



WILLOUGHBY GIRLS HIGH SCHOOL

A Leader in Girls Education

NEWSLETTER

Phone : 9958 4141

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

<https://facebook.com/WilloughbyGirlsHighSchool>

9 SEPTEMBER 2022

PRINCIPAL'S REPORT

Mrs Adrienne Scalse, Principal

SASS APPRECIATION WEEK

This week we say a huge thank you to our School Administrative and Support Staff. Our office staff, General Assistant, Technology Support Officer, Laboratory, Library and Kitchen Assistants all support our student's learning on a daily basis. Activities such as excursions, sporting events, visiting speakers, musicals, arts performances and student-initiated clubs would not run as efficiently as they do without our SASS staff. In addition, our first aid, attendance records, enrolments, finance and maintenance are all programs that are overseen by these wonderful members of staff. Each of these highly valued members of our school community perform their duties with remarkable commitment. They also take an active interest in the progress and welfare of each and every student in the school. We are indeed fortunate to have the School Administrative and Support Staff that we do.



In Concert Choir performed at the Opera House

R U OK

Yesterday was R U OK Day. It is a day when all Australian families are asked to reconnect with family, friends and colleagues to ask them R U OK? Asking a young person R U OK? might be the first step for them in getting help for a tough time they are experiencing. Over the weekend, I encourage you all to check in with loved ones and ask them R U OK? Let's make asking R U OK? part of our everyday.

IN CONCERT

On Monday 29th August I had the privilege of attending In Concert – Secondary Choral Festival at the Sydney Opera House in the newly refurbished concert hall. Supported by Ms Schroers and Ms Jarvis, students from Willoughby Girls formed part of a combined choir of 1000 voices and performed a repertoire that included a variety of genres and compositions by Australian musicians with Lior as the guest artist. The evening was a musical success and I pass on my congratulations to all students involved.

YEAR 12 MUSIC RECITAL

Year 12 Music 1, Music 2 and Music Extension students performed their HSC musical pieces for an audience of parents and friends last week. The range and quality of performances was extraordinary, from jazz singing to classical instrumental recitals, and original compositions by students. The evening also served as the students' final rehearsals for their actual HSC performance examinations which have taken place this week.

Continued next page



WGHS P&C



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



Next P&C Meeting will be held:

Tuesday 20 September 2022 - 7pm, Meeting Room, Main Building

- ✓ 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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YEAR 12 FINAL WEEKS OF SCHOOL

The Year 12 Graduation will be on Friday 23rd September in the multipurpose hall at 10am. Year 12 parents/carers have received communication about the graduation and we look forward to you joining us in wishing our Year 12 students all the best for the HSC and beyond. This is a special time for Year 12 as they celebrate the culmination of their formal lessons and enjoy celebrating together before continuing with their study and revision for the HSC examination starting 12th October.

NAPLAN RESULTS YEAR 7 & YEAR 9

The National Assessment Program – Literacy and Numeracy (NAPLAN) results were sent home this week with students. The results provide important information to our school about what each student can do and will be used to support future teaching and learning programs.

MULTICULTURAL DAY

On Friday 9th December, we will come together as a school community for Multicultural Day. On this day, we will celebrate the diversity of our community through a range of activities, guest speakers and demonstrations. As part of our planning, we are reaching out to our parent/carer community to learn about the many talents or contacts you have. Please complete the google form link in this newsletter if you are able to offer any assistance.

COVID-19 LATEST INFORMATION

Please see this link for the [latest advice to families](#) from the Department of Education.

P&C MEETING

I look forward to seeing many parents at the P&C Meeting on Tuesday 20 September. New faces are always welcome and it is a great way to be involved with your child's education and our community.

Mrs Adrienne Scales
Principal



2022 CALENDAR*

1-12-September

Y11 Yearly Exams

19 September

Y10 Drama Evening

20 September

Y11 Leaders induction

P&C Meeting 7pm

22 September

Y12 Review & Luncheon

Y7-11 finish school early at 1pm

23 September

Last Day Term 3

Y12 Graduation

TERM 4

Monday 10 October

First day of Term 4

12,13,14 October

Year 11 Camp

12 October – 4 November

HSC examinations

18 October

P&C Meeting 7pm

24-28 October

Y9 & Y10 Assessment Block

Y8 VALID Science Assessment (2 periods only)

28 October

Y7 Vaccinations

15 November

P&C Meeting - AGM

21-22 November

Duke of Edinburgh Hike

23-24 November

Y7 Swim School

28 November – 2 December

Y10 Work Experience

29 November

Y7 2023 Orientation Day

9 December

Multicultural Day

15 December

Presentation Day

19 December – Last Day of Term

**Subject to changes*

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, and would like **to organise a small group tour, of 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

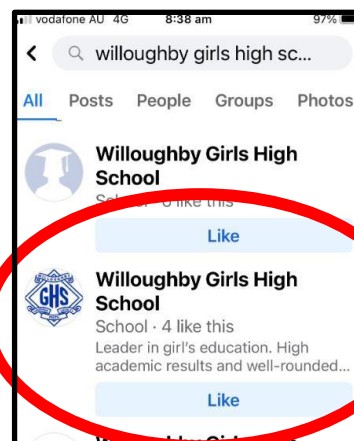
It is very exciting that we are on Facebook! To ensure you never miss a post, please follow us today.

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



YEAR 11 EXAMINATIONS

Year 11 students will be finishing their exams on Tuesday. We congratulate them for their concerted efforts. Students should return to school for lessons on Wednesday 14 September.

Over the next few weeks when students receive their exam results, they should reflect on their learning, and do some research on their subjects. They can talk to class teachers, Head Teachers or myself if they need any assistance when it comes to deciding to discontinue subjects. Please remember, that to discontinue a subject, parents should email me via the school email address by the end of this term.



YEAR 12: COVID SMART HSC EXAM PROTOCOLS AND HSC MISADVENTURE

A Year meeting will be held for Year 12 students on Wednesday 14 September to explain the HSC protocols and exam procedures.

NESA has developed [COVID-smart protocols](#) for the HSC exams to protect the health and safety of everyone involved. Protocols include encouraging the wearing of masks, and cleaning and hygiene rules. These protocols will be updated if NSW Health advice changes.

Students must not attend an exam if they have:

- any, however mild, cold or flu-like symptoms (fever, cough, sore/scratchy throat, shortness of breath, loss of taste or sense of smell)
- been tested for COVID-19 and have not yet received their test result
- to [self-isolate](#) based on NSW Health advice
- tested [positive for COVID-19](#).

If a student is unwell and has any COVID-19 symptoms, they should always test for COVID-19. If they receive a positive result, they must provide the school with the date this result was registered with NSW and follow the HSC Misadventure process.

HSC MISADVENTURE PROCESS

If a student is unwell prior to or on exam day or in the case of misadventure, Students should:

1. contact the school and give notice prior to the exam. The school will then email an Illness/Misadventure form to the student and parents.
2. Obtain a medical certificate detailing the illness or an evidence based document to support the misadventure **on the day of the exam if the student is absent**. The doctor/relevant person (eg police) is required to complete Section C of the HSC Illness Misadventure Application
3. If they attend the exam, inform the presiding officer before the start of the exam, if the student is feeling slightly unwell and is present for the exam.

FROM THE DEPUTY PRINCIPAL

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



POSITIVE LEARNING BEHAVIOUR

The end of the term is fast approaching. This is always a busy time with many assessments and finishing off project work. To manage the challenges of this time it is important to use positive self-talk. This is a coping strategy which can help students continue to move forward, try new approaches and overcome stresses and setbacks. Positive self-talk involves using “I can” and “I will” statements to help create positive emotions and wellbeing.

This could include:

- I will keep asking questions when I don't understand
- I can try hard to learn new ways to think, study, plan
- I will create a learning timetable to stay focused
- I can control my feelings and impulses
- I will do at least three kind things every day

Changing the way you think about things and what you say to yourself are the first steps to taking responsibility for your own wellbeing, helping you to manage challenging moments of time.



APPROPRIATE BEHAVIOUR

In addition to modelling positive learning behaviours, it is also essential to model appropriate behaviour in the playground and outside the school.

A number of issues have been raised by teachers on playground duty. These are:

- Students congregating in the toilets in groups
- Students negatively interacting with primary school students
- Students using their mobile phones to photograph/film events
- Student leaving rubbish on the ground and not cleaning up

These behaviours are not respectful of our school environment or community.

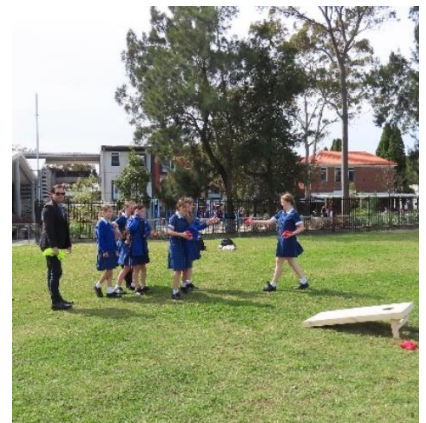


Students should also be aware that their actions outside of the school when they are wearing school uniform are noticed by the public, so it is important to think about actions on all public transport, being polite to elderly people and behaviour in general.

Being considerate of others in a social context is important. Consequences will be given to students who persist with inappropriate behaviour.

RUOK DAY

Thursday 8 September was RUOK Day, the national day of action when we are reminded that everyday is the day to ask “are you OK?” and start a meaningful conversation with someone we care about. At lunchtime, the SRC ran a “Conversation Corner” on the oval, a space to engage in some fun and games. The laughter was contagious!



A blue poster for the Class of 2022 Graduation Ceremony. At the top, the text 'Class of 2022!' is written in a large, white, cursive font. A black graduation cap with a gold tassel is positioned over the '2022!'. Below this, in smaller white text, it says '2 Guests per student and siblings are invited to the'. The main title 'Graduation Ceremony' is written in a large, white, cursive font. Underneath, it says 'followed by a morning tea to celebrate our wonderful students'. At the bottom, there are three sections: 'Please be seated by 9.45am for 10am start WGHS Hall', 'September 23' with 'Entry by RSVP only' below it, and the Willoughby Girls High School (GHS) crest which includes the motto 'WILLOUGHBY GHS COURAGE LOYALTY TRUTH'.

On the last day of term we will farewell our Year 12 2022 students at a Graduation Ceremony. Two guests per Year 12 student are invited to attend (Siblings will be organised by the school.). On Thursday, 25 August 2022, Year 12 parents were emailed the RSVP link. Please RSVP by Monday 12 September.

CONTACT DETAILS & MEDICAL CONDITIONS QUESTIONNAIRE

[Mrs Sharon O'Connell, School Administration Manager](#)

Next week, we will email parents/carers a short online questionnaire to update contact details and medical records held by Willoughby Girls High School for **each student**. The link to the questionnaire will be sent to the main parent/carer contact email address. If you have not received a questionnaire by Wednesday 21 September please email the school.

By answering these questions, you will help us improve our communication to you, and better support your child's health condition needs. We encourage you to complete the questionnaire (one for each child) at your earliest convenience.



PARENT/CARER VOLUNTEERS NEEDED

FOR

MULTICULTURAL DAY

9 DECEMBER 2022



Just sign up here by 26 September 2022:
<https://forms.gle/Mi3CiN6tLbcjkqs9>



On Friday 9 December, from 12 noon, Willoughby Girls High School will hold our annual and much-loved **Multicultural Day**.

We are reaching out to our school community for expressions of interest from parents/carers who may be part of a cultural community organisation, who would be able to assist with the running of a cultural activity to large or small groups of students for our Multicultural Day festivities.

Reason for Multicultural Day

Multicultural Day is an 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.

What happens on Multicultural Day?

It is a day of fun! Students run a marketplace and organise events. Items are sold to raise funds for a charity supporting multiculturalism that is chosen by our student body.

What should you do to offer your time?

Please answer the simple questions in the link below by **Monday 26 September 2022**.

<https://forms.gle/Mi3CiN6tLbcjkqs9>

The school will be in contact with volunteers in Term 4. Thank you in advance for volunteering to be part of this wonderful day.

LUNCH TIME HOUSE GROUP SOCCER FUN FOR YEARS 7&8

Ms Narelle Best, Head Teacher PDHPE

At the end of this term and during Term 4, we will start a Round Robin House Team Soccer tournament on the oval during lunchtime.

To be eligible to play you will need to combine with members of your House group and submit a "Team of 10" to play. Once you have a team, use your house colour to create your team name eg the Red Roosters!!!

Please submit your House group team by Monday 12 September. (If you are not sure who is in your house, please check your wellbeing Google classroom.)

House Captains will organise a draw and we will advertise when each team is playing.

House points will be allocated to successful teams and this will be added onto the overall points for the school Valedictorian Cup.



BROWNING

CAVELL

FRY

NIGHTINGALE

YEAR 9 PASS

Mrs J Carruthers and Ms R Harris, Year 9 Pass Teachers

Year 9 PASS have been participating in a Boxing Program in practical lessons in Term 3. Part of this program has involved students attending Wyllie Martial Arts to learn specific boxing skills and techniques. Students will be assessed on the fundamentals of boxing, boxing combinations and defensive techniques in Week 9 of this term. The program is also designed to improve students' cardiovascular endurance, muscular endurance, coordination, speed and muscular power. The girls were motivated to develop their boxing skills and it was great to see how their technique has improved throughout the program.



YEAR 10 CREATED CHIC CUPCAKES

Imogen M, Year 10

This term Year 10 Food Technology has been involved in learning about food trends and the effects that presentation, styling and marketing of different food products can have on the consumer market. We have spent time investigating dietary trends, physical and chemical properties of food and the effect that social media can have in advertising new and emerging food trends. Some food trends you may have heard of are, cloud bread, salmon from a microwave, nacho table night and more!

Last practical lesson we had the pleasure of spending an afternoon decorating cupcakes and learning how to use different variations of icing techniques for desired effects. Some of us even took it a step further and learnt how to use two-tone icing bags for different colours on our cupcakes. We had plenty of fun creating unique designs using a variety of dried edible flowers, chocolate, and sprinkles. Some groups even based their decorating on biscotti spread biscuits. Overall this was a thrilling and enjoyable practical and we would love to do it again!



YEAR 9 & 10 NETBALL GALA DAY

Ms Rachel Moloney, PDHPE teacher

It was an honour to take a team of exceptional netball players to the Sydney North Competition held at Garnet Adcock park in Gosford on Thursday 26 August.

Through trials it was evident that Willoughby has a large pool of very skilled netballers. The combination of chosen players worked very well to create a strong team. Olivia H demonstrated a successful basketball hybrid technique of shooting, Kate S played out of her comfort zone and dedicated herself to the wing defence position, Lucy F defended the shooters with an exceptional level of skill making her a dynamite combination with Scarlett M. The level of skill and our range of agile midcourt players made it a delight to watch the games. We thank Donna Mai in Year 11 for umpiring throughout the day.

The team were successful in coming 3rd overall out of 20 teams, being beaten narrowly by St. Ives to eliminate our chance of taking on Mackellar Girls High School. So very well done team!



REFUNDS AND FEES

Mrs Sharon O'Connell, School Administration Manager

Refund for the Year 8 & 9 Ski Trip

Due to the bad weather on the ski trip, a refund of \$57.27 has been returned as "unallocated credit" to those who attended the ski trip. Please use it next time you need to pay fees eg the upcoming Term 4 sports fees.

Year 12 Outstanding Fees

Year 12 families have been issued with a final account. Please pay this at your earliest convenience, as students should have all fees paid when they sign out from WGHS after their HSC exams.



YEAR 9 TAKING STEPS FOR SUCCESS

Ms Narelle Best, Head Teacher PDHPE

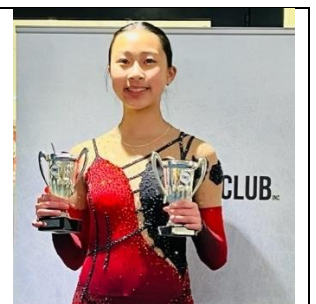
This term Year 9 PE classes engaged in some clapping, stomping, clicking and jumping dance action to complete their group's Step Dance routines. Students devised routines using their own bodies as instruments in their rhythmical and sequenced routines.

We enjoyed assessing the final products. Well Done Year 9



YEAR 9 FIGURE SKATING CHAMPION

Melissa C has been selected to be one of four to represent NSW in the National Figure Skating Championships in Brisbane in November. Congratulations Melissa and Goodluck!



YEAR 7 SYDNEY NORTH NETBALL GALA DAY

Mr Andrew Reid, PDHPE Teacher

The Year 7/8 Netball Gala day was held on Thursday 1st September in Gosford. Willoughby Girls High School fielded a fun and enthusiastic Year 7 team who played their best in multiple games against various schools in Sydney and the Central Coast.

Although they didn't win any games, they played with great spirit and displayed high levels of sportsmanship! Bigger and better next year!



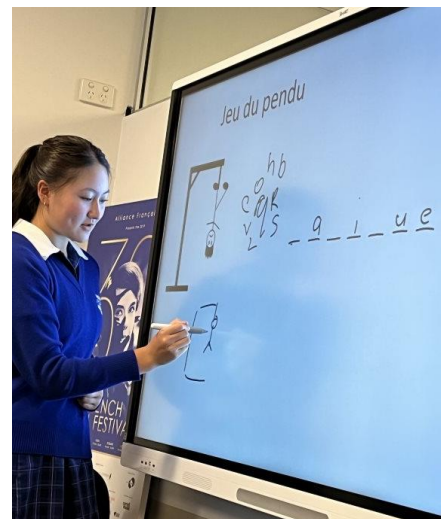
YEAR 10 FRENCH EXCURSION

Sunshia M (Year 10)

Bonjour à tous! The vision of the "Alliance Française de Sydney" is to promote the French language and culture outside of France, and this Tuesday, the Year 10 French class went on an excursion to this renowned French centre in Sydney for this very purpose.

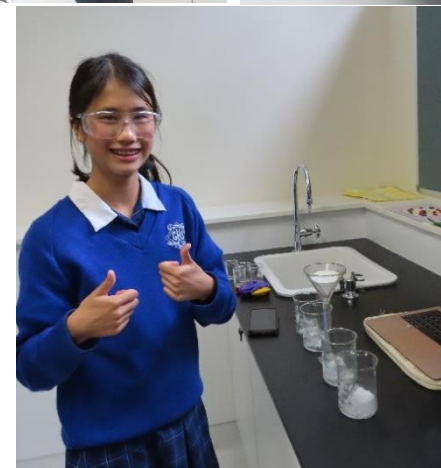
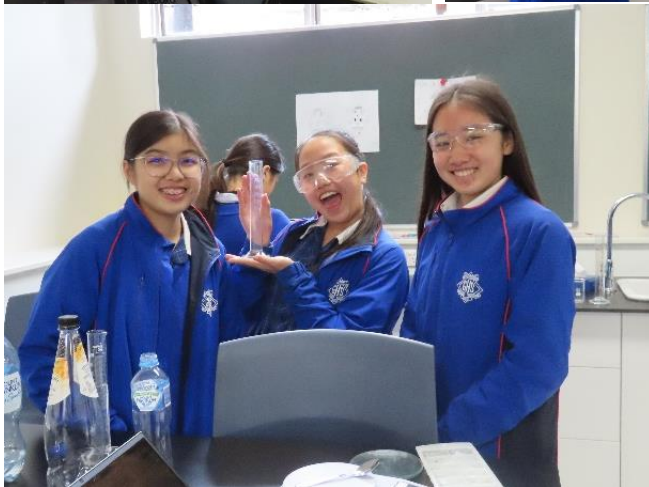
Alliance Française hosts a variety of French-speaking courses and workshops for anyone keen on enhancing their French Skills. While the aromas of the pastries from the ground-floor French cafe tempted us, we attended an incredibly educational and enjoyable pronunciation workshop. We learnt about consonants, vowel sounds, phonetic alphabets, accents, silent letters, word rhythms and intonation. Not only was it an informative and immersive experience, but it also gave us a completely new perspective and insight into how beautiful language French is.

We are definitely looking forward to having more opportunities like this in the future. Until then-
Au revoir et à bientôt!



YEAR 8 CREATING THEIR OWN SCIENCE EXPERIMENTS

This term in Year 8 Science, students have been working on their Student Research Projects (SRPs) where they plan and conduct an experiment of their choice. Today the Science Labs are abuzz with many different experiments being conducted. Experiments include “Does the amount of salt affect the melting time of ice?”, “How much vinegar is needed to make a balloon blow up bigger?”, “Does the temperature of vinegar make a balloon get bigger?”, “Do energy drinks affect reaction time?” and lots of other reaction time tests.



YEAR 8 GEOGRAPHY EXCURSION TO FLAT ROCK GULLY

Madalyn and Pin Pin (Y8)

Year 8 students travelled to Flat Rock Gully on Tuesday, August 30, where we learnt about the gully's history and the consequences of human pollution on the ecosystem. Did you know that the Willoughby leisure centre used to have a gigantic waterfall? However, this waterfall was destroyed by colonisation and the construction of an incinerator.

Year 8 students were astounded by the fact that Flat Rock Gully was once a garbage site and how, with time and work from the local community and council, the ecosystem was restored. They also discovered that the State Government Northern Beaches Link tunnel project is putting the habitat and the animals once more in danger of destruction.

Year 8 also studied the most common trash left behind and the locations with the greatest trash, using data from 2016. We further developed our geographic skills by practising map reading while learning how actions can affect our water systems.

Overall, it was a great learning experience and really helped us understand our human impacts on our ecosystem.



WGHS AND WPS READING BUDDIES PROGRAM

Ms Alex Parker, Teacher Librarian

On two mornings every week our Year 9, 10 and 11 students undertaking their service activity for the Duke of Edinburgh program join Willoughby Public School (WPS) to help students to read. The program has been running this term and will continue throughout Term 4. Improved reading skills have been achieved by the Year 2 students and the WGHS students have expressed their enthusiasm for and enjoyment of the program.



YEAR 8 WELLBEING DAY

Ms Nola Budd, Year Advisor Year 8

On Wednesday 31 August, Year 8 students had a lovely day on their "Wellbeing Day". In the morning they heard from a guest speaker, Carol Pemberton, about creating a "positive sense of self", then they learnt self-defense, followed by a picnic lunch and craft activities in the afternoon.

The students really enjoyed the self-defense and although they were learning about a topic of a very serious nature, there was lots of laughter and enjoyment happening in the Hall. See the photos on the next page.

Some students commented about the day:

"Carol Pemberton was very inspiring. She was a model but found that in social media, pictures tended to be altered so not real bodies were depicted. So she left the industry and travelled the world to discover what she really wanted to do" Kit P

continued next page

YEAR 8 WELLBEING DAY *continued from previous page*

"We got to have a picnic at lunch and it was a good time to bond with friends and just relax" Sia M

"It was really nice that we got to do craft for a fun confidential cause focusing on others rather than not having a purpose. Doing craft was a great way to detox together and think about the day" Chloe C



NETBALL GRANDFINALS RESULTS

Mel Fisher, WGHS P&C Netball Coordinator

Three teams (Cadets & Seniors) played in the Grand Finals last weekend. We had one winning team and two runners up.

The rain caused the postponement of the Junior grand finals, until this Saturday 10 September, so we will have 4 teams now playing this weekend:

9am: WGHS11 vs Monte 33, Court 7

9am: WGHS 12 vs MCC 19, Court 4

10am: WGHS09 vs Monte 23, Court 16

10am WGHS 10 vs Monte 28, Court 4

Goodluck to all the teams!



WELLBEING AND HEALTH IN-REACH NURSE (WHIN)

Hello, My name is Karina. I am the Wellbeing Nurse (WHIN Coordinator) for Willoughby Girls High School, commencing Term 4. I will be on campus Mon, Tues and Friday 8am -330pm during school Terms.

The purpose of my role is to assist students and their families to access health and wellbeing services in the community to support them in their school journey.

My goal is to assist students to become independent and confident in identifying and managing their health needs, by increasing their health literacy in preparation for adulthood.

Employed by NSW Health, I work within Education to compliment existing school supports including the Wellbeing, Learning Support and Counselling teams.

- Appointments with the Wellbeing Nurse are free and confidential.
- All students must grant consent before a referral can be made regardless of their age. Please note: If the student is 13yrs or younger, parental consent is required.

Self-referral: students can knock on my door or approach me directly when I am on site or send me a request through the Wellbeing Hub which students can access via the homepage of Sentral.

Wellbeing Team referral: the School Wellbeing Team can make a referral with the students consent for Wellbeing nurse consultation.

Parent/Carer referral: please email or call the school and request the Wellbeing Nurse to contact you, ensure your daughter has given consent for referral.

I am very excited to join the team at Willoughby Girls High School

Yours in health
Karina

HOCKEY FOR TERM 4

Sasha, Leanne and Kate, WGHS P&C Hockey Coordinators

In Term 4, 2022, WGHS are offering two types of hockey; Indoor or Outdoor. You can play either or both. No experience needed. If you would like to play, please fill out the [registration form](#) on our website and return it by the first day of Term 4, 2022.



Please contact us if you'd like to play but miss this date.

IN CONCERT CHOIR AT THE OPERA HOUSE

Mrs Caroline Jarvis, Music Teacher

What a wonderful night! Last night, students from the Willoughby Girls choir combined with 770 students from public schools across NSW to participate in the Arts Unit's In Concert performance. It was so exciting to perform in the refurbished concert hall at the Sydney Opera House and for this concert to go ahead after being cancelled over the past two years. Each year, In Concert features a special guest artist and, this year, we were delighted by the talents and generosity of ARIA winning artist Lior, who the choir performed with.

The concert also featured the talented music ensembles from the Arts Unit and it was exciting to spot Willoughby Girls students performing in these items in their respective ensembles.

Thank you so much to Ms Schroers for all her hard work in preparing these students for this concert and for giving them the opportunity to participate.

