



REDDAM
HOUSE

SYDNEY

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Reddam House High School Newsletter Volume 21 Issue 27

Friday 10th September 2021

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- Plus much more...

Dear Parents and Caregivers,

Year 11 and Year 12 students have completed their Final and Trial Examinations respectively. I congratulate all of these students for the manner in which they have approached these assessments. Online exams, being a different format, had the potential to derail students but I am pleased to report that their teachers are very pleased with the efforts of all of their students. Congratulations also to all of the teachers who have also had to pivot to this new style of examining their students and ensuring the integrity of that assessment.

Their Year Coordinators and I met with both groups today to discuss how their feedback would occur and the path ahead for the rest of the term.

For the Year 11 students it is rather straightforward: once they have their feedback they start their HSC, as the Class of 2022.

For the Year 12 students who have had their Final Examinations delayed by a month, it is a little more complicated. The strategy that we want them to employ includes enjoying a complete break from all study for the duration of the holiday period before reigniting their efforts following their Valedictory on 13th October. Yesterday's news that the Year 12 Examinations will definitely go ahead ends a time of great uncertainty for these students. The new exam timetable will be made available to students by NESAs today. Once again, I can only compliment them on the manner with which they have conducted themselves, with focus and determination during their assessment period. It would have been so easy to get demotivated amidst all the noise and hype in the media. I am so proud of each and every one of them.



This week included RUOK day on Thursday. Once again the Judiciary came to the fore encouraging students to check in with their friends and family by starting a conversation enquiring about their wellbeing. The teachers shared some strategies on how one could go about this during Lesson 3 on Thursday. This is such a worthwhile topic of conversation that I include the link to their website for parents to continue what has been started at school.

[HTTPS://WWW.RUOK.ORG.AU/EDUCATION](https://www.ruok.org.au/education)

Students were reminded that if they were not OK, that reaching out to a friend, trusted adult, Glynda Blomson and Jacinta Lynch (school psychologists) or a teacher with whom they are comfortable speaking too, was a sensible path forward.

They were also reminded that should the conversation start, they should just listen and seek help from a trusted adult who can access help. Their job is to just be a friend.

Yas London who has worked with our students for many years first as a Police Liaison Officer and more recently as the Director of ySafe, offering cyber safety training, has shared the following resource for parents and students around the rise in online predators during this lockdown period. Yas says:

"With young people spending more time online in the COVID-19 pandemic, there is an increased risk of our young people encountering online predators.

What's more, online predator activity appears to be on the rise. In March 2020, as Australia entered its first lockdown period, Australian Federal Police saw sites hosting online child sexual abuse material crashing due to the increased volume of traffic.

At ySafe we teach students how to spot a predator online and what they can do to respond to situations where they are being targeted."

Share this video with your children to teach them protective behaviours and keep them safe online:

[COMMUNICATING AND CONNECTING SAFELY ONLINE](#)

This week the Music Department is sharing their recent Senior Choir and Year 7 Choir's virtual performances. The students enjoyed the opportunity to do something a bit different, and exercise their musical muscles in lockdown. Students worked hard to learn their part during the lockdown and film these individually to a guide track. The audio and footage were then mixed together to create these virtual performances and the students are very happy to have the opportunity to still feel like they are making music together at this time. We look forward to sharing more virtual performances in the coming weeks.

[Senior Choir Performance](#) [Year 7 Virtual Choir Project](#)



An opportunity for our string players: Symphony for Life has an opportunity for string players of all ages and abilities to take part in a virtual online concert premiering an Australian composition. For details, please visit:

[SYMPHONY FOR LIFE](#)

Dion Ryan of Year 7 has created a fantastic song about Ancient Egypt for his History class. I share with you here:

[HISTORY SONG](#)

Mel Pelosi along with many of the teachers produced and filmed a Teacher Parody of online learning which was shared in assembly this week to much hilarity from both the students and teachers.



Should you also want to enjoy this look at online learning the link to this week's Middle School assembly is:

[WEEK 8 ASSEMBLY](#)

Have a wonderful 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.

YEAR 12:

A reminder that all applications for EAS or anything else are due to me by 10 September 2021.

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

YEAR 11 & 10:

You have been sent forwarded emails from me regarding study and applications for the USA. If interested please take note of these and any webinars.

ATTENTION YEAR 12:

The Southern Cross STAR Early Offer program enables Year 12 students to gain an early offer on the basis of your recommendation. The aim is to match individual students to a particular course based on their demonstrated level of academic achievement and their likelihood of success in their chosen discipline.

Previous timeframes for student applications to the STAR program have been extended to accommodate the changed circumstances. Specifically:

Applications will now stay open until **30 September 2021**

Recommendations by Principals will now close on **13 October 2021**

STAR offers will then commence from **9 November 2021**



How to ask a friend if they're OK



We all have good and bad days

But did you know young people are **most likely** to talk to friends or family members as the first step in seeking support when they're struggling.

Asking a friend how they're going could be the first step in getting them the help they need.



You're not expected to fix someone's problems or know the best way to help and support. But you can listen to what your friend is saying, let them know you care and tell a trusted adult if you're worried about them.



When to ask R U OK?

These are some of the signs or changes that can indicate a friend might need some support.

You might notice that they:

- Withdraw from their friends or their family.
- Lash out at people and get angry or upset easily, including towards the people they care about.
- Cry or become emotional.
- Lose interest in activities and things they usually love.
- Have changed their sleeping patterns. They might be sleeping all the time, not sleeping much at all, or sleeping at strange hours (like in the middle of the day).
- They could be eating more than usual, or less.



Learn how to ask a friend R U OK? in this guide



The most important thing is to trust your gut. If you notice a change or just feel that something's not quite right with your mate, take the time to ask, "are you OK?"

Before you ask R U OK?

- Make sure you're in a good headspace, so you're not distracted or stressed.
- To help them feel comfortable opening up, find a time and place that works for you both.



For more tips visit ruok.org.au





1. Ask R U OK?

- Be yourself, be genuine and start the conversation in a way that feels right for you and your friendship with them. You don't need to dive into the heavy stuff straight away. You might start by talking about general stuff. When you're ready to ask them how they're going you could ask something like:



How are you?

I'm here for you if there's anything going on you want to talk about?

My week's been rough. How was yours?

How are things going at home/school/university/TAFE/work?

- It can help to make an observation about a change you've noticed:

You seem pretty tired. What's been going on?

I haven't seen you around as much lately. How have you been?

It's not like you to react that way. Is there anything going on for you?

- Sometimes it takes a while for someone to feel ready to open up. If they're not ready to talk, give them some time, and if there's an opportunity that feels right then ask them again.
- If they don't want to talk let them know you're always ready to listen or ask if there's someone else they'd be more comfortable chatting to.



2. Listen

- Listening with an open mind and not judging shows your friend that you're there for them and helps them feel safe being honest with you.
- If there's silence, try and sit patiently with it. When someone's sharing for the first time it can take time for them to find the right words.
- You can show you're listening through eye contact and nodding at what they're saying.
- Asking open ended questions can help them open up.

You could ask:

How are you handling all of that?

Have you been feeling this way for a while?

What's been the hardest thing for you?



4. Check in

- Remember to check in a few days later to see how your friend is doing.
- Ask how they're going and if they've found a better way to manage the situation. They may not have taken any steps yet as it can take time for someone to be ready to get help. Be positive about the role of professionals and accessing support in managing tough times.
- It's important to stay in touch and show them you've got their back. Your ongoing care and support can make a difference.

3. Encourage action

- Things that could help include talking to a family member, friend or trusted adult or connecting with a health professional or support service.

You could say:

"What do you think might help you right now?"

"What can I do to help you?"

"Have you talked to anyone else about this? It's great you've opened up to me, but it might be good to get advice and support from a health professional."

"Your doctor can actually help you with this stuff. I can go along with you, if you want?"

"Did you know that you can get free and confidential support online or over the phone from places like Kids Helpline and ReachOut.Com? These services are confidential and can help you figure out what's going on for you and where you can find the right support. If you're looking for some face-to-face support I've heard headspace is great."

Useful contacts for someone who's not OK

Kids Helpline
1800 55 1800

24/7 private and confidential phone and online counselling service for young people aged 5-25.

headspace
headspace.org.au

Support and information for young people 12-25 for mental health and what's going on in their life.

ReachOut.COM
au.reachout.com

Help with tough times for 14-25 year olds and their parents.



MIDDLE SCHOOL ENGLISH RU OK? DAY

In response to **RU OK? Day on 9th September**, where the students were encouraged to address the issue of communicating how they were feeling and asking the same of others, Year 7 worked on anonymous letters to share within their Year Group. Here are a few of their thoughtful and uplifting responses:

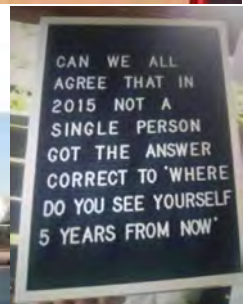
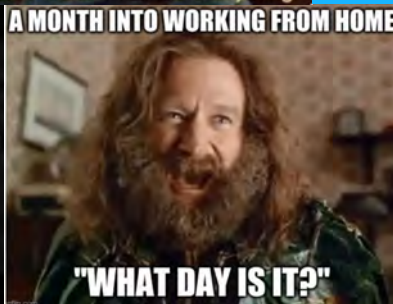
Hi,

So, how are you going? I know this is a really tough time and that you can feel a little trapped but we are going to get out of this. To be honest, I am feeling trapped and boxed in and I'm sure that you are too but there is a bright side. I came across a good piece of advice that said make every day a little less ordinary.

Sure this is a very simple piece of advice but it has a lot of meaning especially at this time. This could literally mean going outside and doing something or seeing a friend for a walk or even baking something.

I hope this message finds you well and helps you see the bright side of lockdown and maybe even seeing the glass half full not half empty.

When someone in the house returns from the grocery shop



Hi

I'm feeling pretty fine in lockdown right now. Being trapped inside for most of the day and not moving can be pretty overwhelming but I'm pushing through.

My advice to make it through lockdown is to try new things or get better at something that you like to do and go outside and just feel the breeze or the warmth of the sun.

It is confirmed that we will be going back to school so if you don't like lockdown then this will give you the last push to hold on.



Useful contacts for someone who's not OK

Kids Helpline
1800 55 1800

24/7 private and confidential phone and online counselling service for young people aged 5-25.

headspace
headspace.org.au

Support and information for young people 12-25 for mental health and what's going on in their life.

ReachOut.COM
au.reachout.com

Help with tough times for 14-25 year olds and their parents.





MASKS



**BY THE ONE AND ONLY:
ENVIRO PORTFOLIO!**

Tip of the Week: Pull off ear loops on disposable masks
If Masks get into the ocean, the ear strings strangle marine life. Before disposing of a mask, cut the strings and make them into hair bands instead.

**EVERY SINGLE MINUTE OF EVERY SINGLE DAY,
3 MILLION MASKS ARE PUT INTO LANDFILL.
THAT'S 300,000 MASKS IN THE TIME IT TOOK
YOU TO READ THIS.**

Disposable masks pose a huge risk for the environment if not disposed of correctly. Not only that, but the massive amounts of disposable masks create an unprecedented amount of landfill. So, try to use a reusable mask!

Ways to clean your reusable mask correctly: aim to wash daily, you can just toss it into the wash but make sure it is at a high temperature.

**WE'RE DONATING \$200 OF THE MONEY WE
RAISED TO THE CHILDREN'S LEGAL DEFENCE
FUND. WILL YOU DONATE WITH US?**

[HTTPS://CHUFFED.ORG/PROJECT/SHARMA](https://chuffed.org/project/sharma)



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)**

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-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





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

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

