

St George Girls High School

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Monthly Bulletin

March 2020
Vol. 25 No. 2



Parents & Citizens' Association Meeting

Thursday 26 March
Staff Common Room
7pm

Parent Teacher Evening Years 7 and 12

Tuesday 31 March
Assembly Hall
3:30pm – 6:30pm

Mothers' Committee Meeting

Wednesday 1 April
Library
10am

Walkathon

Wednesday 8 April
Peter Denpa Reserve

Athletics Carnival

Thursday 7 May
Sylvania Athletics Track

Commencement of Winter Uniform

Monday 11 May

Principal's Message

Dear Parents and Students,

The first six weeks of the school year have been very productive as the staff and students have settled into the academic routine of school life for another year. Running parallel to the quality teaching and learning taking place each day, we have organised and hosted a range of exciting activities and events that reinforces why SGGHS a great place to learn. This Gazette will proudly showcase and report on what has been happening over the past month.

Year 7 Camp



Year 7 2020 enjoyed the opportunity to cement their new friendship connections and transition into High School during the Year 7 Camp held at Vision Valley on Monday 24 February – Wednesday 26 February. This annual camp is such a valued wellbeing initiative and I enjoyed the opportunity to visit the camp on the Tuesday. I observed the students enthusiastically embracing each of the planned activities and events, often pushing themselves outside of their own

natural comfort zones. There was a great atmosphere at the camp and I was impressed to see how happy and engaged the students were as I visited the varied activities on offer.

I would like to acknowledge the work of our Year 7 Year Adviser Mrs Galea and Assistant Adviser Mrs Dodd, who did a fabulous job in organising the camp. I would like to acknowledge and thank the



dedicated team of staff who volunteered to attend the camp over the three days, Ms Abson, Mrs Jospe, Ms Bullivant, Ms Dwyer, Miss Hamilton, Ms Nguyen, Miss Chapman and Miss Notkina. Without the good will of staff volunteering their own time, events such as these camps are not possible.



HSC Excellence Assembly

The Class of 2019 have cemented their place in the rich history of our school and on Thursday 27 February, we had the opportunity to welcome back our 2019 HSC distinguished achievers to celebrate and



publicly acknowledge their impressive individual accolades at the HSC Excellence Ceremony. To achieve excellence in the Higher School Certificate is the persistent result of always striving to do better. As a learning community, we enjoyed the opportunity to celebrate the grit, attitude and perseverance that has enabled our graduates to achieve their well-earned success.



It was a real honour to invite back the top performing students who achieved personal excellence, along with their very proud parents and family members. I would like to thank Mrs Kim Archibald, President of the St Georgians who joined us as our special guest to make presentations to the Award recipients.

Working behind the scenes to plan and organise the HSC Excellence Ceremony was Mrs Rahmi and this year Mrs Dodd also supported Mrs Rahmi. I would like to thank them both for assisting with the necessary preparations to have our special guest, graduates and their families attend this most special event.



Swimming Carnival and Zone Carnival



The 2020 Swimming Carnival held on Wednesday 12 February was a great whole-school event. The staff and students thoroughly enjoyed their time at the carnival and it was a successful and highly enjoyable day for the school community.



I am pleased to report that the winning House for this year's swimming carnival was Mitamit.

The final placings were as follows;

- 1st - Mitamit
- 2nd - Mirrabooka
- 3rd - Larool
- 4th - Allunga



It was great to see the impressive levels of student participation in both championship and novelty events on the day. I would like to thank Miss Papas who has compiled the results from the carnival to report to the school community. The talented students certainly displayed their swimming skills on the day and I would like to congratulate the following Age Champions and Runner Ups for 2020.



12 Years Age Champion: Crystal Kwok

12 Years Age Runner Up: Michelle Ciu

13 Years Age Champion: Joey Lu

13 Years Age Runner Up: Tracey Nguyen

14 Years Age Champion: Nicole Yu

14 Years Age Runner Up: Gabrielle Ciu



15 Years Age Champion: Chloe Xu

15 Years Age Runner Up: Jean Beare

16 Years Age Champion: Mindy Liu

16 Years Age Runner Up: Celine Tang

17+ Years Age Champion: Catherine Weng

17+ Years Age Runner Up: Laetitia Cooper



A very strong St George Girls swimming team attended the Zone Swimming Carnival on Friday 28 February and Monday 2 March held at Roselands Swimming Pool. A more comprehensive report will follow in the PDHPE Gazette contribution.

SRC Executive and Representatives 2020

On Tuesday 18 February, the newly elected SRC Executive, SRC Year representatives and the Enviro Council participated in their Leadership planning training day organised by SRC co-ordinator Ms Whitehead and Enviro Council Teacher Co-ordinator Mrs Duffy. The students engaged in a range of activities and discussions throughout the day and I know they have begun to plan a suite of great initiatives to enhance the quality of school life for the students. I was so impressed to see the level of enthusiasm and engagement on display by the students and I am looking forward to working together with the students to support some of their creative and clever ideas over the year.



It is with great pleasure that I officially announce that the following students have been elected into the SRC Executive positions for 2020;

President: Samantha Edvell

Vice-President: Felicity Luong

Secretary: Alannah Ajami

Treasurer: Michelle Yihm

New Student Contact: Jacinta Low

I would like to thank the outgoing Executive Cate Armstrong, Taylor Ong-Lee, Annie Wang and Mercoria Farhoud for doing such a wonderful job in each of their respective roles over 2019.

I would also like to officially announce and congratulate the following students on being elected as the 2020 SRC Year Representatives;

Year 7

Elizabeth Suto, Ella Soo, Nadia Carvalho, Salam Khalil and Molly Maguire-Ward.

Year 8

Abbie Wang, Lydia Allen, Joey Lu, Isabella Lee and Gillian Tan.

Year 9

Suenna Jeong, Eliza Hoh, Erin Ong-Le, Rafa Huq and Aazeen Khan.

Year 10

Amara Randhawa, Alanna Nguyen, Hayley Chan, Aneesa Sukkarieh and Yashwini Gopal

Year 11

Alisha Shaikh, Evangelina Ferekos, Jodie Hoh, Tazmin Sultana, Amy Vu and Clare Jenkins.

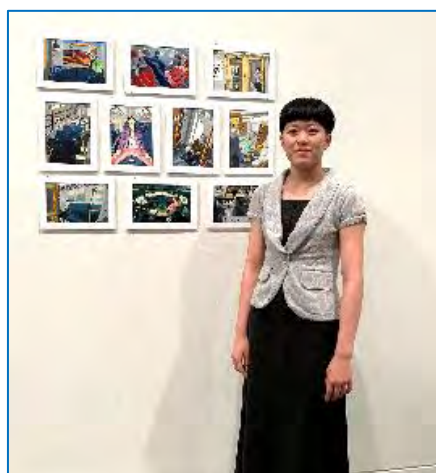
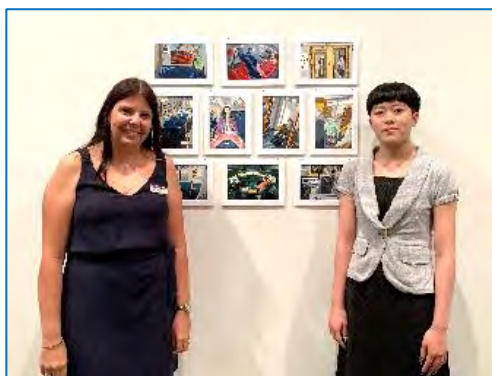
Year 12

Michelle Deng, Janice Low, Anna Tran, Aya Mizukami, Sammi Lee, Haleemah Rahman, Lana Nguyen, Sadia Khaja, Christine Karabalis, Rianne Hamad, Jessica Li and Rachel Fang.

The SRC representatives will be formally inducted into office at our special SRC induction assembly on Wednesday 1 April. Taking on any leadership role comes with a sense of enhanced responsibility and possibility. I would like to congratulate the students who are about to start their leadership journey for 2020 and I look forward to working with this very talented group of students over the year.

ARTEXPRESS

On Friday 14 February, Visual Arts teacher Mrs Clark and I had the pleasure of attending the official opening of ARTEXPRESS at the Hazlehurst Arts Centre. It was a real experience to attend this special event that showcases the works of the very talented 2019 HSC Visual Arts candidates, which proudly featured Bonnie Dong from the Class of 2019 who has her work titled "Departure" selected for inclusion in this very prestigious exhibition.

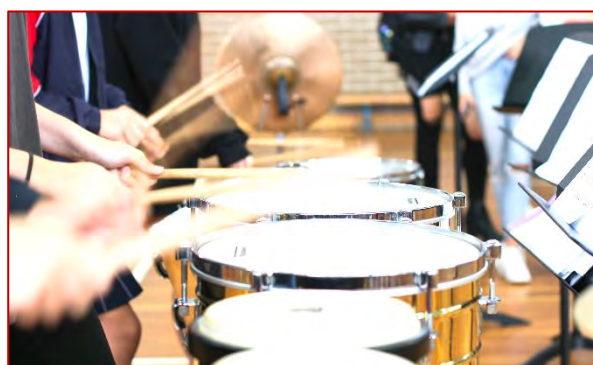
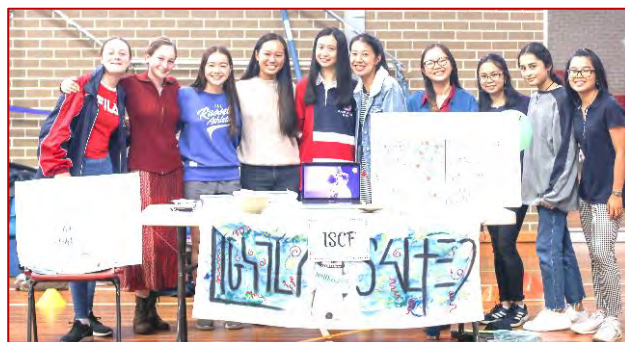


Dragon Pride Day

On Thursday 5 March the Prefect body hosted Dragon Pride Day which is a day dedicated to enhancing school spirit and raising awareness about the variety of groups, clubs and opportunities on offer at St George Girls High School.

I would like to congratulate the Year 12 Prefects for co-ordinating such a fun and festive day for the school community to enjoy and I would like to thank all of the students who organised stalls and activities for the students to engage with during lunchtime. It was great to see the students also dress up in school colours for the Mufti Day. It was a fun and enjoyable day for all. Despite the weather not being kind

on the day, the sense of school spirit was obvious and I thoroughly enjoyed the opportunity to visit the stalls and participate in the activities that were taking place.



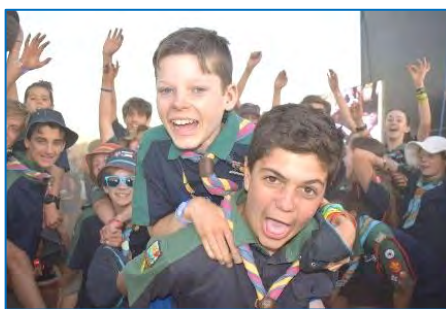
School and Subject Contributions 2020

I wanted to thank our school community for supporting the school through their swift payment of the school and subject contributions for 2020. Reminder invoices will be sent home to families who may have missed the 1 March deadline. Schools do rely on the support from their community to continue to provide the quality educational resources and experiences for the students and I certainly appreciate the support from the families that have already paid their fees for 2020. I would like to remind families that as has always been the case, if any parent or carer would like to apply for financial assistance, they are welcome to contact me at school at any time.

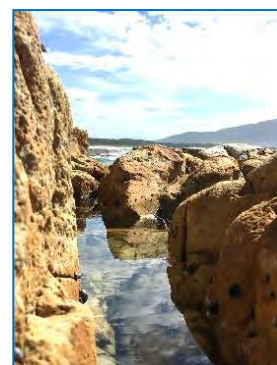
Official School Photographer

Over the past few years our skilled student school photographer Alina Ruan has creatively captured most of the wonderful images I have had the pleasure of including in the monthly Gazette.

Alina is in her HSC year and this role will be handed over to younger students. We recently ran a school-wide photography competition to help select the new school photographer. Alina and I judged the images and we were overwhelmed by the number and quality of student entries into this competition.



I am pleased to announce that Mia Feghali in Year 10 will take on the role of lead school photographer. Her two winning images are featured above. Supporting Mia in this important whole-school role will be Caitlin Mathews in Year 9 and the two impressive images she captured and entered into the competition are featured to the right.



I would like to say a very big thank you to Alina Ruan for her exceptional contribution, her commitment to this role and for the school service she has kindly provided. One of our school strategic directions is **Promoting School and Community Connections** and Alina has played a central role in supporting SGGHS to capture the quality of school life on offer each day and I am grateful that this role has allowed me to share these images with both the school and the broader community. I look forward to working with our two new school photographers and I am sure they too will do a wonderful job in the years to come.

Year 12 Assessment Block

Our Year 12 Students have commenced their HSC Assessment Block this week. This is a very important mid-way point in their HSC journey and will provide the students with some valuable feedback around the areas they are confident in, as well as identifying the areas they need to work towards in the months ahead. I wish the students all the very best of luck for this assessment period and encourage them all to ensure that they create a balanced study timetable that should incorporate ample sleep and moderate exercise into their preparation time. I also know that many of the Year 12 students have been checking in with their teacher mentors over the past few weeks.

At the end of last year all students in Year 12 were offered the opportunity to be allocated with a teacher mentor to work with during their HSC journey. A significant number of students opted into this program and I have been so encouraged to see many students take advantage of this additional layer of support on offer from the school.

The school has a very clear policy and procedure in place for Illness/Misadventure during an assessment block and it is important that all senior students and their parents familiarise themselves with the procedures in place. All students in the senior school have been informed about these procedures; however, I wanted to remind students that if they apply for illness/misadventure during their assessment block they must contact their Deputy Principal (Mr Treacy) on the morning of their examination.

I look forward to discussing individually with the Year 12 students their achievement, progress and goals when they receive their semester 1 report at their personal best report interviews on Monday 25 May next term. A reminder **that Parent-Teacher night for Years 7 and 12** will be held later on this term on **Tuesday 31 March from 3:30pm-6:30pm**.

Combined School Dance Coming Up

Another exciting event that is soon approaching is the combined school Dance with Sydney Technical High School. This is always a highly anticipated event I certainly would like to encourage all students to attend this year. The SRC have been busily preparing and advertising this event and I look forward to seeing many of the students in attendance on **Thursday 2 April** at the Marana Auditorium in Hurstville. The 2020 School Dance is titled "Tech Knights". Tickets cannot be purchased at the event. All tickets must pre-purchased at school. The SRC will communicate the ticket sales dates and times via the daily announcements.

Just a reminder to all students and parents that this is a school event and as such the school behaviour code, DoE Policy and expectations apply to all students. Any anti-social behaviour will not be tolerated and will be dealt with by the school and the police if required. There will be staff supervision and security on duty throughout the evening. The Senior Executive team will also be in attendance on the evening to assist with supervision responsibilities.

Walkathon

On Wednesday 8 April the annual St George Girls High School Walkathon will be held. This is always a very special and unique day for our school community and the staff and students always have a great day out together. The students have received written information about this event that requires all students to walk under the guidance and supervision of staff to Peter Depena Reserve. The Year 12 students prepare food and entertainment for the students and staff to enjoy once they safely arrive at the park.

This highly anticipated school event highlights the real sense of school spirit that exists at St George. Such events are only possible because of the wonderful students we have at the school and this event showcases the very best of St George. Thank you to the Walkathon organiser Mr Moncrieff and the Year 12 Adviser (Mrs Moncrieff) and Assistant Adviser (Miss Dwyer) for their support in organising this activity for us all to enjoy. A very BIG thank you to our Year 12 students who will take the responsibility for providing enough food and activity options to keep everyone engaged and well fed over the day.

Winter Uniform Change Over

As the cooler weather will soon approach, I wanted to remind our community that the official date for the start of winter uniform will be **Monday 11 May (Term 2 Week 3)**. The school uniform is a vital element that unites our students. Overall the standard is very high, however I would like to see this maintained particularly throughout the cooler months. I strongly encourage parents to check the status of their daughter's winter uniform and if you find that you need to purchase items, be sure to do so early while stocks are available.

Be aware that if long pants are worn they must be purchased through the uniform shop. Scarves are also available to buy in the uniform shop. The uniform shop is open every Wednesday during the term between 1:00pm-3:30pm. Students can visit the Uniform shop during lunchtime between 1:10pm-1:45pm). A few years ago the school added a blue winter coat to the suite of uniform options. I know the coat is welcomed addition to the uniform and will certainly keep the students warm on those particularly cooler days.

This term I have also made the time to meet with the Uniform Shop manager and our 2019 SRC representative (Mercoria Farhoud) who designed the staff and student uniform survey completed last year. At this meeting we will discuss and reflect upon the key findings identified via the survey. A plan to address these identified areas and to move forward with some the key recommendations will also be devised and I look forward to working in this space over the coming months to ensure that our uniform continues to unite the students, reflect a more refreshed and updated look, while also maintaining comfort, durability and cost considerations. We will now work with our suppliers to provide them with a brief to work within and I will continue to keep you updated with any progress or decisions made.

Student Achievements

In each Gazette, I like to share any specific individual or group achievements experienced by our students. I am always proud to share our student successes with the community and I know that our students are represented in such a wide variety of areas. I don't always hear about these achievements and therefore welcome updates from students, parents and the community to ensure that I am made aware of any special activities or achievements. Over the past month I have been informed of the following achievements that I wanted to share;

- Jessica Xiong has been again selected to represent the Sydney East Association in the Girls' Volleyball team and will compete at the NSWCHS Carnival in March.
- Astrid Brahe in Year 11 recently took part in the Opening Celebration of the ICC T20 Cricket World Cup.
- Gloria Hung in Year 10 has been **successful** in obtaining a position in the 2020 Years 9-10 Dance Workshop organised by the Arts Unit.
- Congratulations to Rana Oral and Alisa Greyze in Year 11 who have successfully been selected to be in the **NSW Public Schools Senior Drama Ensemble** held at The Arts Unit every Wednesday 5:00pm – 7:00pm during the school term. They will also perform at the State Drama Festival at the Seymour Centre in October.

I am looking forward to the final weeks of the first school term and I would like to wish our school community an enjoyable, safe and restful end of term break. I look forward to working with our school community in Term 2, which commences on Tuesday 28 April for the students.

Ms Betty Romeo
Principal

Deputy Principal's Report – Teaching and Learning

SGGHS Professional Learning Update

Professional learning for all teachers and executive is a vital component of the performance and development process. It facilitates growth and enhances the quality of teaching and learning for students. Professional learning and collaborative practice is a priority at St George Girls High School and features prominently in our School Plan and Strategic Directions.

Staff actively engage in a wide range of targeted professional learning opportunities throughout the year which link directly to a curriculum area, identified goals outlined in individual Performance and Development Plans, or to the 2018-2020 strategic directions and key milestones. In the first half of Term 1, SGGHS staff have engaged in the following professional learning:

School Plan Professional Learning

- School Excellence Framework – School Assessment Survey: 2019 reflection activity
- Kogarah Cluster Network Meeting
- Selective Schools Head Teacher Science Professional Learning Network
- Kogarah Cluster Executive Leadership Team Conference

All Head Teachers attended the Kogarah Cluster Executive Leadership Conference early in the term and were able to engage and contribute to collegial discussions to improve professional knowledge and practice and deepen their understanding about leadership and the importance of this role within schools. The agenda for the day allowed leaders across the cluster schools (Blakehurst High School, James Cook Boys High School, Moorefield Girls High School, Kogarah High School, Sydney Technical High School and St George Girls High School) to attend different workshops that focused on key responsibilities of the Head Teacher role, and also featured two keynote speakers: Mr Trevor Price, an EPAC advisor who unpacked the DoE Performance and Development Framework and Ms Ann McIntyre who focused on leadership attributes and actions, with a view to lead improvement within faculty teams.



Curriculum Professional Learning

- Syllabus Programming for: Science, Languages, TAS
- HSC Drama Workshop
- Meet The Markers Workshop: Science
- Assessment and Reporting in Languages
- Beginning Teachers Workshop

During the planned Strategic Direction Meeting time allocated each term, staff are either collaboratively working in one of the three Strategic Direction Teams (Literacy, Growth Mindset and Cross-Curricular Enrichment) or participating in guided activities that focus on a key area of the School Plan or targeted milestones. In Week 3, staff had the opportunity to collaborate with colleagues on completing components of the annual School Excellence Framework Self-assessment Survey (SEF S-aS). Focusing on the Learning and Teaching domains, working in cross-faculty groups, staff examined the different elements and themes in the framework, and through discussion and reflection based on evidence of practice, staff made a 'point-in-time' judgement on whether the schools is currently delivering, sustaining and growing or excelling in the different elements and domains. Quality discussions focussed on examples of practice, procedures, programs and policies currently embedded into the school. The completion of the SEF S-aS each year supports the completion of the Annual Report.



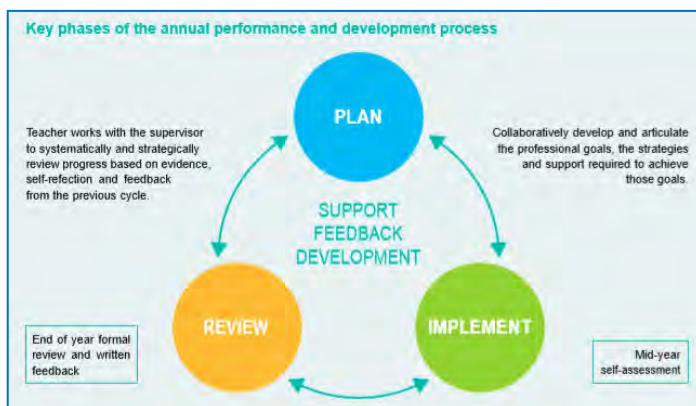
Twilight School Development Days

The staff at SGGHS have completed two Twilight School Development Day sessions in Term 1. Over these sessions staff engaged in different workshops that linked to areas of the school plan as well as requirements for teacher professional development plans. An outline of each twilight session is below.

2019 HSC Analysis – The 2019 HSC analysis session provided the opportunity for staff to work collaboratively with colleagues on completing a course specific analysis of 2019 HSC results. The activities focussed on targeting the top 2 HSC Bands (Band 5 and Band 6), identifying areas of strength, areas for development, modifications needed to teaching programs as well as teaching and learning strategies, resources required to implement changes and professional learning needs to support the developed plan for the 2020 HSC. The session allowed for analysis of student data through SCOUT and RAP (Results Analysis Package) and accessing the various graphs and tables available.

Performance and Development Plans (PDP) –

All teachers have the responsibility to be involved in performance and development processes to enhance the quality of teaching and learning for students. The overarching purpose of the performance and development process is to support the ongoing improvement of student outcomes through continuous development of a skilled, effective and professional teaching workforce. Every year, all teaching staff construct goals that clearly relate to the Australian Professional Standards for Teachers and provide focus and direction future professional learning. Staff develop their PDP working collaboratively with their supervisor on negotiated goals for the year ahead. In this session, staff were guided through the detailed requirements and different phases of the PDP - plan, implement, review - and were provided policy information to support them in developing their goals, planning professional learning and understanding required evidence to support progress towards or achievement of identified goals.



Assessment Booklets

Students and parents/carers are able to access all assessment information through the portal, including the assessment policy and procedures, calendar overview of scheduled task dates and subject outlines. It is important that students understand their responsibilities in regards to completing tasks and what to do if they are sick or late on the day of a task. Students are strongly encouraged to keep a copy of the calendar either in their folder or above their desk and highlight when their assessment tasks are scheduled so they can prepare and organise their time effectively. Please note that the dates published may need to change for various reasons. All students will be notified by their teacher in writing of any date changes and the assessment notification should always be what the students follow as the correct scheduled assessment task date. Any student in Year 7, 9 or 11 who has not returned their signed assessment slip to Ms Abson should do so by the end of the term.

Winter Uniform

Winter Uniform will commence in Term 2 Week 3. Students are reminded that they are to be in full school uniform every day and if not, they should follow the school's procedures for obtaining either a uniform pass or uniform infringement. Outlined below are uniform requirements specific to the winter uniform:

Junior Uniform:

- Junior winter tunic
- White Long-sleeved shirt
- Tie
- Tailored Trousers (optional)

Senior Uniform:

- St George all season skirt
- White Long-sleeved shirt
- Tailored Trousers (optional)
- Year 12 students who are wearing the Year 12 jersey may only wear the white long-sleeved shirt under the jersey.

General uniform requirements:

- Black leather flat lace up school shoes
- School blazer, jumper or navy overcoat may be worn in winter.
- Neck scarves in winter must be red, white or navy blue.
- White plain over ankle length socks or beige, navy or black tights in winter.
- Sports Jackets may be worn as uniform on non-sport days for additional warmth.
- Black jumpers, cardigans or hoodies are not permitted.
- Skivvies are not permitted.

Parenting Ideas – 'Insight' Articles

This month we are highlighting two key articles from 'Insights':

1. Strengthening kids' self-esteem in a digital world

How do we develop and nurture our child's self-esteem in a world where the likes, comments and followers are often seen as the social currency for popularity, confidence and self-worth?. This article outlines some of the things we can do to help nurture that self-esteem and prepare them for the challenges of a very public social media world.

2. Tools for managing teenage anxiety

Anxiety is the most common mental health issue facing young people. It impacts happiness, wellbeing and learning. It impacts significantly on their happiness, wellbeing and learning. This article provides some tools to help teenagers manage their anxiousness.

As part of our school's membership to Parenting Ideas, all parents in this school community can attend some fantastic webinars in 2020 at no cost. We're pleased to let you know about an upcoming webinar.

Upcoming Free Parent Webinar: Future-proofing Your Child

This century is characterised by disruptive change that is turning our world upside down. Jobs aren't just changing, whole industries are ceasing to exist. The scripts for success are being rewritten on a daily basis in our families, at work and in life. In this webinar Nikki Bush teaches parents what to expect and how to support their kids to thrive in a future world of work.

Key learning and discussion points include:

- Developing a client care strategy that builds and sustains long-term relationships
- How teachers can engage parents in their child's learning
- Building confidence to conduct sensitive conversations with parents about their children's learning, wellbeing and behaviour
- Effective methods to support parents with many of their common parenting and family issues
- Techniques to overcome parent negativity and turn adversaries into advocates for the teacher and school

Presented by: Nikki Bush (Award-winning speaker and bestselling author)

Video overview: Click this link to view the video overview:

When: Wednesday 18 March 2020 at 8:00pm AEDT

Redeem your webinar now – it's easy

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This offer is valid until 18 June 2020. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

Attached is also the 2020 Webinar Program for Parents, outlining the free webinars, topics and dates. Reminders for these webinars, will be outlined in the Gazette throughout the year.

Study Skills Tip for March – Top Tips For Memorising Notes

This month's study skills tip is '**Top Tips For Memorising Notes**'. Many students find it really difficult to cope with the memorisation that can be needed for tests and exams. This article provides some effective strategies to assist students in applying the skills needed to memorise their work and make the process easier.

Save the Date: Combined Year 7 Parent/Student Study Skills Evening – Monday 1 June 6pm

As part of our Year 7 Transition Program we will be holding a combined Year 7 Parent/Student Study Skills Evening in Term 2, with Sydney Technical High School. This interactive evening will provide a range of strategies and tools for both parents/carers and their daughters to use in the areas of managing workload, efficient time management, organisation and effective studying in high school. Further information on this evening will be sent home early Term 2, but keep the date free.

Ms Pamela Abson
Deputy Principal – Teaching and Learning

Inter-School Dance
St George Girls High/Sydney Technical High Schools

Thursday 2 April 2020
Hurstville Entertainment Centre,
MacMahon Street, Hurstville
5.00pm – 9.00pm

1. Only current students in Years 7-12 at St George Girls High School and Sydney Technical High School may attend.
2. Students must purchase their tickets before the dance. **TICKETS WILL NOT BE SOLD AT THE DOOR.**
3. Each student must purchase her own ticket. **TICKETS ARE NOT TRANSFERABLE.**
4. Students must provide a signed permission note in order to purchase a ticket.
5. **Students from Years 8 – 12 will need to present their Student ID card on entry.**
6. Students will arrive at the dance on time and will not be permitted to leave the venue until the dance finishes (unless you have returned the signed permission note for the earlier leave of 8.00pm).
7. Parents will be contacted if a student purchases a ticket and does not attend the dance.
8. Parents are requested to assemble outside the venue at 8.45pm.
9. All advertising for the dance has stipulated that no alcohol or smoking will be permitted.
10. Security and teacher supervision will be provided.
11. Water will be provided at the venue. No liquids or aerosols will be allowed into the venue.
12. Dress must be appropriate for a school function.

B. Romeo
Principal

Deputy Principal's Report – Curriculum

Year 12 Assessment Block

In order to ensure the integrity and fairness of assessment blocks there is a clear policy and established procedures that have been communicated to all students. These documents are available in the parent portal in resources/assessment information/Year 12. Please take the time and ensure that you, both parent's carers and students are aware of expected procedures and potential consequences in deviating from the school's policy. One of the key elements of this policy is contacting the school should any unforeseen event occur, including being late to an exam for any reason, any illness or misadventure. Students must contact the Deputy Principal (Mr Treacy) on the morning of their assessment. Following the aforementioned policy and procedures not only ensures the veracity of the assessment block but greatly reduces the stress on students as we provide equitable solutions to allow all our girls to perform at their very best. I wish you all the very best in this upcoming period of assessment. Make sure you look after yourselves with adequate sleep, nourishing food, exercise and as you prepare for and complete each task, inhale confidence exhale doubt.

Upcoming NAPLAN Dates for Year 7 and 9

Tuesday 12 May – Thursday 14 May

In Week 3 of Term 2, all Year 7 and 9 students are to complete the NAPLAN tests using the print material for NAPLAN 2020. Further information regarding the organisation of NAPLAN will be provided to students at the beginning of the term.

Parent Teacher Nights 2020

The first parent teacher evening for our Year 7 and 12 students and their families is scheduled for Tuesday 31 March from 3:30pm – 6:30pm. This evening is designed to provide the welcomed opportunity for our Year 7 students and their parents to visit the school and meet their daughter's teachers and find out about the topics and tasks that each course has examined in Term 1. For our Year 12 students and their parents this will be a valuable opportunity to receive feedback on the progress made in their HSC courses to date. I encourage all families in Years 7 and 12 to save this date in their calendars and I look forward to seeing you all on the first parent teacher evening for the year. Bookings for the parent teacher nights will be accessed using the Parent Portal.

I would also like to confirm the dates for our parent teacher nights for Years 8 – 11 early because I appreciate how busy families are and how much you do value the opportunity to meet with your daughter's teachers. Parent Teacher night for Years 10 and 11 will be Monday 15 June 3:45pm – 6:45pm and for Years 8 and 9 on Monday 27 July from 3:45pm – 6:45pm. Both these dates follow the distribution of the students' semester one reports and will allow parents the opportunity to discuss these with the class teachers.

Minimum Standards Practice Tests

All Year 10 will be given the opportunity to experience the rigor and type of questions for the Minimum Standards Test by completing the practice tests starting in Week 8. Students throughout the week will sit practice tests in Writing, Numeracy and Reading. This practice is vital to clarify the style and structure of an online test and provide feedback to the students in meeting the minimum standards and to the school so that we can plan for, and support any students requiring additional mentoring. This program of support for targeted students will occur over the next months in preparation for the actual exams late in Term 3.

Mr Mark Treacy
Deputy Principal – Curriculum

English

It has been an energetic start to the 2020 in the English faculty. We are very lucky to welcome two new permanent members of staff – Beth Hinton and Laela Delprat – who both bring experience, enthusiasm and insight to their roles.

We are underway in teaching new course material to our year 8s – who are currently engaged in the critical and creative complexities of the Hero's Journey – while our Year 11 Extension English students are currently wrapping their heads around our new course on Dystopia. These are exciting times for the English faculty and our students.

As we await the start of the competitive debating season, trials for the Year 8 and Year 11 teams will soon begin. We look forward to growing our teams and competing vigorously in the 2020 season.

On behalf of the faculty we would like to wish all our students a safe and happy return to the school year.

Science

Welcome to 2020 from the Science Faculty. We will be implementing a number of new initiatives this year including more communication with parents, clearer expectations and increased feedback. This includes: online activities using Education Perfect and Moodle.

Competitions

Students from all years have the opportunity to participate in a number of external Science competitions. These competitions are useful for the students as they help students apply their Science knowledge to new situations.

All students from Years 7 to 10 will sit the REACH Science Assessment. This competition is created by the University of New South Wales and consists of multiple-choice questions. The competition will be held in Week 5 of Term 2 and the registration cost is included in School Contributions.

The ANCQ Chemistry Competition is open to all students from Years 7 to 12 and is run by the Royal Australian Chemical Institute. It involves students answering 20 multiple choice questions and will be held on Tuesday 28 July for students in Years 7 to 11. Interested Year 12 students will sit the competition in Week 1 of Term 3. The cost of this competition is \$6.

The RACI Titration Competition is open to 24 Year 12 Chemistry students only. It is run by the Royal Australian Chemical Institute and involves the students competing against students from other schools in the chemical technique of titration.

St George Girls High School also offers Years 9 – 12 students the opportunity to participate in the Olympiad Program in Biology, Chemistry, Earth and Environmental and Physics. This Program is run by Australian Science Innovations and involves fees. Application into these programs has not opened yet.

Intranet

At Parent/Teacher interviews, the Science staff are often asked about resources for students to help with their studies of Science. This month's article seemed like the ideal time to introduce you to the abundance of resources available for the students via the school Intranet.

To access or view these resources you will need to get your daughter to login to the Intranet using their student log in details. Select Students from the drop down menu and select Faculty and then Science. Click on Science Faculty on the left hand side of the screen and you will be taken to a page that looks like this.

There is a link for each year from 7 to 10 and then individual subjects for Years 11 and 12 on the left hand side of the page. Each of these links takes you to a folder or page with resources for students.

Science Home

Science Announcements

Year 7 Science Home

Year 7 Science Files

Year 8 Science Home

Year 8 Science Files

Year 9 Science Home

Year 9 Science Files

Year 10 Science Home

Year 10 Science Files

Year 11 Biology Home

Year 11 Biology Files

Year 11 Chemistry Home

Year 11 Chemistry Files

Year 11 Physics Home

Year 11 Physics Files

Year 12 Biology Home

Year 12 Biology Files

Year 12 Chemistry Home

Welcome. Your Science Journey Begins Here

Follow the links below to each subject intranet page

Year 7 Science

Year 8 Science

Year 9 Science

Year 11 Biology

Year 12 Biology

Year 11 Chemistry

Finance News

Finance Office Hours: 8:30am – 1:50pm

Please be advised that the Finance office closes at 1:50pm every day and we are unable to take any payments after this time. Students are requested to make payments before school, at recess or at lunch. Parents may make payments anytime between 8:30am – 1:50pm

Online payments are a safer option for students and may be made by clicking the link found on statement of account emails and following the instructions on the attached flyer.

Student Wellbeing

Since the issue of the last Gazette, the following students have been presented with Dragon Badges:

Lydia Allen (2), Aurelia Gunawan (3), Annabelle Hau, Isabelle Jiang, Tessa Jolly, Edwina Li, Helen Luu, Sai Vibha Pothuganti, Adeeba Rahman (2), Gillian Tan (2), Sarah Tran, Abbie Wang, Gigi Wu, Nudrat Zakaria, Winnie Zhao (2) and Isabella Zhu (2) of Year 8.

Selsabeel Al Hariri, Ariel Daniel (2), Houda Hamadi, Tanisha Iqbal, Haiqa Qazi (2), Ananya Sharma (2) and Cindy Xie of Year 9.

Niamh Deuis (2), Mia Feghali, Yanting Huang (2), Chanisa Jennings (2), Mary Murray (5) and Tracy Yao (5) of Year 10.

Humnah Bhatti, Sasha Bilanovsky (2), Samantha Edvell, Katerina Kalogerakis, Aneeta Nelson (2), Hy Anh Nguyen, Anika Tahsin (4), Phoebe Tandjiria, Zoe Tang and Mandy Yang of Year 11.

Evelyn Ang (6), Induni Atapattu (2), Lisa Cheng (2), Angela Cheung, Nabila Chowdhury, Mercoria Farhoud, Katrina Hayler (4), Christine Karabalis (3), Samantha Law, Sammi Lee, Fariha Mian, Maleeha Mohd Naved (3), Gabrielle Nguyen, Ramisa Quader (3), Pamela Rehberg (2), Megan Siow (2), Nicole Tan, Winnie Tan, Helena Tang, Anna Tran, Carmen Truong, Jasmyn Tuladhar (3), Anjni Verma, Annie Wang, Natalie Yeung (3), Judy Yu, Sameera Zaman and Idy Zhao of Year 12.

The following students have also been presented with a Super Dragon Badge:

Niamh Deuis of Year 10.

Anika Tahsin of Year 11.

Evelyn Ang, Gabrielle Nguyen, Winnie Tan, Anna Tran, Carmen Truong and Annie Wang of Year 12.

Technological and Applied Studies

Last year, the Year 10 Food Technology class of 2019 fundraised \$594.00 through their Food Product Development task. They sold the food they had designed and produced to the school at lunch. Rather than taking out the costs of the food, the whole of the money raised was donated to charity. The class had the opportunity to choose the charity they felt was most in need of the money and voted for WIRES to help rescue and care for sick, injured and orphaned animals. Due to the catastrophic fires and drought, koalas along with many of our other precious native species are needing urgent assistance.

The generous gift from Year 10 Food Technology has helped WIRES to continue providing rescue and care services for wildlife 365 days a year, to increase their ability to help more animals during these emergency events and to be able to better assist surviving wildlife long-term as they face ongoing challenge due to lack of food, water and extreme habitat loss. Congratulations to those Food Technology Students.



Year 10 Food Technology – Food Product Development



Green Corner



Upcoming Events

- ❖ **Clean Up Australia Day** school event will be held during week 8. Check your emails to information to register. This will be open to Year 10 to Year 12 students.



- ❖ **Earth Hour 2020** – 28 March 2020

- ❖ **Dragon Pride Day** – week 6



- ❖ **Wires** – 2nd fundraiser will be held at the end of Term 2.

Gardening, paper recycling and worm farm teams have returned!
New members are always welcome!

Stay in touch – follow the Enviro Council

- We have increased our social media presence by creating an Instagram account – follow for updates, news and tips! @sgghsenvirocouncil



Fundraiser

Recently, Australia's south-east has been devastated by disastrous fires, the worst drought in history and record high temperatures. With the unprecedented destruction of habitats, food shortages and water scarcity, our wildlife has suffered an immeasurable amount.

To support the largest wildlife rescue and rehabilitation charity in Australia, **WIRES**, the Enviro Council held a fundraiser on 20 February. Succulents and reusable straws were sold at recess and lunch, and a heart-warming wall of support was created by students. An educational and slightly silly Kahoot! was played at lunch, with students donating gold coins for entry. We were fortunate enough to raise over \$631!!! On behalf of the Enviro Execs, we would like to thank all those involved – we couldn't have done it without you! There will be a second fundraiser at the end of term 3



Leadership Training

The Enviro Council, teamed up with the SRC for Leadership Training on 18 February. Through team building, communication and problem-solving exercises, we built strong bonds and developed our leadership skills. The Council also planned the year's activities with many more exciting events to plan!

I am looking forward to a new year of spreading awareness on environmental issues, to work together with the brilliant and determined Enviro Council and to make a difference in our school community.

Alexandra (Sasha) Bilanovsky, Year 11
Enviro Journalist



Personal Development, Health and Physical Education

Swimming Carnival

12 February 2020, a gloomy day where the weather prediction was of a 90% chance of rain all day, was the date chosen for our school swimming carnival. Waking up in the morning and realising that it was **not** raining, we took a chance to still go ahead with the carnival. We realised how lucky we were, with the weather Gods truly on our side. Perfect weather with only a 2-minute drizzle throughout the day!



Our swimming carnival was held at Bexley Pool, where we had students competing in various events, from Championship races, through to Novelty events and the ever-popular Marathon Swim. The Year 12 Entertainment was also a great success with our talented Year 12 students showcasing their impressive choreography and dance skills before finishing off in the pool for a grand finale.

Mitamit was the winning house of this year's carnival. In 2nd place was Mirrabooka who narrowly beat Larool into the 3rd position. Allunga finished in 4th position.

It is always our relay races which bring much excitement to our carnivals. This year, our students were particularly vocal in cheering. In the 4x50m freestyle relay, Mitamit placed 1st, narrowly defeating Larool who placed 2nd. This was followed by Mirrabooka in 3rd place and Allunga in 4th place.

In the 4x50m medley relay, which involves the 4 students competing in the 4 different strokes (backstroke, breaststroke, butterfly and freestyle), Mitamit placed 1st again, narrowly beating Allunga, followed by Larool in 3rd place and Mirrabooka in 4th place.

Another prestigious event is the 100m Champion of Champions, where the 8 fastest swimmers of the school, (regardless of age), compete over a 100m. Joey Lu (13 Years) placed 1st in this event, which was a fantastic achievement, for a year 8 student!

Every year we also nominate our Age Champions and Age Runners Up. The students accumulate points for their various events, depending on where they placed.

Our 2020 Age Champions are as follows:

12 Years

Age Champion: Crystal Kwok

Runner Up: Michelle Ciu

13 Years

Age Champion: Joey Lu

Runner Up: Tracey Nguyen

14 Years

Age Champion: Nicole Yu

Runner Up: Gabrielle Ciu

15 Years

Age Champion: Chloe Xu

Runner Up: Jean Beare

16 Years

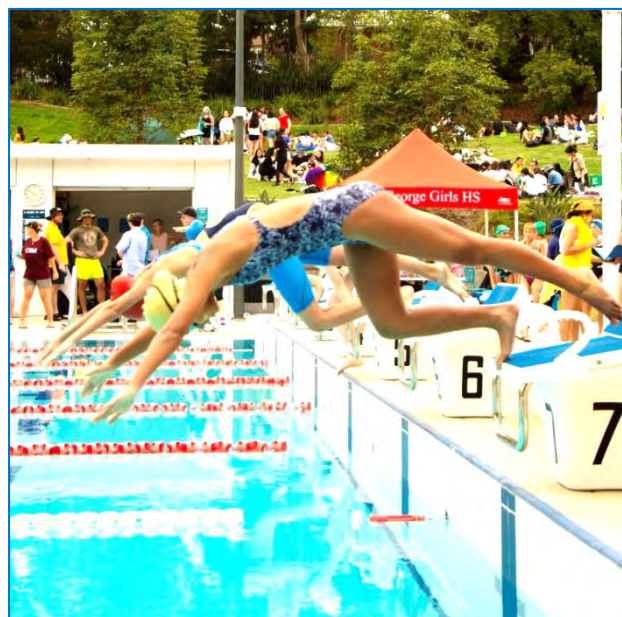
Age Champion: Mindy Liu

Runner Up: Celine Tang

17+ Years

Age Champion: Catherine Weng

Runner Up: Laetitia Cooper



Our Novelty events had a solid number of participants. Mitamit placed 1st, followed by Allunga in 2nd place, Larool in 3rd place and 4th place went to Mirrabooka.

All of our students who placed in the top 2 for each of the Championship events and top 3 in the 50m freestyle event, progressed to the Zone Swimming Carnival, which was held at Roselands Pools on Friday 28 February and Monday 2 March.

Zone Swimming Report

On Friday 28 February and Monday 2 March, 25 students represented St George Girls High School by competing in the St George Zone Swimming carnival, held at Roselands Swimming Centre.

Students competed in various swimming events and, as a result, we were the winning girls school on 823 points. A number of students placed in the top 2 in Backstroke, Breaststroke, Butterfly, Freestyle (50m, 100m, 200m, 400m, 200m Individual Medley and relays). All our relay teams placed in the top 2 including, 12-17 Years 4x50m freestyle events, the Open 4x50m medley relay and the 6x50m All age relay team and will be progressing to the Sydney East Regional Swimming Carnival.

Congratulations to the following students who were either the Zone Age Champion or the Zone Runner up:

13 Years

Age Champion: Joey Lu

15 Years

Age Runner Up: Chloe Xu

16 Years

Age Runner Up: Mindy Liu

17 Years

Age Champion: Catherine Weng

17 Years

Age Runner Up: Laetitia Cooper

Congratulations to Catherine Weng who was also the St George Zone "Female Athlete of the Meet" with an individual point score of 78 points.

The Sydney East Regional Swimming carnival will be held on Tuesday 17 March 2020 at Sydney Olympic Park Aquatic Centre. I wish all of our competitors the best of luck as they represent their school and zone.

Student Representative Council

Hello from your 2020 SRC Executive! We all are very excited to work with you this year and bring you lots of fun activities to participate in. The SRC theme this year is giving back. We are all so lucky to have amazing support systems around us, so this year we want to give back to them. All of our fundraisers will allow us to give back to community organisations that provide important services, our families and also back to you, the students of St George.

The SRC held our annual planning day on Tuesday 18 February and we have come up with a range of fun activities and fundraisers for the coming year.

The first SRC fundraiser for the year will be held very soon on Tuesday 24 March. The year 9 SRC are planning a fundraiser for the children's hospital at Westmead through the Bandaged Bear Appeal. Funds raised go to funding the very latest medical equipment, lifesaving research and essential services for sick kids and their families. The fundraiser will include a mufti day, a spin the wheel game and selling of the Bandaged Bear supporter pins. Throughout the coming weeks preorders for "teddygrams" (send a bandaged bear to your friends with a note attached) will take place and these will be distributed on the day of the fundraiser. So come along and get involved!

We all love our Mothers dearly and can appreciate the significant role that they have in our lives. So the Year 8 SRC have decided to hold a Mother's Day fundraiser in Term 2. We will be running an arts and crafts workshop over a few lunchtimes for you to get creative and make an extra special card for your mum. There will also be a Mother's Day gift stall! What better way to show mum how much you appreciate her and get into the spirit of this year's SRC theme of 'giving back'.

The Year 7 SRC are planning a Father's Day stall in Term 3, for the appreciation of our wonderful fathers and families. A range of goodies will be sold including cards for dad, cool socks, mugs, enamel pins and more!

The Year 10 SRC have decided to hold a Christmas Fete. There will be plenty of fun activities, ranging from food competitions to basketball throwing challenges, all of which encourage groups of friends to have lots of fun together. The fundraiser will be Christmas themed with plenty of festive decorations and will be an exciting way to enter into the summer holidays.

Also, the SRC Combined School Dance is coming up on 2 April so get excited for a fun night and keep your eyes peeled for more information about that to come shortly.

Parents and Citizens' Association

What a great turnout for our first meeting! Welcome to all new parents who attended. Thank you to Ms Abson for her informative talk on high potential learner programs across the different year groups. It's always insightful to hear about strategic school programs that bring out the best in our girls. We look forward to hearing from our next guest speaker Ms Lisa Wright, Head Teacher CAPA.

A reminder we now have the 2020 digital Sydney Entertainment Book for sale. You will receive instant access to the Entertainment digital Membership app that allows you to redeem great offers directly from your Iphone or Android and guaranteed will pay for itself through all the great discounts on offer. Purchase the new 12 month digital memberships at our payment page here

<https://www.entertainmentbook.com.au/orderbooks/203j324>

The P&C committee meets every 4th Thursday of the month during school terms. Our next P&C meeting will be held on Thursday 26 March 2020 in the staff common room at 7.00pm (until ~8.30pm). Everyone is welcome to attend. The P&C looks forward to connecting with all parents at these meetings throughout the year to support our girls education.

Sharon Khan
President

Mothers' Committee

Thank you to Ms Romeo for her Principal's Report and to Mr Walters, our guest speaker on the Duke of Edinburgh program at our meeting this month. It was a very informative session providing an overview of the program along with the expectations of students and the great benefits of participating. Our guest speaker at the next meeting will be Ms Whitehead, Year 8 Cross-Curricular Enrichment Program (STEM).

The Mothers' Committee holds meetings on the first Wednesday of every month during the school terms from 10 am to 12 noon. Please feel free to attend even if you cannot stay for the whole meeting.

Next Meeting: Wednesday 1 April at 10am in the School Library.

Mother-Daughter Dinner

Theme: Hollywood Glam

Stay tuned for more information, coming soon!

Uniform Shop News

The Uniform Shop will be open every Wednesday during the school term from 1pm – 3:30pm. Thanks to all the parents who have volunteered and filled up the roster for the rest of the term. We will also be opening from 9am – 1pm on Saturday 2 May and 9 May to assist with the changeover to winter uniform. If you are able to volunteer on those days, please contact Cathy.

Best wishes,

Edwina

Edwina Murphy
President, Mothers' Committee
Contact Ph: 0409 413 218

Cathy Anderson
Uniform Shop Coordinator
Contact Ph: 0423 533 855

St Georgians

Year 12 2019 Excellence Awards

It was my pleasure to represent The St Georgians at the recent Year 12 2019 Excellence Awards. The association is proud to sponsor these awards. The students achieved fabulous results across all subjects and the diversity of the courses the girls are pursuing after their HSC is impressive. Well done to all Year 12 2019 students.

2020 Annual Reunion Luncheon – Saturday 2 May

The St Georgians' Annual Reunion Luncheon is a long-held tradition of the ex-students' association, and we'd like to extend an invitation to the luncheon to all former students and staff of St George Girls High School. This year we will meet on Saturday 2 May at St George Leagues Club, Kogarah. If you would like more information, please email us and we will send you an invitation and booking form.

Life Membership

All ex-students of the school are invited to join The St Georgians. The cost of Life Membership is a one off payment of \$30. To join please download the Membership Form from the school website - you will find our page under the "Parents and Community Groups" tag.

The St Georgians generally meet on the fourth Thursday of each month, in the Bistro area at St George Leagues Club, Kogarah. For details of our next meeting, please email us. We have a great group of ladies of all ages, and it's a fun, relaxed atmosphere. We also invite you to stay after the meeting for a little socialising and perhaps lunch in the Bistro. We are always keen to meet new members and look forward to seeing you there!

TheStGeorgians@hotmail.com

Kim Archibald
President



Coming Events

Monday 9 March – Friday 20 March	Year 12 Assessments
Tuesday 17 March	Gazette issued on school website and emailed to parents and students Regional Swimming Carnival, Homebush Encore 2020 Concert Students Dismissed 2.25pm
Wednesday 18 March	Year 10 IST 'Big Day In', UTS
Tuesday 24 March	SRC Charity Mufti Day Students Dismissed 2.25pm
Wednesday 25 March – Friday 27 March	Year 11 Camp
Wednesday 25 March	Year 10 Science and Engineering Challenge, Olympic Park
Thursday 26 March	Parents and Citizens' Association Meeting, Staff Common Room, 7pm
Monday 30 March	Year 10 Jewish Museum Excursion
Tuesday 31 March	Years 7 and 12 Parent Teacher Evening, 3:30pm – 6:30pm Students Dismissed 2.25pm
Wednesday 1 April	CHS Swimming Carnival Regional Diving Mothers' Committee Meeting, 10am SRC Induction
Thursday 2 April	CHS Swimming Carnival Regional Diving Year 11 Leadership by the River Student Conference Year 7 Digital Nutrition Presentation SRC Combined School Dance
Friday 3 April	CHS Swimming Carnival
Tuesday 7 April	Year 9 Mowbray Farm Excursion Year 7 Vaccinations Year 8 Vaccinations Catch-up Year 12 UAC Information Evening, Sydney Technical HS, 6pm Students Dismissed 2.25pm
Wednesday 8 April	Walkathon
Thursday 9 April	Final Day of Term 1
Wednesday 15 April	Year 12 Japanese Workshop
Thursday 16 April	
Monday 27 April	School Development Day, Staff Only
Tuesday 28 April	Students Return Years 10, 11 and 12 Voyage of Musical Discovery Excursion Students Dismissed 2:25pm
Saturday 2 May	St Georgians Annual Luncheon
Monday 4 May	In Concert Rehearsals, City Senior How You Doin? Day Year 8 Food Technology – Food Sale
Tuesday 5 May	Year 10 Vaccinations Junior How You Doin? Day Students Dismissed 2:25pm
Wednesday 6 May	Year 7 Taronga Zoo Excursion Mothers' Committee Meeting, Library, 10am
Thursday 7 May	Athletics Carnival
Monday 11 May	Commencement of Winter Uniform

It is important that payment for excursions is made to the Finance Office or Online prior to the due date.



St George Girls Make News!

ST GEORGE & SUTHERLAND SHIRE
Leader

FEBRUARY 14 2020 - 1:30PM

More than 50 works of art are on display at Hazelhurst Arts Centre as part of ARTEXPRESS 2020

Merryn Porter



Departure: For Bonnie Dong, studying art for her HSC was a way to explore her creative side. Picture: Chris Lane

For Bonnie Dong, of Hurstville, the decision to study visual arts for the HSC was a way to explore her creative side.

Now the former St George Girls High School student's major HSC artwork has been selected for ARTEXPRESS 2020.

ARTEXPRESS is now in its 36th year and showcases the outstanding artworks created by NSW students for the HSC Visual Arts examination.

Exhibitions are held at six locations, including the Art Gallery of NSW, Sydney, and Hazelhurst Arts Centre, Gympie, where Ms Dong's work is on display alongside more than 50 others.

Ms Dong said she hadn't done any formal art lessons since year 7 until choosing to study visual arts in year 11.

"I really like painting my nails and drawing small things," she said.

"I wanted to explore that so I chose art to explore my creativity."

When it came time to choose her major artwork for the HSC, a sketch she did of her mother sleeping on a plane caught the eye of her art teacher, who encouraged her to explore the concept.

She decided to make travel the basis of her artwork and set about photographing people on the train each day. She also used Google images to find photos of a pilot in the cockpit of a plane and a rail guard.

She completed sketches of each before painting in acrylic.

The result is *Departure*, a series of 10 artworks representing the "psychological journey individuals embark on as they seek to face uncertainties with composure".

Bonnie says the first painting she completed - of her sleeping mother - took the longest because she had never painted with acrylic before.

"It took the whole term to do the first one as it was my first time painting with acrylic, so I needed to work on my technique and style," she said, adding the others took about 30 hours each to complete.

Ms Dong said while her parents were not particularly supportive of her decision to do visual arts for the HSC and thought her time spent on her major work could be better spent studying for other subjects, they were very proud that her work had been included in the exhibition.

She will begin a computer science/media arts double degree at University of NSW this month, but plans to continue to dabble in art as a hobby, especially intricate nail art.

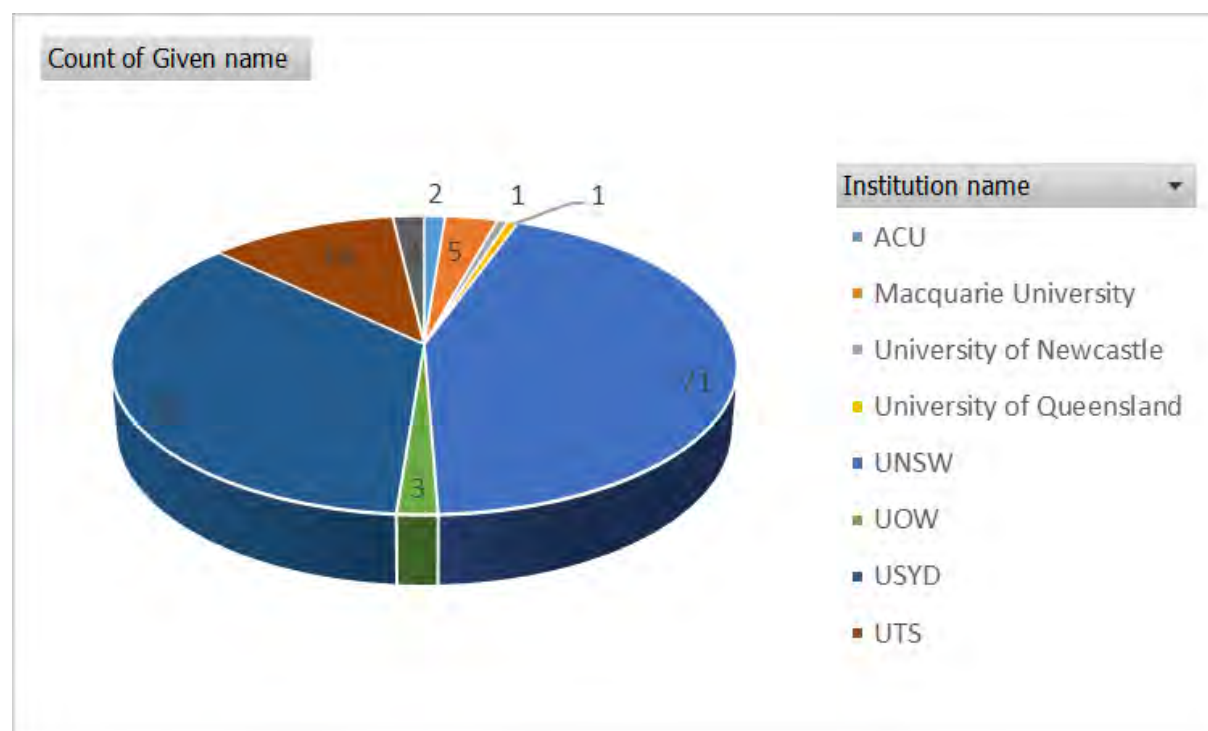
HSC Class of 2019

Post School Destination Report

Congratulations to the Class of 2019. Our students have achieved outstanding results in the HSC and have chosen to study in a broad range of tertiary fields. All of the data collected suggests that 100% of the 2019 HSC Cohort have accepted an offer to university in 2020, with two students indicating they have deferred to take a Gap Year. Many students received several course offers through the various UAC offer rounds or via direct application to an institution. At the time of writing this report, offers to each institution are reflected in the table and chart below:

Where are students studying?

Australian Catholic University	2	1%
Macquarie University	5	3%
University of Newcastle	1	1%
University of Queensland	1	1%
University of New South Wales	71	44%
University of Wollongong	3	2%
University of Sydney	58	36%
University of Technology Sydney	18	11%
Western Sydney University	3	2%
Grand Total	162	



Sixty eight students have elected to undertake a dual degree (42%)

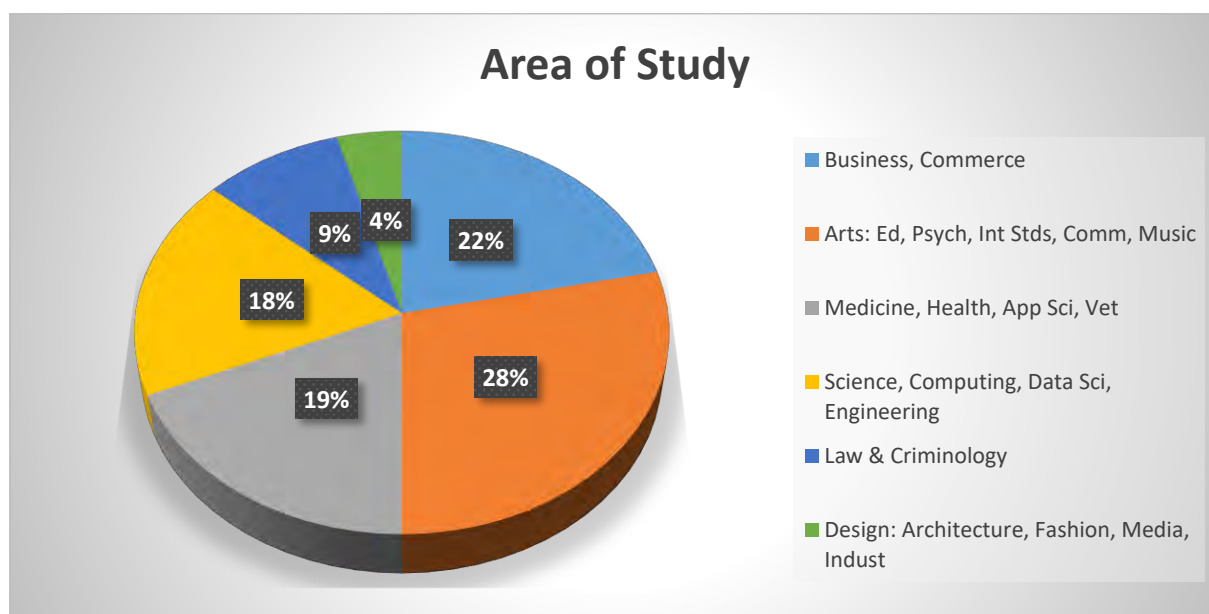
2019 HSC Honours List

Students achieving in the top 2% of the State (with an ATAR reported 97.95-99.95):

Maja Vasic, Rachelle Wu, Jacquelene Tsovolos, Varisara Laosuksri, Cecilia Chenh, Mikayla Perry, Hattie Liang, Shaily Shrestha, Mia Lo Russo, Yujia Wang, Emily Chan, Aimee Soenarjo, Claudia Tran, Kristina Dong, Miranda Feletar, Talia Quartullo and Micky Chen

What are students studying?

Area of Study by Degree	# Students with Offer	Percentage
Business & Commerce	35	22%
Arts: Education, Psychology, International Studies, Media, Music	46	28%
Medicine, Health, Applied Science & Veterinary Science	30	19%
Science, Computing, Data Science & Engineering	29	18%
Law & Criminology	15	9%
Design: Architecture, Fashion, Media, Industrial Design	7	4%
Grand Total	162	



Farewell and Best Wishes

We are extremely proud of the industrious effort and exemplary results of the Class of 2019 and would like to wish each and every student all the best for their future endeavours. We look forward to re-connecting with this cohort of alumni in the future, as they develop an array of skills, knowledge and experience that can be shared with the community and next generation of SGGHS students.

INSIGHTS

Tools for managing teenage anxiety



Anxiety is the most common mental health issue facing young people today. It impacts significantly on their happiness, wellbeing and learning. Untreated anxiety in young people is likely to continue to pose a problem in adulthood.

It's normal for a young person to feel anxious from time to time. Here are some tools to help them manage their anxiousness.

Defusion

Young people often tell themselves stories about how they appear to others, how they will do in an assignment, test or learning activity and how they will meet with challenging events. Their stories can be helpful – “I know I can do this!” or unhelpful – “I’m hopeless at sticking with projects.”

To reduce the impact of unhelpful thinking on their emotional state, teach them to distance themselves from their unhelpful stories and self-talk through the skill of defusion, or thought-distancing. Here are some examples you can use:

- “I feel awful about this exam.” Ask “Is that helpful thinking?”
- “Everyone will find this test hard.” Ask, “Is that a thought or a fact?”
- “I’m hopeless at school.” Add “I had a thought that I’m hopeless at school.” – it places them one step away from the thought

Mindfulness

When someone is anxious, they are often worried about a future event. Their restless mind needs to take a rest from future thinking, ruminating and worrying. Settling back into the present gives them a chance to relax and calm down. The practice of mindfulness, even if just for a few seconds, is a wonderful way to let go of their worries. Encourage your young person to practise mindfulness regularly and at different times of the day.

Here’s some mindfulness tools that can help them to bring their focus back to the present. Ask them to count out loud on their fingers:

- Five things they can see
- Four things they can hear
- Three things they can feel (such as their feet in their shoes)
- Two things are grateful for
- One person they love

Deep breathing

When someone is stressed, their whole physiology is on edge. When they are anxious their breathing becomes shallow.

Deep breathing activates their relaxation response to relieve stress. As a result, the heart rate decreases, muscles relax, pupils constrict and the stomach starts to do its job that was put on hold when anxiety struck. Encourage your young person to breathe in this way:

- Say to them “Come on, let’s take three deep breathes together”
- Encourage them to breathe into their belly to get control over their body and steady their mind

Exercise

Exercise releases chemicals called endorphins that increase your young person’s feelings of wellbeing. It also relieves the muscle tension that builds up over a day of working, worrying and ruminating. There are many ways to get more movement into your young person’s life including:

- Engaging in regular sports
- Walking to school and to other activities
- Taking regular movement breaks from homework
- Joining you in a morning walk

When anxiety comes a problem

Anxiety becomes a problem when it impacts on your young person’s quality of life and prevents them from participating in everyday activities such as school, interests and social events. If this happens your young person may need professional support. Their school, your local general practitioner and the relevant department at your local council can assist.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia’s leading parenting educators. He’s an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

INSIGHTS

Strengthening kids' self-esteem in a digital world



How do we develop and nurture our child's self-esteem in a world where the likes, comments and followers are often seen as the social currency for popularity, confidence and self-worth?

While young people live out much of their social lives online, there are certain elements of this world that can have a negative impact on the social and emotional wellbeing of young people, particularly if that person's self-esteem is already fragile.

The very connected, very visible and public nature of social media ensures that many of the challenges faced by young people previously are now magnified and felt more deeply when played out online. We need to give young people the confidence, skills and perspective to ensure that they can reduce the negative impacts, and instead learn to thrive both online and in real life.

What are some of the things we can do to help nurture that self-esteem and prepare them for the challenges of a very public social media?

Build their independence and resilience early

Make sure they are confident in their own abilities to problem solve themselves. Let them to do things that may result in failure but allows them to pick themselves up. Let them know that mistakes are OK, as long as we learn something from them.

Encourage activities and pursuits

Feeling part of a community can be an invaluable element to fostering self-worth. Encourage kids to have interests away from the screens, such as belonging to teams, clubs and groups where their achievements and efforts can be recognised and celebrated.

Provide opportunities for them to help others

Giving kids the opportunity to help others, such as coaching a junior team, helping out with training or helping people less fortunate are great ways to build self-worth. Developing empathy for others helps kids to realise that the world is a much larger place than their social media feeds.

Spend time with them

It is easy to spend time with our kids when they are young. We can take them to the park, play games, read them books. As they get older and we are not so cool to hang out with, it becomes trickier. But we need to look for times to spend just being together, whether that's watching a movie they like, playing a game, or grabbing a milkshake on the way home from sports training. Find things they like to do. Even just sitting on their bed at night and letting them know you are there can be beneficial.

Provide rituals

Having regular moments of connection that are part of their everyday can be critical in providing stability and security. Connecting as a family with a nightly meal has been proven to be an effective way to give kids the comfort of knowing they have a place that is familiar and safe and unconditional. Or look for other rituals to provide this security.

Communicate often about what is happening online

Talk to them about the things you see online, let them know you have an understanding, learn about it and be sure to look at things from their perspective. Use teachable moments to highlight when things go wrong and be sure that you remain relevant to their world so that they know you are there should something go wrong.

While we cannot always be there to follow everywhere they go online and be up to date on every single site or app they visit, we can do a lot in terms of instilling good values, building that self-esteem and ensuring that they have a positive sense of self that transfers from the real world to wherever they find themselves online.



Martine Oglethorpe

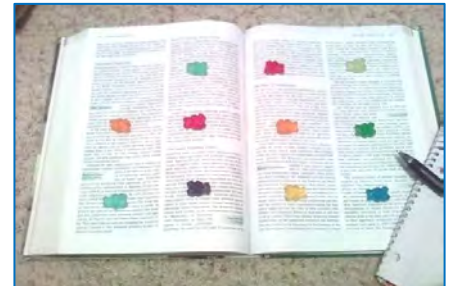
Martine is a parent educator and a youth and family counsellor who speaks, writes and consults on the challenges faced by families in the modern world. Martine has a Masters in Counselling and a background in secondary education. Through her personal and professional work with families raising children, she recognises the important role technology plays in the social and emotional wellbeing of young people. Martine is an accredited speaker with the Office of the eSafety Commissioner.

STUDY SKILLS TIP FOR MARCH

TOP TIPS FOR MEMORISING NOTES

Many students find it really difficult to cope with the memorisation that can be needed for tests and exams. Of course you can't just rote learn and regurgitate, you need to be able to apply the skills of what you have learnt. However there is also a certain amount of memorisation of content, formulas and definitions for example that will be necessary. So how can students make this process easier?

1. Make your notes as brain-friendly as possible, point form, tables, diagrams and no big long sentences or paragraphs.
2. Start the memorisation process of your notes early, don't wait until just before the test or examination.
3. Memorisation involves testing yourself over and over and over and over. So read a section, then see what you can say or write down without looking. Then go back and see what you got wrong or didn't know. Put a pencil mark next to these bits.
4. Now focus on the bits you didn't know. Say them out loud, repeat them to yourself, write them down a few times.
5. Then test yourself on those bits again and see if you remembered more this time.
6. Do this over and over and over again. Then do it one more time again.
7. Make flashcards or use a flashcard App on your phone to create flashcards on the parts you find hard to remember. Review these every day before the test.
8. Make a list of the key concepts you find hard to learn and each night read through them just before you go to sleep and first thing when you wake up as these are powerful memory times.
9. Do lots of practise questions without looking at your notes or the answers to see if you can a) remember and b) apply the information. Review the things you did not remember again.
10. Your job is to keep testing yourself in order to find out which bits have not stuck in your memory yet so you can review these until they do.



Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through the units on www.studyskillshandbook.com.au . Our school's access details are:

username:

password:

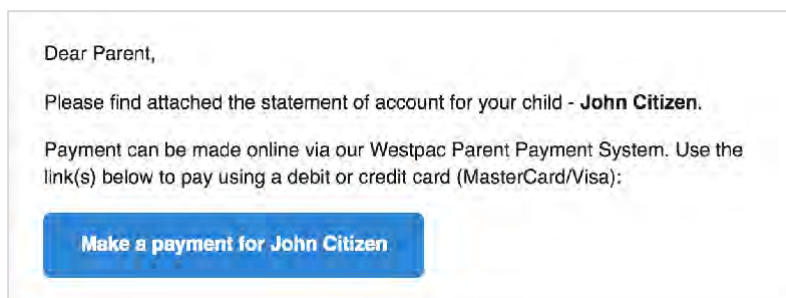


Statements of Account - Online Payment Guide

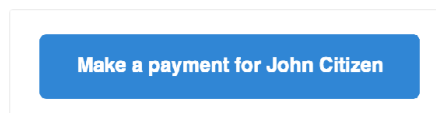
St George Girls High School will be sending student statements of account & payment reminders directly to parents via email using a system called School Bytes. These statements include a link to make secure payment online through the Westpac Parent Online Payment (POP) system (Visa & Mastercard credit/debit cards accepted).

To make an online payment for your child(ren)'s school contributions, please follow the steps below:

1. You will receive an email from the school's email address (finance@sgghs.com.au) with the subject 'Student Statement of Account' or 'Payment Reminder'.



2. To make an online credit card payment, click the secure payment button in the email.



3. Once this button is clicked, you will be taken to a webpage on www.parentpayments.com.au. On this page, you will see a list of all currently outstanding items for your child. By default, all items are selected/ticked for payment.

Parent Online Payment Portal
Sample High School

Student Details
Name: CITIZEN, John
Number: 44444444

Family Details
Opening Balance: \$0.00
Unallocated Credit: \$0.00

School Details
Downloads
Invoice Letter
Online Payment Instructions

Grand Total: \$463.00

Statement of Account for John Citizen
Listed in the table below are the items currently owing on the statement of account for your child. Use the checkboxes to select what items you wish to pay at this time.
Once completed, fill out the Payer Details and press 'Next' at the bottom of this page.
N.B. Payments made online can take up to 48 hours to be processed by the school and reflected on this payment page.

<input checked="" type="checkbox"/>	Date	Due	Fee Name	Amount	Paid	Balance Owing (\$)
<input checked="" type="checkbox"/>	05/04/2017		Gymnastics for Gymnastics	\$40.00	\$0.00	40.00
<input checked="" type="checkbox"/>	05/04/2017		Japanese Drum for Japanese Drumming	\$5.00	\$0.00	5.00
<input checked="" type="checkbox"/>	05/04/2017		LiteratLevy for Yr 6 Literature levy Not OC	\$18.75	\$0.00	18.75
<input checked="" type="checkbox"/>	05/04/2017		Paper for Paper Levy 2017	\$18.75	\$0.00	18.75
<input checked="" type="checkbox"/>	05/04/2017		Science-Levy for Science Levy	\$5.00	\$0.00	5.00
<input checked="" type="checkbox"/>	05/04/2017		TecLevy for Technology	\$22.50	\$0.00	22.50

4. If you wish to change the amount you would like to pay for an item, enter the desired amount in the number field under the 'Balance Owing' column.

To not pay for a certain item, untick the checkbox in the left-hand column of the table next to the item you wish to remove.

<input checked="" type="checkbox"/>	27/01/2017	Yr10 Technology Support	\$30.00	\$0.00	30.00
<input checked="" type="checkbox"/>	01/02/2017	Yr10 Maths - online programs	\$24.00	\$0.00	24.00

5. Once you have selected what items you wish to pay, enter your name, phone number and email address under 'Payer Details'. This allows the school to identify which parent/caregiver is making the payment.

Now, press the 'Next' button to be redirected to a secure Westpac site to finalise your online payment.

The screenshot shows a web interface for online payments. At the top, there's a shopping cart with items like 'Mathematics Competition 27/7/17' for \$6.00. Below the cart, there are buttons for 'Add Tax/Deductible Item' and 'Add Other Fee'. The 'Grand Total' is \$1028.00. Under the 'Payer Details' section, there are input fields for 'Your Name' (containing 'Test'), 'Contact Phone Number' (containing '0412345678'), and 'Contact Email' (containing 'test@test.com'). A 'Next >' button is highlighted with a red box at the bottom right. A message at the bottom left states: 'You will be redirected to a secure Westpac site to make your online payment.'

6. Once redirected to Westpac, you will see the following screen. Enter your credit card details into the appropriate text fields on this screen. Once completed, press the 'Proceed to Confirmation' button.

The screenshot shows the 'Make a Payment' screen. It has a heading 'Make a Payment' and a sub-heading 'Card Details'. Below this, there's a message: 'Enter your payment details below. Fields marked with an asterisk (*) are mandatory.' The form includes fields for 'Cardholder Name', 'Credit Card Number', 'Expiry Date' (with dropdowns for month and year), and 'Card Verification Number (CVN)'. There's a link 'What is the CVN?' next to the CVN field. At the bottom, there are two buttons: 'Cancel Payment' and 'Proceed to Confirmation'.

IF YOU REALISE YOU HAVE MADE A MISTAKE IN SELECTING WHAT ITEMS YOU WISH TO PAY ON THE PREVIOUS PAYMENT PORTAL SCREEN, PLEASE CLICK THE 'Cancel Payment' BUTTON.

7. You will then see a payment summary screen where you can confirm your details. When ready, press the button at the bottom of the page to confirm and make your online payment.

NOTE: To pay for another child in the family, return to the original email you received and click the payment button with the other child's name on it.

The payment button/link located within the email remains active for 12 months. This means that at any point within this time period you can use this link to see what items are currently owing for your family.

For information relating to the security & privacy of this service, please refer to the following webpage:
<https://education.nsw.gov.au/public-schools/going-to-a-public-school/media/all-files/School-Bytes-Student-Privacy-Information.pdf>

Uniform Shop News



Now is the time to buy your winter uniform and avoid the rush.

Compulsory for Years 7 to 9:

Winter Tunic	\$80
Winter Tie	\$18
Winter Shirt	\$25

Optional Items:

Jumper	\$80
Blazer	\$170
Coat	\$205
Scarf	\$10
Tights	\$10
Tailored Pants	\$50