



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

September 2020

GOODBYE-GOOD LUCK

Year 12



Taking Care of Each Other....



Our Students Making A Difference

Tristan Maguire — Year 12 — Initiating Beanies for Brain Cancer Day

Jeremy Millward — Year 10 — Initiating R U OK? Week

Trey Stevens — Year 7 — Showing concern for our senior students during a very difficult year

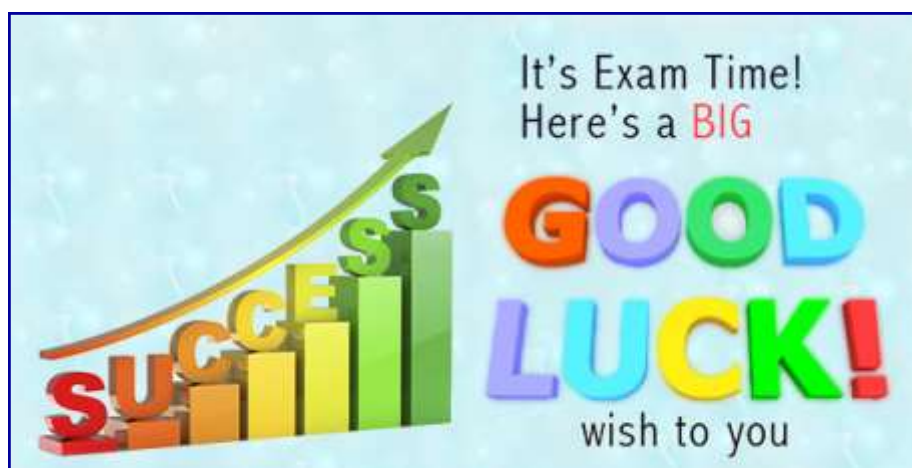
Moss Vale High School website : mossvale-h.schools.nsw.gov.au

NEWSLETTER

Principal Report

Year 12

Our wonderful Year 12 students are fast approaching the end of their high school career. However, as parents would be aware, they have an additional week at the start of term four to make some compensation for time lost due to remote learning earlier in the year. In that first week, we will hold a farewell virtual assembly on Thursday, October 15 and the Graduation will be held on the following day, October 16. The Department of Education gave schools the choice to hold graduations before the HSC exams or after November 12, in the hope that parents may be able to attend in a COVID-safe manner after the exams. We held a meeting with all Year 12 students to put the options to them and allowed them to make the final choice. Year 12 students felt that it would feel somewhat anticlimactic to finish their schooling on October 16 and wait until after November 12 to graduate. At this stage, the plan is to hold a live graduation assembly for students and Year 12 teachers which will be filmed and shared with parents. Obviously, if the Department of Education announces any changes that will allow parents to attend the earlier graduations, then we will notify parents immediately.



The good news is that the students can go ahead as planned with their formal in November. I am extremely proud of Year 12 and how well the students have coped with the many changes and challenges of 2020. I wish them well as they move towards their final exams and life beyond Moss Vale High School. They will be missed!

Captains' Induction



Due to COVID restrictions, we have been continuing with our virtual assemblies and even held the incoming captains induction via a virtual assembly. I would again like to congratulate Matt Johnston, Makayla Jones, Matthew Kelly and Isabel Nash on their official induction into their new roles. Below is an excerpt of my message to the new captains from the virtual assembly:

Leadership is NOT a position or a title, it is Action and Example. It will be up to you to take the initiative

in making your roles one of action, example and change. Most importantly, find your passion. Find something that will be for the greater good of the school community and will support our ideals at Moss Vale High, in promoting a true sense of social justice, equality and acceptance of diversity. 'Be the change you want to see in the world.'

I congratulate you all and commend you on attaining these important leadership roles within our school community. Be humble and hardworking in your roles and always seek to serve others. However, you should feel proud of yourselves and I'm sure your parents are incredibly proud of you.

Be very thankful to your parents who have obviously loved you and nurtured you, and modelled what it means to be a young person with a strong moral compass. Be thankful also to your teachers who have also been instrumental in shaping the quality young people you are today. Teachers have a far greater impact on their students than many people realise, and I can only speak with great admiration of the amazing teachers we have at Moss Vale High.

Makayla, Matt, Issy and Matt, I am very proud of each of you and I look forward to working with you in the following year. Our school is in good hands with you as our new student leaders.

R U OK

Congratulations to Jeremy Millward of Year 10 for having the initiative to turn the R U OK day into a whole week of focusing on mental health awareness at Moss Vale High School. Each day students engaged in activities during home group that were designed by Jeremy and the Student Representative Council to promote an understanding of how we can all look after our mental wellbeing and support others who may be struggling. A very important message to all students was to make sure that they were reporting any serious concerns about their peers to a responsible adult.

The week culminated with an impromptu gathering of students on our oval forming a question mark. Thanks to Mr Vandenberg for taking this photograph with his drone.

Well done Jeremy and Moss Vale High on supporting this important initiative.



Attendance



I know this has been a difficult year with COVID and this has definitely impacted on student attendance. However, I would ask parents to support our efforts in encouraging students to attend school each day unless there is a genuine reason such as illness or family emergency. I would also ask that parents ensure that their child's absence is explained as quickly as possible after the date of absence. Regular attendance at school is essential if students are to maximise their potential. Schools, in partnership

with parents, are responsible for promoting regular attendance of students. While parents are legally responsible for the regular attendance of their children, school staff, as part of their duty of care, monitor part or whole day absences.

Reports

Student Semester One reports for Years 7-10 were published several weeks ago and looked different to past reports. These reports, as mentioned in previous newsletters, did not contain a written comment but they should still have communicated vital information to parents regarding their child's level of achievement in each subject and strategies for achievement.

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 and it looks unlikely that we will be able to hold a Parent-Teacher evening in term four, based on current COVID guidelines for schools. However, we will update parents if these restrictions change.

Thank you, Mr Nash!

I would like to thank Mr Matt Nash for leading the HSIE faculty for the good part of three years. He has done an outstanding job in this leadership role that he has juggled with his responsibilities of organising our annual Activity Week. Mr Nash will be stepping back from the role as Ms Ashlee Randall returns from maternity leave at the start of term four to take up the substantive Head Teacher position. Ms Randall will be returning in a part time capacity for the time being and will be sharing the role with Ms Alexandra Bateman.



Holidays

I wish all members of our school community a happy, relaxing and safe holiday. I wish Year 12 all the best with their studies and I look forward to seeing all staff and students back on Monday 12 October, as there is NO Staff Development Day at the start of term four.

Patricia Holmes
Principal

Deputy Principals Report

In this last newsletter of Term 3, Mr Carlyon and I would like to focus on our Year 12 students, the impressive student work which has been occurring across our classrooms, and also planning for the introduction of our BYOD (Bring Your Own Device Program) in 2021.

As our **Year 12 students** approach the end of their schooling, we would like to acknowledge the tremendous upheaval they have navigated this year. It has certainly been an HSC year like no other, and they have come together as a cohort to support each other through the unique challenges they have faced. We would also like to acknowledge and thank all of our Year 12 teachers, who have worked overtime this year to shift their curriculum into the virtual space, while ensuring that their students were supported during the time of uncertainty. We wish our Year 12 students all the very best as they move into the workforce or further education.

One of the most rewarding aspects of the Deputy Principal role is being invited into classrooms to see what our students have achieved and produced. **Year 9 PDHPE** students recently held a very impressive **Health Expo**, setting up stalls in the hall and surrounding areas. We were very impressed with the level of research, deep subject knowledge and informative resources created by the year group. Congratulations to our **Year 12 students** who have recently submitted their **major works in Visual Arts and Timber**, and completed their performances in **Music, Drama and Dance**. Congratulations should also go to **Nic Hamilton** of Year 7 who has demonstrated a strong growth mindset to **improve in Mathematics**, and was able to describe the learning strategies he employed to develop his level of knowledge and understanding.

In 2021 Moss Vale High School will be introducing a **BYOD (Bring Your Own Device) Policy** for all students. As education continues to evolve to suit the needs of our students in the present and the future, it is becoming essential for students to use their own device on a daily basis. "Bring your own device (BYOD) refers to technology models where students bring a personally owned device to school for the purpose of learning. A personally owned device is any technology device brought into the school and owned by a student (or the student's family), staff or guests" (Alberta Education, 2012). Put simply, BYOD is a solution where students quite literally bring their own device to school in order to access the internet by the school Wi-Fi. Mobile phones are not considered an acceptable device.

Our recommended specifications are as follows.
The device should be:

- Laptop or a 2-in-1 device.
- (For Windows Devices - minimums) Windows, 4GB RAM, 1Ghz processor, 32GB of free hard drive space.
- (For Mac Devices - minimums) OS X 10.9* 4GB RAM, 1Ghz processor, 32GB of free hard drive space.
- iPad or Android Tablets with external keyboard, or a Chromebook. Please note, that there are some concerns about the long-term functionality of these devices and ease of network connectivity.
- Battery Life of 6+ hours.
- Light weight, under 1.5 kg
- 12" or larger screen.
- Dual Band Wi-Fi with a/g/b/n.
- Pre-loaded with the Microsoft Suite (students have free access to Microsoft 365 from the Student Portal)
- Ability to connect earphones/head phones under teacher instruction.

We are committed to delivery of the same learning outcomes for all our students whatever their family's financial circumstances. We have developed an Equity Policy to operate alongside our BYOD Policy. The Equity Policy outlines a number of strategies the school may take, in consultation with you, to support access to information and communication technologies (ICT).

Further detailed information will be provided to all parents early in Term 4, 2020.

Mrs Letitia Summers and Mr Matthew Carlyon
Deputy Principals

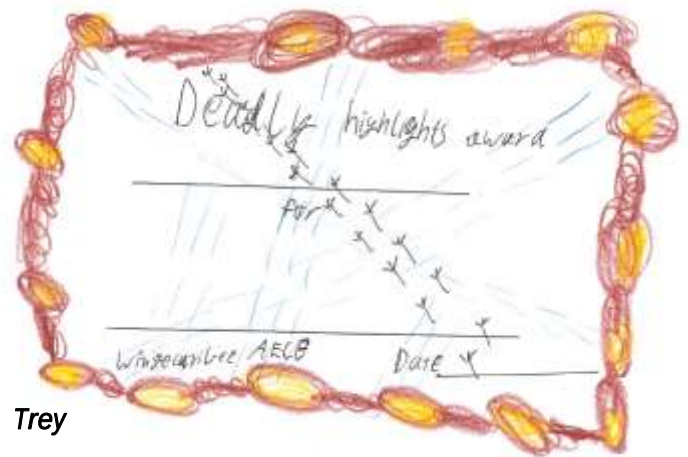


Deadly Highlights Art Competition

Our Aboriginal students participated in a competition to design the Deadly Highlights award through the Wingecarribee AECG. The competition was for students to design the award certificate which will be used to recognise Aboriginal students' outstanding efforts.

On the following page is a few of the student works.

Mrs Finlayson
Aboriginal Education Coordinator



Year 10 Dance Assessment Day

Thursday 10 September 2020, showcased our Annual Year 10 Dance Assessment. Grateful that this event was able to be held with a strict Covid safe plan put into place.

Students were dressed to impress and had some amazing dance moves. The judges had a tough job in announcing the winners with such high standards.

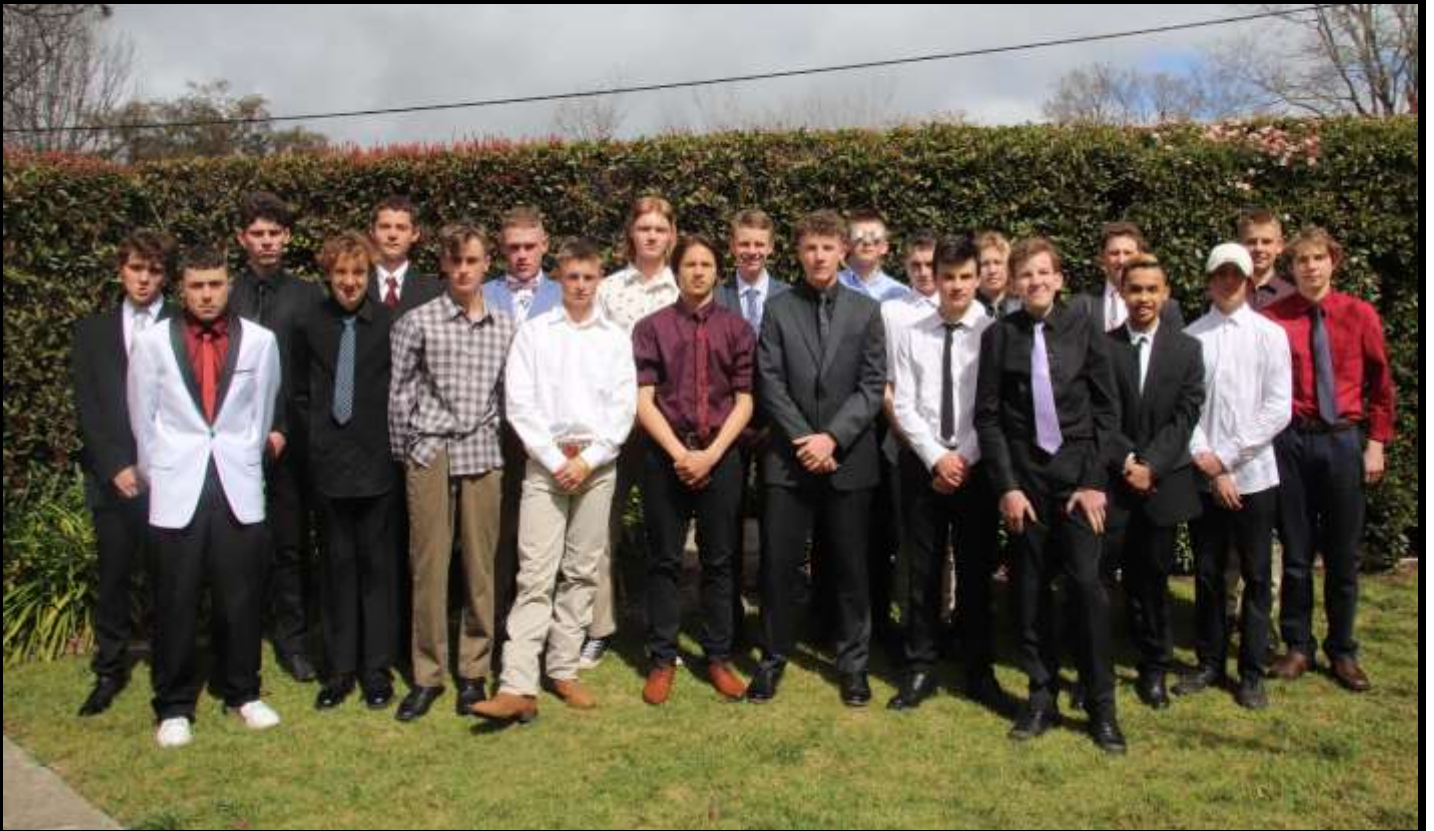
After much deliberation, the awards were as follows:

- First Place : Jeremy Millward and Amy Darch
- Second Place : Eric Guymer and Amelia Kelly
- Third Place : Aurora Hoare and Tyson Robb
- Most Improved : Brodie Gentles and Kaitlyn Yearsley
- Best Matched Couple : Mitchell Bottalico and Lauren Jones













Country Inter -School Chess Competition- **Finals of South Coast Region**

After beating Bowral High, Snowy Mountains Christian School, Nowra High and Trinity Catholic College with perfect scores, last Friday saw Moss Vale High School play Smiths Hill High School in finals of the Country Inter-School Chess Competition. Moss Vale High School was well represented by Heath Robertson, Jake Davies, Karl Punzalan and Rowen Davies (who substituted for Flynn Corby). Because of travel restrictions, the games were played online.

Our team did the School proud by putting up a gallant effort against our opposition, who were the defending champions. Although all the games were very close, we lost the finals by 1.5 points to 2.5 points. As a result, we will now play in the competition to decide the second place for the South Coast region.

Mr Kumar
Chess Coach



HEALTH EXPO

YEAR 9 ASSESSMENT

On Monday 28 August 2020, Year 9 students at Moss Vale High School held the inaugural Health Expo 'Making informed decisions now and in the future'.

Students worked in groups and were assigned topic areas within our focus area of Alcohol and Sexual Health. Each group presented an array of informative exhibits and attention grabbing activities including games and giveaways for fellow students and staff.

Students were given class time to plan and prepare and teachers were impressed with the collaboration and efforts put in by groups.

The winning exhibits as voted on by all visiting staff and students were:

Connor Beveridge, James Smith and Mark Sims - **Alcohol - Mythbusters**

Tayah Noar, Lucy Nash and Karina Stone - **Australia's Drinking Culture**

Highly commended exhibits acknowledged by staff were:

Neve Wallace, Heather Cady, Keira Hol, Euphrates Webb – **Alcohol Poisoning**

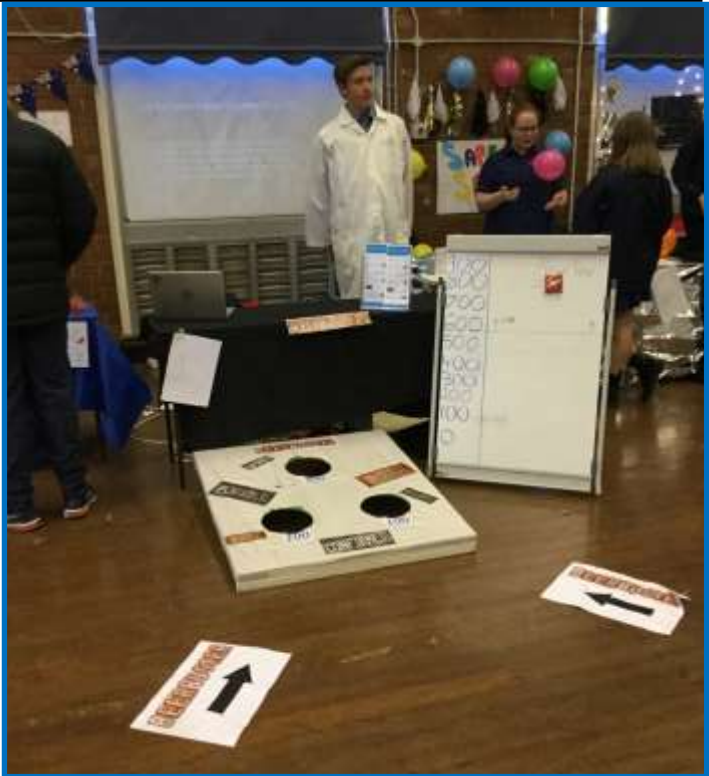
David Gillis, James Denham – **Alcohol Related Violence**

Keely Moule, Olivia Woodgate, Riley Plattman - **Hook up**

Georgia Stone, Holly Crimmins, Piper Attwook, Grace Jones – **Conception and Pregnancy**

Maisy Beard, Hannah Torphy, Jasmine Palk - **Sexuality Types**







on the Farm

This is a huge thank you to Sami Lees, Aliko Lees and Eliza Rough for their dedication to looking after all the chickens in my recent absence from school. They have been wonderful, feeding, checking for health issues, watering, letting out and putting away all the chooks each week day. This was such a relief to know that we have such capable students who have a genuine interest in Agriculture and animals looking after the schools feathered friends. They are a true credit to our school and I'd employ them any day!

So thank you Sami, Aliko and Eliza on a job well done!

Ms McNeill
Science / Agriculture Teacher



Liam Keeps On Achieving

A huge CONGRATULATIONS to our Year 12 student, Liam Hinchcliffe.

Liam has been named in the NSW Triathlon Emerging Talent Squad. This is an awesome achievement and we wish Liam the best as he continues with his sport.

Liam will compete in the All Schools Athletics Competition which is set for November.



Farewell

Mrs Debbie Breeze

Mrs Breeze commenced working as a casual School Administrative Officer at Moss Vale High School in 2003. She then obtained a permanent position in 2007 and has worked in the Front Office and the Library until July of this year.



Book Week celebrations with
Maryanne Williams and Di Sutherland



Book Week
competition
with
James McGill



MVHS 50 year celebration with
Ian Baguley, Maryanne Williams
and Ian Crick

Students and staff have always found Mrs Breeze to be cheerful, caring and efficient. Her smiling face will be missed by us all. We wish Mrs Breeze every happiness in her future life outside of Moss Vale High.

SUPPORT UNIT UPDATE!



Designing & Making Lanterns!

Our wonderful Support Unit students have been getting all creative with the changing of the seasons. They have been making wonderful homeware designs, including lanterns made from recycled tin cans. Students worked with Mr Vandervoort to create their very own initialised lanterns. They worked with precision using their fine motor skills to create a design of their own initials, by delicately punching holes into the tin cans following a stencilled outline. The cans were then neatly hand painted and a wire handle was attached. The finished product with tea lights inside, created a beautiful new decorative item for the students to take home, that they had made from scratch. Not only did the students feel a sense of satisfaction, but they were also looking after our environment by using otherwise unwanted recyclable products. It was lovely to see our students taking such great care with their creations, following instructions and safety procedures carefully, and working happily in their creative spaces. Here are a sample of photos of the students getting crafty! Well done to all.



Above: Anakin Kronenberg Year 10
Below: Emily Bowditch Year 8



Above: Johnathon Egan-Burton Year 7
Below: Marcus Montalto Year 7



Above: Lucia Basaglia Year 12



Getting Crafty Making Pom Poms!

We can all remember with nostalgia the art of making Pom Poms! How delighted our Support Unit students were to be able to learn the craft of making their very own pom poms from scratch using wool and recycled cardboard. These pom poms are to be donated to the Moss Vale Evening Branch of the Country Women's Association (CWA). The students' challenge was to make their very own pom poms to donate to the CWA.

This required patience, concentration, fine motor skills and plenty of time to sit still and be mindful or have a friendly chat with their peers. Beautiful classical music could be heard from the Design and Technology classroom, as Mr Vandervoort carefully instructed the students to create their very own ball of joy! Well done students, it was so lovely to see you enjoying yourselves and relaxing, whilst playing with different wool textures and learning about this very special and fun craft activity. Here are some sample photos below of students in deep concentration.



Freya James Year 9



Henry Tully Year 8

Year 10 Dance Assessment



The year 10 students from the Support Unit participated in weeks of practise and preparation with the rest of the year 10 cohort, to learn a number of dances for their year 10 formal Dance Assessment. Mrs Vandervoort was able to greatly assist the students to learn the dances each week and help them prepare for their big performance which was held on Thursday 10th September in the hall. The students learnt such dances as the Cha Cha and The Jive and we are very proud of their achievements in performing with mainstream students. For some students this meant overcoming their fears and anxiety to successfully participate in this exciting and important milestone event. A big congratulations from the Support Unit team to all students who participated including **Anakin Krohnenberg, Bridget Wexler, Jayden Sherman, Michael Brandt, Charlize Thornton-McAdam and Thomas Galuzen**. Well done! Here are a sample of photos the students should be so very proud of what they achieved.



Tigerlily Kaegi-Vincent
and Jayden Sherman



Thomas Galuzen and Jasmine McDonnell



Charlize Thornton-McAdam and Michael Brandt



Above: Anakin Kronenberg and Amy Darch



Above: Cooper Neale and Bridget Wexler

Support Unit Farewells Year 12 2020

It is with mixed feelings we say farewell and best wishes to our three wonderful Year 12 students **Lucia Basaglia, Jacinta Longhurst and Liam Youkhana** from the Morton Class. You have been an integral part of our Support Unit and you have brought your peers and your teachers so much joy! You should be extremely proud of your achievements over the years. We have seen you grow and mature into fine young adults, showing empathy, kindness and compassion for your friends and one other. We hope that all the memories you have of your time with us in the Support Unit at Moss Vale High School, will always bring a smile to your face, the way you have to ours. We will miss





your antics, funny jokes and contagious laughter immensely! Wishing you every success on your journey into your future lives outside of school. We cannot wait to hear what your next adventures will entail and make sure you write us some lovely letters and keep us informed! All the students and staff will miss you very much and you should be super proud of the fine young adults you have become. **Congratulations and reach for the stars!**

Mr Vandervoort and all the teachers and staff in the Support Unit.

Left: Lucia Basaglia, Jacinta Longhurst and Liam Youkhana



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 click here:

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

NEWS FROM THE CAPA VAULT



Year 12

In Term 3 our focus is always on our dedicated and talented Year 12 CAPA students! Our **Year 12 Drama students** performed monologues for their HSC Drama Exam in early September. Just 2 weeks later, our **Year 12 Music students** presented their Core performances and Electives for their HSC Music Exam which was held at Robertson Anglican CEC. This year, the Visual Arts Body of Works are marked internally, and we are very thankful to Mrs Mumford for undertaking the training required to mark our **Year 12 Visual Art students' artwork** in line with the department's benchmarks. We wish all our Year 12s the very best in the upcoming written exams.

Year 11

In Week 6 our **Year 11 Music students** gave two Covid-safe lunchtime concerts for a small group of their peers, in lieu of the Stage 6 CAPA Showcase that is usually held in Education Week Term 3. The concerts were ably managed by our Year 12 Entertainment students as part of their assessment schedule.

Olivia Jones of Year 11 Music worked hard this term as a backing vocalist for our 12 Music students, accompanying 3 students across 10 songs for the HSC Music exams. To give her the opportunity to perform as a soloist, we invited her to sing for the Week 7 Virtual Assembly. An Elton John fan, Olivia gave an uplifting rendition of I'm Still Standing from the movie, Rocketman. We are very grateful for our Year 11 Entertainment students who made the filming of the item possible.

Year 9

Our **Year 9 Elective dancers** continue to flourish. They have been developing their choreographic skills in class time with Miss Fox and in preparation for an assessment task, students composed their own dance duet. Creating choreography is no easy feat, and to add to the difficulty, students were also asked to layer elements of dance within their piece to enhance various dynamics. A number of students were selected to perform their work for our Week 7 Virtual Assembly, which was filmed by our Year 11 Entertainment students.

Year 7

Our Art teacher, Mrs Johnston, has begun a lunchtime **Year 7 Art group** that is already at capacity. Similar to our previous Studio Art Project, the students are able to extend their artistic skills and work on their own projects. Our Drama teacher, Mr Canute, will also be starting a **Year 7 Drama Club** early next term, to promote the dramatic talents of younger students.

Matilda

By now you may have heard that due to new Covid-19 restrictions, we have had to make the difficult decision to cancel our production of **Matilda** that had been rescheduled to be staged in December. Unfortunately, we are currently unable to have group singing, group wind/brass rehearsals or any rehearsals across stages, which made the production impossible. We hope to resume the production in 2021, pending a resolution to Covid-19.

MUGS Revamped

While our vocal and instrumental ensembles have also been stopped due to the restrictions, we are happy to announce that we will begin a **Stage 5 Ukulele Group** (an adaption of our MUGS ensemble) early next term. This ensemble will only have one vocalist, and up to 12 ukulele players. Students will be able to apply to be part of this initiative in Week 10.

C6 Music room

And finally, our **C6 Music room** renovation is complete! This renovation continues to make a huge impact on both our teaching and students' learning, and we are so very thankful for money and time spent to make the update of C6 a realisation.

Mrs J
Head Teacher CAPA







Our revamped Music Room

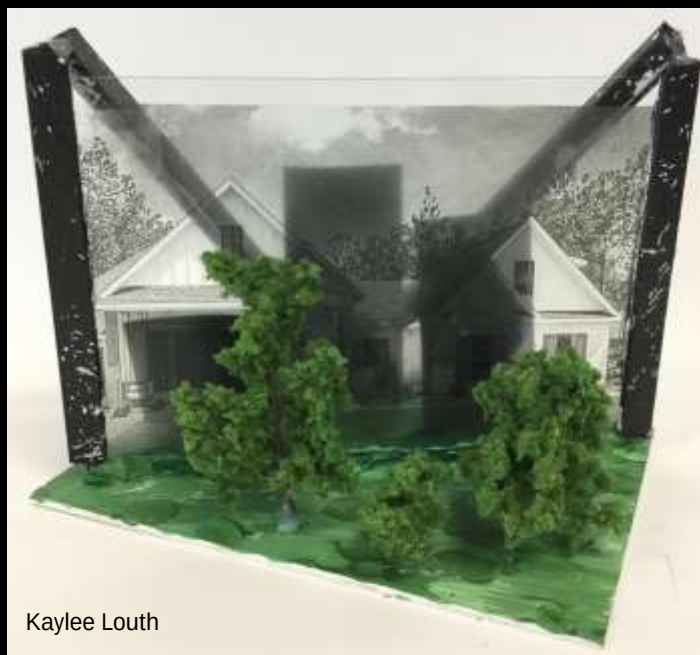


Year 11 Art

Year 11 "Framing your Surrounding", students were required to deconstruct a frame and reconstruct in a way that represents their surroundings.



Hayley Brown



Kaylee Louth

Year 7 Artworks

Artworks by Year 7's creating mixed media artworks that map a day at school and looks at their natural environment.



Ciara Daley



Ella Stirton



Shai Brown



Leah McKinlay and Scarlett Geddes

Junior Debating



Our Stage 4 debating team was very excited to get back to the competition after a term and a half break. At the end of August we had our first Zoom debate against Shoalhaven High School, winning a debate on whether feedback should replace grades in schools. The team was changed slightly for our second Zoom debate to allow everyone to have a go. In early September we won our debate against Crookwell High School on the topic of banning advertising for beauty products. Thanks to Lola Stravoskoufis, Mia Gardiner, Zahra Nasser, Ivy Bussey, Sarah Dunstan and Lucy Duffy for their wonderful work as representatives of MVHS.

Ms Morthorpe
Teacher



Round 1



Round 2

Minnamurra River Biology Field Trip

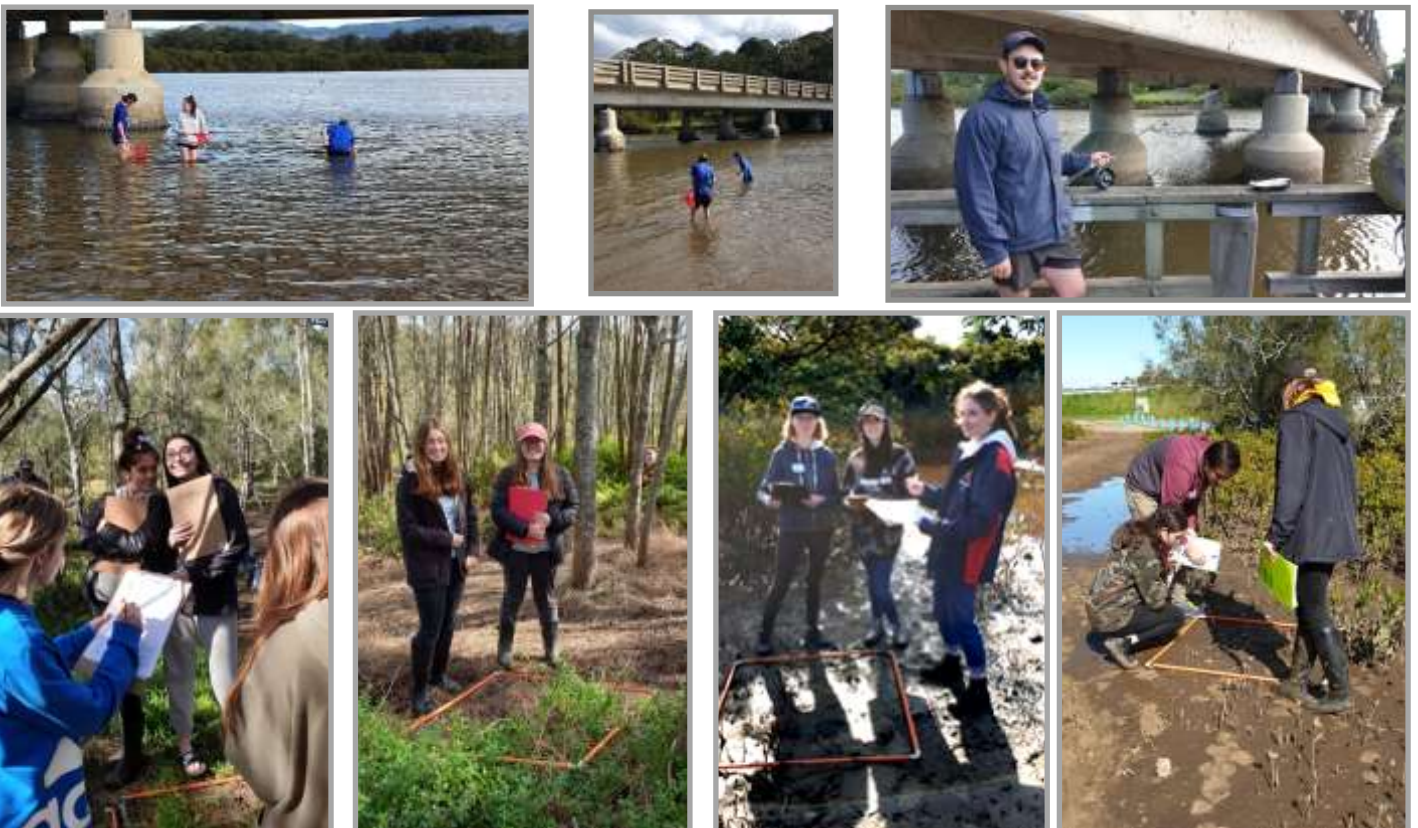


Crabs, Quadrats, Fishing

This term, Year 11 Biology were lucky enough to go on an excursion to Minnamurra River to investigate the local ecosystem as part of their depth study. It was a muddy affair and students had to gear up in some specialised crocs and gum boots for the occasion. Our guide, Steve, told us all about the adaptations of plants and animals in the local area. We then helped him and his team at the Illawarra Education Centre by collecting data on the abundance and distribution using randomized quadrats and transects. Steve then discussed the future of the area and the impacts of rising sea levels and ways of minimising the impacts.

After all our hard work, some students instructed Mr Grehan on how to fish... while others went crabbing in the sand and hunting for other organisms.

As part of their depth study, students then had to create a website aimed at educating the community about the Minnamurra ecosystem. It is an honour to say that two of our students have been selected as exemplar samples for the Illawarra Education Centre. Miss Quinn is immensely proud of her students and the hard work they put into their learning, despite the difficulties and disruptions this year had thrown at them.

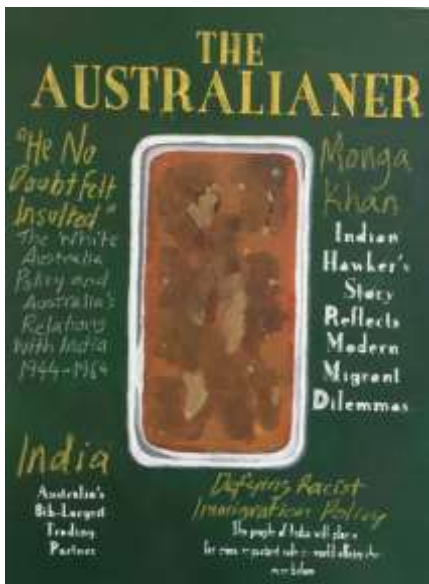




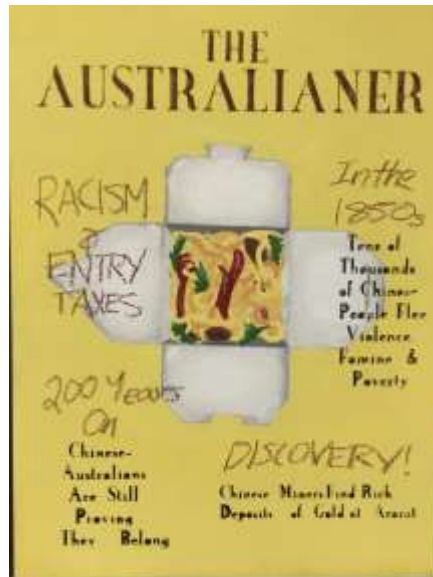
Year 12 Major Art Works



Displayed for marking



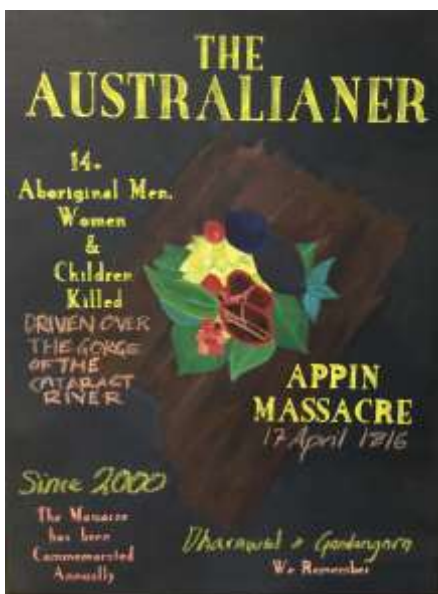
Sidewalk board



Sidewalk board 2



Sidewalk board 3

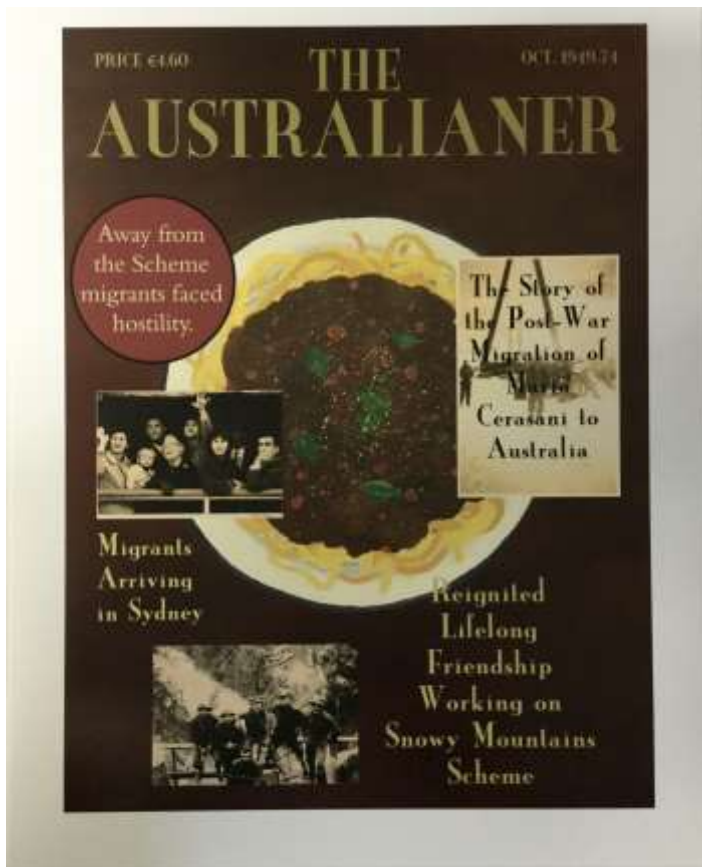


Sidewalk board 4



Sidewalk board 5

Artworks
by
Caitlin
Miller



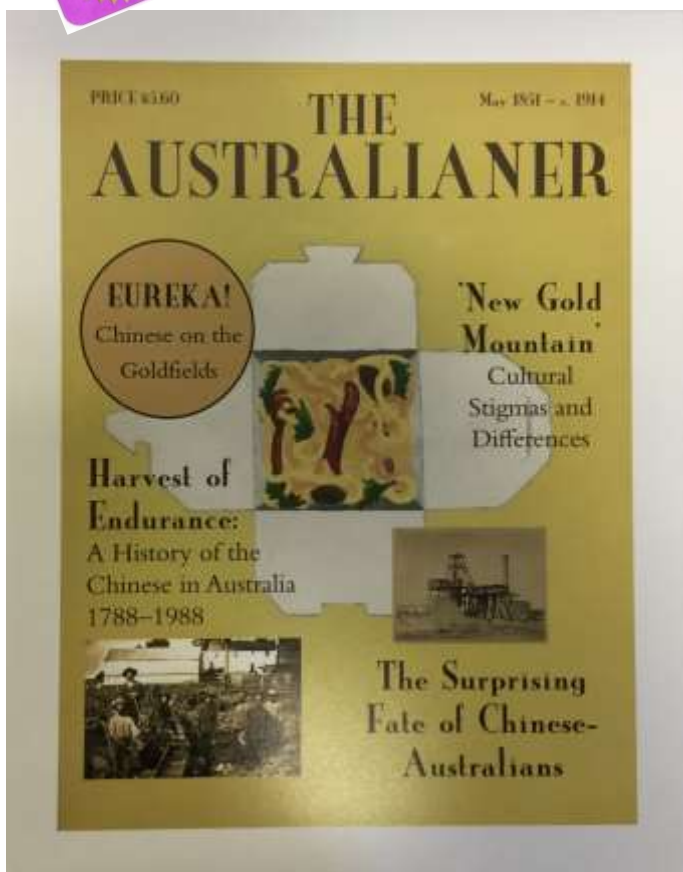
Magazine Cover 2



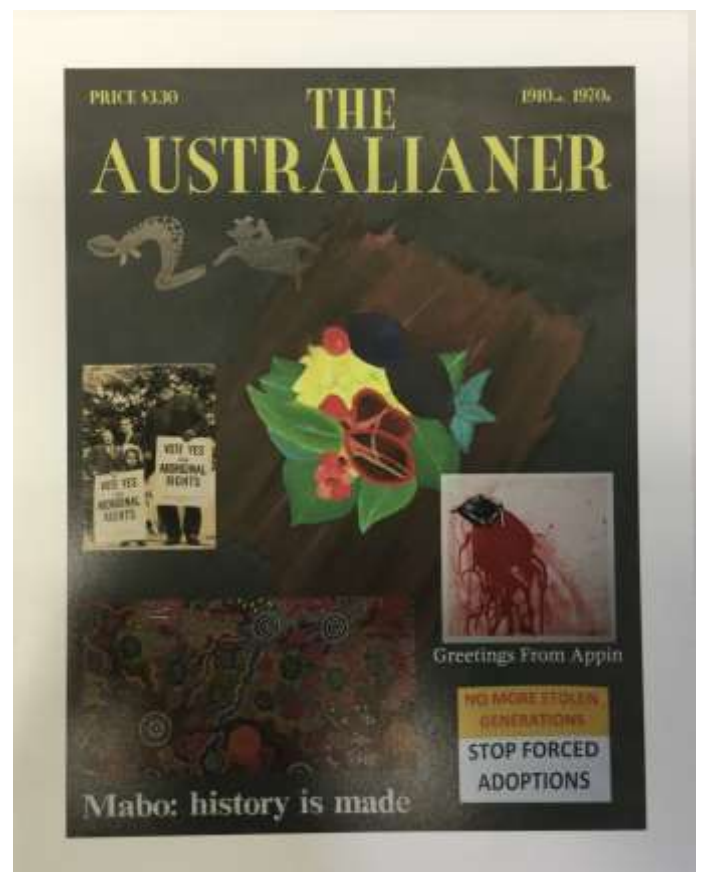
Magazine Cover 3



Artworks by Caitlin Miller



Magazine Cover 4



Magazine Cover 5



Artworks by Claudia Morris Annus Horribibilis Collection of Works

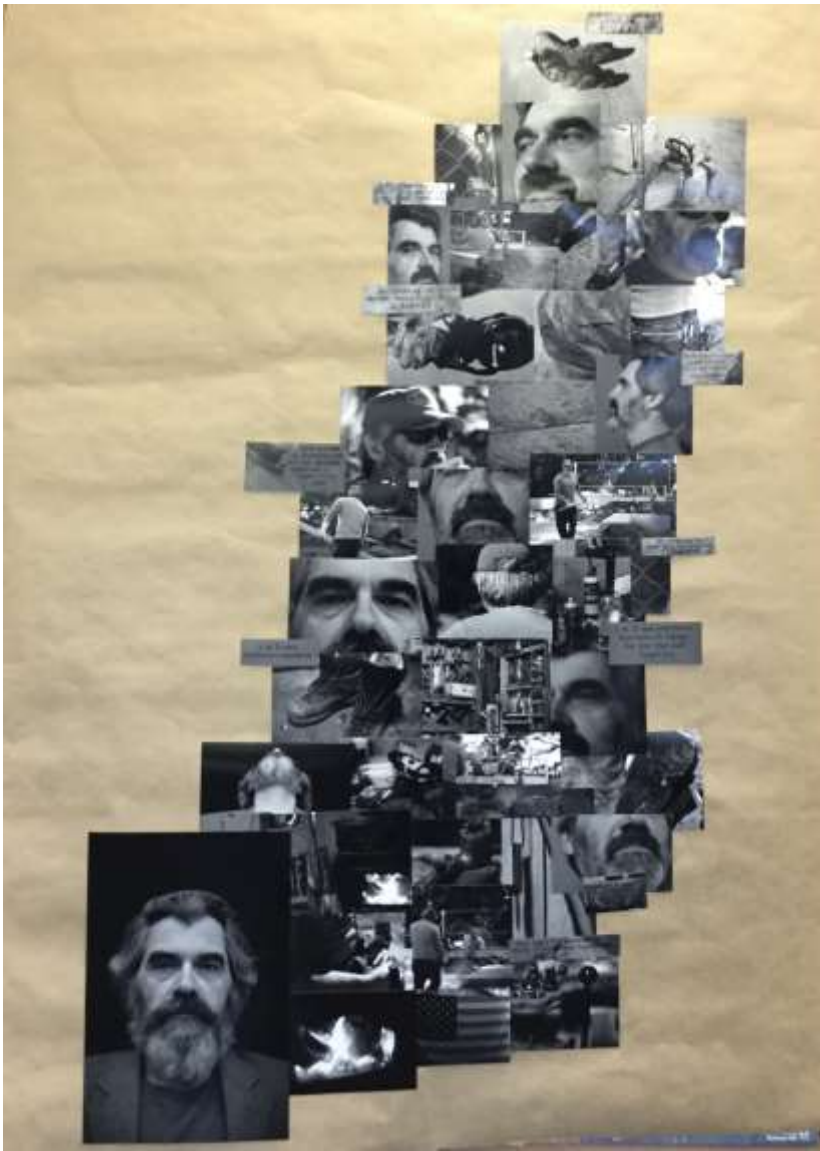




Artworks by Zoe Bosevski

Whos Got Truth Painting





Artwork
by
Klair Miller

Static Photo
Media



Year 12 Timber Major Works



Table
by
Liam
Hinchcliffe





Hall Table
by
Marisa Giles



Table
by
Mitchell Wilson



Coffee Table
by
Charlotte Vale



Side Table
by
Rory Muir



CARRIE'S Beanies 4 Brain Cancer

On Friday 4 September 2020, as one of our Positive Behaviour for Success (PBS) initiatives and promoted by Year 12 student Tristan Maguire, Moss Vale High School held a fundraiser day.

The day focused on raising funds for Carrie's Beanies 4 Brain Cancer Foundation. Students were encouraged to wear a beanie on the day as a symbol of their support and donated a gold coin. A total of \$630 was raised on the day and was donated to the foundation, which aims to ensure as much money as possible gets to researchers working to find a cure.

For students and their families that were not able to donate on the day, Tristan has set up a 'go-fund me' page allowing donations still to be made online: <https://donateplanet.com/fundraisers/read/201811/moss-vale-highschools-beanies-for-brain-cancer-day-2020> until 30 October 2020. Please assist if you are able.



Tristan Maguire





RU OK?™

R U OK Week—Monday 14 To Friday 18 September 2020

On Friday our school completed R U OK Week with our own “wear it yellow day” and at lunch time students and staff came together for a conversation walk on our sports oval.

It has been a very informative and interesting week of learning where the entire school body has come together across various activities and lessons. A **lot of** awareness was raised and valuable skills learnt by many, in what has been a difficult year.

Jeremy Millward of Year 10 was the driving power behind this week. Jeremy proposed this week to our staff and has seen his initiative and passion make a difference. From a workbook that every student worked on each morning during home group, to painting of 3 table and chair sets that will be used as ‘conversation’ areas to meet and make connections with other students.

Donations from students on the day totalled \$811.40 with a further \$28 being made from the Year 8 ‘goodies’ on the day (see the end of this report). Total \$839.40, will go to Beyond Blue.

Well done Jeremy. Let’s continue the conversation past the initial question and make every day R U OK ? Day.







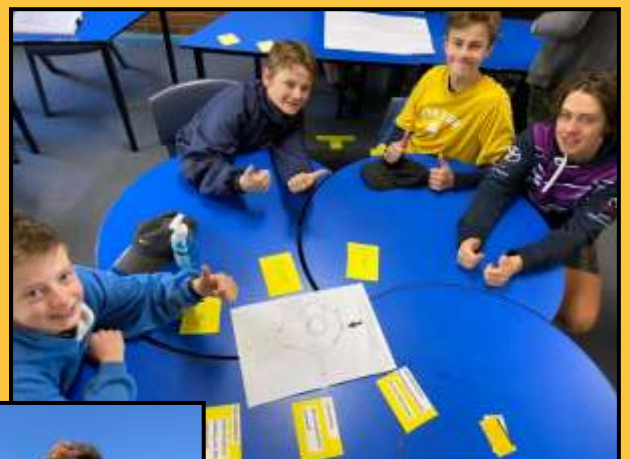
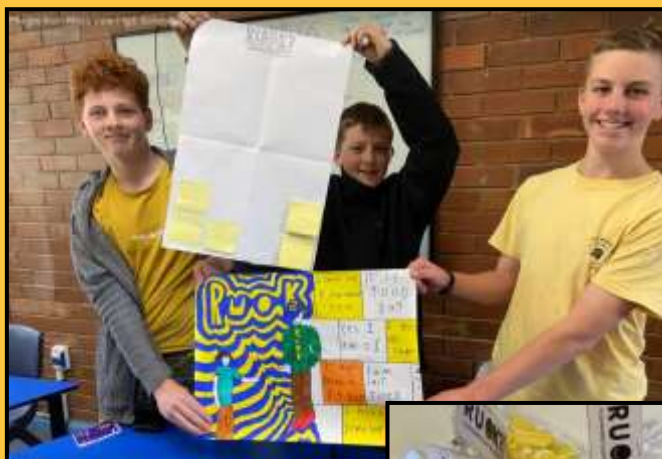


Year 8 R U OK? TASKS

This term Year 8 have been studying mental health concerns in young people and supporting others during their PDHPE lessons. Students recently completed a project based learning style group assessment task in with our whole school focus on R U OK?

Some of these were implemented to the school during lunchtime on Friday 18 September to great success, as staff and students were presented with R U OK? Challenges and supplied with support service lolly bags and conversation kits.

Below are photographs of Year 8 work.



SCHOOL HOLIDAY ACTIVITIES SEPT/OCT 2020



PORTRAIT ART DAY

TUESDAY 29TH SEPTEMBER

@ HILL TOP COMMUNITY HALL

10AM-3PM

LUNCH PROVIDED

TRANSPORT FROM YOUTH HUB

[HTTPS://WWW.EVENTBRITE.COM.AU/
E/119374946679](https://www.eventbrite.com.au/e/119374946679)

GAMES AND MOVIE DAY

THURSDAY 1ST OCTOBER

@ YOUTH HUB

10AM-3PM

MINI GAMES AND MOVIE

FREE LUNCH AND MOVIE SNACKS

[HTTPS://WWW.EVENTBRITE.COM.AU/
E/119386429023](https://www.eventbrite.com.au/e/119386429023)

CAFÉ SKILLS WORKSHOP

TUESDAY 6TH OCTOBER

@ YOUTH HUB

9:30AM- 3PM

INTRODUCTION TO SKILLS NEEDED TO
WORK IN A CAFE

LUNCH PROVIDED

[HTTPS://WWW.EVENTBRITE.COM.AU/
E/119391008721](https://www.eventbrite.com.au/e/119391008721)

WELLBEING WALK

WEDNESDAY 7TH OCTOBER

@ MINNAMURRA RAINFOREST

9:30AM-3PM

TRANSPORT TO AND FROM YOUTH
HUB

FREE PICNIC LUNCH PROVIDED

[HTTPS://WWW.EVENTBRITE.COM.AU/
E/119394192243](https://www.eventbrite.com.au/e/119394192243)

FREE ACTIVITIES FOR 12-18 YEAR OLDS.

COME AND JOIN THE HYS TEAM THIS SCHOOL

HOLIDAYS!



FOLLOW US ON INSTAGRAM
@HIGHLANDSYOUTH2576



FOLLOW US ON FACEBOOK
@HIGHLANDSYOUTHCENTRE

These activities and events are for young people aged 12-18 years.

To make a booking or to find out more information

CONTACT HIGHLANDS YOUTH SERVICES TEAM

P: 02 4862 1122 or 0414 207571 E: youthcentre@highlandscommunity.org.au

W: www.highlandscommunity.org.au



The Spring School Holidays is the time to connect with the arts at MENTAL BOWRAL!
Connect with something special in the arts this Spring.

www.mentalbowral.com

Mental Bowral is very excited to announce its Spring school holiday workshop program! It includes so much of the good things in life, guaranteed to keep your bright kids and young adults enriched, enthralled and entertained: puppetry, drawing, coding and sound production. We know there's nothing better for personal and community wellbeing than fun and connection through the arts. We love it, and we know you'll love it too!

So, get yourself, your kids and young adults involved and connect with something special in the arts! We're in the heart of Bowral, with central access to Southern Highlands highlights. Fees are kept as affordable as possible: let us know if you'd love to come but fees are a concern. Mental is all about inclusivity, so we will happily negotiate our fees with you.

Visit mentalbowral.com for all information and bookings.

NOTE: Mental has a COVID Safety Plan and is registered as a COVID-SAFE Business. We are keeping in strict accordance with advice given by NSW Health recommendations and Service NSW. Practically, we keep class sizes small and provide space above the required areas to minimise risk. Please, if you are showing any symptoms of COVID-19, do not attend Mental (Full refunds will be offered in such circumstances).

WORKSHOPS:

PUPPETRY with Sue Wallace:

- **Demonstration Day:** Saturday 19 September, 10:30am to 2:30pm, FREE
- **Puppet Pals:** Tuesday 29 September 9am-12.30pm \$35
- **Puppet Pals:** Tuesday 6 October 9am -12.30pm \$35
- **Exploring Puppet Making, 5 Week Course:** Weekly beginning Tuesday 20 October

CREATIVE CODING with Jim Pettigrew:

- **Demonstration Day:** Saturday 10 October, 10:30am to 2:30pm, FREE
An open day event showcasing a range of digital artworks in the company of artists working at the nexus of computing and art. The event will conclude with an interactive talk with a local practising digital artist, Jim Pettigrew.
- **Introductory Course, 2 weeks:** Weekly beginning Saturday 24 October
- **Extension Course, 4 weeks:** Weekly beginning Saturday 21 November

DRAWING with Evan Newby:

- **Character Drawing (ages 10+):** Wednesday 30 September, 10-12pm, \$30.
- **Character to Comic Drawing (ages 10+):** Wednesday 7 October 9-12pm, \$55

SOUND PRODUCTION with Sergei Netchaef:

- **Weekly open studio:** Fridays, 4pm to 6pm. All ages welcome, jam session with local musicians.
- **Sound production, beginners:** starting Thursday 1 October, 6pm to 8pm (alternate weeks) \$20
- **Sound production, intermediate:** starting Thursday 8 October, 6pm to 8pm (alternate weeks) \$20

APPLY:

Residency Program: applications are now open. [APPLY HERE!](#)

Volunteers: join a super-cool team of Mental people. We're looking for helpers with all kinds of skills: administration, exhibition hangs and openings, marketing and communications, programming, gallery assistance.

Space Hire: It costs as low as \$50 to host an event in the gallery and we can organise AV, recording for streaming, ticketing and catering as required. Birthday parties welcome.

For more information contact:

Sergei Netchaef, Director
connect@mentalbowral.com ph: +61415 279 222

Jessica Raschke, Coordinator
elemental@mentalbowral.com ph: +61422 849 041