



# WILLOUGHBY GIRLS HIGH SCHOOL

*A Leader in Girls Education*

## NEWSLETTER

February 2015



*Mona Khoshkhesal, Dux of Year 12 2014*

### February Calendar

#### Week 2B 2 - 6 February

Monday 2	Leadership Assembly Year 7 Camp
Tuesday 3	Year 7 Camp Year 12 Wellbeing Day
Wednesday 4	Year 10 Sports Selection
Friday 6	Newsletter distribution

#### Week 3A 9 - 10 February

Monday 9	Gold Assembly Music Information Night Year 11 Camp CAFS Evening excursion
Tuesday 10	Year 11 Camp
Wednesday 11	Year 11 Camp
Thursday 12	Prefect Afternoon Tea
Friday 13	New Enrolment and Year 7 Evening

#### Week 4B 16 - 20 February

Monday 16	Year 11 Visual Arts excursion
Tuesday 17	P&C Meeting 7.30pm in the Staff Room
Wednesday 18	School Swimming Carnival
Sunday 22	Music Ensemble Workshops

#### Week 5A 23 - 27 February

Monday 23	Year 10 Camp Assembly
Tuesday 24	Year 10 Camp School Photographs
Wednesday 25	Year 10 Camp Year 11 and 12 Religious Seminars
Sunday 1 March	Music Ensemble Workshops

### PRINCIPAL'S WELCOME

#### New Students

Welcome to the 2015 school year. A special welcome to all students and families new to the school. The year has started well with Year 7 already experiencing a range of activities designed to familiarise them with the school. The two day camp was an enjoyable opportunity for the girls to meet new friends and engage in a range of confidence-building programs.

The P&C are hosting a Welcome BBQ for Year 7 and other families new to the school on Friday 13 February, 6.00 - 8.00pm. This is an excellent opportunity to meet other parents and some of the teachers who will be working with your daughters. Please come along – this is always an enjoyable event.

#### New Teachers

I am also happy to welcome several new teachers this year.

#### Permanent appointments

Mr A Aziz – Mathematics (new position)

#### Temporary appointments

Ms H Brown – TAS (replacing Ms D Keily)

Ms H Byrne – Social Science (replacing Mrs J Baker on leave)

Ms D Scenna – Visual Arts

Ms N Lemaic – Science

#### 2014 HSC Highlights

Congratulations to Year 12, 2014 who achieved outstanding HSC results as a fitting reward for their hard work and enthusiasm for learning, as well as the commitment of their teachers. All staff members are very pleased that this group of outstanding young women earned such excellent HSC results and the feedback from students is that all are very happy with the choices they are able to make for study and careers beyond school.

Highlights in the girls' achievement include:

Seven students achieved All Rounder Awards gaining a Band 6 (a mark greater than 90) for at least ten units of study:

Amber Barney  
Jamaica Eisner  
Pelin Ersoy  
Lucy Fuchter  
Mona Khoshkhesal  
Macy (Ziqian) Lin  
Madeleine Spicer

Five students were honoured with a place in the list of Top Achievers in NSW:

Lucy Fuchter – 2<sup>nd</sup> in Personal Development, Health and Physical Education  
Jingyi Nina Zhou – 2<sup>nd</sup> in Mathematics  
Mona Khoshkhesal – 5<sup>th</sup> in Biology  
Jamaica Eisner – 9<sup>th</sup> in Society and Culture  
Ashley Ognenovski – 16<sup>th</sup> in English (Standard)

With a cohort of 142, students gained 182 mentions on the Distinguished Achievers Honour Roll (Band 6's) for scoring 90 or more in a course. Our school was placed 57<sup>th</sup> in the state on the basis of top-end results and achieved the position of **top ranked comprehensive public school in NSW**.

Over 30% of students gained an ATAR of 90 or above. Congratulations to 2014 Year 12 DUX, Mona Khoshkhesal who attained the top ATAR (Australian Tertiary Admission Rank) with 99.7.

Congratulations to Celina Cha and Alexandra Lucchetti whose Visual Arts major works have been chosen for the ArtExpress exhibitions.

Courses with Band 6 results included Ancient History, Biology, Business Studies, Chemistry, Chinese Background Speakers, Chinese Beginners, Drama, English Advanced, English Standard, English as a Second Language, English Extension 1, English Extension 2, French Continuers, General Mathematics, Heritage Japanese, History Extension, Information Processes and Technology, Japanese Beginners, Japanese Continuers, Japanese Extension, Legal Studies, Mathematics, Mathematics Extension 1, Mathematics Extension 2, Modern History, Music Extension, Music 1, Personal Development, Health and Physical Education, Physics, Senior Science, Society and Culture and Visual Arts.

**Ms E Diprose**  
Principal

## Distinguished Achievers Honour Roll 2014 (Mark over 90)

Ahadzadeh, Elena - Drama, English (Advanced), Modern History  
 Altan, Clarice - Senior Science  
 Alvarenga, Jessica - Senior Science  
 Aslanidis, Brae - English (Advanced), English Extension 2  
 Barney, Amber - Biology, English (Advanced), Legal Studies, Society and Culture, French Continuers  
 Battese, Gillian - Society and Culture  
 Blackford, Anika - Legal Studies  
 Bonato, Olivia - Music 1  
 Brown, Isabelle - Society and Culture  
 Chawla, Simran - English (Advanced), Legal Studies, Modern History  
 Cha, Yeji Celina - Visual Arts  
 Cheah, Jen Na - English as a Second Language  
 Chhoeu, Samantha - Information Processes and Technology, Mathematics Extension 1  
 Chung, Heri Veronica - Senior Science  
 Deak Harada, Akiyo - Heritage Japanese  
 Deng, Fung Sharon - Mathematics, Senior Science, Society and Culture  
 Eisner, Jamaica - Ancient History, English (Advanced), English Extension 1, English Extension 2, Information Processes and Technology, Society and Culture  
 Ersoy, Pelin - Ancient History, English (Advanced), Legal Studies, Modern History, History Extension, Society and Culture  
 Feeney, Maxine - Senior Science  
 Foo, Nicole - Society and Culture  
 Fuchter, Lucy - Biology, Chemistry, English (Advanced), Mathematics, Personal Development, Health and Physical Education  
 Hadisaputro, Ivana - Mathematics  
 Heath, Nicola - Biology, English (Advanced), Legal Studies, Personal Development, Health and Physical Education  
 Henry, Alexandra - Mathematics  
 Herrmann, Karla - Society and Culture  
 Hodson, Katherine - Ancient History, English (Advanced), English Extension 1, English Extension 2, French Continuers  
 Janson Ho, Krystelle - Chinese Beginners  
 Kang, Myoseok Juliet - Mathematics  
 Khan, Zara - English Extension 1, Society and Culture  
 Khoshkhesal, Mona - Biology, Chemistry, English (Advanced), Mathematics, Mathematics Extension 1, Physics  
 Kim, Ha-Been - Society and Culture, Visual Arts  
 Kwong, Angela Wing Yan - Mathematics Extension 1  
 Latto, Samantha - Society and Culture  
 Lau, Christie - Society and Culture  
 Lau, Melissa Mei Nga - Ancient History, English (Advanced), Legal Studies, Society and Culture  
 Lau, Sonia - Mathematics, Mathematics Extension 1, Japanese Beginners  
 Lin, Ziqian Macy - Chemistry, English as a Second Language, Mathematics Extension 1, Mathematics Extension 2, Background Speakers  
 Liu, Jia Julia - English (Advanced), Mathematics, Japanese Continuers, Japanese Extension  
 Li, Xu Ran Mary - Chemistry, Mathematics Extension 1, Mathematics Extension 2, Physics  
 Losurdo, Immacolata - Drama, English (Advanced), Music 1  
 Lucchetti, Alexandra - Ancient History, English (Advanced), History Extension, Visual Arts  
 Lu, Zixuan - Mathematics Extension 1  
 Ma, Thanh Van - Chemistry, Mathematics  
 Mazari, Nadia - Society and Culture  
 McCarthy, Lucy - English (Advanced), Mathematics General 2, Society and Culture  
 McDonald, Olivia - English (Advanced)  
 McGowen, Jodie - Modern History, History Extension, Society and Culture  
 Moore, Lauren - Biology, Mathematics General, Modern History, Society and Culture  
 Nyilas, Francesca - Ancient History, English (Advanced), Modern History, Society and Culture  
 Oggenovski, Ashley - English (Standard), Legal Studies, Mathematics General, Personal Development, Health and Physical Education  
 Pamudji, Claudia - Mathematics  
 Park, Joo Mi Becky - Mathematics  
 Pratt, Samantha - Biology, Business Studies, Personal Development,

Health and Physical Education  
 Radford, Pascale - English (Standard), Legal Studies  
 Ramadani, Vlora - Society and Culture  
 Rogerson, Emma - Swedish Continuers  
 Sanby, Isobel - Ancient History, Drama, Visual Arts  
 Schaverien, Olivia - Society and Culture  
 Scott, Lillian - Legal Studies, Society and Culture  
 Seah, Chi Ching Jessie - Mathematics  
 Seroukas, Eleisha - Music Extension, Society and Culture  
 Shaw, Madison - English (Advanced), English Extension 1, Information Processes and Technology, Modern History  
 Shibata, Runa - Mathematics, Heritage Japanese  
 Spicer, Madeleine - Business Studies, English (Advanced), Legal Studies, Modern History, Personal Development, Health and Physical Education  
 Stonis, Melanie - Business Studies, Legal Studies  
 Su, Emma - Biology, Chemistry, Mathematics  
 Wang, Alice - English as a Second Language, Mathematics Extension 1, Chinese Background Speakers  
 Way, Holly - Society and Culture  
 White, Isabelle - Society and Culture  
 Wong, Cassie - Biology, Mathematics Extension 1  
 Yang, Jin Jin - Society and Culture  
 Yang, Lina - Mathematics, Mathematics Extension 1, Japanese Continuers, Japanese Extension  
 Yoon, Hee Soo Aileen - Mathematics Extension 1  
 Zeng, Liya Lily - Business Studies, Chinese Background Speakers  
 Zhong, Rita Ho Wai - Society and Culture  
 Zhou, Jingyi Nina - Mathematics, Mathematics Extension 1, German Beginners

## ATAR Honour Roll 2014

Mona Khoshkhesal 99.70  
 Macy Lin 99.15  
 Pelin Ersoy 98.90  
 Jamaica Eisner 98.85  
 Lucy Fuchter 98.70  
 Julia Liu 98.35  
 Amber Barney 98.15  
 Madeleine Spicer 97.70  
 Brae Aslanidis 97.25  
 Mary Li 97+  
 Simran Chawla 96.90  
 Nina Zhou 96.50  
 Cassie Wong 95.90  
 Nicola Heath 95.80  
 Francesca Nyilas 95.75  
 Madison Shaw 95.55  
 Sharon Deng 95.45  
 Jodie McGowen 95.45  
 Samantha Pratt 95.10  
 Isobel Sanby 95.05  
 Sonia Lau 95  
 Celina Cha 95+  
 Melissa Lau 94.95  
 Emma Su 94.75  
 Lina Yang 94.65  
 Katherine Hodson 94.50  
 Alexandra Lucchetti 94  
 Lucy McCarthy 93  
 Runa Shibata 93  
 Samantha Chhoeu 92.90  
 Lauren Moore 92.50  
 Helen Chen 92.40  
 Thanh Van Ma 92+  
 Jessie Seah 92+  
 Lillian Scott 91.35  
 Eleisha Seroukas 91.35  
 Ashley Oggenovski 90.80  
 Samantha Latto 90.60  
 Anika Blackford 90.50  
 Immacolata Losurdo 90.35  
 Krystelle Ho 90+  
 Alice Wang 90+  
 Ailee Yoon 90+  
 Rita Zhong 90+



## Deputy Principal's Message

### *Subject Selections in 2015*

Willoughby Girls High School offers a very broad and balanced curriculum that caters for a wide range of interests and abilities across Years 7 to 12.

In Years 7 and 8 students study compulsory subjects with little opportunity for choice except for Language in Year 8. Students entering Year 9 have the opportunity to choose from a wide range of elective courses. These selections are binding from the start of Year 9 until completion at the end of Year 10. In Year 11 students again have the opportunity to choose from a wide range of courses. Most courses in Years 11 and 12 are two year courses and students cannot change from one course to another at the end of Year 11.

Since subject selections are binding for two years it is important that students choose their subjects carefully. In making subject selections students should select subjects which:

- they have an interest in and will enjoy
- are suited to their ability
- best meet their future needs and career aspirations

It is possible that circumstances change and, as a result, students in Years 9 and 11 may need to reconsider their subject selections. In such instances the student should bring a note requesting a change of subject to Mr Leavers for consideration. Where possible and provided that a sound educational reason is given for such a change, students may be permitted to change subjects within the first few weeks of Term 1. All subject changes must be completed by the end of Week 5 of Term 1.

Should you have any questions or wish to discuss your daughter's subject selections in 2015 please do not hesitate to contact Mr Leavers on 9958 4141.

**Mr S Leavers**  
**Deputy Principal**



## Deputy Principal's Message

### *Unauthorised use of personal property*

**It is recommended that mobile phones, iPads, iPods or similar technology are not brought to school.** If these items are needed before or after school, or allowed by a teacher for authorised educational purposes, they should only be used at these times. Students will be required to keep their devices switched off and stored out of sight when not in use. Students bringing mobile phones, iPads, iPods or similar technology to school do so at their own risk and the school will not accept responsibility for any loss of or damage to these items.

Unauthorised or inappropriate use of mobile phones, iPads, iPods or similar technology will result in an after school detention. If such items are again brought to school and correct procedures are not followed, a further two after school detentions will be issued. Further instances of disobeying school rules may result in more serious consequences.

### *Uniform*

All students are encouraged to apply sunscreen before leaving home each day, and to reapply sunscreen as necessary throughout the day, particularly before sporting activities.

Commencing this year, a school hat is available for purchase from the Uniform Shop. We encourage all girls to purchase one. The first shipment has, unfortunately, been delayed until March. In the meantime, students can wear a dark blue (navy or royal blue) standard school hat to school to provide additional sun protection. These hats are available from most stores that sell uniforms, however, they are not available at our Uniform Shop.

All girls should read the information in their diary to ensure they are in full school uniform at all times. Particular attention needs to be paid to shoes, socks, make-up and jewellery.



All parents are reminded the school grounds are reserved for staff. All car parks are out of bounds to students, so parents are not to drive into the school grounds to pick up or drop off students. Please ensure you drop off and pick up your daughter safely, and according to the RTA rules.

*The best area is the side street off Keary St because your daughter can then safely cross the street using the pedestrian crossing.*

Thank you for your cooperation.

**Mrs J Watts**  
**Deputy Principal**

## Technology Information

The Parent Portal is an online system developed to provide both parents and students with discreet information about each student's progress in our school. Some information will necessarily be confidential so access must be secure and user accounts properly authenticated. Access is private and confidential. It is allowed only to students and parents.

You must use a valid email address to create your username. Once successfully registered you will be prompted to enter your username (email address) and the password you created.

Registration requires a unique access key to be used. This access key is provided via a printed letter sent home with the students.

Please note that the access key is case sensitive so copy it into the box provided on screen, exactly as it appears in the letter.

For continued access and for existing users the portal address is:

<http://web1.willoughbg-h.schools.nsw.edu.au/portal>

or one may use the link on the bottom left of the Sentral login page

<http://web1.willoughbg-h.schools.nsw.edu.au>

New students will be provided with an access code and instructions shortly; please ensure your daughter brings it home this term.

As we progress this initiative, I am confident that the Parent Portal will become more and more significant in your day to day management of your child's enrolment at our school.

Should you experience difficulties please do not hesitate to contact me for assistance. I also look forward to hearing from you about your experience with our Parent Portal, and any feedback will be gratefully received with a view to adding further functionality and improvement.

**Mr P Devitt**

**Head Teacher Computing Studies**

Please direct any communication to the school's email address:

[willoughbg-h.school@det.nsw.edu.au](mailto:willoughbg-h.school@det.nsw.edu.au)



## PDHPE News

### *Swimming Carnival*

The School swimming Carnival is fast approaching and will take place on Wednesday 18 February at Lane Cove Pool.



As usual we will use the buses to transport students to the pool. A permission note relating to all school carnivals has been given to your daughter so please read through the information and sign as a receipt of permission. The cost of the Swimming carnival is \$15.00 which covers transport, pool hire and pool entry (we ask that your daughter brings her money on the day of the carnival in an envelope).

It aims to be a great day and we look forward to seeing as many of our students participate as possible.

### *Extra-Curricular Sporting Events*

Our very active and supportive P&C will again be running a number of sports outside school hours. Basketball, Netball and Hockey will be running this term. For information about these activities we encourage your daughter to visit the PE staffroom to collect information notes.

**Ms N Best**

**Head Teacher PDHPE**

## Technology and Applied Studies Community Experience

### *Year 12 Community and Family Studies*

As part of the HSC Community and Family Studies course, students will study Groups in Context. They explore four specific groups within the community who may be experiencing inequity by examining the nature of the group, their specific needs and the level of access to services.

We will be attending a Vinnie's Retreat on Monday 9 February from 6.30pm – 9.45pm. We are hoping to collect **new clean socks** to donate to the members of the community. All donations will be gratefully received.

Please donate new socks by 9 February. They can be put in the "SOCK BOX" which will be in T2.

Thank you for your help,

**Mrs C Davies**

**Community and Family Studies Teacher**





## SCIENCE RESEARCH PROJECT

The Annual Science Project Launch, held on Tuesday 11 November 2014 was yet another huge success to enrich and extend the scientific interests of Year 10 students through inquiry-based learning. This program has created opportunities for groups of students to independently design and conduct investigations and relate their knowledge gained from the classroom to real life experiences.

This year, two new guest speakers, Dr Rebecca Lebard and Mr Bimal were invited to attend the Annual Science Project Launch to share their expertise in genetics and meteorology respectively alongside Dr Chris Marquis and Dr Michael Janitz from the University of New South Wales. Students were excited to speak to, and seek advice from, the scientists and the incorporation of a visible thinking routine helped brainstorm ideas for their independent investigations. Throughout the weeks of Term 4, students worked collaboratively with their peers and teachers to effectively carry out their investigations.



*Left to right: Mr Troncoso, Miss Mak, Ms Diprose, Dr Janitz, Dr Lebard, Dr Marquis and Mr Bimal*

There was a vast range of ideas across different disciplines of Science. On Wednesday 10 December, the six finalist groups showcased 'Surviving the Leap of Faith' based on Physics concepts in the Assassin's Creed, 'Fruit batteries', 'Drug Solubility', 'Price vs Quality – Feminine Hygiene Pads' and 'Binaural vs Monaural hearing' to a judging panel including all the scientists and the principal. The judges were impressed with the quality of the presentations and the high standard of scientific thinking placed into each investigation. All Year 10 students were congratulated for their consistent efforts and engagement during this program.

**Ms L Mak**  
**Science Teacher**



*One of the group projects*



*Dr Watson with her winning project group*

# Wellbeing News

It has been a busy start to the year for the Wellbeing Team ensuring that all the girls settle in quickly. This can sometimes be an anxious time, so remember to utilise the resources around you (family, friends, teachers, online tools etc.) to help cope with all the various learning experiences you encounter. A big WELCOME to the new members of the Wellbeing Team for 2015 and a big WELCOME BACK to the members of old.

## Wellbeing Team 2015

Year 7 Advisor - Miss J Pryor;  
Assistant Advisor - Miss L Mak



Year 8 Advisor - Ms C Davies;  
Assistant Advisor - Ms N Konishi



Year 9 Advisor - Miss C Alfonso;  
Assistant Advisor - Miss D Elias



Year 10 Advisor - Ms L Patten/Ms L Blackman;  
Assistant Advisor - Ms R Morris



Year 11 Advisor - Mr W Troncoso;  
Assistant Advisor - Ms J Pettifer



Year 12 Advisor - Ms M Drougas;  
Assistant Advisor - Mr G Alexander



Mrs T Prowle and Mrs N Budd will be relieving HT Wellbeing while Mrs L Parkin is on maternity leave.



## What's been happening?

Year 7 Camp and Orientation Week were fabulous successes and from all accounts the students and staff had a wonderful time. A big THANK YOU to Miss Pryor and Miss Mak for organising this event and to all the other staff who volunteered their time. Also, thank you to Ms Merkur, Ms Wajs, Mr Gates and Ms Wearne for helping with the Year 7 testing during orientation week and to Ms Gleeson, the Year 10 Peer leaders and the sports captains/SRC for all their efforts with the Peer Support program.

Thank you to Ms Drougas, Mr Alexander, Ms Diprose, Ms Henzell and Ms Alfonso for all their efforts with Year 12 Wellbeing Day. It has given the girls a great start to their HSC year.

## Uniform

Hair colour and piercings have become significant issues. The uniform policy states that student hair should be all one colour and a colour that is a natural tone. Piercings should be clear and discrete. Senior uniform needs some adjustments as well. Coloured underwear can be obvious under white blouses and should not be worn. Skirt length is also an issue and needs to be, at a minimum, mid-thigh in length.

## Up Coming School 'Wellbeing' Events

Year 7 Peer Support Program – Terms 1-3

Year 7 Welfare Day – 1 April, Week 10B

Year 8 Welfare Day – 1 April, Week 10B

Year 10 Welfare Day – 31 March, Week 10B

Year 11 Camp – 9-11 February, Week 3A

Year 10 Camp – 23-25 February, Week 5A

Vaccinations – NSW Health will provide free vaccinations for all Year 7 students and to Year 11 and Year 12 students this year. Information regarding vaccinations will be distributed to your child in the next week. If you do not receive an information pack, please call Mrs Budd or Mrs Prowle. Anyone who misses these vaccinations can 'catch up' with their local GP or family doctor.

## ASCIA ACTION PLANS 2015

Notification has been received from ASCIA (Australasian Society of Clinical Immunology and Allergy) that the **ASCIA Action Plans** have been updated for 2015.

The 2015 ASCIA Action Plans include the following important changes:

- **Colour shading** – signs/symptoms and action for mild to moderate allergic reactions is shaded blue and signs/symptoms and action for anaphylaxis are now shaded in distinct colours on each 2015 ASCIA Action Plan
- **Asthma information** – all information relating to asthma is now at the bottom of the action plan and the wording has been revised
- **Inclusion of doctor authorisation regarding medications** – this has been included on the personal (red and green) versions.

It is important to note that these:

- ASCIA Action Plans are medical documents and therefore must be completed and signed by the individual's medical practitioner (GP or specialist)

The updated ASCIA Action Plans can be downloaded via the link below:

<http://www.allergy.org.au/health-professionals/anaphylaxis-resources/ascia-action-plan-for-anaphylaxis>

## COMPETITION

There's always room for more of the good stuff and it's great to launch into the new year on a positive note. So for this competition, BITE BACK wants to hear about the positive things you're doing to take life to the next level.

To sweeten the deal they've got 5 prize packs to give away for the most captivating entries including Fuji instant cameras, zombie speakers, an ice cream maker, desktop mini pool table, and heaps more.

So how will you BITE BACK in 2015?

*Entries close soon! Visit [www.biteback.org.au/competition](http://www.biteback.org.au/competition) for more details*

## Services and Programs

### headspace Brookvale now open!

headspace Brookvale is now open and accepting referrals. headspace is a free service for young people aged 12-25 years that provides support in the areas of mental health and wellbeing, alcohol and other drug use, physical healthcare and education and employment. In addition to the Centre at Brookvale, there is also a headspace at



Chatswood. For more information, contact headspace Brookvale on (02) 9937 6500 or headspace Chatswood on (02) 8021 3668.

### **Child and Adolescent Parenting Courses**

The Child and Adolescent Parenting team provide parenting courses, workshops and seminars for mums, dads and carers of children aged 1-18 years in the Northern Sydney Local Health District. The schedule of courses is now available for February – June 2015. CHILD & ADOLESCENT PARENTING 9887-5830; Chatswood Community Health Centre, 57 Hercules Street, Chatswood. [www.nslhd.health.nsw.gov.au/services/CAP](http://www.nslhd.health.nsw.gov.au/services/CAP)

### **Paying Attention to Self (PATS), Term 1 Registrations Open**

PATS is a free 8 week support group for young people aged 12-18 years who have a parent, carer or sibling with a mental health issue. The group is run by KYDS Lindfield on Tuesdays, 3 February to 24 March, 5.00-7.00pm. More information: 9416 9824 or [kyds1@bigpond.com](mailto:kyds1@bigpond.com)

The Northern Beaches ADHD Support Group is a voluntary group offering support for parents of children or teenagers with ADHD via regular meetings. The group is run by parents and aims to provide a supportive environment to discuss learn more about ADHD in order to best help parents and kids alike.

SPEAKER EVENING: DR MARK ROBERTSON “THE BIOMEDICAL TREATMENT OF ADHD & AUTISM”

**Monday 9 February 2015 @ 7.00-9.00pm The Pittwater RSL,**

**Ticket reservations essential via <http://www.eventbrite.com.au/org/4222746751>**

### **Resources**

#### **Directory for kids’ mental health and wellbeing, KidsMatter**

To make it simple for professionals to find information about mental health and wellbeing, KidsMatter has put together a directory of resources and services that support children.

[www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)

#### **The BRAVE Program, Online Resource for Youth Anxiety**

The BRAVE Program is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free, and provide ways for children and teenagers to better cope with their worries. There are also programs for parents.

<http://brave4you.psy.uq.edu.au>

## **LATENESS TO SCHOOL REMINDER**

The school believes that lateness to class is detrimental to the education of your daughter. It disrupts the flow of a classroom lesson and thus disadvantages the other students as well. Furthermore, every lateness is recorded as a partial absence and contributes to the overall calculation of satisfactory attendance.

We understand that on the odd occasion circumstances outside the student’s control can cause lateness. However, if the lateness is recurring, strategies need to be put in place to resolve the problem.

Lateness to school will be monitored within the fortnightly timetable cycle and any two instances of lateness in a cycle will result in one lunchtime detention. Failure to attend this detention will result in an automatic after school detention, unless the student is absent from school on that day. She will then be required to make up the detention in the next lunch time detention session.

If your daughter’s lateness is due to circumstances beyond her control, and this has counted towards a lunch detention, it is her responsibility to see Mrs Budd and explain the circumstance at recess on the day the detention has been given.

Where possible we ask that all appointments are to be made outside school hours.

**Mrs N Budd**

**Relieving Head Teacher Wellbeing**



# Parenting Programs

## Child & Adolescent Parenting

### WHAT'S ON IN TERM 1 – 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 (2/3 - 30/3, 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 (23/2, 7.00-9.30pm)

**Tuning in to Kids Course** - Chatswood (24/2 – 24/3)

**NEW**

**Triple P Seminars**— Chatswood (11/3, 18/3 & 25/3)

### 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](http://www.nslhd.health.nsw.gov.au/services/CAP)**



**Health**  
Northern Sydney  
Local Health District



# APPLICATION FORM

Family Name ..... Given Name(s) ..... Post Code .....  
 Address ..... Suburb .....  
 Telephone ..... Mobile ..... Email .....

Please provide the ages of your child/children		Location	Date	Day	Course Name
1st Choice					
2nd Choice					

CONCESSION CARD NUMBER MUST BE QUOTED IN ORDER TO RECEIVE CONCESSION. Concession No. ....

NSLHD employees ONLY: Department & Hospital .....  
 Pay Cheques/Money Orders to: **Northern Sydney Local Health District** and post to:  
**Child & Adolescent Parenting, PO Box 142, North Ryde NSW 1670** OR fax form with CREDIT CARD details to **9887 2941**  
 Credit Card: ☐ Mastercard ☐ Visa Card (Will appear as 'Macquarie Hospital' on statement)

Cardholder's Name (Printed) ..... Cardholder's Signature: ..... Expiry Date: ..... / ..... / .....

AMOUNT: \$ ..... PAYMENT TO BE MADE PRIOR TO COURSE COMMENCEMENT. NO REFUNDS UNLESS COURSE IS CANCELLED.

## HOW TO ENROL

PLEASE READ THE BOOKING CONDITIONS CAREFULLY BEFORE PROCEEDING

**COMPLETE** the Application Form;

**MAKE** cheques/money orders payable to: Northern Sydney Local Health District

**POST** the completed Application Form and the fee to:

Child & Adolescent Parenting  
 PO Box 142  
 NORTH RYDE NSW 1670

or fax forms, using Mastercard or Visa to:  
 FAX: 9887 2941

### Staff Concessions:

20% discount for staff of Northern Sydney Local Health District on courses only.

### Childminding:

We regret we cannot provide childminding.

### Public Holidays:

Classes are **NOT** held on public holidays.

### Receipts:

Receipts and confirmations are posted after your enrolment has been processed. Please allow adequate time before enquiring.

### Refunds/Credits:

Select your course carefully. Refunds and/or credits cannot be given unless a course is cancelled.

## COURSE VENUES

Chatswood Community Health Centre,  
 57 Hercules St

## ALL OUR LEADERS ARE PARENTS & PROFESSIONALLY QUALIFIED

Couples discount available for courses only.  
 We regret that we cannot provide child minding.

DEC14

CATALOGUE NUMBER: NS09416

Parenting Education  
 for Mums,  
 Dads and Carers

**TERMS 1 & 2**  
**2015**

February to June



**CHILD & ADOLESCENT PARENTING**  
**9887-5830**

[www.nslhd.health.nsw.gov.au/services/CAP](http://www.nslhd.health.nsw.gov.au/services/CAP)



**Health**  
 Northern Sydney  
 Local Health District



## SCHOOL CONTACT INFORMATION

Parents and Guardians

*Please keep your information updated*

If you have recently changed a home address, email address, phone number including mobile number or emergency contacts or medical information, please advise the school *immediately*.





# CHATSWOOD Rangers Jnr FOOTBALL



**Play Football: the sport of the 2015 Asian Cup Champion Socceroos!**



Chatswood Rangers is seeking new and re-registrations for the upcoming 2015 winter season for junior football (aka soccer). Our club has supported local junior and senior players since its inception in the 1960s and continues to provide a balanced sporting environment where competition and enjoyment is highly valued.

- Girls and Boys from 5 to 18 yrs.
- Registrations Due by 21st Feb.
- Season runs March to September.
- Mid week training and weekend games.
- Mixed teams play on Saturday mornings.
- All girls teams play on Sundays.
- Please contact [juniorfootball@chatswoodrangers.com.au](mailto:juniorfootball@chatswoodrangers.com.au) for information.
- Sibling discounts available.

**Register online at [www.chatswoodrangers.com.au](http://www.chatswoodrangers.com.au)**

Email: [juniorfootball@chatswoodrangers.com.au](mailto:juniorfootball@chatswoodrangers.com.au)  
Web: [www.chatswoodrangers.com.au](http://www.chatswoodrangers.com.au)



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