



HHASHERALD

Issue #1 Term One 2024

Reading Room, Victoria State Library @cyzoc.photography on Instagram

This photo is shot on a mobile phone. I mainly use Samsung Galaxy S10 and Samsung Galaxy A20 on manual settings. I whip the shots up with Adobe Lightroom to give them finishing touches. Photography is one of my hobbies, and I believe that it should be accessible to all, no matter what kind of equipment you have.

I find it calming, and it helps create connections in associated fields – that’s how I gained access to some exclusive meets and private trails. If photography seems interesting to you, use whatever phone you have and go do photography. Imaginary barriers stopping you from doing what you love suck.

Conner, SM1E

THE SOUTHMOUTH SIT-DOWN

Alicia Hassall and Georgia Haines interviewed SM HOC Andy Cowper hoping to discern what was in store for students in the coming year.



L to R: Alicia and HOC SM Andy Cowper

What can students expect for the coming year at South Melbourne campus?

I want our young people to have a safe, fun and engaging learning atmosphere with structured wellbeing support. Of course, there will also be fun activities offsite like excursions and camps.

How would you describe yourself as a leader?

I am approachable, thoughtful, trustworthy and a great problem solver.

What gets you out of bed every morning?

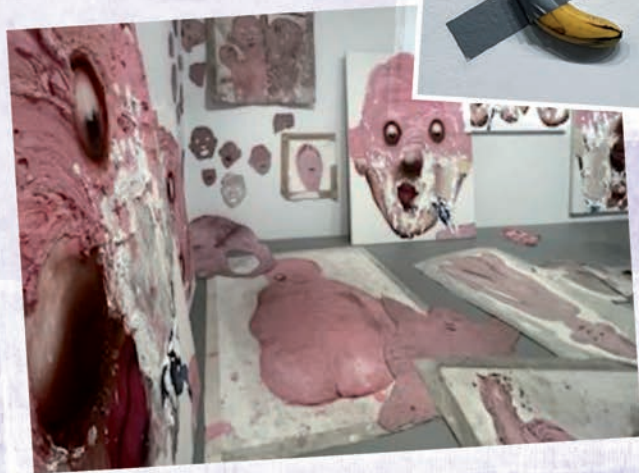
I am a dad and my three kids get me out of bed every morning; I do the school run. I also have great positive regard for my own work and this is my driving motivation throughout the day.

CITY CAMPUS GOES TO THE NGV!

Wednesday 6th March -- CBD campus went to Triennial at the NGV. Twenty students and staff enjoyed a guided tour through its highlights. These included AI robot dogs and artworks where touching and walking on the art was not just encouraged, but required. Other attractions included a slowly rotating chair and works from different art movements. Finally, there was a banana taped to the wall.

But is this art? The hefty majority of students polled yes, a banana taped to the wall is art. On the other hand over half the staff and a few students disagreed. Both sides presented well-thought-out arguments.

Photos by Raye, C1C
Report by Andrastea, C1D



CITY CAMPUS COOKS

C1B on their new lunch initiative

This term, the C1B class has been cooking for the entire city campus every Wednesday. Each week, a student chooses the dish of the day, and plans, shops and prepares enough food for everyone. This means that students get to eat food they want to eat while building community. The process has also led to a development in teamwork, communication, organisation and leadership skills for participating students.

On the menu this week? Beef and chicken tacos with capsicum, onion and tomatoes.

Thank you Madi, Muneib, Ollie, Brian, Harlan and Caitlyn C1B.

A CITY CONVERSATION

Kara, student youth worker By Saturn



L to R: Kara and Saturn

What do you think of HHA so far?

I think it's a relaxed environment in my experience so far. I like the flexible way of learning and I like that it's a respectful environment for young people.

What's your absolute favourite thing about HHA?

Being part of the C1D classroom. I also really enjoyed going on camp.

What's your favourite pasta shape and why?

Penne because it's the easiest one to eat. I cook it most often and you can pick up quite a few pieces at the same time on your fork.

What's your favourite pasta sauce to have with penne?

Any creamy tomato-y-chilly-y sauce.

PRAHRAN PHAM TERM 1 EXPLOITS

by Beau Bodsworth and Hudi Orbach

P1A has had an action-packed term so far! We started off by hosting a community barbeque for the whole campus to say goodbye to Rebecca Stella who has left us after seven years. She will be greatly missed, and we wish her all the best in her new job.

In addition to P1A completing loads of class work, we have also been attending a weekly gym session. However, we have cancelled out all of our work in the gym by indulging in the goods created in our weekly cooking sessions. If you want to make a delicious but less-than-pleasing to the eye chocolate cake, see Prahran recipe.



Above: Greta by Charlie P, P1C

Right: Colouring in by Charlie P, P1A



Prahran Pham Chocolate Cake

Ingredients

| | | |
|-----------------------|--------------------|-----------------------|
| 1 ¼ cup plain flour | 2 cups white sugar | ½ cup vegetable oil |
| ¾ cup cocoa powder | 1 tsp salt | 2 tsp vanilla extract |
| 1 ½ tsp baking powder | 2 eggs | 1 cup boiling water |
| 1 ½ baking soda | 1 cup milk | |

by Hudi Orbach

Method

Preheat oven to 180° and grease and line two 22cm pans.
Sift and mix dry ingredients.
Add eggs, milk, oil and vanilla. Whisk well.
Add boiling water and mix till combined.
Pour batter into pans and cook for 35 minutes or until a wooden skewer comes out clean.
Cool for 10 minutes then turn upside down on a wire rack.
Cool completely before icing.

PRAHRAN PROFILE

Fiona Sword, CAPE Team By Lewis Loves

Fiona Sword



My role is careers support across the City Hub -- City, Prahran and South Melbourne campuses -- and I meet with students who want to talk about things careers and VET-related.

Some students may want to ensure that they have chosen the correct VET to help them to get into the right course after leaving HHA, others will want support with getting part-time work and writing a resume. Some students have decided that school is not right for them and want to discover their journey away from school and I help them explore that... so every day and every appointment is different.

I am at South Melbourne on Tuesdays, City on Wednesdays and Prahran on Thursdays. Some weeks I may need to make changes to go on outreach to students. You can reach out to me on teams @Fiona Sword or via email fsword@hhacademy.vic.edu.au. You can make a booking for a careers conversation at hhacademycareers.com.au

WELCOME TO SOCIETY

Please be yourself
unless you don't act like everyone else
Make sure to love your body
not too much though or you're a narcissist
You'll get bullied for smiling
and then we'll wonder why the frown
We'll tell you you're worthless
that you shouldn't make a sound
and to go cry with the others
as you're buried in the ground.
You can fall in love with anyone
but we have to choose
You can have opinions
but it has to be shaped into our views.
We won't ever deceive.
and there's one more rule:
There's no way of getting out.

By LR, SM

THE LAST WORD A GOOD FRIEND IS A GUARDIAN OF OUR BEST SELF

By Gilbert Bond, ESO-SM

When Muhammad Ali was on his way to becoming one of the most renowned athletes in the world, he asked his brother Rudolph to sit ringside at every boxing match. Rudolph had only one job: if Muhammad was doing poorly, Rudolph would stand and yell: "You're losing it Muhammad!" Rudolph was Muhammad's brother and good friend. Muhammad needed Rudolph to call out and bring forth the best within him, especially during the moments when things were falling apart.

A good friend is the guardian of our best self. When under stress and duress, we often cannot see the best within us. A good friend becomes a compass to show us where we are and a mirror to remind us who we are. They have seen us at our best, and at other times, our worst. During the dark and difficult moments in our lives, they shine the light of remembrance upon us so that we can see, once again, our true and best selves.

DOXA CAMP 2024

As usual, camp drew many excited and enthusiastic participants. There were 40 happy campers this year. What did they find exciting? Read on.

"I went for the day and I was very impressed and touched by how much effort staff had put into making sure we had a good time - food, activities, facilities... thank you."
Benito, Sunshine

"The giant swing. I was upside down... it was fun. I wasn't allowed to go upside down last year as I wasn't 18 then."
Will, SM

"It was fun... I enjoyed doing archery and rock climbing which I don't get to do very often."
Ethan, SM



Peachy G, P1A



We can find friends at both ends of the spectrum: those who bring out the worst and those who bring out the best within us. Take a moment and reflect upon your friendships. When you are burning with rage, do they throw more petrol upon your anger or do they offer a way for you to cool off? When you fall into a pit of despair, do they come looking for you, sit with you, and after a while, work with you to find a way out together?

At other times, we need to hear a good friend say, "No" when we are taking a harmful path. There is as much love in a "No" as there is in a "Yes." Healthy friendships provide one pathway to wellbeing. You may need to offer understanding, acceptance and compassion to a hurting friend on their way to becoming the person you need when you are hurting.

Gilbert hails from Louisville, Kentucky, hometown of Cassius Clay or Muhammad Ali as he came to be known after converting to Islam.

4.

NAME OUR NEWSLETTER

This competition is open to all current HHA students. For now, we have elected to call this newsletter the *HHA Herald*. However, we'd like something more original from the student body. Send in as many entries as you wish to SouthMouth@hhacademy.edu.vic.au. And yes, there is a prize for the winning entry.

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