



Gold award picnic day

On Friday 15 November students attended the annual SDEHS Gold Award Picnic Day hosted by the SDEHS Learning & Support Team and the Ernst & Young Research and Development Team.

The day was jam-packed with animal exhibits, gingerbread house making and games. Taronga Zoo and Uncle Col joined us with their Animals of the Dreaming presentation. They brought along a snake, a frog, a ring-tail possum, a turtle and a shingleback lizard. Uncle Col played songs and told stories from the Dreamtime. Shay from Taronga Zoo taught us about the animals. After a great show and wonderful lunch, we split up to play games and make gingerbread houses. We played a few rounds of dodgeball, a game of pigs and cows, and Simon says. While some played games others made gingerbread houses in groups. There were seven houses made altogether, each unique in its own way. After a brief presentation to say thank you to the team from Ernst & Young, it was time to head home. What a great day we had! It was a fantastic way to end the year and celebrate everyone's achievements.

Lucie Wheeler Year 12

The Learning & Support Team would like to thank the Ernst & Young Team for their generous support of our students and for helping make this wonderful day happen.



What's on

Thursday 5 December

- Year 12 Earth & Environmental Science Study Day

Wednesday 11 December

- Year 12 Chemistry Study Day

Thursday 12 December

- Year 12 Biology Study Day
- Presentation Day Years 7-8 & 11

Friday 13 December

- Presentation Day Years 9-10

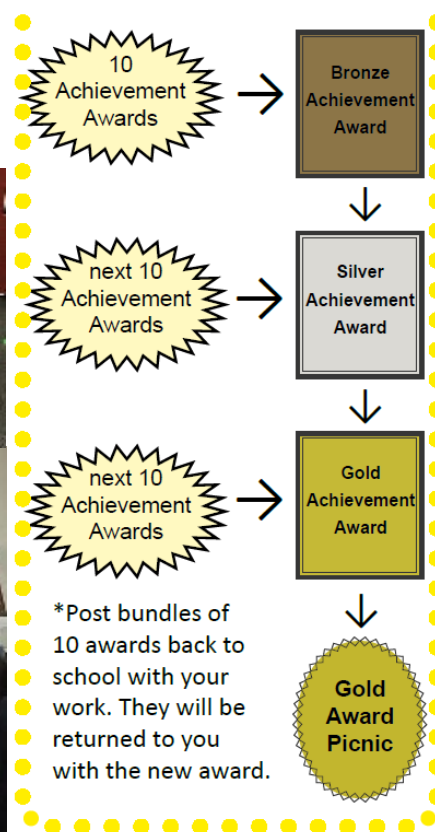
Thursday 19 December

- End Term 4 and 2019 School Year

Wednesday 29 January 2020

- Start Term 1

Achievement Awards



Senior executive message

As the 2019 school year draws to a close, we all celebrate the successes of each and every one of our students, many of whom have faced massive challenges throughout the year. In particular, it was a great experience to witness the achievements of our Year 12 cohort at the recent Year 12 Presentation Day when we celebrated their successes from completing their HSC to the many awards that were presented. It would be remiss of me not to thank the many people who have supported these students to achieve their very best, from their supervisors, parents and carers to our incredible teaching and school administration staff who offer so much invaluable support to all our students.

This is also the exciting time of the year when our school magazine, *Bridging the Distance*, is published, and just seems to get better and better every year. Thanks are extended to the school magazine committee leader Julie Barel and the production team. The cover this year celebrates the elements of our school that help create a learning environment to ensure that you all thrive together.

With a real focus in our current School Plan on Connected Teaching & Learning and Personalised Student Wellbeing as well as Inspiring Leadership, a large part of our school's success is due to our six ever thriving Learning Hubs at Woy Woy, Tuggerah, Woolloomooloo, Glenbrook, Miranda and Ingleburn which offer a new dimension for many students, enabling them to attend a place where they can make valuable connections with teachers and other students. Attendance at the hubs is doubling each year and is testament to the value students place on the real time connected teaching and learning that they experience there. Thanks to our staff without whom the hubs would be unable to function as they do. The statistics show that the hubs continue to be a really valuable resource for our students. The exact figures will be published in the school's Annual Report 2019 which will be available on our website next term.

The skills of the 21st Century often named are Critical Thinking, Creativity, Collaboration, Communication, Information Literacy, Media Literacy, Technology Literacy and Flexibility. Our school provides many opportunities and experiences to build these skills, which also underpin many leadership skills. The School Leadership Group, with leader Catherine Soper, and Reena Nazareth and the team, provides these opportunities for students to build the skills required to grow into leaders of the future in whatever pathway they take in life.

Everyone looks forward to Fridays at Woolloomooloo because of the regular learning hub but also because our hospitality and retail students provide a great experience for us all in the Coffee Club, but I mustn't forget Wednesdays when the school choir practice sessions bring such vitality and culture to our school. Thanks to choir leader Lisa Keating and her support team who do an amazing job.

We look forward to welcoming back all those students who will continue to learn with us in 2020 and wish those who are leaving all the best in their future endeavours. I hope you continue to grow and become the best person you can possibly be, enriched by your time at our school.

Julie Kennedy
Co-Principal



Adobe® Creative Cloud™

Student Software

Did you know that as a student you can get Microsoft Office, Windows 10 and Adobe Creative Cloud software for free? You can find all the details on our [school website](#) under Supporting our Students > Technical Support.

HSC Successes

Congratulations to the following students!

A number of projects will be selected for inclusion in Shape 2019, the annual showcase of a selection of exemplary major projects from HSC Design and Technology, Industrial Technology and Textiles and Design students to be held at The Powerhouse Museum, Museum of Applied Arts and Sciences, from February to May 2020.

Textiles & Design

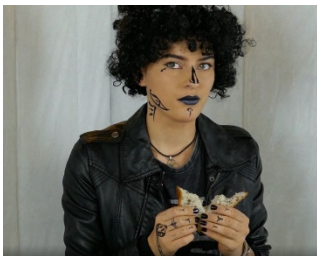
Hana Brinkworth has been selected for inclusion in the prestigious Textstyle exhibition of outstanding Major Textiles Projects.



Hana Brinkworth

Industrial Technology Multimedia

Five of our Year 12 Industrial Technology Multimedia students' projects have been nominated for possible inclusion in InTech, the annual exhibition of outstanding Major Projects.



Jade Cavallera Sivils



Joseph Vyner

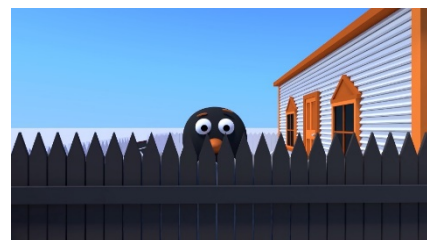


Jessie Van Niekerk

- Jade Cavallera Sivils
- Milla Jones
- Nicholas McAnulty
- Jessie Van Niekerk
- Joseph Vyner



Milla Jones



Nicholas McAnulty

Design & Technology

Joelle Douek has been nominated for possible inclusion in Shape, the annual exhibition of a selection of exemplary Major Projects.



Joelle Douek

Visual Arts

Joseph Vyner has been nominated for possible inclusion in ARTEXPRESS and Georgia Bull has been selected for inclusion in ARTEXPRESS, an annual exhibition of exemplary artworks by Year 12 Visual Arts students.

Music

Batil Hagob and Marcus Michelsen have been nominated for possible inclusion in ENCORE, a program of outstanding performances and compositions by students from the HSC Music examinations. In 2020, ENCORE will be held at the City Recital Hall, Angel Place, Sydney.



Sculpture by the sea excursion

Another fantastic excursion to Sculpture by the Sea for our Visual Arts, Photography and Visual Design students of 2019. What a beautiful day to explore the sculptures that are inspired by the history and beauty of the Bondi coast. All the students selected their Kid's Choice Award for their favourite sculpture on the day while we enjoyed an ice-cream at Tamarama Park after our coastal walk from Bondi to Tamarama.



Sculptures poem by Hugh McDonald

Red, bold colour
Tall and thin
Pointing up into the sky

The shape is of a giant pencil
It is bursting through the rock cliff
The pencil is bright red and contrasts against the blue sky and sea

It is a solid block of colour with no patterns

The textures are like those of a pencil with a smooth body and a bumpy tip like it has been in a pencil sharpener

The rocks at the base of the cliff where it has burst through are rough

The pencil looks like a rocket that is blasting off into the sky

Artist: Geraldo Zamproni
Title: **More than it seems**
Date: 2017
Materials: Wood, paint and rocks



Hugh's artwork

Year 12 Presentation Day



Batil Hagob performing on piano



Joelle Douek receiving the Tim Bell Design Award presented by Tim Bell, former student



Chantelle Nolan receiving the Learning Hub Award presented by Lisa Keating, Deputy Principal



Emilie Clemmet receiving the Caltex All Rounder Award presented by Jamie Munday, Head Partner, Research & Development, Ernst & Young



James Bevan, Financial Market Analyst & committee member for Guide Dogs NSW- Guest Speaker



Chantelle Nolan receiving the NSW Premier's Sporting Challenge Award presented by Mandy Robertson, PDHPE Teacher

Marcus Michelsen performing on violin



Lisa Keating - Deputy Principal's Address

Joseph Vyner receiving the Tim Bell Design Award presented by Tim Bell, former student



Special Awards 2019

Congratulations to our students who have received the following special awards:

Scarf Award

Jasmine Lopez

Australian Defence Force

Long Tan Leadership & Teamwork Award

Lucy Lakeman

Ernst & Young School Spirit Award

Chantelle Nolan

Deputy Principal's Award

Thomas Elliott

Learning Hub Award

Chantelle Nolan

Deadly Kids Award

Aphra O'Brien-Slade

Tim Bell Design Award

Joelle Douek & Joseph Vyner

Caltex All Rounder Award

Emilie Clemmet

NSW Premier's Sporting Challenge Award

Chantelle Nolan

Year 12 Dux

Jasmine Lopez

Year 12 Dux (Pathways)

Emilie Clemmet



Chantelle Nolan receiving the Ernst & Young School Spirit Award presented by Jamie Munday, Head Partner, Research & Development, Ernst & Young

Year 12 Presentation Day



MCs Emilie Clemmet & Natalie Wood



The SDEHS Choir performing



Thomas Elliott receiving the Deputy Principal's Award presented by Julie Kennedy, Co Principal



Year 12 Formal

What a beautiful night for the Year 12 Formal that was on Wednesday 13 November. It was held at the Sienna Marina Restaurant in Woolloomooloo and was a great success, thoroughly enjoyed by students and teachers alike. We spent the night dancing and indulging in a delicious meal. An excellent farewell to our HSC Exams!



Hugh's report

Environment report 6 by Hugh McDonald

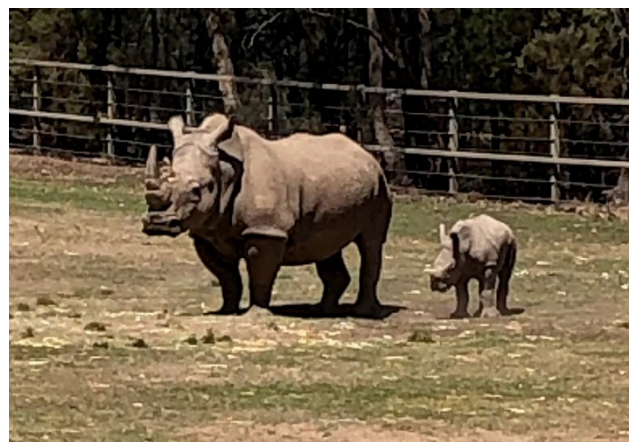
Australia is home to the kangaroo, koala and kookaburra. They are now getting ready for the African white rhino to join them. The Australian Rhino Project is an organisation working to help save this animal from extinction as there are currently less than 20,000 left in the wild. The rhino is one of the most critically endangered species in the world, with more being killed than born every year. The project wants to ensure the long-term survival of this magnificent creature.

The rhino is unique and classified as megafauna, ungulate (hoofed) and herbivore. It is the second largest mammal, weighing 2,700kg and can be recognised by the two distinct horns on its snout. Sadly this causes the biggest threat as poachers want these horns for supposed medicinal value. They are considered to cure many illnesses, so they are very valuable and illegally traded. However, the horn has been proven to be all keratin, the same structural constituent of hair and fingernails, and has no healing ability. Other threats include human activity, habitat loss and disease.

Our nation is acting as an insurance policy for the future of the rhino. We have a similar climate to their homeland, lots of wide open space to roam and no rhino hunters. An open plain area will be constructed at Monarto Safari Park in South Australia. It includes a 2,200 metre rhino raceway as well as a rhino management and quarantine centre. Building is underway with posts and fencing being placed. However, more funding is required.

The initial ten rhinos will be selected from a crash (group of rhinos) in South Africa, many of which are young calves. They will be required to spend some time in New Zealand because of Australia's biosecurity and quarantine requirements.

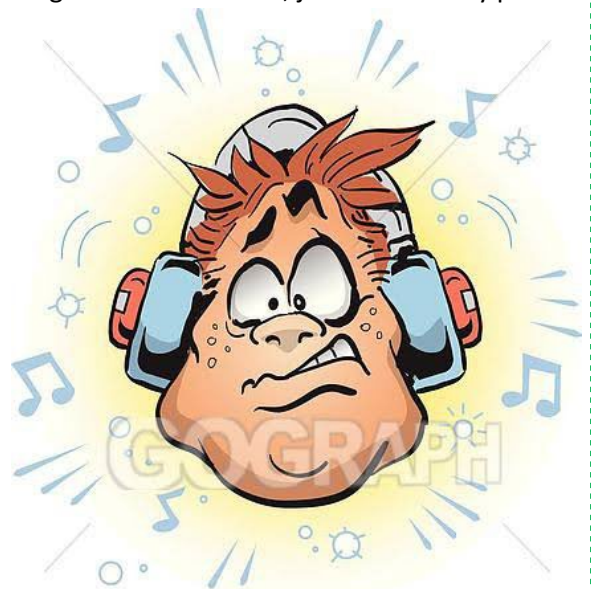
The Australian Rhino Project has joined with Zoos South Australia, Taronga Conservation Society and Orana Wildlife Park for this important cause. They are committed as part of the collective international fight for rhino conservation. Together we can all take charge to save it from extinction.



Myth busters

And the band played on ... someone once famously quipped. Music is great for our health, just about every part of our body benefits. Except our ears when it's too loud.

Loud music played on earphones causes hearing loss by having a similar effect on nerves as multiple sclerosis, research finds. The research also shows that noise levels above 110 decibels (a bit like a person shouting) can strip insulation from nerve fibres that carry signals from the ear to the brain. Avoid earbuds to listen to your music, and also avoid extremely loud noise. DJs, and people in the entertainment industry are particularly at risk. Listen to the band but keep it at a sensible limit. An ear drum can rupture at 150 decibels (a loud rock concert).



SDEHS Outdoor Leadership & Mentoring Camp

Over three days in Week 4, 18 students attended the SDEHS Outdoor Leadership & Mentoring Camp and had a blast! Students participated in a variety of activities where they were encouraged to work as a team and push themselves out of their comfort zone. Whether it was sailing on Lake Macquarie, swinging on a giant swing, leading a group through the survivor course or conquering the ropes challenge, there wasn't an activity our students backed away from as they encouraged each other to give it a go!

The students attending this year demonstrated a huge amount of courage, peer support, respect and kindness. Congratulations for representing SDEHS so well and making this year's camp so much fun. We also want to thank Outdoor Education Morisset NSW who do such a great job of taking care of our students and making every year more enjoyable than the last.



L-R

Helen Richardson, Rayvn Walton-Furlong, Beth Challinor, Imogen McConville, Ilaria Biordi, Dakota Maddocks, Lillian McKenna, Liam Bryett, Mia Biordi, Kurt Leeson, Chloe Dyer, Shania Meredith, Jade Miller, Lucie Wheeler, Zac Hannelly and Hugh McDonald

Art Smart workshop

I recently had the honour of attending the Art Smart workshop at the Campbelltown Arts Centre. At this workshop, I chose ceramics as my medium, as it is something I have only worked with once before. On the first day of the workshop, we visited the Sydney Fish Market in Pyrmont to gather inspirational sources and to be informed of what we would be doing the next few days. For the next three days I went out to Campbelltown to create my artwork. We were to follow a theme from the fish markets, so I decided to make a ceramic whale, where you could see the skeleton littered with rubbish on one side and on the other side the whale's regular body. My idea was to point out the environmental issues with rubbish pollution in the ocean and whale culling. On the last day of the workshop, we had an exhibition that parents and friends attended. I saw many amazing artworks created by all these talented students, using mediums of paints, pencil and charcoal for drawing, ink for printmaking and lino and clay for ceramics. I met a few students who I enjoyed spending the four days with. Overall, I really enjoyed the Art Smart workshop and was very lucky to have attended and learned so much from my amazing ceramics teacher and my fellow talented students.

Lydia Beaumont-Cankaya Year 10





PULSE VISUAL ARTS CAMP

30 March – 1 April 2020

INFORMATION FOR STUDENTS

This **three-day residential** camp provides participants with an opportunity to develop their art making skills under the guidance of professional, experienced artists and Visual Arts teachers.

At the camp, emphasis is placed on Artist Practice and students will produce works that are an extension of school-based art making.

Dates: 30 March – 1 April 2020

Venue: Blue Gum Lodge, Springwood
6 Fels Avenue, Springwood NSW 2777

Cost: **\$320** (includes cost of two nights' accommodation, food, tutors and materials)

Eligibility: Students from Years 7-10 (Gifted and Talented Visual Arts students)

PLEASE NOTE: Both the online form and the paper approval form must be completed to apply for the camp.

Application Forms:

1. Interested students need to complete the Online Student Application using the following link:

<http://bit.ly/PULSE-VACamp2020>

Email the completed application form and school approval to:

Peter Hayward
Arts Coordination Officer K-12
PULSE@det.nsw.edu.au

2. Once you have been accepted into the camp you will receive a confirmation email, dietary requirements and payment forms.

Please note that numbers for the workshop are limited and therefore not all students who apply will be offered a place to attend.

The closing date for applications is 6 December 2019.

Please contact your Visual Arts Teacher if you are interested in applying for the Camp.

Rachel Angus

Visual Arts Teacher9383 0234

Food Technology workshop

On Thursday 14 November students from Year 9 Food Technology came together for a fun morning to bake Festive Treats.

Students made and decorated Gingerbread Cookies and White Christmas. Therese Metzl showed them how to make and decorate mini Gingerbread Houses.

It was a great opportunity to develop creative skills. Well done!



Halloween coffee club & Hospitality Day



New books in the library



Borrowing for holiday reading.... It's time to get organised.

One of the great things about the school holidays is that you have more time to read for pleasure! Our library team are happy to help you borrow books for the holidays.

Borrow your summer reading books in time by contacting the library on 9383 0270 or 9383 0271 by the 10th December.

We can help you make a choice, explain how to search and reserve titles online and then post out your books.

[2020 NSW Premier's Reading Challenge](#)

The PRC starts again in March 2020. Follow the link to check booklists on the PRC website. You can count all of the books you are reading now, and in the holidays towards next year's total. So make sure to list the titles and authors as you complete them.

Well done to the many students who completed the 2019 PRC! We hope you'll join us again for the 2020 NSW Premier's Reading Challenge.

Time to send back your textbooks!

As the end of term approaches it's time to collect all of your textbooks and send them back to the library, except if you are using them in your Year 12 courses. We will send out a reminder notice to your DoE email on the 10th December.

Please feel free to contact the library with any queries on 9383 0270 or 9383 0271.

Myth busters 2

The debate is still on: is chocolate good for us? Dark chocolate is rich in cocoa and has slightly less fat in it and a lot less sugar. It tastes bitter because it's the closest to what actually comes out of the cocoa bean, which is cocoa powder that is sugar free and milk free (there are dozens of beans in one pod growing on small trees in tropical areas). Because it is a bean and high in antioxidants called flavonoid', human tissue cells are strengthened when we eat it, so our bodies are able to stop some cancers from growing. Cocoa is also high in various minerals.



Unfortunately processed chocolate like in Mars Bars, Freddo Frogs or ice cream is low in nutrients and way too high in fat and sugar. It might make us happy for a minute but our heart health takes a dive and our body fat soars.

Don't debate, discriminate – the darker and less processed chocolate, the better!

THE NATIONAL YOUNG LEADERS DAY

WHERE STUDENTS
ARE INSPIRED TO LEAD



Can't. We've all been there, thought we *can't* finish an assignment, *can't* leave home, *can't* anything. As Erin Molan said at the Halogen National Young Leaders Day Conference, "Don't be a victim," especially because you think you *can't*. She did not think she *couldn't* achieve her goals and dreams of becoming a television reporter when she got hundreds of rejection letters and no phone calls. Erin was determined and used willpower to become the star that she is today.

This incredibly amazing and beneficial conference was attended by two members of SDEHS' Student Leadership Group (SLG), Raphaella Revis and Evan Murty. At the conference, John Courtis brought a tear to every eye as he retold the horrifying and phenomenally beyond inspirational story of how he was treated as a failure because of his medical condition. When John was born, his parents were told he would not live a day – now John proudly celebrated a milestone birthday with a family of his own. John could have looked at his life in a different way, thinking that all the torturing bullying was correct – and he almost did think that he *couldn't* deal with it any more, until he released the only way to do things is to have a purpose and direction through setting and working towards goals. Goals give a direction and sense of purpose by letting us know that we're on our way to achieving our dreams because with determination that does become a reality.

Lachlan Smart, also an outstanding speaker, did not think he *couldn't* become the world's youngest solo pilot at the mere age of 18, despite having two near-death experiences. Lachlan could have easily given up at the first severe difficulty during his 54-day trip, but he didn't, because he knew his direction and purpose because of the goal he set himself. Sure Lachlan's plane was almost shot down in Cairo and he was nearly scammed in Sri Lanka, but that didn't stop him.

Similarly, Bianca Chatfield, a now world-famous netball champion, was determined not to let her insecurities about her height get to her and learnt how to turn the negative thoughts into stepping stones to progress further in her life and career, and she is now a role model for sports fans and tall people worldwide because of her achievements thanks to her self-determination and belief.

All these inspirational speakers are people who often think we *can't* be like, and that's okay because we don't need to be like them. We need to be like us and learn from them.

John, Lachlan, Erin and Bianca were not born inspiring leaders, they had to make themselves leaders by first leading themselves. This is something that is encouraging at the SDEHS SLG program, where everyone can come and learn to become a leader, regardless of thinking they *can't*, because everyone can if they only want to. Thank you very much to SDEHS for the opportunity to attend such a fantastic and necessary event.

Student Successes

Byron Stapleton Year 9

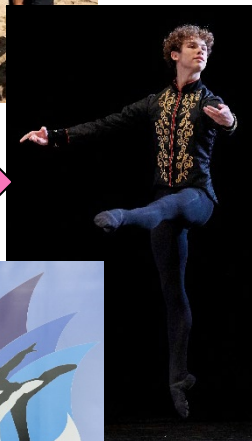
Byron Year 9 has competed at a local, state and national level ranking 6th at the Australian Junior Surf Titles. He trains and travels both nationally and internationally for surfing. He is currently sponsored by O'Neill, Lost Surfboards, Creatures Of Leisure, Sex Wax and Slimes Boardstore who provide him with equipment, accessories and clothing. Byron has spent several weeks last month training with an elite group of young surfers and his coach in Indonesia. Returning home for a couple of days he was given just a day's notice that a big swell was hitting G-Land in Indonesia and that he would be flying back out with one of his sponsors. For seven days he surfed perfect 8-12ft swells over a razor sharp reef surrounded by jungle. From there he flew to South Australia to compete in the RipCurl Gromsearch on the beautiful, remote York Peninsula.

He won the U/16's which has secured him a place in the Ripcurl Gromsearch National Finals held in Jan 2020. January also sees him heading to Hawaii for several weeks to train in big wave surfing.



Byron
Stapleton
Year 9

Lincoln
Sharp
Year 11



Vlada
Vasiliev
Year 7



Mia Zanardo Year 10

Mia Zanardo Year 10 won a gold medal at the prestigious Genee International Ballet Competition in Toronto Canada in September. There were 62 dancers from 13 countries aged 15-19. It tops off a successful year which took her to Hong Kong representing Australia in the Asian Grand Prix where she won scholarships to the Canadian National Ballet School & Royal Ballet School. She also won the NSW Cecchetti gold medal in Sydney and 1st place in Sydney Eisteddfod 15 years. She trains full time at Alegria Ballet School in Woolloomooloo.

Lincoln Sharp Year 11

In 2018 Lincoln won many international awards, auditioned and attained scholarships to the Houston Dance Centre for the Intensive Summer School and The Royal Ballet Spring Intensive School in Hong Kong.

He attended Youth America Grand Prix (YAGP) semi-final in Melbourne in October 2018. From this he was offered Short-Term Scholarships with English National Ballet School (ENBS) and Dutch National Ballet Academy; a scholarship to attend Houston Dance Centre Summer School again as well as a further Short-term Scholarship for Houston. He was also accepted into English National Ballet School and Dutch National Ballet Academy Summer Schools in 2019.

Again, this year Lincoln entered the Isobel Anderson Awards RAD NSW in March coming runner-up in his level. He also attended the Alana Haines Awards in Wellington NZ in April and received a scholarship to the Alberta Ballet School Canada. In August, Lincoln was one of 8 dancers from all over Australia and NZ in the Sydney Eisteddfod Senior Ballet Scholarship Final performing on the Opera House Concert Hall stage.

Lincoln attended YAGP semi-final again in Melbourne in October and was offered a Short-Term Scholarship to John Cranko School of Ballet in Stuttgart, Germany and a Short-Term Internship to The American Ballet Theater Studio Company in New York along with a place in the YAGP Final which is to take place in New York, April 2020. Lincoln has also been selected for the Prix de Lausanne Ballet competition in Switzerland, in February 2020.

Vlada Vasiliev Year 7

Vlada Vasiliev Year 7 recently competed in the NSW State Figure Skating Championship and claimed First place in the Junior Division, being the youngest competitor in this division. She has now qualified for Nationals which will be held in Melbourne in December.

Fun at Ingleburn Hub



TAS Trivia

Congratulations to Sophie Walker Year 11 who was the first to answer all five TAS Trivia questions correctly from the last Newsletter – well done Sophie!

SDEHS Learning Hubs

Learning Hub	Location	Opening Time
Glenbrook	The Glenbrook Centre, 1 Ross Street, Glenbrook	9 am – 3.30 pm Thursday
Ingleburn	Greg Percival Community Hall, Corner Oxford Road and Cumberland Road, Ingleburn	9 am – 3.30 pm Tuesday
Miranda	Miranda Community Centre, 93 Karimbla Road, Miranda	9 am – 3.30 pm Monday
SDEHS Woolloomooloo	SDEHS Library, 38-68 Forbes Street, Woolloomooloo	10.30 am – 2.30 pm Wednesday 9 am – 2.30 pm Friday
Tuggerah	Tuggerah Community Hall, 9 Anzac Road, Tuggerah	9 am – 3.30 pm Tuesday
Woy Woy	Coast Community Connections, 93 McMasters Road, Woy Woy	9 am – 3.30 pm Monday

Book online via the SDEHS home page. For further information contact Hub Coordinator
Duncan Gerdes phone 9383 0235 email: duncan.gerdes@det.nsw.edu.au

School Policies and Procedures

Students, parents, carers, supervisors, staff and members of the wider school community are invited to suggest improvements to school policies and procedures.

Suggestions and complaints may be emailed to the school email sydneyh-d.school@det.nsw.edu.au and will then be forwarded to the senior executive.



1800 55 1800



Parent Line

1300 1300 52



Contact

Address: Forbes Street, WOOLLOOMOOLOO NSW 2011
Postal address: Locked Bag 5000, POTTS POINT NSW 1335
Phone: 02 9383 0200
Fax: 02 9383 0222
Email: sydneyh-d.school@det.nsw.edu.au

