



WILLOUGHBY GIRLS HIGH SCHOOL

A Leader in Girls Education

NEWSLETTER

Phone : 9958 4141

www.wghs.nsw.edu.au

21 SEPTEMBER 2018

SEPTEMBER 2018 CALENDAR

Week 10B 24-28 September

Monday 24

Tuesday 25 Year 12 Review and Luncheon

Wednesday 26 Year 12 Graduation

Thursday 27

Friday 28 Year 9 Wellbeing Day
Year 7 Jump Rope for Heart

Spring Holidays

Monday 01 - Friday 12 October 2018

Week 1A 15-19 October

Monday 15 School Resumes
Summer uniform to be worn

Tuesday 16

Wednesday 17 Year 10 Drama Excursion

Thursday 18 Year 12 HSC Commences

Friday 19 Year 12 HSC

(Red typeface denotes the event is open to the public)

FRIENDLY REMINDER FOR ALL PARENTS AND CARERS

On Tuesday 25 September 2018 a special Year 12 Luncheon will be held at the school during the afternoon. This is an in-house function for Year 12 and staff.

As teachers will be attending this function students in Years 7-11 will be dismissed from school at 1:00pm (instead of 3:20pm).

N.B. We have been unable to arrange for the usual school buses to collect students at 1.00pm. Please ensure your daughter/ward is aware of how to travel home at this earlier time.

If you are unable to make arrangements for your daughter, please indicate on the slip below and she will be supervised at school until the normal finishing time.

All students have received this letter in the Home Room on Wednesday 19 September and are required to present the permission slip to their Period 4 teacher on Tuesday 25 September 2018.

Any student who does not return the slip will be required to remain at school until the normal finishing time.

Yours sincerely

Ms E Diprose
PRINCIPAL



WGHS P&C



facebook.com/wghspandc

Next P & C
Meeting



wghspandc@gmail.com

Tuesday
21 August 2018

- ✓ Please **follow our Facebook page** to stay informed of interesting things happening in the parent community. You don't have to be a Facebook member to access the page.
- ✓ All **parents are welcome at P&C meetings**, held twice per term at 7.00pm in the staff common room. (Access via front door).
- ✓ Any queries or matters to be raised can be raised via the Secretary at the above email address at any time.

Indoor Hockey P&C – Term 4

Last call for those interested in playing Indoor hockey in Term 4.

Games are on a Wednesday after school between 4 -7pm starting first week back of term 4.

Games are held at 3 locations: Ryde Aquatic Centre,
Ascham School
Marie Bashir Centre in Mosman.

**No experience necessary but you do need a cheap stick, mouthguard and shin pads.

Email [WGSHockeyclub@gmail.com](mailto:WGHS Hockeyclub@gmail.com) for further information.

Kids Giving Back

Kirsty Warren from KidsGivingBack has thanked two of our students, Maddie in Year 8 and Cerys in Year 9, for their contribution to a recent community program.

Cerys and Maddie were part of a team of 54 Kids Giving Back volunteers who cooked, packaged and delivered over 400 warm, nutritious meals to local shelters and individuals on Sunday 9 September. Cerys and Maddie took part in our Community Cook4Good Program with their families and should be commended for giving up their time to help others. It is very reassuring to know that our students take time to assist in caring for others less fortunate.

This is also a great initiative for families to spend quality time together while enjoying the pleasure of helping others.



If you would like to learn more about these programs, please visit the website: www.kidsgivingback.org

There are Cook4Good programs scheduled throughout the year for which families may register.

Wellbeing RYPEN Leadership Camp

In the middle of June this year, I attended a camp called RYPEN which was sponsored by the Northbridge Rotary Club.

RYPEN stands for 'Rotary youth program of enrichment' and the aim of this camp was to prepare the future leaders by educating us about common issues, helping us to develop "life skills" and giving us motivation to cope with challenges for the future. This was an amazing opportunity and I've never had so much fun learning about leadership and our roles in our communities. I arrived at the camp not knowing anybody but I've come back with so many new friends and great skills.

During the camp I participated in multiple activities with my assigned group and attended inspiring speeches and workshops. There were so many games, challenges and activities like building water towers, going through scary mazes and competing in pool challenges, just to mention a few. There was also a mad-hatter themed dinner and time to relax with our new friends.

Our mentors were amazing and if I could do this all again I definitely would. It was a great opportunity and I learned so much along the way.

Anjali D – Year 9



*There are 4 places available for current Year 9 students for the upcoming summer camp in February 2019, at Sydney Academy of Sport Campus, Narrabeen.
Any students who may be interested in applying for this camp, please see Mrs Budd in the Wellbeing Office.*



WILLOUGHBY GIRLS HIGH SCHOOL

Uniform Shop

HOLIDAY TRADING NOTICE

The Uniform Shop will be open on the following dates and times
in the school holidays and in Term 4:

SCHOOL HOLIDAY TRADING HOURS

Tuesday 2nd October 2018 – Friday 12th October 2018

Tuesdays	10am – 6pm
Thursdays	7.30am – 4pm
Fridays	9am – 4pm

TERM 4 TRADING HOURS

Tuesday 16th October 2018 – Thursday 13th December 2018

Tuesdays	10am – 6pm
Thursdays	7.30am – 4pm
Fridays	9am – 4pm

New student fittings are by appointment.
Please call us to arrange a suitable time.

Don't forget our online service at www.noone.com.au

Noone Imagewear

73 Dickson Ave, Artarmon NSW 2064
(02) 9436 1700 sydney@noone.com.au



COMMUNITY NOTICE BOARD

School Holiday - Outdoor Activities

Do you know families looking for a digital detox for their children?
The Outdoor Explore program engages young people with autism through fun and safe activities in Sydney's best National Parks.

What is Outdoor Explore?

Outdoor Explore is a specialised program developed to help young people of all abilities experience the outdoors. We have more than 10 years' experience delivering safe adventure-based personal development programs that provide achievable challenges for all kids.

Single & multi-day activities:

- Bushwalking
- Canoeing
- Abseiling
- Mountain bike-riding
- Raft-building
- Rock-climbing
- Swimming
- Snorkelling
- Camping & much more.



Individual & group programs:

Our programs are tailored to the unique needs of each participant so all our young people have the opportunity to successfully learn new skills, confront challenges and fears in a supportive environment & grow in confidence & self-efficacy.

Places NOW available for: Lane Cove National Park - October School Holiday Program

Outdoor Explore is a project of Mountains Youth Services Team Inc, a registered NDIS Service Provider.



COMMUNITY NOTICE BOARD

Do you have a daughter? A niece? A cousin? Or younger sister at school?



Would you like to understand how their brains work?!



North Sydney Girls High School P & C Proudly Presents...

BRAIN FITNESS IN GIRLS

with Dr Sarah McKay PhD

Neuroscientist, Founder of Neuroscience Academy,
Author of *'The Women's Brain Book - the neuroscience of health, hormones and happiness'* (Hachette, March 2018)
www.yourbrainhealth.com.au ~ www.theneuroacademy.com
Vice President of Australasian Medical Writers Association (AMWA)

Please join us for an informative talk and conversation on how girls' brains work and, most importantly, what YOU can do to BETTER SUPPORT the girls in your life.

When: Tuesday 16th October 2018

Time: Please join us from 6pm for refreshments. The talk will begin at 6:30pm

RSVP: Please RSVP through TryBooking <https://www.trybooking.com/YACC> or
<https://www.trybooking.com/421878>

Venue: North Sydney Girls High School, 365 Pacific Hwy, Crows Nest (in the school hall)



...It takes a village to raise a child and NSGHS P and C warmly extend the invitation to those from other villages..



COMMUNITY NOTICE BOARD

We are very excited to announce our second Community Speaker for the year – John Coutis

John 'JC' Coutis is an exceptional person. Born with a severe disability that rendered him a double amputee, John defied medical opinion by refusing to die. Today he gets around on a skateboard and travels the world inspiring tens of thousands of adoring fans to block out the negatives and be the best that they can be.

When: Thursday 20th September

Where: St Philip Neri Catholic School

Time: 6.30pm

*****This event is open for you and your children to attend together.***



While John Coutis considers himself most privileged to be able to impart his gifts and dynamic life experience to others, in turn he is widely acknowledged as one of the most inspirational speakers of his generation. His invaluable messages encompass respect for diversity, anti-bullying, inclusion, resilience, goal setting, tolerance, motivation, self-determination and courage.

John Coutis talks about:

- Dealing with disability
- Overcoming challenges & getting the best out of life
- Anti-Bullying
- Treating People The Way You Wish To Be Treated
- Resilience, Goal Setting

<https://www.trybooking.com/YBAN>

This event has been subsidised by a Willoughby Council Community Grant and is non-profit.



COMMUNITY NOTICE BOARD

TUNING IN TO TEENS

EMOTIONALLY INTELLIGENT PARENTING



5 SESSION PARENTING COURSE FOR PARENTS OF TEENS

Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenager behaviour problems?
- Teach your teenager to deal with conflict?

VENUE: Chatswood Community Health Centre
57 Hercules St, Chatswood

DATES: Wednesdays 31st October - 28th November 2018 (5 sessions)

TIME: 6.30pm - 9.00pm

COST: \$150 - subsidised rates available re: financial difficulty
REFRESHMENTS PROVIDED

BOOKINGS ESSENTIAL: <https://tntchatst4.eventbrite.com.au>

PH: 8877 5376

The 5 session course will be facilitated by a qualified Parent Educator from
Child and Adolescent Parenting, Northern Sydney Local Health District



Health
Northern Sydney
Local Health District

