



WILLOUGHBY GIRLS HIGH SCHOOL

A Leader in Girls Education

NEWSLETTER

Phone : 9958 4141

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

6 AUGUST 2021

PRINCIPAL'S MESSAGE

Ms Elizabeth Diprose

We are in very turbulent times indeed!

I returned to school from leave on Monday this week and it is busier than ever, despite, or perhaps because we are all working and learning online.

I sincerely thank Mrs Jennifer Watts who replaced me during my absence, as well as Deputy Principal, Ms Janet Atchison, and Relieving Deputy Principal, Mr Clem Burgmann. This team, along with the school's Head Teachers continues to lead our students' learning and wellbeing as smoothly as is possible in these uncertain times.

Every day brings a new challenge – this morning, the Department of Education announced that Year 12 students in the greater Sydney region will not be returning to schools to undertake their trial examinations. I have notified all Year 12 students and parents of this late change and will continue to update them as each piece of information comes to us.

The feedback from the online parent-teacher meetings has again been very positive with many more parents and carers able to attend than is the case when these are held at school. While I know that some families would prefer to have these meetings in person, at school, I know all families appreciate this alternative opportunity. The online facility also enables meeting schedules to be adhered to more readily.

It appears that online learning will continue for some time with the Covid case numbers increasing. I feel for everyone who is in lockdown, especially those whose homes do not have a large outside area. I hope that all family members are able to get outside and into nature regularly - this is a great way to lift our spirits. I am grateful to families for supporting your daughters' learning at home and I know our teachers also appreciate your ongoing support.



Our school is very quiet!

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WGHS P&C



Facebook.com/wghspandc
secretary@wghspandc.org.au



Next P&C Meeting will be held:
Tuesday 17 August 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*

Student and staff wellbeing are a priority for the school during this period of uncertainty.

Teachers are conducting a number of wellbeing initiatives each week to support your daughters who are isolated from their friends.

Nothing can replace the interpersonal experiences of actually being at school and in classrooms, however, we unfortunately have no control over this at this time.

Please encourage your daughters to reach out to our wellbeing team. I encourage you to do the same if they need any assistance with managing their moods, their learning schedules and / or their levels of motivation.

We will continue to provide regular wellbeing advice and resources through this newsletter, via Sentral and through the Year Advisor wellbeing activities for students.

I send all our families my best wishes and many positive thoughts as we all plough on through the lockdown.

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

16 August – 1 September
Y12 Trial Exams

Tuesday 10 August
Y10 Be Street Smart Road Seminar

Tuesday 17 August
P&C Meeting 7pm - Zoom

Tuesday 14 September
Student Leaders Induction (postponed)

Wednesday 15 September
Y12 Review & Farewell Luncheon (postponed)

Thursday 16 September
Y12 Graduation (postponed)

Friday 17 September
Last Day of Term 3

TERM 4: Tues 5 Oct – Thurs 16 Dec

NEEDED: ONLINE LEARNING PHOTOS OF YOU



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

Please share photos of online learning and we might publish them. Just email them to the school at:

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.

Thank you.

YEAR 7, YEAR 8 AND YEAR 10 ELECTIVE SUBJECT CHOICES UNDERWAY

Janet Atchison, Deputy Principal - Curriculum & Assessments

This week, emails have been sent to all parents, carers and students in Years 7, 8 and 10 regarding the subject selection process and what they need to do to.

A second email with the link to use to make the selection was sent only to student's school email addresses (not parents).



YEAR 7 – by 16 August 2021 (online process)

Students must choose a language to study in Year 8: French or Japanese.

YEAR 8 – by 16 August 2021 (online process)

Students must choose three (3) elective subjects from:

- Commerce
- Design & Technology
- Drama
- Food Technology
- French
- History Elective
- Information & Software Technology
- iSTEAM
- Japanese
- Music
- Physical Activity & Sport Studies (PASS)
- Photographic & Digital Media
- Textiles Technology
- Visual Arts
- Visual Design

YEAR 10 – by 18 August 2021 (online process)

During this week, Year 10 Students have participated in a two-day online curriculum Q&A program where teachers have explained all subjects. They have also had the opportunity to be part of the Careers Google classroom, and to discuss subject choices with our Careers Advisor Ms Rana Morris. Students must now choose 12 units of subjects from:

Ancient History	Economics	Investigating Science	PDHPE
Biology	English Extension	Japanese (Beginners / Continuers / Extension)	Physics
Business Studies	Food Technology	Legal Studies	Science Extension
Chemistry	French (Beginners/Continuers/ Extension)	Mathematics (Standard, Advanced)	Society & Culture
Community & Family Studies	Geography	Mathematics Extension	Software Design & Development
Design & Technology	History Extension	Modern History	Textiles & Design
Drama	Hospitality Kitchen Operations	Music (Music 1&2)	Visual Arts
Earth & Environmental Science	Information Processes & Technology	Music Extension	

NEW SENTRAL PARENT PORTAL APP

Ms Janet Atchison, Deputy Principal – Curriculum & Assessments

To make things easy for parents, we have enabled the new Sentral Parent Portal App which you can download to your mobile or tablet device.

To download this application:

- **For Android users:** The application can be downloaded via the Google Play store app - please search: "Sentral for Parents"

- **For Apple iOS users:** The application can be downloaded via the App Store - please search: "Sentral for Parents"

The application features:

Daily notices - information regarding important events that relate to your daughter.

Absence notifications - Send the school an absence notification quickly and easily now within the app.

Calendar - View calendar information to stay up to date with school events.

Interviews - you will be able to view parent-teacher bookings.

Newsletter – view our latest newsletter/s

Reports – view your child's recent report



Example of the Parent Sentral App screen

As you can see from the example above, it is quite straightforward to use.

For more information regarding this app, please visit: <https://www.sentral.com.au/getting-started>

WELLBEING SUPPORT FOR STUDENTS DURING REMOTE LEARNING

Mrs Dianne Topic, Head Teacher, Well being

The Wellbeing Team is making every effort to continue to support your daughters during remote learning.

Well Being for Year 12

We recognise the enormous impact this lockdown is having on all our students, but particularly, Year 12. As such, the Wellbeing Team is providing the following additional support to all Year 12 students –

- **Wellness Wednesday**
Every Wednesday morning at 8:30, the Wellbeing team delivers a brief online session on wellbeing such as 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 8:30, the Wellbeing team hosts an online big breakfast inviting Year 12 and all of 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.

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WELLBEING SUPPORT FOR STUDENTS DURING REMOTE LEARNING

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Well Being for All Year Groups

- **Year Group Weekly Wellbeing Check-in Survey**

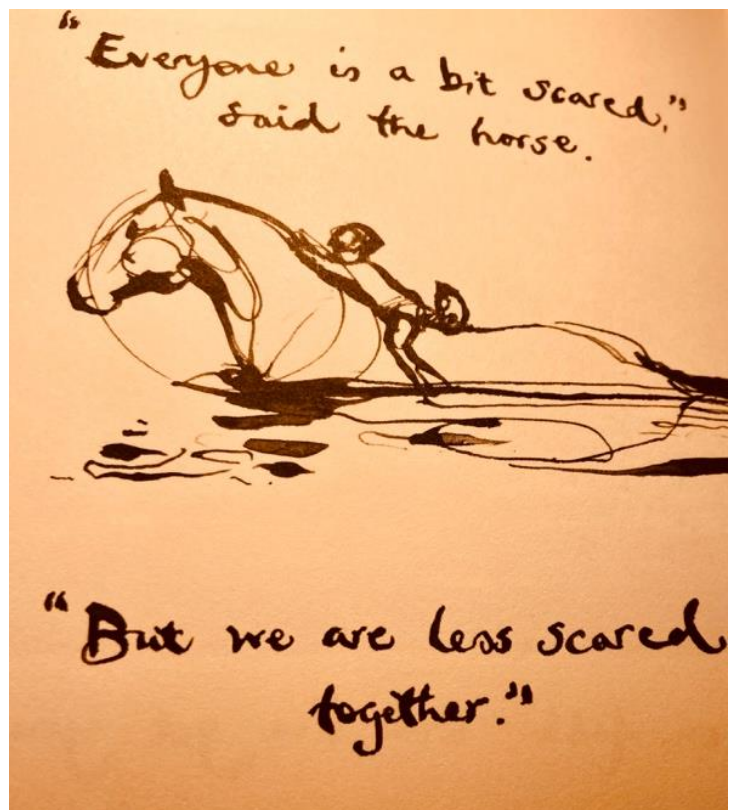
Once a week, Year Advisers post a survey on their Google Classroom Wellbeing page. The purpose of this survey is to provide students with an opportunity to share their feelings, experiences, achievement, challenges and to reach out should they need additional support from the school. Please remind your daughters to do this every week.

The data from the survey is used by the Year Adviser and Wellbeing team to plan activities for the year group to support their wellbeing, as well as reaching out to students who may have indicated that they need some additional support.

- **Year Group Wellbeing Initiatives and Activities**

Each week, Year Advisers carefully plan activities for students to support their wellbeing. These activities vary and may include –

- Gratitude activities
- Mindfulness
- Inspirational quotes and videos
- Wellbeing challenges (for example, push up challenge, step challenge, nature photography)
- Sleep hygiene
- Managing exam stress
- How to stay healthy during the Covid lockdown
- Positive psychology tips
- Finding humour
- Dancing
- Relaxation exercises



Charlie Mackesy

Learning and Support

Our Learning and Support team continues to support students who have additional learning needs. This includes –

- Support during online lessons
- Adjusting tasks
- Liaising with students, parents and teachers regarding specific needs of students
- Check in phone calls and emails with parents and students needing additional support
- Check in phone calls and emails with parents and students who are struggling to engage with online learning

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

WELLBEING SUPPORT SERVICES

Mrs Dianne Topic, Head Teacher Wellbeing

These services also offer free, confidential support to all young people.



24 Hour Phone: 1800 55 1800

24 Hour Online chat: [Web-chat Counselling](#)

For anyone 25 or under – Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.



24 Hour Phone: 13 11 14

Text (6pm – midnight): 0477 131 114

Online Crisis Support Chat (7pm-midnight): : [Chat online](#)

For all ages – Lifeline provides 24/7 crisis support and suicide prevention services



24 Hour Phone: 1300 22 4643

Online chat (3pm-midnight): [Chat online](#)

Youth Beyond Blue provides information and support to help young people in Australia achieve their best mental health. They offer one-on-one support from a mental health professional so you can talk through your concerns.



Group Chats: [Online Group Chats](#)

1-on-1 Chat (9am-1am): [Chat online](#)

eheadspace provides free online support and counselling to young people aged 12-25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help with a 1-on-1 online chat or register for group chats about specific topics.

YEAR 7 GREAT KNITTING CHALLENGE

Mrs Nola Budd, Year 7 Advisor

Congratulations to Year 7 for completing the Great Knitting Challenge!

Three rugs have been made and donated to a rural community centre that supports the homeless. The community centre was amazed, and very appreciative of the efforts that Willoughby Girls had gone to.

The two rugs pictured, did require a little darning, but this added to the colour and vibrancy of the rugs! A small note was pinned to each rug telling the owner of the background story of the rug.

You should be very proud of yourselves. Well done Year 7!



YEAR 11 WINNER OF “THE ICONIC MOMENT” COMPETITION

Mrs Caroline Jarvis, Year 11 Year Advisor

During this time of challenge and uncertainty, wellbeing tips are being posted to the Year 11 Wellbeing Google classroom to support students' mental and physical health. These have included:

- The importance of establishing a routine
- The positive impact of fresh air, spending time outdoors and natural light
- The benefits of exercising on mental health
- Practising gratitude, empathy and kindness during lockdown.

In addition, students are completing weekly wellbeing check-ins on Thursdays, and a Friday-Fun activity to end the week.

Last Friday, students were asked to create a caption or meme for this iconic moment from the 2002 Winter Olympics.

The winner goes to Vanessa W for her entry -

"When you get the correct answer using the wrong formula!"

If Year 11 students feel like you are struggling and need some extra support, please reach out to myself or Ms Schroers via the Wellbeing Google classroom or email the school.



Steven Bradbury's iconic race

YEAR 9 – FOOD TECHNOLOGY LESSONS FROM HOME

Imogen M, Year 9

This term in Year 9 Food Technology, we are learning about foods in Australia and specifically the Aboriginal influence.

I have enjoyed learning about the wide variety of plant foods that Aboriginals used, such as bush tomatoes, wild passionfruit and bush bananas. These foods were usually consumed raw and were used to accompany meat meals often consisting of kangaroo.

I have really enjoyed cooking practical lessons and Mrs Blomfield has been a great guide in helping me develop good food preparation techniques.

Although we may not be able to cook in school, we had our first online zoom practical which was a highlight of on-line schooling. We learnt how to cook scones and they were delicious and airy!



Imogen M in her zoom Food Technology lesson

Note: If we had been at school then we would have added Wattle seed but this was abit hard, so Mrs Blomfield turned it into an English morning tea!



Sophie I's scones



Imogen M's scones

OLD GIRLS 2021 LUNCHEON CANCELLED

Carol Wylie, President Old Girls Association

The 2021 Old Girls Association Luncheon has been **cancelled** due to uncertainty surrounding Covid. We are hoping to organise a luncheon in the first half of 2022.

In the meantime, can you please extend an **invitation** to any past students with whom you are still in contact to join the Association. Numbers are dwindling and we certainly do not want to fade away. The Association donates the prize to the school for the Dux of Year 9 each year and we rely on membership for this to continue. Membership is \$5 for two years and this is usually paid at the annual luncheon.

For any questions or further information, please contact the Association president, Carol Wylie, who can be contacted by email at carol.wylie6@gmail.com or by phone 0413 311 935.

YEAR 7 – OPINIONS AND REFLECTIONS ON LOCKDOWN LEARNING

Julia, Charlotte and Chloe (7E)

Due to the current situation, we are home learning instead of going to school, and we must stay inside.

It has been challenging but we have learnt from past lockdowns and are able to stay in contact with friends and family.

Every day we have at least one zoom to connect with our peers. Although nothing positive has come from lockdown, we try to make the best out of it.

We have all realised how hard it is to be stuck at home on the computer all day, and be at school without our friends. Let's hope this lockdown ends soon!



1,527 ZOOM PARENT TEACHER INTERVIEWS

Mr Matthew Palmer, Head Teacher Social Sciences

On Monday, 26 July we conducted 1,527 Parent-Teacher Interviews for Years 8 and 10. Thanks to the teachers for their efforts hosting these interviews and to our Technical Support Officer Mr Zunic and Mrs Chadwick in the Office for helping to make it happen. It was an extraordinary feat of zooming and adaptability. Zoom Parent-Teacher meetings are one of the positive outcomes of lockdown.

For Future Zoom Parent-Teacher meetings:

- It is important to register before the night. Keep an eye on emails, the newsletter and calendar.
- You can only log-on using a student's Zoom account.
- Separated parents will be able to make bookings using different parent logins. Both need access to their daughter's Zoom account. If you are a parent who would like a separate account, please email the Office. Teachers will give two interviews for one student if requested.
- If for any reason you are unable to Zoom - you can request a phone call from the teacher. Please contact the Office with your request.

YEAR 11 HOSPITALITY COOKING UP A STORM

Mrs Cheryl Blomfield, Head Teacher

Year 11 Hospitality students have continued to develop their skills this term. They are studying "Prepare and present simple dishes".

This unit requires students to:

- Review a menu or product list to determine preparation requirements for simple dishes,
- Check quantities and quality of food items and restock where necessary,
- Complete food preparation prior to service,
- Select and use equipment safely and hygienically according to manufacturer instructions,
- Use appropriate cookery methods for dishes,
- Re-heat pre-prepared foods at the correct temperature for the required length of time,
- Prepare dishes with appropriate speed and timing, and
- Use portion control to maximise profitability and minimise waste.

Last week, students prepared and presented a Sticky Honey Chicken Stir Fry, and this week's menu was Chocolate mousse and Fish Tacos. The results were sure to have impressed many families in lockdown!

Sticky Honey Chicken Stir Fry



Isabella K



April VP



Sophia G

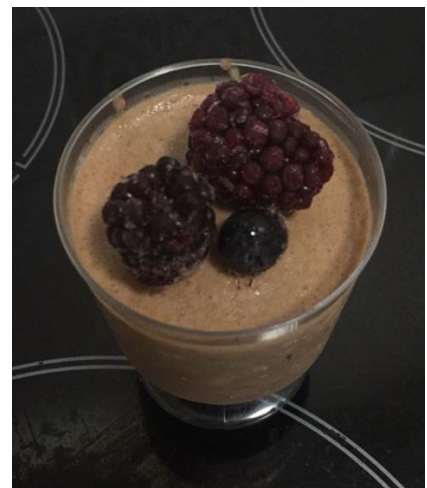
Chocolate Mousse



Sophia G



Rebecca



Isabella

YEAR 10 PD “B Street Smart” INCURSION WEEK 5

Ms Narelle Best, Head Teacher, PDHPE

The Bstreet Smart seminar is an interactive seminar **narrated by a car accident victim** from her wheelchair that simulates the nature of road accidents and their long term impacts on young people. Normally this seminar is held at Homebush and accommodates over 10,000 students from schools across Sydney. Due to lockdown, we will not be going to Homebush this year, but doing an on-line alternative.

This online seminar covers:

- road responsibility,
- emergency resources,
- brain/head injuries resulting from road accidents and,
- the legal issues surrounding negligent driving.

This highly engaging and informative seminar will provide students with a good understanding of health promotion strategies to reduce the road toll and should support a better knowledge of the strategies that allow **young people to evaluate their road behaviour and decision making as inexperienced drivers.**

Please see this [short clip](#) for a preview of this amazing and worthwhile seminar.

This seminar will take roughly two hours and will take place during our PE double period in Week 5. Students will be given access to login at the start of the lesson.

Class	Date	Period
10PDB	Friday 13 August	3 & 4
10PDE	Friday 13 August	1 & 2
10PDG & 10PDR	Tuesday 10 August	5 & 6
10PDS	Friday 13 August	3 & 4
10PDW	Friday 13 August	1 & 2



The “Bstreet Smart” seminar

LUNCHTIME READING CLUB

Ms Alex Parker, Teacher Librarian

Students can join the Lunchtime Reading Group classroom to share their reading experiences, book recommendations and access reading resources.

Reading a book provides the perfect opportunity to escape to other locations, times and experiences during lockdown.

Lunchtime Reading Group is on google classroom. Class code: **5r3hxm**v

Please contact Ms Parker if you have any ideas about things to do in this group as she is open to suggestions.



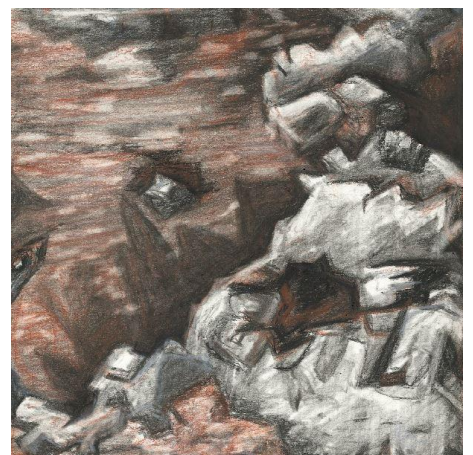
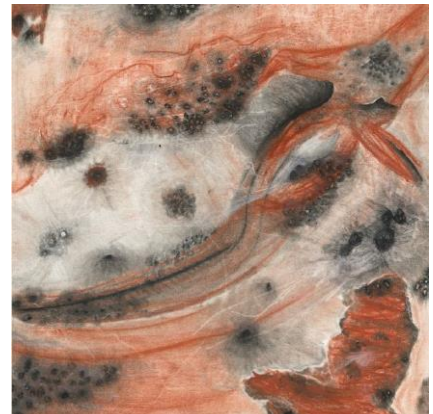
YEAR 11 ARTWORKS

Mr Franc Maltese, Head Teacher, Visual Art

During Semester 1, Year 11 Visual Arts students developed their art-making skills by exploring different materials. Through this process, students refined and broadened their understanding of painting and drawing techniques. The works explore landscape as a starting point for material experimentation.

Below is a selection of work the students produced.

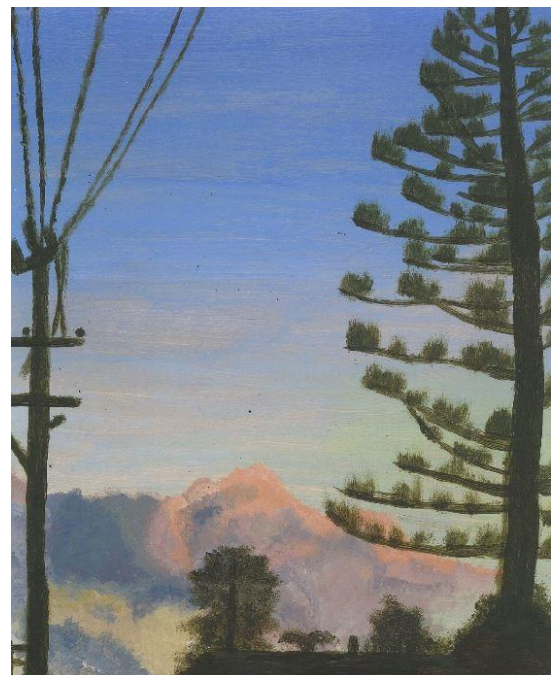
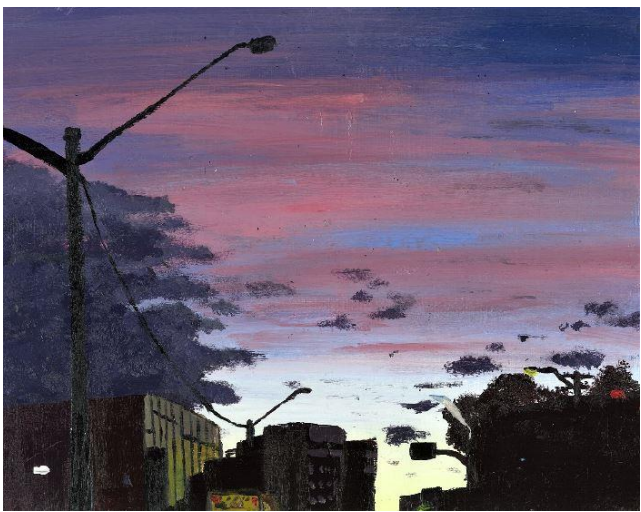
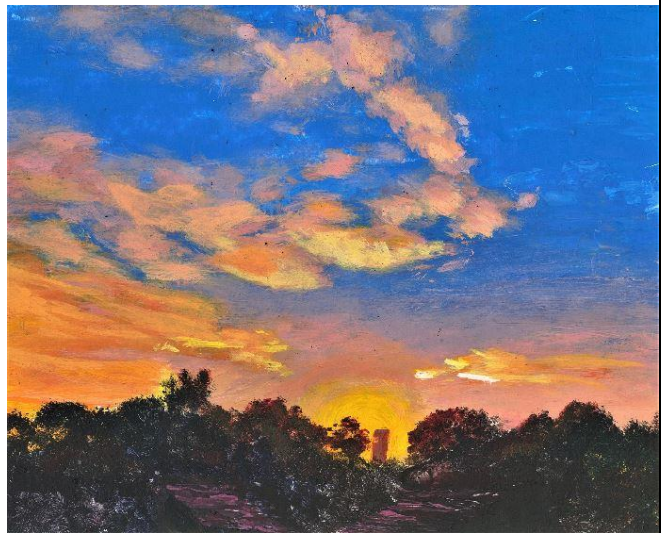
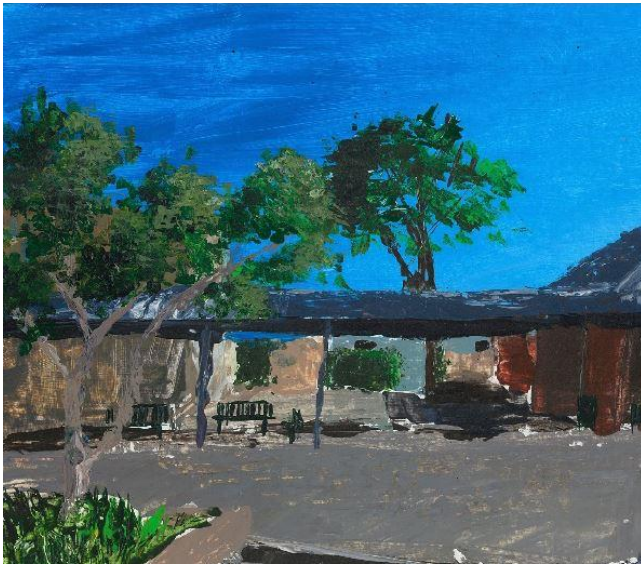
Textures



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YEAR 11 ARTWORKS *(continued from previous page)*

Landscapes



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 the answers!

We have seen a snake
in the wild:

Year 7: 62%	Year 8: 54%
Year 9: 65%	Year 10: 63%
Year 11: 51%	Year 12: 46%



Does Pineapple belong on a pizza?

68% of Y12 and Y10 like pineapple on pizza

½ of Y8 hate pineapple on pizza

60% of Y11 and Y9 like pineapple on pizza

56% of Year 7s think pineapple belongs on a pizza

89% of WGHS students
have worn someone
else's shoes!



On Wednesday 28 July
89% of WGHS students
made someone smile.

Most Willoughby Girls
like summer
more than winter.



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LOCK DOWN TRIVIA ANSWERS REVEALED! *continued from previous page*



Tameka Yallop at the Olympics. (DeFodi Images)

70% of WGHS students
think Soccer
is a better sport than AFL
(The Matildas were so inspiring at the
Olympics!)

WGHS students read books

More than half the students in every year have read a book recently, and Year 7s are the best readers (91% read a book recently).



94% of WGHS students have laughed so hard that it hurt!

FREE ZOOM MENTAL HEALTH SESSIONS FOR PARENTS & CARERS



supporting young people during COVID-19

headspace National is hosting a free mental health education session for parents and carers of young people in the greater Northern Sydney region to support their mental health.

The session aims to:

- Strengthen your understanding of mental health and mental health literacy.
- Strengthen understanding and skills in how to cope and where to find help.
- Build skills and strategies to support the mental health and wellbeing of your young person, including their transition to work and study.
- Build awareness of local, state and national supports available to young people.

How do I register?

Click here to register via Eventbrite, or type the URL below into your web browser:

<https://bit.ly/3i4tGvn>

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar. These sessions will not be recorded.

You will receive a digital information pack following the conclusion of the session.

Contact

For more information email:

headspaceSchools@headspace.org.au



Proudly funded by the NSW Government and delivered by headspace National Youth Mental Health Foundation Ltd.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

COMMUNITY NOTICEBOARD

FREE WORKSHOP – SUPERVISING LEARNER DRIVERS – 18 AUGUST

Willoughby City Council is hosting a 'Helping learners become safer drivers' workshop for supervisors of learner drivers. This is a free event.

It is targeted toward parents and supervisors of young learner drivers.

We have engaged the services of an experienced facilitator to run the workshop. It is designed to increase participants knowledge and confidence as the supervisor of a learner driver, and covers:

- what is involved in being a supervising driver
- the issues facing young drivers
- how the NSW graduated licensing scheme works
- the importance of learner driver experience
- lesson planning and dealing with stress tips for safe solo driving.

This is an online workshop held via zoom on **18 August**, from 6 to 7.15pm. Registrations can only be made online at <https://www.willoughby.nsw.gov.au/gls>.



Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver at a FREE online workshop.

TIME AND DATE:	VENUE:	BOOK NOW ON:
Wednesday 18 August 2021 6.00pm - 7.15m	Online (via Zoom)	willoughby.nsw.gov.au/gls

Helping learner drivers
become safe drivers

