



MERCURIUS

The News Magazine of Fort Street High School

July 2015 Term 3

Phone: 8585 1600 Fax: 9550 9219 Web: www.fortstreet.nsw.edu.au

Dear Parents, Carers and Fortians

Welcome back to Term 3, 2015. Ms Moxham is continuing in her role as Relieving Director Public Schools NSW Marrickville throughout Term 3. I will remain as relieving principal and Matthew Dopierala will remain in the role of relieving deputy principal for the remainder of the term. Peta Harper (Music) has returned from maternity leave for two days a week and is sharing her teaching load with John Hibbard, an experienced music teacher who has worked with Peta in a previous setting. Fiona Schubert has commenced maternity leave and will not return for the remainder of the year. Alisa Nasti will be taking over her teaching load. Rhianna Blake will be commencing maternity leave at the end of this week and her position will be taken by Helen Thompson who has been working in the school in TAS and VA.

At the beginning of Week 2 Year 12 and students enrolled in accelerated courses commenced their Trial HSC. For many students this is an extremely stressful time of year and our support services are working overtime. The root of most of this anxiety quite often stems from unrealistic expectations from the students themselves. We work with these students when we identify them but quite often this is an ingrained response that is hard to turn around.

Jean Kidd (District Guidance Officer, School Counsellor and Psychologist) will be speaking at the next P&C meeting about this topic outlining warning signs that can be picked up earlier in a student's school life. Jean's presentation will also cover anxiety and depression and will begin at 6pm in the school's library.



At the last school assembly we congratulated a number of students: **Jessica Yang** won an Elite Award through the Language Perfect program with the prize being a Macbook Air.

James Moran-O'Donnell has been selected to attend the invitation only Australian Mathematics Olympiad Committee Senior contest.

Tom Jones is the national winner of the Year 10 level Australian History Competition for 2015. He is one of two national winners who achieved a score of 96% this year. The Competition is a national competition prepared by the History Teachers' Association of Australia and run in conjunction with The Giant Classroom. Students are tested broadly on the curriculum for Years 9 and 10.

Felicity Charls has been selected as a finalist in the Whitlam Institute's 2015 What Matters? writing competition. This competition is an opportunity for young people to share their thoughts directly

without having them mediated or constrained.

Rowan Lembit has placed second in the Australian Geography Competition - Intermediate Level. Rowan was placed equal first in the NSW section of this competition.

As part of the school's 2015-2017 plan we introduced an online booking tool for parent teacher evenings. The school will be reviewing this initiative during August and would like your feedback. Please keep an eye out for an email that will have a link to our Survey Monkey site

David Osland
Relieving Principal

Year 11 Hospitality Coffee Course



On Thursday the 16th of July, the year 11 Hospitality class ventured out to Canterbury RSL, where we undergone vigorous barista training. We began our course with a test on coffee and coffee-making, which we all finished flawlessly due to the instructors informative guidance. The course then consisted of hours upon hours of operating



the surprisingly dangerous coffee machine with built in high pressure steamers and heavy-weighted portafilters. Our class of 9 made several attempts to master the intricacy of coffee art; however we all failed miserably despite observing upon our instructor's effortless demonstrations. At break, Ms Ruth kindly lead us to McDonalds where we were able to enjoy a very 'nutritious' and variety-filled lunch. After break, we continued making cups of different coffees such as: lattes, cappuccinos, double shots, espressos and macchiatos. We were also taught how to make deliciously smooth hot chocolate. Our veins were pumping with caffeine by the end

of the day as we travelled home triumphantly as baristas. Big thanks to Ms Ruth for organizing such a fun event, where we were able to learn about the origins of coffee and master the skill of coffee-making!

Laura Chen
Year 11

Year 9 Accelerated Business Studies and Commerce Excursion

A trip to a small café in the Italian Forum near our school, on the 22nd of July, was definitely something the year 9 Business Studies and Commerce classes could look forward to. After a short walk to the venue and splitting ourselves into two groups, the lovely manager of Sweet Lily's Café, Lily, gave us a lecture about the history of the Italian Forum as well as the journey she made with her business as it grew to where it is today. It entailed the history of how the Italian Forum developed and the issues that surrounded and still is surrounding it. She kept us all entertained with the decisions she made as the years went by with all the trends changing and how she dealt with each problem as it appeared.



The other half went to make lunch; four different pizzas – Margarita, Pepperoni, Ham and Cheese and Garlic and Cheese. Each ingredient was personally sought after by Lilly herself, and we were also graced with a wonderful platter of Spaghetti Bolognese to share among small groups. As teenagers always are, the prospect of gelato at the end of the day was probably the most exciting with everyone eagerly lining up for the last sweet memory of this wonderful day.

Emma Doan
Year 9

Year 9 Business Studies excursion to Coles

On Monday the 22nd of June, the year 9 Business Studies class went on an excursion to the Coles located in Norton Plaza to see how the theory we've learnt about management applies in real life situations.

We were greeted by the store manager, Beatrice and were taken on a tour of the store. First we were taken to the employee break room where we were told to sit down. After we were seated Beatrice then formally introduced herself to us. She told us about the many different practices and beliefs at Coles.

After her introduction she took us around the rest of the supermarket stopping and taking the time to address any questions we may have had. She taught us about the tricks of the trade and helped us to further our knowledge and see how the theory we learned in class applies in real life situations. She also taught us about the behind the scenes processes that help us to get our dinners on the table and it's more complex than you'd think!

Her openness and hospitality was greatly appreciated and I can safely say that all the students are extremely grateful for the opportunity that we were given.

Alicia Gao Year 9

Year 9 Business Studies Cooking and Management experience

On the 1st day of June the year 9 students inside the accelerated business studies

Important dates

July

29 Open Morning
30 AMC Maths Competition
Year 11-12 Subject Selection

Aug

3 Year 12 Picnic
3-6 Instrumental Festival
4-6 ACL Exams
5 Year 11 Entrance Exam
Chemistry Olympiad

class conducted a cooking task in K26 with the assistance of Ms Ruth. The class was tasked with dividing into groups of four, choosing a management style to use and to choose a recipe that was achievable in a short timeframe. The purpose of the task was to use practical implementation to explore the three main management styles autocratic, behavioural, and democratic. Our class learnt a lot from this experience while also enjoying brilliant food.

The Autocratic style of management is characterised by a strong manager delivering strict instructions for their team to fulfil, this means that their employees are not able to adapt quickly to a changing environment. The Democratic style of management is a system wherein all members have equal say in decisions and processes used to complete objectives. Right in between these two style is the behavioural approach which has a manager but employees have much more ability to make their own decisions about the way to complete tasks. As you can imagine the differing styles of management meant that each team worked in completely different ways but all in all each dish turned out very well.

The year 9 Business Studies class would like to thank Ms Jerrems who came up with the idea for this activity and most importantly Ms Ruth who reviewed our recipes and supervised us during the activity without her we would most definitely not been able to learn so much.

Alexander Migdalias Year 9

Aug (cont)

5 School Council Meeting
7 Year 7-8 Subject Selection
Assembly
10 IMP Committee Meeting
11 SRC Election
12 Elevate Parent Session
P&C Meeting
13 Open Evening
17-21 Science Week

YEAR 8I FOOD TECH PARTY

On the 11th of June Thursday 2015, half of 8I held a Food Tech party to celebrate the nearing end of the term. The other half of 8I were invited to join and come along together to have a good time. But before that, lots of planning and consideration were given by the food tech class to make this possible.

In week 4, we had started to plan the food for the party. We began researching for all sorts of delectable party food recipes under the condition that it would be able to be stored in the freezer or fridge for at least 2 weeks before the actual party. 8I made frequent trips to the computers at school and at home to decide the best food to cook. We worked in pairs or individually to choose the recipe and prepare for the task.

In week 6, 8I started to cook the first half of their recipes that were to be frozen or for 2 weeks. They worked diligently to make their chosen party food to turn out the best by trying it out and taking special care during the cooking session. In the end, all the food turned out well and were packaged, ready to be frozen.

Next, we began making invitations to a specific person in other half of 8I. We went to the computer, chose who our invitations were for and went right into creating them. The invitation came out wonderful, ready to be presented after we rolled each one up and tied it with a ribbon.

Finally the day of the party came. Everyone was anxious but also anticipating the other half of 8I's arrival. Keeping that in mind, we all started to add our finishing touches to our food, doing everything to make them satisfactory. We added decorations such as streamers, balloons and party music to the room while table setting. After the food was ready, we took them out to the main table, gathered chairs around then snapped some pictures altogether.

The door opened and our guests came pouring inside. They had arrived. The other half of 8I thanked us for our invite and soon everyone was there, having a great time. 8I had an enjoyable time while trying out every food and drink that was made with effort. We all chatted amongst each other accompanied by some enjoyable music. More photos were taken then it was the end of the party. Our guest left and we cleaned up.

The other half of 8I had left us with pleasant memories that day as they left. It was time to wash up and check that all was clean. Everyone talked with the music playing for the last few minutes. We packed some party food in containers to share with others.

The lunch bell rang and with that, food tech 8I all knew that it was officially the end of the party. It was a fun and entertaining day, one that all of 8I would not forget.

By Stella Lee 8I



Theatresports 2015



The official Theatresports Schools Challenge has ended for another year. For those who do not know about Theatresports, it is an improvisation competition that is very much like the show “Whose Line is it Anyway” where games are played and are improvised on the spot. The competition this year involved 160 school teams Sydney wide with a combination of private, public and systemic schools who enter teams in Intermediate and Senior divisions. This year, Fort Street High School entered in both divisions with some outstanding results. Our intermediate team consisted of 5 students; Brianna Wilson, Rowan Lembit, Moss Johnston, Claudia Nguyen and Yasmin Kirk. These students battled it out for the heats at Sydney Secondary College – Balmain campus and made it through to the Semi-final round at Sydney Girls High School. Unfortunately their 2015 experience ended there, however it must be said that they were a very new team and had only worked together for a number of weeks. Well done to all students in the Intermediate Team!



Fort Street’s senior team had already become victorious winning the coveted Inner West Cup held at Newington College in March of this year. In the team this year was: Milo Watkinson, Will Thackway, Sefa Laga’ Aia, Angelo Morton, and Liam Dodd. In the Theatresports Schools Challenge they had blown all other teams away in their heats making it through to the semi-finals. In

the semi-finals only 2 teams make it through to the Grand Final and the team came 3rd by only one little point. Feeling slightly disappointed, the boys asked for humble feedback from the judges, picked themselves up and accepted defeat. Many Theatresports teachers and many from the crowd did think that the Fort Street team performed outstandingly throughout the night and were just as disappointed as the students for being so close to making it through. However, this was not the end for the Fort Street team as there was a scoring review of both their heats and semi-final rounds and they were asked to be part of the Grand Final!

Each year, the Theatresports Schools Challenge Grand Final is held at the famous Enmore Theatre and that is where the boys took on 8 other schools, private and public, to come a victorious second place in the whole Sydney wide competition!! It was an enormous effort from each of the boys in the Senior team, and they can all officially say that they have performed with ‘the best of them’ at the Enmore Theatre too!

A few thank you’s: To the parents who help to support Theatresports in our school by coming along not only to support their own children but children from both teams as well. To the students who come out for the numerous late nights to support their friends. To the teachers, Mrs Cotton, Ms Ryan, Ms Ezekiel, Mr Cotton and Ms Cameron who have come out to support the teams in the audience too.

If you are interested in knowing more about Theatresports, there are some upcoming shows and tickets are available through Ticketek. Celebrity Theatresports – 15th August and The Cranston Cup – September & November (check the website for details). Hope to see you all again early next year for the official start of the Theatresports School’s Challenge.

Ms Blake & Ms Mattick

Vanuatu - Cyclone Pam

In April I travelled to Vanuatu as part of Scouts NSW's response to Cyclone Pam which devastated much of Vanuatu. Pam was a Category 5 cyclone with winds exceeding 320 km/h, storm surges were estimated at 25 feet with swells in the region of 18 to 20 metres. The FMS estimated Pam as having record-breaking 250 km/h (135 knots) ten-minute sustained winds.



Erakor School (former kindergarten classrooms) and Epau Health Clinic

Scientists have long been predicting extreme weather events as a result of Global Warming and in this respect it is interesting that Cyclone Pam is estimated to have achieved record breaking sustained wind speeds and significant coastal inundation occurred.

Cyclone Pam destroyed food stocks and gardens, water and sewage systems, health clinics, schools and churches. Health problems, running sores, infections, respiratory, eye and other infections followed.

We undertook building repairs, delivered food and medical aid, installed and supplied water filters and constructed shelter stations to facilitate repatriation of islands evacuated following Cyclone Pam.



Mataso one of a number of completed shelter stations and Emae Island Water Bore

Moving from Relief to Recovery there is a long list of projects to support:

- Reroofing and reconstruction of destroyed classrooms and medical centres

- Repairs to water management systems and installation of rainwater tanks and filters
- Shipment of materials to support reconstruction

We are in the process of organizing a shipment of items for dispatch to Vanuatu. This shipment will include:

- * Items suitable for use in schools such as new stationary, pens, pencils, chalk, textas, writing pads and story books
- * First aid kits and other items suitable for use in health clinics
- * Basic tools and equipment

We have also been requested to supply school tables and chairs for class rooms if we are able to secure them. Readers able to assist are requested to direct correspondence to me via the school office.

Bryan Hall (Science Teacher)

UOW
OPEN DAY
10am – 2pm
Saturday, August 29
Sydney CBD Campus, Circular Quay
Gateway Building, 1 Macquarie Place
uow.edu.au/sydney-open-day

Attend the Sydney CBD Open Day and explore three levels of modern teaching facilities overlooking Circular Quay and the Sydney CBD precinct.

You will have the opportunity to:

- Chat face-to-face with our academic staff
- Learn about our business courses
- Meet current students and industry partners
- Tour the campus

UNIVERSITY OF WOLLONGONG
AUSTRALIA

Actual view

WHY STUDENTS NEED TO TURN OFF DEVICES AN HOUR BEFORE SLEEP

Artificial light from electronic and other devices generally emit a blue light (it may not actually look blue, but that is the underlying light). Blue light, along with ultraviolet light is a type of non-visible light at a very short wavelength. You can see an image of the spectrum here:

<http://www.bluelightexposed.com/#what-is-blue-light>.

What does blue light do to the human body?

Non-visible light has a lot of energy and studies show that a lot of exposure to this type of light can do damage to your eyes and also impair your sleep cycle. During sleep lots of essential physical processes take place and it is also when learning from the day is consolidated in memory. So getting enough sleep is essential for students.

Blue light is naturally generated only during the day, from sunlight. When it gets dark, naturally occurring blue light ceases, signalling the body to produce melatonin, the hormone associated with sleep. Using artificial lighting and devices which emit a blue light at night confuses the body-clock (the body's natural sleep-wake cycle) by stopping the body from producing melatonin. This can result in disrupted sleep patterns including difficulty in falling asleep and staying asleep and shortened sleep duration.

Those at greatest risk from night-time exposure to blue light are those with existing sleep disorders and adolescents who often experience delayed sleep patterns as a result of biological changes.

What can I do to limit my exposure to blue light at night?

Some suggestions include:

- Be exposed to sunlight during the day to assist in accurately setting your body clock.
- Stop using all electronic devices preferably at least 2 hours before bed.
- Turn off all artificial lighting 1-2 hours before bed.
- Get a red or orange reading lamp, which does not emit blue light.

- Use blue light blocking glasses at night.
- Install a program or app on your computer or device to change the type of light it emits. A variety of programs are available including F.lux, EasyEyez, Night Filter, Zzz iPhone filter, Bluelight and Twilight
- Invert the colours on your iPhone or iPad.
- Turn the brightness down on your device for a few hours before bed (not perfect, but better than nothing!).

You can learn more about how to optimise your performance as a student at www.studyskillshandbook.com.au Your user name and password have been emailed to you in your Department of Education account.