

FRANKSTON HIGH SCHOOL'S THE OPTIMA

MARCH, 2021

A DIGITAL
MAGAZINE
MADE BY STUDENTS,
FOR STUDENTS OF FHS.

ISSUE 2
COVER ART BY

TAVI SHARMA

YEAR 12 2020

THIS MAGAZINE ACKNOWLEDGES AND PAYS ITS RESPECT TO THE TRADITIONAL OWNERS
OF THE LANDS OF THE BOON WURRUNG/ BUNURONG PEOPLE - THE KULIN NATION.



A NOTE FROM THE STUDENT LEADERSHIP COUNCIL (SLC).

Being such a large and diverse school, we know there are many students that are doing or have done fantastic things within their own classes, extra-curricular activities/groups and even outside of school!

This magazine aims to provide students a platform to showcase their talents, skills and achievements which may not be otherwise recognised by something like our school newsletter or yearbook. We aim to expand, celebrate and inspire the remarkable creativity and leadership that prevails within our school community even during these testing times.

This magazine would not be possible without students contribution. If you have something to share and would like to be featured in our next issue, we strongly encourage you to tell us about 'Your Story'. To do this, just simply fill out [this form](#).

Lastly, we would love to hear what you thought of our first issue – if you have any suggestions for the future magazine, words of encouragement or feedback in general please submit [this form](#).

EDITORS

LU YANG
ALARNA SUMMERS
SARAH BAHRAMIS
SLC PROMOTION'S TEAM

FRANKSTON HIGH SCHOOL'S
MAR 2021
THE OPTIMA
ISSUE 2

IN THIS ISSUE

NOAH OLIVER, YEAR 12

TESS ROGERS, YEAR 12

KENDRA RAE, OLIVIA WRIGHT, BRIDIE
TAYLOR, ADAM CHAPMAN, TARA
ROSHDIEH AND CHARLI THOMSON
YEAR 10

KATE HARRIS, ALEX WALTERS AND REN
TAKAHASHI, YEAR 10

FRANKIE ANDERSON, YEAR 9

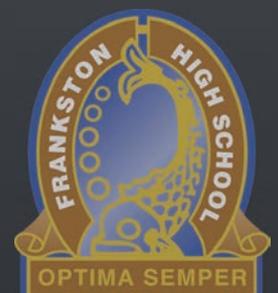
OLI CRAIG, YEAR 11

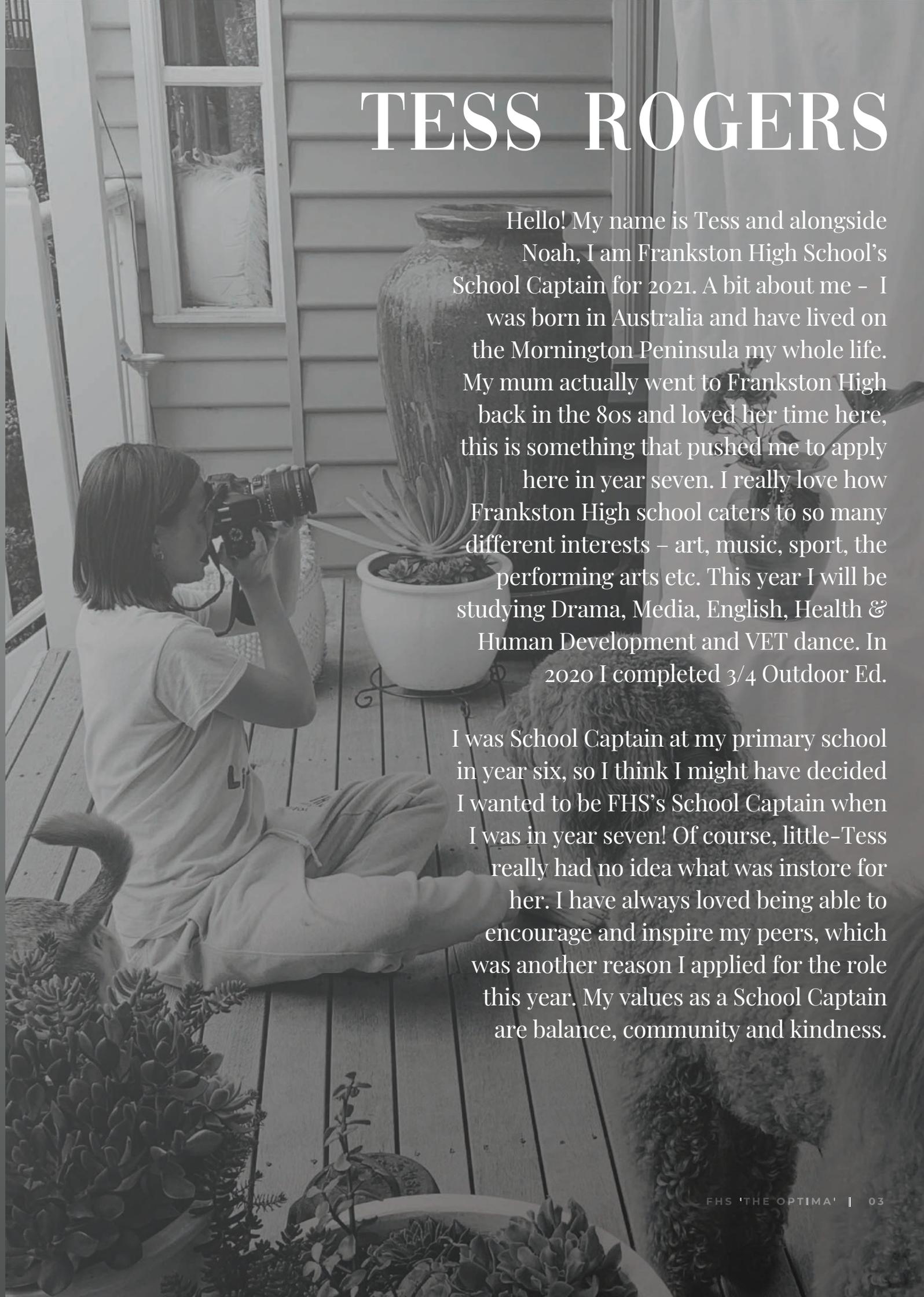
TAVI SHARMA, CLASS OF 2020

ARYA MA, YEAR 11

RUBY ZHANG, YEAR 11

MR MAL BURT, TEACHER

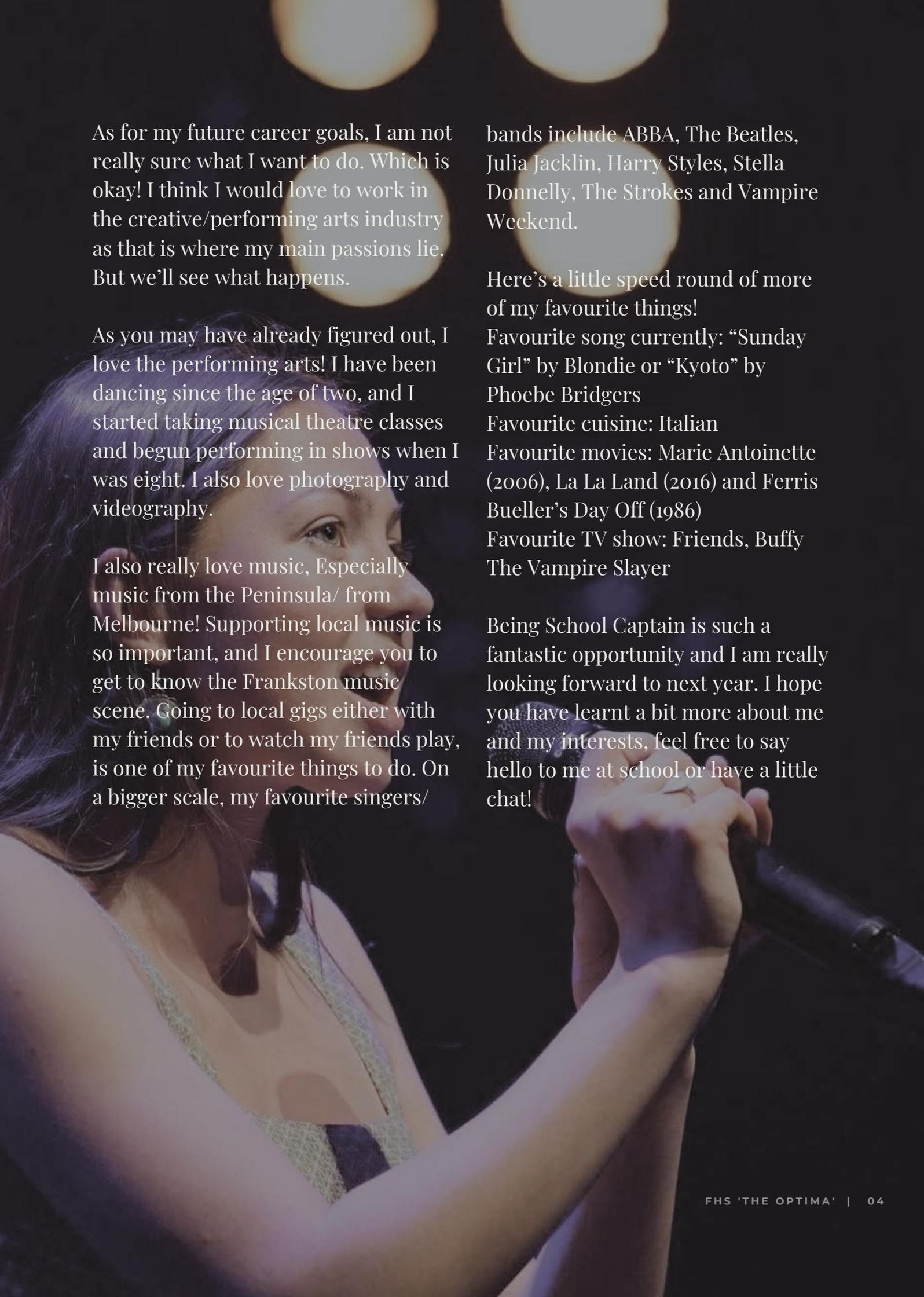




TESS ROGERS

Hello! My name is Tess and alongside Noah, I am Frankston High School's School Captain for 2021. A bit about me - I was born in Australia and have lived on the Mornington Peninsula my whole life. My mum actually went to Frankston High back in the 80s and loved her time here, this is something that pushed me to apply here in year seven. I really love how Frankston High school caters to so many different interests - art, music, sport, the performing arts etc. This year I will be studying Drama, Media, English, Health & Human Development and VET dance. In 2020 I completed 3/4 Outdoor Ed.

I was School Captain at my primary school in year six, so I think I might have decided I wanted to be FHS's School Captain when I was in year seven! Of course, little-Tess really had no idea what was in store for her. I have always loved being able to encourage and inspire my peers, which was another reason I applied for the role this year. My values as a School Captain are balance, community and kindness.



As for my future career goals, I am not really sure what I want to do. Which is okay! I think I would love to work in the creative/performing arts industry as that is where my main passions lie. But we'll see what happens.

As you may have already figured out, I love the performing arts! I have been dancing since the age of two, and I started taking musical theatre classes and begun performing in shows when I was eight. I also love photography and videography.

I also really love music, Especially music from the Peninsula/ from Melbourne! Supporting local music is so important, and I encourage you to get to know the Frankston music scene. Going to local gigs either with my friends or to watch my friends play, is one of my favourite things to do. On a bigger scale, my favourite singers/

bands include ABBA, The Beatles, Julia Jacklin, Harry Styles, Stella Donnelly, The Strokes and Vampire Weekend.

Here's a little speed round of more of my favourite things!

Favourite song currently: "Sunday Girl" by Blondie or "Kyoto" by Phoebe Bridgers

Favourite cuisine: Italian

Favourite movies: Marie Antoinette (2006), La La Land (2016) and Ferris Bueller's Day Off (1986)

Favourite TV show: Friends, Buffy The Vampire Slayer

Being School Captain is such a fantastic opportunity and I am really looking forward to next year. I hope you have learnt a bit more about me and my interests, feel free to say hello to me at school or have a little chat!



NOAH OLIVER

Hi! My name is Noah and alongside Tess, I am Frankston High School's School Captain for 2021. I'm Australian and I'm currently doing Biology, Physics, Further Maths, English and Sport and Rec. My favourite subject is PE, I completed units 3/4 in 2020 and really enjoyed the content.

My favourite thing about FHS is the countless sport and leadership opportunities provided at the school, SSV sport and World Challenge to name a few.

I am inspired to improve myself in every way, if there's something I'm not good at or want to learn, I'll try my hardest to improve that or learn something new. I really like the term 'Defy' because it reminds me to not listen to people who doubt me or even my own negative thoughts.

After school, My focus is to represent Australia at the Olympics for the Decathlon. Career wise, I am aiming to become a paramedic, It is a very rewarding career and involves helping out people at their best, and also their worst.

I chose to go for school captain as I really enjoy working with others to achieve common goals and am always looking for a challenge. I can see there are small issues in our school that can be resolved with practical and simple solutions, and this problem-solving aspect is something that appeals to me. My values as a school captain, are communication, fairness, student Voice and persistence.

Hobbies: In my spare time I enjoy going for runs, playing sport and getting outdoors, I love snowboarding. I also enjoy listening to music and playing 2K21.

Favourite band: I absolutely love gang of youths, their music is just so good! My favourite song by Gang of youths is Vital Signs, it's definitely a song you'd slap the steering wheel of the car listening to.

Favourite song currently: My favourite song at the moment is 'Sedona' by a little band called Houndmouth.

I found them a couple weeks ago and have had it on repeat since. Has some country vibes but also messy rock guitar.

Favourite food: Nothing beats a Zinger Box. It's finger lickin' good.

Favourite movie/TV show: I really enjoy the Netflix series 'Shooter' I started watching it in iso and I'm HOOKED.

Favourite sport: My favourite sport to participate in is Athletics, I enjoy it so much. But my favourite sport to watch is formula 1. the fastest cars, the best drivers, it can't get any cooler than that.

Pets you own or would like to own: I have a dog called penny and I reckon a pet camel would be pretty mad, I'd take it for rides to the shops.

One skill you would love to learn: This summer I'd like to learn how to play golf.



**Black Dog
Institute**



AMELIA NEOFITOU

YEAR 11

A. Neofitou



BODY POSITIVITY

By Kendra Rae, Olivia Wright ,
Bridie Taylor, Adam Chapman,
Tara Roshdieh and Charli
Thomson
- Year 9 LEAD class 2020

**"BODY IMAGE
IS A TOPIC
THAT IS
HARDLY EVER
DISCUSSED OR
FOCUSED ON"**

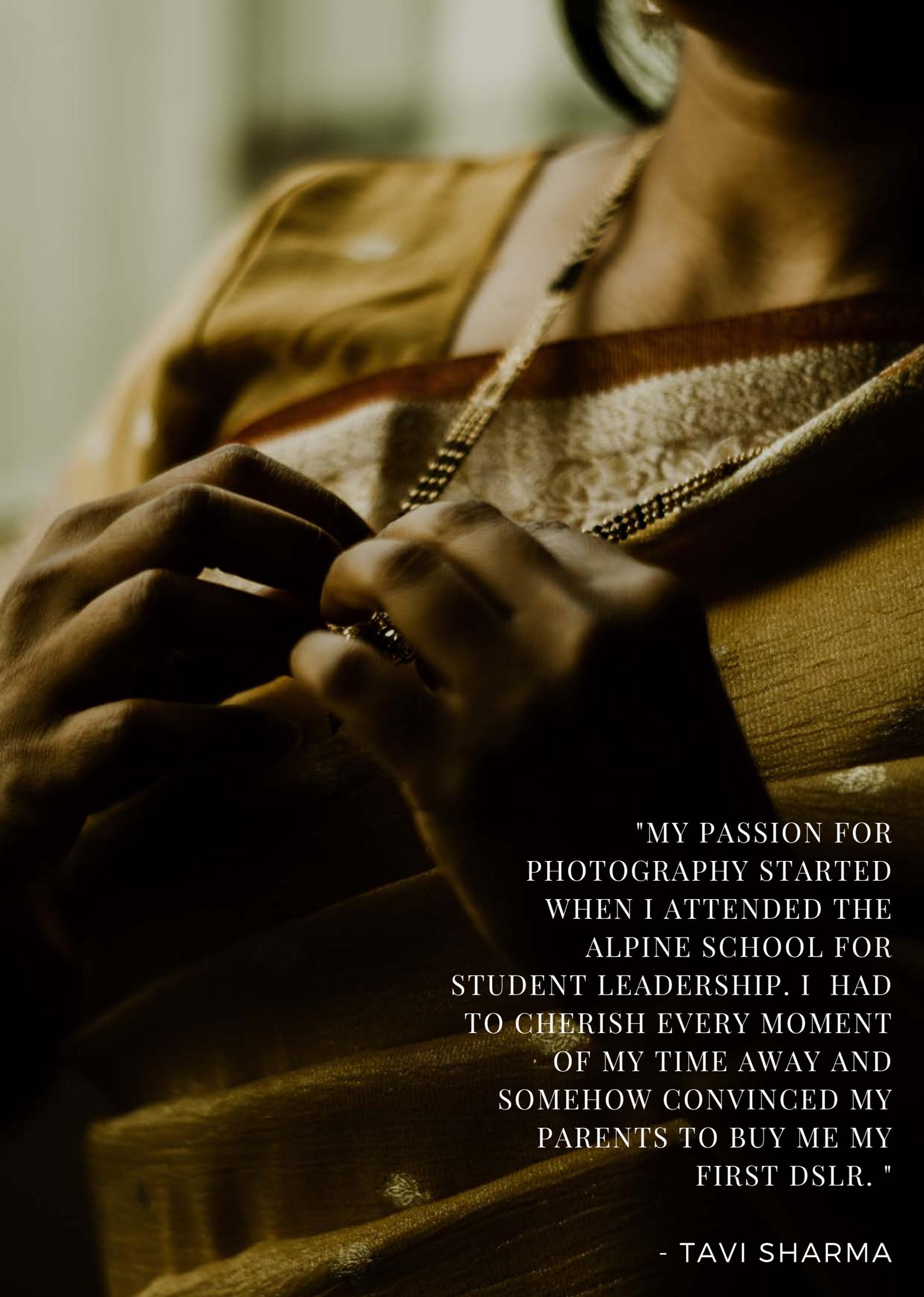
The basic definition of Body Image is a person's perception of their physical self and the thoughts and feelings, positive, negative or both, which is a result from that perception. What some people do not know is a lot of younger adults and kids actually deal with this issue, and are not comfortable and confident in their own bodies, this may be because they compare their bodies to magazines, celebrities or photos they see online or on social media. Bridie, Tara, Olivia, Adam, Charli and I have decided to bring light to this problem to help young people feel comfortable in their own skin and to let them know that they aren't the only people that go through this.

Approximately 9% of women are happy and confident in their own bodies. This number is too small! We want to increase this number so we decided to create an Instagram account called @dailybodypositivity_ , so that people can see a positive message on social media everyday.

Studies show that the more reality television a young teen watches, the more likely they are going to end up finding appearance important. Most people when they think of body image only really connect it to women, but also young men do as well. Research conducted showed that around 25% of male children/adolescents were concerned about their masculinity and leanness. According to Mission Australia youth survey 2018 it's the 4th largest concern among teenagers with mental health, bullying and coping with stress at the top.

If you struggle with Body Image and feeling confident in your own body here are five tips for you; 1. stay off offending social media, 2. avoid conversations on appearance, 3. don't let what others think effect you, 4. be you own friend and 5. Meditate. Treat your body and yourself the way you want to be treated. Your body is the only one you will get; it is your home, and your place of living without it you would not be who you are. So, love yourself, be kind to yourself and never forget you are who you are no one else can change that or influence it. Don't forget to follow us for a positive thing everyday!





"MY PASSION FOR
PHOTOGRAPHY STARTED
WHEN I ATTENDED THE
ALPINE SCHOOL FOR
STUDENT LEADERSHIP. I HAD
TO CHERISH EVERY MOMENT
OF MY TIME AWAY AND
SOMEHOW CONVINCED MY
PARENTS TO BUY ME MY
FIRST DSLR. "

- TAVI SHARMA

SOCIAL MEDIA ADDICTION

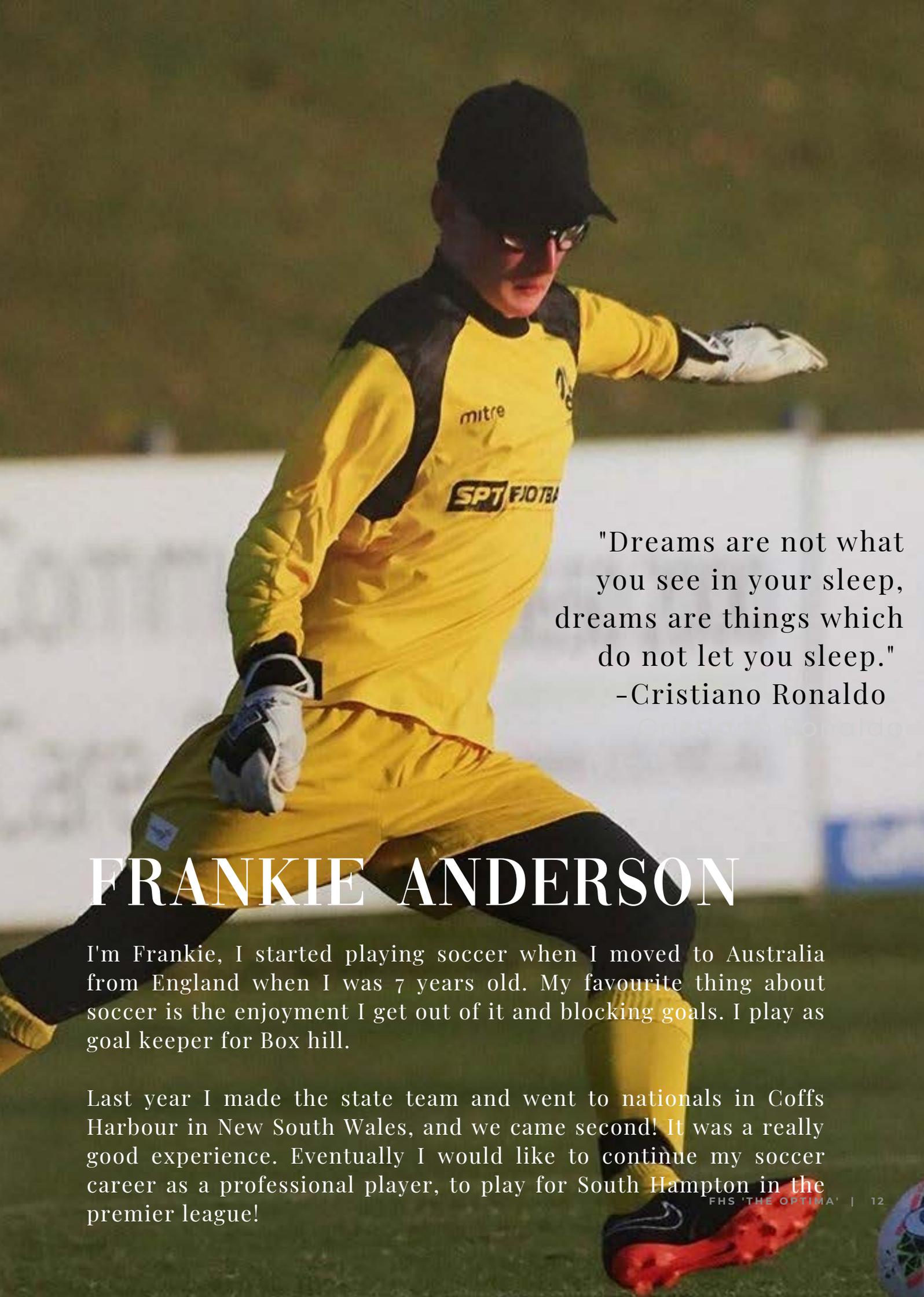
By Kate Harris, Alex Walters and Ren Takahashi
- Year 9 LEAD class 2020

We are a group from the year nine lead class in 2020, passionate about the harmful effects of social media. Social media is a very powerful tool used in our everyday lives. After watching 'The Social Dilemma' a Netflix documentary, we felt it was necessary to educate everyone on how dangerous social media can be, in ways that our generation will understand and resonate with. We decided to start a conversation and film a video to inform students about how unsafe social media can be. Over the last few years, social media has been on the rise, almost every teenager uses some form of social media but isn't aware of the effects it has on our mental health. Most social media platforms became popular during the early 2010s and the impact it has had on the mental health of young people is evident. This generation is the first ever to grow up with social media and the problems it is causing are evident through the increase in mental health issues. Addiction to social media in teenagers has become much more apparent as technology has evolved.

Over 40% of adolescent girls and 20% of adolescent boys report using social media for 3 or more hours a day. That amounts to well over 5 years of your life sitting behind a screen. But the most alarming part is that the 'users' aren't even aware of the addiction. Social media platforms deliberately display ads and posts to prevent users from leaving. Without even realising, you are being sucked into the dangerous and addictive social media algorithm. 'The Social Dilemma' is a Netflix documentary that sought to highlight and inform people of the dangers of social media. The hour and a half film explore the ideas of addiction and how the algorithm is programmed to sell your attention, with tech experts sounding the alarm on their own creations. The dangerous concepts brought up in the documentary were very alarming, so we felt the need to share what we had learned with the rest of our generation, starting with the students at Frankston High School. We would love it if you could watch our video and start a conversation.



https://www.youtube.com/watch?v=iMyN6o8_VXs&t=3s



"Dreams are not what you see in your sleep, dreams are things which do not let you sleep."
-Cristiano Ronaldo

Cristiano Ronaldo

FRANKIE ANDERSON

I'm Frankie, I started playing soccer when I moved to Australia from England when I was 7 years old. My favourite thing about soccer is the enjoyment I get out of it and blocking goals. I play as goal keeper for Box hill.

Last year I made the state team and went to nationals in Coffs Harbour in New South Wales, and we came second! It was a really good experience. Eventually I would like to continue my soccer career as a professional player, to play for South Hampton in the premier league!



TANIA WALLER-LEAF

YEAR 8

World Vision



4 Hour Famine

OLI CRAIG

Hi, my name is Oli Craig and, as part of Frankston High School's 40 Hour Famine challenge, I gave up speaking for forty hours. The challenge was for the participants to give up something valuable from their lives (such as food, furniture, or social media), so I decided to give up speaking as I find it next to impossible to keep my mouth shut for longer than five seconds. My brother was very grateful for these forty hours.

The purpose of the challenge was to raise monetary donations for World Vision, in order to support the charity in its fight against the COVID-19 crisis. The forty hours ran from 6 p.m. on Friday the 6th of November until 10 a.m. on Sunday the 8th of November, and 31 other students joined me in the challenge.

It was a difficult task as I often forgot that I could not speak, so before even sixteen hours were up, I had already accidentally spoken five times!

The first time was half-way through watching a movie with my family, when I asked my brother to pass me a blanket, but he was quick to shut me up as soon as I started. Another time, was when my mother woke me up in the morning by knocking on my door (which should not have received an answer), and I reflexively responded, "Good morning!" The other three times were when I started accidentally talking to myself.

I usually do talk to myself spontaneously throughout the day, you would hardly believe it. I often find myself doing silly voices or singing songs any time I'm by myself. Even when I was actively reminding myself to stay silent, the songs would stay in my head, playing over and over, until I was at my weakest, and then the hypnotising melody would strike and the lyrics would spill forth!

So, after those 16 hours, I decided that I needed to up the ante. For each time that I slipped up, I would have to donate an extra one percent of my total money raised. It was difficult trying to find ways to communicate with my family. Often, I would write on a piece of paper to say something, but I found trying to communicate through charades to be far more entertaining. I spent ten minutes trying to communicate the word 'water' after my mother asked if I wanted something to drink, when it would have been easier for me to get up and get myself a glass of water, but once I started doing charades it was difficult to give up.

By the end of the forty hours, I had slipped up seven times, so I will donate 7% of my total. My total at the time of writing, is \$320 (on which I will add an extra \$22.40).

Great job to everyone who participated!



"DOING VCE MEDIA AT FHS, WITH THE HELP OF MY TEACHER MS GRIFFIN (WHO I'M SO GRATEFUL TO HAVE HAD FOR THE PAST 3 YEARS) HAS PLAYED A VITAL ROLE IN REFINING MY PRACTICAL SKILLS, EXPLORING DIFFERENT DESIGN PRINCIPLES, STYLES AND GENRES OF PHOTOGRAPHY. "



WE INTERVIEWED **ARYA** AND **RUBY**, TWO INTERNATIONAL STUDENTS FROM FHS...

NAME

ARYA: My name is Yanzhi Ma and the English one chosen by myself is Arya.

RUBY: My name is Qianwei Zhang and my English name is Ruby.

FAVOURITE HOBBIES

ARYA: Compared to going outside, I prefer to stay at home to read books, play the piano or tin whistle, watch some interesting anime, and I like to make some little program by coding as well!

RUBY: My hobbies are singing and listening to music.

FAVOURITE SUBJECT

ARYA: My favourite subject is science or math, I can't really decide that. I love both of them and it is so exciting for me to learn this stuff.

RUBY: There are some interesting subjects in the school. My favourite subject is cooking. It helps me develop my cooking skills and know more.

HOMETOWN

ARYA: I come from a big province with a high population in the middle plain of China called Henan where my grandfather, even the great-grandfather born. But actually, I grew up in another place called Hefei in Anhui province that is not famous or modern but really nice and warm.

RUBY: My hometown is Xuzhou, in Xiang Su province in China. It is in the middle-east part of China. It is beautiful. And there are many delicious foods. I miss them very much.

FAVOURITE THING ABOUT YOUR HOMETOWN

ARYA: My favourite thing of my hometown is its culture and history, it is so long and so interesting. I always like to memorize some ancient poems and read the books about history.

RUBY: The delicious food. I miss them very much.

ARRIVING IN AUSTRALIA

ARYA: I arrived Australia in July 2019.

RUBY: I have been in Australia for a whole year.

FAVOURITE THING ABOUT AUSTRALIA

ARYA: My favourite thing about Australia may be the population of it is not as high as China's. You won't see a lot of crowds on the street, and the air is much fresher.

RUBY: My favourite in Australia is the beautiful environment.

FAVOURITE THING ABOUT FHS

ARYA: My favourite part of FHS is the classroom, most of them are modern and fancy, in a totally different style in China.

RUBY: Kind teachers and classmates.

FIRST IMPRESSIONS OF AUSTRALIA

ARYA: My first impression of Australia is the good environment with the fresh air and the blue-blue sky that so beautiful.

RUBY: My first impression of Australia was about environments too. I really like the fresh air, blue sky and the green plants here. It looks green and natural. It's really a great place to live. The lifestyle is relaxed and calm. And I have met many kind people here.

EXPECTATION VS REALITY OF AUSTRALIA

ARYA: Actually, I think it is possible to see the kangaroo walking on the street because they are everywhere when I in China. And when I came Australia, I realize the best way to see a kangaroo in a city is going to the zoo.

WHAT DO YOU MISS THE MOST ABOUT YOUR HOMETOWN?

ARYA: Obviously, it is the Chinese food. I really miss the food made by flour in my hometown, especially the special wide noodles.

RUBY: The delicious food. I miss them very much.

WHY DID YOU CHOOSE TO COME TO STUDY IN AUSTRALIA?

ARYA: I realize the western way of education may more suitable for me other the Chinese. And also, biomedicine engineer is my dream job, which I think there is a better environment for researching and career prospects.

RUBY: My aunt and grandparents are here. So it helps me know about Australia. And I came here for the first time five years ago.

WHAT ARE THE DIFFERENCES BETWEEN SCHOOLS IN AUSTRALIA COMPARED TO THE SCHOOLS IN YOUR HOMETOWN?

ARYA: All the subjects are compulsory in China, but it is different in here, which means I can try something I want to do that different and interesting.

RUBY: About school, there are much difference. We spend more time in school in China and learn more about knowledge. And we only focus on a few subjects and seldom have choice to choose. School starts earlier and ends later. We have much more exam and have more pressure about our scores and studying. So, the lifestyle here really makes me feel relaxed.

ARE THERE ANY DIFFERENCES BETWEEN THE LIFESTYLES?

ARYA: I have to stay in school for 16 hours when I in China between Year 7 to Year 9, which is totally different in Australia. And I think the compare to China, the lifestyle in Australia is much slower and easier.

RUBY: It is more relaxed and calm in Australia.

WHAT ARE SOME CULTURAL DIFFERENCES BETWEEN AUSTRALIA AND YOUR HOMETOWN?

ARYA: The culture differences are shown in everywhere in the daily life, like the food, the lifestyle, the festival, even the law. For example, it is really takes me long time to accept that the relationship is allowed in high school, which is 100 percent impossible in China.

HOW DO YOU STAY CONNECTED WITH YOUR FAMILY?

ARYA: I usually connect to my families with WeChat every two or three days, we will talk to each other or through the video sometimes.

RUBY: With WeChat. We will have a meeting at least once a week.

WHAT ARE SOME CHALLENGES YOU'VE FACED BEING AN INTERNATIONAL STUDENT?

ARYA: As all the people knows, language is always the biggest problem, it is not easy to communicate with people and understand what teacher says during the class. But absolutely, I am trying to do my best to solve all the problems like increasing the vocabulary and practice the speaking skills, and I really hope everything will become better in the senior school.

RUBY: The biggest challenge I faced is about language. Sometimes I cannot understand the teacher in class especially for Science because it has so many new words for me. So I haven't choose them for my VCE subjects. It is really difficult for me to learn and understand.

GET TO KNOW...

MR MAL BURT

Name

Malcolm Burt but most people call me Mal or Burty

Family background

I was born in Auckland, New Zealand and my parents are both Kiwis (Go The All Blacks & SilverFerns)

Describe yourself in 20 words

I love my sport, but I'm often injured, Getting older, Ouch! I'm also a positive person who is encouraging, compassionate, competitive, committed, loyal and dependable.

How long have you worked at FHS and what do you teach?

I started here in 2009, so that would make this my 12th year.

Highlights of working at FHS

This is a tough one. The daily highlights would have to include the vanilla slices or muffins from the canteen, but the highlights of my entire career would have to be the 3 World Challenge experiences. They have been life-changing opportunities for me along with every student that has participated.

Favourite subject/s to teach and why

Definitely biology, because we can relate so much of what we teach to our own lives.

Funniest/embarrassing teaching moment/s

In 2011, on the Great Victorian Bike Ride, something I ate disagreed with my stomach and whilst riding with a group of student I had to make an emergency dash into the bushes to avoid an even more embarrassing situation.

What are you inspired by/a model you live your life by

I am constantly inspired by the students I teach, my colleagues, friends and family. The models I try to live my life by besides the obvious one of trying to be a good citizen are; 1) Make the most of every opportunity that presents itself, and 2) Try to have a positive influence on the people you meet so that they feel better (even if it is only for a moment) after having spent time with you.

"INCREDIBLE"



Highlights of your life/outside of school

I've been fortunate in my life to have had so many different and amazing opportunities. My family is my greatest highlight. My wife and I are so proud of our beautiful daughters (who attended FHS) and the wonderful young women they have become. Other highlights include scoring an Albatross in golf (2 on a par 5 – very rare) when playing with Burkey, Banno and Mr Sadler. What makes that achievement even sweeter is how jealous Mr Moffatt and Mr Heyes are.

What are your hobbies

It's fair to say my hobbies don't include gardening or painting. They mostly revolve around sport and include golf, cycling, swimming and running. I also love to travel.

Secret talent/s

I have been known to break out into song at random times. I love to sing but I'm not so sure people get the same level of enjoyment listening to me.

Favourite food/cuisine

For years I would have said my favourite food was my wife's lasagne or a medium-rare Eye fillet steak, but I have recently discovered the Woolworths double choc chip cookies. OMG, they are delicious.

Favourite movie/tv show

Notting Hill, Lord of the Rings (I even have the ring), The Harry Potter movies, Game of Thrones

Favourite sport

To play – Golf. To watch – AFL

Dream holiday place

My wife and I would love to walk the Inca Trail and go to the Galapagos Islands.

Pets you own or would like to own

We have 2 gorgeous Border Collies.

One skill you would love to learn

I wish I could remember good jokes when I hear them. I can never recall or re-tell a joke as well as others. I guess I'm just not very funny.

"ONE OF THE MOST SUPPORTIVE TEACHERS I KNOW"

"A LEGEND!"

"USES HIS REAL LIFE EXPERIENCES TO MAKE LEARNING FUN"



