



Mosman High School

P&C



2016

PARENT INFORMATION BOOKLET

Mosman High School P&C

Welcome to Mosman High!

The Mosman High School Parents and Citizens Association (P&C) plays a key role in enabling parents and the community to work together in support of the School and its students. A very high level of sustained parent support is a crucial factor underpinning Mosman High School's success.

We meet at 7pm in the School Library, usually on the third Thursday of the month, during term time. The first meeting for 2016 is on Thursday 18th February. The Principal attends each meeting, and our meetings give parents and carers an opportunity to raise ideas and discuss any issues. At the start of each meeting we often have an informative presentation based on parent feedback and suggestions, eg speakers on study skills, student wellbeing (healthy technology habits, anxiety, resilience), curriculum, to name a few.

Get involved...

The P&C is open to all the School community; everyone is welcome, so please consider getting involved. You can do this in a number of ways:

- **Come to P&C meetings**
These are informal gatherings and a great way to meet other parents. Meeting dates are published in the School Newsletter and reminders are sent out via Parent Information Network (PIN) emails and SMS texts. If you can't come to meetings, please email your suggestions to mosmanhighpandc@gmail.com and see our website for the latest information – mosmanhighpandc.org.au
- **Help out on a P&C committee**
The P&C provides great opportunities for students and assistance to the School through its very active music, drama, sport, environment, art, science & technology and wellbeing committees. You can join a committee or just come along to a meeting when you can.
- **Pay your P&C Contribution**
Each year we ask you to make a P&C contribution. This money is invested in school facilities, equipment, resources and technology to enhance students' learning experiences.
- **Become a member of the P&C**
You can become a member for an annual fee of \$2, but you don't need to be a member to attend meetings, volunteer, help out on a P&C committee or be active in the School parent community.

Stay informed...

To receive notices and information by email, you need to register on line at mosmanhighpandc.org.au to be part of the Parent Information Network (PIN). For more information about the P&C, go to mosmanhighpandc.org.au If you have any suggestions or queries email Tina Jackson, P&C President, mosmanhighpandc@gmail.com or call 0419 277 752.

Mosman High School P&C

W: mosmanhighpandc.org.au | E: mosmanhighpandc@gmail.com



Parent Information Network (PIN)

To receive key information and notices you need to register your details on line with the MHS P&C PIN

If you'd like to hear about exams, talks, meetings, excursions and other special events at MHS, and value having a class list so your child can contact friends and you can contact their parents, please give us your details for the Parent Information Network (PIN). This will ensure you can stay in touch with the world of High School!

Please go to the P&C website, mosmanhighpandc.org.au and click on Parent Information Network (PIN) to register.

If you are unable to register on line for any reason, please collect and fill in a paper PIN registration form at the School front desk.

If you would like:

- to know what goes on at school
- notices about excursions, exams, special events
- email notices in case your child loses the printed versions
- committee information - Music, Drama, Sport, Art, Environment, Science & Technology and Art
- contact details for your child's new friends/parents

You'll need to sign up for the PIN!

You can also find out what's going on and connect to other parents through the P&C website, mosmanhighpandc.org.au If you have any queries about the PIN, please email Head PIN, Louisa Long, mps.pin@gmail.com

MHS P&C created the PIN because Privacy Laws preclude MHS from sharing student and parent contact details. If you don't register, we won't be able to send you important notices.

MHS P&C Who's Who

Parent Information Network (PIN)

Head PIN Louisa Long
mhs.pin@gmail.com

- **Year 7 PIN Coordinator:**
TBA
- **Year 8 PIN Coordinator:**
Rebekah Brenchley,
mhspin2015to20@gmail.com
- **Year 9 PIN Coordinator:**
Karen Kirkham,
mhs.pin.2014to2019@gmail.com
- **Year 10 PIN Coordinator:**
Maggie Shepherd,
mhs.pin2013to18@gmail.com
- **Year 11 PIN Coordinator:**
Michele Newman,
mhs.pin.2012to17@gmail.com
- **Year 12 PIN Coordinator:**
Sara Wilke,
mhs.pin.yr7to12.2011to16@gmail.com

P&C Committees

Much of the work of the P&C is carried out by its committees. Everyone is welcome to join or attend meetings of the committees.

Music Committee

Chair: Angela Lehmann
mosmanhighmusic@gmail.com

Website:

<http://mosmanhighmusic.wordpress.com/>

Drama Committee

Chair: Ruth Marshall,
mhsdramacommittee@gmail.com

Website:

<http://mosmanhighdrama.wordpress.com/>

Sports Committee

Chair: Jane Dampney,
mosmanhighsport@gmail.com

Website:

<https://mosmanhighsport.wordpress.com>

Science and Technology Committee

Coordinators: Evan Predavec
and Ian Davies

Art Committee

Coordinators: Pru Smith, Fiona
Alvarez, Jenny Buck, Phillipa Tayler,
mhsartcommittee@gmail.com

Wellbeing Committee

Coordinator: Jane Harlen,
mhspandcwellbeing@gmail.com

Environment Committee

Coordinator: Catherine Roc,
mosmanhighpandc@gmail.com

Parent Contributions

Rather than hold major fundraising events, the P&C raises money through parent contributions, which are invested in school facilities, equipment, resources and technology to enhance students' learning experiences.

There are many facilities around the School, for example, the covered outdoor learning area (COLA), table tennis table and outdoor furniture, that have recently been contributed by the P&C. Students have access to resources like electronic white boards and a wide range of musical instruments, again thanks to the generosity of parents. In 2013 parent contributions paid for the refurbishment of the canteen – new roller shutters, flooring and paintwork. In 2014 new water bubblers and refill stations were installed to complete the canteen upgrade. Parent contributions also pay for a part-time School Counsellor to supplement MHS's entitlement to a 3 day a week Counsellor. This ensures

students can see a Counsellor on any day of the week and is a highly valued use of P&C funds.



Water refill stations

In 2015 parent contributions were allocated to upgrade the area used for music classes to create a new multi-purpose space. This will not only be used by the music department, but will accommodate many of the functions that in the past could only occur in the hall or the library.

For 2016 the annual parent contribution is \$135 per student. Please be sure to pay this, along with your annual School fees, so the P&C can continue to support the School by providing much appreciated additional resources.

Talks

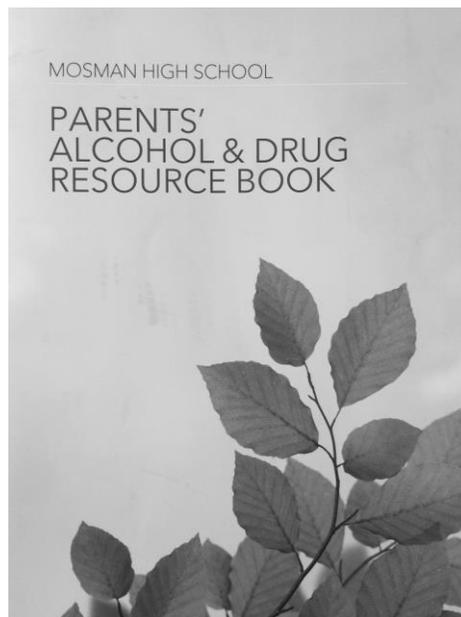
The P&C organises informative talks based on parent feedback and suggestions. Recent talks have included: understanding anxiety and how parents can help; technology and learning; welfare support at Mosman High; communicating with teenagers; volunteering opportunities for teens; national curriculum; and presentations from Head Teachers on their special subject areas. We've also had talks by the SRC leadership team about their work and objectives and Year 12 students travelling to Cambodia after

their HSC to build homes for the Tabitha Foundation.

Highlights of 2015 included:

- Paul Dillon on '*Teenagers, Drugs and Alcohol*'. The P&C also produced a handbook for parents to supplement Paul's presentations to students and parents.
- '*HSC Ready*' Q&A session featuring experts on health, emotional wellbeing and study skills
- Professor Maria Kanga talking about '*Teenagers and Emotional Health*'
- 'Elevate', an organization that work with schools to help students develop their study skills, gave a presentation on how successful students study.

For 2016, we have invited Paul Dillon back to talk to parents and students about alcohol and drugs and we will have an 'Exam Ready' Q&A to build on the success of 2015. 'Mindfulness' and 'Resilience' will also be featured as topics for 2016 in response to parent requests. Everyone is welcome to attend. We hope you will take advantage of these great talks.



P&C WELLBEING COMMITTEE

What we do

The P&C Wellbeing Committee aims to provide parents with information and advice on the wellbeing of our children through their high school years to complement the work of the school. We believe that having parents hear the same messages as students and staff strengthens the school community and our ability to support our young people in being healthy and resilient.

Through the year, working with the Principal and her leadership team, we hold a series of presentations by high-calibre speakers who are experts in their field. In 2016 we have plans for talks on resilience, mindfulness, body image and healthy habits to get young people through exam time. We'll also be repeating our survey of parents to make sure we are covering the subjects that matter most to them.

We've had a tremendous response from parents to our previous presentations, including understanding anxiety, healthy use of technology and emotional health.

Getting involved

Being involved with the Wellbeing Committee is a great way to know more about what's happening in the School and supporting your child. Hearing from the Principal and her team fills in some of the gaps, and connecting with other parents can be a wonderful support when navigating some of the challenges that come with raising teenagers.

If you can contribute practical skills such as helping find great speakers, organising talks or publicising them, please come and join our team. It doesn't take a great deal of time and is immensely rewarding.

Contact us

We'd love to hear from you so do get in touch at mhspandcwellbeing@gmail.com

On the P&C website you'll find links, resources and useful information from previous talks -

www.mosmanhighpandc.org.au/talks/



MHS

ENVIRONMENT STUDENT GROUP

About the Group

The Environment Student Group welcomes any students with a keen interest in the living world whether it be a love of nature, an interest in animals, a desire to improve their backyard, their local community's environment or tackle the world's most pressing environmental issues.

The group meets every Monday at lunchtime in Room D4 under the supervision of Pru Wawn with the help of any parents who wish to be involved. Biscuits and drink are provided. It is a warm and fun environment where events are planned such as fundraisers or beach clean-ups, big issues discussed and proposals put to the group (for example, in October one of the members mentioned the plight of the Manly's Little Penguins and the crowdfunding under way at the time and it was agreed that A\$100 would be given right away to be funded by a later cake stall). In addition, the Environment Group organises speakers to come to MHS to discuss specific environment issues. In 2016 the group hopes to work closely with the Science Committee as the students are also keen citizen scientists and have participated in a couple of citizen science events (Great Aussie Backyard Bird Count and the Australian Marine Debris Initiative). From 2016, every volunteering hour with the Environment Group will be able to be counted for the Duke of Edinburgh volunteering.

Parent volunteers

Any parents who would like to work with the group are very welcome. Please email mosmanhighpandc@gmail.com The student group is committed and enthusiastic and you will find it a very rewarding experience.

Achievements in 2015

- We raised more than A1500 through several lunchtime cake stalls for the Manly's Little Penguins Appeal, for Birdlife Australia, for WWF, for Taronga Zoo's Sumatran Tiger Appeal and for the Sea Turtle Protection Society
- We cleaned up Atholl Bay Beach

- We went on an outing to World Environment Day at Taronga Zoo
- We won a Mosman Council Community Grant and we decorated and distributed 5000 free calico bags to Mosman shoppers

New Year 7 students ...

Do you care for the environment around you?
Do you like nature? Kolas or Camels? Birds?
Whales or Penguins? Lizards or Snakes?
Flowers or Trees?

Come and join the MHS Environment Group!

We meet once a week at lunchtime over a glass of juice or cup of hot chocolate and biscuits or cake. We have fun, we plan events to try and help some of the environmental issues that we find the most important.



MHS Environment Group receiving \$1000 grant from Mosman Council



P&C MUSIC COMMITTEE

The Music Committee is a volunteer group of school parents. It collects the fees to pay the directors and costs associated with ensemble activities. It meets monthly with the school music staff and Principal to discuss opportunities for the students. Meetings are held 7pm on the third Tuesday of each month. (Two days prior to P&C meetings). Everyone is Welcome.

The Mosman High Music Ensemble program is open to EVERYONE and caters to the diversity of talent and interest at the school. Whether you like to play an instrument, be part of a band or sing in a choir there is room to express your musical tastes.

In 2016 there will be three choirs and seven instrumental ensembles made up of students from Years 7-12 who rehearse weekly. There are performances at school concerts, competitions, music festivals as well as regional and overseas tours. Many students take part in more than one ensemble and a number of them represent the school at regional, state and national level.

Enquiries: mosmanhighmusic@gmail.com
TXT: 0419 462 365

To be part of Mosman High's Music Ensembles

Step 1: Read the online handbook and Register at <http://mosmanhighmusic.wordpress.com>

Step 2: Turn up for the first rehearsals in 2016

Music Dates for 2016 Term 1

WEEK 1

Orientation Week

WEEK 2

***Year 7 Concert Band:**

7.45am Friday 5th February 2015

WEEK 3

Chamber Ensemble:

7.45am Monday 8th February

Year 8&9 Intermediate Choir:

3.20pm Monday 8th February

Junior Jazz:

7.45am Tuesday 9th February

Junior Choir Year 7:

3.20pm Tuesday 9th February

Guitar Ensemble:

8.30am Wednesday 10th February

Performance Band:

8.30am Wednesday 10th February

Strings Ensemble:

8am Thursday 11th February

Senior Jazz:

3.20pm Thursday 11th February

Yr7 Concert Band:

7.45am Friday 12th February 2015

WEEK 5

Step 3: Payment

Ensemble Fees Due: Friday 27th February

An invoice will be issued once you have registered and your child has attended a rehearsal.

Participation requires a commitment to regular attendance of all rehearsals, up to two workshops per year and participation in any competitions, eisteddfods and school performances decided by the ensemble directors.

Fees are set by the Music Committee. The fees pay for the ensemble directors, additional tutors, sheet music, competition entrance fees and transport to and from venues within school hours. These fees are additional to, and independent of, student school contributions and private tutoring fees. Additional Fees are charged by the school for tours.

Private Tuition Students are expected to receive 30 minutes private tuition each week. The school can arrange tutoring for vocal and instruments.

Sibling Rate If one child is paying the Full Rate then the second child is entitled to the Sibling Rate.

Annual Fee:\$450

****Ensembles for Year 7 students by Invitation and Audition only***



P&C SPORT COMMITTEE

This is an active committee that encourages the expansion of school sport. Our mission statement is to support, promote and encourage a vibrant sports culture at MHS. We encourage other parents to join us. We usually meet on the second Tuesday of each month at 7:00pm in the School Foyer.

Chairperson: Jane Dampney

Email: mosmanhighsport@gmail.com

Knockout Teams

Knockout teams are formed by the School Sports Department to represent the school in interschool knockout competitions in the following sports:

Basketball	Netball
Rugby	Soccer
Table Tennis	Tennis
Touch Football	Volleyball

The knockout tournaments for open age groups are held in term 1 each year.

The knockout tournaments for the U15 age groups are held in terms 3&4 each year.

Notification of the trials for these teams will be given to students in roll call classes. Sign-up sheets will go up outside the Sports staff room. Trials for open aged competitions will mainly be suitable for older students; however younger students with good skills are encouraged to try out. Note that the P&C Sport Committee presents awards each year to the students who show the most enthusiasm in trialing for knockout teams.

Carnivals

The School Sports Department holds annual school carnivals for Swimming, Cross Country and Athletics. All students are encouraged to attend and participate or cheer for their housemates. The P&C Sport Committee organizes parent volunteers to help run these events.

CHS Trials

Do you compete at an elite level in any of the following sports?

AFL, baseball, basketball, cricket, diving, football, golf, gymnastics, hockey, lawn bowls, netball, orienteering, rugby league, rugby union, softball, squash, tennis, touch, trampolining, volleyball, water polo.

If so, you may be eligible to trial for a Combined High School team.

GAT Development teams

The P&C Sport Committee organizes a number of GAT Development teams in the following sports:

Basketball	Dance	Futsal
Tennis	Table Tennis	

These teams compete in regular weekly local competitions and train at school (either before or after school) once a week. Volunteer parents manage the teams. An external coach generally coaches these teams and so a cost is involved for participation.

These teams are not just for experienced players, but for any student who wishes to play a team sport for the school. Trials are run for selection into these teams.

Elite participants will be invited to progress further and compete at Zone and possibly Regional, State or National level.

Local Sporting Clubs

Mosman High encourages students to register at local sporting clubs to ensure all round sporting achievements. Mosman High School student teams have had great success in local competition as part of these clubs.

The P&C Sport Committee arranges a Sports Market day early in the year, where local clubs are invited to attend and present information about their clubs to year 7 and 8 students as they transition into high school.

For further information please contact Jane Dampney at mosmanhighsport@gmail.com

Website: mosmanhighsport.wordpress.com



P&C DRAMA COMMITTEE

The Mosman High School P&C Drama Committee aims to provide practical help and support to the staff and students of the Mosman High School Drama Department. In addition, we are helping to run Mosfest, a short-film competition open to all students (not just drama) and culminating in the MOscars award night showcasing the winning entries.

The committee meets on Tuesdays, every 3rd week of the month, usually 2 days before the P&C meeting, at 7pm in the school foyer (behind the office). Please feel free to come to any or all of our meetings – the more the merrier!

We keep a contact data base of all parents interested in supporting drama at Mosman High, to facilitate communication and carpooling for theatre visits. If you'd like to be on this list, please contact mhsdramacommittee@gmail.com

Concert performances

Two highlights of the Mosman High School year are the winter and end of year summer concerts. These are held in terms two and four, each performance spanning two days. All Mosman High students are eligible to audition for these shows. Audition times and details will be communicated by the MHS staff.

These are extremely popular events, guaranteed to be standing room only. They are packed with a wide variety of music, drama and dance performances, running back to back with enthusiastic support and encouragement of fellow students, family and friends.

The programme consists exclusively of MHS students, with the assistance of the talented MHS Entertainment crew. Whether you are an aspiring performer, an old hand, or prefer to be in the audience, come along and enjoy the talents of our wonderful

students and the great atmosphere that our concert nights are famous for.

Mosfest: Mosman High School's short film festival.

Entries welcome from all MHS students. Prizes for best film across a number of categories will be awarded on our glamorous red carpet award night, the MOscars. Awards are judged by external judges with a background in filmmaking and the arts.

Over the years the Mosman High School short film festival "Mosfest" has gone from strength to strength with an ever-increasing volume of entries of an impressive quality and range. The competition is open to all Mosman High students, and has a high level of participation from every year and class group.

The festival culminates with the MOscars: our red carpet award ceremony where experienced judges from the film and entertainment world award best film across a number of categories. There are also best actor/actress prizes and the ever popular "peoples choice".





P&C ART COMMITTEE

We meet on the third Wednesday of the month to share ideas about how to best support the school's wonderful Art Department and its dedicated teachers and in turn enhance art education for all Mosman High students.

We had two major projects in 2015. The first was a fund raising event, the AnonyMos Secret Artist Project, an Art Sale and Exhibition of unnamed, untitled 8"x8" canvases. We invited established and emerging artists, Mosman High teachers, parents, ex-students and some of our talented students to paint on the canvases and then send them back to us. The generous support from the artists, as well as local businesses and the school community was amazing! It was a fun and very successful event. Not only did we raise enough money to buy new pin boards and hanging systems in the art department, there was a real boost in the feel good factor for everyone involved.

The second project was a fully immersive art experience to Fowlers Gap research station 115 km north of Broken Hill. In the tradition of many artists and art students before them, students, teachers, parents from Mosman High and an Artist-in-Residence travelled by train to Broken Hill and then mini bus to Fowlers Gap. The committee's role was to research, budget, book travel, accommodation and organise catering. The excursion, a first for Mosman High, was highly successful and productive, and we are planning another visit in September 2016.

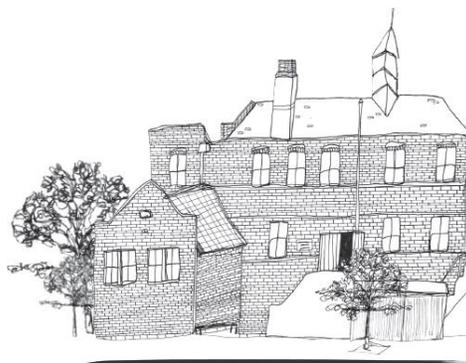
Over the past two years we have helped organize storerooms, clean up before the art block was painted, and assist with the annual Art Exhibition that showcases the HSC Major works and the work of Years 7 to 11. In 2015, Ian Grant, the highly regarded Sydney painter and former Head of Painting Studies at COFA opened the exhibition.

The Art Committee also produced a hard cover book of HSC Art Students' major works. The students get a copy on Graduation, and Mrs Wyatt proudly presents them as gifts on her official visits.

If you'd like to find out more and be on our email list, please contact us either by email mhsartcommittee@gmail.com.au or call Fiona Alvarez 0418478102 or Pru Smith 0407197007.

You can also find the Mosman High Art Committee on Facebook.

JOIN THE
Mosman High
Art Committee



P&C SCIENCE & TECHNOLOGY SUPPORT

The aims of the P&C Science and Technology Committee are to:

- Provide a forum for parent discussion of science and technology
- Provide support and advice to the school on science and technology issues
- Encourage student use of technology, initially through provision of programming and robotics groups for years 7-9. The groups are parent led and free.

BYOD Advice

The purpose behind BYOD (bring your own device) is a better learning experience for all Mosman High students. The main aim is to have a device available to every child in the school. The bring your own approach has many advantages including flexibility, but with flexibility comes choice.

Here are some criteria to consider in choosing a device:

WIRELESS

The device must be able to connect to the school's wireless network. This means it must be able to **make a 5Ghz wireless connection**. Most newer devices will do this - however older or cheaper devices might not be able to and this will simply lead to greater expense later. Frustratingly many sales assistants will not be able to clearly answer if a device has 5Ghz built-in so it might require you to either do your own research or to stick with a device that's already been shown to work on the School network.

WEIGHT

Your child is going to be carrying their device throughout the day. Very simply, lighter is better. That said don't sacrifice utility for weight - there's little point in

something that saves their back while carrying it but then leaves them hunched over a tiny screen while trying to take notes.

ERGONOMICS

Imagine spending several hours a day doing real work with whatever device you are looking at. If the device has a tiny screen, or under-sized keyboard, or you can't adjust the screen angle - it's probably going to be bad for the kids.

BATTERY

Your child should be using their device throughout the day and they can't re-charge it at school. That means you need to look for something with a battery life of around 10 hours or more. You also need to tell them that if they run the battery flat playing computer games on their way to school, they'll have to deal with the consequences.

POWER AND STORAGE

The device does not need to be amazingly powerful, unless your child is in the later years of school and doing specific work - for example using photo-editing software a lot. Most of what they will be doing is research, reading and taking notes.

More RAM is always better; and a quick start-up time from turning on to being able to do things helps.

You do not need an enormous hard drive. The student should be using the cloud to store all their notes, etc not only because that reduces the size of the hard-drive needed, but more importantly because it means they can't lose or forget anything.

BUILD QUALITY

Experience has shown that students tend to look after their own device much better than a school-provided device. But they are school kids and these devices are sitting in backpacks and being taken in and out of bags many times a day. Stuff happens.

So it's important to get something that is solidly built and will last a few years. That doesn't mean go for something heavy; it does mean that it can be better to spend a

bit more up-front in the interests of it lasting longer.

TABLET OR NOT?

You know your child and their needs. But in deciding between a tablet and a notebook computer you should consider:

- There are a number of needed applications that won't run on the iPad or similar tablet.
- The student should be able to quickly and effectively write and edit notes. If they can't input and correct the information quickly the device is letting them down.
- The student has to sit with the device on their desk for several hours a day

iPad and similar simply won't work in this context where the students are writing and editing. A Microsoft Surface does almost everything but you really need to think through the ergonomics before deciding to go with one.

SO WHAT TO CHOOSE

If you aren't concerned about the cost go for a Macbook Air - they're pretty much the perfect device for these purposes. They tick all of the boxes - light, powerful, well-built - and many students are using them today. They are however, relatively expensive.

Dell, Samsung and others have Windows computers available which sit close to the Macbook Air in terms of perfect suitability although in some cases the trade-off in price may come at the expense of durability and so might not be so great in the longer term. There are too many choices to be able to recommend one in particular, but the simple approach is to use the Macbook Air as your benchmark and go as close as your budget will allow.

Some students are using Chromebooks. This can be a good choice with some of the more recent releases. But you should only go down that road if you are confident in supporting your kids and the choices they'll need to make to find alternatives to some of the standard programs they might otherwise use.

The Microsoft Surface has a lot going for it, but you need to check whether your student can type quickly on it, edit effectively, and sit in front of it for several hours in something close to a reasonably comfortable position.

GETTING VALUE FROM YOUR CHOICE

Whichever choice you make there are some things you can do to protect and get value from the device:

- For everyone's sake reinforce with your child that they never touch anyone else's device and that they'll be responsible for any damage they do.
- Consider having your name and telephone number engraved on the device (and, if you can, turn on any tracking facilities).
- Actively encourage your child to learn to touch-type. The School provides a course in the Library, but it really needs outside School work to properly learn.
- Set your child and their device up with cloud-based software - Evernote, Google Drive, Microsoft's cloud. The best solution is the one that you are comfortable with, but a cloud solution is crucial.
- Think about also purchasing an external battery as back-up when they use up all the power - it will happen.
- Plan that you'll likely have to change the computer after 4 years so that it's capable of running the latest software.
- Choose a backpack that has a notebook pocket that keeps the device off the floor when you put the backpack down.