

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

# Winter is here!

FROM Susan Wyatt, The Principal

While we have definitely reached the winter months, so far the weather has been mild and students have been able to use the playground for handball, basketball and other ball sports.

Term 2 is the time for assignments, assessments and reporting as well as the completion of the remaining parent teacher nights. In fact, on the Tuesday after the long weekend from 4.00 pm till 7.00 pm we will be holding the Year 8 parent teacher evening. As with the other evenings the interviews will be held via mobile phone calls.

When you receive the information via email please make your bookings to ensure the times you would prefer. Week 7 commencing 5 July, we will be holding the Year 10 interview week. All Year 10 students and their families have appointment times where they will meet at school with a career's adviser and a member of the school executive, to discuss potential subjects for the senior years. After the interviews, students are requested to choose their subjects and submit online. The previous Thursday we held via Zoom, a subject information evening which was extremely well attended.

There have been many special events in which families have been involved, including Grandparents' Morning. This is an annual event where the grandparents of Year 7 students are invited to the school (or in this case Scots Kirk) for a concert, totally organized by Year 7. The Year 7 students, sang and performed and their concert was well received as was the morning tea after the concert. The highlight is always when a grandparent is

invited to recount their schooling experience. Even in the relatively short time since the grandparents were at school ... so much has changed.

On Friday of Week 6, our school captains, Emma Simpson and Raghunath Gokhale represented our school at the 'Warringah Remembers' ceremony at North Head. Each year there is a commemoration for when a Japanese submarine entered Sydney Harbour in the Second World War. One of our drama students Rafferty Laight read a speech and the captains presented a wreath on behalf of the school.

Also, on Friday, four of our Year 10 students went to Parliament House to attend the Jessie Street luncheon. They enjoyed the experience and particularly hearing a variety of speakers discussing contemporary issues.

Throughout the year there are a number of state and national standardized tests that our students must complete. For Years 7 and 9 there is NAPLAN. For all years, except Year 12 students, they complete the 'Tell Them From Me' online tests and over the past week

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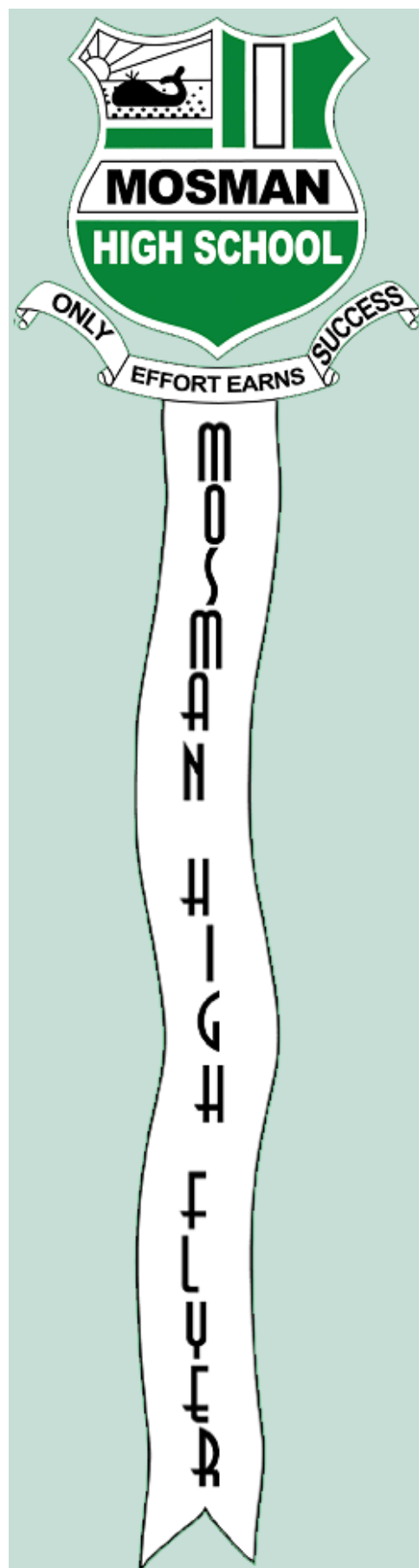
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## P&C Meeting

7pm, Thursday June 15th

ART BLOCK enter via Military Road Gate & meet Art Head Teacher, Fiona Ackerman.

*All Welcome*



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Year 10 have completed the online HSC minimum standards tests in reading, writing and numeracy. Students are required to pass this test to qualify to receive their HSC. This is an ongoing test, so if a student doesn't achieve the minimum standard this time, there is the opportunity to take the test over and over again.

For all schools, student attendance is a priority, as only by attending lessons in the classroom can we be assured that all work is covered and your student receives the required support. Many families are requesting leave particularly in the lead up to the mid-year holidays. Commencing semester two, if you are thinking of taking your student overseas for family or other reasons, we will be checking your student's attendance. If over 90% then the school will support the leave. However, if your student has poor attendance then the leave won't be supported and will be considered unjustified. At Mosman we take student learning seriously and value what occurs in the classroom. I know that our parents do the same.

The build is progressing at a great pace and this week we will see the hall have its timber floor installed. The dance studio already has a sprung timber floor and is in fact almost finished. Carpets and floor coverings are almost completely installed and furniture has begun to arrive. The hand over to the school on 10 July seems definitely to be a reality.

Of course, this is only the completion of stage 1. Once the school takes possession of the new building, the hoarding will go up around the canteen/music block and the demountables and a new crane will come onto site to remove the demountables and the canteen block. Then the landscaping of that whole area will begin.

In Term 4, we will also have an old kitchen converted to a commercial kitchen. Fabulous for our hospitality students. The capital works is on schedule to be completed entirely by the end of January, 2024.

English Faculty visiting the Build!



Our Palm Trees arriving!



# Deputy Principals' Reports

FROM Colette Longley, Stage 6 Deputy Principal

## Building Social and Emotional Wellbeing

This week's article is about the importance of knowing how to build social and emotional wellbeing. Like teachers, parents have a critical role to play in teaching the skills of social and emotional wellbeing and enhance self-regulation, particularly with our emerging adults in Stage 6.

Social and emotional learning involves students having opportunities to learn and practice social skills within safe contexts, both school and at home.

At assessment time in both Year 11 and Year 12, teachers and the wellbeing team are working hard to not only develop their cognitive wellbeing but also take time to develop their coping skills and resilience.

Some suggestions to assist are:

- integrate social and emotional learning into family day to day interactions
- do mindfulness activities when appropriate and possibly together!
- model effective social and emotional skills and respect for others in your own behaviour and relationships
- set practical family tasks and shared activities that promote problem-solving, social skills, negotiation and communication.

## Promoting positive relationships and connectedness with Stage 6 teens

Parent -student connections and the provision of support and understanding has a strong impact on students' feelings of belonging, especially as teenagers between 16 to 18.

Parent/carer strategies include:

- checking in with your teen
- showing an interest in their lives outside of school
- negotiating boundaries with your child for creating a sense of comfort and security
- encouraging and valuing an emerging adult voice in personal or family decisions.
- providing choice whenever possible to be responsive to your teens' increasing maturity, interests, abilities, and preferences at school and beyond school
- communicating positive expectations for learning and behaviour
- positively reinforcing your teen verbally
- speaking to your teen privately about any behaviour causing concern. Make your motivation explicit e.g. 'I am choosing to speak with you privately so that I don't embarrass you in front of your peers/sibling.'
- Did you know it is Mens Health Week starting June 13. This could be a perfect time to find a space for a shared conversation. #MensHealthWeek

## Promoting pro-social behaviour

Foster pro-social behaviour by engaging your older teen in 'helping activities' such as

- model respectful behaviour and language towards others
- use family moments and activities (in the car or over the dinner table) to explore and discuss empathy, personal strengths, fairness, kindness, and social responsibility.
- encourage community service or work settings to build the capacity to work effectively with others.
- model and reinforce positive social skills such as self-awareness, social awareness, responsibility and decision making.
- model self-awareness – show you understand. For example, "I can understand why you would feel angry. Let's think this through."
- guide social awareness – encourage perspective taking, "He/She/They didn't realise that was important. I don't think he/she/they did it on purpose – do you?"

## Promoting Healthy Social Connections

Social connections play a vital role in a teenager's mental health. Encourage your teenager to build and maintain healthy friendships by participating in social activities, clubs, or extracurricular interests. Foster opportunities for them to engage in positive social

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# Deputy Principals' Reports

FROM Colette Longley, Stage 6 Deputy Principal

interactions and help them develop strong communication skills. Additionally, teach your teenager about the importance of healthy boundaries and the value of surrounding themselves with supportive individuals who uplift and inspire them.

## Monitor Social Media Consumption

Excessive time spent on social media or exposure to negative online content can impact mental well-being. Encourage healthy digital habits by helping them to set their own limits on screen time, promoting breaks from devices, and engaging in offline activities together. By promoting a balanced approach to technology, you can help your teenager maintain a healthy relationship with the digital world.

## Seek Professional Help When Needed

It is important to recognise that sometimes professional support is necessary. If you notice persistent signs of distress, such as prolonged sadness, significant changes in behaviour, or withdrawal from activities once enjoyed, consider consulting with your GP or a mental health professional. They can provide guidance, support, and appropriate interventions tailored to your teenager's needs. Remember, seeking help is a sign of strength and prioritizing your teenager's well-being and future happiness.

## Mindfulness for emotional wellbeing

Mindfulness is about focusing attention on the present, rather than focussing on the future.

Research shows that mindfulness:

- increases self-awareness, social awareness, and self-confidence,
- increases emotional self-regulation,
- reduces the severity of depression, anxiety and ADHD,
- and builds resilience.

## Examples of mindfulness activities



1

## Perhaps you could try this Five senses exercise with your teen during stressful moments

1. **Mindful breathing:** Close your eyes and think about your breathing. Breathe in through your mouth and out of your nose. Can you feel the air coming into your mouth? Can you feel it coming out of your nose? What does it feel like? Can you feel the rise and fall of your chest or stomach? If you can't feel anything, place your hand on your stomach and notice how your hand gently rises and falls with your breath. Remind yourself that trees release the oxygen we inhale and absorb the carbon dioxide we exhale. As we breathe, we are borrowing air before returning it to nature.
2. **Blowing bubbles:** Notice their shapes, textures and colours.
3. **Colouring:** Colour something. Focus on the colours and designs.
4. **Listening to music:** Focus on the sound of just one instrument – the drums is a great one to start with.
5. **Squeezing Muscles:** Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.

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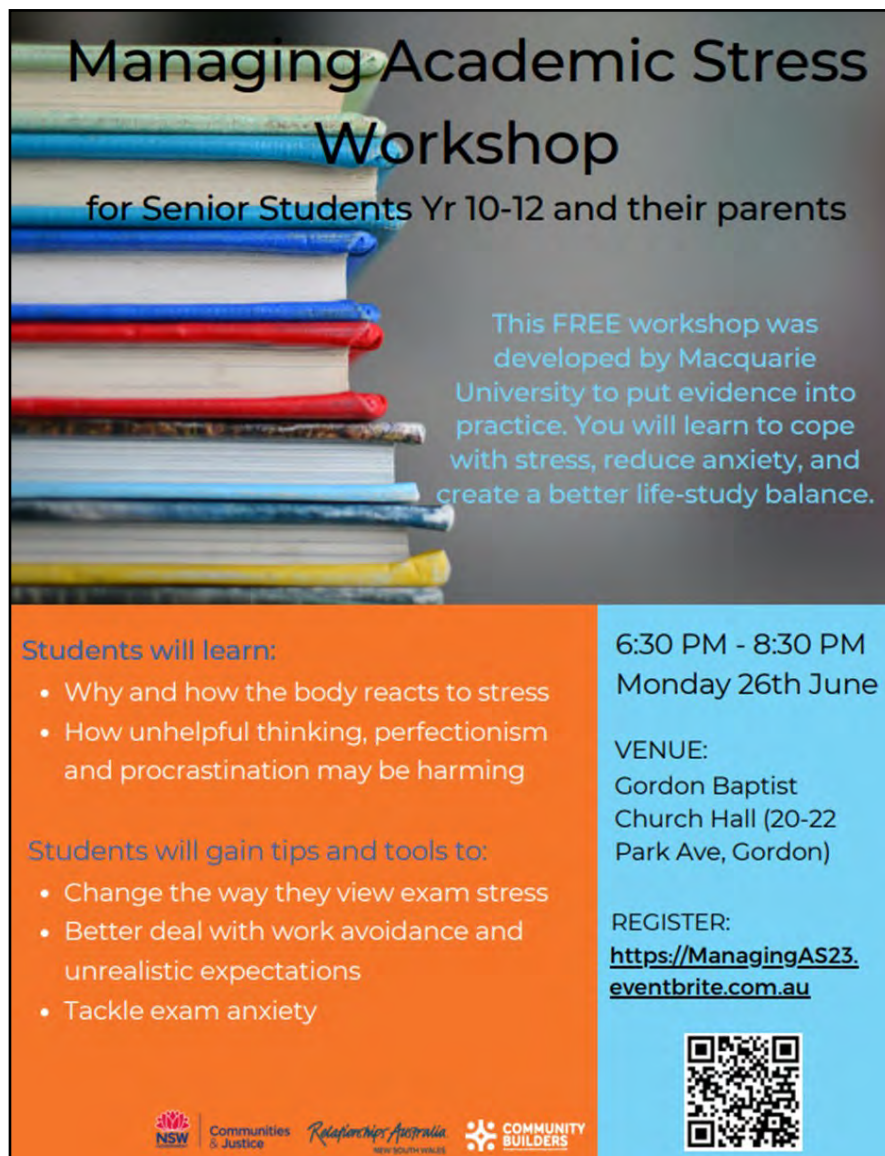


# Deputy Principals' Reports

FROM Colette Longley, Stage 6 Deputy Principal

Please review some of the resources below:

- [https://education.nsw.gov.au/content/dam/main-education/inside-the-department/student-mental-health-and-wellbeing/safeminds/SAFEMinds\\_Notice\\_Tip\\_Sheet\\_Family\\_Resource.pdf](https://education.nsw.gov.au/content/dam/main-education/inside-the-department/student-mental-health-and-wellbeing/safeminds/SAFEMinds_Notice_Tip_Sheet_Family_Resource.pdf)
- <https://forums.parents.au.reachout.com/t5/ReachOut-discussions-and/Topical-Tuesday-Mindful-Moments/td-p/10718>
- <https://www.orygen.org.au/Training/Resources/Physical-and-sexual-health/Fact-sheets/Sleep-young-people/sleep-yp-factsheet?>
- <https://parents.au.reachout.com/skills-to-build/wellbeing/things-to-try-coping-skills-and-resilience/teach-your-teenager-coping-skills-for-wellbeing>

A poster for a workshop titled 'Managing Academic Stress Workshop for Senior Students Yr 10-12 and their parents'. The background features a stack of colorful books. The text is arranged in a clear, organized manner, with a list of learning outcomes and a registration section. Logos for NSW, Communities & Justice, Relationships Australia, and Community Builders are at the bottom.

## Managing Academic Stress Workshop

for Senior Students Yr 10-12 and their parents

This FREE workshop was developed by Macquarie University to put evidence into practice. You will learn to cope with stress, reduce anxiety, and create a better life-study balance.

**Students will learn:**

- Why and how the body reacts to stress
- How unhelpful thinking, perfectionism and procrastination may be harming


**Students will gain tips and tools to:**





- Change the way they view exam stress
- Better deal with work avoidance and unrealistic expectations
- Tackle exam anxiety

**6:30 PM - 8:30 PM**  
**Monday 26th June**

**VENUE:**  
Gordon Baptist Church Hall (20-22 Park Ave, Gordon)

**REGISTER:**  
<https://ManagingAS23.eventbrite.com.au>



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FROM John Feros, Stage 4 Deputy Principal

What a great term thus far! Year 7 have had a Camp, Naplan and Grandparents' Day.

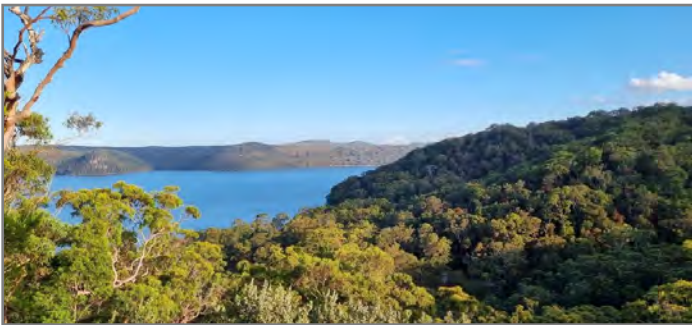
Broken Bay was the venue for Year 7. It was a busy three days filled with activities ranging from bush walks, beach games, frisbee, golf and team building challenges. All students embraced camp life and even managed to sleep at a reasonable time! Special thanks to the staff and Mrs Smith who organised the camp. You can see by the photos; we really did it tough! The scenery was spectacular and the students amazing; even the food was tolerable! I can't wait for the Year 8 Camp in Term 3.



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FROM John Feros, Stage 4 Deputy Principal



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### The importance of a sleep routine for students

Here is a summary of an article I read recently that I thought would be of interest. Sleep, we all need it!

Whether it's cramming for exams or ending a long school day by gaming till the early hours, students are no strangers to a late night. Studies have shown that 70% of Australian high school students suffer from regular sleep deprivation. Adequate sleep is imperative for the physical and mental health of young people. Those who don't get enough sleep are at greater risk of physical illness including colds and flu and mood disorders, particularly during adolescence, which is already a vulnerable time for mood disorders.

An important benefit of adequate sleep is that it helps kids learn. More illness means more class time missed, lessened ability to pay attention to teachers, and process and remember information.

So, how can parents and educators encourage better sleeping habits and exercise among young people? Going to bed and waking up at roughly the same time every day and having a pre-bedtime routine that students can do at roughly the same time every night can teach the body know when it's time for bed and decrease the time it takes to get to sleep. So, turn off all devices to ensure a sleep friendly environment.

<https://www.theeducatoronline.com/k12/news/how-sleep-routines-can-help-kids-do-better-at-school/279475>

<https://www.theeducatoronline.com/k12/news/excessive-screen-time-may-cause-sleep-behavioural-difficulties--study/276329>



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FROM John Feros, Stage 4 Deputy Principal

## Grandparents' Day

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

The morning began with a meet and greet and there was such a great vibe. Anoushka and Isaac were the MCs and did a brilliant job! Year 7 presented a selection of their recent Project based Learning unit – People and Places. This was a unit that worked in conjunction with The Sydney Opera House. The presentations were stunning! Loved *The Cloud Café* and *Farmer's Market*. They had creative content and had visual images to support each presentation.

Year 7 Drama presented some fantastic fairy tale parodies and Year 7 Music presented some stunning vocal and instrumental performances.

The entertainment from Year 7 was outstanding showcasing the talent in this cohort. I made the comment, that it will be incredible to see how impressive the students will be as they make their way into the senior school! Always a crowd favourite, is the invitation for a grandparent to speak about their experiences at school. It is so good to hear and surprise students that there was a time when there was no social media or electronic devices; hard to believe for many students. Throw in some great music and you have an impressive *Grandparents' Day*. For me, apart from the excellent performances and presentations was the catch up with Grandparents from the past. Nice to chat about the old days. All up, Grandparents' Day was a great time and I'd like to thank Year 7, The Performing Arts Faculty, Mrs. Smith (Stage 4 Head Teacher) and of course the grandparents, who seem to be getting younger!





# Warringah Remembers

FROM John Feros, Stage 4 Deputy Principal

It is June 2, 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.



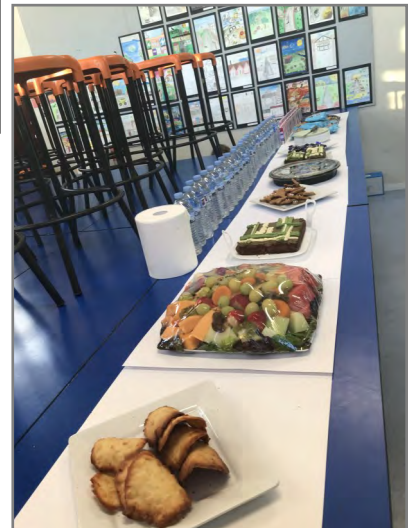
So, the day is a significant event. Our school captains Emma Simpson and Raghunath Gokhale were to represent the school and we were asked to provide another student Rafferty Laight to read out a diary extract.

As we walked into the ceremony we could see dignitaries galore, Mayors and lots of Military. As we find our seats over comes an Australian icon – Tony Bonner from *Skippy*! (Google it kids!) He gave Rafferty some advice, but Rafferty was so cool and replied. I think I have it. Tony B walked away thinking yeh; sure. Rafferty worked his audience like a pro. He engaged and entertained his audience. I have been to a number of these presentations, and I must admit Rafferty was the best! He captured the emotion and belief, playing his character. Those Drama skills certainly came in handy. At the end of his presentation, Rafferty was greeted as if he were *Harry Styles*. He was slapped on the shoulder and congratulated by the Military and by several of the audience. Even Tony Bonner came over to congratulate. He whispered to me, 'there was nothing I could have shown him'. Rafferty accepted all the accolades and then we exited not wanting to over do 'our' celebrity status. In the end, job well done and somehow, I think we will be asked back next year!



# Prefect Afternoon Tea

FROM Susan Wyatt, Principal





# Performing Arts News

FROM John Feros, Head Teacher Performing Arts

This term is once again busy with lots of performance opportunities for our students. Our Music Ensemble program is in full swing now and can I encourage singers and musicians to join one of the many ensembles. We have a mid-year Winter Concert happening in Week 9 in Scots Kirk Church. This concert will showcase Music Dance and Drama. Come along and see some incredible talent! Year 12 are well into their HSC preparation and their performances are taking shape. They will showcase their work to gain valuable feedback from teachers and audiences. If you can make one of these evenings, please come along as you will see some outstanding work. Dates will be put on the School Calendar.

## Year 12 Drama Excursion

In Drama it is so valuable to go to theatre. We were lucky that a rarely performed text *The Laramie Project* was being performed by the Actors Centre. Seeing the play in performance enables students to appreciate the theatrical style and practicality of the play on stage. It was a great production and Year 12 certainly appreciated the play by in depth discussion of how dramatic techniques were presented on stage; this is exactly what they will write about in their essays.



*The Laramie Project* presents a deeply complex portrait of a community's response to a shocking incident that occurred in Laramie, Wyoming. In a series of poignant reflections, the residents of Laramie react to the crime and surrounding media storm with anger, bewilderment, and sorrow. Rather than being a dramatization of events, *The Laramie Project* is a very human story of choices, prejudice, hatred, and the unpeeling of a town in all its confluences, conflicts, and contradictions and all in the actual words of the people of Laramie.



FROM Belinda Smith, Teacher Performing Arts

## HSC Music Night (C-Block-Buster)

On Wednesday 31st May, our Year 12 Music 1, 2 and Extension classes held a performance evening to showcase works from their HSC Program. The performance night was a C Block-buster, to farewell our C Block music rooms in anticipation of our move to the new building. Students are welcome to visit C-Block in the coming weeks to see our Music Student Profiles up on the wall outside C01 and C02 to take a look at their full programs.

The student performances were of an extremely high standard, which shows us that they are on track for great success in their upcoming practical examinations here at school, and for the HSC exams next term. Thank you to the families, friends and teachers who came along to support our Year 12 Music students, we had an almost full house! Thank you also to the Entertainment Students who managed the performances, and ran the sound and lights.

Watch this space for the next HSC Music Night next term in our new space.  
Ms Smith and Mr White

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# Performing Arts News

FROM Belinda Smith, Teacher Performing Arts

## Here are some reflections from our Year 12 musicians on their performances:

All the performances were performed extremely well. The whole concert ran smoothly and on time. was very good fun.  
*Harrison Brown, Music 1*

It was really cool seeing everyone's performances! I loved watching how much everyone's progressed, it sounded great (:  
*Moss Cameron-Bernes, Music 1*

I'm not going to lie, I was super nervous to perform in the Year 12 Performance Evening, but it ended up being a great opportunity to show everyone what I've been working on. I performed Water Nymph by Miriam Hyde and Brazilera from Scaramouche with Emma.  
*Natalie Chun, Music 2 and Music Extension*

For our Year 12 farewell to C block, I performed the Poulenc Clarinet Sonata with my accompanist Sumiko Yamamura. It was a perfect opportunity to practice performing my HSC repertoire in front of family, friends and peers.  
*Sylvie Durrant, Music 2*

It was great seeing all my classmates perform, well done.  
*Luca Eliot, Music 1*

I am very grateful to have been able to perform at the C Block Buster (HSC performance night) and I'm super pleased with how the performances turned out. I played the "Maple Leaf Rag" (solo piano) and performed "Found/Tonight" by Lin-Manuel Miranda as a duet with Wilson N and Sumiko Y piano accompaniment.  
*India Evans, Music 2*

It was such a great opportunity to perform for my friends and family and practice performing one of my hardest pieces in my HSC repertoire. I played the third movement of the Kapustin Trio for Flute, Cello and Piano accompanied by Sumiko (piano) and Hikaru (cello).  
*Katerina Kleintova, Music 2 and Music Extension*

What an exhilarating experience!!!  
*Wilson Ngyuen, Music 2 and Music Extension*

It was nice for year 12 to perform in C-Block as a farewell to the place we've all grown as musicians (from year 7). Everyone performed to a really high standard and we should all be proud of the progress we have made. I performed; Prokofiev's 10 Pieces from Romeo and Juliet, Op.75: VI Montagues and Capulets and Scaramouche suite for 2 pianos op.165b: movement 3 (Brazilera) with Natalie.  
*Emma Simpson, Music 2 and Music Extension*

Everyone played well and it was fun to see a taste of everyone's programs  
*Jeremy Smith, Music 2 and Music Extension*

Really fun and interesting to see everyone's pieces and how we've all progressed. We all did great, and it was a nice send off to C block!  
*Aaron Zapower, Music 1*





# Mosman High School Choir

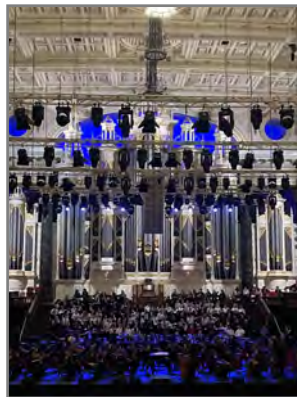
FROM Belinda Smith, Teacher Performing Arts

On Tuesday 23<sup>rd</sup> May the Mosman High School Choir travelled to the Sydney Town Hall to perform in In Concert – the Arts Unit’s annual secondary choral concert. Our choir students have rehearsed for this concert at school and in two combined rehearsals over Term 1 and Term 2. As part of the concert, our choir performed with 600 students from over 20 different schools coming from all over NSW, with many schools from Metropolitan Sydney, and students from far reaching places like Bellingen, Armidale, and Orange.

The choir was accompanied by the amazing David Drury playing the epic Sydney Town Hall Organ, for Mozart’s “Ave Verum Corpus”. They were accompanied by the NSW Public Schools Orchestra for the enormous orchestral work “Carmina Burana”, by composer Carl Orff. Students also sang two new Australian works with the orchestra by Alice Chance and Ben van Tienen. One of the highlights of the night was performing with the guest artists Kate Miller-Heidke, singing “Where?” from her opera “The Rabbits”, and “O Vertigo”. Kate also impressed the audience with a solo performance of her Eurovision song “Zero Gravity” – a treat for the students too!

As part of the concert, our students and the audience also were treated to performances from the NSW Public Schools Orchestra, Symphonic Wind Ensemble (SWE), Senior Singers and Jazz Orchestra. These are representative ensembles that students from metropolitan schools can join – two of our Mosman High School students are in SWE, and our music teacher Ms Smith works with the Senior Singers.

The choir is grateful to The Arts Unit, and conductors Liz Scott and Rachel Kelly for creating and supporting such an amazing experience for our young musicians, this was an incredible experience they will remember long after the choir leaves high school. Thank you also to Ms Wyatt, and the families and friends of our choir students who came along to see the concert on the night, it was amazing to perform to a full audience.



# MHS Stars

## India Risby, Year 11

India won a silver medal at the IBJJF World Championships held in Long Beach, USA from 1-4 June 2023. What an incredible achievement.

Congratulations India!!



## Community Spirit on 144 Bus to Chatswood!

A local resident sent in an email praising Mosman High students for their community spirit.

*'We are seniors, we got on the crowded bus with young people standing and straight away we were signalled by 2 or 3 young boys who stood up immediately and said "take our seat". We gratefully accepted. They had surfboards on the bus and took concern that they might get in our way. They were so very kind and considerate. When the last boy alighted at Neutral Bay, I asked what school he went to and he said Mosman High.'*

Well done boys you know who you are - you make us very proud!

## Year 12 - Critical Connections

Our Year 12 students engaged in the 'Critical Connections Project' facilitated by Goldsmiths University of London. This is a world-wide project that connects students with their environment, cultural heritage, and languages through taking action and telling stories on issues that matter to them.

Yusuf Kiran, Sudenaz Kiran, Chris Azhly Alera, Leon Felix Fink, Mark Rozrutskyi and Zuzanna Robak focussed on issues surrounding natural hazards in the local environment and ways to keep communities safe from harm. In that respect, they created a disaster relief promotion video for the survivors of southeast Türkiye and northwest Syria's earthquakes.

Congratulations on their award for 'winning film & poetry' which will be exhibited at the international festival in London.





# Jessie Street Trust Luncheon

FROM Liz Peniazeva, Teacher Visual Arts

On Friday 2 June, Catherine Simpson, Phoebe Cunningham, Katie McPherson and Amelia Ottaviano of Year 10 attended the annual Jessie Street Trust Fundraising Luncheon at NSW Parliament House.

This year, the fundraising focus was on the First Nation's Voice to Parliament with a panel of engaging speakers including Professor Tom Calma, AO, Rachel Perkins and Teela Reid. Our students were captivated by the stimulating panel discussion and enjoyed mingling with other school students and attendees over a lovely lunch in The Strangers Dining Room.

Our students were warmed by the instant recognition of them as 'Mosman High School Students' by attendees. A mother of a Mosman High School alumna was thrilled to see us there and spoke fondly of her appreciation of the school during her daughter's years as a student.

A big thank you to Frennie Beytagh, the co-chair of The Mosman Reconciliation Group, for connecting us and organising funding for our students to attend this very meaningful and memorable event.

At the Jessie Street Luncheon it was eye opening to hear from the speakers and understand that everyone can make a difference to help pass 'The Voice to Parliament' referendum. As students we can make sure that everyone around us is well educated about the importance of Aboriginal and Torres Strait islander representation in the Australian constitution.

*Millie Ottaviano*

On Friday 2 June, we went to the Jessie Street Foundation Annual Luncheon in Parliament House. It was an amazing experience and even though I can't vote yet, it helped me to understand what the referendum is all about. I had lots of fun hearing the panelists talk about a subject they're so passionate about and I am very grateful for the opportunity to attend the luncheon.

*Catherine Simpson*

I'm so grateful that I was able to hear the amazing Rachel Perkins, Tom Calma and Teela Reid speak about The Voice to Parliament. It was such a unique experience to hear their inspiring perspectives on the referendum debate, and I learnt how truly important it is that our community hears the voices of Aboriginal and Torres Strait Islanders in Australian Parliament. I want to thank the Jessie Street Trust and The Mosman Reconciliation Group for sponsoring our places at the luncheon because it's so important that students are also able to learn about the 'Yes Vote' campaign. Thank you to everyone who organised the Jessie Street Trust luncheon!!

*Phoebe Cunningham*

I had an extremely valuable experience at the Jessie Street Trust Foundation Lunch where we heard Indigenous Australians' perspective on an Aboriginal voice in Parliament and what that would really mean for our country. My favourite part of the day was meeting Rachel Perkins, who was one of the guest speakers, and is an Australian film director who directed the book to screen adaptation of Jasper Jones, which is one of my favourite Australian books and films. The whole day was a very educational and fun experience. I'm so glad they could have us!

*Katie McPherson*



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# Jessie Street Trust Luncheon

FROM Liz Peniazeva, Teacher Visual Arts



## MHS Sport

FROM Reece Watson, Sports Co-ordinator

### MHS Athletics Carnival

Congratulations to the following Age champions from the Mosman High School Athletics Carnival:

12 Boys	Mordecai Mowday
12 Girls	Lilla Makk
13 Boys	Mitchell Cummings
13 Girls	Florence Clowes
14 Boys	Paul Everett
14 Girls	Sophie Kermode
15 Boys	Alessandro Ferretti
15 Girls	Georgiana Brown
16 Boys	Angus Hammersley
16 Girls	Hebe Baird
17+ Boys	David Kun

The Zone Athletics Carnival is on Tuesday 20 June at ES Marks Athletics Track. Information and permission notes will be sent out this week.

### Zone Cross Country

In Week 5, we had 70 students represent Mosman at the Zone Cross Country in Narrabeen. Congratulations to the following students who have been selected to represent the North Shore Zone at the the Sydney North Cross Country Carnival:

Allan Alberto  
Paul Everett  
William Litchfield  
Oscar Taffel  
Sebastian Luke  
Seb Page  
Angus Hammersley  
Rosie Rummey  
Louella Goodsir  
Blake Hughes  
Nina Schief

### North Shore and Sydney North Representatives

In this term we have had a number of talented athletes represent our school at the Sydney North and NSW CHS carnivals. These include:

Molly Fazekas - Gymnastics  
Harry Deitz - Golf  
Rory Page - Golf  
Julia Brown - Football  
Alessandro Ferretti - Rugby League  
Blake Hughes - Basketball  
Riley Davis-Donath - Basketball  
Hayley Ludgate - Swimming  
Finn Bethell - Swimming  
Jack Hendry - Swimming  
Maya Page - Swimming



# English Report - Semester 1

FROM Peter Papilos, Head Teacher English

On behalf of the English faculty at Mosman High, I would like to say thank you to all the students for their diligence and sustained effort in attending their English lessons, completing their in-class exercises, at home assessment tasks and for contributing to the discussions going on in every English classroom across the school.

English teachers are at the forefront of what works best.

Mrs Shore and Mr Giulambarian have been leading Mosman high to great success in Debating!

Mr Chen, who also coordinates SRC, led a group of students through the Sydney Writer's Festival!

Year 7 thus far have completed their first semester and appear to have enjoyed the creative aspects of English. As teachers, we have been thoroughly pleased with the quality and sophistication of some of the imaginative writing responses students have composed, which demonstrates that, by and large, year seven students are settling in well to their secondary studies and are making links between syllabus outcomes, textual concepts and their expression of ideas.

They are currently studying module b: close study of literature, a theme which will continue to develop through stage four, five and six, into the HSC.

**This is a great effort, Year 7, you've begun your stage four learning journey – keep it up!**

Year 8, coordinated by Mr Hodge builds on the knowledge and skills developed in 2022. From the responses we have been reading and from a recent Year 8 English class I taught, it is evident that this is a really great cohort and will be ready to transition into stage five before they know it. Of course, their Year Advisor, Mrs Shore, speaks about them in glowing terms, on the daily!

Year 9 have had their first experience of stage five learning outcomes, which in brief terms is characterised by the phrase “increasingly complex” (NESA Syllabus). I know from the speeches I had the pleasure of listening to and marking, as well as the English teachers more broadly, the students definitely achieved their personal best in demonstrating that increased complexity in thought or concept and/or textual representation – some were really funny, others really serious, but overall, pure Mosman! From *The Outsiders* to *The Messenger*, students in Year 9 are offered a wide range of genres, authors and voices to learn from. They will study a modern drama in term three and four and then conclude their year with a film module – cinematography being the focus.

Year 10 have now had their subject selection evening, and are thinking deeply about their options for 2024 – I know from speaking to many parents and students, that there is a lot more understanding out there about the nature of the English Extension 2, English Extension 1 and Advanced and Standard courses, as well as EALD – if you have any questions about EALD, please speak with Ms Smith, who coordinates Mosman high's EALD program.

**Year 10 is completing their stage 5 learning – bring on stage 6**

Extension 1 is a great course for students as they learn about *literary worlds* and how and why composers create them: we study novels, plays and films in Year 11 and 12. The focus in preliminary is *perfect worlds* and in HSC it is *worlds of upheaval*.

Year 11 have now completed their common module: reading to write and from here the courses diverge and students will have completed module a: (in standard) contemporary possibilities or (advanced) narratives that shape our world. There is only one assessment task left: yearly exams in late Term 3 which will include their study of module b: close (standard) or critical (advanced) study of literature.

**The programs in Year 11 English are modelled on the expectations of HSC English examinations and so students should not be disregarding or ignoring their learning in this critically important year.**

Year 12 students have now completed all the to-be-learned material from their four syllabus documents – they know what they are; they need to, as that is where the HSC exam questions will come from. Their last assessment is the trial examination in early Term 3 and this should give all the students a good sense of where their strengths lay and which areas of the HSC need attention.

**In the ensuing weeks, students should strive to add 1-2 marks per section (5 sections in total, 20 marks each) as this can have a massive effect on their final result – in the end, we want students to be performing at their personal best.**

**To Year 11 and 12 students: your learning is itself a journey; do not allow setbacks to set you back.**

If you ever have any questions you'd like to ask about English, please don't hesitate to call me on 9968 1006 or email the school and they will forward your query or concern on to me.

# Debating

FROM Bianca Shore, Teacher English & Raffy Giulambarian, Teacher English

On Thursday, the Year 7 and 8 Mosman High debaters went up against Willoughby Girls for a face-to-face debating event, marking a significant milestone as the first in-person competition since the COVID-19 pandemic began. The debate showcased the impressive skills and intellect of our talented students, pitting them against the formidable team from Willoughby. The energy in the room was palpable as the two schools clashed on the topic of education, with thought-provoking arguments and persuasive rhetoric taking center stage.

In the Year 8 debate, Alisha Chandra, Hannah Ishimura Wright, Claudia Tribe Avilez and Lina Warner presented a compelling case against the introduction of a unisex uniform in schools. Drawing on their personal experiences, they highlighted the importance of individual expression and how it fosters a sense of identity and personality. The students eloquently argued that a lack of a set uniform code allows students to showcase their unique style and ultimately enhances their self-confidence and creativity. Their well-reasoned arguments resonated with the audience and the adjudicator, resulting in a victorious outcome for Mosman High School.

On the other hand, Luc Hiley, Lukas Ivaneza, Naomi Bower and Angelika Bayer of the Year 7 debate team explored the controversial topic of whether parents should incentivise student academic success with monetary rewards. Mosman High's team took a principled stance, arguing against the idea of monetising education. They posited that education itself should be a reward and that attaching financial incentives may undermine intrinsic motivation and the value of learning. Despite delivering a powerful case supported by relevant examples, the Willoughby team emerged as the winner. Nevertheless, Mosman's Year 7s showcased remarkable prowess in front of a live audience, leaving a lasting impression with their articulate delivery and strong arguments.

Well done on an amazing start! It's going to be a great year for competitive debating at MHS.



Year 8 Debaters - Lina Warner, Claudia Tribe Aviles, Hannah Ishimura Wright and Alisha Chandra



# Sydney Writers' Festival

FROM Henry Chen, Teacher English

It eluded us for the last few years, but we beat on as boats against the current, and this year we finally managed to secure tickets to the Sydney Writers' Festival and was able to take a fantastic group of students to the student sessions.

The festival boasts quite a star-studded cast of literary experts and renowned writers, so our students were excited to hear some talks. On our programme:

Bo Seo, a world champion debater, discussed our socially and politically polarised world. He argued the importance of being a good listener before communicating our own understanding as well as the art of disagreeing well.

Laura Murphy and Joanna Erskine, both writers who have reimagined Shakespeare's plays for the contemporary stage, discussed what their adaptations sought to achieve. This was particularly useful for our Stage 6 students as they study textual conversations and consider how texts can be adapted to the modern stage to address timeless issues.

Michael Parker and Fiona Morrison discussed the canon and offered their insight into how contemporary texts might break into it. I for one wrote down dozens of texts that our students might like to use as related texts for their HSC. I might even secure some to use as extracts in our Trial HSC – but don't tell the students!

Our students represented the school in charming fashion and reported that they enjoyed the day, and came to a greater appreciation of how literature studies maintains a strong fanbase beyond high school. I would like to thank each of them for their appropriate conduct and their enthusiasm to make the most out of this opportunity.

Speaking of opportunities, we wasted no time in between breaks to visit the local art gallery where students were traumatised by an enormous robotic frog, a comment on the mechanisation of the natural environment. We also explored other areas of USYD such as the famous quad and sandstone buildings.

Finally, many thanks to Richard Mew for sacrificing his time to take us via the school bus.



# CALENDAR OF EVENTS

## TERM 2 2023

### Monday 12 June

King's Birthday Holiday

### Tuesday 13 June

Yr 12 StuVac

Yr 10 Interviews

RAISE Mentoring Program 10-11am

Yr 8 Parent Teacher Online

P&C Art Committee Meeting 6-7pm

### Wednesday 14 June

Yr 12 StuVac Week

### Thursday 15 June

Yr 12 StuVac Week

Yr 10 into Yr 11 Subject Selection Due

Sydney North Cross Country 9am-3pm

P&C Meeting 7-9pm

### Friday 16 June

Yr 12 StuVac Week

### Monday 19 June

Yrs 7-12 Sydney North Dance Festival 5-9pm

### Tuesday 20 June

RAISE Mentoring Program 10-11am

Zone Athletics Carnival 9am-3pm

### Wednesday 21 June

Yrs 7-12 Winter Concert Evening 7-8.30pm

### Thursday 22 June

Yrs 7-12 Sydney North Dance Festival 5.30pm

Yrs 7-12 MHS Music Ensembles

Showcase Evening 7-8.30pm

### Monday 26 June

Yr 11 Life Ready Camp 2023

### Tuesday 27 June

Yr 11 Life Ready Camp 2023

Raise Mentoring Program 10-11am

MHS Music Tour

### Wednesday 28 June

Yr 11 Life Ready Camp 2023

MHS Music Tour

### Thursday 29 June

MHS Music Tour

### Friday 30 June

Last Day Term 2

## TERM 3 2023

### Tuesday 18 July

First Day Term 3

RAISE Mentoring Program 10-11am

### Thursday 20 July

Yr 9 Parent Teacher Online

### Monday 24 July

Yr 12 StuVac Week 1

Sydney North Athletics

### Tuesday 25 July

Yr 12 StuVac Week 1

Sydney North Athletics

RAISE Mentoring Program 10-11am

### Wednesday 26 July

Yr 12 StuVac Week 1

### Thursday 27 July

Yr 12 StuVac Week 1

### Friday 28 July

Yr 12 StuVac Week 1

### Monday 31 July

Yr 12 StuVac Week 2

### Tuesday 1 Aug

Yr 12 StuVac Week 2

RAISE Mentoring Program 10-11am

### Wednesday 2 Aug

Yr 12 StuVac Week 2

### Thursday 3 Aug

Yr 12 StuVac Week 2

Yr 11 NIDA Lighting Excursion

Yr 9 into Yr 10 Subject Selection

Evening Online

### Friday 4 Aug

Yr 12 StuVac Week 2

### Monday 7 Aug

Yr 7/8 Northern Beaches Futsal

Regional Championships

ICAS Week 1

### Tuesday 8 Aug

Yr 7 Sports Gala Day

ICAS Week 1

RAISE Mentoring Program 10-11am

P&C Sports Committee Meeting

### Wednesday 9 Aug

Yr 9/10 Northern Beaches Futsal

Regional Championships

ICAS Week 1

Yr 8 into Yr 9 Subject Selection

Information Evening Online

### Thursday 10 Aug

Yr 9 into Yr 10 Subject Selection Due

ICAS Week 1

P&C Wellbeing Committee Meeting 7-

8.30pm

### Friday 11 Aug

ICAS Week 1

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

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