



# WILLOUGHBY GIRLS HIGH SCHOOL

*A Leader in Girls Education*

## NEWSLETTER

Phone : 9958 4141

www.wghs.nsw.edu.au

22 FEBRUARY 2019

### FEBRUARY/MARCH 2019 CALENDAR

#### **Week 5B 25 February – 03 March**

**Monday 25** Years 7-10 in concert Choir Rehearsal

**Tuesday 26** Years 7-10 in concert Choir Rehearsal

**Wednesday 27** Open Night

**Thursday 28** Year 9 Visual Art Excursion  
Year 7 Peer Support

**Friday 29** Year 10 Geography Incursion

**Sunday 31** Music Intensive Workshop

#### **Week 6A 04 – 08 March**

**Monday 04** School Photos  
International Women's Day  
Volunteering in Vietnam Information session  
at 6.30pm in the Library

**Tuesday 05** Swimming Carnival

**Wednesday 06**

**Thursday 07** Year 7 Peer Support

**Friday 08** Zone Swimming Carnival

*(Red typeface denotes the event is open to the public)*



### NAPLAN Online 2019

All Years 7 and 9 students will take part in the practice test between 25 March -5 April, ensuring that students are familiar with the device they will be using to complete the test, including BYODs.

The extended NAPLAN Online test window will be take place between 14 – 24 May 2019.

Years 7 and 9 parents (and carers) will receive information about NAPLAN Online via email next week, which includes a fact sheet and instructions.

**Janet Atchison**  
**Deputy Principal**

WGHS P&C		
	facebook.com/wghspandc	Next P & C Meeting Tuesday 19 March 2019
	wghspandc@gmail.com	
<ul style="list-style-type: none"> <li>✓ Please <b>follow our Facebook page</b> to stay informed of interesting things happening in the parent community. You don't have to be a Facebook member to access the page.</li> <li>✓ All <b>parents are welcome at P&amp;C meetings</b>, held twice per term at 7.00pm in the staff common room. (Access via front door).</li> <li>✓ Any queries or matters to be raised can be raised via the Secretary at the above email address at any time.</li> </ul>		

## Year 12 Wellbeing Day – 19 February

To start the day we received an inspiring presentation from Rowan Kunz the founder of Art Of Smart. He provided insightful tips on motivation, study skills and effective use of our time. I think by now we all have our 'mottos' written up somewhere in our room and look at them every morning to inspire us to achieve something great.

We participated in a yoga and meditation class run by our fabulous school yoga teachers Ms. Merkur and Mr. Ross. It was a peaceful, and insightful experience as we were taught a quick 30-minute session that we can easily replicate at home. We posed as warriors, stood like trees and centered ourselves throughout the session.

By far, the favourite part of yoga was the fifteen-minute meditation where we all got to lie on the floor surrounded by the peaceful sounds of nature. Namaste.

It was great to see familiar faces as past HSC students came back into school one last time. We were able to ask them questions about their life after school and got the inside tips and tricks! We learned valuable information about what to do and what not to do in the weeks prior to the HSC and how to enjoy our final year at school whilst it lasts. I'm sure hearing all the exciting things the past students are now doing seemed daunting to a lot of us, but it gave us all aspiring visions and inspiration for life after school. Thank you to Georgie, Ella, Isabelle, Jordyn, Zoe, Layla and Scarlett for taking their time to come back to school and talk to us!

Finally, the most exciting part of the day... the puppies! As we awed over the five adorable dogs, we learnt a lot about the dogs and their handlers (owners) as we rotated around giving as many pats as we could. No one in the room had a frown, we all laughed as the dogs came around licking and looking for pats. Thank you to the Delta Therapy Dogs for visiting and putting a smile on everyone's faces.

We ended the day with a fabulous picnic on the front lawn where we ate yummy food and reflected on the day with some dancing and singing to music. A big thank you to Bella H in Year 12 for creating a magnificent cake for the day.



### **Year 12 Prefects (Wellbeing Team)**





## Local Sporting Champion Grant

Last week Mr Trent Zimmerman, Federal Member for North Sydney, hosted an afternoon tea for students who received a Local Sporting Champion grant. Willoughby Girls High School student, Clara, received a grant in recognition of her outstanding efforts in gymnastics. The Local Sporting Champions grant can contribute towards the cost of travel, accommodation, equipment and/or uniforms for the nominated sporting competition.

In March, Clara and her sister, Frances, are off to Las Vegas, USA, with their gymnastics club to compete in the Third Vegas Acrobatics Cup.

Our congratulations to both girls for this outstanding achievement and our best wishes go with them for a successful acrobatics event.



## Year 12 Biology

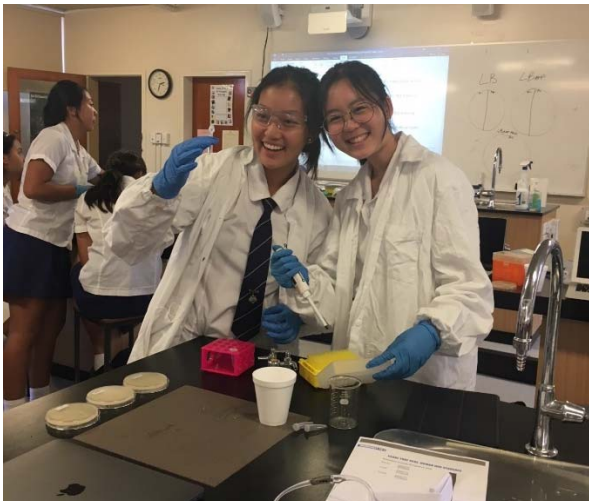
Last Friday, 15 February, we had a Year 12 Biology incursion where we went through the processes of genetic cloning of insulin for individuals with type 1 diabetes.

We were exposed to each step of the procedure, using a variety of media to visualise what happens in the cell and what happens in the lab. It was a very enriching experience as we were able to access technologies we would not easily find in a school laboratory, such as electrophoresis equipment and a gel illuminator, which were very kindly lent to us by Amgen Biotech and the University of Sydney.

We learned how plasmids can be combined with DNA from another source, as well as how to digest DNA using restriction enzymes and separate these fragments of DNA using agarose gel electrophoresis. Furthermore, we learned how bacteria can be used to amplify the gene, and thereby, produce the large amounts of insulin needed.

Therefore, through this incursion, we were able to have a more in depth understanding of genetic cloning and its importance and benefits to society.

### **Priscilla Y - Year 12**



## Wellbeing Report

Welcome back to all staff and students from the holiday break. The wellbeing of the students and staff is very important to ensure everyone feels safe, secure and comfortable to learn in an engaging environment.

For any wellbeing concerns, the Year Advisor should be contacted. For subject area concerns, the Head Teacher of the faculty should be contacted.

The Year Advisors and Assistant Year Advisors for 2019 are:

Year	Year Advisor	Assistant Year Advisor
Year 7	Ms Wigan	Ms Velevski
Year 8	Ms Lemaic	Ms Bramley
Year 9	Ms Elias	Mrs Jarvis
Year 10	Mr Chen	Ms Tyerman
Year 11	Ms Pryor	Ms Mak
Year 12	Ms Morris	Ms Garnett



Year 7 – Ms Wigan



Year 7 - Ms Velevski



Year 8 - Ms Lemaic



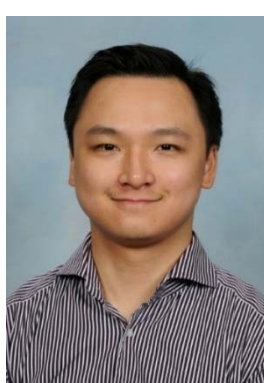
Year 8 - Ms Bramley



Year 9 - Ms Elias



Year 9 - Mrs Jarvis



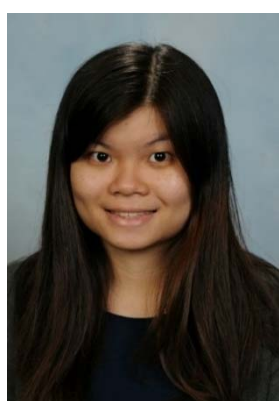
Year 10 - Mr Chen



Year 10 - Ms Tyerman



Year 11 - Ms Pryor



Year 11 - Ms Mak



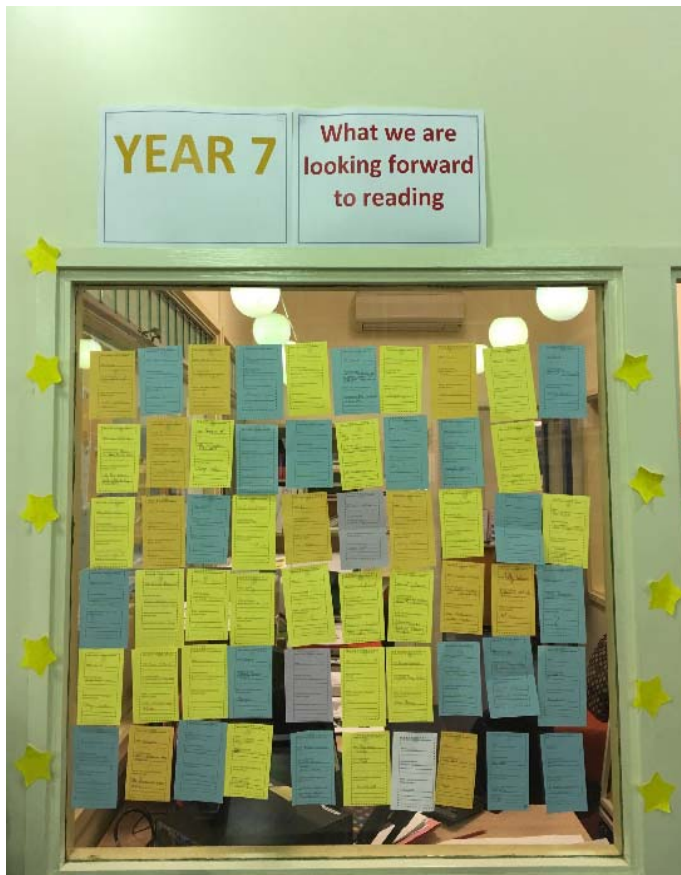
Year 12 - Ms Morris



Year 12 - Ms Garnett

**Mrs N Budd**  
**Head Teacher Wellbeing**

## Year 7 Library Introduction



The start of the year has been a busy one with all Year 7 students being welcomed to the library. Following an orientation session, Year 7 students nominated their favourite books and which books they are looking forward to reading. Popular series and genres nominated by the students include Harry Potter, Maximum Ride, Hunger Games, Magyk, Percy Jackson, fantasy, mystery and science fiction.

Library Lovers Day was celebrated on Thursday 14 February with students sharing their favourite places to read - 'In bed' was a favoured location and what a great way to end each day!

**Ms Parker**  
**Teacher Librarian**

## Year 11 Camp

Year 11 camp this year consisted of many fun activities such as abseiling, high ropes, the giant swing, the flying fox and commando as well as learning more about study skills and an entire year group trivia night. It was an amazing 3 day camp where I shared many experiences with my friends that I look back on fondly - one of my favourites being falling into the lake after canoeing back down the current. Filled with lots of laughs, loads of food and many memories being made.

**Chelsea C - Year 11**





## Year 7 Camp

Year 7 got off to an exciting start!

Week two of high school, Year 7 students went on a two day camp to Narrabeen Sports Centre to make friends, meet new people and get out of our comfort zones!

Each student took part in different activities with their assigned groups. These included high ropes, team building exercises, canoeing, raft building and rock climbing. All of these activities involved teamwork, cooperation and trust so everyone was able to make many new friendships along the way. We also got to see our teachers enjoy and participate in many activities.

After we had our first day of fun, we were assigned our cabins. In these cabins, some students were placed with their old friends but others with people they had never met. We all were able to meet new people and make new friends.

Later that night the school psychologist came and conducted a relaxation activity with us and this meditation worked very well to slow our minds down.

We also designed our "Tree of Life" that included features like: Our Roots; who and what we love and who support us/ Our Ground; Is it bumpy, smooth, rough/ Our Trunk; our main support, our branches; dreams and ambition and leaves and important people in our life. This helped us think about our support systems who will help guide us through high school and life!

The next day everyone participated in their final challenge and packed up ready to leave camp... this was the start of an amazing year at Willoughby Girls High School.

**Saskia R & Annabelle M – Year 7**



## 'How to Raise Brave Girls'

Years 7-10 Parents/Carers - Please join us for our upcoming 'How to Raise Brave Girls' Parents Evening

**Monday 11th March**

**7.00-9.00pm**

**Multipurpose Hall – Willoughby Girls High School**

Caroline Pemberton, a former Miss Australia and a renowned television presenter, will have discussions on the topics of:

- ✚ Supporting your daughter to find her "tribe" and the importance of friendship to teens
- ✚ 'Frenemies' – What they are, and how to equip your daughter to identify and foster positive peer relations (Otherwise known as 'Relational Aggression' or using friendships as weapons)
- ✚ Your role as parents in managing bullying both face-to-face and online and some useful strategies.
- ✚ Positive use of social media (age appropriate engagement and how to set healthy boundaries without the battle)
- ✚ Modelling positive communication and conflict resolution at home

This evening is being offered to all WGHS parents as a special addition to our Year 9 Wellbeing Day that is being held on the same day.



Willoughby Girls High School P&C Association  
e: [social@wghspandc.org.au](mailto:social@wghspandc.org.au)

Dear Parents and Guardians,

**Supporting Your Teenager Through the HSC - Rowan Kunz/Art of Smart  
Tuesday 12<sup>th</sup> March 6.30pm – 7.30pm, Years 11/12 Parents**

<https://www.artofsmart.com.au/about-us/>

WGHS P&C are excited to host this free of charge event for Parents, designed to offer advice for you to support your daughter during the HSC years.

Art of Smart Education was born out of a belief that excelling at school and beyond requires more than just a focus on the syllabus and grades.

Rowan Kunz, founder and CEO, is an dynamic educator, award-winning serial entrepreneur and engaging speaker with a passion for inspiring young people to challenge themselves to excel at school and beyond.

This event follows on from Rowan's talk with Year 12 on February 19<sup>th</sup> and is open to all parents of Years 11 and 12 students.

**Parent Information Evening - Please RSVP**

**Tuesday 12th March 6.30 – 7.30pm (plus questions), School Hall/library tbc**

<https://www.eventbrite.com.au/e/supporting-your-teenager-through-the-hsc-rowan-kunzart-of-smart-tickets-57149700292>

We look forward to seeing you.

Regards

A handwritten signature in black ink that reads 'Liz Foster'.

Liz Foster, WGHS P&C President



## COMMUNITY NOTICE BOARD

### Willoughby Girls High – Class of 1970

In 2020, it will be 50 years since we left school!

Hard to imagine isn't it?! I am thinking of planning a reunion in April 2020 to mark the occasion. These are my thoughts so far.

**Venue:** The Quarantine Station

**Approx Date:** A weekday in April 2020 (session time is 12.00 to 5.00)

**Cost:** They quoted \$75 a head for a buffet and venue hire.  
(I will do decorations, music etc.)

#### So this is what I need from you.

- Would you like to attend?
- Can you contact anyone else from the year or let me know if anyone is unable to attend? (Particularly the girls who would otherwise have graduated in 1970.)
- Can you help on the day?
- If you have any candid photos or mementoes of school, please let me know.

I would appreciate any offers of help or suggestions for arrangements and alternative venues.

I hope to hear from you soon.

Kerry Podlogar : Email is [poddycalf@hotmail.com](mailto:poddycalf@hotmail.com)



## COMMUNITY NOTICE BOARD

### Extra - Curricular Sports ... AFL

If you are looking to try something new and different the Willoughby Wildcats are looking for girls who are interested in being a part a girls Under 14 AFL team:

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If this sounds interesting than be a part of an introductory training session. The details are:

**U14 Girls AFL**

**Come & try the game – training session**

**Tuesday 26th February 5.00pm**

Why not try AFL? All interested players are invited to come along to a training session with our girl's squad to have some fun and learn the game.

**WHEN:** Tuesday 26th February 5.00 – 6.30pm  
**WHERE:** Mowbray Public School  
635 Mowbray Rd, Lane Cove North

Interested players are also welcome to join any of the pre-season training sessions at Gore Hill, please let me know if your daughter will be attending so we will make sure that she is introduced to the players & coaches.

Training commences: Tuesday 5th March  
5.00 – 6.30pm at Gore Hill.  
Games commence: Sunday 7th April

Lisa Stanford  
Age Group Co-ordinator  
**U14 Girls AFL**  
[lisastannie@yahoo.com.au](mailto:lisastannie@yahoo.com.au)



## COMMUNITY NOTICE BOARD



### Become a foster carer

Help us make a positive difference to the lives of children in your community. As a Key Assets foster carer, you will be provided with 24/7 support, a dedicated social worker and on-going training.

Change a child's life today:

- 📞 1800 WE CARE
- 🌐 [iwanttofoster.com.au](http://iwanttofoster.com.au)





## COMMUNITY NOTICE BOARD

# TUNING IN TO TEENS

## EMOTIONALLY INTELLIGENT PARENTING



### 5 SESSION PARENTING COURSE FOR PARENTS OF TEENS

Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenager behaviour problems?
- Teach your teenager to deal with conflict?

**VENUE:** Chatswood Community Health Centre  
57 Hercules St, Chatswood

**DATES:** Wednesdays 6<sup>th</sup> March - 3<sup>rd</sup> April 2019 (5 sessions)

**TIME:** 6.30pm - 9.00pm

**COST:** \$150 - subsidised rates available re: financial difficulty  
REFRESHMENTS PROVIDED

**BOOKINGS ESSENTIAL:** <http://tatchats1.eventbrite.com.au>

**PH:** 8877 5376

The 5 session course will be facilitated by a qualified Parent Educator from  
Child and Adolescent Parenting, Northern Sydney Local Health District



**Health**  
Northern Sydney  
Local Health District



**headspace**  
Chatswood



## COMMUNITY NOTICE BOARD



# tuning in to teens – Korean

emotionally.intelligent.parenting

**TERM 2: 2019**

**PARENTING PROGRAM delivered in Korean**

Would you like to learn how to:

- Talk more effectively with your teen?
- Be better at understanding your teen?
- Help your teen manage their emotions?
- Prevent behaviour problems in your teen?
- Teach your teen to deal with conflict?

**Tuning in to Teens shows you how to help your teen develop emotional intelligence.**

**Teens with higher emotional intelligence:**

- Are more aware, assertive and strong in situations of peer pressure
- Have greater success making friends and managing conflict with peers
- Are more able to cope when upset or angry
- Have fewer mental health and substance abuse difficulties
- Have more stable and satisfying relationships as adults
- Have greater career success

**WHEN:** 7 May to 11 June  
Tuesdays: 6.30pm – 8.30pm

**WHERE:** The Northern Centre, Ground floor, 3-5 Anthony Road, West Ryde

**FACILITATOR:** Christine Kim

**BOOKINGS:** <http://thenortherncentre.org.au/부모-교육-프로그램/>





## COMMUNITY NOTICE BOARD



### ARTARMON UNIFORM SHOP

The Uniform Shop will be open  
on the following days and times  
from Monday 4<sup>th</sup> February 2019  
for Term 1

**TUESDAYS 3pm – 6pm**

**THURSDAY 7.30am – 10.30am**

**FRIDAY 9am – 12md**

*Please call Ph 9436 -1700 to make an appointment for fittings  
for all new students*

Don't forget our online service at [www.noone.com.au](http://www.noone.com.au)

**Noone Imagewear**

73 Dickson Ave, Artarmon NSW 2064  
(02) 9436 1700    [sydney@noone.com.au](mailto:sydney@noone.com.au)



## COMMUNITY NOTICE BOARD



# Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

**The next workshop in your area will be held:**

**TIME & DATE:**  
6.30pm - 8.30pm,  
Wednesday  
27 February 2019

**VENUE:**  
Meeting Rooms  
1 & 2,  
Lane Cove Library,  
Library Walk,  
Lane Cove

**BOOK NOW:**  
Council's Road  
Safety Officer  
on 9911 3576

Helping learner drivers  
become safe drivers





## COMMUNITY NOTICE BOARD

**Empowering girls through adventure**  
**Sunday 24 February, 8.30am - 12pm**

# MISSADVENTURE SAILS

**Join us for a morning of meaningful adventure, with a sailing lesson for the girls. This will be followed by separate, expert-led discussions for parents on 'Raising Brave Girls' and for teens on self worth and healthy body image**



**Manly Sailing,**  
Manly Yacht Club  
East Esplanade, Manly

\$40 - 1 child & 1 adult  
Additional parent \$20

**Bookings essential via Eventbrite**

**Ages 12-15**

Enquiries: 9970 1629 or  
youth@northernbeaches.nsw.gov.au



## COMMUNITY NOTICE BOARD



For almost a century, student exchange programs have produced innovators, leaders and influencers across all sectors. Preparing teenagers for the social, political, technological and economic realities of the 21st century is challenging and one of the most valuable gifts is that of global experience.

WEP is a not-for-profit student exchange organisation, registered with the education departments/regulatory authorities in Queensland, New South Wales and Victoria. Our student exchange programs offer international educational experiences that provide the challenge and inspiration many teenagers seek. Students return with a greater interest in global events and cultures and develop a broad array of accomplishments.

*“Exchange is a journey for you to develop as a person and become more mature and independent. I will remember this experience forever; I have learnt more about myself, the world and China than ever before.  
An exchange is the most hands-on education you can get!” Austin, China*






# COMMUNITY NOTICE BOARD





## SUPPORT INFORMATION EVENING FOR PARENTS OF TEENS

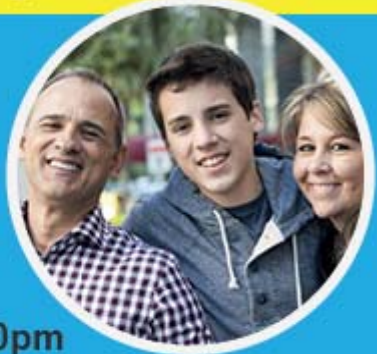
Come discover a wide range of programs and agencies who offer direct support to parents.  
 Sign up for workshops, ask questions of our panel, and learn more about supporting your young person with:

- ★ Mental health
- ★ Flexible education
- ★ Drugs and alcohol,
- ★ Youth services
- ★ Legal advice
- ★ Parenting skills and more.

 **Mosman Art Gallery:**  
 1 Art Gallery Way, Mosman, 2088

 **Thurs, 28 Feb 2019**

 **6:30pm - 8:30pm** Rego from 6:00pm



-  **Enquiries: [admin@phoenixhouse.org.au](mailto:admin@phoenixhouse.org.au)**
-  **Enquiries: 9437 0077**
-  **Bookings: Eventbrite <https://bit.ly/2S4HgCx>**



## LOWER NORTH SHORE YOUTH INTERAGENCY