a prescription is illegal in NSW**.

As such, why are we allowing our most precious resource, our youth to experiment with the unknown and the untested?

Especially as we know their brains are still forming.



DARTA Drug and Alcohol Research and Training Australia

Nicotine and adolescence

Mitch et al (2019) Trends in adolescent vaping, 2017-2019. New England Journal of Medicine 381, 1490-1493

Number of concerns in relation to nicotine during this stage of development

- ❑ far greater risk of **nicotine dependence**
- ❑ **'primes the brain'** for future use of other drugs
- ❑ **neurotoxic effects** on developing brain
- ❑ **nicotine toxicity or poisoning**

"New efforts are needed to protect youth from using nicotine during adolescence, when the developing brain is particularly susceptible to permanent changes from nicotine use and when almost all nicotine addiction is established"

Paul Dillon emphasises the need for the community and our parents/carers to be involved in this concerning trend.

Time for talking with your kids about **VAPING**

Know the facts: Learn about ingredients and what people really put into their e-cigarettes (aka vapes).

- E-cigarettes are sold in many different flavors. They are advertised as being safe, healthy, and even "taste like real cigarettes" and "don't contain tobacco."
- Many e-cigarettes contain nicotine, which is highly addictive and can harm your child's brain and body.
- Some e-cigarettes contain other harmful chemicals, such as lead, arsenic, and formaldehyde.

Be patient and ready to listen: Your child may be curious about vaping, or they may already be using it. It's important to be patient and ready to listen to what they have to say.

Be honest and open: If your child is asking you about vaping, be honest and open with them. Let them know that you are there to support them and that you are not judging them.

Get OutRAGED! Get the facts at getoutraged.org

TALKING WITH YOUR TEEN ABOUT VAPING

A TIP SHEET FOR PARENTS

BEFORE THE TALK: GET THE FACTS

Vaping is not harmless:

- Vaping can be addictive.
- Vaping can harm your child's brain and body.
- Vaping can be expensive.
- Vaping can be illegal.

Risks of nicotine:

- Nicotine is highly addictive.
- Nicotine can harm your child's brain and body.
- Nicotine can be expensive.
- Nicotine can be illegal.

Know the facts: Learn about ingredients and what people really put into their e-cigarettes (aka vapes).

Be patient and ready to listen: Your child may be curious about vaping, or they may already be using it. It's important to be patient and ready to listen to what they have to say.

Be honest and open: If your child is asking you about vaping, be honest and open with them. Let them know that you are there to support them and that you are not judging them.

Get OutRAGED! Get the facts at getoutraged.org

Know the risks

Talk with Your Teen & A Tip Sheet for Parents

BEFORE THE TALK

Know the facts:

- Get reliable information about ingredients and what people really put into their e-cigarettes (aka vapes).
- Be patient and ready to listen.
- Be honest and open.
- Get OutRAGED!

Get a positive example by being tobacco-free:

- If you are a smoker, please consider quitting. For help, visit quitnow.org.au or call 13 Quit Now.

Vaping information for parents

If schools are interested in providing information to parents there are a range of fact sheets that have been developed, mainly in the US, that could be used

Please access the link below to gain an understanding of the risks of vaping. This will assist you in having an informed discussion with your child.

<http://darta.net.au/wordpress-content/uploads/2020/12/VAPING-RESOURCES-PARENTS.pdf>

I look forward to working with you to keep our students safe in the community. Please feel free to contact me if you have any questions or would like further information.

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FROM Tony Gahan, Stage 5 Deputy Principal



The following workshops will all take place this term.

Yr 12 Student Elevation 13th Feb
Yr 7 Study Skills – Kick Start 23rd Feb
Yr 9 Memory Mnemonics 14th Feb
Yr 10 Study Sensei 2nd March
Yr 11 Time Management 3rd March
Yr 8 Junior Time Management 20th March
Yr 12 Ace your Exams 21st March

Hi Tony,

Our free parent webinar last night focusing on Time Management was a huge success, with over 7,000 parents in attendance!

*And our next webinar is only 2 weeks away, where we will be focusing on **Technology & Focus** and how parents can help their children use technology effectively – instead of letting it serve as a distraction!*

As always, to help make your life a little easier I have included a promotional blurb beneath my signature you can simply copy & paste. Feel free to send as an email, put in your school newsletter, or place up on your website!

We look forward to seeing your parents online then!

Warm regards,

Amelia

Dear Parents,

RE: **Upcoming webinar for parents – Using Technology and Beating Distractions**

We're excited to announce that Elevate Education's next free webinar will be taking place on Wednesday 15th March, focusing on **Technology & Focus**.

Elevate Education works with our students, delivering high impact workshops on study skills, motivation, wellbeing, and exam preparation. By tuning into their webinar series you will learn how you can help better support your children at home through reinforcing the skills they learn at school:

Wednesday 15th March @ 6:30pm (AEDT)

Using Technology and Beating Distractions

Click here to register for free: <https://get.elevatecoaching.info/au/schoolwebinar>

Here's what Elevate will be covering:

- ✓ Technology addiction and how to reduce technology dependence
- ✓ Practical strategies and apps to minimise procrastination
- ✓ How to help your child use technology productively to enhance their learning

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FROM John Feros, Stage 4 Deputy Principal

We are half way through the term and both Year 7 and Year 8 have settled in so well. They are certainly in a groove! The Stage 4 team have all said what a great start to 2023. Don't forget to use the school calendar to see upcoming events and assessments. There is a lot happening!

Naplan is close as is *Akoostikum* our first concert for the year. As mentioned at the Stage 4 Parent forum, we are going to introduce SMART goals for year 7 and 8. They are already in play in other years. During an English period students will have the opportunity to complete their goals for first semester. A smart goal template will be available on the year 7 and 8 google classroom These are simple, manageable goals that are attainable. Students can look at personal, social and academic goals. Let me introduce S.M.A.R.T. Goals. For example, making new friends 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. Give it a go!

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. ...

Good Luck!



Performing Arts News

FROM John Feros, Head Teacher Performing Arts

Performing Arts students are all creating and rehearsing material and are looking forward to finally having some public performances. We are really fortunate to have the use of Scots Kirk Church as a venue and we will use this venue for upcoming performances. Our mid-year concert should be in our new hall which will be spectacular!

Our first music concert *Akoostikum* will be on Wednesday March 29. This is a concert that is semi acoustic. It is still not too late to audition – simply use the QR code outside the Music and the Performing Arts staffroom. On show will be some of our music ensembles and some amazing singers and musicians. Starting at 7pm, tickets will be on sale at the door. Check the calendar and make sure you get along and see some incredible talent!



On Monday 27th February, Year 11 and Year 12 Music students attended Encore at the Sydney Opera House. Encore is a program of outstanding performances and compositions by students from the HSC Music examinations presented by the NSW Education Standards Authority and the NSW Department of Education. Students were fortunate to see some of the best performances from the 2022 HSC.



Languages

FROM Jane Jackson, Teacher Languages



Education Perfect Languages Championship 2023

Welcome to the Education Perfect Global Languages Championship 2023!

Good luck to everyone - we hope you have fun!

This year's competition will be open from Tuesday 7 March until Tuesday 14 March 2023.

A few tips for earning points:

- Complete **any of the Education Perfect Languages content** to earn points!
- You'll earn a point for **every correct answer**, regardless of subject or topic.
- You can go back the next day to earn new points on a question, if you want!
- Have fun! And remember, you can't spend more than 8 hours in one day competing.

Another fantastic thing about learning a language is not only learning how to communicate in the language, but also learning about the history, culture and traditions of the country. And what better way than via a trip to the local cinema? The Alliance Française French Film Festival runs 7 March to 5 April. In the Mosman community we have the *bonne chance* (good luck) because Hayden Orpheum Picture Palace at Cremorne is one of the participating cinemas. For more general info go to:

https://us8.campaign-archive.com/?e=__test_email__&u=ca747dfcae289d23229b4c3b3&id=ca8d2014a2



À la prochaine !



The View from the School Admin Office
School Photos 2023

English Faculty

FROM Peter Papilos, Head Teacher English

Hi Everyone,

Assessment season is upon us in English and while Year 8 has already submitted their first task for the common module with an imaginative response to “Twisted tales” the other years will have their first task for the year due in the coming weeks – check the Sentral calendar for your student’s particular year.

I often get asked – by parents and students – “how do I study for or prepare for an English assessment?” and I also get asked “isn’t all the marking subjective?”

My response to each of these questions is as follows:

From the HSC examination in Term 4, through to the first task in Year 7, all of English can be broken down to three main areas:

- the syllabus,
- the text, and
- the writing.

The syllabus outlines what students should be learning about (often called modules, or in some cases units), and this is the first step to ensuring you are making the right inroads into the learning – what is the big idea, what is the main concept, and questions in this vein, are the starting point.

The text generally refers to the form, structure and language of the text – poetry, film, novel, etc., fiction, non-fiction, genre, and the like. Students often start here, however, students should be relating the **how** of the text to the **what** of the concept (or the **why** of the module). The trickiest part comes next, which is translating the learning and knowledge into a written form (for an audience).

The writing is the important skill in demonstrating the depth and quality of your understanding to the set question, in a form which markers can ascertain your point against a marking criteria.

*It is this last point – marking criteria – which I usually go into next. This is how the marking is **not** subjective.*

Markers, upon finishing the reading of a script in relation to the set question – and checking against benchmarks which are exemplars of A, B, C, and so on, consider the **overall** qualities of a response in terms of syllabus, text, and writing. A script – not the student – may demonstrate an ‘A range’ level of understanding (usually defined as **skilful**) of the concept being studied in their module. The script’s understanding of the prescribed text may be ‘B range’ – usually defined as **effective** – and the composition of these ideas and associated evidence in the form on an introduction, body paragraphs and conclusion (for an essay, for example) may be in the ‘C range’, or sound.

On the basis of this, which students can self-assess, markers then come to an overall determination about the strength of the whole response in relation to the question – in general terms, the above example would most likely land in the B range and once satisfied that that is where it is, the marker will determine if it is a high B or a low B – high B is 16 or 15 out of 20, low B is 14 or 13. English teachers will use faculty accepted benchmarks to double check, their professional knowledge and experience and will also refer to the Head Teacher if ambivalent or needing a second set of eyes.

Outcomes are on every notification, and these are usually near the top of the notification, and indicate what type of learning, knowledge and skills the student should be working towards.

As per usual, if you have any questions about assessment, marking or student progress, please don’t hesitate to call on 9968 1006 or to email me at peter.papilos@det.nsw.edu.au, or your student’s teacher.



Moss Cameron-Bernes

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Writing Competitions

FROM Henry Chen, Teacher English

Students from Mosman High have enjoyed tremendous success in writing competitions over the years. Feedback from judges typically applaud our students' creativity and willingness to experiment with form. In a recent round of writing competitions, we had 4 top responses winning prizes, 3 runners up and 3 short-listed for a second round.

2023 looks to be no different, with a variety of writing competitions already in play. Fortunately, Mosman Council and other councils in the area host writing competitions frequently and there is ample opportunity for every student to write from the heart and have their ideas heard! You've really got to be in it to win it.

What better way to start off than with the Mosman Youth Awards in Literature competition which seeks prose and poetry entries across a range of year groups!

There is a cash money prize at the end 😊

Perhaps you could use the money to thank your parents for all their support?

Or perhaps they could have a crack at the Nan Manefield writing competition, which asks for a short story or poem and also offers lucrative prizes.

As always, Mr Chen is available in the English staffroom should any students need further information or details, ways to start, proof-reading and/or feedback.

The English faculty supports every student interested and encourages all students to participate!



Entries Open!

Entries are now open for the 2023 Mosman Youth Awards in Literature. This annual prose and poetry competition recognises primary and secondary school students.

To submit your entry online visit mosman.nsw.gov.au/youthawards

Students are invited to submit a piece of prose and/or poetry from the categories below:

Prose		Poetry	
Senior - Years 10,11,12		Senior - Years 10,11,12	
1st Prize — \$350		1st Prize — \$250	
2nd Prize — \$150		2nd Prize — \$150	
Junior - Years 7, 8, 9		Junior - Years 7, 8, 9	
1st Prize — \$200		1st Prize — \$150	
2nd Prize — \$100		2nd Prize — \$100	
Primary - Years K-6		Cash prizes will also be awarded for Highly Commended entries.	
1st Prize — \$100			
2nd Prize — \$75			

Entries close 31 May 2023

Winners will be announced at a Presentation Function on Wednesday 23 August, 6.30pm at Barry O'Keefe Library, 605 Military Rd, Mosman.

These awards have been made possible through sponsorship and support from Lions Club of Mosman, Rotary Club of Mosman, Northern Beaches & Mosman College, Oracle Books Mosman, Café Mosman, Keith Ainsworth Pty Ltd, BorrowBox and Constant Reader Bookshop.

Mosman COUNCIL **MOSMAN LibraryService**



MHS Sport News

FROM Reece Watson, Sports Co-ordinator

Swimming Carnival

On the 21st of January, Mosman High School held its annual Swimming Carnival at Drummoyne Pool. It was a beautiful day with clear blue skies, and the perfect weather set the tone for an exciting day of competition and camaraderie.

The participation levels were high, with students eager to showcase their swimming skills and represent their houses. The atmosphere was electric as the students cheered on their peers, and the friendly competition between Mr Olchoway and Hamish Hole in their exhibition race added to the excitement of the day. Although Hamish swam an excellent race, Mr Olchoway maintains his unbeaten record in staff v student races.

The level of competition was exceptionally high, with some incredible performances throughout the day. Students pushed themselves to the limit, and it was inspiring to see the level of dedication and hard work that had gone into preparing for the carnival.

I would like to give special recognition to the Year 10 leaders who showed excellent effort in assisting with the management of the carnival and encouraging their peers. Their leadership and enthusiasm were infectious and contributed to the overall success of the event.

Overall, the Mosman High School Swimming Carnival was a fantastic day, showcasing the school's spirit and sporting prowess. Congratulations to all the students who participated, and a big thank you to the staff and students who helped make the day such a success.

MHS 2023 Age Champions

12 Year Old Girls: **Lilla Makk**
12 Year Old Boys: **Emery Bhandari**
13 Year Old Girls: **Sophia Beier**
13 Year Old Boys: **Nicolas Chaseling**
14 Year Old Girls: **Hayley Ludgate**
14 Year Old Boys: **Paul Everett**
15 Year Old Girls: **Mabel James**
15 Year Old Boys: **Dominik Keil**
16-19 Year Old Girls: **Fenella Burns**
16-19 Year Old Boys: **Benjamin McNicol**

The Zone carnival will be held on Wednesday the 15th of March at Warringah Aquatic Centre.

Knockout Sport Results

Opens Girls Touch Football:

Mosman High 5 def Marsden High 2

Opens Girls Basketball:

Kincumber 52 def Mosman High 30

Opens Boys Basketball:

Mosman High 54 def Wadalba 34

Opens Girls Football:

Macarthur Girls 8 def Mosman High 6

Open Girls Volleyball:

Willoughby 2 def Mosman High 0

Athletics Carnival

Due to maintenance at Narrabeen Athletics Centre, the Mosman High School Athletics Carnival has been moved to ES Marks Athletics Stadium on Monday May 1st (Week 2, Term 2). This is a compulsory day for Years 7-10.

Cross Country Carnival

Mosman High School Cross Country Carnival will be held over 4 days: 3-4 May, 8-9 May (see Calendar of Events for further details). This is a compulsory event for Years 7 - 10.

Continued on page 15

MHS Swimming Carnival 2023

FROM Reece Watson, Sports Co-ordinator



MHS SWIMMING CARNIVAL 2023

Continued on page 16

MHS Swimming Carnival 2023

FROM Reece Watson, Sports Co-ordinator



DRUMMOYNE SWIMMING POOL 2023

Visual Arts

FROM Stephen Little, Teacher Visual Arts

MUSEUM OF CONTEMPORARY ART - 'DO HO SUH' exhibition and 'THE ROCKS' research excursion

The installation was life size, monumental, towering above the students. It was a shell of a *hanok*, a Korean house, the delicate mulberry paper had been rubbed, folded and creased around the ornate wood panelling and tiled roof to create a highly detailed facsimile. Surface details and textures were traced out through the laborious practice of rubbing charcoal against the paper so every patterned panel and imperfection could be recorded.

This was the Year 11 Visual Arts excursion to The Rocks and the Do Ho Suh exhibition at the Museum of Contemporary Art. An immersive installation investigating the connection between where we live and the memories we make of those places. The Korean artist Do Ho Suh had travelled and lived in a variety of places over the course of his practice and has since returned to those homes to make a physical record of his short time there. The *Hanok* was one of many recordings, all painstakingly recreated through delicate or translucent materials.

The excited noise of student conversations was quickly replaced with awed whispers as they encountered the installation, a reproduction of the artist's childhood home. In small groups they sketched and spoke of the tension between the thin material and the solidity of the structure, a *home* made of transient memories, delicate to take hold of.

Other installations in the exhibition reinforce the idea of memories being made in and of places we live. *Passages* is a series of transitional rooms made out of a brightly coloured, gauzy material. Each space has doors and passageways that can be arranged and rearranged into a long hallway of interconnected rooms, inviting people to travel through time as they move from room to room. Door handles, safety signs, door decorations - all replicated in detail.

In a large white room, the ceiling has been covered in the same gauzy material and from it is suspended *Staircase-III*. A single, translucent, red staircase that leads up into the white light. The vivid red is a striking contrast to the white room, and the staircase hangs defying gravity, an illusion of strength.

With the experience of the exhibition, the concept of *place* and the *transience of memory*, Mosman students explored The Rocks and Observatory Hill, stopping to sketch the structure of the underside of the harbour bridge, the sandstone buildings and the demolition and construction of various sites along the way.

Students have taken what they have learned and will produce a small body of work inspired by not only Do Ho Suh's practice but also their own personal memories of where they have lived and the built environment around them.



Continued on page 18

Mosman Art Walk 2023

FROM Fiona Ackerman, Head Teacher Visual Arts

THE ART OF SHOPPING LOCAL

Pull on your walking shoes for the 2023 Mosman Art Walk, 23 February - 12 March, a fun and accessible annual community fundraiser for the whole family presented by the Mosman High Art Committee. Go window shopping at Mosman's best retailers showing original artworks by acclaimed Australian artists including Ken Done, Ann Cape and Stephen Coburn.

Some are Mosman High teachers, parents and former students, and their works are often inspired by the local environment, Mosman's beaches, bush, streets and headlands. The 3km circuit around Mosman Village can be done any time as many times as you like. The walk is free but all works are for sale, from paintings to sculptures to ceramics. So if you like what you see it's easy to buy it on the spot via QR code, with 30% of proceeds donated to support art education at Mosman High, 70% going to the artist.

To see the artists, their works and the route map, visit mosmanartwalk.com.



Rocky Point Island at Dawn
by Amanda Tye

MHS Stars

Fundraising for Türkiye, Yusuf & Sudenaz Kiran, Year 12

Türkiye has been devastated by earthquakes recently, resulting in a huge loss of life and infrastructural damage. There are hundreds of thousands of people now without shelter and an estimated two million people homeless. Temporary tent camps and container homes are struggling to accommodate the needy people, reaching crisis point.

To support the people of Türkiye, Yusuf and Sudenaz Kiran started a fundraising campaign that involved selling fairy floss and recruiting the SRC to help with a bake sale. It was by far the most successful fundraiser Mosman High has ever held and it is a credit to the student body's generosity that so much was raised even once the cakes & fairy floss was all sold.

All proceeds have gone to the Turkish Embassy and will be forward to help in disaster relief. If you would like to contribute, please visit the Turkish Embassy website for links.

Yusuf & Sudenaz with the Consul General. He offered his heartfelt gratitude to MHS.



Working together with the SRC to build the bake sale and run a very successful fundraiser.



Fairy floss was a big hit. They could not make enough to keep up with the growing line!

Neonilla Serova, Year 10

Neonilla Serova singing in the NSW Federation of Community Language Schools Choir. The Federation's Choir comprises 30 students from Community Language Schools of different language backgrounds. The aim of the Choir is to promote harmony amongst our schools and indeed the communities.

Well done Neonilla!



Year 10 Futsal

Winners of the NBFA U15 Boys 2022/23 - Angus Hammersley, Brody Roberts, Ethan Coleman, Sebastian Luke & Sebastian Page. The Final was Mosman High v Mosman High - strong competition on both sides!

2023 NBFA runners up - Benji McNichol, James Hollis, Joe Saito, Max Reppel, Noah Gammon & Ruben Marais.

Congratulations to both the Winners & Runners Up!



Freya Hewitt-Park, Year 12

Following the completion of the 2023 Australian Indoor Championships, Freya Hewitt-Park has been selected for the U18 Australian Indoor Hockey Squad for 2023.

Amazing achievement Freya!



CALENDAR OF EVENTS

TERM 1 2023

Monday 13 March

Yr 12 StuVac Week
Yrs 7/9 NAPLAN Practice Tests
Yr 7 2024 Special Programs - Drama Auditions
Choir Rehearsals - In Concert Yr 7/9
NAPLAN 2023 online

Yr 10 Boys KO Soccer v Marsden HS
P&C Art Committee Meeting 6-7pm

Tuesday 14 March

Yr 12 StuVac Week
Yr 7 2024 Special Programs - Academic Test
P&C Music Committee Meeting 6-7pm

Wednesday 15 March

Yr 12 StuVac Week
Yr 7/9 NAPLAN 2023 online
Yr 7 2024 Special Programs - Visual Arts Portfolio Presentations
Zone Swimming Carnival

Thursday 16 March

Yr 12 StuVac Week
Yr 7/9 NAPLAN 2023 online
Yr 7 2024 Special Programs - Music Auditions
P&C Meeting 7-9pm

Friday 17 March

Yr 12 StuVac Week
Yr 7/9 NAPLAN 2023 online
Yr 7 2024 Special Programs - Dance Auditions

Monday 20 March

Yr 7/9 NAPLAN 2023 online
Yrs 10/11/12 Boys KO Volleyball v Cammeraygal High School
Yr 8 ELEVATE - Junior Time Management

Tuesday 21 March

Harmony Day 2023
Yr 7/9 NAPLAN 2023 online
Yr 12 - ELEVATE - Ace Your Exams
Yr 7 Parent Teacher Online

Wednesday 22 March

Yr 7/9 NAPLAN 2023 online

Thursday 23 March

Yr 7/9 NAPLAN 2023 online

Friday 24 March

Yr 7/9 NAPLAN 2023 online
Yr 7 Special Dance Program
Enrichment Day

Monday 27 March

Yr 7/9 NAPLAN 2023 online
Bump in Akoostikum

Tuesday 28 March

Akoostikum Rehearsal Day
RAISE Information Session

Wednesday 29 March

Yr 12 Geography Excursion
Akoostikum Concert 7 - 8.30pm

Monday 3 April

Sydney North Swimming Carnival - Homebush
Yr 7 Sydney Dance Company Workshop

Tuesday 4 April

RAISE - Mentee Orientation

Thursday 6 April

ANZAC Day Ceremony
Last Day Term 1

TERM 2 2023

Wednesday 26 April

First Day Term 2

Friday 28 April

Staff Flu Vaccination

Monday 1 May

Yrs 7-10 MHS Athletics Carnival - ES
Marks Athletics Field, Kensington

Tuesday 2 May

Yr 11 Parent Teacher Online
RAISE - Mentor only Orientation

Wednesday 3 May

Yr 9 MHS Cross Country Carnival
Yr 11 Geography Biophysical Interactions Excursion

Thursday 4 May

Yr 10 MHS Cross Country Carnival

Friday 5 May

In Concert Rehearsals
Yr 12 Earth & Environmental Field Trip

Monday 8 May

Yr 7 MHS Cross Country Carnival

Tuesday 9 May

Yr 8 MHS Cross Country Carnival
RAISE - Jitters all Mentors & Mentees
P&C Sports Committee Meeting 7-8pm

Wednesday 10 May

Yr 7 Camp - Broken Bay Sport & Recreation Centre

Thursday 11 May

Yr 7 Camp - Broken Bay Sport & Recreation Centre
Yr 12 Biology Depth Study Excursion
P&C Wellbeing Committee 7-8.30pm

Friday 12 May

Yr 7 Camp - Broken Bay Sport & Recreation Centre

**MOSMAN
HIGH
SCHOOL**

**ATTENDANCE
LINE**

8968 7602

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