



WILLOUGHBY GIRLS HIGH SCHOOL

A Leader in Girls Education

NEWSLETTER

Phone : 9958 4141

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

<https://facebook.com/WilloughbyGirlsHighSchool>

29 JULY 2022

PRINCIPAL'S REPORT

Mrs Adrienne Scalse, Principal

WELCOME TO TERM 3

Welcome back to Term 3 which promises to be another busy yet exciting term. Last week, 25 new students and families joined our school and several new staff as well. Please welcome Ms A Stankovski (Head Teacher, Wellbeing), Ms C Swaddling (Counsellor), Ms B Burdon-Poole (History), Ms B Parsons (SASS) and Ms V Hawthorne (SASS).

We hope everyone has settled in well and are enjoying being part of the Willoughby community.

YEAR 12 TRIALS

Our Year 12 students commence their Trial HSC Examinations on Monday 1st August. The examination period runs for two weeks, and every effort has been made to provide students with a 'trial run' through the HSC exams where possible. Students will only be required to attend school for their set examinations but are encouraged to access the support of teachers and school faculties when not preparing at home. Invigilators will supervise the exams and we have urged students to review requirements available on the NESA website: [Taking HSC exams | NSW Education Standards](#) We wish all students well as they prepare for and complete their final school based assessment.

YEAR 8 AND 10 SUBJECT SELECTION

Our Year 8 and 10 students and parents/carers have recently participated in information sessions on subject selection for 2023. These sessions are designed to assist students to confidently choose their subjects for next year. They can make their choices from Week 3. Thank you to all parents who attended our subject selection evenings and / or presented to Year 10.

YEAR 8 AND 10 PARENT TEACHER

On Monday 1st August we are holding parent teacher interviews on zoom for Years 8 and 10. These interviews provide an opportunity for you to understand how your daughter is progressing in her learning.

SRC FRIENDSHIP INITIATIVE

This week, in celebration of Friendship day, our SRC organised some lovely initiatives including the writing and distribution of friendship letters, and fun activities in the hall including bracelet making, origami and loom bands. The development of friendship is important for promoting self esteem and happiness.

Continued next page



SRC handed out Friendship notes as part of the Friendship and Kindness initiative this week



WGHS P&C



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



Next P&C Meeting will be held:
Tuesday 23 August 2022 - 7pm – zoom????

- ✓ 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

Continued from page 1

ATTENDANCE

This term we are focused on our student's attendance, as strong attendance is critical to student success at school, both academically and socially.

From Monday 1st August, we will be:

- replacing the current email messaging with SMS messaging to communicate any unexplained lateness or whole day absence to parents/carers. As it is a legal requirement that absences are explained within 7 days, I seek your support to respond to the SMS message sent.
- Requesting that parents use the Parent portal (Absences tab) instead of emails to notify the school of any absences, lateness or early leave.

Not only is whole day attendance a focus this term but so too is attendance at all classes. The expectation is that students will leave the playground and be in class on time. All students must be in class to listen to the instructions from the teacher to feel engaged with their learning.

Further information on SMS messaging can be found in this edition of our newsletter and I thank you for your support.

RAPID ANTIGEN TESTS (RATS) FOR STUDENTS

We are again distributing Rapid Antigen Tests (RATs) during Home Room to students:

Year 12: Today

Years 8 & 9: Monday & Tuesday

Years 7, 10 & 11: Next week

If a student misses her Home Room distribution, she can collect her allocation from the Office.

Mrs Adrienne Scalse
Principal



2022 CALENDAR*

1-15 August – Y12 Trials

Monday 1 August

Y8 & Y10 Parent Teacher night - zoom

Tuesday 2 August

Y10 Be Street Smart Excursion

Y7 Reptile Incursion – P1&2

3-5 August

Year 8 & 9 Ski Trip

Friday 5 August

Australian Maths Competition P1&2

Tuesday 9 August

Y7 Gala Day (with Y10 PASS student coaches)

Friday 12 August

PISA Assessment

Tuesday 16 August

Year 8 Science Incursion

Thursday 18 August

Y7 Wellbeing Day

Tuesday 23 August

P&C Meeting 7pm

24-26 August

Y12 Visual Arts Exhibition

Thursday 25 August

Y10 Vaccinations

Friday 26 August

Y10 Commerce Excursion

Tuesday 30 August

Y8 Geography Excursion

Y12 Music Recital

Wednesday 31 August

Y11 Study Day

Y8 Well Being Day

1-12-September

Y11 Yearly Exams

20 September

Y11 Leaders induction

P&C meeting 7pm

20-23 September

Y12 Rehearsal, Review & Luncheon, Graduation

Friday 23 September – Last Day Term 3

TERM 4, 2022: 10 October - 20 December

**Subject to changes due to Covid restrictions*

2023 TERM DATES

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 31 January (Y7, Y11, Y12 & new girls) or Wednesday, 1 February (Y8, Y9 & Y10)	Thursday, 6 April
Term 2	Wednesday 26 April Monday 12 June (<i>Queens Birthday Public Holiday</i>)	Friday, 30 June
Term 3	Tuesday 18 July	Friday, 22 September
Term 4	Monday 9 October	Monday, 18 December

SCHOOL TOURS

If you or a friend have a daughter who is hoping to start at Willoughby next year, and would like **to organise a small group tour**, if you have any questions about enrolment, please contact us on **02 9958 4141** or email 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.](#)



HOW TO FOLLOW OUR NEW WGHS FACEBOOK PAGE

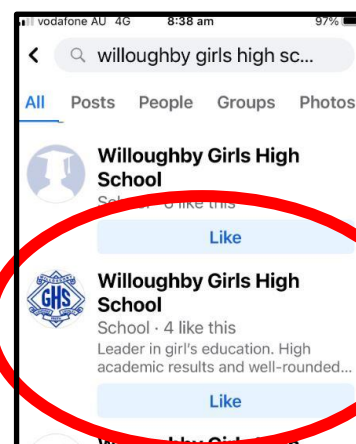
It is very exciting that we are on Facebook! To ensure you never miss a post, please follow us today.

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 – Years 10 ,11, 12



SUBJECT SELECTION PROGRAM FOR STUDENTS IN YEAR 10 GOING INTO YEAR 11 IN 2023

Decisions about subject selections for Year 11 2023, and future careers are important. To assist students and parents with this decision, this term we held Subject Selection week for students, culminating in a Year 10 Parent information night on Tuesday 26 July. I trust students and parents are now feeling informed and confident to make the subject decisions.

A subject selection link will be emailed to students in Week 3, and the online selection process must be completed by Week 5, **Friday 19 August** with a signed PDF of the form returned to my office by **Friday 26 August 2022**.

Please discuss all the options with your daughter and carefully select the subjects she would like to study. Whilst every effort will be made to ensure that students are able to undertake the study of their selected courses, the school can not guarantee that every possible combination of courses can be timetabled in 2023, and this is why we have asked for additional preferences.

If you have any questions in relation to above, please email the school via the school email address.

YEAR 12 TRIALS

Our Year 12 students will sit their trial examinations from Monday 1 August to Monday 15 August 2022.

All exams will be at school. For exams where lots of students are involved, such as English and Mathematics, students should arrive half an hour before the start time of the exam so students can be seated on time. For smaller exams, students should arrive 20 minutes before the start time.

Students who are Covid positive, or showing any flu-like symptoms, should not attend, and should follow [assessment protocols for illness and Misadventure](#).

Students should wear full school uniform.

Best of luck to all our Year 12 Students.

PISA TESTING

Willoughby Girls High School is participating in the Program for International Student Assessment (PISA) on **12 August 2022**. PISA has randomly selected 26 Willoughby students from Years 9, 10 or 11 and 21 teachers to be involved. Thank you to these participants.

PISA is an important part of the National Assessment program in Australia. PISA assesses over half a million students in 85 countries and runs every three years. It looks at student's ability to apply their knowledge and skills to analyse, reason and communicate effectively as they examine, interpret and solve real life problems. Through Australia's participation in PISA, areas are highlighted in which the Australian education system is doing well and those which need to improve.



Ms Dominique Gill spoke to students about women in construction



Year 12 students before their exams in Term 2

FROM THE DEPUTY PRINCIPAL

Mrs Tania Prowle, Relieving Deputy Principal – Years 7, 8, 9



YEAR 8 into YEAR 9 2023 SUBJECT SELECTION

In Years 9 and 10, students study three elective subjects in addition to their core subjects of English, Mathematics, Science, Geography, History, Personal Development/ Health/Physical Education and Sport. Students must choose these elective subjects in the next few weeks.

So far this term we have had meetings with students and parents about the available subject options. On the first night of Term we held the Parent evening with parents at school which was followed up with a Zoom for those parents who were unable to attend. In addition, we presented to Year 8 in a year meeting.

Students will choose from the following subjects:

- Commerce	- Design & Technology	- Drama
- Food Technology	- French	- History Elective
- Information & Software Technology	- iSTEM	- Japanese
- Music	- Physical Activity & Sports Studies	- Photographic & Digital Media
- Textiles Technology	- Visual Arts	- Visual Design

A subject selection link will be emailed to students in Week 3 and the online selection process must be completed by Week 5, **Friday 19 August** with a signed form returned to Mrs Prowle's office. Students are asked to select six subjects and order them from 1-6 according to preference.

Please discuss all the options with your daughter and carefully select the subjects she would like to study. Whilst every effort will be made to ensure that students are able to undertake the study of their selected courses, the school can not guarantee that every possible combination of courses can be timetabled in 2023, and this is why we have asked for additional preferences.

UNIFORM & SUN PROTECTION

As part of our school uniform we offer both a school hat (broad-brimmed) and a school sports cap.

These items will be particularly important as we move into the warmer months. Whilst there are some areas of the school playground that are shaded, there are also areas that are not. Wearing a hat is one way of protecting yourself from UV radiation exposure and damage.

A hat is also essential during PDHPE lessons. Both items can be purchased from the uniform shop in person or online. We encourage students to wear a hat and protect their skin.



The Uniform Shop details:

Noone Imagewear,
Ground Floor 328 High Street, Chatswood
Phone (02) 9436 1700 Website: <http://www.noone.com.au/>
[On-line ordering](#)



SMS MESSAGING & PARENT PORTAL FOR ABSENCES

Ms Sharon O'Connell, School Administration Manager

From Monday 1 August, we are replacing our current email system for absences (including lateness and early leave) with SMS messaging and the [Parent Portal](#).

Thank you to parents for notifying the school early when your child is going to be absent, it is most appreciated.

What will happen if you do not notify the school prior to an absence

If your daughter is absent or late without prior notice, the primary contact will receive an SMS message from the school (0428 251 911) on their mobile phone. The receiver of the SMS must reply directly to the SMS with the reason for the absence/late arrival. Alternatively, you may go to the [parent portal](#) and record the reason.

How to use the Parent Portal to inform the school of any absences

Just follow these simple instructions to inform the school of absences:

1. In the portal, click on **Absences** in the menu on the left-hand side of the screen, then click on the **Notify of an Absence** button.



2. Tick the box next to your daughter's name, select the Absence reason, select the first and last day of the absence, and complete the absence notification by including a comment ie why your daughter is absent.

A screenshot of a web form for notifying an absence. The form is titled 'Students' and has a checked box next to 'Student Name'. Below this is a dropdown menu for 'Absence Reason' with 'Medical' selected. There are two date input fields: 'Start Date' with '2022-06-10' and 'End Date' with '2022-06-16'. A text area for 'Comment' contains the text 'COVID-19 positive'. At the bottom right of the form is a green 'Send' button.

3. Click on the send button.

I do not know my login

Recently, most parents have been sent their individual login to the Parent Portal. If you have not received it or are unable to log in please email the school: willoughbg-h.school@det.nsw.edu.au

How do I contact the school for reasons other than absences?

For general enquiries or to contact specific members of staff, continue to use the school email address willoughbg-h.school@det.nsw.edu.au

YEAR 8 PARENT INFORMATION EVENING

On Tuesday 19 July, we conducted our Parent Information Night for Year 8 parents to provide them with the opportunity to meet our new Principal, Ms Adrienne Scalese, and the new Head Teacher Wellbeing, Ms Alexandra Stankovski, as well as discover more about the Year 9 subject selection process, programs and activities offered by the school and meet other parents. Thank you to all parents who were able to attend. Thank you also to the P&C who provided the catering after the formalities.



YEAR 10 SUBJECT SELECTION WEEK & PARENT EVENING

This term, Year 10 students have been learning about subject and career options.

Throughout Subject Selection week, students participated in workshops run by teachers, current Year 12 students and parents. Teachers explained course options, NESA and ATAR information. Year 12 students participated in interactive panels about their experiences in the HSC years. And the parent panel spoke to students about careers in Construction, Fashion, Critical Care, Accounting, Banking, Small Business, Science, Artificial Intelligence, Medicine, IT, TV and Consulting.

The key message was:

“Careers generally do not follow an exact path, so choose the subjects you love – you will like studying them and therefore do well, then life will take its course.”

Thank you to the parents for volunteering their time and also to those parents who volunteered but were not selected this time. We value our wonderful community.

Students also participated in Virtual work experience, a careers match and fun activities.

The week culminated in the Year 10 Parent information evening on Tuesday night. Thank you to everyone who participated, particularly the Parent Panel volunteers, and to parents for abiding by our Covid safe measures during the evening.



Ms Dominique Gill spoke to students about women in construction



Parents talked to students about fashion, critical care and Accounting



Parents talked to students about Banking, Science & Small business and Computer Science/ Artificial Intelligence



Continued next page

YEAR 10 SUBJECT SELECTION WEEK *continued from previous page*



YEAR 8 VISUAL ART

Ms Gabriela Saldivar, Visual Arts Teacher

Year 8 students have been enjoying constructing hybrid creatures using photocopies of different animals. The results look quite realistic!



SRC FRIENDSHIP WEEK INITIATIVE

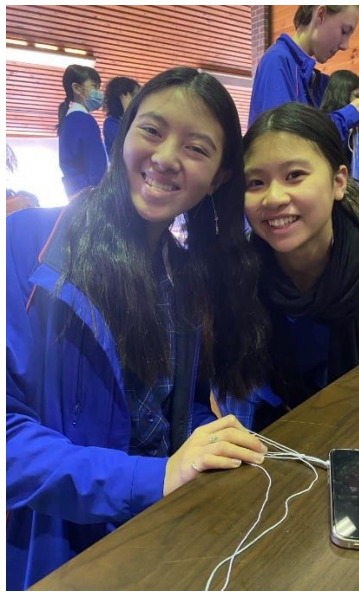
Meg M (Year 12), SRC

This week is Friendship week!!! Thank you to everyone who came to the lunchtime bracelet making, origami and loom bands bonding experiences yesterday and today, and friendship letter writing during homeroom :) We are pleased to see that a lot of people came to laugh, smile and spread the spirit of friendship and fraternal love. We encourage everyone to continue the contagious essence of friendship.

Stay kind and lots of love, kisses and hugs,
The SRC



The SRC handed out friendship letters to students from other students conveying kind words



YEAR 12 SOCIETY AND CULTURE SUBMITTED THEIR PERSONAL INTEREST PROJECTS

Ms Evie Menhinick, History Teacher

Year 12 Society and Culture students submitted their Personal Interest Project (PIP) yesterday. The PIP counts for 40% of the HSC for Society and Culture. Students have worked consistently on their PIPs since December last year. All three classes celebrated with a PIP party to discuss the highlights of their PIPs and what they have learnt during the major work process. Ms Allen, Ms Wigan, Ms Burdon-Poole and Ms Menhinick are very proud of our year 12 students! Congratulations!



YEAR 12 EGG BABIES

Ms Hayley Carruthers, Technical & Applied Studies Teacher

You may remember reading about how Year 12CAFS students were raising some 'egg babies' as part of their Parenting and Caring unit last term. The class had mixed success in keeping their babies alive, with some students' babies not lasting more than a day, and some surviving the whole term!

Some babies led sheltered lives in the fridge, or were taken care of by grandparents working from home, and others went on adventures everywhere their parent went.

As a celebration of their parenting experience, the class decided an egg and spoon race was the best option, and they said goodbye to their babies before hard-boiling them.

The egg and spoon race winner was Aleah D, with steady and practised carrying of her third adopted egg baby. Izzy T was so close to winning, dropping her egg at the last minute!



YEAR 9 CREATED BOARD GAMES

Ms Kirsty Stringer, Technical & Applied Studies Teacher

Year 9 Information and Software Technology flexed their Adobe Photoshop skills as part of the Digital Media topic in order to create their board game design. The students imagined and developed each aspect of the game from the concept, game board, cards, game box, player pieces and the instructions on how to play. Using Adobe Photoshop, they've manipulated images to create their own unique designs.



MOCK TRIAL SUCCESS

Yuna H, Year 12

On the 20th of July, Willoughby Girls High School competed against Wenona school as the Defence on a criminal case for our final round of the year. Due to hard work in the holidays, we beat Wenona by 190-157!

Mock Trial is a student-led extracurricular club where students experience how a court trial occurs by representing a role in the legal system.

The people who participated in this round were **Rhiannon L** (opening barrister), **Arabella T** (closing barrister), **Tivija K** (solicitor), **Laura J** (witness), **Lauren D** (witness) and **Rachel L** (court officer) under the guidance and support from the senior coaches, **Mariah AM**, **Sanjhanaa S**, **Victoria D** and **Yuna H**.



Year 11s and 10s used their spare time during the holidays to analyse the case by utilising all the knowledge they have developed through the past years along with the help of the senior mentors.

Our success in this trial was a huge improvement on previous rounds.

We greatly appreciate Mr Smith's help during the past three terms; constantly encouraging us to learn the joy of mock trial. If you are interested in the legal system or a club that represents the school, join the Mock Trial Club next year!

YEAR 12 CHARGRILLING AND STEWING

Mrs Cheryl Blomfield, Head Teacher Technical & Applied Studies

Year 12 Hospitality students have been looking at chargrilling and stewing as part of their syllabus on Methods of Cookery. This week they made Mezze sandwich stacks, stewed rhubarb and a potato rosti. Everything looked, smelt and tasted fabulous! They have really become quite accomplished trainee chefs!



YEAR 12 SELECTED TO PLAY IN NSW ALL SCHOOLS CRICKET TEAM

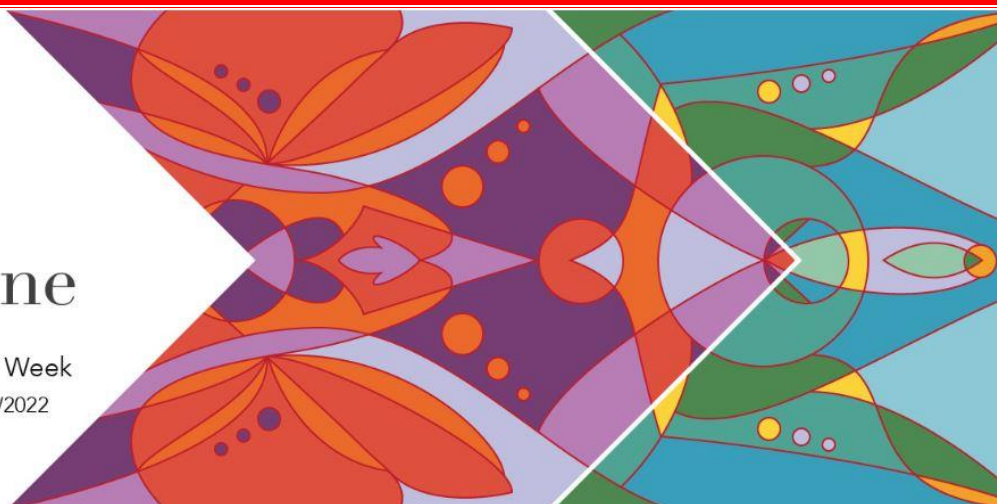
Ms Narelle Best, Head Teacher PDHPE

Congratulations to Kinjal K (Year 12) for her selection in the NSW All Schools Cricket team. This is a wonderful and deserving achievement which adds to her growing number of cricketing achievements. The NSW team will be playing against Queensland from 19 – 23 September 2022.



Rewrite Renew Reimagine

Library & Information Week
25–31 July 2022 #LIW2022



PLEASE ENTER OUR STORY/ILLUSTRATION COMPETITION

Ms Alex Parker, Teacher Librarian

To celebrate Library and Information Week 25-31 July 2022, rewrite a story or an event in a story (500 word maximum) or do an illustration of your reimagined story based on one of these stories:

- Cinderella – Charlie Perrault
- Snow White and the Seven Dwarfs – The Brothers Grimm
- The Lion, the Witch and the Wardrobe – C.S. Lewis
- The Hobbit – J.R.R. Tolkien
- Pride and Prejudice – Jane Austen
- Oliver Twist – Charles Dickens

PLEASE SUBMIT STORIES /ILLUSTRATIONS TO THE LIBRARY BY 3.30pm MONDAY 1 AUGUST 22

NSW DRAMA ENSEMBLE

Ms Josie Hattingh, English & Drama Teacher

A huge congratulations to our WGHS students who have made the NSW Public Schools Drama Ensemble: Camelia S (Year 7), Libbey FG (Year 8), Millie FG (Year 8) and, Scarlett Owens (Year 8) and Emily Bester (Year 9).

The Ensembles program develops high potential and gifted students in drama. Think of this like a representative sport and making the state-wide softball team, except it's drama and the arts! Essentially our students are representing the state in drama.



YEAR 7 REPRESENTED WGHS IN PUBLIC SPEAKING COMPETITION

Ms Constanza Hanich, English Teacher

Lila F (Year 7) represented WGHS in the Northern Region finals of the Junior Legacy Public Speaking Competition. It was conducted over zoom and involved a prepared and an impromptu speech. Lila delivered a speech titled 'The Legacy of the Pandemic' and spoke about the enduring value of kindness and community connection.

Congratulations to Lila for her hard work and her willingness to have a go, as a younger speaker, in a competition that has a very high standard.

This is an extract from her speech:

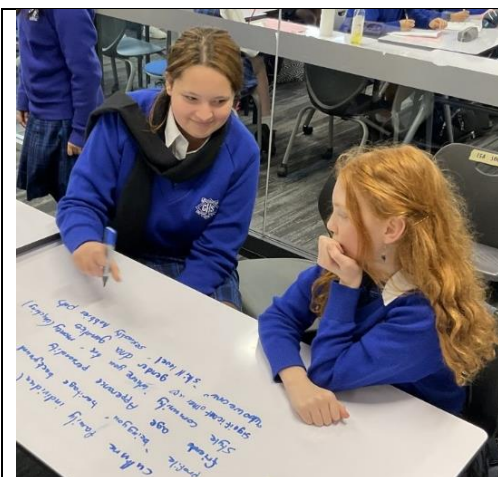
*"We were all stuck in the same [lockdown] situation, but we were all trying to make the most of it. Sure, we were restricted from our normal habits and we were trying to stay as healthy as possible, but I finally came to a conclusion: Trying to make our way through our problems is just life. The way we started treating each other is how we should have always been treating each other. The popular saying **"We're all in this together!" goes for all the time, not just when we are struggling through a global pandemic.***



Lila delivering her speech over zoom.

*For me, I wanted to reach out to my close community. I started a newspaper I called, The Ferndale Mail because my street is close to Ferndale Park, a popular bushwalking and dog walking place. I reached out online to my neighbours and they sent in cafe recommendations, pet profiles with fun and interesting facts about their furry friends and things about our neighbourhood no one knew! . . . If someone had a unique interest or cool story to tell, I would get my answers over email or meet in person, of course wearing a mask and social distancing. I would voice record the interview, with permission, and go back home to get started on the new cover story of The Ferndale Mail, working in between my free time during the weekdays when I had online school. When an issue was finished I would print out about 50 copies and put them all in envelopes sealed with the old fashioned red wax stamps my father owned. To spread an issue of the newspaper around, I would wake up early one morning and deliver to other people's mailboxes, with my father taking my dog for a his morning walk beside me. **If Year 5 me could make a difference, we all can.** I only made a few issues of The Ferndale Mail but it brought so much happiness to everyone who received an issue in my neighbourhood.*

As we are learning to live with COVID I hope we all take away positive things from it, making us a bit kinder, a bit more aware of people around us. "



YEAR 7 ENGLISH LEARNING BY WRITING ON THEIR DESKS!

Our Year 7 students had fun writing on the desks during group discussion and "cross pollination" learning around the concept of identity. It's fantastic to see our modern facilities like whiteboard desks being used during collaborative learning.

“YES PROGRAM” - MY TAFE EXPERIENCE

Hayley C, Year 9

In Term 2 I really looked forward to Fridays. That's because every Friday I attended a YES course at St Leonards TAFE in hair & beauty.

My days at TAFE were made up of some theory & plenty of hands on work which was all super interesting. I especially enjoyed the hands-on parts of the course which were made up of learning the skills of makeup artistry & hair styling. We were divided into pairs for the entire course & we took turns in practicing these skills on our partner. It was great to learn the special skills of a makeup artist such as shading & the right makeup to use for a particular face shape.

We also learnt the importance of good hygiene -for example the sterilisation of brushes & professional kits.

Hair styling was also great & I learnt a lot. We were taught many different hair styles, in particular braiding which I have become very good at after all the practise!

The Yes course taught me what it would be like to work as a makeup artist or hair stylist and helped me to understand the different pathways available to me if I decide to pursue either of these careers in the future. I would definitely recommend this course to others as I got so much out of it!



SUCCESS ON THE SLOPES

During the school holidays, Julianna H (Year 9) trained and then raced at Perisher in the Redlands Cup and the Sydney Interschools Snowsports Championships Division 2. She finished 9th in the Redlands Cup Alpine GS, 12th in the Interschools Alpine GS, and 15th in the Interschools Skier Cross. She was the top public school competitor in all three races. With those results she will be selected to represent Willoughby Girls High School at the NSW State Championships in late August.



Free workshop for parents and supervisors of learner drivers



Helping learner drivers become safer drivers

The session will offer practical advice about:

- current driving rules and requirements for L and P platers
- how learners benefit from supervised on-road driving
- how you can help make learning to drive a safe and positive experience

6:00pm – 7:15pm

Thursday 25 August 2022

Online via Teams

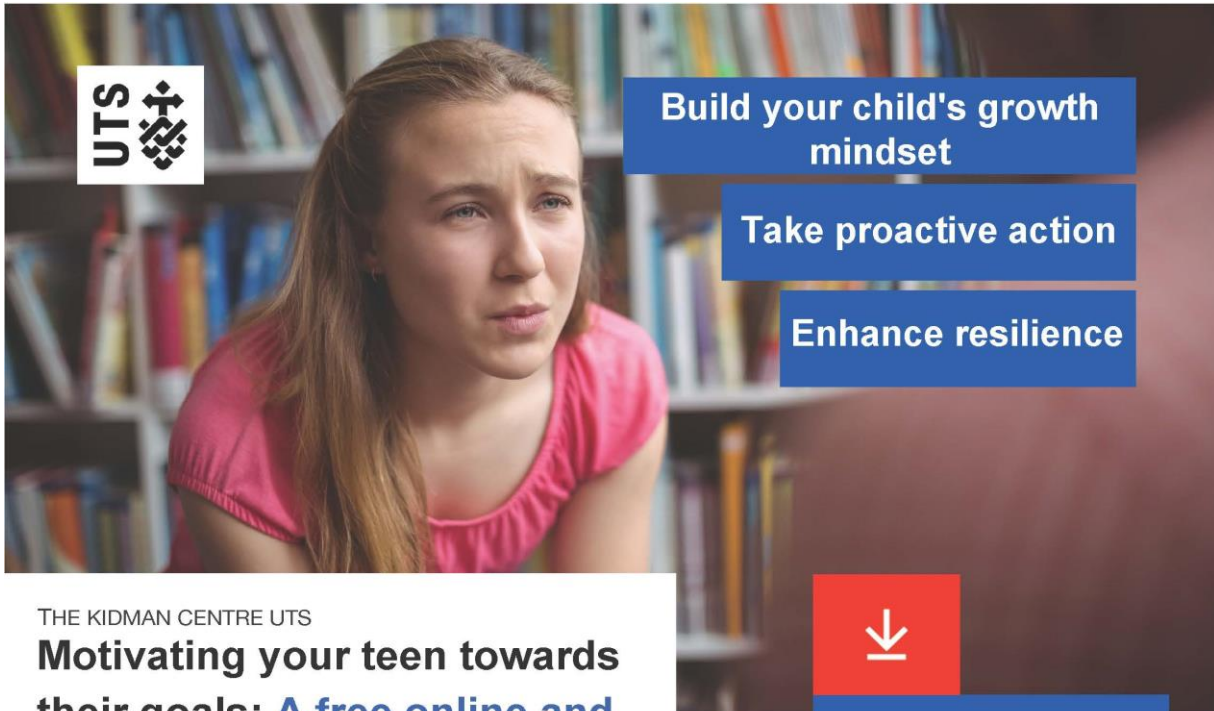
Find out more at
www.teachingyourlearnerdriver.eventbrite.com.au



FREE ONLINE & FACE TO FACE PARENT WORKSHOPS

Ms Natasha Sekelja, Student Support Officer

The Kidman Centre UTS are continuing to offer **free** workshops to equip teenagers and their parents with practical and evidence-based psychological skills to manage teenage life stressors. Bookings are essential : phone 9524 4077 or email kidmancentre@uts.edu.au



THE KIDMAN CENTRE UTS

Motivating your teen towards their goals: A free online and face-to face workshop for parents of teens aged 12-18 years

Does your child seem overwhelmed, unmotivated or lacking focus?

After such a stressful and unpredictable few years, now is the time to help your child build a positive mindset, and come back stronger. This workshop will teach you skills to effectively motivate your child towards meaningful goals, and help them to get back on track.

The Kidman Centre UTS is offering this one-hour workshop for **FREE!** Attend our workshop **virtually** on 2nd August 2022 from 6-7pm, or **face-to-face** on 9th August 2022 from 6-7pm.

The workshop will be run by Jenna Mayhew, a Senior Psychologist.

The Kidman Centre UTS is a non-profit organisation dedicated to the understanding, prevention and reduction of mental health problems in young people aged 5 to 25, so that they can thrive through their formative years.

The workshop will provide practical, evidence-based strategies, and help you to teach your child the following:

- Building a growth mindset,
- Practicing realistic and compassionate self-talk,
- Taking effective action, by setting meaningful goals and building daily habits,
- Modelling and building resilience, and
- Enhancing self-care skills

Bookings are essential as numbers are limited.

Workshop and Booking Details

When

Online (via Zoom): 6-7pm on Tuesday 2nd August 2022.

Face-to-face: 6-7pm on Tuesday 9th August 2022 at The Kidman Centre UTS.

The Kidman Centre UTS is located on Level 10 in Prince of Wales Hospital, Randwick. Enter via High St.

What

1-hour workshop for parents and caregivers of teens aged 12-18 years old.

Who

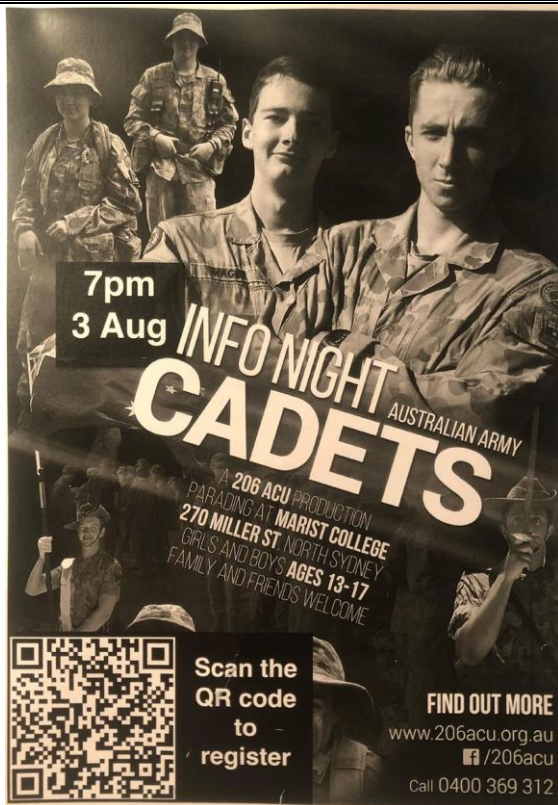
Presented by Senior Psychologist, Jenna Mayhew.

Bookings essential

Phone: (02) 9514 4077
or Email:

kidmancentre@uts.edu.au

www.tkc.uts.edu.au



YOU ARE INVITED TO JOIN 206 ARMY CADET UNIT

Isabelle S, Year 9

Australian Army Cadets is a leadership program for teenagers in Year 8 and above. It provides young Australians with the opportunity to learn, develop and practise many interesting, fun and valuable life skills. It is on Tuesday nights from 5.30pm-8.30pm at Marist High School. Many students from WGHS are involved.

As a cadet, there are lots of activities you can participate in like the annual camp, leadership, abseiling and watercraft courses, military marches and more. We learn lots of skills such as first aid, navigation and organisational skills as well as obtaining real leadership experience.

Come along to the information night on 3rd August on zoom. You can also get information by scanning the QR code on the posters around the school as well.

If you have any questions, you can contact Captain Tim Wark on 0400 369 312.

Keep your family safe

Well done if you choose to lock your house, car and valuables. If you don't, it is a good time to start as there has been a significant increase in break & enter and stolen vehicle offences in the North Shore.

The theft of unlocked vehicles & the entering into unlocked homes to obtain car keys is unprecedented.

We are doing everything we can to keep our community safe, we just need you to help us by being security conscious.



#9pmRoutine



**NORTH SHORE POLICE
AREA COMMAND**

