

HHHS FIGLEAF

FOR STUDENTS, BY STUDENTS



AUTUMN, 2020

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MEET THE TEAM



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THE "FIGLEAF" TEAM WOULD LIKE TO THANK ALL THE STAFF AND STUDENTS WHO CHEERED US ON AS WE CREATED THIS ISSUE. AN EXTRA-SPECIAL SHOUT-OUT TO MS CHIEW-MELDRUM AND MS ANIELLO FOR THEIR SUPPORT.

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A NOTE FROM US

We are living in truly strange times. Unsettling times. Uncertain times. The best that we can do right now is to be kind to ourselves and to each other. To quote ol' mate Troy Bolton and the rest of the *HSM* crew, we're all in this together (High kick! Jazz hands!) and that means that we're not alone.

We hope this issue reminds you of that.

The "Figleaf" Team

COVER IMAGE BY NINA SCHAFFER

Keep calm & be kind

ELSA PULVIRENTI AND AMELIA YOSHIDA CALL FOR PEACE, LOVE AND UNDERSTANDING DURING THESE TROUBLED TIMES.

You can't ignore the fact that we, as humans, are quick to judge others. Whether these judgements are positive or negative, we still make them as a first assessment of who or whatever we're faced with. In times of pressure or fear, these internal judgements become harsher and are vocalised in ways that are unnecessary.

As Covid-19 rages around the world, fear has started to overpower the actual facts about the virus, consequently leading to outlandish and redundant racism. Racism towards people from China; racism towards people with just heritage from China; even just racism towards people from Asia.

On the 26th of January this year, an article from Sydney's *Daily Telegraph* was published, headed with a goading title. It read, "China kids stay home". On the 28th in Sydney's Chinatown, a man collapsed and passed away due to what was believed

to have been a cardiac arrest. Social media posts later revealed no bystanders went to give him CPR due to fears of contracting the Covid-19. An online poll by Ipsos MORI, a market research company based in the UK, showed 23% of Australian participants of the 8,000 person survey, would avoid people of Chinese origin or appearance.

Covid-19 has become the dominant topic of conversation as more and more people have been affected globally, but why does that excuse racism? The cause of this virus shouldn't be blamed on any race, or people. It is *no one's fault*. The panic could be soothed in an abundance of different ways, like stocking up on mounds of toilet paper until your entire household is filled with Quilton's toilet rolls. Or don't do that. Please leave some for the rest of us.



HUNTERS HILL HIGH SCHOOL IS
DELIGHTED TO LAUNCH

THE WELLBEING HUB

This online platform gives students access to

- WELLBEING RESOURCES**
- MINDFUL ACTIVITIES**
- FUN FACTS**
- QUICK LINKS**

whether you're at home or at school.

**AS OUR SITUATION CONTINUES TO EVOLVE, SO TOO
CAN OUR WELLBEING**

URL: <https://sites.google.com/education.nsw.gov.au/hhhs-stayathome/home>



Under the skin

SAGE WORDS FROM NINA SCHAFER TO HELP US ALL LOVE THE SKIN WE ARE IN.

Growing up is hard. Sure, there are changes in lifestyle, behaviour and relationships, but one of the biggest and scariest things is looking in a mirror, seeing the change, and hating it.

Whether you're a boy or a girl or neither, the struggle of body image can often be a huge factor in your life. And, as normal and trivial the casual remark of 'my thighs look HUGE' may be, often this can escalate to become a much bigger problem, or maybe already is one.

I've denied in the past as well, but despite the image I may give off, I too have and do struggle with my own issues surrounding body image. Sometimes, the most unlikely of people have the deepest problems with the way they look, and I think it is so important to recognise this, raise awareness, and let you know you are not alone.

THE SILENT CRISIS

In Australia, studies have shown that a massive 1 in 4 young people suffers with serious body image concerns. This includes mental illnesses such as body dysmorphia and eating disorders. It can cause people to succumb to depression, and even cause suicide in extreme cases. Even someone who is not being judged or bullied for their looks can experience any of these things, and with children developing quicker and quicker, it's becoming a growing crisis.

The stigma surrounding these issues really needs to be put to a stop, because it's such a common thing in today's society. So if you or someone else appears to be showcasing concerning behaviour, try to alert someone you trust so as to provide help before anything can get too serious. (The school psychologists are always great for a chat, trust me.)

“The stigma surrounding these issues needs to be put to a stop”

WHY YOU'RE UNIQUE

All of you, whatever age, skin tone, shape, gender, whatever features, hair texture, leg length - wow, we are all so unique! You are ridiculously beautiful beyond words and you should be able to recognise it for yourself. Maybe you've heard what others enjoy about you, but what do you like about yourself? Do you in fact, like yourself? And why? And why not?! You're awesome! You have qualities no

other has; who else on this Earth is an exact replica of you? You might be able to change things, but those things are you, and if it's because you don't feel worthy, chances are it's only going to damage you. In the end, whatever's inside is what we see. And that's our favourite part, because your heart and mind are the most beautiful parts of you.

BETTER THAN PERFECT

The form that this world intended for you is about as perfect as it gets, and perfect isn't one specific thing. Perfect is whatever your lovely smile looks like. Perfect is the way you walk. Perfect is your voice. Perfect is how your hands carry a pen. Perfect is every quirk and every freckle and pore and mole. And someone loves you. Probably quite a few people in fact. And if you don't think they do, then I'll love you. Take my word for it. I don't care if your skin broke out yesterday, or you're having a bad hair day, or if you feel like the muffin you ate yesterday made you gain like crazy because that's not what I can see. And that's not what the people who are worth it can see. What we see is the incredible soul peeking out.

Some people you'll meet are curvy, and some are slender. Your friends' ankles are different to yours, and so are their eyebrows and so are their nose and so are their likes and dislikes and hopes and aspirations and sexualities and identities. And in the end we're all teenagers with wildly different stories. We're humans, and we're in a confusing place of life, but we're here each day, and it's important to know that you waking up every morning is what makes someone else look forward to living. So take my word for it. I'm just another fourteen-year-old after all and I'm here with you.

My canteen rules

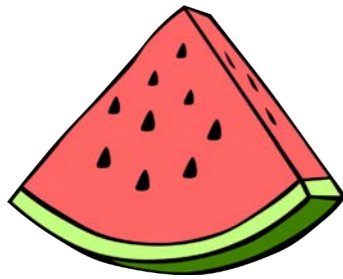
THE SCHOOL CANTEEN. A GOLD MINE OF HUNGRY AND LOUD TEENS. LINES UPON LINES OF TEENS FROM ALL YEARS, ALL WALKING TO THE SAME DESTINATION: THE COUNTER. BUT WHAT LIES BEHIND THE COUNTER? THE UNKNOWN TERRITORY OF THE SCHOOL'S CANTEEN LADIES. LET'S TAKE A LOOK BEHIND THE SCENES OF THE WONDEROUS SCHOOL CANTEEN AND GET TO KNOW THESE MYSTERIOUS LADIES!

What are your names?

Bronwyn: "My name is Bronwyn, I'm the canteen manager."

Joanna: "I'm Joanna. I'm a mum and I also work here as well, so I volunteer and sometimes I work for coin."

Debra: "And I'm Debra, and this is the first time I've volunteered."



What preparation do you do before the Recess and Lunch rush each day?

Bronwyn: "It depends on the day because we have different specials each day, so it will vary on what preparations are done. For example, we have cheese melts which are extremely popular, so they take quite a period of time to prepare."

Where does all the food come from?

Bronwyn: *Laughs* "All the fresh produce I buy from the shop and I bring it in daily. Like, for instance, watermelons, lettuce, tomatoes - all fresh - and when I bake we need eggs and flour. All that I buy!"

Is serving us food a fun thing?

Bronwyn: *Laughs* "If you're well behaved! If it's orderly out there, it's very easy to serve in here, but it's very difficult to serve when they're not doing the right thing out there."

Joanna: "When there's a lot of talking... it's very hard to hear, so if you're at the counter and there's a lot of background noise, it's actually hard for us to hear what you are asking for. We'll find that a lot of polite students are out there and some are very generous. They like to give us their change so that's very nice!"

What do you enjoy on the menu?

Bronwyn: "Oh, my fried rice! My famous fried rice! What I like about that is that it's freshly made here, and it's something that has continued. I've tried things that only last for a little while, so I'm very happy that they enjoy eating my fried rice."



Bronwyn, how long have you managed the HHHS canteen?

Bronwyn: "16 and a half years."

So you've seen a lot of people come and go in that time?

Bronwyn: "Yes, yes, yep, I have."

Joanna: "And some people still come even though their kids aren't at school anymore as well!"

Bronwyn: "I've got five that still like to come along and help out even though their children have passed on to having children now."



Do you have any funny stories from dealing with students?

Bronwyn: "Oh, probably that student who bought a chicken pie in Term 1. There was a little mark - a cut, a break in the pastry - he didn't want that one, he wanted another one and I was like 'Aw, seriously?!'"

What do you do with any leftover food?

Bronwyn: "I try not to have left over... either my volunteers or someone will take it, or when it gets to a particular time in lunch break I would reduce the price and I find that helps if there is wastage."

Do teachers get discounts?

Bronwyn: "No. No one gets discounts, it doesn't work that way, sorry."

Is there anything you want to tell the people reading this?

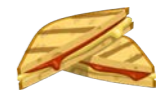
Joanna: "It's a great canteen and they should come more often!"

Debra: "If they were able to give us suggestions, we're happy to have suggestions. We're always open to ideas; we just need to make sure that they fits in the criteria that we have to sell. That would be really nice."

What is one pet peeve that you'd like everyone to work on changing?

Joanna: "People who don't say please or thank you." *Laughs*

Bronwyn: "Manners. Very important to have manners."



So there it is; another interview from behind the scenes! We hope you now have more insight into The Wonderous World of the Canteen! If you have suggestions, don't hesitate to mention it to the canteen ladies!! (And don't forget... The Manners!)

BY ELSA PULVIRENTI & AMELIA YOSHIDA

Life lessons from Mr Habbouchi



GOT QUESTIONS? MR HABBOUCHI HAS THE ANSWERS!

Have you ever found yourself daydreaming? Thinking about questions that you can't get the answers to? Do you have an itch in your brain and it just won't go away!? Well lucky for you, we have an expert in questions! He's giving you answers to your burning questions and helping you relieve that annoying brain itch! We took YOUR questions and threw them right at everyone's favourite fly-kicking PE teacher, Mr Habbouchi! In this column, he will answer your most trivial questions or your most thought-provoking questions. Now, I'll hand it over to you, Mr H!

Why did you want to be a teacher?

Mr Habbouchi: "That is a good question. I will tell you where I believe it all started. Reflecting back, I think I was always going to teach other people how to do things. Ever since I was about 7, I had a knack for showing my parents, siblings, cousins, friends or anyone that was around at the time what I had created or what I was trying to do (mainly sport related, in particular. football and gymnastics). I used to spend hours on end trying to perfect and

master a skill I had observed, learnt or just visualised in my mind. Once I had gotten confident in my ability, I was always trying to get others around me to try it. I would step in, give them feedback, demonstrate how to do it and just have a laugh at how many errors we would make together. So, I guess to answer the question, I really wanted to become a teacher because I love helping other people reach new heights of themselves. I have a strong passion for 'Growth Mindset' and I am a student in this topic and when I master it, I will teach my lessons to anyone who is interested."

What type of student were you in high school?

Mr Habbouchi: "Cheeky!"

Interested in asking Mr Habbouchi *your* burning questions? Send a message to the Figleaf Instagram (@hhhsfigleaf) or send an email to Rebecca.Lake5@det.nsw.edu.au to see YOUR question next issue!

**BY ELSA PULVIRENTI &
AMELIA YOSHIDA**

CALLING ALL HHHS STUDENTS!
THE HHHS FIGLEAF IS ACCEPTING SUBMISSIONS

PHOTOS
- Share your cute pet photos
- Flex your literary prowess

POEMS AND SHORT STORIES
- Give your hot takes on school topics

If you do have something that you want to share please send them to:
Rebecca.Lake5@det.nsw.edu.au

Or you can drop them in the "FIGLEAF" BOX outside the English staffroom



The pearl

Trapped underneath the sea, the bottom I hold, of a pearl of green. It shimmers, it shines, oh it's delightfully, delectably mine. I live inside, but I support it outside; I'm always halfway out of my home. Maybe it's my legs, maybe it's my head, maybe I'm all gone. I wouldn't know, i live a dream, dreaming of dreaming of dreaming of green. The stars in my eyes, and the stars in the sky, open wide and shine and shine and shine. I know, I know, I know, I glow, it glows, I do, nobody glows. I am nobody, you are somebody, then maybe I should go. The seafoam lights up, the whales by us, crash and are threaded with green. Green, green. green. It beams, it beams, it beams. Maybe I'm shallow, but my seas sure aren't. I live as I wallow, shadowed; I shan't. Down I go, deep deep inside the sea, the sand, the water - all of it, green.

Monsters made of wrappers and fishnet, brown and gold and trapping me. I dont know why, or how it is, but the sand i walk sure does throw a long distance. I live i love i grow inside the open air. The sea, the sun above us lights up in there, go on, move on, above its open air. I live, so long, my hun i know it, matters there. So long, my dear, the seas surround us. Swallow, the salt, the ones above us. Trees, are green, but lights al blue are gone. The moon is light and shines above my eyes andfalls down to meet me. I dont care about the love that gets my heart up it swallows me down and siezes me. I know i know i know i know, it feels like i live inside the beach, long long long agong, ah ah ahunnn.

My mind may be shallow, but my seas sure aren't. I live as I wallow, shadowed; I can't.

BY AMBER SZUCS

I understand that what I support is treasonous.
 I support humble days by the sea, cliffsides that crumble and feet that are dusty.
 I support my orange sand, the grains of my land, once used to season us-
 In a sticky red marinate I wish could be swept into our rivers,
 Diluted in slivers,
 And breathed in screams of courage we couldn't muster up...
 I understand that what I believe is treasonous.

I believe in a father that loves us all, his shield - a mighty thing - that towers 2 meters tall,

I believe our father's stories, and the things he doesnt say to protect us,

I believe that he believes in us all.

He says, "little darling, don't look so starstruck-

This is our lives, little darling, we have bucks we must save up.

And when you join us in the leaves, and become one with the breeze,

Well, darling, your life still isn't all up."

BY AMBER SZUCS

All that you love

Best friends

You are my best friend; you belong in my heart.

We go through ups and downs, but still nothing can tear us apart.

I know you as a sister, and I will always care.

Love, respect, and trust are the things we share.

I know you as a person; I especially know you as a friend.

Our friendship is something that will never end.

Right now, this second, this minute, this day,

Our sisterhood is here, is here to stay.

My friendship with you is special and true.

When we are together, we stick like glue.

When I'm in the darkness that needs some light,

When you're by my side, I know things are alright.

Our friendship is so strong; it breaks down bars.

Our friendship is also bright, like the sun and the stars.

If we were in a competition for friendships, we would get a gold,

Because responsibility and cleverness are the keys we hold.

I met you as a stranger, took you as a friend.

I hope our long friendship will never end.

Our friendship is like a magnet; it pulls us together,

Because no matter where we are, our friendship will last forever!

I love and I hope me you love me too

Where you are and wherever you go, you my friend are stuck to my heart glue!

BY JANA ABDELHAMEED

Inheritance

I wasn't alive when the wars happened. I haven't experienced any kind of war, but I have been educated in what happened in the past wars. When a plane passes by overhead, I look up, because there's this kind of paranoia I harbor. I imagine seeing the plane above me open up a hatch on its belly, and drop a big, big bomb on my head. It's a ridiculous paranoia. I don't understand it myself.

When my brother was a toddler, he would connect his textas together and go "pew pew pew!" He came up to me one day, pointed his handmade musket at my head, and went 'boom!' He sewed fabric over it and told me he's going to bring it with him everywhere. I ask why, and he tells me it's for self-defence. He does Judo. He's paranoid. It's a ridiculous paranoia. I don't understand it myself.

BY AMBER SZUCS



Spotlight on Sudoku

A spellbinding series

HOCUS POCUS! SIENNA SERRAO EXPLAINS WHY *THE CHILLING ADVENTURES OF SABRINA* BELONGS IN YOUR NETFLIX QUEUE.

There's no denying the fact that TV is pretty darn good right now; maybe even better than movies. With streaming services like Netflix, Hulu, and Amazon Prime (among others, of course), we can tune in to our favorite shows whenever we have a moment to spare, and potentially watch a full season in a single sitting. If you're hunting for your next binge-worthy series, let *Sabrina* cast its spell on you.

Far more intense than your average light-hearted high school series, *Sabrina* tells the story of a 16-year-old girl who is caught between the world of her mortal friends and her magical family. If you love witchcraft; so-bad-it's-amazing dialogue and great clothes, than Sabrina is your devillishly fun girl.

4 FUN FACTS

1. *Sabrina* exists in the same universe as *Riverdale*. In fact, there's even a crossover character, Ben Button.
2. The show was sued by the real Satanic Temple for copyright infringement.
3. There are real witches working on the production staff.
4. *The Chilling Adventures of Sabrina* is based on a graphic novel of the same name.

WHAT IS IT?

Sudoku is a logic-based puzzle. There are 81 squares in a Sudoku game. The grid is divided into 9 blocks and each block contains 9 squares.

I LIKE LOGIC! I LIKE PUZZLES! SO HOW DO I PLAY?

Each of the nine blocks must contain **ALL** numbers between 1 and 9 in its squares. Each number can only appear **ONCE** in a row, column or box. (Are you still with us here?!).

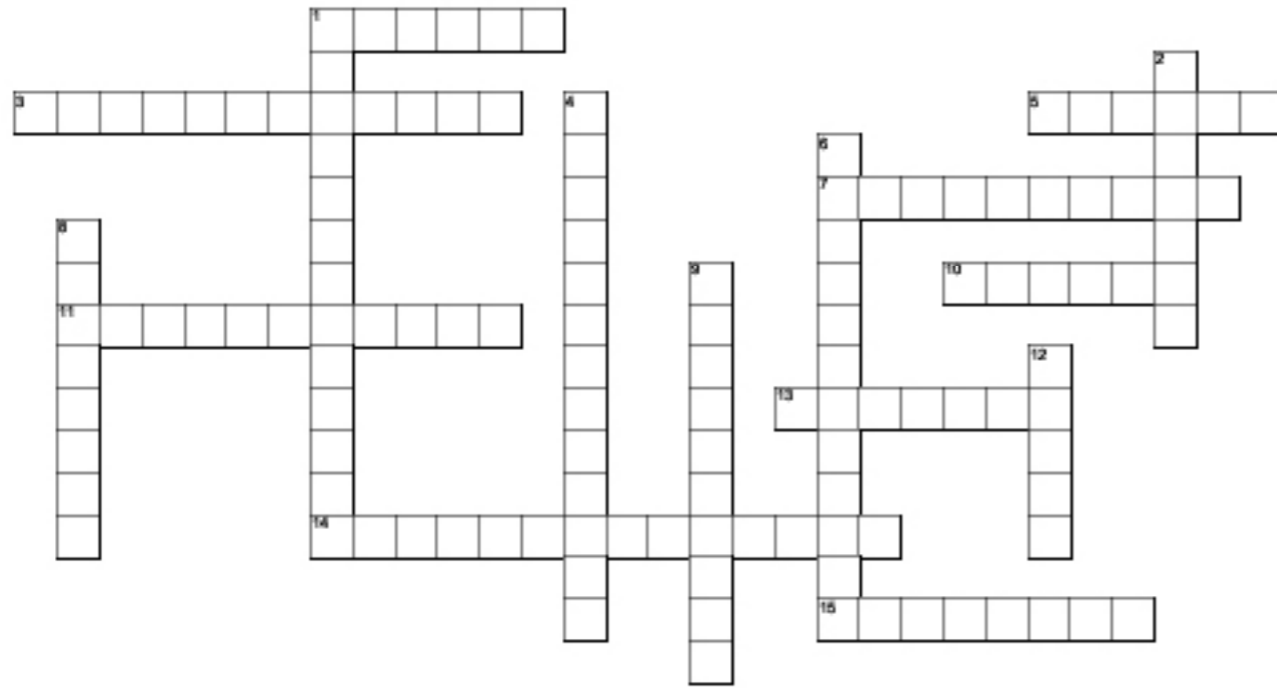
SOUNDS EASY ENOUGH...

Yes... BUT within the larger square, each vertical nine-square column, or horizontal nine-square line across must also contain the numbers 1-9, without repetition or omissions. That's why every puzzle only has one correct solution. Give it a try!

		6			4		3	1
5	3	4	1		8	6		
			6			9		
	5		7	4	2	1		
	1	9					2	
		7			1	3	5	
		1		3				
	6		5			8		9
9	2		8		6	7	4	

HHHS trivia crossword

WHAT'S THE PUNISHMENT FOR WEARING YOUR NIKES RATHER THAN YOUR CLARKS? WHOSE CLASSROOM HAS THE BEST AIR CON? TEST YOUR HHHS KNOWLEDGE WITH THIS SPEEDY CROSSWORD!



ACROSS

- 1 It's a good day if you get to play this quiz game as a reward. (We've definitely all heard its theme song while in the Maths block.)
- 3 An awesome showcase of student talent at HHHS.
- 5 Our school principal.
- 7 A responsibility undertaken in Year 7 that involves taking notes back and forth for a day.
- 10 Possibly the only boost getting you through the day.
- 11 A large number of students constantly get in trouble for not wearing these.
- 13 People who will hate you forever if you dare take their seat at the back of the bus.
- 14 If you don't bring in the sport note on time, then this is your fate.
- 15 His class has the best air-con in the school.

DOWN

- 1 These were given out on Valentine's Day.
- 2 An important tree located next to the bus area.
- 4 A helpful after-school homework group in the Library.
- 6 The room that resembles a prison cell and is located at number 413.
- 8 You can choose to join one of these for activities such as dance or jazz band.
- 9 A cherished, sweet gift in Ms Lenard's class.
- 12 Easily scared Australian youth. (They may roll your Nike TNs.)

CREATED BY NINA SCHAFER



HHHS wildlife find-a-word



CLUES		
BIN CHICKENS	BRUSH TURKEYS	CROWS
LIZARDS	LORIKEETS	MAGPIES
MYNA BIRDS	PIGEONS	POSSUMS

PICTURE BY ZOE JORDAN

Snakecat: Part I

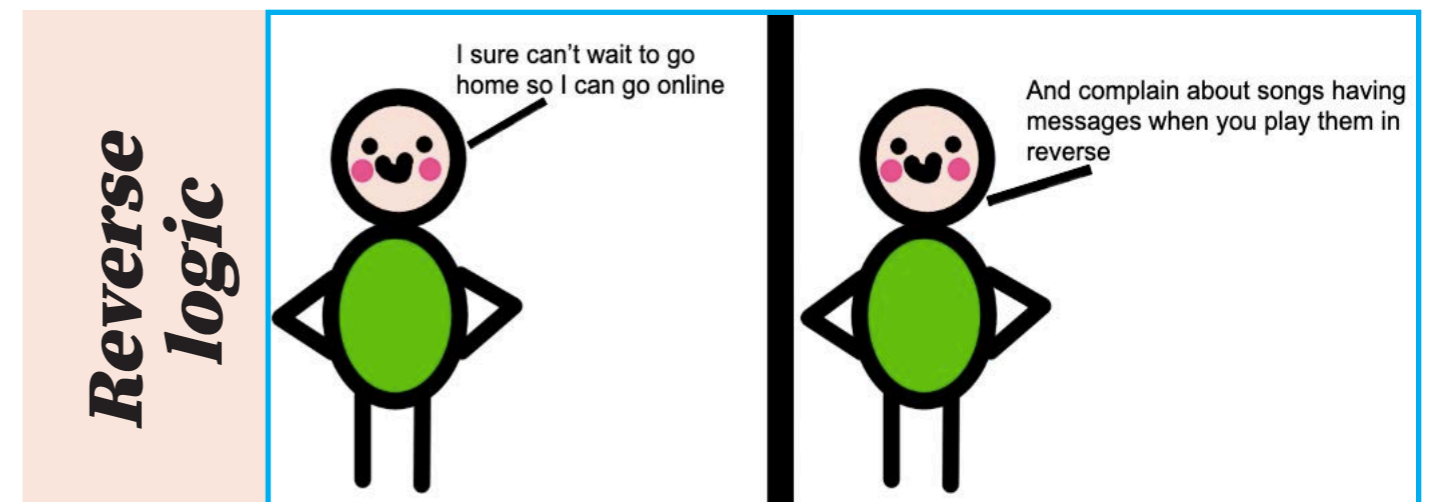


CREATED BY AARON SOPENA

Paper world



CREATED BY WIL STEVENS AND EMMY WOODS

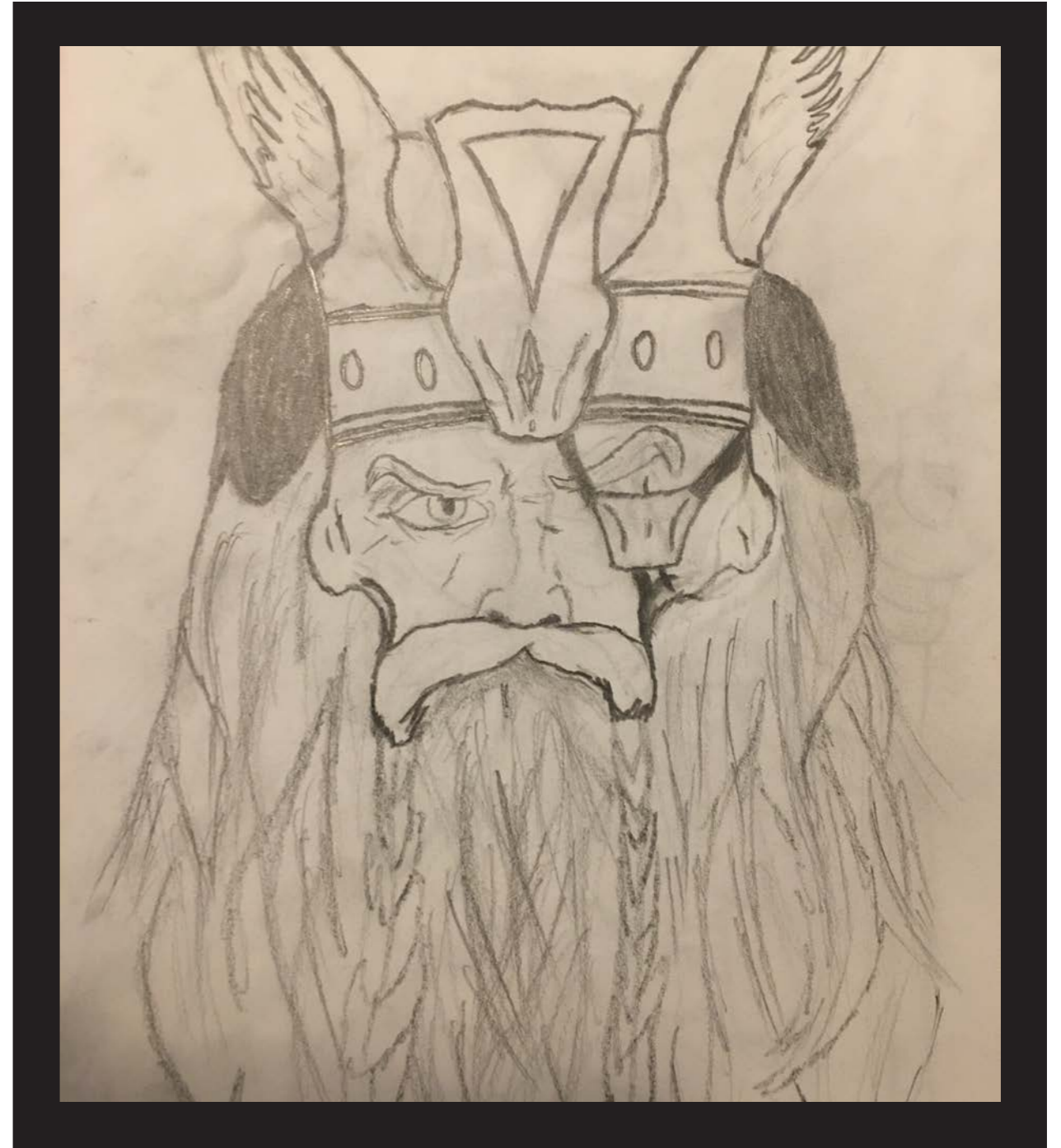


CREATED BY WIL STEVENS

Artworks of HHHS

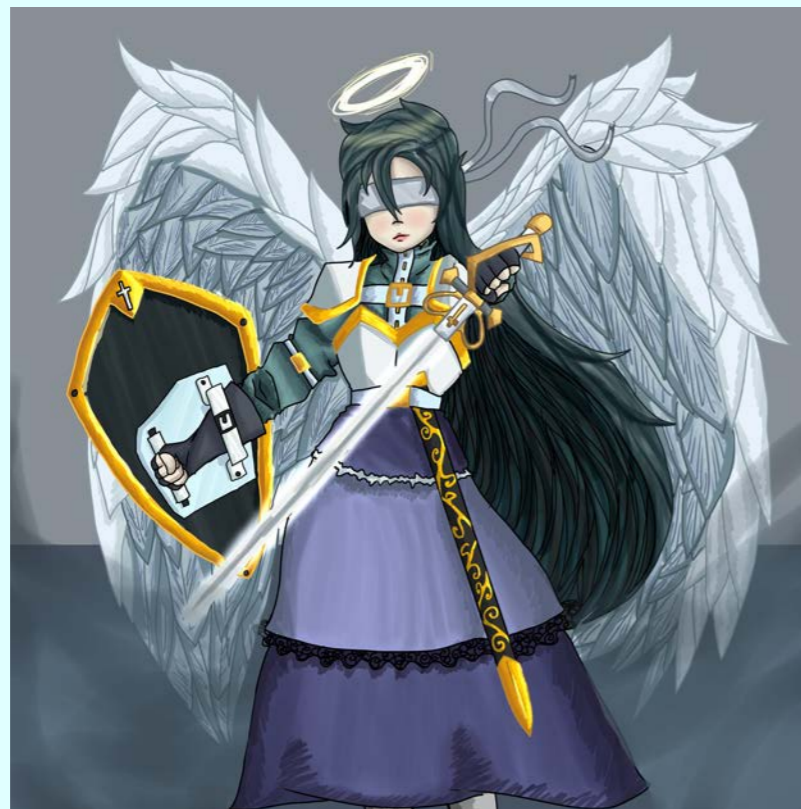


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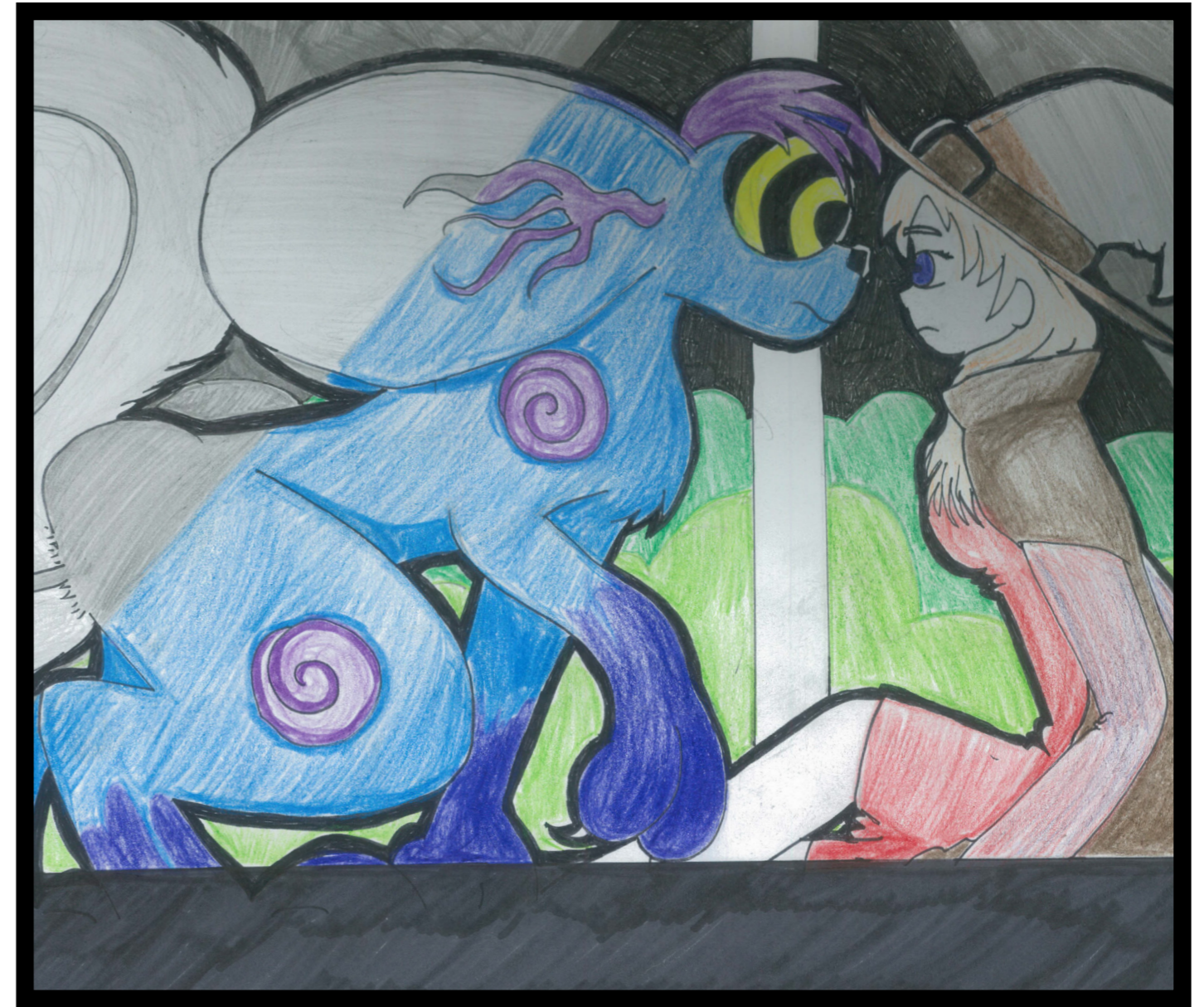


CREATED BY SEAN HUGHES

Artworks of HHHS

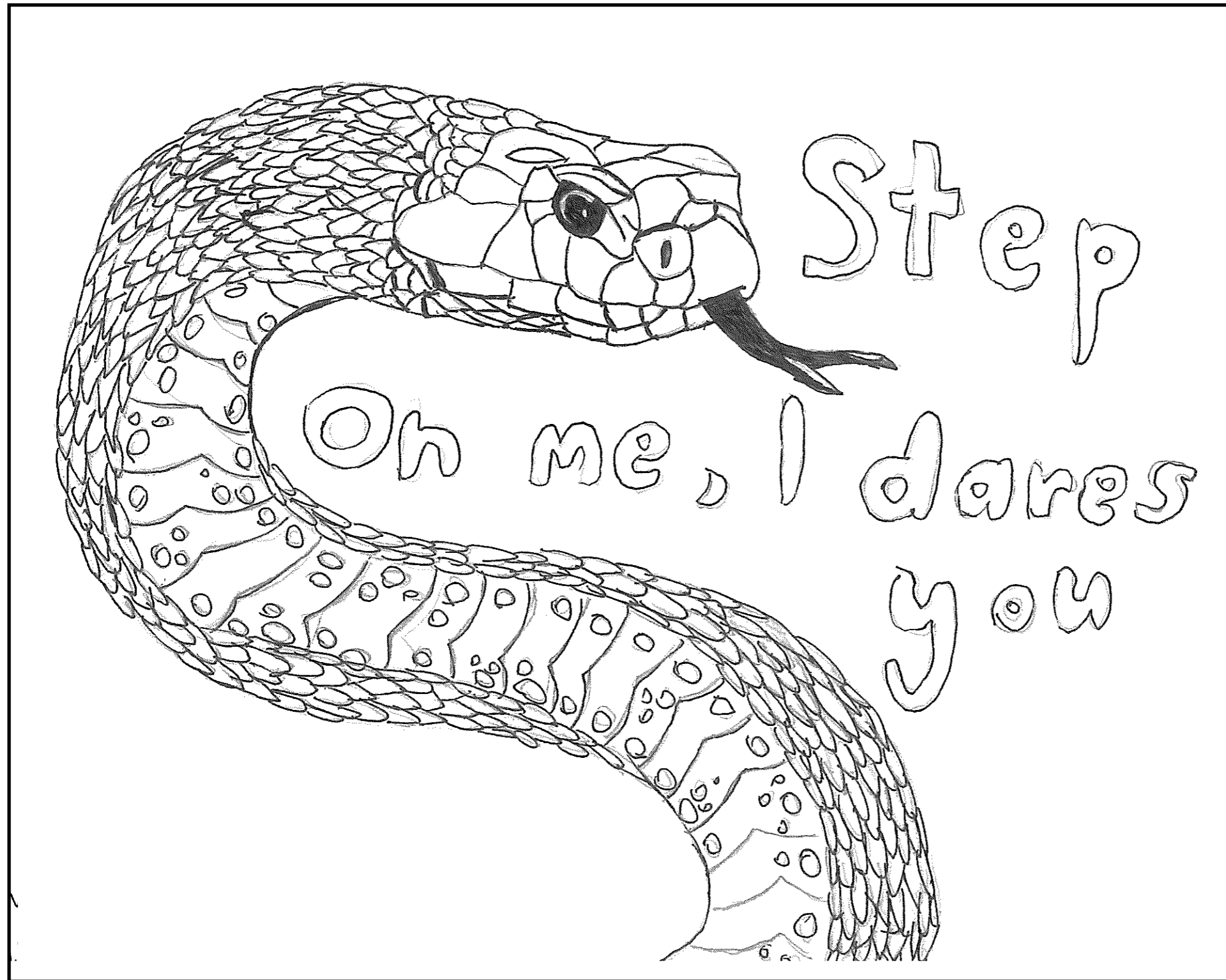


CREATED BY AARON SOPENA



CREATED BY CHLOE BROOKS

Colour me in!



CREATED BY EMMY WOODS

COLOUR AND WIN!

WANT TO GO INTO THE DRAW TO WIN A FABULOUS PRIZE?

ALL YOU NEED TO DO IS...

1. COLOUR IN THE PICTURE.

2. DROP YOUR COMPLETED PICTURE INTO THE "FIGLEAF" BOX OUTSIDE THE ENGLISH STAFFROOM BY 29/06/2020.

REMEMBER TO INCLUDE YOUR NAME!!

