



WILLOUGHBY GIRLS HIGH SCHOOL

A Leader in Girls Education

NEWSLETTER

Phone : 9958 4141

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

30 APRIL 2021

PRINCIPAL'S MESSAGE

Ms Elizabeth Diprose, Principal

Relaxed Covid Restrictions

Welcome to Term 2. At last, most Covid restrictions on schools have been lifted by the Department of Education so we will be able to reintroduce some of our regular activities including assemblies and other activities such as Charities Day, the Athletics Carnival and the Year 7 camp this week.

ANZAC Day

It was wonderful that we could hold our annual ANZAC Day assembly last week. The ceremony included very thoughtful and moving speeches. As always our musicians and vocalists were outstanding. Thank you to Ms Lucy East, Chamber Ensemble Director, and Mr Clem Burgmann, Vocal Ensemble Director. The Senior Vocal Ensemble performed "Til the Boys Come Home", a most appropriate choice for this solemn and respectful occasion. Thank you to Mr Christian Zapf and the History staff for organising this event.

Staff Development Day – importance of reading

This term began with a fabulous day of learning for teachers at Willoughby Girls. A major focus for the next four years, as outlined in our new School Improvement Plan, is literacy and numeracy and this year we are concentrating on reading. Teachers learnt how to utilise the Super Six reading strategies in their classrooms to support students with reading more deeply for understanding. As I have explained in previous newsletters, many students lack adequate skills in inferential and interpretive comprehension. These Super Six strategies teach students how to develop these important and necessary skills. The Home Room reading program is also part of this strategy to improve students' engagement with, and understanding of complex texts. I encourage families to also support students reading widely at home.

School Improvement Plan

Our [School Improvement Plan](#) is now published on our website. This Plan outlines our strategic direction for the next four years. Our plan has been driven by the deep analysis of our students' learning and well-being, which we completed in Term 4 last year. Please take some time to view [the plan](#).

Elizabeth Diprose – Principal



WGHS P&C



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

Next P&C Meeting will be held:
Tuesday 18 May 2021

- ✓ 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

FROM THE DEPUTY PRINCIPAL

Mrs Watts, Deputy Principal, Wellbeing

Uniform

Full winter uniform is to be worn from 10 May 2021.

Building Works

The gate closest to the Mowbray Road carpark will remain closed for the next few weeks while the building works are progressing. The area between the main building and the hall will be unable to be accessed.

If students wish to use the junior girls toilets, they will have to enter and leave via the main building.

No Student is to walk through the Mowbray Road Carpark. There will be trucks and vehicles moving through there on a regular basis.







2021 NAPLAN ONLINE TESTS – YEAR 7 & 9

Ms Janet Atchison, Deputy Principal

NAPLAN assesses literacy and numeracy – important skills that each child needs to succeed in school and life. The NAPLAN tests are designed to provide parents and schools with an understanding of how individual students are performing at the time of the tests. Students in Years 7 and 9 participate in NAPLAN tests for reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy.

All Years 7 and 9 students of Willoughby Girls High School will sit the NAPLAN online tests between **13 and 19 May 2021 (Week 4 this term)**. **They are required to bring their headsets and fully charged laptops, with the locked down browser installed**, on these days.

Device requirements

	Screen	Must measure 24.6cm (9.5in) diagonally (NB - iPad mini and iPad2 not supported)
	Keyboard	Physical keyboard for laptops and desktop computers; optional for touchscreen and tablets
	Pointing device	Mouse, trackpad, touchpad or touch screen
	Hearing device	Headphones, earphones or earbuds are essential for the tests
	Security	The device needs to be secured.
	Network	Internet connection

If you have any questions regarding NAPLAN, please refer to the [NAPLAN brochure](#), or contact me.

2021 CALENDAR

TERM 2: Tues 20 April – Fri 25 June

Tuesday 4 May
Y8 PD Incursion P5-6

Wednesday 5 May
Y7 Wellbeing Day

Thursday 6 May
Y8 Wellbeing Day

Friday 7 May
Y11 & 12 Drama Incursion 1-4pm

Monday 10 May
Athletics Carnival

11-20 May
NAPLAN (Years 7&9)

Wednesday 12 May
Grade Sport starts

Friday 14 May
Zone Athletics Carnival

Tuesday 18 May
Y10 History Excursion
P&C Meeting 7pm

Thursday 20 May
Zone Cross Country Carnival

22-24 May
Duke of Edinburgh

Thursday 27 May
Y7 Learning Conferences 6-7pm

Friday 28 May
Y9 Geography Excursion

Monday 31 May
Y8 Geography Excursion

Thursday 3 June
Charities Day

Friday 4 June
Regional Cross Country Carnival

Friday 25 June
Multicultural Day

TERM 3: Tues 13 July – Fri 17 September

TERM 4: Tues 5 October – Thurs 16 December

WELLBEING TEAM

Mrs Dianne Topic, Head Teacher, Well Being

Welcome back! We hope you and your families had some time to pause, relax and connect over the school holidays. Term 2 promises to be another exciting term for our students.

As always, the Wellbeing Team is available to assist you and your daughters. The Year Advisor is your first point of contact for wellbeing matters. For subject concerns, please email the Teacher or Head of the Faculty.

The Year Advisors and Assistant Year Advisors for 2021 are:



Yr 7 Mrs Nola Budd



Yr 7 Ms Adel Frames



Yr8 Mr Daniel Yeung



Yr 8 Ms Karen Tilson



Yr 9 Ms Sarah Wigan



Yr 9 Ms Anastasie
Velevski



Yr 10 Ms Natasha Lemaic
(on Leave Term 2)



Yr 10 Mr Sam
Glazebrook



Yr 10 Ms Rana Morris
(Term 2 - relieving)



Yr 11 Mrs Caroline Jarvis



Yr 11 Ms Rachel Schroers



Yr 12 Mr James Chen



Yr 12 Ms Grace Tyerman



Mrs Dianne Topic, Head
Teacher, Wellbeing

School Counsellors:

Monday & Tuesday
Ms Gemma Jenkins



Wednesday & Thursday
Mr Will Chen



TERM 2 WELLBEING EVENTS

Mrs Dianne Topic, Head Teacher, Well Being

The Wellbeing Team have organised the following events this term –

- Year 11/12 Parent Information Evening Online – 4th May
- Year 7 Camp – Thursday and Friday of Week 2
- Year 7 Wellbeing Day – 5th May
- Year 8 Wellbeing Day – 6th May
- All year groups – Wellbeing Monday

RAISING GIRLS – THIS MONTH ON SchoolTV

Raising girls in today's modern world can be a difficult path for parents and carers to navigate. These days, girls are transitioning to puberty earlier than they used to and the physical, psychological and emotional changes they experience are challenging. As a result, by mid-adolescence, girls are twice more likely to develop mood disorders than boys.

Some parents and carers may feel uncertain about how best to support their daughter through the ups-and-downs of adolescence and how to keep the lines of communication open. With the rise of social media and technology, mental health difficulties in girls are increasing as they are faced with online images that make it difficult to see themselves as acceptable. Ensuring a daughter's opinions are heard and her views listened to, will go a long way towards making her feel loved and supported as she tries to establish her own identity.

In this edition of SchoolTV, adult carers will attain a clearer picture of what girls are wanting from their adult carers and how best to support them through adolescence. We hope you take time to reflect on the information offered in this month's edition, and we always welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Here is the link to this month's edition

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

MOCK TRIAL – YEAR 10 and 11

Mr Gordon Smith, Social Science Teacher

The First Round of Mock Trial started this week. We look forward to some interesting competition from Yuna H, Victoria D, Sophia A, Maddie H, Yuri S, Mariah A, Sanjhanaa S, Trinity T and others.



NDIS AND SCHOOL TRANSITION

Ms Rana Morris, Careers Advisor

Supporting the transition of students into quality training or work is an essential component of our school's broader Wellbeing and Careers programs.

The transition team at Willoughby consists of the Learning Support team, Wellbeing team and Careers Advisor. Within our network there is also the Regional School Support Transitions Officer, Ms Sue Tomasetti. Making the transition from school can be a significant challenge, particularly for students with disability. Any student in Year 10-12 who has a diagnosed disability, physical or other, may be eligible for government NDIS funding to help with the transition from school into further training or work.

If you are already accessing NDIS funding or you think your daughter may be eligible, please see flyer at the end of this newsletter which details an information session for Parents/Carers and students and how to enrol. This is a great opportunity to gain advice about the NDIS, local external support, such as Job Centre, and other programs which may be available as part of an NDIS transition plan.

MULTICULTURAL DAY – PARENTS AND COMMUNITY MEMBERS NEEDED*

Mr Matt Palmer, Head Teacher Social Science



On Friday 25 June, Willoughby Girls High School will hold Multicultural Day. It will take place on the last day of Term 2 between approximately 12.30pm and 1.45pm.

Multicultural Day is a very important opportunity to recognise and celebrate the many cultural backgrounds of the Willoughby Community. The purpose of the day is to assist all students to feel included and valued, to share knowledge and grow understanding.

Students will run a marketplace and organise events on the day including a Talent Quest. Food and drink items can be sold. All funds raised will be donated to a charity supporting multiculturalism that is chosen by the Student Representative Council.

We are inviting parents and community members to be part of the celebration. Students will be encouraged to ask parents and community members to come to the school to assist them with their stalls and/or events on the day. We hope you will also encourage your child to share their culture and can volunteer some time to join us for Multicultural Day.

If you have any suggestions or questions please email Mr Palmer at willoughbg-h.school@det.nsw.edu.au.

**Volunteers who are Parents /close relatives must to complete this form; and Volunteers over 18 years, not a parent or a close relative of a child attending the school must complete this form and also give the school a current WWCC Clearance Number.*

CROSS COUNTRY CARNIVAL

Ms Narelle Best, Head Teacher, PDHPE

On the last day of Term 1, Year 7 and 8 ventured down to Bicentennial Park fuelled with excitement and energy to complete our Annual Cross Country course.

We walked the course and then prepared to run. A number of keen runners from Years 9-11 joined us in completing the 3km run with vision to run at the Zone Cross Country carnival. Students from each age group eagerly ran, jogged, skipped and walked the course.

The most competitive time for the course was by Pin Pin M in Year 7 in a time of 13:22. A very impressive feat!!

There were a number of students who excelled, showing superior levels of cardiovascular endurance.

Congratulations to our Cross Country Age Champions:

- 12 Years - Maris Y
- 13 Years - Pin Pin M
- 14 Years - Willow T
- 15 Years - Cameron G
- 16 Years - Annabelle W
- 17 Years - Samara D
- 18 Years - Abbey B



The following students will be representing WGHS at Zone and we wish them all the very best:

12 YEARS	13 YEARS	14 YEARS	15 YEARS	16 YEARS	17 YEARS	18 YEARS
Maris Y	Pin Pin M	Willow T	Cameron G	Annabelle W	Samara D	Abbey B
Avani B	Abigail L	Leila B	Annabelle A	Rhiannon L	Sheridan L	
Arabella N	Millie F	Gemma M	Sian G	Gemma F	Olivia T	
Alison L	Sophia R	Dominique C	Chloe A	India N	Kinjal K	
Deborah M	Evie L	Charlie L				
Charlotte C	Haylee H	Melissa C				
Gemma L	Eden M	Sara S				
Emi K	Eireann B	Shayla A				
Kurumi M	Emma X	Sacha J				
Hannah T	Sasha H	Grace P				

ANZAC DAY SERVICE AT WGHS

On Friday 23 April we had a formal assembly for ANZAC Day. This was our first formal assembly for a year, and the first one for our Year 7s. Due to Covid restrictions Years 7, 11 and 12 were in the hall and everyone else participated via zoom from classrooms. To show respect for the ANZACs the assembly was somber, there were no instructions or clapping. It was a very moving service.

The following students and groups participated:

- Chamber Ensemble played “Impromptu for Strings” by Sibelius
- Mila B (11) and Charlotte M (12) gave speeches.
- Claire O (11) & Lydia H (10) played “Last Post” and “Reveille”.
- Senior Vocal Ensemble sang “Til the boys come home” (from WW1) with a solo by Abbey T (11)

“Courage. Truth. Loyalty” by Charlotte M (12)

I was honoured to give a speech to commemorate ANZAC day, and highlight its relevance to students like myself.

Drawing connections between ANZAC values and the school’s motto – courage, truth, loyalty - the speech urged Willoughby students to commit themselves to the ideals that ANZACs have made such sacrifice for.

ANZACs stayed true to a set of principles, were courageous in upholding them, and were loyal to those around them. The story of Willoughby local 21-year-old Charles Louis Williams, who enlisted from Cevu Street, was memorialised in particular. Facing war for the first time, Private Williams died in action during the Gallipoli landing 106 years ago. He, and other Australian service men and women, have endured the worst experiences, for the betterment of our lives.

Not only did I ask my fellow pupils to consider the young age of so many soldiers like Williams, but also the attributes it would require to take to the beach in ANZAC Cove. Ultimately, I called on everyone to try to emulate this spirit in their own lives.



Claire O (11) and Lydia H (10)



Mr Burgman and Mr Zaph



Senior Vocal Ensemble

YEAR 11 CLEVER CUPCAKE COOKS

Mrs Cheryl Blomfield, Head Teacher, Technological and Applied Studies

On the last day of Term 1 our Year 11 Hospitality chefs had some fun decorating cupcakes for Easter. Here are the creations by Abbey B, Sophia G, Lara H, Isabel K, Paris L, Rebecca L, Isabella T, April V, Paris V and Stephanie V.



SIMPLE IDEA TO SAVE THE ENVIRONMENT AND RAISE MONEY

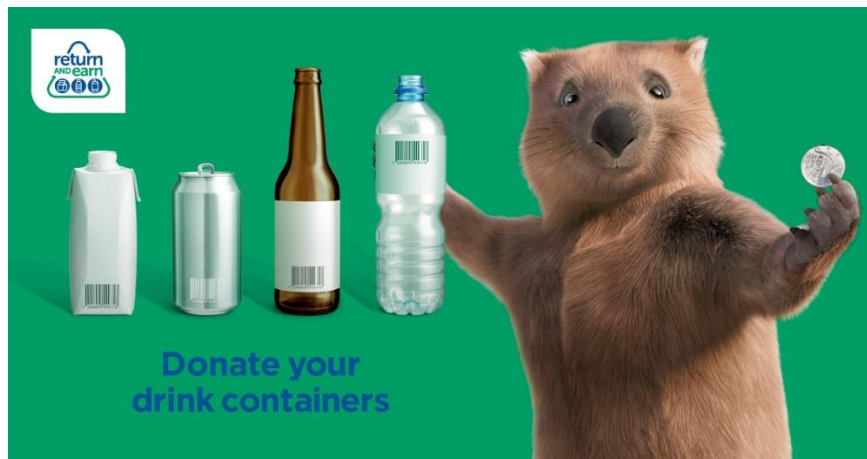
Ms Jo Imer, Teacher, Environmental Club

The Environmental Club is introducing a new Return and Earn initiative within the school. The school will be a collection point for eligible cans, bottles and cartons that will be processed and recycled at the Return and Earn recycling plant in Lane Cove.

The Return and Earn recycling system is better than household recycling as the effective sorting system ensures materials are not contaminated and 100% of containers are recycled.

Students can bring any eligible bottles, cans and cartons from home to put in the collection bins. The school will receive 10c for each bottle collected.

This money will be used to fund upcoming environmental club initiatives such as the chicken coup, the vegetable garden and the compost! We would also like to thank the P&C for providing the environmental club with the initial funding to begin the initiative.



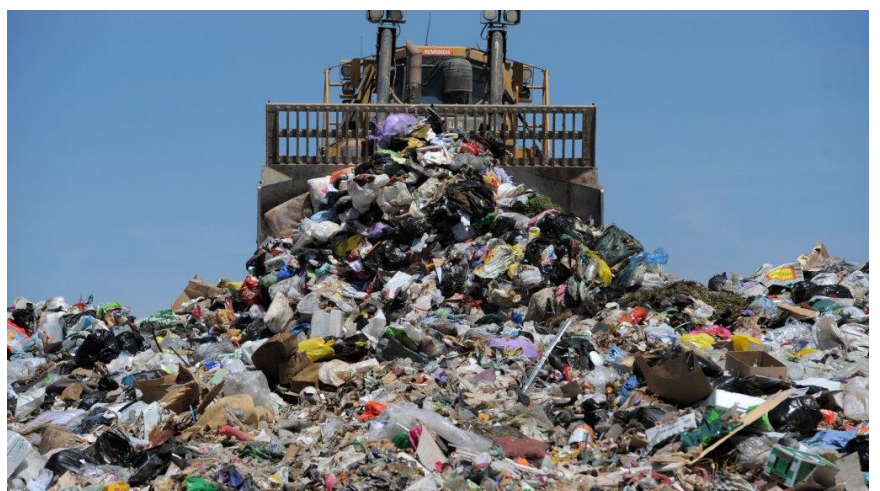
PUT YOUR BOTTLES, CARTOONS & CANS IN BLUE OTTO BINS AT:

- *corner of the Music block*
- *outside the Social Science staffroom*
- *outside the Teacher's Common room*
- *outside the Science block*
- *outside the Studio*
- *the ground floor of K block*

REMINDER: YEAR 9 GEOGRAPHY EXCURSION

Mr Matt Palmer, Head Teacher Social Science

Please pay \$15 online ASAP for the Year 9 Geography Excursion to the Suez Lucas Heights Waste facility, the Foreshore Beach, Botany and the Audley Royal National Park on Friday 28 May 2021 and hand in the permission note to your teacher by no later than 21 May 2021.



BEACH VOLLEY BALL CHAMPION IN YEAR 11

Congratulations to Agnes B who was selected to represent NSW in the Australian Youth Beach Volleyball Championships this week in Queensland. We wish her every success.



YEAR 12 UAC INFORMATION

Ms Rana Morris, Careers Advisor

Year 12 received their UAC Guides – Final two terms of High School! Nearly there!

All Year 12 students who are receiving an ATAR for 2021 have now received their UAC (University Admission Centre) Hard Copy Guides. This guide also comes in digital form and can be accessed through the UAC website at <https://www.uac.edu.au/>

Students also should have received an email at the end of last term containing their UAC PIN number to register for applications. If students have not received it, please contact UAC and have the individual NESA number to give to the phone operator. You must be registered for applications by end of September to avoid expensive late fees.



We were lucky enough to have the UAC presenter Wendy Fisher come to the school on Monday 26 April to take students through important information about the ATAR and associated myths, as well as application details and the timeline of dates and events.

We are also hoping to schedule a parent online session with UAC in the near future. In the interim, please visit the UAC website, access digital channels and social media platforms. There are many videos and presentations available for both students and parents.

If students have questions, they should also see Ms Morris for an interview or short meeting in the Careers Office.

AFRICAN BEAT INCURSION – YEAR 8

Ava C (8) and Sara A (8)



At the end of Term 1, two performers from African Beat came to Willoughby Girls High School to share their knowledge of African drums with Year 8. This workshop involved dancing, singing and playing traditional African Music on a variety of drums. We thoroughly enjoyed the experience. The performance was engaging and highly informative.

The purpose of this incursion was to learn how to play different African percussion. It was a hands-on experience, with everyone, from teachers to students getting involved and having fun.

“They’ve been coming for years and this was probably one of their best shows. Year 8 was so enthusiastic,” Mr Burgmann, Head Teacher, Music.

The performers were master drummers and dancers from Ghana in Western Africa. They had many years of experience in dancing, which they shared with us when they performed. We learned about the origins of the drums and how to create different tones. We played the Djembe (drum), Ashakai (bead shaker) and Gogo Bell.

“They were very enthusiastic when they were dancing!” Jessica Y, Year 8.

At the end, we were encouraged to try traditional dancing, and many students were welcomed onto the stage to give it their best shot.

We were all immensely disheartened when the performance finished. The workshop has enhanced our understanding of the African music we are studying in class and it was such a fun incursion to participate in.



ANIMAL FARM AT GLEN STREET THEATRE – YEAR 8

Mr Daniel Yeung, English Teacher and Year 8 Advisor

Year 8 English students have begun a new concept called *Moral Matters: How do stories teach us to be better people?* As part of their understanding of moral stories, classes will study a novel with a clear moral message. Several classes will be studying George Orwell's *Animal Farm* and so this production of *Animal Farm* was perfect timing for the whole year group to attend.

On 28 April, students travelled to Glen Street Theatre on the Northern Beaches. With the magic of theatre, the world of *Animal Farm* was brought to life. With only five actors playing the multiple roles of the narrators, animals and humans, the play was physically demanding. Watching the actors squealing, neighing, baaing and clucking was incredible. The elements of production were mesmerising, with lighting, haze and strobe lighting effects generating tension and suspense that put the girls on the edges of their seats. At times, the play was confronting but the clear message of the dangers of dictatorships and tyranny was very clear.

After the play ended, the actors came back on stage and the girls were able to ask a variety of questions related to stagecraft, the message of the story and rehearsal techniques. The girls came away hopefully with a better understanding of the story and also an appreciation of the power of theatre.



ATHLETICS CARNIVAL – On your marks, get set....

Ms Narelle Best, Head Teacher, PDHPE

On Monday 10 May, Willoughby Girls will be traveling to the Sydney Academy of Sport in Narrabeen to participate in the annual school Athletics Carnival. This is a fabulous day where we embrace house competition, engage in some fun athletic events and cheer on our peers.

All students are encouraged to get involved and show their House Spirit by participating in as many events as possible and wearing their House colours with pride. See [Athletics Program here](#)



There will be many Track and Field events to take part in, with House points awarded to every participant. Events will include:

Track*:

100m, 200m, 400m , 800m, 1500m and 4x100m relays

Field:

High Jump, Long Jump, Shot Put, Javelin and Discuss.

(If time permits we will also run the 1500m walk, All age champions 100m sprint, and Staff vs student 4x100m relay).

Sportswomanship, skill and ability will be on show in what will be a fun and enjoyable day for all.

There will be an Athletics Carnival note handed out to all students who must get it signed and returned (Years 7-10 will return it to their PE teacher and Years 11 and 12 will have it collected during Home Room.)

We look forward to this compulsory and fun filled day so dust off your joggers and warm up your vocal chords for lots of activity and cheer!!

ONLINE SEMINAR FOR YEAR 11 & 12 PARENTS

Ms Caroline Jarvis, Year 11 Advisor

As previously advertised, Willoughby Girls will be hosting an online seminar for Year 11 and 12 parents on Tuesday 4 May at 6pm.

Professor Viviana Wuthrich from the Macquarie University Centre for Emotional Health will present the latest research findings related to the management of Academic Stress. The presentation will include skills and strategies for parents to assist their daughters to keep stress levels in check during Year 11 and 12.

The seminar will be held over Zoom. Details for the Zoom meeting will be emailed to all Year 11 and 12 families on Monday. Including question time, the seminar should take approximately one hour.

It would be really helpful if parents could fill out the following quick survey to help us get a better understanding of your views around academic stress and how to support your child with this. There is also an opportunity for you to include any questions you might like answered in the seminar. The link to the survey is: <https://forms.gle/gXnjdpZ6PVB3mHBLA>

I look forward to seeing you on Tuesday.



Pathways to Post School Life

A session for young people in Years 10-12 and the people who support them

The NDIA would like to invite young people with a disability in Years 10-12, their parents, carers and education professionals, to attend a virtual information session.

This is a session about building skills and paving a pathway to post school life. We'll discuss a range of NDIS-funded supports and other assistance to help young people build skills to prepare for their transition, and support them in achieving employment and other goals, post-school.

Sessions are offered over multiple dates to allow flexibility for attendees, and will be delivered via video-conference using Microsoft Teams. Registrations will close three business days before the event. If you would like to attend, please register via Eventbrite. Two business days prior to the event, login details (including the MS Teams link to join the session) will be sent from events@ndis.gov.au to the email address you provide at registration.

For any enquiries regarding this session, please contact events@ndis.gov.au. Please include the session name in the subject line.

Where: Virtual Information Sessions via Microsoft Teams

Dates & Times:

Wednesday 5 May 2021	6.00pm – 7.30pm (AEST)
Tuesday 18 May 2021	3.30pm – 5.00pm (AEST)
Thursday 3 June 2021	6.00pm – 7.30pm (AEST)
Wednesday 16 June 2021	3.30pm – 5.00pm (AEST)

RSVP: Please register via Eventbrite at www.eventbrite.com.au/e/pathways-to-post-school-life-a-session-for-young-people-in-years-10-12-tickets-146694728883

Additional information: Accessibility is important to us. If you have any accessibility requirements please let us know when you register for your chosen session. Please note - we need a minimum of five (5) business days' notice to book Auslan interpreters and live captioning services.



[ndis.gov.au](https://www.ndis.gov.au)

COMMUNITY NOTICEBOARD



Educational Healing

Group Programs, Training & Personal Journey Work

educationalhealing.com

Wende Jowsey MA, ED 0490775080



PHOENIX HOUSE

Parent Support Evenings

Wednesday 5 May, Phoenix House, 6-7.30pm

BOOK NOW by email to wendeajowsey@gmail.com

Big Beautiful Boundaries

It's the topic that hits a nerve with many parents of teens but it doesn't have to be a battle of wills....

Being skilled at boundaries with your teen means you know who you are and you have the courage to allow the people in your life to also know who you are; you take your space. In your relationships, you know your preferences, desires, limits, and deal breakers, and you have the ability to clearly communicate them so that you are true to yourself. And you can do it with ease, with grace, and when appropriate, with love.

Family Dynamics: Different Perspectives

with Andy Carroll

Monday May 10th Stanton Library Level 1 Conference Rm

[Book Now](#)

- Social Network Analysis
- Bowen Family Therapy
- Groups, Teams and Systems

Why Parent Mentoring sessions could be what you need...

Find out [here](#)

COMMUNITY NOTICEBOARD

COMPLIMENTARY YOGA CLASS FOR WGHS PARENTS & TEACHERS

(Just mention this offer)

I am a WGHS parent. I have recently started teaching yoga classes at Laurelbank cottage in Willoughby. The classes run with the school terms on Tuesday, Wednesday and Thursday mornings 9.15-10.30am.

I am aiming to cater for parents dropping off their girls and being able to start their day with a focus on themselves.

Once classes get underway I will also be considering for the future an afternoon class with students and a parent.

I hope this will be a great benefit to our local community.

Warm regards Simone Lambert



At Laurelbank Cottage, Corner of Penshurst and Laurel Sts.

Hatha Yoga classes



with
Simone

For information and bookings

Visit - *Yogayuruoma.com*

Ph: 0419 133 001 ^{OR}

