

A community school, Davidson High School is committed to providing an inclusive educational environment that is supportive, innovative and engaging. We believe that by working strategically and collaboratively we will inspire and develop future focused students who are active and connected learners and critical and creative thinkers.

Good Luck and Farewell

Mr David Rule, Principal

Where to begin and what to say. 2020 has been a year like no other and it has placed enormous challenges in front of all of us. Staff, students and parents have all had to adapt and be flexible and I cannot thank the community enough for the support provided to the students and staff at Davidson this year.

I have seen the resilience and resourcefulness of our students first hand and despite the adversity and frustrations many have experienced, they have grown as young people and that is fantastic for our school and wider community.

In the last month it has been wonderful to finally have some parents back on site to celebrate and recognise the success and achievements of all of our students 7-12. While zoom has kept us connected it was just great to have families at the school.

Good luck to all our Year 12 students with both their HSC results and their future career paths. They have been an amazing group of people who have dealt with all that this year has thrown at them with a smile on their faces. They will be sorely missed next year, as too will the leadership of Alicia and Hunter.

As one year draws to an end another begins with planning. Staffing changes for 2021 are being addressed with some staff saying farewell.

I would like to congratulate Mr Ferris on his amazing service to public education. He will be retiring at the conclusion of this year. His passion and enthusiasm, not only for science but also for all learning, is always evident and everything he does is considered around what is in the best interests of his students. I know that he has had a profound impact upon so many students.

Mrs Fraser and Mr Martin will be moving to new schools in 2021. I would like to thank them both for

their contributions to our school over many years. They too have had a significant and positive impact upon so many students and our loss will certainly be the gain of the schools they are heading to.

Finally, I wish Mrs Eastley all the best for next year. She will be on maternity leave and our thoughts will be with her.



So..... 2020 has come to an end. It feels like all of us have been waiting so patiently to get to this point to have a break and regroup after the impact of a global pandemic. My thoughts are with all families over the holiday period and I really do hope that you all have the opportunity to spend time with family and friends. That is so important.

Merry Christmas



Deputy Principal's Report

Mrs Alexia Martin, Deputy Principal



Recognising Learning and Excellence

We have spent the past few weeks recognising the achievements of our students, whether it be for their performance capabilities or their academic prowess. Teachers have guided, encouraged and supported them to achieve their personal best so that we can celebrate together. Congratulations to all the students and their teachers for not only surviving, but thriving in what can only be described as a “year like no other”.

However, I would like to also acknowledge the students that have worked really hard and made steady progress throughout the year. These students may not have come top of their class but they have been conscientious in class, using teacher feedback to improve their work and shown perseverance in their approach to their studies. Their diligence and consistent approach has demonstrated their love of learning and determination to succeed. Some students have consistently shown compassion and kindness to others or even shown leadership skills, leading by example. These are the students that I am so proud of. They have shown courage in their learning, set goals and grown their resilience, whether they were learning from home or school.

As we move into the summer holiday break, it is time to relax and rejuvenate, ready for a new year. I would encourage all students to take time to reflect on their learning this past year and consider the progress that they have made.

Research indicates that “learning is less a function of adding something that isn’t there than it is of recognising, reinforcing and refining what already is”. Students all have the capacity to learn and grow. They develop more in areas of greatest ability. This is why we want to focus more on their areas of strength as we move into 2021 rather than focusing on deficits. For each child, this will be different and they need to recognise these strengths and use them to grow and flourish in their learning.

Excellence is difficult to define but we seem to expect it of our students. We know it when we see it but it is different in each person. In order to strive to uniquely shape and express their own individual version of excellence, students should consider the following areas:

1. Seek constructive feedback to identify areas that are done well and why this might be.
2. Use the feedback from teachers and peers to improve the quality of their work.
3. Take the time and effort to produce quality work so that they are proud of the product.
4. Set goals that give them something to work towards.
5. Manage time by recognising that there needs to be a balance between school and family. Recognise the time that they are most productive and use it wisely, breaking down tasks to maximise the allocated time.
6. Challenge themselves by moving out of their comfort zone to a risk in their learning.

But most of all, stand proud and recognise a job well done.

Have a wonderful, relaxing and safe holiday. Happy Christmas and all the best for the New Year.

Well done!



Celebrating Student Achievements



Equestrian

Sophie Stenner (Yr10), Evie Caton (Yr10) and Grace Campbell (Yr7) recently competed in the NSW Equestrian 'Schoolies' Interschool Championships which were held at the Sydney International Equestrian Centre on 26th-29th November. Excitingly, this event also served as a qualifier for the NSW Interschools State Championship to be held next year, which the girls are all working towards.

This event was open to all public, private and catholic schools and was a fantastic way to see out 2020 after a disappointing year for equestrian events.

While the showjumping and eventing disciplines ended up being cancelled due concerns over horse and rider welfare and the extreme heat wave that was predicted for the weekend, the girls still managed to enjoy the dressage day on the 27th November.

Their results were as follows:

Grace Campbell riding Mucho Gusto came 8th in the Yr7-9 Intermediate 1B with a score of 63.57%

Evie Caton riding Just Cruizing came 11th in the Yr10-12 Secondary 1C with a score of 62.68%

Sophie Stenner came 11th in the Yr 10-12 Secondary 1B with 60.36% and 5th in the Yr10-12 Secondary 1C with 65.71%.

Sophie also competed in the Showhorse section of the event with her young horse Ashman Fireman where she placed in every class she entered. She won her Year 10 Rider class and was awarded Reserve Champion Rider Year 10-12 which is a fantastic achievement.

Congratulations to the girls for all their hard work and efforts and looking forward to working toward a future team event in 2021.

Ms Morrow

Ryan Hunter

In late 2019 Ryan Hunter was nominated by his club to trial for the 2020 NSW State Waterpolo Team. This entailed metric testing for his position as GK, and attending multiple trials and training camps throughout the year. As this was during COVID 19 it was a very delayed and frustrating process. Ryan was finally selected as part of the 2020 NSW State Waterpolo Squad. Unfortunately due to COVID he was unable to participate in any events.



Last month Ryan was re-nominated by his club to trial for state selection and has been successful in becoming a team member of the 2021 WPNSW B06 Men's Academy Program. The NSW Academy consists of 40 players who will begin their training and development starting in December and continuing throughout 2021. Players from the Academy will be selected for the NSW State Waterpolo team. These teams will compete at the Australian National Waterpolo Championship and various other competitions throughout the year.

Well done Ryan on this great achievement.



Celebrating Student Achievements



Schools Spectacular 2020 - remixed



Congratulations to **Matthew Simmonds** and **Emily Hackney** from Davidson High School who have been selected to perform in a very special virtual item for the Schools Spectacular 2020 Remixed.

The item, specifically for Year 12 graduates, will unite over seventy students from NSW. The virtual recordings featuring talented Year 12 dancers, vocalists, instrumentalists and signing performers will be mixed in preparation for the special edition of the Schools Spectacular, which will be broadcast soon.



Year 10 Mentors



On the 3 November, the Year 10 mentor students ran the Davidson Olympics for all students in Year 7. Throughout the morning, many fun activities were set up on the oval for students to compete in and enjoy. Some of the activities were tug of war, 3 legged race, captain ball and a paper plane throwing competition.

The end result was a good day for everyone involved, where the Year 7s were able to work together and develop new skills.

By Natalie Ellwood & Tilly Sutton



Science

Ms Sarah Barrand



ICAS Science Test

Davidson has a tradition of offering the ICAS Science test for students in Year 7 to 10, and did so again this year. The format has changed a little, in that it is now online rather than printed, but the questions are just as hard.



It tests the thinking and interpretive skills of the students rather than their Science memory, but it is a challenge. On the FAQ page for ICAS, one of the questions is “Why is this test so hard?” It is a truly international test, the same questions asked of students in many English speaking school systems.

All students who complete it should be congratulated, but we have a few who deserve extra congratulations for achieving the excellent result of Credit or Distinction (Distinction places them in the top 10% of students who sat the test, and any who sit the test are already measured against higher order Science students.)

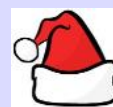
Year 7 – Daniel Quiggin (Distinction), Rebecca Solomon (Credit), Toby Latner (Credit) and Jacob Baker (Credit)

Year 9 – Penelope Law (Distinction), Dominic Pirola (Credit) and Luke Worrell (Credit)

Year 10 – Bond Schmidt (Credit)

Learning Support

Ms Leanne Tosi and Dms Dianne Bligh



HSC Disability Provisions 2021

If your child is requiring Disability Provisions in the written HSC exams, please call Learning Support or make an appointment for you and your child to discuss their options.

Meetings can be organised through emailing Leanne.Tosi@det.nsw.edu.au, Dianne.Kidd@det.nsw.edu.au or contacting Learning Support via the school at 9451 0022.

In this meeting, the following will be discussed:

- Provisions suitable for your child’s needs (for both HSC and prior school-based exams)
- The NSW Education Standards Authority (NESA – previously BOSTES) application process
- Supporting Documentation required
- Important dates/deadlines

As the deadline for applications to NESA is strictly the end of Term 1 2021, we will require all your documentation by Friday 12th March. This is due to the process of collating and submitting the application to NESA, who will not accept late applications. As NESA requires recent Medical documentation, we strongly suggest you schedule the relevant appointments with Health Practitioners prior to Term 1 starting.

If you have any questions, please contact Learning Support via the school: (02) 9451 0022 or via email: Leanne.Tosi@det.nsw.edu.au or Dianne.Kidd@det.nsw.edu.au

LOTE - Italian

Prof Coletta (Italian/French)



Year 10 Pizza Challenge

On Thursday 22nd October, our Year 10 class had a Pizza challenge as part of a culture lesson.

In groups of two or three people we had to design and make our pizzas, one for each of the three different categories: the best looking, the most Italian, and the best tasting pizza. This involved bringing our own ingredients, making the pizzas and then cooking them in the portable pizza ovens. Whilst preparing and cooking our yummy lunch, we listened to traditional Italian music, both classical and modern.

While all the pizzas tasted delicious, the most memorable one will forever be known as the "Floor Pizza" after one of the Pizza ovens flipped over and created a Pro Hart design on the carpet. While no one was hurt during the creation of this pizza, there were many tears shed for the loss of a unique and tasty dish. Thank you Prof Coletta and Signora Smart for this fun lesson.



Duke of Ed

Ms Leanne Warwick



Silver Duke of Ed

Our Silver Duke of Edinburgh Qualifying Journey was conducted over a period of 3 days from 22 to 24 October. We had a small group of six students; Gemma Collett, Jessica Bull, Sophie Warrington, Darcy Lucas, Rhyse Williams and Toby Paull. We were also accompanied by Leanne Warwick, House of Hufflepuff, and two camp instructors; Roz, House of Gryffindor, and Josh, House of Ravenclaw.

On day 1, we drove out to the Brooklyn Bridge to start paddling at 10:30am, after we planned our route. We paddled along the Hawkesbury River and Marramarra Creek to our campsite. On the way, we stopped at Bar Island for lunch and visited the cemetery there. We also got the chance to look at the shipwreck of the HMAS Parramatta from WWII. Once we arrived at the campground, we set up all of our camping gear and started cooking dinner. We learnt some Aboriginal and Greek traditional stories about the constellations and had a relaxing meditation session led by Josh, one of our instructors.

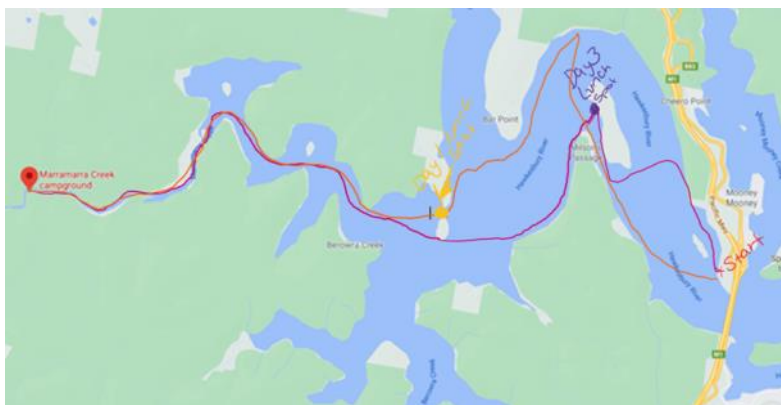
On day 2 we woke up early for a morning meditation session by the river, it was extremely peaceful and a perfect way to start the day. Before our hike, Josh taught us Ultimate UNO. It was a very competitive game filled with turn stealing and card swapping. Day 2 was a long hike through Marramarra National Park, taking over 5 hours, and helped us practise and expand our skills in off-track navigation and compass bearings. The discussion of the day was based around the marvel of Harry Potter and our houses. Ms Warwick also taught us a new game: animal, mineral, vegetable. It was a really engaging game that taught us about local wildlife while getting us stuck on

random things like asparagus or puffins. The hike up and around the mountain ridge gave us amazing views of the Hawkesbury River – a nice reward for a difficult hike. We ended day two with a small campfire and a game of Ultimate UNO.

On day 3 we woke up at 2 am to crashes of thunder and lightning, making our little tents glow. We left the campground at 8 am to paddle back up the Hawkesbury through intermittent rain, wind and waves. We entertained ourselves with trivia games and saw an array of wildlife on our paddle. This part of the journey was particularly difficult, as the strong winds were quite tiring to paddle through. Eventually, we reached Milson Island where we had a much-needed break. During this time we practised survival and first aid scenarios, tied knots and had our lunch. After two hours, we paddled back to the Brooklyn Bridge, where we unpacked the kayaks, returned our gear and finished with a few games of Ultimate UNO.

The Silver Duke of Edinburgh award has helped us develop outdoor skills, but also skills we would use in everyday life like communication and teamwork.

By Sophie,
Jess and
Gemma



Music

Ms Virginia Smirniotis



The show must go on!

Band Incursion Day

As restrictions ease we have been able to squeeze in a few final positive music experiences for the dedicated band students who have spent a lot of the year with disrupted rehearsals and cancelled performances.

On the 24th November (Week 7, Term 4), the students were able to participate in a whole day, intensive band incursion. This involved a mix of sectional tutorials led by some of Australia's leading musicians and longer band rehearsals, finishing with a performance by each band. For Concert Band 1 and Stage Band, this was actually their first performance for the year and the first opportunity the bands had to hear what each other had been working on.

We were very fortunate to have join us for the day David Panichi (Trombone), Stephan Schafer (Sax), Andrew Davies (Percussion), Jacqui Menge (Flute), Campbell Ball (Clarinet), Robert Coassin (Trumpet and Stage Band) and of course Gerald Steinmann (Conductor and Bass). These tutors are all active musicians, many of them performing, composing and arranging professionally with extensive resumes.

A few highlights include Bob Coassin who has played with Dizzie Gillespie and Ray Charles, Dave Panichi who performed with Frankie Valli and Aretha Franklin, and Stephan Schafer who plays with other amazing Australian jazz artists in a band called the Galapagos Duck. Even our own conductor Gerald Steinmann has received a Gold Record Aria.

It was wonderful to see all the students making the most of their time with the tutors, engaging, asking questions and having the opportunity to hone in on their parts and instruments.

We look forward to the Ensemble Music afternoon later in the term and having the tutors return for Band Camp in 2021.



Music

Ms Virginia Smirniotis



Music Elective Night

Following the Band Incursion day elective Music students were also busily preparing for their first performance event of the year. Year 9, 10 and 12 (2021) performed a range of solo, duet and ensemble performances. For the 2021 Year 12, this was an opportunity to try out potential repertoire for their HSC program, with solos performed by Matthew Simmonds, Olivia Ashton, Ocean Pounsett, Ike Morris and Noah Gerdes.

For year 9 and 10 this was a wonderful event to perform for a friendly student audience as they build on their performance experiences before heading into senior music. The quality in performance was outstanding and the range of instruments was great to see from vocals, sax, flute to marimba.

A music elective night would not be complete without finishing with a jazz ensemble jam with the Year 12 students performing their version of "Z Blues", always a crowd pleaser and a great opportunity to use the newly acquired baby grand

piano that was very kindly donated by a local community member.

We look forward to many more music ensemble nights in 2021 that can hopefully be shared with the parents at the school.





Year 9

Year 9 have been very productive this year!
Enthusiastically learning new skills and creating quality projects.

In Term 1 they made chopping boards
In Term 2 they made mallets
In Term 3 they made key boxes
In Term 4 they make foot stools

More importantly, all these students have been learning Patience, Precision and Perseverance!
Excellent life skills that will serve them well in the future.



Year 10

Year 10 honed their fine woodworking skills on the mantle clock project, then branched out to design and make a project of their own choice.

Year 10 metal made a tool caddy.



Year 11

Year 11 worked industriously this year to create a cabinet using a wide range of machines, power tools and jigs.



Visual Arts

Ms Loretta Mangassarian



Year 7 Portrait Painting

Year 7 are paying tribute to Margaret Olley, painting her portrait in Ben Quilty's style.

Margaret Olley (1923–2011) was the subject of Ben Quilty's 2011 Archibald winning portrait. His portrait is of an unflinching close-up of a truthfully aged face, yet her bright eyes command the viewer's gaze.

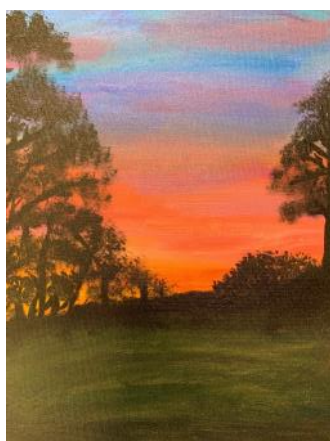
When Ben Quilty first asked legendary painter Margaret Olley to sit for him she said "no". "Her lack of ego is so appealing," says Quilty. "Margaret didn't understand why anyone would want to see a portrait of her."



Painting by Rebecca Solomon

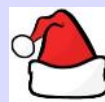


Year 8 Impressionist Painting



Visual Arts

Ms Loretta Mangassarian



Year 9 Landscape Paintings



By Eva Thompson



By Jacie Tran



By Laura Judson

Year 9 Mini Archibald Prize

The Winners of the Year 9 Davidson Mini Archibald Prize

First Prize:	Kiera Nolan
Second Prize:	Penelope Law
Third Prize:	Jacie Tran
Commended:	Ben Blake



Library

Mrs Eva Fraser, Teacher Librarian



Book Week

Book Week and "Write a Book in a Day" were held last term and celebrations were modified due to COVID 19. However, this did not stop the annual Davidson traditions of fundraising through "Dress-up Day" and "Write a Book in a Day". This year's theme was "Curious Creatures and Wild Minds" which saw our school library turned into a magical wonderland filled with creatures made from recycled material through the creative powers of our Year 9 Aqua-Marine & Technology students, some awesome art produced by Year 12 students Kai Pierce and Jaiden Tran, metres of colourful bunting hung by Evie Latner and Liv Wishart, and a tree and curious creature display created by Ms Bedo. Thank you to all those students and teachers who contributed with their creative, curious and sometimes "wild" minds.

As part of Book Week, close to 90 of our students participated in the 12 hour "Write a Book in a Day Competition" in which students not only wrote but also illustrated books for the Kids Cancer Foundation.

This year's books had an Australian theme with the illustrated books our students created being printed for children currently undergoing treatment in hospital.

A huge thank you goes out to Mrs Cassidy and Mr Roderick who spent the day mentoring students and keeping them on schedule. Thank you to Mrs Lytham and Mrs Banbury from Learning Support, who joined the team of staff ensuring the students could do their best. Also a big thank you to Mrs Cregan who came to the library at 2pm and helped with technical issues and student supervision until 9pm!

Finally to round up this year's Book Week, Friday was Mufti Day with students asked to dress as a curious creature of their choice. The day raised \$550 for Kids' Cancer research.

Many Thanks to everyone who participated in Book Week 2020 and helped with fundraising. It was a great Davidson High School effort!



Library

Mrs Eva Fraser, Teacher Librarian



Premier's Reading Challenge

The Premier's Reading Challenge aims to encourage students to develop a love for reading and enables students to experience quality literature. It is an individual challenge which creates an opportunity for students to read, and read more widely. Regular, recreational reading has many benefits for students including developing literacy skills. All students in year 7 – 9 were encouraged to take part in the Premier's Reading Challenge in 2020.

Many students read a few books more than they normally would have, which was encouraging. However, there are a few students worthy of a mention as they managed to read 20 books, thereby completing the challenge.

We would like to congratulate the following students for completing the challenge:

Year 7

Mali Anderson – Platinum Certificate
Sophia Bradshaw – Platinum Certificate
Aaron Clark
Ewan Connet
Ashley Grant
Lily Howitt
Alexander Strain

Year 8

Ellie Bones
Belle Monahan-Chaffer



Year 9

Joshua Clarke
Sienna Evans
Penelope Law

Well done and congratulations to all of the above students!

We would like to make a special mention to the students who achieved a Platinum Certificate this year (which is 7th year in a row): Mali Anderson and Sophia Bradshaw.

We would also like to congratulate the students who have completed the challenge for 10 consecutive years: Joshua Clarke, Sienna Evans and Penelope Law.

These are wonderful achievements that highlight character strengths of curiosity, love of learning, and perseverance. Congratulations!

SRC

Mr Blake Roderick



This term, the SRC has put its new recycling initiative into practice, which was a result of the waste audit conducted in Term 3. We now have paper recycling bins in every classroom throughout the school, and recycling bins for all hard and some soft plastics are put out at lunch time which are then taken to the Glenrose Return & Earn facility. All money collected from the Return & Earn is then put back into helping the SRC and other school activities.

While it has been a quiet term (and a quiet year) for the SRC, we are confident that we will be back stronger than ever in 2021.

Anyone who is interested in the SRC is welcome to come to our meetings which are held on Monday at lunch in Room 61!





Team of the Year - Girls Knock-Out Cricket

I know what you are all thinking.

In what has been a very strange year, with very little sport played, this award seems somewhat tokenistic. It is understandable you would think that, but it could not be further from the truth. After previously not winning a single match in over ten years, the 2019 Girls Knock-Out Cricket Team went on to win the Cornish Trophy beating the best sides from all of the Sydney North/Central Coast region.

It was a fantastic season which culminated in a resounding victory over Lisarow High School from the Central Coast.

We travelled up to their school for the final, after they had previously won their semi-final by over 100 runs. They boasted a player in the Sydney Sixers team and the girls were understandably nervous. Davidson came away with a 165-38 win.

Throughout the season all of the players made strong contributions and I was most proud of their positive team spirit and the encouragement the players gave each other. Individually both Kate Salmon and Laura Judson, who were in Year 8 at the time, made impressive contributions. When we played against the school of the CHS coach, he viewed them as future stars.

By the time Davidson had achieved this great feat, the award for 2019 Team of the Year was already decided. This year we unfortunately only got to play one match in the Champions Tournament, which was the top ten sides from the state. We lost to a very skilled Hills Sports High team.

Had the North Sydney/Central Coast competition been running in 2020, I'm very certain Davidson would have been highly competitive again. Our Captain, Alicia Humphrey was the only senior who would now have been ineligible and despite being champions we are still a team on the up. Let's hope 2021 provides more opportunities for our fantastic students to shine and show off their many talents!

Mr McNaughtan

Team List

Hannah Barlow (Yr 9)
Caitlin Barlow (Yr 11)
Jess Bryant (Yr 10)
Jess Bull (Yr 10)
Zoe Friedlein (Yr 7)
Alicia Humphrey (Yr 12)
Lila Jones (Yr 9)
Laura Judson (Yr 9)
Jess Manning (Yr 10)
Abbey Melville (Yr 10)
Kate Salmon (Yr 9)
Hannah Woolf (Yr 10)





Boys Netball

Recently the 2020 Year 10 boys DHS netball team invited neighbouring school Forest High School to play them in two 'friendly' matches, one home and one away. With most netball events cancelled this year due to Covid-19, it was great to be able to organise this final event for the year. Forest High School are always fierce rivals and have a team that has been highly successful over the past few years in Schools Cup. They are also slightly older with all their players in either Year 11 or 12.

Although the Forest High team in the end proved too strong for our boys on both occasions, the skill, discipline and competitiveness shown by our DHS team demonstrates how far they have come in a very short space of time. Both of these matches improved our skill level and playing experience a great deal, and served as a valuable reminder of how important it is to challenge ourselves against strong opponents so that we can become better players ourselves. Both matches tested our players to the limit of their skills and were certainly both fabulous games to watch with our boys rising to the occasion and doing us proud.

All our boys excelled on court and kept the score low due to their competitive and magnificent teamwork.

There was plenty of amazing defence and mid-air deflections from Sam Carnell, Ziggy Barry, Sam Riddiough and Rhys Ferguson. Mid court, Daniel Corcoran, Wilson Sarkies, Jamie Sellar, Aiden Edgar and Harrison Pefkos kept the ball travelling nicely down the court, and down our attacking end Max Glackin, Matthew Humphrey and Lachie Faulkner all contested strongly against a fairly experienced Forest defence to score our goals and get some points on the board.

I would like to especially take this opportunity to thank Mr Sam Glazebrook for his invaluable time spent working with the boys and coaching them over the past few weeks. It's been fantastic to have Sam on board and we will sadly

miss him (and his expertise) next year as he moves on to his new school.

Looking ahead, now that things are settling down again, it is hoped that there will be a positive return to competitive boys netball events being offered in 2021 which will mean some fantastic opportunities for our students.

Excitingly, as well as a continuation of the original team now into their third year of playing (Yr11), DHS will field both a newly formed Year 9 team and a Year 10 team in the Schools Cup next year with the further potential for a Year 8 team to be added as well.

Congratulations to all the boys who successfully trialled for these teams over the past couple of weeks. Looking forward to working with you in the new year and seeing you in action in 2021.

Ms Morrow



Rotary Corner

Mr Kos Psaltis, Youth Service Director, Belrose Rotary



Even though we are coming to the end of the year, there has been much thought about the sorts of things that Belrose Rotary and DHS can do together in the coming year for the benefit of the students.

In a recent meeting with Principal, David Rule, I learned about the implementation of a number of student councils which sounds like an exciting initiative. It's opportunities like that where you see keen Davidson students flourish and develop their leadership skills.

We recently conducted a giant raffle at Glenrose in aid of our many youth projects. We raised in excess of \$1,700 which was a pleasing result. We had the help of 4 Davidson students, Madeleine

Rose and Kirra Budd (Year 9) whom we are sponsoring to a university run programme (The Science Experience) over the summer break, and Jamie Hawker and Nathan Barlow (Year 8) from the SRC.

I can tell you that all 4 students went about their business in a professional way and they are a credit to their school.

The recent presentation by former DHS student and Rotary exchange student to Sweden, Nina Haysler, was first class and we look forward to following her career path. We will resume with the DHS Junior Public Speaking Competition in 2021. Due to COVID-19, didn't take place this year.

Remember that Rotary is open to all of you and you should sample a bit of what we do.



Kos Psaltis
Belrose Rotary
Youth Service Director
Mobile 0402 205 628

Canteen

Recently, our Davidson High School Canteen featured as a case study in the Healthy Kids magazine.

Please read this article to see what was said.

CASE STUDY

DAVIDSON HIGH SCHOOL

Your Name: Linda Humphrey & Sally Betts
Your position/role: Canteen Manager
Name of school: Davidson High School
Number of students: 900
Years/range: Years 7 - 12
Type of School: Government High School
Canteen operates: Monday to Friday
Number of employees: Six employees in total with three paid staff in the canteen each day
Management: PSC

How long have you been a canteen manager?
Less than a year. We were previously canteen assistants (Sally for 9 years and Linda for 2 years), and before that we spent many years volunteering in school canteens.

What changes were made to your menu in order to meet the criteria of the NSW Healthy School Canteen Strategy?
Our menu was in good shape before the Strategy was introduced but there were several very popular items on our menu that did not meet the criteria (such as coleslaw, tater tots and chips). These were replaced with healthier options such as fresh muffins, bread sticks and popcorn. We also added lots of new Everyday items like rice cups, frozen fruit and fruit tubs and added variety to existing Everyday items like salads, drinks and toasted wraps. We minimised our Occasional items by offering less variety.

How do you promote and market Everyday foods & Drinks in your canteen?
Our daily specials are advertised on signage on the canteen counters. Whenever a new item is introduced or we want to remind students about what we have to offer, we put something in the Daily News (school news) that the students receive in roll call every day. We also have a canteen Facebook page that we use to promote our daily specials and new Everyday menu items. If we're trialling a new product, we give samples to members of our Student Representative Council or ask them to assist in choosing flavours.

'I WOULD NEVER HAVE THOUGHT THAT CUPS OF PLAIN RICE OR FROZEN FRUIT ON A STICK WOULD WORK IN A HIGH SCHOOL BUT YOU DON'T KNOW UNTIL YOU TRY!'

What are the best-selling menu items?

Our toasted wraps have been growing in popularity and we have experimented with different fillings. Our daily specials are always popular - chicken burgers, butter chicken & rice, hamburgers, and pasta bolognese. In the colder months our pizzas, rice cups and pork rolls are very popular and when it's warmer the frozen fruit sticks and fruit tubs sell quickly.

What feedback do you receive from students?

Our sales have increased so obviously we are doing something right! Most students are happy to try new things and it's very rare that a student walks away from the canteen empty handed.

Do you change your menu regularly?

Yes but not significantly. We are consistently tweaking it - trying new things and removing the less popular items. We have lots of ideas for the future but the students do like their favourites.

What challenges did you face with implementing the Strategy and how did you overcome them?

There was quite a bit of resistance to the removal of some items but as we modified our menu to meet the criteria we offered lots of new things to try. It was a gradual process but we were pleasantly surprised at how quickly the students got on board.

We did find the process of finding new items for our menu (that met the criteria) quite time consuming and it was often easier to ask the supplier what they had that met the criteria rather than the other way round. While some of our suppliers were up to speed with the new criteria, many were not which made it difficult to get the products we wanted. We would love to offer more freshly prepared items but time and cost do not allow it.



BEST SELLER
Our toasted wraps have been growing in popularity...

Did you receive any support in getting your canteen on board with the Strategy?

Healthy Kids Association were always very supportive and happy to answer any questions. Within the school, the most supportive group was probably our parent volunteers who were very positive about and interested in the changes we were making.

Were there any particular resources you found helpful when adapting your menu to meet the NSW Healthy School Canteen Strategy?

Our Secondary Support Officer was invaluable in helping with the preparation of our menu for submission. I also got a lot of useful information from the Canteen Manager Network NSW Facebook page and a rep from one of our main suppliers had a really good understanding of what products were Everyday and Occasional and was very helpful in advising what products they had that met the criteria and what sold well in other schools.

What are your personal highlights of working in the school canteen?

Introducing new menu items and seeing them rise in popularity, working with lovely staff as well as other school parents and the school prefects (who help serve all needs and lunch).

Do you have any tips or advice on successfully running a healthy school canteen?

Be positive and don't be afraid to try new things. Involve students in your decisions and ask for their feedback. Look for different ways to use ingredients that you already have in the canteen. And don't forget the simple things. I would never have thought that cups of plain rice or frozen fruit on a stick would work in a high school but you don't know until you try!





This year started off just like every other year.

Just like every other year we would meet the ICET students at the airport. And just like every other year they would have no clue about who we were - some would think we were the friendly airport staff. And just like every other year, it would always be good to see the look of surprise on their faces when the friendly airport staff would turn up to the orientation camp.

Just like every other year we would tell the students about the amazing year ahead. How Davidson High School would allow them to showcase their talents on the sporting field, on stage, through volunteering and of course academically. Just like every other year, we had a theme - *let your light shine*. But as the year progressed that theme was changed to *when life gives you lemons, make lemonade*. Because 2020 was turning out to be a lemon tree.



We had charted the course of the year ahead but as Andre Benjamin from the legendary rap group OutKast once said: *you can plan a pretty picnic but you can't predict the weather*. As we were making all these wonderful plans in January, the dark clouds of the Corona virus were forming; but at the time they seemed so far away.

By mid-April, they had become a violent storm, wiping everything off the school calendar. Athletics Carnival - gone; dance night - gone, school clubs - gone, SOPA gone. Even school was gone for a while. We thought it was only a matter of time until these students would be gone too. However, that was not what happened. These students showed their determination and decided to stay. Through their actions they declared that they would not let the worst pandemic of the last 100 years get in the way of their once in a lifetime experience. We are very proud of you for showing true resilience.

After finishing our online learning journey, we came back into the classroom and tried to regain our interrupted routine. Davidson High School was vital for these students because outside of their home stay families, school was the only other consistency they had. Perhaps the staff and students at Davidson do not really fathom how important they were to our students this year. Every smile, conversation and experience with you meant so much more because with everything cancelled, that was all they had. On behalf of the families in Japan and the staff at ICET, we truly are grateful.

To our students, you have really let your light shine, considering everything that happened this year. We hope that whenever you have challenges in the future and feel that your life has been turned upside down, you keep making lemonade.



The ICET staff





Hi, this is Shinnosuke. I would like to write about our excursion in Port Stephens. This year was so challenging because of COVID-19 so when decided to go there, I was pretty excited. I enjoyed all of the school trip but the most enjoyable personal experience is going to sand dune at Birubi beach. We skidded on the dunes there. It was the most impressive experience for me, because it was my first time skiing on a sand dune. We had spent a really great time there. During the trip, we made meals by ourselves. We helped each other so our relationship became closer. I had a really good time and I was so glad to spend time with everyone. I'm almost done studying in Australia, but I want to enjoy the rest of the time.



Shinnosuke Tochimaru

Thank you for reading.

Finally, we will be leaving here in a few days. It's been really short, but I spent great days. I really don't want to go back. This school is more laid back than our school in Japan and I really enjoyed it. The elective was also very interesting because there are many subjects that we don't have in Japan. I did three subjects. In marine technology, we studied marine life. I wasn't very good at science and didn't remember choosing it, but for some reason it was in my elective.



Shiho Onda

The first term was very difficult, but I think I got used to it and enjoyed it a little more at the end. In Food technology, we had cooking once a week. We were able to cook different foods each lessons, and sometimes we could cook some unique Australian foods (like pavlova), which was a lot of fun. In textiles, we made pouches, aprons and small items out of felt. Textiles was a little more laid back than other electives and the teachers were kind, which made it easier to work.

The students in year 10 were making very high quality things, and they were all so nice that they looked like they were for sale. When I first came here, I had no idea what the teachers were talking about, and I didn't understand what they were teaching about, what I was supposed to do, or what my homework was. However, the teachers, the students at Davidson, and the advice from my host family, I think I'm starting to understand it more. I would like to thank the people who helped me.





I joined "Creative And Performing Arts" on 26th of November. I was really glad to perform on the stage because I have not expected that I could perform in Australia in this year.

We have so many cancelled events in this year such as swimming carnival and SOPA because of COVID-19. However, I could perform wearing a beautiful costume today. That was so special for me. I really appreciate all of the Dance members and teachers. I couldn't have done such a lovely performance without them. I'm so happy to have had so many nice people in Dance. I'm glad to have joined the Dance classes in Australia at this year.



Konoha Okamoto



Thank you so much for everyone! I don't have any photo of the performance, so I will chose the nostalgic photos.



Parking Offences around schools

The four main parking offences seen around schools by Council Rangers and Parking Officers are:

(1) Stop on or near a pedestrian crossing in a school zone

Penalty: \$457.00 PLUS 2 demerit points.

A vehicle must not stop on or near a pedestrian crossing unless there is a person about to cross or on the crossing or the moving traffic ahead prevents the vehicle from moving forward. It is not an excuse to be waiting for a place at a kerb as this can cause drivers behind to overtake. This practice is extremely dangerous to pedestrians using the crossing as they are hidden by the illegally parked car and other drivers cannot see them.



(2) Double Park in a school zone

Penalty: \$344.00 PLUS 2 demerit points.

A vehicle must not stop on a road beside another vehicle parked on that road unless prevented by traffic ahead. If there is no available parking, a driver must not stop beside other parked cars to let people get in or out of their vehicle. This action may provide shelter for the person getting in or out of the vehicle but significantly increases the risk to other drivers who need to overtake the double parked car and to pedestrians trying to cross a road with their line of sight blocked by the illegally parked vehicle.



(3) Disobey "No Stopping" sign in a school zone

Penalty: \$344.00 PLUS 2 demerit points.

A driver must not stop in a No Stopping zone for any reason. No Stopping zones are in place to allow lines of sight for drivers and pedestrians and stopping in these places around schools can hide children from driver's view and also hide moving vehicles from the view of children crossing the road. It is extremely dangerous to stop in a No Stopping zone.

(4) Disobey "No Parking" sign in a school zone

Penalty: \$191.00 PLUS 2 demerit points.

A driver must not stop their vehicle in a "No Parking" zone unless they are dropping off or picking up passengers or goods within the "required time" and must not leave their vehicle unattended. A vehicle is unattended if the driver is more than three (3) metres from the vehicle. The "required time" is two (2) minutes. If a driver holds and displays a mobility parking scheme permit, then the "required time" is extended to five minutes (5). After the expiry of the required time the vehicle must leave the zone or risk being infringed. These zones are usually in place to allow fast pick up and drop off of passengers – particularly in school zones. Vehicles that exceed the "No Parking" restrictions have a significant knock-on effect of causing other vehicles arriving to double park and stop on crossings whilst trying to pick up their child because they have to queue behind illegally parked cars. The action of parking for longer than permitted in these pick up and set down zones is the root cause of all other issues that place significant risk on the safety of children around schools. If a driver does not see the child waiting on the footpath they wish to pick up they should consider other drivers and not park at the kerb until their child is seen to be ready to be picked up.



Other offences to be aware of around school zones are:

Stop in a bus zone in a school zone: **Penalty \$344.00 PLUS 2 demerit points**

Stop on the footpath or strip in a school zone: **Penalty \$344.00 PLUS 2 demerit points**

Stop on or across driveway in a school zone: **Penalty \$344.00 PLUS 2 demerit points.**

When parking in school zones please remember,

"Safety for everyone before convenience for you"

For more information please visit <https://www.rms.nsw.gov.au/documents/roads/safety-rules/demerits-school.pdf>

Community Information

Bikes and Road Safety

Wearing a helmet is the Law



Bicycle riders are required by law to wear an approved helmet securely fitted and fastened. In NSW there are **no exemptions** from wearing an approved bicycle helmet. Students that do not wear a helmet will not be permitted to ride their bike out of the school grounds.

Be considerate of pedestrians and cars

Children under 16 years of age are allowed to ride on a footpath. When riding on a footpath, students must:

- keep left and give way to pedestrians
- allow pedestrians a metre of space on shared paths, where possible.
- always travel at a speed that is safe for you and the pedestrians you encounter

Children that ride their bikes on the road **must give way to cars**.

There have been a number of near accidents when students have moved onto the roadway in front of cars on the way to and from school. Please stay safe and watch out for traffic.

Students who ride on the road must:

- ride in a predictable manner so that other road users do not have to react suddenly to your movements
- always obey the **road rules**, including traffic lights, stop signs and give way signs
- always be in control of your bicycle - It is an offence to ride with both hands off the handlebars, feet off the pedals or to carry anything that prevents you from having control.





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We are seeking players to join our family friendly club. At Belrose its not about being THE best. Its about being YOUR best.

DIVISIONS

NetSetGo 8 and 9 years

Juniors 10 to 15 years

Cadets 16 to 18 years

Seniors and Over 35's

REGISTRATION

Commences 1st January 2021

Registration at

www.belrosenc.nsw.netball.com.au

Enquiries at belrosenetball@hotmail.com

ACTIVE KIDS VOUCHERS

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