



Moss Vale High School

Respectful, Safe and Responsible Learners

21 Narellan Road MOSS VALE NSW 2577 • PO Box 137 •

T: 02 4868 1717 •

E: mossvale-h.school@det.nsw.edu.au

August 2020

Our Students Making A Difference



Tristan Maguire Year 12



Jeremy Millward Year 10

Please read Principal's report for information on these students

Taking Care of Each Other....



Moss Vale High School website : mossvale-h.schools.nsw.gov.au

NEWSLETTER

Principal's Report

A warm welcome back to term three of what has been an interesting and challenging year so far. This term we are looking forward to celebrating the last full term of our Year 12 students' high school career. Year 12 will be sitting their Trial HSC exams in week 4 and I believe their teachers have prepared them well, despite the interruptions of online learning. I would like to thank the Year 12 teachers and Year Advisers, Mrs Pepping and Ms Curtis, for their ongoing support of this cohort during these unpredictable times.

Incoming School Captains 2020-21

I am very pleased to announce our newly elected school captains for the remainder of 2020 and for 2021. The successful candidates are Makayla Jones, Matthew Johnston, Matthew Kelly and Isabel Nash. These four candidates went through a rigorous process involving a written application, interview, speeches presented at a virtual assembly and separate students and staff votes. We will be holding a virtual induction assembly on September 3 and the captains' parents will be invited to view the assembly in the school library. Congratulations to Makayla, Matthew Johnston, Matthew Kelly and Isabel, and I look forward to working with you all in your new leadership roles.



Mikayla Jones



Matthew Johnston



Matthew Kelly



Isabel Nash

Reporting to parents.

I realise that it has been a substantial wait for parents and caregivers in relation to student reports. As I mentioned in the last newsletter, this year has obviously been significantly disrupted by COVID-19 and remote learning; as a consequence it has made it more difficult to assess our students' learning and progress for semester one. The due date, set by the Department of Education, for the distribution of semester one reports was August 28, week 6 of term three. However, our student reports are being finalised this week and will be available for parents as of next week.

These reports will be slightly different to past reports as they will not contain a written comment but they should still communicate vital information to parents regarding their child's level of achievement in each subject and strategies for improvement.

This change was made in consultation with the schools Parents and Citizens Association, and the P&C has agreed to this report format being used in semester two for Years 7-10 reports only. One of the main components of this agreement was an undertaking that a parent survey would be part of this process, and parents could voice their opinion as to whether this style of report should be used in 2021 or if we should return to the previous format. We will ensure parents receive the survey link via the parent portal and school website.

The decision to streamline the reporting process for semesters one and two of 2020 was not made lightly, and the executive team took into consideration the disruptions of remote learning and the undue stress and workload that has resulted for our teachers this year. We strongly believe that the

new style reports will communicate detailed information to parents about their child's progress and achievement in each subject. If parents require any further information they are very welcome to contact teachers personally via phone or email. Unfortunately, due to the COVID-19 restrictions we have been unable to hold a face to face Parent-Teacher evening for semester one. It is our hope that we will be able to hold a Parent-Teacher evening, depending on COVID-19 guidelines, in term four.

If you have any concerns or questions about reports or Parent-Teacher meetings, please feel free to contact me.

Students Making a Difference

I would like to acknowledge two of our students who have taken the initiative to raise awareness of important issues that are close to their hearts. Firstly, Jeremy Millward of Year 10 approached the senior executive with an idea to raise awareness of the R U OK campaign that is run across Australia each year. Jeremy is developing ideas around how we can focus on inspiring and empowering students to meaningfully connect with their peers and start a conversation with anyone who may be struggling with their emotional wellbeing. Secondly, Tristan Maguire also came to executive with a request to hold a 'Beanies for Brain Cancer' fundraising day. We will announce the date soon where students will be encouraged to wear a beanie to school on a particular day and make a gold coin donation that will go to brain cancer research. Well done Jeremy and Tristan on your initiatives to make a positive difference!

Principal's Address- Virtual Assembly

I have included my address given at our virtual assembly in week 10 of last term:

With a challenging year so far and an often confusing world around us, I simply want you all to focus on what I truly believe matters, as an educator, a parent and a human being of reasonable life experience. I think we all need to take stock of what is important in life, particularly at the moment, if we are going to block out the increasing madness around us. I often watch the news and think, 'how, as an educator, can I make sense of all the cruelty, inequality and insanity for our young people with whom we are entrusted to educate? How do we try to support you in not losing hope and to see that what you do as an individual does matter.' So these are the things that I truly believe matter and I hope that my words can resonate with at least some of you.

- One of the biggest problems we have in our world is ignorance. If people are ignorant then they are more likely to be intolerant, hateful and fearful of difference. Therefore, I say it all the time, but I really want you to value your education- don't take it for granted. Make the most of every lesson and every day, to learn new things and to broaden your minds. Education is our strongest weapon to change the world for the better and to overcome racism, sexism, and all forms of hatred and intolerance.
- Try to live your life in gratitude, to be grateful for the simple things in life - your families, your health. As with mindfulness, practising daily gratitude has been scientifically proven to improve your life and is strongly associated with greater happiness. Gratitude helps people feel more positive emotions, appreciate simple moments in life, improve their health, deal with adversity, and build stronger relationships.
- Along with that, try to be in the moment and don't get caught up in the virtual life of social media. Many studies have shown the significant pitfalls of social media that clearly link it to an increased risk of depression and low self-esteem. Remember, anyone can make their life seem something that it's not on social media and your true friends are not the hundreds or even thousands that some people have on these platforms.
- Be interested in others and what's happening in the world - don't be apathetic. Apathy is as big a scourge on our world as ignorance. To say that you don't care about important social justice issues is to simply lack humanity. And if you refuse to be apathetic then you are more likely to be someone who is willing to stand up and speak out for justice, equality, peace and for the right of all human beings to be treated respectfully and fairly. Surely none of us would ever think twice to speak up or report an act of domestic violence or child abuse. As human beings, we have a responsibility to care about each other, to speak up when we know something is wrong and not be apathetic.
- I want school to be your safe place, particularly for those who struggle with issues at home or outside of school. And don't misunderstand the purpose of our rules and consequences. They are there

to protect everyone's right, just as our laws do, and to make our school a calm place where you have the right to come and learn without chaos.

- Very importantly, if you become parents in the future, I want you to understand that it will be your most important job you will ever have and that you should be the most important educator in your child's life - not just their teachers. A good parent makes all the difference in the life of a child and young person, and a good parent should set boundaries and give consequences if a child is to learn how to be a respectful, responsible human being.

Finally, never give up hope - no matter how hopeless things can seem in our world at times. As well as being grateful for all that is good, it is important to be hopeful and optimistic that the future may be brighter.

Mrs Patricia Holmes
Principal



**New Lambs Welcomed to our
Agriculture
Plot**



Mrs Alena Shaw and Miss Siobhan Mansfield welcomed our new born lambs to our school community



News from our P and C Committee

The Moss Vale High School Committee wishes to congratulate the newly elected 2020-2021 School Captains, Makayla Jones, Matthew Johnston, Matthew Kelly and Isabel Nash.



The P and C are happy to announce that they are purchasing new blazers to be presented to these students at their induction assembly later this term.

The P and C are also generously supporting our Support Unit with a donation of \$1,000 to initiate a small business program for these students. Look forward to hearing updates from this venture.

The next meeting is Tuesday 15 September 2020 commencing at 5.30pm in the Staff Common Room, entry via the Front Administration Office. All welcome to attend.

Our P and C can be contacted via email on : pandcmeetings@mvhs-pandc.com

Front Office News

Are you using the Parent Portal App yet?

FEATURES

- Everything can be managed on your phone, iPad, tablet or PC
- Receive news first via Sentral Parent App (before Facebook)
- Receive student reports
- Give online permission for some excursions and school activities
- View student absences
- Submit absence reasons for past and future dates
- Submit changes to student and family details eg address, phone numbers, emergency contacts etc
- View student timetable
- View summary of student Wellbeing/Behaviour
- Message teachers

If you aren't using the Parent Portal App watch the video clip:

<https://info.sentral.com.au/new-app-getting-started>

~~~~~

### LOST PROPERTY

The Front Office is accumulating a considerable amount of jackets, jumpers and other items of uniform.

Please ensure all items have student's name clearly marked so they can be returned.

Unclaimed items are donated to the School Clothing Pool at the end of each term.

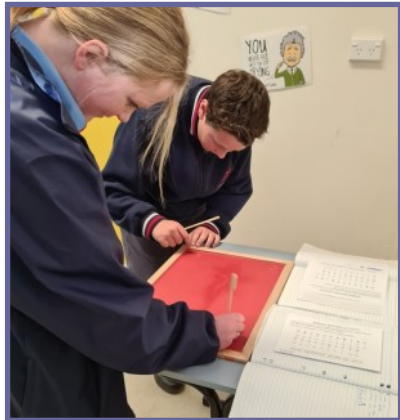
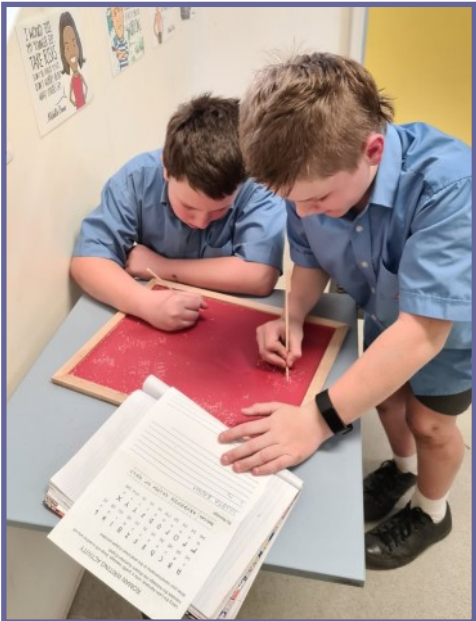
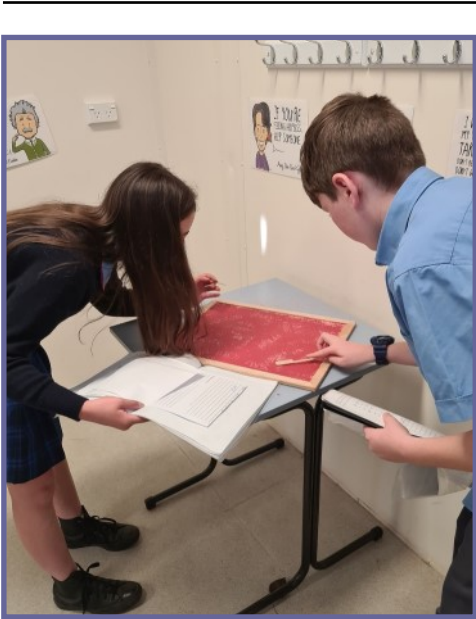


# HISTORY

Last term, Year 7 History learnt about Ancient Rome. These are some photos of students from 7H and 7F immersing themselves in an activity that helped them practically learn about schooling in Ancient Rome. Miss Fitzgerald's classes were given the opportunity to use a 'stylus' to etch their names in the (early) Latin alphabet on a whole-class wax 'tabula'!









# Technology



Above left to right: Barry Harkness, Jemma King, Marlie Blake, Zemirah Furniss and Mason West

Some of our beautiful work completed by our students. The criteria of the project was to be a bedside table using the laser cutter inspired by our Kick off with Reading 2020 book—White Bird.





# Athletics Carnival 31 July 2020



Moss Vale High School held their annual athletics carnival on 31 July 2020 with a few changes to comply with COVID restrictions. With hand swipes and spray sanitisers for all event stations students still were able to participate in a safe environment. Students and staff came dressed in their house colours .

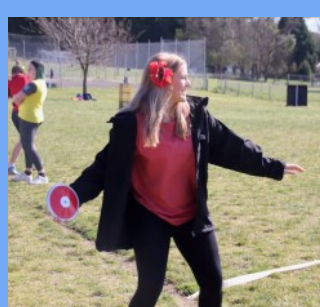
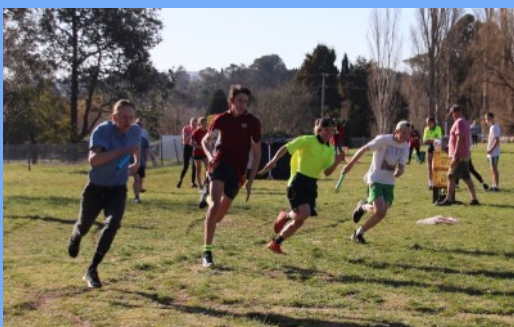
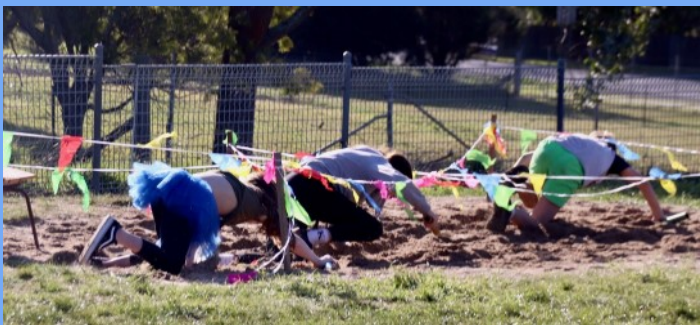
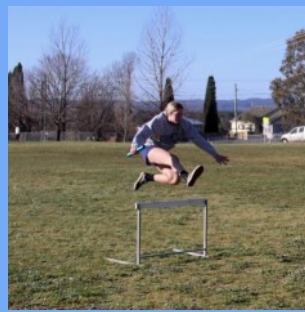
The focus for the day was for 'fun' whilst competing for house points.

Events at the athletics carnival included relay, discus, javelin, shot put along with some novelty events like the limbo, Frisbee throwing and foam pool noodle race.

Just in: House points that have been awarded for the athletics carnival are, Belmore 1080, Gibraltar 991, Carrington 965 and Morton 866. Ms Middleton will publish age champions shortly.









## Support Unit Students Reaching out to the Residents of Harbison Heart and Home



The students of the Support Unit at Moss Vale High School have successfully commenced their new 'Penfriend Program' with the wonderful residents of Harbison Heart and Home in Moss Vale, as part of their Community Access Subject. This is an initiative that was inspired by the current global health crisis caused by Covid-19 and the devastating repercussions it has had on our daily lives, especially for our elderly population. Sadly, many of which are at higher risk of contracting and/or falling victim to Covid-19, therefore are far more isolated than the rest of the population. This has led to worrying statistics of depression, anxiety and medical decline in the residents of aged care facilities and the elderly population in general, as well as an overwhelming increase in Covid-19 related deaths in aged care facilities globally.

The Program aims to develop friendship skills and to foster connections with the elderly residents of our local aged care facility, in order to reduce the impact of feelings of isolation and to learn about our older generations, their life stories and daily life experiences. The students are able to share experiences and talk about their own daily lives, school life, their families, their pets, their hobbies, their likes and dislikes, and their hopes for the future with their new penfriends.

Commencing during Term 2 the Support Unit Students began to write letters to their potential penfriends learning how to structure a letter the 'good old fashioned way'. The students were challenged to follow a scaffold that the elderly residents would be able to follow and reply to

without too much difficulty.

With the assistance of Darleen Parker Co-ordinator of the Lifestyle and Recreation Program at Harbison Heart and Home, students were carefully assigned a suitable penfriend that may have similar interests, hobbies or backgrounds. The 'matching up' of students with their penfriends has proven to be a wonderful success making it easier for our students to relate to their new penfriends and vice versa.

The commencement of this exciting new program has been very rewarding for our students as they wait in anticipation for their new letters each fortnight and spend time carefully constructing a thoughtful reply. Students are developing specific letter writing skills to get to know their penfriend by asking and answering questions, sharing more about themselves, and using appropriate language to get to know more about their penfriend. Not surprisingly, our Support Unit students are discovering that unlike 'texting' 'messaging' or 'emailing' writing letters takes quite a lot of thought and consideration and that a well written letter is really quite an artform.

The letters that have been received have been absolutely beautiful to read and hear the students share with their classmates. Experiences of when the residents were young, their careers, their families, their travels and their current feelings about this global health crisis, has been eye opening for our students to discover. Students are learning that they can have a great deal in common with a penfriend who may have been born many generations before them.

One wonderful example was a letter received by Emily in year 7 from her penfriend Eric who is 97 years old! Emily has a vision impairment and has been able to Braille her letters to her penfriend, with the teachers transcribing the braille into writing above the braille for Eric to read. This has been incredible to see a student with a vision impairment be able to make a new friend and make connections despite her impairment. When Emily received her first reply she was over the moon writing back that 'she was so amazed to find out that he was 85 years older than her!' This is simply one of many examples of inclusivity that this Community Access Program has facilitated for our Moss Vale High School Support Unit Students. It aims to support and encourage, students to connect to the wider community, establish rare friendships



and help reduce the sense of isolation the residents as well as the students may have been feeling especially during 2020.

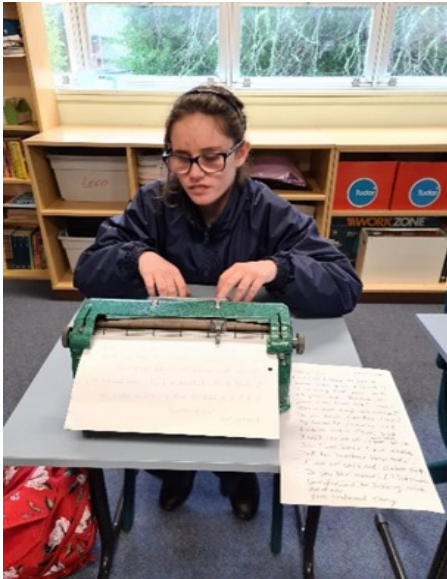
This program will continue to run for the rest of the year for all students and into the future. The benefits for both students and residents are many and it has already proven to be a beautiful way to 'make a difference' in the lives of those more isolated during this difficult time in history. The expressions on the students faces as they carefully open their letters and begin to read their replies has been so very special to witness as teachers. Some students in fact had never received a letter addressed to them personally, or even written one to a friend. Many students had not participated in a previous 'Penfriend Program' at all.

Reading about the lives of the residents at Harbison has opened our students' eyes and brought out a sense of curiosity and wonder in our students as they discover more each week about their very own penfriend. Bringing together these two groups to develop friendships, has assisted in breaking down stereotypes of the elderly for our students. Students have learnt how interesting and special it is to have a friend from a much older generation. The sharing of their life experiences has broadened our students' understandings and helped them feel that there really is not much difference between the younger generations and the older generations. The program has helped both students and the residents to feel more 'connected' in this unprecedented time of isolation and health concern.

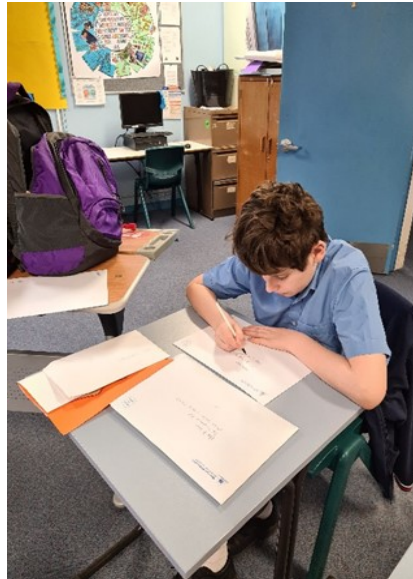
Below is just a selection of photos chosen from many showing students reading their penfriend letters and writing their replies, often including beautiful hand drawn pictures to brighten up their penfriend's day. It has been a heart-warming venture watching this initiative come to fruition and the students, parents and teachers of Moss Vale High School should be very proud of the difference our Support Unit Students are making to the precious lives of the residents of Harbison Heart and Home. Congratulations to all of our students from the entire Support Unit Team, We are so very proud of you!

Tim Vandervoort (Head Teacher Special Education)

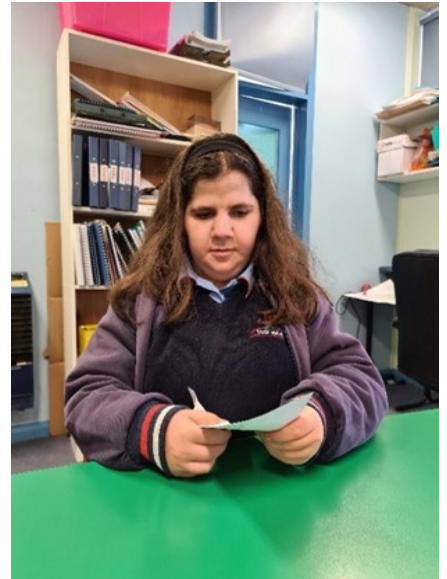
Fiona Mulcahy (Support Unit Community Access Teacher) and the Support Unit Team.



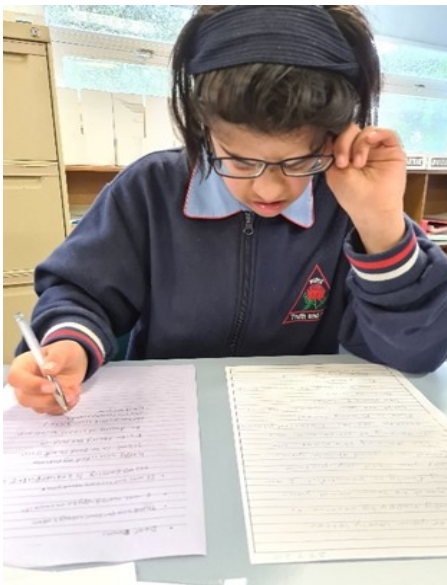
Emily Bowditch



Henry Tully



Jamila Halbert



Bridget Wexler



Connor Withers



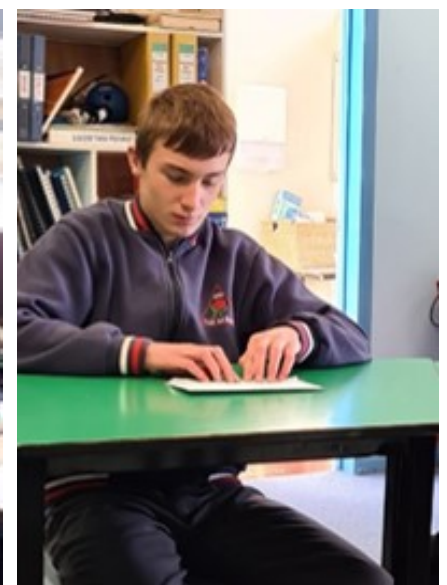
Liam Youkhana



Jayden Sherman



Tia-Rose Wilson



Jared Xagoraris



# Mufti Day—*Real Life* Heroes



On the last day of Term 2, Friday 3 July 2020, as one of our *Positive Behaviour for Success* (PBS) and Student Representative Council (SRC) initiatives, the school held a Mufti-Day. The theme for the mufti was "Real Life Heroes" in honour of the tireless efforts of all people who dedicate their lives to supporting our community. Some dress up examples were fire fighter, teacher, school support staff, nurse, doctor, supermarket worker, delivery driver etc. The SRC also held a raffle on the day with 13 prizes, items purchased from local businesses, raising \$274. The SRC are currently making plans to use this money around the school and will confirm these plans to bring to the school executive during our meeting in Week 5, Term 3.





# NEWS FROM THE CAPA VAULT



While we are once again observing restrictions due to Covid-19, we are pleased that our students have still been given the chance to rehearse and perform.

Our Choir has been put on hold, but our **C6 Vocal Rollers Home Group** were given the opportunity to present a virtual performance of “I’ll Stand by You” for the Term 2 Week 10 Virtual Assembly and we are grateful to Mr Donaldson and Ms Hansen for their assistance in bringing Mrs Johnston’s arrangement to life. As you can imagine, combining separate video and audio of 31 students was no mean feat!

Our **Year 11 Entertainment** students also produced popular lunchtime **Lip Sync** and **Battle of the Band** events in Week 10. Once again, we are very thankful for all our Entertainment students and appreciate the skills they are learning and demonstrating through these events.

Our **Year 12 Music** students held their **Music HSC Trial Performance Evening** at Robertson Anglican CEC in Week 2 of this term. They were assessed by 3 markers and gained valuable feedback in the leadup to their HSC practical exam in September.

Our **Year 11 and Year 12 Entertainment** students entertained our school cohort at the Athletics Carnival in Week 2, providing audio throughout the day, which included a wide selection of songs from a variety of musical styles. We would like to give a particular commendation to **Nick George**. While he isn’t an Entertainment student, he was impressive with his mixing and turntable abilities.

Our **Year 12 Drama** students held their **Drama HSC Trial Performance Evening** in the C5 Drama room in Week 3, and the students benefitted from feedback from ex Moss Vale High Drama Teacher, Mrs Shannon, who returned to assist Mr Canute with the marking process.

Our **Matilda** rehearsals will resume on Tuesday afternoons from Week 4. We are hopeful that restrictions will ease enough by December for our production to go ahead as planned.

As we had to cancel our **Stage 6 Education Week CAPA Showcase**, our **Year 11 Music** students will be given the opportunity to perform at **Lunchtime Concerts** for a small audience from our elective Music classes in Week 6 of this term. The events will be run by **Year 12 Entertainment** students as part of their assessment schedule and will give our senior students the opportunity to develop their solo and ensemble performance skills, while keeping social distancing in mind.

And finally, our **C6 Music room** renovation is nearly complete! Our Senior drum room is now fitted out with carpet and lights, and our new desks have arrived. We just have our practice rooms to tweak, and we will be up to scratch! This renovation has made a huge impact on our student’s learning and we are so very thankful for the change this renovation has brought to both staff and students alike.

*Linda Johnston*  
*Head Teacher CAPA*













## Year 7 Science Fun....

Year 7 have been investigating the topic "states of matter" in which they explore the physical property of density. Density is the amount of matter packed into a space. Some matter is more dense than others and this is the reason why cork floats on water. Is this also true for different liquids? Class 7C were given the task of identifying the differences in density of four coloured mystery liquids, and then using this knowledge to construct a "rainbow tube". Students used their science skills to work out the correct density order of the liquids by carefully adding one liquid to the other and seeing which colour floated and which sank to the bottom. This knowledge was then used to fill a test tube with clearly separated coloured liquids, with blue at the bottom and yellow at the top. The true identity of the liquids was kept secret and there was much chatter and debate about what they were. Once the prac was completed, all was revealed -- the mystery liquids were nothing more than water with different amounts of salt (and food colouring, of course), which are very safe to handle. It was at this point that students were permitted to remove their safety glasses for some photos. Judging by the broad smiles and active engagement in the lesson, it was clear that the class enjoyed themselves.

*Mr Bryan Shedden*  
*Science Teacher*

