



WILLOUGHBY GIRLS HIGH SCHOOL

A Leader in Girls Education

NEWSLETTER

Phone : 9958 4141

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

23 JULY 2021

PRINCIPAL'S MESSAGE

Mrs Jennifer Watts, Relieving Principal

The past few weeks have been quite disrupted in so many ways - vacations postponed, families unable to engage in their usual activities, cancelled parties and social activities, parents working from home and online learning recommencing. These are all events beyond our control, and, as hard as it is for everyone, we need to manage how we respond to these restrictions.

It is understandable that people become despondent over these changes to our everyday lives, but we need to accept that we have no control over what is happening, so need to focus on how we can best manage the situation in which we find ourselves.

There is a saying;

*"When you can't control what is happening,
challenge yourself to control the way you
respond to what's happening.
That's where your power is."*

Unknown

There are several things students can do to "take control" in the current situation:

Look for the positive in things, no matter how small:

- You can sleep in slightly longer each morning because you don't have to travel to school.
- Your lessons are slightly shorter.
- You have free range of the fridge for recess and lunch (and whenever else you feel like eating)!
- You have more time to be with your family.
- You are safe and warm at home when it is FREEZING at school (I can guarantee it!)



Charlotte L (Y8) doing PE via zoom

Continued next page



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*

Be proactive:

- Exercise regularly – it's important for your wellbeing. You can exercise with one person from outside your family, as long as you wear a mask. Grab a friend and go for a walk around the block or to the park (remember to socially distance).
- Stay in touch with your friends and extended family via zoom or Face time.
- Think of things you can do virtually as a group - have Netflix parties or a group dance.
- Read that book you have been meaning to start.
- Watch the Olympics
- Take up a new hobby.
- Take the dog for a walk.
- Try a new recipe.
- Learn to meditate.
- Practice mindfulness.

These are just some examples of what you can do to manage how you are feeling and improve your wellbeing.

The Year Adviser and the Wellbeing Team are here to support you. If you have any problems or concerns, please contact them.

Remember –the power is yours!

Take care and stay safe.

Mrs Jennifer Watts - Relieving Principal

2022 TERM DATES

Mr. Clem Burgmann, Relieving 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

Monday 26 July

Y8 & Y10 Parent Teacher night - online

Monday 2 August

Possible return to school after lockdown (TBC)

9 -24 August

Y12 Trial Exams

Tuesday 10 August

Y11 Music Recital 7pm

Y10 Be Street Smart Road Seminar

Tuesday 17 August

P&C Meeting 7pm - Zoom

19-21 August

Festival of Creative Arts

24 August

Y12 returns to class following Trials

25 August - 7 September

Y11 Yearly Exams

8-10 September

Y11 Camp

Tuesday 14 September

Student Leaders Induction

Wednesday 15 September

Y12 Review & Farewell Luncheon

Thursday 16 September

Y12 Graduation

Friday 17 September

Last Day of Term 3

TERM 4: Tues 5 Oct – Thurs 16 Dec

PHOTOS NEEDED

Please share photos of online learning and we might publish them. Just send them to the school email address, titled "For the newsletter" with your name and year and a line about what you are doing. Thank you so much.

WAYS FOR PARENTS TO HELP DURING ON-LINE LEARNING

Mr Clem Burgmann, Relieving Deputy Principal

Thank you for supporting your daughter during online learning.

Many of you know how difficult it is to work from home, sitting in front of a screen all day without the regular breaks and interactions that we're used to. This is why we have altered the daily timetable for online learning, with shorter periods and longer breaks in between – please see the Lockdown timetable on the next page.

As a parent, if you are also working from home, one of the best ways you can help your daughter is to [encourage her to use these longer breaks between periods](#).

As you can see on the timetable, we have included suggestions for what to do in each break. But it doesn't really matter what she does, as long as it's not on a screen!

Encourage her to get a cup of tea, go outside, do some exercise, pat the dog, call a friend (without video) – anything to give her brain the chance to reboot.



And if she wanders into the kitchen or living room, please have a quick chat, even if it only lasts 60 seconds – it might be the only live conversation she has all day.

Thanks again for supporting your daughter's learning during this time, and please don't hesitate to contact the school if you have any concerns.

YEAR 7-10 8AM EALD CLASSES STILL HAPPENING - NOW ONLINE

Janet Atchison, Deputy Principal - Curriculum & Assessments

The extra-curricular English Language and Literacy Support classes, run by Ms Bunyan and Ms Vohra, are online!

I would like to remind students to attend these morning classes, which are scheduled for Mondays and Wednesdays at 8am. Ms Bunyan takes the Year 7-8 students and Ms Vohra takes the Year 9-10 students.

This program helps students with their grammar, punctuation, vocabulary development and literacy skills in academic English. The aim is to teach students the language skills they need across different subject areas.

The program is open to all students in Years 7-10 who would like to improve their academic language and literacy skills. This includes:

- students from a Non English Speaking Background (NESB),
- International students,
- English as an Additional Language or Dialect (EAL/D) students, and
- any students who need extra help with their English language and literacy.

Please email the school if you would like your daughter to join these classes, and she will be provided with the details to access the Google Classroom.



LOCK DOWN TIMETABLE / BELL TIMES

| PERIOD | TIME | ACTIVITY |
|-------------------|---------------|--|
| 0 | 8.00 – 8.45 | Class |
| WELLBEING CHECK | 8.50 – 9.00 | Respond to questions on year Adviser Google Classroom |
| 1 | 9.00 – 9.40 | Class |
| BREAK | 9.40 – 9.45 | Stand up, stretch, walk around the room |
| 2 | 9.50 – 10.30 | Class |
| HOMEROOM / RECESS | 10.30 – 11.10 | Stretch, jog, morning tea – eat something & drink some water |
| 3 | 11.10 – 11.50 | Class |
| BREAK | 11.50 – 11.55 | Stand up, stretch, walk around the room |
| 4 | 12.00 – 12.40 | Class |
| LUNCH | 12.40 – 1.40 | Stretch, jog, LUNCH – eat something & drink some water |
| 5 | 1.40 – 2.20 | Class |
| BREAK | 2.20 – 2.25 | Stretch, walk around the room - water |
| 6 | 2.30 – 3.10 | Class |
| BREAK | 3.10 – 3.20 | Stretch, jog, afternoon tea – eat something & drink some water |
| 7 | 3.20 – 4.00 | Class |
| BREAK | 4.00 – 4.10 | Stretch, walk around the room - water |
| 8 | 4.10 – 4.50 | Class |

A MESSAGE FROM THE SRC

Our SRC wanted to share this message of gratitude with you. What are you grateful for even in this challenging time?

<https://drive.google.com/file/d/1-sMaNpufpVsrZVzQ9S375kgPuNjbtMKg/view>

Have a happy weekend and some time away from the screen if you can.

WELLBEING NEWS

Mrs Dianne Topic, Head Teacher, Well being

HOW ARE YOU GOING?

It is important that you as parents and carers remember that you are not alone right now. Many parents are struggling to support their children. Parenting a teenager is complex and confusing at the best of times, and the world of COVID and lockdowns has added another layer to that complexity.

Remember, as a parent, you are not going through this alone. It is important that you are able to recognise and acknowledge your own emotions, as well as those of your family members. Checking-in with ourselves and our loved ones is crucial. The chart below will help you to identify how you and your family members are feeling, and when it is important to reach out for help.

HOW ARE YOU GOING?

WELL ← → UNWELL

| How are you feeling? | Self-aware and calm | Irritable or impatient | Angry or frustrated | Aggressive and out of control |
|-----------------------------|-----------------------------|--------------------------------------|-------------------------------|---------------------------------|
| What's your stress level? | Coping well | Worried or nervous | Very nervous panicky | Really anxious, panic attacks |
| What's your outlook? | Positive outlook | Overwhelmed | Feeling hopeless | Depressed or suicidal thoughts |
| How are you working? | Motivated and kicking goals | Putting things off, forgetting stuff | Unmotivated, not working well | Can't get anything done |
| How are you sleeping? | Sleeping normally | Trouble sleeping | Restless disturbed sleep | Sleeping too much or too little |
| What's your energy level? | Feeling energetic | Low energy levels | Tired | No energy and feeling unwell |
| What's your activity level? | Keeping active | Not doing as much as usual | Not enjoying activities | Avoiding activities |
| How social are you? | Feeling connected | Staying in more than usual | Annoyed with everyone | Avoiding people and isolated |

WHAT CAN YOU DO?

You're doing really well, keep it up. Keep up your mental fitness at ReachOut.com/mental-fitness

| | | |
|--|--|--|
| Talk to friends and family about how you're feeling | Chat to your GP about how you're feeling and get some support in place | Help is available, go and see your GP or a counsellor – don't put it off |
| Get support anytime at ReachOut.com | Talk to someone at the Kids Helpline 1800 55 1800 | Lifeline 13 11 14 |
| Practice some self-care by making time to do something you love | If you live rurally, check out info from the Rural Adversity Mental Health Program ramhp.com.au | Suicide Callback Service 1300 659 467 |

Centre for Rural & Remote Mental Health

REACH OUT.COM

ramhp
RURAL ADVERSITY MENTAL HEALTH PROGRAM

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SOCIAL INTERACTIONS ARE IMPORTANT

The experts from the Sydney University's Pandemic Fatigue - Young People and Mental Health webinar, which streamed on Wednesday afternoon, highlighted the difficulties young people are facing due to the pandemic.

Their findings were based on the ABS Household Survey of young people 18 years and older (www.abs.gov.au/statistics/people/people-and-communities/household-impacts-covid-19-survey/latest-release) but it was interesting how much of what they discussed applies to the younger cohort.

Parents agreed that their children are suffering now more than in the last lockdown and that it has been more difficult to deal with emotional distress and online learning than in the first lockdown.



The experts also pointed out that *young people depend heavily on social connectedness and those incidental social interactions that occur in everyday contact at school or on the way to school.*

These being the formative years of their development in terms of social and cultural identity makes the absence of social contact even more painful.

Strategies and coping mechanisms they recommended centred around 'shared experience' and 'connecting with their friends'. Activities such as taking a walk with a friend, playing games online together (despite the excess of screen time), sending an email to a friend or a family member and making new memories were suggested.

The research is showing that, if you are feeling worse this time around and if your children are also more affected, you are not alone. Other families are also experiencing something similar and while it is important to remember to seek help when you feel you cannot cope, it is also important to know that your experience is shared.

A MESSAGE FROM OUR STUDENT SUPPORT OFFICER!

I hope you are safe and well. My name is Natasha Sekelja and I am the new Student Support Officer (SSO) at Willoughby Girls High School. This full-time position is an added resource to the wellbeing team.

I will be working with students, teachers, parents and the community in a wellbeing and support capacity promoting a supportive and inclusive learning environment.



I will be supportive of the school's strategic plan to ensure that students grow to be independent, kind and open-minded people and have the skills to thrive intellectually, emotionally and socially. Delivery of programs and activities will focus on aspects such as a sense of belonging, resilience building and keeping students engaged with their school and education. I will be doing this through one-on-one check-ins, activities at school, and wellbeing programs that promote mental wellness for our students.

WELLBEING NEWS *continued from previous page*

My education and experience equip me well in this role as I will be working closely with counsellors and teachers. My background is in psychology, research, and teaching and counselling. I am passionate about mental health, early intervention and prevention.

I am excited to work as a Student Support Officer here at the school because I love seeing young people achieve their goals, act on their strengths, overcome challenges and thrive. I want to help ensure young people feel like school is a safe and positive environment, where they feel capable, connected and have a sense of purpose.

Though this is a difficult time, being in lock down and having less connection to the community, the school's wellbeing team are reaching out to the students and the parents to check in and provide support where needed.

I feel lucky to be part of the Willoughby Girls community and I am looking forward to meeting you in person.

SCHOOL COUNSELLING SERVICE

Counselling sessions for students are still available online. If you feel that this is something your daughter may need, please email the school.



Monday and Tuesday:
Miss Gemma Jenkins



Wednesday and Thursday:
Mr Will Chen

ONLINE INFORMATION SESSION FOR PARENTS - HEADSPACE

Headspace NSW is running a free online information session for parents and carers about Mental Health.

The session is on Wednesday, 28 July 2021 from 7:00 PM – 8:15 PM.

For information and to register, please visit this link -

<https://www.eventbrite.com.au/e/mosman-nsw-parent-and-carer-mental-health-education-session-registration-159566697287?aff=ebdsoporgprofile>

YEAR 12 VIRTUAL BIG BREAKFAST – THIS MORNING

Mrs Dianne Topic, Head Teacher Wellbeing

Year 12 students were invited to join a Virtual Big Breakfast this morning, 23 July, via zoom. Teachers and students shared cups of tea and coffee, showed off our pets, played music, talked about our favourite 'binge-worthy' TV shows, what we were looking forward to watching during the Olympics, and just had a laugh.

It was wonderful to see so many Year 12 students join in. Next week, the Wellbeing Team looks forward to hosting a Virtual Lunch. Stay tuned!



YEAR 8 AND 10 PARENT TEACHER MEETINGS - ZOOM

Mr Matthew Palmer, Head Teacher Social Science

Student progress meetings with teachers for Years 8 and 10 are scheduled for **Monday 26 July 2021** from 4pm-8pm. Meetings will be via zoom.

Parents will need to book times to speak with teachers by logging onto the Parent Portal on Sentral. Parents can select teachers and meeting times using the online parent portal at:

<http://web1.willoughbg-h.schools.nsw.edu.au/portal/login>

Registrations for this session opened on Sunday 18 July 2021 and close at 6.00pm on Sunday 25 July 2021. If there is a problem logging onto the Sentral Parent Portal, please email the school for assistance.

Please ensure you leave at least 5 minutes between bookings so you can get to each session on time.

To access the Zoom meetings, parents will need to have their child with them to log into each meeting. Each student will receive information from their teachers regarding how to access the zoom meetings.

IMPORTANT: parents must use their daughter's Zoom account or they will not be able to login. A Zoom account that is not registered to the Department of Education will not have access.

YEAR 12 CHEMISTRY EXCURSION

Ms Marina Guilline, Head Teacher Science

During the last week of Term 2, Year 12 Chemistry students adhered to strict COVIDSafe guidelines to attend a Spectroscopy workshop at an eerily deserted Sydney University campus. Led by experts, students were introduced to a range of modern analytical techniques including UV-Vis spectroscopy, NMR and Infrared spectroscopy. They even got to have a go running samples and identifying unknowns. This will help students as part of their Module 8.



ONLINE LEARNING – PDHPE Style

Ms Narelle Best, Head Teacher, PDHPE

The PDHPE department have modified lesson activities to ensure ALL students are able to access both practical and theory activities. At this time we all recognize the very important role physical activity plays on health especially on mood and feelings of wellbeing, although monitoring this and keeping students motivated is a challenge. For more information regarding the multiple benefits of exercise in lockdown read this article <https://medium.com/in-fitness-and-in-health/why-exercise-is-so-important-during-lockdown-18367e7c4149>

All PE classes have been kept busy staying active with each Year undertaking a different practical unit.

In PE our shift is mostly to dance:

- Year 7 Cultural dance (Group based)
- Year 9 Step Dance (Body percussion) – Group Based
- Year 10 Latin Dance (Partner based)

These activities are accessed with video support to guide students through the nature of each activity.



Both Year 7 and 9 Dance also have a group component where students have broken into groups to commence their routines while remote. This is a good opportunity for students to socialize as well, which is pretty critical.

Year 8 are completing a Striking and Fielding unit with key emphasis on throwing and catching focusing on speed and accuracy.

ALL Years 7-10 students will also have a fitness lesson each cycle which is pitched as a more vigorous form of movement to raise heart rate whilst having fun. Most of these lessons revolve around interactive circuit activities within the home.



Years 9, 10 and 11 complete one sport session a week (Wednesday afternoon) where they select one of three different types of activities, including: Fitness, Dance and Yoga. All students are asked to keep a log of their participation and check in with their teachers.

In PD each Year is working through an electronic booklet copy of each unit. A break-down of lesson topics includes:

- Year 7 – Mind Body Spirit (Learning about how to improve physical, cognitive and mental wellbeing)
- Year 8 – So Happy Together (Learning about the importance and value of respectful relationships)
- Year 9 – My Friends, My Choice, My Life – Safe party behaviours
- Year 10 – Safe Today, Here tomorrow – Road Safety and Health promotion actions

We are trialing more interactive theory options to see evidence of understanding and for valuable feedback. So far students have been wonderfully receptive and productive. We hope this trend continues into the next couple of weeks.

Can we encourage ALL students to get adequate sleep, eat well, exercise regularly and connect with their friends to ensure GOOD health is maintained. !!

YEAR 9 WELL BEING REMOTE LEARNING TIPS AND TRICKS

Ms Sarah Wigan, Year 9 Advisor

This week on our Year 9 Wellbeing Google Classroom students have been sharing their Remote Learning tips and tricks! Here are some of the top tips:



Thalia - "Natural light is good, and try to separate your work space from your sleeping space"



Suhani - "For me, it's completing classwork ahead of time if I know what I'm supposed to do."



Katya - "Exercising good habits e.g. hydration, healthy foods, good sleep schedule and going for walks :)"



Victoria - "Having a stable morning routine."



Acacia - "Check emails or classrooms to be organised for the next lesson. Also take rests and exercise during the breaks."



Kirra - Music!



Pani- "Taking breaks between classes and being on time for classes, handing in work, etc."



Alexandra - Making sure snacks are nearby!



Madeleine – Watching my favourite Youtubers at the start of the day to get motivated!



Jaewon - "Drinking water to try and stay hydrated and avoiding going on my phone or other distractions"



Ivy- Music!



Imogen- Music!

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**

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



THE GROW-GETTER'S GARDEN IS GROWING

Ms Adel Frames, Technical & Applied Studies Teacher / Grow Getter's Gardening Club



Social distancing? Nobody told the Marigolds! These sun-loving little flowers are absolutely loving their spot in the old school garden. Even with nobody around to water them, they're thriving.



The Ornamental Kale plants are putting on a magnificent display. The colder the weather, the better the leaf colours. These plants are edible, in theory, but they're quite bitter tasting. Best to just admire those impressive colours.



Who needs to go shopping for food essentials when a few tiny seeds can grow into such stunning (and delicious) vegetables? These radishes thrived in the sunny house garden. It bodes well for all the other varieties of vegetables that the Grow Getters will be planting, as soon as lockdown ends.

YEAR 7 REPTILE INCURSION

Marina Gulline, Head Teacher Science

On the last day of Term 2, Year 7 got up-close-and-personal with a selection of reptiles as part of their studies on classifying living organisms. With an entertaining and informative demonstration by Education Officer Mick, students were wowed by snakes, lizards and even a crocodile.



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YEAR 7 REPTILE INCURSION *continued from previous page*



LOCK DOWN TRIVIA ANSWERS REVEALED!

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



75% of WGHS girls have ridden a horse



Judy from the Office's dog, Layla.

What percentage of each year has a pet?

- Year 7: 52%
- Year 8: 56%
- Year 9: 56%
- Year 10: 55%
- Year 11: 59%
- Year 12: 58%

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



58% of WGHS students prefer chocolate over chips

Would you prefer to be an amazing singer or dancer?



- Year 12: 70%
- Year 11: 81%
- Year 10: 61%
- Year 9: 60%
- Year 8: 61%
- Year 7: 57%

- Year 12: 30%
- Year 11: 19%
- Year 10: 39%
- Year 9: 40%
- Year 8: 39%
- Year 7: 43%



Movies in the holiday lockdown period?

- 15% of Year 10 watched more than 20 movies!
- Year 12 watched the least movies
- Year 7 and Year 8 watched the same amount of movies
- 79% of Year 9 watched 10 or less movies
- 88% of Year 11 watched 10 or less movies

Should chocolate be kept in the fridge or cupboard?

Cupboard



Fridge



NSW PREMIER'S READING CHALLENGE(PRC)

Ms Alex Parker, Teacher Librarian

Reading is great during lockdown. It is not too late to sign up for the 2021 PRC and complete your reading at home.

Go to <https://online.det.nsw.edu.au/prc/home.html>



| NSW Department of Education

2021 NSW Premier's Reading Challenge

Start reading now!

Key dates for
students in K-10:

Challenge opens
Monday March 1

Challenge closes
for student entries
Friday August 20

Artwork by Dr
Bronwyn Bancroft

www.premiersreadingchallenge.nsw.edu.au



PHOTO EDITING COMPETITION

Ms Alex Parker, Teacher Librarian

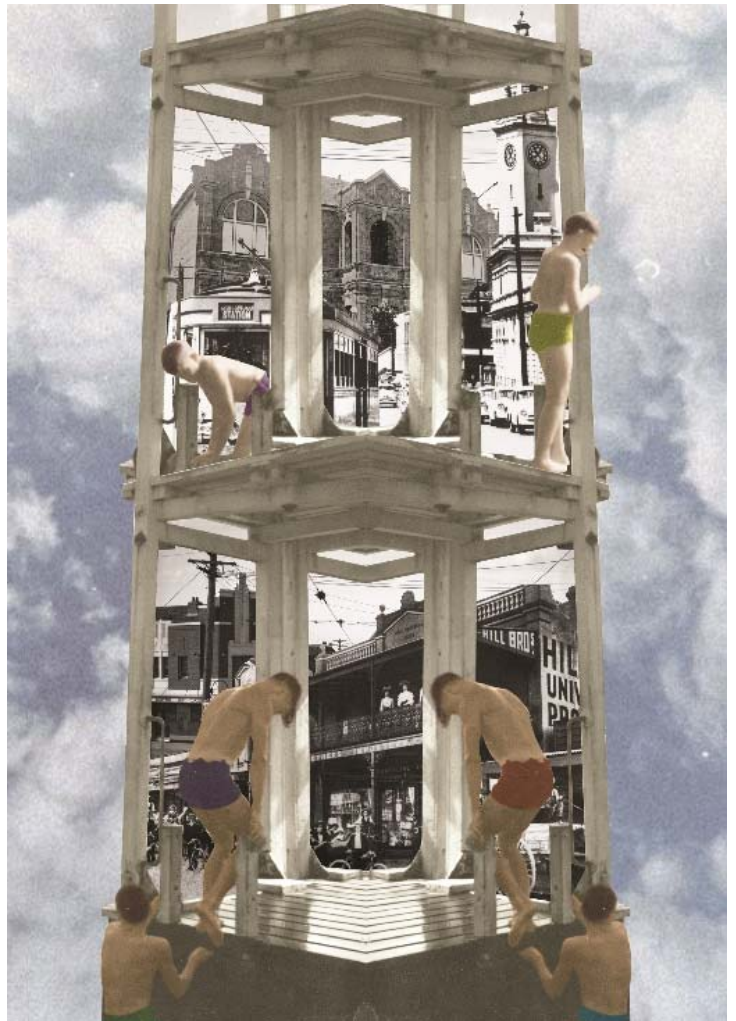
Do you have an interest in digital media and historical photos?

Following the success of last year's competition, Willoughby Council is running their Historical Photo editing competition again.

Please see the promotional poster in the link below for information on how to enter the Willoughby Photo editing competition.

<https://libraries.willoughby.nsw.gov.au/Historical-at-Willoughby/Picture-Willoughby/Picture-Willoughby-Photo-Editing-Competition>

This artwork by Michelle Lee came second in the competition last year. It includes the following images: 1. Tram to Chatswood station, Pacific Highway, North Sydney near the Post Office, 2. Hills Bros, Victoria Ave West, Chatswood, 3. Willoughby Council Town Hall, 4. Swimmers at Northbridge Baths, 5. Chatswood looking East from the station.



GO THE AUSSIE TEAM AT THE 2020 TOKYO OLYMPIC GAMES

What is your favourite Olympic sport? The WGHS staff did a survey and here are the results:

Swimming is the favourite, followed by gymnastics and diving. Other sports that we love are netball, woman's football (we won the first one), cycling (track, mountain and BMX), volleyball, equestrian, marathon, hockey, athletics (particularly the 100m sprints), synchronised swimming, basketball, rowing and football. Some are also really looking forward to the new sports of surfing and skateboarding.



COMMUNITY NOTICEBOARD

FREE WORKSHOP – SUPERVISING LEARNER DRIVERS

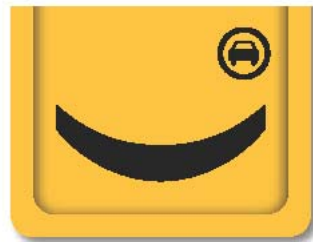
Willoughby City Council is hosting a 'Helping learners become safer drivers' workshop for supervisors of learner drivers. This is a free event.

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



