



# WILLOUGHBY GIRLS HIGH SCHOOL

*A Leader in Girls Education*

## NEWSLETTER

Phone : 9958 4141

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

<https://facebook.com/WilloughbyGirlsHighSchool>

03 JUNE 2022

### PRINCIPAL'S REPORT

Mrs Adrienne Scalese, Principal

#### YEAR 7 CAMP

Last week our Year 7 students had their camp at Narrabeen Sport and Recreation. Working in groups they participated in a range of activities including archery, damper making, kayaking and team challenges. It was wonderful to attend Day 1 of the camp and see all students participating and encouraging each other. Thank you to Ms Menhinick, Ms Saunders, Ms Chevell, Ms Moloney, Mr Zapf, Ms Hattingh, Mr Kurtz, Ms Pryor, Ms Kaczmarczyk, Ms Lemaic, Ms Morris and Ms Atchison for their support of the camp.

#### CHARITIES DAY

What a wonderful day Charities Day was for all students and staff in attendance. Thank you to the Prefects, in particular Isabel, Aleah and Mia who successfully co-ordinated the day ensuring that everyone had a day to remember. The day was all about raising funds for the Bravehearts Charity and as a school community we raised \$13,086. Sincere thanks to our P&C for their \$500 donation, to all the businesses who so generously donated, Willoughby Public School for the use of their hall and LaHi, our secret entertainer, for supporting this student led initiative.

#### Y7 LEARNING CONFERENCES

Our Year 7 learning conferences were held this week. These conferences provided an opportunity for students to reflect on their learning and involved them showcasing a number of work samples from a variety of subjects. Congratulations to all students for sharing your learning journey with your parents and teachers. If you had technical issues on the night and could not log on, there will be an opportunity to do this on Tuesday 7 June. Please contact the school to book a time. An email has gone out about this.

#### NEW SCIENCE LABS

Our newly upgraded Science labs were handed over this week and staff and students are certainly enjoying the facilities. Thank you to our P&C for your significant financial contribution.

#### FACEBOOK

This week marks our second week of Willoughby Girls High School having an official site on facebook <https://facebook.com/WilloughbyGirlsHighSchool> If you haven't done so already, please follow this page so we can share the wonderful things happening in this school (Please ensure you follow the Official page with the blue school logo rather than the education icon of the educator).



Ms Scalese, dressed as Cruella De Vil, with some of our Year 12 students who dressed as Minions at Charities Day.

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### WGHS P&C



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



Next P&C Meeting will be held:  
**Tuesday 21 June 2022 - 7pm at school, K Block**

- ✓ 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) or online
- ✓ Any queries or matters to be raised can be raised via the Secretary at the above email address at any time.

# PRINCIPAL'S REPORT

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## ZONE ATHLETICS CARNIVAL

We are very fortunate to have a number of students representing Willoughby Girls at the Zone Athletics Carnival today. Congratulations to all students who participated, those who placed and to our staff for your support and attendance.

## COMBINED PRIMARY SCHOOL SHOWCASE

This week saw the return of music to our school hall with the Combined Primary Schools Showcase. The evening was a great success as we enjoyed many wonderful performances from our ensembles and those of Castle Cove and Willoughby Public Schools. Our P&C band committee provided refreshments which were enjoyed by all in the audience.

## OPEN GIRLS SOCCER

Congratulations to our open soccer team who once again triumphed in the knockout competition with a 5-0 victory against Cheltnam Girls High School. We now move to the semifinals of the Sydney North Competition. Good luck to our girls!

## YEAR 7 PARENT WELCOME EVENING

After so many months of Covid restrictions, we are enjoying being able to invite parents back to school. Our next parent event will be the Year 7 2022 Welcome Evening presented in conjunction with the P&C on Monday 6 June. I look forward meeting many parents there.

***Mrs Adrienne Scalse***  
**Principal**



## TERM 2 2022 CALENDAR\*

**Monday 6 June**

Year 7 Welcome Evening (Parents)

**Tuesday 7 June**

Y8 Geography Excursion to Chatswood CBD

**Friday 10 June**

Y12 Study Day (at school)

**Monday 13 June**

Queen's Birthday Public Holiday (no school)

**Wednesday 15 June**

Y11 Earth & Environmental Science excursion

**Thursday 16 June**

Regional Cross Country

**Tuesday 21 June**

P&C Meeting

**Wednesday 22 June**

Y11 Biology excursion to Taronga Zoo

**Monday 27 June**

Silver Merit Assembly

**Tuesday 28 June**

Y9 & Y11 Parent-Teacher Meetings (at school)

**Thursday 30 June**

Y10 Vaccinations

**Friday 1 July**

Last Day of Term 2

**Tuesday 19 July**

**First Day of TERM 3**

Y8 Information Night 5pm (Students and Parents)

**Tuesday 26 July**

Y10 Information Night 5pm (Students and Parents)

**3-5 August**

Year 8 & 9 Ski Trip

**1-12 August**

Y12 Trials

*\*Subject to changes due to Covid restrictions*

## HOW TO FOLLOW OUR NEW WGHS FACEBOOK PAGE

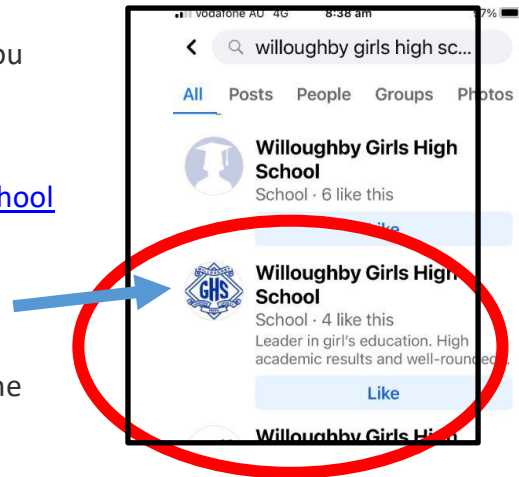
It is very exciting that we are on Facebook! To ensure you never miss a post, please follow us today.

To follow us you can either:

Click <https://www.facebook.com/WilloughbyGirlsHighSchool> and then “like” and “follow” the page.

or

In facebook, search for “Willoughby Girls High School”. **Please ensure you find the official page** (the one with the blue WGHS logo next to it (circled in this picture)



## FROM THE DEPUTY

Ms Janet Atchison, Deputy Principal – Curriculum & Assessments



### YEAR 12 STUDY DAY – Friday 10 June

I am happy to inform you that on Friday 10 June, Year 12 will be having a Study Day at Willoughby Girls High School to help them prepare for the final chapter of their secondary education. This is a whole day incursion and students are required to stay at school during school hours.

On the day, students will be offered opportunities to develop their major works/projects/private studies, seek assistance from teachers of different curricula and career advice, and engage in fun activities such as Zumba and Pilates. Students are required to select their activities via a google form which will be in their Year 12 Wellbeing Google classroom from Tuesday.

We hope the day will allow Year 12 students to refine their HSC studies, reflect on their learning progress, and assist them to feel prepared for their final period of learning and completion of their major works/projects.

### MEDICAL CERTIFICATES REQUIRED

With so much flu going around, please keep your daughter home if she is sick. If she is absent for more than 3 days then the school requires a medical certificate upon return.

If your daughter has missed an assessment for Years 10-12, the medical certificate **MUST** state the **medical condition**. A medical certificate which does not state exactly what the medical issue was will not be excepted as justification for not completing an assessment.



## FROM THE DEPUTY PRINCIPAL

Mrs Tania Prowle, Relieving Deputy Principal - Wellbeing



### WINTER SCHOOL UNIFORM

Recently, as the cold weather has arrived, students have been wearing different coloured jumpers, puffer jackets and other clothing that are not appropriate or correct school uniform.

It is beneficial for students to wear full school uniform each day. A uniform quickly identifies a student as being part of a particular school and provides a sense of belonging to the school community.

Please check the student diary for an outline of the school uniform. These are part of our school rules and expectations, as well as student responsibilities as members of the school community.

***Those students who persistently wear incorrect school uniform may be given a detention by the Deputy Principals.***



### What should students do if they have a reason for NOT wearing correct uniform?

Where a student cannot wear any part of the school uniform e.g. wet shoes, a note from a parent/carer should be provided indicating the reason. An 'Out of Uniform' pass can be issued by the Deputy Principals or the Head Teacher Wellbeing which can be shown to teachers if required.

### What should students do if they are cold?

It is recommended that students wear undergarments that can protect them from the cold in the winter months. These include stockings and underwear such as singlets, thermal underwear, which cannot be seen above their uniforms. The school sports jacket can be worn over the formal school uniform if the school pullover is not an option.

### SCHOOL PROCEDURES for STUDENT ILLNESS

Due to the current health situation, we are seeing an increase in admissions to the school clinic.

Willoughby Girls High School has a number of protocols that need to be followed for a student who is feeling unwell. Students are NOT TO CALL PARENTS before going to or whilst in the clinic. Please do not arrive to collect your daughter unless you have been contacted by the school. A parent/carer must sign the student out of the school before leaving.



### What should a student do if ill or injured?

1. If the student is in class, she needs to advise her teacher that she is not feeling well.
2. Her teacher will give the student a note to take to the office.
3. The student is admitted to the clinic.
4. If the student is at recess or lunch, the student comes directly to the office and will be admitted to the clinic.
5. The school First Aid Officer will assess the student in the clinic. If the student is not well enough to stay at school, the First Aid Officer will contact parents/carers.
6. Students are monitored while in the clinic. The maximum stay in the clinic is ½ hour.

## YEAR 7 CAMP

Ms Evie Menhinick, Year 7 Year Advisor & History Teacher

Here are some extracts about the camp from our Year 7 Students.

“Last Tuesday and Wednesday on the 24th and 25th of May, all of Year 7 had the privilege of going to the Narrabeen Academy of Sport and Recreation for two days of day camp. On the Tuesday, we did fun activities such as kayaking, archery and making damper. And on the Wednesday, we did team activities where we had to get into groups and go around to different places we had on the map to solve challenges together as a group. This was a really exciting and enjoyable experience where we got to meet new friends and work with them together.

The camp was so much fun and I was very grateful that we got to experience something like this and I'm sure all of year 7 would agree too.” [Carleen S](#)

### KAYAKING AT CAMP

“Kayaking on a 2-person boat was an amazing experience to have which was definitely repeatable. Although, it probably would've been better to avoid the heavy rain, it was fun to get soaked to the skin while learning how to move a kayak with a 2m long paddle. My two day experience at the **Sydney Academy of Sport and Recreation** was very enjoyable and filled with learning new things while also revising some old already taught camping concepts. The activity which I think I had the most fun with was kayaking, simply because of the experience we had on the water which has now led me to becoming a successful kayaker.” [Aggrima M](#)



### KANGAROO COURT

“Kangaroo court was an enjoyable experience for both Year 7 students and teachers. Year 7 participated in a variety of scenarios that occurred during the team challenge presented to us at the **Sydney Academy of Sport and Recreation**. Kangaroo court consisted of Year 7 students contributing to a court law case.

During an activity called 'team challenge' we completed tasks to get a number of points. After this activity we were able to make accusations towards other teams which could/were raised at Kangaroo court. This activity was filled with both entertainment and amusement for Year 7 to endure. During the time at Kangaroo court, team members bonded with each other to create justifications to use. The staff members who assisted us during our time at the Academy were both friendly and informative—they helped create a fun and diverting environment for everyone to enjoy despite the bad weather.” [Lucy P](#)



“During the two days of camp, we went camping at the **Sydney Academy of Sport and Recreation**. It was a fun experience and we got to socialise, specifically in the team activity we did on day 2. It was awesome and was all about teamwork. Although we didn't win first place, we still did cooperate, talk to each other and walked our way through the

Course. We liked the chess game and the blindfolded game. The best part was having the opportunity to go to kangaroo court to request for a bit of points, it was quite fun. Other than that, we participated in a series of fun activities, and most of all, made new friends.” [Annie C](#)

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YEAR 7 CAMP *continued from previous page*



## CHARITIES DAY

Aleah D, Year 12 Prefect

On Friday the 27th of May Year 12 and the Prefects hosted our annual Charities Day. Luckily the weather was great and we were able to hold some stalls outside. The Year 12s chose Bravehearts as our charity. Bravehearts aims to educate, empower and protect Australia's children from child sexual assault. We are very proud to be able to donate \$13,086 to this important charity as a result of Charities Day.



Year 12 organised stalls which had food and games set up throughout the school. This year we held the day slightly differently from other years; holding certain games in the library, the studio and most food stalls in the hall. Willoughby Public kindly let us use their hall and we were able to put on a great secret entertainment with our amazing singer LaHi. We also held a costume contest with the winners from each year winning a \$20 Gong Cha voucher and a lolly bag.

We would like to say a massive thank you to our community for their incredible donations! The following companies/brands donated some amazing prizes which were used in our raffle:

Braci Osteria + pizzeria

Nak hair care kits donated by Jorja Mckenzie

The craft dispatch

Lillio

Lane cove aquatic centre

Gong Cha

Sydney FC

Borrusos

Jennys Gentle Yoga

Anytime fitness

Bridgeview

Taronga zoo

Chargrill Charlies

Willoughby pub

Hoyts

jasmine foot and nail spa

Beauty by Margareta

Biome

Strike bowling

Dominos



All the costume winners had photos with the Art Teacher Mutant Ninja Turtles



There were many Cruella de vils!

Thank you to everyone who joined in, bought from the stalls, played some games and entered the raffle, we are very grateful for every year and their participation in dressing up as Heros and Villains and celebrating Charities day 2022!!

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# CHARITIES DAY *continued from previous page*





# YEAR 10 ENGLISH SEMINAR ON LIFE WRITING

Acacia C, Year 10

Writer, Jane Caro came to speak to Year 10 English students about the writing process as part of their current topic on Life Writing. During the seminar I was inspired by her sophisticated knowledge as a writer, while I was also extremely amused by listening to her speech. She introduced us to several helpful and challenging techniques we could use while writing an emotive and amusing memoir.

From the very beginning of the seminar, she focused on our questions. For example, when one of the students questioned: "What makes a good memoir?" she answered, "The story that creates a conversation between the readers and the writer."

She then explained that successfully written memoirs leave some room for readers to use their imagination. (Also known as the 'show, not tell' technique). Unlike films, this technique allows the readers to visualise the settings, characters or even the situation that they're in. As an additional point, Caro hinted at us to describe the environment or the settings by explaining the 'actions' that the characters take.



To do this, we, as writers must habitually use the active voice, so that the sentences flow well, and sound more emotive and expressive. This advice was helpful as I have a habit to describe the scenes only through sight, rather than other senses or actions.

Additionally, Caro stated that "all good writing is a dialogue, not a monologue." She elaborated on this statement by explaining that all writers are expected to write the dialogues from the perspective of the protagonist. In other words, while writing dialogue, the authors must use language that suit the character's personality, age, gender or the way they generally speak. In memoirs, the authors are often introduced as a protagonist. Hence, Caro persuaded us when writing a memoir, we must "write how we speak." Again, her precise explanation of the use of effective techniques inspired me.

Caro read some extracts from her memoir as examples to give us ideas of how to use a certain technique. This teaching method helped me to understand the technique well and comprehend the concept of how to use those literary devices efficiently.

Most importantly, at the very end of the seminar, Caro reminded us to establish the 'truth' throughout our memoir. Even if it's not the absolute truth, it is essential as long as it's written from our perspective and establishes either emotional or psychological truth.

Jane Caro is an extremely inspiring writer. During the seminar, I was thrilled by her sophisticated knowledge to write a memoir. On the other hand, I personally found her unique teaching methods very engaging. We were all very appreciative to be provided with an opportunity to listen to such an acclaimed author.

A big thank you to our English teachers for organising this wonderful opportunity.

# YEAR 11 FOOD TECHNOLOGY - SALTED CARAMEL PRETZELS & SOUFFLE PANCAKES

Mrs Cheryl Blomfield, Head Teacher Technical & Applied Studies

Year 11 Food Technology students have been studying functional properties of food and identifying factors that affect the functional properties of food. They have been experimenting with coagulation, foaming, aeration, denaturation and caramelisation.

We have made Nacho stuffed chicken, Soufflé pancakes and Raspberry lemon gummies. In the most recent practical, the students made salted caramel pretzels. It was a fun filled practical with several tricky steps in the process. The girls did an amazing job.



## YEAR 11 SECOND AT NATIONALS

Maddi M and her trio won silver overall in the level 10 Acrobatic Gymnastics National Competition on the Gold Coast last week. Their coaches are extremely happy. They are now aiming for internationals.

Congratulations Maddi!



# YEAR 8 SCIENCE – RUBE GOLDBERG MACHINES

Ms Katrina Novosel, Science Teacher

Year 8 Science have been learning about energy. Their project was to design and construct a Rube Goldberg Machine to trap an object. Each machine was made of recycled, repurposed materials and included at least 3 different types of simple machines.



1. Isabella, Sienna, Sophie



2. Zara, Vicky, Khyana



3. Veronica, Kit, Crystal, Lily



4. Annabelle, Trinity, Kaitlin



5. Marie, Yana, Kaitlynne, Nikki



6. Brooke, Suzannah, Nina, Chelsea



7. Rinnah, Parmiss, Claudia, Annalise

# SUPER STARS AT ZONE CROSS COUNTRY

Stela LK, Year 10

The Zone Cross Country Carnival was held on Monday 30th May, at Pittwater Rugby Park. Despite the cold weather and light showers throughout the day, we competed and ran exceptionally well, achieving **second overall in the girl's point score**. There were some sensational efforts. Our girls which demonstrated exceptional sportsmanship and strategically overtook other runners even on the last laps of the races.

Special shout-out to the students who ran in the 17-19 age group, where all of them qualified for Regionals!

We had a number of Girls place in the top 8 qualifying for the Regional Cross Country Carnival which will take place on the 16<sup>th</sup> of June at Gosford. This group is the largest group of girls who have qualified over the past couple of years.

Congratulations to all the girls who competed and we wish them the best of luck for Regionals!!

Our students competing in the Sydney North Team are:

- |                  |                  |
|------------------|------------------|
| Lily H (7)       | Mira T (10)      |
| Ruby L (7)       | Annabelle W (11) |
| Chloe D (7)      | Rhiannon L (11)  |
| Avani B (8)      | Aurelia H (12)   |
| Piroonthan M (8) | Jessica T (12)   |
| Frances K (10)   | Samara D (12)    |
| Willow TD (9)    | Abbey B (12)     |
| Zoe B (10)       | Sheridan L (12)  |



Pin Pin M (Y8) came 2nd



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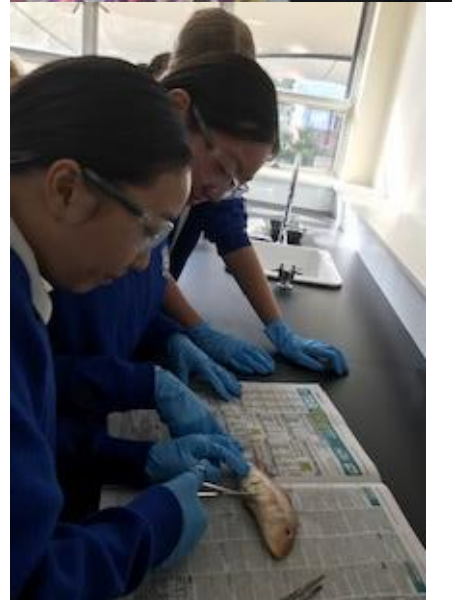
## SUPERSTARS AT CROSS COUNTRY *continued from previous page*



## YEAR 7 DISSECTED FISH IN OUR NEW SCIENCE LABS

Ms Katrina Novosel, Science Teacher

Year 7 Science are looking at vertebrates and dissected fish to investigate their internal structure.



# WGHS PRIMARY SCHOOLS MUSIC SHOWCASE

Mr Clem Burgmann, Head Teacher Music and Administration

On Tuesday 31<sup>st</sup> May, we hosted our biggest concert in three years when we joined forces with two local primary schools for the WGHS Primary Schools Music Showcase.

In what used to be an annual event (before Covid) our instrumental ensembles shared the stage with three bands from Willoughby and Castle Cove Public Schools. It is always great to see and hear so many keen young musicians, and of course we look forward to many of those primary girls coming through to our ensembles over the next few years. It was also the debut performance for most of our Accelerate Ensemble, where students in Year 7 take up a brand-new instrument - congratulations on a great start!

Many thanks to the parent committee for their catering, and well done to everyone on stage too.



## STUDY SKILLS

Rana Morris, Relieving Head Teacher Wellbeing

Willoughby Girls High School subscribes to ELES – Enhanced Learning Educational Services to provide students with ideas to help with Study. Below is this month's ELES newsletter article which maybe useful for many students to think about.

### ATTITUDE IS EVERYTHING

The attitude you bring influences your thoughts and actions and the approach you then take to your learning. Your attitude will affect how much time you put into your schoolwork, how you manage challenges, and ultimately your path to achieving your personal academic best.

**Take the time to determine reasons to put in effort into your schoolwork.**



*Think about which of the following reasons might be motivating for you:*

To achieve the best marks you are capable of at school.

- To give you lots of options for what subjects you can choose in the senior years.
- To give you lots of options of what you can choose to do when you leave school.
- To have a personal sense of satisfaction about doing your best.
- To show your gratitude to your parents for giving you an education.
  
- To avoid getting in trouble from your teachers.
- To avoid getting in trouble from your parents.
- To avoid getting a detention or other negative consequences from not working.
- To avoid disappointing your parents.
- So you don't feel bad about wasting your parents' time and money giving you an education.

You may have heard about 'carrot' and 'stick' people. If you want a donkey to move forward, you can either lead it forward with a carrot (a reward) or tap it with a stick (punishment).

Some students are motivated by working towards rewards, positive consequences of doing the right thing, while others are motivated to avoid negative consequences. Which do you think you are?

Understanding what motivates you and what affects your attitude can make it easier for you to make positive changes.

*Learn more this year about study skills techniques by working through the units on [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au). You can find our school's login details in the library.*

## YEAR 8 GEOGRAPHY EXCURSION THIS TUESDAY 7 JUNE

Mr Adam Noronha, Relieving Head Teacher Social Sciences

There is a Year 8 Geography excursion on Tuesday 7 June. If you haven't done so already, please check your email and return the online permission slip as soon as possible.

## NAVIGATING YOUR TEEN'S MENTAL HEALTH – 9 June at 12 noon OR 28 June at 7pm

Ms Natasha Sekelja, Student Support Officer

**This 45 minute Black Dog Institute presentation is for parents and carers of young people. Parents and carers will learn how to spot early warning signs of mental health issues, when and where to seek help and how to support a young person they care about.**

Normal mood swings or clinically depressed –can you tell the difference? Understanding mental health is a minefield for many of us, but that's where we can help. Our presentation developed by experts has been designed to help you answer questions like this and gives you the knowledge and practical advice to:

- Identify depression from normal mood swings
- Understand the types of mental health concerns
- Recognise the symptoms of depression and anxiety
- Know when professional help is needed
- Understand the range of treatment options
- Have open, meaningful conversations
- Spot and monitor the warning signs



**Black Dog  
Institute**

Celebrating  
**20**  
YEARS

These free, 45 minute sessions are presented by community members with lived experience of mental illness. The presenters speak from the heart, sharing their personal story as well as our expert knowledge.

- This presentation is held completely online.
- A link to the webinar will be provided upon registration, 24 hours and 1 hour before the start time.
- This webinar requires a computer and stable internet connection.

**Time:** 9 June at 12 noon or 28 June at 7 pm

**To register:** <https://www.blackdoginstitute.org.au/education-services/webinars/upcoming-community-webinars/>

### SCHOOL TOURS HAVE RESUMED

With the easing of Covid restrictions, we are excited to offer small group Guided Tours of the school. If you have a daughter who is hoping to start at Willoughby next year, and would like to organise a tour, or if you **have any questions about enrolment or would like to organise an On-Site Tour, please contact us on 02 9958 4141 or email [willoughbg-h.school@det.nsw.edu.au](mailto:willoughbg-h.school@det.nsw.edu.au)**

We also have a virtual tour online where you can meet and hear from teachers and students and find out about opportunities for your daughter, subjects, extra-curricular activities and more. [Click here.](#)





## SCHOOL PHOTOS: 20% DISCOUNT OFFER ON SPORTS AND CO-CURRICULAR GROUP PHOTOS UNTIL 15/06/2022

Would you like to get any of the following photos?

- Prefects
- SRC
- Prefects Casual
- Year 12 Muck Up

**advancedlife**  
school photography & print specialists

You can now view and purchase the group images listed above and if you place your order before 15/06/2022 you will get a 20% early order discount. Just click on the link below. Please note the discount will be automatically applied at checkout.

<https://www.advancedimage.com.au/PublicPortal/BrowseGroups.aspx?nbnhmHqgedByJXJ5ItGWFO==>  
Images can also be viewed by visiting [www.advancedlife.com.au](http://www.advancedlife.com.au) entering the code: XP3 QTE KYR and clicking on "Group Photos"

### Important

- ❓ Sports and co-curricular group photos can only be purchased online, **PLEASE DO NOT** return payment to your school
  - ❓ If your child's group or team is scheduled to be photographed at a later date, you will receive an additional email notification when the images are ready to be ordered
  - ❓ Photos will be returned to your school for distribution approximately six weeks after the discounted **early** order period has closed
  - ❓ Past years' photographs including sports, co-curricular and representative groups are also available at your school's **advancedorder** and your child's **advancedyou** photo sites
- advancedlife** would like to express our appreciation to **Willoughby Girls High School** for placing your trust in us. Please remember we offer a 100% money-back guarantee on our products to ensure your peace of mind. We would also love to receive your feedback or resolve any issues you may experience, to ensure your satisfaction. If you have any questions, comments or feedback relating to your **advancedlife** experience, please contact us at [www.advancedlife.com.au/contact](http://www.advancedlife.com.au/contact)

## HOW TO AVOID CONFRONTATION WITH YOUR TEEN

Ms Natasha Sekelja, Student Support Officer

The increase in self-awareness in the teenage years can lead to a heightened sense of feeling judged and becoming more anxious as a result. You can help your teen and avoid miscommunication by following a few simple steps presented in this video:

<https://tinyurl.com/57wkcame>

