Bridging The Distance 2019







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Acknowledgements



Bridging the Distance 2019

The magazine of Sydney Distance Education High School

Thank you to everyone who has contributed to the publication of our magazine.

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Senior Executive Report



Thriving together - How do we thrive?

Mark Piddington

I thrive on the importance of the work we do, and the generosity of teachers and all who support us. I thrive on the smiles of students and those who love them. I thrive on ideas, new challenges, lists and coffee.

David Tracy

I thrive on the things that give me purpose. The work I do with colleagues I respect and admire gives me purpose. The people I love give me purpose. It is important to navigate the twists and turns of life without losing sight of those things.

Julie Kennedy

To thrive means to "grow well or vigorously, to prosper or flourish". Like flowers, we all need to be fed and nourished by those around us. We all thrive on being organised, having structure in our lives and being inspired by others. My motto is, "Always go to bed with a dream and wake up with a purpose." Then you will THRIVE.

Lisa Keating

Supportive and regular communication between students and teachers is essential in building a school where students thrive socially, emotionally and academically. Maintaining a balance between work, family and friends helps me to maintain happiness and wellbeing, while continuing to thrive.

Sue Cooksley

We thrive best when we are happy. We thrive when we are supported to step outside our comfort zone in pursuit of our goals. We thrive when we have a supportive school environment where we can nurture our passions and face new challenges.

David Grime

We thrive by challenging ourselves. This year I have been relieving in a different job. Outside school I organise 4WD trips for my club to outback and remote parts of Australia. Both things have risks and are challenging, but when people say "thank you" or "that was really great" it means the world, and we thrive together.











The SDEHS learning hubs are learning where students meet regularly with their teachers to get assistance with their work and meet other students.

They are a non-threatening, calm space where students are able to work alone or with other students. Faculties run workshops such as cooking and art workshops and students sometimes sit for examinations or assessment tasks at the learning hubs. There are currently learning hubs running at Woy Woy and Miranda on Monday, Ingleburn and Tuggerah on Tuesday, Glenbrook on Thursday and in the Sydney Distance Education High School library in Woolloomooloo on Wednesday and Friday.

Student attendance at the learning hubs has grown during 2019 with approximately 49% of home-enrolled students (around 270 students) attending one of the six learning hubs each week, building trust and connections with teachers and students and keeping on top of their school work. Strong friendships are formed among students attending the learning hubs, as well as strong rapport among students, supervisors and learning hub teachers. Students and staff often eat lunch together and some students enjoy socialising with other students during the lunch breaks.

This year the learning hub teachers helped to develop a SDEHS Student/Supervisor Learning Hub Handbook that is available to help familiarise students and supervisors with processes used in the learning hubs to support student engagement and safety. As part of the school self-assessment process students and staff participated in focus groups. Comments made about the learning hubs strongly reflect the important role that they now have in engaging our students and encouraging learning success. The learning hubs were described as "a change in school culture where students network and feel valued" and "a more dynamic community and a greater sense of belonging for students in an atmosphere where students feel safe".



The Student Leadership Group



The Student Leadership Group (SLG) represents all students at SDEHS. The SLG advocates for school improvement ideas and is a point of contact between the students and the school.

It addresses relevant issues and sets achievable goals. The SLG aims to ensure that students' views are heard in decision-making processes, to empower students to contribute to a positive school culture, and to strengthen the school community through active participation. The SLG has a strong social justice focus with the underlying theme of helping others and promoting equality and a sense of belonging in the school and the wider community.

During 2019 the SLG worked on a range of initiatives aimed at fostering student wellbeing. In particular the SLG was instrumental in making a SDEHS Student Identification Card available to home-enrolled students. Other activities included running a morning tea to promote the National Day of Action against Bullying and Violence. The "Bullying No Way" message was promoted through posters, advice cards and National Action Day ribbons. All funds raised were donated to





Lou's Place, a crisis refuge for women in Kings Cross. Another SLG highlight for 2019 was raising funds for the Cancer Council by participating in Australia's Biggest Morning Tea. SLG members worked collaboratively with VET Hospitality and Retail and the Coffee Club. The SLG also contributed to important activities including Harmony Day, The Big Day In, Wear it Purple Day and Diversity Day.

Throughout 2019, there were six SLG meetings, which developed the leadership skills of the SLG student members. Two student leaders proudly represented SDEHS at the National Young Leaders Day held at the International Convention Centre in November. The SLG is currently setting up an SDEHS debating team with the aim of providing an opportunity for students to discuss and debate a variety of topics that are important to them. It was a productive and exciting year for the SLG in which student numbers grew substantially with up to 25 students attending the meetings. Home-enrolled students are encouraged to attend the SLG in 2020 to continue to increase the positive impact that our student voice is having on our great school. The SLG student body would like to thank Catherine Soper, the coordinating teacher who gave generously of her time with energy and enthusiasm.

The SDEHS Choir Project





The SDEHS Choir Project is an extracurricular activity that began in 2018. The choir, now in its second year, gives our home-enrolled students the opportunity to sing with other students in a supportive non-judgemental environment and to help build a greater sense of school spirit.

Approximately 35 students have been involved in the choir since its inception along with a group of enthusiastic and supportive teachers. A community of singers meet every Wednesday from 1.00 to 2.00 pm to sing a wide repertoire of songs, including music from popular, multicultural, jazz and folk genres. The atmosphere is calm and fun. The role of musical director is shared among the teachers and students have opportunities to sing solo parts if they wish to. All choir members are given a Choir Project T-shirt that is



worn at performances. The choir performed at two Presentation Days in 2018, at the Distance Education Symposium and Distance Education Leaders Meeting in 2018, and opened Diversity Day 2019 with a moving rendition of "Senzenina", a South African anti-apartheid folk song written by Zimbabwean poet Albert Nyathi.

The NSW Distance Education Choir Project emerged in response to a moving performance by the SDEHS Choir Project performance at the 2018 NSW Distance Education Symposium. Students and staff from SDEHS joined staff and students from nine other distance education schools across NSW in a video recording featuring a 120 person choir singing "My Island Home" by Neil Murray that was shown to over 300 delegates at the opening of the Australasian Association of Distance Education Schools Conference of elearning & Innovative Pedagogies in 2019. This performance was to celebrate the diversity and collaboration that exists among the NSW distance education schools.



Volunteering & Social Justice







Volunteering and Social Justice Programs at SDEHS aim to foster our students' sense of wellbeing and community spirit. Harmony Day, Diversity Day and the Premier's Volunteering Program are some of the initiatives at our school that aim to inform, delight and unite our educational community.

Harmony Day is celebrated on 21 March each year. This year, our students were invited to a special private screening of the movie *Green Book* which centred on themes of racial profiling, socioeconomic rifts and segregation. After the screening they participated in an in-depth review of the movie focussing on comparisons between our society today and the 1960s. The students engaged with the themes of the movie with interest and enthusiasm.

Diversity Day was a big celebration of all things different about us. It was held at school celebrating many aspects of diversity such as race, culture and disabilities whilst focussing on our shared humanity. On the day students participated in sports, games, art activities, meditation, henna tattoos and feasted on a range of fabulous foods. Both Harmony Day and Diversity Day aim to foster environments of peace, equality, inclusiveness and accord. Students, their families and carers appreciated the intention and spirit of these days and eagerly joined in the activities that were offered.

Volunteering is a rewarding activity that is encouraged by our school. Students in Years 9 to 12 have enrolled to volunteer their skills and time to help less fortunate people and give back to their local communities. Our students have volunteered a few hours at a time or on a regular basis, some students being active volunteers for the last few years. A number of our students have been part of the school Coffee Club, the Student Leadership Group (SLG), Manly Life-saving, working with the elderly, working in animal rescue and bush regeneration projects, being active participants in clean up campaigns, volunteering at church, providing dance classes ... and the list goes on. Isn't it fantastic to see our youth be so compassionate and kind and give back to the community while learning invaluable lifelong skills!

SDEHS prides itself on acknowledging and celebrating the diversity in our school community and the desire to encourage and applaud unity and respect and care for others.

Wellbeing Initiatives





The Student Wellbeing Team has again been very busy this year implementing various programs to support our students and ensure they are meeting their goals and achieving their personal best.

The Year Advisers work tirelessly throughout the year supporting students and their families ensuring they are safe, happy and engaged in their learning. Students are encouraged to come into the school to meet their teachers, meet fellow students and participate in the large number of extracurricular activities on offer.

Transition Advisers visit students at home and ensure that the student and their family have a thorough understanding of school processes and school expectations. The Transition Advisers ensure that students are able to access their emails, logon to elearning sites and have direct communication with their teachers.

Members of our Student Wellbeing Team organise many activities and excursions to provide students with a wide range of experiences. This in turn increases knowledge, skills and resilience and creates opportunities for students to develop positive relationships with their peers. The events include Diversity Day, Harmony Day, school camp, and excursions to various sites around Sydney.

Our Girls' and Boys' Supervisors have continued to offer the mentoring program, where our students are mentored by one of our staff members. This way they feel supported and can seek further advice and guidance in any area they are interested in. This year we have a new LGBTQI coordinator who works collaboratively with all staff to ensure inclusivity and support for all students.

The Head Teachers Welfare have been busy overseeing the progress of all students and ensuring that they are achieving their learning outcomes. Following reviews there has been an increase in the number of coordinated support meetings to ensure the best possible outcome for each student.

At the end of each year we hold our semi-formal for all students who complete their Year 12 studies. It is a great opportunity to celebrate this wonderful achievement. We encourage all students to come into the school and our learning hubs and be an integral part of our school community.

Year Advisers' Report Stages 4 and 5

 Stephanie Quirk
 Julianna Chan

2019 has been another eventful year for Stages 4 and 5. Years 7 and 9 students participated in the National Assessment Program – Literacy and Numeracy (NAPLAN) and Year 10 worked towards achieving their Record of School Achievement (RoSA).

It has been great to see students taking the opportunity to get to know each other (and their teachers). We kicked off 2019 with Orientation Day and it just got busier from there. We've had numerous study days, Coffee Club, SLG gatherings, Big Day In, Boys' and Girls' Days – just to name a few. It's always fantastic to see students being part of the school community, meeting teachers and old friends, as well as making new ones.

2019 has also been a big year of student achievements. Whether you excelled academically, shone in extracurricular endeavours or rediscovered a love for learning and challenged yourself to step out of your comfort zone – congratulations!

Thank you to students and supervisors for your wonderful commitment to SDEHS this year. We look forward to another brilliant year in 2020.











Stage 4 Students' work



My Secret Garden

Golden rays of sun shine among the blooming flowers, dancing in the light breeze. Chocolate brown tree trunks with bright green leaves, rustling as if they are whispering to each other. The fountain water glistens in the sun and ripples as droplets fall from the trees above. Birds chirp happily in the distance but otherwise it is silent and peaceful. I run down to my wooden swing set, and sit down. Warmth spreads across my back as if the sun is hugging me with its heat.

The swing crackles when I swing on it, as I watch my feet pass through the blue sky. I run my bare feet along the patch of grass below me as the soft soil brushes along my toes. I sit for a bit and glance over to the flower patch which looks like a field of rainbows. I close my eyes and my hair floats in the soft, silent wind. No one knows about my secret garden.

Ilaria Biordi



Vlada Vasiliev



Adoption

Choose well where you buy, Do you really trust this guy? Don't let innocent animals die. Look at adoption, it's a wonderful option.

Stand up and be their voice. Animals in pounds don't have a choice. Bring them home, you'll all rejoice. Look at adoption, it's a wonderful option.

How about a fish or a reptile? They'll be around for a while. They're guaranteed to make you smile. Look at adoption, it's a wonderful option.

Not just fluffy, there's also scales. Some have wings and some have tails, They've done no crime, deserve no jails. Look at adoption, it's a wonderful option.

Sarah White





Tijen Bayhan









Natalie Somorjay



Stage 4 Students' work

HONK HONK BEEP BEEP

Let's learn about the frightening freeway It's loud as lightning HONK HONK BEEP BEEP And discriminates by how much you weigh All the cars following each other like sheep But as loud as it is it helps you along your way

Now let me tell you about the intersections It's scary as a warzone, in a car or on the street Don't think about looking down at your directions Or you'll end up going through the windscreen, still strapped to your seat

And the parking, well the little that there was It's sparse and the spaces are a tight squeeze If your car can fit, you deserve a round of applause And when you finally get out you realise you lost your keys

Camille Pearson



Sean Smith



Animal snap game - Harrison Woods

A delicious dish

Today I cooked Barramundi fish I was hungry as ever could be But boy it was a delicious dish And satisfied the hunger in me.

Though I needed help in wrapping Of the fish in the shiny foil But my mum was too busy napping. Really, that was the only spoil.

In the end it turned out delicious I wish you could give it a taste. At the same time it is nutritious I wouldn't put it to waste.

Vlada Vasiliev





Ella Perry



Real world

We put our minds into a virtual world

We ignore our real world

We blissfully tune out when there are hardships in life

We refuse to face them

But slowly we lose time to play video games

And we have to confront our problems face to face

But even then when we have no more problems to worry about

We forget to go back to them

Jackson Mizzi





Natalia Duffy

Stage 4 Students' work















Bella Hall

Melanie Persinidis



Bodhi Addison-Tozer











Stage 5 Students' work



Kristy Bendeich

Grow

A garden, dull and arid Under the cover of dark clouds Yearning for colour To shine upon this sullen place

A lone ray of sunlight breaks through the clouds Sowing life into the barren Seedlings reach for the sky Light and life hand in hand

A garden in bloom Flowers cast light of their own Spreading their colour across the horizon Bringing beauty back to the landscape

A lone wanderer Not lost, but not yet found Stops to admire petals of gold In a garden of beauty, where all belong

Catherine Allomes



Brendan Camilleri



Stage 5 Students' work

My Happy Place

Oh great, Edith's calling me again. What did I do this time?

I'm sick of this. I quietly slip out the back door, open the gate, hoping it doesn't creak, and close it behind me. Running down the stairs and around the corner, I go down the dim alleyway and stop at one of the old brick walls. The wall is covered in thick green vines with large white flowers, just like the rest of the building. They climb all the way up to the higher apartment levels.

Cars zoom by on the main road as I pace the alleyway to search for the hidden light switch. I spot it and flick it on. The whole place illuminates in the dark. Heart shaped vine leaves tickle my fingers as I part them and see a small emeraldcoloured wooden door that has been revealed. I grab the brass key from the pocket of my red jacket and push it into the lock. I twist the key and push the door open with my left hand as I drop the key back into my pocket and button it up again. Tiny emerald green paint flakes stick to my hand. I brush them off on my jacket, which is now Christmas themed.

Through the door, I see exactly what I missed so much. I duck and walk through the door and there it is. My happy place. A botanical utopia, secluded from the rest of the world. Twisting, spiralling passionfruit vines and aromatic rose bushes cover the walls while the trickling of the fountain sends waves of relaxation down my spine. I stand there for a second to take it all in. Then I grab my watering can from the corner of the room and collect some water from the fountain, giving each plant a drink, one by one. I start with the orchids, so small and elaborate. Then the peace lilies and hibiscuses. I wonder a lot how such tropical flowers can grow in this dreary, rainy weather. Somehow they manage. I walk over to the snake plants that are sprawled every which way, and the peonies that are so pretty and pink. Then I water the tulips which have already retreated back into their buds. I reach up on my tiptoes to give my string of pearls a drink up in their high hanging pots. They remind me of the mermaid necklace seaweed, so long and majestic. Last but not least, I sprinkle the lavender bush and the gerberas.

A gust of freezing cold wind blows through the room from the cracks in the old walls and the plants give me an appreciating wave. I place the watering can back down and sit myself on the old wooden bench by the fountain. A perfumey scent wafts into my nose from the lavender bush and I can see the rays of sun come through the cracks in the walls, the last the day has to offer. The rainclouds must've been swept away by the wind. I slowly start to sink into the chair and feel an immense sense of peace inside me. I slowly drift off to sleep ...

Beth Challinor



Danielle Matthews



Mia Biordi



<page-header><image>

Daniel Withers



Zahra Elammar

Winter

It's the best time of the year! It's time to pack up and we're almost there. As we get out of the car snow is falling from the air. I ask Mum, "What are we supposed to wear?" I pair my skis with a fluffy coat and we get up to the top of the slopes. I felt like a bird flying, it was so much fun and there was so much laughter and glory. Plop! Down I go, it's a fun part of my story. So there was lots of snow and laughter and at the end we needed some hot cocoa.

Natalia Duffy

Stage 5 Students' work





Why should you switch to The Watt Steam Engine?

The Watt Steam Engine eliminates the need for a close water supply, meaning you can locate your factory anywhere! This results in less worry about frozen water, floods and dry spells. Our steam engine is also more efficient than regular engines which increases productivity. The Watt Steam Engine is newly designed and engineered making it the best engine out there! It is very cheap, affordable and can be used for almost anything because of its rotary engine.

Imogen McConville

Waiting and waiting ...

A dazzling TV stood in front of me. As I went to sit down The TV came on with a slight 'pooft', And I jumped back in my seat. I watched the TV as it began to switch channels by itself. I was more concerned for what was going on, And how it was going on. I quietly sat there On my couch Just staring at my TV waiting for something interesting to pop out, But nothing ever did. I was waiting, and waiting ... But nothing ever happened Until I heard a loud bang as my couch began to speak



Lillian McKenna

Brand<mark>on Du</mark>ffy

Working Conditions in the **Industrial Revolution**

Children often worked with their parents under the same horrific conditions

- Five-year-olds worked in dark coal mines as trappers, opening and closing doors to let wagons through

- Twelve-hour days underground in mines was normal for eleven-year-olds

- Older girls carried coal to the surface in huge baskets on their backs

- Not even small children were allowed breaks
- Children were whipped for being late or slow.

Personal Reflections

I believe that working conditions today are much better due to the hardships people in the Industrial Revolution faced and fought to change.

It's hard to imagine how difficult lives were for children my age. They didn't have a childhood or education, yet somehow made working conditions better for every generation that came after them. They must have really valued the little time they had for education, which makes me appreciate my education and opportunities all the more.



Even though new laws were enacted, I learned that they needed to be monitored years later so they were enforced and became normal practice.

We should be grateful for technological advances that allow humans more freedom to do less manual work, although now we face the problem of people being out of work due to robots and automation that do their jobs.

Also, as in the case of Huggies recently, people may lose their work if there is cheaper labour elsewhere.

Nearly 200 years later, technological advances in industry are still impacting how humans live and work and governments and industries must still take action to think about their impacts on peoples' lives.

Arjan Jayawardena







Brendan Camilleri

Stage 5 Students' work

RIGHTS RIGHTS RIGHTS

You have the right to express yourself. Whether it be an opinion or a fashion statement, it's yours and your responsibility. Freedom of expression allows us to be independent individuals, one of a kind. It allows us to express and form new opinions, believe who we believe, think what we think. Don't let it be taken away from you, your individuality. The world of 2019 is closing in, free thought and speech is being weeded out. Make the right choice, stand for your voice.

> MAKE THE RIGHT CHOICE, STAND FOR YOUR VOICE.



Dakota Maddocks



Vena Houng-Sayaloune



Lilli Parker

Piper Teasdale

Sweet sixteen

When I was eight years old, I was careless, free. I was like a bird in the sky; I could go anywhere without any dire consequences. I remember my sister turning 16 like it was yesterday. Opening my checkered blue curtain and using the sleeve of my pyjama shirt to rub away the fog that had gathered around there whilst I was fast asleep, dreaming the night away. Peering through the clear gap I had created with my bulging bright blue eyes gazing at the surroundings outside my bedroom window. Watching full of amazement as the frost layering the grass melted away while the brightness of the sun grew stronger and stronger. "Another beautiful winter's day," I thought to myself as my lips slowly crept into a smile.

Dragging myself into the kitchen, I was expecting it to be filled with bright and colourful decorations and our video recorder to be set up filming our morning like it always does when it's someone in our family's birthday. However, much to my surprise I walked into a bare kitchen, a boring kitchen, our usual kitchen. Watching my sister race out of the house with her school bag half zipped and holding a piece of toast in her mouth before I could even open my mouth to wish her a happy birthday. In a complete state of confusion, I turn towards my mum who is standing at her usual post in the room, spreading the jam on her toast for her breakfast. "Why is the room not decorated? It's Anna's birthday," I ask with my voice full of curiosity. Mum looks up from her toast and looks at me with a sympathetic smile, takes a deep breath and says softly, "Anna is sixteen now, darling. She doesn't want us to make it a big deal any more. She finds it embarrassing." With a look of utter shock on my face, Mum then ushers me to school where I continue my school day and classes as per usual.

That night, I couldn't manage to sleep. I just didn't understand how Anna didn't want her birthday to be made into a big deal. Like it's her birthday! It's the one day a year where the whole entire day a year where it's all about you: while finally drifting off to sleep, I still couldn't imagine why she was thinking those thoughts.

Well, fast forward 8 years to my 16th birthday, I wake up and the far-distant unimaginable future has mysteriously become the present.

Hayley White



Hugh McDonald



Lydia Beaumont-Cankaya

Stage 5 Students' work

Compulsory Hero

What is this song about?

- This song is mainly about conscription during the Vietnam War.
- It is about soldiers being forced to fight in the war and the emotions and hardships that came along with having to go to a completely foreign place and fight without choice.
- It is about the difficulties of being pressured into being a "hero" and not knowing if or when you'd get to go home.
- It also touches on topics relating to the contrast of seeing war as a child compared to as an adult.

What is this song saying about the war?

- The song is saying that conscription during the war was unfair and caused many problems for the men being forced away from home.
- It touches on topics such as having generations of family members all having to go through the same thing and not being able to live the life they may have wanted to.
- Having to be a "compulsory hero" and "dying to make it home" are mentioned several times in this song which is portraying how hard it must have been for the soldiers to be destined for war their whole lives and uncertain of when they'd see their families again.

What does it tell us about the impact on Veterans?

- This song tells us what it was like being forced to fight in the war, through the lyrics. It explains how so many normal men would just be living their normal everyday lives until one day they were lined up and sent away to fight for their country with no information other than being required to defend their country and be a "compulsory hero", all because of the law.
- The song teaches us how hard it was for the soldiers to go through not only for them, but for their families and loved ones who had to say their goodbyes so soon and with such uncertainty of the future.

Casey Holdsworth

ONLY TWO THINGS ARE INFINITE,

the Universe

and human stupidity,

and I'm not sure about the former.



Daniel Prichard



Samara Brender

In the Forest of Forgotten Things

The winner of my love, the ruler of my heart. But for a second you were with me. But for a second, we were constrained and far apart.

I rule this kingdom atop a golden seat but how much could I be ruling it, for you to be killed and for us to never again meet?

In the forest of forgotten things, with fever and a broken dream, with wilting flowers and ancient trees, I find you here next to me.

A dress as simple as vanilla that was patched from head to toe.

Messy hair, barefoot to go.

Yet still as it was on the first day I saw you, I look upon you and my heart is as full as the moon that glows upon you.

"I'm sorry," I say.

"I never wanted you to go away."

"I love you, oh how I love you. Could I do anything to make you stay?"

She looked upon me with a raven's eye, with a giant's strength and her head held high and she said: "I'd say the same to you, if not the only thing I could say be goodbye."

With the whoosh of the wind, she was gone from sight.

She left me alone, amongst the mournful trees in the moonlight.

Elise Chamberlain





Ebony Pressnell



Zahra Kell

Jett Azzopardi

Stage 5 Students' work

RIGHTS DAY

Stand for human rights and equality on Tuesday, December 10.

40 MILLION CHILDREN BELOW THE AGE OF 15 Suffer from abuse and neglect.

EVERY CITY WITH A POPULATION GREATER Than 250,000 Reports gang activity.

APPROXIMATELY 27 MILLION PEOPLE ARE Currently enslaved in the human trafficking trade around the world.

MORE THAN 300,000 CHILDREN UNDER THE AGE IF 18 ARE BEING EXPLOITED AS CHILD SOLDIERS In Armed conflicts worldwide.

GET INVOLVED AND SUPPORT HUMAN RIGHTS TODAY

Georgia Rose

The Rainbow Rap

Red roses and poppies reflect desirability Yellow daisies and daffodils symbolise positivity

Pink camellias and blossoms show sensitivity Green orchids and lilies reveal tranquillity

Purple pansies and lavender convey spirituality Orange gerberas and marigolds indicate creativity

Blue irises and hydrangeas display responsibility My secret garden is a place of individuality

An expression of my unique personality If you take a flower I get great irritability

Hugh McDonald











Midnight Moon Cat

In a big dark building with windows like eyes The night time is full of midnight sighs Old dreamers remembering all their lost loves The happy times, the good times And the playful shoves

I walk these halls when the sun goes away Not talking, just listening to what nobody says Tucking and cleaning and polishing and improving For the broken hearts who have taken to their last beds

I'm like them inside but outside I keep moving

Their wrinkly eyes are closed tight Even though there's no light Their dry old hands reach out Searching in the darkness and shadows For the people who made them dance and shout

As midnight strikes on the ticking clock A dark shape slinks around the block Soft and sleek and purring deeply A black cat with yellow eyes enters every door She leaps light as air onto the body that's sleeping

Kneading claws and breath like air Yellow eyes with a deep dark stare She sees the memories, she knows what to do Without a sound or a move or anything at all She takes their sadness inside her too.

Her yellow eyes shine like the midnight moon Her body twitches and not a moment too soon The broken heart of the sad sleeping soul Moves into the dark black cat And the old dreamer is sad no more

The cat jumps clear as the dreamer is free The time has come for an endless sleep No sadness or darkness, it's all in the cat The dreamer stops dreaming and that is that Life is over and their dreams disappearing In the dark sleek cat body who is at my feet breathing

Until tomorrow night says the heart stealing cat When I find another heart that needs to sleep Forever and happy with a long life done Sleeping not breathing All memories gone.

Billy Judd

l grow my secret garden

I grow my secret garden, It prospers lush and green. Roses and daisies of all colours, It's the greatest you've ever seen.

Nobody sees my secret garden, I hide it for a reason, Because my lovely garden Has its winter seasons.

It rains, it pours, It blows the soil away, But even when it rains, Always comes a sunny day.

I grow my secret garden, It prospers lush and green. It stays strong through the seasons, It's the greatest you've ever seen.

Kurt Leeson



Our School



















































Year Advisers' Report Stage 6



The role of Stage 6 Year Adviser is forever evolving. It has been an absolute privilege for Jessica Fletcher, Helen Flint and Rachael Corkin to support senior students in becoming the best that they can be. We are so grateful for the opportunity to connect with our students and help them transition into the next phase of their lives.

Engaging with students at the learning hubs and whole school events such as Big Day in, Harmony Day, school choir and camp, has been a real highlight of 2019. This year, our Stage 6 students demonstrated tremendous school leadership, participating in initiatives such as SLG, school choir, fundraising events, Premier's Sporting Challenge, Coffee Club and school camp.

Years 11 and 12 are at once the best and most challenging years of one's schooling life. They are the best years, because students have made it to the very end of one educational journey and are well-equipped with the tools they need to succeed in future endeavours. They have worked hard and are aptly rewarded for their effort. The hardest years because they are the beginning of a new and unknown chapter of life. The possibilities are endless, but may also seem daunting. Rest assured, your goals and aspirations will become clear as you move forward!

To our Year 11 students: we look forward to nurturing your growth and enabling you to reach your true potential in the HSC year. We want to thank the parents and supervisors of students for their cooperation in supporting our students and encouraging them to strive for their very best.

To all our Year 12 students: we would like to proudly congratulate you on your hard earned achievements. We wish you every success in your future endeavours. We hope that you will look back fondly on your time with us at Sydney Distance Education High School.



Stage 6 Students' work

My Secret Garden

Rotting wooden gate lies open, Ivy tendrils lie in wait. Breeze whispers, icy kisses, Woven gravel path flows straight.

Eyes feast on scenes so splendid, Babe bulbs scream a saffron tone. Secret garden now awakening, As autumnal trees ache and groan.

A gentle kiss of morning dew Blankets thickets rife with thorn. A riot of April's subtle hues As summer greenness paints the lawn.

I hear the ode to springtime play, Orchestral rhythms rend the air. A garden hidden by the wall, Where beauty blossoms everywhere.

I have to go, I hear the call, As scents of supper drown my nose. I'll return, I whisper faintly, As the gate creaks to close.

Jasmine Aitken

My First Day at Work

I was trembling in my boots, I didn't know whether I should be excited or nervous. It was my first day at work, the inside of the car dealership had that new car smell. My boss greeted me with a smile and firm handshake, he was wearing a black fitted suit and wore a smirk on his face. "I'm sure you already know me as Mr Smith your new boss, so are you ready for a tour?" I started to feel confident, how did I get a job at an Audi dealership with no work experience and still be in school? Sure I had experience with cars but nothing like this. I cheerfully greeted my two new co-workers, one was tall and spoke with confidence, he was one of the car salespersons. The other spoke in jargon, she was one of the mechanics. My boss explained to me what my job was. I was to clean both the interior and exterior of the cars and to clean the equipment. My boss also told me that I can drive the cars when I get my Ps. I enjoyed my first day at work, I met new people and stepped out of my comfort zone. I know I'm going to enjoy my job and the people and I can't wait for my next shift.

Shanali Megan



Madison Gribble



Back to normal life

It had been nine months since Lydia had last seen her dad and Sherry. Not only had she left her old life behind, but most of her childhood memories too. Lydia missed the days when it was just her mum and dad. Why did Mum have to die of cancer? Why did Dad have to re-marry to Sherry, the annoying try-hard step-mum?

It was cold on the streets. Lydia had not expected her life to be like this at the age of 17. She had tried to find a job, but nobody wanted to take in an uneducated teenager. She was smart, but decided to stop caring after Charlie's wedding. She knew her mum wouldn't have wanted this. Before she left the world, Jane had told Lydia to let her dad be happy and find someone else, but she couldn't accept it. Her mum and dad were the only ones for each other and nothing could change that.

The next week Lydia tried to find some shelter. At 17, she was extremely vulnerable. She of course knew how to take care of herself, something that was mandatory when you were homeless, but at least homeless shelters had free warm meals, as well as familiar faces and new ones too, people who could relate to her and understand her reason for leaving home. However, it was then that she realised that it was time to call home – to call her dad and perhaps restore each other's trust. With no shelter space available, she knew it was the right thing to do.

Lydia knew that Sherry and Charlie were living in the same house, and she hoped he had kept the same phone number. With the ten numbers dialled on the pay phone, Lydia pressed "Call". She kept trying to calm herself down. Nine months had been too long. Both she and Charlie knew that, but would she be able to make amends with the person she loved the most in the world?

"Hello, this is Charlie, how can I help you?" came the voice, so calmly that Lydia knew he had no idea that it was her.

"Hi ... Dad, it's me, Lydia." she stuttered – too nervous to continue speaking.

"Lydia. Sweetheart, I've been worried sick about you!"

Charlie was lost for words too. It was not every day that your daughter suddenly appeared ready to forgive and forget.

Lydia knew that it would be risky asking, especially with Sherry most likely dreading to see her again.

"I know this is out of the blue, but I was wondering if I could come back home?"

"I ... I'm not sure, Lyds, I'll have to ask Sherry. Where have you been?" There was a pause. "Who am I kidding? Of course you can!" She could imagine seeing Sherry frowning at her father disapprovingly.

"Now you listen to me, kiddo. When you come back home it's not going to be all sunshine and rainbows. It's been nine months! You've missed out on schooling and normal life, Lyds. There are some serious consequences that we need to address!"

"I know, Dad. Please don't give me a lecture right now. I'm in Sydney at the moment, but I don't have any money to pay for a train ticket ..."

"I'll buy you one right now, sweetheart, Sherry and I are looking forward to seeing you. Does 10:30 am sound okay for you? It arrives in Dubbo at around 5 pm."

"That sounds great, Dad, thank you." Lydia spoke softly, and could feel tears welling in her eyes. She had missed her dad very much, and was glad that she had taken the time to call. Charlie was excited to see his daughter, but was also nervous as to how she would fit back into normal life. For all he knew, if she had struggled the first time, how would she be able to handle everything again? Only time could tell.

Lara Bothwell



Bella Burnley
Stage 6 Students' work

Time for a change

The day I lost my mother changed me. Something was taken away from me that day and I have never been the same since. I just remember the phone call after the accident. I felt empty and lost. I couldn't breathe, and I lost control of my body. I could no longer hold myself up and I wanted everything to go away. I had lost her: my best friend, the one who was by my side my whole life; who supported me, comforted me, put up with me, and raised me to be the young woman I am now. No one could understand this feeling of losing the person you love most. My mother was such an amazing person, so strong, kind, and caring. I know she would have wanted me to be happy and move on but life was so hard without her and all I wanted was to see her again.

It was Monday morning and a school day. School was hard and I couldn't wait until I was finished. I had one more year but Year 12 was stressful. I had one really good friend at school who made everything worthwhile. My best friend Laura was the person I could always talk to. She was like a sister. I found it too hard to communicate with people at school. I used to be really vibrant, social, happy and positive but I just haven't been the same since. I wanted to be how I used to be. I wanted to make more friends, go out to parties, and have a relationship. I just wanted to be normal again.

This Monday felt different. I felt the desire to try and make a change. Try to get my old self back again. The side of me that was social, fun, and positive. I decided that this week I needed to try to move on and heal myself. I know that this is what my mum would have wanted for me. I have an amazing support system with my family and Laura. My dad and Laura hated seeing me the way I was. My dad always helped me get through life without my mother and he's always wanted me to be happy and move on. He didn't deserve to lose his daughter through isolation and depression. He was going through the same thing. It was time for a change.

I wanted to begin by changing my mindset. I thought that making myself more presentable would be a good start. After my mum died I didn't really care about how I looked. My life felt like it had come to an end and I didn't think that making myself look nice would make it any better. Now it was time to clean up my appearance and make myself feel better about how I looked. This started with washing and straightening my hair, putting on mascara, and forcing myself to have a positive mindset even though it was hard to do. I knew it was going to get easier.

At school, I tried to interact with more people. I didn't really take notice of them before and it was nice to finally talk to some of them properly. Laura said that I looked so much brighter and she was glad that I had decided to start making a change. I asked her to take me places I hadn't been since Mum passed and to take me to a party where I could meet people and have fun. I also interacted with my dad more. We cooked together, ate together, and talked a lot more. I could tell that my change in mindset made him very happy.

I knew that this process wouldn't change me straight away and it was hard not to go back into my old habits. I knew the process was going to be long and hard but I believed that I was ready to heal. I was ready to become the girl I once was with a great social life and great mental health. I would always keep my mum in my heart but that didn't mean I had to hide and isolate myself from everything else that made me happy.

April Stubbs







Kailee Roberts





Joelle Douek



Ellen Shearsby

Home sweet home

Why is home so special to us? Is it the people it holds? Or the memories it shares? Is it the familiarity it bestows? Or the safeness and security it provides? Or maybe it's the warmth it gives, like it is a living being that actually cares.

Just the word 'home' with its simplicity has the deepest meaning and power within it. After a long adventure in a book, the resolution always ends with, "It's time to go home now," as they shed a tear. Just the thought of having a peaceful life without any trials or tribulations brings that warmth and happiness on the inside. The thought that through thick and thin you always have a place, a home waiting for you, rejoicing at your very return.

Home was always the light beacon after the darkness, the shining light that guided me through the places and the people I dreaded the most. Home has always been and will be where my heart is.

Anna-Marie Paasila

Stage 6 Students' work





Caitlin Lemon

Maria Papanakos

Teenagers

"Why me?" I shouted in protest. I know this is the catch cry of many young teenagers when they don't get their way, so I decided to give Mum and Dad the silent treatment. Unfortunately, that left me with my own thoughts which is never good. Help from social media was out of the question because not wanting to stay at your cousin's home for a week is embarrassing enough but when my dilemma is added to the situation, it's a real no-no. I consider myself an open person and accepting of everyone, including other races. However, when it comes to my uncle, I struggle. My uncle Cah has not lived in Australia long and still struggles with our language. He being from Bali doesn't bother me but it is difficult to understand him. I have to remind myself that this probably happens to lots of people; but that's irrelevant to the fact that I can't understand him when he speaks. I know he is trying his best to speak English and that just makes me feel worse. I'm actually scared to talk to him as I fill up with a morbid fear of smiling at him and saying an unintelligible "right" or "yeah", while nodding my head and not understanding a word!

The week began just as I expected it would – of course. One misunderstanding after another! How many times can you escape to the bathroom to avoid talking to someone? Saturday night arrived and the family was preparing to go out. I asked my cousin what was going on, and he told me an amazing revelation: his dad was a musician and singer. We were going to the local club to watch him perform.

My overactive imagination immediately flew to thinking the worst: that his language and accent would complicate the whole thing and I'd be so embarrassed. I was sitting, waiting for him to perform; but what happened next was unbelievable. He sang and played his guitar beautifully and I was gobsmacked at how I could understand every word. I discovered that when he sang practised songs, he could actually be understood. My relief was obvious and I think I probably whistled and applauded a little too much but I was proud of my uncle Cah. He had moved to a new country that speaks a different language and did not let that hold him back. My respect for him skyrocketed and I made my decision right then and there to get over myself and make an effort to engage in conversations with his amazing man - even if I ask him to sing the words when I can't understand!

Amy Mckinnon



Victoria Ramirez Contreras

98010p

Prot H

Janso

2Cams

Sounds in a Secret Garden

Trent Brandon

In my secret garden which fills me with happiness, I stay silent. It gives the forest around me the opportunity to communicate. The silence of humans allows nature to speak. It speaks so loud and clear through the birds chirping in the distance, as they sit up in the branches of the trees that tower stories high above me. Through the leaves that crumble and crunch beneath the pressure of my feet. Through the leaves that move with the soft breeze. Through the trickling stream that flows through the forest. But one can only hear the contents of my secret garden if you keep extremely quiet.

You see, humans want to destroy my secret garden. They disregard the fact that forests like these fill me with an overwhelming sense of joy. They ignore that forests like these are sacred land to Indigenous individuals. They overlook that forests like these are keeping us alive. Instead they focus on expanding highways, building towering apartments, or creating elaborate shopping centres where it seems like the same stores are on

every level. Humans would rather hear the sounds of racing cars down roads, or the chattering gossip in one of 20 coffee shops in a busy shopping centre. The appreciation for the land is gone. The obligation to protect an animal's natural habitat is gone. The respect for nature is gone.

But for many like me, it hasn't gone. It never will. Instead we appreciate the Euroka, or the sun, that shines upon our faces and warms our skin. We are obligated to watch the Indeko, or the moon, at night as it fills the sky with a fascinating and stunning view. We respect our Cooinda, our happy place. So next time you're in a secret garden of happiness, whether it's your own or someone else's, stay quiet. Acknowledge what surrounds you and take it all in. Remember the responsibility of protecting places like these that falls upon your shoulders. Otherwise generations to come, will never be given the opportunity to stay silent and hear the sounds in their own secret garden.

Shania Campbell

ts' work Stage



HSC Music composition Marcus Michelsen

Walking a New Path

The day I walked a new path was the day I found my true self.

It was a few years ago now. It was at a Christian conference with my youth group, the first one I had been to, where I found myself committed to a life that led through a new path entrance. It was magical. Up until then I was lonely, an outcast trying to fit in, but then I found my purpose. Don't get me wrong, I still felt lonely and things were not perfect, nor will they ever be, but something in me had changed.

I felt it instantly. One step on this new path and I was feeling things I had never felt before. A love that I had been searching for in my friends and family suddenly came about in the form of a book with hundreds of pages that I know I could never finish or fully understand. But it felt right. So I started reading and found that this new path brought up questions and inquiries.

So I asked them. "Pray," they said. What the heck does that mean? I learned that it meant talking to a being that somehow existed and was unseen. A monster or mythical creature? Who knows. So I lowered my head and prayed, whatever that means. Then suddenly over time it started to make sense and I found myself taking more and more steps on this new path.

But I found out that the path had animals on it in the forms of jealousy and hatred. I was being misunderstood and judged for this new path I found my feet on. Then something started to feel unsettling inside, something that went against what the words in this book had said. Were they wrong or was I wrong? I kept walking on the path. One step, then another. Nothing changed. Those unsettling feelings stayed, the nerves rattled me. What to do, I don't know. I know where I belong, on this path. But what was going on? Only God knows.

Lucie Wheeler



Tom Elliott



The Lucky Seven

"Breaker 1–9! Do you copy? It's Mason Aulsford, Eli Daelman, Christopher Wembley, Rebecca Adams, John Kirk, Lucy Hensley and Jason Richardson. We need help. We are the Lucky Seven, and we are seeking refuge! Please respond!"

There was static. No response. My friends and I were helpless. They were after us and they could find us anytime. We knew what they wanted. They wanted our genes. We all had the C-7 gene that was immune to that terrifying malum aeris syndrome, a disease that blocked people's airways and shut down vital organs. We were what those monsters called the Lucky Seven. If we didn't get out, they would do what they had done to Lilly, my friend Jason's younger sister – kill us.

I was trapped in a carousel of thoughts, worried that I wouldn't be able to protect my family but most importantly, my Eli. My worries kept spiraling until Rebecca, like always, started yelling.

"Mason! Stop daydreaming! What do we do now? No one's going respond to this broken radio! We have no chance of surviving in this basement."

Eli was biting at her nails like a sad, lost puppy chewing at its bone. She suddenly blurted out, "How could they have possibly found out we weren't like them? We followed their rules and somehow they knew we were not genetically modified."

I could see that her eyes were starting to water and her lips were starting to tremble. She was about to cry. "I just can't believe this. I can't believe we are here. I just want to go ho-"

"Oh cut it out, Eli! Stop being weak! You need to be strong if we're gonna get through this!" yelled Rebecca. Yep, she's a tough one.

"Mason, let's see if we can repair this radio ... There's clearly something wrong with the router. The signal is showing up, and it looks like someone is responding ... But the audio is unclear," explained Jason. Chris and Rebecca just sighed. John and Lucy were outside keeping watch. They came back in, telling us that we were good ... for now.

"It looks like we're okay for now, guys. I can still see the tower from here. They could be watching us," said Lucy.

Rebecca replied, "Yeah ... I mean the surveillance technology they have is crazy."

"I'm scared," sobbed Eli.

"It's okay, El. We'll be okay," said Lucy. "We have to remember that they could also be listening to us right now. We need to stay calm." I could hear Jason rummaging through a bunch of tools in his backpack. He had been working on that radio for hours. It made a weird buzzing sound every couple of minutes but it sounded like it would never work. I could see the determination in his eyes. He was ashamed he couldn't save her. Lilly. She was all he had left. She gave him that radio. He wouldn't stop working on it. He needed to save us, for Lilly. He kept on saying, "Do you copy? Come in, please." We needed to contact the Confugerunt Organisation. They were the good guys. They were what was left of the other countries. The US had killed most "foreigners". This organisation was created to help those who were being hunted down and provide refuge for the natural-born.

I kept watch during the night. The silence was deafening. I couldn't even hear the sound of wind. They had taken everything away from this world.

Out of nowhere, the silence broke. I heard a voice coming from the basement. It wasn't Jason's and everyone else was asleep. All of a sudden, Jason screamed. He'd actually done it.

"We copy. This is the Confugerunt Organisation. What are your names?"

"Oh thank you! Yes, it's Jason Richardson. I am one of The Lucky Seven. Please send help!"

I couldn't believe that he finally got the radio to work. Everyone had woken up. We were all bunched together, and I saw Eli's beautiful smile. We were going to be okay. Rebecca started screaming. Everyone was elated.

"We're tracing your coordinates ... and ... we have your location."

We all smiled at each other. I could see the relief on Eli's face. We were going to be okay and this whole nightmare was going to end. We all ran to Jason and had the longest group hug ever. I just remember holding my friends and feeling the happiest I had ever been.

"We're lucky we even have this radio. Lilly is the real one who saved us," said Jason.

We were together, and we were going to be safe. Lilly will never be forgotten.

Jasmine Lopez

Stage 6 Students' work

Alphabetical Order

Honestly, it wasn't exactly what I would call an ideal scenario, but it's not like I have a choice in the matter. My new co-worker – Brenda or something – shoots me a glare as I let out my third sigh in the past minute. I meet her glare and raise my eyebrows as a way of inciting some sort of challenge, but she just rolls her eyes and leaves me in the storage room by myself. When you think storage room, you probably think small, cramped, dark room. I mean, I did, but I was wrong. Not about the small and cramped part. The box I accidentally hit my head on when I step back to try and read the peeling labels on the top shelf can testify to that. Everything is pretty much how I imagined except for the damn light. It's so bright it's burning off my corneas. I got thrown in here after breaking a second piece of jewellery on display. The glare I got from the manager, however, tells me I'm lucky I didn't get fired. So here I am, organising boxes of beads and string and whatever else is back here into alphabetical order, repeatedly humming the alphabet song to guide me. I make a silent promise to myself to be more careful tomorrow. "Tomorrow is another day," I sing out in a lilted tone of some random accent I just made up. Then I return to humming and organising, pretending I'm actually some tortured book character stuck at work to make it just a little lighter on the shoulders.

Chloe Smith



Holly Bennett



Olivia Lindberg



HSC Music composition James Parbery



THASKS IN A

Ana Kim

Beth Davies



Hanna Brinkworth



Poppy Heskett



Bianca Stillitano

Stage 6 Students' work

Aboriginal Studies Major Design Project



Alexis Dorbis – Family Tree

Alexis presented a physical family tree project representing four generations of her family: her great grandmother Eliza, her pop Noel, her mum, uncle, sister and herself. The report tells about her family and how each generation grew up under various government policies that affected how they could live. It describes how growing up changed from when her great grandmother grew up to how her sister and Alexis are growing up now. Alexis also talks about different policies such as assimilation and how they have affected her family.

Apryl Walker – Artwork

Apryl presented an artwork representing three plants: the bush plum tree, the waratah and the kangaroo paw. Their specific dreaming stories are represented in the artwork. The waratah's story tells how when a bird was attacked he came into the forest and bled onto the waratah flowers and turned them from white to red with his blood. The artwork shows the wounded bird dripping onto a red waratah and then a merge of white into red in the flowers. The bush plum tree's story is shown through the plums being blown by the wind all around to supply food for cattle and people. Finally red kangaroo paws are good for feeding the birds with their pollen but some that have leaves with black spots are poisonous and they can spread through a clump/colony.

Hamani Tanginoa - Aboriginal languages

Hamani presented a major project that explored the importance of Aboriginal languages to the heritage and identity of Aboriginal people. It documented a personal journey and research evidence from the local community of Dharawal country. This project is notable for its originality and utility. Hamani personally learned the Wiradjuri language and expressed his heritage and identity by constructing an artwork using kangaroo skin, pyrographic art techniques and language.

Original, creative, authoritative: this major project is testament to Hamani's passion for Aboriginal Studies.







HSC Music composition Anna Antonito





Jesse Ivory created an interactive 3D Jurassic World, Dino World for his HSC Industrial Technology Multimedia major design project. He designed the creatures that would populate his world by hand. He animated multiple dinosaur species using Blender and assembled these using the application Unity. Jesse created a worksheet for young school students to accompany the product which they complete by exploring Dino World on a fact-finding mission. Jesse also 3D printed models of his own dinosaur creations.

Jesse Ivory



Kristen Chirgwin



Malaika Hall



HSC Student Profiles

Amber Whant

Your favourite song, book or movie? Movie - Game of Thrones Book - A court of thorns and roses by Sarah J Maas

In my spare time I ... Read books, watch movies & TV shows

Where do you see yourself in 10 years? Computer coding professionally What is the most memorable thing you have learned? How to be self-motivated & dissecting a fish in Marine Studies

Any advice to younger SDEHS students? Stay motivated and work hard





Brodie Haslehurst

Your favourite song, book or movie? Favourite Music: Classical and Baroque Favourite Book: Jack West Jr Series by Matthew Reilly

In my spare time I ...

Enjoy taking photos of nature and playing the piano

Where do you see yourself in 10 years? Working as a bookkeeper and not being as sick What is the most memorable thing you have learned? Persistence and determination is key to success

Any advice to younger SDEHS students? Work hard and consistently. Don't take life too seriously and remember to have some fun along the way.

Chantelle Nolan

Your favourite song, book or movie? Favourite song is "High Hopes" by Panic! At The Disco and movie is *Five Feet Apart*.

In my spare time I ... Attend Martial Arts, listen to music, hang out with friends and chill with my dog Gary.

Where do you see yourself in 10 years? As a paediatric nurse and an intensive care paramedic.

What is the most memorable thing you have learned? To be successful, you need to first be successful

in your mind.

Any advice to younger SDEHS students? Definitely participate in Coffee Club, attend the hubs as often as possible, go to camp at least once and don't be afraid to ask for help.





Daisy Long

Your favourite song, book or movie? Song: "Loving Is Easy" by Rex Orange County, Book: Harry Potter and the Prisoner of Azkaban,

Movie: The Shawshank Redemption

In my spare time I ... Go hiking, to the beach, read, spend time with friends and family.

Where do you see yourself in 10 years? Living overseas, travelling, and working for a non-government organisation.

What is the most memorable thing you have learned?

Learning to have self-discipline and stay motivated as a student working from home.

Any advice to younger SDEHS students? Ask for help and stay in contact with your teachers! My teachers have always been so willing to help and kind to me throughout my time at SDEHS.

Imogen Florian

Your favourite song, book or movie? Podcast: *Shameless*, covering everything pop culture and politics.

In my spare time I ...

Compete and train as an elite trampolinist, spend time at the beach, spend time with my family & friends.

Where do you see yourself in 10 years? Hopefully working in a physiotherapy practice or in some capacity teaching others and sharing knowledge surrounding exercise and sports.

What is the most memorable thing you have learned?

Always remain positive and optimistic and to surround yourself with happy, warm and genuine people.

Any advice to younger SDEHS students?

Always ask! Asking the teachers and support staff at SDEHS for guidance and assistance allowed me to reach my full potential in all areas of schooling.





Imogen Urwin

Your favourite song, book or movie? Love the songs "Brother" (Matt Corby), "California Dreamin" (Sia), "Growing Pains" (Birdy) and "Tonight" (RUFUS). Really enjoyed reading the *I am number four* series and anything dystopian! I'm not much of a movie fan ... but I did like *The Shawshank Redemption* when I watched it for English.

In my spare time I ...

Walk my dog, spend time with friends, find new good music, listen to sciency podcasts, paint/do artsy things. Where do you see yourself in 10 years? So much can change in five years but I would love to be travelling with friends and family, studying/working in something I'm passionate in or just helping people!

What is the most memorable thing you have learned?

How to manage time, organise and be efficient! (really important).

Any advice to younger SDEHS students? Keep contacting your teachers! They are there to help!

Jade Miller

Your favourite song, book or movie? Favourite TV show is *Happy Tree Friends*, movie is *White Chicks*, singer is Avril Lavigne and band is Fifth Harmony.

In my spare time I ... Like to go on my devices or go out somewhere.

Where do you see yourself in 10 years? An experienced beauty therapist. What is the most memorable thing you have learned? I have learnt a lot of different things during my schooling.

Any advice to younger SDEHS students? Enjoy being a teenager while it lasts.





Jessie Anne Van Niekerk

Your favourite song, book or movie? Movie – *Elf*

In my spare time I ...

Spend most of my time on road trips with my family, surfing in competitions and eating good food.

Where do you see yourself in 10 years?

I plan to have a career in surfing. I hope to have qualified and be surfing on the World Champion Tour.

What is the most memorable thing you have learned?

I have learnt that the effort you put into your work is reflected in the result.

Any advice to younger SDEHS students? My advice to younger students is to keep up to speed with the course outline-it helps and will pay off!

Your favourite song, book or movie?

I love the move *The Martian* and a song by Jon Bellion called "All Time Low".

In my spare time I ...

Lori Atherton

Play video games, watch movies and ride my motorbike.

Where do you see yourself in 10 years? Not sure but as long as I'm happy, healthy and surrounded by family, I don't mind.

nd ride my Any advice to younger SDEHS students? Just good luck and keep going!

have learned?

engineering.





Lucie Wheeler

Your favourite song, book or movie? Soul surfer is a 2011 American biographical drama film.

In my spare time I ... Play basketball and serve at church.

Where do you see yourself in 10 years? Working as a youth leader in a church.

What is the most memorable thing you have learned?

It's ok to not be ok. Ask for help when you need it. It's the best thing you can do for yourself.

Lucy Lakeman

Your favourite song, book or movie? Song ... "Waste the Night" – 5SOS, Book ... All the Bright Places by Jennifer Niven, Movie ... The Maze

Runner, a Sci-Fi/Mystery. In my spare time I ...

Listen to music, draw & paint, spend time with friends.

Where do you see yourself in 10 years? Travelling overseas and doing something I love.

What is the most memorable thing you have learned?

Learning about pottery and new art techniques.I also learnt that I am more capable than I thought.

Any advice to younger SDEHS students? Do it now! Sometimes 'Later' becomes 'Never'.

What is the most memorable thing you

In Biology, everything to do with genetic





Maddie O'Shea

Your favourite song, book or movie? Book - *After* by Anna Todd, Song: "Talk is Cheap" by Chet Faker, Movie: *Stick It*.

In my spare time I ... Sail and hang out with my friends and family. Where do you see yourself in 10 years? Finishing university and still sailing.

What is the most memorable thing you have learned? Being nice gets you a long way.

Any advice to younger SDEHS students? Don't fall behind.



Naomi Sano

Your favourite song, book or movie? Jane Eyre by Charlotte Bronte.

In my spare time I ... Enjoy baking and watching old classic films.

Where do you see yourself in 10 years? I hope to be studying Medicine abroad, gaining knowledge and new experiences.

What is the most memorable thing you have learned?

Through the independence given to me by SDEHS, I have found the ways I learn best.

Any advice to younger SDEHS students? Choose topics that interest you, as curiosity is invaluable when studying.

Natalie Elizabeth Grace Wood

Your favourite song, book or movie? Song: "What Do I Know?" by Ed Sheeran. Book: Throne of Glass (series) by Sarah J. Maas. Movie: Guardians of the Galaxy. YouTube Channel: VanossGaming.

Where do you see yourself in 10 years? Studying something I enjoy

What is the most memorable thing you have learned?

Positive mind, positive heart, positive vibes, positive life.

Any advice to younger SDEHS stu-

dents? Begin everything with a humbled heart. Do more than enough in everything!





Ruben McKenna

Your favourite song, book or movie? Movie - Bourne Supremacy.

In my spare time I ... Sail, play draughts, update my website.

Where do you see yourself in 10 years? In tertiary education!

What is the most memorable thing you have learned?

Setting SMART goals: specific, measurable, achievable, realistic and timed goals from **Business Studies.**

Any advice to younger SDEHS students? Get it done and use the syllabus.

Scott Gabutto

Your favourite song, book or movie?

Favourite film is The Godfather. A true masterpiece of filmmaking and storytelling.

In my spare time I ...

Volunteer work for the Bankstown Theatre Company, go to drama class, Taekwondo, watch films and TV shows, play videogames, explore YouTube, try to spend time with friends.

Where do you see yourself in 10 years? Hope to continue studying something to do with film, TV or theatre.

What is the most memorable thing you have learned?

How to make a website. Working with my IST teacher to create a website was probably the greatest sense of accomplishment I got from my schooling.

Any advice to younger SDEHS students?

Never hesitate to ask your teachers for help, as they will be your greatest asset for understanding and completing your work to the best of your abilities.





Shania Campbell

Your favourite song, book or movie?

My favourite song is "Sign of The Times" by Harry Styles and my favourite film is 10 Things I Hate About You.

In my spare time I ... Like to either cook, exercise or do embroidery.

Where do you see yourself in 10 years? Hopefully, either working as or studying to be a veterinary nurse or a teacher.

What is the most memorable thing you have learned?

How to make pastry in food technology, I use the recipe almost every week!

Any advice to younger SDEHS students? Always ask for help if you need it. Further down the track you'll regret not asking.



Textiles & Design Projects



Aiyana Forrest

Alyssa Cogle



Cailtlin Saul



Claudia Sluiter



Indigo French

Ellie Walsh

Hana Brinkworth

Rachel Rodrigues



Holly Bennett

Victoria Ramirez Contreras

Lela Johnson

53

HSC Visual Arts Bodies of Work



































Jasmine Zande



Ashley Coleman



Јепеит Кери



Emily Wood





Dominick Amos Minahan





Ella Callan







Lucy Lakeman



Zoe Poulos



Lara Clark



Corey Bryant



Caitlin Stamoudis



Nastasia Stewart



ogy Projects Design



DESIGN CONCEPT

ne is a self-sustainable hydroponic system. Il recycles compostable human waste like pape and food waste. Similar to garden decomposition. Hydrome works on the decomposition of products info base nutrients. In a solvent like water, the decomposition can form a nutrient-concentrated solution which can effectively act as hydroponic solution for growing plants. The system requires the user to their waste products in a lub of water that is linked to a germination tray after nating the seeds in the provided tray



Emelia Houston

your name is Kay Woolley

you were bo December

Emelia designed and produced a book that would help a person with Alzheimer's recognise their family and regain some memories, without making the patient frustrated, distracted or confused. The project required: thick pages that were easy to turn, stimulating colours to focus attention, simple words, photos and large writing that was easy to read.

this is your mother Married Long She was

Robert b a

Blaze Pham

Blaze created a hydroponic system that was a regular system except that it was designed to use waste such as used tea leaves, water bottles and polystyrenes.



Trinity Myers

Trinity designed and produced a colouring story book for her five year old cousin. It is colourful, has different fonts and is very engaging for young children.



Saachi Owen

Saachi designed and produced a graphic novel with her own hand drawn images to promote acknowledgment and inclusion of under-represented social minorities.





Maddison Moynahan

Maddison saw a need in the motor mechanic industry, as her father builds and races cars. She designed and constructed a creeper to aid in constant getting down and up off the ground and under cars. It minimises injury and aids older mechanics.



Nicholas Tragotsalos

Nicholas designed and produced a backpack cover to protect backpack contents – perfect for budget, his skill set and interests. He identified a market/need for this product.



Federica Milazzo

Federica designed and produced a chopping board that can also be used as an iPad/book holder in order to provide her mum with a solution to her problem of time wasted looking back and forth between her recipe and the chopping board.



Joelle Douek

Joelle designed and constructed a wall of herbs from recycled wooden pallets for her family garden. It is both functional and aesthetically pleasing.





Finnley (Finn) Sadler

Finn Year 11 was an Alpine Ski racer from 10 years of age and in 2018 changed disciplines to compete in Snowboard Cross. He was awarded an Elite Talent Scholarship from the NSW Institute of Sport, who took him to Europe during the Northern Hemisphere winter where he gained experience and his best result. He is now ranked world #1 for his age. He recently had a shoulder reconstruction and is going well with his rehabilitation and is looking forward to the upcoming Australian season. Over the years he has competed in Perisher, Thredbo, Hotham, New Zealand, USA and Canada winning 1st place in numerous Alpine Giant Slalom, Snowboard **Giant Slalom and Snowboard** Cross competitions. His career highlights this year have been; 3rd in the Open Men's Europa Cup in France and 3rd in the Junior Europa Cup in Austria.





Hayley and Amali Prince

Haley Year 10 & Amali Year 7 both train at the Sydney Gymnastic and Aquatic Centre (SGAC) Rooty Hill, Western Sydney. They train 31 hrs a week, 6 days a week. Haley started gymnastics at 10 and Amali at 5. Haley was a senior International this year as her first year. Due to an injury she did not compete this year until September at the Australian Classic. This is Amali's 1st year as a future international. Last year Haley placed 4th at the Australian Classic on beam as a junior international. Amali placed 9th this year at the Australian Championship on beam. The girls are fortunate to be sponsored by Australian NaturalCare Products. Their goal is to represent Australia in the Olympics.



Grae Morris

Grae Year 10 followed his father's passion for windsurfing and started learning the sport at age 8. Sailing out of Woollahra Sailing Club, he has competed Australia wide, coming 1st in Bic Techno Plus States and 1st in Race Board Open States in 2018. He was 14 when he raced his first International event in Latvia. In 2019 he travelled to Europe for two World Class events, achieving 3rd place at the World Championships Bic Techno Plus event in Portimao, Portugal.

Now a member of New South Wales Institute of Sport, Grae has to train on the water 5 times per week. In September 2019 he raced at the RS:X Windsurfing World Championships in Torbole, Italy, the olympic qualifier for Japan 2020.



Kamil Kozlowski

Kamil Year 11 was born in Poland and has been playing tennis since the age of 9. His idol is Roger Federer. Kamil debuted on the ITF Tour in 2016 in Melbourne. He is currently ranked in the top 300 ITF for Under 18s. He has been playing mostly in Asia with a recent doubles win in Taiwan. Kamil spent June and July in Europe, playing tournaments in Poland, The Netherlands, Germany, Switzerland and the Czech Republic. Kamil has had 15 singles wins and 18 doubles wins this year. His goal is to improve his ranking each year and then play in the major tournaments around the world.



Maddie O'Shea

Maddie Year 12 began sailing at age 8 and moved into a Laser at 12. She has been a NSW Institute of Sport scholarship holder for 2018 and 2019. In 2018 she qualified for the Australian Youth Sailing Team competing in the World Sailing Youth Worlds in Corpus Christi, Texas followed by the Youth Laser Radial Worlds in Kiel, Germany. With travel and training commitments she decided to undertake Year 12 by distance education.

Maddie had a busy summer of competition in Sail Sydney, Sail Melbourne followed by Laser Nationals and Youth Nationals in Tasmania. In June she competed in Kiel, Germany in the Champion Sailing League with 3 other Australians, a different experience for Maddie as she usually sails solo. She then travelled to Greece to compete with over 400 other youth sailors in the Laser Radial Europeans. Her overseas travels finished with meeting the Australian Youth Team in July to compete in the World Sailing Youth Worlds, Gdynia, Poland.



Paris Hardwick

Paris Year 10 is a motorbike racer. He started riding a pee wee 50 at age 2 ¹/₂ and began racing on a KTM 50 at age 5. Paris is now racing a KTM 250 and a KTM 125 in the 13-16 division.

In 2012 when Paris was 9 he was severely injured in a race after falling off his bike and getting run over. He was knocked out and placed in a medically induced coma for 7 days. After 6 months off riding, Paris returned to the sport more eager than ever. Now he races most weekends on the Central Coast with other bigger events in Newcastle, Bathurst and Canberra.

In 2017, after racing every event on the Central Coast, Paris placed 2nd overall in his 150 class and 4th in his 250 class. In 2018 Paris placed 1st in the 150 class and 3rd in the 250 class.

Paris is now progressing to road racing and looking to race in the Australian Superbike Championship next year.



Imogen Florian

Imogen Year 12 is a Senior Elite Australian trampoline gymnast. She trains at Sydney Gymnastics and Aquatics Centre and has been competing at a national level for 10 years. She competed at the Australian National Championships winning gold with her training partner in the Senior Women's synchronised event and won the silver medal in the Senior individual women's s event. Imogen has had some spectacular results on the international stage. In December 2018, she competed at the World Age Championships in Saint Petersburg Russia.

She qualified for two finals where she placed 4th in the synchronised event and 8th in the individual component.

Imogen completed her HSC through pathways and distance education to ensure she can meet her goals in both trampolining and school. She hopes to become a physiotherapist in the near future and to keep competing internationally.



Vlada Vasiliev

Vlada Year 7 started skating at the age of 6. After her first competition she took her skating to the next level. At age 7 she showed great commitment and dedication through hard training getting onto the cold rink at 6am before school and coming back to the rink after school. Vlada is currently ranked #1 in Australia in Advanced Novice Division, 3 times NSW State Champion (2016-2018), Australian Nationals Champion 2018, as well as silver and bronze medallist in 2017 & selected into the Australian National Squad 3 years in a row - 2017-2019. Vlada also won every club competition in NSW in which she competed during 2018 and 2017 and was the New Zealand Nationals Champion 2018.

Her goal in the next two years is to represent Australia internationally in the prestigious Junior Grand Prix series and Junior Worlds 2020.



Zahra Kell

Zahra Year 10 is a professional wakeboarder who has been wakeboarding from the age of 3. She competes on the professional world wakeboard tour around the globe in many countries including Australia, USA, Italy, Argentina, Saudi Arabia, Japan, Abu Dhabi and Mexico. She is currently the youngest competitor in the professional women's division and last season managed to take 2nd place overall on the tour.

She is currently training half the year in Australia and half the year in the USA, following the endless summer. Zahra is already a 2x world champion in her age division and the division above and is this year training with a goal of becoming a world champion in the professional women's division in Abu Dhabi.

Where Are They Now



Chloe Perfrement 2011-2012

Chloe gave birth to her son, Isaac, on 20 May 2012 while completing her HSC in the same year. Following her successful completion, she gained entry into B Nursing University of Wollongong. During her studies, Isaac was diagnosed with brain cancer at 20 months.

In 2016 Chloe started work as a full time registered nurse in emergency at Sutherland Hospital. She recently completed her post graduate certificate in emergency at the University of Sydney and is working towards Clinical Nurse Specialist in Emergency. Isaac started school last year and is now in Year 1. They both enjoy skiing and have made trips to Perisher and Whistler Canada. They have also travelled to New Caledonia, Fiji, USA, Japan & Canada. In 2019 they travelled to Thailand, Dubai, London & Paris.

Chloe is to be admired for her hard work and determination as a single mum, in achieving a wonderful career that enables her to care for her son and provide him with all these amazing opportunities.

Harry Ward 2009-2013

After leaving SDEHS Harry travelled to Austria to study with renowned violin pedagogue Professor Boris Kuschnir. This was an amazing experience where he was able to partake in intensive lessons, masterclasses and immerse himself in the birthplace of European classical music. After two years, he moved to America to study with Robert McDuffie and Amy Schwartz Moretti in Atlanta and performed in festivals in Aspen, Italy and Carnegie Hall. In 2018 Harry returned to Melbourne, receiving a scholarship to study at the Australian National Academy of Music. Harry played in ensemble with ANAM at the Melbourne Recital Centre, the Australian Chamber Orchestra and Melbourne Symphony Orchestra and commenced 2019 as soloist with the Tasmanian Symphony Orchestra playing the Sibelius Violin Concerto. Harry participated in the Michael Hill International Violin Competition in New Zealand and returned to perform as soloist and in chamber music with ANAM and the ACO Collective.





Mitchell Kilduff 2009-2014

Mitchell discovered swimming when he was about 10 years old. Very soon he found himself in competitions and actually breaking records which led to him competing overseas. The first time was in Italy, followed by Canada and then the Paralympics in 2012 coming 5th in the 200 metre freestyle. The excitement of all the big meetings was almost unbelievable. Growing up and learning to cope was difficult. Then in 2018 Mitchell competed in the Commonwealth Games in London and came 5th again. This was followed by Pasadena USA. One thing Mitchell learned is that life gives you back as much effort as you put into it.

Now aged 23 and after an injury, Mitchell is looking forward and working physically and mentally towards Japan in 2020.

Nicole Wade 1997-1999

Nicole started her schooling in Villawood Public School but it soon became a lonely and disconnected place for her. As an Indigenous student, children wouldn't play with her and she felt alienated and became disengaged. By Year 11, she had left school and was a teen mother.

Determined to succeed, Nicole enrolled in Sydney Secondary Distance Education Centre in Dover Heights, now known as SDEHS. She completed her HSC over two years. She sat the HSC Biology exam five days after giving birth to her second child. She gained an ATAR of 94.95 and was dux of the school. Nicole studied Bachelor of Education at the University of Western Sydney and was awarded the University Medal. She then spent five years advocating for students in some of the most complex communities in south-western Sydney.

Eight years after graduating, she is now Principal of Campbellfield Public School in Minto, where the school population has doubled in the four years she has been there. Nicole's aim is to inspire her students to have high expectations for themselves and to dream big. As a passionate educational leader and proud Nyoongah woman, she is able to use her cultural lens to create change processes that empower rather than disadvantage Aboriginal students' lives.



Writing Competition Winners

This year the theme of our School Magazine writing competition was *My* secret garden. It's all about thriving together! Congratulations to Chantelle Foster, Perri Carmichael and Indi Brown. They have been awarded gift cards for \$100, \$75 and \$50 respectively.



The Magical Garden

Chantelle Foster Year 10

I found the magic garden A pale and glowing creature Sits below a growling wave Like the chest of a great beast The ocean thrums and sways I wish for eyes able to see When the dark layers of ocean Close their dark hands over The last whisper of moonlight To make friends with the fish who slither through the thick water And swish their silk tails I cry that I cannot hold the jellyfish Who bob like crystal domes in the inky water

That the tonnes of water May not still my wild chest With their immense weight That I cannot skate on the icy floor and kick up brilliant dusts of silt That I cannot hear the lonely and beautiful songs of glowing creatures Trapped in glass bottles at the very bottom

That I cannot stare at the moon Ripping through the darkness as if the universe was swallowing the sky Its easy shape rippled and torn with slow, beating waves

And feel each bone compress and snap

And be swallowed by the sea

Welcome to the Magic Garden

Perri Carmichael Year 12

"Hello?" I call into the room, voice small as it dances between the saplings that fill the Magic Garden. None of them are any taller than I am. I venture deeper into the room, a breeze pushes past me, and I faintly hear the door creak close. I can still hear the voices and laughter of my friends outside. It's a good dare. I'll admit it. It's peaceful in this garden.

I'll take a photo to prove that there is nothing dangerous or misplaced in this Magic Garden. My jacket pockets are empty, I must have left it in my school bag outside. I'll just pop out and grab it. Maybe convince the others to come inside and take a look at the garden.

Then I freeze. I can't move. My feet have become stuck to concrete, my knees seem locked into place and I find that my arms have been trapped to my torso. I open my mouth to cry out. To ask Lucy and James and Billy for help. The scream freezes at the tip of my tongue as my entire face sets in stone.

I have become one of the saplings that fill the room. Tiny twisted trunk replacing my body and fickle branches growing out of the bark that replaces my skin. I hear the calls for my name grow louder outside. The cries grow louder.

I can't move my face or force tears from my eyes so the screaming continues in my frozen statue. I want to plead. Beg my friends for help. Tell them to get me away from the Magic Garden. Away from the creaking sign and all the other saplings. Maybe they were like me, school children who came in on dares or to escape bullies and found themselves entrapped as a tiny tree.

Here I stand.

One sapling of many, tiny spots of sunlight and rain that filter in through the holes in the roof keeping my roots planted within the concrete. I hear things from outside, shadows of people hurrying past the Magic Garden and snippets of conversation.

"Don't go in to the Magic Garden ..."

"Didn't you hear? A school kid disappeared after they went in there ..."

"It's been years though."

"The police never found anything."

The conversations change as the years churn past.

"It's just a rumour," I hear one day. The voices sound young. Like mine used to.

"Yeah." Another voice joins the other outside. "An old wives' tale to keep us out."

"I don't know ..." A third voice. Questioning and anxious.

"It's just a dare." The first voice is back. "Just quickly. It's an old garden."

The aging sign creaks outside and the breeze blows against my spindly trunk. The door opens and a tentative child steps in, school shoes crunching against the leaves that dropped off my branches. I'm frozen in this wooden form. If I could speak to the child, I would.



The Magic Garden

Indi Brown Year 9

Lacey walked out of the school doors, singing quietly to herself and skipping towards the enchanted woods. Lacey had been asked by her teacher to turn a weed into a stunning flower as an end-of-year assignment for her fairy school.

She'd been into the forest many times and all the woodland creatures were like family to her.

She searched for hours for an ugly weed, but found nothing.

As the sun went down, Lacey realised she was lost.

You're probably thinking: Oh, but can't Lacey fly above the trees and find her way home? But no, you see Lacey is the only fairy in the world who can't fly, and she's very insecure about it.

Lacey sat down on a rock and sighed: "How can this get any worse?"

Just then she turned around and saw an old, wooden gate with an ornate handle, covered in rose vines and a sign that read: Secret Garden.

Lacey was intrigued and walked over to the gate, she wrapped her fingers over the handle. Just then a gust of wind blew it open - inside was the prettiest garden she'd ever seen.

It was filled with roses, bluebells, daisies and lavender. There were adorable little robins singing, fluffy rabbits hopping around and a stunning pond filled with peachy-orange gold fish, elegant deer, and ducks quacking with joy - it was truly beautiful.

Just as young Lacey entered the magical garden she heard a girl's laugh coming from behind an evergreen tree. Lacey followed the sound of the joy-filled laughter. She walked around the tree and was surprised to see a young girl with golden locks, emerald eyes and a smile so sweet it caused cavities. She was cradling a bunny.

"Hello," said Lacey.

The girl turned around and her bright smile turned into a frown. She gasped and backed away.

Lacey was confused and said: "Please don't be scared of me."

"But you're a fairy! You have wings. I'm a witch and everyone knows witches and fairies can't be near each other," explained the goldenhaired girl in distress.

Lacey laughed and said: "I may be a fairy, but I can't fly, please don't make fun of me, I am very ashamed of it. I swear I won't hurt you or tell anyone, besides who have I got to tell? I don't have any friends."

The girl's expression turned from fear to joy.

"Hey, I can't fly either! Everybody makes fun of me for being too scared of my broom. And I don't have any friends either. My name's Esmeralda," she smiled.

Lacey returned her smile. "I'm Lacey," she replied.

After spending hours talking to each other they went from two lonely girls to two cheerful girls. But the rumours were true – it's forbidden for witches and fairies to be seen together. So Lacey and Esmerelda agreed to always meet up in the secret garden every week at this exact time. And that's what they did and they were the best of friends.





HSC Visual Arts Body of Work Corey Bryant



HSC Visual Arts Body of Work Caitlin Stamoudis



HSC Visual Arts Body of Work Nastasia Stewart



HSC Visual Arts Body of Work Georgia Bull



Danielle Matthews



Ilaria Biordi



Montanna Anderson



Jasyca Rigor



Grace Davis

Alerthiny/