

PERTH MODERN SCHOOL

Exceptional schooling. Exceptional students. INDEPENDENT PUBLIC SCHOOL



Students work towards a sustainable world



Students at Perth Modern School have displayed a keen interest in sustainability for several years and there is a dedicated Sustainability Advocacy that is very enthusiastic about bringing ideas of sustainability to Mod students and the community beyond.

Inspired by the modern-day environmental movement, students in particular are keen to reduce the consumption of non-biodegradable plastics so that our oceans are less polluted. Go2Cups have been particularly popular for this and have been sold at several school events so younger and older generations become used to carrying around a keep cup instead of buying multiple single use plastic bottles and coffee cups.

Our Sustainability students are focused on practical ways to help create a sustainable world. Students have introduced and maintain a worm farm that makes 'worm tea' and adds nutrients to the school's gardens. A lot of planning has taken place to increase the number of native plants and produce in the garden to support natural ecosystems as well as providing herbs and other products for use in Food Science classes.

Recently, a workshop held in partnership with Visual Art created beeswax wraps, a reusable alternative to cling wrap that can be used to keep food fresh. Another initiative by the Sustainability Advocacy and other student volunteers was the propagation of a variety of different types of succulents which they planted in small decorative pots that had been recycled. The pots were given to teachers to help decorate their classrooms and were sold to parents attending the Progress Review Day to help raise funds for sustainability programs.

New ideas and projects are consistently being generated in this domain—so watch this space! See page 36 for more information on the succulent plantings being created using recycled pots and the beeswax wrap workshop.

FROM LEFT: Shen Kit and Adam Holton make a beeswax wrap; Amalina Gosper making a beeswax wrap; and Semindee Kudabalage Dona hard at work potting succulents.

BELOW: Tweesha Khut, Ray Liu and Quifei Li in the succulent plant workshop.



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From the Principal

Term 2 was somewhat quieter at Mod than usual with some school events, excursions and competitions postponed due to Covid-19. However, students have stayed engaged with enriched classroom activities, and teachers have worked hard to provide a variety of other opportunities for students to enjoy as you will see in the pages of this newsletter. Students in Years 11 and 12 have continued to study hard in their courses and have kept up with the work requirements.

I congratulate all staff and students for the way they have handled these challenges, staying positive and 'stepping up' to ensure a fantastic education is being maintained. Some school events have become 'virtual' (i.e. the Virtual Mufti Day held with the great success, with the Variety Concert filmed and beamed into classrooms). A fantastic online gallery was created to display artworks during the Arts and Technology Festival. Health and Physical Education have also been involved in virtual sporting events which has allowed our sporty students' competitive spirit to be maintained.

We have been fortunate in WA that many of the restrictions have lifted and the School has been able to modify the way events are held, so that music concerts, transition activities for new students, school tours and the whole-school production of 'Grease' have been able to take place.

It was wonderful the level of support received from parents during the past few months of staff and students having to adapt quickly with changes to schooling and schedules. Here are some comments received from parents on the School's Facebook page:

- Megan Foley: 'Thank you so much. All the teachers and staff are doing an amazing job.'
- Trupti Shah: 'Thank you to the entire staff at Perth Modern School and we appreciate your hard work. Good luck for Term 2 and I am sure you are all as super excited as your students.'
- Janelle Coates: 'We really appreciate the amazing efforts of the teachers and other staff at this time. You've been brilliant.'
- Chris Ridgeway: 'My son in Year 7 is so happy to be back at school that he is prepared to live away from home to attend. It says a lot for Perth Modern. Thank you all for your hard work'.
- Claire Ryan: 'Thank you for having them back, we really appreciate all the hard work the teachers and staff are putting in, especially for our Year 12's.'

It's exciting to see the rapid progress of our new 700-seat multipurpose auditorium. The area behind the Parsons Building is no longer looking like a giant sandpit and the beginnings of what will be a grand building are starting to emerge. Work is progressing as expected and we hope it will be ready

for use by students by mid-2021. There is still opportunity for parents and Modernians to donate to the project as hundreds have already done. We still require funding for some of the fit-out items including an upgraded audio-visual system, a props store, carpeting, external stairs and the change room fit out.

The eighth annual **Arts and Technology Festival** looked a little different this year with enthusiastic members of staff creating an online community gallery of amazing student artwork. There were various drama performances and Theatre Sports for small audiences of students and staff to enjoy. Food Technology held workshops in cupcake decorating and creative cake design. Visual Art workshops included guided virtual gallery discussions, and hands-on painting and drawing, where students made their own unique piece. The Mills Gallery space was transformed, displaying a range of amazing student work for staff and students to admire.

Perth Modern Youth Ambassadors have been collecting canned and non-perishable foods for redistribution to families in need with this year being the best effort yet! This is such important work with many families struggling financially due to lack of employment. Students have also taken part in preparing home cooked meals that are delivered to the Salvation Army on a weekly basis and have participated in the Salvation

Army Winter Appeal, collecting second hand or new warm jackets, jumpers, track pants or other warm items.

The Youth Ambassadors are also involved in helping our staff manage large tasks like the newsletter distribution. The spirit of giving is very much alive at Mod.

For Sorry Day and Reconciliation Week, students worked on an individual canvas which came together as a large mural. They contemplated and visualised their role as young Australians and their attitude and actions in moving forward to reconciliation in Australia. Students spent time appreciating Indigenous peoples and culture and reflecting on their own views of multicultural Australia by celebrating and honouring First Nations Peoples.

It is wonderful to see so many of our Modernians continue to give back to the School and also achieve great accolades. Modernian Hon Julian Grill, LLB, JP (1956-1957) has recently taken up the position of President of the Perth Modernian Society, Inc., and we are delighted to have him fill this very important role so the Society can continue to grow and bring Modernians together.

Modernian Ross Ledger (1950–1953) became a well-known accountant in Perth and looked after the finances of many wellknown Perth business people. He also found time to volunteer for multiple charitable groups, and contribute to various Perth Modernian Society fundraising appeals. Recently, he received the Medal of the Order of Australia; a very well-deserved honour.

Modernian lan Jarvis (1954–1958) has been a stalwart of the Perth Modernian Society for a long time and has contributed his extensive IT skills maintaining the Society's database. Ian recently donated to the School's art collection two lovely paintings by his mother, Katherine Jarvis, a well-known and awarded painter. You can read more about these three wonderful Modernians on page 12 of the newsletter.

I congratulate the following students for their successes in Term 2:

- · Angela Deng, Elle Chentang, Alliana Yang and Nisani Gunawardhana were national finalists in the IM²C maths competition. Honourable mentions were awarded to Tina Soodi Shoar, Aryan Gupta, Alexander Cheung and Christopher Leak.
- Anoushka Gupta, Ralph Calupig and Ruhansi Abeywickrama achieved distinctions in the **National** Computational and Algorithmic Thinking competition.
- Caleb Adams was selected as a Youth Parliamentarian as part of the YMCA Youth Parliament.
- Chau Tran in Year 9 was awarded equal First Prize in the **Genazzano Institute** 'Explain the Brain 2020' Competition through Education Perfect. Elle Chentang in Year 11 was awarded equal Second Prize and **Hannah Chen** in Year 7 received an Honourable Mention
- Kaustav Bhowmick in Year 12 and Indira Blycha and Hoang Trinh in Year 11

- received their Bronze Awards in the **Duke** of Edinburgh's International Award. **Zachary Loong** in Year 11 achieved his Silver Award.
- Ceicilia Limargana in Year 7 was awarded the Licentiate (LTCL) Diploma for piano from Trinity College London with Distinction. She became the youngest person in Australia to complete the LTCL piano exam, which is an equivalent to the final year of a Bachelor degree.
- Shreya Salunkhay in Year 10 achieved a top 10 place for Australia and New Zealand in the Australian Brain Bee Challenge. Mahi Taher, Lucius Beh, Dipika Choudhury and Hannah Waldron in Year 10 achieved in the top 10 in WA.
- Jonathan Foster, Jett Patterson and **Lachlan Sofield** in Year 8 were judged Champion School in the **School Sport** WA Virtual Cross Country competition.
- · The Perth Modern School Futsal team, comprised of Ezekiel Chuka, Sho Okazaki, George Stoffers, Rafael Effendi, Ethan Irawan, Jona Wu, John Peris, Alistair Keenan and Nishan Alagoda, won the WA Schools Titles Metro Competition for their division.

Lois Joll, Principal.



To the Perth Modern School Community

Thank you so much to all parents, students and community members for your recent and generous donations to the Perth Modernian Society Museum Association Incorporated.

As you are aware, in operating the Museum and making it available to the public, our Association finds multiple avenues for expenditure. The day-to-day collection, preservation and display of artefacts relating to school activities over the decades, is absorbing and requires ongoing funding.

Similarly, creating, researching, maintaining and publishing records of the School, staff and students require financial support. You may be absolutely certain that all donations will be well spent in extending our capacity to advance education, heritage and culture.

Dr Robyn White Chair Perth Modernian Society Museum Association Inc

Multipurpose Auditorium is taking shape



Perth Modern's new 700-seat multipurpose auditorium is taking shape with the large orchestra pit clearly visible and perimeter groundworks nearing completion.

Work is progressing as expected and on schedule. The footings are installed, plumbing pipes are in place and the building of external walls has commenced. Building of the internal walls will commence soon.

The site is a hive of activity, with builders and machinery coming and going with mountains of dirt moved. It is exciting to see the progress!



work began



Early June

Sand piles!



24 June

Space is made



2 July

The lift shaft foundations go in



15 July

The orchestra pit takes shape and foundation work



10 August

Builders at work



10 August

Site view



We are Raising the Roof and you are invited to be a part of Mod history...

The School is fundraising for some of the finishing items that will take the venue to the next level. We are still in need of funds to help us upgrade the audio-visual, build external stairs, install high-grade carpet, build and clad the prop store and complete the change-room fit out.

Take a seat and see your name in lights!

Seat Plagues Donors who choose Silver or Gold will be acknowledged by

the School with a 'named' seat.

Silver: \$500-\$999 Name of individual, family or business. Gold: \$1000-\$4999 Individual or family name, House, years attended. Name and address of business.

Emerald, Platinum and Diamond donors will be acknowledged Honour Roll

on a special Honour Roll or with Naming Rights.

Emerald: \$5000-\$9999 Platinum: \$10,000 or more Diamond: \$100,000 or more

If you would like to be acknowledged with a Seat Plaque or on the Honour Roll, please contact the Finance Office on (08) 9380 0555. Donations to the Perth Modern School Foundation Building Fund are tax deductible.

Virtual Mufti Day

PERTH MODERN SCHOOL STUDENT COUNCIL



On the last day of Term 2, this year's Virtual Mufti Day was held and although the event looked a little different to the usual extravaganza, just as much fun was had with a free dress day themed 'We are all in this together'.

For this event all of the money raised through free dress and the theme 'We are all in this together' was donated to the Perth Modern Historical Centre. The historical and museum committee has been serving the Perth Modern School community since 1973 by preserving and conserving the original school records and artefacts, enabling researchers, community members, families and alumni to access this invaluable information. As a not-for-profit organisation, the Perth Modern Society Museum Association relies on volunteers and donors to help maintain our history and, as such, we are proud to support the organisation.

The Museum is located on the western side of the school near Hamilton Street and is open from 9.30am until noon on Mondays. We encourage all students and their families to take a walk through history.

Students collectively raised more than \$1200 for the cause—what a great effort! Some students took the time to create and record performances which would normally





















Creativity flourishes during Arts and Technology Festival Week

In 2020, the Arts and Technology Festival Week looked a little different. With not having an opening night open to all parents and community members, the passionate members of staff reinvented what it looks like to celebrate our talented students in Arts and Technology subjects.

An online community gallery was created so parents and other members of the school community could view the fantastic and thought-provoking visual artworks created.

Throughout the week there were various drama performances and theatre sports for small audiences of students and staff to enjoy, with social distancing measures in place. Food Technology workshops involving cupcake decorating and creative cake design were enthusiastically attended.

Visual Arts workshops included guided virtual gallery discussions, hands-on painting and drawing where students made their own unique piece. The Mills Gallery space was transformed, displaying a range of student work from Years 7 to 12 with students and staff welcomed to wander through the building and view the creations at their own pace.

On the following pages you can read more about the incredible incursions and workshops that were part of the Festival.

Creative Call Out Gallery

SARAH EVE, VISUAL ART TEACHER

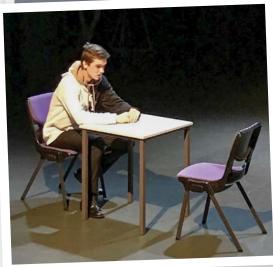
The Arts and Technology Festival has been holding an opening night for a number of years, inviting the school and wider community to view the amazing work and talent of students on the gallery walls.

Due to social distancing edicts this year, I investigated a way to involve the whole community and make the exhibition accessible from any isolated location through the use of an online gallery. We sent a call out to Mod community members, students, parents, carers, and staff, to send in artistic contributions to be featured in the gallery.

We received a fantastic response as people sent in drawings, paintings, poems, book chapters, cake and shoe decorating and even an original song and piano performance, allowing us to celebrate and showcase the amazing creative talents held within our community.

Thanks to everyone involved!





Nabila Leunig (top) and Shay Dowley (above) perform monologues as part of the Arts and Technology Week.



Seashell incursion

KAYLA JENKIN, PRACTICUM VISUAL ARTS TEACHER, ECU

Inspired by the natural beauty of seashells, during an incursion held during lunch students discovered just how exciting and vibrant drawing with pastels could be when used on a dark surface.

Students were in awe exploring the various colours, textures, and interesting forms of numerous seashells, and chose the shells they felt to be most visually stimulating to use in creating their own works of art.

Appropriating their chosen shells on a black surface with a myriad of pastels highlighted the intensity of the vivid colours. The room was buzzing with pride when students realised the effectiveness of this approach, and was a welcome experience for students to help wind down after a busy few weeks of exams.



ABOVE: Jingnan Jiang and Sophie Nham. BELOW RIGHT: Students enjoying the seashell art incursion. BELOW LEFT: Examples of student artworks created during the seashells incursion.





Sculpture drawing mash-up challenge

KATIE CHIN, VISUAL ART TEACHER

Looking around the school grounds, Perth Mod is extremely fortunate to have so many unique sculptural artworks. Harnessing these sculptural forms as inspiration, students were taken on a walking tour of the sculptures, drawing as we went, adding to and creating a 'mash-up' drawing, highlighting different aspects of each sculpture within one drawing.

New hybrid creatures were appearing in many of the drawings, with references to the Sphinx and Pegasus as repeated motifs.



Reka Johnson Hirauchi, Hadiel Ahmed and Matilda O'Callaghan working on their sculpture mash-ups.

Students drawing aspects of the Letter Cube.



The sculpture mash-up drawing challenge was really fun to do! It was also relaxing to walk around the school campus, combining drawings of the sculptures around campus into one artwork. Being in Year 7, it was a great experience to see most of the sculptures around the school, as some I had not noticed before. I'd recommend it to anyone who enjoys a peaceful stroll to draw the statues they observe.

Monroe Wang, Year 7



Floral painting workshop

SARAH EVE, VISUAL ART TEACHER

I enjoyed running a masterclass workshop in painting as part of the Arts and Technology Festival. The workshop was influenced by the stylised floral paintings of Perth artist Anya Brock. Students followed a process of drawing their own flower, first using charcoal and then applying a restricted colour palette in a dark to light painting approach. Students enjoyed being able to create an artwork that was their own individual interpretation of a flower with their own artistic flare.

Technology influenced art workshop

KAYLA JENKIN, PRACTICUM VISUAL ARTS TEACHER, ECU

Students from all year groups gathered on the final day of Perth Modern's Arts and Technology Festival Week to engage in a project that celebrated both the creative and expressive aspects of the Arts and the methodical and visionary merits of Technology.

Using their Information and Communications Technology (ICT) skills to experiment and distort digital imagery, students appropriated an image to create an exciting abstract self-portrait. Many students were unable to contain their joy and laughter as they explored the weird and wonderful compositions created by the distortion of their images.

Students then took to their pages with vibrant pastels, creating exciting forms and adding surrealistic elements to fashion abstract portraits. This incursion allowed students to embrace the innovative qualities of technology through the creativity of the arts.

Sophie Jain and Joseph Coleman at the art workshop.





Original Collage Workshop

SARAH EVE, VISUAL ART TEACHER

Inspired by the Casual Gallery in Fremantle and the 'CUT IT OUT' collage exhibition, students immersed themselves in a magazine project to create their own original collage artwork.

> Spending a lunchtime working on their own cut and paste creation inspired by topics such as: isolation, animal instinct, jewel and joy. Some students entered their finished work in the online gallery.

LEFT: Students working on their magazine collage.

INSET: A Perfect Friday by Sarah Eve.



Virtual workshop with Minna Gilligan

SARAH EVE, VISUAL ART TEACHER

A fun and enriching part of Visual Arts at Mod is students having the opportunity to engage in workshops with professional practicing artists including participating in a virtual drawing workshop with artist Minna Gilligan.

Students watched and listened to this Melbourne-based artist from afar, following her guidance and applying it to their own drawings and creative process drawing a 'mash-up' or appropriation of two artworks using their own imagination and coloured pencils to create an entirely new and original image.



Artworks created in the Minna Gilligan workshop.

Year 9 Plasticology incursion

KAYLA JENKIN, PRACTICUM VISUAL ARTS TEACHER, ECU

Year 9 Visual Art students participated in a two-hour incursion where they explored the powerful and dynamic exhibition of Plasticology through a virtual presentation. The exhibition featured four leading contemporary artists, Eko Nugroho, Yu Fang Chi, Leeroy New and Angela Yuen, exploring creative ways of reusing and upcycling plastics.

Plasticology is an exhibition that encourages its audience to reflect on any long-term changes to our climate and how creative solutions may provide an insight into alternative ideas regarding how we approach environmental issues such as waste. The Year 9 students were enthralled by the innovative artworks which in turn provoked in-depth and considered discussions of the works. The room was later bustling with enthusiasm as students' newfound inspiration from the exhibition informed their own sculptural projects which similarly focused on using upcycling.

BELOW: Two of the artworks created by students as part of the *Plasticology* incursion.







Modernians give back

New President of the Perth Modernian Society: Hon Julian Grill LLB, JP

The Perth Modern Society, Inc has appointed a new President: Modernian and former State Minister the Hon Julian Grill LLB, JP.

Julian Grill attended Perth Modern School in 1956 and 1957 and was part of the victorious Australia Rules side in each year. He graduated in Law from UWA in 1964 and was admitted to the bar of the WA Supreme Court in 1966.

He was a legal partner of John Wheeldon, PMS student 1942–46, who became Federal Minister for Social Security and also Tom Evans, the WA Attorney General.

In 1977 Julian entered State Parliament and retired in 2001. During that time, he held variously named seats in the Eastern Goldfields and Esperance region for about 25 years up until 2001. He held numerous ministerial portfolios during this period, including Transport, Fisheries, Tourism, Agriculture and Economic Development. During most of his time as Minister he was on the budget sub-subcommittee.

As a Minister, Julian reinstated trains on the Perth to Fremantle line, planned for a new line to Joondalup and for the electrification of the railway system. It was a rail revival in the metro area.

In 1974, in recognition of the environmentally degraded nature of Kalgoorlie and surrounds he initiated the Kalgoorlie Boulder Urban Landcare Group. Its programs are still run today by young professionals with



substantial financial help from State and Local Government and the Mining industry.

After retiring from Parliament in 2001 he took up the chairmanship of several ASX listed junior mining companies. He also set up a very successful lobbying business until 2007. When he joined the Perth Modernian Society Council he was writing a book, and doing pro bono legal and lobby work for good causes.

Modernian Ross Ledger receives Medal of the Order of Australia

BASED ON AN ARTICLE BY VICTORIA RIFICCI, COMMUNITY NEWSPAPER GROUP

When chartered accountant Ross Ledger found out he was the recipient of a Medal of the Order of Australia, he questioned whether they got the right guy. Ross received the OAM for significant service to the accounting profession, wildlife conservation, and the community.

The 83-year-old City Beach resident has spent 65 years pegging away in accounting and business, having worked with powerhouse business clients the late Stan Perron, Hungry



Jack's owner Jack Cowin and the late conservationist Martin Copley.

Mr Ledger attended Perth Modern School where he was surrounded by 'very clever people'—but he never thought he was one of them.

'I asked my dad how I should go about this and he said if you work with a chartered accountant, you will get exposure to lots of different businesses as you train, end up with a good degree and you might find a business that you like but it wasn't another business I became interested in—it was the profession itself,' he said.

'People started dying and obituaries appeared saying that this or that person went to Mod and I think that emphasised how really lucky I was to go to [Mod] and so I gave some money for a book [that the Modernians were producing on the school's history] and I helped with various appeals.'

Mr Ledger became a partner of Henry Rae Court Chartered Accountants in 1964 and stayed there for 25 years until 1990, when he built his now 30-year-old business, R.E Ledger Chartered Accountants. He also found time to work as an Australian Wildlife Conservancy's foundation director since 1995.

'We have now grown it to a stage where our objectives to preserve and protect the endangered flora and fauna of Australia are being achieved,' he said.

Mr Ledger has also spent time volunteering with Rotary Club of Cambridge, Perth Modernian Society, Claremont Football Club, Sir Charles Gairdner Hospital and the State Administrative Tribunal.

Modernian Ian Jarvis donates to school art collection

KATIE CHIN, PERTH MODERN ART COLLECTION CURATOR

The Perth Modern School Art Collection has recently acquired two lovely paintings, generously donated by Mr Ian Jarvis, a Modernian who attended from 1954-58. Ian also has been a regular volunteer at the Perth Modernian Society Museum for many years.

The artworks, a watercolour and an oil painting, were produced by his mother; artist Katherine Jarvis. Originally from Scotland, Katherine emigrated to Perth in

1930, with a four year Arts course under her belt, and proceeded to produce many artworks; both landscapes of the Perth area, Fremantle and surrounds and still life. She featured in multiple exhibitions over her artistic career.

Katherine's talent was officially recognised when she won the Claude Hotchin Prize for watercolour in 1953 and 1955, and third prize in the Australian-wide Dunlop Prize for watercolour in 1953.

Katherine Jarvis The Old Brewery Watercolour 410 x 350mm

Katherine Jarvis **Receding Waters** Oil on board 450 x 580mm





Perth Modern Information Sessions and Tours



ABOVE: Tour group led by Holly Hall and Aleka Kabugua. BELOW FROM LEFT: Student Councillors Annika Leunig and Jessica Bruining get ready to welcome prospective parents and students to the information session. Tour Guides Aleka Kabagua and Holly Hall. Clarise Yu, Nirmanee Mallawa Thanthrige and Wen Zhu.



throughout the year.



Thank you to our wonderful Student Councillors and Tour Guides for their hard work





Year 8 students create democracy sausage



In Humanities and Social Sciences in Term 2 Year 8 students have been learning about Civics and Citizenship and exploring forms of government. They have been researching the foundations and workings of the Australian government and learning about democracy.

As a celebration of democracy, students were encouraged to create a democracy sausage, which has become synonymous with political participation in Australia.

Students created their own version of the democracy sausage, including vegan and vegetarian alternatives and wrote what democracy means to them to reflect on the importance of political participation to preserve and progress our society.



'Democracy is a way in which the people have the power.'

Kanchana Nawarathna





'Democracy to me is the government system that we rely on. It gives us benefits such as health care and support.'

Christian Choe



'Democracy is having a government



'Democracy is important to me because it gives everyone a fair chance at being heard. Democracy is an important part of Australia because it is a part of our equality and freedom.'

Peter Drewettsen



'I am a first generation Australian. My mum was born in Canada and my dad in South Africa. Australia and Canada were both at some point British colonies, and we both adopted the British Parliamentary system. Similar to Australia, South Africa's government is three-tiered, with representatives elected at the local, provincial and national levels. Australia's democratic and parliamentary system is quite similar to that of Canada and South Africa. Both have federal parliament with a constitutional monarchy.'

Sophia Atartis

Mod students rise to the occasion



Maths moves ahead with top results in Term 2

MARK WHITE, HEAD OF MATHEMATICS

The IM²C is an international modelling competition involving teams of secondary students from a number of countries. The IM2C poses a number of real-world mathematical scenarios, and each team works for several days using freely available material (from the web and other sources). At the end of this time, each team presents a report on their solution. The challenge awards prizes to the top teams. We entered a number of teams from Mod made up of students in Years 10 to 12.

Two of our teams won awards, under the mentorship of Mr Glen McClelland.

National Finalists were Angela Deng, Elle Chentang, Alliana Yang and Nisani Gunawardhana. Honourable mentions were awarded to Tina Soodi Shoar, Aryan Gupta, Alexander Cheung and Christopher Leak.

In Term 2 we also had a number of Years 7 and 8 students sit for the National Computational and Algorithmic Thinking competition. Three of our students, Anoushka Gupta, Ralph Calupig and Ruhansi Abeywickrama, achieved Distinctions, as they were in the top five per cent in Australia. This requires knowledge of programming skills such as python which is a part of our Year 7 and 8 Maths courses, to solve practical problems in an ordered algorithmic manner.

At the end of last term, we had a special lecture on knot theory by ex-student Reef Kitaeff who graduated in 2019. Reef has started a Bachelor of Philosophy at ANU in Canberra, but returned to Perth Modern to share his passion and knowledge in Mathematics. There was a large turn-out for this popular and stimulating topic, and we hope to see Reef back at Mod again soon.



Caleb selected as Youth Parliamentarian

Caleb Adams in Year 11 had the great honour of being selected as a Youth Parliamentarian as part of the YMCA Youth Parliament. The Youth Parliament is a national project that gives young people a chance to stand up in Parliament and have their voices heard. The program aims to educate, empower and encourage young people to take an active role in their community by contributing the views of their electorate at a state level.

Caleb had a meeting with his local MP for Riverton, the Hon Mike Nahan MLA, where he expressed what issues he will be raising in the Youth Parliament.



Anoushka Gupta

Ruhansi Abeywickrama

Caleb Adams with his local MP, the Hon Mike Nahan MLA.

Staff Spotlight: Cleaners help keep school community safe



Heriyanto Rahmat - Cleaner-in-Charge

Home country: Indonesia.

Tertiary qualification: Academic Program Aba-Abi Management Bank. Family: My wife and two children.

Reason for moving to Australia? For work, permanent resident. What do you enjoy about your job? Yes, I do enjoy my job.

Muhammad Yusuf Rozak

Home country: Indonesia.

Tertiary qualification: Diploma of Hospitality from Polytechnic West.

Your family: My wife Dian Evryani and three children.

Reason for moving to Australia: To study, to work and to live.

What do you enjoy about your job? The relationships and improving of skills. What do you enjoy doing when you are not working? Travelling.

Agesta Andriansyah

Home country: Indonesia.

Tertiary qualification: Bachelor's Degree in agriculture.

Family: My wife Yuningsih and three children (one son and two daughters). Reason for moving to Australia? A better education for my family.

What do you enjoy about your job? It is a friendly and safe environment.

What do you enjoy doing when you are not working? Gardening and spending time with family.

Muhammad Zuhdi Effendi

Home country: Indonesia.

Tertiary qualification: Physics from the Airlangga University. Family: My wife Wiyayanti and my three-year-old daughter. Reason for moving to Australia? Accompanied my wife who is studying in Australia.

What do you enjoy about your job? The good teamwork and meeting of friendly people.

What do you enjoy doing when you are not working? I enjoy running, cooking and spending time with family.

Roshni Bhavsar

Home country: India.

Tertiary qualification: Bachelor of Commerce and a Diploma in Teaching.

Family: Husband and one daughter.

Reason for moving to Australia? For a better life.

What do you enjoy about your job? This is the best school in WA, the staff are very friendly and it is stress-free work.

What do you enjoy doing when you are not working? Cooking, cleaning the house, gardening and reading.

BELOW: The Cleaners' Afternoon Tea.



Shafiq Ghazy Rais

Home country: Indonesia.

Tertiary qualification: Banking Management from Perbanas University. Family: My wife Nina and four children.

Reason for moving to Australia? Resident return.

What do you enjoy about your job? Meeting with people and socialising.

What do you enjoy doing when you are not working? Searching articles, helping my wife at home and meeting with family and friends.

Prima Nansati

Home country: Indonesia.

Tertiary qualification: Advanced Diploma in Hotel Management.

Family: My wife and three children, one boy and two girls.

Reason for moving to Australia? A lot of opportunities.

What do you enjoy about your job? It is a great team.

What do you enjoy doing when you are not working? Spending time with family is always the best time. I enjoy taking them to the park or playing some sport with my son.

Erwin Faza

Home country: Indonesia.

Tertiary qualification: Accounting at Curtin University.

Family: My wife, Susi Mulia Sari, and five children.

Reason for moving to Australia? To study and stay in Australia for a better future.

What do you enjoy about your job? I am always moving my body which keeps me fit and healthy. Also meeting other people from different backgrounds.

What do you enjoy doing when you are not working? Reading and spending time with my family.

Yuri Indra

Home country: Indonesia.

Tertiary qualification: Graduate Certificate in IT.

Family: My wife Moyita Listiyami.

Reason for moving to Australia? Permanent Resident.

What do you enjoy about your job? I have a good time working in a school.

What do you enjoy doing when you are not working? Resting, playing sports and relaxing with the family.

Zunhao Zhang

Home country: China.

Tertiary qualification: Bachelor's degree of Petroleum Engineering and a Bachelor's degree in accounting.

Family: Myself and my wife.

Reason for moving to Australia? Seeking higher education and a better future.

What do you enjoy about your job? Respect and concerns among workmates, the fine atmosphere of the school and the highly efficient work of the cleaner in charge, also the manager and the staff.

What do you enjoy doing when you are not working? Spending time with my wife hiking, camping and going on road trips.

John Doerjat

Home country: Indonesia.

Tertiary qualification: Bachelor's degree in Social Politics.





TOP: Heriyanto, John and Effendi enjoying the Cleaners' Afternoon Tea. ABOVE: Erwin Faza and Guiseppina De Nardi.

Reason for moving to Australia? To gain a better life.

What do you enjoy about your job? Meeting lots of people with different backgrounds.

What do you enjoy doing when you are not working? Meeting up with friends, watching television and occasionally fishing.

Eh Ku Soe Rufus

Home country: Myanmar.

Family: My wife and children.

Reason for moving to Australia? Because of political conflict and civil war. What do you enjoy about your job? I have good friends and the kind staff.

What do you enjoy doing when you are not working? Watching TV, the news and gardening.

Faradila Rivai

Home country: Indonesia.

Tertiary qualification: Diploma of Accounting at TAFE WA (Graduate of 2019)

Reason for moving to Australia? To study.

What do you enjoy about your job? Have friends and good staff in the team and a lovely environment.

What do you enjoy doing when you are not working? Travelling.

Taryono

Home country: Indonesia.

Family: My wife and four children (three boys and one girl). Reason for moving to Australia? For a better life and good opportunities

What do you enjoy about your job? Friendly and good teamwork. What do you enjoy doing when you are not working? Helping my wife take care of the children.

Adventure on the Bibbulmun Track

HOANG TRINH, YEAR 11



After our Bibbulmun Track adventure had been cancelled and rescheduled twice, finally we were all able to gather on the basketball courts, nervously anticipating the next three days trekking the Sullivan Rock–Brookton Highway section, where toilets were not flushable and ticks ever-present.

On day one we walked seven kilometres up Mount Vincent and Mount Cuthbert where we were able to appreciate the vast expanse of forestry that WA still has. We arrived at the Monadnocks Campsite early enough to give us time to quickly set up our tents before the impending storm. On our first night after a quick self-made dinner (strictly not instant noodles unfortunately), we learnt how to navigate using compasses, and were thrown into the deep end, venturing into the bush in complete darkness with only a torch and compass in hand to find our way.

Once we all came back unscathed, we walked back to camp in the dark without any torches, having to trust our eyes to adjust to the pitch darkness. Luckily, we made it back without breaking any legs. Sadly, most of us retired to our tents at 8.00pm as the rain dampened any hopes of a campfire.

The second day we ventured off the track and journeyed up Mount Randall through the dense bush with our partner and a compass. Unfortunately, after clambering to the top of Mount Randall we were disappointed to find the supposed spectacular view covered by a thick fog. Returning to the Bibbulmun Track, we began our 15km walk, taking breaks only every four kilometres to take a quick bite and check for blisters. Once again, we arrived well before sunset and were able to take a well-deserved rest. Before we turned in to bed, many of us and the teachers talked the night away, closely huddled together beside the campfire.

Our final last eight kilometre leg of the journey was wet but, nonetheless, we arrived an hour too early, being the speedy group we were. After a group photo, a long bus ride and a quick goodbye, we all returned home to have our first shower in three days and finally taking off the clothes that had been our closest companions for the entire trek.

Although we ended the trip wet and cold ailed with aching knees, sore hip bones and shoulders, we thoroughly enjoyed the journey. We were all able to test our limits and form stronger bonds with everyone we walked with for those three long days. A big thank you to our guide Steve and teachers, Mrs Rimando, Ms Shah and Mr Mazza, for the hard work they put into our trek.







Youth Ambassadors lead the way helping those in need



The Youth Ambassadors Advocacy lead the school-wide food drive for Foodbank this semester. They advertised for and collected non-perishable goods from generous students across the school to help families in need.

Youth Ambassadors also helped the school chaplain, Ms Natalie Fergusson, advertise and collect donations for the Salvation Army Winter Appeal. They were also heavily involved in cooking hot meals for the Salvation Army which will be continuing throughout the year.

Youth Ambassadors have had a challenging semester navigating the restrictions across WA to be able to still provide for those in need in our community. However, they worked hard and managed to do a sterling job. Well done to everyone involved and thank you to our supportive school community for donating items!



Supporting Foodbank





ABOVE: Georgia Knights



Youth Leadership Conference

FAR LEFT: Soup making: Lucy Zhu and Catherine Xu. BELOW LEFT: Sandwich making: Charlotte Dell.

Students from the Youth Ambassadors Advocacy attended the annual Youth Leadership Conference at the Ibis Hotel in WA earlier in the year. The conference is run by youth, for youth and is designed to inspire, strengthen, and empower future leaders.

The speakers were young entrepreneurs and current school students who have written books and made successful apps, discussing challenges and triumphs of creating successful businesses.

Students joined their peers from other schools to learn valuable teamwork, interpersonal and networking skills.



Youth Leadership Conference: Keira Cullen, Aakash Annadurai, Xiaofu Wang, Khang Dang, Anushree Gogulakrishnan, Sharvin Jeyendran, Dipika Choudhury, Chrisjoseph Shibu, Ethany Bates, Vinh Pham, Zhai Bassett and Zoe Luu.

Honour the History, Share the Heritage: Perth Modernian Society Museum Association Inc.

The Perth Modernian Society Museum Association Incorporated conserves and preserves an enormous range of school artefacts as well as maintaining the original school student records. It is a focal point for families researching genealogy, seeking understanding of education and society in years gone by, or looking for an old friend.

A Place for All

In maintaining the Museum, the community is benefited by:

- · Collecting, preserving and displaying artefacts related to school life on site and spanning more than 100 years.
- · Arranging Documented Heritage Trail Tours conducted by trained volunteer tour guides.
- Creating, maintaining and publishing real-life stories and items of
- Raising awareness of the important legacies the School and its alumni have contributed to local, national and global communities.
- · Advancing education, heritage and culture through our accessibility for family, student, historical and other research.



Help us help you!

How you can contribute to the History Centre Volunteer Opportunities requiring commitment of skills, time and interest in preserving the history of Perth Modern School include:

- data entry
- editorial
- displays
- proofreading
- research
- · attendant/guide
- IT management
- conservation/preservation.
- IT support

You are also invited to donate or loan:

- photographs
- memorabilia
- books
- memories.

Financial contributions can be made through tax deductible donations, sponsorships and bequests.

Contact us: museum@perthmoderniansociety.org.au

Board Members



Dr Robyn White

PMS Principal 2000–2010 | Board Chair from November 2018

My commitment and interest in advancing the knowledge and understanding of the history of the school commenced prior to my appointment to Perth Modern School. The early history of the school, its curriculum and leadership formed part of the research undertaken for my doctoral study.

Once a member of the school community, I recognised the extensive volunteer work undertaken by the Perth Modernian Society and the Historical and Museum Committee. Since my retirement from the school, I have happily supported this work.

I believe that I am a responsible person with a clear focus to secure the financial future for the history and the heritage of Perth Modern School—for future generations and for the benefit of the wider community. Through my activities as part of the School community, I believe I have demonstrated my belief in the value of educational experiences related to the research and development of activities relevant to heritage matters. The skills honed in my professional capacity are transferable to those practiced in the volunteer context.

In my first year as a member and Chair of the Board of the Perth Modernian Society Museum Association Incorporated, our Board has strongly focused on successfully operating the Museum and improving our financial stability in order to benefit school and community members. We hope to do so further in each year ahead.



Sallie Davies (née Hicks)

PMS student 1951-1955, staff 1961 | Chair, Museum Standing Committee

My involvement in developing, co-ordinating and managing a local government volunteer service and as a foundation Board member of both Volunteering WA and Volunteering Australia, and later Executive Director of VWA provided me with many years of unique experience in volunteer management requirements, including governance. On retirement I became involved with the publication group led by historian David Black who was then Chair of the Sphinx Foundation. The book Perth Modern School: the History and the Heritage was published in 2005.

My interest in the history of the School grew with this involvement and I realised there were many hidden treasures which needed to be preserved and made available for future study at Perth Modern School.

The establishment of the History Centre highlighted the need for coordination of volunteer activities, fund development and stronger direct school liaison if this work was to be of service to the students, staff and wider community.

The Perth Modernian Society Museum Association Incorporated has become a registered charity. The Board is poised to do what it can to ensure retention of the Museum archives and displays and heritage trails and to support technological development. Students, families, researchers and interested community members can now embark on the fascinating journey to honour the history and share the heritage of many who have gone before.



Sharon Williams

PMS Parent 2014-2018 | Hon Treasurer

I am an inaugural board member of the Perth Modernian Society Museum Association Board and also a Committee Member of the PMS Parent & Citizens Association (P & C) and parent of a Mod graduate who appreciates Perth Modern school's well defined role in public education. Mod is aptly referred to as the 'jewel in the crown' and is certainly a shining example of our public education system in Western Australia.

I am grateful to the many who ensured so much of Mod's history has been and continues to be conserved, preserved and shared with all. I will continue to assist and support the association's purpose, our volunteers and the school community in keeping the history (past, present and future) and heritage alive wherever I can.



Lois Joll PMS Principal 2011-current

As Principal of Perth Modern School I am delighted to be a member of the Board of the Museum Association and to support its work. I am committed to ensuring that the rich history of the school is celebrated and continues to be valued. It is vital to ensure that the history is not lost. This can only be achieved through careful collection and archiving of material so that current and future generations of students and the broader community can access and be inspired by the educational achievements of the school and stories of Modernians past and present.

As a graduate of UWA with Honours in History and teacher of Australian History for more than 20 years I have always had a commitment to valuing the past whilst looking to the future. In working as Director of Secondary Education with leadership of Gifted Education I proposed and led the initiative to re-establish a fully select academic school in WA to meet the needs of gifted students. I proposed Perth Modern as the site rather than the building on a green-field site because of its significant history in that domain.



Dr Alistair Paterson PMS Parent 2018-current Interest and experience

I am an ARC Future Fellow in archaeology at the University of Western Australia. My research examines the historical archaeology of colonial coastal contact and settlement in Australia's Northwest and the Indian Ocean.

My key interests are Western Australia and Indian Ocean history, Aboriginal Australia, Dutch East India Company, colonialism and exploration, rock art, and the history of collecting in Western Australia.

What I bring to Perth Modernian Society Museum Association:

- · Experience working with collections, archives and heritage.
- · Excellent contacts in the GLAM (Galleries, Library, Archives and Museum) sector.
- · Experience with data management and funding opportunities.
- · A commitment to institutional histories.
- · A desire to make a contribution to the School my daughters attend.



Jeffrey Lai PMS Parent 2019-current

I am delighted to be a member of the Board of the Perth Modernian Society Museum Association. My son is very blessed to be admitted to PMS (Year 7 in 2019) and I would like to contribute to the school community to further build on the school's legacy.

In my 30-year professional career, I have developed experience in strategic IT management. I am currently the CEO of Vortiv Ltd, an ASX-listed cloud and cyber security specialist. Prior to this, I have held numerous leadership positions for global strategy and technology consulting firms, including Managing Director of Accenture and Arthur D. Little.

I hold a Bachelor of Engineering degree from the University of Melbourne and a Masters of Business Administration from INSEAD.

What I can offer to the Museum Association:

- Board-level experience: I am able to contribute towards the board's strategic and governance roles, by drawing on my experience having served on the boards of listed, unlisted, not-for-profit organisations and schools, including the board of the Perth Modern School.
- IT and technology knowledge: able to draw on my IT management experience to help the Museum Association upgrade and modernise its IT infrastructure cost effectively.
- Commercial skills: able to provide a commercial perspective to strengthen the financial independence of the Museum Association.

Sphinx Society recognises Mod's high achievers



Madeline Joll, Head Girl Julia Aguinot, Principal Lois Joll, Head Boy Dylan Crowe and Dr Anastasia Phillips.

Senior Years students who consistently achieve top academic results and have made the Sphinx Society list were invited to the first Sphinx Breakfast of the year where they heard speeches from Madeline Joll and Dr Anastasia Phillips, who are high achievers in their respective careers.

Madeline Joll is a Programming and Patron Services Manager at University Theatres and has worked large events such as Highway to Hell, The Giants in Perth and the Perth Festival Lotterywest Films at UWA Somerville, just to name a few.

Dr Anastasia Phillips' profession is vaccine safety and during her talk, she discussed the recent activities and contact tracing she has been involved with during the Covid-19 pandemic.

Both women highlighted to the students the various pathways of achieving their chosen career and the 'not so straight line' pathway that led them to where they are today.





ABOVE RIGHT: Nicholas Mahoney and Daniel Marns.

LEFT: Sophie Kirk, Danielle Riha and Isabella Setterfield.

RIGHT: Associate Principal Steve Jurilj chats to Geneve Kong at the Sphinx Breakfast.

BELOW LEFT: Alisa Prayurasiddhi, Nabila Leunig, Chathumi Hettiarachchi, Talisha Lee-Karuthiru and Conor O'Neill. **BELOW RIGHT: Virginia Plas and** Tina Soodi Shoar.











The Sphinx Society is for Senior Years students who have achieved outstanding academic achievement in their semester report. Students who make the Sphinx Society honours list have shown a high level of dedication to their studies and are to be congratulated for achieving this honour.



Specifically, students in Year 10 must achieve 'A' grades in six subjects/courses studied including Year 11 subject equivalents. Students must have a minimum of a B grade in all other subject/courses including instrumental/performance music. Years 11/12 students must achieve five 'A' grades in any course combination in Years 11 and 12. They must have a minimum of B grade in all other courses. Students in Years 10–12 must also maintain Good Standing for the semester and have an attendance rate above 90 per cent.

Congratulations and well done to the following students who obtained Sphinx Society membership in Semester 1, 2020.

YEAR 10

Christopher Agung Ella Fung Fiara Augustin Zhai Bassett Nicolas Garcia Felicity Bayne Lucius Beh Amalina Gosper David Bonini Nyah Gray Danny Cao Sophie Gregory Ethan Chai Madhav Gupta Matthew Han Kristy Chau Susanna Che Shen-Kit Hia Kalp Chhangani Perri Hinton Dipika Choudhury Adam Holton Oliver Christiansen Jack Hughes Keira Cullen Akaash Jarmale Jessica Doan Lana Jordan Michael Flint Alisha Fok Lok

Raghav Ganapathy Anushree Gogulakrishnan Sandalu Kanapeddala Gamage Vyom Patoliya Paramkumar Kanpariya

Harriet Keenan Germaine Phoon Tharun Khokulan Morgan Porter Alice Law Gabriel Raharjo Rheannon Lazar Juliet Roux Tule Shreya Salunkhay Isaac Lee Yuika Sato Shan Yu Lim Jade Seabrook Claire Luces Khush Shah Kiran McLernon Maximillian Shailer Manshvi Singh Lucy Mina Sunwoo Nam Lachlan Smith Thanishka Nanthavarman Joshua Soon Muditha Pallewela Sithuli Suraweera Jeans Pang Asher Tan Ruby Paterson Chengchao Tang Brooke Taylor Helena Phillips Kevin Tirta

Anna Tokarev Heer Umareitiya Hannah Waldron Xiaofu Wang Zouruhong Wang Noah West Dean Winarto En Ning Yu Huda Zaidi Yixuan Zhang Zhi Wei Zhou Lirong Zhu Wen Zhu

Year 11

Caleb Adams Jade Alcock Robert Beashel Luke Bianchi Ann Cao Victoria Chai **Emily Cheng** Qinzhe Chentang Bridie Dempster Kailai Dong Lily Edgar

Allen Fu Nisani Gunawardhana Dylan Harvey Phillip Harvey Chathumi Hettiarachchi Matthew Holmes Jeongwoon Jeong Stanley Jolly Utsav Kamal Minjae Kim

Geneve Kong Anuththara Kuruppu Talisha Lee-Karuthiru Erin Putri Leonardi Emily-Rose Lochore Zachary Loong Christopher Manasseh Adam McKenzie Joseph Newman Lawrence Nheu Conor O'Neill

Joshua Ong Joel Peiris Hannah Pemberton Matthew Pfleger Isindu Rajakaruna Carolyn Sam Khushal Shah Sara Shular Micah Sinclair Sithum Somarathna Arlyne Sony

Christopher Stuart Aaron Luke Trawinski Hana Trinh Stephanie Tsang Kwong Hong Charles Underwood Zavier Wileman Keith Wong Olivia Zhao

Year 12

Aakash Annadurai Kaustav Bhowmick Dimitrij Blazeski Swen Tzen (Jas) Choo Sangwook (Jake) Cho Jasmine Chua India Creed Dylan Crowe Nancy Dickinson Claire Doan

Tanisha Dunuwille Elia Fatin YiXin Gao Prisha Goel Ezekiel Goh Abbey Green Aryan Gupta Su-Jyn Hia Jasper Jackson Akash Jayaram

Ryan Joseph Anson Ivan Kwek Alan Lee Jason Zi Ran Li Jason Feng Li Yitong Li Christie Lim Blake Mathieson Luca Niculae Cameron Paterson

Regina Raharjo Hannah Reynolds Alexander Roberston Lucas Ryan Tisha Shah Hariharan Shankar Jay Sharma Aryan Singh Tina Soodi Shoar Sarthak Srivastava

Zachery Thexeira Ethan Tjoa Caroline Tsang Kwong Hong

Rickson Wielian Rohan Williams Owen Winarto Shin Yi Wong

Mindfulness: Mindful Attention Training adds to student and staff wellbeing



Students at Perth Modern School are trained in Mindful Attention Training which is a form of Mindfulness. Students participate in Mindful Attention Training sessions during Advocacy and are encouraged to practise Mindfulness regularly to help their sense of wellbeing.

What is Mindfulness?

 $\label{thm:continuous} A dapted from \textit{Positive Psychology: Harnessing the Power of Happiness, Personal}$ Strength, and Mindfulness published by Harvard Health Publishing.

Mindfulness is the practice of purposely focusing your attention on the present moment—and accepting it without judgment. Mindfulness is now being examined scientifically and has been found to be a key element in stress reduction and overall happiness.

What are the benefits of Mindfulness?

Wellbeing: Being mindful makes it easier to savour the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events.

Physical health: Mindfulness helps relieve stress, treat heart disease, lower blood pressure, reduce chronic pain, improve sleep, and alleviate gastrointestinal difficulties.

Mental health: Many psychotherapists have turned to mindfulness meditation in the treatment of a number of problems, including: depression, substance abuse, eating disorders, anxiety disorders, and obsessive-compulsive disorder.

After participating in mindfulness activities, I feel more calm and clear about what I have to do. It helps me to unwind after recess or lunch and makes me feel ready.

How does mindfulness work?

Some experts believe that mindfulness works, in part, by helping people to accept their experiences—including painful emotions rather than react to them with aversion and avoidance.

Mindfulness techniques

There is more than one way to practice mindfulness, but the goal of any mindfulness technique is to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment. This allows the mind to refocus on the present moment. All mindfulness techniques are a form of meditation.

Basic mindfulness meditation: Sit quietly and focus on your natural breathing or on a word or 'mantra' that you repeat silently. Allow thoughts to come and go without judgment and return to your focus on breath or mantra.

Body sensations: Notice subtle body sensations such as an itch or tingling without judgment and let them pass. Notice each part of your body in succession from head to toe.

Sensory: Notice sights, sounds, smells, tastes, and touches. Name them 'sight,' 'sound,' 'smell,' 'taste,' or 'touch' without judgment and let them go.

Emotions: Allow emotions to be present without judgment. Practice a steady and relaxed naming of emotions: 'joy,' 'anger,' 'frustration.' Accept the presence of the emotions without judgment and let them go.

Urge surfing: Cope with cravings (for addictive substances or behaviours) and allow them to pass. Notice how your body feels as the craving enters. Replace the wish for the craving to go away with the certain knowledge that it will subside.

> I definitely feel a lot calmer after mindful sessions, and it has an ongoing effect throughout the rest of the class. I am able to work better because of the calmer environment, and I am instantly less stressed.



Mindfulness exercises

Basic mindfulness meditation This exercise teaches basic mindfulness meditation.

- ▶ Sit on a straight-backed chair or cross-legged on the floor. Focus on an aspect of your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale.
- Once you've narrowed your concentration in this way, begin to widen your focus. Become aware of sounds, sensations, and your ideas.
- Embrace and consider each thought or sensation without judging it good or bad.
- If your mind starts to race, return your focus to your breathing. Then expand your awareness again.

Learning to stay in the present

A less formal approach to mindfulness can also help you to stay in the present and fully participate in your life. You can choose any task or moment to practice informal mindfulness.

Attending to these points will help:

- Start by bringing your attention to the sensations in
- Breathe in through your nose, allowing the air downward into your lower belly. Let your abdomen expand fully.
- Now breathe out through your mouth.
- Notice the sensations of each inhalation and exhalation
- Proceed with the task at hand slowly and with full
- Engage your senses fully. Notice each sight, touch, and sound so that you savour every sensation.
- When you notice that your mind has wandered from the task at hand, gently bring your attention back to the sensations of the moment.

Mindful feather brushing activity

KATIE CHIN, VISUAL ART TEACHER AND WELLBEING COORDINATOR

In preparation for the Year 10 Visual Art exam, when my students walked into the room they had at their desk the exam sitting there with a coloured feather sitting on top. The reactions from the students were delightful, as they became focussed on the feather—and what we were going to do with it.

Once they settled, I read out the following, with the students completing the tasks involved:





Born breathing, we are naturally equipped with an easy and accessible strategy for anxiety prevention, stress reduction, conflict resolution and self-regulation.

Breathing helps your brain! There are both physical and psychological benefits from deep, calm breaths.

Take a moment now to slow down, breathe in through your nose and out through your mouth. Pay attention to your breaths. Deep, calm breaths can slow your heart rate, lower your blood pressure and even sharpen your focus.

Hold the feather and lightly brush the palm of your hand, paying attention to the sensations while you are doing it. Breathe in slowly with one brush of the feather and breathe out with the second brush.

As you breathe in, brush the feather from wrist to fingertips, breathing out brush from fingertips to wrist.

After repeating this several times, you could feel the energy in the room become calm and focussed. I explained that this feather could be a 'wand of relaxation' strategy for assessments or any other area in life.

I told the students to simply use the feather to gently brush across their face, arms or hands to relax whenever they are feeling stressed, frustrated, or any other strong emotion. Every spot the feather touches, relaxes upon the touch of the feather.

Next, we practiced taking a deep breath. They held the feather in front of their mouth and took a deep breath in and then on the exhale, they watched how long they could make the feather flutter.

I noticed the students appeared more engaged, relaxed and ready to begin the exam.



Reconciliation Week

GERARD MAZZA, RECONCILIATION WEEK COORDINATOR

During Reconciliation Week, as a school community we acknowledged that our school sits on the *boodja* (Country) of the Whadjuk Noongar people. Students considered their role in furthering the cause of Reconciliation in this country.

Forty Years 10 and 11 students viewed a screening of the documentary *In My Blood It Runs*. The powerful documentary gives insight into Indigenous culture, as well as Indigenous experiences of the justice and education systems. After the screening, students engaged in a Socratic Seminar where they discussed the themes of the film. Then, we joined in a livestreamed Q and A with the filmmakers and Indigenous community leaders. Our students had a chance to ask questions about the making of the film and the issues it explores.

Another group of students worked on a beautiful artwork exploring the theme of Reconciliation, which was later displayed in the Library.

Following on from Reconciliation Week, some Year 10 students were inspired to prepare some stimulus material and questions for a discussion of Indigenous deaths in custody and systemic racism in Australia.

These rich discussions were held during a Year 10 Advocacy period. A safe space was opened for students to share viewpoints and discuss topical and difficult issues.

Furthermore, a working group of students from across the school has formed to consider how the school community can support justice for First Nations people and build connections with the Indigenous community.

These students have taken on a range of projects, including organising activities for the school's NAIDOC Week in Term 3. I look forward to seeing what new initiatives come out of this group.

Students work on Reconciliation Week artwork.





Sagar helps lead roundtable Mannkal discussion



Year 12 students interested in Economics and Politics joined former Head Boy, Sagar Badve (Class of 2017), as well as Andrew Pickford, Eva Christensen and Josh Adamson from the Mannkal Economic Education Foundation, for a roundtable discussion on the role of planning in government and how society communicates information. Thank you to the Mannkal Foundation, and to Sagar, for their time leading this very interesting discussion!

Aryan Singh, Sagar Badve, India Creed, Mannkal Senior Research Analyst Josh Adamson, Lavanya Goel, Mannkal Executive Director Andrew Pickford, Hudson Todd and Maankal Content Manager Eva Christensen.

Q&A with Sagar Badve

Where are you studying and what course?

I am studying a double degree of Law and Finance at Curtin University, under the John Curtin Undergraduate Scholarship (JCUS). The JCUS is the most generous and prestigious undergraduate scholarship offered at Curtin. The scholarship has allowed me to travel to Sweden, on exchange, through the international travel stipend, and focus on my studies and extracurricular activities, as my degree costs are covered.

How did you become involved with Mannkal?

During my time on exchange, I was immersed in widely different political and cultural landscapes. Equipped with this new-found global perspective, I sought to explore different political outlooks which serendipitously lead me to apply for the Mannkal Economic Education Foundation Leadership Development Program (LDP). The LDP is a fully-funded scholarship valued at \$20,000 enabling students to interact with leading academics on topics regarding economics, public policy and a free society. Moreover, the program enables scholars to travel internationally to various think-tanks and economic foundations to broaden their knowledge of global economics and politics.

What have you enjoyed about your association with Mannkal and how has it contributed to your growth as a student?

I joined the LDP hoping to gain a deeper understanding of economic and political systems but have been overwhelmed by the amount of effort that the team at Mannkal puts into facilitating success for each of their scholars. Various opportunities have been provided to me including local internships and also the facilitation of major contacts in key interest areas including South-East Asia and the US.

Throughout the LDP I have come to delve deeper into issues while pragmatically examining their true effects on society; rather than previously, merely analysing them on a surface level. Moreover, I have continued to develop the ability to question government policy from different angles and ensure that the systems that are established for the people are truly serving the people.

What will you be discussing with students while here?

Discussion with students will revolve around the key theme of the role of planning in government and how society communicates information. The purpose of the seminar is to achieve a deeper understanding of the ideas and concepts in pre-reading that students will have to read, including notably *I, Pencil* by FEE founder Leonard Read. Discussion will be amongst students with an emphasis on considering alternative perspectives.

What are your plans regarding your studies/career?

Through the LDP I will be embarking on a two-month study tour around either Europe or the Americas, in early 2021. Alongside being a Mannkal scholar I have also been awarded the Georgia Rotary Student Program Scholarship and will attend the University of Georgia (UGA) from August 2021 into 2022. From there I hope to utilise the contacts I have made through Mannkal to gain a better understanding of the US financial and legal system, while also building a nationwide network.

I am particularly interested in the fusion of leadership with business and community, and as such, work closely with the executive team at Path of Hope; a charity focused on breaking the intergenerational cycle of family and domestic violence. I aim to continue to learn and expand my network while providing value to any organisation I work with, and more so, to benefiting the wider community.



Wacky times with fun House activities







House Table Tennis.

Term 2 was a 'wacky' term. With many interruptions due to Covid-19, we were extremely lucky to still be able to run some House activities.

We kickstarted the term off with the House Table Tennis competition where, although we had limits on the amount of people, we had fun with healthy competition playing table tennis and socialising again with our peers after being apart on quarantine break.

Then we had fun competing in the Advocacy competition. We also competed in Computational Linguistics, which challenged our brains to translate sentences. We also held our first virtual House assembly. Although it was quite strange to not be in the House assembly atmosphere physically, our House spirit was still definitely in us!

House Sudoku was also run, where we tested our maths skills to try to solve sudoku puzzles. Finally, we participated in the House



in which students worked endlessly to choreograph a dance and perform it. We will have an amazing term next term, filled with many fun House activities.

Dance competition,





The 'Virtual' House Assembly



House Advocacy Competition



Hard at work with House Sudoku.

Joshua Abrio and Joshua Vong.

Year 7 students trial Italian

SAMANTHA SEE, YEAR 7

Ciao! This term, our Year 7 language class learnt Italian which was interesting and enjoyable. With Prof. Candaten, we learnt some of the basics of Italian and also about the festivals and celebrations that are celebrated in Italy. Throughout the term, we did many entertaining activities and learnt a lot of interesting things about Italy as well.

After we completed our test at the end of the term to see what we had remembered, we made bruschetta (pronounced *broo-sketta*, not *broo-shetta*) in class which was delicious and fun to make and assemble. Overall, Italian has been amazing and a good experience for us.



Angelyn Shindunata, Eric Yun, Samantha See and Skyla Susanto.

Senior Internal Debating Competition



Students in Years 10-12 in our Debating Club had the opportunity to compete in the inaugural Perth Modern School Internal Debating Competition in Term 2. They competed in a variety of debates on issues relating to education, politics, science, and sports.

Teams only received the topic an hour before their debate, and had no access to resources or the internet to aid with their preparation.

Our top two teams faced off in a Grand Final debate in Week 10 on the topic 'That minority characters should only be played/voiced by actors who belong to that minority group'.

After some very persuasive and passionate speeches, the debate was awarded to the negative team who claimed the title of Senior Debating Champion. Congratulations to Year 11 students Ann Cao, Michelle Fernihough, Fatima Merchant, Khushal Shah and Stanley Jolly for their victory!

Thank you to all the debating alumni who shared their wisdom by adjudicating the teams and providing feedback to students.

ABOVE: Martin Evans, Bob Beashel, Calen Watt, Ann Cao, Michelle Fernihough and Khushal Shah face off in the Debating Club internal competition.

'I would recommend debating to other students, because not only is it a fun activity to do with friends, but it also helps develop many important skills such as public speaking, argument construction and debating under pressure.' Hannah Waldron, Year 10

The most challenging debate topic we were given was "That this house would allow terminally ill patients to receive experimental medicine/treatment". It was a difficult topic that required us to carefully weigh the principle and practical outcomes for a range of stakeholders.'

Ann Cao, Year 11

The camaraderie and friendship is definitely the best part about debating—it is a team effort. Another aspect is the ability to discuss current issues that can be quite complicated or frustrating. Debating allows you to take the first step and understand it using a balanced and structured approach in a safe environment.' Huda Zaidi, Year 10





Modernians: where are they now?



ELIZABETH KNIGHT

Elizabeth Knight was a student at Perth Modern from 2012-2016.

Describe your time at Perth Modern School in terms of growing as an individual and a scholar.

Coming to Perth Mod was the first place I had ever truly been able to be myself. At primary school, I felt like a fish out of water. It was the most amazing feeling to find my home alongside 200 other people who were all passionate about learning new things. I'd do anything to have an experience like that again, because it's something that is so rare once you leave school.

What are your favourite memories of your time at Mod?

I don't think that anything can beat the incredible teachers that you find at Mod. I idolised all of my teachers in Year 12—to say that they were passionate and supportive doesn't do them justice. Not to mention the music program, which despite being a sub-par violinist, I really treasure all of the performances in choirs and on Music Tour. I've gone back to some of the places we visited since, and I can't believe how lucky we were to sing and play in some of the most beautiful venues in the world! But of course, the people and the learning environment are what I miss the most.

If you could relive high school all over again, what would you do differently?

The only thing I would change is to invest as much time in learning about myself, as I did about the world around me. I left school with a top ATAR and so many amazing skills and learnings, but I didn't know where I wanted them to take me. Learning about who you are will become your secret weapon after you graduate, because you have so many opportunities from being a Mod graduate, the hardest part is figuring out which opportunity to choose.

Who do you still keep in touch with from Mod after leaving?

I've actually gotten to know lots of people outside of my year group, which is really cool. The sad thing about our school is that everyone becomes so successful and ends up spread across the world so it's hard to get everyone in one place. There are lots of people who I don't see often, but every time I do get to catch up with my Perth Mod friends, even if it's only passing them by at university or in the city, it feels like no time has passed.

What did you study after leaving Mod and what are your current career/academic goals?

I studied Management, Political Science and International Relations, but to be honest most of my education since leaving school has happened outside of the classroom! I quite quickly realised that I didn't want to follow a traditional path, and so I've founded my own startup called Purposeful, which helps young people to create meaningful careers for themselves, so that they are motivated, confident and excited about their futures. My goal is to bring my vision for education and my business to life, and to help as many young people

Why did you choose this particular area of study?

Initially I chose to be in the Bachelor of Philosophy degree at UWA, because it was 'prestigious'. In actual fact, it is a great degree, but only if you want to do research or academia in my opinion. I chose Management because it was the closest thing I could find to 'leadership', and International Relations because I wanted to culture myself about the world around me.

In hindsight, management was not the best choice, but it allowed me to have freedom to pursue things outside of my degree. International Relations was a great blend of history, psychology, literature and languages which I loved. My advice is to pursue what you love learning, because if you love what you do, you will always be motivated to excel at it.







What else have you achieved/been involved in since your time at Mod?

There have been a few big 'wins' along the way, but the achievement I am proudest of is creating my own career pathway for myself and not giving up on what I am truly passionate about.

EMMA BOOGAERDT

Emma Bogaerdt was a student at Perth Modern from 2008-2012.

Describe your time at Perth Modern School in terms of growing as an individual and a scholar.

I think the biggest influence on my growth during my time at Mod were my teachers. I feel incredibly lucky to have been taught by so many passionate people, who worked tirelessly to make sure their students were supported and encouraged. Mod also afforded me so many opportunities to expand my knowledge and challenge myself, particularly being on Student Council which was a real learning opportunity and development of my leadership skills.

What are your favourite memories of your time at Mod?

Many of my favourite memories from my time at Mod came from school trips, be it going on Europe or Italian Tour, field trips for photography, or traveling for extracurricular competitions. It was really exciting being able to go away with friends and I personally loved the chance to get out of the classroom and do something hands on!

If you could relive high school all over again, what would you do differently?

If I could relive high school all over again I would probably stress less and not sweat the little stuff. I think there's a lot of pressure put on young people to know exactly what to do with your life while at school, when in reality there's no rush at all. I think if you try your best, have fun, and focus on being mentally and physically healthy then the other stuff will work itself out.

Who do you still keep in touch with from Mod after leaving?

I've kept in touch with quite a few friends from school, in fact, I'm Maid of Honour for the wedding of two school friends later this year! I'm also in contact with a few former and current teachers, including HASS teacher Anish Badgeri who was actually a classmate of mine at Mod.

What did you study after leaving Mod and what are your current career/academic goals?

I completed a Bachelor of Arts in Political Science and International Relations in 2015 and graduated from the Juris Doctor last year. I was lucky to have the chance to study overseas twice—during my undergraduate degree I did a congressional internship in Washington DC while taking summer school through the University of California, and during my postgraduate studies I did an exchange at Utrecht University in their Masters of Law program.



Why did you choose this particular area of study?

I was always loud and argumentative as a child so naturally I was always told to be a lawyer! Once I got older I realised that fairness and access to justice were important values to me, so pursuing a career in the law seemed like a good fit.

What else have you achieved/been involved in since your time at Mod?

At university I continued my habit of spending more time on extra-curriculars than my studies, particularly through inter-varsity debating and also being elected to the UWA Student Guild. I also had a number of part-time jobs, from flipping burgers to working for Members of Parliament.

This year I commenced my graduate year at Allens, a commercial law firm, and next month I will be admitted as a lawyer at the Supreme Court of Western Australia. I've continued my involvement in debating as a Board Member of the WA Debating League and a school friend and I have taken up Italian classes again—continuing on from our studies while at Mod. I'm hoping to practice law overseas at some point, but who knows what the post-Covid future holds!





Hui Min Tay awarded top scholarship to Oxford University

Hui Min Tay from the Class of 2015 has recently been awarded with a James Fairfax Oxford Australia Scholarship to Oxford University where she will pursue a DPhil in Inorganic Chemistry.

Hui Min won the Beazley Medal: WACE as the top student in WA and went on to study a Bachelor of Science majoring in Chemistry at the University of Melbourne, achieving First Class Honours and winning the Bachelor of Science Medal. Her Honours project was in Inorganic Chemistry, working on the synthesis and characterisation of chiral coordination polymers.

Winning a bronze medal in the International Chemistry Olympiad while at Perth Mod, Hui Min developed a keen intention to pursue a research career. We look forward to hearing of Hui Min's further success in her chosen field of study.

Modernians: where are they now?



GEOFFREY CHEW

Geoffrey Chew was a student at Perth Modern from 2009-2013.

What did you study after leaving Mod and what are your current/academic goals?

After Mod I completed a Bachelor of Design, majoring in Architecture at the University of Western Australia and finished my Masters of Architecture at the Dessau International Architectural Graduate School in Germany. My current goals are to gain some professional architectural experience in Europe, then return to Australia and continue working as an architect or kick off some design projects/businesses.

Why did you choose this particular area of study?

Architecture influences society at a high level and has great potential to make long-lasting positive impact. Everything from the spatial layout to the material finishes can contribute to mood, behaviour, health and productivity of an individual. I chose to study architecture because I want my work to benefit others and help them be happier and healthier.

If you had to describe your journey after Mod with three words, what would they be?

- 1. Unforeseeable.
- 2. Opportunity capitalising.
- 3. Humbling. (I know that's four words. I passed maths, I promise.)

Describe your time at Perth Modern School in terms of growing as an individual and a scholar

Not being able to select subjects related to design and architecture, which is my passion, grew my self-discipline and willpower, two traits that have helped me tremendously on my journey. It was only during university that I could study a course that interested and motivated me, so I would say the majority of my personal and academic growth happened after high school.



If you could relive high school all over again, what would you do differently?

I really wouldn't want to change much as I'm contented with where I am today. Though if I had to do it all again, I would have stressed less about grades.

What is one of the most useful pieces of information you learnt during your time at Mod?

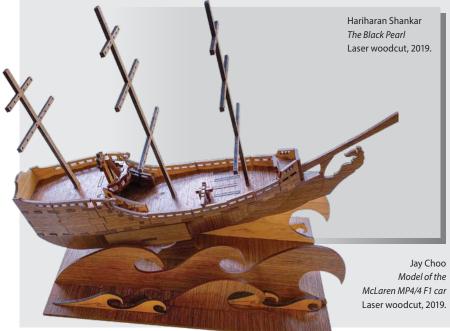
Success is not final, failure is not fatal: it is the courage to continue that counts.

What else have you achieved/been involved in since your time at Mod?

After Mod and undergraduate studies, I have interned at Bing Architects in Malaysia, moved to Germany to study, collaborated with BMW Group to develop prototype 'Leanstyle' Architecture designs, and now I am in Hamburg working at Studio Andreas Heller, competing against some of the biggest offices in Germany and Europe.

Jay and Hariharan donate their laser cut projects to Mod

Two Design and Technology students have donated to the school's art collection their intricate laser cuts made in class in 2019. The laser cuts are on display in their own cased plinth in the Mills building.





Modernians: Lives well lived



The following obituary was featured in The West Australian newspaper.

Skilled WA stockman

John Forrester

Station Manager, Equestrian Born: Meekatharra, 1957 Died: Perth, aged 62

While spectators cheered and the Pilbara dust rose, John Forrester could show his skill on horseback, steering one beast away from the mob of cattle and along a course marked by pegs. In 40 seconds.

The sport is campdrafting, where the ability to ride, make turns and keep animals calm and controlled is tested to the utmost.

He was a keen competitor with a powerful advantage—as a station manager he knew very well the moods and needs of the horses and cattle.

Rodeo, another of his sporting passions, is a worldwide activity in which riders and beasts compete against each other, often with bruising results. Campdrafting, however, is a uniquely Australian sport, played all over the country. It's an all-action day out, attracting competitors of all ages above eight. So keen are its followers that when an equine influenza in 2007 and 2008 took horses temporarily out of the equation, motorcycles were ridden instead.

Campdrafting was leisure for John, but in the arena of work, which involved every aspect of assessing, moving and treatment of stock, he was the go-to man.

Peter Leutenegger, a friend for almost 40 years, points to a Forrester quality not so common in the often rough-and-tumble world of Aussie bushcraft.

'John very rarely raised his voice and certainly never in the stock yards. The cattle were worked as quietly as possible. To him, the welfare of the stock was paramount at all times. This could be difficult, of course, with wild cleanskins (yet to be earmarked and branded) but it was always the way it had to be done.'

John and his wife, Robyn, first came to work for Peter after he bought Napier Downs, 110km east of Derby.

'The Forresters helped in a dozen key ways. The homestead was in dire need of repairs.

They moved in happily and assisted me greatly with selection of bulls and culling of cows, and in building things up.



John Forrester

Our relationship was both professional and personal. In the early days at Napier, John also worked for the Agriculture Department as a stock inspector.'

Growing up in Meekatharra had taught John plenty about the bush. He and his mates played in mine shafts and on Saturdays collected dog dung to sell in pubs. Later in life, he enjoyed reminiscing on those times, waiting till the potential buyers had had a few so they would pay the canny young entrepreneur more readily.

John Francis Forrester was born in Meekatharra on October 18, 1957, the youngest of six children of Kathleen (née Head) and Francis Forrester, a goldminer and barber. Father and son shared the nickname Poss, short for possum.

After attending local primary school, and becoming highly proficient in swimming as well as honing equestrian skills in gymkhana competitions, John moved to the city for a secondary education at Perth Modern that suffered somewhat due to his love of surfing. Counting the waves he caught interested him more than algebra.

Keen to test himself against waves all around Australia's coasts, he left Western Australia for a national odyssey that ended with a serious head injury while surfing. Heeding advise to say out of the water for an extended period, he concentrated on saddlery, making leather items such as saddles, harnesses and bridles,

that would be highly useful for a horseback career. He learned to fix and weld metal better than most bush mechanics.

He ventured north and inland, working various stations including Doolgunna, north of Meekatharra. He would spend most of his adult life in the Pilbara, Kimberley and Northern Territory, taking on his first management post at Meda Station, between Derby and Napier Downs.

In 1986, he married Robyn Villis, who was working as a governess in the Kimberley.

John enjoyed taking part in rodeo up to 2000, when he turned 43, but continued with campdrafting, winning medals at meetings all over WA, from Derby in the north to Coolup in the south.

Praise for the Forrester management expertise, as well as his mentoring of young stock workers, has come from the Kimberley Pilbara Cattlemen's Association of WA. Aboriginal community leaders, with whom he worked at dozens of stations, recall the man who 'gave inspiration and made things

Noonkanbah Rural Enterprises is among the organisations glad of his help.

Out of the gravel, John drove to the sounds, naturally, of Slim Dusty, but also Bob Dylan and to prove his 21st-century cultural credentials, Pink.

While on breaks in Perth, he attended any West Coast Eagles game he could, and often enjoyed a coffee with fellow pastoralists in Cottesloe, near the ocean in which he had once surfed so keenly.

Despite a diagnosis of cancer, he continued working until the end of last year.

He died on April 14, survived by Robyn, their daughter, Amelia, son Bennett, and his siblings, Dianne, Billy, Marion, Susan and

Though never one of Perth Modern's most dedicated students, John went on to be a model self-educator. He loved reading poetry and philosophy, and his dashboard always carried books on plants and birds. Life was too good to waste a single moment.

PATRICK CORNISH

Students support sustainability initiatives



Succulent Workshops

The Sustainability Advocacy and other student volunteers propagated a variety of different types of succulents which they planted in small decorative pots.

A group of Year 10 students then organised two after-school workshops to pot succulents in recycled containers found in op shops and crockery cupboards. Some of the containers were hand-painted by students. The Sustainability Advocacy offered around half of the plants to teachers to decorate their classrooms, and sold the other half to parents attending the Progress Review Day to raise funds for sustainability programs.

It was a fantastic team effort and the succulent pot plants looked amazing!











Beeswax wraps

The Sustainability Advocacy and other student volunteers have been hard at work making beeswax wraps in Semester 1. Beeswax wraps are the new 'in' thing and are a reusable alternative to cling wrap that can be used to keep food fresh.

The wraps consist of coating a fabric—most commonly cotton—with food grade beeswax. The resulting wrap is moldable, graspable and able to be shaped around containers or food products.

The wraps were sold for \$5 each which is a nice comparative rate to what can be found in the shops—as a great gift idea, they sold like hot cakes! It was lovely to see the school community getting on board with this sustainable way of living. The money raised will go towards garden and other sustainability projects.



Strike a Chord Masterclass

PHILIPPA ROY, HEAD OF MUSIC



Violist Eunise Cheng works with the students as part of the Strike a Chord Masterclass.

Students from the Year 10 and Year 12 Piano Quintets and Year 11 String Quartet were fortunate to participate in a masterclass with Violist Eunise Cheng.

Eunise is a highly qualified violist with a wealth of experience as well as a founding violist of the Partridge String Quartet. She ran engaging workshops with the repertoire of each of the ensembles, supporting the students to perform at an even higher level in preparation for their upcoming entries to 'Strike a Chord—the National Chamber Music Championship' competition.

Musica Viva provides the competition and masterclass, and we wish the ensembles all the best with their entries and upcoming performances.





Marimba added to musical instrument collection

The Music Department was recently thrilled to have a beautiful new five-foot marimba delivered to the Perth Modern School Music Department.

Part-funded by the Perth Modern School P&C, this marimba was created for us in Japan and will have its premiere performance with the percussion students at the Term 3 Senior Showcase.

> 'Huge thanks to the P&C — the percussionists are very grateful for a marimba that doesn't rattle!' Won Chen Oin



Modernian in the Spotlight: Elizabeth Gaines

RACHEL PUPAZZONI, ABC NEWS



Elizabeth Gaines the driving force behind Fortescue Metals Group

Even within the high-flying world of corporate Australia, Elizabeth Gaines is something of a stand-out.

While many of Australia's corporate leaders hail from the well-to-do suburbs of Australia's biggest capitals, Gaines was born in Western Australia's remote Kimberley. It was, and still is, a place with a predominantly Indigenous population, where poverty and disadvantage was, and remains, all too common.

As the local headmaster's daughter, Elizabeth Gaines always had a ticket out of the remote region, but says she's carried her childhood lessons with her.

'The importance of education and integration has stayed with me,' says the head of the world's fourth largest iron ore miner, Fortescue Metals Group (FMG). 'I've always been open to change,' she adds. 'You've got to be prepared to adapt to those changes and have that confidence in yourself that you can achieve.'

Seventeen years after FMG started out in iron ore, she's now driving a new direction for one of Australia's great mining success stories, exploring options like hydrogen energy in Western Australia, as well as other minerals like copper and gold in South America.



Seventeen years after FMG started out as an iron ore miner,
Ms Gaines is now driving a new direction for the miner.
PHOTO: FORTESCUE METALS GROUP

The vastness of the Kimberley

An outgoing, sporty and musically-gifted Elizabeth Gaines spent her youngest years living among the predominantly Aboriginal population of Halls Creek — a town, at last count, of about 1,500 people on the edge of the Great Sandy Desert in the north-east corner of Western Australia.

It's this world that Brian Gaines moved his young family to in the early 1960s when he took up his first posting as a headmaster in Western Australia's education system.



In 2019, Fortune magazine ranked Elizabeth Gaines second on its global businessperson of the year list.

ABC NEWS: HUGH SANDO.

'In most of my classes I was probably the only non-Aboriginal child, as well as being the daughter of the headmaster—which is always very popular,' recalls Gaines with a hint of irony.

Gaines, her two sisters and brother lived an idyllic childhood in that vast landscape. 'We would go camping, we would go to gorges, we would drive to Broome to go for a swim at the beach,' she remembers. 'We've been to places in Western Australia and the Kimberley that are now high on everyone's bucket list—and yet we would go there most weekends. 'I actually found that it was a very strong community,' she says of growing up in Halls Creek.

A modern education

After moving around much of regional Western Australia as her father's headmaster postings shifted to the South West and other parts of the state, the Gaines family settled on the outskirts of the city in the Perth Hills.

Following in her older sister and brother's footsteps, Gaines was offered a musical scholarship to the selective Perth Modern School.

Fellow graduates, or Modernians as they're known, include former prime minister Bob Hawke, Australia's 17th governor-general Sir Paul Hasluck, economist Ross Garnaut and Australian Diamonds captain and two-time Netball World Cup champion Caitlin Bassett.

'When it came to me, I realised that pressure,' says Gaines. 'You have to go through three days of testing and interviews and that was the first time I sort of felt that pressure of 'will I actually achieve this?'

'So, at the age of 11 I felt that sense of, not so much competition with them [older sister Alison and brother Bruce], but the challenge of achieving entry into Perth Modern School was actually quite a big thing at the time.'

Gaines was selected for her music ability on the French horn.

'The French horn is one of those instruments you need to practice at least an hour a day and that's just to be moderately good,' she says. 'I don't play anymore.'

The youngest Gaines, Jo, would later go on to complete the family tradition and the four siblings would travel two hours each way to get to school, Monday to Saturday.

'It was a very disciplined environment, in the context of self-discipline,' Ms Gaines says. 'The discipline of community, of practicing [the French horn] and of the six days a week schooling had a big impact.'

It was a big change from her carefree days exploring the Kimberley.

'You had to be there, you had to do the practice and if you didn't, you were letting down the whole orchestra or the whole band or the whole choir—you couldn't be a laggard.'







Class of 1980: Elizabeth is third from the right in front row.

ABOVE: Elizabeth Gaines with Janet Holmes à Court. RIGHT: Elizabeth Gaines says Fortescue's culture is a key to its success. (PHOTOS SUPPLIED.)

Say 'yes' more often than 'no'

Ultimately, music wasn't to be Gaines' future—a career in finance and business beckoned. After making the well-worn pilgrimage to London in her early twenties, she spent five years in investment banking before returning to Perth. In 1997 she landed a role as finance general manager with Heytesbury—the Holmes à Court family company whose vast portfolio once included the rights to The Beatles music.

The company was created in the 1970's by Robert Holmes à Court, who later became Australia's first billionaire. When Gaines joined Heytesbury it was run by Robert's widow, Janet Holmes à Court and owned Margaret River's oldest wine estate Vasse Felix, a cattle company covering large swathes of northern Australia and Stoll Moss Theatre—a company set up by Andrew Lloyd Webber.

Gaines took over as chief executive officer in 2001.

'It was a great opportunity at the time to be part of a company that was quite an interesting conglomerate of businesses,' she says.

But not long after taking the reins, her husband Kevin Manuel was offered a job in Europe that was too good to refuse.

'It was probably always natural that Paul Holmes à Court would be a successor to me as CEO, but it was accelerated a little bit more quickly with our move to London,' says Gaines.

Giving up her first chief executive role and moving to London to support her husband was a change Gaines had not planned.

'But sometimes you have to make that call when you know it's the right thing for your partner," she says. 'I'm not scared by change—I think some people find change very confronting, and it certainly doesn't mean that I haven't been confronted by change at various times. But how you respond to change I think is critical.'

> I think having the attitude that you say yes more often than you say no, can actually lead to a really rewarding career.

Fortescue's evolution

That 'yes' attitude saw her, years later, running a very different business, first as chief financial officer and later chief executive officer of travel company HelloWorld. Gaines also began transitioning to a non-executive career.

She joined the FMG board in 2013 and hit it off with Andrew Forrest who also grew up in regional Western Australia.

'There's no doubt that as we started talking about our backgrounds there was that similarity, and I think more importantly, that genuine commonality about the importance of education and training and therefore jobs and how we'd grown up.'

Gaines says they connected over their shared desire to shape the culture of FMG, a company he founded in 2003.

Culture can take years to develop, but you could destroy it in two weeks,' she says. 'For a different person to come in as a CEO who didn't share some of those same views, somebody with a different perspective—they could actually change that culture quite quickly. It really is the key differentiator for Fortescue, and it's been important to the success of the company.'

Since taking on the chief executive role in 2018, after a stint as FMG's chief financial officer, the company has continued to grow its iron ore output and is now starting to turn its attention to diversification.

'It's taking what we already do and having a forward view and a vision to what the future might look like,' she says of how she wants to see the company evolve. 'If we can identify the right opportunity, there's no reason we can't replicate the success for Fortescue and iron ore in another commodity.'

Last year Fortune magazine ranked Elizabeth Gaines second on its global businessperson of the year list, behind Microsoft chief executive Satya Nadella. The reason, it said, was the 90 per cent total return she'd delivered since starting as CEO in February 2018, compared with the five per cent total return delivered by the ASX 200 benchmark index in the same timeframe.

But she doesn't take all the credit.

'As a team we've worked really well together,' she says of the 5,000 people employed by the Western Australian miner. 'The success at Fortescue over the last 17 years and even over the last two and a half years, I think is testament that we can continue to operate the business and deliver outstanding results.'

While many would argue FMG has proved its value as an iron ore miner (it's share price reached a company high at the start of June) under Elizabeth Gaines' stewardship, it could change into a very different miner in another 17 years.

'I have that vision and think not about what the market looks like today, but what the market might look like in another decade's time.'



New arrivals, fun and success for Team Mod

Baby joy for Kendrie and Talitha

The Maths Department has had two small mathematicians join their team with maths teacher Talitha Simons delighted by the arrival of daughter, Emily, and Kendrie Thomas thrilled with her bundle of joy, Mason.

Kendrie and Talitha enjoyed popping into school recently to show off their precious and super cute new arrivals.

Congratulations also to Science teacher, Kate Bajrovic, who recently gave birth to Ava Isabel, and Drama teacher Jessica Pacecca on the birth of Ivy Marie.

Talitha Simons with Emily and Kendrie Thomas with Mason.



Staff help out with online learning program

Well done to HASS staff members Anish Badgeri, Ray Driehuis, Rick McMahon, Sophie Gaunt and Career Advisor and Wellbeing Coordinator Michelle Edwards for being recognised by the WA Education Department for their hard work in providing resources for online learning platforms developed during Covid-19.

It was a challenging time for many teachers in WA when Covid-19 first arrived, having to quickly put many of their resources online for students and it was wonderful that Perth Mod teachers were so ready to step up and help by sharing.

Anish Badgeri, Ray Driehuis, Rick McMahon, Sophie Gaunt and Michelle Edwards with their certificates of appreciation from the WA Education Department.

Aeronautics fun

The after-school Aeronautics Club have been enjoying time together in Semester 1, sharing their love of everything aeronautical! Aeronautics is described as 'the study of the science of flight' and 'the method of designing an airplane or other flying machine'.

Students have been enjoying using drones and programming their computers to further their understanding of flight systems. Understanding what makes something fly without crashing is a fun way to spend an afternoon!







House Dance 2020

MELANIE WILCOCK, HOUSE DANCE COORDINATOR



The efforts of those students and teachers who spent weeks choreographing and practising their Haunted House House Dance was acknowledged during the Mufti Day Virtual Concert. In the year that is 2020, what would normally be performed in front of an audience, was performed, recorded and shown 'virtually' to all. The dances were choreographed by students from Years 7, 8 and 9 and they all looked fantastic in their costumes.

House Dance 2020 was a successful, enjoyable and thrilling experience. Being House choreographers has been a wonderful opportunity, as it has been such a joy to explore our concept of a haunted house, create our choreography, teach the students in our House and perform in the theatre. It was a great experience overall and a fantastic way to meet people from other years. This year House Dance was filled with great costumes, fun games and amazing dancers. It was very exciting to finally perform our dances, even though this year we could not have an audience,

it was hard work and we were quite worried, but the final rehearsal went really well, with everyone putting in a lot of effort and trying their hardest. Congratulations and thank you to everyone involved. We hope you all had an amazing time in House Dance 2020.

House Dance Choreographers











Aquatic Recreation: from classroom to Trigg Beach

SARAH LIGHTFOOT, HEALTH AND PHYSICAL EDUCATION TEACHER

Whilst restrictions stopped Aquatic Recreation students leaving the school to go surfing, they learnt about water safety and surfing technique in the classroom. Curriculum included sun protection, rips and currents, marine creatures and stingers, beach flags and signals and monitoring weather patterns.

At the end of term, students were lucky enough to participate in three surfing sessions at Trigg Beach. During these sessions students learnt the correct pop up technique on the sand and then put their skills to the test when they hit the water.



After being stuck at school due to Covid-19, it was great to get outdoors and go surfing. Although rainy and cold, it was an amazing opportunity and a lot of fun to learn this skill along with our peers. It was a memorable experience and the highlight of 2020.

Anais Richard and Sophie Roads

Coming out of school to go surfing was extremely thrilling. I thoroughly enjoyed the surfing at Trigg Beach, where I could flex my surfing ability. Conor Blycha

Surfing was a great learning curve and came with an immense amount of satisfaction as I stood up on a wave for the first time.

Ben Hurst





ABOVE: The waves at Trigg Beach were a great size for beginners. RIGHT: Ben Michael, Lewis Minns and Xavier

FAR RIGHT: Arkie Disney and William James.

RIGHT: Surf's Up! **FAR RIGHT: Kiara** Arthur, Anais Richard and Sophie Roads.









Health and Physical Education news



Year 11 Physical Education Studies class puts Tomasso to the test

MIKE BRUTTY, HEALTH AND PHYSICAL EDUCATION TEACHER

The VO2 MAX test is one of several tests used to determine an athlete's cardiovascular fitness and performance capacity. It is based on the premise that the more oxygen an athlete is able to uptake, deliver and utilise during high-level exercise, the more the body will be able to resynthesise ATP to use as energy.

Year 11 Physical Education Studies students had the opportunity to assist in conducting this test on Year 11 student Tommaso Puccini at UWA's Exercise and Performance Centre with their accredited exercise physiologists. The results were impressive.

Tommaso's final result was 73.2 mL·kg⁻¹·min⁻¹. So what does this mean? Below is a table comparing Tommaso to some of the highest recorded scores plus various other elite athletes.

Athletes	Sport	VO2 MAX Scores (mL·kg ⁻¹ ·min ⁻¹)
Espen Harald Bjerke	X-country skier	96 (world record)
Chris Froome	Cyclist	84.6
Rahul Jegatheva (2018 PMS graduate)	Aquathlon	78
Tommaso Puccini	Triathlon	73.2
US Olympic rowing team	Rowing	70.9
Brett Deledio (midfield)	AFL	60
Australian Olympic Soccer team (2000)	Soccer	59.7
Average inactive male	-	35–40



MARK MUIR, HEAD OF HEALTH AND PHYSICAL EDUCATION

As a replacement for the cancelled Cross Country competition, School Sport WA organised a Virtual Cross Country competition. Students sent in their best validated times. An outstanding result was achieved by our Boys Year 8 team of Jonathan Foster, Jett Patterson and Lachlan Sofield who were judged Champion School. Our Year 8 Girls team finished third and Year 7 Girls team were fourth.

Congratulations to the following students who gained top ten results in the respective individual competitions: Year 9 James Chansbury (second place), Year 8 Kirsty Pettersen (third place), Year 10 Nyah Gray (fifth place) and Stella Morgan (sixth place), Year 8 Jett Patterson (fifth place) and Jonathan Foster (ninth place).



MARK MUIR, HEAD OF HEALTH AND PHYSICAL EDUCATION

Many of our students have been dealing with the disappointment of cancelled sporting events during the Covid-19. In an inspired idea from School Sport WA, schools were able to compete in the SSWA Virtual Swimming Carnival.

Teachers sent in the confirmed times of students in the various events that students would have been swimming in at the A Division Carnival. The results have now been released on the School Sport WA website and it was wonderful news for our students to be placed second behind Shenton College.

Individual Champions list:

Heidi Gstaettner (Year 7 Girl Champion) Ethan Chua (Year 9 Boy Third Place) Harrison Sartori (Year 7 Boy Champion) Madison Naylor (Year 8 Girl Third Place) Marc Dickson (Year 8 Boy Third Place) Lillie Sartori (Year 9 Girl Champion)

Sophie Gregory (Year 10 Girl Second Place) Emily Mawle (Year 11 Girl Second Place) Sean Wilkie (Year 11 Boy Second Place) Flynn Burgess-Hamilton (Year 12 Boy Second Place)

Year 7 student Harrison Sartori was awarded a virtual record for his time in the 50 m backstroke. Full event results can be viewed on the School Sport WA website; www.schoolsportwa.com.au



Tommaso Puccini is put through his paces by classmates Matt Holmes and Hugo Watson. For those interested, thoroughbred horses have a VO2 MAX of 180 ml/kg.min and Siberian dogs in the trail-sled race record a staggering 240 ml/kg.min.



ABOVE: Cross Country Champion School: Jonathan Foster, Jett Patterson and Lachlan Sofield. BELOW: Outstanding individual runners Year 8 Kirsty Pettersen who placed third and Year 9 James Chansbury who placed second.





Year 7 Year Champions: Heidi Gstaettner and Harrison Sartori.

Afterschool Art Club

AVA VAN DOMMELEN, YEAR 7



The Perth Modern Art Club is held after school and is where we get to create interesting projects every term. It is super fun, creative and you get to hang out with friends.

The idea behind the Term 2 project came about from the devastation to wildlife from the Eastern States bushfires earlier this year. We imagined tall fire-proof sanctuary structures that the tree dwelling native animals could escape up into.

Using branches, twigs and sticks we wrapped and created supports for them using plaster-infused gauze. The very act of gently wrapping these elements of nature in plaster; like when one has a broken arm, was in itself cathartic, as we thought about the devastation of the fires. We created tall tripod-like structures that looked like tree houses. We then sculpted small animals to sit on the sculptures. They all look amazing!













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