



# MERCURIUS

The News Magazine of Fort Street High School

May 2013 Term 2

Phone: 8585 1600 Fax: 9550 9219 Web: [www.fortstreet.nsw.edu.au](http://www.fortstreet.nsw.edu.au)

## Dear Parents, Carers and Fortians

As you would be aware the Department of Education and Communities is currently realigning some of its business practices. The impact on Fort Street High School during the last term has been the secondment of our Principal. Ms Moxham has again been asked to relieve in the capacity of School Education Director for the first six weeks of this term. The decision was not made lightly by Ms Moxham to accede to this request. She did so on the proviso that the school would not suffer any further disruptions to the students' learning. To this end Ms Moxham negotiated the release of Ms Anne Larkin from her role as Deputy Principal of Canterbury Boys High School. **Ms Larkin** comes to the school as an experienced Deputy Principal whose background has been in Mathematics. I would like to welcome Ms Larkin to the school and have every confidence that she will not only carry out her role impeccably but will also bring a new perspective to some of the challenges we face.

**Ms Kemp** will be on leave during Terms 2 and 3 and will be replaced by **Ms Manson** as Deputy, responsible for Years 7, 9 and 11. Ms Larkin will be responsible for Years 8, 10 and 12. **Ms Arcamone** is also taking leave for Terms 2 and 3 and will be replaced in her role as Head Teacher English by **Dr Strauss**.

The first two days of the term were highly productive with staff engaging in technology training on the first day and undertaking planning for the introduction of the Australian curriculum on the second day. The opportunity to undertake the technology training came about through funding from the Digital Education Revolution. The teaching and office staffs were given the opportunity to choose an area of interest and using questionnaires developed by the training company were able to identify an entry level to the training.

The results of this training have increased skills and proficiency for all staff involved having a direct impact on office practices and classroom delivery.

The school, thanks to the fundraising efforts of the P&C has now achieved a long term goal of having every teaching space except for the gymnasium and workshops equipped with either a data projector or an interactive whiteboard. The commitment by the parents to work with the school to achieve this goal is very much appreciated and will allow the use of digital media and interactive teaching and learning tools for more staff when delivering lessons to students.

The updated School Plan was released last week with briefings being given to the School Council, the P&C and the School Executive. The major areas of focus over the next two years will be as follows:

- Excellence – Pursuing outstanding achievement through innovation
- Leadership – Strengthening our educational community
- Wellbeing – Developing flexible and resilient young adults

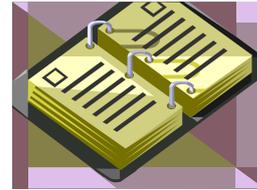
I would like to take this opportunity to congratulate the following students on their success;



**Eilish Salmon – Year 9** has been selected in the CHS team for the upcoming All Schools State Swimming Championships. Eilish is the CHS Champion and Gold Medallist for the girls' 15 years 100m Breaststroke and the girls' 15-16 years 400m individual medley.



**Ruby Hillsmith – Year 11** competed in the Sydney Morning Herald - Plain English Speaking Award, Sydney Local Final and won. Ruby was competing against local state and independent school students.



## Important Dates

On behalf of the Fort Street High School community I would like to wish both girls all the best at the next level of their respective competitions.

**David Osland**  
Relieving Principal

### May

- 13 NAPLAN
- School Cross Country (Year 11 only)
- 21 ICAS Computer Skills Competition
- Senior Performing Arts Night
- 22 Athletics Carnival
- 23 Zone Cross Country
- 26 Red Shield Appeal
- 29 Open Morning
- Parent Study Skills Session
- 30 Year 9 High Resolves

### June

- 3 Year 8 High Resolves
- 5 ICAS Science Competition
- 5-6 Senior Drama Production
- 6 Year 8 High Resolves
- 10 Queen's Birthday
- 12 Year 11 Reports Issued
- 13 Regional Cross Country

## Fort Street High School Exit Profile

*(Ratified September 2007  
School Council Meeting)*

*Our aim is that on completion of  
Year 12 Fortians will have:*

- *achieved their full academic potential.*
- *developed individual skills and talents.*
- *developed learning strategies to equip them to be independent self motivated lifelong learners.*
- *developed emotional resilience, self reliance and leadership potential.*
- *recognise their responsibility to the wider community.*
- *developed a strong sense of social justice as well as commitment to fairness and equity.*

## Contents

Page 1-2	Relieving Principal's Address
Page 3	"Supporting Your Child To Study"
Page 3-4	Study Skill Tip For May
Page 4-5	Zone Swimming Carnival
Page 5	The Sydney North SSA Swimming Championships
Page 5-6	Exchange Visit From Our German Sister School
Page 6-7	Year 11 Ancient History
Page 7	Year 8I Food Technology
Page 7-8	IMP Camp Report
Page 8-9	SRC Report
Page 9	P&C Report
Page 9	Sydney University Info Evening
Page 10	One Art Studio Advertisement
Page 10	Helen O'Grady Advertisement



## Fort Street High School Parents and Carers

You are invited to a special parent/carer session on Wednesday 29<sup>th</sup> May 2013 from 6pm to 7pm in the School Library.

### "Supporting your child to study"

This session will cover topics including:

- Creating a positive home study environment
- Time management and planning how to meet deadlines efficiently
- Study Techniques including how to write great study notes
- and getting the balance right

This session will be presented by **Prue Salter** who founded and is CEO of Enhanced Learning Educational Services.

Remember your child has access to the online Study Skills handbook 24/7. Passwords were emailed to your child via the DEC email account at the beginning of the year.

Each month Study Skill tips are promoted to students via Mercurius or student DEC email accounts.

If you have any questions please contact **Ms Penelope Starr**  
Head Teacher - Student Services on  
8585 1618

## STUDY SKILLS TIP FOR MAY: Improving Handwriting

To improve your handwriting, you need to first assess how healthy you are in the four elements of legible handwriting: letter formation, sizing, alignment on the line and spacing between words. Then use the steps below to start to improve your handwriting:



**Find Best Pen:** Experiment with different pens to see which is the easiest to write with and which one gives you the neatest handwriting. Use the same pen all the time.



**Good Grip:** Hold the pen/pencil gently and do not grip too tightly or push too hard on the paper.



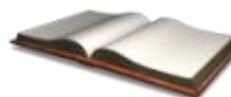
**Use Arm Muscles:** Always write with your forearm and shoulder NOT with your fingers or wrist. This way your strokes will flow much better. It may take you some time to retrain your arm and hand but be aware of these movements when you practise. The muscles in your forearm and shoulder tire less easily than your fingers.



**Begin With Large Strokes:** Practise initially on a whiteboard (or even tracing letters in the air) using large strokes until you feel comfortable with using your forearm and shoulder muscles. When you feel you have conquered this, it is time to begin practising on paper. Keep using large strokes, gradually reducing them in size as your control of the muscles increases. Once you have accomplished this it is time to begin practising in your exercise book forming normal sized letters.



**Posture:** Ensure you practise your handwriting skills at a desk or table. Sit up straight using a good chair.



**Ruled Lined Book:** Buy a ruled exercise book (like a primary cursive pad) for practice use. Always write on lined paper and take note of how you are writing and how your work looks on the page.

**Copy Style:** Look for an example of a handwriting style that you like and can use to copy from. Keep this in front of you at all times to inspire you towards improving your style.

**Individual Letters:** Begin with individual letters and practise writing at least one letter per day concentrating on the four elements of legible handwriting.

**Whole Words:** Once you have worked your way through individual letters in the alphabet practise writing whole words. Be aware of the flow from one letter to the next as well as spacing between each word.

**Test Sentence:** Choose a test sentence for yourself and write it at the top of your first practice page. Each week write this sentence at the top of a new page to check for improvement in your writing.

**Special Sentence:** Frequently practise writing the sentence 'the quick brown fox jumps over the lazy dog' in small and capital letters. This sentence contains all the letters in the alphabet and gives you good overall practice of each letter.

**Write Slowly:** Write slowly when practising.

**Realistic Goals:** Don't set impractical goals for improvement. Improvement will take time and is a matter for persistence – it all comes down to practice, practice and then more practice!

Once your handwriting style has improved, you can then focus on improving the speed of your handwriting. Every day, practise writing at speed. Choose a particular passage and write it out neatly. Time yourself. The next day write it out neatly again but try and speed up a bit and time yourself again.

The goal is to get to the point where you can write the passage out quickly but still maintain neat handwriting. Doing this for just 5 minutes every day will really help you to improve your handwriting. If your cursive (running) writing is really bad, you may find it easier to learn to print really fast in exams rather than focus on improving your cursive style.

You can also try writing with a pen that is weighted on the end to build up the muscles in your hand used for writing. When you get to the exams take the weight off the end and feel the benefits of a lighter pen!

And for people with serious handwriting issues, check out this amazing pen: [www.ringpen.com](http://www.ringpen.com).

Learn more useful tips to help you achieve your personal best at school at the Study Skills Handbook website.

[www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) – User Name and password information have been emailed to all Fortians at the beginning of Term 1 2013.

**Prue Salter**  
**Enhanced Learning Educational Services**  
[www.enhanced-learning.net](http://www.enhanced-learning.net)

## Zone Swimming Carnival

On a beautiful (showers aside) Wednesday 6<sup>th</sup> March 2013, Fort Street students attended Lane Cove Aquatic Centre to represent the school at the 2013 Northern Suburbs Zone Swimming Carnival.

A wonderful team atmosphere pervaded on the day with students volunteering to fill events ensuring maximum points would be secured in the championship.

As a result of this fabulous effort the final results were:

1st	Fort Street High School	615.85
2nd	Hunters Hill High School	609
3rd	Ryde Secondary College	578
4th	Concord High School	557.40
5th	Burwood Girls High School	456
6th	Marsden High School	131.75

As well as being Champion School for 2013 the following students should be congratulated for being Zone Age Champions;



13 Year Olds Boys:  
Individual Scores

**Lukas Posumah –**  
**Year 7 (42 points)**



15 Year Olds Girls: Individual Scores

**Eilish Salmon – Year 9**  
(47 points)



16 Year Olds Boys: Individual Scores

**Jason Liu – Year 11**  
(40 points)



17 Year and Over Girls: Individual Scores

**Celeste Ly – Year 11**  
(40 points)

### **Sydney North Area SSA Swimming Championships**

On Tuesday 12<sup>th</sup> March 2013, Fort Street High students represented the Northern Suburbs Zone at the Sydney North SSA Swimming Championships in both individual and relay events.

There were many excellent performances and a highlight was Fort Street High filling the Girls All Age Relay Team for the first time this century.

Overall Fort Street High School placed 17<sup>th</sup> as a school at the carnival.

Special mention goes to **Eilish Salmon** who qualified for CHS in many events and was also named:

15 Year Olds Girls – Age Champion :

**Eilish Salmon – Year 9** (56 points)

**John Gaal**  
**Carnival Coordinator**

### **Exchange Visit From Our German Sister School - Georg Büchner Oberschule**

Having met our exchange students during our two week stay in Berlin last year, we were all very excited to be reunited with our good friends. We waited in anticipation at the airport for them to arrive late in the evening on Sunday 10<sup>th</sup> March.



The initial hype of the reunion was short lived, however, as the next morning, our exchange students embarked on a four day trip with their class to Canberra and Kiama. There they visited a number of attractions including Questacon, the National Museum of Australia, Parliament House and the beaches and boutique streets of Kiama.



On their return to Sydney, the students were accompanied home by their host families where they were finally able to rest after a very busy week of travelling. The following day, the students of Georg Büchner Oberschule spent a day at Fort Street High School.

They were welcomed with a very 'Australian' morning tea and a cordial introduction from Relieving Principal, Mr Osland. The students were then given the opportunity to experience our school routine, attending the day's classes with us.



The German exchange students spent the following two weeks learning about the Australian culture and visiting Sydney's finest attractions including the Opera House, Bondi Beach, Taronga Zoo and the Hyde Park Barracks.

On the weekends we organised outings together, visiting various markets, shopping locations and beaches, and on one occasion venturing as far as the Blue Mountains to see the Three Sisters.

When the time came for our guests to leave, we were all so surprised at how quickly the weeks had passed. At the airport, our final goodbyes were said and many tears were shed. The experience, overall, was beneficial for both the Australian and German students; not only were we able to learn quite a lot from each other and definitely improve our language skills, we had found really good friends in our exchange partners. Although we did not know when we would see each other again, we were sure that this experience and the relationships we had made would stay in our minds forever.



**Ayshe Sahinovic**  
Year 11

## **Year 11 Ancient History**

Mr de Bres' Year 11 Ancient History class has been very industrious this term.



On Wednesday 13th March, tape measures and masking tape were extended in all directions as students marked out the precise dimensions of Tutankhamen's tomb in the Rowe Quad.



When complete, images of sacred objects uncovered by acclaimed archaeologist Howard Carter in 1923 were placed around the newly created tomb and the students considered how these objects were able to inform them about New Kingdom burial customs and beliefs in the afterlife.



On 27th March, the class conducted an entertaining, emotionally charged reading of Euripides' Medea in the natural setting of the valley as part of an introduction to Greek drama in the time of Pericles.

Both **Chione Sofionides**, the revenge-driven Medea and **Janek Drevikovsky**, her adulterous husband Jason, gave poignant readings as did the supporting cast of Nurse **Freya McGavock**, Corinthian King **Jack Owe-Young**, Athenian King **Marcus McCulloch**, Tutor **Romaan Dulloo** and innocent child victims, **Lucy Du** and **Ellia Chen**.



An enthusiastic chorus kept up the momentum and ensured the play was finished just before the bell. Noise from low flying planes, workmen's saws, junior cross country runners and cheeky kookaburras did highlight some minor problems associated with outdoor productions, but I am pleased to report they did not prevent an otherwise highly successful reading of this extraordinary ancient Greek tragedy.



**Mr de Bres**  
**Ancient History**

## Year 8I - Food Technology



Students in Year 8I assembled mini-hamburgers during the last week of school last term. Regular hamburger buns were cut into smaller ones using cookie cutters, the mini hamburgers were then assembled and held together using toothpicks.

They were enjoyed by all.

**Joanne Ruth**  
**Hospitality and Food Technology**

## IMP Camp Report

IMP Camp 2013 was a successful camp which warmly welcomed our new IMP Director **Matt Manchester**. The many ensembles formed purely for the camp played exciting repertoires which challenged every player.



After a long day of rehearsing, the staff ran games which allowed everyone to become more comfortable with each other on the camp.

The next morning we awoke suddenly to the sound of the bugle, Mr Manchester's kind idea, and rehearsals recommenced.

## SRC Report

Over Friday and Saturday, each ensemble broke up into tutorials led by our wonderful tutors. Friday night took getting to know each other to a whole new level, with Mr Manchester organising a Céili dancing night. Mr Manchester on bagpipes and Alex Pringle on the fiddle accompanied the dancing with frolicking folk tunes. This was a new and exciting experience for many.



Each night, following the tradition of camp night concerts, had a unique concert with unique performances, particularly Saturday night with an interpretation of Greased Lightning by the Year 10 boys.

After four long days of rehearsing, the camp ended with the final camp concert, with each ensemble performing the repertoire they had rehearsed over the 4 days.

The concert concluded with a triumphant finish with our camp item, Handel's Hallelujah Chorus. Overall it was a brilliant success.



Thanks must go to all of the staff and parents involved in organising such an amazing camp.

**Lauren White**  
Year 10

This year's Valentine's Rose Drive was a phenomenal success, bringing us a profit of \$826. All of which was donated to the victims of the Queensland Flooding earlier this year. Students celebrated the day, though two days early, with roses, chocolates and messages, supporting the SRC's charity campaign. All 750 roses were sold, though only one going to a Year 7 student.



Continuing our tradition of celebrating Valentine's Day, the SRC held a dance for Year 7 and 8. The \$296.05 raised went to our school funds which will be used to fund future school projects.



The Fort Street SRC has begun the undertaking of a brand new initiative targeting the eradication of Tuberculosis. PULSE - led by **Michael Nguyen** and **Arin Harman**, is working in conjunction with the SRC to establish a youth led movement which will bring together secondary schools in a unified front to support world health. This is the first organisation of its kind whose success will be founded on the basis of strength through unity. We feel that if the youth of Australia are able to work together and pledge their support we will truly be able to make a change in the world and save lives.

This term the SRC will be holding basketball and soccer competitions, so look out for the forms which will be distributed in the Rowe staffroom.

The SRC welcomes any suggestions and ideas that you may have, make sure to raise them with your SRC members.

### **SRC Executive**

## **P&C President's Report**

### **Senior Drama Performing Night**

The Senior Drama Performing Night will be held 5<sup>th</sup> and 6<sup>th</sup> June 2013. A selection of Asian and Indian foods will be served from 6pm onwards with the commencement of the drama productions at 7pm in the School Hall. Please diarise these dates, as in previous years – the evenings have been both entertaining and enjoyable!

### **Canteen News**

Fort Street has an exciting new service in partnership with MunchMonitor. It's an online ordering system that can save you time in the morning and means no wasted time queuing at the canteen at lunchtime.

For more information about MunchMonitor and to set up your online account, please click on this link: [www.munchmonitor.com](http://www.munchmonitor.com)

Use the following:

User name: **fortstreet** Password: **munch 2049**

Once in to the site you will be asked to set up your own account. Follow the simple prompts and then you are ready to order up to 8:30am on the day or weeks in advance.

Note: There is a \$2.50 fee per term (regardless of whether you use the service or not).

### **Uniform Shop News**

The uniform shop has introduced gift items into their range. The gift items will appeal to both students and parents. The school blazer is now in stock and costs \$195. We have been working toward setting up more of the business operations online and hope that ultimately we could extend this to a system for student orders. I would be happy to talk to anyone here who could guide us in this process.

If you are wanting to volunteer your assistance, please send an email to [fshs2013@gmail.com](mailto:fshs2013@gmail.com) with your name, your child's name, school year, and the days and time periods that you are available to assist. We thank you in advance.

### **Website**

The P&C has some pages on the school website (<http://www.fortstreet.nsw.edu.au/>) under the **Community** link.

### **Contact Us**

If you would like to receive emails notifying you of upcoming meetings and other events, please let us know your email address. If you wish to contact the P&C, kindly address an email to [fortst.pc@gmail.com](mailto:fortst.pc@gmail.com).

**Aziz Rahman**  
**P&C President**



THE UNIVERSITY OF  
**SYDNEY**

### **Your Path to Sydney University : An Information Evening For Students And Parents**

Interested students, parents and teachers are invited to come along and hear:

- Current students talk about life at University
- Information about pathways, scholarships and study options at Sydney University
- Keynote Speaker : Corey Payne - NSW Young Australian of the Year 2013, Churchill Fellow and former Canterbury Bulldogs player, talk about his study choices
- University Staff and current students on hand to answer your questions.

Date : Wednesday 22<sup>nd</sup> May 2013

Time: 6:00 – 8:30 pm

Refreshments will be available from 6:00pm  
(Event begins at 6:45pm)

Venue: Whitlam Room – Revesby Worker's Club  
2B Brett Street, Revesby  
(Entrance via Tarro Avenue)

RSVP: Places are limited, please contact Future Students Helpline on 1300 362 006 or email [future.students@sydney.edu.au](mailto:future.students@sydney.edu.au)



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**Casting will begin shortly!**

We are calling for students in Year 4 – 6 to be a part of our Parent Presentation Day in Term 2.

Students will be working on a **Group Vocal Performance, A Short Play and Mini Scripts.**

Enrol quickly to be a part of this fun and exciting term!

[www.helenogrady.com.au](http://www.helenogrady.com.au)

**Studio Locations:**

Marrickville, Five Dock, Homebush, Haberfield, Randwick & Maroubra.

**Contact the Principal  
 Mel Duke  
 Call – 02 9787 2363**

