



SEFTON NEWS

Term 1 2021

Sincerity, Scholarship, Service



1. Principal's Message
2. Vaping – DoE Message to parents
3. Deputy Principal - Mr Elley
4. Sports News
 - Sport – Bigger and Better than 2020
 - Zone Sport Trials
 - Open Boys Cricket Knockout
 - Zone Swimming Carnival
5. Excursions
 - Surf Awareness
6. Faculty News
 - English
 - Mathematics
 - Science
 - History
 - TAS
 - Social Sciences
7. Coding Club

PRINCIPAL'S MESSAGE

Welcome to the first edition of the Sefton News for 2021– the traditional school newsletter of Sefton High School. Sefton News is available via the school website. It is published once per term, usually around Week 8 of each term.

I would like to welcome staff who are new to Sefton High School in 2021. Some may have commenced late in 2020.

Welcome then to

Ms R Lee	- Science
Ms O Gul	- History
Ms E Carr	- PDHPE
Ms E Soper	- PDHPE
Mr M Munoz	- PDHPE
Ms R Turan	- Learning Support
Ms C Pham	- Learning Support
Ms J Bien	- Mathematics
Ms T Donovan	- Administration
Ms M Veikoso	- Administration

We also welcome back out Head Teacher Science Ms L Pham Nguyen, from her 2020 sabbatical in the Singaporean Education system, and Head Teacher Administration (Students) Ms H Stafford from maternity leave.

The Senior Executive has expanded and now includes three Deputy Principals who are responsible for the following student cohorts

Deputy Principal 1 – Mr T Mortimer	Years 7 and 10
Deputy Principal 2 – Mr B Dimopoulos	Years 9 and 12
Deputy Principal 3 – Mr T Elley	Years 8 and 11

Consequently, a number of staff have stepped into new leadership roles for 2021. A full list of Executive Staff and Welfare Staff for 2021 is set out below for parent information.

Mr B Atkinson	- English
Ms Z Najem	- Mathematics
Ms L Pham Nguyen	- Science
M Konstantaras	- History /Lote
Ms U Chandra	- Social Sciences / Music
Ms K Holt	- PDHPE / Sport
Mr D Dong	- TAS / Visual Arts
Mr B Atton	- Student Services
Mr M Beggs	- Student Wellbeing
Ms M Simic	- Administration (Staff)
Ms R Singh	- Administration (Students)
Ms H Stafford	- Administration (Students – W, F)

Our Wellbeing team, led by our Deputy Principals and Mr Beggs are

Year 12	Ms Q Tran
Year 11	Ms I Kacopieros
Year 10	Mr C Idle
Year 9	Ms L Wood
Year 8	Ms S Alali
Year 7	Mr N Wotton

This team is supported by Ms I Christiansen who is our full time school counsellor.

May I also extend a warm Sefton welcome to all of our new school families for 2021, especially to the incoming.

OUTSTANDING HSC RESULTS CLASS OF 2020

I wish to recognise and pay tribute to the HSC class of 2020 who, under the extraordinary circumstances of last year, exceeded all expectations and produced phenomenal HSC results across all subject areas.

This success is a tribute to their commitment to remain focussed and goal oriented despite the dislocation that occurred to their learning, and in particular to the variety of events that build student's connection to the school, to one another and which solidify their sense of direction towards the HSC itself.

Of course, such success does not occur in a vacuum and is equally a tribute to the expert staff of Sefton High School and the ways in which our staff immerse themselves within the curriculum and assessment expectations, as well as their mentoring of students through the learning partnerships with their students that our staff go out of their way to establish and maintain so as to bring out the best in each student.

I am delighted to announce that 139 of our graduating class received their first round, first choice University offer. This represents an extraordinary achievement rate of 86% , which is commendable in any year let alone in the events of 2020.

COVID, SCHOOLS AND PARENT UPDATE

I want to thank each and every parent for their understanding and cooperation with the changing restrictions and procedures that have been imposed on them throughout the last 12 months.

At the time of writing we are seeing a gradual easing of restrictions in relation to regular school events and the ability of parents to come onto school premises.

Of course, such is the nature of this pandemic that it is not possible to predict or state with any certainty what the situation may look like in the days, weeks and months that follow.

Parents can be reassured that the NSW Department of Education maintains a website for schools to receive daily situations reports as they work in partnership with NSW Health to ensure that schools are safe. At Sefton High School we monitor this information flow several times each week.

For now a few reminders:

- No student or adult is to be on site who is unwell, particularly with cold and flu symptoms.
- Students and staff who are required to get a COVID test cannot come onsite until the administration staff are shown evidence of a negative result.
- No applications for extended leave travel for overseas travel will be granted at this point.
- Parents should only come to the school for urgent matters and usually at the request of school staff.
- All visitors must report to the office and sign in twice – once using a manual register at the front counter and also using the unique Sefton HS OQ Code. This is a Departmental requirement for all schools.

We will continue to keep parents informed as changes occur.

MOBILE PHONE EXPECTATIONS

We accept that with many of our students travelling significant distances to get to and from school, that mobile phones can be a very good way for students to increase their safety while travelling.

However, the reality for all of us and more so for teenagers, is that mobile phones are rarely used to make or receive telephone calls. They are used in a myriad of ways, none of these uses involve learning.

Mobile devices are a serious learning distraction for students, and their use and indeed the presence of mobile devices at school creates unacceptable disruption to teaching and learning and can, when used improperly, create safety risks. In schools, mobile devices are often lost by students and as is the case in every school, a small number every year are stolen.

We insist and regularly communicate with students that from the moment they enter the front gate of a morning until the time they leave through the gate of an afternoon that mobile devices are to be turned off and out of site. When left on in bags or in pockets, students are not capable of ignoring them or checking them.

This invariably results in one outcome. Students are required to hand the device in. It is then given to the relevant Deputy Principal and held securely until parents come, with an appointment to collect them. Students who refuse to surrender their devices on request by a member of the Senior Executive are suspended.

This effectively represents zero tolerance. There can be no other way. If you feel this is harsh, then imagine what school and the class room would look like at the other extreme if students could do as they pleased with the device at any time they were at school. Teaching and learning would grind to a halt and school would be less than a child-minding facility.

To avoid all of these outcomes leave the device at home. If it is necessary for a student to carry a device, leave it off and secured in bags throughout each and every school day.

Enjoy the Sefton News that follows.

Kevin Humphreys
Principal

VAPING - DOE MESSAGE TO PARENTS

I write to share the concerns of Sefton High School staff as well as the position of the Department of Education regarding the sudden rise in adolescents who are Vaping. The position of both the school and the Department of Education, where you have chosen to enrol your student and agreed to abide by the policy and procedures of the school and Department of Education, are identical.

Vaping is the inhaling of a vapor created by an electronic cigarette (e-cigarette) or another vaping device. Vaping in adolescence can have devastating and lasting effects. Vaping, including the use of e-cigarettes, is prohibited:

- on all school premises and in administrative areas
- at all public transport stops and stations in NSW
- on transport to and from school
- and during any school based activities

The school and Department of Education policies that deal with Smoking also include Vaping. The possession and use of e-cigarettes and regular cigarettes is prohibited in these areas listed above. Students found not to be complying with these requirements are in breach of the Department's Behaviour Code for Students.

Students have been observed smoking/vaping in and around school grounds as well as on transport to and from school. Smoking, which now includes the use of electronic cigarettes (vaping) has been prohibited on all school premises and in administrative areas since July 1988. Smoking/vaping is also prohibited at all public transport stops and stations in NSW and on transport to and from school.

Health risks

Smoking is a major risk factor for a variety of diseases and conditions including:

- coronary heart disease: 10 times higher risk than non-smokers

- stroke and peripheral vascular disease
- lung cancer: 20 times higher risk than non-smokers
- other cancers such as stomach, bladder, mouth and cervical cancer • emphysema • osteoporosis
- type 2 diabetes and metabolic syndrome. Electronic cigarettes (E-cigarettes) can contain high levels of nicotine.

Adolescence is a critical period for brain development and exposure to nicotine can have long-term health consequences, impacting memory, attention and learning.

E-cigarettes are often available in different flavours which can be appealing to young people and may expose them to chemicals and toxins such as formaldehyde, heavy metals, particulate matter and flavouring chemicals, at levels that have the potential to cause adverse health effects.

Second-hand smoke exposure can cause disease and premature death in children and adults who do not smoke. Specifically children exposed to second-hand smoke experience a range of upper and lower respiratory illnesses and symptoms such as colds and flu, cough, phlegm production, wheezing and pneumonia.

We ask that you will consider this and discuss this with your children.

Kevin Humphreys
Principal

DEPUTY PRINCIPAL – Mr Elley

Study Skills

Welcome back students! Working through the units on www.studyskillshandbook.com.au throughout this year will help you build skills and learn techniques to become more effective learners. We encourage all students and parents to log into the site and browse the units to become familiar with the topics covered. Also click on THINGS TO PRINT after you log in, scroll to the bottom of the page and you will find lots of useful grids and planners to help you.

Top five tips about making the most of your time at school this year and working efficiently at home.

- 1. INDEPENDENT LEARNING:** There are two types of work in secondary school. The compulsory work that your teacher tells you to do, and independent learning that you are expected to do when you have no homework. You can print a handout that will give you examples of the types of things you are supposed to be doing for school when you have no homework.
- 2. WORK SMART:** If you want to still have a life, but get your home learning done (for most students this will be 1-2 hours per night) then you need to work smart. Keep your personal life and schoolwork separate. Don't do work in front of the TV, switch off your phone and take a little break from social media. Work in half hour blocks and focus only on your schoolwork during that half hour block. If you are super busy with lots of activities then a great idea is to draw up a timetable for the week and allocate time for schoolwork over the week. You might like to visit these units on the site: Time Management Skills, Dealing with Distractions, Overcoming Procrastination.
- 3. BE ORGANISED AND PLAN:** Being organised makes your life easier! So have an organised space to work in, record homework in your diary, keep track of completed work and reschedule work not done. When you are told about a test or an assignment, plan the work out to be done over the available time. Make the most of your time in class, being organised and focused in the classroom means you will find it easier to complete your work and work on big things like assessments at home. Check out these units on the site: Home Study Environment, Organisation and Filing, Managing Workload, Using Class Time.
- 4. ASK FOR HELP EARLY:** If you don't understand something, ask for help. The sooner the better. If there isn't time in class see your teacher before or after class or during the break times. No-one expects you to do things on your own. One of the most important contributors to being successful academically is to ask for help often and early. Don't forget family and friends, they might know more than you think! There is a unit on the site all about Asking for Help.
- 5. LEARN HOW TO STUDY PROPERLY:** If you still think that to study for a test you just read your book over and over, time to learn how smart people study! The main things to remember about study for a test are: Make study notes or summaries first (write down in point form what you need to learn), learn these notes not just by reading but by testing yourself on them and do as many different questions as you can as practise. You can learn more from these units: Summarising, Active Studying, Preparing for Exam Blocks, Test-Taking Techniques, Your Brain and Memory.

You may also like to check out all of the skills units and technology units.

So learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through the units on www.studyskillshandbook.com.au. Our school's access details are available in the Library, or you can speak to your Year Adviser or Deputy Principal.

Attendance

It is important for all students to attend school on time and for every day they are healthy enough. Every day counts and there is no 'safe' threshold for absences. When a student is late or absent, the impact is two-fold. First, they miss out on the full learning opportunity that is available to them, meaning they will need to catch-up on the missed work. Second, research shows that absenteeism can increase social isolation, including alienation and lack of engagement with the school community and peers, leading to emotional and behavioural difficulties. Therefore, being late and absent has an impact on a student's learning and their health.

Attendance is an important contributor to a student's academic achievement – all school days matter. The correlation between absence and achievement is consistently negative and declines in achievement are evident with any level of absence. Although authorised absences and smaller amounts of absence were associated with only small declines in achievement, all absences count, and the impact of absence increases with the number of absences.

Wellbeing

Looking after your mental health is as important as looking after your physical health.

[Kids Helpline](#) – Life throws us curve balls every day. Kids Helpline has lots of information to help you manage the tricky times, or connect with someone to get advice.

[ReachOut: Stress](#) – We all experience stress from time to time. To help you manage stressful situations and get back a sense of control, check out these helpful strategies from ReachOut.

[ReachOut: Mental fitness](#) – Mental fitness is just like physical fitness - we have to work at it. ReachOut can show you a number of ways to look after your mental fitness.

[Department of Education: Wellbeing services](#) – Everyone needs help sometimes and there's lots of advice and support out there. Many services have online and phone options, so you can chat with a mental health professional at a time and in a way, that works best for you.

[ReachOut School](#) – tools, advice and resources for students in Year 7 and beyond.

[ReachOut: 6 ways to get help for mental health](#) – If you feel you need some help but don't know where to start, ReachOut has some great ideas for where to go for the support you're after.

[Headspace: how headspace can help](#) – When things get tough, it can help to talk to someone who understands what you're going through. Headspace has lots of support services to get you back on track and look after your mental health.

SPORT NEWS

Sport - Bigger and better than 2020

Whilst it has been a frantic start to 2021, Sefton High School has adopted a new approach by way of integrated sport for Years 9 and 10 as is presently the case in Years 7 and 8. Students will take part in round robin and finals competitions in a Gala Day format once a semester and participate in recreational sport throughout the other term block. This enables students to continue to grow their social, emotional, mental and physical health through exercise and friendly competition.

The first Gala Day for Year 9 took place on the 2nd of March (Tuesday Week 6). Students took part in Netball, Futsal and Oz-Tag round robins that ended in finals and grand finals to crown premiership teams. The following teams were premiers on the day:

Netball: Team Anora

Anora Pham; Ryder Ngo, Oscar Yang, Akira Dos Santos, James Ang, Damien Tan, Annaliese Nguyen and William Roberts

Futsal: Team Gary

Gary Angury, Mirwais Ehsani, Jonathan Matualoto, Isaac Dung Cao, Wahidullah Najafi, Shams Mahmudai, Jasmine Le, Hailey De Guzman and Gia Bao Nguyen

Oz-Tag: Team Besam

Besam Ali Jida, Ahmad Hawat, Adam Larosse, Laella Alameddine, Rukaya Ali, Noora Muslmani, Dahlia Maarbani and Zizhuo Huang.

Congratulations to all who participated on the day!

Zone Sport Trials

Zone Sport Trials were successfully conducted for yet another year. This showed once again how dominant Sefton High School is in their sporting domains. 40 students tried out on day 1 of trials for boys' basketball, girls basketball, boys volleyball, boys tennis, girls netball, boys touch football and girls touch football. The morning ran successfully and saw a number of students selected in the Bankstown zone teams to trial at a regional level. The second day of trials saw Sefton students competing in both girls and boys opens soccer. Students battled through the adverse weather conditions to have yet another successful morning on the field. The following students were selected for their sporting success on the two days of zone trials:

- Ahmad Hawat of Year 9 – U15's Touch Football
- Besam Ali-Jida of Year 9 – U15's Touch Football
- Emily Nahn of Year 10 – Opens Volleyball
- Khaled Ali-Jida of Year 10 – U15's Touch Football
- Tommy Nguyen of Year 11 – Opens Tennis
- Isaac On of Year 11 – Opens Tennis
- Steven Liu of Year 11 – Opens Volleyball
- Albert Lu of Year 11 – Opens Volleyball

- Zara Khan of Year 11 – Opens Soccer
- Andrew Lam of Year 12 – Opens Basketball
- Justin Luu of Year 12 – Opens Volleyball
- Albert Ly of Year 12 – Opens Volleyball
- Michael Tang of Year 12 – Opens Volleyball
- Grace Liu of Year 12 – Opens Netball
- Antoinette Luu of Year 12 – Opens Netball
- Annabella Luu of Year 12 – Opens Netball
- Vincent Nguyen of Year 12 – Opens Netball
- Vianney Tran of Year 12 – Opens Tennis
- Arwen Parkinson of year 12 – Opens Basketball
- Janet Diba of Year 12 – Opens Basketball
- Kaela Goldsmith of Year 12 – Opens Soccer
- Timothy Yoon of Year 12 – Opens Soccer
- Jaffar Kbaili of Year 12 – Opens Soccer

A special congratulations to Tommy Nguyen of Year 11 being selected as the captain of the Bankstown boy's tennis team!

Unfortunately, the team was knocked out in the state trials in the final few games. It was a gallant effort until the end and the Sefton community congratulates you on your achievement.

A lot of sporting success to celebrate. Congratulations all!
Ms Holt

Open Boys Cricket Knockout

Sefton's XI took on Camden High School in the opening round of the Alan Davidson Shield at Jim Ring Reserve. Camden batted first and set a challenging total, despite Haroon Nadeem's opening spell of testing fast bowling, and Sanchit Subedi picking up 2 wickets.

Our batters got to work, with Muhammad Talha top scoring with 75. Despite a 67 run middle order partnership between Muhammad and Haroon, we were unable to chase down the total.

We will be back in 2021.

Mr Beggs

Zone Swimming Carnival

As you would be aware, our school swimming carnival for 2021 was unfortunately cancelled due to COVID-19 restrictions imposed by Birrong Pool. However, a number of keen students nominated to attend the Bankstown Zone Swimming Carnival held at Max Parker Leisure Centre on Wednesday 24th Feb to demonstrate their talent in the pool.

There were a number of strong performances on the day with 4 relay teams and 6 individual competitors progressing to the regional carnival. A special shout out to James Ang of Year 9 who was crowned the 15s Zone Boys Age Champion.

All the best to those racing at the regional carnival!



EXCURSIONS

Surf Awareness Excursion

Surf safety and good times! What a spectacular day our Year 8 students had at their Surf Awareness excursion led by our wonderful teachers from the PDHPE faculty, Ms Holt, Mr Idle, Miss Soper, Miss Carr, Miss Woods, Mr Galloway, Mr Beggs and Mr Munoz. Despite the slight gray overcast, each and every student was raring to get themselves immersed in the water and activities.

This excursion was focused around providing the students with practical tips to support their safety in the ocean.



The students learnt skills through awesome activities set up by surf lifesavers. They were able to hop onto a giant paddleboard in squads and try their hand at navigating their way through the water as a team. They were taught the skills they needed to be able to stand up on the board, how to correctly use a paddle to propel themselves, how to coordinate their movement as a team and how to turn their paddleboards left and right.

Students were also given another activity which saw them flying solo, this time on smaller surfboards. Students were

taught how to correctly lie on their boards so they could propel themselves around using their hands instead of a paddle.



T

he lifesavers set up a relay race between all of the students to see whose team could reach the buoy quickest.

Lastly, we were given the chance to have a walk to view the open ocean. The lifesavers taught the students some very important tips for being safe in the water.

They taught us all how to spot a rip, how to avoid them and what to do if you get caught in one.

One of the daring instructors also went and retrieved a bluebottle from the ocean to do a bit of show and tell.



All in all, a great day for both staff and students. A lot of fun memories made, and valuable skills learnt. The PDHPE faculty will be looking to our 2022 edition!



FACULTY NEWS

English

The English Faculty is excited to introduce the **English Olympiad** competition this year! The English Olympiad is a series of internal competitions held throughout the year at Sefton High School that are designed to develop and enhance students' critical thinking skills. By entering the various competitions in the English Olympiad, students will be accessing valuable opportunities to enhance their confidence, sense of creativity and communication skills. All of which, will inevitably benefit them.

The first competition, titled 'Unleash your Imagination!', is already up and running. This particular competition provides students with the opportunity to craft an imaginative piece of writing in the form of a narrative. All students will be responding to the prompt, 'Unlock', which should inspire their imaginative piece.

All students are encouraged to participate and take advantage of this fantastic opportunity.

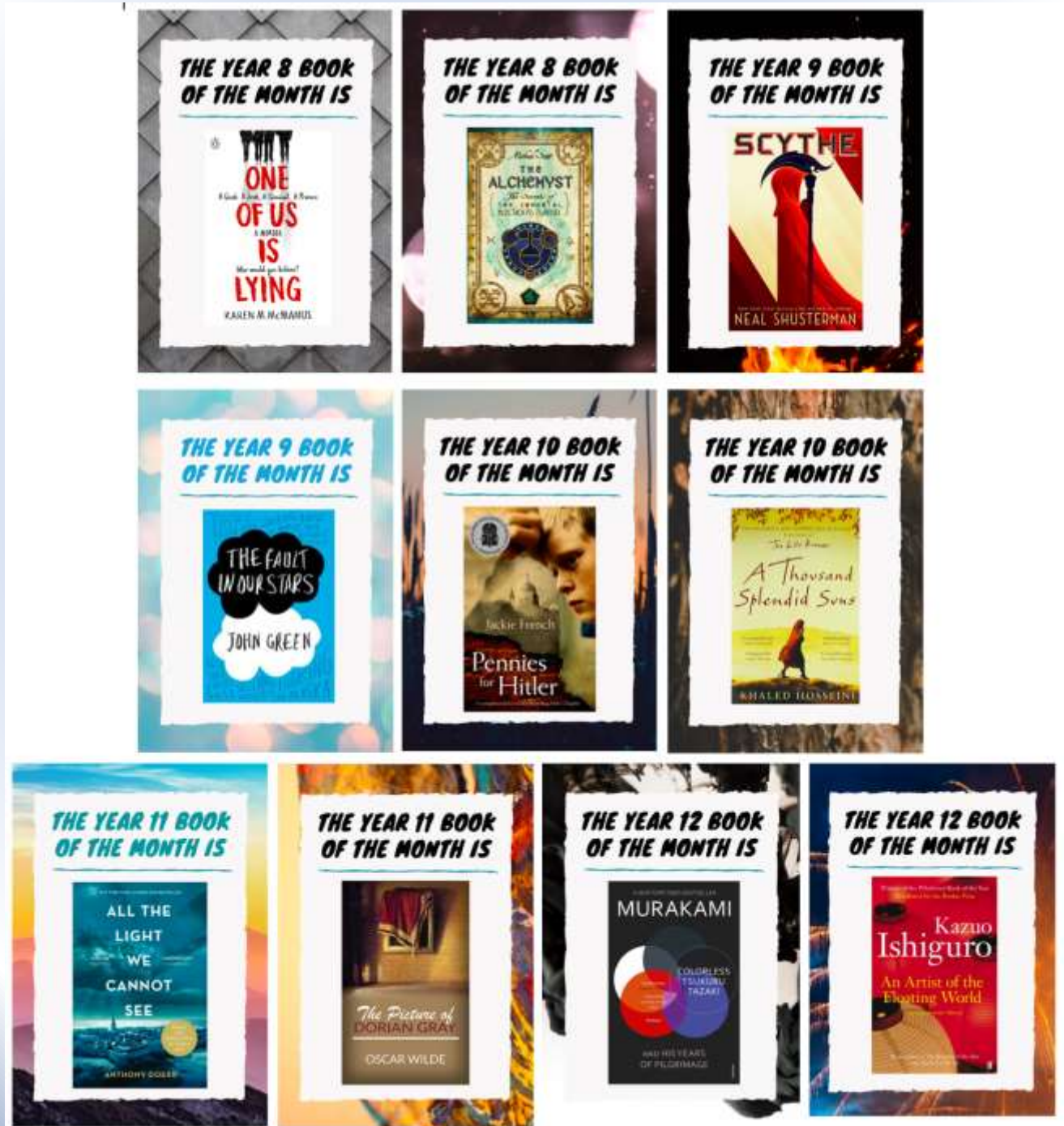
Ms Alali



The Book of the Month

We are excited to announce the Book of the Month is up and running in 2021! Every month, the most borrowed books from each year group at Sefton High School are displayed outside the English Faculty. All suggested books are available for borrowing at our own school library. Featured below, are some of the great suggestions we have had from Sefton students.

Ms Alali



Mathematics

It is yet another busy start to the year in Mathematics as we continually seek new strategies to engage all of our students.

We welcome our new cohort of Year 7 students who are eagerly working in Mathematics and are focussed on the year ahead.

Congratulations to all our 2020 Year 12 students who have performed exceptionally well in their HSC courses across Mathematics. We were very pleased to see our students on the HSC Distinguished Achievers List and Honour Roll with 82% of our students achieving in the top two bands for Mathematics Advanced, Mathematics Extension 1 and Mathematics Extension 2. Another fantastic result was Joshua Luu ranking 9th in the state of NSW in the Mathematics Advanced course. Well done to our diligent staff and students!

We continue to run exciting clubs and competitions in Mathematics and encourage all students to participate. Our most recent addition is the Problem of the Week challenge across Years 7/8 and 9/10, you will find these posted outside our Mathematics staff room and on Google Classroom.

Further competitions and clubs to look out for are the Computational and Algorithmic competition, Australian Mathematics Competition, ICAS competition, Maths Olympiad, Coding Club and the Australian Mathematics Challenge.

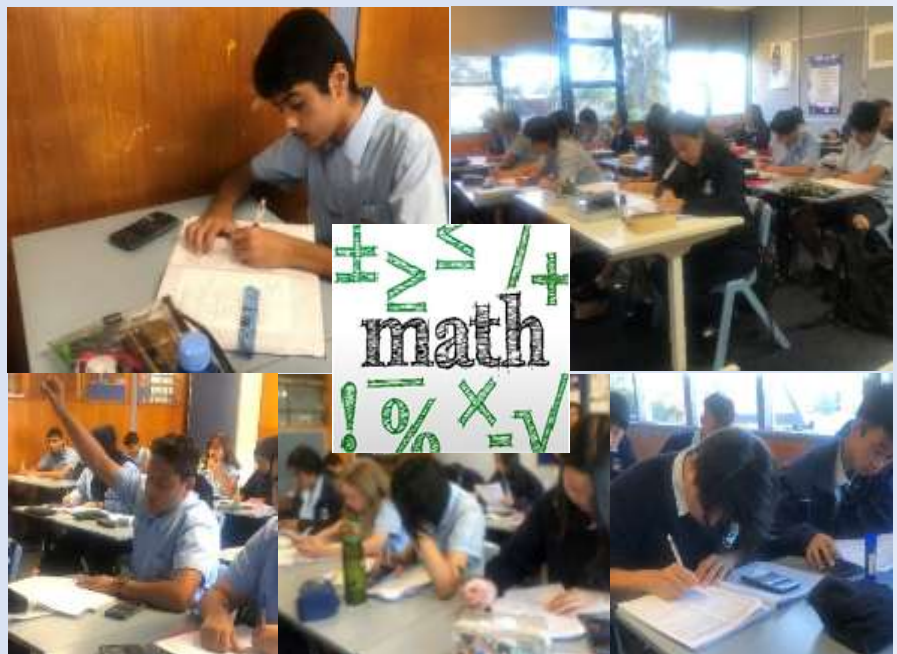
A further congratulations go to our Year 10 students who have achieved the HSC Minimum Standard in Numeracy. Great Job!

Numeracy is a very important skill that you need no matter your occupation or skill level. It is about applying your mathematical skills in the real world to make the best possible decisions. Numeracy skills are commonly used when buying a car, paying your bills, shopping and interpreting data just to name a few.

Whilst the Mathematics course may not be for everyone to carry through to the HSC, it certainly is an important subject to help you attain your numeracy skills. Our aim is to ensure all our students gain the right numeracy skills to help them beyond school. And we encourage all our students across Years 7-12 to maintain their focus in class to achieve this.

Looking forward to another successful year in Mathematics.

Ms Najem
Head Teacher Mathematics



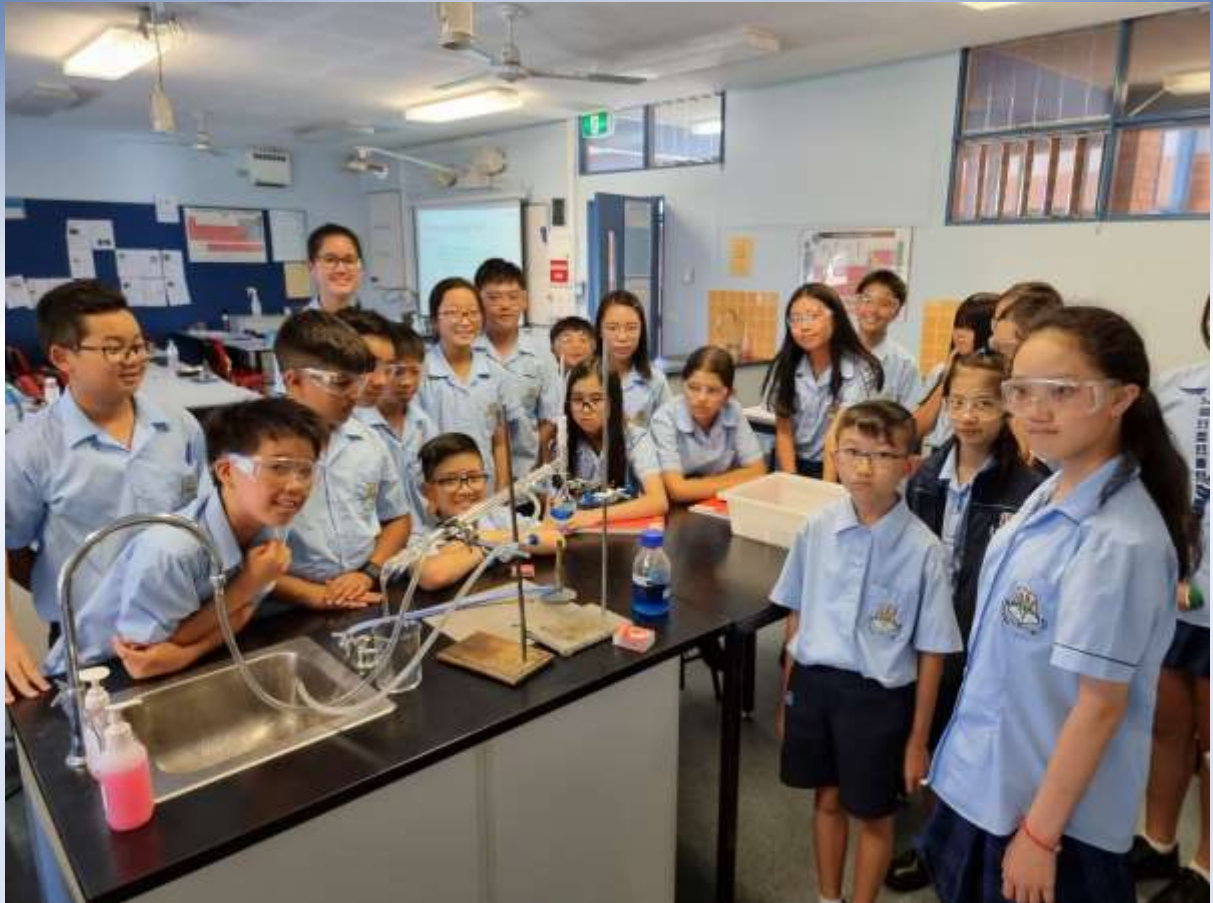
Science

2021 has started off with more than just young Sefton scientists. The science faculty has discovered a range of expert scientists in our classes, ranging from CSI Sefton forensic investigators to microbiologists, physicists, and botanists.

Year 7

Year 7s have been mentored to understand the scientific skills required to become expert scientists. Learning simple, yet versatile skills like recording measurements, writing experimental reports, making observations and inferences, and separating mixtures.











Year 8

Year 8s delved into their own existence, discovering the various molecular components that make up every cell in their body, including all the chemical reactions that keep them active during the day and resting at night. They went as far as discovering living things around us, and our complete dependence of the existence of plants for our survival.

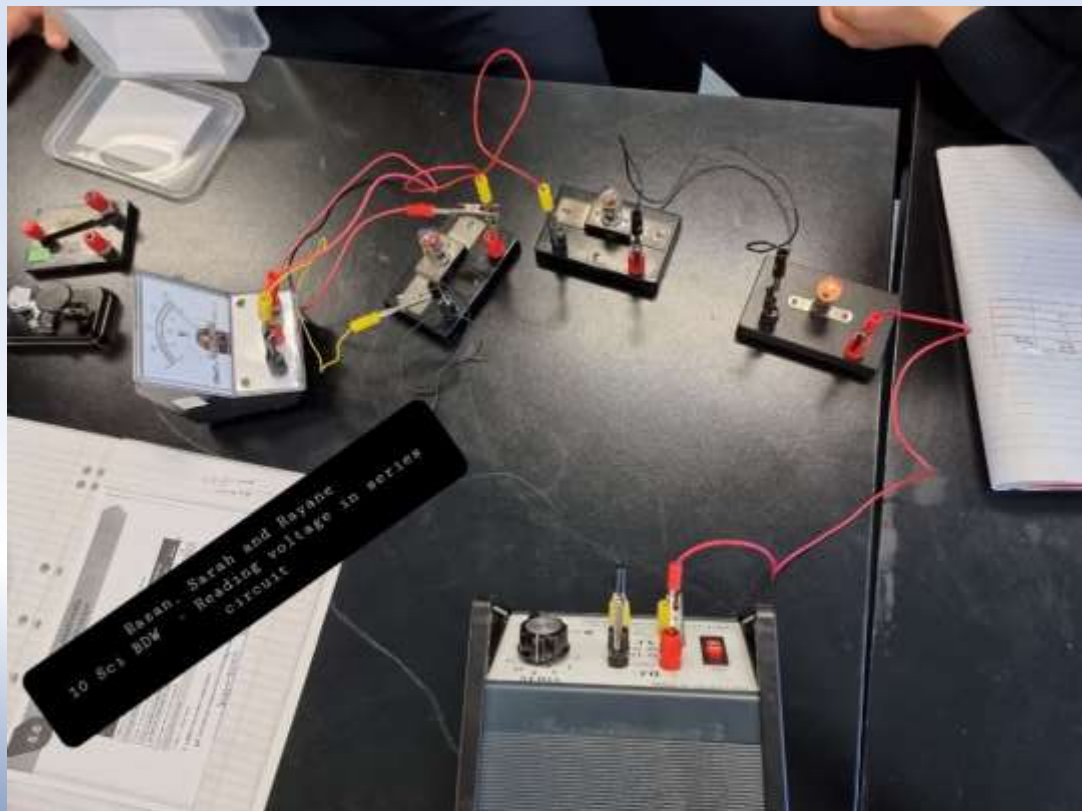
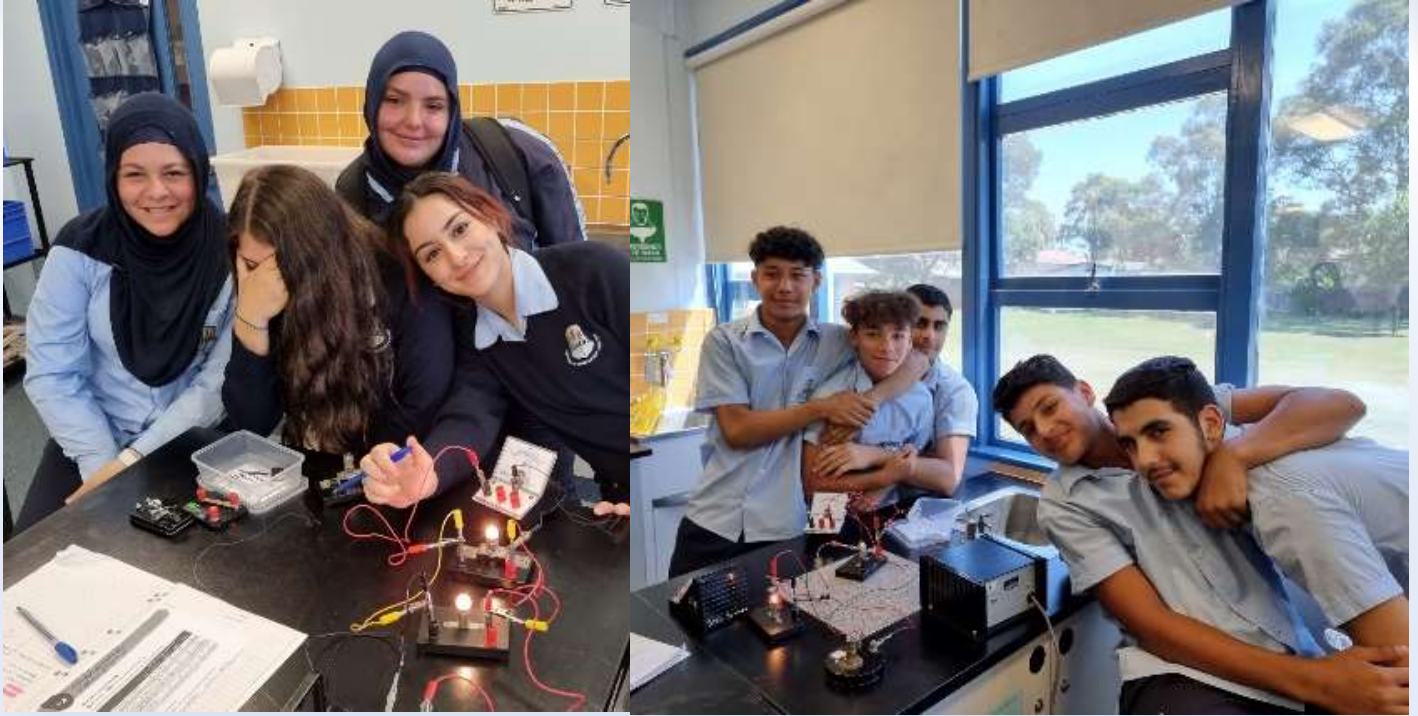






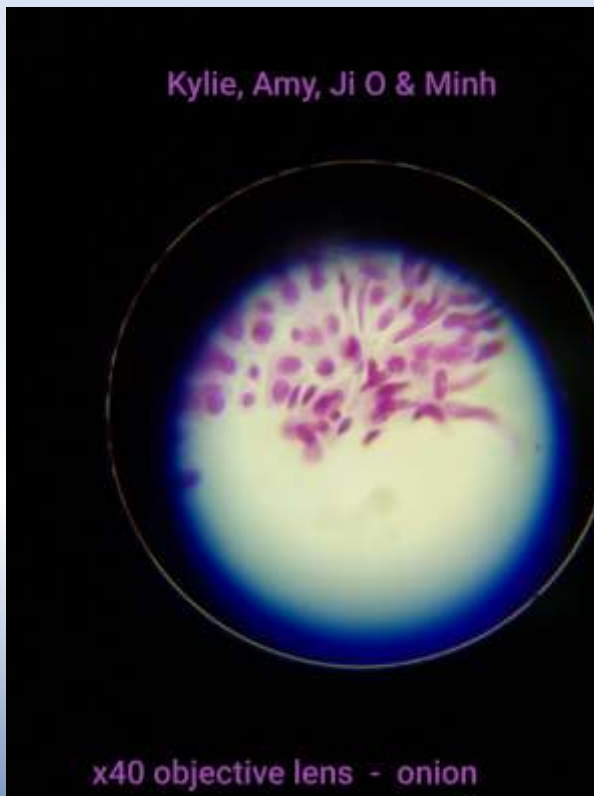
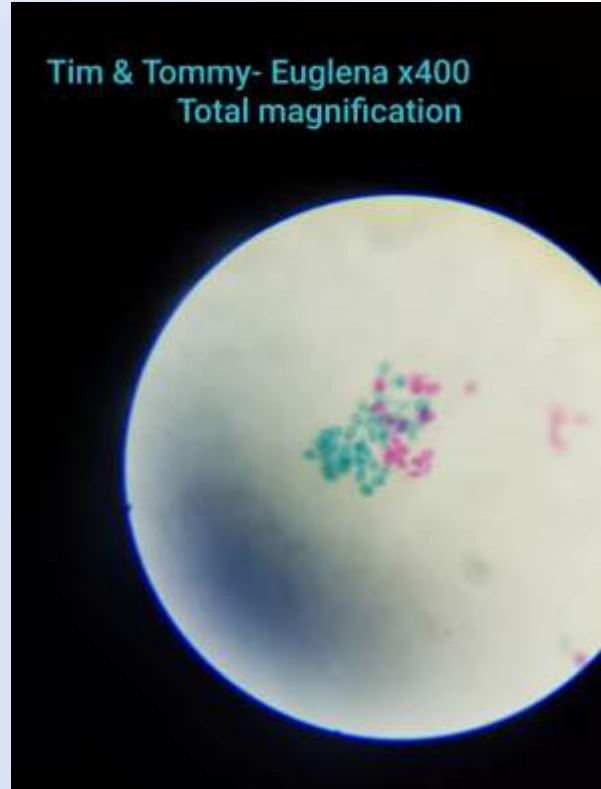
Year 10

Year 10s explored the importance of electrical energy in our everyday lives and learnt to harness the sun's energy to power fans and buzzers. Despite this, they also discovered the efficiency of electrical energy generated from fossil fuels and how to use these energies to create a range of series and parallel circuits to power light globes, an essential need in our daily lives.



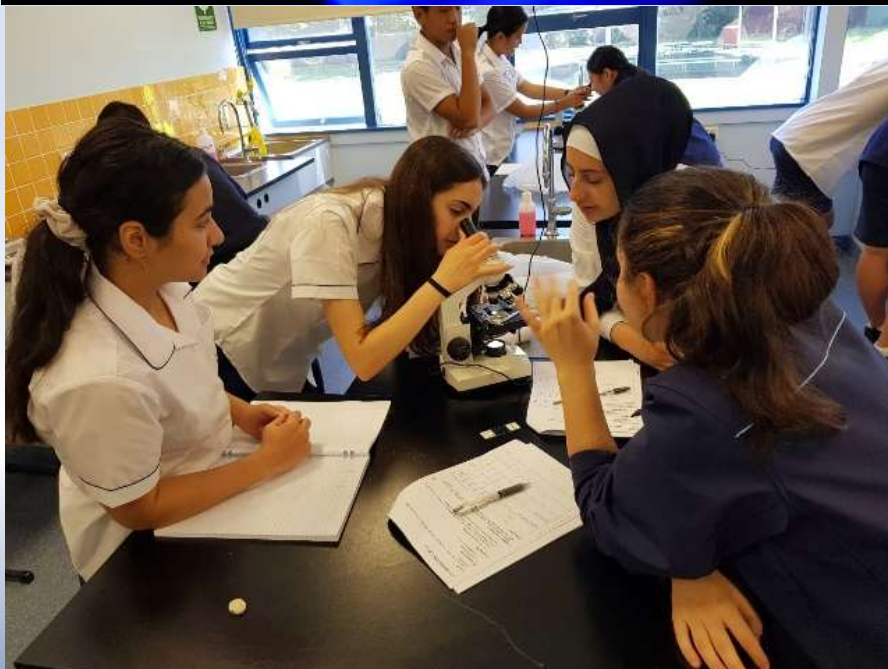
Year 11

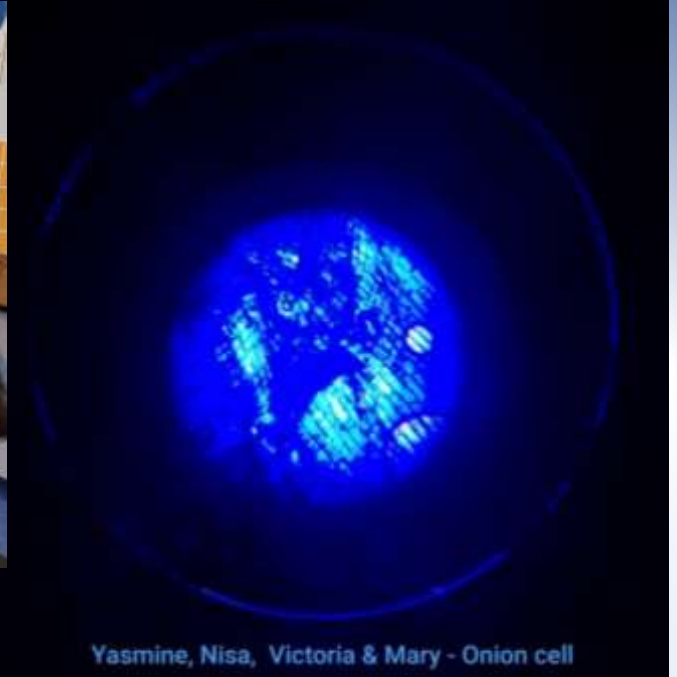
Year 11 Biologists have explored the very detailed nature of the tiny little cellular structures that make up anything and everything that is considered living. They tested the existence of essential chemicals in our cells using their scientific skills and analysed the importance of molecules like proteins and enzymes. They later placed all the puzzle pieces of life together to recreate the nature of our perfectly working organs and body systems.



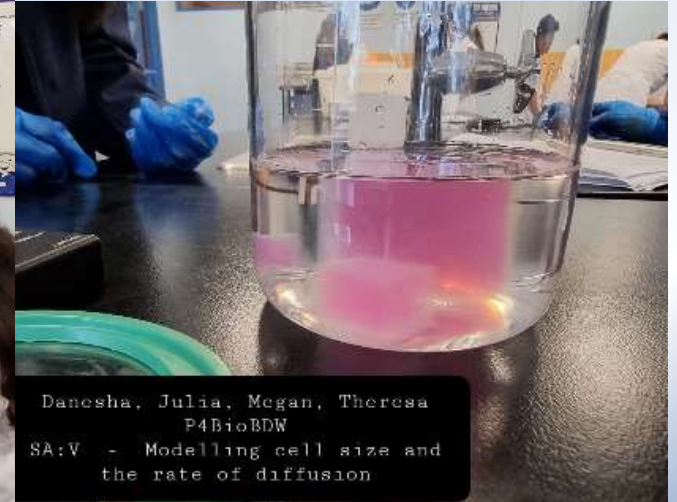


Kylie, Ji O, Amy, Mindy





Yasmine, Nisa, Victoria & Mary - Onion cell



Danisha, Julia, Megan, Theresa
P4BioBDW
SA:V - Modelling cell size and
the rate of diffusion

Year 12

Year 12 Biology delved into the innovative strategies used by modern genetic scientists. Students had to use their knowledge on PCR (Polymerase Chain Reactions) and Gel electrophoresis to break the code, in the CSI Sefton investigation. After re-enacting the roles of genetic scientists and forensics, students successfully identified the suspect at the Sefton scene.





History

Extension History 2021

It takes courage, grit and passion for History to be part of this amazing academic course. The four Year 12 students participating in the extension history course are completing major works in which they focus upon historical constructions of a key historical person, event or ideology. These students are Arwen Parkinson, Janet Diba, Leanne Le and Muhammad Ali.

Arwen's body of work draws focus around the eulogisations of politicians through constructions of history, with specific reference to Senator Robert Francis Kennedy. RFK has become the centre of historical debate upon whether his memory is of his activism for marginalised communities or his breaching of constitutional rights. Through her project, she hopes to examine the reason for this contention, particularly within the contemporary warring political ideologies within America.

Janet's project revolves around the central idea of evaluating leadership and government over time and how it differs throughout history, she does this through utilising the academic method of the statecraft approach in her case study of former UK Prime Minister, Tony Blair. This statecraft approach refers to a series of standardised criteria to evaluate different leadership styles, specially developed to analyse the workings of UK parliament.

Leanne's project focuses upon Wu Zetian; the first and only female emperor in Chinese history. Despite her honourable role and establishment within history, she is rarely mentioned. However, when she is found in history, her image ranges from a villain to a strong-standing feminist. She sets out to understand who is responsible for these differing views, and why it has occurred.

Muhammad's project focuses on the representations of philosopher G.W.F. Hegel, a German Enlightenment philosopher. Although his ideas have formed the basis of the Marxist philosophy which has played a huge role in moulding our modern world, his position in history has been greatly overlooked. Muhammad is looking to understand why this is the case and why there has been a sudden outburst of recognition for the philosopher in light of the 250th anniversary of his birth.

Arwen Parkinson, Janet Diba, Muhammad Ali, Leanne Le. We wish the awesome foursome History Extension students the best of luck in the HSC. They are all pursuing big careers using their outstanding leadership and historical skills and of course their passion for anything historical.



Modern History

Ms Brown & Ms Konstantaras

Year 11 Modern History had a blast making models of World War I trenches. Ms Konstantaras was asked to be the guest judge, but it was tough judging such creative work! The good news is no one got trench foot from standing in the muddy trenches for too long! Trenches were extremely important ditches that were dug by soldiers during World War I as protection from artillery. Trenches could stretch for kilometres.

It is estimated that there were about 2,490 kilometre trench lines dug during World War I. Life in the trenches was very difficult due to the dirty and wet conditions. Many were infested with lice, rats and frogs. Constant exposure to wet muddy trenches could cause Trench foot, which would result in the foot being amputated. Soldiers lost fingers and toes due to frostbite during the colder weather. Not exactly the same as our warm comfortable beds.



History Elective

Alexander the Great Battle

Year 10 elective History re-enacted the phalanx formation at the Battle of Gaugamela with their loooong 5 metre spears called sarissas.

They got to refine their leadership & warfare skills on the flat plains of Persia.

Alexander the Great never lost a battle. His soldiers followed him for 11 years and helped him conquer the known world at the time including Greece, Persia and India. He was wounded 9 times in battle and his men thought he was invincible.

He was the first multiculturalist and he Hellenised or spread greek culture and education throughout the world.

He was so short that his feet dangled in the air when he sat on Darius' throne.

Stay tuned for our other engaging topics of JFK Assassination, Witches and other History Mysteries.

Ms Konstantaras (the Great)



Phalanx Battle

The History Electives classes fought bravely and valiantly as they re-enacted an ancient battle between the Persians and Greeks. Tactics such as the phalanx formation were utilised by both sides. Real sarissas were substituted with paper spears which were just as effective in subduing the enemy. Mr Holt's class represented the Greeks and the lovely, amazing, breathtaking Ms Itzstein's class accurately represented the Persians by embodying the spirit of Persia's great leader, Darius.

The Greeks utilised a strategic move as they split off into two groups and surrounded the Persians. As a result, despite Ms Itzstein sacrificing herself and blocking a whole Greek phalanx, the Persians, to achieve historical accuracy, still ran away in fear for their lives. Congratulations Mr Holt's class for winning the battle, but you haven't won the war.

By Salma Mardawie and Ava Sael

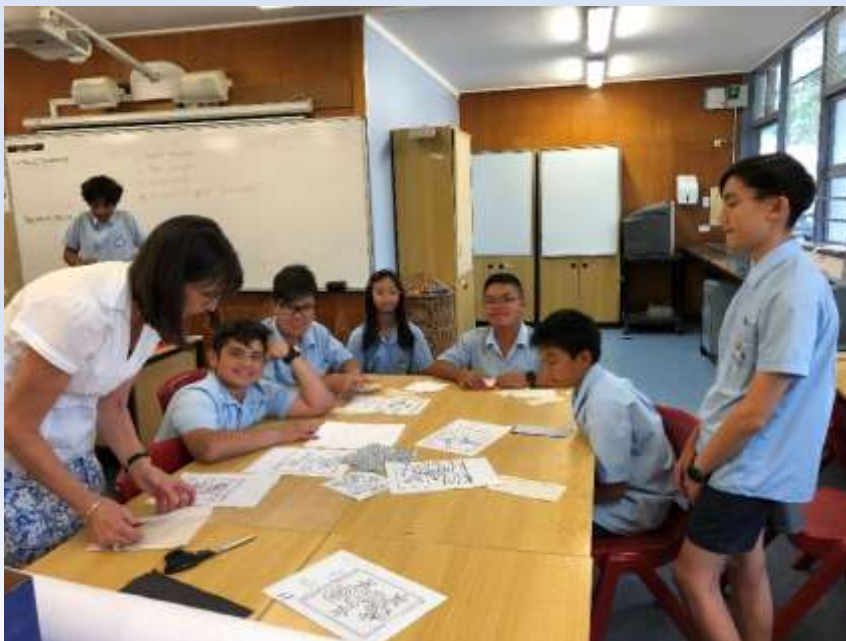


TECHNOLOGY AND APPLIED STUDIES

Year 8 Technology

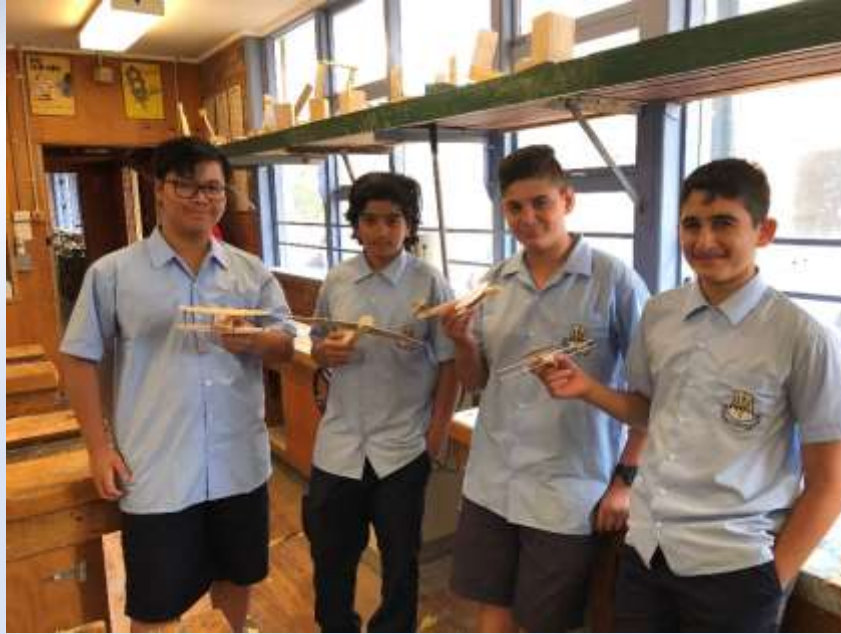


Year 8 Technology – Digital Technologies students have been working on their projects – Balance Aeroplane. Students learnt how to use tools and machines such as tenon saw, bench hook, disc sander, soldering iron, wire stripper, and also experimented their designs for Balance Aeroplane Projects. The images show that students are joining all electronics components to their wooden bases.



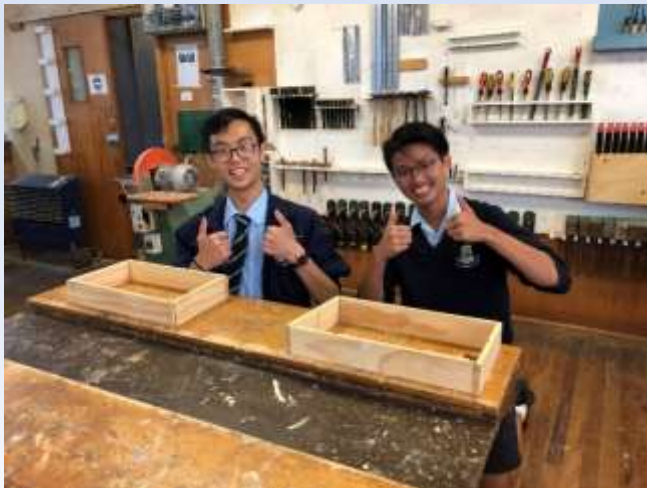
Year 8 Technology – Material Technologies students have been practising their sewing and needle skills. The students are learning from their teacher Ms. Roberts how to make dot painting sewing skills.

Year 9 Electronics



Year 9 Electronics are busily working on their Captive Aeroplane Projects. Students used different tools to make the aeroplane body, the wings and the tails and later various electronics components such as motor, switch, wire and propeller will be installed on the aeroplane.

Year 9 Timber



Mr. Dong's Year 9 Timber students are working on their Caddy (Food Tray) Projects and Mr. Clark's students are working on their Jewellery Box. Students learnt how to use chisel, file, disc sander and it was first time for them to make wooden joints rebate joints. The students also experimented the method of setting up a router jig and used a router to make housing joints.

Year 11 Hospitality



16 Year 11 Hospitality students attended a mandatory induction in Carnarvon Golf Club led by teachers Ms Roberts, Mr. Siu, Mr. Dong, and Career Advisors Ms Lim and Mr. Moore. The Deputy Principal Mr. Mortimer (VET Coordinator) and the General Assistant Mr. Wolter (Co-Assessor) also participated in the session.

This is a compulsory program for students before they start their work placement. The students completed 7 different modules including “The Right Look” & “Act Right” and attended interviews

setup by the career advisors. Students had a good understanding of obligations and responsibilities relating to punctuality, courtesy, standards of dress and behaviour after the lesson. The students also had the opportunity to visit Carnarvon Commercial Kitchen. The Carnarvon Kitchen Head Chef and the manager also talked to students regarding their expectations. The feedback from the students is outstanding.



Social Science

Year 11 Legal Studies Mock Trial

In Term 1, Year 11 Legal Studies students had the opportunity to participate in a mock trial as part of The Legal System unit of work. Classroom F14 was set up as a real court, and each student was given a role to play from judge to jury in the mock trial of Humpty Dumpty and the King! The students were instructed beforehand as to the trial procedures which happen in court, and the roles that each would play in this mock trial. It was a great experience for students to apply their Legal Studies knowledge in a practical setting.

Mr Ma
Social Science





CODING CLUB

Coding Club is now in its third year and continues to be popular with Sefton students. This year, Maths teacher, Mr Corey, has taken over the co-ordination of the club. He will bring with him his coding expertise to guide students through the world of coding.

In 2021, Coding Club is running on Tuesday afternoons, 2:30pm-3:20pm in C11. The club is now full, however, if you are interested in joining, please submit an expression of interest and we can contact you if space becomes available. If students would like to learn how to code but cannot attend the club on Tuesday afternoons, they can still learn from home. Please see Mr Corey or Ms Li, in the Maths Staffroom for more information.

In Coding Club, we use an excellent learning platform called Grok Learning. "Grok" is a slang word, meaning to understand something intuitively or by empathy. This is a great way describe learning how to code, as most professional coders are often self-taught and learn by "doing". This term, students will have the opportunity to participate in the National Computer Science School (NCSS) Challenge, where students compete in a category most appropriate to their coding experience: Blockly Beginners, Python Beginners or Python Intermediate. The beauty of this program is that students learn how to code as they complete the challenge.

It's always rewarding to see students develop their coding skills throughout the year and we look forward to seeing what our Coding Club students do this year.

Ms J Li
Maths Teacher



