



WILLOUGHBY GIRLS HIGH SCHOOL

A Leader in Girls Education

NEWSLETTER

Phone : 9958 4141

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

02 AUGUST 2019

AUGUST 2019 CALENDAR

Week 3A 05-09 August

Monday 05	Year 12 Trial Exams Year 11 Leaders Day
Tuesday 06	Year 12 Trial Exams Year 9 Food Tech Excursion
Wednesday 07	Year 12 Trial Exams Year 8 Ski Trip Chemistry Olympiad
Thursday 08	Year 12 Trial Exams Year 8 Ski Trip
Friday 09	Year 12 Trial Exams Year 8 Ski Trip

Week 4B 12-16 August

Monday 12	Year 12 Trial Exams Biology Olympiad
Tuesday 13	Year 12 Trial Exams Year 7 & Year 9 Gala Day
Wednesday 14	Year 12 Trial Exams Physics Olympiad
Thursday 15	Year 12 Trial Exams Year 7 Back to School Day
Friday 16	Year 12 Trial Exams Welcome Suginami Exchange students *****

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

Why Young People Need Chocolate

Most of you would know of a quite famous movie, Forest Gump. It is not my favourite movie, but it contains one of my favourite lines in a movie. "My mom always said life was like a box of chocolates. You never know what you're gonna get." That line is one of the most accurate and relevant lines from a movie that I have ever heard.

Life is full of surprises- some pleasant and exciting, others upsetting and possibly quite disturbing. The anticipation, the pleasure, the dread and the disappointment. Sometimes, distress at what has happened. To cope with life, everyone needs to be able to manage and adjust to the surprises and challenges that life throws our way every day. Most days, these challenges can be easily overcome. At other times. It seems that it takes a monumental effort to step up and face the situation or what lies ahead. Everyone copes with these everyday challenges in very different ways - and that's okay. But, it is important to recognise and remember a few things.

There are very different challenges, whether it be completing an assessment task, working towards the HSC, the illness of a close family member or the death of a friend, - they are all challenges that need to be met head on. You can't escape them and do need to face the reality of the situation and work through the challenge. And there are ways to do this.

Use those around you as support - whether it be family members, the school counsellor, a close friend, a trusted teacher or a work colleague. No one else can fix it for you or help you escape the situation, but they can help you through your particular challenge. By facing challenges and not giving up, by facing those challenges head on, you build resilience. No one else can do that for you. You might prefer for someone to remove the challenge and they may want to do it for you, but it will not help you. In fact, it actually disadvantages you. And you will not be prepared for life as an adult in the future.

It is important, very important, that every girl is allowed the time and space to process a challenging situation and work through the challenges that life presents, in her own way. Young people need to learn for themselves how to eat that box of chocolates. There will be some chocolates they enjoy, some they are ambivalent about, and there will be others they never want to try again - but it is all part of the learning experience that life presents each day.



WGHS P&C



Facebook.com/wghspandc



secretary@wghspandc.org.au



Next P&C Meeting will be held on:
Tuesday 20 August 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.

Ms Jennifer Watts
Relieving Principal

2020 Year 9 & Year 11 Subject Elective preference

All students should have received an email regarding Subject Selection preference. Please complete online, print to place in the subject selection boxes located outside Ms Atchison's office. If you have not received an email please contact Ms Atchison.

The due dates for each year are:

2020 Year 9: Due by Monday 12 August

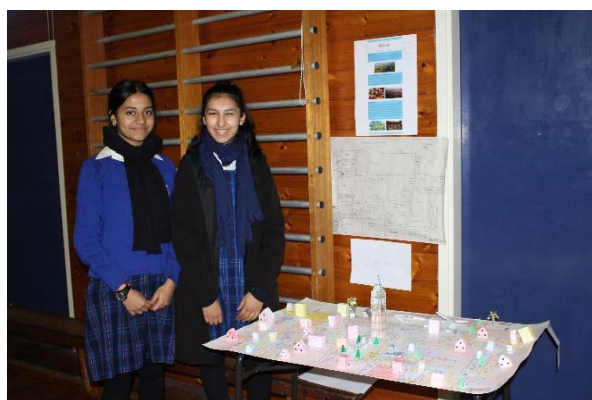
2020 Year 11: Due by Friday 16 August

Cultural Diversity

On Cultural Diversity Day at the end of Term 2, our Geography students in Year 9 held an exhibition of their designs for the Aerotropolis of the Future. This was a competition to design the new 3rd city of Sydney, Badgery's Creek.

Students had been asked the question "Why would you move to the Aerotropolis" and needed to design an attractive urban centre for the future. The Premier Gladys Berijikian visited the exhibition and interviewed students about their designs. All student groups are congratulated on their creative presentations and imaginative designs.

Matthew Palmer
Head Teacher Social Science



Author visit for Year 9

Belinda Murrell shared her wisdom and experience on writing stories with Year 9 to complement their unit of learning in English "Text as Messenger". Belinda is an author of over 30 children and young adult novels and provided an informative and dynamic presentation to coincide with students beginning to develop and write their own stories.

The students explored representing a theme, creating characters and constructing a setting. Belinda will be back to visit the Year 9 English classes towards the end of the student's writing process to provide further guidance and inspiration.

Ms Parker
Librarian





WGHS P&C 2019 Mothers and Daughters Community Project Volunteering in Vietnam.



Sixteen girls from years 9, 10 and 11 and five mums spent the July school holidays building a bathroom for a family in a rural community in a remote region of North West Vietnam. Houses in these rural communities often lack basic sanitation and facilities and local families are not able to afford to install a bathroom. Our job was to help a family by building a separate bathroom structure.

We held a bake sale at school in June where we raised \$689, which went directly to the cost of the materials for the bathroom and wages for local tradesman. During our 5 days building the bathroom, we mixed cement, dug a 1.5metre deep hole for the septic tank, laid bricks and applied render – all this in 38 degree heat!

We also had time to play with the local children who loved playing volleyball and Uno with us. On our final night, the village people all got together to thank us and danced for us in their traditional costumes.

After completing the bathroom project we had time to relax on-board a boat in beautiful Halong Bay where we went swimming and kayaking. We also had a few days in Hanoi where we did plenty of shopping, sightseeing and took part in an excellent cooking class where we learnt to make all sorts of delicious Vietnamese dishes.

We all had such an amazing experience on the trip. We learnt so much about the people and culture of Vietnam, we also learnt a lot about building and challenging ourselves and we came back as a really close group. We would definitely recommend signing up for a trip like this if you get the chance, as it was one of the best things we have ever done.



Kelly, Hannah, Jacqueline, Pippy and Bella (Year 11)
Megan, Kate, Annelise and Mackenzie (Year 10)
Mia, Mila, Olivia, Rebecca, Casey, Paris and Rowena (Year 9)



Year 10 Subject Selection Week

Year 10 students attended Willoughby Girls High School subject selection activities last week, listening to many presentations and Guest Speakers from the staff, Year 11 students and the parent and community body. A big thank you to all of those who helped organise and present to the students. The students have been able to gain an insight into becoming a senior student or indeed a pathway beyond school.

Ms Morris
Careers



Premiers Reading Challenge 2019

29 days to go to complete the Premiers Reading Challenge 2019. Students who have commenced the PRC and only have a few books to read are encouraged to complete the challenge by the 30 August. Students are invited to visit the library and access the display of PRC picture books and new books that can be counted.

The Children's Book Council Awards (CBCA) will be announced on Friday 16 August. The library has several copies of each of the young adult shortlisted books for students to borrow and review.

The Wellbeing Team is encouraging parents to make use of the many resources available on the school website that can assist them in supporting our students. These include the SchoolTV and Enhanced Learning Education Services Resources. We have included in this newsletter a link to the following focus areas:

GRIEF

Grief is a natural response to loss. It has no set pattern and everyone experiences grief differently. Children and adults grieve differently due to their developmental stage. This can prove difficult for parents to understand and cope with.

Young children can struggle to understand the permanency of the loss and can express grief through tantrums or regressive behaviour. Teens on the other hand may not know how to express their grief and will need some space to process their loss. Some may choose to grieve alone as they don't want to stand out or be seen as not coping. Whilst others who have a greater understanding, may start to question their own mortality.

There is no specific time frame in dealing with grief, it is up to the individual. For some it can take weeks and months, while for others their grief can last for years.

<https://willoughbg-h.schools.nsw.schooltv.me/newsletter/grief-loss>

TRAUMA

Children and teens will experience events during their lives that will affect them emotionally and physically. Traumatic events do affect children and teens differently, depending on their age, personality and past experiences.

How a parent or care giver reacts to an event, will impact on the child's ability to cope and recover. Trauma can affect children in many ways and result in strong feelings of fear, sadness, guilt, anger or grief, making it difficult for them to cope with everyday life.

A distressing or frightening experience can challenge a child's sense of security and predictability of their world. Children will look to the adults in their lives to help them better understand a traumatic event. It is therefore important for these adult role models to 'tune in' to a child's fears and provide them with the comfort and support they need.

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

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

ELES STUDY SKILLS TIP FOR AUGUST:

The Importance of quality sleep for students



Sleep is crucial not just for physical and mental well-being, but for the consolidation of learning, and to ensure you perform in all your endeavours in peak condition. The absolute last resort should be to sacrifice sleep time in order to get things done.

How much sleep is right for you? This is tricky as everyone is different. Some lucky people need only 6 hours a night, most people need about 8 hours and some people need 10 hours!

Two ways to tell if you are getting enough sleep:

How quickly do you fall asleep at night? If you fall asleep instantly that can be a sign you are not getting enough sleep, it should take 10-15 minutes to fall asleep.

How do you feel when you wake up in the morning? If you feel tired and sluggish then that can also be a sign that you need to get to bed earlier.

IMPROVING THE QUALITY OF YOUR SLEEP:

- Avoid caffeine (cola drinks, coffee, energy drinks, and chocolate) after dinner or even better, no later than 4pm.
- Organise as much as you can at night to minimise what you have to do in the morning (e.g. organise your clothes for the next day, pack your bag).
- Try and have a half hour to an hour before you go to bed without computers, TV, phone or any electronic devices or homework or chatting to friends. If you can't do that, at least put the devices on night mode or turn the brightness down.
- Set up a relaxing 'wind-down' routine for before you go to bed. Do this same routine every night (e.g. warm shower, reading, listening to quiet music) so your brain associates these activities with bed time and sleep.
- A drop in body temperature near bedtime triggers the sense that is time to go to sleep. So after a warm bath or hot shower, cool yourself down. It is also better at night to be cool rather than overheated.
- Keep your room as dark and as quiet as possible at night.
- When you lie in bed, start at your feet and mentally imagine relaxing each muscle as you slowly work your way up the body. Most people do not make it up to their head before they fall asleep!
- In the morning open the curtains wide or go out into the sun and get lots of light to help wake your brain. Being exposed to lots of natural light during the day will also help the body produce the melatonin at the right time for a good sleep cycle.
- A healthy breakfast will help to kick-start your body clock for the day.

Enhanced Learning Education Services Resources: <https://willoughbg-h.schools.nsw.gov.au/eles-online-study-skills-handbook.html>



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[Helping your daughter develop great study habits - Rowan Kunz](#)

**Wednesday 21st August 6.30pm – 7.30pm (plus questions), School Hall
Years 7-10 Parents & guardians**

<https://www.artofsmart.com.au/about-us/>

WGHS P&C are excited to host this free of charge event for parents and guardians of all girls in years 7-10 to encourage your daughters in developing and embedding fantastic study habits. Rowan Kunz, founder and CEO of Art of Smart, is a dynamic educator, award-winning serial entrepreneur and engaging speaker with a passion for inspiring young people to challenge themselves to excel at school and beyond.

This event follows Rowan's popular talk to parents of HSC pupils in March this year and has been tailored specifically for parents of girls in the junior school.

Art of Smart Education was born out of a belief that excelling at school and beyond requires more than just a focus on the syllabus and grades.

If you have any particular questions that you would like Rowan to address please email them to social@wghspandc.org.au or post them on our Facebook page at <https://www.facebook.com/wghspandc/>

Rowan Kunz Parent Information Evening – Please RSVP: <https://rowankyear7to10.eventbrite.com.au>

We look forward to seeing you.

Regards

Willoughby Girls High School P&C Association
e: social@wghspandc.org.au





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2019 MOSMAN HIGH SCHOOL

CREATIVE SPEAKER SERIES

14 AUGUST 2019 @ 7:30PM
MOSMAN HIGH SCHOOL HALL
ADULTS \$10 • STUDENTS \$5

 ALEXIE GLASS-KANTOR
Director, Artspace Sydney

 BARRY KELDOULIS
CEO, Artfairs Australia

 AARON MAESTRI
Exhibition Designer

Hear creative career stories from some of Australia's most talented curators. Open to students, parents or anyone who is interested in an artistic life.

TICKETS ARE LIMITED BOOK NOW! www.trybooking.com/BDIER



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Do you want
to make a
difference in
the life of a
child?



Local foster carers needed

Family and Community Services are seeking people in the local area to provide short term and crisis foster care for children and young people 0–18 years that are unable to live with their own families.

Individuals, couples and families from varied backgrounds and cultural groups are required. Aboriginal and Torres Strait Islander people are encouraged to apply.

All carers receive training, ongoing support and financial assistance.

If you are interested in making a difference and helping children reach their full potential, please call 8303 7644 or email CapsMetroCentral@facs.nsw.gov.au



Family &
Community
Services



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NOONE - OFFICIAL UNIFORM SUPPLIER TO WILLOUGHBY GIRLS HIGH SCHOOL

PRICE LIST VALID UNTIL 30th JUNE 2020

JUNIOR SCHOOL - MANDATORY		SENIOR SCHOOL - MANDATORY	
Summer Dress (Royal/ Navy Plaid) Sizes 6 - 24	\$79.00	Pleat Skirt (Royal) Sizes 4 - 24	\$55.00
Winter Tunic (Royal/ Navy Plaid) Sizes 6 - 24	\$75.00	Blouse Short Sleeve (White) Sizes 6 - 26	\$35.00
Blouse Long Sleeve (White) Sizes 8 - 22	\$35.00	Pullover (Royal with Crest) Sizes 80,85,90,95 cm (Sizes 10 -16) Sizes 100 & 105cm (Size 18 & 20) Size 110cm (Size 22) Size 115cm (Size 24)	\$77.50 \$82.50 \$87.50 \$92.90
Pullover (Royal with Crest) Sizes 80,85,90,95cm (Size 10 -16) Sizes 100 & 105cm (Size 18 -20) Size 110cm (Size 22) Size 115cm (Size 24)	\$77.50 \$82.50 \$87.50 \$92.90	Socks White 3 pack Size 2 - 8 White 2 pack Size 7 - 11	\$14.50 \$10.00
Socks White 3 pack Size 2 - 8 White 2 pack Size 7 - 11	\$14.50 \$10.00	JUNIOR & SENIOR	
SPORT UNIFORM - MANDATORY		Senior Blazer (fitting required) Sizes 80cm - 120cm	\$170.00
Sport Polo Shirt (White/ Royal) Sizes 6 - 18	\$43.00	Junior Blazer (fitting required) Sizes 8 - 20	\$160.00
Sport Shorts (Navy) Shorter Length Sizes 12Y,14Y, XS - 2XL Longer length size 10, 12, 14, XS - 2XL	\$39.00	Winter Coat Black (pre-order required) Sizes XS - XL	\$210.00
Sports Cap (Navy One Size)	\$20.00	School Hat (fitting required) Sizes XS - L	\$65.00
SPORT UNIFORM		School Backpack (Navy One Size)	\$90.00
Sport Jacket (Royal/ Navy) Sizes 4 - 22 (only to be worn for sport)	\$85.00	Ladies Pants (Royal) Sizes 4 - 18	\$60.00
Track Pant (Navy) Sizes 12Y,14Y, XS - XL	\$55.00	Tights 70D (Black) S-M, Tall ,XTall	\$12.95
Sports/ Hockey Socks Sizes 2 - 7, 7 - 11	\$20.00	Scarf (Black One Size) Gloves (Black One Size)	\$10.00 \$10.00
Duffel Bag (Navy One Size)	\$45.00	Music Ensemble Blouse (Black) Sizes 6 - 20	\$45.00

Noone Suite 1, 328 High St Chatswood NSW 2067 Ph: 9436 1700
Online Shop <https://www.noone.com.au/shop/wgh>



COMMUNITY NOTICE BOARD

CHATSWOOD RANGERS

SUMMER

FOOTBALL

Venue: Chatswood High School

Age groups: U8 to U18

Who: Boys and girls-only competitions

Playing format: 6-a-side

When: Thursdays 12 Sep to 19 Dec over 13 weeks*

To register or for further information please contact Brett Backhouse
Email: brettbackhouse71@gmail.com Ph: 0412 607 338

***No competition on 3 Oct and 10 Oct (school holidays)**