



WILLOUGHBY GIRLS HIGH SCHOOL

A Leader in Girls Education

NEWSLETTER

September 2014

FROM THE PRINCIPAL

Student Achievements

Congratulations to Year 12 student, Ami Matsuo who recently attended the Youth Olympic games in China where she won four bronze medals and one silver for swimming.

Congratulations also to the Senior and Intermediate Bands for gaining Gold and the Stage Band for Silver at the state band festival held at UNSW Kensington on July 20 against strong local and interstate competition.

Thanks to Jason Isaac and Gerald Steinmann for their continued commitment and enthusiasm in supporting the girls in their ensembles.

Year 12

The end of Term 3 is always touched by some sadness as we farewell another group of fine young women. On September 19, 149 Year 12 students will have completed their formal school study and have three weeks of final preparations for their HSC Examinations which commence on Monday 13 October. The whole school had very much valued the contribution made by these students through their leadership via the prefect body and SRC, their organisation and involvement in charity events and their fine academic, creative and sporting achievements over the past six years. I wish all of Year 12 well in their forthcoming examinations and beyond.

Prefects

Congratulations to the prefects-elect for the duration of their office from Term 4 this year through to the end of Term 3, 2015.

Saye Kao Saylan – School Captain

Eleanor Imlay – Vice Captain

Layla Modabber – Senior Prefect

Prefects – Elizabeth Cocks, Beth Croft, Sophie Ellis Iman Farrar, Mahima Mandal, Rosie Oldfield, Sasha Satz, Aalia Siddiqui, Ariane Suhood, Eliza Wilson and Molly Young.

I wish these girls all the best in these leadership roles and am confident they will carry out their duties most effectively.

P&C contributions to student resources

Thank you to parents who, through their contributions to the P&C have provided significant funds for resources and facilities for the students. Items funded recently were determined through consultation between the school and the P&C members. In 2014, the P&C has provided \$150,000 for:

- The upgrade of the girls' toilets
- 30 tablets for student use which will be available from the beginning of Term 4 for use in the library
- Six new interactive whiteboard packages located in Visual Arts, Maths, English and TAS classrooms and the



Miriam Blaskovic, Mayor Gail Giles-Gidney and Corinne Lodewijks receiving \$17,801 from Chatswood RSL Club for the sustainable garden

repainting of these rooms

- One interactive projector located in Science

In addition, the P&C Grants Committee have submitted applications for several projects, one of which is the school's sustainable garden, which was successful in gaining \$17,810 for the establishment of the garden at the back of the house near the school oval. The garden will supply some kitchen herbs for TAS as well as provide educational opportunities for students in sustainability and plant biology.

Our thanks to Miriam Blaskovic for writing the submission and to Chatswood RSL Club Ltd who provided the grant through the ClubGRANTS scheme.

Sun Safety

The SRC are currently looking at options for a new school hat that I hope all students will wear as part of the school uniform. Consultation will continue well into Term 4 before a final decision is made by the school's uniform committee. We hope the preferred option will be available before the end of the year. Sun safety should be of concern to all of us, particularly during the summer months. My thanks to the P&C for selecting a new design that should appeal to students.

Parent Information evening

Please read page 6 of this newsletter for a summary of the presentation to parents by Professor Jennie Hudson who provided invaluable advice on how to assist students to manage stress and anxiety. Her advice was very enthusiastically received by the 180 parents present at the 1 September presentation.

Ms L Diprose
PRINCIPAL

**Director Generals Award for
Leading Girls Education in Academic Excellence**

Deputy Principal's Report

Reporting student achievement in the Higher School Certificate

The Board of Studies reports student achievement in Stage 6 (Years 11 and 12) through the Higher School Certificate (HSC) Record of School Achievement (RoSA) and through the Australian Tertiary Admission Rank (ATAR).

For most ATAR courses, the Board reports an examination mark, a school assessment and an HSC mark.

The examination mark reported on a student's Record of School Achievement indicates the standard a student has attained in that examination. If, for example, a student's performance in the Chemistry examination is at the standard described for Band 5, the examination mark reported on their Record of School Achievement for that course will lie between 80 and 89. This mark, termed the aligned examination mark, will generally differ from the mark the student actually gained in the examination (the raw examination mark).

To enable school assessments from different schools to be compared, marks submitted by schools (raw assessments) are first moderated using the raw examination marks gained by their students and then aligned to course standards. The school assessments reported on a student's Record of School Achievement are the aligned assessments. Although school assessments are moderated and then aligned against standards, a school's rank order of students in a course is maintained.

The HSC mark is the average of the examination mark and the school assessment. It is the HSC mark that determines a student's Performance Band (1-6) for the course.

The ATAR is a numerical measure of a student's overall academic achievement in the HSC in relation to that of other students. This measure allows the overall achievement of students who have completed different combinations of HSC courses to be compared. The ATAR is calculated solely for use by tertiary institutions to rank and select school leavers for admission.

The ATAR is reported as a number between 0 and 99.95 with increments of 0.05. The ATAR is not a mark. Specifically, a student's ATAR indicates the position of that student relative to their Year 7 cohort. Students who received an ATAR of 80.00 in 2013, for example, performed well enough in the HSC to place them 20% from the top of their Year 7 cohort, if all the 2008 Year 7 students completed Year 12 and were eligible for an ATAR in 2013.

Mr S Leavers
Deputy Principal

Deputy Principal's Report

Term 3 is almost over and preparations for Year 12's final days at school are well underway. The following events will take place during the last week of Term 3.

The Prefect Investiture will take place Tuesday 16 September. Outgoing prefects pass on their badge of office to the incoming prefects for that year. A special morning tea will be held for the incoming prefects, their parents and school executive. My congratulations go to all the girls who have been selected to represent the school in this important position.

The Revue performed by Year 12, will take place on Thursday 18 September during period 1. It is intended to be clever and humorous, and should in no way offend others. The revue in rehearsal is vetted by the Deputy Principals. Year 12 students will go home after the Revue once everything is cleaned up. They will return dressed appropriately for the luncheon.

The Luncheon will also take place on Thursday 18 September with Year 12 arriving at 12.30pm for a 1.00pm start. It is a formal but relaxed occasion, involving speeches and presentations. Students wear appropriate day dress and should note that it is a school function where normal school rules apply.

Both the revue and luncheon are in-school events, with no outside guests.

The Year 12 Graduation Ceremony will take place Friday 19 September during periods 3 and 4. Year 12 students are presented with academic and special awards. It is coordinated by Ms Allen. Parents and relatives are invited to attend with a **limit of two visitors per student**.

Parents are reminded of the special arrangements which will occur on Thursday 18 September. As all staff will be attending the Year 12 Farewell Luncheon, students in Years 7-11 will be dismissed from school at 1.00pm instead of 2.28pm. Students will be given a note just before the day for you to indicate your approval for them to leave early. There will be no school buses at 1.00pm, so students will need to make their own transport arrangements. Any girls who do not return the note on the day will remain at school until the normal finishing time.

The canteen will be open on the last day of term, however with a limited range of food items.

Mrs J Watts
Deputy Principal

Student Representative Council Report

SRC Talent Quest

The SRC ran our school's first talent quest 'Willoughby's Got Talent' on Friday 15 August. It was a major success with an array of talented students confidently performing for their peers.

All students wore mufti on the day with a 'retro' or 'vintage' theme. With thanks to some dedicated parents, all 900 students enjoyed a tasty sausage sizzle for lunch. Following lunch, Years 7 – 11 were entertained by a collection of impressive dance acts, gymnasts, bands, angelic sounding singers and talented musicians.

Outstanding performers included Sam Latto (Year 12) playing the piano and singing a highly inspirational song, Streets of London. Her dedication was moving. Kristie Pak and Nina Bauer (Year 11) sang a soulful duet and Sophia Tzioumis (Year 9) danced her very own emotion charged choreographed routine. Congratulations to all the performers.

The audience was also entertained by the SRC's own contribution of Bohemian Rhapsody, led by Mr Samios and Mr Troncoso who showcased their air guitar skills. Other teachers kind enough to participate included Mr Chen, Ms Alfonso, Ms Mak, Ms Forbes and Mr Burgmann who could adequately count time! Choreography was led by SRC members Samantha Hefferan, Carina Richmond-Capone, Josephine Maltese and Ofri Einav.

Monies raised totalled \$3000 and have been donated to Headspace Chatswood, a Youth Mental Health Initiative.

The entire afternoon was capably organised by SRC students, led by Iman Farrar and Beth Croft. We hope that our efforts were enjoyed by all students and that this might become an annual event!

Claire Yegenian, Year 8 and Carina Richmond-Capone, Year 10 SRC members



SRC Members dancing with Mr Troncoso

RSPCA National Cupcake Day

This term, the SRC wanted to join in the fun on National Cupcake Day for the RSPCA. The RSPCA (The Royal Society for the Prevention of Cruelty to Animals) is the voice for the animals of Australia. Together with Year 7, who baked the cakes, we raised over \$800.

It was raining on the day but that did not stop the buying frenzy. Hundreds of girls and even some teachers raced down to get their little 'bite of heaven'. The efforts of Year 7 were outstanding. The cakes they cooked and decorated were yummy and sold so fast!

This event was a major success. It was an amazing day and we are all very proud to have participated. All money raised goes towards the RSPCA raising awareness for our furry friends in need.

Tamra Foy and Melissa Skibola, Year 9 SRC members



Students enjoying RSPCA National Cup Cake Day

Raising the Flag

Raising the flag is an important role performed by the SRC. It is not something we are well known for, but it is a fun activity to do each morning. Raising the flag is important because it supports Australian culture and shows school commitment. Year 8 and 9 students of the SRC dedicate their time and effort to raising the flag daily.

The first time the Australian flag was raised was in Melbourne 1901. Following federation, Australia's first Prime Minister Sir Edmund Barton announced the winners of a competition to design a new national flag. On 3 September each year, all Government buildings in NSW raise the flag at full mast for the whole day.

The flags include the Australian flag representing Australia as a nation. The Aboriginal flag representing Australia's first peoples and the NSW flag representing our state.

Chloe Spence, Year 8 SRC member



Chloe, Year 8 and Odina, Year 9 SRC members raising the flag

Year 8 Ski Report

A large group of Year 8 students left on a cold morning at 7.00am on 30 July to venture to the Snowy Mountains. There we stayed at a local lodge, skied or snowboarded, and all in all had a great time.

Even though the bus ride was seven hours long, we entertained ourselves by watching movies and having toilet and lunch stops along the way. We arrived at Jindabyne around three, unloaded the bus and went up to the ski shop to get fitted for our skis, boots and clothing items. We split into our lodges, named Firmin and Alpha, and then had a three course meal for dinner. We then had free time until it was time to go to bed.

During the night, the wind managed to keep most of us up and by the time we were woken up by the teachers at 6.00am we were all very tired. We had brekky, got dressed and went on the bus, ready to go skiing! We drove for half an hour, all of us very excited to finally see the snow. When we got there we strapped on our boots and got in our allocated level groups. There we either skied up Friday Flats or skied, snowboarded for the very first time.

The coaches were very helpful, fun and considerate of our strengths and weaknesses, as some of us fell over more than others, aka us. We had lessons for two hours and then went to the café for lunch. Next we had a few hours of skiing and free time to just hang out with our friends on the snow and practice what we had learnt. After that we went back to our groups for another two hour lesson where some of us even learnt to go on the chair lift or improved on their skiing or snowboarding skills. We then had another thirty minute bus ride back to the lodge.

The weather turned nasty and it started blowing a gale (apparently winds were up to 140kph). The lights started flickering as we separated back into our lodges after dinner. Everyone got a little scared as the wind was howling and you could hear the trees being hit by the crazy winds. Unfortunately, we had a few broken windows in the kitchen and staff then acted so we were safe, evacuating the cabins on the windy end of the building. Even though it was like something out of a movie it turned out to be fun and turned into a big slumber party. As we all bunked into the other occupied rooms.

The next morning, after not much sleep, we woke up at 6.00am. We were happy to see that it was snowing. We got ready for our last lesson on the snow! We did the same routine as yesterday and had our breakfast before getting on the bus for another trip to Thredbo. We got outside to fresh falling snow and had our last lesson with our coaches. Some of us tried much harder things, like going down black runs. After our lesson we had another delicious lunch which was followed by us getting into buddy groups and having extended free time!! It was much more fun skiing on the final day because it was

actually snowing and it was soft! Next, we went back to the bus and returned our gear and got ready for the trip home. We watched movies, had dinner at McDonalds and counted down to when we would arrive back at WGHS. Everyone was very tired but excited to be home. Our parents were waiting to welcome us and take us home.

We think that Ski Camp was a great camp and we were happy we went. We learnt so much about skiing or snowboarding and it has been one of our favourite camps ever!

We want to especially thank Mrs Parkin for organising the trip and for Mrs Budd, Mrs Blomfield, Ms Alfonso, Ms Pryor, Ms Shroers, Ms Kleindienst and Ms Best for taking us.

Ella and Bryn, Year 8 students



Year 8 students on the ski slopes

Music Report

At this time of year, the music department holds two events to celebrate the contribution of our Year 12 musicians – the HSC Performance Evening and the Ensembles Breakfast.

Our Year 12 students have been busy finalising their compositions, viva voces and performance programs but took the opportunity before their final HSC exam to present a selection of their work to the Willoughby Girls community at the HSC Music Performance Evening. All girls dazzled the audience with their mature, expressive and accomplished performances presenting a diverse range of styles and instruments. We wish all the Music 1, Music 2 and Music Extension students all the best for their HSC performances which were held in Weeks 8 and 9. We know that all your hard work will pay off.

Although the weather was cold and dreary, over 60 students from the instrumental and vocal ensembles feasted on a delicious and abundant breakfast provided by the parents of the Music Committee. This was followed by a short presentation of a certificate and gift to the nine Year 12 girls who have been involved in the Senior Concert Band, Stage Band, Chamber Ensemble or Senior Vocal Ensemble.

I would like to take the opportunity to thank these girls for their hard work and dedication to the music ensembles this year. A particular mention must go to those girls who have been involved in the music program since Year 7. There have been many hours of rehearsing, early starts and late finishes but you have delighted us with your talent and we have loved watching you improve and grow over the years. Thank you!

Ms C Jarvis
Music Teacher



Year 12 students at the HSC Music Performance night with Ms Jarvis and Mr Burgmann

Languages Report

In Japanese, our Year 8 Japanese class was lucky enough to have a sushi chef come in and teach them some traditional techniques to make sushi. We were each given a paper bag with some common sushi items i.e. a bottle of soy sauce, wasabi (it was very hot), a brochure on sushi making techniques and a packet of sea weed. We also had a tray in front of us with cucumber, crab sticks, carrot, rice and some secret traditional Japanese items.

Firstly, we gathered around the sushi chef at the main kitchen unit and watched him demonstrate how to make cucumber sushi. It was interesting to see the correct way to construct a sushi roll. We learnt that having wet hands made it easier to spread the rice on the seaweed.

Next we all went back to our own benches and made our own cucumber sushi rolls from the ingredients provided by the sushi chef. It was fun making the sushi.

The next roll we learnt to make was an inside out roll. We were so excited to learn this type of roll because it looks very complex to make but turns out to be very simple. The trick is using glad wrap.

In this roll we put all the ingredients we had left on our trays. It was funny watching everyone try to attempt to make the inside out roll.

After we finished making the rolls we all learnt some fancy ways to present the sushi on the plates. Our favourite was the flower made from a Japanese vegetable. The vegetable flower looked amazing with the sushi.

In conclusion, this was a really enjoyable experience. The sushi chef was really nice and explained how to make the sushi roll very well which was good because for most of us it was our first time. As soon as we got home we showed our mums how to make the sushi rolls. It was an entertaining experience and I hope to do it again soon.

Issy Adams and Saja Darwiche, Year 8



Year 8 Japanese enjoying the food prepared by well known chef Mr Dekura

Let our children play in the mud

Anxiety is a normal emotion. It is something we all experience, yet some people experience it more often and more intensely than others and it can have a major impact on a young person's life including school, friendships and family. The number of children experiencing anxiety we believe is increasing. There are a number of things we can do as parents to change this. The single most important factor that keeps anxiety going is 'avoidance'. Avoiding or staying away from potentially scary situations prevents the young person from learning whether it was scary or not. It also prevents the young person from learning whether they can cope with the situation. As parents, we want our children to be safe and we want them not to be distressed. But if we cushion all of the edges around them and rush in to help them, then we are preventing them from learning how to regulate emotions and preventing them from learning the truth about the situation (e.g., maybe it is not as bad as they think! And even if it is bad maybe they can actually handle it!). I encourage you to think of ways which you can encourage your child to take risks and face situations they find challenging. Encourage your child to metaphorically play in the mud and 'sit back' without rushing in to clean it up. Ask yourself "What will my daughter learn if I sit back and let her handle this on her own?"

Here are a few more tips:

What not to do:

- Rush in/or help too much
- Ignore or dismiss the fear or worry
- Provide reassurance
- Assist them to avoid
- Push them to face something they don't want to face
- Criticise or label your child

What to do:

- Pay attention to your daughter's courageous behaviour
- Be a coping role model by facing rather than avoiding difficult situations
- Instead of providing reassurance, encourage your child to solve the problem
- Encourage your child to practice bravery and practice often
- Listen and acknowledge your daughter's fears
- Overcome fear by gradually facing fears

For more information see

www.centreforemotionalthought.com.au

Also see Professor Hudson's Tedx talk "Let our children play in the mud":

<https://www.youtube.com/watch?v=hmJDHdicMiY>

Professor Jennifer Hudson
Research Fellow
Department of Psychology
Macquarie University

On 8 August, 47 Year 10 Food Technology students were lucky enough to experience a visit to The Apprentice Restaurant at Ultimo TAFE. Before lunch was served, we had a tour of the facilities at the TAFE and observed many classes in action.

With white linen table clothes and matching serviettes, the dining room was very formal and delightful. The girls experienced a Table D'Hote menu of 3 courses. I had Spiced Salmon Ceviche as an entrée, Lemon and Garlic Roasted Chicken Maryland for a main course and Warm Chocolate Cake with Chantilly Cream for dessert (pictured below). Ms Kiely enjoyed the Salad of Baby Beetroot, Pan Fried Snapper Fillet with Green Beans and Lemon Butter and then finished off with a lovely Strawberry Meringue and Vanilla Sorbet.

Some of our students had never experienced dining in a formal setting before and needed to be reminded of table manners and the choice of cutlery to use for each course. This certainly was much nicer than my usual sandwich or sushi!

Mrs C Davies and Ms D Kiely
Food Technology Teachers



*Warm Chocolate Cake at The Apprentice Restaurant
Ultimo TAFE*

school at oz

*is a
NSW Department of Education and
Communities website with practical
guides for HSC survival*



*For tips on managing stress and other
items*

Go to :

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/school-exam-stress-busters>

Science Report

On Friday 18 July, Year 8 had an intriguing visit from the Surfing Scientist. All Year 8 science classes attended and many exciting experiments were performed in front of our live audience. Firstly, the Surfing Scientist, formally known as Ruben Meerman, introduced himself and his company to Year 8. He described some of his previous jobs and had put together a power point to show some of the interesting things he did making the glass cases on the front of laser beams. He worked in an optical lab for a period of time, before becoming the 'Surfing Scientist' on the Gold Coast.

Throughout the incursion, Ruben performed many exciting experiments and now we all know why we should never look down into a laser beam. Some of the experiments were very new to us, and he even demonstrated what effect liquid nitrogen has on various materials. One poor rubber duck had even been smashed to pieces, by a hammer, after being covered with liquid nitrogen. A regular balloon had also been covered with the liquid nitrogen, and the balloon shrank. This was because the particles inside the balloon had condensed and had stopped moving as much, which caused them to use less air space inside of the balloon.

Ruben also demonstrated an experiment with a red laser beam, which he used to pop a red balloon that he had put inside a green balloon. Since the laser beam was a certain colour, it passed straight through the first layer, which was green balloon and instead, the laser popped the red balloon. In addition, he also used deodorant to show a laser beam's path, which was invisible to the eye before using the deodorant. This was because the laser was something called 'infra-red'. A TV remote was also used to show the infra-red quality of the laser used to connect to the TV.

In conclusion, this was a very exciting experience for Year 8 and we all learned something new that day. I am glad that I had the opportunity to learn so many new things, and was honoured to speak to such an experienced scientist.

Sarah Imlay, Year 8 student

A few comments from the Year 8 students: 'It was intriguing and interesting. I definitely learned new information.'

'I had seen The Surfing Scientist on ABC since I was little, so meeting the man who taught me science, and who got me into science, was really fun.'

'The experiments were amazing! And they worked. My favourite part was when the frozen duck exploded.'

'The experiments that Ruben did related to the wider world and he gave us examples and evidence instead of

just telling us. He also taught us about the consequences if some chemical substances were used in the wrong way. I found it really interesting.'

Ms J Atchison Head Teacher Science



Year 8 students enjoying the experiments performed by the Surfing Scientist



Student Fundraising

This September, 'Triple S' a team of four girls from 7E are taking part in Steptember; an annual fundraising event for The Cerebral Palsy Alliance or CPA. We have to take 10,000 steps or more each day, to spread the word of Cerebral Palsy. The idea is that there are many teams, so it also becomes a social activity. We are raising money for the CPA and any donations are very welcome.

If you would like to donate, please follow these directions:

1. Go to this link
<https://event.september.org.au/donate>
2. In the search option, type our team name; Triple S.
3. Then select one of us to make a donation.
4. Choose the amount you would like to donate and fill in the details.
5. You will receive an email with a tax-deductible receipt attached.

Thank you in advance for your generosity and we hope you have a great September.

**Gemma, Jacinta, Emily, Lauren, Year 7 students,
A.K.A Triple S**

Careers Report

Student Spotlight

It's fantastic that at Willoughby Girls High School we are able to celebrate so many student accomplishments both within and outside the school. It therefore gives me great pleasure to congratulate Sofia Jaunzemis on her recent completion of the Certificate III Vocation and Education Qualification in Human Services Assistance. Other Willoughby Girls High School Students studying VET courses at School and various TAFE locations will also be receiving their Certificate Qualifications later this term.



Kathleen Thorpe, (Hornsby Hospital) presenting Sofia with her HSA Certificate.

Sofia's Experience

"Over two years, I completed my Certificate 3 in Health Services Assistance with the TVET program at Hornsby Hospital. This qualification allows me to work as an Assistant In Nursing nurse. I was fortunate enough to have a Clinical Nurse Educator as my teacher, who taught me so much. In completing this qualification, I had to complete 110 hours of clinical placement. I started out making beds and showering patients, and by the end I was taking blood pressures and neurovascular obs. Each Tuesday afternoon consisted of learning about the 15 systems of the body, medical terminology and how to interact with patients. Not only did I gain the experience of working in a hospital and learning medical skills, I also became friends with an amazing group of girls, all coming from different schools. I would highly recommend the TVET nursing program to anyone who may be interested in the nursing profession, as you will gain valuable life skills and learn so much about the medical field and the hospital environment"

Careers Website Subscriptions

Just a reminder to parents and students that the school subscribes to two different Careers Websites that enable access to information regarding further study, careers and upcoming events at Universities, TAFE and Private Colleges. These act as a "one stop shop" instead of having to access multiple sites to find out much of the current information available.

www.jobjump.com.au password – squirrel

www.careersworks.com password – works

Year 12

A Farewell to Year 12 - Although I have only worked with you for a short time in the school, I would like to wish you all the very best in your future endeavours whether it be

study or career or travel. Early in 2015, I will be contacting you to find out your pursuits so make sure the school has an updated contact number for you.

- Year 12 have a very busy last few weeks with many things to be finalised. Hopefully students will have attended the various Open Days at Universities, Private Colleges and TAFE to acquire knowledge of courses that they will like to study for 2015.
- Online UAC applications are due by 30 September. Use "check and change" to make any changes to preferences or add/ delete courses.
- A reminder that completed Equity Access Scheme (EAS-disadvantages) applications can be completed with my assistance if required and can be submitted to me by the last Wednesday of the term (17 September 2015). You may prefer to post or hand the application into UAC yourself.
- Ensure you make a copy of the application and all relevant documents.

Important Note

If you do not receive the ATAR you hoped for, make sure you have a list of courses that enable you to be offered a place with the UAC process.

Also consider Private Colleges or Colleges within Universities and TAFE where often you can complete a Diploma which may allow you entry into a University course.

Most of these applications are direct to the institutions online. If you are not receiving an ATAR there are also various pathways to further study.

A few websites include:

<https://www.tafensw.edu.au/> (Applications online open soon)
<http://www.insearch.edu.au/> (UTS)
<http://www.uwscollge.edu.au/> (UWS)
http://mq.edu.au/pubstatic/study/undergraduate/getting_in/en/try_schemes_and_pathways/ (Macquarie)

Year 10

- The student subject selection process is in its final stages and students will be notified at the earliest possible time whether certain subjects will run or if there are clashes with subjects they have chosen.
- I have received only a few applications for TVET 2015 courses so far. Students need to hurry if they wish to be considered for these courses as the popular ones fill quickly.
- Careers classes next term will be starting to compile individual resumes and look at the job application process, ultimately leading to the students' Mock Interviews to be held on 21 November.

All Year 10 – 12 students please check your DET email account regularly, Daily Notices and the Careers Noticeboards for further communications regarding Study and Careers.

Ms R Morris
Career Adviser

Computing Studies Report

Technology

I am using a handwriting font to simulate the most popular form of communication 80 years ago, so I will be ready for our 80th year celebration.

This has been an exciting term for the computing area. The students will be studying "Databases" in Year 9 and have now embarked upon a mission for the holiday period. They are to direct, choreograph and star in their own music clip. Year 10 have finalised programming and their computer games so next term we are building our robot, whilst Years 11 and 12 students finish their respective courses. This brings with it the need to prepare well for the upcoming examinations, for which I hope all of our students will perform well. I would like to thank our students for working to the best of their ability throughout their courses.

As we approach the 80th anniversary of the opening of the school I sometimes wonder at the change in technology over time.

In 1934:

- * The Sikorsky S-42 was the first real transoceanic flying boat and had its maiden flight
- * The Flying Scotsman becomes the first steam locomotive to be officially recorded at 100 mph.
- * The Luxury Liner Queen Mary is launched in Scotland
- * Yuri Gagarin was born; the first human to orbit Earth
- * Donald Duck appears for the first time in "The Wise Little Hen"
- * Ten years later in 1949 Australia's first computer "CSIR Mk 1" ran its first programs

I would also like to bring to your attention the recent newspaper articles to do with people being harassed after posting their pictures onto applications found on the internet. One has to be careful and realise that as soon as the picture is published it becomes part of the public domain. This is open to everyone, not just one's little group of friends as some may think. Also, be aware that with many digital cameras and phones with cameras, each picture taken has GPS details tagged to it. This enables anyone to pinpoint where and when the picture was taken, thereby associating the subject with a location. This may seem harmless and even advantageous to keep all of one's pictures together in a category,

but once posted on the internet anyone can get the same information. This feature may be switched off by opening settings, location services, finding the camera and switching the toggle switch to off. It is important that people realise the dangers, and use this wonderful communication device in a safe way.

Every year I take the Year 7 students through a presentation to make them aware of the proper use of the internet whilst realising some of the dangers. The website below is specifically designed for school students. It hosts games, videos and information which I hope you will discuss with your child, thereby, reinforcing the ideals we are hoping the students will adopt for their own safety.

<http://www.cybersmart.gov.au/>

The BYOLD program has been a great success for most of our school population. Unfortunately, we had some setbacks with the main switch for our access points dying first week back and then the DEC changing the certificate security half way through the term. However, we survived and I would like to thank the students and parents for their patience and support.

All parents should now have their access to the parent portal and to the calendars on the Sentral server. These calendars show the assessment tasks as well as important dates for parents. The parent portal has information about attendance, school report, timetable, etc. Students have their own portal which is similar. Next year all Parent/Teacher night interviews will be booked through this portal. Use the following address then look in the bottom left hand corner. Do not try to log into the black screen, it is for staff use only.
web1.willoughbg-h.schools.nsw.edu.au

Mr P Devitt
Head Teacher Computing Studies

HOW DO I PROTECT MY CHILD ONLINE?



- Make digital issues part of everyday conversation
 - Put in place the safe steps to make social networking sites safe
 - Don't be afraid to try technologies for yourself
 - Communicate with other parents and teachers
 - Collect the evidence if your child is being cyber bullied
- Go to www.cybersmart.gov.au/Parents.aspx**

History Report

The European Excursion for Year 11 students has now been approved by the department and tickets have been issued at the pre-departure meeting. Twenty one students as well as Mr Willmot and Ms Patten will depart Sydney on 21 September. The tour will visit France, Belgium, Italy and Germany. I would like to take this opportunity to thank the parents for their support for running this excursion and wish the students and teachers a safe and enjoyable trip. Meanwhile, Year 7 students have participated in Medieval Day on 8 September having a full day of activities run by the 'Living History' group, students participated in medieval games, handled artefacts and enjoyed a sumptuous Medieval Banquet.

Year 12 students have now finalised their course work and are preparing for their HSC examinations. The History Faculty would like to wish them all the best in their examinations and future endeavours. Congratulations to those Year 12 students who were placed first in their History courses, Pelin Ersoy and Amber Barney equal first in Society and Culture, Pelin Ersoy first in Extension History, Pelin Ersoy first in Ancient History and Francesca Nyilas and Pelin Ersoy equal first in Modern History. Once again, students have produced excellent work and should be congratulated on their efforts.

Ms C Allen
Head Teacher History

Mathematics Report

The Mathematics Department has been busy with marking of term tests. The results of these tests should be available by time of printing of this report. Year 11 are doing their yearly examinations and results should be available the last week of term or the first week of Term 4.

Mathematics tests for Term 4:

Year 7 Week 2
Year 8 Week 4
Year 9 Week 3
Year 10 Week 5
Year 11 Week 8 or 9

Year 10 will be placed into classes that reflect their choice of Mathematics level for next year after the yearly examinations are finalised. They will then commence studying to prepare for Year 11 topics that will help them to lay good foundations for 2015.

Mr B Gates
Head Teacher Mathematics

Sport Report

Well done to Bethany Croft of Year 11 on her performance at the recent NSWCHSSA Cross Country Championships held at Eastern Creek coming third overall.

A big congratulations to this year's Regional Athletics Carnival participants. The regional athletics carnival was held at Homebush on 21 and 22 July. We had some outstanding performances; Beth Croft gained selection in the Steeplechase and the distance events such as 800m and 1500m. Nicola Haggerty Mayers was successful in the 100m and 200m events and Emma Hannigan gained a spot at the CHS carnival in the 800 metre event, a very impressive feat!

CHS Carnival was on 4 and 5 September with Nicola Haggerty Mayers gaining 2nd place in the 100 metres.

Grade Sport

What a wonderful end to grade sport for the students at Willoughby Girls. Congratulations must go to Mrs Blackman and her Basketball girls, winning the Super Zone final convincingly with a score line of 48-29 over Narrabeen Sports High School. Our Touch Football girls, coached by Mrs Fernando also had Super Zone success beating Pittwater High School 6-5 and finally our Senior Soccer team coached by Mr Samios enjoyed the spoils of victory with a 5-1 win also over Narrabeen Sport High.

A big congratulations must go out to all our grade sport teams who played with a sense of fairness, talent and enthusiasm throughout the grade sport season. We hope that this encourages more girls to join a grade sport team in 2015!

Sport Organisation – Term 4

Term 4 sport sees a new round of sport selection. Sport will start on Wednesday 8 October and continue for ten weeks finishing on December 10.

Ms N Best
Head Teacher PDHPE

Year 7 Gala Day Report by Chanelle Nicolas

On Tuesday 4 August the Year 7 Gala Day was held. The Gala Day was a chance to catch up with, and meet people from other schools. We chose a sport out of netball, soccer or touch football. We then got on buses to venues where we played against other schools. We played both competitively and for fun, not really caring about whether we won or lost. It was great fun, playing sport with our friends, plus the exercise was really good for us.

The sport that I chose was netball. We had a lot of team support whether we won or lost and cheering from other team players and it was a great experience for meeting new people. When each game finished, we all shook hands and congratulated the team who won. Everyone had a chance to play. Every player was friendly, kind and caring and we all had an amazing experience at our first Gala Day.

Chanelle Nicolas, Year 7

Social Science Report

Year 9 Commerce has been very busy during Term 3 as they have developed their investing skills in the online Australian Securities Exchange Share Market Game. Each student or syndicate of up to four students are given \$50,000 of pretend money to invest in the real share market each day. They must attempt to increase the value of their portfolio and compete against other students from around Australia. Students are allowed to make up to twenty trades per day and with a month remaining, most students are finding the current market a challenging place to maintain value and some heavy losses have been made.

The game is an outstanding real world simulation to understand the decision making and risk at the centre of investing.

Meanwhile, in Geography, group work research assignments on non-Government organisations and foreign aid have been completed in Years 8 and 10. Students have demonstrated an overwhelming enthusiasm for working together and the quality and creativity displayed by students was impressive. The Social Sciences is an area of learning where individuals must learn to appreciate a diversity of opinions and worldviews and by students working collectively, they are developing these skills.

Finally, the faculty is very pleased that the Studies of Religion 2U course will run in 2015 for the first time after a healthy expression of interest from current Year 10 students. We look forward to exploring this new area of learning.

HSC students in Legal Studies, Business Studies and Economics are now finalising their preparation for the HSC examination. Ms Pettiifer, Ms Piech and Ms Baker have thoroughly enjoyed the learning and personal journeys that they have taken together with these students over the last two years. A special commendation should be made for their dedication and expertise. Also, Mr Martz who retired at the end of 2013, was instrumental in preparing the Legal Studies students in their Preliminary year and should be thanked for his efforts.

Mr M Palmer
Head Teacher Social Science



Ms Piech and her Year 12 Business Studies class



Ms Pettifer and her Year 12 Legal Studies class

Visual Arts Report



*Julie Seo, Year 12 Past and Present Generations
Entwined (Detail)*



Maggie Mathis, Year 12 Sydney, Sugarloaf Bay (Detail)

Communication critical to helping stressed teens

New videos and articles at Raising Children Network show parents how to communicate with teens on the issues that cause them stress such as body image, cyber-bullying or testing their own limits. Informed by experts in adolescent health and well-being, these new, free resources at **raisingchildren.net.au** were developed by Raising Children Network and NSW Kids and Families. The resources help parents communicate with their teens, in particular those with emotional and mental health concerns or a chronic illness.

"Communicating with teenagers can be challenging for parents, especially when help is perceived by your teens as interference. Concern can be seen as babying, or advice can be interpreted as bossing", said Professor David Bennett, AO, Senior Clinical Advisor, Youth Health and Wellbeing at NSW Kids and Families and a Senior Manager with the Sydney Children's Hospital Network.

[Click here to see a short overview video of the new parenting teens resources](#)



"With around one in four teenagers developing a significant mental health problem, however, parents need to know what's normal and when to worry – it's part of the job."

Sometimes parents can feel out of their depth when trying to help their teenager navigate the tricky terrain that often comes with adolescence. The videos help parents by demonstrating how parents and teens can communicate positively. Expert commentaries by professionals highlight good communication styles that parents can use to broach tricky issues and hold difficult conversations.

According to Dr Julie Green, Executive Director of Raising Children Network, the teenage years are a critical time in the development of good lifelong mental health. *"There's rapid growth and change during the teenage years – physically, mentally and socially. Parents play a crucial role during this time yet they often feel unsure about the balance between wanting to support their child and giving them space to manage issues themselves".*

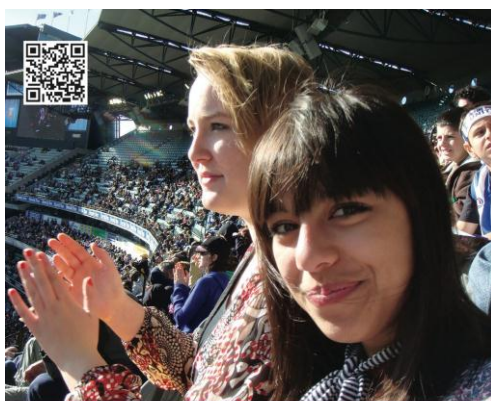
The Raising Children website allows busy parents to access information and parenting tips at their own time and pace whether at home, work, or out and about.

[Click here for video library of new parenting teens resources](#)





Want to be a host
family?



HOSTING IS FUN!

Join the WEP community and become a volunteer host family to an Italian exchange student.



[WWW.WEP.ORG.AU](http://www.wep.org.au)
1300 884 733

World Education Program Australia Limited (ABN 82 098 289 297)
PO Box 260, Black Rock 3193, Melbourne, Victoria
T 03 9598 4733 F 03 9598 4233 E info@wep.org.au
A non-profit student exchange organisation registered with the Education Departments

World Education Program Australia Limited are searching for families to host an exchange student. Hosting allows families to gain insight into another culture and way of living, without leaving the comfort of your own home. Our search for volunteer families willing to host students arriving into Australia in January 2015 is now under way. If you are interested in becoming a host family go to <http://wep.org.au>.



Have fun and learn about another culture!!

Volunteer to host an international student

Have Fun, Make new friends and learn about another culture!

Volunteer to host an international high school student arriving into Australia in February 2015, and you'll be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light.

Carefully selected students will arrive in February for their 3, 5, or 10 month programs from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Spain and Colombia. They will live as a local, attend a local secondary school, arrive with their own spending money, and comprehensive insurance cover, all arranged by Southern Cross Cultural Exchange. You choose the nationality, the gender, the duration and the interests of the student that you feel is the best match for your family. Visit us at www.scce.com.au, email scceaustr@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!



Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 4 – COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Teens Course

Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.

- ★ Understanding teenagers today & communication skills
 - ★ Emotional intelligence skills
 - ★ How to prevent behaviour problems & conflict resolution
- Chatswood 5 wks/2.5hrs (6/11 – 4/12, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop

- ★ Learn how to restore a respectful & positive relationship with your teenager
 - ★ Understand what it is like being a teenager today
 - ★ Learn how to talk so that they listen & how to listen so that they talk to you
- Chatswood (30/10, 7.00-9.30pm)

Tuning in to Kids Course - Chatswood (28/10 – 25/11)

Triple P (Positive Parenting Program) Course— Chatswood (22/10 – 3/12)

NEW

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS - 9887 5830

- | | |
|-----------------------------------|--------------------------|
| ★ Dealing with Teen's Back Chat | ★ Resilient Kids |
| ★ Transition to High School | ★ Bully Busting Workshop |
| ★ Triple P Seminar Series (Teens) | |

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)

- | | |
|--|----------------------------|
| ★ Understanding Your Toddler/Discipline & Tantrums | ★ Older Sibling - New Baby |
| ★ Tucker without Tantrums/Toilet Training | ★ Transition to School |
| ★ Speech & Language Development/Sleep | ★ Grand Parenting |
| ★ Triple P (PPP) Seminar Series (1-12 years) | ★ Communicating with Kids |

Enquiries: Child & Adolescent Parenting 9887 5830
www.nslhd.health.nsw.gov.au/services/CAP



Health
Northern Sydney
Local Health District



CALENDAR

**WGHS NEWSLETTER
INFORMATION FOR 2013**
Next Newsletter 13 November 2014



P & C MEETINGS
Tuesday 16 September
and Tuesday 21 October
2014 7:30 pm in the
Staff Common Room

You can access the calendar online via web1.willoughby-h.school.nsw.edu.au. Click on student and guest access link
Parents/Community invited to the events highlighted in red

		SUN	MON	TUES	WED	THURS	FRI	SAT
S E P O C T O B E R N O V	10A	14	15 Year 11 Yearly Examinations conclude	16 Prefect Induction Ceremony P&C Meeting 7.30pm in Staff Common Room	17	18 Year 12 Revue and Luncheon	19 Year 12 Graduation	20
		Spring Holidays 22 September – 7 October						
	1B	5 Oct	6 Labour Day Holiday	7 Students and Staff return to school Year 9 English Excursion	8	9	10	11
	2A	12	13 Higher School Certificate Examinations commence	14 Chamber Ensemble Opera House HSC Examinations	15 Years 9 & 10 Religious Seminars	16	17	18
	3B	19	20	21 P&C Meeting 7.30pm in Staff Common Room Year 9 Examinations	22 Years 11 Religious Seminars	23	24 Year 7 Sculpture by the Sea Excursion	25
	4A	26	27 Year 8 Examinations	28	29 HSC Examinations	30	31 Year 10 Examinations commence	1 Nov
	5B	2	3	4 Year 9 Visual Arts Excursion Year 10 Examinations	5 Years 7 & 8 Religious Seminars	6	7	8
N O V	6A	9	10 Year 7 Reptiles Incursion	11 Remembrance Day Service	12	13 Year 9 Surf School	14 Year 9 Surf School Year 10 Science Excursion	15

Ph: 9958 4141
Fax: 9967 2174

Mowbray Rd. Willoughby NSW 2068
www.wghs.nsw.edu.au
Email: willoughbg-h.school@det.nsw.edu.au

Editor: Mr S Leavers
Layout: Ms J Black