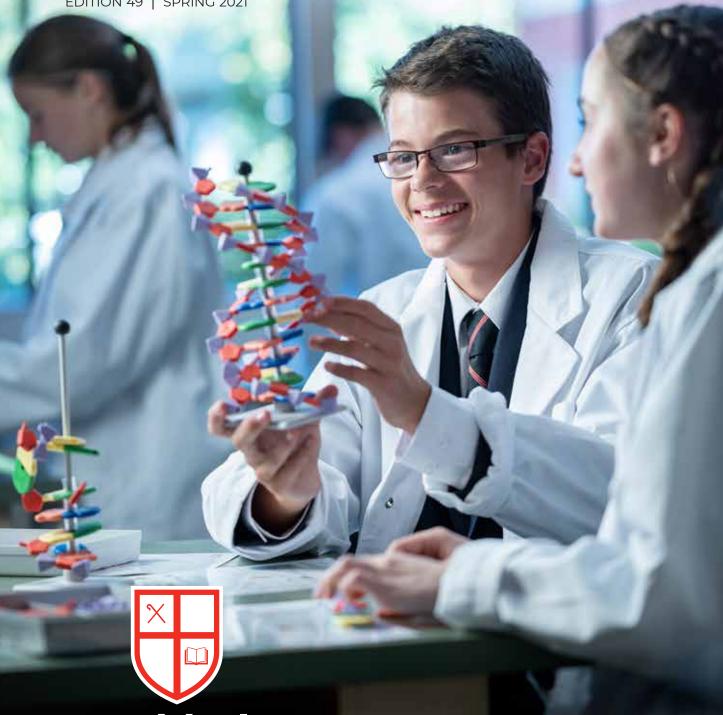
## Arcadian

THE MAGAZINE OF NORTHHOLM GRAMMAR

EDITION 49 | SPRING 2021



Northholm Grammar

**Challenging** minds. **Creating** futures.

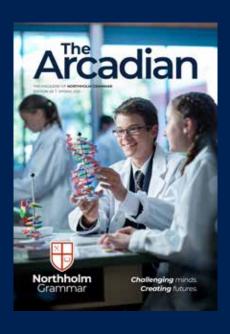
#### adian Edition 49 | Spring 2021

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On the cover Kyle Tesoriero (Year 9).

#### Contact

79 Cobah Road Arcadia NSW 2159 Phone 02 9656 2000

Email admin@northholm.nsw.edu.au Web www.northholm.nsw.edu.au



#### From the **Editor**

#### It is with absolute pleasure that I welcome you to the 2021 Spring edition of The Arcadian.

After a sensational Semester 1. filled with achievements and success - Senior Drama Production, Sport Carnivals and the Music Showcase - to name a few, it was disheartening to face the uncertain nature of our world today as we were thrust back into lockdown for the start of Semester 2

As Term 3 began, the School campus was eerily quiet, but our dedication and commitment to community connection was never compromised. Zoom lessons, virtual events, activities, Assemblies and Chapel services ensured that our academic momentum and focus were sustained, and the essence of connectedness remained firmly entrenched in our school day. Students continued to achieve excellence and participate in challenges beyond their screens, from competitions and fundraising events to collaborating with their peers and teachers in innovative ways. The stories in this issue once again attest to that determined and collaborative spirit; our Northholm community – staff, students, parents and carers - have been truly amazing!

Our Year 12 2021 cohort deserve a special mention as the final term of their school journey was shrouded in ambiguity and turmoil. Facing an everchanging landscape, they have had to navigate their way through changes to the HSC Trial Examinations and assessment tasks which took place remotely, Major Works and performance timelines postponed or amended. events that celebrate the end of an era cancelled or deferred and the HSC Examinations themselves veiled in uncertainty.

It is with great pride that we congratulate our Year 12 students for demonstrating such strength, tenacity and resilience. Your ability to face adversity head on will serve you well as you leave the gates of Northholm. Our very best wishes to you in your final HSC Examinations and Godspeed as you venture into an exciting new journey

Wishing everyone a safe and happy summer break.

Gabriela Moore **Fditor** 

It is with great pride that we congratulate our Year 12 students for demonstrating such strength, tenacity and resilience.

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Creative challenges support **Primary Years wellbeing** 



#### From the **Principal**

Welcome to the second edition of The Arcadian for 2021. The following pages present a lens through which to view the people, context and events which have combined to make another full and satisfying year at Northholm Grammar.

During lockdown, we had the opportunity to enjoy the Tokyo 2020 Olympic Games. The world has continued to wrestle with the challenges of the pandemic again this year, but the Olympics provided our students, teachers and families with a great opportunity to marvel at the rich talents and competitiveness of our athletes. Competitors, officials and supporters from 206 nations gathered together for a glorious celebration of fitness and athletes striving for success.

There was an abundance of harmony and goodwill as the great diversity of talent and culture mingled in Tokyo, drawn together by the 'power of the dream'; the dream to represent their country, while competing in the same arena alongside other elite athletes of the world. These Olympic Games were particularly special because they represented the determination, resilience and courage of the international community to ensure the Games were able to go ahead.

There are many attitudes and practices associated with the Olympics that, with qualification, transfer to education. Learning and teaching can be enhanced through the model of striving for excellence, embodied in the sacrifice and discipline of athletes who earn representative honours for their country. The pursuit of the 'PB' (personal best) is a very worthwhile aspiration for every teacher and student. This is the single ingredient which, more than any other, underpins a satisfying and fruitful time at school. In partnership between home and school, the aim should be to encourage and to enable some level of success for all students.

The ideal of the Olympics is that self-esteem and happiness be derived from the development and expression of natural talents, as well as from participation in sport both for its own sake and as a challenge. Likewise, a sense of achievement and the gaining of new insights through enthusiastic learning, as well as active membership of a school community, are worthy educational goals.

The impact of the Olympics is shared by our students. The two-week celebration of athletes who warmly embraced the key dispositions of effort, fortitude and commitment on the world stage, inspired and motivated our community. The lessons of many fine Olympic moments are transferable in life, highlighting that hard work, perseverance and remaining focused on personal goals are the cornerstones to ensuring we achieve our personal best.

Over the past few months, our students should feel a sense of pride in their abilities to adjust to a new way of learning during the remote experience and be inspired by the stories of the Olympics — through accepting challenges, we truly grow and develop into men and women of extraordinary character.

We also recognise that lockdown has been challenging. However, the School's journey of 'renewal, growth and excellence' during this time has allowed us to focus even harder on what is most important in a Northholm Education. During such times, parents and schools need to be at one in keeping school education anchored in values which promise true human dignity of the person, and which help build a just and caring society. The past six months have required us to pivot, to be adaptable and to be agile in meeting new demands and challenges.

As we tackled the uncertainty and ambiguity of the pandemic, we ensured that the importance of connection, communication and belonging was enhanced in building a positive learning experience. From a teaching and learning perspective, our teachers were able to adapt successfully to the changing circumstances, such as administering examinations remotely. They have developed confidence in their professional practice with the use of technology. It has allowed the School to move forward with the fundamentals and deliver a strong education remotely that meets the same level of high expectations as the face-to-face environment. We know that our students have looked forward to returning to school and we will continue to ensure that their safety and wellbeing is our highest priority.

As Principal, it has been a privilege to preside over a rich tapestry of striving and achieving during this time. I gratefully acknowledge the support and the generosity of so many who so readily collaborated in giving new expression to the Northholm Way, thereby maintaining the School as the centre of a happy and giving community.

#### **Christopher Bradbury Principal**

## Challenge accepted

#### **CURRICULUM**

Remote learning, home schooling, online examinations and assessments. Two years ago, no-one would have envisaged that these terms would be part of the everyday vernacular within our society.

But here we are, having confronted the challenges within the current educational environment head on. Northholm Grammar, along with its incredibly supportive and committed community, has delivered an online curriculum that continues to engage and challenge our students.

To meet the demands of remote learning, staff undertook professional development in the use of technology that developed their confidence and clarity in establishing a learning environment that reflected the faceto-face context. Zoom was now the instructional medium which allowed teachers to communicate and connect with students. Creating engaging lessons via a computer screen is an art form in itself; staff have ensured that students could continue the learning journey to the highest level.

An unexpected hurdle due to the length and timing of the lockdown was negotiating the logistics of remote assessment. Again, our staff proved to be incredibly agile, flexible and determined to make this possible for our senior students. Our Year 12 students participated in the first iteration of the process when they sat their Trial HSC Examinations, followed by assessable online assessments tasks, in this virtual environment. Our Year 11 students joined our HSC cohort with their Year 11 Examinations using the

same format. The combination of three forms of available technology allowed us to enter this new dimension, where assessment tasks could be completed via an electronic format.

The mixture of a locked down browser and our Learning Management System was utilised to distribute examinations via a secure platform, where no external applications could run at the same time. This prevented access to electronic information during examinations. An Adobe scan application and the app version of our Learning Management System allowed students to scan their written answers and upload them ready for marking by teachers. The Zoom teleconferencing application provided teachers with the ability to monitor students during the completion of their examinations, ensuring a level playing field for all. A comprehensive set of protocols and informational documents were necessary to achieve this process, and these were distributed to students, parents and staff to guide them through the steps required to complete their examinations in this virtual world. A new era of professional practice in the delivery of teaching and learning was born.

In Term 4, our Year 9 and 10 students engaged in this same virtual environment as they completed their Yearly Examinations in English,

Mathematics and Science. However, our elder cohorts had already demonstrated to them that, if you take a challenge head on, with the knowledge and understanding on how to do so, anything is possible. While no system like this could ever be perfect, we have been extremely proud of how the Northholm community has taken to this new format. The dedication of our students and staff needs to be commended as they have adapted and embraced the technological opportunities of the virtual world of examinations and remote learning.

The value of technology has been highlighted during this time; however, the collective character of our community to embrace the possibilities during the pandemic has allowed Northholm Grammar to reach new heights in this new frontier of learning and engagement.

#### **Bruce Barry Head of Curriculum**





# Remote learning highlights include STEM and Book Week activities

#### PRIMARY YEARS

Northholm Grammar Kindergarten to Year 6 staff and students **embraced remote learning** during Term 3 and the dedication and vitality of our students' enthusiasm during this time is a testament to them.





Opposite. Stella Moss (Year 6) engaging in remote learning. Left. Oscar Wood (Year 2) takes remote learning into the garden. Above. Grace Ward (Year 4) recreates her favourite book cover for Book Week.

The overwhelming support from the Northholm Community, and resilience during the transition, ensured that academic intentionality and pastoral attentiveness were preserved.

#### Remote Learning

The intention for remote learning at Northholm Grammar is to maintain academic focus on the curriculum that has been mapped by teachers, in a scope and sequence for all subject areas, across the entire academic year. The Primary Years continued to maintain that planned structure and delivered learning that met educative outcomes through the Seesaw and OneNote applications. Each class' timetable drove the learning for each day, maintaining the normality and structure implemented throughout Semester 1.

It is also important that students maintain balance as teachers and families work together to provide a sense of connection and belonging during the remote learning period. Sharing Our Learning is an important event on our academic calendar where parents and students come together as a learning community and connect during a time where social interactions are crucial.

#### Science Week

In August, students celebrated Science Week by completing experiments and building contraptions through Science, Technology, Engineering and Mathematics (STEM) tasks as well as attending virtual Science Incursions throughout the week.

Science and Technology is a valuable learning area which fosters a myriad of skills and processes for our young learners. Science helps students develop process skills through scientific inquiries including observing qualities, measuring quantities, sorting and classifying, inferring, predicting, experimenting and communicating.

Every day throughout the week, students were invited to carry out experiments and it was pleasing to see so many students take part and share their findings, results. photos and videos with their peers. There were pop rockets launched, honeycomb made (and consumed), speed of light calculations made and catapults constructed to launch objects through the air. Years 5 to 9 were also treated to a virtual Science Week incursion where students were able to interact with the presenters through a live response system.

#### **Book Week**

Students were treated to a broad range of quality literature as they were transported through the pages of picture books into old worlds, new worlds and other worlds - the theme for 2021 Book Week. Students could not contain their excitement as they were immersed in a range of challenges throughout the week designed to stimulate their love of books. They were asked to compose mythical narratives, recreate their favourite book covers and carry out a scavenger hunt. Ms Smith inspired the activities through her whimsical videos each dav.

The Primary Years should be proud of the achievements made in Term 3, and their sense of determination and eagerness to move forward is highly commended.

#### Erin Werner **Primary Curriculum Coordinator**

### Runners, riders and aerobics routines

#### SPORT

Northholm Grammar offers opportunities for students to engage in healthy competition in a range of individual and team sports.

During Semester 1 this year, many Northholm students continued to excel in their chosen sports. competing with energy and endurance, and representing the School with pride.

In Cross Country, our athletes put in an inspirational team effort at the Hills Zone Sports Association (HZSA) Primary Carnival to be awarded Best Performing School. Thirteen Secondary and seven Primary students qualified for the AICES (Association of Independent Co-Educational Schools) and CIS (Combined Independent Schools) competitions and Jett Watkin, Tyler Watkin, Ethan Reiss and Olivia Charlton all finished with top three places.

The Primary CIS Carnival, at Eastern Creek Motorsport Park, was held on a wet and muddy track on a very cold day. Despite the trying conditions, Northholm students showed great spirit as they participated with over 80 runners in their age groups. Representation at this level is a wonderful achievement and we are proud of the efforts of our team -Tyler Watkin, Alexa Garcia, Jett Watkin, Mairead Coleman, Hannah Storey and Max Fader.



Left to right. Mitchell Danks Cowen, Andy Ward, Hamish McKewin, Willam Knippers, Max Fader and Joel Kramer at the HZSA Primary Boys Cross Country.



Left to Right. Ethan Reiss, Tyler Old, Olivia Charlton, Max Williams and Chelsea Harkins at the HZSA Secondary Cross Country.



Left to right, Sophie Smart, Stella Moss. Georgia Solomons, Liliana Favaloro, Eliza Dale and Sofia Moss at the HZSA Primary Girls Cross Country.



Tyler Watkin and Jett Watkin at the HZSA Primary Cross Country.



Intermediate Boys HZSA Basketball Team with Coach Nick Mercieca.



The Secondary Years Aerobics Team with Coaches Sarah Walker and Bethany Baynie.

Northholm Grammar continues to enjoy the growth of the basketball program with 11 teams entered into the Hills Hornets Club competition and HZSA teams playing weekly during Semester 1 in the inter-school competition. The Northholm Intermediate Boys team made the HZSA Grand Final this year and were awarded runners up in an extremely competitive game against Pacific Hills Christian School.

Northhholm's Secondary Years Sport Aerobics Team competed in their first year of competition in 2021. The team of eight moved through the NSW Preliminary Round to the State Championships where they produced an excellent routine which placed them first in the state in their division. Our Aerobics team accepted their invitation to participate in the National Championships which took place via video submission. The team was awarded National Champions in the Stage One Classic Division for 2021. An amazing effort from this team and their coaches, Bethany Baynie and Sarah Walker.

In Equestrian, it was fabulous to have our team compete at the Oxley College Carnival in Bowral this year with Grace Ward and Eric Hope performing extremely well in the hacking and dressage classes. Lucinda O'Brien continued her great form in the North West Equestrian Expo at Coonabarabran. This high level competition attracts hundreds of riders from across New South Wales and Lucinda enjoyed competing in several disciplines. She was awarded Reserve Champion Hunter Galloway ne 14.2hh. In addition to inter-school events, Lucinda competed in the Royal Easter Show, The Grand National Showhorse and Rider Championships. Eric Hope competed in the Pony Club State Equitation and Alexa Garcia competed in the Hawkesbury Riding Club Jump Competition. We are proud of all riders and their achievements and we thank Mrs Sharon Bourne for her ongoing commitment to this valuable school program.

**Jamie Stimson Sport and Coaching Coordinator** 

#### Inter-House **Athletics Carnival**

The Northholm Inter-House Athletics Carnival is always an enjoyable community event as spectators join the School for this celebration of competition and participation.

Adorned in House colours, both Primary and Secondary Years students competed in a fabulous display of House spirit with Lincoln being awarded the winning House for 2021.









## Celebrating strengths in inclusive sports

The Stage 5 elective, Physical Activity and Sports Studies (PASS), promotes learning in, through and about movement, providing students with valuable opportunities to develop their physical skills, analyse movement performance and assist the performance of others.

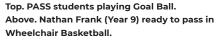
Throughout Term 2, Year 9 and 10 PASS students explored physical activity and sport options for people with a range of disabilities in the Celebrating Strengths unit. Students experienced a variety of inclusive sports, including Goal Ball, Boccia, Blind Cricket, Wheelchair Basketball and AFL, Deaf Touch and Seated Volleyball. Throughout these activities, students developed an appreciation of the skill and athleticism required to play a range of inclusive sports and considered ways that our actions and activities could be encompassing of all abilities.

Providing an opportunity for our students to experience new sports together allowed them to discover more about each other's similarities rather than their differences. But it was watching the empathy and care our students displayed towards their peers that was the real highlight of this unit.

**Shannon Cameron Head of PDHPE** 







Middle right, Raymond Ghalloub (Year 9) batting in Blind Cricket.

Right, Chloe Fader assists Sienna Borg in the Celebrating Strengths PASS unit.









## PASS Staycation in Northholm's own beautiful backyard

#### PDHPE

In Term 2, Northholm Grammar Year 9 and 10 PASS (Physical Activities and Sport Studies) students embarked on a new adventure - right on our own beautiful campus grounds!

Our PASS Staycation was the final element of our 'Survivor' unit where students were assessed on their ability to apply all the skills and knowledge learned throughout the term. Students were put to the test on the canoeing day when they were given a map and asked to select and navigate to a suitable lunch location at Berowra Waters - a challenging task which resulted in interesting lunch stop locations.

On the bus back from Berowra. students practised a range of knots with the hope that they would be able to complete these in time to make their accommodation for the evening hootchies! Failing to learn these knots effectively would mean a cold and wet night if their hootchie tents collapsed. As the fog rolled in on the Northholm field early the next morning, it was pleasing to see that all hootchies were still standing. Dinner was another

assessable component – with students having previously researched some delicious, healthy Trangia stove meals

During our day on the School grounds, students were mentally challenged with a range of teambuilding activities and physically tested, firstly on the high ropes and then in negotiating the surrounding bush tracks on mountain bikes. We also had the pleasure of having Drew from Djiriba Waagura to share his indigenous culture and stories, opening our eyes to the huge array of bush tucker available right on our School campus.

It was an absolute pleasure to be able to share this experience with our PASS students. Thanks go to Mr Lockhart for supporting the camp, as well as the outstanding staff from Optimum Experiences for their work in pulling together such a valuable program for our students.

**Shannon Cameron Head of PDHPE** 





The journey taken to complete a Creative and Performing Arts Major Work demands students develop a sustained and reflective creative practice through dedication to the ideation and resolution process.

# The 'true grit' of passion and performance

#### CAPA

Only a handful of young adults take the opportunity to explore the complex and emotive path of turning one's passion into an external performance or artistic design. Through this process our students have shown great strength in adaptability and divergent thinking within their learning, having spent the fruition stage of their project in an extended lockdown. Wearing their heart on their sleeve and working rigorously towards an everchanging goal post, they have demonstrated as a group that they are individuals of 'true grit'.

In 2021, our Creative and Performing Arts students once again showed true mastery of an artistic practice, be it in Music, Drama or Visual Arts. To celebrate with their audience, our HSC students held the annual Northholm Night of Excellence as an online exhibition. This digital space invited the wider community to view the culmination of trials and errors. experimentation, rehearsals, revisions and emotional growth through the presentation of a final artwork or performance. This year we had two talented Music students performing, both multi-instrumentalists. Our Drama students shared a variety of talents across monologues, videography, script writing and critical reviews. The Body of Works in Visual Arts suggested common themes of both an exploration in the boundaries of material practice, such as film and sculpture, as well as an exploration in emotional reflection.

It is truly remarkable, and a demonstration of their perseverance and grit, that our students have achieved such success in their final months of their Major Works. These students should confidently take their next steps into their future;

I encourage them to acknowledge that, as creative, critically minded and resourceful young adults, they are highly capable of success in both their passions and performance.

**Lauren Barlow Head of Creative and Performing Arts** 





## Co-curricular performances wow audiences

CAPA

"Amazing!" "Outstanding!" "A Triumph!"

These were just some of the audience reviews of this year's Senior Production, A Few Good Men. Those who were lucky enough to get tickets to our sold-out run watched a group of students, with such talent and passion. rise above the level of a high school production with performances that were truly special.

In Co-curricular Drama, nothing is done by halves and jumping back into a Senior Drama Production with Aaron Sorkin proves that. This was an ambitious choice; Sorkin's dialogue is famously dense and quick but, as with every year, our students rose to the challenge! A significant directorial decision was to offer students roles that extended their talents and challenged the creation of characters unlike themselves.

It's been incredible to watch them develop and engage with their characters' points of view and a complex script. For many students, this was their first time in a Senior Production or even performing before an audience at all. We congratulate them on this triumph.

**Brad Turbott Drama Coordinator** 

The amazing performances continued with a night of celebration at Northholm's 15th Annual Music Showcase, held on Monday 7 June at Hornsby RSL Club. This highly successful event encompassed performances by 119 students ranging from Years 3 to 12, providing a great opportunity for our young musicians to experience performing for family and friends in a professional environment.

The Music Department presented a wide range of musical styles from our small and large Ensembles, Combined Years 5 and 6 Band and Strings. There were special showcase performances presented by Year 12 HSC Music students Anyka Diancin and Joseph Clemmit; Anyka sang Rainbow accompanied by Mr Teterin. and Joseph performed Rachmaninoff's Elegie - Opus 3, No. 1 on piano.

We are so proud of all the cast, stage crew, tech crew and performers that created such magnificent Senior Production and Music Showcases. We are also so thankful to our staff, helpers, parents and School community for always supporting the talents of our young musicians and actors.

**David Stratton Music Coordinator** 







## Incredible Young Talent

#### CAPA

Northholm Grammar is extremely proud to announce that two of our youngest artists, Eloise Dagg (Year 3) and Mimmi McTaggart Pate (Year 1), were chosen to exhibit their beautiful artwork in a virtual exhibition at Gallery Lane Cove during the month of September.

It is exciting to see their brilliant works acknowledged and celebrated in this way. Congratulations to Eloise and Mimmi - two incredibly talented young artists!



Sunflowers in Space by Mimmi McTaggart Pate.



My World by Eloise Dagg



Kisses to Bring by Eloise Dagg.

## HSC Design and Technology inspiringinnovations

TAS

**HSC Design and Technology is a** challenging subject; it involves hands-on, practical activities which develop knowledge and skills in designing and producing. The course involves the development, realisation and documentation of design projects.

Northholm Grammar Year 12 Design and Technology students designed and created a variety of excellent projects as part of their HSC Major Works. The Major Design Project, and supporting folio, requires students to select and apply appropriate design, production and evaluation skills to a product, system or environment that satisfies an identified need or opportunity.

The projects of this year's students reflect their character and grit as they have navigated their way through the restrictions of lockdown to complete the last phase of their projects. Major Work Projects challenge students to design innovative solutions, overstep boundaries and establish a point of difference in their creation whilst identifying a genuine need in society and creating a solution for that need. Their final project is a culmination of their knowledge and skills in design and production as well as a commitment and vision to seeing an idea evolve to an inspiring innovation.

It is with much pride that we celebrate and recognise the outstanding achievements of our students.

Faith Trestrail designed and made a backpack for children who require the use of TPN (Total Parental Nutrition). This was a very successful functioning product that will help children carry around all the resources they need to use TPN, as well as having the space to hold supplies that they may need in their everyday life. The product was aesthetically pleasing ensuring children feel included in their demographic.



Chelsea Harkins created a contemporary style scale dollhouse. Its purpose is to exist as a child's toy and to challenge and confront gender stereotypes, roles and expectations in society. She developed an extremely thorough and creative design folio to go with her project.



Above. Doll House by Chelsea Harkins Left. TPN Backpack by Faith Trestrail.

#### **SCHOLARSHIP**

Piper Elsley challenged herself in the designing and making of a Fatigue Alert System for when driving. The product fits onto the headrest of a car and alerts the driver if their head starts nodding forward when tired. The 'Fatigue Alert Headrest' would be useful on long and late-night drives.

Isabelle Moore combined two needs into one product by designing and building a smart bedside table with built in wireless charger and Bluetooth speakers. The bedside table was made from waste materials sourced from a construction site. This meets the individual need to combine technology efficiently into everyday life while also meeting society's need of reducing and reusing waste to improve the environment.

Kaegan Hugo asked the question 'Ever been riding with the little one and then they are too tired to ride home? How do you ride your bike, carry them and their bike?' He designed and built a bicycle rack and child bike seat to fit onto an adult bicycle, allowing for a child and their bike to be carried safely on the parent's bicycle.

Stephen Byrne **Design and Technology Teacher** 







Above, Kaegan Hugo's Bicycle, Middle. Isabelle Moore's Smart Side Table. Top. Fatigue Alert Headrest for drivers by Piper Elsley.

#### F1 McLaren racing car returns to Northholm

In Term 2, Year 6 teacher Russel McCool organised the McLaren Mercedes MP4-21 Formula 1 racing car to visit Northholm again as part of the F1 in Schools STEM program.

The F1 in Schools program is multifaceted and multi-discipline, offering students an insight into real-world technology such as 3D CAD/CAM/CAE engineering design software which allows them to become proficient in areas such as Coding, Computational Fluid Dynamics and Finite Element Analysis. The program also aims to develop skills in problem solving, project management, communication, presentation, teamwork, innovation, self-promotion, collaboration, marketing and entrepreneurialism.

As part of the program, students are given the opportunity to engage with the same engineering and design concepts to build replica models of the F1 racing cars. Northholm was honoured to welcome Dr Michael Myers, OAM, Founder and Chairman of the Re-Engineering Australia (REA) Foundation, who brought the racing car and kindly tested our students' own models for their aerodynamic performance. Northholm will be gathering two teams to compete at the F1 in School's STEM Challenge Regional Competition later this year - the largest STEM competition in the world.



Dr Myers tests Northholm students' racing car models.

## Success at the Royal Easter Show

After the cancellation of the Show in 2020 due to COVID-19, Northholm's Agriculture and **Technology and Applied Studies** (TAS) Department were ready and eager to showcase our farm animals at this year's Royal Easter Show.

The Show is a fantastic way for students to gain perspective into what it takes to raise, select and prepare an animal for competition. It is so important that students connect with the process of raising animals and, in that process, develop an appreciation for food and fibre production.

This year we had an added element of community spirit with a selection of the School's farm animals on display in a special exhibit. Over the duration of the Show, students were on hand to talk to the public about our farm and animals. Daphne, our livestock guardian donkey, was a huge hit with the crowds, charming everyone as they walked through the entrance. We also had our Galloway cow Margarita with her calf and our hand-raised ram. Teddy, on display. It was wonderful to see our much-loved animals bring so much joy to so many people.

The competitions and displays at the Royal Easter Show give the public an insight into Australian agriculture and what is involved in growing food for the population. This year was the first year Northholm entered Angus steers for the Hoof and Hook Competition. Our School steer Ouasi achieved 1st Place in the Virtual Taste Test.

Northholm has a history of breeding champion poultry which is attributed to our strong breeding program focusing on rare breeds. Students hatch eggs and select the best progeny for both our breeding program and for competition. Year 9 Agricultural Technology students and members of the weekly Ag Club



prepared a team of chickens for entry into the Show and were rewarded with excellent results:

- Champion Standard Soft Feather Light
- · 1st Place Plymouth Rock Rooster
- 2nd Place Plymouth Rock Hen
- 3rd Place Light Sussex Rooster
- 3rd Place Barnevelder Hen

This year was also the first year Northholm students entered a team into the Poultry Showmanship competition. This event is a great way for students to showcase their knowledge of poultry and public speaking skills. Year 12 student Imogen Williams placed 6th out of 30 entrants, a fantastic achievement for a first-time participant in this event.

It takes a significant amount of time, effort and care to prepare animals for competition and this could not have been achieved without the dedication and commitment from staff and students for which we are ever so fortunate to have.

Stellina Trestrail **Head of Agriculture/TAS** 





### Creative challenges support Primary Years Wellbeing

#### WELLBEING

At the beginning of the academic year, no one would have predicted that Term 3 would be taught remotely. Northholm parents were not expecting to be working from home, sitting next to their child as they learn the sound of the week in their phonics lessons or gain understandings of the Senate in Australia's Federal Parliament and the role of the Governor-General. Despite these unprecedented times, Primary Years students took it all in their stride and demonstrated character strength, grit, determination and resilience - the essence of a Northholm student.

A contributing factor to the students' positive outlook was their involvement in the character development program The Resilience Project. The three key pillars to

**Gratitude** - being thankful and expressing appreciation for what one has, as opposed to focusing on the lack of something.

**Empathy** - the ability to understand another person's thoughts and feelings from their perspective.

**Mindfulness** - practising a moment-to-moment awareness of thoughts, feelings, bodily sensations and surrounding environment - with curiosity and without judgement.

A series of challenges throughout the term maintained a sense of connectedness and harnessed a sense of community belonging for all Primary Years families.

As part of the Year 6 Visual Arts program, students learnt about artist/ explorer Erin Sullivan (Erin Inside). To promote a sense of community the Apostolatos and Andy Ward, challenged students to create their own artworks.

The Northholm Ninia Warrior Challenge provided families with the opportunity to create their own obstacle course around their home. These were filmed and the top three competitors were showcased at the Primary Years fortnightly assembly. It was participating and laughing!

It is during these times the Northholm community demonstrates, in the most emphatic ways imaginable, how we can continue to rise to the challenge. The hallways and playground may have been quiet but that did not mean that there was any less energy, enthusiasm and engagement in the virtual classrooms. I would like to personally congratulate all students and staff on their perseverance and tenacity in these extraordinary times.

#### **Kellie Smith Primary Years Wellbeing Coordinator**



Grace Ward (Year 4) and her horse Bailey enjoying a bite of lunch.

Right - From top.

Erin Inside Challenge by Sylvia, Eloise and Morgan Dagg.

Erin Inside Challenge by Lily Van Middeldyk (Year 3).

Erin Inside Challenge by Claudia Davis (Year 6). Erin Inside Challenge by Talia Apostolatos (Year 6).









#### Promoting Wellbeing in the Secondary Years

#### **WELLBEING**

Northholm Grammar strives to establish an inclusive and safe school community which supports students' wellbeing and helps them to achieve improved learning outcomes.

Staff have worked hard during these unpredictable times to assist students so that they continued to feel connected with each other, with their learning and with the School. Meanwhile, students have been amazing, demonstrating great personal strength and resilience in the way they have faced challenges and disappointments, and have successfully risen to manage these with positivity and optimism.

#### Wellbeing Program

This year, Northholm's Secondary Years Wellbeing Program, designed specifically to meet the needs of our students, was implemented by the Pastoral Leadership Team. Respectful Relationships, Building Resilience, Wellbeing and Connectedness, and Serving the Community were identified as areas of significance. For each topic. Tutors are involved in leading workshops with the students in their Tutorial Groups, providing the young people in their care with further opportunity to build their personal strength and resilience to successfully overcome any challenges they may face.

#### Skodel Check-In

As part of our ongoing commitment to student wellbeing. Northholm Grammar has adopted Skodel Check-in, which offers Tutors a simple and engaging way to check in with students on a regular basis. This weekly Check-In provides students with another opportunity to express what matters to them and provides Tutors with the chance to better support students as well as sharing in their moments of achievement.

#### Presentations

In Term 2, students from Year 9 to Year 11 participated in a range of presentations relevant to them and targeted specifically to their age group:

- **GPs in Schools Year 11** 
  - This evidence-based program. delivered by Sydney North Primary Health Network, brings registered General Practitioners into local schools to build confidence and health literacy in areas such as access to free healthcare, specific youth health issues, confidentiality, Medicare, bulk billing and their healthcare rights. Students were able to ask questions that matter to them in a safe environment. enabling them to take an active and informed role in their healthcare as they transition to adulthood.
- Leader of Your Life Year 10 Year 10 students attended the presentation, Leader of Your Life, led by Daniel Merzer. To assist students to navigate the challenges of adolescence, this program encouraged our young people to become the leader of their life and achieve their best. During the presentation students learned more about the importance of grit, perseverance, self-awareness, self-belief and resilience.
- **Connections That Count Year 9** The Connections That Count seminar, led by David and Katie Kobler, addressed issues that Year 9 students are facing in a digital generation. They were given suggestions about how to build relationships, how to foster a connection with their peers and families as well as how to navigate through the complexities of the digital world. The program also provided students with insight into how their online choices can affect their friendships as well as current and future relationships.

#### Kids, Teens and Screens

In Term 3 Dr Kristy Goodwin, whose study focuses on what it takes to thrive in the digital world, delivered a webinar entitled Kids, Teens and Screens to Northholm Grammar parents and carers. In this presentation Dr Goodwin reinforced that as technology is here to stay, parents and carers should adopt the role of pilots (or co-pilots) to help their teenagers to navigate the digital plane.

Her presentation included addressing the reasons why young people are so connected with their digital technology and stressed the importance of parents working with their child to set firm boundaries for screen usage. She reminded us that young people will do things without thinking, such as thoughtlessly posting inappropriate things online, and stressed that young people should be taught the strategy of 'riding the urge' by being encouraged to wait before they respond carelessly and without consideration of the consequences.

#### Service Learning

In the final week of the school year. Heads of House will lead students in the coordination of community service opportunities, building on the Term 4 Tutorial Program, Serving the Community.

#### Jenny Plüss **Head of Students**

## **Excellence** at Northholm

#### STUDENT ACHIEVEMENTS

Northholm Grammar is proud to acknowledge and congratulate the following students on their excellent achievements in leadership, sports and citizenship. Their determination to contribute to the community and continued focus on excellence, despite the challenges posed by lockdown restrictions, is commended.

#### Amber Garth and Laura Jones (Year 11)

Amber and Laura recently graduated from Max Potential, an innovative leadership development program that has been delivered since 2003. As one of Australia's longest-running youth development programs Max Potential connects high school students with local community and business leaders who are trained as coaches to assist in developing students' leadership capabilities.

Over five months, Amber and Laura engaged in one-on-one coaching, experiential workshops and delivered a community service project to make a tangible difference in the community. An outstanding achievement Amber and Laura. Well done!

#### Calum Fraser (Year 11)

Competing against around 7,000 entrants, Calum won the title of joint National Champion in the Australian History Competition. Australia's largest history competition focuses on testing students' interpretation and analysis, helping them develop crucial skills in seeing different points of view, with a hardcopy source book and test. Achieving a perfect score, we congratulate Calum on his wonderful accomplishment.

#### Bodie Greatbatch Murphy (Year 12) and Amber Garth (Year 11)

Out of 5,500 entrants, Bodie and Amber were shortlisted for the prestigious literary competition, 'What Matters?'. Inspired by Gough Whitlam's commitment to involving young people in the shaping of Australia's future, the 'What Matters?' writing competition is open to school students in Years 5 to 12. Responding to the simple question 'What matters?', entrants are free to express their views on any issue they care about. To be shortlisted for the award is a fantastic result for Amber and Bodie.

#### Justin Kim (Year 8)

Justin has been shortlisted in the John Locke 2021 Global Essay Competition. The competition is judged by Oxford and Cambridge professors with essays evaluated on the level of knowledge and understanding of the relevant material, the competent use of evidence, the quality of argumentation, the structure, writing style and persuasive force. Justin was invited to Oxford for an academic conference and awards ceremony. An outstanding and worthy achievement Justin!

#### Mitchell Black (Year 12)

Mitchell has been selected into the NSW Junior State Team to travel to Canberra for the Australian Junior Squash Championships in December. Mitchell has enjoyed great success at the representative level in Squash and it is a reflection of his self-discipline and mature approach to have so expertly balanced his sport and academic commitment during his HSC year.

#### **Mock Trial Team**

Congratulations to our Mock Trial Team who defeated Pymble Ladies College in Round 4 of the State Competition. The students — Laura Jones, Mason Parle, Amber Garth, Calek Eveniss, Rachel Wong, Declan Gunther and Holly Behan — have performed exceptionally well in the competition. Each member of the Mock Trial team is congratulated on their hard work and admirable results.

The Mock Trial Competition provides Year 10 and 11 students with an excellent opportunity to further their knowledge and understanding of the legal processes and institutions, combined with practicing law. The team is a strong contender to reach the Final 64 Knockout Stage of the Competition. Thank you to Ms Sharon Robinson (Teacher Mentor of the Mock Trial program) and Adam Cutri at Bartier Perry Lawyers (Coach).

#### Samuel Allen (2020 Graduate)

Samuel received his Gold Award certificate for the Duke of Edinburgh's International Awards. Held at Sydney Showgrounds' Amphitheatre in Term 2, the ceremony was one of the largest in recent times. Her Excellency the Honourable Margaret Beazley AC QC, Governor of New South Wales, presented more than 220 Gold Award Certificates in front of almost 750 people. Well done again Samuel.



Max Potential Graduate and 'What Matters?' shortlisted



Max Potential Graduate Laura Jones.



Australian History Competition National Champion Calum Fraser.



'What Matters?' shortlisted entrant



John Locke Essay competition shortlisted entrant Justin Kim.



**Squash Champion Mitchell Black** 



Samuel Allen receiving his Gold Award from the Governor of New South Wales.



Northholm's Mock Trial Team.

### In their own words Year 12 navigate thro turbulent waters

After commencing the academic year with great focus, momentum and energy, the uncertainty that suddenly pervaded the educational landscape as we approached the start of Term 3 meant that Year 12 students were suddenly thrust into an ambiguous and unclear path ahead. With the abrupt return to full remote learning and an ever-changing finish line, Year 12 students had to quickly adapt to the challenges of this new terrain.

Term 3 brought many changes; Major Work projects and performances were pushed back or altered, HSC Trial examinations and assessment timelines amended, important major events cancelled or postponed and there was even talk of cancelling the HSC Examinations. There is no denying that these were turbulent times for our young men and women as they navigated their way through the most important final months of their school life.

Tyler Old (School Captain) and Mitchell Black (School Prefect) have described the time:

"The completion of Year 12 under these circumstances has been nothing short of a challenge. We will miss out on the majority of the glorious Year 12 traditions and on being together to celebrate our cohort's camaraderie, as we were stuck behind a screen. As a cohort, we made sure that we collaborated with one another using technology while trying to make it feel as real as possible. Utilising Facetime study sessions and creating shared work documents were great for this."

With great tenacity and agility, our Year 12 students are commended for the way they have persevered through the adversity and the challenges. Their resilience and determination to push forward and remain focused on their end goal despite uncertainty is truly inspiring. Throughout these past few months, our Year 12 students have adapted to the ambiguous landscape and have demonstrated flexibility and a growth mindset attesting to their maturity and strength of character.

As our Year 11 students commence their Year 12 HSC Studies at the start of Term 4, the lessons learnt from their Year 12 peers, and from their own experience during a term of remote learning, has placed them in good stead for a successful and productive road ahead.

Holly Behan (2022 Senior Prefect) commented that:

"After the process of online exams and 10 weeks of remote learning, I have found that study breaks and exercise are important, not only when stuck at home, but when preparing for exams. I will take this into account when preparing for Term 4 and my HSC."

The importance of sleep, exercise and diet has been crucial to ensure our students have been able to maintain their energy and enthusiasm for their studies. School/life balance has been transformed into school/life integration as students have developed greater independence and autonomy in taking ownership of their learning.

## ugh

"After learning content and completing the yearly exams, I have learnt that breaks away from my desk and outside are a great way to help keep productive. To balance out work, I also made sure I was still doing some leisure activities that I enjoy and completing exercise such as walking when I could."











The completion of Year 12 under these circumstances has been nothing short of a challenge.

#### Careers Night – helping students make informed choices

Students make many decisions at school that have a significant impact on their lives, including further education, training or employment options. These decisions go on to impact their financial, social and health outcomes. The world of work is becoming increasingly complex and the current generation of young adults face significantly greater choices about the training and education routes to follow in pursuit of emerging career ambitions.

Northholm Grammar aspires to prepare students to positively transition towards an optimal future career path. This is facilitated through providing curriculum opportunities to build students' general capabilities, support students' interests and aspirations as well as support them with making informed decisions about their subject choices and ultimately their career pathway.

Students can be assisted to make informed career-related decisions by having access to unique experiences and valuable interactions with a variety of industries or professions. With this in mind, the School's Careers Department developed the Northholm Careers Evening. This annual event provides Year 10, 11 and 12 students, and their parents and carers, with the exciting opportunity to engage and connect with representatives from Tertiary institutions, businesses, a range of industries and the local community. Held on the School grounds, the 2021 Careers Evening enabled students to engage with professionals from our wider community who enthusiastically gave their time to interact with our students, parents and carers.

Amongst the professionals were Tertiary Education providers who gave our students the exclusive opportunity to explore their own study and career pathways. Our keynote speaker, Rochelle Tognetti (Deloitte Australia Chief Marketing Officer) shared her professional experience along with information regarding the future



Above: Left to right. Rochelle Tognetti from Deloitte and Principal Chris Bradbury with Alumni Amelia Lee, Georgia Parry and Aly Virani.

direction of Marketing in the digital age. Additionally, Northholm Alumni (Class of 2015) Aly Virani (Robotics Engineer), Georgia Parry (Publishing Editor) and Amelia Lee (IT Software Developer) shared with our school community their insights and differing perspectives on life and career choices upon





completing school. Northholm would like to thank the keynote speakers and all stall participants for their time and invaluable advice and information they provided to all our students.

#### **Melissa Duff Head of Academic Enrichment**







Year 8 student Aryan Kumar.

#### Year 8 student raises thousands for vision-impaired students

#### **COMMUNITY SERVICE**

What started as a challenge for cricket training, has quickly turned into a major fundraising achievement for Year 8 student Aryan Kumar. Setting up a GoFundMe page to request donations, Aryan initially set himself the target of running two kilometres a day to raise \$1,000 to go towards feeding nearly 500 vision-impaired students in Chennai, India.

Aryan soon increased his distance targets, from 2 kilometres to 6 kilometres, then 10, 15 and 20 kilometres. Giving himself a new challenge of running 25 kilometres, Aryan achieved this in late August when he ran 119 laps of his local park, at 220 metres each lap, to achieve 26.18 kilometres in a time of 2 hours and 35 minutes.

His inspiring achievement has been matched by his supporters and donors, who have helped Aryan succeed in easily attaining his original fundraising target and more - at the time of going to print, Aryan had raised \$5,164! These funds will go towards feeding over a thousand of the vision-impaired students in Chennai. We are incredibly proud of Aryan and his outstanding contribution to a very worthy cause.

#### Remote Hills Winter Sleepout

Congratulations to our Year 11 students who participated in the Remote Hills Winter Sleepout 2021.

With restrictions in place, this year's event encouraged participants to sleep rough in their car, in the yard or on the couch to raise money and awareness to assist people who are homeless, or at risk of becoming homeless, in the Hills region.

In support of their commitment to the community, Northholm held a remote Mufti Day for Kindergarten to Year 12 students on Friday 3 September with donations going towards this important charity.

## Paralympics in a pandemic

#### **NORTHHOLM OLD STUDENTS UNION (NOSU)**

2009 Graduate Hannah Dodd's passion and talent for equestrian was well known at Northholm. Within three years of graduating, she was representing Australia at the London 2012 Paralympics Games, finishing just outside the top 10 in her two events.

During the London Games, Hannah was recruited to join the Australian women's wheelchair basketball team. Fast forward to Tokyo 2020, and Hannah was proudly ready to wear the green and gold again as a member of the Australian Gliders.

Even as the Tokyo 2020 Olympics were happening, Paralympic athletes still didn't know if the Paralympics would go

ahead. Prior to, and during the Games, they had to adhere to strict protocols. Hannah had three COVID-19 tests prior to her departure from Australia. and another on arrival in Japan. This meant a four hour wait in the airport for her results. Testing continued every morning until she flew home and athletes weren't allowed in the dining halls, leisure centres, shopping plazas or even the main laundries. Contact with other teams was also limited to competition only.

"It was very strange competing in empty stadiums with all the theatrics of regular games with no one to see. It was hard without family and friends to cheer you on in the stands,

but it also made it more special when team members did show up to support us. Our team (the Gliders) took nine Paralympic debutants, and six girls were making their major international debut as well. While the ninth place result wasn't what we wanted, we now have a good foundation to work towards the Commonwealth Games and World Championships. Bring on Paris 2024 in three years!" Hannah Dodd

Please join us in congratulating Hannah on her second Paralympics in a second sport. This is such an incredible achievement of which the entire Northholm community is extremely proud of!





The Northholm Old Students Union is currently undergoing a transformation to reshape the meaning, purpose and involvement within our school community.

We invite you to stay connected, and hear more about the achievements of fellow Northholm alumni, by following our new Facebook page at facebook.com/ NOSU1983 and updating your contact details at northholm.nsw.edu.au/nosu.

If you know of an amazing alumni story we should feature, or would like to be involved in the transformation of NOSU, please get in touch via email at admin@nosu.org.au.

### Continuing to build and connect

#### NORTHHOLM ASSOCIATION

When COVID-19 risks were lower in Term 2, we were lucky enough to host a very successful Mother's Day breakfast. It was beautiful to see so many of our families come together to celebrate the special women in our lives.

The return of COVID-19 restrictions in Term 3 meant planned activities needed to be modified to adapt to the changing environment. Class catch-ups arranged by our class parent coordinators, trivia and cooking sessions, all became Zoom catchups to keep us connected.

The Father's Day Breakfast could not take place on campus as planned so the celebration was adapted to a Father's Day Photo competition with a Meat Tray giveaway to one lucky family. It was rewarding to see how families celebrated with their loved ones on the day.

Finally, the Association worked closely with the School to raise and donate over \$29,000 in support of a new Entrepreneurship Space that will transform part of the School into a



new functional area for collaborative learning. With the return of face-toface learning in Term 4, it is perfect timing for students to start enjoying this new space.

We are continuing to embrace technology to increase accessibility for our families, with Northholm Association meetings being conducted through Zoom online while the COVID-19 lockdowns continue. The Northholm Association is very proud of our hard working, dedicated and creative volunteers who bring us the events, services and initiatives that are so valued by our school families and students, and we are looking forward to sharing more of these throughout 2022 and beyond.



Celebrating Mother's Day with Northholm families.









## From the Archives

"Balance in the individual's life is the primary goal of Northholm's pastoral care.





#### Pastoral Care - Recognising the Individual

Striking a balance between independence and dependence in teenage students is a challenge. Pasteral care at Northbolm seeks to develop each individual as a person, whilst providing protection and support for them at times of emotional or academic difficulty.

portive ethos. Northholm's pastoral care has developed structures which enable students to be heard and grovides opportunities for them to express themselves.

Northholm's basic pastoral care structure revolves around its House System. The whole school community is divided into four smaller communities (Cagell, Lincoln, Patieson, and Rowland House). These in turn comprise seven smaller tutorial groupings. Within each of the boys and girls drawn from Year 7 to Year 12. Between 15 and 17 students meet with their tutor regularly. The tutor monitors a student's tional and academic progress. Each student is encouraged to explore the

range of activities and opportunities Northhalm offers. As well, the stu-dent diary is used to help each student organise their academic program.

Overseeing the House is a Head of House. Student leadership involves the positions of House Captain and House Prefect. Competitions between the Houses are organised to a large extent by these senior stu-

Year 7 students on entry to Northholm are placed within a Peer Support group of 6-7 students. Year 11 students act as Peer Support Leaders. They qualify for this position after a vigorous training program and interview process. Other Prefects take responsibility for facilitating the entry of pew students in Years 7-11.

Balance in the individual's life is the primary goal of Northbolm's pas-

Rob Cooper

Deputy Principal



Montague (Capell), Elizoa Thompson sice Bouse Prefect), Mrs. Jenny Plan : Kate Roge

Mr Cooper has been Deputy Principal since 1988. He has recently announced his decision to take up a position with the Education Authority in Hung Kong. Rob-will leave Northholm in Term 3 to take up this position. There will be an evening farewell function at the school on July 31st to which past students, current parents and past parents are invited.

#### Inter House Activities Pattesan - Rowland - Capell - Lincoln

During 1998 my role as Senior House Prefect has proven to be a challenging yet fulfilling experience. It has enabled me to further develop my leadership skills, within the school community. As a result of my involvement in the Inter-House competitions, I have discovered the importance of the diverse range of co-curricular activities offered by Northholm, in helping shape and develop each student's character.

So far this year a variety of Inter-House activities have taken place, including: Tug O' War, Public Speaking, Cross Country, House Cheering Competition at the Swimming Camival, Debuting and Swimming. Academic effort grades for first semester also contribute to House Points.

The participation from students in these house activities has revealed enormous spirit and enthusiasm. The house activities allow students to develop their talents and contribute their gifts to all aspects of Northholm life.

I have enjoyed watching the level of involvement and enthusiasm displayed by the students in the House activities, they truly capture the essence of Northhelm's spirit.

However, these later House activities could not be run and organised without the dedication and commitment of Mrs Pluss. With her guidance and support, together with the House Captains and Heads of Houses, my task has been made easier.

I look forward to many more activities coming up later this year.

ae Rogers nior House Prefect



