



#### FROM THE DEPUTY HEAD

As always, it has been an exciting and busy start to the year.

The first round of IGSSA Sport for Years 8 to 12 will be on Saturday 8 February. Year 7 softball and tennis teams will not have their first round until Saturday 15 February; they will play an internal match on Saturday 8 February. The Sports staff have been working hard to develop skills, run trials and select teams.

Most Extra-Subject and Co-curricular activities will have begun on Monday of Week 2. Timetables for Tennis lessons and Music lessons are being finalised, as are lists for Nursing Home visits. Start activities will start on Monday of Week 3 (10 February) – classes and class times for Ceramics, Jewellery and Woodwork are in the process of being finalised.

#### Medical Forms - URGENT

- For Outdoor Education Week for girls in Years 7 to 10, OEG will use the information in the online Medical form that was emailed to parents on Monday of this week, directly from *CareMonkey*. Please complete the online Medical form as soon as possible.
- The Frensham Medical form should already have been completed and returned for every girl.

Equipment lists for Outdoor Education Week are located on page 52 of the 2020 Frensham Information Book (located on Schoolbox) and detailed information about the programme for each year group will be included in the next newsletter, emailed to parents and posted on Schoolbox.

Please note that the expedition locations, listed on page 51 of the Information Book, are being adapted to the post-bushfire environments.

#### Absences from School

As noted on page 31 of the 2020 Frensham Information Book, if a student is absent from school due to illness or injury, an explanatory note must be provided to the School office upon the student's return.

Please note that if your daughter is unable to attend School owing to illness or misadventure, please call the School (+61 2 4860 2000) **between 8.00am and 8.10am** (as per the Information Book, page 31) or send an email to [absence@frensham.nsw.edu.au](mailto:absence@frensham.nsw.edu.au). The email should contain a note of explanation regarding the absence and an expected return time and/or date.

In accordance with our duty of care, if a student has an unexplained period of absence, a letter will be mailed to her parents or guardians requesting written confirmation.

Legislation requires that the School keep written documentation of all absences. All requests for leave should be made in writing to the Head, well in advance of the event, to allow consideration and a written response.

**Mr Geoff Marsh, Deputy Head of Frensham, Deputy Head of Frensham Schools**

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## BOARDING

Welcome back!

This term, we have been encouraged by the way our Weekly and Full Boarders have embraced new Houses (for some) and new roommates, and established routines that will support them in becoming independent, resilient and organised.

Congratulations to our Heads of House this term for the work they have done to lead their Houses and ensure that systems and processes are running smoothly. In the Junior Houses, the Year 10 leaders have been instrumental in looking out for all of the girls, especially the youngest boarders in Year 7 in Kennedy and Hartfield, and supporting Year 9 as they transition to living in a Senior House. With all of Year 12 in support of younger students and new boarders in the School block, in the Dining Room or in the Houses, there has been a vibrant sense of community and connection across the School.

The Closed Weekend provided a full programme for all year groups, with a range of activities including a Kahoot in the Dining Room, School Service, Softball and Tennis Trials, Yoga classes, lots of Swimming, an Inflatable obstacle course in the Pool, Board Games, 'getting to know you' games, and a Bowral Parkrun – in addition to quiet times for study and 'feet off the floor'.

Next weekend is an **Open Weekend**. A full and varied programme will be available on Schoolbox later this week, outlining the details of the weekend activities. To assist with planning, Years 7-9 will go to the Cinema to see *Dr Dolittle*, departing at 1.15pm, returning by 4.30pm. Buses will depart from the Stanley Street bus stop.

### Weekly Boarders

Weekly Boarders may depart on Saturday from 10.30am (or after IGSSA Sport if later) on an Open Weekend.

### Exeats – Full Boarders

A reminder that Weekend Exeats for Full Boarders must be submitted by Friday lunchtime. An Exeat Form is required to be completed and emailed to [boarding@frensham.nsw.edu.au](mailto:boarding@frensham.nsw.edu.au). A copy of the form is available on Schoolbox in the Parent Forms section. Your assistance with this is greatly appreciated.

### Frensham to Central and Central to Frensham Bus Service

- The Frensham to Sydney bus will depart from Stanley Street at 12.30pm on Saturday, arriving at Bay 9, Upstairs Western Forecourt, Central Station at approximately 2.30pm.
- A return trip to Frensham departs at 6.30pm on Sunday evening from Bay 9, Upstairs Western Forecourt.
- Girls are asked to sign up for this weekly bus service by Thursday each week on the lists outside White Cottage. Please note that families will be charged for this service in your term account. Weekly Boarders can return to school on Sunday by 8.30pm or by 8.00am on Monday morning.

### South West Bus Service

**Term 1 Dates:** Sunday, 16 February

- **Departure (Cootamundra): 4.00pm** pick-up at Cootamundra Railway Station, Hovell St, Cootamundra.
- **Departure (Harden): 5.00pm** pick-up at Jackson's Bakery, East St, Harden.
- **Departure (Yass): 6.00pm** from Yass Junction. McDonald's – Carpark.

**Arrive at Frensham:** approximately 8.00pm. Please note that there is no scheduled meal break.

**Cost:** \$50 per student. The cost will be charged to the Student Account (this service is for current Frensham students only).

### Weekend Planner:

Below is a list of our planned weekend activities over the coming weeks, to assist with planning visits to the School or Exeats for your daughter. All events are subject to the weather, however, and should changes need to be made, we will communicate this in advance via email to the girls.

Week 2	Sunday 9 February	8.30am-5.30am	Movies	Years 7-9; Year 10 tbc
Week 3	Sunday 16 February	1.30pm-5.00pm	Ice-skating	Years 7-9
Week 4	Sunday 23 February	8.30am-5.30pm	Jamberoo	Years 7-9 (Year 10 Optional)
Week 5	Saturday 29 February- Sunday 1 March	Open Day, Year 7 Parent Weekend – full programme for all students		

### Correspondence

To ensure a prompt reply to all enquiries relating to Boarding, we ask that parents communicate with us via the following options:

Email: [boarding@frensham.nsw.edu.au](mailto:boarding@frensham.nsw.edu.au)

Phone: +61 2 4860 2114

**Mrs Tanya Vaughan, Director of Boarding; Ms Amanda Graham, Deputy Head of Boarding**

## TEACHING & LEARNING

A highlight for all staff in December last year (after students began their vacation!) was having time, on Monday 9 December, to update our professional knowledge by participating in a four-hour workshop designed by The Australian Independent Schools Association NSW entitled: *Creating Safer Independent Schools* delivered by AIS Professional Learning Consultant, Maria Costa, Senior Child Protection Advisor/Investigator and Dimi Faris, Child Protection Advisor/Investigator. Child protection is an important issue for all staff working in schools. The course was designed, for staff working across Gib Gate, Frensham and Sturt, to ensure we are doing all that is necessary to protect the students in our care. It provided us with an overview of the critical elements for creating a child-safe organisation. It covered topics such as: child-safe organisations; the NSW child protection legislative context; understanding sexual abuse; creating a culture of safety; and exploring professional boundaries. It complemented our previous training in 2018 and the online learning undertaken prior to this face-to-face course and re-familiarised us all with the reporting process for all areas of child protection. The course drew on current research and provided a range of case studies, practical strategies and tools to assist us to continue to create a culture of safety at Frensham Schools.

Last week, prior to welcoming our students back to an exciting new year at Gib Gate and Frensham, Frensham Schools Executive and Senior staff worked in a variety of planning and discussion sessions from Tuesday 21 to Thursday 24 January, focusing on the Frensham Schools Strategic Priorities 2018-2022, our teaching and learning goals, and programmes for 2020. A feature of the week was the *New Staff Induction Programme* conducted over two days when we were excited to meet, welcome and assist our new colleagues: Mr Nathan Bessant, MEd (UNSW), MA (Modern and Ancient History), Post Grad Dip Ed, BEco (Macquarie) – Head of HSIE, with special responsibility for Innovations and Analytics; Miss Tahlia Brodie, B Mathematics Ed (UOW) – Mathematics; Mr Tarik Jeffcoat, B Mathematics Ed (UOW) – Mathematics; and Ms Molly Macqueen (OG, 2013), B Liberal Arts and Science, BEd (Secondary) Human Movement and Health (USYD) – part-time teacher of PDHPE, fulltime Sport Coach.

On Tuesday 28 and Wednesday 29 January, all staff engaged in various presentations and workshops prior to the first teaching day on Thursday 30 January, when we were excited to welcome our students from the newest 3-year-old boys and girls to our returning Year 12 2020 girls, and all our new students from Kindergarten to Year 11. Plenary sessions were delivered by Head of Frensham Schools, Ms Julie Gillick, and members of Frensham Schools Executive and a variety of workshops, information sessions and presentations were given by Senior staff, ensuring we had time together to plan for meeting the individual learning needs of all the students in our care and to continue to create a learning community which is world class and embraces innovation, evidence-based research and external critique.

**Ms Kate Chauncy, Director of Teaching & Learning, P-12 Coordinator of Gifted & Talented Programmes**

## STUDIES

Students in Years 7-10 are settling into the routines of School life. Study practices that are established or reinforced in Prep will enhance classwork and promote effective strategies for long-term learning. In Years 10-12, students complete Prep in the Houses, while in Year 8 and 9, Prep is conducted at specific venues for each Year group in school classrooms. Year 7 students use the Library for Prep.

Prep is an important part of each student's overall learning programme. It is set to help students move forward in meeting learning outcomes and is always integrated with classroom learning.

In Cal Newport's book titled *Deep Work*, he refers to high quality work as a function of time spent and intensity of focus. In order to learn effectively, intense concentration is required. Prep is a form of deliberate practice where attention can be

focused on the skill(s) requiring improvement or an idea/concept to be mastered. Newport emphasises that this ability to work for extended periods with full concentration on a task is critical in optimising performance. Students during Prep will be supported to maintain focus and encouraged to become independent in their study habits.

Year 11 students have commenced their Preliminary HSC courses. These courses are three terms in length, at which point the girls confirm their subject choices in preparation for Year 12. As part of their introduction to senior studies, Year 11 students will meet this week to discuss approaches to study, including expected study targets and Prep responsibilities, organisational skills and assessment procedures. This information is available in the Senior Studies Information Booklet which was provided to students and parents in Term 3, 2019.

Year 12 students are showing the focus and application required to be successful learners. Vacation work submitted will be assessed to provide teachers and students valuable checkpoints as to areas for review. As part of their tertiary orientation, all Year 12 students will participate in an excursion to Wollongong University on Wednesday 5 February.

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

## DRAMA

We are ready for yet another exciting year for the Drama Faculty both on and off the stage. Planning is underway for the three major productions of the year: Ms Shannon will be directing both *The Birthday Play* for senior students in May and the Junior Production in August for Years 8 and 9 students. Mrs Hannah will be directing the End of Year Musical for performances during Jamieson Week in December, providing an opportunity for all students to participate.

During Term 1, Year 7 students will participate in Drama lessons as part of the Jamieson Programme. The course facilitates positive peer relationships and self-confidence, teaching performance and collaborative skills in a fun and friendly environment. As a class, students will work with their teacher to devise a performance for the Year Weekend concert.

Year 12 students have returned refreshed and are prepared to tackle the challenges ahead. In the first week of term, students in the HSC Drama course presented work for their Individual Projects. On Saturday 1 February, they participated in a four-hour Masterclass on the Individual Project with theatre professional, Benedict Hardie. Benedict is a writer, actor, and theatre maker who graduated from the VCA in 2007. His acting credits include *Hacksaw Ridge* (2016), *The Light Between Oceans* (2016), *Upgrade* (2018), *Julius Caesar* (Bell Shakespeare), *Life Without Me* (MTC), *Crime and Punishment* (Stork Theatre), and *Actors at Work* (Bell Shakespeare). His writings for film include *The Nurses* (Channel Ten) and *Staying* (MTV One80project).

On Wednesday 12 February, students from Years 11 and 12 Drama will attend a Senior Drama excursion focusing on key components from the Preliminary and HSC Drama Courses. Firstly, they will view archival production footage of one of the texts set for study this term, *The Lieutenant of Inishmore* by Martin McDonagh. Afterwards, they will attend *OnStage*, a showcase of exemplary performances and projects from the HSC cohort of 2019. The excursion will conclude with an evening performance of *Jesus Wants me for a Sunbeam* at Belvoir Street Theatre.

**Mrs Sally Hannah, Head of Drama**

## ENGLISH

In a modern, exhilarating world, a single emoji can convey an emotion in an instant. Some have asked the question: 'Will words be reduced to being a quaint form of communication for the faithful few?'

Our English department will defend the power of words until our last breath! We begin the school year in anticipation of the wonders of learning new and old stories. We are excited about how the words of others can inspire us to craft our own words. We challenge our students to have aspirations to create a moment of joy; a fluent critical argument; a platform for change; a vivid and breathtaking tale; an impassioned plea for justice; or a quiet personal reflection.

These opening lines are just part of the many inspiring literary experiences girls will have this year in English.

*It was almost December, and Jonas was beginning to be frightened.* – Lois Lowry: *The Giver*  
*In the dead of the night we run away.* – Sue Whiting: *Missing*  
*Two households, both alike in dignity, In fair Verona, where we lay our scene, From ancient grudge break to new mutiny, Where civil blood makes civil hands unclean.* – William Shakespeare: *Romeo and Juliet*.  
*First the Colours. Then the humans. That's usually how I see things. Or at least, how I try.* – Markus Zusak: *The Book Thief*  
*In my younger and more vulnerable years my father gave me some advice that I've been turning over in my mind ever since. Whenever you feel like criticising anyone, he told me, just remember that all the people in this world haven't had the advantages that you've had.* – F. Scott Fitzgerald: *The Great Gatsby*  
*Let us go then, you and I, / When the evening is spread out against the sky / Like a patient etherized upon a table.* – TS Eliot: *The Love Song of J. Alfred Prufrock*.

Students will be challenged to consider the enduring nature of words, the legacy of literary masterpieces and be excited by new and beautiful books. They will be guided to read and write with purpose and meaning every day. Our goal is for each girl to understand what it feels like to engage deeply with literature. By the end of 2020, girls may be saying '*It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair..*' – Charles Dickens: *A Tale of Two Cities*

**Ms Lee McGuinness, Director of English**

## HSIE (HUMAN SOCIETY AND ITS ENVIRONMENT)

The beginning of a new school year is an exciting time, as students and staff consider all that they may learn and achieve in the coming months. As a new member of the Frensham community, I have been impressed with the energy, application and thoughtfulness all our students have applied in beginning their studies of the world and the people that populate it.

For Year 12, Term 1 represents a continuation of units that began last year. As the term progresses students will start new units and engage in new concepts. For Modern History students, this means studying the changing nature of communist Russia, as it evolved under the leadership of Lenin and Stalin. Ancient History students will study the Julio-Claudians, the original emperors of Rome. In Extension History we will continue to engage with the question of 'What is History?', continuing to unravel more and more answers. In Business Studies students will learn about the marketing process, while the economists of the group will be analysing the causes of the changing nature of Australian trade and financial flows in the global economy. Our Geographers will be examining a coral reef case study and continue to sharpen their skills in gathering and analysing data.

Year 11 means many students are able to focus on the HSIE discipline that most interests them. In Ancient History, this means studying ancient sites and sources, while modern historians consider the contestability of the past within the frame of the Holocaust. Students who chose Economics are introduced to key concepts such as opportunity cost and supply and demand, while business students discuss the nature of business and the factors that determine a business's success. In Geography, students review their junior Geography as a foundation for further depth in their understanding of biophysical interactions.

Junior students in World Studies (Years 7 and 8) and Australian Studies (Years 9 and 10) engage in either Geography or History. Year 7 students begin the year with the Geography unit Landscapes and Landforms, while Year 8 students have begun their study of history in Medieval Europe. Year 9 students are doing an accelerated HSIE programme, beginning with a unit on Sustainable Environments. Finally, Year 10 will start the year with History and the changing nature of rights and freedoms in Australia and the world.

**Mr Nathan Bessant, Head of HSIE**



## JAMIESON PROGRAMME

The Jamieson Programme began with Jamieson Weekends in 1986 when a portion of the bequest of Hilda Jamieson was used to buy camping equipment for Frensham. It has expanded since then to become an integral programme in the School, built on the belief that ‘... **exposure to challenges, in a secure environment, can awaken in young people a belief in themselves which will stay with them throughout their lives...**’ Today this concept is applied to the planning for Closed Weekends, to Jamieson Week (the final week of the School year) and to a core curriculum area across Years 7–10. The essential topics in the programme fall under the focus areas of: Global Citizenship, Responsibility, Service and Leadership, Health, Fitness and Physical Challenge, and Critical, Ethical and Flexible Thinking. During this term, students will be involved in the following aspects of the Jamieson Programme.

**Year 7:** In Frensham Studies, students will learn about the history and philosophy of Frensham.

**Year 8:** Each girl will have the opportunity, once a year, to assist at the local Riding for the Disabled Club. Mrs Gallagher has prepared a weekly roster and will notify the students involved.

**Year 9:** The fortnightly, Thursday programme began last Thursday 30 January with Year 9 participating in a presentation on the Jamieson Programme, with special emphasis on the Cambridge IGCSE *Global Perspectives* course. In preparation for the course, Year 9 students investigated the differing perspectives on ‘Australia Day: Should we change the date’, using the Cambridge response template. It is hoped that responding to a practice question early on in the term will help model the process for students who will be completing one investigation independently in Term 1. Students also had their first Fitness Training session with Mr Green and were asked to complete a set of Fitness Goals – both short-term and long-term – that they hope to achieve this year.

Frensham Year 9, 2019 students received outstanding results in the internationally recognised Cambridge course, *Global Perspectives*, with 14% of Frensham students gaining the highest result (A\*) and another 32% gaining an (A) result. Congratulations to the girls and the team of staff involved in teaching the course!

**Year 10:** Year 10 will commence a series of workshops on Religious Studies.

As part of Year 10 Jamieson Programme, Mr Nathan Bessant will be designing and implementing a new “Dialogue Series” programme for students. Following on from their Year 9 Global Perspectives course, our Year 10 students will be engaging in sessions that develop their ability to listen and think critically and engage in constructive argumentation, vital skills for students looking to impact their world positively.

**Mrs Merrilee Harris, Head of Jamieson Programme**

## LANGUAGES

### FRENCH

The language teachers are very excited to say ‘Bienvenue’ to three classes of Year 7 students at Frensham this year! In our brief first week for 2020, all students were introduced to the Year 7 French course and equipped with their very own copy of *Tapis Volant 1* Student book and workbook. We encourage the girls to familiarise themselves with the contents of these books and to use them as working documents throughout the year. Students will find further opportunities to support, enrich and extend their learning online, with links to vocabulary and grammar exercises, audio material and extension tasks.

Year 8 have taken up their copies of *Tapis Volant 1* again to continue their learning journeys in the French language. After some revision of last year’s work they will start on Unit 10, *Chez moi*, where they will learn to talk about their bedrooms and their homes.

Year 9 are starting *Tapis Volant 2* where they will continue to learn about the language and culture of France and francophone countries, such as la Nouvelle Calédonie, through the characters they met last year. They will refresh their memories of the work they did in 2019 with a *Unité de révision*, before embarking on a unit about household chores.

Year 10 have only four units to complete of *Tapis Volant 2* before embarking on a new course later in the year. The girls started the year talking about their holidays and revising the *passé composé* through extension exercises in the new

*Complete French Grammar*. Next, we will add the imparfait to our toolkit. This tense is essential when talking of past experiences and we will see how the two tenses interact and complement one another.

It is an exciting time for the girls in Year 11 who have made the step into Stage 6 and the senior years of language study. Their text this year is *Tapis Volant Senior* which will be supplemented by a variety of resources, including a French listening text, *Exercices d'oral en context*, past HSC papers, and a text by the French literary icon, Jean-Paul Sartre.

The girls in French Continuers and French Extension have made a flying start to 2020. Having worked assiduously on their holiday homework over the break, they are starting the term with a unit on l'environnement, in French Continuers, and Extract 4 of the prescribed text, *Intouchables*, in French Extension.

To all members of the Frensham community we send Tous nos meilleurs vœux pour une bonne année!\*

\*All our best wishes for the New Year!

## LATIN

As we enter the second term of HSC study in Year 12, we continue our analysis of the prescribed verse text, Virgil's *Aeneid Book 1*. We will soon commence the prose text, Cicero's *Pro Archia*, a speech defending the Greek poet, Licinius Archias, who was accused of not being a Roman Citizen.

Year 11 are looking forward to studying authentic Latin texts this year, beginning with the poetry of Catullus who is most famous for his love poems to his girlfriend Clodia, for whom he used the pseudonym Lesbia. This is considered a great compliment, as it refers to the island of Lesbos and its most famous inhabitant, the Greek poet Sappho.

Years 9 and 10 have new workbooks this year. The Stage 5 syllabus leads them to deepen their knowledge and understanding of Roman culture and civilisation while exploring the grammatical constructs that form the basis of the romance languages. Year 8 will commence their study of Latin in Term 2.

An important event this term is the National Latin Exam held in March. Over the following month, students in Years 9 to 12 will be busy working through past papers.

**Mrs Kerry Lennon, Director of Languages**

## MATHEMATICS

Welcome to 2020!

2020 (MMXX) will be a leap year starting on Wednesday of the Gregorian calendar, the 2020th year of the Common Era (CE) and Anno Domini (AD) designations, the 20th year of the 3rd millennium, the 20th year of the 21st century, and the 1st year of the 2020s decade. Finally, in mathematical terms 2020 is an abundant number, because the sum of its proper divisors (2264) is greater than itself. Its abundance is 244.

Two items of business to address before we begin our new year: firstly, congratulations to the Class of 2019 on their excellent HSC Mathematics results, particularly the Mathematics Standard candidates who achieved a very high percentage of Band 6 results in comparison to the rest of the State. All members of our faculty closely follow the girls' progress and we work as a team to encourage, support and coach each student to achieve to their full potential. Secondly, this year we have completed the roll out of the new courses in Year 12, having the Mathematics Advanced and Mathematics Extension 1 and 2 joining Mathematics Standard in the new HSC Syllabus, Assessment and Examination. For further details please familiarise yourselves with the NESA website, in particular the Stage 6 Courses.

<http://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/stage-6-learning-areas/stage-6-mathematics> .

Passion isn't something we follow; passion is something we form, over time, as we discover what matters in our world and how we can make an impact on it. (Eddie Woo, Australian of the Year Local Hero Award 2018).

Back to 2020, a challenge question for you: *Fill in the blanks in the following 'countdown' equation so it makes arithmetical sense:*

$10\ 9\ 8\ 7\ 6\ 5\ 4\ 3\ 2\ 1 = 2020$

*You are allowed to use any of the basic mathematical operations, +, −, ×, ÷, and as many parentheses as you like.*

Answer: *in next newsletter*

We are looking forward to working with you and your daughters throughout the year as we strive to enhance student outcomes for all members of our school community. I refer to Eddie's words again: 'I love helping people learn and it is an unending privilege being able to interact with young people and help them grow, flourish and find their place out in the world.'

**Ms Joanne Allison, Head of Mathematics**

## MUSIC

All Choir and Instrumental Ensemble rehearsals have resumed this week – Kennedy and Glenn Strings, the String Quartet, Concert Band and Stage Band. There are three choirs at Frensham: the Junior Choir, Senior Choir and Madrigals. Parents might note that the Junior Choir is an inclusive ensemble and all students from Years 7 and 8 have been invited to join. Entry into the other choirs is by means of audition and new students have been trying out this week.

Term 1 contains performance opportunities for all the ensembles listed above. The Junior Choir will be featured in the anthem in the Year 7 School Service; they will also be performing, with the String Ensembles, the Senior Choir and Madrigals, on Open Day. The Concert and Stage Bands will perform on one of the two Parent Weekends, and the Senior Choir, Strings and Concert Band will all be performing in large scale works at the end of the term as part of a Combined Schools' Music Festival.

At Frensham, participation in music ensembles is extraordinarily large. Winifred West encouraged girls to acknowledge and to share their gifts within their community, and it is directly due to this ethos of generous service that we have a properly functioning string orchestra and concert band. Parents of young instrumentalists should encourage their girls to join the ensemble programme on Wednesday afternoons. Pianists and singers should also consider picking up a wind or brass instrument. After 20 years of Madrigals auditions, I would suggest that the best preparation for this elite vocal group is the three years of score-reading and musical literacy to be had in the Instrumental Ensemble programme.

Individual music lessons are beginning for students with more to follow in the week to come. Parents who may not have completed the form for Extra-Curricular Music lessons should please do so as soon as possible by using the link below.

<https://forms.gle/ztuUmnUXWdoNmHtAA>

**Mr Michael Spencer, Head of Music**

## SCIENCE

A number of senior students have had scientific experiences over the vacation. Mia Horsfall (Year 12) attended a National Computer Science Camp at the University of Sydney and wrote the following: 'Over the holidays, I attended the National Computer Science School. Hosted at the University of Sydney, the programme was an intensive ten-day course designed for collaborative learning. Over the ten days, my team learnt the skills that would be needed to create our project using embedded systems. In the end, my team created an ultra-sonic limbo machine that measured how far people bent over backwards without having to move the stick. On the final night, everyone presented their projects at a midnight science fair. NCSS is an incredible experience for anyone interested in inventing and computing; I would highly recommend it!'

The Science Faculty is trialling a new programme in Year 10 Science this year. The syllabus has been divided into three subject areas and which will be taught by a subject specialist. Biology will be taught by Mrs Alison Andrew, Chemistry by Mr Matthew Griffiths and Physics by Mrs Wendy Fawbert. Classes will spend 10 weeks on each subject area and then move to a different teacher and different classroom. It is hoped that this will intensify preparation for Stage 6 courses in which we have extremely strong take-up by Year 11.

**Mrs Alison Andrew, Head of Science**



## PDHPE (PERSONAL DEVELOPMENT, HEALTH AND PHYSICAL EDUCATION)

A major role of the PDHPE curriculum is a focus on the value of movement, physical activity, physical literacy, and physical education to build knowledge, understanding and skills for a lifetime of physical activity.

'Movement is embedded throughout the content to build movement competence across a range of physical activities. Movement provides a powerful context for learning across the curriculum and for developing interpersonal and self-management skills. Physical literacy is developed through an inclusive and holistic approach with an equal focus on movement proficiency, motivation to move and appreciation of the value of moving.' (NSW Department of Education, PDHPE Curriculum)

Students who are physically literate are able to lead a healthy lifestyle and assist others to do the same. Research has shown that being physically active later in life depends on an individual's ability to feel confident in physical activity settings. Physical literacy is evident when students are:

- motivated to be involved in physical activity during and after school
- confident in their movement ability and sense of self
- can set goals and make informed decisions
- physically competent across a range of environments and activities
- understand and value physical activity

PDHPE classes at Frensham aim to develop all students, skills, knowledge and attitudes as to the value of movement now, and throughout their lifetime. Participation and improvement at an individual level, and recognition of the significance of co-operation, strong interpersonal skills and teamwork, are integral to wellbeing and healthy, active lives.

**Ms Janene van Gogh, Head of PDHPE**

## SPORT

### Extreme Weather – arrangements for Saturday Sport

Cancellations of Saturday Sport are rarely made before Saturday morning unless a venue notifies IGSSA that the facilities will not be playable prior to this. Means of gaining information concerning play:

1. **IGSSA WEBSITE:** <http://ahigs.nsw.edu.au/IGSSA.aspx>
2. **myIGSSA Mobile Screens**

As it is not necessary to be registered to use the new mobile screens, students, coaches and parents can access them from a smartphone, tablet or computer.

### Softball and Tennis

Trials for both Tennis and Softball have been completed. Once the teams have been selected, Years 8-12 will train in their teams and play the first round of the **IGSSA Competition** this Saturday 8 February. The draw is posted each week at White Cottage, in Houses and on Schoolbox.

Girls must be on the Games Field at least 30 minutes before their game commences. For Softball, all players must wear shin pads and mouth guards and have a glove. All other equipment is provided by the School. Tennis players need their own tennis racquet. All girls are required to wear their hats for training and matches. There are no exceptions to this requirement.

#### Training sessions:

- Juniors (Years 7, 8 and 9): Tuesday 4.00pm-5.30pm; Friday 4.00pm-5.00pm
- Seniors (Years 10, 11 and 12): Thursday 4.00pm-5.30pm; Friday 5.00pm-6.00pm.
- Match times: Softball: 8.00am, 9.15am, 10.30am; Tennis: 7.45am-9.45am; 9.55am-11.55am

### Swimming

This term, Swimming (for Sport, in addition to Swimming for recreation) is for those who are keen to swim at the IGSSA Carnival and also those who wish to improve their fitness. All swimmers who attend the sessions will be following the training programmes of the coach, Ms Jenny Balla. Girls who are part of the Swimming Squad this term will be swimming a minimum of three times each week. Girls have nominated which sessions they would like to attend and they must attend all of them for the duration of the term. The Swimming Squad will be participating in a number of carnivals this season including Mittagong Swimming Club nights (at Mittagong Pool), the Southern Highlands Twilight Carnival and the IGSSA Carnival.

Squad training is held on Monday to Friday, 6.00am-7.00am. There is also a session on Saturday mornings which all squad members are welcome to attend if it does not interfere with their Softball/Tennis commitments.

#### **Carnival Dates:**

Thursday 27 February: **Southern Highlands Twilight Carnival**, Centenary Pool: 5.00pm-8.00pm

Friday 6 March: **IGSSA Swimming Carnival**, SOPAC: 6.00am-3.30pm

**Mr Geoff Marsh, Acting Head of Sport**

## **AGRICULTURE**

There was a slower start than usual to the 2020 Show Cattle season. The Berry Show was cancelled due to the bushfire which allowed the students extra time to prepare for their first event. On Sunday 2 February, eight students and their respective steers gained some valuable experience in the preparation of their steers for the show ring. Mr Jeremy Cooper from Circle 8 Angus Stud, and parent of Annabelle Year 12 and Lily Year 10, generously gave his time to train the students in how to wash, blow dry and clip their steers, as well as some tips on ring craft. Each of the students was individually shown how to groom her steer to enhance its good characteristics for the show ring. Time management skills were also a focus, to develop a plan on how to prepare for the upcoming Shows each time they work with the steers. Teamwork is the key and they all enthusiastically rolled up their sleeves to help each other muster, yard, wash and blow dry each animal.

On behalf of the Frensham Show Cattle Team, I would like to thank Mr Jeremy Cooper for his generous support of the Team in sharing with students his time, effort and extensive cattle showing skills.



*L-R: Xanthe Hart (Year 12) and Georgia Klem (Year 10) washing Xanthe's steer, 'Neddy'; Cattle Training day with Mr Jeremy Cooper, Circle 8 Angus Stud.*

**Ms Leonie Mutch, Co-ordinator of Agriculture and Livestock Show Team**

## **EQUESTRIAN**

The Equestrian Programme for 2020 is underway. A number of students are riding on Monday and Wednesday afternoons at a range of venues across the Southern Highlands including Sutton Farm Equestrian Centre, Rosthwaite Farm, Lavender Equestrian and Coney Hatch. Starting in Week 2, Frensham will be transporting girls to and from these venues. Girls are riding their own horses or borrowing school horses for lessons. As has been the case for the past couple of years, Mr Richard Lavender (Bowral) has a number of horses to lease for riders who wish to compete. Mr Lavender also agists outside horses as part of this programme.

This year we have welcomed several new students to the equestrian team, many of whom are experienced riders and who are interested in representing Frensham in Interschool Events. Year 12 Heads of Equestrian, Emily Baldwin, MacKenzie Johnson and Rebecca Muller, and Vice Heads Cordelia Bell and Sophie Hatch, will hold regular meetings to communicate information they may have received about upcoming events and other useful information regarding Interschool rules, uniform, etc. In addition to this, girls should ensure they check their emails and Schoolbox regularly for news and event related postings.

A reminder to all parents whose daughters are riding in events and require leave: please submit an equestrian leave form (available on Schoolbox) to Mr Marsh several weeks ahead, so the request can be discussed, and approval provided in writing, if granted.

Saddle Cloths and Helmet covers needed for Interschool competition are available by contacting Miss Hooke. These are charged as sundries on term accounts.

### **2019 Annual Equestrian Awards**

On Saturday 2 February, Miss Hooke, the Heads of Equestrian and representative senior riders attended the 2019 Annual Equestrian Awards night as guests of Ms Gillick. The Heads of Equestrian 2020, Emily Baldwin, MacKenzie Johnson and Rebecca Muller, accepted the award for Equestrian NSW Interschools – Champion Secondary School. Elizabeth Taylor (Year 8) received the award for the NSW Junior Athlete of the Year and her horse, Paris, for NSW Show Hunter Horse of the Year.



*L-R: MacKenzie Johnson, Emily Baldwin and Rebecca Muller at the 2019 Annual Equestrian Awards night; Elizabeth Taylor accepting her NSW Junior Athlete of the Year award.*

Girls are reminded to submit results from events via the google document so these can be published for the wider school community. Please email related photos to Miss Hooke.

### **Results**

At the end of last year, riders in the Equestrian team reported the following results:

#### **Wallaby Hill International 3-day event – 27 November-1 December 2019**

Willa Mitchell (Year 11) in eventing placed 3rd CCI 2\*J-L and 6th CCI 2\*J-L.

#### **Sydney Show Jumping Club Championships – 30 November-1 December 2019**

MacKenzie Johnson (Year 12) placed 4th in the junior 110cm, 4th in the junior 120cm class and 4th in the 1.25cm Junior championship.





*MacKenzie Johnson at Sydney Show Jumping Club Championships*

**EA Australasian Show Horse and Rider Championships – 2-6 December 2019**

Elizabeth Taylor (Year 8) competed at the EA Nationals at Werribee Park as one of the top riders representing NSW. She qualified for Nationals in March this year at the Equestrian NSW Horse of the Year. Only the winner and the runner-up from each class qualify for Nationals from each State and Elizabeth won the Open and Child's Large Show Hunter Galloway and the Intermediate Rider class 12, 13 and 14 years.

In Melbourne Elizabeth and EBL One Night in Paris, won Champion Open Large Show Hunter Galloway, Reserve Champion Child's Large Show Hunter Galloway and 3rd rider 12-15 years. Congratulations to Elizabeth and the entire Taylor team on these outstanding results!



*Elizabeth Taylor at the EA Nationals at Werribee Park*

**Miss Harriet Hooke, Equestrian Co-ordinator**

## VISUAL ARTS / DESIGN & TECHNOLOGY

This week, we have called for submissions of student photography to complement the 11 framed photographs by students that were selected and hung in Cooper Hall in Term 4. Students have been invited to submit photographic images by Monday 10 February, taken with any device and exploring any subject matter or theme, in colour or black/white. The Year 12 Heads of Art Studios and I will aim to select a range of high quality, artistic photographs which will be framed and hung by approximately Week 4.

In addition, students have been informed about details of the *Head On Photo Awards – Student Award*, which is open to students studying from K-12 in 2020. In previous years, students have had photographs selected in this prestigious award. The *Student Award* is run in conjunction with the open sections of the *Head On Photo Award*, which offers \$70,000 in prize money. If interested, students must enter photographs independently (they are not submitted by the School) and gain parental permission. Each entry costs \$1 and must be uploaded through the Head On website. The closing date for submissions is 11:00pm, Sunday 16 February. The Heads of Art Studios will be available to assist students with resizing and uploading images. If you are interested in finding out more about the award, please follow the links:

Read more: <https://www.headon.com.au/student-awards>

Enter: <https://www.headon.com.au/add-student-entry>

Terms and Conditions: <https://www.headon.com.au/student-award-terms-conditions>

**Mr Phil Alldis, Head of Visual Arts and Design & Technology**