



REDDAM HOUSE

SYDNEY

@Reddam

Reddam House High School Newsletter Volume 21 Issue 24

Friday 20th August 2021

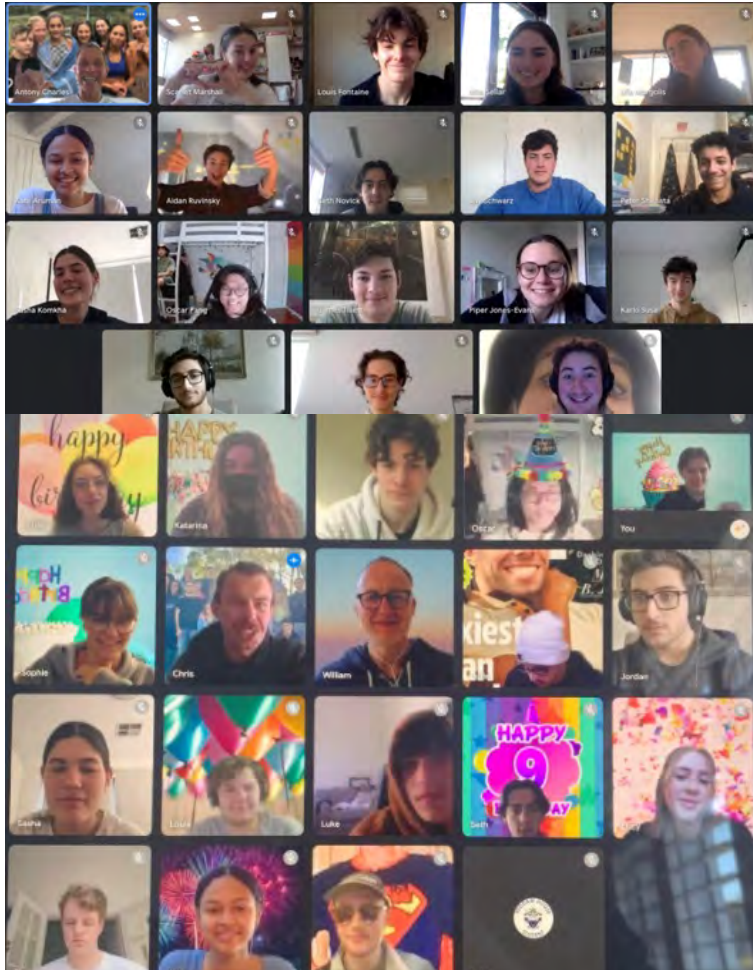
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- Principal's Letter
- Reddam Idol Winners
- Year 12 Last Lessons
- Year 8 Digital Media
- Careers News
- Plus much more...

Dear Parents and Caregivers,

This week Aiden Katz of Year 12 started something so special. He suggested; " as we are now having our last lessons ever for each subject over the course of this week, it would be great if we could see a photo of every class's final lesson for memories in this unprecedented time."

This started a flurry of photos taken by students of their very last lesson in each subject. A sad, but special memory of the most disrupted HSC year in living memory.



In my interviews with each student over the last three weeks, I have been amazed at their resilience, positivity in the circumstances and care for each other. There have been online socials set up, online tutorials, online study groups, sharing of notes, essays and solutions to past papers.

It has been this camaraderie and team effort that has seen our HSC students perform above expectations every year and this year will be no exception. Thank you to all the Year 12 students for your ongoing dedication to your studies, your friends and your school. Your positive attitude to the adversities that you have faced will be a hallmark of your cohort and will stand you in good stead for the rest of your lives. Good luck with your Trial Examinations starting next week.

Sydneysiders have been working remotely from home since early June and it is timely that we review or put in place the safety measures needed to protect you and your children while online.

Reddam House has partnered with **Family Zone** to provide our families with exceptional protection and filters to keep students safe on the Internet. But the filters are only part of the safety equation. Cyber experts focus on the 'when' children get exposed to questionable material not 'if' and for this reason, it is ideal that families speak about issues and are well prepared for any adverse exposure or nefarious activities which might be undertaken on the Internet.

From accidental search terms to in-game content, parents are encouraged to be more engaged in what is actually happening on their children's devices.

Please find out what you can do to protect your children by doing the online quiz and to find more information about Family Zone by following the link: [CyberSecurity - HSNewsletter](#)



The voting is in and the winners of Reddam Idol are:

ADJUDICATOR'S CHOICE

Year 7 to Year 9:

Winner: Jacinta Shevelev

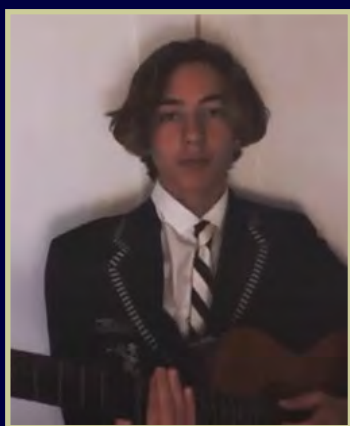
Runner-up: Natasha Green



Year 10 to Year 12:

Winner: Jamie Holdcroft

Runner-up: Sophie Whatling



AUDIENCE CHOICE

Year 7 to Year 9:

Sophia Glasson

Year 10 to Year 12:

Zoe Topper



Well done to all the entrants.

Further good news from the Music Department is that following online submissions to the Sydney Eisteddfod for School Choirs and Bands we have received the following results:

Our Reddam House Senior Choir received 2nd Place in the Youth Under 19 division, and our

High School Jazz Band was awarded Highly Commended.

The Sydney Eisteddfod also announced the finalists for the John Lambie Australasian Championship for Youth Choirs (19 & Under) and we have had two choirs selected out of the twelve finalists. The Reddam House Senior Choir and The Reddam House Year 5-6 Singers.

Amidst all the Reddam Idol excitement, the Composition Competition entries also closed this week and we received over 80 entries from Years 3 to 12. The creativity of our students is incredible. They now get sent to our adjudicator, and since we have so many entries in varied styles, we might add a category for contemporary composition, to be able to acknowledge more of our students.

Congratulations to the Music Department and its students.

Year 7 D&T students made videos of favorite family recipes in the form of a "MasterChef" style submission. I include a few of these as they are really exceptional.

Sarah Mueller's video: [How to Make Challah](#)

Xavier Hanna's video: [Baking Greek biscuits](#)

Georgie Edwards Hill and Lyra Mesimeris' recipes:

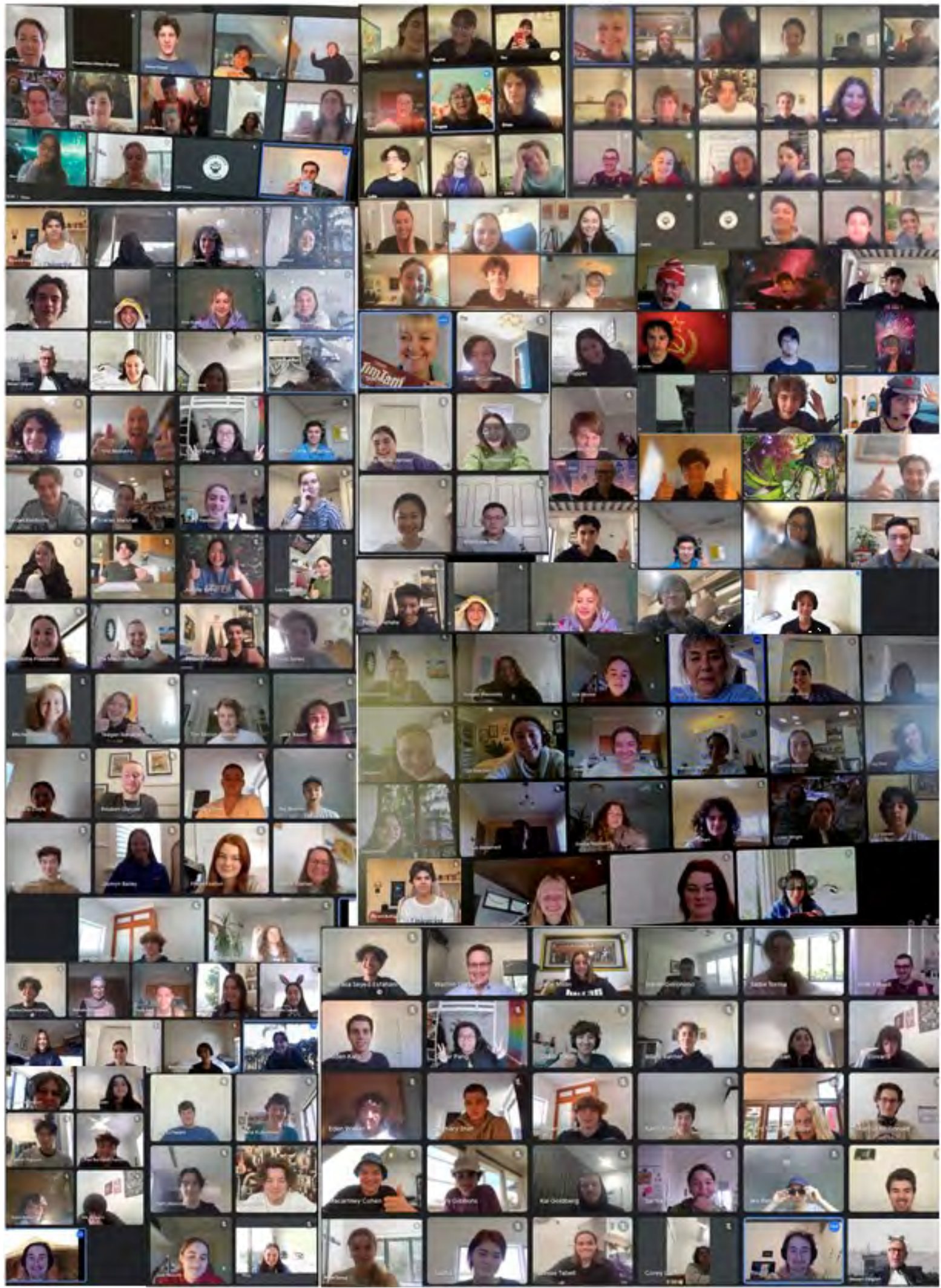
[Kafta and Tabouli](#)

Individual student achievements this week include Tilley Edwards Hill and Liam McMaster being selected by the Sydney Swans in their U14 Girls and Boys teams respectively, to play a series of games against the GWS Giants in Albury, during the last week of this term. This would be a great opportunity for Tilley to play with and against the best players of her age in the state and to be coached at a high representative level.

Middle School assemblies are recorded and shared with the students. I have been so surprised by the popularity of these based on the number of views. The following link is for parents who might like to watch this week's assembly [Middle School Assembly](#)

Have a wonderful weekend and week ahead,

Dave Pitcairn



DIGITAL MEDIA

Term 3 is immersive and challenging for Year 8 Digital Media students. During the Unity course they are introduced to 2D/3D games and scripting in Unity. Three weeks in and students have managed to produce amazing results with their imaginary landscape projects. Using standard assets and creating their own terrains, skies and effects, each student has interpreted the subject in their own way. I am very pleased with the results.



William McCormick



Rowan Kremer



Rowan Kremer



Maria Keis



James Bradburn



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!

[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.

ATTENTION YEAR 12 DOING THE LAT FOR UNSW LAW:

I am proposing to have a practice session on Monday 27/9 at 10am via google meet. Please let me know ASAP if you wish to attend Ms Jones.

Can you please add the following for Year 12:

The [UNSW Virtual Open Day](#) is on Saturday 4 September. The [schedule is now available](#) and there are many presentations throughout the day which will be very

informative for future students.

The Co-op Team is available to answer any queries so please don't hesitate to get in touch. We have introduced an online chat function during business hours and **until 7pm Tuesday & Thursday from 24 August**. The chat function can be found on our [website](#), and we encourage your students to reach out to us with any questions or concerns.

We wish you all well during these ongoing challenges.

MUSIC NEWS

Last Monday our Year 12 Music 2 and Extension students performed their HSC repertoire for the final time.

Kate Aruman has studied singing at Reddam since Year 4 and Nicole since Year 3. Good luck girls.



GET YOUR DAILY D.O.S.E.

How to get your daily DOSE of happiness chemicals



DOPAMINE

- Enables motivation, learning and pleasure
- Gives you determination to accomplish goals, desires and needs

OXYTOCIN

- Gives feeling of trust, motivates you to build and sustain relationships
- Known as "Cuddle or Love Hormone", plays a role in bonding

SEROTONIN

- Feeling significant or important among peers
- Calm form of accepting yourself with the people around you

ENDORPHIN

- Releases a brief euphoria to mask physical pain
- Response to pain and stress to alleviate anxiety and depression

2 How Deficiency Affects You

- procrastination
- low self-esteem
- lack of motivation
- low energy or fatigue
- inability to focus
- feeling anxious
- feeling hopeless
- mood swings

- feeling lonely
- stressed
- lack of motivation
- low energy or fatigue
- disconnect of relationships
- feeling anxious
- insomnia

- low self-esteem
- overly sensitive
- anxiety/panic attacks
- mood swings
- feeling hopeless
- social phobia
- obsession/compulsion
- insomnia

- anxiety
- depression
- mood swings
- aches and pains
- insomnia
- impulsive behaviour



3 How to Increase Happiness Levels

- meditate
- daily to do list
- long term goals
- food rich in L-Tyrosine
- exercise regularly
- create something: writing, music or art

- physical touch
- socializing
- massage
- acupuncture
- listening to music
- exercise
- cold shower
- meditate

- exercise
- cold showers
- sunlight
- massage

- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditate

Brought to you by Glynda Blomson & Jacinta Lynch

Protecting Your Family Online



Sydneysiders have been working remotely from home since early June and it is timely that we review or put in place the safety measures needed to protect you and your children while online.

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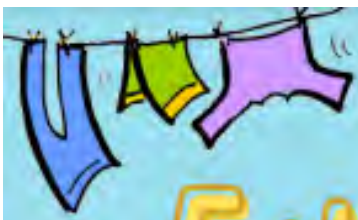
If you feel like you could be doing more and don’t know where to start, this simple [online quiz](#) will assist in alerting you to some of the issues you may be taking for granted or might have overlooked. A bit of time spent here could save a lot of time and heartache later and will promote your cyber peace of mind.

[TAKE THE QUIZ](#)

Our [CyberSafetyHub](#) has guides for all areas of concern while being in cyberspace; from App specific issues to bullying to managing your sensitive information, this is a resource that is bound to help a lot of families.

To [find out more](#) about Family Zone and get started with protecting your family go to the [Reddam House Cyber Safety Hub](#)





ENVIRO UPDATE



SOME TWEAKS YOU CAN MAKE TO HELP!

- try to avoid using a dryer as they use a LOT of energy and break down your clothes faster, instead use the power of the sun and leave them outside!
- don't wash your clothes each time you wear them - it wastes a lot of water and electricity.

URGENT: PLEASE DONATE FOR OUR FUTURE!

The Federal Minister for Environment is appealing a court finding that she has a duty of care to children to avoid causing them death.

Read that sentence again.

This case is led by Aussie kids, who can't afford the huge legal fees to keep fighting.

Donating is a vote for your future:

<https://chuffed.org/project/sharma>

THE GREAT BARRIER REEF

HI, WE'RE THE YR 9 ENVIRO PORTFOLIO!

DURING LOCKDOWN WE WANT TO INFORM OUR COMMUNITY OF THE CURRENT SITUATION WITH OUR PLANET AND THINGS WE CAN ALL DO TO HELP.

STAY TUNED!
-THE ENVIRONMENT PORTFOLIO

Did you know?

The Great Barrier Reef was considered to be placed on the UNESCO list of world heritage sites in danger!

The Australian Government heavily lobbied this to protect its beloved tourist industry.

This decision follows the continued construction of Adani's Carmichael Coal Mine – only 300 km from the reef

THINGS YOU CAN DO TO HELP OUR REEF:

BUY SUSTAINABLY SOURCED SEAFOOD - REMEMBER TO LOOK FOR THE MSC LOGO



TREAT YOURSELF - BUY LESS PACKAGED FOODS NOW WE LEARN FROM HOME



CUT OFF EAR HOOKS FROM DISPOSABLE MASKS GOING IN THE BIN TO STOP AN ANIMAL GETTING CAUGHT



THANK YOU FOR DOING YOUR BIT TO HELP OUR REEF! FOR MORE INFO ABOUT THE REEF AVOIDING THE LIST OF WORLD HERITAGE SITES IN DANGER, PLEASE SEE THIS ARTICLE:

<https://www.abc.net.au/news/2021-07-23/great-barrier-reef-avoids-in-danger-unesco-tag/100319652#:~:text=The%20Great%20Barrier%20Reef%20will%20not%20be%20added,agreeing%20to%20reconsider%20its%20inclusion%20in%20February%202022>



MIDDLE SCHOOL ENGLISH & MEDIEVAL BANQUET

TO IMMERSE THEMSELVES FULLY IN THE CONTEXT OF CHAUCER'S
'CANTERBURY TALES' STUDENTS IN YEAR 9 RESEARCHED,
MODIFIED AND PREPARED A MEDIEVAL DISH TO SHARE VIRTUALLY
IN AN ONLINE BANQUET.

THEY HAVE PRODUCED A COOKBOOK OF THEIR RECIPES
FOR YOU TO TRY!

[HTTPS://DOCS.GOOGLE.COM/DOCUMENT/D/1TUNQQF1KGDFQFEYLQJQWVL-AHLXGDHNWBCDJALOHHHO/EDIT](https://docs.google.com/document/d/1TUNQQF1KGDFQFEYLQJQWVL-AHLXGDHNWBCDJALOHHHO/edit)



YEAR 9 ENGLISH MEDIEVAL COOKBOOK





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

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



Art in Paradise 2022!

Hamilton Island Art Retreat

8th April – 12th April 2022

Limited Places Available

Hamilton Island Art Retreat is an exclusive Art Retreat which is open to Elective Art students or students who are passionate about art who may not currently study art as an elective subject. Hamilton Island is one of the most magnificent destinations in Australia and Reddam House students are fortunate to be able to have the opportunity to work with the artist in residence and attend a private art lesson in the studio space on the island. The students will be involved in a range of workshops daily at different vantage points around the island such as drawing, watercolour, environmental sculptural and photography. This is an unparalleled experience to be able to create artworks in such a tropical and lush environment.

Students will receive their own extensive art kit, full of materials for the trip. Students will stay in beautiful accommodation with full access to the beach and water sports.

This is a must do experience for all artists!

For more information, Itinerary and to Sign-up for an experience of a lifetime.

contact: laurellen.symonds@reddamhouse.com.au

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



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 -