



WILLOUGHBY GIRLS HIGH SCHOOL

A Leader in Girls Education

NEWSLETTER

Phone : 9958 4141

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

19 MARCH 2021

PRINCIPAL'S MESSAGE

Ms Elizabeth Diprose, Principal

I had the pleasure of presenting the draft School Improvement Plan for feedback to the P&C meeting on Tuesday this week. The school has been working on a situational analysis since Term 4, 2020, wherein we gathered and analysed vast amounts of data on our students' learning and wellbeing, as well as teacher feedback on strengths and weaknesses of our performance as a school. This data included staff, student and parent surveys (Term 4, 2020), NAPLAN and HSC data, wellbeing information gathered at school and via the Tell Them From Me annual student survey, and patterns of teaching and learning gathered through classroom observations.

We have identified many strengths but also areas for improvement that will form the basis of our school plan for the next four years.

The NSW Department of Education has set some challenging targets for all schools to achieve, including increased learning growth, and an increase in the number of students who achieve top two band results in Year 9 NAPLAN and the HSC. In addition, we are keen to strengthen our wellbeing programs to support students and provide families with information so we are all working together to ensure the most enjoyable and productive school experiences for all our students.

Reading comprehension has been identified as a skill students need to improve on, particularly inferential and interpretive comprehension. We have already begun addressing this with the introduction of the Home Room Reading Program where students are required to read a narrative text (novel or memoir, biography, autobiography etc).

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TERM 1 2021 CALENDAR

15 March – 30 April

TTFM Survey

Tuesday 23 March

Yr 8 Music Incursion

Wednesday 24 - 26 March

Yr 12 Geography Camp

Friday 26 March

Yr 7 Vaccinations

Monday & Tuesday 29/30 March

Bronze Duke of Edinburgh Hike

Wednesday 31 March

Easter Services

Thursday 1 April

Last day of term

Cross Country (Yrs 7&8, Yrs9-12 invited runners)

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TERM 2: Tues 20 April – Fri 25 June

(Summer uniform to be worn til 10 May)

29-30 April

Year 7 Camp

Monday 10 May

Athletics Carnival

11-20 May

NAPLAN (Years 7&9)

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TERM 3: Tues 13 July – Fri 17 September

(Winter uniform)

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TERM 4: Tues 5 October – Thurs 16 December

(Summer uniform)



WGHS P&C



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



Next P&C Meeting will be held:
Tuesday 18 May 2021

- ✓ Please follow our Facebook page to stay informed of interesting things happening in the parent community. You don't have to be a Facebook member to access the page
- ✓ All parents are welcome at P&C meetings, held twice per term at 7.00pm in the staff common room (Access via front door)
- ✓ Any queries or matters to be raised can be raised via the Secretary at the above email address at any time.

Principal's message continued from previous page

This will support students with developing their comprehension and reading speed to assist them in senior school and beyond where the amount and complexity of reading material increases exponentially.

All who attended the meeting were happy with our analysis and our plan. We also discussed what kinds of specific information events (virtual and at school when Covid restrictions allow) that families might like so that all of us are well-equipped to support our students through their challenging teenage years and the challenges in their learning journeys.

VIRTUAL OPEN NIGHT

As we are unable to hold our usual Open Night this year we have produced a video to show prospective students and families the many opportunities on offer at Willoughby Girls High School.

The video was made by a past student, Sienna Austin. It includes short interviews with teachers and students, as well as footage of many of the learning and wellbeing activities students engage in every day. The video can be viewed on our website at

<https://willoughbg-h.schools.nsw.gov.au/news/2021/3/virtual-open-night.html> .

I sincerely congratulate and thank all students and teachers who were involved in the production, and am grateful to Sienna for providing her filmic expertise.

Ms Elizabeth Diprose – Principal

WILLOUGHBY GIRLS HIGH SCHOOL

女子教育先驱



欢迎来到WGHS线上开放之夜

我们的开放夜诚邀您会见并听取校长 Elizabeth Diprose女士与师生的讲话。

了解您女儿的机遇，科目，课外活动等。

如果您对我们的注册过程有任何疑问，请联系02 9958 4141。我们的开放夜网站是

<http://willoughbg-h.schools.nsw.gov.au/news/2021/3/virtual-open-night.html>

Principal: Ms Elizabeth Diprose
Mowbray Road, Willoughby NSW 2068

Phone: 9958 4141 Fax: 99672174
Email: willoughbg-h.school@det.nsw.edu.au



As in previous years, our Open Night will be advertised in local papers. This is our advertisement for the Chinese Times.

FROM THE DEPUTY PRINCIPAL

Mrs Watts, Deputy Principal, Wellbeing



Term 2 –

Staff return Monday April 19, 2021

Students return Tuesday April 20, 2021

Masks on Buses:

All students are required to wear masks when travelling on school buses and other public transport. This is a Public Health requirement.

Uniform Reminder:

All students should return to school Term 2 in full school uniform. Students who are unexpectedly unable to wear school uniform should bring a note of explanation to Mrs Topic or the Deputy Principals before school commences to obtain a Uniform Pass for the day.

Please remember that the sports jacket is not part of the uniform and is only be worn for PDHPE or Sport.

Partial Leave:

Families are expected to schedule appointments out of school time to minimise disruption to their daughter's schooling. Requests for leave must be emailed to the school email address before 9am each day (willoughbg-h.school@det.nsw.edu.au). Not all requests will be approved. If the leave is approved, students will be expected to liaise with their teachers to determine any work that will be missed during their absence from school. It is the student's responsibility to do this. Requests for regular appointments during school time will not be approved and will show as unauthorised leave.

Extended Leave:

Families are expected to utilise the school holiday period to schedule vacations. Requests for leave during term time must be submitted to the Principal at least two weeks prior to the intended leave. Not all requests will be approved, so please do not purchase airline tickets, hotels, etc. prior to approval being granted. If the leave is approved, students will be expected to liaise with their teachers to determine any assessment tasks and/or work to be completed during their absence from school. This work **MUST** be completed and submitted by the due date as advised by the teacher.

Leaving the school grounds safely:

Parents should not use the playground or car parks to drop off or pick up students, or to complete a U-turn, as such activities increase the possibility of an accident or injury occurring.

Students should use the laneway between the oval and the primary school to exit on to Keary St close to the pedestrian crossing. No student should enter or exit via the Keary Street carpark.

Students should cross Keary St by using the pedestrian crossing. Many girls have risked serious injury by crossing at other points. Students are reminded to walk across the road in time to catch their bus – do not run across the road as the bus is approaching.

Students may also leave via the pedestrian gates on Mowbray Road. No student should be entering or leaving the school grounds via Medway (Post Office) Lane. That is vehicular access only.

FROM THE DEPUTY PRINCIPAL

Ms Atchison, Deputy Principal – Curriculum & Assessments

NAPLAN Online 2021 – Years 7 and 9

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual assessment for students in Years 7 and 9. NAPLAN consists of tests in the four areas of:

- Reading
- Writing
- Language conventions (spelling, grammar and punctuation)
- Numeracy.

All Years 7 and 9 students will take part in the **Practice Online Test** between **22 March -1 April 2021**, ensuring that students are familiar with their device and the functionality and types of NAPLAN Online tests.

The **NAPLAN Online test window** will take place from **12 to 21 May 2021**.

Years 7 and 9 parents (and carers) will soon receive information about NAPLAN Online via email, including a fact sheet and instructions.

Students and parents are invited to use the public [demonstration test site](#) to familiarise themselves with the types of questions and different functionalities in the NAPLAN online tests.

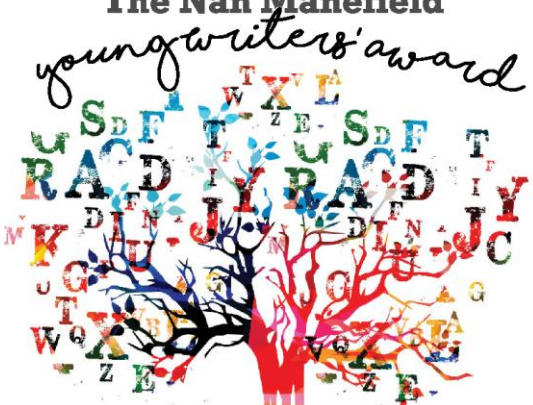
If you have any questions regarding NAPLAN, please contact Ms Atchison.



 North Sydney Council & Stanton Library announce

The Nan Manefield

young writers' award



Young people aged between 11 and 18 years are invited to submit either one poem or one short story, not exceeding 750 words, to our annual award!

2021 entries NOW OPEN!

Visit: www.northsydney.nsw.gov.au/YWA
for entry forms, more information and conditions of entry.

Entries must be received by 5pm Friday 23 April 2021
For all enquiries contact the Children's & Youth Librarians on 9936 8400

YOUNG WRITERS AWARD

Ms Saunders, English Teacher

This year's Nan Manefield Young Writers award is now open for entries. Students can submit a poem or a short story. Entries close 5pm, Friday 23 April 2021.

Students can upload entries with this link www.northsydney.nsw.gov.au/YWA

WELLBEING NEWS – THE IMPORTANCE OF SLEEP

Mrs Dianne Topic, Head Teacher, Well Being

“Teenagers are the most sleep-deprived segment of the population. This is a very under-recognised problem and the cost to society in the healthy development of young people is profound.”

Dr Michael Carr-Gregg

Teenagers need between 8-10 hours of sleep each night.

A study of the sleep patterns of Australian children and adolescents has found that around a quarter of 12-15 year-olds and half of 16-17 year-olds are not getting enough sleep on school nights to meet national sleep guidelines.

It is vital that you help your daughters to establish healthy sleep hygiene habits, and monitor their use of screens, particularly before bedtime.

Sleeping well has a positive impact on –

- Overall mental health
- Resilience
- Physical Health
- Cognitive function

Please see the link below for our SchoolTV special report on sleep, as well as some additional links, which may be of use to you and your daughter.

<https://willoughbg-h.schools.nsw.schooltv.me/newsletter/sleep>

<https://willoughbg-h.schools.nsw.schooltv.me/newsletter-resource/2317/2265>

https://willoughbg-h.schools.nsw.schooltv.me/sites/default/files/editions-resources/sleep/FS1_Teenage_Sleep.pdf

https://willoughbg-h.schools.nsw.schooltv.me/sites/default/files/editions-resources/sleep/FS2_Technology_Sleep.pdf

LOTS HAPPENING IN YEAR 12

Lana T, School Captain

Despite a rough start to our senior years in 2020, the decrease in the prevalence of COVID-19 has provided our grade the opportunity to participate in a variety of events.

Study Skills Day was a wonderful time of learning and bonding for Year 12, as we were able to experience several activities - some new, some old. We relaxed during meditation in the library, expressed our artistic skills in colouring in and patted cute dogs in our dog therapy sessions!

The day was made even better with the arrival of our Year 12 jerseys, which we all wore the whole day, despite the extreme heat! Thank you to Mr Chen for organising such a relaxing and fun day for all of us. We truly appreciate your hard work.



The next event to kick off our year was the swimming carnival. Although we were not allowed to chant, there was plenty of school spirit in the air, with Year 12 dressing up in costumes from lifeguards to tacky tourists.

The amazing weather was perfect for our Year 12 race, where we all piled into the pool, amidst inflatables, pool noodles and tutus.

Our year adviser Mr Chen also got to cool off as he was dragged into the pool as well...sorry Mr Chen!



We also had lots of fun at the school photo day when we dressed up for the traditional muck-up day photo.

Overall, Year 12 has had a great start to the year. Our perseverance last year, as well as the amazing support of our teachers, gives me confidence that we will excel in and most importantly enjoy, our final terms together.





OUR FIRST MONTH IN YEAR 7/8 WIND ENSEMBLE & JAZZ ENSEMBLE

Millie F and Libby F (Year 7)

We are both members of the Year 7/8 Wind Ensemble as well as the Jazz Ensemble, where we play saxophone and clarinet.

Despite the early mornings, it's definitely worth it – we have numerous pieces to perform which have kept us on our toes.

Our great conductor Gerald teaches us something new each rehearsal, so we are constantly learning.

Being in the bands has also let us grow closer to the other year groups including our own.

We also participated in the Intensive Workshop on 21 February. There, with the help of our tutors and conductor, we extended our musical knowledge even more, as well as making some pretty cool recordings.

So far, band has been great and we're sure there's more excitement to come!



YEAR 7 GREEN THUMBS

Ms Carruthers, Teacher, Technological & Applied Studies



As part of the Agricultural and Food Technologies unit in the Technology Mandatory course, Year 7 students have been planting seeds of their choice of herb or edible plant. They will use their herb or plant as an ingredient in their final practical cooking task, where they will make a healthy burger of their own design.

Preparing the garden has been a challenging yet rewarding activity, teaching the girls the value of 'hard yakka', weeding and planting processes, and how to plan and manage the care of a plant.

With an ever-increasing global population, abundant access to safe, healthy, nutritious food will become more and more important. Growing our own food is not only a useful skill in the quest for sustainability, but also helps students to recognise the processes that occur in food production and may develop an appreciation of the work of our farmers.

There has also been a fun insider competition between TAS teachers, who are not so secretly competing to have the most organised and fruitful garden plot! We hope to update the school community as more things grow over the semester.



SCHOOL PHOTOS

Ms Konishi, EALD Teacher / Photo Coordinator

School photos were taken on Tuesday 16 March.

To order and pay go to www.advancedlife.com.au and enter the code XP3 QTE KYR
You can still purchase if you have not paid yet. You will have to pay an additional fee after 1 April.

Group photos (coming soon) and past years photographs including sports, co-curricular and representative groups will be available at the link above.

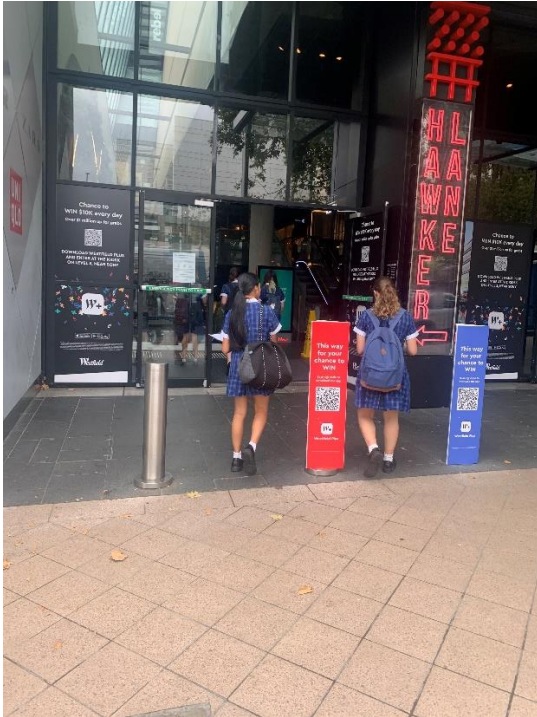
Photographs will be returned to WGHS for distribution approximately six weeks after they were taken.

YEAR 9 COMMERCE EXCURSION

Penelope D, Year 9

On Thursday 11 March, Year 9 Commerce students and Mr Smith, Ms Elias and Mr Palmer, embarked on a journey to Chatswood.

Prior to the excursion, we formed groups of students to investigate scenarios of families and various commercial and financial decisions they face, such as budgeting and different ways of saving money. For example, my scenario was three wealthy Greek brothers living in Australia who wanted to save money to travel back to Greece. We had to form a detailed budget for this family and then research the most effective way to budget with monetary benefits. We decided this would work by investing in shares.



The next stage of this task was to call financial institutions that offer different investing options for customers. Our group called multiple banks to book an appointment on the day of the excursion. This resulted in varying success, and some reluctant receptionists, but finally we managed to book a visit to the Bank of Sydney.

So on the excursion, groups of students visited their chosen financial institutions and asked for advice relating to their chosen financial strategy e.g. property investments, savings accounts and payday loans. This was not a popular task amongst Year 9 students, as most of us did not like talking to banking professionals in person! Luckily, this stage all ran smoothly, with many students receiving labelled bags and pens from their chosen financial institutions.

During the meetings, students had to take on the persona of someone in the family scenario they have been studying, and specifically look at their 'wants'. Essentially, we had to choose an item deemed desirable by the person we were shopping for.

These wants included clothes, electronics, jewellery and toys. For example, I chose to compare the PS4 to the Xbox One to see what console was better, both money and feature wise. This aimed to teach us the importance of comparison shopping between products to save money.

After a quick recess at the Concourse, each group had to construct an outfit of semi formal attire for each family member. This involved looking in numerous shops to find items of clothing, while staying within the constraints of the clothing budget.

We were allowed to buy our own lunch and eat at a place of our choosing. So, after the schoolwork was completed, we relaxed and ate some yummy food! This was by far the best part of the day!

Overall, this experience was fun because of the freedom we were given (with teachers supervising from a distance). I liked that the teachers trusted us to seek answers ourselves. Apart from the scariness of talking to banking professionals, this excursion was a great success!



FABULOUS FLORISTRY

Angela X, Diana M and Ella M , Year 9

On Friday 5 March, Yr 9 Work Education visited a local business, En Saison Florist on Willoughby Road.

We were invited to speak with owner Rachel to research about training to be a qualified Florist, running, and owning a business.

Rachel showed us various flowers, arranged some bouquets for customers, and even let us wrap our own flowers to take home. The shop looked so pretty with flowers, plants and giftware for all occasions.

A big thank you to Rachel and En Saison Flowers allowing us to visit the store on a busy afternoon.

<https://www.ensaison.com.au/>



CAREERS EXPO FOR YEARS 10-12

Ms Morris, Careers Advisor

If you are in Year 10, 11 or 12 or a Parent/Guardian of a student at WGHS in Year 10-12, we are inviting you to register for the Virtual Careers Expo 2021 supported by the NSW Government DET and presented by Career Links. To register go to <https://myjourney.vfairs.com/>

The purpose of this expo is to provide a virtual place to connect with employers, post school education and training providers as well as support services.

You will need to register at the URL link in the flyer and provide an email to register. Students are required to use their Department of Education emails please.

You may log in to the event live on the day or watch recorded webinars later. Year 11 -12 may only do this in their free time or study lessons on the day. We are hoping to allocate some time in Year 10 classes to allow them to participate live. We will let you know soon.

Recordings will be available for approximately 3 months.



REGIONAL SWIMMING TEAM

Ms Best, Head Teacher PDHPE

Congratulations to the following girls who made it through to the Sydney North Regional Swimming Carnival. What a fantastic performance! Good luck next week.

Mila L Chloe C Sian C Jessica H Haylee H	Jemma M Ariel S Claire R Marcella L	Isabelle S Sacha J Hannah M Stela L	Lucy F Scarlett J Annabelle A Ansley X	Olivia T Ellen M Chloe W Kaia R
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ART REPORT – YEAR 10 VISITED WENDY SHARP’S EXHIBITION

Mr Franc Maltese, Head Teacher, Art

On 15 March Year 10 Visual Arts students visited Mosman Gallery to View the Wendy Sharpe exhibition *Ghosts*.

The exhibition featured paintings, drawings and an installation by Sharpe, as she also extended her painting and drawings onto the gallery walls.

Year 10 Visual Arts are currently working on self-portraiture and how artworks can communicate feeling and emotion. Wendy Sharpe’s work directly explores this.

The exhibition curator also discussed various aspects of Sharpe’s practice with the students giving them an insight into how Sharpe develops her ideas.



OUR FIRST FEW WEEKS OF HIGH SCHOOL

Abbey F, Althea N, Catrina C, Jodie C and Julia D (Year 7)

Many people start new schools feeling scared and shy, however, I felt excited for a new opportunity to meet people. I have always liked new adventures and different places. I wondered since the start of Year 6 what high school was going to be like as the teachers would always talk about growing up, new schools, new friends, new teachers, new environments and the hectic load of homework and subjects. Every year I told myself to use my diary, but never did. Now though, I truly believe it is essential to have a diary for high school. I would never remember all my subjects, all my homework and assignments, notes and important notices. - Althea N

High School is something I have been waiting for, for a while. When you are a little sister you tend to want what your older sister has. But now I'm here, I know that I don't just like high school because of my older sister but, because it is quite fun. When I first started here I was really nervous though soon my anxiety subsided when my friends smiled and talked to me. I am still a little bit nervous about getting lost, losing my stuff and being late but I try to not let it bother me. At high school I can settle into a rhythm and have stability but the teachers and my peers sometimes push me out of my comfort zone so I can learn new things. My favourite subjects are my favourite not always because I like the subjects but, because I like the people around me. I think that high school is an amazing experience and adventure and I'm very excited to continue.- Abbey F

Going to high school, especially one where you don't know many people, can be very stressful. Every other grade is so much bigger and they loom over you. But everyone is in the same boat, and all you need to do is just make some friends. High school is very different, and having different classes every 50 minutes can be overwhelming. But it actually makes it fun to compare timetables with your friends, and gossip about which teacher you like best. High school is something you should really look forward to! :) ~Julia D

Starting high school for me was a fresh start and it was nerve-racking, exciting and very scary. You don't know what it's like at first, you have to look at your time table every so often and you feel so incredibly lost. For me, I got used to it relatively fast (I still haven't memorised my timetable though!). I do homework club and I think it really helps with the amount of homework I get. I personally think that high school is really fun and I'm really looking forward to the next 5 years. - Catrina C

People may tune down starting at a new school, saying that it is not scary but in truth, when I first came to Willoughby Girls, I was really nervous. There were many older girls who felt like they were looming over us. We felt like we were the odd ones out. It was weird starting in a new school; everything was different: the classes, the people and the teachers. But now it is all just a normal day. Slowly but surely I started to meet new people and realised that not everyone was as scary as they first seemed. Now I feel like things are perfect and everything seems fine again, I am not scared anymore and feel like I really fit in. -Jodie C



YEAR 11 GEOGRAPHY RAIN FOREST MURAL

Ms Tyerman, Geography Teacher

This term, Year 11 Geography students have been learning about the complex interactions of rainforests. They completed a study of the Amazon Rainforest including the many species of plants and animals found there. As part of their study, students created an annotated rainforest mural, which now hangs in our Geography classroom. The students used a variety of materials including paint, cardboard, soil, leaves, feathers and pipe cleaners to work collaboratively to produce this extraordinary mural.

This was a great classroom activity to engage students in hands-on activities and also a fun way to consolidate their understanding of the Amazon Rainforest.

Students are continuing to investigate rainforests on a more local level and will continue their study with looking at how humans are changing and altering these ecosystems.



COMMUNITY NOTICE BOARD

Free Parent and Teen Workshops

Dear School Counsellor/ Year Advisor,

As you might be aware, the Kidman Centre UTS is offering free workshops to equip teenagers and their parents with practical and evidence-based psychological skills to manage teen life stressors.

It would be thoroughly appreciated if you could pass these details onto students and parents who would benefit from these workshops.

The next three workshops are as follows:

Taking Charge for Parents: Managing Teenage Emotions Using Cognitive Behavioural Therapy (CBT)

Who: Parents and caregivers of teenagers

When: Wednesday 24th March 2021 at 6-7pm, and Thursday 3rd June 2021 at 6-7pm

Better parent teen relationships Monday March 22nd 6-7:30 pm Stanton Library North Sydney Register [Here](#) \$20 per session

Conscious parenting shows us how our own transformation is vital for our child's healthy emotional development. It focuses on how we can raise our own awareness and shift our attention from our teen's behaviour to understanding and working with our own. It asks us to realise that adolescence is a time when we as parents must also individuate, go on our own journey to support our child's emotional development.

I hope you'll join me for one or all of these sessions- and please share with a parent you know who might be in need of support.

Warmly,
Wende.

PS. Can't make the group but interested in individual mentoring sessions? Enquire [HERE](#)