FRENSHAM OUTDOOR EDUCATION WEEK

GIB GATE K-2 FUN SWIMMING CARNIVAL
‘Growth Coaching’ for enhanced performance – Year 10, 2018 pilot programme
[From Frensham’s Director of Studies – in residence, Ms Janene van Gogh: 17/03/18 presentation to Year 10 parents]

With origins in the sporting world and incorporating influences from adult education, psychology and management, Coaching is now mainstream in many medium to large organisations across industry sectors. We have been applying the coaching principles to our work with senior students for many years, through mentoring, and are now directing our attention in an extended, highly focused way on Year 10. For our purposes, coaching is defined as:

‘a one-to-one conversation that focuses on the enhancement of learning and development through increasing self-awareness and a sense of personal responsibility, where the coach facilitates the self-directed learning of the coachee through questioning, active listening, and appropriate challenge in a supportive and encouraging climate.’

[Ref: Professor Christian van Nieuwerburgh, 2012]

This definition highlights the intent of coaching (self-directed learning and development) and the outcomes of coaching (self-awareness and responsibility).

Coaching is designed to assist students to reflect, establish and achieve their own goals in order to move forward in their learning. Most importantly, it is about listening to students and trusting in their ability to identify a problem, as well as the steps to take to overcome it - as opposed to simply telling them what to do. It easier and quicker to show or tell students what they should do in response to a problem. However, just giving the answer is not a long-term learning strategy to development of a growth mindset. Telling someone how to solve a problem encourages the exact opposite: a belief that ‘I don’t have to think because someone will tell me what to do.’ We can be most helpful by holding back, not rescuing or jumping in to fix things.

2018 Project: The Frensham Growth Coaching project, developed by Dr Ruth Phillips (Academic-in-Residence) with Ms van Gogh and our Studies Team, aims to provide students with the support to empower them to become growth-focused learners, with the character and skills to enhance their performance - academically and in all aspects of their daily lives: increased self-confidence and self-awareness; improved relationships; better decision-making; the ability to set and attain meaningful goals; the ability to cope in challenging circumstances; greater resilience when challenged.


Year 10 Parent Weekend – Plenary Session
Topics included in our Plenary Session for parents, included:
- Expectations – alignment of Parents/School/Students - in terms of peer relations and safe, legal behaviour (Ms Julie Gillick)
- Work Experience – linked to Career Interviews and Year 10 Senior Studies Day in Term 3 (Mrs Cherylynne Williams)
- Growth Coaching – philosophy underpinning our pilot programme for Year 10 2018 (Ms Janene van Gogh)
- Studies/Prep (on weekdays and weekends) – including minimum total hours per weeks and use of IT (Mr Geoff Marsh).

We were most appreciative of the productive discussions generated by parents and Year 10, at the Parent Teacher meetings. All are urged to continue to seek clarity on any issues raised over the weekend for our action or further consideration.

Acknowledgement to:
- Gib Gate and Frensham Equestrians for their strong performances at recent events. (See: Equestrian Reports);
- Frensham Senior Choir for its support of the Confirmation Service for Year 10 students, at St Stephen’s Mittagong;
- Frensham instrumentalists and Choir, participating in this week’s Southern Highlands Combined High School Concert;
- Frensham and Gib Gate Swimming Teams, for their improving times in recent School events;
- Sarah Hassett (2017) for her 2017 Higher School Certificate Major Design Project for Design & Technology, which is on display at the Powerhouse Museum as part of the Shape exhibition. Sarah’s project has been selected as a Museum Case Study, with video and still content on her work generated for the Museum Gallery, and online.
- All involved in our Holt Farm Show Team for the Sydney Royal Easter Show, led so professionally by our Coordinator of Agriculture and Head of Farm Management [See details of recent events in this Newsletter].

Land for Wildlife – Gib Gate and Frensham
At Gib Gate, in the context of the Jamieson Programme (first established for Frensham’s Years 7-10) the entire property is now approved by Wingecarribee Shire Council as a Land for Wildlife area. We will now work with Council to maintain and enhance our campus for native flora and fauna and/or integrate nature conservation with other land management objectives.

Julie A Gillick
Head of Frensham
Head of Winifred West Schools
### Frensham Advisory Committee 2018

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### Gib Gate Advisory Committee 2018

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### Term Dates 2018 – Gib Gate and Frensham

**Term 1**
- **Gib Gate & Frensham**
  - **Wednesday 31 January-Thursday 12 April, 3.00pm**
  - *(Boarders always return evening before classes start)*

**Term 2**
- **Gib Gate & Frensham**
  - **Monday 30 April -Thursday 28 June, 3.00pm**
  - *(Boarders always return evening before classes start)*

**Term 3**
- **Gib Gate & Frensham**
  - **Tuesday 24 July-Thursday 27 September, 3.00pm**
  - *(Boarders always return evening before classes start)*

**Term 4**
- **Gib Gate:** **Monday 15 October-Friday 7 December 3.00pm**
  - Frensham: **ends Sunday 9 December 12.00pm** *(after 11.00am Carol Service)*
  - *(Boarders always return evening before classes start)*

### 2018 Parent Weekends – Confirmed dates for attendance of all students Years 7-12

**Term 2:**
- Year 8
  - **Saturday 19 May-Sunday 20 May**
- Year 12
  - **Saturday 2 June-Sunday 3 June**
  - WWS Birthday – Friday 1 June
  - Frensham’s 105th Birthday – Sunday 3 June

**Reminder – all of Years 7-12 attend all Parent Weekend Services**

**Term 3:**
- Year 11
  - *Saturday 11 August-Sunday 12 August* *(Year 10 - Saturday 11 August – Year 10 planning for Senior Studies (with parents on Saturday))*
  - *Saturday 11 August – Annual Dinner – WWS Foundation*
- Year 9
  - **Saturday 1 September-Sunday 2 September** *(Date aligned to HSC Visual Arts/Design Tech Exhibition)*
  - **“Saturday 1 September Father-Daughter Ball”**

### Ranier Uniform Shop ~ 2018 ~ Winter Uniform

The last Trading Day for Term 1 will be **Thursday 12 April**

There will be an additional trading day on **Friday 27 April – 9.00am-3.00pm**

All fittings for uniforms are by appointment, during shop hours: Mondays and Thursdays 12.00pm-5.00pm

**Shop Manager:** Mrs Michelle Wynn. **To order items,** please call the Shop: (02) 4860 2136 [BH], email: frensham@ranier.com.au

**Clothing Pool** will be open on **Thursday 12 April and Friday 27 April** – for an appointment please contact

Michele Scamps: +61 2 4860 2000  foundation@frensham.nsw.edu.au
Wellington Country Lunch
On Wednesday 14 March, Fellowship Committee member Liddy Barton (Chandler, 1950) hosted an enthusiastic group of 54 for a country lunch at the Hermitage Hill Country Retreat in Wellington. It was an eclectic and interesting group, ranging in age from three to 91 years of age and including over 40 Old Girls and past and current parents, with guests travelling up to three hours to attend. It was fascinating to see the many strong family connections that brought together grandmothers, mothers, daughters, sisters and cousins who had all attended Frensham. We thank Liddy for all her hard work in arranging such a successful afternoon, and the team of volunteers who made it all happen.


Class of 1968 – 50 Year Reunion
After attending the Year 10 Sunday Service and a Concert, a large contingent of the Class of ’68 was escorted on a tour of the School by students, prior to lunch in the Board Room of Little Wing. Lots of memories and stories were shared, and appreciation was offered to Pook Austin (Alison Cameron) for all her endeavours in reaching everyone, and to Flo Miller (Jane Corlette), Vicki Ciddor (Holmes) and Camilla Boyd (Bowie) for their strong support.

Please remember to update your details with us when you move or change email and telephone numbers – so that we can keep you informed of Fellowship News and Events. For a full list of events and Reunions, please visit: www.frensham.nsw.edu.au/community/fellowship
In 2014, the Winifred West Schools Foundation (WWSF) developed the Cattle Herd Project, starting with a herd of 40 cattle. Since then, 43 of our rural families and friends of the School have hosted cattle – some every year, and the value of the Herd has increased to $174,935. Also during that time, Host farmers have contributed $218,252 from stock donations and agistment.

In addition to the contribution of our Host farmers, the success of the project is also contingent upon donations from all of us, to fund stock purchases. To date, $56,683 has been donated, for that purpose.

The innovative and collaborative Cattle Herd project has been so successful that at the end of 2017 it was in a position to donate $100,000 to the WWSF Scholarship Fund for the support of rural enrolments.

Recently, sheep farmers were invited to participate which precipitated a name change to the Livestock Enterprise. As we maintain and increase the value of the Livestock Enterprise, and with our community’s continued support, it can continue to fulfil its objective of providing a sustainable income stream which can, in turn, be used to support rural enrolments.

The contribution by Hosts represents an extraordinary level of support from our farming community but to support essential growth of the Livestock Enterprise we do still need more Hosts. If you are not a farmer, please spread the word amongst your farming friends, and/or know that your cash donation can ensure that the Livestock Enterprise continues to contribute significantly to WWS Foundation’s goals.

Below (work in progress): The Frensham Dining Room extension and refurbishment is a major Foundation Project.

WWS FOUNDATION ANNUAL DINNER 2018

Save the Date
Saturday 11 August 2018 ~ Frensham Dining Room
From my message to Kindergarten parents at last week’s Assembly:
Morning carline duty at Gib Gate is one of my favourite parts of the day. I enjoy greeting families and children as they arrive at School, saying cheery “Good Mornings”, chatting about the novels children carry under their arms, musical instruments, sporting equipment, patting the family dog or helping to hold that special flask of hot chocolate prepared by a busy parent, as children clamber out of cars.

I also enjoy the glimpses I get into family life, especially the tail end of conversations. Difficult conversations interest me the most.

“The answer is no, I've explained why you can’t go.”
“I know you don't want to do it but give it a try - see how you go.”
“I know you're disappointed but trust me, you'll be ok.”
“I understand everyone else is going but you can’t, we have too much on.”
“You're going to have to explain why your cello wasn't in the car.”
“It's too expensive, we won't be doing it/buying it.”
“No, I can't help, you can manage, I have to go to work.”
“No, you won’t be getting your pocket money, you were still in your pyjamas ten minutes ago.”
“No, I can’t go home and get it.”
“No, it’s not my fault, it’s your responsibility to pack your blazer/hat/lunch/book/laptop/racket/hockey stick.”

These conversations are usually accompanied by a rather grumpy looking child, slowly exiting the vehicle or refusing to exit the vehicle, putting parents under pressure as cars mount up behind them in the carline as I hold open the car door.

“I love you, see you later” parents conclude, knowing they have dropped off an unhappy child before they head off to start their day. [“Bravo!” I silently offer congratulations, as I cheerily try to engage the unhappy child in conversation knowing the grumpiness is fleeting and the positive parenting is priceless.]

Parents today are under pressure from all quarters to be the perfect parent. In the media, images abound of beaming children and relaxed, cheerful-looking adults, while parents are bombarded from all directions with the latest in parenting theory, including myriad opinions on how best to raise happy children.

“I just want him/her to be happy”, is something I hear from parents on a regular basis. Of course, I concur, but only if this does not mean avoiding your child experiencing disappointment, unhappiness, nervousness, challenge, struggle and responsibility. Children need parental guidance and high expectations to allow them to build the skills necessary to manage their daily experiences and future lives. It’s not easy to say no to a young child or pre-schooler, and their reactions, given their age, can be very difficult and sometimes extremely embarrassing to manage, especially in public! However, please know you have the full support of the School when you are setting important boundaries and expectations for your children.

Ms Sally Robson, Head of Gib Gate

Curriculum Highlights 2018
IPSHA NSW Mathematics Challenge Camp 2018
Learning to Learn through Challenge and Doing
For three days, from Monday 12 March, Year 6 Gib Gate students Laura Barnsley-Adams, Rocco Perrotta, Eva Telford and Kyle George (pictured right with Ms Robson) immersed themselves in solving challenging, advanced mathematical problems with other students from Independent Schools across NSW. This annual event, facilitated by Roseville College, is held at Elanora Conference Centre in Sydney and allows four Gib Gate Year 6 students the opportunity to enjoy learning outside the Gib Gate classroom, make many new friends and develop their cooperative learning skills whilst working in small groups and teams.
Upon return last week the students wrote about their learning highlights:

- **Fibonacci numbers** were really amazing because it really proves that whilst most people can tell you the answer to 1+1 not everyone can find the answer to a mind blowing question like this! I can see why Ms Chauncy said no one has ever come back from the maths challenge camp saying they didn’t have a good time! Eva Telford

- I learnt that all you need to do complex Mathematics is a pen, paper and the power to use your mind! I really enjoyed the challenging maths strategies, the trivia night, and the opportunity to make new friends who really like maths! Rocco Perrotta

- Mathematics can be accomplished by anyone although everyone has their own strengths in it. I enjoyed the time and space to think about and find formulae for the mathematics we were doing. I showed them to Nick (my teacher) and he was suitably impressed and surprised, actually. Kyle George

- Anyone can find a pattern but not everyone can say why it is a pattern and why it’s important. I really enjoyed the group activities and being surrounded by people who love maths as much as I do. The students in my cabin were really nice and we all got on really well. Laura Barnsley-Adams

The Pascal's Triangle activity, nominated by the students as one of their favourites, is printed below for you to consider – if you cannot continue the pattern then join Year 6 for Mathematics lessons and find out the solution!

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1
1 1
1 2 1
1 3 3 1
1 4 6 4 1
1 5 10 10 5 1
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Ms Kate Chauncy, Director of Teaching and Learning, P-12 and Coordinator of Gifted and Talented Programmes

**Enrichment/Activities**

**Opera Australia**

Opera Australian is bringing its adaptation of The Magic Flute by Mozart to Gib Gate next week. Students have the opportunity to experience high calibre musicians and performances through the **Touring Schools Programme**.

**Years 3 and 4 Outdoor Adventure Day**

The Years 3 and 4 Outdoor Education Adventure Day has been rescheduled to **Monday 9 April**. Further information is available on SchoolBox.

**Outdoor Education Camp**

The Years 5 and 6 Camp is on next week, from **Monday 26 to Wednesday 28 March**. Information is available on SchoolBox and students/parents have been briefed at School. Information regarding the programme is available at the Outdoor Education Group website at [https://www.oeg.edu.au](https://www.oeg.edu.au) or contact an OEG representative through the school.

- Login: Gib Gate
- Password: GGOutdoors

Please note that it is not necessary to complete the medical forms as OEG already have your child’s medical information.

Mrs Anne Graham, Gib Gate Coordinator (Administration)

**Sport**

**Swimming**

Congratulations go to all the children who swam at the SHIPS and IPSHA Swimming Carnivals over the past two weeks. Gib Gate results were highlighted by a large number of personal best times. There was a noticeable overall improvement in times from previous years with many of our senior students swimming low 30 second times for the 50 metre freestyle.

Kindergarten to Year 2 also enjoyed their **Fun Swimming Carnival** at The Centenary Pool last week. The development in students’ swimming ability is noted and is in large part due to the **Swimming Development Programme** being run for Sport each Thursday in Terms 1 and 4.

**Summer Sports**

The Summer Sport season will conclude over the coming weeks. Good luck to all the Basketball and Water Polo teams as they contest the semi-finals and finals of their competitions. We congratulate the Primary Cricket team for playing in the B Division Grand Final last weekend.
Equestrian
We congratulate Alexandra Inglis, Elizabeth Taylor and Lilly Treweeke (Year 6), and Sophie Baldwin and Isabella Barber (Year 5) who have competed in high level Equestrian events over the past month.


Lilly Treweeke competed at the Robertson show: 1st in the Mug Race, 3rd in Bending, 4th in the Barrel Race.

Sophie Baldwin competed at the Robertson and Moss Vale Shows: 1st in the 90cm and 2nd in the 75cm show jumping at Robertson; 1st in the 65/75cm and 2nd in the 75/85cm and two clear rounds in the 90cm jumping event at Moss Vale.

Isabella Barber was competing in one of the first competitions in hacking at Robertson Show: 1st in the Novice and Pairs District Rider Under 12; 3rd led District Hack Mare over 15 hands, 3rd District Hack, 3rd Novice District Hack and 3rd Girl Rider 9 Years and Under 12.

A complete report of Alexandra Inglis's results will appear in the next edition of the Newsletter.

Snowsports
Families who have expressed interest in their children competing in this year’s Interschools Snowsports Championships are reminded that selection of events is now due into the office at Gib Gate.

Cricket

Mr Michael Standen, Co-ordinator of PDHPE and Sport

Preschool (Pre-Kindergarten)
The Preschool students are fortunate to regularly have visitors who bring a wealth of knowledge and experiences to add to the programme. Exposing children to varied activities motivates and inspires them to another level of conscious learning. By encouraging our youngest pupils to be global citizens, we are setting them on the path for learning where they can be open to new ideas, and question their world.
The Year 6 Preschool Monitors, Imogen O’Riordan, Lucy Vilo and Amy Wimalaratne, visit the preschool several times a week in their leadership roles and act as positive role models as they support the Preschool students. Year 6 Music Monitors, Solveig Clarkson and Cate Horsfall, shared their musical skills of voice and viola with the students. The Preschool children were transfixed as the students performed, and were encouraged to ask questions before and after the performances.

Preschool also welcomed Dr Nasreddine (Zachariah Chalak’s mother) who came to cook a Lebanese dish, Bizayts, with the children. The vine leaves she used (which she had frozen) were collected from Zachariah’s grandmother’s house. Dr Nasreddine explained that fresh food is best but sometimes we need to use items that have been frozen. The children chopped tomatoes, squeezed lemons and measured rice into a bowl, then stirred in parsley and shallots. Students’ fingers were challenged as they had to roll vine leaves carefully around a small amount of mixture. The rolls were then placed on a layer of tomatoes and onions and were cooked over a low temperature for an hour. Dr Nasreddine talked about the scientific aspect of cooking. She asked the students to consider whether when the ingredients were mixed together did they dissolve (like a cake batter) or did they hold their shape. We discussed this later and tried to recall the cooking we had done recently.

Other visitors welcomed by the students were Claudia Rung’s mother (Mrs Lestal) and her grandmother, who talked about Chinese New Year. Claudia explained that her father was born in China and students were shown where China is on a map. Mrs Lestal shared that Chinese New Year is a special event; just as important as a birthday is to us, and that each year is known as a different birth sign. The Preschool students were born under the year of the snake and according to this birth sign, it means they are clever, opportunistic and reflective and have a desire to help others. Claudia showed the students some special clothes that she and her brother wear for the celebrations, and Grandma Rung shared some Chinese words with us. We examined her dragon puppet which was like those used for Chinese New Year parades and we all used chopsticks to pick up sultanas.

Having our Gib Gate families and older students share their knowledge and skills really enriches the Preschool programme.

Mrs Tinna Loker, Preschool Coordinator
New ceramics weekly class at Sturt Pottery
By popular demand, we have established a new weekly class in Ceramics that is held on Saturdays from 10.00am to 1.00pm, and started on Saturday 17 March. The class is led by well-known maker and National Art School teacher, Louise Boscacci, who will offer a mixed class on Saturdays, with both hand building and wheel work opportunities available.

Louise Boscacci is a practising artist and innovative educator in ceramics who has exhibited widely in Australia for the past two decades. She is an alumna of the National Art School in ceramics and photography. Her works can be found in the collections of the National Gallery of Australia, Newcastle Art Gallery, Campbelltown Arts Centre, University of New South Wales and University of Wollongong, as well as numerous private holdings in Australia, the UK, the USA and Hong Kong. She was a recipient of the Australia Council’s London Studio Residency in 2009-10, where she researched aspects of ancient and contemporary ceramics in England and Italy. In 2010 she was an invited Australian master artist at Clay Energy, Gulgong, the international ceramics event hosted by the late Dr Janet Mansfield and family. Louise is currently engaged in making big sonorous bowls, a series of which was exhibited in the exhibition Turn Turn Turn at the National Art School Gallery in 2015. Visit her website at www.louiseboscacci.net

Residencies in 2018
An exciting programme of residencies in 2018 has included a visit in February by three male artists from Ernabella to work in Sturt Pottery. We will also welcome two graduate residents from ANU School of Art – Nikki Chopra (ceramics) and Rose Keightley (furniture) as well as a professional artist residency later in the year by fine furniture maker, Chance Coulter, from the US.

Winter School 2018 – Monday 9–Friday 13 July
Courses are filling fast! There are 16 courses on offer for adults plus daily classes for children. The full programme is on the Sturt website and the brochure is now available. A reminder that we offer competitive accommodation and meals packages, making our Winter School a unique cultural experience.


For children, we have a daily programme that includes painting, mixed media, weaving, and clay.

Events
Chatoyance – New work by members of Studio Woodworkers Australia, until 8 April
This exhibition of fine furniture at Sturt shines a light on some of the masters of the craft. Chatoyance is an exhibition of collaborations and mentorships - with emerging makers paired with Accredited Members of SWA to design and make a new piece of furniture.

“I am of you” – Contemporary sculptural basketry by Catriona Pollard - 15 April to 3 June
Stunning new work by Catriona Pollard using organic material to create powerful sculptural works. Pollard uses foraged and discarded plant material and traditional basketry and assemblage techniques to present nature in a fresh new light for the viewer. “I am of You offers glimpses of shapeshifting natural forms, from unnoticed branches, leaves and seedpods into shapes that move you; that celebrate the abundance of nature and our place in this universe,” Pollard says.

The exhibition will be opened on Sunday 15 April at 11.00am by special guest Natascha Moy, Chairman of the Eastside Radio Board.

Full details of all Sturt courses, exhibitions, residency programmes and events can be found on the website www.sturt.nsw.edu.au, or to make a booking or to enrol call Sturt Shop on +61 2 4860 2083 or email shop@sturt.nsw.edu.au

Mr Mark Viner, Head of Sturt
Deputy Head

Students in Years 7-12 have been asked to nominate either Football or Basketball as their Term 2 team sport. Students are also able to participate in Cross Country, for which training began in Week 7 on Wednesday and Friday mornings.

The IGSSA Cross Country event will be held at Frensham on Friday 18 May. This is one of the major sporting events on the IGSSA Calendar with over 800 runners from more than 30 schools taking part. Schools are allowed to enter up to eight runners in each age group.

Extra Subject Enrolment information for Term 2: Please check Schoolbox News during Week 9. It is assumed that students will continue their Term 1 Music and Tennis Lessons. All other activities, including Sturt Studio classes, are for enrolment on a Term-by-Term basis, for parents to complete new forms, where applicable.

BYOD Programme

The BYOD programme across the School continues to provide students with valuable educational tools and opportunities for staff to educate students on the appropriate use of IT. BYOD is not just about the technology; it is about a school providing quality education in a networked world and schools operating in a networked paradigm. It is also about schools providing transformational instructional activities where students are able to demonstrate what they have learned using their chosen device. At Frensham, students are linked to classes through their mobile device via a Learning Management System (LMS), in our case Schoolbox. A LMS allows teachers and students to collaborate, communicate and integrate other learning tools through a common learning portal.

Mr Geoff Marsh, Deputy Head

Boarding News

Easter Weekend

- Please confirm with your daughter her arrival and departure times for the Easter Weekend and notify Mrs Wansey of any changes to your daughter’s travel plans.
- A reminder that the Houses will be open from *5.00pm on Easter Monday, for Boarders to return to School. Please contact boarding@frensham.nsw.edu.au should your daughter need to return to School before to 5.00pm, so that prior arrangements can be made.

The weekend programmes continue to provide the girls with a variety of experiences, combining age groups at various events. From movie nights to ‘princess themed’ discos, the Friday night activities, ably coordinated by the Year 12 girls, continue to bring the school community together, with fun, friendship and laughter being focus elements of each event.

On Sunday, 44 girls spent the afternoon at Kiama Beach to cool off in the waves, enjoy an ice cream and share hot chips. Although the waves were powerful, the girls made the most of the cooler water temperatures and time to relax with friends.

Mrs Tanya Vaughan, Director of Boarding; Mrs Amanda Wansey, Deputy Head of Boarding

Director of Studies
Last week, senior staff had an opportunity to be involved in a deeper analysis of HSC 2017 data. Close examination of both course and individual results provide an excellent method of investigating programmes and assessment to determine possible areas of adjustment. Professional conversations aim to identify areas where improvement can be made for all subject areas. In line with the **WWS Strategic Theme - Learning and Teaching** - we continue to strive to achieve the highest academic standards within a broad educational experience that fosters excellence across all aspects of the educational programme.

Year 11 students noted a positive camp experience, which included workshops on interview technique and exploration of ethical decision-making. In addition, Ms Gillick conducted a Leadership session at Frensham prior to a full-day presentation by the ‘Burn Bright’ organisation. With the basis of their work built on servant leadership and the value of positive relationships in being able to lead purposefully and constructively, girls were actively involved in exploring leadership in a fun and dynamic environment.

Other elements of the programme included a Clubbe Hall theatre experience to see *Hidden Figures*, and our guest speaker Lieutenant Commander Sarah Mills from the Royal Australian Navy. Sarah joined the Navy 17 years ago as a pilot and is currently the **Head of Leadership Management and Professional Development** for officers and senior sailors. Her messages about teamwork, leadership and striving for excellence were well received by the students. A noteworthy highlight was the Year 12 student video which was produced to share with Year 11 girls. In the video, the Year 12 girls offered their wisdom about being a successful student, and urged Year 11 to be fully engaged in all aspects of School life, and work hard to achieve their goals.

**Ms Janene van Gogh, Director of Studies – in Residence**

**English and Drama**

**Drama**

As we draw to a close for the end of Term 1, students in Drama are consolidating their understanding of theory through making, performing and appreciating, for their various assessment tasks. Year 7 students are using the picture book, *The Rabbits*, by John Marsden and Shaun Tan, as a stimulus for a group-devised performance. *The Rabbits* is partly an allegorical fable about colonisation, told from the viewpoint of the colonised. Students are using images, movement and soundscapes to create an abstract performance, exploring the topic from the perspective of the colonised.

Year 9 Drama students are experimenting with the style of **Commedia dell’Arte**. The style employs physical comedy in the form of slapstick and involves props and their misuse to assist in creating the physical comedy. The style also features archetypal characters whose masks, physical mannerisms, gestures and walks visually portray their personalities. In preparation for their task, students are working in small groups to explore scenarios and characters of the style.

Year 10 Drama students are studying the dramatic form of Realism, utilising the techniques of **Stanislavski’s System of Acting** to interpret plays and create believable characters for scripted performances. Constantin Stanislavski was a Russian actor and director who developed exercises that encouraged actors to explore character motivations, and provided a guiding structure for actors to consistently achieve deep, meaningful and disciplined performances.

Year 11 Drama students are developing a deeper understanding of Improvisation, Play Building and Acting through their study of key theatre practitioners in modern drama. As a culminating task for the unit, students are devising an original piece of group-devised theatre. Inspired by the performances they witnessed at *OnStage*, students are embracing the challenge, extending their skills in preparation for next year’s HSC Group Performance.

Year 12 Drama students are studying Black Comedy as their second topic of study for the **HSC Drama Written Examination**. The topic explores modern comic plays from different countries that deal with what is often uncomfortable or suppressed. Students are investigating the nature of comedy and use of humour to confront an audience with human experiences of pain, loss, the controversial or the taboo. In particular, by engaging with the forms, styles, techniques and conventions of the plays, students assess how audiences are affected and whether laughter provides a cathartic experience in this style of theatre. As part of their preparation and understanding of the texts *The Lieutenant of Inishmore* by Martin McDonagh and *The Shape of Things* by Neil La Bute students are grappling with the plays in small groups by interpreting and adapting them for performance.

**Mrs Sally Hannah, Head of Drama**
English

I study literature because I believe there is power in stories. Literature is both intensely personal as well as a communal experience. I love examining how words, sentences, characters, plot-lines and tropes reveal who we are as humans. Humanity is a complicated thing, and requires an infinite amount of words to describe and analyse. That's the joy of studying literature, there is always a new reality to discover.

The above quote is from a newly graduated high school student responding to her university lecturer at the beginning of a literature course. The value of reading and studying literature is widely recognised. Noting that reading literary stories leads to higher scores on standardised tests for social skills than reading non-literary stories, a recent article titled ‘Empirical research on readers in schools and at the workplace’ published in Scientific Approaches to Literature in Learning Environments explores what learning from literature entails, what literature can mean in the lives of readers, and what they may discover about themselves and others. In defining ‘What Makes a Book “Great”?’, Professor J Rufus Fears, from the University of Oklahoma, identifies four characteristics: its focus on great themes such as love, courage, and patriotism; its composition in a noble language; its ability to speak to readers across the ages; its ability to speak to readers not as groups, but as individuals.

How do these generally accepted findings fit with the study of literature in Frensham English classrooms? It is our English Faculty’s goal to select a wide range of texts that will provide ‘intensely personal as well as a communal experience’ for our students. From Jack Davis’s play Honeyspot in Year 7, to Year 12’s study of the works of Frensham old girl, respected poet Rosemary Dobson, all literature discussed in class is carefully chosen to fulfil the syllabus objectives of personal enrichment and an appreciation of the power of language to explore the social, cultural, ethical, moral, spiritual and aesthetic dimensions of human experiences.

With reference to the examples of studied texts cited above, Honeyspot dramatises the conflicting attitudes of two families to the value of timber in a forest. Their children, an Aboriginal boy and a white girl, resolve this cultural conflict by creating and performing a dance that combines European ballet and Aboriginal corroboree dancing. Their wonderfully original dance demonstrates that cultural differences can be overcome by respectful sharing, to create a new, harmonious whole. As would be expected for Year 12 study, the themes of Dobson’s writing are much more complex. In the author’s words, her poems are ‘a search for something only fugitively glimpsed, a state of grace’, which inspires students to reflect on their personal meaning of that state.

Similarly, moral questions are raised in Year 8 novels, Soldier Boy and A Rose for the Anzac Boys. Through their discussion of themes of family relationships, mateship, honour and patriotism in these and other texts, the students are challenged to consider the ‘myths’ of war and the idea of context, purpose and audience, and their impact on representations of war. Through analysis and discussion of textual representations of war they consider how and why those representations change over time and are encouraged to investigate and develop their own values in relation to war and its representation. In Year 10, the study of Shakespeare’s Macbeth and the novel The Book Thief, continue some of these ideas. Within a supernatural framework (the predictions of three witches, and Death as an omniscient narrator, respectively) the texts explore the power of words to influence values relating to themes of loyalty, courage, love, guilt and identity.

By the very nature of its stories, readers of quality literature develop both a critical view of its narrative construction (rhetorical devices and the use of language), and insights into the human condition and the moral complexity that entails. In the words of another student from the same university course as the opening quote for this article: ‘I can read a Greek tragedy two thousand years later and agree with things that some older white man was saying because he was a human being, and I am a human being. . . I have had reading experiences that taught me more about what it means to live in this world.’

Ms Jennie Mickle, Director of English

French

Term 1 Listening and Reading Assessments will shortly be completed for students in Years 7-10. The tests identify strengths and gaps in the girls’ knowledge and understanding that informs future programmes of work prepared for them. The availability of Booklets or Dossiers for each unit of work, collated and published by the Languages Faculty and issued as consolidation and extension materials to girls from Year 7 to Year 12 French Extension, has simplified the presentation of new grammar and other structures and concepts via the Interactive Whiteboard. This facility has enhanced the quality of teaching and learning both through the use of technology and the opportunity to focus on a common linguistic feature, which in turn enables a broad range of educational activities to become more interactive and engaging for all involved.

Grammar PowerPoints for all year groups are regularly uploaded onto Schoolbox and are permanently available for girls’ use for revision and consolidation purposes. All students are urged to access these appealing, entertaining resources to improve and extend their knowledge and understanding of French.
Those girls who have had the opportunity this term to practise their oral skills by speaking with Mme Chabert have enjoyed discussing the various topics that have been the focus of classwork. Topics range from introducing themselves in Year 7 and talking about themselves and their families in Year 8, to presenting arguments on complex issues such as racism and immigration in Year 12 Extension French.

Mesdemoiselles Victoria Akins, Chelsea Wallis and Madame Rosie Chuvand, French Teachers

Human Society and its Environment (HSIE)

Studies Highlights

Year 7 World Studies have commenced their study of Ancient Egypt and are focusing on the nature of life in Ancient Egypt and how we use primary sources to investigate this fascinating society. Year 8 World Studies are completing their study of Medieval Europe by examining the role of religion in the Middle Ages and the Crusades, considering the connection between the two areas of content. Year 9 Australian Studies classes are completing their investigation of the Industrial Revolution with an assessment task on working conditions. They will then begin their study of the First World War, starting with the long and short-term causes. Year 10 Australian Studies have started their assessment task on the changing rights and freedoms of Aboriginal and Torres Strait Islanders in Australia. This experience is compared to the changing rights of African-American people stemming from the American Civil Rights movement in the United States of America.

Year 11 Modern History students have commenced their individual research project. They have chosen topics and designed questions to investigate aspects that interest them, which will culminate in a 1200 word essay. Year 11 Ancient History are investigating Tutankhamun’s Tomb and examining aspects of the tomb and its contents that can provide an insight into the life of this relatively unimportant boy-Pharaoh. Year 11 Business Studies students are examining business management, exploring different approaches and processes. The Year 11 Economics class is studying markets in Australia, particularly how supply and demand shapes the economic landscape of Australia. Year 11 Geography students have completed their study of natural resource use and are commencing their study of developmental geography, examining the indicators that are used to determine the varying levels of development around the world.

Year 12 Modern History students are investigating the nature of Stalin and his regime in the Soviet Union, considering the many different factors that made it a unique government in history. The Year 12 Ancient History class is examining the evidence for daily life in Pompeii and Herculaneum and how our sources can help us to determine various factors such as the economy, food and entertainment. Year 12 Business Studies are studying financial management in businesses and what can influence this aspect of business. Year 12 Economics students are investigating a range of economic issues, such as economic growth, unemployment and inflation. The Year 12 Geography class is examining biophysical processes and issues, focusing on the nature and importance of biodiversity in ecosystems.

Dr Stephen Clarke, Head of HSIE

Jamieson Programme

Congratulations to all year groups on completion of their respective Outdoor Education Camps. Students enjoyed perfect weather and by most accounts, fully embraced the challenges of camp. It is hoped that through the camp experience, girls will rise to physical and emotional challenges with grit and determination, developing strong leadership skills as a result.

Complementing the Camp experience, teachers are working with Year 9 to develop individualised fitness programmes with the goal of girls embedding exercise in their daily lives, exercise that is appropriate to their age, ability and interests. With this in mind, students have been documenting their weekly fitness activities into a fitness journal so that teachers can support them to reach this goal.

Last Thursday, Year 9 students visited the Nan Tien Temple as part of the Religious Studies component of the Jamieson Programme. The girls listened to informative presentations about the nature of Buddhism, then participated in a session of Tai Chi (pictured) followed by a vegetarian lunch. The experience gave the students an insight into the lives of Australians who belong to the Buddhist faith, and how this particular religion fits into their daily lives.

Year 9 students in the Cambridge IGCSE interdisciplinary course, Global Perspectives, have been investigating a range of interesting debates and issues in preparation for their first Individual Research Project, which is due for completion in Week 3 of Term 2.

Ms Merrilee Harris, Head of Jamieson Programme
Mathematics

Frensham Celebrates International Pi Day on 14 March

The date is referred to as such because it coincides with the first three digits of pi — 3.14 — referring to the ratio of the circumference of a circle to its diameter.

It is seen as a day to celebrate Mathematics and Science, and at Frensham this included a “Digits of Pi” Competition organised by Miss Wong and Gabrielle Steiner, Head of Mathematics Club. The winners for each year group were as follows:

- Year 7 Eliza Mulligan (251 digits);
- Year 8 Zé McGrath (128 digits);
- Year 9 Madeleine Mulligan (338 digits);
- Year 10 Caitlin Hargraves (72 digits);
- Year 11 Annabelle Hickson (62 digits);
- Year 12 Gabrielle Steiner (112 digits).

Mathematics Faculty: Miss May Wong (161 digits).

The competition was complemented by the making of a Pi (paper) Chain by Ms Fittler’s and Dr Batten’s Year 7 classes (completed by Ms Fittler’s Year 10 class) where each digit of Pi was represented by a coloured paper chain (pictured above). Finally, on Tuesday night the girls who attended Mathematics Club further explored the beauty of “pi” and its applications in our everyday lives.

The statement, “Stephen Hawking couldn’t have calculated a better date to die” resonates. Social media users have been pointing out that the 76-year-old physicist’s passing fell on Pi Day, and if his passing on this day was not mathematical enough, it has also been noted that Albert Einstein was born on the same day (14 March 1879) — and he would have turned 139 this year.

For interest, here are some lesser known facts about Stephen Hawking:

- He was born on 8 January 1942 which was the 300th anniversary of the death of Galileo.
- At school, he only managed average grades.
- He was curious about how clocks worked and regularly took them to pieces but was not very good at reassembling them.

Two of my favourite Professor Hawking quotes:

- “Intelligence is the ability to adapt to change.”
- “So next time someone complains that you have made a mistake, tell him that may be a good thing. Because without imperfection, neither you nor I would exist.”

Stephen Hawking possessed one of the greatest minds of our time, and also thought that mistakes teach us valuable lessons and give us opportunities for improvement. This indeed is our experience when teaching Mathematics in our classrooms, where learning from making mistakes and developing the ability to change and adapt, equals the most successful and happy students and teachers.

Looking ahead we have many opportunities to get involved and do more mathematics:

- Bebras Computational Thinking Challenge
- Computational and Algorithmic Thinking (CAT)
- Mathematics Challenge for Young Australians - Australian Mathematics Trust (Term 2)
- Grok Coding

As always, we endeavour to enrich our students’ minds by planning experiences that aim to be fresh, enjoyable and rewarding for our classes.

Ms Joanne Allison, Head of Mathematics
Music
On the Saturday of the Year 10 Parent Weekend, the Senior Choir sang at the Confirmation Service at St Stephen's Anglican Church, Mittagong. In addition to the three hymns, they performed The Peace of God by John Rutter as the anthem. In the School Service on Sunday, the Choir sang Vivaldi’s Gloria with a powerful accompaniment from our new organist, Mr Ben McKenzie.

In the Concert that followed, the 21 girls in the Year 10 Music class performed a complex arrangement by Miss Sinden of Gershwin’s Let’s Call the Whole Thing Off. The Concert Band then played an abbreviated arrangement of Tchaikovsky’s famous 1812 Overture, supported by paper bag-popping Year 12 students in place of cannons. Chanel Huang then performed Melodie by Tchaikovsky with great musicality and maturity, accompanied by Ms Madden. Mairi Menzies sang Read All About It accompanied by Millicent Bolger on voice and piano. The final item featured all of Year 10 performing their arrangement of All You Need is Love.

Frensham musicians in the Kennedy Strings, Concert Band, Jazz Band and the Senior Choir are looking forward to participating in the Southern Highlands Schools' Music Festival this week. It will comprise all-day rehearsals with an evening concert, and will give all involved the opportunity to perform in large, combined ensembles.

Mr Michael Spencer, Head of Music

Science
Year 12 Biology students have been continuing their study of Maintaining a Balance by looking at transport within plants, particularly the CAT theory for movement of water in phloem and the “Source to Sink” theory for movement of sugars in phloem. In the next week they will be studying the process of excretion with an emphasis on the role of the kidney. A kidney dissection allows girls to see the macroscopic structure of the kidney and electron micrographs allow an examination of nephrons. Discussions on the role of hormones in kidney function and how kidney dialysis works also form part of the syllabus.

In Preliminary Biology, girls are continuing the topic Cells as the basis of life with particular emphasis on enzyme activity in cells. They have performed a number of experiments that look at the factors that affect enzyme activity.

Year 12 Chemistry students have been studying acids and bases in The Acidic Environment topic. They learn to calculate pH of solutions with different concentrations of acids. They conducted gravimetric analysis to determine the concentrations of unknown acidic solutions through titration. They also learn about acidic, basic and neutral salts and (ahead) about esterification.

Preliminary Chemistry students have been exploring the similarities and differences between the nature of intermolecular and intramolecular bonds and the strength of the forces associated with each. They have been actively engaged in making molecular models to represent these bonds.
Year 12 Physics students have compared the structure and function of a generator to an electric motor and discussed the
effects of the development of AC generators on society and the environment. They also analysed secondary information on the
competition between Westinghouse and Edison to supply electricity to cities.

Year 11 Physics girls have begun their second unit of study – Dynamics – the study of
the motion of objects and the forces (contact or mediated by fields) responsible for that
motion. It is a branch of classical mechanics that primarily involves Newton’s Laws of
Motion and the analysis of one and two dimensional interactions in simple closed
systems consisting of single or multiple bodies interacting with each other. The class is
interested in how our understanding of Dynamics connects to the motion of planets in the
solar system. They have decided that this will be a focus for one of their in-depth of
studies.

Year 10 classes have begun a study of the Blueprint of Life by looking at the structure
of DNA. Girls enjoyed building DNA models. Next they will study karyotypes and how
chromosomes move during the processes of mitosis and meiosis.

Pictured Right:
Miriam Hopkins, Olivia MacDiarmid and Chanel Huang (Year 10)
with their DNA model.

Mrs Alison Andrew, Head of Science

Agriculture & Show Cattle Team

Show Cattle Team

Moss Vale Show - ECM Junior Steer Competition: 1st Grace Halliday leading Jerry (Angus); 2nd Daisy Latimer leading Marco
(Angus); 3rd Olivia Salkeld leading Milton (Limousin); 4th Dimity Crowe leading Tommy (Angus); 6th Isabella Ross leading Nicco
(Simmental); 11th Miriam Hopkins leading Neville (Simmental); 12th Alice Hayes leading Dougal (Angus). Heavyweight Steers:
2nd Daisy Latimer leading Marco (Angus); 3rd Dimity Crowe leading Tommy (Angus); 4th Grace Halliday leading Jerry (Angus).

Junior Paraders – 11 years and under 14 years: 6th Lillian McCarten leading Dougal (Angus).

Sheep Team Report

Frensham had its first foray into showing sheep on Friday 16 March at the Camden Show. Five students (pictured right)
accompanied four Poll Dorset ewes and one Poll Dorset ram to the Show. They
competed in a variety of Poll Dorset classes and Interbreed classes as well as handler
classes. The students and their sheep performed well.

The results in the respective classes were:
Poll Dorset Milk teeth ewe: 1st Sophie Lyne leading Nancy; 2nd Isobel Huggins leading Baabara; 3rd Brodie van Egmond leading Shirley. Poll Dorset Milk teeth ram: 1st
Miranda McGufficke leading Craig.
Champion Poll Dorset - Nancy; Reserve Champion Poll Dorset - Baabara. Pair of
ewes milk teeth: 1st Ivy and Miranda McGufficke leading Shirley and Sunday.
15yrs handlers class: 1st Brodie van Egmond. 14yrs handlers class: 1st Ivy
McGufficke. Lamb capers best dressed sheep (novelty event): 2nd Craig the ram dressed as a hippie.

The Sheep Team and the four Poll Dorset ewes will be competing this week at the Sydney Royal Easter Show on Thursday 22
March. Joining them will be the Pig Team and the Show Cattle Team, as well as three of the School’s egg laying hens.

Ms Leonie Mutch, Co-ordinator of Agriculture
PDHPE
Developing a student's health literacy empowers them to make decisions about health, safety and well-being. The more students are able to use the dimensions of health literacy, the better skilled they are to take control of their own health.

Opportunities offered in PDHPE for students to develop health literacy include:
- investigating and using a wide range of health and physical activity related vocabulary and symbols
- exploring web page design and navigation and multi-literacy conventions related to health and well-being
- recognising and processing information and ideas to read aloud, discuss, brainstorm, develop concept maps and highlight terms, key ideas and note take
- critical assessment of the authenticity and reliability of information
- exploring health inequities and possible solutions
- encouraging students to use their own strengths in a wide range of situations to optimise their own and others' health, safety and well-being.
(adapted from NSW Department of Education website)

Students in Years 7-10 will complete assessment tasks this semester which may include written tests of knowledge, decision-making related to scenarios, critical analysis of data and/or health literature, positioning activities that require them to explore the position or perceived positions of other individuals/groups or the community as a whole, as well as practical tasks related to composition of movement, refinement and execution of skills, and group work that requires problem solving.

Ms Janene van Gogh, Acting Head of PDHPE

Sport
Swimming
On Friday 16 March, a team of 38 students travelled to Sydney Olympic Park Aquatic Centre to represent Frensham at the IGSSA Annual Swimming Carnival. The following students qualified for the 50m B Final in their respective age groups: Hannah Bendror (Year 7), Heidi Montgomery (Year 10), Lucy Hayes (Year 11) and Kiara Stone (Year 12). A number of swimmers finished in the top three of their division and will receive ribbons at this term’s Sports Dinner. Well done to all members of the Swimming Squad for their school spirit and performance on the day.

Miss Erin Gray, Head of Sport

Equestrian
Over the past few weeks, riders in the Equestrian team have reported the following results in local shows and competitions:
- April Stokman (Year 12) competed at Goulburn Show on Saturday 10 March and placed 4th in the 120cm Open AM7 Show Jumping on her new horse Quiz Star. April also competed at Wallaby Hill Extravaganza a few weeks ago and placed 4th in a large field of competitors in 1.05cm Show Jumping, competing against many national professional riders/coaches (including a couple of ex-Olympians).
- Emily Gubbins (Year 11) competed at the South Coast Dressage Event on March 11 and placed 1st in the Open Novice 2:2 and 2nd in the Open Elementary 3:2.

Reminders:
- The next Interschool Event is the Oxley College Equestrian Day - 6 May at Bong Bong Racecourse. The full programme is now available on Nominate and entries are now open via Nominate, www.nominate.com.au A large number of girls usually represents Frensham at this event and we strongly encourage any new members of the team to participate.
- Central Coast Grammar School Combined Training and Dressage Competition will be held on Saturday 12 May at 32 Dickson Road, Jilliby. There will be classes in both disciplines suitable for all riders K-12. Both competitions will run concurrently and separately. More details will follow next week and will be communicated to girls via email.

Miss Victoria Akins, Equestrian Coordinator

Visual Arts/Design & Technology
On Thursday 8 March, Year 12 students of Visual Arts and Design & Technology attended an excursion to Sydney to view ARTEXPRESS and Shape exhibitions.

On display at the Powerhouse Museum in Ultimo as part of the Shape exhibition were outstanding Major Design Projects produced by students studying Design & Technology for the 2017 Higher School Certificate. Students were able to view both examples of sections of design portfolios, and tangible products, systems or environments created by students.
It was exciting for our girls to see Sarah Hassett’s Major Design Project on display, which was also chosen as a museum case study. This involved the Powerhouse generating video and still content on her work to be used in the Gallery and on the internet.

Later in the morning, we travelled to the Art Gallery of NSW to view ARTEXPRESS. Forty Bodies of Work produced in 2017 were on display at this venue, and the girls had the opportunity to appreciate and note the scope and variety of themes and ideas explored, and the media through which these were conveyed. In the afternoon, the students visited Hazelhurst Regional Art Gallery in Gymea to view another selection of works as part of ARTEXPRESS (whilst the Art Gallery of NSW is the most prominent venue for ARTEXPRESS exhibitions, it is worth noting that several venues are used to showcase these outstanding Bodies of Work). The Gymea exhibition featured 52 Bodies of Work, including Georgina Fuller’s series of ceramic pieces titled Taking Atoll, produced last year.

Mr Phil Alldis, Head of Visual Arts and Design

STOP PRESS - Also this week:
FROM: Canberra Museum and Gallery – 13 March 2018

‘...we thank you for lending work from the Frensham School Collection to display in Canberra Museum and Gallery’s exhibition, **Eileen Mort: a livelihood (30 September 2017-25 February 2018)**. Our visitor numbers show that 24,892 visitors attended the museum and gallery over the period of the Exhibition.’

The work on loan was the **framed tapestry pictured at right, above**, *An Australian Scene, designed by Eileen Mort made by Ninian Thomson between 1928 and 1945*, and a gift to Frensham from David and Clarissa Mort (1971) parents of Constance (2009).

FROM AMEB NSW

With congratulations to our Music Tutors and to Ms Sabine Madden, Coordinator of Music Tuition, Frensham has again been awarded a **Certificate of Distinction** by the Australian Music Examinations Board (AMEB) of New South Wales, for a Top 5 result in the category of **Most Outstanding Accredited School**.

FROM – on campus observers:

Left: Visitor to the School
Kurt does not miss a day - seven days a week – mostly for breakfast around 8.00am