

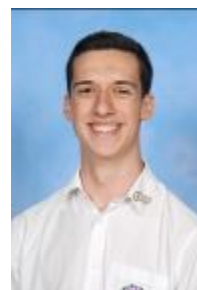


Muirfield Matters

Issue 7 2021

Term 3 Week 10

From the 2021 School Captains: Caitlin Roach and Alex Cuskelly



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Every year, teachers are focused on assisting students in Year 12 achieving personal goals, and preparing for a future outside high school.

This year was no

exception. Every single teacher made the extra effort to ensure students felt at ease through challenging and uncertain times. Special mention must go to the Senior Executive, in particular Ms Reeves and our Deputy, Ms Hosen, who have supported us with their excellent leadership through difficult times.

2021 was the year Covid came back, but this time it was worse, a lot worse. 2021 started off swimmingly. With a COVID free period, Year 12 celebrated their last carnivals, bringing back the fortnightly barbeques, wearing our PJs to school for Spirit Week, and spreading the love through the Valentine's Day stall.



Who can forget the amazing performances which wooed so many lucky students?

We are all grateful to have experienced these memorable events, especially with Covid impacting us at the most vital point in our schooling. It is important that we focus on what we have been able to enjoy, rather than what we have missed out on.



This year we have spent a total of 50 school days in online learning, with more to come as the HSC is moved to the beginning of November. If you had asked us a few years ago how we pictured our final term at school, we would have talked about those iconic Muirfield occasions like: hire a helper day, fundraisers, final lessons, graduation and formal. We could not have envisioned spending the entirety of Term 3 at home.

For this reason, we would like to extend our gratitude to all the Muirfield teaching and SASS staff for keeping classes running smoothly and maintaining the classic Muirfield spirit throughout online learning.



We are also grateful for the work of Ms Pasternatsky, our Careers Advisor. It's never an easy job, however, it is especially difficult during a global pandemic! Her ongoing support will never be forgotten. She always ensured that the cohort had the most up to date information about everything from NESA changes to UAC submissions.

Despite the unpredictable nature of Year 12, the Student Executive Team still enjoyed events which assisted us in developing leadership skills.

The annual Muirfield Leadership Forum was the very first event we held, which not only drew us closer as a team, but also taught us invaluable lessons about running a major event. Our ability to adapt to changing circumstances was put to the test as it rained, meaning we had to change the activities location. Additionally, we had to work around the Year 12 assessment tasks and the annual presentation.

This was the beginning of our final journey.

Our next challenge was the swimming carnival, at which Year 12s participated in the great inflatables race we have all been admiring since Year 7. This event was followed by the Valentine's Day stall: our turn to spread the love through songs and roses!

The athletics carnival was definitely one to remember, with perfect weather! We would like to commend the grade on the sterling effort that was put in behind the scenes to make the day such a success.



Everyone rolled their sleeves up and got involved. We could not have done it without the enthusiasm and support of our year advisor, Mr Alley - thank you so much sir for all your hard work, it's much appreciated!

We would like to commend everyone in the grade on the resilience displayed through our senior year. It's been difficult, however, we have a stronger bond than ever.

In addition, on behalf of the Student Executive Team, we would like to thank Ms Ansoul for her continuous dedication and hardwork in organising and assisting us in the organisation of various activities held throughout the year.



Ms Ansoul has absolutely dedicated her heart and soul to, not only the Student Executive Team, but the whole grade, by maintaining our well-being and promoting commitment to study, during these times of disruption and uncertainty. She has undoubtedly spent countless hours making sure events run smoothly, not to mention all the paperwork that is essential for events like the Muirfield Leadership Forum to run smoothly!

To the three teachers who have supported our grade throughout the high school years:

Mr Alley, you have dedicated endless hours to support us so wonderfully in our final hurdle,



Mr Pearson, thank you for your focus on our wellbeing during some difficult times, especially as we matured.



Mr Dark, you were such a caring teacher in the early years when we were excited, rebellious and undergoing significant changes.

On behalf of our fellow students, we would like to say a massive thank you to all for the kindness, dedication, and compassion you all exhibited towards our grade. All of you have displayed a phenomenal focus on supporting us throughout our high school years and we will never forget that!



Furthermore, we would like to congratulate all the students elected into the 2022 Student Executive Team and wish them all the very best in their future endeavours, which will hopefully include a year free from COVID-19 interruptions.

A massive congratulations to our newest school captains, Thomas Wilby and Charlize Walters, who will undoubtedly commit their time and energy to representing the school with pride, whilst also promoting our enduring school culture, alongside the vice-captains Ray Viko and Emily Stoodley. Their passion and drive to uphold the values of our school will no doubt be appreciated by all fortunate to attend our school.



2022 School Captains
Charlize Walters & Thomas Wilby



2022 School Vice Captains
Ray Viko & Emily Stoodley

To conclude, a big thank you to everyone who has made a valuable contribution to our schooling lives. We are grateful to: our parents, teachers, SASS staff, cleaners, support staff and everyone else who contributed to our education.

Thankyou for the everlasting memories Muirfield, this is a journey we will never forget. For the rest of Year 12; we are almost there. We've survived schooling during a global pandemic. Now let's smash our final exams and go out with flying colours!

From the Principal - Ms. Reeves



Term 3, 2021 – A memorable term!

Thank you to everyone for their resilience and support in these challenging times!

When we farewelled everyone at the end of Term 2, no one expected that we would spend Term 3 learning and working from home. At first, we thought we'd all be back on site in a couple of weeks, and then at least Year 12 would return by Week 6. With rising case numbers and with Muirfield located in the Parramatta LGA, it was not to be. The announcement on Friday 27 August that students would return in mid Term 4 brings mixed emotions – still so far, but something to which we can look forward.

Whilst we are all working, teaching or learning from home, understandably, there has not been a lot to report or celebrate in the way of regular school events. Even our planned building upgrades and landscaping works were put on hold. In place of the newsletter, the school has been sending regular emails to the school community.

There's no doubt the school was better placed to resume remote teaching than last year, but it was still a difficult task for teachers to teach remotely as



many of their resources were at school. Teachers also miss the daily staffroom conversations about how best to teach current topics and the sharing of resources.

We are proud of the way Muirfield teachers and support staff have delivered lessons via video conferencing and Google Classrooms. We have greatly appreciated the words of thanks and encouragement from parents.

Twice in Term 2, we surveyed students on what works and what can be improved. We listened to our students and made changes and tweaks, such as the increased use of breakout rooms with support staff to assist students and the use of Blooket, which uses a gaming approach to review subject content.

At Muirfield, we have always put supporting student well-being and mental health at the centre of our work. We all know the added effect of COVID restrictions on wellbeing.

The Student Wellbeing Team, which includes the deputy principals, year advisors and school counsellors have been reaching out to students and families. As always, we encourage students and families to reach out if they need help. Call or email the school. Or contact one of the agencies listed in the newsletter.

There is no doubt Year 12 students and their teachers were challenged by the continual changes to HSC major works and the Trials. Developing Online Alternate Tasks (OATs) was a new experience for our teachers; one from which we have learnt and we thank the students for their flexibility.

Our Visual Arts and Design and Technology students have faced particular stress in not being able to access school equipment to undertake their major works. NESA has given teachers the responsibility to mark and to estimate

student results for major works, orals and performances; a responsibility that weighs heavily on teachers. Know that teachers will be fair and give due consideration to each student's ongoing application and achievement over the past two years.

Farewell Year 12

Traditionally, we have farewelled Year 12 in the last week of Term 3, prior to their return in Term 4 for HSC examinations. In the last week of Term 3, Year 12 have a Hire a Helper day, heralded by the auction. Sadly, this long-term activity could not take place.

Last year, Year 12 Graduation took place without parents, with a live feed via YouTube connecting us with families. We thought that was unusual. It looks positively lively and dynamic compared to our hall this term. All systems are go to hold the graduation and formal for Year 12 after the examinations.

What has been heartening has been the way Year 12 have stayed connected and shown their resilience. The Student Executive have used video to send messages to Muirfield students and students of local primary schools.



It is impressive that they can think of others in their time of stress while completing their HSC amid changing dates of the HSC examinations and mixed messages about the last day of classes and face-to-face access to teachers. All of Year 12 have been in the thoughts of teachers and the wider community.

On behalf of the school, I wish Year 12 all the best – in the exams and in their future. May happiness, joy and love come your way.

Life on the Farm

It is always exciting when lambs join us on the farm. I know many students are sad they were unable to share the joy that seeing new life brings. Five lambs were born this term and all are doing well.

As the picture shows, the chickens especially miss the food that comes their way from regular visitors.

Fiona Bassett, our Senior Administrative Manager, cares for the animals on the weekend. When she brings the goats kitchen scraps to add to their food , the chickens swamp her for their share.



Who is working behind the scenes?

Last year, the Department of Education introduced extra cleaning throughout the day. We are very lucky to have Uddab, one of our daytime hygiene cleaner. Uddab is assiduous in his cleaning. He never seems to stop cleaning high touch areas. And best of all, he does his work with a smile. If you see him about next term, say hello and thank you!



Muirfield's Olympic Connection

Watching the Olympics added some excitement to lockdown. It is always more thrilling when you have a connection to one of the Olympians. Brandon Starc, who was placed fifth in men's high jump, is the step-son of Muirfield's General Assistant, Brett. There were many Muirfield staff sitting on the edge of their lounge watching Brandon's jump in the finals. No Australian has ever jumped higher at the Olympics! Brett is justifiably proud.

Term 4 Stage Return to School

The DoE has released its blueprint for a return to school, albeit with many precautions and restrictions. Sadly, many events have to be cancelled or postponed considering limitations and we will continue to communicate the latest advice to you.

Just a reminder, the current schedule for students to return, pending the latest health advice from NSW Health, is as follows:

- Year 12: From 25 October 2021
- Year 11: From 1 November 2021
- Years 7-10: From 8 November 2021

From the Deputy Principal - Ms. Hosen**Farewell****Year 12**

Year 12, as the end of your time at high school nears, I have taken pause to think about the single collective character strength of your cohort. In this current climate, it is fairly obvious - resilience.

Over your time at Muirfield, and particularly in your final senior years, you have shown incredible resilience, being able to not only withstand the current COVID restrictions and uncertainties, but also excel and rise above our circumstances.

Anecdotal stories from parents, students and staff continue to amaze me at how dedicated, persistent and stoic you have been during this difficult time. No one would ever deny that this current lockdown has added extra pressure to what is already a stressful time in your life, but you have used it as an opportunity to strengthen and rebuild family relationships and friendships, and find comfort in what truly matters: love and kindness, family and home, caring for your friends, your health and wellbeing. What really matters hasn't changed because of COVID. It has only made us richer, wiser and more aware about the importance of relationships.



The strength of Muirfield comes from its sense of community, the support that students offer one another and the warm relationships between staff and students. From when I first met you all when you were in Year 9, this strong sense of acceptance and belonging was evident in so many ways: the passion and enthusiasm of the students organising special events; the friendliness with which students greet one another and staff members; the wonderful way they support and praise

each other on performance nights, at exhibitions and sporting events; and the expression of pride they have for their school.

As your formal schooling comes to a close, remember that you will always be bound by the shared experiences at Muirfield as the class of 2021. You have acquired the skills to live your own life and actively control your own destinies. You have been supported, coached, mentored, educated, and encouraged.

You are now prepared to survive a complex, technological world which is increasingly seeing information develop as the key currency. It is a world where education is a continual process of learning, unlearning and relearning. A world where one must be prepared to discard outdated skills and relearn in order to stay relevant. I encourage you to embrace this future of uncertainties, but be sure to realise that it is not something that just happens. It is up to you to make it happen.

Special acknowledgement and thanks go to the student executive for the way in which they have led, encouraged and motivated the school over the past year. Our School Captains, Caitlin Roach and Alex Cuskelly, have been dedicated,



committed and inspiring student leaders. I have thoroughly enjoyed working with them and are to be commended for the way in which they have fulfilled their roles.

They have been ably supported by Vice Captains, Hazel Swadling and Tom Barker, who were always there to provide support, advice and effort.

Congratulations also to all the Year 12 student executive: Charlotte Bradfield, Daisy Buttress, Corinne Kerkin, Olivia Kramlik, Joshua Barton, James Clifton, Jackson Stoodley, Tolly Wilkinson who have all acted as exemplary role models.



A huge thank you must go to those at the coalface of your welfare. Your Year Advisers over the years, Mr Alley, Mr Pearson and Mr Dark, have nurtured you and wiped your tears, whilst helping you to build the resilience required to sail through the rest of your lives. They have taught you that challenges are what make life interesting, and overcoming them is what makes life meaningful. Everything they have done in their role of Year Adviser has been with the best interest of all students, for which we are all grateful.

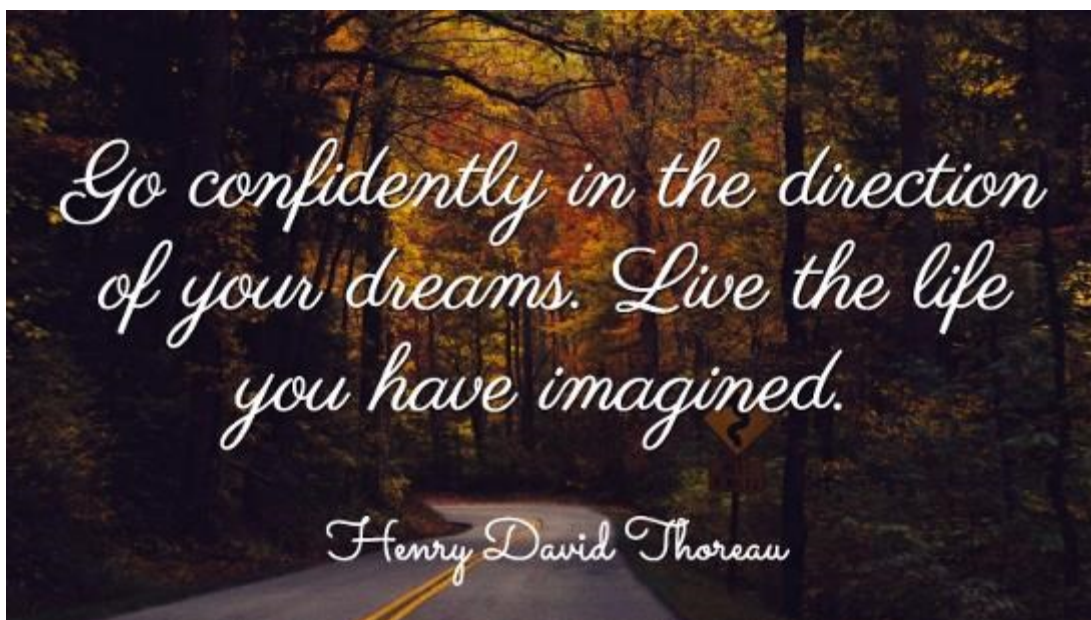
I would also like to take this opportunity to thank the parents, guardians and extended families of Year 12 for working so positively with the school. We have appreciated your support. Most importantly, we thank you for trusting us with the most important thing in your lives, your child. Graduation is as much a celebration for you as it is for Year 12 and we sincerely hope that as this stage of your life comes to an end, that it has been as enjoyable for you as it has for your child.

To our dedicated teaching staff who have worked with our graduating students over the last six years, a sincere thank you. By setting such high expectations, focusing on exceptional standards and challenging the pedestrian, our teachers have prepared Year 12 well for the exams they have already faced, and those they are still to face in the next few months.

More importantly, their insistence on achieving your personal best at all times has prepared our students for a life of success.

To Ms Ansoul, a massive thank you for all the work you have done with the Senior Leadership team and guiding our Year 12 students throughout their senior years as Head Teacher Senior Studies. To Ms Pasternatsky, who has been an amazing source of information and has guided and supported so many of this year group through their senior years, there would be only a few Career Advisers who could measure up to her incredibly high standards and for that we are truly grateful.

Lastly, to the Year 12 Graduating class of 2021, I wish you all the very best for your future and congratulations on all that you have achieved. I urge you to continue to learn and grow into the successful and compassionate citizens Australia needs for future social, economic, academic and cultural success. You are our future. Don't falter from your goal. Never, ever let anyone tell you that you cannot be whomever, or whatever, you please. All the very best.





GOVERNMENT HOUSE
SYDNEY

Message from
Her Excellency the Honourable Margaret Beazley AC QC
Governor of New South Wales

Dear Year 12 student,

My name is Margaret Beazley, and as the Governor of New South Wales, one of my roles is to recognise the achievements of the people and communities of our State and to support those whose lives are impacted by unexpected circumstances. I am writing to you on both counts. I am sorry that I cannot write to you individually. However, I did want to make contact to wish you well as you approach the final weeks of your school life, so I trust you will forgive this 'generic' message to all Year 12 students.

I am sure that at the beginning of this year you were thinking that you had been fortunate to be in the Year 12 class of 2021, and not 2020. Last year was so challenging for everyone and particularly so for those sitting the HSC when schooling was online at probably the most critical time for HSC preparation.

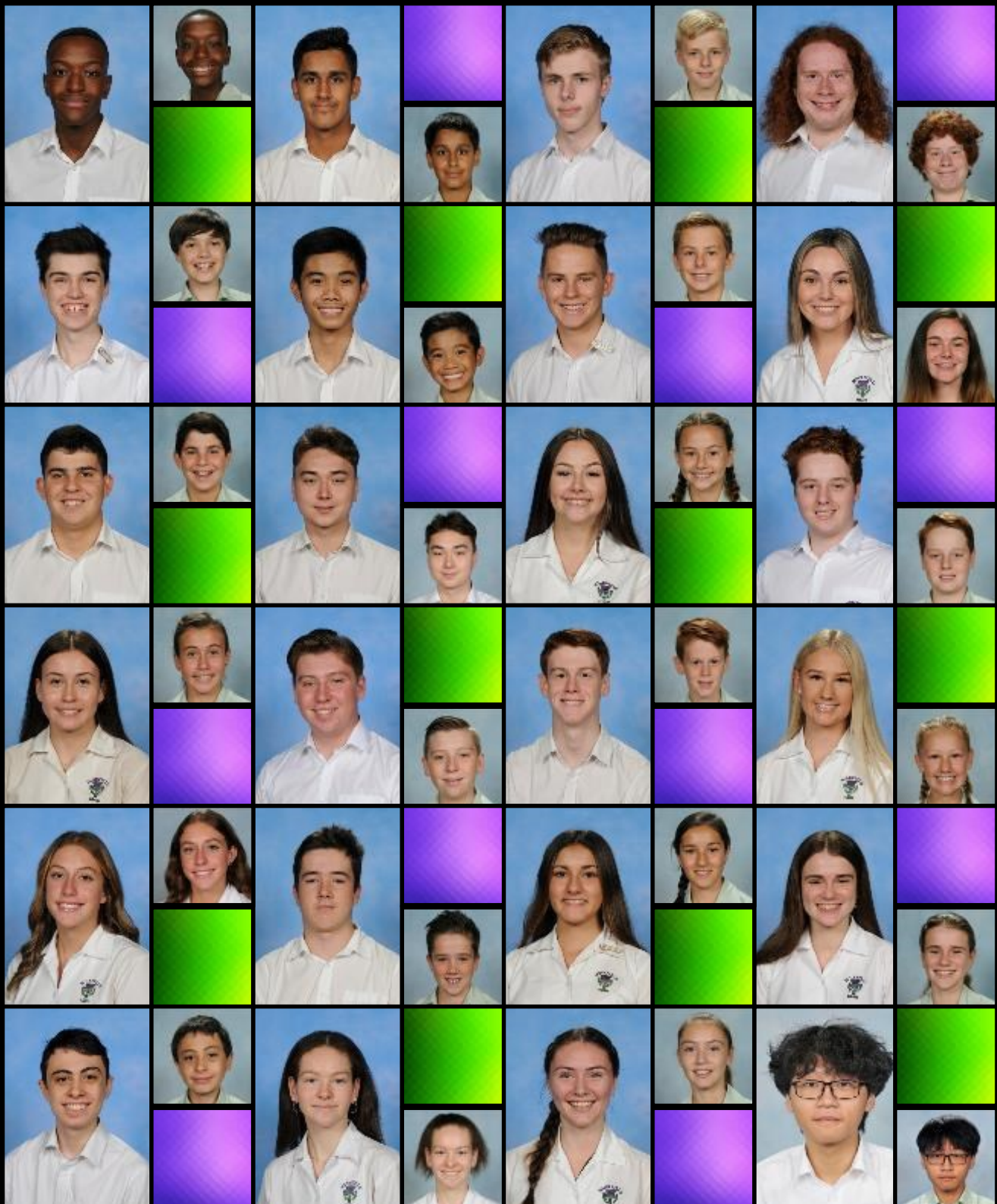
Sadly, the new Delta strain of COVID-19 is now impacting on you. It is difficult to know what words of support or wisdom one can convey in the circumstances. However, I take strength from the resilience and achievements of the 2020 HSC students who may be your inspiration as well.

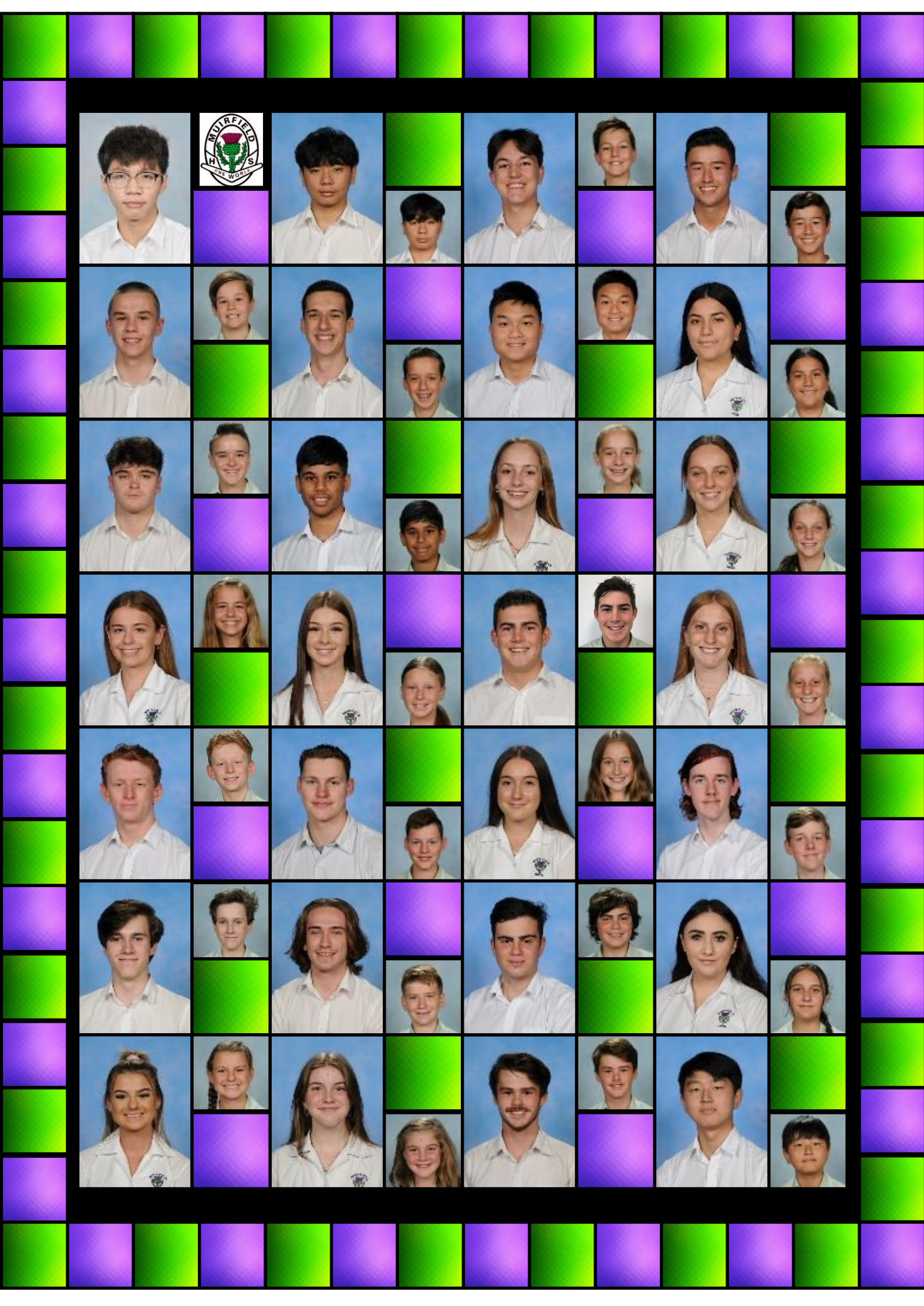
Year 12 is always a challenging year and the young people of Australia have a well-deserved reputation for rising to the challenges that life throws at them. It is that reputation and the excellent outcomes from last year that give me huge faith in you. You are working hard to achieve your personal goals and, as every champion tells us, 99 per cent of achievement is in the preparation.

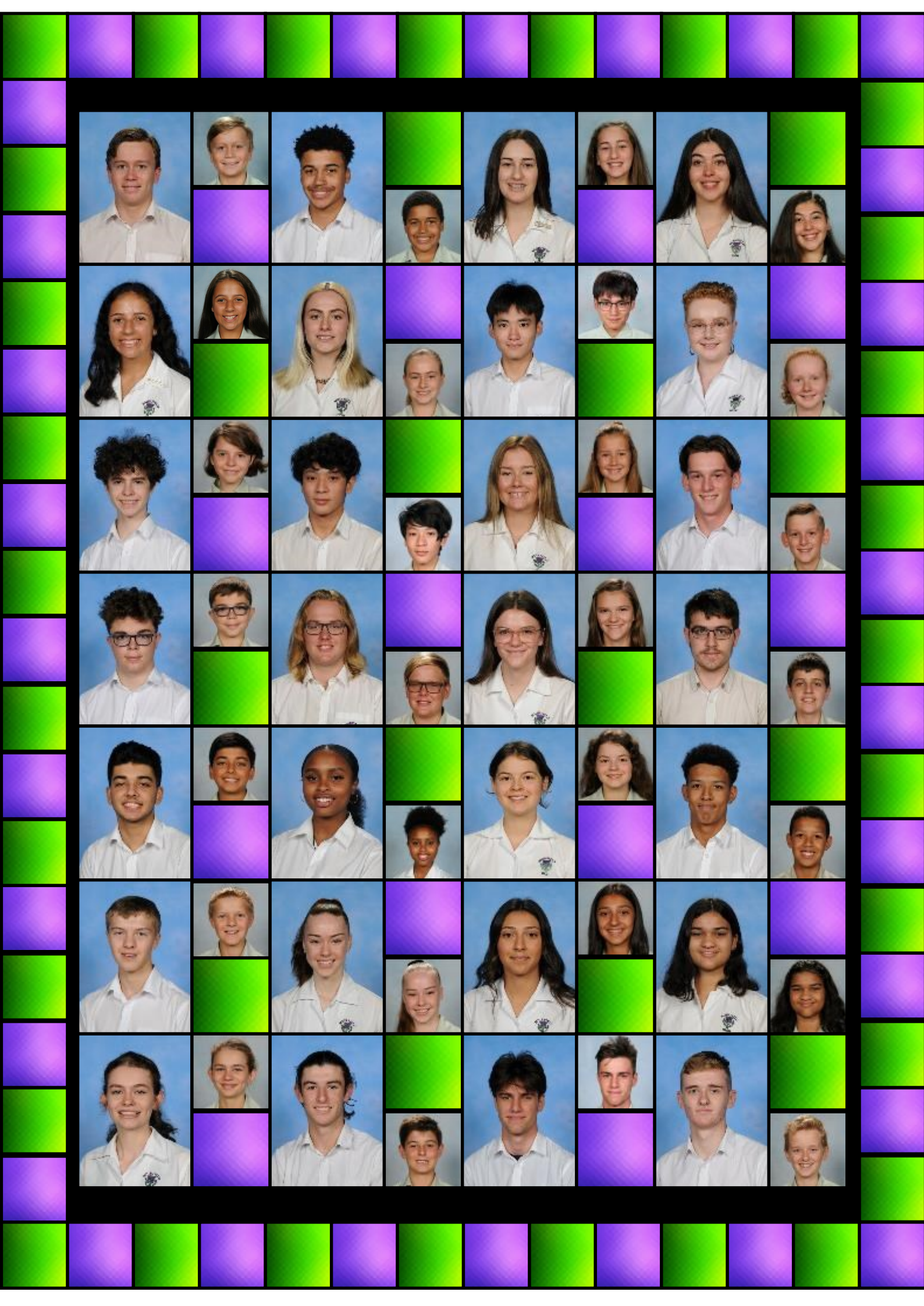
As you navigate the conditions of the next few weeks, I know you have the support of your teachers and your classmates. I very much hope that those much anticipated final year celebrations will still go ahead, even if they come with some creative adaptations! You deserve the fun, the relief, the personal pride and the ongoing camaraderie that the end of Year 12 signals.

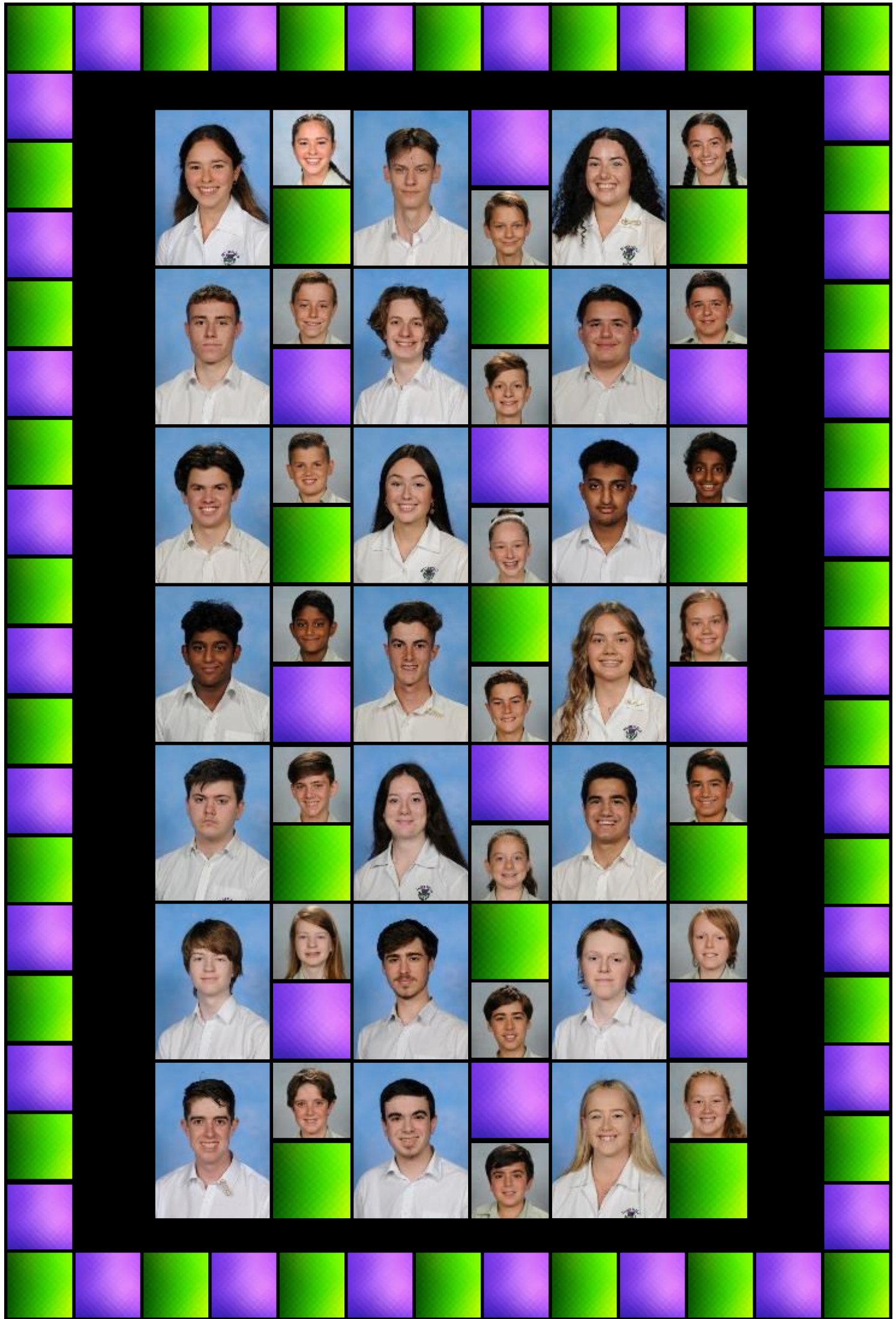
My best wishes for the upcoming few weeks, your HSC and for the next chapter of your life. You can move forward with confidence knowing that you have overcome more than the usual Year 12 challenges. Go well.

Her Excellency the Honourable Margaret Beazley AC QC
Governor of New South Wales



















2021 National Science Week

How will you science this National Science Week?

national science week

14–22 AUGUST 2021

scienceweek.net.au

#scienceweek

National Science Week is Australia's annual celebration of science and technology. This year the theme was Food: Different by design.

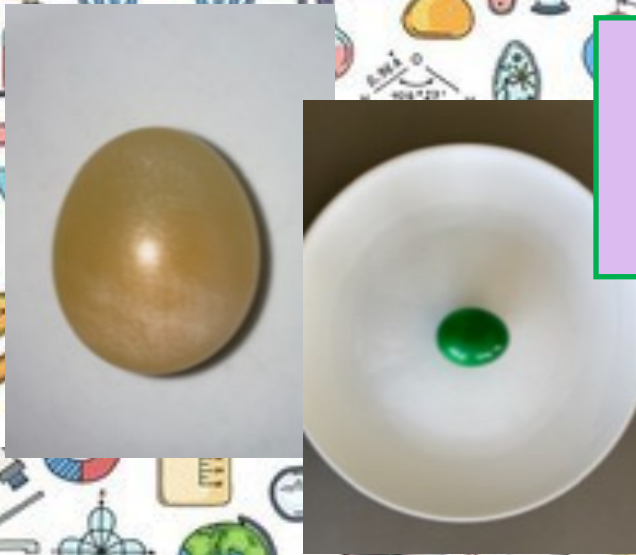
Muirfield's science teachers worked together to provide students a range of hands on activities that allows students to explore sustainable food futures during online learning.

Throughout August, students engaged in a range of activities, including creating bouncy eggs, volcano cakes and ricotta cheese from scratch!

Thank you to all our science teachers who created fun and innovative lessons and to our parents who assisted students at home so that they were able to celebrate Science Week 2021. We look forward to National Science Week 2022, Glass: More than meets the eye.

2021 National Science Week

Bouncy
eggs



Fun with
Skittles



Volcano
cakes



Making
Cheese



Supporting Your Wellbeing

Are you in danger?

If you or someone you are with is in immediate danger please

Phone: 000

Or

Go to your nearest hospital emergency department

Looking for online support and counselling for your wellbeing and mental health?

You may find the following resources helpful.

Kids Help Line  **kidshelpline**
Anytime Any Reason

Phone: 1800 55 1800 **Age Group:** 5 to 25 years

About: A private and confidential 24/7 phone and online counselling service for young people their family and friends.

Link: [kidshelpline WebChat Counselling](#) **Chat Online:** 24/7

Youth Beyond Blue  **Beyond Blue**

Phone: 1300 22 4636 **Age Group:** All ages

About: 24/7 information and support to help everyone in Australia achieve their best possible mental health, wherever they live.

Link: [Welcome to Youth BeyondBlue](#) **Chat Online:** 3PM - Midnight

1800RESPECT 

Phone: 1800 737 732 **Age Group:** All ages

Interpreter: 13 14 50

About: A confidential information, counselling and support service for people impacted by sexual assault, domestic or family violence and abuse.

Link: [1800RESPECT Online Chat](#) **Chat Online:** 24/7

Headspace



Phone: N/A **Age Group:** 12 to 25 years

About: A 24/7 online and telephone support and counselling service for young people, their families and friends.

Link: [Welcome to eheadspace](#)

Chat Online: Group chat 24/7, 1-on-1 chat 9AM - 1AM 7 days.

Suicide Call Back Service



Phone: 1300 659 467 **Age Group:** All ages

About: A 24/7 nationwide online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide.

Link: [Suicide Call Back Service Online Counselling](#)

Chat Online & Video: 24/7

Mental Health Line



Phone: 1800 011 511 **Age Group:** All ages

About: A mental health professional will answer your call about mental health concerns for you or someone you are concerned about including children, teens, adults and older people.

Link: [NSW Health Mental Health Line](#) **Phone:** 24/7

Looking for more information?

Black Dog Institute



About: Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing. Link: [Black Dog Institute home page](#)

Reach Out



About: Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.

Link: [Reachout.com home page](#)

Looking for an app?

Calm Harm



About: Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.

Cost: Free **Available:** App Store & Google Play

Clear Fear



About: The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

Cost: Free **Available:** App Store & Google Play

ReachOut Worry Time



About: ReachOut Worry Time interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7

Cost: Free **Available:** App Store

ReachOut Breathe



About: ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone

Cost: Free **Available:** App Store

Smiling



Mind

About: Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.

Cost: Free **Available:** App Store & Google Play



#youthgotthis 2021 Youth Mental Health Forum on 11 October 2021

Join #youthgotthis 2021!

When

Monday 11 October 2021
7.00PM - 8.30PM

Location

Online

Costs

FREE

#youthgotthis is back for 2021! The Matilda Centre once again partners with #youthgotthis to hold this virtual public forum on Youth Mental Health.

This event is for people who are passionate about the mental health of young Australians - sharing knowledge, research and lived experiences to improve the mental health of young people through education and empowerment. Accomplished journalist, television presenter and Mental Health Advocate, Jessica Rowe AM, will be back to facilitate this panel discussion and Q&A with guests: Xavier Eales, Dr Rebecca Overton, Dr Ally Nicolopoulos, Kristen Douglas and Dr Emma Barrett.

What is #youthgotthis?

Youth mental health is an issue many of us are passionate about, especially during the global pandemic.

Parents, Emily Cook and Dr Rebecca Overton, and the young people in their lives have seen firsthand the challenges that mental ill health has on young people in their community. In 2020, they approached Professor Maree Teesson, Director of the University of Sydney's Matilda Centre, to partner in holding an event to educate and empower young Australians and the community that supports them.

The inaugural 2020 #youthgotthis forum was a great success with 1,000+ registrations, 200+ questions from registrants and 600+ households joining the online forum live. Read the key messages and watch the recording to learn more.

We have an exciting line up for 2021 and we hope you can join us!

[Register today](#)

<https://www.sydney.edu.au/matilda-centre/news-and-events/2021/09/06/youth-got-this-2021.html>



Teaching a learner driver?

Book now to get information and practical advice at a free workshop.

Do you know a young adult who has their learners licence, or is getting ready to obtain their learners licence?

This free workshop will benefit a supervisor to a learner driver, by sharing practical advice on how they can help learners to become safe drivers.

A range of topics will be covered, including:

- Understanding the current laws for learner and provisional licence holders
- How to correctly complete the learner driver log book
- Techniques in supervising learner drivers
- Understanding the benefits of receiving supervised on-road driving experience

When: Thursday 16 September 2021

Time: 6pm - 7.15pm

Where: Online Zoom Workshop

You do not need to install Zoom on your device in order to participate.

A live link with log in details will be emailed to you closer to the event date.

Bookings are essential.



**CITY OF
PARRAMATTA**

For more information and to make a booking please call **9806 5768** or email roadsafety@cityofparramatta.nsw.gov.au



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- ✿ FAMILY BINGO
- ✿ HIP HOP DANCE
- ✿ FAMILY BOOT CAMP
- ✿ STORY TIME
- ✿ FAMILY ZUMBA
- ✿ FAMILY YOGA

ONLINE

hca.org.au/whatson-old
Bookings Essential

School Holidays
20 SEPTEMBER
- 1 OCTOBER




Learning in the Hills
Hills Community Leisure Learning



THE HILLS
Sydney's Garden Shire



**Communities
& Justice**



Cost: Free and low cost workshops
Bookings essential online: www.hca.org.au/whatson-old
Enquiries: 9639 8620

