Parent Newsletter

Acting Principal's Message

Each week when I am writing my weekly report I feel so privileged to be a leader of Menai High. This week’s report is no different. Four of our very talented HSC Dance students Stephanie Austin, Yelyzaveta Golikova, Emily Williams and Samantha Turpin have been selected for the 2015 HSC Callback performance. This means the students have gained top marks in their practical HSC examinations. Each student performs three performances and this HSC class has gained eight callback performances. Outstanding. Congratulations to the hardworking students and their teachers Mrs Millington and Ms Osborne. The callback concert is on February 2016 at the Seymour Centre. I would also like to thank all the Year 12 teachers who provided study days during the holidays to assist and support students with their examination preparation.

Year 12 have sat their first HSC examinations today and we wish them well during this examination period. Parents are reminded that if any issues such as illness/missadventure occur during their child’s HSC they should contact the school immediately. Parents can talk to Mrs Ferraro, Mr Scott or myself. For the HSC examinations we will always advise the student to attempt the examination and complete an illness/missadventure form.

Year 11 have now started their HSC courses. Students are currently receiving their assessment policy and procedure handbook for 2015/2016 HSC. This document will also be emailed to the year group and placed on the school website. Last week most Year 11 students received their textbook orders. All students in Year 11 must have their textbooks by the end of Week 3. Attendance, application and assessments are a high priority. During the HSC courses students must maintain an 85% or above attendance rate starting this term for Year 11. Schools are unable to grant exemptions for holidays. This becomes an issue if holidays have been planned during the HSC course. If a student is on holidays, this will impact on the student’s assessments and attendance.

All students have started a very important term. This term teachers will be doing their final class assessment/examinations. Students need to be using their Ediary to keep organised and work hard to complete class work, assignments, assessments and home study to do the best of their ability. All students need to engage in regular home study. I have attached a section of our home study policy on page 4 of this newsletter.

Last week I attended the Port Hacking Zone Sports awards to congratulate three students who were awarded the best and fairest player in a grade sport team. Laurence Ang Cricket, Mitchell Shipp Hockey and Mohammad Almeer Football - all great ambassadors for Menai High and their families.

Madeleine Norris has been selected for the award of a Sydney East Blue for Basketball. This is a very impressive award. Also congratulations to Brad McWhirter and Aaron Tannous who have been selected in the Sydney East Boys Tennis team competing in Newcastle in late October.

As part of our links with our local primary schools, the Year 4 students from Allords Point, Ilawong, Menai and Tharawal became “High School Kids for a Day”. The students were assisted in their lessons by high school teachers and students. Lachlan Willmore, Brenda Harris, Maddison Boyleing, Jessica Kisur, Alyssa Saurine, Jayden Grey, Cameron Hyde, David Hyde, Olivia Cooper, Tayla Nisbet, Victoria Angus, Hannah Banks, Jack Boylin, Taegan Charles, Emily Chen, Iman Codmani, Adalynn Cole, Jacob Dol, Cody Gale, Taylani Ireland, Zuriah Krautz, Michaela Newton, Daniel Pazin, Maddison Stone, James Walker, Tegan Whitfield, Luke Adamson, Natasha Pracy, Georgia Wilkes, Hana Soffi, Maddison Archer, Susan Croan, Madison Blackburn, Karli Stephens-Hodder, Chloe Traynor, Isabella Miletich, Georgia Rapits and Emily Davenport were great “teachers” and assistants for the Year 4 students during their lessons and also assisted as caterers. Following this day, I have received emails from the primary school principals congratulating Menai High students and teachers who created an exciting and engaging day for the Year 4 students. Furthermore, the teachers who taught the Year 4 students commented favourably on their excellent attitude, application and behaviour. Congratulations to everyone involved.

R Allen

Deputy Principal's Message

What a fantastic start to term 4 with an array of outstanding achievements being acknowledged during the week 1 and 2 Friday morning whole school assemblies.

A record number of HSC dance students from Menai High School were invited to the 2015 Callback Showcase. MHS students displayed skill, grace and creativity of some of the state’s most accomplished young dancers and have been invited to participate in a series of performances in Sydney. Callback 2015 is a showcase of exemplary dance performances and compositions from this year’s HSC dance examinations and two public shows and two school matinees at the Seymour Centre. Congratulations to these year 12 students and their teachers.

I would like to wish every year 12 student the very best as they commence the HSC examinations which start today. Thanks to families who support them and to the teachers for the hard work and dedication provided in preparing students for the examinations. I look forward to the results and the career and study pathways that each Year 12 student embarks upon next year.

Students who attended the NASA space camp enrichment program for Science shared their authentic learning experiences and what a delight it was to see them all on stage in their NASA uniforms and to hear about the space challenges, simulations and experiential learning at its best. I commend all of the students who attended and thank them for sharing their journey at the NASA space camp with the whole school and inspiring us all to reach for our dreams whatever they may be and to pursue our passions. It was clear that every student who attended the NASA Space camp possess a passion for science and I hope that we see these passions develop as Australia needs more budding scientists whether that be in astrophysics, cosmology, engineering or geology. At Menai High School, we develop students into Skilled Learners, Skilled citizens and Citizens for Life. Experiences such as the NASA space camp attest to this vision. The Science faculty staff Mr Scott, Ms Hanna, Mr Colella and Ms Loh and our primary partners and senior executive have done a tremendous job in bringing the Space camp to fruition. This is an experience never to be forgotten by those students and staff who attended. Congratulations to the following students: Mitchell Brandt, Jonah Bunyan, James Forder, William Daley, Tushan Chandra, Jaymon Fraser, Sam Rossier, Danny Liu, Jake Talakovski, William Delezio, Christian Fermanov, Jayden Montoya, Tiarna Sherlock, Marissa Fakhouri, Leisel Banks, Sarah Ireland, Gemma Grigg, Sarah Day, Dakota Bennett-Ward, Jessica Julian, Phoebe Pang, Hope Guevara, Isabella Wells, Amy Allsop, Laura Golikova, Sarah Atkinson, Natasha Harvey, Olivia Hennessy, Emily Fraser, Chelsea Tasker, Eloise Kieler and Taegan Charles.

At Menai High School Talent abound. I would like to recognise the following students who received awards at assembly this week for the University of Wollongong Tournament of the Minds Competition.

Continued on page 2
Deputy Principal’s Message (continued)

We placed in the top eight in the State and did extremely well in a competitive learning opportunity. Thanks to Ms Hanna and Mr Wilson from the Science Faculty for their work and organisation. Congratulations Eden McSheffrey, Cameron Gordon, Mitchell Irvine, Daniel Ferlazzo, Lachie Jones, Caerwyn Bartley, Alex Burrell, Jonah Bunyon, Tushan Chandra, Rochelle Phan, Jordan Momircevski, Bernadette Wong, Sam Heskett, Luke Phillips, Zac Curtis and Xavier Rolton.

The Year 4 High School Kid experience for a day is an early transition program held at MHS. The Year 4 students attended from Tharawal Primary, Illawong Primary, Menai Primary and Alford Point Primary were very excited and enjoyed a variety of learning experiences such as in Science, TAFT, PDHPE, Agriculture and a school tour of MHS. The program was highly successful and I thank Mr Scott for his coordination of the program and the following teachers for facilitating the activities for the day, Ms Wilson, Ms Ready, Ms Allen, Ms Collins, Ms Tyrick and Ms Rae. The MHS SRC leaders on the day were exemplary in their various roles as guides, chaperones and running the BBQ. I’d like to acknowledge our leaders listed in the Principal’s Report.

The primary school teachers were very appreciative and said that every activity was great and that the kids had a great time. I’d like to share this great feedback from Tharawal Primary:

“Hi Raelene
I thought you might like to know that the feedback from my teachers about yesterday’s High School Kid for a Day program was extremely positive. They said it was very well run, well organised, the student activities were interesting and engaging and the kids had a really happy time. My teachers were impressed by the general ‘good feel’ of the high school when they were there and were very pleased to be involved in the day. Please commend the staff involved on my behalf.

Regards, Sue
Sue Roach Principal Tharawal Primary School”

The STOP (Study, Time Management, Organisation, Program) Team have been working hard to prepare study skills lessons which were taught to year 7-11 students on Friday during period 1. Thank you to the STOP Team: Mrs Hatzi, Mrs Hennessy, Ms Jock, Ms Frenzel, Mrs Hanna and Mrs Barrie. The program works in conjunction with the E Diary usage and the PLP’s (Personalised Learning Plans) for every student.

It is an important term for learning and assessment and I encourage all students to review the PLP’s via Moodle and to dedicate planned study time to their routine to home in order to achieve the best academic results for semester 2. Year 11 commence the HSC this term and again I ask parents to discuss the importance of attending seminars and registering for those seminars which are relevant and / or using the Library and study spaces to engage in quiet study and revision. Year 11 seminars are held every Monday, Tuesday and Wednesday during the day. Please commend the staff involved on my behalf.

The students listed in the next column produced excellent results in the Science and Mathematics ICAS Competitions. They will receive awards at this week’s assembly and I congratulate them on their outstanding results. Thank goes to Mr Wilson from Science, Ms Vickery and Ms O Donnell from Maths for their organisation of the Science and Maths competitions in 2015.

Finally, all students were reminded about the MHS attendance and uniform expectations at last week’s assembly. The rolls are marked by teachers every lesson and parents/Guardians are alerted via SMS when their child is not at school or in their required class. This system works very well and ensures that communication is happening between home and school on these pertinent matters. Likewise, on onsite uniform shop provided all uniform items and there is a second hand uniform shop with limited items that can be purchased. All students are expected to wear the correct uniform and compliant, non-sport shoes during all classes. Sports shoes can only be worn during PE or Sport on afternoons. Please ensure that your child is compliant with the MHS Uniform. Have a great week.

E Sayed-Rich

Deputy Principal’s Message (continued)

MATHEMATICS ICAS AWARD WINNERS (Bold text represents a distinction).

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
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<tbody>
<tr>
<td>Jake Park</td>
<td>Manika Belsan</td>
<td>Michael Rolfe</td>
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<tr>
<td>Jasdeep Saini</td>
<td>Reece Dean</td>
<td>Laurence Ang</td>
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<tr>
<td>Amy Cliff</td>
<td>Michela Camporeale</td>
<td>Richard Chen</td>
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<tr>
<td>Finest Khoo</td>
<td>Mackenzies</td>
<td>Gabi Grimson</td>
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<td>Harlan Li</td>
<td>Chegwidden</td>
<td>Hailey Hwang</td>
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<tr>
<td>Alexandra</td>
<td>Marek Akrman</td>
<td>Christine Li</td>
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<tr>
<td>Matrugalio</td>
<td>Sarah Atkinson</td>
<td>Mitchell Spill</td>
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<tr>
<td>Hannah Williams</td>
<td>Dani Belani</td>
<td>Bernadette Wong</td>
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<tr>
<td>Peter Burrell</td>
<td>Jonathan Bunyon</td>
<td>Christine Ou</td>
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<tr>
<td>Aaron Ho</td>
<td>Matthew Chandler</td>
<td>Cameron Morgan</td>
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<tr>
<td>Sam Rosser</td>
<td>William Carey</td>
<td>Oxford Khoo</td>
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SCIENCE ICAS AWARD WINNERS (Bold text represents a distinction).

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<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
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<tbody>
<tr>
<td>Jake Park</td>
<td>Zuriyah Krautz</td>
<td>Timothe Trasida</td>
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<tr>
<td>Aaron Ho</td>
<td>Sarah Ireland</td>
<td>Hailey Hwang</td>
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<tr>
<td>Emily Tannous</td>
<td>Amy Allsop-Guest</td>
<td>Gabi Grimson</td>
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<tr>
<td>James Burgess</td>
<td>Mitchell Brandt</td>
<td>Claire Lai</td>
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<td>Peter Burrell</td>
<td>Jonah Bunyon</td>
<td>Samuel Heskett</td>
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<td>Kamryn Carter</td>
<td>Alexander Burrell</td>
<td>Cameron Hyde</td>
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<tr>
<td>William Delecio</td>
<td>Michaela Camporeale</td>
<td>Kathleen Burgess</td>
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<td>Harry Ellery</td>
<td>Matthew Chandler</td>
<td>Cooper Chahlin</td>
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<td>Jaymon Fraser</td>
<td>Tushan Chandra</td>
<td>Jackson Curtis</td>
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<td>Reece Monte</td>
<td>Sarah Day</td>
<td>Samuel Heskett</td>
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<td>Jayden Montoya</td>
<td>Alexe Clack</td>
<td>Cameron Hyde</td>
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<td>Declan Purcell</td>
<td>Cooper Clack</td>
<td>Joshua Johnson</td>
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<tr>
<td>Benjamin Ross</td>
<td>Jake Talakovski</td>
<td>Julian Jones</td>
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<tr>
<td>Samuel Rosser</td>
<td>Hannah Williams</td>
<td>Benjamin Jorgenson</td>
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<tr>
<td>Jake Talakovski</td>
<td>Natasha Mottram</td>
<td>Claudia Kabic</td>
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<td>Hannah Williams</td>
<td>Natasha Mottram</td>
<td>Kiki Li</td>
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<tr>
<td>Ben Jorgenson</td>
<td>Year 10</td>
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<td>Peter Burrell</td>
<td>Year 11</td>
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<tr>
<td>Aaron Ho</td>
<td>Year 12</td>
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<tr>
<td>Sam Rosser</td>
<td>Year 13</td>
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Welcome back for Term 4. This will be a busy term with camps for Year 9 and 11 students and year group excursions for Years 7 and 8. Year 10 will have a busy end of term with work experience and the All My Own Work course.

**Good News**
Well done and good luck to Year 12 2015 for the Higher School Certificate.

**Surviving the HSC**
It is that time of year where both students and their families begin the HSC. This can often be a stressful time for all involved. The Department of Education’s website School A to Z provides many articles aimed at both students sitting the HSC as well as parents to give advice on how to survive this stressful time. The articles can be found in the Homework and Study tab, then click the tab Homework Tips and scroll through the articles that include titles such as *HSC Resources to Help your Child, Preparing for the HSC and School Exam Stressbusters*. Attached to this newsletter is the article *HSC Survival Guide*.

**Health and Anaphalaxis Updates**
The Department of Education mandates that Health Plans and Anaphylaxis Plans are updated annually to account for any changes in the student’s condition that may occur. This term we will be going through our current forms and plans and sending them home to be updated by the end of term, ready for the following year. The forms will be sent home with your child. Please read and update them. If there are no changes please indicate this on the sheets and send them back to school. For anaphalaxis students, a new ASCIA plan must be given to the school as well.

We would also like to see asthma plans for any student who is required to or who does carry a Ventolin or asthma puffer, regardless of how often they use it. We urge parents to visit their GP and download an Asthma plan located on the Asthma Australia website at [http://www.asthmaaustralia.org.au](http://www.asthmaaustralia.org.au). We will take either the plan designed for schools or the national standard plan, both of which can be found at the Asthma Australia website above.

Y Mazoudier, Head Teacher Welfare

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**Gifted & Talented Corner**
Any student wishing to participate in the inaugural Menai High School Chess Tournament is to put their name down at the Science staffroom by the end of Week 2.

Research has linked chess to numerous benefits including improved memory and cognitive abilities, development of strategic thinking and problem-solving skills, improved attention and even improvements in reading skills. In addition to these benefits, it is also heaps of fun!

Stay tuned for more details - in the meantime, start practising :)

A Hanna

**Senior Seminar Program Schedule— Week 2B, Term 4, 2015**

<table>
<thead>
<tr>
<th>Monday, Period 3</th>
<th>Mandatory Seminar - Assessment Procedures - R5, R6, Peer Mediation</th>
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<tbody>
<tr>
<td>Tuesday, Period 3</td>
<td>Dance, HSIE, Maths General</td>
</tr>
<tr>
<td>Wednesday, Period 3</td>
<td>Biology, Ext 1 Maths, Community &amp; Family Studies</td>
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</tbody>
</table>
**Home Study Policy**

At Menai High School the Homework Policy will be known as the Home Study Policy.

Home Study involves:
- Completing set homework
- Completing assessments/ assignments
- Preparation for exams
- Reflection on each day’s work
- Regular consolidation, practise and revision in all subject areas
- Wide reading

Each student should be completing regular home study throughout the week. As a guide:
- Years 7 and 8 should undertake approximately 5-7 hours per week
- Years 9 and 10 should undertake approximately 7-10 hours per week
- Years 11 and 12 should undertake approximately 10-20 hours per week

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**Notice to Parents**

Please be advised that there has been a case of ‘Whooping Cough’ reported to the school. If your child shows symptoms please seek medical advice.

Y Mazoudier, Head Teacher Welfare

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**Year 10 Work Experience**

There are many students who still have NOT returned their work experience forms and time is running out.

Work experience is MANDATORY for students to be successful in the completion of Year 10. It is for two weeks from 30th November until 11th December. Students may complete work experience at one venue for two weeks or more than one venue.

All forms must be returned to Mrs Brown in the Careers Office in the Library.

J Brown, Head Teacher VET

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**Road Safety for New Drivers and Parents**

**When**
Tuesday 20 October
6.30pm - 7.30pm

**Where**
Caringbah Library
376-378 Port Hacking Road

BOOKINGS ESSENTIAL
Book online today
Phone 9524 3803 for details

**Supervising a learner driver is a challenging experience for both parents and learners.**

A member of the Engadine Highway Patrol speaks about how young people can develop the skills and attitudes they need to become safer, smarter drivers - and how you can help!

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**Important Dates & Coming Events**

**Monday 12/10**
HSC Exams begin; School Council Meeting 6pm; P&C Meeting 7pm

**Wednesday 14/10**
CAPA Queensland Tour

**Monday 19/10**
Year 9 & 10 ESL Camp (3 days)

**Wednesday 21/10**
Year 11 Camp (3 days)
HSC survival guide

At a glance:

- Year 12 is a challenging time for kids, as studying for the HSC often coincides with other stressful factors.
- Support your child by encouraging good sleep, nutrition and physical activity.
- Have realistic expectations about your child's performance and goals.
- Stay calm and positive.
- NSW HSC Online has excellent study resources.

Practical advice for the whole family

If your child is studying for the HSC, you're probably feeling the stress too. Many parents want to help but don't want to interfere. As well as pre-exam tension, there are other common factors that can make life seem even more challenging for the whole family. Year 12 is often the year when kids:

- lose interest in school
- have no plans for after the HSC
- develop an intense relationship with a boyfriend or girlfriend
- get their driver's licence
- experiment with legal or illegal drugs
- have a part-time job
- are a member of a sporting team
- develop an eating disorder
- suffer from depression

If any of these concerns sound familiar, don't despair. You're not alone - and this won't last forever.

How you can help

Richard Cracknell, counsellor and district guidance officer at Inverell High School advises that "the most obvious forms of support parents can offer are the practical, physical things," and recommends parents:

- Provide a good place to study, that's quiet, comfortable, with good ventilation, good lighting, adequate desk or table space and free from distractions such as TV, noise, a telephone, interesting conversations, little brothers and sisters.
- Provide healthy, balanced meals.
- Encourage sleep and regular exercise.
- Encourage them to avoid late night parties and alcohol consumption

Less obvious, but just important, is giving your child the support they need in the lead-up to exams, which can be hard when emotions run high.

Tips to remember

- Be supportive and encouraging.
- Highlight strengths and successes. Encourage your child not to dwell on failures, but to see them as "mistakes", which can actually be something they can learn and benefit from.
- Appreciate your child maybe feeling very stressed, even if it's not obvious to you. Many kids fear letting their family down so beware of setting unrealistic expectations. Some worry they can't do as well as a sibling, or friend. Many Year 12 kids are feeling overwhelmed about what lies ahead: leaving home, leaving lifelong friends, the prospect of having to live in a new city.
- Understand people under pressure become supersensitive and explosive from time to time. Family members are usually the first targets. Try not to overreact.
- Be realistic in your expectations as to where the HSC leads. Not all HSC students will go on to university – but they can still have a wealth of excellent and satisfying career options. If they don't get the HSC marks they needed and still really want to go on to tertiary education later, there are many other pathways. Interestingly, the success rate of mature age students is much higher than for those who go straight from school.
- Encourage your child to seek help from teachers or the school counsellor if they are having any difficulty with subjects, study organisation, stress or anxiety about examinations.
- Encourage a healthy balance between work and leisure. Some times kids need a total break from everything for a weekend or so, to recharge their batteries.
- Take an interest in what your child is doing, if they'll allow you to (some won't). This can include the subjects or topics being studied, how their study timetables and programs have been organised and their leisure pursuits. (Note: "Taking an interest in" does not mean interfering.)
- Remember the occasional hug and "I love you" don't go astray, even when they are 18 years old.
- Encourage and allow your child to be as independent as you can possibly stand. The more independent your child is in meeting the demands of Year 12, the better prepared they will be to succeed at a tertiary level or in the workforce.

Just before exams:

- Don't stress about the little things like leaving lights on, leaving the lid off the toothpaste and not doing chores.
- Don't panic when they announce on the evening before the examination that they know nothing. (Reassure them, even if you think they could be right. "Just do the best you can. We know you're giving it your best shot." is a good standby.)
- Avoid nagging, which doesn't mean you can't give a nudge or gentle reminder from time to time.
- Encourage confidence by reassuring your child. If you have doubts, keep them to yourself.

According to Richard Cracknell, all parents make mistakes, and we need to bear in mind that we're human too. Don't feel too badly when you forget not to nag, when you get picky, and complain bitterly that your child has the time to attend the 18th birthday party of every Year 12 student, but doesn't have time to help with the washing up. As parents we sometimes can't help being over-involved and from time to time we also feel the pressure of Year 12. Know this is a temporary stage, just like the newborn, toddler and adolescent stages you've already negotiated together.
ANXIETY IN CHILDREN

Would you like to better manage your child’s anxiety? This workshop covers differences between normal anxiety and anxiety disorders, and examines types of anxiety disorders, including signs and symptoms. Parents will have the opportunity to ask questions and receive relevant information, including advice on practical strategies to best support children experiencing anxiety.

SESSION 1
Wednesday 14 October
6.00pm – 8.00pm
Sutherland Library
30-36 Belmont Street

SESSION 2
Tuesday 20 October
10.00am - 12.00pm
Cronulla Library
38-60 Croydon Street

BOOKINGS ESSENTIAL
Book online today
Phone 9710 0351 for details

Presented in conjunction with:

LIBRARY SERVICES
Enquiries: 9710 0351

Sutherland Shire COUNCIL

Instagram: @wepaustralia
Facebook: WEP Australia
YouTube: wepaustralia

WEP Australia
Take the first step on your student exchange journey and attend an info session in your area!

A WEP student exchange gives you the chance to live like a local in your chosen country! You’ll have an experience that isn’t available to the general traveller.

So, take the first step on this unique, once-in-a-lifetime journey and attend one of our upcoming info sessions!

Where? When? How?

With over 25 countries available, deciding where and when to go can be tricky!

Come along to an info session to find out more, meet returned students!

You’ll meet our returned students who can give you advice and answer all your questions!

Student Exchange

Info Sessions

North Sydney
Stanton Library
234 Miller Street
7-8:30pm
1300 884 733
9 November
Surry Hills
Neighbourhood Centre
Lvl 1, 405 Crown Street
info@wep.org.au
7:30-9pm
Grays Point Spring Fair

Awesome Thrill Rides & Animals
Quality Stalls & Food
Live Entertainment

Saturday 17th October 10-4pm

Burraneer Bay Public School Spring Fair
Halloween
Saturday 31st October
10am - 4pm

🌟 Over 60 market stalls
🌟 Carnival rides
🌟 Haunted house
🌟 Preloved clothes & jewellery
🌟 Secondhand books
🌟 Trash and Treasure
🌟 Live entertainment
🌟 Sideshow alley
🌟 Show bags
🌟 Fabulous food & more!

Bid on our Silent Auction at
www.myminiauction.com/BBPSonlineauction2015

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