

HOLSWORTHY  
HIGH SCHOOL



REMEMBERING  
OUR PAST  
SCHOOL YEARS  
IN  
DEFENCE

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# 2022

## Defence Transition Mentor Term 1 Update

I would like to take this opportunity to welcome back our families from last year, our new Year 7 students and our new families that have posted into our school. I hope you are all settling in and enjoying the start to 2022.

Thank you to the students that helped me set up for Open Night. Many families were able to see what our school offers to our students from Defence families



This term I have joined the team for our games club which runs on Thursday afternoons from 3-5pm. It was a lot of fun and I learnt how to play games that I had never heard of before. For those families who are not familiar with our



SEEDS (Students, Educating and Empowering Defence students) program, here are the details.

### What is SEEDS at Holsworthy High School?

Seeds is a program run by senior defence students to support, educate, and empower junior defence students and supervised by myself.

### When and Where?

Defence students from Years 7,8 ,9 and 10 will

meet once a term in the Learning Centre. They will only miss the last 20 minutes of one period per term.

### Why?

To encourage open discussion between defence students who would like to share their positive stories, concerns or ideas that may help their peers.

Last year we made a poppy to be included in our ANZAC and Remembrance Day Services.



*Birthday wishes* to the following students so far this year.

**January** – Abigail, Megan, Raymond, Crystal, Brodie, Finlay, Cadell, Laura, and Tiana

**February** – Emma, Brodie, Jack, and Jackson

**March** – Lochlan, Isabella, Amelia, Charmaine, Emma, William, Lachlan, Brooke, and Payton

**April** – Imogen, Carter, and Marc

If you have defence related enquiries, here are the phone numbers and website addresses that may be of assistance to you. I am also always available by phone or email if you would like to discuss any concerns you may have.

Defence Service Centre for members – 1800 333 362

Defence Member and Family Service – 1800 624 608

Stay safe and enjoy your holiday.

Mrs Carr  
Tracey.carr5@det.nsw.edu.au



## Defence Transition Mentor EXTRA

Last year I visited Hammondville Primary School to meet the Year 6 students who were enrolling in Year 7, 2022. We did a project of writing inserts to go into birthday cards for Legacy families. Alan Rawlinson, Chairman of Bankstown/South West Division of Legacy has passed on to us two lovely thank you notes to one of our students (Mia) for her messages.

Good morning,

I'm contacting you on behalf of a dear friend of mine, Muriel Simpson (Peggy). Peggy received a letter from a young girl near her birthday & this has made her so so very happy, you have no idea how excited she was to receive this letter.

Peg doesn't have any grandchildren & this (in her words to me) was like being given a million dollars.

Peg herself has tried to call & tried to reach out to Legacy as she would love to return a letter to this girl. Peg is 95.

I'm just trying to fulfill her wish in returning a letter to this young girl called Mia. I wasn't sure if supplying you a picture of letter helps or not.

Muriel (has been a legacy member for years)

Thankyou & hoping you can be of assistance in making my dear friend happy.

Kind Regards  
Lorraine Sands

Hello Alan,

I spoke with you today regarding a letter sent to my daughter.

I would like to thank Mia for her kind birthday greetings and appreciate her taking the time to do this. Michelle lives with disability, she lives in a group home with housemates and has recently celebrated her birthday with staff and mum. Michelle had a yummy birthday cake, flowers and gifts.

Thank you again Mia for your thoughtfulness.

Michelle and Mum xx

We have invited Peggy, a Legacy widow, to our Anzac Day Service to meet with Mia.

Holsworthy High School would like to take this opportunity to honour and celebrate the life of Mr Ron Brown who sadly passed away on 17th January this year aged 83 after a fall followed by complications from COVID.



Ron was a National Serviceman, which means when he was 18 he was conscripted into the defence force. This was compulsory for every male that turned 18 and was fit enough. They were trained in Australia and if needed would be ready to join our troops overseas. Nashos, as they were known did 3 months

intense training and 2 years in the defence force.

Since 1999 until his passing, he was the President of the National Servicemen's Association (NSW Branch), he also served as Chair of the Anzac Day Dawn Service Trust since 2003 and in 2006 he was awarded the Medal of the Order of Australia for service to the ex-service community.

Ron and his wife Joan were always great supporters of our ANZAC Day and Remembrance Day Services and enjoyed visiting the school and interacting with the students.

Holsworthy High School would like to thank you for your service to Australia, Ron. May you rest in peace.





# SPECIAL RECOGNITION

Congratulations to Laura Perry for being chosen as one of the 20 recipients of the Premier's ANZAC Memorial Scholarship from 125 student applications throughout NSW.

Dominic Perrottet, Premier of NSW wrote in the recent Media Release, "I congratulate the Scholarship recipients, who are being recognised for their positive contributions to their local communities, their respect for the service and sacrifice of Australian Defence Force personnel and their passion for studying history." Laura's application was outstanding, and she should be very proud of herself.

We look forward to hearing about Laura's adventures as she visits significant sites associated with the Second World War in and around Darwin as well as places within NSW.



## NSW ALL SCHOOL SWIMMING CARNIVAL 2022



Lachie had a fantastic day at the All School Swimming Carnival at Sydney Olympic Park this term. He is now off to Nationals in August. Wishing him the best of luck!!

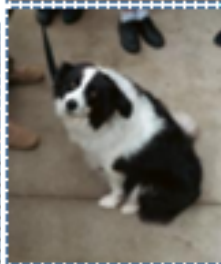
Isabella also had a great day - swimming in the senior relay and also bringing home a medal.

Huge congratulations to them both. What an awesome effort.

## Defence Transition Mentor Term 2 Update

ANZAC Day this year was a wonderful occasion for our school to join back up with our community after a couple of very quiet COVID years. This year as well as commemorating our veterans we also remembered the animals of wartime and the love they gave to our military personnel at some of their lowest moments.

We were lucky to have the Explosive Detection Dogs give the school a demonstration after the service. Thank you to the dogs and their handlers for an exciting look into their world.



The purple poppy is often worn to remember animals that have been victims of war. The Poppies below were lovingly made by a lovely resident from one of our local retirement villages and were then wrapped to be given as a gift for our guests who attended our luncheon.

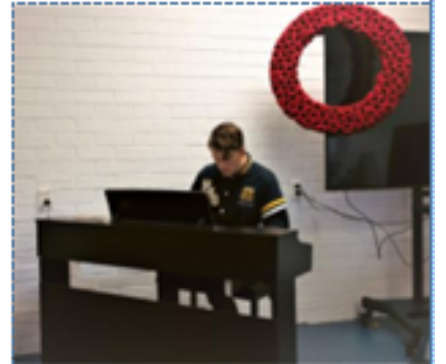


This year we enjoyed the company of Reg WWII Veteran, Alan National Serviceman, Alan Chairman of Bankstown Legacy and for the first time Lynne, Lesley, Jenny, and Wendy from the Australian War Widows NSW Ltd. Peggy a 97 year old war widow was accompanied by her son to the luncheon and they enjoyed meeting Peggy's Year 7 pen pal Mia. We also had the

pleasure of our past Principal John Frew along with past students Hannah and her companion dog in training Jyles and Rhys join our luncheon.

I would like to thank the hospitality class that cooked and served our food. They did a wonderful job. Thank you also to their teacher Mrs Harvey.

Our entertainment was great too. Zander from Year 12 played background music during our luncheon which we all enjoyed very much. He is very talented.



On Saturday 7 May, I was happy to represent Holsworthy High School at the Defence Family and Member Support Welcome Expo at Taronga Zoo. I was able to meet other stakeholders who assist the DFMS and add them to my contacts for future assistance for our students.

I had many families enquiring about the Defence Mentor Program and our School. It was also lovely to see students from our school who were enjoying the day out and who came and said hello and had a chat. As you can see the view was magnificent from my stand.



## Defence Transition Mentor EXTRA

Congratulations to Laura Perry for being chosen as one of the 20 recipients of the Premier's ANZAC Memorial Scholarship from 125 student applications throughout NSW.

Dominic Perrottet, Premier of NSW wrote in the recent Media Release, "I congratulate the Scholarship recipients, who are being recognised for their positive contributions to their local communities, their respect for the service and sacrifice of Australian Defence Force personnel and their passion for studying history." Laura's application was outstanding, and she should be very proud of herself.

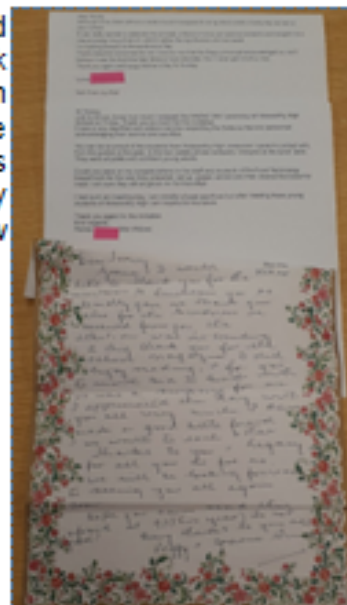
We look forward to hearing about Laura's adventures as she visits significant sites associated with the Second World War in and around Darwin as well as places within NSW.



We also received some lovely feedback from our guest on ANZAC day from the Australian War Widows of NSW Ltd and Peggy a 97 year old widow from Legacy.

### HAPPY BIRTHDAY TO THESE STUDENTS FOR TERM 2.

- Year 7 - Meike
- Year 8 - Jett and Gracie
- Year 9 - Summer
- Year 10- Logan and Eryn
- Year 11 – Ryan, Shquana, James and Bailey
- Year 12 – Raelene



Enjoy your holiday everyone and I look forward to seeing you in Term 3.

Mrs Carr



The TV show Better Homes and Gardens made over Reg Chard's (Holsworthy High School's adopted WWII Veteran) garden and house facade to be included in their ANZAC Day special. Anzac Day is time for us all to reflect and pay our respect to those who served their country with distinction. Better Homes and Gardens chose Reg to give thanks to him as one of the last surviving diggers of the Kokoda Trail Campaign. Reg was absolutely thrilled at the result. Have a look for yourself at the photos attached. If you missed the episode, here is the link <https://www.bhg.com.au/digger-of-kokoda>.





## Defence Transition Mentor Term 3 Update

As Term 3 comes to an end we can look back on some of the activities and achievements we have made.

Firstly, with Year 7, we discussed how they have settled into high school and if they enjoyed it more than primary school. It was a 90% yes to that question. I handed out a bag tag that our Industrial Arts students made for each defence student to attach to their bag (if they wanted to). It is just a way for defence students to identify each other in their year as well as all other year groups. Those that wanted to also wrote a letter to their future self that I will keep to give them either in Year 12 at HHS or to take with them if they are posted out.



Year 8s participated in an introduction to LEAPS (Lawyers Encouraging and Assisting Promising Students). This program is for students in Year 9 who are selected to participate in this program. Mr Aroney the school co-ordinator of LEAPS was kind enough to come to the meeting to explain about LEAPS and also showed a 3 minute clip where students who had completed the program told how much they enjoyed it and how it improved their self confidence.

## PREMIER'S ANZAC MEMORIAL SCHOLARSHIPS (PAMS)



Congratulations to Laura Perry in Year 11 for being chosen as a recipient of the Premier's Anzac Memorial Scholarship 2022.

Laura's application and submitted work demonstrated her deep interest in Australian history as well as a genuine respect for the service.

The scholarship gives Laura a unique opportunity to travel on a study tour to further develop her understanding of the history of Australians at war. Laura will visit significant sites, cemeteries and memorials in regional NSW, Canberra, Darwin, and Sydney from Friday 23 September to Thursday 6 October 2022. During the tour Laura will lay a plaque on her veteran's grave at Rookwood Cemetery, Raymond Owen Venning, as well as reading a speech to her peers about his life and service.

Laura's selection as a Scholar reflects her positive contribution to our school community and beyond.

Laura will be a guest at our Remembrance Day Service, in Term 4, when she will share her experiences with our invited guests. We wish Laura all the very best as she represents Holsworthy High School and the state of NSW on the PAMS tour.



**Holsworthy High School  
would like to commemorate  
Ordinary Seaman  
Raymond Owen Venning  
We Thank You for Your  
Service and Sacrifice  
Lest We Forget**

# Remembrance Day

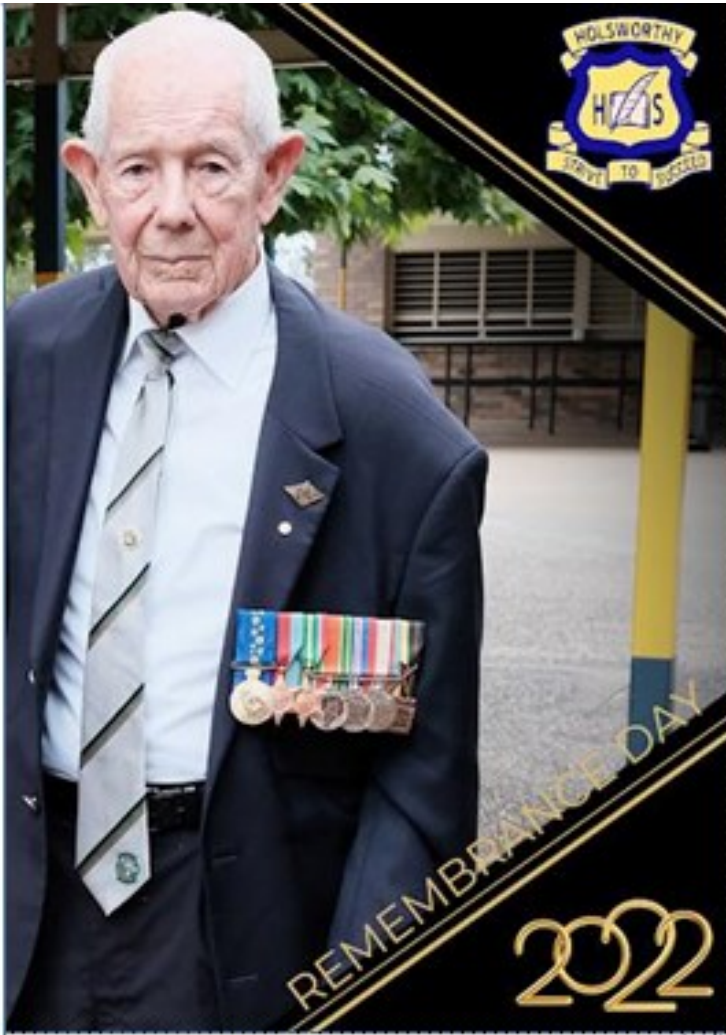
*honouring* Australian service personnel who have died or suffered in wars, conflicts and peacekeeping operations.

11 NOVEMBER



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## Defence Transition Mentor Term 3 Update

On 3rd November our school was invited to participate in the service for the 80th Anniversary of Kokoda Day. Our students laid a wreath at the Kokoda Track Memorial Walkway. Thank you Crystal, Logan and Sheray for representing Holsworthy High School so respectfully.



Our Remembrance Day Service this year was attended by WW2 Kokoda Veteran Reg Chard, National Serviceman Alan and Bob, Vietnam Veteran Kevin, Representatives from the Australian War Widows of NSW, Chairman Bankstown and Sth West Division of Legacy, Brenda and Alan, legacy widows Peggy and her son Graeme, Navy Cadet Laura, Teachers and students.

Congratulations to Logan and Blake for achieving their Certificate of Participation in Junior Construction.



### Birthday wishes for Term 4 to:

Kayden, Noah, Luke, Claire, Zoe, Jess, Pranjul, Zander, Mable, Andie, Charlie, Sheray, Matilda and Lincoln.



Laura Perry who won the Premiers' ANZAC Memorial Scholarship is pictured below giving her speech at Rockwood Cemetery Naval Section about her Veteran Raymond Venning who died at the age of 19 when a missile hit the HMAS Kuttabul in Sydney Harbour. Our School had a plaque printed to put on his grave along with a Monkey Fist Knott that was made by Laura.

When Laura returned from her travels within Australia with PAMS she was asked to present a powerpoint at the Area Principal's meeting as well as in front of Holsworthy High School at our formal assembly.



I would like to wish everyone a happy, safe and fun break and look forward to seeing you again next year.

For those families that are posting out I wish you all the best within your new community and hope you never forget your time at Holsworthy High School.

Goodbye and goodluck.

*Mrs Carr*

If you have defence related enquiries, here are the phone numbers that may be of assistance to you.

Defence Service Centre for Members  
- 1800 333 362

Defence Member and Family Service  
- 1800 624 608

# 2021

## Defence Transition Mentor Term 1 Update 2021

Welcome or welcome back families

Well here we are at the end of Term 1 already. It has been a busy start to the year with lots of families posted in and our new Year 7's starting from our surrounding primary schools. They have all done really well settling in and it has been nice to get to find out more about their likes and dislikes of school life.

At the end of last year students from Holsworthy High School sent out a lovely hand written Christmas cards to several of the residents of Hammondville Nursing Home. These residents were very thankful as they do not normally receive anything.

Also in December we supported Legacy by preparing care packages along with a personalised Christmas card for 10 Legacy families. They were delighted to receive the packages and loved all the goodies inside.



*Josie and son were over the moon when receiving the care package.*



*Anne was very thankful.*



*Ruth was so happy.*

Our next project is to make generic male and female birthday cards for residents at Hammondville Nursing Home. Our students will help design the card and write a personal message to each resident. I would be grateful to receive any ideas for card design and wording. Please email me [tracey.carr5@det.nsw.edu.au](mailto:tracey.carr5@det.nsw.edu.au).

Defence students from Years 7,8,9 and 10 participated in our (SEEDS) Supporting, Educating and Empowering Defence Students program. Senior students spend 20 minutes once a term with each of these year groups. This term was about getting to know each other. We also discussed the idea of a way that defence students can recognise each other. They all seemed to like a key ring style of art to hang from their bags. I am also happy for your ideas. If this is something that you would rather they didn't have, please let me know

I look forward to receiving some ideas. Thank you.

*Mrs Carr*



## Defence Transition Mentor Term 2 Update

Hello students and families

At the beginning of this term, Holsworthy High School held our ANZAC Day Ceremony. We were proud to have our Cadets from the Army and Navy enthusiastically march in front of their peers and teachers. Reg Chard, who will be 98 years young this year, recited the ODE for us and stayed for an informal morning tea. The students are always happy to see Reg and have a chat with him.



During our service this year, our newly formed Holsworthy High School Band performed the National Anthem. Thank you Mr Bjazevich for taking your personal time to rehearse with the students. Thank you also to the students for your dedication. Your performance was very pleasing to see and hear. Reg thought you were marvellous!



We are pleased to show you our newly produced signage which was installed just before ANZAC Day this year, I think it finishes off our memorial garden and our Lest We Forget mural beautifully.





Holsworthy High School would like to take this opportunity to congratulate Mr Reginald Chard on being awarded an Order of Australia Medal For his service to military history and to veterans.

Below is the announcement by the Kokoda Memorial Walkway which we absolutely agree with.



"We are thrilled to congratulate Reg Chard on being awarded the OAM in today's Queens Birthday Honours.

Reg is one of our long-serving guides at the Kokoda Track Memorial Walkway and over the past two decades has earned the respect and love of thousands of school pupils with whom he has shared his personal stories of the New Guinea campaign during World War II.

Reg will celebrate his 98th birthday on 31 October, having enlisted when he was not quite 19, and then finding himself face to face with the enemy on the Kokoda Track within weeks of completing his initial training. Reg served with the 55/53rd Australian Infantry Battalion.

Two years ago Reg was given a standing ovation when he delivered the keynote address at our Kokoda Day commemoration service. He has also devoted many hours in helping with maintenance at the Memorial Walkway and the Rose Garden.

Reginald James Chard NX134343: we salute you for your service during WWII and for your untiring efforts to educate young Australians about the sacrifices made by your generation! Congratulations, Reg Chard OAM."



Towards the end of this Term students from Holsworthy High School visited Hammondville Public School to make inserts for Birthday cards with Year 5 and 6 students for both Hammondville Nursing Home and Legacy.



Congratulations to all the students that participated in this year's athletics carnival and cross country events and for those who made it all the way to the Zone carnivals.

ENJOY YOUR HOLIDAY! *Mrs Carr*

## School Transition Mentor Term 3 Update

Well here we are at the end of Term 3 and to say it has been an unusual term would be an understatement. However, we made it! Congratulations to all the families, students and staff who have worked so hard to make it through this very unique experience.

For myself I have had to think of ways to engage with the defence students and other students that I would spend time with during a "normal" school day. They say a picture says a thousand words, enjoy the photos below.



"Shapes" taste test has become a favourite activity during our Learning Centre Lunch group with myself and Ms Brown. These are the things we vote for:

- Presentation of the box, is it inviting, suits the flavour of the shape.
- The shape of the shape and presentation. Can you see the flavour?
- Taste, most important, for me 3/5 points come from this category.

- Smell
- After taste.
- Residue on you hands.

Each student rates the flavour and we have the students work out the average score to give us that flavours position.



We have scheduled a Friday zoom lunch meeting with our regular Learning Centre students each week over this term. We've had dress up lunches, sent emails to students celebrating birthdays and have even celebrated a birthday during one of the lunches.



I have challenged students by joining them in some of their school work. I have absolutely no ability when it comes to drawing, however I was able to watch a youtube video to draw this eye which was something that some of our students had to submit. I figured if I could do it they could too.



## School Transition Mentor Report continued

Our school had a week where we asked staff and students to participate in an activity for Veteran's week.

Dear Hero, Heroes and amazing people out there!

You're amazing all of you play a part in ensuring our community Australia, ok maybe NSW is kept safe. You allow your loved ones to help us and save us from war or hardships.

Sometimes our loved ones pass away but if you think hard about it they were helping everyone and that is amazing!

Regards Grace Thompson

Dear Veterans

I thank you from the bottom of my heart for everything you have done for me.

Even though it is tough at the moment, I am so blessed to call myself an Australian.

Thank you for your sacrifice so I can live in the best country in the world.

Jacqueline Brown



To our Veterans,

"Our Veterans and their families are an inspiration to our school community. We are honoured to have them enjoy our support and join us during our times of commemoration. Let us not forget!"

The above statement is something I can very closely identify with. I have attended Anzac Day services at Holsworthy High School for the past 27 years and I am always very proud of the way our school community conducts itself at these special commemorations.

As a young child, I always attended the Anzac Day Service at our local Servicemen's Club with my parents and siblings and have continued to attend the Dawn Service with my own family as well.

It is an important day for us, in particular my mum who is now 81 years old as she brings out the photo of my Grandfather and his medals for the day. I never knew my Grandfather as he passed away when I was very young. My Grandfather was an Engineer in the Second World War and was sent to Papua New Guinea.

We have a unique privilege at our school, where our school community has the opportunity for our Veterans to attend and be part of our commemorations.

It has been very important for our school community and students but it has given me a link to my Grandfather through his involvement in the Second World War. It allows me to have a glimpse of the man I can only see through photographs through the man who are still present with us today.

What a privilege I have been given.

Thank You to our Veterans and their families as you are an inspiration to our school community in many different ways and I am honoured to have had the opportunity to be part of a school that supports and understands the importance of our connection to our Veterans.

Ms Rowena Booker

Lastly and importantly we had the opportunity to raise money for Legacy this term. Our school always dedicates a week in September to selling merchandise at school, however this year we needed to raise money in a different way. Legacy had organised a Lunge for Legacy 2021 Event which we became involved in. Our staff and students participated in the event to reach our goal of 5,000 lunges which represents 1000 for 500+ families who have lost a veteran to suicide, 3000 for the number of families that are affected by suicide and 5000 for veterans who struggle with PTSD. As of the date of this newsletter our school has raised \$625 with an aim to make \$1,000. Thank you to everyone who helped raise this money for Legacy, I know how much they will appreciate it and the happiness it will bring to others.

Lunge for Legacy 

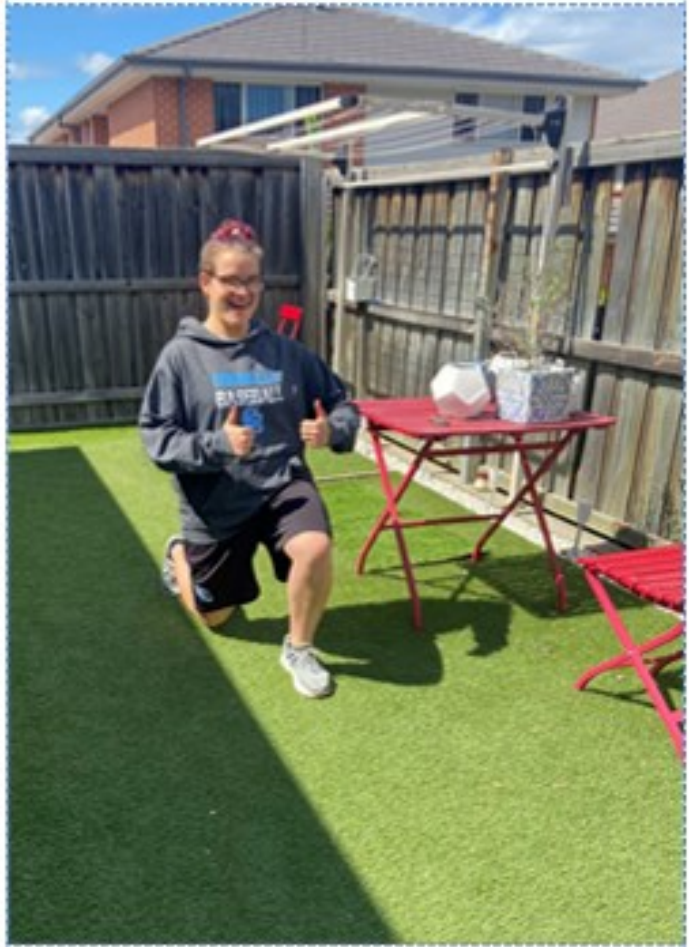
# Let's GO!



1000 lunges  30 days

September 1st - 30th

#LungeforLegacy @LungeforLegacy  Supporting our veterans' families



## School Transition Mentor Term 4 Update

Term 4 started slowly with everyone returning back to school but then, WOW we got a lot of activities done.

### Legacy Christmas presents

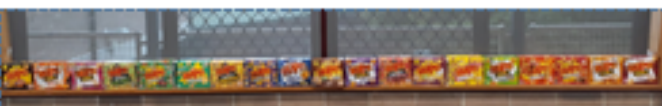
Thank you to the students in the Support Unit who helped pack our legacy Christmas presents this year. Emily, Tina, Destiny and Ariana. I am sure Eileen, Claudia, Eileen, Roma and Monica will get a lovely surprise.



Holsworthy High School also had a faculty Christmas door decorating competition, here is our entry. Thank you Summer for helping me.

Before the covid lockdown and during the lockdown Ms Brown and myself and our recess and lunch groups were taste testing Shapes. Our technique was to consider the following:

- Presentation of the box
- The Shape of the shape - does it match the flavour
- Can you see the flavour
- Taste
- Smell
- After Taste
- Residue on your hands



We were invited to join a zoom with Arnotts Marketing Team and Head Chef for them to show us the correct way to taste test and for us to share our ideas.

They were extremely impressed with our students' suggestions and you never know maybe one of them will be developed and put on the shelf at a leading supermarket.



### Students feedback from Shapes Taste Testing Meeting with Arnotts Marketing Team and Head Chef

In my belief this experience was not only great but unique.

I was able to learn the different roles within the Arnotts factory in depth and was able to learn how to scientifically taste a food. I was quite surprised about the whole process and that they are able to have so much fun at the same time. I was also pleased that they were excited and happy with our wonderful ideas we were fortunate enough to give them.

**Justin – Year 9**

## School Transition Mentor Report continued

It was very good to see how to taste Shapes properly. I was surprised about when you close your nose and then put a Shape in your mouth there is no flavour when you unblock your nose and bite the Shape there is a big flavour boom.

### Andrew – Year 8

This incursion was very interesting and I was amazed by the process it takes to make a flavour, especially the science. I learnt the different areas of taste on my tongue. I also found the blocking of my nose and tasting and the difference that makes to the flavour.

Overall it was a fun experience. I hope there is a part 2 (maybe in person).

### Korey – Year 9

#### Kokoda Day

3 November I was invited to the Kokoda Day Service at the Kokoda Track Memorial Walkway. After the service we were able to view part of the new virtual reality program that will be available for school students to watch when they visit. I was also able to purchase two copies of the new book *Their Spirit Lives on* by John Gatfield, which WWII Veteran Reg Chard autographed for us.



I would like to take this opportunity to wish everyone a happy and safe Christmas and look forward to seeing you in the New Year of 2022. For those students and families that are posting out, it has been a pleasure having you at our school and I wish you well for your next destination.

Good luck also to the Year 12 Students who have now completed their HSC and graduated. Enjoy the next chapter of your life.

*Mrs Carr*



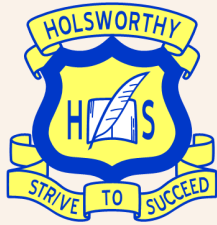
# SEEDS

Supporting, Educating and Empowering Defence Students

*“All the flowers of all the tomorrows are in the seeds of today”*

*Seeds booklet created by Defence School Mentor Tracey Carr  
and Year 11 Defence Student Madi. 2020*





## What is SEEDS at Holsworthy High School?

Seeds is a program run by senior defence students to support, educate and empower junior defence students.

### When and Where?

Defence students from Years 7,8 ,9 and 10 will meet once a term in the Learning Centre. They will only miss the last 20 minutes of one period per term.

### Why?

To encourage open discussion between defence students who would like to share their positive stories, concerns or ideas that may help their peers.

## General Information

Privacy is of the utmost importance and is highly respected. Students that do not wish to attend just need to let Mrs Carr (Defence School Mentor) know. Also it is OK to come to the meetings and just listen, you never know what you may learn.

Handouts and upcoming defence events will be handed out as well as emailed to parents/carers.

## Yearly Activities/Excursions

Each year defence students are offered to participate in:

- ANZAC Day School Service and veteran luncheon.
- Remembrance Day School Service and veteran luncheon.
- Visit to local Aged Care facility
- Opportunity to visit surrounding primary schools to do volunteering activities. To benefit our local community.
- Volunteering to sell merchandise for Legacy
- Preparing care packages to send out at Christmas

Twice yearly we visit the Kokoda Track Memorial Walkway in Concord to help WW2 Veteran Reginald Chard tidy and clean the track, creek bed and information stations.

Reg is 98 years old this year (2021) and still volunteers every day at the track taking school tours and explaining about his first hand experience on the Kokoda Track in 1942.





**TRIBUTES TO OUR VETERANS  
FROM HOLSWORTHY HIGH SCHOOL STAFF, STUDENTS, PARENTS AND OUR COMMUNITY**



**ANZAC DAY 2020**

## Defence Transition Mentor Term 2 Update

Firstly, let me congratulate all the students and parents that survived the isolation learning period at home. I am sure it is something you will always remember. I know I will.

Most students did well working from home and some needed a little extra encouragement. It was difficult not seeing the students faces each day and only really communicating through emails.

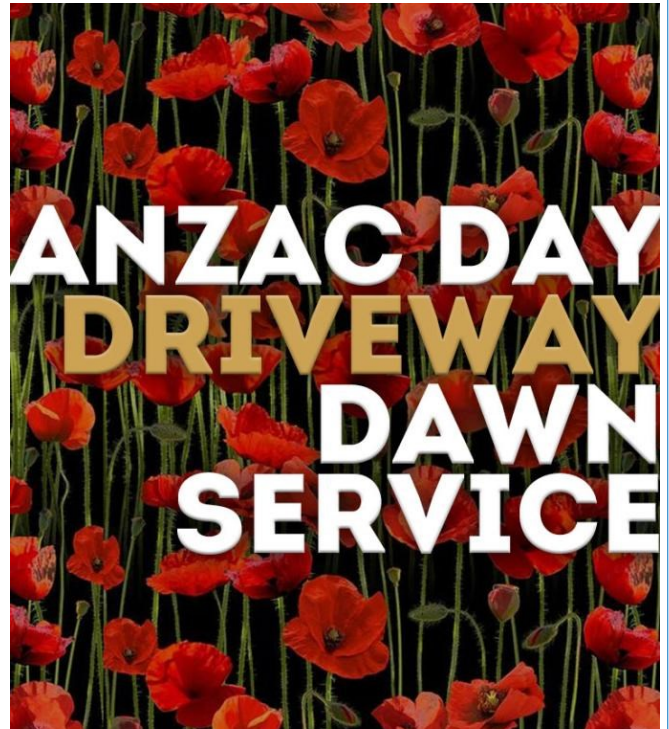
ANZAC Day was especially unique this year. Although we were not able to spend it in our usual way or have our yearly commemoration at school with our student cadets and our veterans who visit our school each year, we did, as a community put together a booklet to honour our military personnel from the past and present. This booklet can be found on our school website.

Also a big thank you to many of our teachers and students who commemorated ANZAC Day on their driveways and balconies and sent me their photos which I have also included.

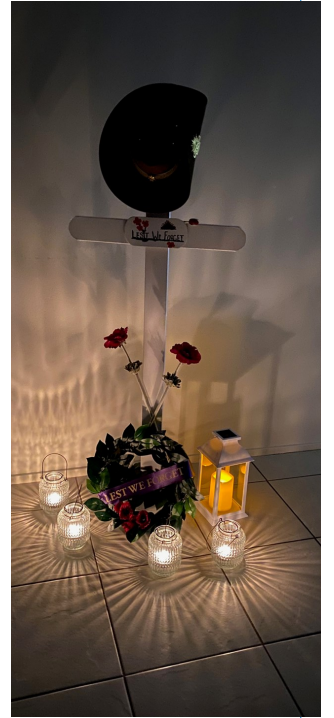
By now all Defence families should have received a letter from Mr Watkins and myself in regards to member absences. If you could kindly remember to let me know when a member will be away deployed on exercise/training or MWDU it would be very helpful for myself and your child/children.

Enjoy the upcoming school holidays, stay safe and I hope to see everyone's smiling faces in Term3.

Mrs Carr



Teachers, students and their families commemorate ANZAC Day on their driveway. More pictures on the next page



## Defence Transition Mentor Term 3 Update



This link explains how important Legacy is to Defence families <https://www.youtube.com/watch?v=DV2WrEpr-iA> Interview with Prime Minister and Legacy Families.

Holsworthy High School is happy to report that we raised \$600 for Legacy. Thank you to the students that helped me every lunch time, Korey, Madi, Justin, Andrew, Seinna and Charlotte. A big thank you also to the staff, students and families who supported Legacy this year.



To compliment Year 9's history lessons on WW2– **KOKODA EXPERIENCE AND CONDITIONS**. Reginald Chard WW2 Kokoda Veteran was generous enough to let us ZOOM with him into school from his home in Villawood.

The students had questions that they had prepared to ask Reg about his life and time on the Kokoda Track. One by one they took their turn to ask questions which were answered in full and honestly. Such a wonderful opportunity for these students!

We also discovered that one of our families from Holsworthy High School is a relative of a soldier and friend that died next to Reg during WW2. Reg was able to talk to that family and tell them what he knew about their relative and show them some photos from his photo album.

There were some very moving moments between Reg and the students and I thank you all for participating.



Fast forward to the 75th Anniversary of the end of the Second World War which is commemorated by Victory in the Pacific Day on 15 August. Our Year 9 History classes were lucky enough to talk with Reg via Zoom from his home and ask him questions about his WW2 experiences which complimented their class topic - Kokoda conditions and experience.



Good luck to Year 12 in their upcoming HSC exams.

Parents/caregivers please remember to phone me, email me or come into the school if I can be of extra assistance to your child/children while a parent is away on training, deployment or living away from the family. Enjoy your holidays and I will see you in term 4.

*Tracey Carr*

*Defence School Mentor*

*[Tracey.carr5@det.nsw.edu.au](mailto:Tracey.carr5@det.nsw.edu.au) or*

*Ph: 9825 2888*



## AN ENGLISH SPEECH BY CHLOE FROM YEAR 9 -TOO GOOD NOT TO SHARE

As you scroll through your social media platforms, do you ever compare yourself to the images that you see? Looks don't matter, your perfect the way you are, beauty is only skin deep. We hear these sayings, and yet we live in a society where they don't follow these statements. If looks don't matter, why do people edit, use filters and wear makeup in photos, because it hides the flaws that they have? If looks don't matter, why do people have to be ashamed or insecure, because they are unhappy with their physical appearance. They are influence by the way society is promoting body image.

The use of social media has grown dramatically in last decade, making body image issues even a bigger problem. Is social media bad for your self-esteem? Studies show that 40% of the world uses social media platforms at least 2 hours per day. With social media playing a big part in our lives this is most likely going to affect your mental health. Social media offers the change to connect with others, but unfortunately hurts your self-esteem. At a young age we are trained that we have to look a certain way and have to wear certain things to be beautiful and pretty this is because we are influenced by what is displayed on our screens. What are displayed on our screens?. Images that highlight perfection and ignore flaws.

What is the ideal body type?. In society there is an ideal body type and shape that people are convinced that they need to follow to feel and appear attractive. Everyone can and might feel insecure about their appearance at times. Studies show that body image issues are mainly associated with girls, but boys can be affected by it, too. Most people I know or spoken to have told me that they want to appear attractive by being slimmer, having abs and a smaller waist. I have had an experience when a younger girl has weighted a bit more than me, and they asked me why are you so skinny?, how are you so skinny?. I had to explain why I have an appearance like I do in the best way possible so she grows up knowing that no matter what you look like you're like that for a reason. Although i don't have bad mental health when it comes to body image issues, I do received bad comments such as, "you're too skinny", "eat more meat", "eat something", "are you anorexic". This is the reason why this world issues is a big problem because it affects peoples mental health and nobody, no one should have the right to shame or criticise someone appearance.

Do you ever have a feeling that you're not or will never be good enough? I admit that i have. I want to show people that it's alright having little insecurities but in the end you have to be proud in your own skin. In Australia 30% of women are concerned about their body image issues but boys have a lower percentage of 15.4%. You look and appear like that for reason, not matter what people say you're beautiful and no one should have the right to tell you otherwise. Social media might affect your thoughts about yourself but remember they only highlight perfection and ignore flaws. This is why social media plays a big role in peoples body image worries because their comparing themselves to what is shown on that platform and often think and judge themselves to be the worst.

Body image is a issue that needs more attention and help to prevent peoples mental health from drowning in the future. This conversation needs to happen now.

Chloe Year 9



REMEMBRANCE DAY 2020

*Yesterday, Today and  
Tomorrow*

*We are grateful for you.*

*Thank you for your service.*





## In My Park

In my park is a Horse statue  
Which few people know  
of when you look closely  
Some things start to show  
It's cold and emotionless  
It reminds me of war  
It's dull smoky appearance  
represents what they saw  
Their riders were told  
That their horses remain  
In a country afar in a land they  
lay slain  
There's more to the statue  
than the eye will first see  
when the sun light shines on it  
it almost seems pleased  
As it honours the sacrifice  
of men an horses deceased  
So, children like me remember  
Not war, not death, but peace

By Sione Year 7

AUSTRALIAN  
WAR MEMORIAL

H05924

*To all our Veterans, those passed, survivors and currently serving.*

*During these uncertain times of COVID-19 there is one certainty  
- **we will always be grateful and thankful for your service.***

*On November 11, 2020 at 11am Holsworthy High School will commemorate Remembrance Day. Although we will be having our normal service and our student cadets will march and form a catafalque party, this year it will be without the presence of our special guests from WW2, National Servicemen and Vietnam and currently serving defence members. **We will remember you.***

*The poem 'In My Park' was written by Sione who was a Year 7 student in 2018. His poem was entered into the Armistice Poetry Prize competition and took 1<sup>st</sup> place in his age group.*

*The poem 'Remembrance Day' was written by Cameron who was a Year 11 student in 2019 and this poem was a finalist for the Premier's ANZAC Memorial Scholarship.*

*Both poems show the respect and interest that our school students still have for the sacrifices made by you.*

*We look forward to seeing you next year.*

## ***Remembrance Day Poem***

I hold the poppy in my hand,  
I remember.  
The day chaos turned to silence,  
On 11 November  
I imagine the seconds running by  
See the soldiers die  
Spread their wings to fly  
Leave their bodies behind.

I hold the poppy in my hand,  
I see  
The bloodshed that gives it its ruby sheen  
The bloodshed that spreads along Flanders's fields  
Infecting his yields  
With its disease

I hold the poppy in my hand,  
I feel  
The seeds rubbing against my fingers  
Hard as steel  
Like the bullets cutting through  
With no remorse for the troops  
They fall down, as everything turns black,  
Turns the seeds black

I hold the poppy in my hand  
I smell  
The opium putting loved ones  
Under its spell  
Having lost their Prince Charming  
Slowly disarming  
They fall into sleep  
Forever in grief.

I hold the poppy in my hand,  
I remember,  
The bravery of those men  
Who put their lives before us women and men  
To protect our haven  
Before going to heaven

I hold the poppy in my hand  
I remember.

**Cameron Year 11**

# REMEMBRANCE DAY 2020

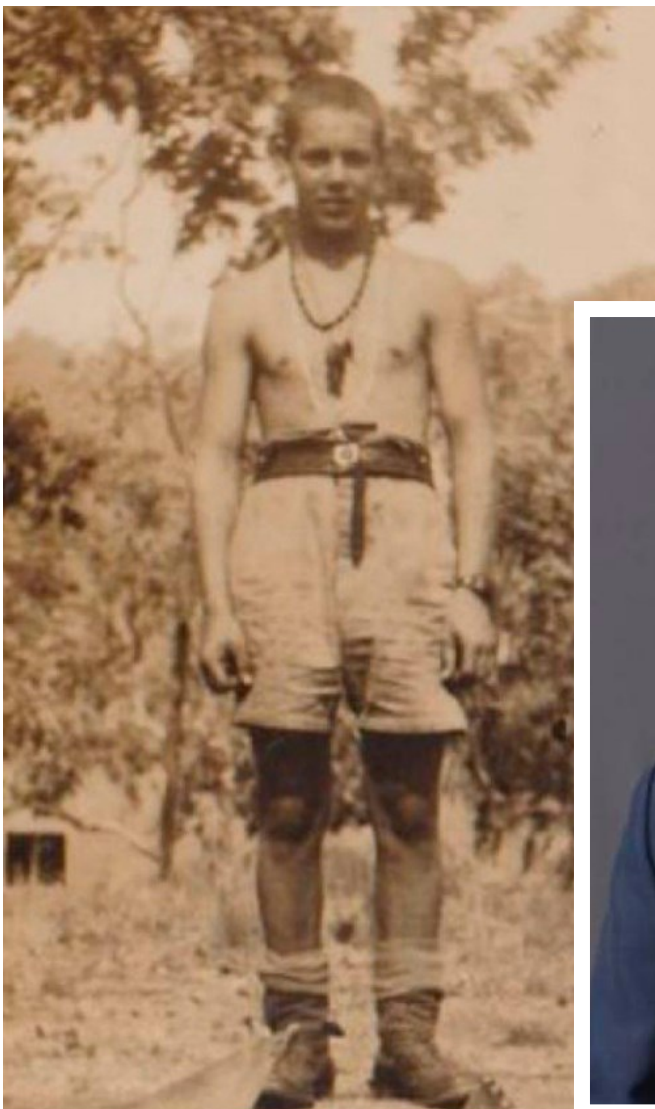






Our resident pod-casters Adam and Charlize were privileged to record a podcast with Australian War Hero Reginald Chard for Remembrance Day. Please use the link to listen to the podcast.

<https://bcove.video/38sD2MV>

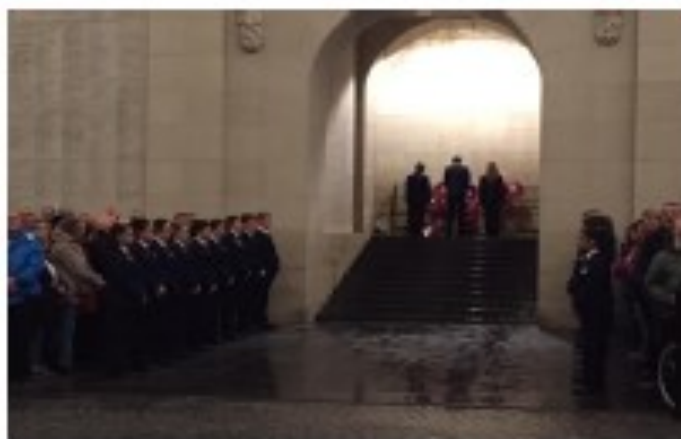
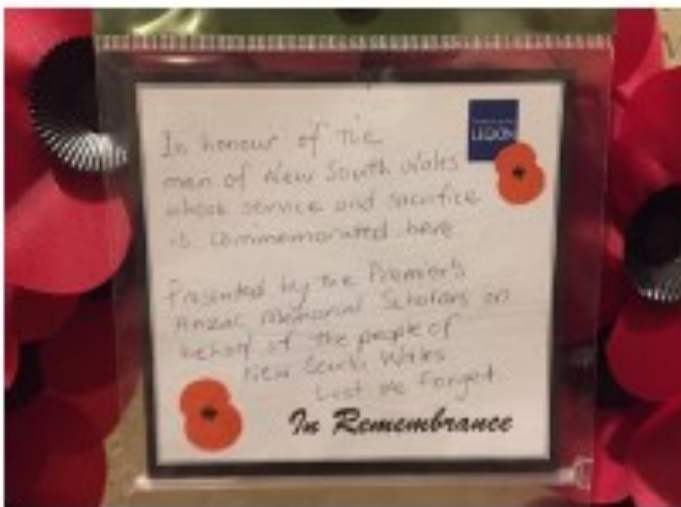


# Preparing care packages for Legacy families in 2020





# Premier's Anzac Memorial Scholarship



2019



# Sailor's with Disabilities



This activity uses sailing as a tool to build confidence, self-esteem and new relationships.

The students start to focus on what they can do instead of what they can't.

This is a free program that we enrol our students with disabilities in who are interested in learning new skills, interacting with new people. A couple of our defence students attended this year with some of our civilian students.



**Legacy is a charity providing services to Australian families suffering after the injury or death of a spouse or parent, during or after their defence force service. We currently care for 52,000 beneficiaries, including 1,845 children and disabled dependants throughout Australia.**

Each year HHS sells merchandise to raise money for Legacy. Our students happily volunteer their recess and lunch times for this worthy charity.

# HOLSWORTHY PUPILS CONTRIBUTE



REG CHARD WITH HOLSWORTHY PUPILS

When Tracey Carr, Defence School Mentor at Holsworthy High School, asked pupils who would like to spend a day helping to maintain the Kokoda Track Memorial Walkway, she received more responses than she could fit into the school's 25-seater bus.



CLEANING OUT DEBRIS

The volunteers included some of the 66 children enrolled at Holsworthy from Defence families posted to the area.



MAKING A CHANNEL TO HELP WATER FLOW

"We have a strong connection with Reg Chard, as one of the last remaining WWII veterans of the Kokoda Campaign, and I am very proud of our students who love to help Reg with the maintenance of the Memorial Track," says Mrs Carr. Twice a year the Holsworthy HS students visit, and their tasks on 2 August included cleaning the stations and moving the rocks in the creek to clean out debris and make a channel for the water to flow freely.



MS BROWN PULLING OUT REEDS

"Our careers teacher Ms Brown stood in the creek for two hours pulling out the reeds so that the water could flow properly," said Mrs Carr.

The KTMW is extremely grateful to the Holsworthy HS pupils and staff for their valuable contribution.

## The Kokoda Track Memorial Walkway

In Term 3 we took our annual pilgrimage to the Kokoda Track Memorial Walkway at Concord. Our students did a marvellous job cleaning the track and creek bed. WWII Veteran, Reg Chard at 96 years of age and who still volunteers his time at the track to educate school students from all over NSW is always so thankful for our help. We are the only school to help out in this way.

After the clean up Reg always gives the students a history lesson on the Kokoda campaign and you could hear a pin drop as he tells of his first hand experience. The students are interested in his stories and are grateful they get to hear them first hand and not just from a text book.

# Kids on local Kokoda path

HOLS WORTHY HIGH

BY DARREN MONTE

EARLY this month students and teachers from Holsworthy High School volunteered to do some maintenance work on the Kokoda Track Memorial Walkway at Concord.

The school has a strong connection to the track and also with Kokoda veteran Reginald Chard who volunteers his time to work at the track's education centre.

The walkway is a living memorial and a principal site of commemoration honouring all those who fought for Australia during World War II.

The main focus is on the sacrifices in the key Papua New Guinea battles which took place from 1942 to 1943 along the Kokoda Track, at Milne Bay on the south-eastern tip of Papua and at Buna, Gona, and Samarinda on the northern coastline.

The Kokoda campaign was part of the Pacific War during World War II. It comprised a series of battles fought between July and November in 1942 in what was



**MEMORIAL:** The walkway commemorates those who fought for Australia during World War II, especially in the key Papua New Guinea battles from 1942 to 1943.



**HARD AT WORK:** Holsworthy High kids and staff volunteering to help maintain the Kokoda Track Memorial Walkway at Concord. **GALLERY ONLINE**

**HONoured:** The Australian 39th Battalion in September 1942 after Kokoda. Veteran Reginald Chard tells his story to students. **Picture: Australian War Memorial**

then the Australian Territory of Papua.

It was mainly a land battle, between the Japanese South Seas Detachment under Major General Tomitaru Horii and Australian and

Papuan land forces under the command of the New Guinea Force.

The Japanese objective was to seize Port Moresby by an overland advance from the north coast, following

the Kokoda Track over the mountains of the Owen Stanley Range, to isolate Australia from the United States.

The walkway at Concord covers more than 800 metres from Rhodes Station to

Concord Hospital in Sydney's inner west, and runs along the mangrove-studded shores of Brays Bay on the Parramatta River.

For several years Reginald has been Holsworthy

High's honoured guest at the school's Anzac and Remembrance Day ceremonies.

So in return for all of Reginald's hard work, Holsworthy High gives back by annually organising a garden maintenance day at the walkway.

Interested students volunteered their time and cleared the creek of vegetation that often blocks the creek's spump.

At the end of the day Reginald spoke to the volunteers about the Kokoda campaign and about his personal experiences as a soldier at Kokoda.

Volunteering is highly valued at Holsworthy High for personal growth and also for connection to the community.

Considering Holsworthy High is a Defence school with a Defence student population of over 13 per cent and in close proximity to the Holsworthy Army base, it was a pleasure and an honour to organise this annual volunteering event.

Darren Monte is head teacher of technological & Applied Studies at Holsworthy High School.

# Kokoda veteran lives to tell

Cindy Ngo



*Reg Chard with Holsworthy students (back) Andrew Hilleary and Nishant Narain-Deo and (front) Brendan Hilleary, Michaela Yeoman, Olivia Yeoman and Hannah Herron. Picture: Robert Pozo*

More than 70 years since he fought on the Kokoda Track, the horrors of the jungle have never left Reg Chard.

"I wake up at half past two every morning ... it just never goes away, unfortunately," he said.

Mr Chard joined the army as soon as he turned 18 and in 1942, after the fall of Singapore, he and his fellow soldiers were sent to Papua New Guinea to fight in the Kokoda Track campaign.

It was a place he'd "never heard of", though, and upon landing he was struck by the "unbearable" heat.

Hundreds of men died during the campaign and many more were wounded. Even greater numbers were struck down by tropical diseases, including Mr Chard, who collapsed on January 21, 1943 from scrub typhus and malaria.

"I was a bloody mess. I don't remember anything at all" he said.

Now 95, the Villawood resident volunteers at the Kokoda Memorial Track Walkway at Concord, sharing his experiences with school students and visitors.

He has now been nominated for the Pride of Australia Medal, which recognises the remarkable contributions of members within the community.

Each year, Mr Chard recites the Ode of Remembrance at Holsworthy High School's Anzac Day and Remembrance commemorations and presents awards to students.

The students give back by volunteering each year to help maintain the Kokoda Memorial Track Walkway



# Armistice Poetry Prize

Ms Carr our Defence Transition mentor asked the English Faculty if we would like to enter the Armistice Poetry prize competition this year. This competition was run by Casula Powerhouse and WestWords.

Year 7 English student Sione Felix won the Year 7-8 Stage 4 award. This was a huge accolade for Sione, his family and our school.

Liverpool has a rich military history and Liverpool City Council ran commemorative events to honour Armistice Day and Liverpool's military history on Sunday 11<sup>th</sup> November. Sione's family and school was contacted by the Mayor of Liverpool to read his poem on this day at St Park Liverpool in front of 2000 people at the Armistice Commemorative celebration ceremony.

It was a huge honour for Sione and warmly appreciated by all involved in this event.



In my park is a Horse statue  
Which few people know  
of when you look closely  
Some things start to show  
It's cold and emotionless  
It reminds me of war  
It's dull smoky appearance  
represents what they saw  
Their riders were told  
That their horses remain  
In a country afar in a land they  
lay slain  
There's more to the statue  
than the eye will first see  
when the sun light shines on it  
it almost seems pleased  
As it honours the sacrifice  
of men an horses deceased  
So, children like me remember  
Not war, not death, but peace

## Challenges of being in a military family

Ten Seven Five. To you those might just be numbers, but to me they're much more. Ten is the amount of houses I have lived in. Seven is the number of schools I have attended. Five is the amount of months I have left here before I move to the next location and then those numbers become Eleven and Eight. This is the life of an army brat. Strange name isn't it? Let me try and give you an understanding of what it is like to be part of any army family.

How do you think you would cope with moving somewhere new every two years? Sometimes, you might move more often, sometimes less. The unknown, is something you have to get used to when you are a military kid. Frequent moves, parents getting deployed and finding a place to fit in, isn't always an easy task.

Anyone who has experienced a move knows how stressful it can be – and military life means moving a lot. With each move comes many transitions. Moving not only means a new home but also new neighbours, new classmates, new teachers and schools. The list goes on. Adapting to new people, places and things is hard for everyone, and children like me face various challenges as we work hard to adjust to our new surroundings.

Moving means not only adjusting to new things, but also having to leave things behind – best friends, favourite teachers, an excellent soccer coach, and more. You may even notice us struggling to leave things behind which will surprise you, such as a particular tree in our backyard, or our favourite parks to hang out at. Always having to "put yourself out there" and getting to know new people is tiring, especially if you know another move will be on the horizon which means starting over again. Frequent moving comes not only with stress of readjustment but also with feelings of sadness, grief, excitement and anxiety. This can leave military children feeling lonely or socially isolated.

Deployment is another challenge military families may come across. Families face a number of challenges before, during and after deployment. This emotional cycle of deployment begins when news of deployment is released to the family. It starts with a short period of strong emotions, such as fear and anger and sometimes excitement. As departure grows closer, a period of detachment and withdrawal may occur. This can happen to prepare for the person being physically gone. Then there is an adjustment period for when the defence member returns. Often the parent and children left at home have gotten used to doing things a certain way and have adjusted to having one parent doing everything. When the other parent gets home, it can take time for everyone to adjust to a new routine.

Sometimes, defence members do not return home from deployments the same as when they left. PTSD (post-traumatic stress disorder) is a very real and valid response to someone experiencing a severe trauma or life-threatening event. The person may experience flashbacks which usually involves auditory and visual memories of combat. Recovery from PTSD often requires professional help. They may also suffer from something called "Survivors Guilt". Suicide is a common concern amongst returning veterans. It is said that the Defence Force are great at making soldiers who go off to war but are not very good at looking after them when they return. That is why days such as ANZAC Day and Remembrance Day are important to me and other military families.

Although being a military family has its perks such as using the phonetic alphabet, I hope I have bought an awareness to the many challenges I face. Overall, I believe being an army kid has made me and my siblings very resilient and adaptable to changes but that doesn't mean that we have it easy.

Thanks for listening.

Sione





# SCHOOLS SPECTACULAR



In late November two of our defence students Brendan and Nathan along with Taryn, Olivia, Maddy and Hannah danced in front of over 10,000 people at Qudos Bank Arena for the 2018 School Spectacular.



Rehearsals are under way for the 2019 School Spectacular which will be on 22-23 November 2019. This year we have three Defence students, Nathan, Brendan and Ebony in our troupe.

# HOLSWORTHY HIGH | Hannah introduces inspirational Rachel Kerrigan to the whole school

From The Liverpool Champion  
June 24, 2019



Rachel competed in power-lifting and indoor rowing at the 2016 Invictus Games in Orlando and she was an ambassador for last year's Games.

She was wounded during a tour of Afghanistan and she spoke about the consequences and cost of her injuries, her journey back from a stroke and what her life is like today – including her participation in competitive wheelchair basketball.

*"We talked for a while and had a photo and I felt Rachel was seeing me as a whole person, not just someone in a wheelchair."*

HANNAH HERRON, Student, Holsworthy High

Recently, Holsworthy High School students held an awareness event to support Invictus athlete and Afghanistan veteran Rachel Kerrigan. It was initiated and driven by student Hannah Herron who'd been encouraged herself by Rachel. The Invictus Games is an international multi-sport event created by Prince Harry in which wounded, injured or sick armed-services personnel take part in sports, like wheelchair basketball, sitting volleyball and indoor rowing. Invictus is Latin for "undefeated". Hannah arranged for Rachel to visit the school to address students about aspects of mental health and overcoming adversity. Here Hannah explains how Rachel has been a personal inspiration and why she was so thrilled to be able to share their friendship with the whole school.

THE cornerstones of the [Invictus Games](#) are inclusion, resilience and service which are important to me as a student living with a disability. I proposed our school sponsor an Invictus athlete to inspire fellow students to support our veterans. The goals included raising awareness of the Games and the athletes and raising funds to help pay for training and equipment – aiming for \$5000 over two years. I wanted to support veteran athlete Rachel Kerrigan as our first recipient.

Rachel addressed the students at ANZ Stadium as part of the Invictus Education Project last October and I wanted to invite her to share her story with our school.

I was interested in Rachel's story because she used to work on planes in the RAAF, like my father at Qantas.

At ANZ Stadium, Rachel came over and introduced herself.

I was in the wheelchair section. We talked and had a photo and I felt Rachel saw me as a whole person, not just someone in a wheelchair. She arranged for her contact details to be passed onto my Mum and me.

She said wheelchair basketball could be a sport I might enjoy and invited me to see some games and meet her Wheelchair Sports NSW team. Rachel and my Mum Richelle exchanged messages and before I knew it Rachel had invited Mum and me to see the semi-finals of the wheelchair basketball with her and her daughter! Rachel also introduced me to members of the Australian wheelchair team, the Wheelie Diggers! Rachel is trying to qualify for the 2020 Invictus Games in The Netherlands.

Rachel was approached by Invictus for an interview with us as they'd heard we'd connected. She got us tickets to the wheelchair-basketball finals and we saw Prince Harry and Meghan arrive!

*"Rachel inspires me because she lives with anxiety like I do but she doesn't let it control her life."*

Rachel has inspired me to seek out new experiences, like wheelchair basketball. She told me about a junior camp at Narrabeen Sport & Rec for young people in wheelchairs. She inspires me because she lives with anxiety like I do but she doesn't let it control her life. Meeting her has changed my life. She's supporting me to open new doors and actively experience sport for the first time. I'm inspired by her and excited about the new activities.

I'd like to give back to her. Supporting her dream of competing in the 2020 Invictus Games would do that, and it'll help with her continued recovery.

# NATIONAL FLAG DAY

On the 3<sup>rd</sup> September our school was invited to participate in the National Flag Day at the Regional War Memorial, Bigge Park, Liverpool by the Liverpool City Council.

The Australian Flag was first flown on 3 September 1901 and we are hoping this day will be something that we can commemorate each year as a school. Ms Carr, the Principal Mark Watkins and four of our defence students attended this event. We showed our respects by the placing of a wreath at the parks memorial.



# ANZAC DAY

## 2019



On 3<sup>rd</sup> May we held our ANZAC day service. We had many veterans join us as well as community members.

Our student cadets from the Air League, Army and Navy took part in our service.



Our invited guests were treated to a three course meal which was prepared by Ms O'Neill's Year 12 Hospitality Commercial Cookery class. Ms Harvey's Year 11 Hospitality Food and Beverage class served the meals and took orders and prepared the hot drinks for our guests.

During the luncheon three of our six students that entered the Premier's ANZAC Memorial Scholarship Project presented their entries.

We held our Presentation Night on the 11<sup>th</sup> December and although I am proud of all students I was very happy to see so many of the Defence students receive awards. Congratulations.



## Visit to Advantaged Care at Prestons.

Thank you Frances, Merle, Mary, Christine and Eunice for hand making these beautiful bookmarks and poppies to be included in our Christmas Care Packages which will go to a serving member overseas.

Thank you to the students Madi, Ebony and Brendan for visiting the ladies and thanking them personally.

I have just forwarded you the photos from my email from Mark.





## CENTENARY OF ARMISTICE WW1







# Flag Monument Restoration and Unveiling



# School raises restored war monument

## Students remember our forces

HOLSWORTHY HIGH

BY MADELAINE WONG

FAMILIES from Holsworthy High School commemorated 100 years since the World War I Armistice on November 9 and paid respect to all Australian Defence Force personnel who've fought.

A total of 72 students from 55 families at the school have parents who serve in the Australian Defence Force.

A historic flagpole monument was unveiled at the event, which was restored to its glory days in WWII when the school grounds were used as a military corrective establishment and later as a training facility for Vietnam soldiers.

Defence school transition mentor Tracey Carr explained history of the school's grounds.

"In WWII it served as a military corrective establishment which was like a gaol for military personnel. It was used to train the Vietnam veterans as well and in WWI it's where the light horses trained which were sent to war," she said.

"We have Vietnam war veterans who attended and



EVENT HIGHLIGHT: A catafalque party from the army came to the ceremony, meanwhile girl and boy cadets laid reefs before a plaque was unveiled.

veterans who are still serving at the moment who were invited because their children attend the school. It's important for them to know we appreciate their sacrifices and bravery."

Other visitors who attended the ceremony included MP Melanie Gibbons and one of the two remaining survivors of the Kokoda campaign, veteran Reg Chard, 96.

Ms Carr thanked Ms Gibbons, Defence Health and Burnings who funded the restoration of monuments.

"The flag pole was overgrown and there was a sandstone circle which the green crew helped to recover. They got rid of the trees and

planted Rosemary. Students also helped the construction crew with the re-cementing of the standstone.

"A catafalque party from the army were a highlight on the day, meanwhile our girl and boy cadets were in uniform and laid reefs before a plaque was unveiled.

"The plaque's words were: *On the Centenary of Armistice, First World War, this plaque commemorates those brave Diggers who passed through this site before embarking for active service overseas. We give thanks to those who paid the ultimate sacrifice and to those who returned home to help shape the future of our new Nation.*"

# INVICTUS GAMES

SYDNEY 2018

The Invictus Games came to Sydney and we were lucky enough to purchase 30 tickets to go on an excursion to the games to see the indoor rowing, which was amazing. The students also enjoyed making their own prosthetic limbs however soon realised how difficult life would be if you had to wear them all the time.





# INVICTUS GAMES

SYDNEY 2018



## HOLSWORTHY HIGH SCHOOL

Holsworthy High School has a strong connection with the Defence Force, being located near the Holsworthy Barracks in Sydney. Students explored the meaning of service and their links to the defence community by hosting a special Invictus Games event at their school. Students met Invictus competitor and motivational speaker Damien Thomlinson, who shared his experiences of service and the Games. Damien is an Afghanistan veteran who inspired students with his stories of service and resilience. Students also met Reg Chard, the last surviving Kokoda veteran who saw combat in Papua New Guinea in the second World War.

[education.nsw.gov.au](http://education.nsw.gov.au)

INVICTUS GAMES SYDNEY 2018  
EDUCATION PROJECT

Expanding the power of the Invictus Games through education  
INCLUSION • RESILIENCE • SERVICE



Holsworthy High School was selected in a ballot for a scholarship tour for 2019. ONE student will participate in a study tour to Germany, France and Belgium to commemorate the role of the Anzacs.

The tour is for students studying Modern History, and will further develop their knowledge and understanding of World Wars I and II. The New South Wales government through the Office of Veterans Affairs, will meet the cost of the tour: airfares and coach travel; accommodation; meals; official clothing.

There will be twenty students from NSW in total participating in the tour.

Interested students from our school had to complete a piece of work which focused on the role of Australians in our wartime history, and the impact on our nation.

- **The importance of commemoration**
- **The effect of the wars on communities in Australia**
- **The role of women in both wars**
- **The impact of the wars on returned soldiers**

The school conducted a process to select three candidates for the 2019 scholarship.



The Office of Veterans Affairs selected the final candidate – **KEIRA HINE** who wrote a series of diary entries from a WW1 soldier's perspective.

*Keira's report from her trip is on the next page.*

Congratulations to the students below who expressed interest in the scholarship and also completed impressive pieces of work.

- Taylor Briggs researched the role of women in wartime and created a photo essay.
- Leandro Cespedes conducted an interview with Reginald Chard about his wartime experiences at Kokoda.
- Alex Ferguson researched the impact of war on Vietnam Veterans and created an artwork.
- Cameron Ghannoum composed a poem about Remembrance Day
- Chloe Vassilou wrote a letter from the perspective of soldier at Gallipoli.



Keira and the plaque she laid at the Tyne Cot Commonwealth War Graves Cemetary and Memorial. She also laid a long stemmed artificial poppy which was donated by Kokoda Track Memorial Walkway.



**Holsworthy High School, Sydney Australia  
Honours the Memory of  
Clarence Weismantel  
from Krambach NSW Australia**

## Remembrance day

I was the lucky recipient of the Premiers Anzac Memorial Scholarship that is a study tour created by the veteran of affairs to show 20 selected student from around NSW the importance of commemoration and remembrance and to give students an opportunity to visualise the battlegrounds of WW1 and 2, in Germany Belgium and France.

We started the tour off in the lower part of Germany (the Bavarian state), with the main focus of looking at ww2 and how it happened. We explored Munich's third Reich sites, the places where Hitler held meetings and started the Nazi party and but mainly Dachau concentration camp. These sites were amazing to see and walking through and looking at the confronting concentration camp left you with a surreal and solemn feeling.

From here we moved up to Nuremberg where we looked at the famous Nazi rally grounds, Courtroom 600 used for the Nuremberg trials, the documentation centre and the underground bunkers used to shelter civilians during the air raids. The rally grounds, in my opinion, was the most interesting as you got to see how they manipulated people and their plans for the future, also to see the contrast between the before during and after ww2.

From here we kept travelling up north to Berlin where we visited sites like the Jewish museum, the holocaust memorial, the berlin wall, Brandenburg gate and learnt more about why and how Hitler rose to power. We were in Berlin on the 30 year anniversary of the Berlin Wall coming down, the history of the city is still raw and residents are still seeing the effects of the berlin wall going up.

After Berlin, we flew to Belgium doing a time jump from ww2 to ww1. We stayed at a peace village built on the WW1 battlefields of mesen, which was set up to hold tour groups in the hope of getting big groups to see and discover the history of ww1. Here we visited many commonwealth cemeteries, amazing historic battlefields of the Ypres salient like the battlegrounds of Passchendaele, Messines, polygon wood and more and also got to see recreated trenches and some remains of the concrete bunkers used by Germans and allies. This was also a personal part of the tour as my great grandfather served on those battlefields.

During our time in Ypres, we were fortunate enough to be given the opportunity to be the guards of honour for the service at meinin gate that is held every night rain, hail or shine. This was an amazing experience that I'll never forget and was truly a highlight of the trip, we laid a reef and were able to talk to many people from around the world some who were there for a fallen family member, surviving members and some just there to pay their respects.

Following here we travelled into France where we looked at the evacuation beach of Dunkirk and looked at the sites of the D-Day landing. This was a great part of the trip as we got to see the marine and aircraft side to war something we hadn't previously focused on and we were able to stand on the beaches that were apart of the largest seaborne invasion in history.

The final part of the trip was one day in Paris, this was the best ending to a great trip. We spent the day sightseeing and going on a nice cruise down the river canal.

This trip and experience is something I will never forget and recommend that everyone goes and explores these amazing sites. I learnt so much and grew a more thorough understanding of both WW1 and WW2, I met lifelong friends and became a lot be more grateful for how we live back home. A massive thank you to the school and Ms carr for helping make this happen and supporting me through this journey.

By Keira Hine

*Some photos from my trip are on the next page.*