



# WILLOUGHBY GIRLS HIGH SCHOOL

*A Leader in Girls Education*

## NEWSLETTER

Phone : 9958 4141

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

3 SEPTEMBER 2021

### PRINCIPAL'S MESSAGE

Ms Elizabeth Diprose

#### Plans to return to school

I trust everyone received the email from the school outlining the Department of Education's plan for returning to face-to-face learning in Term 4. Here are the main points:

- Monday Week 4, 25 October – Year 12 have greater access to the school (details yet to be confirmed)
- Tuesday Week 6, 9 November – HSC begins
- Monday Week 5, 1 November – Year 11 return to face-to-face learning at school
- Monday Week 6, 8 November – Years 7-10 return to face-to-face learning at school.



WGHS P&C Netball presentation night was last Wednesday  
(find out about it in this newsletter)

It is a Department of Education requirement that all staff are doubly vaccinated before returning to school.

The Departments of Education and Health also strongly advise all young people who are eligible for vaccines do so to maximise the health and safety of all students and staff on return to school mid next term.

#### Year 12 Trials complete

Year 12 returned to online learning this week after completing their Trial HSC Examinations online. This was a mammoth task for both students and teachers, as well as our wonderful Learning Support staff and our Technical Support Officer. Everyone involved did an amazing job ensuring the technology worked as needed. Students rose to the challenge of typing their responses in many subjects, and scanning and uploading their answers in other subjects.

Year 11 students are also in the process of completing their final assessments online. I extend my congratulations to everyone involved in this new experience.

#### Subject Selection finalised

Students in Years 7, 8,9 and 10 have completed their subject selections for 2022. Thank you to Ms Atchison, who organised this process, and to students and parents / guardians for completing selections in a timely manner.

*continued next page*



### WGHS P&C



Facebook.com/wghspandc  
[secretary@wghspandc.org.au](mailto:secretary@wghspandc.org.au)



Next P&C Meeting will be held:

**Tuesday 19 October 2021 (Zoom details TBC)**

- ✓ 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

## PRINCIPAL'S MESSAGE *continued*

### Assessment & Wellbeing Days

Year 11 were provided with an assessment preparation day last Monday as they have several end of course assessments looming. Students were very appreciative of this time to catch their breaths and work on tasks.

Years 9 and 10 had a day away from formal lessons, also last Monday, where they were provided with many options to support their wellbeing.

The response from students and Year Advisers has been overwhelmingly positive, and students enjoyed the time to focus on activities other than their prescribed school work. For all these students, this short break was a welcome breather from online lessons which can sometimes be quite exhausting for students and teachers, and for all family members.

### Thank you

There is still a way to go with this lockdown and remote learning, so I sincerely thank all students, families and staff for your stamina – this is not easy for anyone and I know we are all looking forward to a brighter future.

Please take care and stay safe.

**Ms Elizabeth Diprose, Principal**

## 2022 TERM DATES

Mrs Jennifer Watts, Deputy Principal

Here are next year's term dates for your planning purposes. (Please organise travel outside of school terms):

TERM	First Day	Last Day
Term 1	Tuesday, 1 February (Y7, Y11, Y12 & new girls) or Wednesday, 2 February (Y8, Y9 & Y10)	Friday, 8 April
Term 2	Wednesday 27 April	Friday, 1 July
Term 3	Tuesday 19 July	Friday, 23 September
Term 4	Monday 10 October	Tuesday, 20 December (TBC)

## 2021 CALENDAR

### TERM 3: Tues 13 July – Fri 17 Sept

Friday 17 September  
Last Day of Term 3

### TERM 4: Tues 5 Oct – Thurs 16 Dec

(Summer uniform to be worn at school)

Tuesday 5 October  
1<sup>st</sup> day of Term 4 – online for all years

Tuesday 19 October  
P&C Meeting 7pm

Monday 25 October  
Year 12 return to school campus

Monday 1 November  
Year 11 return to school campus

Monday 8 November  
Years 7, 8, 9 and 10 return to school campus

Tuesday 9 November  
HSC Exams start

Tuesday 16 November  
P&C Meeting 7pm

Friday 10 December  
Presentation Day

## NEEDED: ONLINE LEARNING PHOTOS OF YOU



Music, PDHPE, TAS, Art, Band, English, Science.....what subject or school co-curricular activity are you enjoying?

Please email photos of online learning to: [willoughbg-h.school@det.nsw.edu.au](mailto:willoughbg-h.school@det.nsw.edu.au) titled "For the newsletter", with your name and year, and a line or a paragraph or two about what you have been doing.

## SUBJECT PLANNING FOR 2022

Janet Atchison, Deputy Principal - Curriculum & Assessments

### YEAR 9 TO STUDY A NEW COURSE IN YEAR 10, 2022

One of the reasons Willoughby Girls High School does well academically is that teachers are constantly working on improvements in our teaching and learning pedagogy. As a result of research and development by our teachers, the current Year 9 students will benefit from the introduction of a new initiative starting next year.

In 2022, all Year 10 students will replace one of their current Year 9 electives with a new project-based course called Major Work. This course aims to equip students with many of the skills needed to successfully undertake senior courses, such as English, all the Sciences, Society & Culture, Textiles, Design & Technology, Visual Arts, Geography and Drama. These courses consist of major written and/or practical-based work.

Most importantly, this new course will also enable students to pursue their particular area of interest. The course will be structured so that students can learn over time to effectively develop their ACARA skills purposefully and manage their learning progress. In addition, they will also make effective connections with the relevant stakeholders, such as the universities, local communities and so on.

Last week, all Year 9 students nominated to discontinue one of their current electives for next year, and instead, they will study this new course. Thank you to all students and parents who were involved in this process.

I look forward to witnessing our Year 9 students grow valuable skills from this new initiative.

### SUBJECT SELECTION COMPLETE FOR ALL YEARS

Thank you to all students and parents/guardians for submitting their electives online promptly and emailing their consent forms back to us. It was a big job but it went smoothly, largely due to your diligence and cooperation. I am proud to say that this is an amazing school with a great collective of people. **If you have not returned the signed consent form, please email it to the school ASAP.**

### YEAR 11 – DISCONTINUING ELECTIVES & PICKING UP EXTENSION COURSES FOR YEAR 12

Students can discontinue an elective at any time going into Year 12. Please remember, the more time you have going into your HSC year is an advantage.

To discontinue a subject or elective, parents/guardians must email me (via the school email). If this happens by the last week of Term 3, I will action your request, and the change will take effect from the first day of Term 4.

Please contact me (via the school email) if you have any questions about discontinuing an elective.



Some Year 11s when we were at school

WGHS offers the following HSC Extension Subjects:

- Extension 2: English and Maths,
- Extension 1: History, Music, Science and French.

(Refer to the "Year 11 2021 and HSC 2022 Course Information Booklet" for course information.)

If you would like to study any of these extension courses, please send an email (via the school email) to the relevant Head Teacher of that course to seek their approval.

All HSC extension courses will start in Week 2, Term 4.



## 2020-21 SRC ACTIVITIES AND ACHIEVEMENTS



### Zoe L (Year 12), SRC President

It was such an honour to work with and lead the SRC despite the difficult and unforeseen circumstances which prohibited many face-to-face activities and initiatives.

The 2020 SRC organised many activities, from hosting the annual Christmas Hampers and Candy Grams (with a little twist by introducing chocolate coins to celebrate Hanukkah), to introducing new initiatives like Harmony Day, in which the whole school wore orange accessories to promote cultural diversity at WGHS, Pride Day which the SRC worked collaboratively with Social Justice to

sell ribbons, and bake sales in encouraging inclusivity within the school.

The SRC also worked tirelessly behind the scenes by conducting a whole school survey to gather valuable information on what students at WGHS would like to change to benefit the school. Some of these ideas surrounded mental health, new uniforms and facilities on school grounds. Even during lockdown, the SRC put together a gratitude video and wellbeing slides to show the importance of mental wellbeing for both students and teachers.

Overall, it was a pleasure to work with the SRC body to promote WGHS' student voice, and not only provide enjoyable memories and experiences for our high school community, but raised awareness of issues of our current world.

A special thanks to Ms Stringer and Ms Carruthers for being such supportive and amazing SRC coordinators and I'm looking forward to what the future SRC brings!



2020 Christmas Hampers



2021 Harmony Day



### Yubin Hwang, Year 10 SRC Representative

It was such a privilege to represent the voice of Year 10 at Willoughby Girls High School by taking part in the SRC body.

I am grateful for being able to be part of an invaluable experience throughout the year. This year the SRC has organised and been part of many enjoyable fundraising events including bake sales, Charity Day, Pride Day and Harmony Day, which not only provided enjoyable memories for our high school community, but also contributed support towards the wider world.

I want to thank the rest of the SRC body for providing a wonderful year, even during a hard time of lockdown and I look forward to what initiatives the future SRC team will bring!

# HOUSE CAPTAIN 2021-22 NOMINATION PROCESS UNDERWAY

Ms Narelle Best, Head Teacher, PDHPE

Today the nominations closed for potential candidates to run as House Captains for 2022. Thank you to those students who took the time to nominate for these wonderful roles.

Here are some essential criteria we are looking for house captains to fulfil:

- Be enthusiastic about sport and physical activity
- Be able to lead from the front in promoting House Spirit and inclusivity
- Lead by example in promoting participation and true sporting spirit
- Be passionate and able to show energy and enthusiasm
- Be loud in voice and true in colour!

Ms Wilson, Ms Lemaic and Ms Best will now check the applications to ensure students are eligible and fulfil the advertised criteria. If your nomination is successful, we will ask you to complete a quick 15 second self-promotion video to support your nomination for House Captain 2021-22. The videos will be placed on the Year 10 Wellbeing Google Classroom, and in Week 9 students will elect their House Captains in their nominated Houses.

By Week 10 we will announce the 2022 House Captains.

Ms Wilson, Ms Lemaic and Ms Best look forward to reading your nominations.



2020-21 House Captains

## WELLBEING NEWS – FOR STUDENTS

Mrs Dianne Topic, Head Teacher Well Being

The Wellbeing Team is making every effort to continue supporting students during remote learning:

### YEAR 12

#### Wellness Wednesday

Every Wednesday morning at 8:30, the Wellbeing team delivers a brief online session on wellbeing, such as from how to build resilience, positive thinking, managing exam stress during lockdown, how to stay motivated and how to stay connected.

#### Virtual Big Breakfast

Every Friday morning at 10:30, the wellbeing team hosts an online big breakfast inviting Year 12 and all their teachers to share a cup of tea/coffee, have a chat, show off their pets, share their stories, laugh, dance and sing, and just have a bit of fun.

*Continued next page*

# WELLBEING NEWS – FOR STUDENTS *continued from previous page*

## Teacher mentors

Year 12 students were given the opportunity to have a teacher mentor earlier this year. This has continued during lockdown, with mentor teachers reaching out to Year 12 students via email and phone calls home to support students as they navigate their way through trials and the final stages of their schooling. This will continue until students have finished their HSC.

## End of Term

Staff are busy preparing a surprise for Year 12 - we will keep you posted!

## YEARS 9, 10 AND 11

On 31 August, Years 9, 10 and 11 were granted an Assessment and Wellbeing Day with no scheduled classes, allowing them to consolidate their learning and find some time for self-care.

We introduced the day with a short presentation on creating balance through a sense of achievement, social connections, and self-care, as well as the importance of having a study schedule, avoiding procrastination and finding time for enjoyable activities. Students were not instructed to do anything in particular, except that if they had questions their teachers would be available online to answer their questions. We asked them to use the day how they felt worked best for them and we were pleasantly surprised by the results. The feedback was overwhelmingly positive. The day's benefits can be summed up with this quote from a Year 10 student:

*"It gave me some time to catch up on homework from school and out of school, also providing me with the needed time to take off for self-care."*

## YEARS 7 AND 8 WELLBEING LESSONS

Each fortnight, Years 7 and 8 have been allocated time within their schedule to practice self-care and step away from the screen. Students have reported enjoying the time to step away from the screen, connect with others, and practise self-care.

## ALL YEAR GROUPS - WGHS Wellbeing@home – 8:45am every day

Every Monday, Year Advisers post a weekly WGHS Wellness@home schedule, with wellbeing activities students can engage with every day. These include Wellbeing check-in surveys, Mindfulness exercises, physical challenges, and a weekly year assembly with their cohort and adviser to have some fun and stay connected. Here is what we did this week:

Take photos as you complete tasks & post on your [Wellbeing@Home Showcase Folder!](#)

**Monday**  
Weekly Wellness Activity:  
Do this everyday [5 day challenge.pdf](#)

**Tuesday**  
Workout Your Worries:  
Complete any sort of outside activity for 30 mins  
[Camp at Home](#)

**Wednesday**  
Midweek Meditation:  
[Relax - 5 Minute Meditation for Deep Relaxation and Stress Relief](#)

**Thursday**  
Try Something New:  
Watch the sunset or start a [bullet journal](#)

**Friday**  
Fun Friday:  
Year Group Zoom Surprise  
YA to advise time and activity on Google Classroom

***Please remind and encourage your daughters to engage with the wellbeing activities, and to reach out to the if they need support.***

# WELLBEING NEWS – FOR PARENTS

Mrs Dianne Topic, Head Teacher Well Being

## e-SAFETY WEBINARS FOR PARENTS AND CARERS

Young people are spending a disproportionate amount of time online because of remote learning. We know this is necessary under the circumstances and as a community we are working together, responding to parents' concerns, and implementing adjustments to ensure that the students' learning is not compromised while they develop ways to engage in self-care.

Time spent online is just one of the many consequences of the lockdown that we must learn to manage. The friendly empathetic parent in us would like to give our young people independence and avoid nagging, but as responsible adults, at some point, we have to educate ourselves about online risks. These risks might involve things such as online bullying, harassment, popular apps like TikTok and online gaming.

Register for a free webinar and learn how you can help your child develop the skills to be safer online. Visit e-Safety Commissioner website to register <https://www.esafety.gov.au/parents/webinars>  
For downloadable resources (safe use of TikTok visual guide) visit <https://www.digitalthumbprint.com.au/parent-resources/>

## RU OK DAY - Thursday 9<sup>th</sup> September - Webinar

This is a national day of action when we remind Australians that every day is the day to ask, "Are you ok?", if someone in your world is struggling with life's ups and downs. This year the message is:

**Are they really OK? Ask them today.**

Please visit the link below for a free webinar on Thursday the 9<sup>th</sup> from 12:30pm to 1:30pm  
<https://www.eventbrite.com.au/e/2021-r-u-okday-webinar-tickets-166884491005>

## MANAGING OUR EMOTIONS – Emotion Coaching - Podcast

Psychologists often talk about the ability to self-regulate as a key skill in helping children build resilience to the world around them. One helpful strategy, which many parenting programs are centred around, is emotion coaching - and it even works with adult-sized children too!

Emotion coaching involves supporting children in building their own regulation skills through co-regulating from others around them. It requires the adult to respond appropriately to emotions in a child as they arise by paying close attention to cues, responding consistently to them, and modelling appropriate behaviour.

Here's a quick guide:

- 1) Notice the situation  
*'I see that something's up.'*
- 2) Name the emotion  
*'You look sad.'*
- 3) Validate the emotion in the situation  
*'I can understand why you might feel sad. It really hurts to be excluded.'*
- 4) Meet the need  
*'Come here, let me give you a hug.'*
- 5) Fix it/problem solve  
*'Let's figure out some better ways to deal with this situation together.'*

This podcast from clinical psychologist Andrew Fuller explores this strategy further, and how you can apply it to your household.

<https://www.generationnext.com.au/2021/08/the-gn-podcast-with-andrew-fuller-emotion-coaching/>

## YEAR 10 MESSAGES FOR EVERYONE IN LOCKDOWN

Ms Natasha Lemaic, Year 10 Year Advisor

We asked some Year 10 students to tell us how they have been getting through lockdown and to provide us some ideas to assist other WGHS students:



**Swikriti B:** Lockdown has affected us all in different ways, whether that may be positive or negative. Although this situation has been an obstacle, we must not forget to view this with an optimistic mindset.

Speaking from personal experience, the benefit of lockdown for me is being able to dedicate more of my time towards activities of 'self-care' such as reading, mediation, watching shows, and going on peaceful walks.

Obviously, lockdown comes with its downfalls. Not being able to see friends and family, the pressure of online school, and the constant feeling of isolation have all been my personal struggles.

Balancing your time by creating room for both work and self-care is an essential way to get through this challenging period.

**Katherine C:** Lockdown, here we go again!



There have definitely been ups and downs to this isolating experience, but remember we are all in the same boat. Many of us have been struggling to adjust to this situation that has been forced upon us, but here are some ways I have noticed to combat those 'down' feelings.

Having more time than ever, there is so much opportunity to improve and practice any hobbies or skills. "Not having time" is no longer an excuse. Use this time as a chance to progress faster than before.

Another tip is to meditate. I know, I know, who actually does this? Well... I do. Meditation is actually one of the most useful things I do, especially when feeling overwhelmed or stressed, and it's not as complicated as you might think. All you have to do is breathe, and focus on how your body feels in its environment.

Focus on self-care and spend your time being productive (or sleeping!).

## YEAR 11 HOSPITALITY - BIG BREAKFAST DELIGHTS

Rebecca L, Year 11

This week, Mrs Blomfield's Year 11 Hospitality class made corn cakes with a prosciutto salad.

Cooking on zoom can occasionally be challenging with wi-fi issues, but everyone is always able to produce a fantastic dish at the end of the lesson, as demonstrated through the amazing photos below!



Rebecca L



Paris L



Isabel K



## YEAR 8 FANCY BAGS

Ms Adel Frames, Technological and Applied Studies Teacher

In Year 8, the Technology Mandatory students complete a unit on Materials Technologies. As part of the unit, they design and make a textile bag. They have to incorporate a hidden pocket in which to carry a top-secret USB. Here are some photos of their work.



Ashlee C



Isobel M



Juliet D



Jessica C

## PARENTS - PLEASE HELP OUR YEAR 11 CAFS STUDENTS – IT WILL ONLY TAKE A MINUTE OR TWO!

Ms Hayley Carruthers, Technical and Applied Studies Teacher

This term, our Year 11 Community and Family Studies (CAFS) students are looking at families in the Willoughby community.

They have created a demographic questionnaire / mini census about the people in Willoughby Council (it's anonymous). Please take a moment to complete it.

<https://forms.gle/NV6YUiv3BKDH6Sx86>



The answers to these questions will assist the class to understand the Willoughby demographics, and improve their research and analytical skills. It's already proven to be an invaluable learning experience and will really prepare students for research techniques they'll use in their Independent Research Projects next term.

*"I'm so proud of their fantastic teamwork in preparing this. I really hope the Willoughby parents will reward them by doing the survey, so they get the opportunity to analyse real life data and see the results of their hard work."* Ms Hayley Carruthers.

## WEAR IT PURPLE DAY

Ms Evie Menhinick, History Teacher/ Social Justice Club Coordinator

On Friday 27 August, the Social Justice Club organised a “Wear it Purple” Day and encouraged students to wear purple online and to donate funds, if possible, to the Wear it Purple organisation (WITP). WITP strives to empower LGBTQIA+ young people, celebrate and promote diversity and inclusion, raise awareness about sexuality and gender identity, and challenge harmful social cultures.

The “Wear it Purple” movement began in schools in 2010 in response to stories about the heartache experienced by teenagers across the globe who faced bullying, harassment and lack of acceptance of their sexuality or gender identity.

This year, the Department of Education has encouraged schools to continue to reflect on the issues that affect rainbow young people and to constantly consider how we can encourage and support them.



“Wear it Purple” shares the national goals and principles of Inclusive Education: creating safe, caring school environments that nurture students as they learn and recognise diversity.

## A LUCKY OPPORTUNITY TO DO WORK EXPERIENCE BEFORE LOCKDOWN

Rachel B, Year 10

My name is Rachel, and I’m a Year 10 student. I was given the opportunity to complete additional work experience at Taronga Zoo’s Reptiles Division from the 15th to the 18<sup>th</sup> of June.

I held snakes, fed the reptiles, and I even got to get up close and pet two giant tortoises, as well as a komodo dragon named Naga.



The reptile staff are the nicest people you'll ever meet, and they made my time spent there so enjoyable. Whilst I was there, I got to see both the seal, and the bird show, and I would spend my breaks walking around the zoo, visiting my favourite animals.

Completing my work experience at Taronga was lots of fun, and I am extremely grateful for having been given the opportunity. If you're thinking about completing your work experience at Taronga, I highly recommend it!!



# YEAR 7 SCIENCE EXPERIMENTS

Sophie P and Vivian C

This term in Science, Year 7 students have been learning about forces and how they affect our daily life.

We have conducted many experiments and written down our results and conclusions.

For example, we conducted an experiment to test the buoyancy of peeled and unpeeled mandarins.

In another experiment, we were split into groups and designed four different aluminium boats. Then we put them in the water and tested how many coins each could hold. During the experiment, we recorded the results and calculated the average. After that, we wrote a Scientific Report.

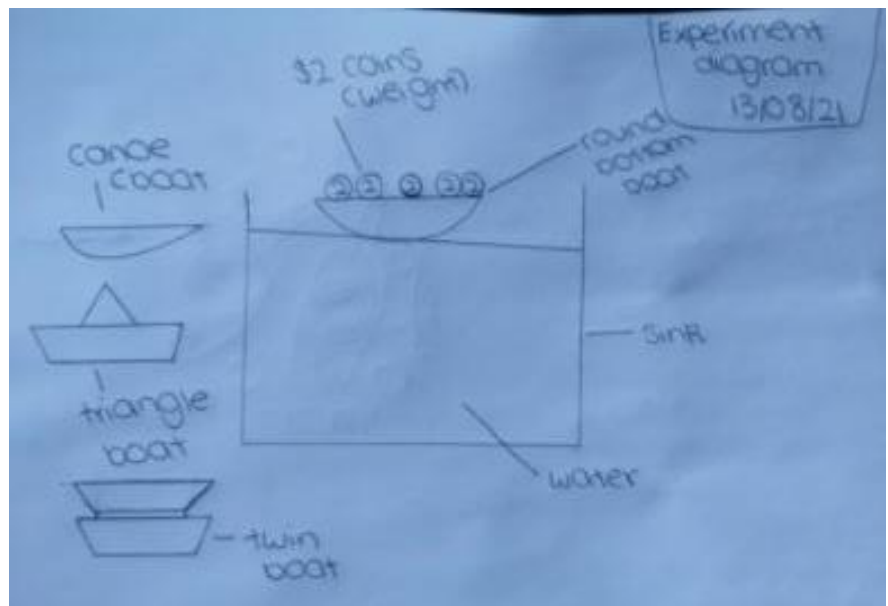
During online learning in Science, we have used an online platform named STILE in which we watched videos, answered questions and experimented with an interactive page that increased our understanding of forces.

We have thoroughly enjoyed Science in online learning as we can still conduct fun experiments and get to work with peers in some of our tasks. Our teacher, Ms Wu, has put us in breakout rooms where we can socialise and discuss our opinions.

However, even though we have had a positive experience, we still prefer learning at school, and we hope lockdown can end soon so we can all see each other again.



Floating Mandarin experiment



Experiment design



We tested different shaped boats.



We tested how many coins could float in our boats.

## MOCK TRIAL

Sanjhanaa S (11), Mariah-Angelee M (11), Sophia A (11) and Yuna H (11)

Mock Trial is a student-led extracurricular activity where students experience how a court case occurs by representing a role in the legal system including witnesses, barristers, solicitors, magistrate's clerk, and court officers. Civil or criminal cases are provided by the Law Society of New South Wales, reflecting realistic scenarios.

Over the years, Willoughby Girls High School has been gathering more participants and continuously improving our performance and rank against all schools, including private, public and co-ed. Our best mock trial this year was when we won against Riverside Girls High School in our civil case, representing the defence.

The club provides opportunities to not only allow students to understand the court legal system but also to improve their analysis, intercommunication and problem-solving skills.



Trinity T, Yubin H, Zara R, Alley Xu, Rachel B and Yuri S

The Year 11s, along with former-member coaches – Victoria D, Madeline H and Yuna H, mentored younger members by reiterating the significance and role of each position and providing feedback and ways to improve their case, thereby showing leadership and teamwork skills.

The Year 10s have also been able to adapt quickly and show their capability.

The Mock Trial club cultivates a fun yet educational atmosphere with every member working cooperatively across all positions.

*We highly encourage Year 10 students who enjoy taking a challenge and maintaining responsibility, whilst gaining new experiences and skills to join next year.*

## AFGANISTAN AWARENESS CAMPAIGN

Social Justice Club

What is happening?

A military organisation called the Taliban has taken over the provinces of Afghanistan and now the government, spreading chaos across the country.

Women now have little human rights, as they are unable to go to school or work, and underage girls are forcefully being married. Afghans are fearful for their lives and are fleeing the country to escape the Taliban.



To help the women in Afghanistan, Willoughby Girls can donate to the “Women for Women” organisation, or send an email to the Australian government urging them to take action.

[Here is a link](#) to a document with some useful links including the local Member, Minister and PM's email and a guide on how to email them. You can also do additional research on this topic and share this information with your family and friends in order to raise more awareness.

Any action, big or small, will make a difference! Thank you.

## YEARS 7/8 WIND ENSEMBLE

Mr Gerald Steinmann, Director, WGHS 7/8 Wind Ensemble

**7/8 Wind Ensemble** have been focusing on two new pieces: "Tchaikovsky's Dance of the Sugar Plum Fairy" arranged by Travis Redgwell, and "A Tribute to Whitney Houston", arranged by Michael Brown.

We have been listening to and analysing a wide range of music, from studies in odd times like Leonard Bernstein's 'Slava' and Alfred Reed's 'Viva Musica', along with music from "West Side Story" and "Overture to Candide".

We have also studied soloists like renowned clarinetist Eddie Daniels, looking at his interpretation of "Solfigetto", whilst covering more contemporary styles using my arrangements from the Aussie Rock Concert Band series including Cold Chisel in Concert, INXS in Concert and ACDC in Concert just for something completely different.

The girls have been awesome online participants, keen to discuss various aspects of all this music and playing along to the audio tracks of these arrangements.



Juliet D practising Saxophone

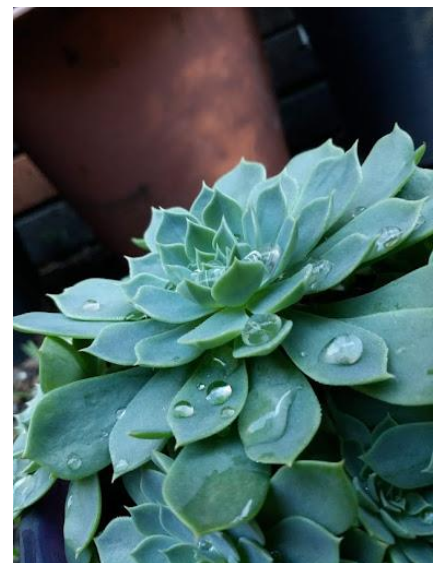
## GROW GETTER'S PHOTO COMPETITION

Ms Adel Frames, Technical & Applied Studies Teacher

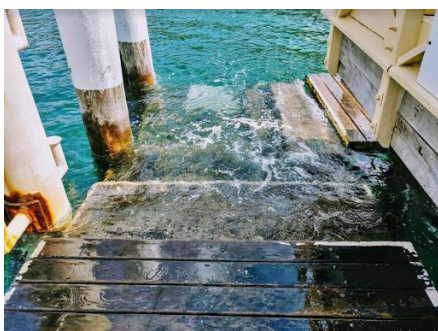
The Grow Getters' photo competition has once again drawn many excellent entries in Week 7.

This time, the theme was WATER, which can certainly be a difficult subject to capture. After much deliberation by the secret lockdown panel, Harmony's image took the prize. The photo of a plump succulent with little water droplets balancing on the leaves is beautifully composed. Congratulations, Harmony!

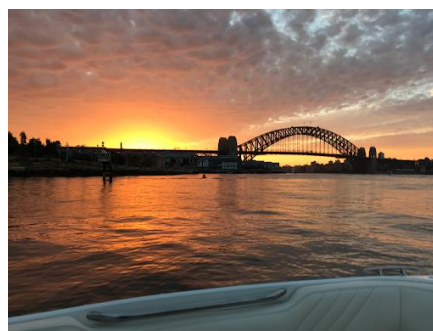
Other impressive entries include Ms Parker's pool reflections, Ella's stunning harbour pics and Arabella's vibrant waterside photo. Thank you to everyone who entered - it's so much fun seeing your interpretation of the theme. Keep trying! This week's theme is SPRING, and we've already received a number of spectacular images.



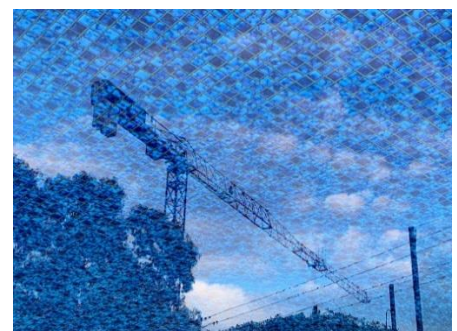
Winning Entry by Harmony



Arabella



Ella



Ms Parker

# A GREAT SEASON FOR OUR CLUB NETBALLERS

Anita Macdonald, WGHS P&C Netball Club Convenor

Last Wednesday, WGHS Netball had our end of season presentation on zoom and 110 people attended.

22 WGHS P&C Netball teams played in the local NSNA netball competition in 2021. Although the season came to a sudden halt midseason, there was a lot to be celebrated and new friendships and bonds were created both on and off the court.

10 teams finished in the top two of their division: WGHS 01, WGHS 02, WGHS 03, WGHS 05, WGHS 06, WGHS 08, WGHS 09, WGHS 11, WGHS 16 & WGHS 19, with several more on the road to semi-finals.

A special thank you to all the umpires and coaches, no game could go ahead without their dedication and commitment to the club.

Congratulations to Rachael P, Juliet D, Holly F, Lauren D and Zara T for achieving NSNA umpiring badges.



WGHS 19

Also, thank you to the students who volunteered their time to coach this year: Claire O, Rebecca L, Freda H, Isabel C, Aissatou C, Saloni K, Jasmine P, Matilda L, Isabella D, Lucia H, Sarah M, Olivia H, Kiera W, Karla D, Naureen M and Shido H.



WGHS 12

## Congratulations to those who received awards:

**Coach Awards:** Rising Star Coach Award: Aissatou C & Matilda L, Junior Coach of the Season: Isabella D & Lucia H, and Senior Coach of the season: Molly B (ex- student)

**Umpire Awards:** Senior Rising Star Umpire Award: Charlotte D, Junior Rising Star Umpire Award: Kate M, Spotlight Umpire Award: Lauren D, and Umpire of the Season: Rachael P.

**Most Valuable Player (MVP) for each team:**  
WGHS 02: Kiera, WGHS 05: Rowena, WGHS 06: Aissatou, WGHS 07: Jasmine, WGHS 08: Ava, WGHS 09: Samantha, WGHS 10: Madison, WGHS 11: Sophie, WGHS 12: Juliet, WGHS 13: Kaitlyn, WGHS 14: Mikeala, WGHS 15: Claire, WGHS 16: Nakita, WGHS 18: Libby, WGHS 19: Sophie P, WGHS 20: Maisie, WGHS 21: Chloe, WGHS 22: Joyce.



WGHS 16

....Continued next page

## A GREAT SEASON FOR OUR CLUB NETBALLERS *continued from previous page*

### All Star Award for each team:

WGHS 02: Emily, WGHS 05: Freda, WGHS 06: Amy, WGHS 07: Saloni, WGHS 08: Jacqueline, WGHS 09: Emma, WGHS 10: Savannah, WGHS 11: Nanaka, WGHS 12: Jasmeet, WGHS 13: Ava C, WGHS 14: Elyson, WGHS 15: Sophia, WGHS 16: Holly, WGA 17: Hannah, WGHS 18: Ruby, WGHS 19: Isabella, WGHS 20: Isabella P, WGHS 21: Mia, WGHS 22: Charlotte W.



WGHS 18



WGHS 06



WGHS 22

## WGHS TRIALING EBOOKS & AUDIOBOOKS

Ms Alex Parker, Teacher Librarian

*"Reading gives us someplace to go when we have to stay where we are"* – Mason Cooley

WGHS library is trialling Wheelers ebooks and audiobooks.

Please see the simple steps on this poster on the right to access resources.

Book titles for both ebooks and audiobooks can be searched and borrowed via the WGHS Oliver library.

**eBooks & Audiobooks : Anytime, Anywhere**

**Audiobooks anywhere**

**Borrowing our eBooks and Audiobooks is as easy as**

- 1 Download the ePlatform app from your app store
- 2 Find our library and log in using your library ID
- 3 Browse and borrow to read or listen to on your device

Search for and download the ePlatform app:

Available on the **App Store** | **Google play** | **Windows 10**

## LOCK DOWN TRIVIA ANSWERS REVEALED!

Each day everyone has to answer a simple question to show they are attending school. We thought it would be fun to show you some answers!



66% of WGHS students  
are scared of spiders!



37% of WGHS students  
have picked an apple off a tree



79% of WGHS students  
like to paint



66% of WGHS students  
can do a handstand



45% of WGHS students  
walk to school  
(Year 7s walk the most)



71% of WGHS students  
can ride a bicycle



# WGHS SCHOOL UNIFORM

Here is an updated price list. For more information about uniforms please see the [WGHS website](#).



NOONE - OFFICIAL UNIFORM SUPPLIER TO  
**WILLOUGHBY GIRLS HIGH SCHOOL**

PRICE LIST VALID UNTIL 30 JUNE 2022

JUNIOR SCHOOL - MANDATORY		SENIOR SCHOOL - MANDATORY	
<b>Summer Dress</b> (Royal/ Navy Plaid) Sizes 6 - 24	\$79.00	<b>Pleat Skirt</b> (Royal) Sizes 4 - 24	\$66.50
<b>Winter Tunic</b> (Royal/ Navy Plaid) Sizes 6 - 24	\$79.00	<b>Blouse Short Sleeve</b> (White) Sizes 6 - 26	\$35.00
<b>Blouse Long Sleeve</b> ( White) Sizes 6 - 22	\$36.00	<b>Pullover</b> (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)	\$79.50 \$84.50 \$89.50 \$94.90
<b>Pullover</b> (Royal with Crest) Sizes 80,85,90,95cm (Size 10 -16) Size 100 & 105cm (Size 18 -20) Size 110cm ( Size 22) Size 115cm ( Size 24)	\$79.50 \$84.50 \$89.50 \$94.90	<b>Socks</b> White 3 pack Size 2 - 6 , 6-11	\$14.95
<b>Socks</b> White 3 pack Size 2 - 6 , 6-11	\$14.95	<b>JUNIOR &amp; SENIOR</b>	
<b>SPORT UNIFORM - MANDATORY</b>		<b>Senior Blazer</b> (fitting required) Size 80cm - 120cm	\$175.00
<b>Sport Polo Shirt</b> (White/ Royal) Sizes 6 - 18	\$45.00	<b>Junior Blazer</b> (fitting required) Sizes 6 - 20	\$165.00
<b>Sport Shorts</b> (Navy) Shorter Length Sizes 12Y,14Y, XS - 2XL Longer length size 10, 12, 14, XS - 2XL	\$39.00	<b>Winter Coat</b> Black (pre-order required) Size XS - XL	\$210.00
<b>Sports Cap</b> (Navy One Size)	\$20.00	<b>School Hat</b> (fitting required) Size XS - L	\$67.50
<b>SPORT UNIFORM</b>		<b>School Backpack</b> (Navy One Size)	\$90.00
<b>Sport Jacket</b> (Royal/ Navy) Sizes 4 - 22 (only to be worn for sport)	\$87.00	<b>Ladies Pants</b> (Royal) Sizes 4 - 18	\$60.00
<b>Track Pant</b> (Navy) Sizes 12Y,14Y, XS - XL	\$55.00	<b>Tights 70D</b> (Black) S-M, Tall ,XTall	\$12.95
<b>Sports/ Hockey Socks</b> Size 2 - 7, 7 - 11	\$20.00	<b>Scarf</b> (Black One Size)	\$10.00
<b>Guffel Bag</b> (Navy One Size)	\$45.00	<b>Gloves</b> (Black One Size)	\$10.00
		<b>Music Ensemble Blouse</b> (Black) Sizes 6 - 20	\$45.00

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

## FREE MENTAL HEALTH CLINICS

Mrs Dianne Topic, Head Teacher Wellbeing

**Headspace** are running online webinars educating parents on general mental health. Many are free and delivered via Zoom. Click here to register for the Chatswood clinic session on 9 September, 7pm-8.15pm:

<https://www.eventbrite.com.au/e/chatswood-nsw-parent-and-carer-mental-health-education-session-registration-159574556795>





Please use the website below to register. Final team costs will be announced when we have certainty of the start date and we may run over into early 2022.

We aim to play 10 weeks and keep costs as per 2020.

- Ladies W35 6 a side  
Tuesdays 6.15pm to 9.15pm (12th Oct to 14th Dec)
- Mixed all age 6 a side  
Tuesdays 6.15pm to 9.15pm (12th Oct to 14th Dec)
- Mens All Age O35 and O45 6 a side  
Wednesdays 7.15pm to 9.15pm (13th Oct to 15th Dec)
- U6/7 to U16 Juniors 5 a side  
Wednesdays 4pm to 7pm (13th Oct to 15th Dec)
- U8 to U18 Girls 5 a side  
Thursdays 5.15pm to 7pm (14th Oct to 16th Dec)

Contact Details:

[clubadmin@northsydneyunited.com.au](mailto:clubadmin@northsydneyunited.com.au)

To book use the link below:

<http://www.northsydneyunited.com.au/>

Venue:

**Cammeray Park**  
**Park Avenue**  
**Cammeray**  
**NSW 2062**

**TURN MATES INTO TEAMMATES**  
**SOCIAL GAMES**  
**SMALL SIDED**



[SUMMERFOOTBALL.COM.AU](http://SUMMERFOOTBALL.COM.AU)

## COMMUNITY NOTICE BOARD

### LANE COVE COUNCIL YOUTH PROGRAMS - Lets Connect & HiitMeUp



Lane Cove Council has organised the following programs for young people:

#### LET'S CONNECT

We know that things have been difficult during this time due to the COVID lockdown but, guess what?

Lane Cove Council started a new program called Let's Connect. Let's Connect is a space where young people can come online to stay connected with other young people and youth workers to reduce isolation and maintain consistent engagement. It involves group activities, games and open discussions.

**LET'S CONNECT**

**DETAILS -**  
**WHEN: TUES & THURS FROM 3:30PM - 4:30PM**  
**WHO: YOUNG PEOPLE AGES BETWEEN 12-18 YEARS OLD**  
**HOW: VIA ZOOM**  
**HOW TO JOIN: EMAIL YOUTH@LANECOVE.NSW.GOV.AU AND SUBJECT LET'S CONNECT. THE ZOOM LINK & GUIDELINES WILL BE SENT.**

LANE COVE YOUTH

#### HIIT ME UP

Hey everyone, exciting news!

We have partnered with the team from Blue Fit to develop a new program called HIIT ME UP. Aimed towards young people aged 14 – 18, this free mental health and wellbeing program involves a 45-minute group fitness session with a Blue Fit Personal Trainer via Zoom.

Bonus: no equipment is needed!

We'll get the ball rolling with our first session on Monday 6 September and then join us on the following days from 4:30pm:

- Wednesday 8 September
- Monday 13 September
- Wednesday 15 September

Register your spot now as places are limited:

- <https://hiitmeup6sept.eventbrite.com.au>
- <https://hiitmeup8sept.eventbrite.com.au>
- <https://hiitmeup13sept.eventbrite.com.au>
- <https://hiitmeup15sept.eventbrite.com.au>

