



REDDAM  
HOUSE

SYDNEY

# @Reddam

Reddam House High School Newsletter Volume 21 Issue 25

Friday 27th August 2021

## IN THIS ISSUE:

- Principal's Letter
- Battle Fit
- Composition Competition
- Visual Arts
- Careers News
- Plus much more...

Dear Parents and Caregivers,

Week six of homeschooling and no certainty around when we will be back at school face-to-face. We wait on the Premier's announcement today to see if she offers any clarity on the current situation with regard to schools.

Now that all the students have been given an F45 Fitness pack, the next installment in their fitness regime comes in the form of an app developed by Mark Johnson of our Sports Department. Here is how Mark describes it, "I have created a workout app with two friends from New Zealand called BattleFit. The goal is to encourage students and adults to get active whilst having fun with friends. The PDHPE department has endorsed BattleFit for the Reddam student community to use, providing an opportunity for teachers, students and parents to remain connected as we continue to school remotely.

BattleFit is a free app and only takes a few minutes to download via the App Store or at [battlefitapp.com](http://battlefitapp.com)

The workouts cater for all ages, capability levels, and interests such as; cardio and HIIT home work-outs, individual and sports challenges i.e basketball shot challenges and max sit-ups plus many more.

Some of the BattleFit Features include:

- Track your progress and results
- Workout with friends - send a friend a workout to do together
- Time-lapse video - Like and comment on your friend's workouts similar to IG
- Create your own workouts
- 100s of workouts to try out! Just search your interests



To help get you started, Mark has created a workout called 'Reddam Regenerate' which has 4, 10, and 15 min options. Give it a go.

Using this app fits well with Mrs Blomson's talk in the year 10 assembly today about the importance of connecting with your peers and her challenge to them to reach out to one another.

This week has seen the Year 11 and Year 12 students writing their Trial HSC Examinations and Final Examinations respectively. They have been writing online exams using multiple layers of technology to ensure the security and authenticity of their efforts.

I congratulate the students and their teachers on their ability to pivot and adapt so seamlessly to a different format of assessment which is in line with current restrictions. Once again it is our belief that the process of preparing for these exams, writing them and getting the valuable feedback is a process that will stand them in good stead regardless of what the Final HSC Examinations might look like.

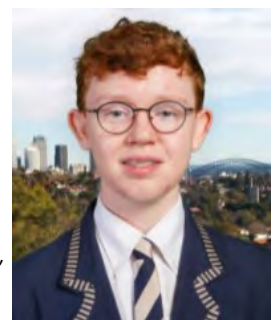
At this stage there is so much speculation about that, but our information is that they will continue as per normal, with the start date pushed back a week to 19th October. We wait in anticipation of a final decision.

The Music Department is pleased to announce the winners of this year's Composition Competition. We were overjoyed to receive over 80 entries into this competition, from right throughout our Primary and High Schools. Our adjudicator was Amy Jørgensen, a renowned Australian composer who has worked in Hollywood, on prominent television series and with the major Australian symphony orchestras.

We are very grateful to Amy for her feedback and for sharing her expertise with all of our entrants. We look forward to sharing all of the compositions with you later this term, so that you can enjoy our students' original work. Please see below the winners in each category and congratulations to all the students who entered.

### Year 7 to Year 9

- **Gold:** Felix Coster
- **Silver:** Jacob Mueller
- **Bronze:** Edan Angus
- **Highly Commended:** Max Gertler, Rocco Buck & Maya Hatzvi
- **Best Contemporary Composition:** Marlena Pasvolsky



## Year 10 to Year 12

- **Gold:** Avital Gottheiner
- **Silver:** Jake Bauer
- **Bronze:** Jordan Sarkis
- **Highly Commended:**



Tobias Flanagan, Louis Fontaine, & Dani Christelis

- **Best Contemporary Composition:** Maya Gertler

Amy's announcement and message to the winners can be seen [HERE](#)

Jasper Hartmann in Year 7 has been working hard on some art pieces for various competitions during lockdown. He got the great news that he is a finalist in the 'Wild at Art - Threatened Species Competition' of which he is one of 100 finalists out of 3000 entries. Well done Jasper.



In the Middle School the Year 9 Judiciary continue to provide interesting themes for the students in which to get involved. This Friday is "Tracky Dack Day." A day where you wear track pants to raise solidarity for sick kids in hospital. We encourage everyone to show their support this Friday. If you want more information on how you can help visit <https://trackydackday.com/>

The Judiciary would like to thank all students who have been participating over these past few weeks.

Below is the link to this weeks Middle School assembly for those who might be interested.

[Middle School Assembly](#)

Have a great weekend and week ahead,

**Dave Pitcairn**



## 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.

Everything in August!

### 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.

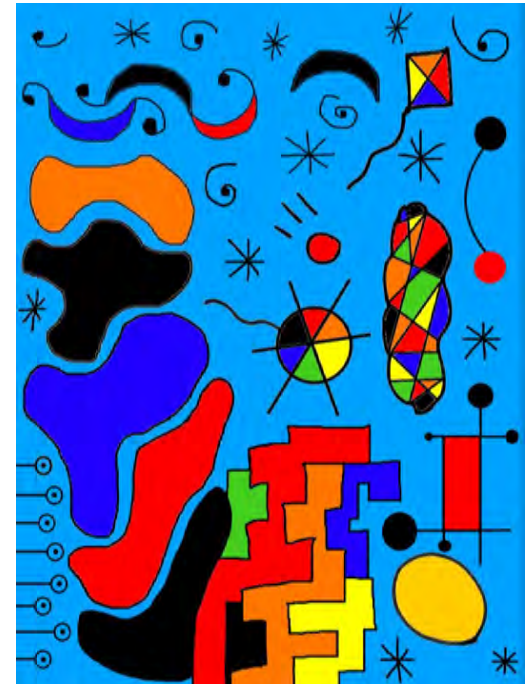
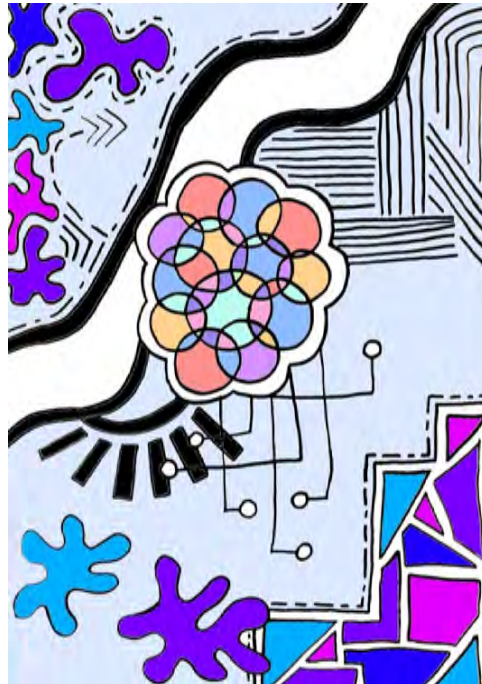


## YEAR 8 SURREALISM

This term, our Year 8 art students have been learning about Surrealism - artworks inspired by dreams, the imagination and the subconscious.

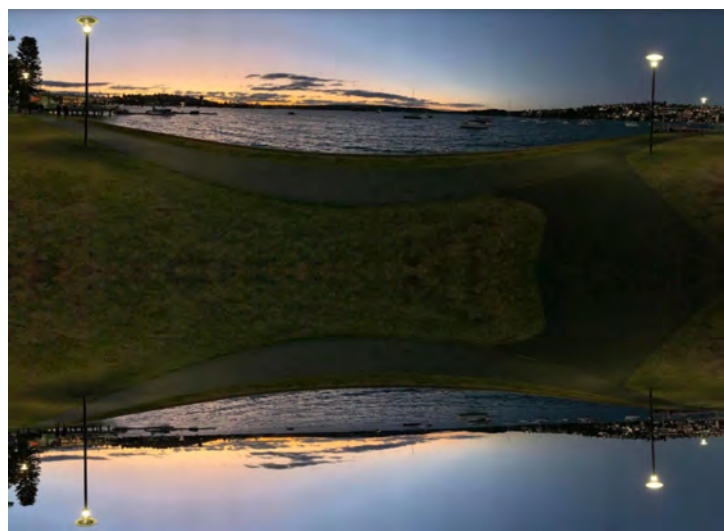
In recent lessons, they have been working on these digital drawings. They started by creating an automatic drawing inspired by the practice of Joan Miro; they then photographed their drawings and uploaded them into the computer app Pixlr where they edited and digitally painted them.

Our students said they found the process relaxing and meditative, and we have to say we are thrilled with the results!"



YEAR 11 ABSTRACT SEASCAPE PAINTING





# 8 POSITIVE MENTAL HEALTH BEHAVIOURS PARENTS CAN MODEL DURING LOCKDOWN



01

Schedule time into your day to engage in a self care activity which provides you with a sense of calm and relaxation



02

Set some realistic and achievable goals you want to achieve each week



03

Actively engage in scheduling and planning your day



04

Throughout your working day make sure you take time to engage in regular breaks



05

Find 20-30 minutes a day to be physically active



06

Build mental health into regular conversations and talk openly about how you are feeling



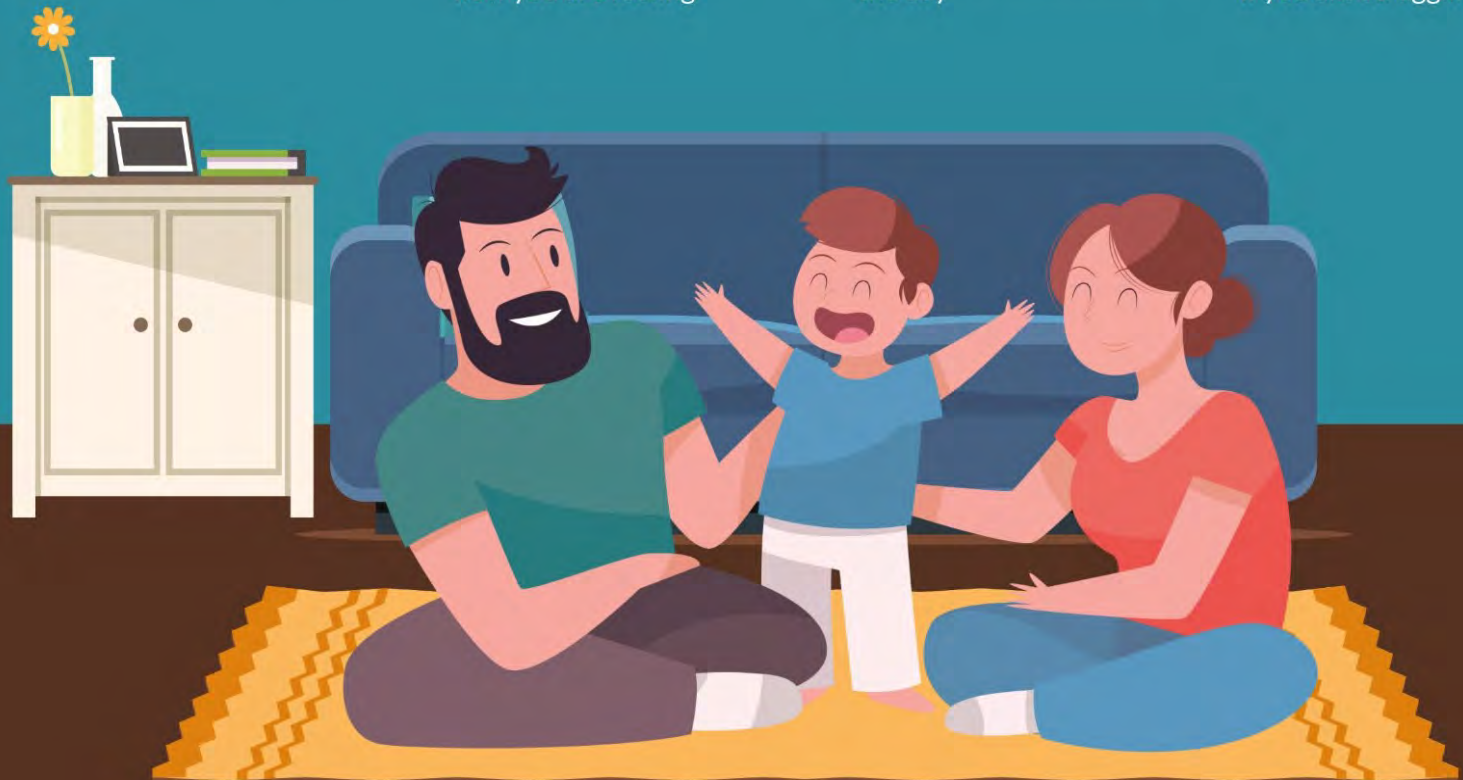
07

Each night before bed write down some good things you achieved from the day



08

Ask for help or support from your partner, a family member or friend if you are struggling



Brought to you by Glynda Blomson & Jacinta Lynch



# anxiety in your child



Wednesday 8 September 2021 | 7.30pm AEST

Anxiety has become one of the leading causes of ill-health in our children. And it's also affecting more parents than ever before. The COVID-19 pandemic has exacerbated what was already an accelerating problem.

Can we stop anxiety? Where is it coming from? Are our kids bubble-wrapped snowflakes that just need to "toughen up" and get over it? Or is there an approach to our children's anxiety that can build them, encourage them, and give them hope?

This webinar will provide the answers every parent needs to help their children – and even to help themselves.

Over the course of a 90 minutes, Dr Justin Coulson will help you to:

- Recognise anxiety in your child and know how best to respond when anxiety flares up
- Become a supportive hope-giver to your child to empower him/her to be courageous in the face of anxious thoughts
- Uncover the research-based #1 strength your child can develop to combat anxiety and develop remarkable resilience
- Identify how your own anxieties could be affecting your child, and know how to manage them
- Learn proven strategies to help both you and your child navigate and manage anxiety when things get stressful

Once you've participated in this webinar, you'll have strategies that you can put into practice on the spot to help curb anxiety, build confidence, and restore resilience in your child. And if you struggle with anxiety yourself, you'll be changed.

*Note – this is a live webinar, but a link will be available for 7 days after the event.*

**PLEASE REGISTER HERE**



**YEAR 7-12**

# **REDDAM HOUSE PORTRAIT PRIZE**

**- 2021 -**

**20TH AUG TO 24TH SEPT. PRIZES  
TO BE WON + CULTURAL POINTS  
FOR ALL ENTRIES.**

**CONDITIONS, PRIZES & ENTRIES:  
[HTTPS://FORMS.GLE/L9PCUDDPTI  
PE3TZM9](https://forms.gle/L9PCUDDPTIPE3TZM9)**



# Enviro Carbon Footprints.

## WHAT'S THAT?

If you don't understand what a carbon footprint is, that's nothing to be ashamed about! Watch this video from the BBC:

<https://www.youtube.com/watch?v=a9yO-K8mwL0>

## WHAT CAN I DO?

-Cut down eating meat. Remember that a serve is the size of your palm. The meat industry produces 14.5% of greenhouse gas emissions!

-Switch to green energy and only charge devices when needed. Electricity is responsible for 25% of greenhouse gas emissions!

## UPDATE ON DONATING!

The Children's Legal defence fund has now raised just over half the money needed to continue fighting the Minister. Remember to donate using this link: <https://chuffed.org/project/sharma>

# THE GREAT BARRIER REEF

HI, WERE 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:

Great Barrier Reef: World Heritage Committee decides against declaring reef as 'in danger'



# MIDDLE SCHOOL ENGLISH A 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





## *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



# 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](mailto: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](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 -