



WILLOUGHBY GIRLS HIGH SCHOOL

A Leader in Girls Education

NEWSLETTER

Phone : 9958 4141

<https://willoughby-h.schools.nsw.gov.au/>

25 OCTOBER 2019

OCTOBER/NOVEMBER 2019 CALENDAR

Week 3A 28 October – 01 November

Monday 28 HSC

Tuesday 29 HSC

Year 11 Legal Excursion

Wednesday 30 HSC

Thursday 31 HSC

Friday 01 HSC

Week 4B 04-08 November

Monday 04 HSC

Tuesday 05 HSC

Year 9 History Excursion

Wednesday 06 HSC

Thursday 07 HSC

Friday 08 HSC

Year 9 Geography Excursion

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



WGHS P&C



Facebook.com/wghspandc



secretary@wghspandc.org.au



Next P&C Meeting will be held on:
Tuesday 26 November (AGM) at 7.00pm

- ✓ 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.

2019-2020 HSC Assessment Policy

An email, with an attachment - *the 2019-2020 HSC Assessment Policy*, went out to all Year 12 students and parents last Friday.

Any parents who have not received this email please contact the school.

Janet Atchison
Deputy Principal

Maker Centred Learning – Harvard Course 2019

This term, six teachers from Science, Art and Social Science are undertaking an online Harvard course focused around developing a 'maker centred classroom.' This course has teachers meeting weekly to discuss ideas, challenges and the implementation of classroom strategies to further engage students in the learning process. The course is based on a theoretical framework and a hands-on approach to learning. It is expanding our teacher toolkit with strategies that foster the primary maker capacities of looking closely, exploring complexity and finding opportunity in the world around us. The course is challenging us to implement new ideas into our subjects, giving students the creative capacity to see the problems of the world as puzzles and the skills to work on overcoming these.

My classroom is one where noise and hands-on activities are encouraged. The Maker Centred Learning course is fostering opportunities to get my students working on real world examples. It is challenging me to implement new strategies into my year 8 Geography classroom as we explore the unit 'Interconnections'. Students have been looking at ways in which we connect to the world around us and the tools that enable us to do this. Based on this investigation, an opportunity presented itself to explore deeply the parts, purposes and puzzles of a computer. Students worked in groups to examine deeply the complexities of a computer. The lesson involved students pulling apart an old computer in its entirety, sketching what they saw, trying to figure out the purpose of each individual part and then working towards investigating any questions or puzzles they have about the individual parts or internal workings of a computer. The lesson was loud, fun and collaborative. Student engagement was extremely high, as students hadn't necessarily thought about the way in which a computer worked, they just used it every day. They challenged their thinking around each aspect and the way in which each individual part connected to others to complete a whole, functional computer. The maker course is providing me with new insights into how to better extract student knowledge and encourages inquisitive learning. I am looking forward to seeing what else I can do in the classroom with my year 8 geographers.

Maker Centred Learning in the Geography classroom. – Grace Tyerman and 8SG



Year 10 iSTEAM

As part of the Year 10 iSTEAM course we participated in the NRMA Future of Transport Challenge. This project-based learning challenged students to design and pitch a futuristic transport product/service to solve current transport issues. Our team focused on solving mobility issues for the elderly and or disabled. We envisaged the Wheelchair Pod-car Transformer (WPT). The product is an all-terrain wheelchair with the ability to transform into a fully covered pod-car to maximise the independence and mobility of those in need. It was unbelievable when we were told that our idea made it to the final competition (at the Sydney Olympic Park). Thus began our strenuous journey to perfect the product design, product sales pitch, executive summary and you name it. Fortunately, with the support of Mrs Mcleod and many after-school hours, we were able to overcome seemingly impossible difficulties and got ready for the big day.

On the 3 August, we, along with Year 9 and 10 iSTEAM students, arrived at the Sydney Olympic Park for the Youth Eco Summit Secondary Event. The event began with the NRMA sales pitches of four finalist groups from Willoughby Girls, Davidson High, James Ruse and Sydney Secondary College. We were the first team to present. As we stood in front of the stadium with hundreds of teenage audiences and the expert judges, we weren't consumed by our nervousness but rather felt an immense honour to represent WGHS. It was rewarding to see nods of acknowledgement as our product resonated with the audience. The nine-minute presentation passed in an instant and we found ourselves surrounded by the echoing applause. There was a sense of gratification swelling within us when the judges commented that our product is the most achievable of all. They said it might emerge in the next twenty years! At that moment, all of our efforts seemed worthwhile and we could finally let out a breath of relief. The other three teams also developed unique products and it was interesting to see their solutions.

The event progressed with a series of exciting workshops featuring Australian Indigenous culture and the theme of sustainability. We all watched the Trashion Parade displaying garments made out of recycled materials. In the afternoon we engaged in several hands-on activities where we made organic Aboriginal bracelets, learnt an Indigenous emu dance and designed our own 'trashion' garments. We can't speak for the others but when it was time to say goodbye, we left with no regrets and four twenty-dollar vouchers. Thank you, NRMA.

Being a part of the NRMA Future of Transport Challenge gave us the opportunity to design a genuinely useful product that integrates many innovative technologies. More importantly, we were able to grow and bond as a team. We learnt that with the support of each other, we can face our challenges with courage. This NRMA High School competition was a once-in-a-lifetime opportunity for us and we look forward to seeing more Willoughby Girls finalists in the future to come.

By Sanaz M, Karina K, Brooklyn C, Chris L - Year 10 NRMA Finalists

Killara Inaugural Junior Girls' Golf Champion 2019

The inaugural winner of the Killara Junior Girls' Scholarship program for 2019 was 13-year-old Maddie K who won in a tight countback from Michelle Z who won the net event. They were followed closely by Amber C and Tilly T from Willoughby Girls High School.

In 2019 Killara Golf Club established a new Junior Girls' Golf Scholarship program. The Junior Girls' Scholarships have been made available to young females aged 10-16 years who are not currently members of the Club. They provide for a year's membership fees and tuition program. Five of these scholarships will be available for award each year. Tilly was the recipient of the scholarship in 2019 and the program has been delighted with the progress in her golf and her positive contributions to the club.

Wanted:

Girls for Golf; Killara Golf Club announces the second year of its Junior Girls' Golf Scholarship program any young girls aged between 10 and 16 year can apply.; The scholarships are made possible by an annual donation and bequest made to Killara Golf Club from well-known Club member Bonnie Boezeman AO. Bonnie, a Willoughby resident since 1985, will be the Patron of the KGC Junior Girls' Scholarship Program and through her initiative and generosity ensures that funds will be available to promote the sport of golf at Killara among young women for at least the next 30 years.; "Golf teaches many social skills that benefit golfers from all walks of life. Etiquette, dress codes, adherence to rules, social interaction, how to compete, to win and lose, to meet friends, and to have fun", said Bonnie. "It also gives young women who eventually go into business, the possibility to interact on the same playing field with their male colleagues."; David Gazzoli stated "the scholarship is very generous. It will provide for a year's membership fees and tuition program at Killara and 5 of these scholarships will be available for 2020."; School aged girls from the local area who may be interested in a golf scholarship may apply and the program will commence in February 2020. Golf needs more women and our Junior Girls' Scholarship Program is a step towards encouraging girls to take up the sport.;

Deadline for applications will be mid November 2019. For further information, please contact Mr Palmer at Willoughby Girls High School or Killara Golf Club.

Mr Palmer – Head Teacher Social Science



Year 10 Wellbeing

As a part of Mental Health Month, this October, WGHS Year 10 Geography students were asked to design a range of sessions and activities to spread awareness about positive mental health within our school, as a part of the Human Wellbeing topic. These sessions were designed to bring all years together, and promote what positive mental health looked like, whilst also having a bit of fun. Geography students were asked to focus their activity or session on one key issue of mental health they were passionate about.

Groups focused on a wide range of various issues such as a positive mindset, gratefulness and confidence. Some students decided to explore how they could spread positivity within our year group, and did this by going around homerooms and giving each student a 'compliment card' which included a short message about that student and their best qualities.

Others focused on encouraging social interactions from students across all years through DIY friendship bracelet making. In order to take away the stress and anxieties away from students, a comedy room where year 10 students told jokes and performed skits was designed as well as a peaceful meditation room. Another session brought sentimental and nostalgic feelings as students were taken back to their childhood by playing with playdough, solving puzzles and listening to Disney music.

Calculators were glitzed and revamped with paint to encourage positivity when combating hard challenges (such as maths), and gems were added to mirrors to encourage confidence, specifically body image. All sessions designed by the Year 10s were met with immense support from all the years.

Ultimately, this Mental Health Month initiative was tremendously effective this year here at WGHS, and we look forward to seeing it through to the coming years, and even developing further activities that spread positive messages like this one!

Tabasum D and Stephanie B - Year 10 SRC



Year 10 Food Technology

Year 10 Food Technology students recently completed a unit on Food for Special Occasions. They learnt about different types of occasions and the type of food served at these. As part of their assessment task, students were required to prepare two dishes, either an entrée and main, or a main and a dessert.

Students were also required to set the table and provided the relevant details for the event.

Ms Blomfield
Head Teacher TAS



[This month on SchoolTV – Resilience](#)

Resilience is one of those skills that all kids need and should have. It refers to their ability to cope and adapt in situations when confronted with challenges such as adversity, trauma, tragedy, or even stress. It is essential to their mental health and wellbeing as part of their journey to adulthood. It is a skill that can be learned from an early age through the support of an adult role model.

However, being resilient does not mean your child won't experience any difficulties, but it will better equip them to manage those situations. Over-protective parenting can be viewed as being unhelpful towards the building of resilience. Although this may be a natural instinct, potentially experiencing failure is all part of the process. Encouraging children to take healthy risks will help them trust their capacity to deal with uncomfortable situations and increase their capacity for courage.

In this edition of SchoolTV, parents will gain an understanding of how to support their child's brave behaviour to help them adapt and build resilience. We hope you take time to reflect on the information offered in this month's edition, and we always welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Here is the link to this month's edition: <https://willoughbg-h.schools.nsw.schooltv.me/newsletter/resilience>

Mrs N Budd
Relieving Head Teacher - Wellbeing



Exam Stress - Special Report

Students in their final year of school are considered a high-risk group for depression and anxiety. Sleep deprivation, diet and social media are some of the biggest issues faced by this group of teens. Therefore, it is vitally important that a student's mental health is looked after as well as their physical health.

Keeping things in perspective for students and parents alike, can help prevent everyone getting overwhelmed. Although this final year is important, it is not necessarily the most important year of your child's life.

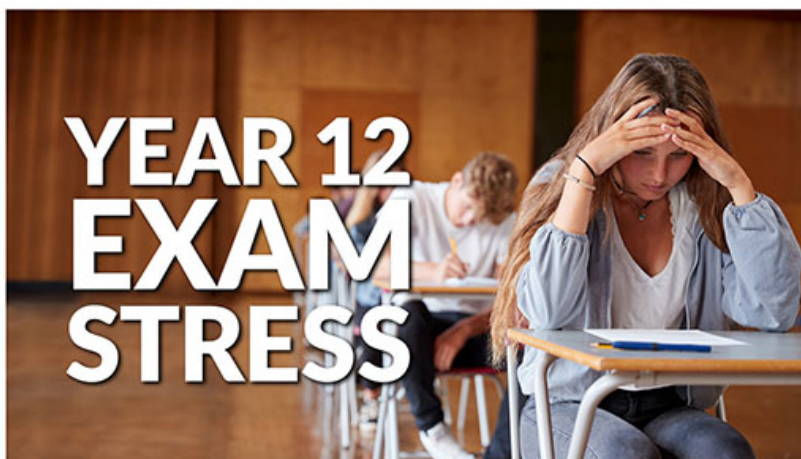
There are many strategies that students can implement to help themselves. Parents can provide support, not only emotionally, but also practically by keeping their child well-nourished and encouraging physical activity.

In this special report, parents will find useful tips to support their child during this often stressful time. We hope you take time to reflect on the information offered here and we always welcome your feedback.

If you do have any concerns about your child, please contact the school counsellor for further information.

Here is the link to your special report https://willoughbg-h.schools.nsw.schooltv.me/wellbeing_news/year-12-exam-stress-special-report

Special Report





COMMUNITY NOTICE BOARD

NSW Department of Education

Before and After School Care Have your say

The NSW Government is committed to increasing the provision of before and after school care.

Have your say at

<https://www.service.nsw.gov.au/basc>

Online feedback closes December 2019





COMMUNITY NOTICE BOARD

GLAM-BOXING

Are you aged 12-16?

Do want to join a girl's boxing group to empower yourself with skills and have fun?

Come join us for an 8 week program that will awaken the force within you.

**Fridays 4.30pm-5.30pm
Start date: 1 November**

We are living in a time that is demanding a social revolution, and what better way to get involved than starting with the change within.

Come along and learn some fun boxing skills with the team from Bikini Bods to unleash, unwind and nourish yourself. Each week we will start with a ten minute discussion around body esteem exploring ideas that will lift us up.

\$20 for 8 weeks

Renee Simpson 97771062
Renee.simpson@willoughby.nsw.gov.au

BIKINI BODS

WOMEN'S KICKBOXING



Chatswood Youth Centre - cnr Albert Avenue and Victor Street, Chatswood



COMMUNITY NOTICE BOARD



Youth out-LOUD

Are you aged 14-18?

**EVER DREAMED OF
ATTENDING TED-EX YOUTH?**

**Friday 22 November
Chatswood Youth Centre**

Youth out-LOUD is a youth-led event organised by Willoughby Youth Action Group that will showcase young speakers sharing their ideas on issues impacting young people in our city to help them feel more confident transitioning into adulthood.

Presentations cover topics such as:

- 🎤 Mental health
- 🎤 Body image
- 🎤 Money - financial awareness
- 🎤 Discrimination
- 🎤 Employment skills

FREE EVENT

5.30pm - 8pm, 22 November

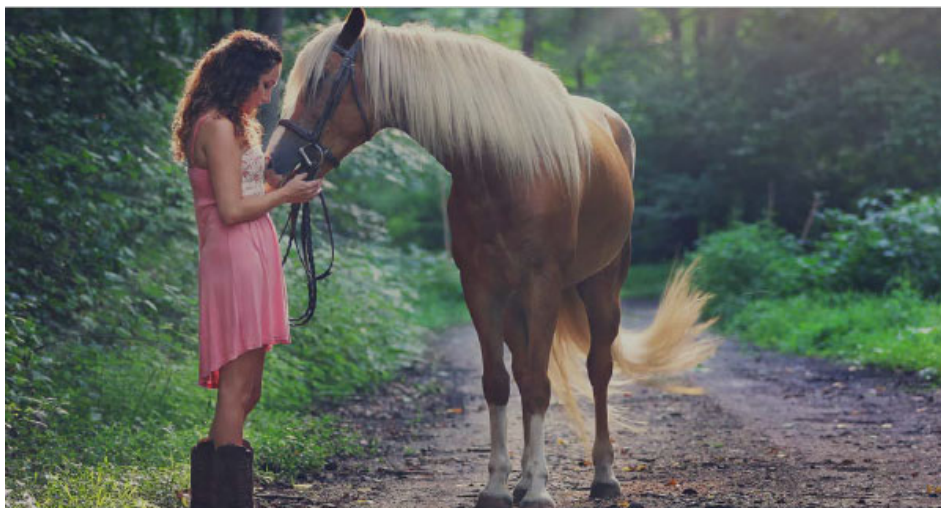
Register for tickets on Eventbrite or contact renee.simpson@willoughby.nsw.gov.au for more information.



Chatswood Youth Centre - cnr Albert Avenue and Victor Street, Chatswood



COMMUNITY NOTICE BOARD



EQUINE ASSISTED LEARNING

Sheez Like the Wind Equine Experiences provides experiential Equine Assisted Learning programs, connecting horses with humans, through innovative and engaging workshops.

We offer trauma-informed experiential education, youth engagement, and family-focused interventions through meaningful interactions with horses.

For more information:

Email: eleni@sheezlikethewind.com

Web: www.sheezlikethewind.com

FB: Sheez Like the Wind Equine Experiences

SHEEZ LIKE THE WIND EQUINE EXPERIENCES AWARENESS WALK FUNDRAISER 2019

Walk with the herd for a great cause

AWARENESS OF SELF, OTHERS, OUR COMMUNITY & OUR ENVIRONMENT

There is something spectacular about being out in nature that re-sets our Mind-Body-Heart balance- and horses truly embody this to the fullest, like no other species! The Sheez Awareness Walk takes place in the beautiful Kuring-gai Chase National Park, together with our wonderful herd of horses and humans. This is a non-ridden activity, to form bonds with the herd,

while we teach you valuable Mindfulness and Sensory Awareness tools in nature.

Come join our Cowgirls and horses for a bushwalk fundraiser, to raise your sensory and self-awareness, while raising funds to subsidize some young people and families to participate in free equine sessions this Christmas! Increase your own self-awareness while we also raise awareness about mental health issues in our community!

Dates: Sun 17 Nov & 8 Dec 10am-12pm

