

@Reddam

Reddam House High School Newsletter Volume 21 Issue 15
Friday 28th May 2021

IN THIS ISSUE:

- Principal's Letter
- Student Achievements
- HSC Art Showcase
- Careers News
- Sports Fixtures & Results
 Plus much more...

Dear Parents and Caregivers,

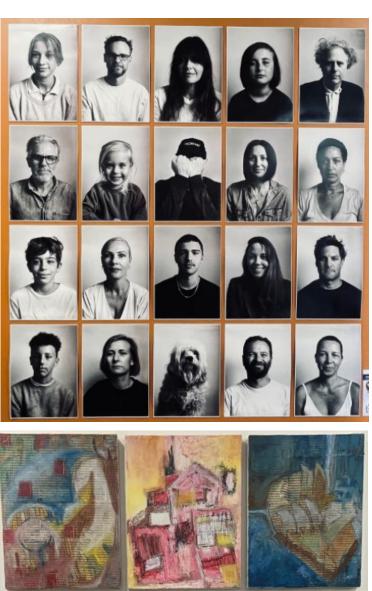
The Year 12 Art Showcase on Monday night was another fantastic exhibition of the diversity and talent that our students have. This showcase, open to the public, also acts as an opportunity for their major works to be assessed by external examiners and receive invaluable feedback prior to the final submission of works. The standard of the students' work is incredible and their ability to express an idea, concept or emotion through their work is extraordinary.

Congratulations to all 37 Artists on their installations. The ability to express themselves through their work has taken years of nurturing and inspirational teaching, where a safe space to grow and learn has been created by all the teachers of Art throughout their High School journey. My thanks to all the dedicated art teachers under the leadership of Mrs Symonds.

























This week while taking some Year 6 students, who will start at Reddam next year, and their parents on a tour of the Middle School, I was once again amazed at the scope of activities being offered to our students. It was on Tuesday at 4:15 pm and I encountered the following activities on our tour: 12 students involved in Chess club, 10 students playing Dungeons and Dragons, 18 students attending extra Geography tutorials with Mr. Wallace and Ms. Dignan, 20 students rehearsing with Mrs. Karney for the Radio Announcing section of the Sydney Eisteddfod, 10 students involved in the Junior Dance Company with Ms. Knight, the cast of nineteen students in the Junior Drama Production rehearsing with Mr. Montgomery, two girls basketball teams having their practice, eight students working on their Art with Ms. Bambach and finally when I walked into the Music Terrace there was the entire String Orchestra rehearsing for their debut performance that evening. All in all approximately 120 students engaged and enjoying activities after school and I have not included those playing sport offcampus. As you can imagine, the parents were blown away by all the activity and to be quite honest, so was I.

The Sport and Academy program is a rich and varied one that allows students to find enrichment and extension within areas of their passion. Middle School students should be involved in at least one sport or two academies per term. They are fun and the best way to socialize with their peers. If your child is not involved please contact bella.kable@reddamhouse.com.au for further information on what is available.

That evening, we held the much-anticipated Finals Evening for our 2021 Instrumental Competition. We heard from 45 soloists who received the highest marks overall in the first round of the competition. We are very proud of all the students for their preparation and excellent performances - the standard across all age groups was incredibly high. Our adjudicator was the esteemed Australian pianist and conductor Brian Castles-Onion, who had the difficult task of awarding Gold, Silver, and Bronze awards in each age category. Brian delivered entertaining and practical feedback to our performers and was looking for students who best inhabited the music and told a story through their playing, as well as technical ability. We are pleased to announce our winners:

Year 7 to Year 9

Gold: Felix Coster (saxophone)
Silver: Saskia Catalan (piano)

Bronze: Jacob Mueller (violin)

Year 10 to Year 12

Gold: Miles Bornman (percussion)

Silver: Frankie Kogan (piano)

Bronze: Victor Xu (flute)

We would also like to thank the members of our String Orchestra for their debut performance as the opening to this concert, and the Concert Band for performing so beautifully at the end of the evening as Brian deliberated. Our backstage crew of Nathan Galper, Edan Angus, and Eva Gorbatov worked tirelessly throughout the night to prepare the stage and Noam Olovitz and Avital Gottheiner were professional and engaging hosts.





As the year is moving increasingly closer to HSC, Year 12 Music students have been taking advantage of every opportunity to develop and refine their performance and submitted works. Last week, Music 2 students spent some time with a string quartet who workshopped their Core Compositions and gave them valuable feedback on how to improve from a player's perspective. Hearing live musicians performing your music creations is a unique and valued privilege indeed, and one that these student's works will benefit from enormously.

On Wednesday this week, Music Extension students visited the Sydney Conservatorium to participate in a Vocal Workshop with 1st and 2nd year university students. Following a private tour of the Con and all its facilities, students saw first-hand what it was like to be a student studying for the Bachelor of Performance qualification as they were invited to participate in the class and provide constructive feedback to performers who were preparing for recitals. As their HSC examinations draw closer and they are deliberating on what the future holds, it's a unique opportunity to stand in the shoes of a university student and discover first-hand what is in store beyond high school. Well done to all these music students for embracing the challenges laid before them and seeking out every opportunity for growth and development.



















Next week, we will hear from some of our singers in the Vocal Competition Finals, and you are welcome to join us in Adelaide Hall on Wednesday, June 2 at 7 pm.

The ASX Schools Sharemarket Game closed this week so we can now announce the Reddam winners. Mrs von der Heidt reported that "it was one of the most volatile games that I have seen with the possibility of huge gains at the start (if you happened to choose the right stock) but a consistently falling market at the tail end.

First: Sammy Cowper and Jasmine Ward (With a strategy of Wine and Pizza – Dominos and Treasury wine estate and many more.) They came ranked at number 1,247 out of the 23,200 syndicates playing the game.

Second: Casual Capitalists - Ben Simon, Jacob Mueller, Terence Zhang and Connor Lang (Heavily invested in Banking, Mining and Gambling with Macquarie Bank, BHP and Sky City)

Third: The Pumpkins - Charlotte Budd, Billie Cooper and Milly Golovsky (Who chose to diversify into an extensive range of holdings - way too many to list here, but including Dominoes and Macquarie Bank). Congratulations to our winners, and thanks to everyone for participating.

And I will finish with the wise words of Sienna Wiles McKay during one of her Commerce lessons. "The stock market... that's just like gambling, isn't it!?"

The Inter School Debating seasons culminated last week with the Grand Final, where our Year 10 team of Eunice Woo, Claudia Dean, and Jaiden Chee argued that "political advertising should not be banned on social media" and in the opinion of the adjudicator won their case against SCEGGS, winning the trophy as the best Eastside debating team at Year 10 level. The Year 9 team were runners up in their competition. Congratulations to all our debating students and their coaches for a successful season.



Congratulations to Adi Alroy, Violet Minchin, Leo Chatonsky, and Jacob Atchison for representing Reddam House at the Interschool Theatresports Competition last week. The team competed against nine other teams and created some hilarious improvised scenes. You did Reddam proud! Well done.

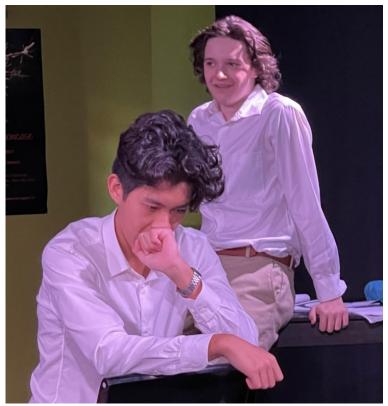
Rehearsals for the Senior Drama production "The 'Bassett" are well underway as can be seen from the report by Gabriella Steinberg, Karl Page, and Coco Veksner-Shaw (Year 10):

"We've been rehearsing for 'Bassett' by James Graham since late February and have made brilliant progress so far. The rehearsals are most certainly a commitment worth making. At this point, we're nearly offscript for the whole play and are working on bringing the text to life and properly embodying our characters. We have developed a fun and exciting rehearsal atmosphere, becoming more and more enjoyable as the cast get to know each other more. There are subtle and interesting connections and dynamics between certain characters that are imperative in the process of creating an engaging performance of the play.

Throughout the rehearsals, we've all found ourselves interacting with other students who we wouldn't usually talk with and had plenty of fun building the scenes together. We're truly pushing our acting abilities with the complexity of realist style acting, playing complex three dimensional characters.

We have been focusing on creating a realistic classroom dynamic, with each line we deliver occurring directly after the last, achieving a genuine portrayal of a conversation between students, instead of merely actors on stage. Overall the entire cast is enjoying the process of putting the play together, and we are excited to see what future rehearsals hold."





This week our Elective Year 11 and 12 Drama students attended a production of 'The Removalists' written by David Williamson at New Theatre. The excursion supported their understanding of the play, which they will study as part of their HSC Course. It was a fantastic opportunity for our students to learn more about the characters, prominent Australian issues and the varying ways in which directors can interpret scripts for a contemporary audience.



Adi Alroy was involved in the Sydney Eisteddfod this week in the U14 Shakespeare Monologue Section. She received "Highly Commended" for her performance as Puck from Midsummer Night's Dream.

Scarlett Blanch played in the NSW U18 Girls Hockey State Championships in Ballina/Lismore last weekend. In her division there were 10 teams of which they came third. Great stuff Scarlett.



Emilie Kesler in Year 7 is involved in a wonderful charity, Take 3 for the Sea.

They are sewing bags which they sell for \$5.00 and the money raised goes to this charity - which is all about marine education. They want to get students who are interested in learning how to sew (they will teach them) and they are planning to run a day or two in the holidays where students can come and sew bags. I love this idea because it will teach students a new skill, raise money for a project that ties into what we are already doing and maybe even foster some new friendships. The project will be launched in assembly but interested students can get more information from Mrs Karney.

https://www.take3.org/young-trio-take-action-to-reduce-plastic-pollution-and-raise-funds-for-take-3-in-new-south-wales/

Have a great weekend and week ahead,

Dave Pitcairn



CAREERS NEWS

ATTENTION YEAR 12:

Numerous courses particularly those for UTS will not appear on the UAC website for 2022 applications until August. Applications are also available via UAC for SRS – Schools Recommendation Scheme for early entry to some universities and EAS applications are open for those who have suffered disadvantage meeting the appropriate criteria. Via UAC. There is no need to rush and apply via UAC immediately as on time applications do not close until 30 September 2021, although, SRS applications close early September 2021. For more information on these see Ms Jones

ATTENTION YEAR 12 STUDENTS INTERESTED IN HOSPITALITY AND MANAGEMENT COURSES:

ICMS offer a number of Early Offer Entry Pathways such as Early Entry, the Leadership Entry Program the Elite Athlete Entry Program, or the Schools Recommendation Scheme.

Applying through these programs means you could mean you get a conditional offer before you sit your final school exams!

These schemes are now open – apply if ...

you intend to start your studies at ICMS in February 2022 you are currently in your final year of school or taking a gap year

you are an Australian or New Zealand Citizen or Permanent Resident

The University of Sydney has numerous events occurring in the coming weeks and months such as:

Wednesday webinars

Join us online each Wednesday afternoon to learn more about what the University of Sydney can offer you! Upcoming webinars include;

Which music degree is right for me?

Design computing portfolio pathway

Sydney Law School student panel

More for students

Languages at Sydney: Go Global 2021 | Wed May 26, 4pm

Hear about our study outcomes and opportunities from academics, alumni and students, plus join a short, interactive taster session in your language of choice.

Tagarah Winter Program | Online and on campus 28 Jun to 2 Jul

Year 12 Aboriginal and/or Torres Strait Islander students

are invited to apply. This program will help students prepare for final exams and receive personalised support navigating admission pathways and scholarships.

ARTiculate Talk Series | Supporting Year 11-12 students in Arts and Humanities

Designed by the academic experts in the field, each talk complements the knowledge students gain in the classroom. Term 3 topics include Shakespeare, Health Economics, Ancient History Agrippina the Younger and Athens, and French Continuers and Extension.

Attention Year 12 interested in a career in Economics-The RBA is holding an event: **Explore Economics – Careers webinar next week**.

A special webinar for Year 9-12 students – RBA economists will discuss their career paths, their work, and the benefits of studying Economics. Students should register directly to attend this online event **here**.

Year 12 USYD Early offers for Visuals Arts and Music students.

The Creative Arts Special Admissions Scheme (CASAS) offers talented Year 12 students a chance to receive an early offer to study music or visual arts based on their audition or portfolio and their academic performance in year 11 and 12 so far, prior to getting an ATAR.

Find out more about applying to the <u>Conservatorium of Music</u> or the <u>Sydney College of the Arts</u>.

Year 12 USYD -

Sydney College of the Arts | Portfolio Day

Students applying for Bachelor of Visual Arts degrees must submit a portfolio of artwork.

<u>Portfolio Day</u> is a fantastic opportunity for prospective students to hear from academic staff and receive personalised feedback on their portfolio and art practice prior to submission.

Where: Online and in-person

Date: Tuesday 8 June

Time: Sessions begin at 4pm, 5pm or 6pm and run for

approximately 1 hour.

More for students

Sydney Law School student panel | Online, Wed 19 May 4-4.30pm AEST

Hear from some of our current students and ask why they decided to study law. Learn what it is like studying at Sydney Law School and the opportunities they're most looking forward to.

<u>Languages at Sydney: Go Global 2021 | Online, Wed</u> May 26, 4-5.15pm

Hear about our study outcomes and opportunities from academics, alumni and students, plus join a short, interactive taster session in two languages.

Your Future in Business | Online, Wed 2 June 4-5pm AEST

Hear from current B Commerce students and learn about the support available, how you can boost your employability skills, gain practical industry experience and access real-world opportunities.

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July Auditions for Sydney Conservatorium

Students who would like to study at the Sydney Con-

servatorium of Music in 2022 will need to register to attend an audition or interview.

Registrations for the July auditions are now open and close on 27 June.

Sydney Law School student panel | Online, Wed 19 May 4 -4.30pm AEST

Hear from some of our current students and ask why they decided to study law.



Learn what it is like studying at Sydney Law School and the opportunities they're most looking forward to.

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<u>ARTiculate Talk Series: Shakespeare | Online, 1 to 3</u> Jun, 5-7pm

This series of seminars, in partnership with Bell Shake-speare, will explore three plays and serve as a resource for HSC English and Drama. Suitable for Year 12 HSC Advanced English. Cost: \$15 per student or \$10 per student for groups of 10+ students.

<u>Pathways to medicine and health | Online, Wed 9 June</u> <u>4-4.30pm AEST</u>

The University of Sydney offers the widest range of medicine and health programs in Australia. This webinar will highlight pathways and options available to students who don't get into their first choice.

Economics at Sydney | Online, Wed 16 June 4-5pm AEST

This webinar will give you an overview of our economics degrees and majors, including admission requirements, pathways and scholarships. You will also hear from current students and graduates.

Become a Dalyell Scholar | Online, Wed 23 June 4-4.30pm AEST

This stream gives high-achieving students access to enrichment opportunities that will enhance your academic abilities, develop leadership capabilities and expand your global network.

<u>Tahgara Winter Program | Online and on campus, 28</u> Jun to 2 Jul

Year 12 Aboriginal and/or Torres Strait Islander students are invited to apply.



CAREERS CONTINUED...

ATTENTION STUDENTS IN YEARS 10,11,12:

Student Engagement team at Challenges Abroad Australia is running a virtual internship program abroad. Virtual Internship program focuses on tackling global challenges in areas such as health, education, environment and livelihoods in marginalised communities. We can work with your students to ensure that the program suits their interests.

We currently offer the internship as a 3-week full time (14-16 hours per week) or 5-week part time (8-10 hours per week) program, however we are able to cater this and certain requirements to your students. The internship consists of connecting with the in-

country FutureSense team, meeting with local community members, attending professional development workshops, networking with fellow interns, independent project work and receiving one-on-one guidance and support from their own internship mentor. If interested see Ms Jones for more details.

ATTENTION YEAR 12 - UNSW

Year 12 Degrees & Scholarships Information Evenings are here!

Tuesday 15 June & Thursday 17 June 6pm-7:05pm

The Roundhouse UNSW Campus

To register see email sent to you by Ms Jones last week.

ATTENTION YEAR 10:

Finding Work Experience—

How to choose the right work experience opportunity

Work experience is a fantastic way to learn more about different career sectors and job roles and to really get a 'birds-eye view' on how different companies operate.

Work experience is proven to be a vital stepping stone to longer-term career success, as it helps you to develop job-ready behaviours and can be a magnificent boost to your confidence in getting on in the work-place.

But not all work experience is created equal, and it pays to spend some time thinking about what opportunities will offer you the best next steps. It's easy to think you should just grab onto any opportunity that comes your way, but you can – and should – think more carefully and make sure whatever experience you gain adds value to your career growth.

SPORTING RESULTS

Basketball

Friday - Comets Competition -Final

U18 Girls (Guy) v Inner City Fever 24 - 28

Sunday - Easts Comp

Year 11R Boys v Moriah 19 - 24

Year 11R Girls v Bondi Lions Diamonds 21 - 20

Soccer

High School Boys - Saturday

Seniors v Scots 2 - 0

Year 10 v Scots 0 - 2

8R v Scots 1-3

Junior E v Trinity 9 - 1

Junior D v Sydney Boys High 5 - 0

7R v Scots v Scots 2 - 0

High School Girls Sunday

Under 17s v Queens Park 1-2

Primary Saturday

Under 12s RH United 2 V Pagewood Villains 11

Under 12s RH City 2 V Easts FC Stuttgart 5

Under 11s RH United 0 V Easts Atletico 5

Under 11s RH City 7 V Pagewood Saints 4

Under 10s RH Arsenal 2 V South East Blue 2

Under 9s RH United 10 V Easts FC Milan 0

Under 9s RH City 1 V Mascot Kings 2

Netball

Reddam 1 v Maccabi 16 - 10

Reddam 2 v The Juniors 8 - 6

Reddam 3 v Mascot 7 - 14

Reddam 4 v Kincopal 30-24

Reddam 5 v Rose Bay 17 - 19

Reddam 6 v Kincopal 15 - 26

Reddam 7 v Marrickville 23 - 11

Reddam 8 v Kambala 16 - 10

Reddam 9 v Saints 26 - 7

Reddam 10 v St Catherines 2 - 12

Reddam 11 v Bondi 0 - 3

Reddam 12 v Randwick Rugby 29 - 1

Reddam 13 v St Catherines 6 - 5

Reddam 14 v Mascot 2 - 0

SPORTING FIXTURES

Basketball

Comets Competition - Friday

16R Girls v SGHS 4.20pm Comets Stadium. The bus will leave Woollahra at 3.15pm

16E Girls v SGHS 5.05pm Comets Stadium. The bus will leave Woollahra at 3.15pm

U18R Girls (Guy) v Huskies 4.20pm Comets Stadium. The bus will leave Woollahra at 3.15pm

18E Girls v SGHS 5.05pm Comets Stadium. The bus will leave Woollahra at 3.15pm

Comets Saturday

Girls

10R Girls v All Blacks Perry Park Stadium 8.00am 12R Girls v Bye

Boys

10R Boys v All Blacks Perry Park Stadium 9.40am

12R Boys v Bandaars Comets Stadium 12.00pm

12E Boys v Warriors Comets Stadium 10.30am

12D Boys v Cobras Comets Stadium 10.30am

14R Boys v Warriors 1.50pm Perry Park Stadium

14 E Boys v Reddam 14A 3.30pm Perry Park Stadium

14D Boys v Mustangs Comets Stadium 12.45pm

14A Boys v Reddam 14E 3.30pm Perry Park Stadium

16R Boys v Pirates 4.30pm Marrickville PCYC

16E Boys v MPB 2.15pm Marrickville PCYC

16D Boys v Warriors 3.00pm Marrickville PCYC

16A Boys v Bears 1.30pm Marrickville PCYC

18R Boys 1sts v Cheetahs 6.00pm Marrickville PCYC

18E Boys v Bye

Easts Comp - Sunday

Year 11R Boys v LCS 11.00am Sydney Boys High School Gym

Year 11R Girls v Coogee 8.30am Waverley College Gym

Soccer

High School Boys - Saturday

Seniors v Newington 4th XI v Reddam Parade Ground No.6. Grand Parade Centennial Park 12.000 noon.

Year 10 v Newington 16B XI v Reddam Parade Ground

No.6, Grand Parade Centennial Park 8.000am

8R v Newington 14C XI v Reddam Parade Ground No.6, Grand Parade Centennial Park 11.000am

7R v Newington 13C XI v Reddam Parade Ground No.6, Grand Parade Centennial Park 10.00am.

Junior E v Newington 13D XI v Reddam Parade Ground No.6, Grand Parade Centennial Park 9.00am

Junior D v Sydney Grammar Weigall No.3, 2.00pm

High School Girls Sunday

Under 17s v Easts, Lyne Park, 1.00pm

Primary Saturday

Under 12s RH United V Glebe Wanderers 1.00pm Heffron Half Field 1.A

Under 12s RH City V Easts FC Blue 1.00pm Queens Park Half Field 1A

Under 11s RH United V Pagewood Botany Saints 12.00pm Jellicoe Park Half Field 3F

Under 11s RH City V Pagewood Botany Soccer Buddies 12.00pm Jellicoe Park Half Field 3G

Under 10s RH Arsenal V Easts Everton 11.00pm Queens Park Half Field 12A

Under 9s RH United V Easts Juventus 10.00am Queens Park Mini Field 11B

Under 9s RH City Pagewood Botany Daredevils 10.00am Jellicoe Park Mini Field M3

Netball

Reddam 1 v Randwick Rugby Heffron Netball Courts 1.25pm Court 33

Reddam 2 v Reddam 3 Heffron Netball Courts 12.20pm Court 3

Reddam 3 v Reddam 2 Heffron Netball Courts 12.20pm Court 3

Reddam 4 v Coogee Heffron Netball Courts 11.15am Court 16

Reddam 5 v Coogee Heffron Netball Courts 11.15am Court 24

Reddam 6 v Rose Bay Heffron Netball Courts 12.20pm Court 19

Reddam 7 v Rose Bay Heffron Netball Courts 11.15am Court 32

Reddam 8 v Bye

Reddam 9 v Double Bay Heffron Netball Courts 10.10am Court 22

Reddam 10 v KRB Heffron Netball Courts 9.05am Court 19

Reddam 11 v Bondi Heffron Netball Courts 9.05am Court 23

Reddam 12 v Maccabi Heffron Netball Courts 9.05am Court 11

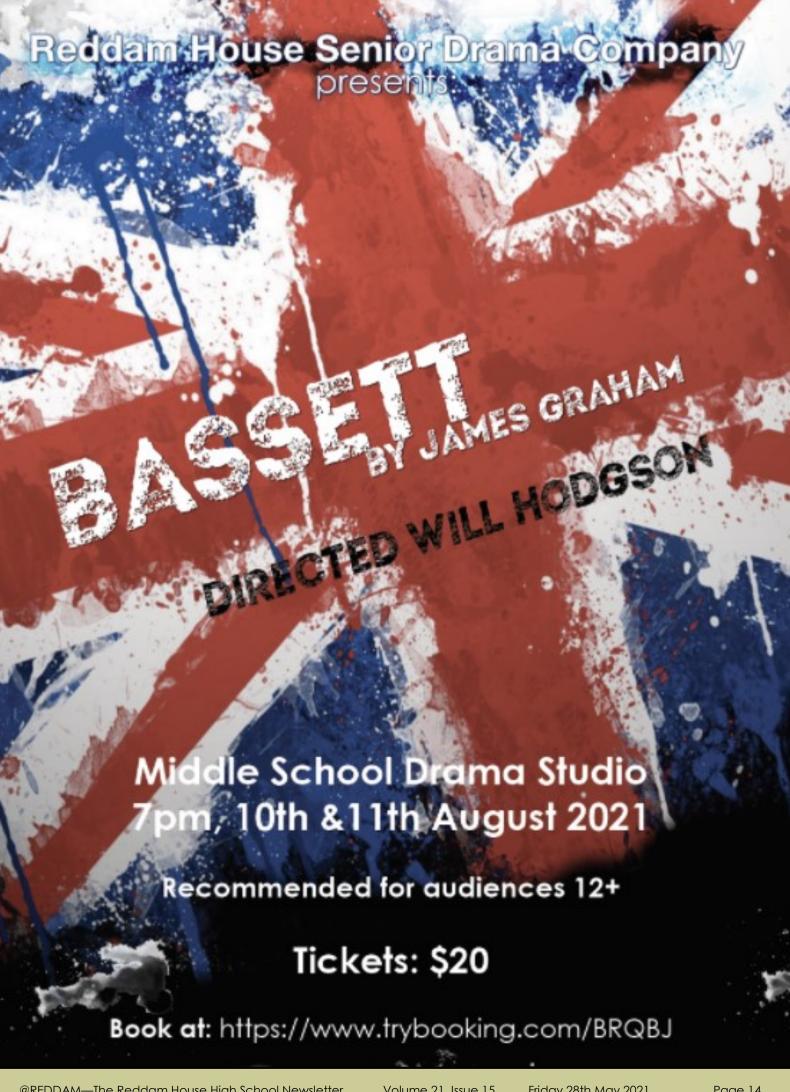
Reddam 13 v Bondi Heffron Netball Courts 8.00am Court 10

Reddam 14 v Maccabi Heffron Netball Courts 8.00am Court 3

Cross Country - Saturday

Barker Meeting, North Ryde Common 9.00am







Vocal Competition 2021 Finals Evening

Wednesday, June 2 Adelaide Hall, 7:00pm





Art in Paradise 2022! Hamilton Island Art Retreat

8th April - 12th April 2022

Limited Places Available.

Hamilton Island Art Retreat is an exclusive Art Retreat which is open to Elective Art students or students who are passionate about art who may not currently study art as an elective subject. Hamilton Island is one of the most magnificent destinations in Australia and Reddam House students are fortunate to be able to have the opportunity to work with the artist in residence and attend a private art lesson in the studio space on the island. The students will be involved in a range of workshops daily at different vantage points around the island such as drawing, watercolour, environmental sculptural and photography. This is an unparalleled experience to be able to create artworks in such a tropical and lush environment. Students will receive their own extensive art kit, full of materials for the trip. Students will stay in beautiful accommodation with full access to the beach and water sports. **This is a must do experience for all artists!**

For more information, Itinerary and to Sign-up for an experience of a lifetime.

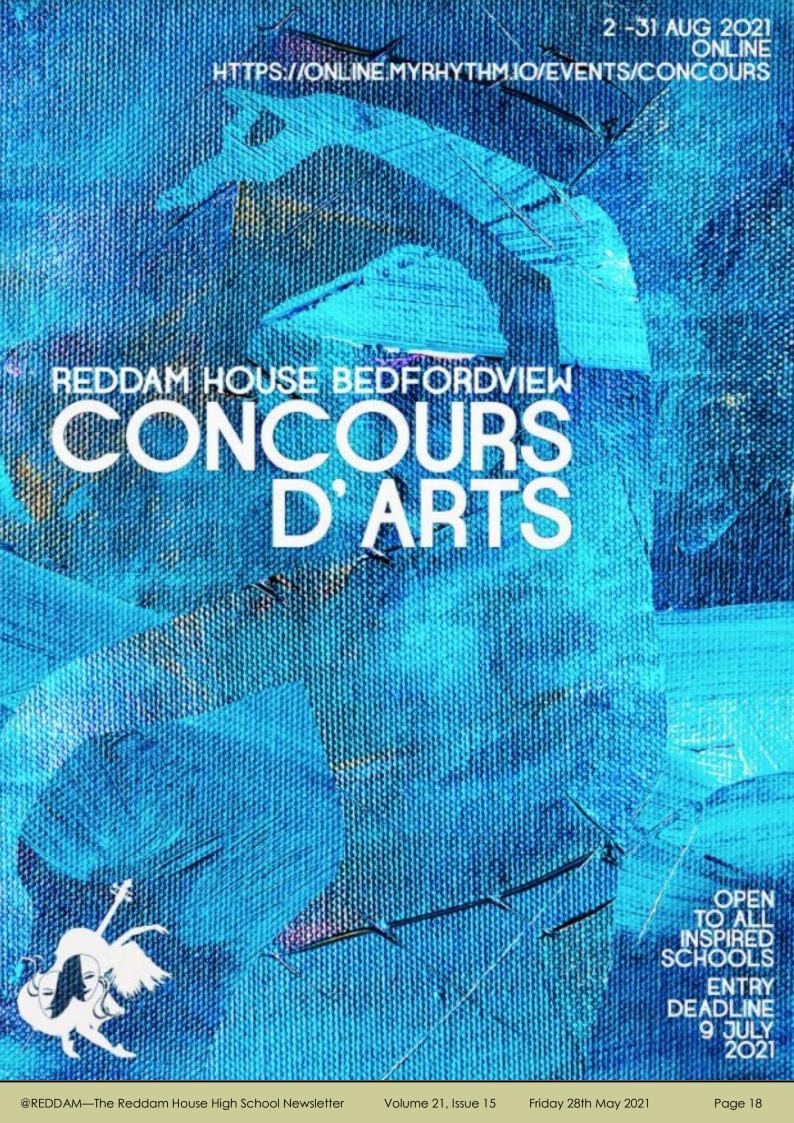
contact: laurellen.symonds@reddamhouse.com.au



MIDDLE SCHOOL DRAMA COMPANY

We are proud to announce the debut Middle School Drama Company have begun rehearsals for their upcoming production of 'Scaredy-Cat' written by Brendan Hogan. Students from across Years 7-9 will take their audience deep into the Australian bush as they band together to go on the hunt for an illusive panther believed to have escaped from the circus and seen prowling the bush land around the Little Trooper campsite. The production will take place on 7-8th September 2021 in Adelaide Hall. Booking information to be announced closer to the event.









NEWSFLASH Concours D'ARTS 2021



https://online.myrhythm.io/Events/Concours

ONLINE REGISTRATION ONLY

Herewith important information regarding the eisteddfod:

1. Online Registration only

Click on the above link to register and submit your Concours D'Arts entries. All entries are to be submitted and paid for online. The entry is only valid and complete once the online payment has been made. You will receive a confirmation email with a unique entry confirmation number.

2. Closing Date for Entries

The online entry portal will automatically close at 24h00 on 9 July 2021 and no further entries will be accepted after this time.

3. Performance Submission Date

All performances must be submitted online by the due date provided on your registration form. A summarized schedule of submission dates can be found on page 2.

4. Visual Art. Design. Prose Creative Writing and Prepared Poetry Writing entries

These items must be submitted online by the by no later than 24h00 on 19 August 2021.

5. Unprepared & Improvisation Genres

All unprepared items of all genres will unfortunately not be available for entry in 2021.

6. Queries with online entry submissions

All queries regarding problems with the online portal must be directed to support@myrhythm.io and cc juliet.williams@reddam.house in on the email.

7. Gala Evening

The Gala evening will be held on 5 October 2021.

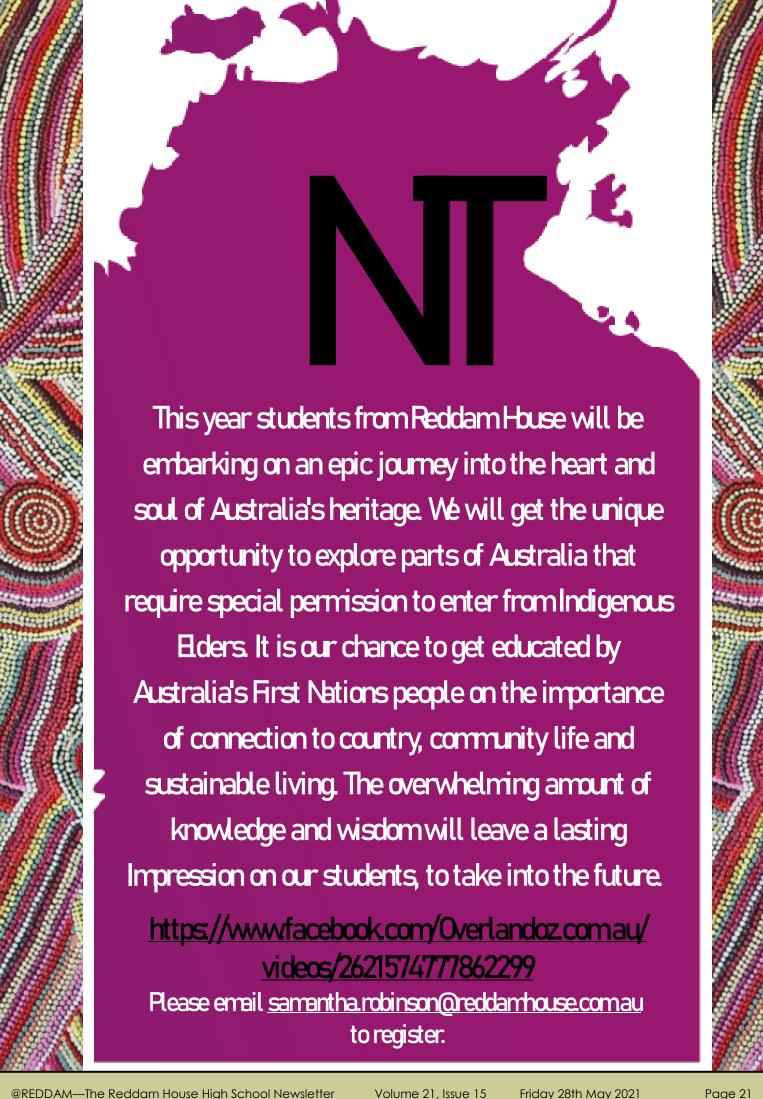
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Performance submission schedule:

Week 1	Week 2	Week 3	Week 4
Thursday 5 August 2021	Thursday 12 August 2021	Thursday 19 August 2021	Thursday 26 August 2021
Dance Preparatory School: * Contemporary Dance * Dance Crazes Preparatory School & College: * Jazz * Hip hop/ Funk / Break Dance	Dance Preparatory School & College: * Traditional/Folk * Tap * Any other Dance * Acrobatics College: * Contemporary Dance * Dance Crazes	Dance Preparatory School & College: * Ballet * Ballroom and Latin * Modern * Musical Theatre	English Speech and Drama / Theatre Performance Preparatory School: * Monologue * Experimental Work * Public Speaking * Story Telling * Mime * Puppet Theatre * Sonnets
English Speech and Drama / Theatre Performance Preparatory School: * Poetry * Prose * Reading	English Speech and Drama / Theatre Performance College: * Poetry * Prose * Reading	English Speech and Drama / Theatre Performance College: * Monologue * Experimental Work * Public Speaking * Story Telling * Mime * Puppet Theatre * Sonnets	Afrikaans Preparatory School & College: * Gedig * Poësie * Prosa * Monoloog * Lees * Openbare Redevoering * Storievertelling
Music Preparatory School & College: * Contemporary Vocal	Music Preparatory School & College: * Classical Vocal	English – Written. Preparatory School & College: * Poetry * Prose	Other Languages Preparatory School & College: * Poetry * Reading
Music Preparatory School & College: * Contemporary Instrumental	Music Preparatory School & College: * Classical Instrumental	Visual Arts & Design Preparatory School & College	







BODY IMAGE Typs FOR PARENTS

Children are very sensitive to messages about body image and appearance from their parents. Often you may not even be aware of the messages your child is hearing from you. Parents can have a very positive impact on the way a child feels about the way they look and their self esteem. Helping your child develop a healthy body image is important as it can also strengthen their relationship with eating and exercise and reduce the risk of developing disordered eating and eating disorders.

Here are some tips on ways you can be a good body image role model for your child:

Reflect on your own relationship with your body.

This may not be easy but being aware of your attitude towards your own body will help you be conscious of the messages you send to your kids. Try to avoid looking in the mirror and making negative comments about the way you look. If your child sees that you feel comfortable and happy with your body, this can help them feel comfortable in their own skin.

Avoid talking about diets. Dieting is the biggest risk factor for an eating disorder. Try to avoid talking about diets, your "naughty" eating habits, or your weight and size. This can give kids the impression that weight and size are highly valued by you and they might feel pressure to look a certain way or be a certain size. Celebrate diversity and emphasise how loved and valued your child is no matter what their weight, shape or size.

Talk to your child about the way they feel about the way they look. Encourage your child to talk with you about their feelings. Create space to talk about things on a daily basis including what is happening with their friends. If your child feels safe to talk to you, then they are likely to share feelings about their bodies with you.

Help your child stay body confident when using social media. Talk to your child about the realities of digital manipulation and that what they see in the media and online is not always real. Encourage them to reflect on how their social media experiences make them feel and if it's not positive then they need to change it up.

Despite best parenting efforts serious body image issues and eating disorders do develop. It's important to recognise the warning signs of body dissatisfaction and low self esteem as early as possible. There are certain cues you can pick up on in your child once you know what to look for.

Here are some warning signs to keep an eye on in your child:

- Withdrawal from social events and activities that they used to enjoy
- A focus on diets, calories, health and particular foods. They
 might talk about wanting to be healthier or fitter and become
 obsessive about checking the nutritional content of what they
 are eating.
- They might become irritable or anxious around dinner time.
 They may refuse to eat certain foods or whole food groups.
- Complaints about the way they look, e.g. "I'm ugly" or "I'm fat", or negative comments about their abilities, e.g. "I'm hopeless"
- Frequent self scrutiny such as weighing themselves or excessively looking at their reflection.
- Change in clothing style such as wearing baggy or oversized clothing

If you notice any of these signs in your child it is important to seek help as early as possible. You know your child best, so trust your instincts. If you are finding it hard to be accepting of your own body, remember it's never too late to seek help.

Butterfly can support you. Call our National Helpline on 1800 ED HOPE (1800 33 4673) or email us at support@butterfly.org.au





MACHANE ZAHAV

JUNIOR (YEAR 3-8): JULY 6 - JULY 9 SENIOR (YEAR 9-11): JULY 1 - JULY 5

SIGN UP: HTTPS://WWW.HDOZ.COM/SYDNEY-CAMP

JUNIOR: BELLA (0490023438) SENIOR: LARA (0423988008) EMAIL: SYDCAMP@HDOZ.COM

Habonim Pror Sydney

VBBKL



Junior (Years 3 - 8) 2:30pm - 4:30pm Senior (Years 9 - 11) 5:30pm - 7:30pm

7 St Marys Ave Bondi Junction

Contact: Chairperson - Jordi Blackman - 0449 100 067



ENGAGING ADOLESCENTS™ PARENT COURSE



Consent: More than 'Yes' and 'No' Supporting your child to understand consent

A parent seminar and Q&A with Matt Friedman

- Practically navigating consent
- The porn in their pockets the impacts on young people
- Respectful relationships influences impacting on young people's choices Starting the conversation about consent with your child

When: Thursday 17th June Cost: FREE

Where: Woollahra (venue provided upon registration)

trybooking.com/BRRFW

Matt Friedman founded 2 Birds 1 Bee in 2016, with a passion to bring important conversations in the sex education realm to as many young people as possible. Matt also works as a Love Bites acilitator for the prevention of sexual assault and relationship loans of Directors, with UN Youth Australia.



HABO SYDNEY'S SHORASHIM + AMELIM SLEEPOVER



SLEEPOVER FOR YEARS 3 TO 6

DROP OFF 5:30PM 5TH OF JUNE PICK UP 9:30AM 6TH OF JUNE AT 7 ST MARYS AVENUE BONDI JUNCTION \$5 FOR MEMBERS, \$10 FOR NON-MEMBERS

CONTACT PARIS (048) 318144) FOR ANY QUESTIONS

PARENTING SKILLS FOR RESOLVING DIFFICULT TEENAGE BEHAVIOUR

VENUE: 3 Saber Street, Woollahra DATES: Wednesdays 2nd, 9th, 16th June 2021

TIME: 10am-12.30pm