



REDDAM HOUSE

SYDNEY

# @Reddam

Reddam House High School Newsletter Volume 21 Issue 22

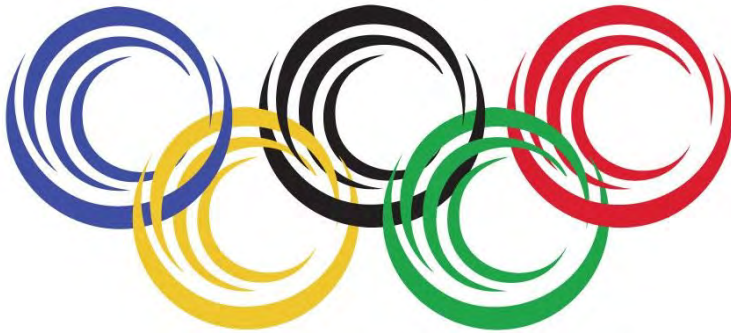
Friday 6th August 2021

### IN THIS ISSUE:

- Principal's Letter
- Art Competitions
- MasterChef
- Careers News
- Plus much more...

Dear Parents and Caregivers,

The Olympics have been just the tonic to get us through weeks two and three of online learning. A welcome distraction every day and so great to see the Australian teams doing so well in such a variety of sports. My thanks to Phil Kable for keeping all the teachers informed of significant Finals that have Australian contenders that might be happening during the school day. It has been great to incorporate a window of the Olympics into class time to give the students a feel for the enormity of these games and the lessons that can be learned from each competitor. To be able to witness the highs and lows of the competition really is a good mirror to life.



My thanks to Tenzing Tsewang, an ex Reddam teacher now with F45, for the fantastic donation of fitness equipment to be distributed to our students. Mr Kable and the Sports Department will incorporate this equipment into their weekly PE lessons, explaining to students how the equipment is best used. Exercise videos will follow giving students and parents the opportunity to set up their own home gym and exercise regime. As each of these packs weighs 45kg the sports coaches have been available at the designated times to help parents load them into their cars. The rollout will continue next week and times for collection will be emailed home. These could not come at a better time for not only the student's physical but mental wellbeing.



The Art Department continues to provide students with opportunities to explore their creativity and immerse themselves in self-driven projects.

Ms. Bambach sent out an updated list (page 5) of art competitions that students might be interested in entering. There are lots of excellent competitions to get involved in for Term 3 & 4 across a range of media and themes, some with cash prizes. They can earn cultural points for Visual Arts just by entering and even more if you win. Tyler Gruenpeter has taken up the offer and entered the photo below in the Woollahra Photographic and Short Film Prize.



This term, all of Year 7 have been learning about portraiture and the Archibald Prize. As we are unable to visit the exhibition in person, we are going to launch our very own inaugural Reddam House portrait prize. Year 11 has been working on Landscape Photography with the theme being Abandoned and Architecture. Some of their work is included later in this newsletter.

Year 7 has been creating "master chef" type videos of recipes that reflect their family's heritage. Congratulations to Georgie Corish with cameos by Saskia Catalan and Lexi Franulovich, who produced the first of these videos.

<https://rhouse.com.au/video/VideoCaptions.MP4>



Year 8 Science students have been studying the vascular system of the celery. To see how engaged and interested the students have been in trying to recreate some of the experiments at home and documenting their efforts has impressed Mrs Lowery who reports that students have really loved dissecting flowers and sending her pictures and videos of their efforts. This video made by Archie Diamond is an awesome example:

<https://rhouse.com.au/video/Sequence%2001.mp4>



Masterchef



One of the co-curricular activities that have continued during lockdown has been debating and Anna Ho, the head coach, has found the participation levels encouraging and little different from those prior to lockdown. Topics they have debated this term have included "that sports teams should be punished for the racist behaviour of their fans" and "that publishers and production houses should have a quota for works created by minority creators".

Following last year's successful International Debates Anna would like to remind interested students to register for the Term 4 International Debating Championships.

If this is something you would like your child to get involved in please contact either:

[anna.ho@reddamhouse.com.au](mailto:anna.ho@reddamhouse.com.au)

or [guy.wallace@reddamhouse.com.au](mailto:guy.wallace@reddamhouse.com.au)

We are ever mindful of the impact that the isolation of online learning has on different students. Some are coping exceptionally well and might even prefer aspects of the current situation but there are some who are overwhelmed by the uncertainty. With that in mind, our School Psychologist in the Middle School has reached out to students asking them to complete a check-in questionnaire which is a way for us to check in with your child.

<https://docs.google.com/forms/d/11MeLznhJZuEZOdSPovlviiNHKms-tagCVhJiDK4XDgk/edit?ts=610b>

They have also provided us with 9 things to schedule into your week to look after your mental health during lockdown.

Year 7 students appear to be the year group most affected and should parents want to book their child in for a meeting with Jacinta Lynch, the school counsellor, to discuss concerns, please book an online meeting through the following link. While this was aimed at Year 7, students from Year 8 and Year 9 are welcome to book in as well.

<https://www.schoolinterviews.com.au/code?z=HLhOzQ> and use the **code: k395n**

**REDDAM HOUSE SCHOOL PSYCHOLOGIST'S CORNER**

# 9 THINGS TO SCHEDULE INTO YOUR WEEK TO LOOK AFTER YOUR MENTAL HEALTH DURING LOCKDOWN

**MOVEMENT/ACTIVITY**



Whether it is standing up and walking around your home each hour or going for a gentle stroll, exercise and daily activity is important for boosting mood

**3 GOOD THINGS**



Each night before bed write down 3 good things you have achieved from your day and what they say about you as a person

**MY HAPPY PLACE**



Close your eyes for 5 mins and use all your senses to imagine yourself in a calm, safe, happy and relaxing place

**MUSCLE RELAXATION**



Progressive muscle relaxation is an effective breathing technique for relieving muscle tension

**TECHNOLOGY TIME OUT**



Set aside a time each week where you can fully switch off from technology, media and the news

**BEING MINDFUL**



Slow down, breathe and focus on one thing at a time

**DEEP BREATHING**



Deep breathing can be used to clear your mind and calm your body during times of stress

**CONNECTING**



Find time to video call, message or email a friend, colleague or family member. Connectedness is important for reducing stress

**ME TIME**



Find some time in your week to engage in activities that provide you with a sense of relaxation

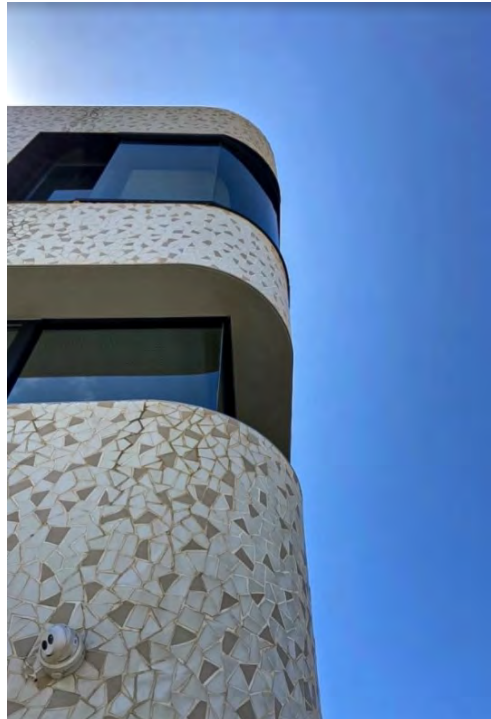


**Brought to you by Glynda Blomson & Jacinta Lynch**

Have a wonderful weekend and week ahead, keep positive and appreciate the little things we do have.

**Dave Pitcairn**





<b>TERM THREE</b>				
<a href="#">Inspired Concours D'Arts</a>	Open now	Registrations close: 9th July 2021  Entries close: 19 August 2021	Any medium	Open
Reddam House Post-cards From Home	Open now	19th August	Any medium	A postcard size artwork!
<a href="#">Woollahra Photographic and Short Film Prize</a>	27 May 2021	6 September 2021	Photography	Open category <u>or</u> themed category: "Inclusivity"
<a href="#">Class Clowns</a> ((\$2000 prize!))	Open Now	7 September 2021	Creative design / illustration	A new creative artwork (icon, illustration, image) to be the face of Melbourne International Comedy Festival's Class Clowns Program
<a href="#">Big Little Ideas</a> ((\$10,000 prize!))	Open now	10th September	Picture, illustration, drawing or video	<b>*Grades 3-8 only*</b>  A picture, illustration or a drawing of an invention/idea or a video that outlines your invention/idea.
<a href="#">Litterarty</a>	Open now	17 September 2021	Sculpture	Must be made from beach and waterways litter
<a href="#">Little Darlings Portrait Prize 2022</a>	1 June 2021	8 October 2021	Any medium	Portraiture
<a href="#">Canal Creek</a> ((\$5,000 in prizes!))	August 16	November 5	Open	Create your own artwork, inspired by the 18 signature art pieces that form Canal to Creek
<b>TERM FOUR</b>				
Woollahra Environmental Sculpture Prize	TBC	TBC	Sculpture	Theme TBC

# MUSIC NEWS

We would like to remind students about the **Composition Competition 2021**. More information and registration can be found at this link (<https://forms.gle/ZKebwCCSCBWhGGC16>), with entries closing on August 11.

All our students are encouraged to submit their original music, and their individual and classroom music teachers are available to assist in any way.

# CAREERS NEWS

## ATTENTION YEAR 12:

I am continuing to send you emails directly regarding necessary and informative details regarding application and the like. Please read these. UAC news today has the following information regarding Webinars:

### UAC DIGITAL:

The next few weeks are packed with webinar topics such as Social Sciences and Arts, EAS, Scholarships, Law, Pathways and a replay of our Mental Health session.

[View webinar dates and register to attend](#)

Our Let's Chat series of webinars are also available to view via our YouTube channel.

[Catch up on the Let's Chat webinar series](#)

It could be useful to log on to these.

## YEAR 12 FURTHER USYD EVENTS AND INFORMATION:

### Open Day | Saturday 28 August

Students can immerse themselves in University life, meet experts in their field and learn about study and admission options. Hosted on the Camperdown/ Darlington Campus and Online between 10am - 4pm.

[Register your interest for Open Day](#)

## EVERYTHING IN AUGUST:

### [Science student panel and Q&A | Online Wed 11 August 4-4.30pm AEST](#)

Join us to hear from our current Science students about what they are studying. Learn how studying science or mathematics may be different to studying other subjects and get some tips for the HSC.

### [ARTiculate Talk Series: Agrippina the Younger | Online Tue 17 August, 12-12.45pm AEST](#)

How does an ancient historian approach the study of a personality in the past? This talk concentrates on different skills, methods and evidence used in understanding Ancient Rome's Agrippina the Younger.

### [Join The Drop Bears Robotics Team | Information Session, Sat 21 August](#)

We are looking for high school students with a passion for engineering to join a team of like-minded peers dedicated to furthering their STEM skills in the First Robotics Competition.

## YEAR 10:

A reminder that we have cancelled work experience for this year due to the latest covid outbreak. You and your parents should have received an email regarding this last week.





## August 1-31

Running 1-31 August, Red Room Poetry will be releasing a new daily writing prompt created by one of our 30in30 commissioned artists. To view the daily prompt, follow us on [Twitter](#) or [Facebook](#) or keep an eye on the 30in30 webpage: <https://redroompoetry.org/projects/poetry-month/30in30/?fbclid=IwAR2lvRYR3-niVBalDUI7K-XNNrpzulVPV3Ojgm8RcJ-Z8lcCk1N041nhv2c>

You'll have 24 hours to compose a poetic response comprising of no more than three lines (this can be an excerpt from a longer poem). One winner will be selected and contacted each day. One weekly poem will also be selected to feature in our newsletter.

Create a [Tweet](#) or drop a comment on our [daily Facebook post](#) using the #30in30 hashtag before 3 pm AEST the next day (Remember: the clock starts ticking again on the new day's prompt at 3 pm AEST each day, so make sure you get in within 24 hours).

- A daily winner will be selected by Red Room Poetry staff, who will get in touch with you via Twitter or Facebook to arrange postage (only within Australia)
- Each writer can submit once per day across the month. You're welcome to enter the competition on as many days as you like for the chance to win a book of contemporary poetry daily.
- You must have a postage address within Australia to enter, as unfortunately, Red Room cannot post overseas.

Please note that that submissions will not be accepted via email or on social media platforms other than Facebook and Twitter. [To use either you must be 13+ years old.](#)

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CULTURAL FUND



Australia  
Council  
for the Arts





# POEM FOREST

Write a poem  
Plant a tree

## *Middle School English*

### *Write a poem and plant a tree!*

With lockdown creating a little more time for reflection students are urged to consider the competition organised by Red Room Poetry.

The following link will offer students more information about this competition, learning resources and an entry form.

If students are in Year 7 or Year 8 their planning, research editing and indeed their final poem can also be included in their IIC Journal.

<https://redroompoetry.org/projects/poem-forest/>





*Years 7 - 12*

# *Reddam House Art Competition*

**A postcard serves as a metaphor for visual communication that traverses time and space to connect people with each other.**

**Subject Matter: How are you experiencing isolation? What do you miss and long for? Has this situation changed your art?**

**Your postcard will express a hope, a wish, a view through your favourite window, a landscape or person you cherish or a state of being. It can be anywhere on the art spectrum from realism to pure abstraction.**

**Materials and Size: You may use any materials available to you. Your work must be standard postcard size which is A6.  
148 x 105mm.**

**Submission: To submit your postcard you need to email it to**

**[laurellen.symonds@reddamhouse.com.au](mailto:laurellen.symonds@reddamhouse.com.au)**

**On the back of the postcard write your Name, Year Group, Title, and Brief Description. You need to photograph both sides of your postcard.**

**Entries Close: Friday 27th August - Week 6, Term 3.**

**Winning Entries: Students who enter will all receive cultural colours for each entry. You may enter up to 3 postcards. Winners will be announced in the newsletter and prizes will be delivered.**

Postcards from home

Reddam House Middle School Drama Company 2021 presents



# Scaredy-Cat

Written by Brendan Hogan  
**31 AUG - 2 SEPT. 2021**

The debut Middle School Drama Company production of 'Scaredy-Cat' written by Brendan Hogan and directed by Chris Montgomery will be presented in Term 3 with shows running from 31st August to 2nd September 2021 held in the Middle School Drama Studio. Students from across Years 7-9 have been hard at work preparing to take their audience deep into the Australian bush as they band together to go on the hunt for an illusive panther believed to have escaped from the circus and seen prowling the bush land around the Little Trooper campsite.

Booking information to be announced closer to the event.





## FRI 8 - SAT 9 APRIL 2022 - Days 1 & 2

- Depart Sydney on the morning of Friday 3rd April and fly to Hamilton Island.
- Arrival Transfer: Airport - Reef View Hotel
- 'Art in Motion' - workshop: photography and sketching on location around the island.
- 'Tropical Discovery' - drawing workshop at marina
- 'Island Lines' drawing and collage workshop
- Workshop with artist in residence at the Hamilton Island Art Gallery
- Options for watersports and swimming during leisure times.

## SUN 10 - TUES 12 APRIL 2022 - Days 3 - 5

- 'Framing the landscape' - photography workshop
- 'Micro and Macro' - mixed media workshop
- Passage Peak sunrise - mountain hike and photography session
- 'Environmental eco art' - sculptural workshop
- 'Marine and Architectural Explorations' - watercolour workshop
- Options for watersports and swimming during leisure time
- Depart Hamilton Island on the afternoon of Tuesday 7th April and arrive Sydney Kingsford Smith airport.

### INCLUSIONS

- Airfare: Sydney/Hamilton Island return.
- Accommodation: 4 nights at 4-star Reef View Hotel. Multi-share rooms. All rooms with private facilities.
- Meals: Breakfast and dinner daily.
- 9 artmaking workshops and studio session at Hamilton Island gallery.
- Transfers: all transfers from airport and around Island.
- Art Kit bag containing all artmaking materials

### ADDITIONAL ITEMS TO BUDGET FOR (NOT INCLUDED):

- Lunches, drinks and snacks as required outside inclusions.
- Spending money for small general purchases and souvenirs.

**TOTAL COST: \$1985.00**

**REGISTER BY:** by completing the registration form and completing payment

For registration form further details please email: [laurellen.symonds@reddamhouse.com.au](mailto:laurellen.symonds@reddamhouse.com.au)



# UPCOMING EVENTS



JULY-AUGUST 2021 | 5782

**29th July**  
*Cake  
decorating*

**5th Aug**  
*Babka Bake*

**10th Aug**  
*Jewpardy*

**16th Aug**  
*Surprise*

*All events will take  
place on zoom at  
8:30pm  
Ingredients will be  
supplied*

**30th Aug**  
*Honey  
cake*

**JEMS CTEEN OF SYDNEY**

**0433578978 • JEMS.ORG.AU/EVENTS**

Reddam Jewish club will be online for the next few weeks. Here are some of the zooms you can join.  
If it has any baking you sign up and do a contactless pick up and then join the zoom.  
- Shabbat Shalom -