



WILLOUGHBY GIRLS HIGH SCHOOL

A Leader in Girls Education

NEWSLETTER

Phone : 9958 4141

www.wghs.nsw.edu.au

22 MARCH 2019

MARCH/APRIL 2019 CALENDAR

Week 9A 25 – 29 March

Monday 25

Tuesday 26 UAC Parent Info Evening 6-7.15pm

Wednesday 27

Thursday 28

Friday 29 Year 7 Peer Support

Week 10B 01 – 05 April

Monday 01

Tuesday 02 Year 10 Music Recital Evening

Wednesday 03

Thursday 04

Friday 05 Cross Country

Week 11A 08 – 12 April

Monday 08 State Swimming Carnival

Tuesday 09 State Diving

Year 12 Parent/Teacher Night

Wednesday 10 Easter Services

Years 11 & 12 Gold Duke of Edinburgh Hike

Thursday 11 Years 11 & 12 Gold Duke of Edinburgh Hike

Year 11 Visual Arts Excursion

Friday 12 ANZAC Assembly

Years 11 & 12 Gold Duke of Edinburgh Hike

Saturday 13 Years 11 & 12 Gold Duke of Edinburgh Hike

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

SchoolTV – Has Launched!

"It's never been more challenging for parents to raise happy, healthy and resilient children. Like never before, parents need to be informed with clear, fact-based information on the many challenges faced by today's youth. Topics such as youth anxiety, depression, self-harm, drug and alcohol use, cyberbullying and many others need clear explanation and guidance".

SchoolTV is a new ongoing resource that is now available to our parents. Each edition will address a major topic with expert interviews, fact sheets, parent quizzes, recommended apps, books and much more. SchoolTV aggregates information from many great resources such as BeyondBlue and ReachOut, amongst others. SchoolTV provides a single stream of independent factual information that saves parents time and confusion of searching online across multiple sites for information.

SchoolTV information and links can also be found on the Willoughby Girls High School website:

<https://willoughbg-h.schools.nsw.gov.au/supporting-our-students/wellbeing.html>

You can access the SchoolTV archive of past newsletters here:

<https://willoughbg-h.schools.nsw.schooltv.me/category-latest-newsletter>

Depression, Anxiety, Cyberbullying, Drugs, Alcohol...
Some of the challenges faced by today's parents.



SchoolTV is a new resource designed to inform and support parents on major issues with contributions from Australia's leading experts.



WGHS P&C



[Facebook.com/wghspandc](https://www.facebook.com/wghspandc)



wghspandc@gmail.com

✚ Next P&C Meeting will be held on **Tuesday 21 May**

- ✓ 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.
- ✓

Satisfactory Completion of Courses

The NSW Education Standards Authority (NESA) determines the eligibility and pattern of study requirements for the award of Record of School Achievement (RoSA) in Year 10, Preliminary and Higher School Certificate. To receive a result in any course, students must satisfactorily complete that course. Satisfactory completion of a course involves following the course developed or endorsed by the NESA. Students must apply themselves with diligence and sustained effort to the set tasks provided by their teachers and must demonstrate achievement of course outcomes.

Students who are late or absent and do not attend lessons regularly are unlikely to be able to demonstrate achievement of course outcomes, or that they have applied themselves with diligence and sustained effort. We do not set minimum attendance for the satisfactory completion of a course. However, the Principal may determine that, due to absence, course completion criteria may not be met. To receive a RoSA, students must attend school until the final day of the year. NESA requires schools to issue students with official warning letters in order to give them the opportunity to redeem themselves. Should such a letter be received, students are strongly advised to respond immediately and address the action required as detailed in the letter.

Teachers will be reviewing the progress of all students who have received warning letters throughout the year. Final determinations will be made by the Principal towards the end of Term 3 and in Term 4. If a student (Year 10, 11 or 12) fails to comply with the requirements of a course, they will be given an 'N' (Non Completion) determination for that course. The student will be ineligible to have that course recorded on their RoSA or Transcript of Study. This may result in the student (Year 11 or 12) being ineligible to continue or complete the course. If a Year 10 student receives an 'N' determination in a mandatory curriculum requirement course, they will not be eligible for the RoSA.

Ms J Atchison
Deputy Principal

School Swimming Carnival

Our 2019 Willoughby Girls High School swimming carnival was held at the new venue, North Sydney Pool. The sun shone brightly over an impressive backdrop of Sydney's sightseeing icons with the mouth of Luna Park to the west, the Sydney Harbour Bridge to the east with the glorious Sydney Harbour in between. There was such a sense of occasion and excitement at our new venue with noise, colour and fabulous feats in the pool showing an abundance of Willoughby Girls High school spirit. Students decked out in bright red, green, yellow and blue, representing their respective houses with pride and a sense of anticipation for a fabulous fun filled day.

Year 12 were in strong voice belting out numerous songs celebrating all things 80's and retro. They came in weird and wacky costumes that kept passing tourists amused and curious. Their novelty race down the pool was a true spectacle and created a floating mass of giggles, inflatables and smiles.

The annual war-cry competition was hotly contested, with deafening cheers heard from all houses, however, it was Browning that was triumphant in this year's competition. (The poor surrounding tourists didn't know what hit them!)

There were fabulous levels of participation from all age groups in the pool. We witnessed a standout performance by the record-breaking Stela L who smashed 6 records on the day. (Unbelievable!) Outside of the pool, there was a wonderful house spirit with students encouraging swimmers and displaying outstanding sportsmanship.

Congratulations to the following students awarded Age-Champions:

12 years - Bronte S
13 years - Stela L
14 years - Orabella C
15 year s- Emily C
16 years - Nicola G
17 years - Khyati D

It was Fry that achieved top of the score board at the end of the day. However, each house is to be congratulated on their high level of participation and team-spirit. Thank you to the house captains, who did a fantastic job coordinating their houses in war-cries and relays. Thank you to all of the WGHS staff and student helpers for their cooperation and assistance with what was a fantastic day!

Zone Swimming Carnival

It was a very quick, three day turn around between our school and zone carnivals.....but the team were raring to go! The girls showed courage in the pool and a strong school spirit whilst cheering each other on from the sidelines. By far the most patriotic of the participating schools, the team represented Willoughby Girls High School with pride.

We witnessed strong performances by Stela L, Emma P, Khyati D, Olivia T, and Ellen M, all qualifying for individual events at the upcoming Sydney North regional carnival. Excellent results also for many of our relay teams, 13yrs 4x50 freestyle relay, 15yrs 4x50 freestyle relay, 17yrs 4x50 freestyle relay, and the all-age 4x50 medley relay and the all-age 6x50 freestyle relay all qualifying for the regional carnival.

Congratulations to the WGHS swimming team on a fantastic performance, representing the school with pride both inside and outside the pool. Good luck to our zone-representatives in the upcoming Regional Carnival.

Reflections from Poolside

“The Zone swimming carnival was a blast for all Willoughby Girls participants. There were quite a few personal best times all around, covering all the strokes and relays. Stela L, Year 7, swam with flying colours, bringing home many first place ribbons. The friendly competition between Khyati D and Emma P Year 12, will be sorely missed next year, and they are great role models for younger students. I’m not sure what the medley relay will do without the both of them!

Whilst a few girls and I are competing in individual events, several of our relay teams will be representing the North Shore in the Regional competition at Sydney Olympic Park Aquatic Centre.

We are looking forward to the years that are yet to come, and hoping to qualify for the State Carnival in the future... cross our fingers!”

Olivia T - Year 9



Destination Sydney; Re-visited Year 9 Visual Arts Excursion

On the 28 February 2019, the Year 9 Visual Arts classes went to Manly to collect visual information and visit the Manly Gallery and Museum to help with research for our theme of suburbia.

My class mates and I started the day off by taking a look at the beach and drawing what we saw. We looked at different aspects of what made up the area, thinking about our compositions, making sure to include aspects of the foreground and background and including the shadows in our drawings. After drawing the water we walked along the harbour beach and the Manly ferry terminal recording aspects of the architecture and street scape.

Once our recess break was over we visited the Manly Gallery and Museum to view the Destination Sydney Re-Imagined exhibition. In the exhibition we looked at how different artists used Sydney as the theme for their work. Three artists were included in the exhibition; Ethel Carrick Fox, Adrian Feint and Ken Done. One of my favourite artworks in this exhibition was a work by Ken Done, titled Cabin 2016. The painting is a view of the beach from his studio at Chinaman's beach around Mosman. I really liked how he captured the brightness of Sydney and the passion he put into the artwork. In the description next to his artwork he talked about how he wanted to show how he felt connected to this area.

Overall this excursion was very helpful for us as it helped us to look at different aspects of suburbia and will help us in the future when we construct our own artworks of suburbia.

Briana H - Year 9 Visual Arts Student



Year 9 Wellbeing Day

As a part of the Year 9 Wellbeing day the students participated in the “MissAdventure” program. This included an inspirational talk from ex Miss Australia Caroline Pemberton, a Boxing session, meditation sessions, an hour of playing cards and board games and fireside chats with Counsellors. All students all had a great time!!



Business Studies Excursion to Scenic World

Students in Year 11 are studying the Scenic World business as a depth case study. They visited Scenic World in Katoomba



Commerce Election Campaign 2019 in full swing

Students in Year 10 Commerce are in the middle of their own election campaign to elect a youth candidate for North Sydney. Students are hard at work raising the profile of their own party's candidate and debating the urgent issues of the day.

VOTE FOR KATRINA KIM

She Will fight for your wellbeing and education.

EDU FOR THE FUTURE

BE heard

THE TABALICIAN JUSTICE PARTY

CHOOSE CHANGE

OUR POLICIES:

INCREASE THE MINIMUM WAGE

To increase the minimum wage for youth in order to inspire and activate better work performance which will assist adolescents in creating financial stability for the future.

From our electorate survey, it was found that the predominant activity during spare time was entertainment. However, we believe that it is fundamentally important for youth to start working to be financially prepared for the future. This policy will inspire adolescents to develop an improved work ethic and will motivate the teenage workforce into putting in more effort whilst working.

UNIVERSAL MINIMUM WAGE

To set a universal minimum wage standard in Australia for minors working part-time, in order to encourage teenagers to focus more on work experience and ethics. This will assist in creating a more equitable workplace environment.

From the North Sydney Electorate Survey, the data gathered reported that the majority of youth are planning to go to University or travel in a gap year after school. By universalising the minimum wage, it will allow different age groups to pursue their different priorities without the need of working more excessive hours than their peers.

ENHANCE ECONOMIC STABILITY + GROWTH

Enhancing economic stability and growth, by promoting diversity, innovation, competition and business in all employment sectors.

Diversity, innovation, competition and business all go hand in hand. Thus, if one fails, our economy would not be as prosperous and growth would not be sustained. To ensure this, monopoly would not be allowed as it prevents competition and innovation between businesses.

HOW OUR POLICIES WILL WORK:

The Tabalician Justice Party will lobby the government with our policies to set the minimum wage.

We will also recommend that the government give tax incentives towards businesses when they employ youth and pay them at the set minimum wage per year group.

THE TABALICIAN JUSTICE PARTY

POLICY 1 FUTURE

WE ARE DETERMINED TO REDUCE PLASTIC CONSUMPTION BY BANNING ALL PLASTIC STRAWS AND INTRODUCING A TAX ON SINGLE USE PRODUCTS BY 2020.

ENVIRONMENTAL IMPACT TAX

- Environmental impact tax of 15% for single use products
- Products include single use coffee cups, plastic cups, plastic water bottles, plastic utensils, disposable coffee pods, produce bags, disposable plastic containers and more
- Tax paid by consumers who purchase the products

PLASTIC STRAW BAN

- Banning manufacturing, importing, exporting and selling of plastic straws
- Instead, reusable and paper products will be promoted

OUR APPROACH

- To help improve housing affordability
- Decrease the fees in Universities
- Help develop better mental health for teenage

THREE FOCUS TOPICS

- Housing affordability
- Teenage Mental Health
- University fees

CONTACT US

151 Mowbray Rd,
Willoughby NSW 2068

VOTE FOR: GEN Z JUSTICE

Making your vision a reality with

THIS IS TILLY

- WILDLIFE WARRIOR
- CARES DEEPLY FOR THE ENVIRONMENT
- SRC MEMBER
- DUX OF 2018
- CARES FOR OTHERS
- UPLIFTING SPIRIT
- CANDIDATE FOR THE FUTURE PARTY

OUR CORE VALUES

- Preserving Australia's natural environment for the future
- Enabling Australia's youth to maintain positive mental health allowing for success within society
- Ensuring that Australians are provided with the basic need of shelter, and reducing homelessness in our nation

FUTURE

FUTURE YOUTH

MY FUTURE. YOUR FUTURE. OUR FUTURE

1. DECREASE THE RATE OF POOR MENTAL HEALTH FROM ACADEMIC AND SOCIAL STRESS BY FURTHER DEVELOPING YOUTH FACILITIES IN NORTH SYDNEY
2. REDUCING THE AMOUNT OF YOUTH POVERTY IN ORDER TO AID YOUNG AUSTRALIANS TO AFFORD QUALITY EDUCATION THROUGH GOVERNMENT FUNDING
3. ENCOURAGE THE IMPORTANCE OF LIVING A SUSTAINABLE FUTURE BY PROVIDING BETTER EDUCATION OPPORTUNITIES AFTER HIGH SCHOOL

Decreasing University Cost

BETTER AUSTRALIA PARTY FIRMLY BELIEVES THE UNIVERSITY COSTS IN AUSTRALIA IS TOO HIGH FOR BOTH DOMESTIC AND INTERNATIONAL STUDENTS TO AFFORD.

COURSE FEES	DECREASE RATE
0-\$30,000	10%
\$30,000 - \$50,000	8%
\$50,000+	6%

**BETTER EDUCATION!
BETTER BUSINESS
EMPLOYEES!
BETTER FUTURE!**

Only increase 0.8% on the Tax Rate!

WHAT ARE WE ABOUT

Youth for You aims to provide a nurturing environment for the youth of North Sydney, focusing on implementations within educational facilities and the community. Our aim will provide help for youth in preparation for adulthood complications.

CORE VALUE 1

THERE SHOULD BE STRICTER RESTRICTIONS WHEN IT COMES TO THE CONSUMPTION OF ALCOHOL BY YOUTH

CORE VALUE 2

POOR MENTAL HEALTH IS GREATLY AFFECTING YOUTH AND THERE NEEDS TO BE MORE IMPLEMENTATIONS WITHIN SCHOOLS TO IMPROVE THIS

CORE VALUE 3

SCHOOLS AS A COLLECTIVE SHOULD AGREE UPON EQUAL RULES AND REGULATIONS FOR STUDENTS TO PROMOTE EQUALITY

iSteam class attended an International Women's Day celebration

On the 8 March, the Year 10 iSteam class attended an International Women's Day celebration hosted by the Macquarie Group. On this excursion we heard from speakers such as Turia Pitt, who suffered horrific burns when she was caught in a bushfire in 2011. Her talk promoting power and resilience inspired us all in facing our fears and overcoming challenges.

We were then treated with an amazing morning tea, as we joined a mediation session and during lunch we heard from members of staff, discussing their role in the company. This helped us gather a deeper understanding of procedures within a work place which made us excited.

As if it could not have gotten any better, we then participated in an engaging workshop from "Code Like a Girl", a social enterprise breaking gender stereotypes and supporting girls in the technology industry. We discovered how to create memes through coding and so much more. This was such an amazing experience for us and I learnt so much and would definitely love to do it again.

Ruby L - Year 10





COMMUNITY NOTICE BOARD



KEEPING KIDS IN MIND

A 5 week course for parents experiencing conflict after separation.



Tuesday's
6.00pm – 8.30pm
7 May – 4 Jun 2019

Wednesday's
10.00am – 12.30pm
5 Jun – 3 Jul 2019

Tuesday's
6.00pm – 8.30pm
22 Oct – 19 Nov 2019

This course is designed to assist parents to see through their children's eyes the experience of parental separation. You'll also develop a greater understanding about how to support your children.

Topics include:

- Grief and loss after separation
- The hidden world of children
- Rebuilding resilience
- Bridging the gap
- Looking back, moving forward



Naremburn Family Centre
40 Merrenburn Avenue

Keeping Kids in Mind is facilitated by qualified and experienced counsellors, social workers, mediators and educators. Participants must register, participate in a pre-group interview and pay prior to attending the course.



\$100

Note: Free parking is available.

**BOOKINGS
ESSENTIAL VIA:**

Naremburn Family Centre
P: (02) 8425 8700
E: nfc@catholiccaredbb.org.au

Keeping Kids In Mind

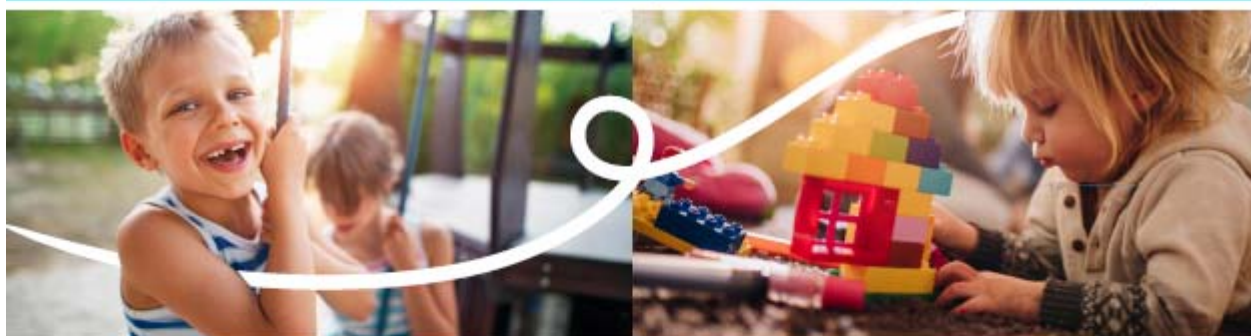


CatholicCare
Diocese of Broken Bay

OUR TERM 2 PROGRAMS 2019

catholiccareddb.org.au/brochures

TUNING INTO KIDS	CIRCLE OF SECURITY	KEEPING KIDS IN MIND	STEP INTO WORK	DAD'S INFANT MASSAGE
Explores emotionally intelligent parenting. Discover how to talk to and understand your child.	For parents and babies up to 6 months old. Understand your child's needs and behaviour and build positive relationships.	For separated parents experiencing ongoing conflict. Understand the impact of conflict and how best to support your children.	Designed for women who want to find work – whether you are seeking employment for the first time, or wish to return to the workforce.	Learn how to massage and soothe your baby and support your baby's development.
Tuesday's 30 April – 4 June 2019 6.30pm – 8.30pm	Wednesday's 1 May – 12 June 2019 10.00am – 12.00pm	Tuesday's 7 May – 4 June 2019 6.00pm – 8.30pm	Wednesday's 8 May – 5 June 2019 10.00am – 12.30pm	Saturday's 11 May – 1 June 2019 10.30am – 12.30pm
Northern Beaches Family Centre 116/20 Dale Street Brookvale	Naremburn Family Centre 40 Merrenburn Avenue Naremburn	Naremburn Family Centre 40 Merrenburn Avenue Naremburn	Naremburn Family Centre 40 Merrenburn Avenue Naremburn	Northern Beaches Family Centre 116/20 Dale Street Brookvale
Cost \$20	Cost \$100	Cost \$100	Cost Free	Cost Free
MORE INFO: P: (02) 8043 2600 E: intakefs@catholiccareddb.org.au	MORE INFO: P: (02) 8425 8700 E: intakefs@catholiccareddb.org.au	MORE INFO: P: (02) 8425 8700 E: nfc@catholiccareddb.org.au	MORE INFO: P: (02) 8425 8700 E: intakefs@catholiccareddb.org.au	MORE INFO: P: (02) 8425 8700 E: nfc@catholiccareddb.org.au



TRIPLE P SEMINAR	KEEPING KIDS IN MIND	SEASONS FOR GROWTH	TRIPLE P SEMINAR
Provides practical parenting solutions to everyday questions. For parents of children aged 2 - 9 years.	For separated parents experiencing ongoing conflict. Gain a greater understanding about the impact of conflict and how best to support your children.	An opportunity for parents to understand and support a child or young person's experience of grief, loss and change, following divorce or separation.	Provides practical parenting solutions to everyday questions. For parents of children aged 2 - 9 years.
Wednesday's 15 June – 29 May 2019 6.30pm – 8.00pm	Wednesday's 5 June – 3 July 2019 10.00am – 12.30pm	Tuesday's 18 & 25 June 2019 6.30pm – 8.30pm	Wednesday's 19 June – 3 July 2019 6.30pm – 8.00pm
Gordon Library Meeting Room 2 799 Pacific Highway	Naremburn Family Centre 40 Merrenburn Avenue Naremburn	Northern Beaches Family Centre 116/20 Dale Street Brookvale	Naremburn Family Centre 40 Merrenburn Avenue Naremburn
Cost Free	Cost \$100	Cost Free	Cost Free
MORE INFO: P: (02) 8425 8700 E: intakefs@catholiccareddb.org.au	MORE INFO: P: (02) 8425 8700 E: nfc@catholiccareddb.org.au	MORE INFO: P: (02) 8043 2600 E: intakefs@catholiccareddb.org.au	MORE INFO: P: (02) 8425 8700 E: intakefs@catholiccareddb.org.au



COMMUNITY NOTICE BOARD



Become a foster carer

Help us make a positive difference to the lives of children in your community. As a Key Assets foster carer, you will be provided with 24/7 support, a dedicated social worker and on-going training.

Change a child's life today:

☎ 1800 WE CARE
🌐 iwanttofooster.com.au





COMMUNITY NOTICE BOARD

PLAY GIRLS LEAGUE TAG*

Be part of the very first ever
Willoughby Roos girls U13 team!



For girls aged 12–13 years /
no football experience required
/ trained by qualified coaches.

Very safe, no tackling / increase
aerobic fitness / improve hand-eye
coordination and agility.



* **BE QUICK LIMITED SPACES
REGISTER YOUR INTEREST TODAY**

CALL: Marty Irvine / 0410 988 614

EMAIL: willoughbyroos@gmail.com

WEBSITE: willoughbyroos.com.au

SOCIAL:  /Willoughby/ Roos

**FUN
LOCAL
FIT
FAST
SAFE**