



Mackellar Girls Campus Newsletter

18 SEPTEMBER 2020

Term 3, Week 9

Meeting the educational needs of girls

P&C Meeting - Wednesday 4 November 2020

EMAILING THE SCHOOL -

Please use ONLY the nbscmgirls-h.school@det.nsw.edu.au email address for correspondence.
DEDICATED SMS NUMBER—Please text 0427 459 133 before 9am to advise late or absent students

PRINCIPAL'S MESSAGE -

Attendance of students

All students, excepting Year 12, will be required to attend school up until the last day of teaching, Wednesday 16 December 2020.

It is concerning when families take their daughters out of school to have a holiday in school time. Each day at school, the girls learn new skills that are required for their learning that year and every year that follows, as well as learning knowledge. When a student misses work, it is lost; it is not repeated, and they are likely to miss gaining these important skills. Your daughter's education demands that she is at school.

Our average student attendance is 90%. A student whose attendance at school is 90% will miss one and a half years of schooling over their time at school. As I said, this is very concerning, and I ask parents to reconsider the importance of their child's attendance.

Year 12's last days

Year 12 students are in their last moments of formal schooling. It is a sad time for them and yet an exciting time to be finishing school. It is very easy to become distracted in this time because of the activities, functions and emotions involved. The need to maintain a focus is important. Students should organise a plan for study that is systematic. They should ensure they eat properly, take regular exercise, have regular sleep and engage in some enjoyable activities. They should practice those things that reduce stress for them. This should avert the need for high stress, panic-driven study during the HSC.

The teachers of the school have enjoyed the opportunity to teach this wonderful group of students over the last six years. They are fine people and we will miss them and their contribution to the school. I wish them all well in their future.

Year 12 Graduation will take place on Thursday 12 November 2020 at 6pm.
Each student will be able to have two guests.

Yearly Examinations

The Yearly Examinations are an important event in the academic progress for each student. They provide a measure of each student's learning for the year, and provide valuable information for the teaching and learning in the following year.

It is therefore important that all students in Years 7, 8, 9 and 10 sit their Yearly Examinations. Unless students will be absent from the examinations due to school commitments, all students must sit their examinations at the specified time. It is inappropriate for students to take leave during their examination period, and examinations will not be rescheduled for absent students.

Our examination schedule for the year is

Year 12: HSC Half -Yearly examinations and Trial HSC examination

Year 11: Yearly examinations

Year 10: Half-Yearly (in some subjects) and Yearly examinations 26-30 October

Year 9: Yearly examinations 9-13 November

Years 7 and 8: Yearly examinations: 2-5 November

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Secretary's Award for Excellence in Pacific Islander Programs

School Contact

It is not appropriate for parents to email any staff directly. Staff will not respond to any email they receive directly from a parent. Parents are welcome to either write a letter or send an email to the school email address, where it will then be forwarded to the teacher, Deputy Principal or Principal.

Change of family details

If you change address, telephone numbers (including mobiles), email address or name it is important to notify the school office, either directly or by sending the information with your daughter to hand in to the office.

Congratulations for high achievement to:

- **Sian (Y12)** for her High Distinction in the Diploma of Communication through the Australian Speech Communication Association

Christine Del Gallo, Principal

P&C News

Dear Parents and Carers,

The next P&C meeting will be held on Wednesday November 4th at 7.30pm. This will be a zoom meeting, if you would like to attend please contact Sally at pandcmackellar@yahoo.com and a link will be forwarded to you.

Yours sincerely,
Cristina Anderson
P&C Regional Representative

Talented Athlete Enrichment Day

The Talented Athletes participated in an action packed two days of enrichment activities in Week 7 this term. The girls started on Thursday 3 September with creating their own fitness circuits and implementing these for other groups. They then went on to participate in a relaxing and mindful yoga session. They finished the first day with an uplifting and inspiring talk from 7 times World Surfing Champion Layne Beachley. She spoke to the students about champion mindset, success, challenges, injury and nutrition. The second day of enrichment, on Friday, involved the students participating in beach volleyball and kayaking at Manly. The girls participated with enthusiasm throughout the two days and gained valuable insights into various elements that can impact them in their own sports.



W@M Report

Year 7– Year 7 has had a wonderful term of learning at school and forming new friendships. They enjoyed a mufti day with the theme 'Winter Wonderland' to support Youth off the Streets. Year 7 participated enthusiastically and won the award for the most committed Year group.

In W@M this term the students have been discussing Emotional Intelligence (EI) and the importance of self regulation and self-awareness. Students were taught that we all have responsibility - the ability to choose our response to any situation. Managing our emotions will allow us to make the appropriate choices on how to respond to a given situation. Recognising and understanding emotions in ourselves and others, as well as the ability to use this awareness, allows one to have greater control of one's behaviour and relationships. Importantly, EI is a skill that can be developed, which will have a positive effect on one's life – a high EI is a much greater indicator of success and satisfaction than IQ.

We wish Year 7 a happy and safe holiday.

Ms Grasso, Ms Drane & Ms Kelsey— Year 7 Advisers

Year 8 – In our W@M sessions, students have been continuing to explore character strengths. The girls were asked to choose a strength they value (but is not one of their signature strengths) and consider examples of how to use it in various situations. For example, they may value the strength of self-regulation and could show they were using it by limiting their own screen time. They also spent time in W@M discussing positive self-talk and how to challenge their negative thinking. These strategies are especially important for Term 4 as their Yearly Examinations approach. This can aid in helping to change any anxious thoughts about exams into realistic thoughts and to try their personal best.

A reminder that when the girls return in Term 4 they are to be wearing their summer uniform. As they are at an age of frequent growth spurts, make sure to check the length during the holidays and make appropriate adjustments. We hope that all the students have a safe and enjoyable holiday!

Ms Goykovic & Ms Adams — Year 8 Advisers

Year 9 – In W@M this term, the students have been discussing confirmation bias. Confirmation bias is the tendency to search for, interpret, favour, and recall information in a way that confirms one's pre-existing beliefs. People display this bias when they gather or remember information selectively, or when they interpret it in a biased way. The effect is stronger for desired outcomes, emotionally charged issues, and for deeply entrenched beliefs. What evidence shows is that our brain goes through the world looking for confirmation, not information. Confirmation bias causes us to:

- notice and remember evidence that supports our thoughts and beliefs (velcro effect - what sticks)
- overlook or dismiss evidence that does NOT support our thoughts and beliefs (teflon effect - what slides off).

Students watched a You Tube clip on confirmation bias which helped them identify that it:

- could be at work if you use the words 'yeah, but...'
- is not intentional
- is not in our awareness
- is stronger when our beliefs are stronger
- can be positive (e.g. I'm awesome) or negative (e.g. I'm a loser).

You Tube link - What is confirmation bias? <https://www.youtube.com/watch?v=jOjIAiJCNIk>

Students worked through an example and discussed strategies to fight confirmation bias, including:

- distancing yourself from your thought/belief- write it down
- asking fair questions to find evidence for and against your belief
- consulting with others - another perspective will help you see if you have missed anything.

Example: Having the belief "I'm a loser"	
VELCRO - what sticks	TELFON - what slides
<i>Everyone got up when I sat down at lunch A class mate didn't invite me to her party Two girls were laughing in the hallway</i>	<i>Three girls invited her to sit with them Only 4 people in a class of 20 were invited to the party The two girls were laughing at a joke a third girl just told them</i>
Have I missed anything? Example: "I really have quite a few really good friends and I guess if I actually was a loser they wouldn't be hanging around with me".	

The take home lesson for students is to look for “confirmation bias” and remember that we are all prone to believe what we want to believe. Seeking to confirm our beliefs comes naturally, while it feels strong and counter-intuitive to look for evidence that contradicts our beliefs.

Ms Karandonis, Mr Beeby & Ms Maconachie — Year 9 Advisers

Year 10 – Year 10 attended the Bstreetsmart online incursion in Week 5. This important incursion has been designed to teach young people about ways to prevent collisions and crashes when driving. Our students learnt about the dangers of texting whilst driving, as well as the influence of alcohol and distraction. We want our girls will be responsible on the road and the session was invaluable in making sure they understand how to stay safe once they're drivers.

Our students have also been engaging with worthwhile TED Talks during their W@M sessions. In the lead up to the Yearly Examinations, they have watched the inspirational Kelly McGonigal, a leading health psychologist, discuss “How to make stress your friend”. Year 10 has learnt how to understand the signs of stress and see these signs as their body's “way to rise to the challenge”. So, in the lead up to stressful situations they are encouraged to have a healthier stress response through understanding these cues.

Coming up early next term are the Yearly Examinations. Year 10 is reminded that they must study well, and students can begin this process now by making detailed notes and revising content they have learnt this year. Year 10 should be working to their personal best and applying themselves diligently, as the habits they establish now will be the foundations of their study habits for Year 11 and ultimately their HSC.

Enjoy the holidays and we'll see you ready for exams next term!

Ms Leung & Ms Eakins — Year 10 Advisers

Year 11—Our wonderful Year 11s have now reached the end of their Preliminary course – the culmination of the past three terms of hard work. The current examination period is an important opportunity to represent their understanding of course content as well as practise vital examination strategies that they will need for their HSC, which is (unbelievably!) only a little over a year away. It's fantastic to see them approaching their exams with such resilience and positivity, and we commend them for their optimistic and mature response to this period.

What is especially lovely to see is their support of each other. Last week was R U OK? Day, where students and staff were asked to check in with their friends, and also practise what to do after asking the question – Listen, Encourage Action, and Check In. As a year group, we are so proud of the way the girls support each other and lend a shoulder where it's needed, and we know this will put them in good stead for the exciting year to come.

In addition to the day-to-day friendships, it was also excellent to see Year 11 come together to support their charity, Mahboba's Promise. The Prefects organised an incredible breakfast event, where Year 11, Year 12 and staff were invited to pay entry to partake in a veritable selection of delicious breakfast treats. The Prefects also managed to garner a mammoth number of prizes for a raffle which saw the entire school and staff able to contribute to this worthy cause. Mahboba's Promise is a local charity that supports girls and women in Afghanistan to access education, housing, sanitation and vital resources. They managed to raise over \$3,000 for the charity, which was absolutely exceptional. A great thank you to all of our parent donations as well, as unfortunately family were not able to attend this year.

We encourage Year 11 to enjoy this break as a vital opportunity to recharge before HSC courses begin next term. Make time for friends, physical exercise, work and family, and begin to establish an organised study space and routine that will set you up for your upcoming year. The next year will be one of triumph, hard work and determination, and we know our girls will do an incredible job if they maintain this current excellent work ethic and keen mindset.

Ms Ravenscroft & Ms Coles — Year 11 Advisers

Year 12—We are so close to the end and after almost 6 years it's merely days until Year 12 has their last formal lessons as Mackellar Girls and complete their schooling. It has been a turbulent final year for our group, which no one could have imagined and the students have dealt with remarkably. Changing restrictions have not phased them and throughout the year their resilience and compassion for others have been outstanding.

The students have planned a series of fun COVID Safe activities for their final week, however it is important that we don't lose sight of the HSC Examinations which will be upon us after the holidays. The teachers are preparing

invaluable revision activities for the students during the last weeks of term. The students have been given a wealth of preparation advice from their teachers and with continued study, they are sure to achieve their potential.

It is unfortunate that we will not be able to have our usual celebrations of learning such as the Year 12 assembly and graduation ceremony this term. However, restrictions permitting, we look forward to hopefully celebrating and recognising Year 12's achievements in some form after the HSC exams in Term 4. Ms Del Gallo will be communicating the organisation of this nearer the time.

As Year Advisers, it has been an absolute pleasure to see the students grow into capable and community-minded young adults whilst assisting them through challenges and witnessing their many achievements over the past six years. On behalf of the students, we would like to say a huge thank you to the teachers, staff and to you, the parents and carers for all of the support you have provided to the students over the years. This year extra recognition and thanks must go to Ms Del Gallo and the Year 12 teachers who worked incredibly hard to ensure the disruption to learning during the online period was minimised and that high quality lessons continued. They expertly managed the logistics of the restrictions to ensure Year 12 was able to return to face to face learning as soon as possible.

Whilst it is sad to say goodbye, we are also immensely proud to farewell an outstanding group of young people who are ready to enter the world and take the values of Mackellar with them. We cannot wait to hear about the array of amazing adventures they will embark on and where the future will take them.

Year 12, we wish you the best of luck and always remember Mackellar Girls can do anything!

Ms Peachey & Ms Reed– Year 12 Advisers

Duke of Edinburgh International Award

In a challenging year, Duke of Edinburgh students are continuing to make significant progress across sections of their Award both in a virtual environment and in the community as restrictions ease.

We are impressed by Mackellar Girls who have adapted well to overcome community restrictions and engage in wholistic activities such as *Zooniverse*, a “people-powered research activity through virtual volunteering”, online yoga and fitness workouts and refining their cooking skills in the kitchen. Others are supporting their community by shopping for the aged, walking the neighbour's dog, volunteering in a swim program for people with a disability, and cleaning up parks and beaches.

Due to COVID restrictions, remaining Bronze hikes have been cancelled until further information is released by the Department of Education. We are working through solutions with our expedition providers and hope to have these available by term 4. Fortunately, National Office of the Award program has modified hike requirements due to COVID restrictions and are allowing Bronze participants to complete one 3-day hike in 2020. A number of our students were fortunate to complete their Bronze hike in March this year.

Gold participants will be notified of an alternative hike program early in term 4.

Congratulations to the following students who have recently completed their Bronze Duke of Edinburgh award; Charlotte, Sophie, Edie, Greta, Tara, Alexandra, Eugenia, Samara, Taylor, Lara, Zoe, Lexi, Anna, Mia and Ally. Also congratulating to Skye, Hanaka, Genevieve and Hannah for receiving Silver. We look forward to presenting seven Year 12 students with their Gold Award at their Graduation ceremony in week 10.

A reminder the Duke of Edinburgh program is offered to Mackellar students from Year 9 and above.

Information Nights for 2021 will be held early in Term 1. For more information refer to the *College opportunities* tab on the College website <https://nbsc.schools.nsw.gov.au/>

Update session via Zoom in week 10

Current registered Duke of Edinburgh students and parents/carers are encouraged to join a Zoom call with Ms Busse Wednesday September 23rd at 4.30pm for updated news and guidance around the program. Check the College website early next week for login details. <https://nbsc.schools.nsw.gov.au/>

Ms. Busse
Duke of Edinburgh Award
Coordinator for Northern Beaches Secondary College

LIBRARY NEWS

Spring has sprung and the holidays are quickly approaching. With a wide array of fiction and non fiction in book, ebook and audio formats, there are plenty of options to keep Mackellar students reading throughout the holidays. Stock up before the last day of term!

The Library officially has 12 new monitors who have accepted leadership roles to help ensure the students have a voice in this important community space. They will be helping with events, creating displays, selecting resources and further ensuring the library is a welcoming and inclusive environment.

Congratulations to:

Zahia
Zoe
Naima
Isabella
Annika
Borka
Sally
Lara
Siena
Georgia
Dora
Shaqila

The library has a wide range of revision and study books and guides for both Year 11 and Year 12. In particular, we would like to encourage Year 12 to make good use of our collection and borrow these books to help them for their upcoming HSC exams. Additionally, the Northern Beaches Library has wonderful resources that include online resources that can assist students in their preparations for their exams. Follow this link to access their online resources: <https://www.northernbeaches.nsw.gov.au/library/students-youth/hsc-resources>

Mrs Reed and Mr Bailey
Librarians

UNIFORM SHOP NEWS -

Just a little reminder that for Term 4 we need to come back in Summer Uniform. Years 7-9 is either a Dress or Tailored Shorts with Blue Blouse. Year 10 is either Skirt or Tailored Shorts with Blue Blouse and Years 11-12 Skirt or Tailored Shorts with White Blouse.

You can ordered on line or pop into the shop Mondays 9-2pm or Wednesdays 12-2pm.

Here are some vacant shifts in September and October:

Monday 21st September 9-11.15am
Monday 12th October 9-11.15am or 1.15-2.15pm
Wednesday 14th October 12-2pm
Monday 19th October 9-11.15am or 1.15-2.15pm
Wednesday 21st October 12-2pm
Monday 26th October 9-11.15am or 1.15-2.15pm
Wednesday 28th October 12-2pm

We also require help on our Year 7 2021 fitting days in the holidays.

Monday 28th September 10am-3pm – 2x people
Wednesday 30th September 10am-3pm- 1 person, 1-3.30pm- 1 person
Wednesday 7th October 1-3.30 pm- 1 person
Thursday 8th October 10-3pm- 2x people
Saturday 31st October 10-3pm- 2x people

Thank you once again to all our dedicated volunteers. Volunteering is a great way to meet other mums at the school. We always provide lunch for our volunteers on their shifts.

Leigh McPherson
Uniform Shop Manager, uniformshop@mackellarpandc.com



LEARNING SUPPORT:

I had a few conversations with parents of children with ADHD, who knew that they were adding to the problem and wanted tips – I saw this article and thought that some of the ideas seem quite counterintuitive and for that reason, parents might struggle to come up with them alone. **Kate Farrell—Learning Support Teacher**

Tricks to settle your fidgeters, wigglers, and fingernail biters

BY JAMIE KIFFEL-ALCHEH

(This is an abridged version of the original article, printed in National Geographic September 9 2020 <https://www.nationalgeographic.com/family/2020/09/tricks-to-calm-kid-fidgeters-wigglers-fingernail-biters-coronavirus/>)

Neuropsychologists call it the “sensory diet.” It’s a collection of feel-good sensory input, techniques that use a child’s senses to help with emotional regulation, learning, and memory. Therapists often turn to the sensory diet when developing a child’s ability to calm themselves and focus—something many kids are struggling with now.

What’s happening in the brain

We all use sensory input every day to help us understand and interact with the world. This input is picked up by our bodies’ sensory systems—auditory (sound), visual (sight), oral (taste and texture), olfactory (smell), tactile (touch), proprioceptive (muscle and joint awareness), and vestibular (motion). From there the sensory input goes to the brain, which interprets everything as messages.

Those messages can be warnings, like when an ambulance screams past or a pungent smell wafts by. The sympathetic nervous system, which is our fight-or-flight response, makes hormones, like adrenaline, course through our bodies, which often feels uncomfortable because our heart rate and respiration change.

But with different kinds of sensory input, the opposite can happen. Enjoyable sensory input—listening to a gurgling stream or petting a soft dog, for instance—can activate the parasympathetic nervous system, which commands resting conditions and helps to conserve energy. In other words, it helps people stay calm.

Scientists aren’t sure exactly *why* positive sensory input works so well for children. Some studies suggest that it might lead to microscopic brain changes in the frontal limbic system, where emotional learning and memory are still developing in kids.

How to pick the right tricks for your child

Using some of these techniques before your child sits down to work—or even when they’re anxious or frustrated—can make a big difference. Yet not every technique works for every child.

Check out the ideas below to help your child deal with some of the most common unfocused behaviour.

Kid Issue #1: Wiggling around or not sitting still

Sensory trick: Clasp hands and pushing or pulling them apart, pulling resistance bands, pushing feet against a stable object, bear hugs

Why it works: These exercises all provide “proprioceptive input,” which affect sensory receptors in muscles and joints. These techniques fatigue the muscles and therefore provide a sense of calm.

Kid Issue #2: Getting frustrated and irritable

Sensory trick: Slowly turning in a desk chair, sitting, gently bouncing or rocking on a yoga ball, hanging upside-down (such as hanging the head off the edge of the sofa)

Why it works: These activities focus on the vestibular system, which gives us our sense of motion. It’s stimulated by the movement of fluid within the inner ear, which moves whenever kids rock, spin, make crazy movements, or go upside-down. In general, slower movement is more calming.

Kid Issue #3: Lack of focus on the screen or paper

Sensory trick: Putting on a ball cap or hoodie, wearing lightly tinted sunglasses, reducing screen brightness, using more natural light

Why it works: This child might be getting too much visual input—and online classes might be making things worse.

Lowering brightness, tidying up, or even removing distracting decorations from the study spot can help reduce visual stimulation.

Kid Issue #4: Biting lips or fingernails while struggling to focus

Sensory trick: Snacking on chewy foods like gummies or crunchy foods like nuts, apples, or carrots; sipping from a straw; eating sour or spicy flavours

Why it works: That new sensation will snap you to attention by providing extra stimulation to the muscles of the mouth.

Kid Issue #5: Losing focus with every little noise

Sensory trick: Moving to a quiet room, putting on noise-cancelling headphones, listening to quiet music

Why it works: These children are extra sensitive to auditory input and might be partially covering their ears with their hands, or humming or singing to themselves over other noise in their immediate environment.

LEARNING SUPPORT

NBI (Northern Beaches Interchange) is a not for profit organisation that provides support to families within the local community. We are a registered NDIS provider working with families and individuals to develop tailored, high quality support to help achieve their goals. This might include one-on-one support, group based activities, skill building and much, much more.

Our programs that would best suit your children at the school currently are as follows:

Saturday Jnr 5-11 years and Saturday Seniors 12-17 years

A program running every Saturday during school term allowing friendships to be made, while enjoying a range of fun, challenging and age appropriate activities.

Seagulls School holiday program 5-11 years and TAG School holiday program 12-17 years.

Our school holiday program runs every holidays for a 2-3 week period, Monday to Friday. We offer a variety of in centre and out of centre activities within the local area and the surrounding areas of greater Sydney.

All programs follow the NSW Health guidelines for COVID safety and are assessed daily to ensure the safety of all participants and staff.

I look forward in working together to offer new exciting opportunities for children with disabilities and their families to join our NBI community.

Kind regards,

Madeline Baker

NBI (Northern Beaches Interchange)

Suite 1, Ground floor 694-696 Pittwater Rd Brookvale NSW 2100 Australia

Phone 02 8976 2850 | Fax 02 9970 7763

Email nbiservice@abilityoptions.org.au



MUSIC NEWS

Year 9 Music

Year 9 has been studying and performing music from the Baroque and Romantic suites. This followed on from their study of Pop and Rock Music. Their next area of study is Film Music.

Ms Moore , Class Music Teacher

Band rehearsals continue in year groups with students learning Latin percussion instruments playing Afro-Cuban grooves. It has been great fun and a huge learning curve for all involved.

FAREWELL YEAR 12 MUSICIANS □

The CAPA staff wish Year 12 all the best for the exams ahead. The Year 12 musicians have had amazing musical experiences in their time at Mackellar Girls, including music camps, musicals, music tours, music festivals and countless school performances. The students have been fabulous role models, showing dedication to the music ensembles, exemplary representation of the school in the community and for their own personal improvement as musicians, the results of which will be seen in their excellent results for HSC music performance exams. Here are some memories for the girls as they leave us in 2020.

Vanessa Patterson, Band Director



Would you be interested in a [murder mystery party](https://murdermystery.com.au) for your next birthday celebration? Go to <https://murdermystery.com.au> and see all the teenage options available.



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Supervisors of Learner Drivers - Online Workshop

Wednesday 23 September 2020, 6.00 – 7.15pm

Increase your confidence and knowledge to supervise learner-drivers. A practical workshop on requirements of the log books, the benefits and safety of supervised driving and the conditions for Learner and Provisional License holders.

Bookings essential: Email roadsafety@northernbeaches.nsw.gov.au
or call/text 0419 695 299



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beaches
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COME AND TRY SOFTBALL WITH US

REGISTRATIONS ARE NOW OPEN!



Looking for a friendly summer team sport with an emphasis on building skills, confidence, and having fun? Come and join other Mackellar students playing in Peninsula Softball Club in the Manly-Warringah Softball Association summer competition. We have divisions to suit all playing abilities and always welcome new players. There are also opportunities to help coach younger players and develop umpiring skills.

The season starts on October 17 and all games are at Abbott Road in Curl Curl on Saturday mornings.

For more information and to register, see:

www.peninsulasoftball.com.au
peninsulasoftballclub@gmail.com