



"The Family Issue"

WINDSOR MEETS BEASTMAN

7/8R had a great opportunity to meet an artist in residence at Nepean High. Beastman, otherwise known as Brad Eastman is a world renowned artist who has exhibited all around the world. Windsor again providing diverse learning experiences for our students .

This issue is all about family. Learn how to communicate with your parents, read sister interviews, working mums interviews, family experiences, learn how to cook special family recipes and even quiz a friend to see if your twin telepathic!



Interview with Kristina Brice on her time in the ANZ Netball Championship

Q. How have you coped with the pressure of the ANZ championship?

A. My coach and team members have the confidence in me to do it, so that makes my job of getting out there really easy. It's also helped that I wasn't contracted with the team and that has taken some of the pressure off. The success of the season boosted my confidence as well.

Q. Will you stay with the Adelaide Thunderbirds or go to one of the three new teams?

A. I'll wait to see what I get offered first but I'm not too fussed on whether I have to move or stay at home. I'll see what I get first.

Q. What do you think the new championship will be like?

A. I think it will be really good for Netball Australia; it will help develop some of our new junior talent coming through, giving them a greater chance to succeed and get into teams, where there was only the option of five teams this year. It will also be really good to see a couple more international players get the chance to enter into the league and build international netball from there.

Q. Is there a lot of training?

A. There is SO much training! Even now being back home I swear I live at the netball courts. It is a daily training regime.

Q. Where do you think your career will take you?

A. I'm kind of hoping to get selected into the Diamonds (the Australian team) but if that doesn't happen I'm not too fussed by it, as long as I'm playing netball. I enjoy it, that's what I want to do.

Q. Do you think Dan will be a good coach? (New Thunderbirds coach)

A. I worked with Dan for a while last year and I really enjoyed him as a coach. I think being over in England gave Dan a different style of netball to what he usually coaches. Hopefully he will be bringing something different back into the Thunderbirds. This should be good with team culture and hopefully getting the wins up with the Thunderbirds.



Mrs Brice, Krsitina Brice, Maddison Tuckwell,
Leisa Brice

Interview with Leisa Brice on her sister Kristina

Q. Have you missed having Krissy around?

A. Yeah heaps, we are so close in age, we like a lot of the same things, have a lot of the same friends and we work in the same social groups. It's kind of like missing my left hand but don't let her hear that...

Q. Do you think you're better than Krissy?

A. I think some aspects of my game are better but we play very differently considering we both play the same position and have the same sort of style. When it comes to aggression and rebounding I think I tend to do better. I think its more about commitment and Krissy's willing to give that, whereas I'm not and that maybe doesn't quite make me so good .

Q. Do you wish to get to a professional level of play?

A. I think when I was 15 there was nothing I wanted more. I gave extra, trained harder and when I didn't make teams it was a big issue for little 15 year old Leisa. Now however, 25 year old Leisa realizes how much she would have to give up. I wouldn't have been able to go out on weekends, eat what I want, work, do what I want and there's so many guide-lines to follow and 25 year old Leisa realizes life is a bit better than netball!

Q. Who is your favourite player in the championship?

A. Of course it's my sister!! She's great! I've always been a huge fan of Susan Pettit, just the way she plays. Maybe when Krissy actually plays well I'll be her number one fan.

SOME OF WINDSOR HIGH'S TALENTED NETBALLERS



Emily Dunn Year 11 Netball player

Western Sydney Academy of sport

Penrith division 1 opens

Metro team

Australia and NSW Indigenous Teams



Jackie Van Trump Year 11 Netball player

Representative of Glossodia netball club.

Working Mums

We interviewed two very busy working mums that we are lucky to have in our school, Mrs Mooney and Mrs Tait. We asked them about their kids, how they balance their busy lives, and their favourite dishes to cook at home! Here's what we got.

How many children do you have? Ages? Names?

Mooney: I have three children; their names are Isaac, Violet and Charlie. Isaac is 8 and is currently in year 2 at school. Violet is 5 and is in her first year of big school, kindergarten, and Charlie is 2, he goes to day care three days a week.

Tait: I have 3 kids, named Riley, Owen and Fraser. Riley is 8 and in year 3, Owen is 7 and in year 1 and Fraser is 5 and in kindergarten!

Do you find it difficult working full time and caring for your children?

Mooney: Yes, of course it gets hard at times, I am very busy, amongst taking care of the kids I have to do homework at school and at home.

Tait: Yes, lots of issues at home, it's always trouble getting the boys up for school! My husband leaves for work at 5am, so getting the boys up and ready in the morning is left totally up to me. In the afternoon the boys get home before I do and they have a babysitter for half an hour. They are very active boys who have very little down time! The only chance I get to do my work is when the boys go to bed.

How does work affect the time you spend with your children?

Mooney: The biggest thing is staying calm at work with disruptive kids and going home and getting crankier at my own kids! *She laughs.* I only really get to do my school work when the kids go to sleep.

Tait: I leave earlier in the morning and the boys go to before school care, I sometimes feel guilty that I miss out on many school events such as the Mother's Day Morning Tea, excursions and celebration of learning.



Chicken and Broccoli Bake– Mrs Tait

Ingredients:

- 1 BBQ chicken broken up skin and bones removed
- 1 Floret of broccoli
- 1 250ml sour cream
- 1 Tin of cream of chicken soup
- 1 Packet of spiral pasta, Grated cheese for topping.

Method:

1. Steam broccoli for two minutes in the microwave
2. Combine soup and sour cream in a bowl
3. Add chicken, broccoli + soup mix to casserole dish
4. Stir to combine
5. Cover casserole dish and cook in moderate heat oven for 45 minutes.
6. Remove cover add grated cheese to the top and brown for 15 minutes
7. Serve with cooked pasta.

My Nan's (Jean Gustard)-

Mrs Mooney's nan

Banana and Coconut cake

Ingredients

- 3 Tbs of butter
- 3/4 C brown sugar
- 2 eggs
- 1 C mash banana (ones that have brown skins!)
- 1/2 tsp bicarb soda
- 2 C Self Raising flour (or wholemeal flour)
- Pinch of salt
- 2 Tbs of milk
- 1/2 shredded coconut
- Tsp cinnamon

Method

1. Cream butter and sugar in a mix master until light and fluffy
2. add eggs into mixture one at a time, Beat well
3. Add mash bananas and mix for one minute
4. Fold in flour, salt and bicarb soda
5. Then add in coconut and cinnamon and stir
6. Place in a greased tin
7. Cook on 160 degrees for approx. 30min.

Interview with Johanna Maria Anita Vanderwee by Eve Vanderwee Hellyer— 7S

NAME: Johanna Maria Anita Vanderwee or Oma (Grandmother in Dutch and born in Holland)

Date of birth: 19/06/1935 (81)

How old were you when you first saw television: in 1958 the year after I came to Australia



I am 12 years of age. What was life like for you when you were 12: I didn't go to high school I left school at 14 to work for family's 7:00—12:00 to clean the houses. I worked for a family of 11 kids at first. I got paid 7 gildons one week. No phones or technology and when I was 18 I had to be home at 10:00pm

What's been the biggest changes you have seen in your life: Its not the same as it was when, if you don't listen to your parents you get punishment. No TV till 1958, only radios & record players.

WHY FAMLY ARE IMPORTANT - SARSHA GALEA

I have grown up in a close family relationship. My siblings, parents, grandparents, cousins, aunties and uncles have always been close by. My best friend is my cousin Kaitlin, she is 6 months older than me so we have done everything together from a young age. Over the years Kaitlin and I have developed a very close relationship with my Nunna (Grandma) and Nunnu (Grandpa) and this has provided a lot of unique experiences and memories. We sleep over all the time and go everywhere with them. Some of our fondest memories are when we go over to their house, we cook meals for them, travel around NSW and experience new things together. Both my grandparents came to Australia at a young age as immigrants. Their stories and experiences help me understand and grow. Kaitlin and I are very grateful for our grandparents and will cherish them forever!



TWIN TELEPATHY

Grab a friend, choose a category, count down from 3 and try to say the same answer.

CATEGORY	FRIEND 1: _____	FRIEND 2: _____
ANIMAL		
COLOUR		
DESSERT		
CITY		
COUNTRY		
SPORT		
SUBJECT		
MAKE YOUR OWN: _____		

BEFORE AND AFTER



Interview with Chyna and Sattin Wilkie Year 12 Twins

Who is the eldest?: Sattin is the eldest by 20 minutes.

Have you ever tricked anyone?: No, we haven't.

Do you get mixed up?: Yeah Mr Broadbent met both of us separately and thought we were the same person.

Pros about being a twin: We are best friends even though we both have totally opposite personalities, we've always had a play friend. We share a room so we can steal each others clothes.

IT'S NOT WHAT YOU SAY, IT'S THE WAY YOU SAY IT

Communication between adults and teenagers is difficult. Adults hear differently to teenagers. Teenagers have their own way of communicating—a slightly different language to the generation above. Both use different words, tones and even sentence structures.

Adults/ parents are often worried or stressed about something because of their fast-paced lives. As a result, when an adult hears a comment that is normal in “your” language it may seem aggressive or insulting in their language.

Adults and teenagers need to communicate more clearly, employing calm language that doesn't sound aggressive. The minute an adult thinks they hear aggression (even when you really didn't mean it that way) - they get defensive.

The Scenario— You need a lift to a friend's and you know it will be inconvenient for your dad to drive you. He is tired when he gets home from work but you can't go to your friend's earlier than 7pm.

You say at 6.45pm: “ Can I have a lift to Kate's at 7 ? “

He Hears: “I don't care that you are exhausted , I want to go to my friend's house and it's your responsibility to get me there.” Then the argument begins.

Say instead as early as possible: “ I'm really sorry to ask you this because I know you're tired but I need a lift to Kate's. I can't get a lift with anyone else— could you please take me? Whenever good for you is fine I just can't go before 7pm.”

Approaching the subject in a nicer, explained manner can always bring down anybody's defence.

WORDS TO AVOID

ALWAYS/NEVER: you say “I never ask you for anything,” which prompts your parent to list all the times that you do!! They'll jump on words like ‘always’ and ‘never’ so try not to be too absolute.

HAVE TO: ‘I have to go to my friend's house! Do I have to do the dishes?’ - try saying instead, ‘I'd really like to go to my friend's place’ and “is there anything you'd like me to do tonight?” ‘Have to’ implies force and when it comes to chores, it will give the idea that it's something you don't want to do. (Which might be true but they don't have to know that!)

LATER: “I'll do it later” is the universal code for ‘its never going to happen’. If she says ‘clean the table’, reply instead with “I'm just about to— can I do it in five minutes?” it will make the parent feel they have been heard and in a specific time frame will mean they're more likely to believe you mean what you say.

WORDS TO USE

No adult can turn down a please, ‘if you wouldn't mind’, ‘if its not a problem’, ‘I'm happy to do that for you’, ‘you're welcome’, ‘I understand’ and the classic ‘thankyou’ and don't forget to smile .