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Dear Parents and Caregivers,

This week saw the end of winter and the start of Spring and what a glorious start to spring we have been enjoying.

Last Friday we were given the "roadmap" for the return to school from the Premier. Needless to say, there has been a lot of political back and forth since then between NSW Health and NESAs regarding responsibility for the plan.

As teachers, we have been discussing how we at Reddam will implement their plan and will inform all parents of the various year groups what we plan to do closer to the time.

Things we are clear on, when we return to face-to-face teaching are:

- Lessons will be hybrid with both face-to-face and online learning available to students.
- Parents will have the option of keeping their children at home.
- Teachers have been mandated by the government to be vaccinated.
- All students over the age of twelve should get vaccinated as soon as they possibly can.

I have been trying to get doses of Pfizer for Reddam students to be administered at school. I have been told that this is not possible as the doses need to be temperature-controlled and at best we could secure bookings for our Reddam students at the rooms of local GPs, once they receive an allocation of Pfizer. Astra Zeneca is freely available. I have also been in contact with AIS NSW who are using their influence to get priority bookings for students at the various hubs around Sydney.

My advice to parents is that the best way forward is to book your children in through the Service NSW website following this link as they become eligible:

<https://www.service.nsw.gov.au/transaction/book-covid-vaccination>

Our Year 11 and Year 12 students have continued with their Final and Trial Examinations respectively. They have another week of examinations which will be followed by feedback. Thereafter, Year 11 will start their HSC course and for the first time ever we will recommend that Year 12 students have a complete break for two weeks. These plans will be shared with the students later next week. They should try and not worry about the things over which they have no control and focus on doing the best they can in their remaining examinations. Easier said than done I know. The one thing about which I am absolutely confident is that this cohort will not be disadvantaged in their university aspirations in any way. University statements to this have been shared with the students this week.

This week Year 11 Drama students presented their Yearly Performance Examination, devising highly illogical Absurd Theatre pieces. Our students worked tirelessly from their homes crafting unique and creative characters placing them in mundane and comical situations. We wish to congratulate our students for delivering such outstanding theatrical presentations and proving that theatre can be created even in the midst of a pandemic.

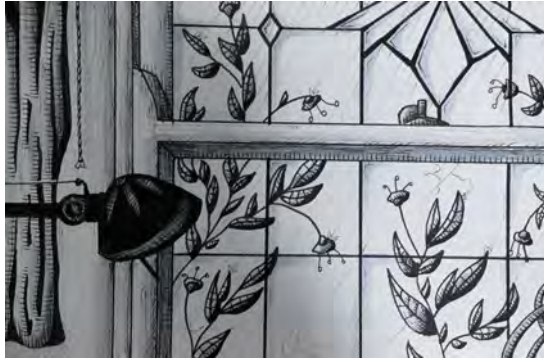


This week the Art Department shared some of the submissions to the Postcard Competition. These were judged externally and the winners are as follows:

**SENIOR 1ST**

**Tim Senior Skinner**

Year 12



Tim Senior-Skinner Yr 12  
 "Blue Sky Dreams"  
 This drawing is a view of my window inside my study. Everyday I look out the window, witnessing how the sky changes day to day. I chose to recreate this image depicting a rainy day, as it represents the overall negative feelings towards isolation. The sky isn't a lovely shade of blue, which I so long to be able to go outside into with the worries of the pandemic.

**SENIOR 2ND**

**Gabriel Stafford**

Year 11



POSTCARD  
 "The dis-united states of Australia"  
 I am looking forward to seeing family in other states of Australia.  
 GABRIEL STAFFORD  
 YEAR 11  
 REDDAM HOUSE

**HIGHLY COMMENDED**

**Yana Dalglisch**

Year 9



Yana Dalglisch  
 Year 9  
 "Through My Window"  
 My postcard is a collage of paper and hand-stitched embroidery, reflecting my change in perspective as the COVID-19 Lockdown progresses. Now as I look through my window during the day, I not only see the bright flora of the natural world outside my workspace, but also a chance to escape the screen, and the gloominess of COVID. Due to a reduction of my freedom, I have looked to extend my artistic skills. Reflecting on my Grandmother's love of embroidery, I have been able to positively contemplate life outside my window.

**JUNIOR 1ST**

**Jaspar Hartman**

Year 7



This cat looking out the window represents how I feel stuck inside and a bit trapped, but hopeful that I will be able to go outside soon.  
 Jasper Hartmann 7R

**JUNIOR 2ND**

**Mikah Lowenstein**

Year 8



Mikah Lowenstein  
 Yr 8  
 Stuck in Time  
 This is the view from my balcony

**HIGHLY COMMENDED**

**Rocco Taylor**

Year 8



This artwork was inspired by 'the creation of Adam'  
It portrays the aspects of covid, such as face masks  
and the '1.5' meter rule. It looks like one  
of the fun people is floating away because of lockdown  
(cloud has 'lockdown' written over it)

The artwork also portrays many aspects of typical  
lockdown life, with the nest of plates, mugs, and other  
random items. Also, the person in the red cloud/cover  
is wearing a dressing gown, which shows my typical  
lockdown days, where I am in pyjamas all day.

It expresses the wish to be back together with friends  
and family.

By Rocco Taylor Year 8

**Archie Diamond**

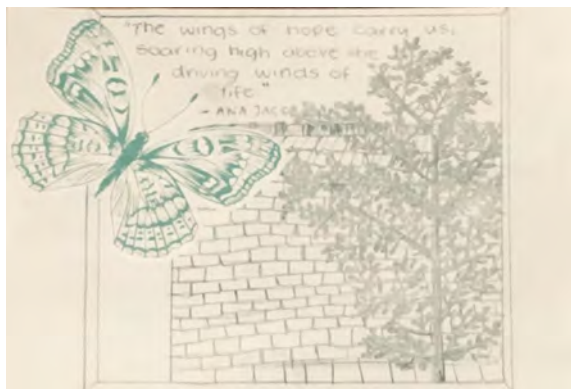
Year 8



Dear Miss Symonds,  
This artwork is inspired by my  
happy place, Bondi Beach. I used  
Shapes and colours in my postcard  
that convey a sense of calm and flow  
Whenever I am near the ocean I am  
relaxed and I hope this artwork  
can do that for you. Love, Archie Diamond

**Saskia Unsworth**

Year 8



Saskia Unsworth  
year 8  
Butterfly  
This artwork was inspired  
by butterflies because to  
me they symbolise hope.

Today the Judiciary in the Middle School ran the assembly and created our very first Lockdown Challenge. Students are challenged to complete one of the following activities and submit evidence to the attached Google Survey as proof of their participation. The challenge ends by 4:00 pm today—[REGISTER HERE](#)

Lockdown Challenges include:

1. Trickshot (video of you completing an impossible challenge, for example throwing a piece of bread from a distance into a toaster)
2. Quick Rubegoldberg machine/ Crazy Domino effect (need to show a picture here)
3. Lego Marble Run
4. Build a card house using at least 2 packs of cards
5. Take a selfie of yourself with an exotic bird in your neighbourhood
6. Do Cosmic Yoga
7. Play a musical instrument (you will need to submit at least a 1 min video)

8. Do an at-home science experiment
9. Gardening
10. Do the laundry for your whole family (show pictures of you putting it in the machine, AND hanging it out)
11. Take a selfie of yourself in front of a landmark in your local area

I really hope that students are up for the challenge and get creative in a COVID safe way, and my thanks once again to the Judiciary for their fun initiatives.

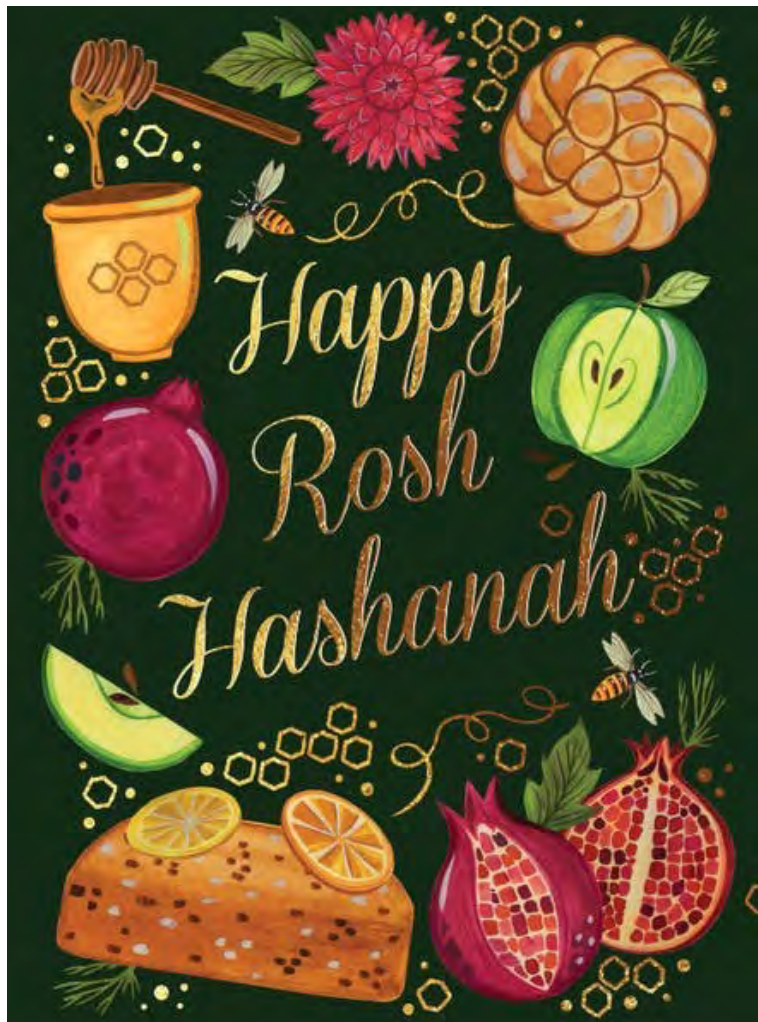
Happy Fathers Day on Sunday to all the Reddam dads. I hope your children spoil you

To all the Jewish families we wish a happy and healthy New Year as they celebrate Rosh Hashanah next week.

The school will continue as normal during this time but no new work will be covered.

Have a wonderful spring weekend and a great week ahead,

**Dave Pitcairn**



## A MESSAGE FROM THE REDDAM HOUSE WOMEN'S EMPOWERMENT PORTFOLIO

The Reddam house women's empowerment portfolio believes it is extremely important to do anything we can to help the situation in Afghanistan at the moment. The organization we have decided to donate towards is Women For Afghan Women.

It is dedicated to protecting the rights and safety of women, children and families that are suffering from the current crisis. Because of online learning we are not able to raise money as we normally would so we are asking that anyone who can donate towards this cause will and it would be greatly appreciated.

Thank you from the entire women's empowerment portfolio.

<https://womenforafghanwomen.org/>



### YEAR 11 DRAMA



## Self-Care September 2021

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|--|---|--|---|---|---|---|
|  <p>1 Find time for self-care. It's not selfish, it's essential</p> |  <p>2 Notice the things you do well, however small</p> | <p>3 Let go of self-criticism and speak to yourself kindly</p>         | <p>4 Plan a fun or relaxing activity and make time for it</p>   | <p>5 Forgive yourself when things go wrong. Everyone makes mistakes</p>               |     |   |
| <p>6 Focus on the basics: eat well, exercise and go to bed on time</p>   | <p>7 Give yourself permission to say 'no'</p>   | <p>8 Be willing to share how you feel and ask for help when needed</p> | <p>9 Aim to be good enough, rather than perfect</p>             | <p>10 When you find things hard, remember it's ok not to be ok</p>                    | <p>11 Make time to do something you really enjoy</p>                                  | <p>12 Get active outside and give your mind and body a natural boost</p>              |
| <p>13 Be as kind to yourself as you would to a loved one</p>   | <p>14 If you're busy, allow yourself to pause and take a break</p>  | <p>15 Find a caring, calming phrase to use when you feel low</p>       | <p>16 Leave positive messages for yourself to see regularly</p> | <p>17 Notice what you are feeling, without any judgment</p>                           | <p>18 Ask a trusted friend to tell you what strengths they see in you</p>             | <p>19 No plans day. Make time to slow down and be kind to yourself</p>                |
| <p>20 Enjoy photos from a time with happy memories</p>   | <p>21 Don't compare how you feel inside to how others appear outside</p>  | <p>22 Take your time. Make space to just breathe and be still</p>      | <p>23 Let go of other people's expectations of you</p>          | <p>24 Accept yourself and remember that you are worthy of love</p>                    | <p>25 Find a new way to use one of your strengths or talents</p>                      | <p>26 Avoid saying 'I should' and make time to do nothing</p>                         |
|  <p>27 Free up time by cancelling any unnecessary plans</p>        | <p>28 Choose to see your mistakes as steps to help you learn</p>  | <p>29 Write down three things you appreciate about yourself</p>        | <p>30 Remind yourself that you are enough, just as you are</p>  |  |  |  |

ACTION FOR HAPPINESS

Happier · Kinder · Together

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)**



FROM THE ENVIRO  
PORTFOLIO:

# WATER

## COOL WAYS TO SAVE WATER:

- Use recycled water for your home.
- Buy used items, rather than wasting water to produce something new.
- Eat less animal products, because the crops produced for animals to eat use lots of water.

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## THE MURRAY-DARLING NEWS:

The Murray-Darling Basin - responsible for the very water you're drinking right now - seems to have been robbed! **2 trillion litres of water disappeared** during 2012-2019. While this may seem like old news, the leakage still hasn't been patched, something extremely worrying with the memories of dead fish and water restrictions fresh in our minds. Whilst a conclusion hasn't been reached, water theft or climate change (or a combination of either) seem to be the main culprits.

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Remember to donate for our future: <https://chuffed.org/project/sharma>



# 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/1TUNQqf1KGDFQFeYIqJQWvL-aHLXGDhNwbcDjaL0HHH0/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/>**



# 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)

