



# WILLOUGHBY GIRLS HIGH SCHOOL

*A Leader in Girls Education*

## NEWSLETTER

Phone : 9958 4141

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

11 NOVEMBER 2019

### NOVEMBER 2019 CALENDAR

#### Week 5A 28 11 – 15 November

<b>Monday 11</b>	HSC Year 11 Work Placement Remembrance Day Assembly Year 10 Premier's Debating Challenge Final
<b>Tuesday 12</b>	Year 11 Work Placement
<b>Wednesday 13</b>	Year 11 Work Placement Year 8 Wellbeing Day
<b>Thursday 14</b>	Year 11 Work Placement Year 9 Bronze Duke of Edinburgh
<b>Friday 15</b>	Year 11 Work Placement Year 9 Bronze Duke of Edinburgh

#### Week 6B 18-22 November

<b>Monday 18</b>	
<b>Tuesday 19</b>	Year 9,10 & 11 Drama Zeal Theatre Incursion P3 & P4
<b>Wednesday 20</b>	
<b>Thursday 21</b>	Year 11 Business Studies Excursion
<b>Friday 22</b>	

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

### Transport for NSW Proposal for changes to bus stops on M30 route affecting school services-seeking feedback

Transport for NSW (TfNSW) is currently contacting key stakeholders and community members regarding a proposal to make changes to the existing M30 bus route which operates through Mosman. Some school services also use this route and your school has been identified as one where existing students may use services from bus stop TSN 208845 located outbound on Military Road past Mandalong Road. This bus stop is proposed for removal, with services available at adjacent stops (refer to map in the attached notification).





TfNSW is seeking feedback on the attached proposals for future consideration by Mosman Council. If the proposal is accepted no changes to school services or the bus stop would occur until early 2020 and there would be a separate notification process to schools and students ahead of any future changes.

If you can please review the attached proposal and provide any comments, concerns or general feedback to us by Tuesday 19 November we'd greatly appreciate it.

Comments can be made via email to – [projects@transport.nsw.gov.au](mailto:projects@transport.nsw.gov.au) or you can call our project line on 1800 048 751.

Thank you for your consideration of this proposal, we look forward to your feedback.

**Kind regards**  
**B-Line Project Team**

 WGHS P&C	
	Facebook.com/wghspandc
	secretary@wghspandc.org.au
 Next P&C Meeting will be held on: <b>Tuesday 26 November (AGM) at 7.00pm</b>	
<ul style="list-style-type: none"><li>✓ 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</li><li>✓ All parents are welcome at P&amp;C meetings, held twice per term at 7.00pm in the staff common room (Access via front door)</li><li>✓ Any queries or matters to be raised can be raised via the Secretary at the above email address at any time.</li></ul>	

## Northern Territory Trip

On the 25 September, 14 Year 10 students from Willoughby Girls High School set off on an adventure to the top end along with the Ryde Secondary, Riverside Girls and Hunters Hill as part of the Geography team. As a group of 43 students and four teachers, we ventured on an 11-day trip (that turned out to be 12 because of flight cancellations) starting in the beautiful Uluru, visiting Kakadu and everything in between, finally ending in Darwin.

On this 2000 km road trip, we explored sites including the iconic Uluru, Kata Juta, Kings Canyon, Simpsons Gap, Litchfield and Kakadu national park, Mataranka Springs. The tour included inspiring visits to both the Royal Flying Doctors and the School of Air to listen to their extraordinary work for Australian communities.

Every incredible view we witnessed, every cultural story we heard, every night we camped and every bus we caught was genuinely something memorable that we will all undoubtedly remember for the rest of our lives. The memories from this trip are countless and on everyone's behalf, we all can say we are very appreciative for Mrs Gulline for accompanying us and to Mr Palmer for organising the trip.



**By Phoenix W – Year 10**





## OUTSTANDING ACHIEVMENT – U15's Basketball 5th in the state!

Our U'15's Basketball team had a sensational season throughout this year's NSW CHSSA Knockout Tournament – ultimately placing them 5th in the state.

After defeating all teams in their Sydney North draw, the team progressed to the state wide knockout competition. They then proceeded to defeat both Narrandera High and Taree High to qualify for the Final 8 championships, which were held over two days in Terrigal last week. Despite the unfortunate events of being down one player due to illness and then losing two more girls to injury in the tough first game of the day, the team persevered to win two out of their four championship games thus awarding them with 5th place in the State.

Their dedication, team work, positive attitudes and friendship made this team a pleasure to see through to the final 8 championships – and I thank them for being so well mannered (and humorous) throughout the competition. No matter how close some games got – these girls kept their cool and put everything they had into each and every game. Special mention goes out to Elle F and Anika I who both placed in the top five for average points in the top 8 finals championship tournament – an incredible accomplishment considering the calibre of the competition that they faced over the two days.

The teams' success would not have been possible without each and every member of the team. So a huge congratulation goes to Roisin G, Ruby S, India N, Lara O, Emily S, Anna T, Elle F and Anika I – I hope you all know how incredibly proud we are of you! Also a big thankyou goes out to Ms Lemaic and Ms Turrise for their assistance during stages of the competition.

Bring on next year! **1, 2, 3, WILLOUGHBY!**

**Ms Garnett**  
**PDHPE Teacher**



## Year 11 Music

On Friday 18 October the Year 11 Music 2 class attended a performance of Jandamarra Sing for the Country at the Sydney Town Hall.

Jandamarra is an hour long musical setting for massed voices and orchestra that tells the story of a young Bunuba Aboriginal man from the Kimberley in Western Australia, who was a warrior and courageous leader for his people. This dramatic cantata written by librettist Steve Hawke and prominent Australian composer Paul Stanhope in conjunction with the Bunuba community. It was performed by the Sydney Conservatorium orchestra and choir, the Sydney Children's Choir and members of the Bunuba people community who own the story.

The performance included narrative, drama, costume and dance fusing together elements of traditional Indigenous culture and contemporary Australian art music. It was incredibly powerful to have members of the Bunuba sharing their story of overcoming oppression using traditional chants and language.

It was also very special to watch Lily M (Year 10) and Leah C perform as part of the Sydney Children's Choir. The choir is a prestigious group of school age singers who regularly perform challenging repertoire, collaborate with world renowned conductors and ensembles and tours internationally. Lead by Elizabeth Scott, who has worked with many of our students through the In Concert Choir performances and the Arts Unit, this was an incredibly memorable performance to have attended.

**Ms Jarvis**  
**Music Teacher**



## Teacher librarian role in student learning

The library has been a particularly busy place with students preparing and revising for HSC, Year 10 and Year 9 exams. In addition, Year 11 students have commenced their Year 12 studies with many students researching and accessing print and digital information for assessment tasks with support and assistance of Ms Parker.

A diverse range of topics are being explored across a number of subject areas including English, Ancient History, Community and Family Studies, Modern History and Textiles. Students in Years 7-10 will be embarking on project based learning involving research in Term 4.

Ms Parker has created lists of online and print resources to support students' research and learning. More information about the varied role of the teacher librarian can be found in a recently released report based on ACT school libraries. This report can be accessed via the following link:

[https://www.education.act.gov.au/\\_data/assets/pdf\\_file/0007/1435435/School-Libraries-The-Heart-of-21st-Century-Learning.pdf](https://www.education.act.gov.au/_data/assets/pdf_file/0007/1435435/School-Libraries-The-Heart-of-21st-Century-Learning.pdf)

**Ms Parker**  
**Teacher Librarian**

## Science Competitions

During Term 3, WGHS students have competed in the ICAS Science and Australian National Chemistry Quiz (ANCQ).

16 students completed the online ICAS test with five gaining a Distinction and four gaining a Credit. The students who achieved a Distinction were: Cameron G, Rhiannon L, Sherry J, Lisa C and Violet W.

8 students sat the ANCQ with two gaining a Credit and Violet W achieving a High Distinction.

In addition, high performing year 11 students were given the opportunity to complete the challenging Olympiad papers in Biology, Chemistry and Physics.

These students gained some outstanding results, notably Portia S achieved a Distinction in Physics and Julia L who achieved a Distinction in Biology and a Credit in Chemistry. Madeleine F and Navinda B also gained Credits in Biology.

All of these students are congratulated.

**Ms Gulline**  
**Head Teacher Science**



## 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.

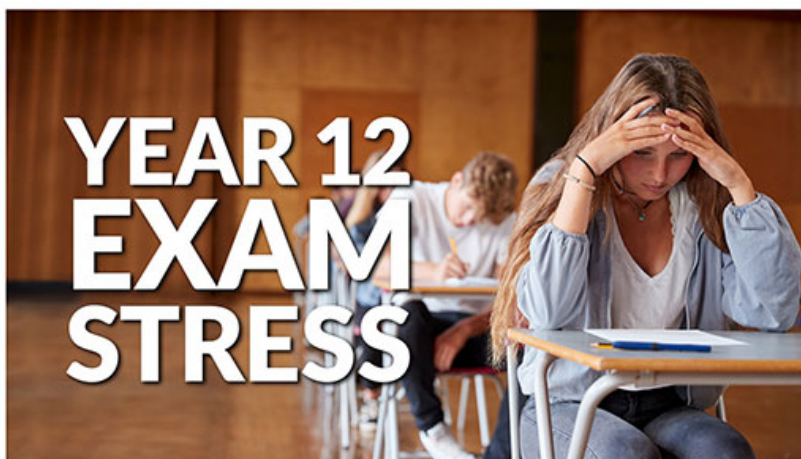
There are many strategies that students can implement to help themselves. Parents can provide support, not only emotionally, but also practically by keeping their child well-nourished and encouraging physical activity.

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](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



# 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](mailto:renee.simpson@willoughby.nsw.gov.au) for more information.

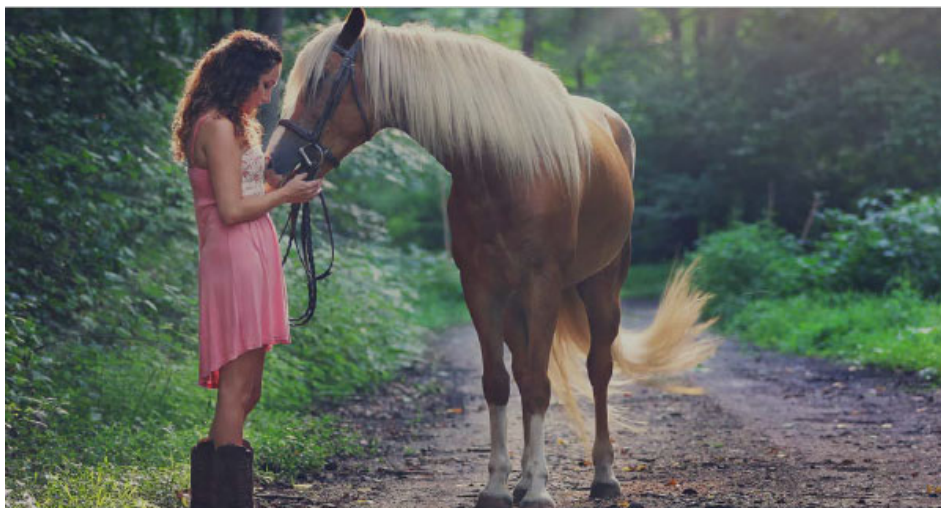


Chatswood Youth Centre - cnr Albert Avenue and Victor Street, Chatswood





## 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](mailto:eleni@sheezlikethewind.com)

Web: [www.sheezlikethewind.com](http://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-gal 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

