



Mackellar Girls Campus Newsletter

18 JUNE 2021

Term 2, Week 9

Meeting the educational needs of girls

P&C Meeting –Wednesday 4. August 2021

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 -

Dear Parents, Staff and Students

School student leaders

It is with great pleasure that I announce and congratulate our new student leaders for 2021-222

School Captains – Katia and Rosie

Vice Captains - Stefanie and Amelia

These four students will be excellent leaders and school representatives. I look forward to working closely with them for the betterment of the school.

They will be supported by eight other prefects who are exemplars of the finest students at Mackellar: Isabella, Evie, Greta, Taylah, Amy, Petra, Sally, Stella and Evan.

Subject selections for Year 10

Year 10 girls are in the process of selecting their subjects that they will study in Years 11 and 12 at Mackellar. These decisions are important ones to lay the foundation for senior study and further education beyond. It is of the utmost importance that students make informed and wise subject selections – to select subjects that they will enjoy, be engaged with, are matched to their ability and interests, keep their options open for the future and are beneficial to each student's career path.

Mackellar girls are extremely fortunate to have such an extensive subject choice available to them, teachers of enormous expertise in their subjects and HSC marking experience and senior staff dedicated to providing expert guidance in the best study patterns for different career paths.

Subject Selections for Year 8

In the first weeks of next term, we will be finalising Year 8 submitting their subject selections for study in 2022. We will provide Year 8 students with the necessary information to make informed decisions about the subjects that are available for them to study over the next two years. Parents need to be aware that subject choices after they are made cannot be changed.

Some elective subjects have compulsory fees to pay for the cost of the full range of materials required for the practical components of these subjects. These fees will need to be paid for your child to be issued with these materials.

School Uniform

As our students are the face of the school to the community, it is extremely important that they wear the correct school uniform, and indicate that they are proud of the school and its image.

As the weather chills, some students are adding items of clothing that are not part of the uniform. The school jumper, vest, blazer, scarves and tights are the best and warmest alternatives to keep warm. Jewellery, bright hair adornments, brightly coloured hair, makeup, coloured scarves and black socks are not uniform and must not be worn. Skirts are to be worn just on the knee in length – skirts that are shorter are not our uniform. The tracksuit jacket can only be worn as part of the school uniform in terms 2 and 3 over the jumper; it is not an alternative to the jumper, but an extra layer for warmth if needed. The 'old' PE uniform is no longer uniform.

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Director General's Award for Turning Potential into Performance
Director General's Award for Excellence in Girls Education
Director General's Award for Excellence in Gifted and Talented Education
Director General's Award for Excellence in Aboriginal Programs
Secretary's Award for Excellence in Pacific Islander Programs

Parents, please ensure that your daughters leave the house each morning in the correct attire and are not wearing makeup.

If there is a valid reason why your child will be out of uniform on a particular day, they are required to come to school with an explanatory note from you.

School Contributions for Years 7 – 12

Parents, earlier this term, received invoices for any payments due. These indicate the payments that are applicable to all students, as well as the costs involved in studying elective subjects in Years 9 -12.

We really appreciate that so many parents have already made their payments. It allows us to purchase teaching and learning resources for use for the whole year. Parents, please realise that the only thing we do with your financial contribution to your children's learning is spend it on their learning.

The preferred payment method is POP, which can be accessed via our school website.

Tax deductible donation

As the end of the financial year approaches, you might like to consider that this is the perfect time to make a tax deductible donation to our School Library Fund. In many ways, the library is the learning hub of the school, and further improvements to it will enliven your daughter's love of learning.

Student Punctuality

Lateness to school is an issue with a small number of our students. I ask parents to do what they can to instil in their children the importance of being on time, getting to school by 8.40 am and being prepared to start the day in a positive frame of mind. Repeated lateness is a serious misdemeanour and affects students' progress. The number of days a student is late appears on their school report – a notable number here would not be attractive to a prospective employer, even for part-time jobs.

Mobile contact with parents

Students must have their mobile phones switched off in class or at school events. So parents, do not ring or text your child at these times as they will not be able to respond.

Scoliosis

Scoliosis, a sideways curvature of the spine, can result in significant health problems, and is most prevalent in teenage girls. To detect scoliosis, all parents of girls are strongly advised to download the self-detection brochure from the Spine Society of Australia's website (www.scoliosis-australia.org). It is particularly important for girls 11 – 13 yrs of age, as this is the age range when scoliosis first appears.

End of term

Term 2 has been an exceedingly busy time for teachers and we are looking forward to a well-earned break. I am extremely proud of the strength and passion of our teachers and support staff. I wish to thank the staff for the enormous energy and effort that they contribute every day to make your daughter's education fulfilling and beneficial. The opportunities and co-curricula activities provided to the girls are enormous.

I wish you all a safe and relaxing break. Students return for Term 3 on Tuesday 13 July 2021. On 12 July, College Development Day, the staff from the five campuses will be involved in professional learning and professional dialogue around Aboriginal Education. This is a Premier's Priority and the Department of Education is committed to improve outcomes for Aboriginal and Torres Strait Islander students.

Congratulations for high achievement to:

- **Brianna** for her selection into the Indigenous Australian Engineering School (IAES) program 4-10 July 2021 at the University of Sydney.
- The members of the Orchestra, Big Band and Mackellar Singers for their performance of The Golden Fleece.
- The musicians who performed in the Jazz night.
- **Petra** (Y11) 1st overall at the Gymnastics National Championships.
- **Anaia** (Y10) for her selection in the National Academy Rugby 7's Program.
- Zone Athletics Age Champions: Sarah (Y7), Chloe (Y9), Anneke (Y10), Sophie (Y10), Stefanie (Y11) and Katia (Y11).
- Zone Cross Country competitors and placegetters: 1st place Sarah (Y7), Fleur (Y8), Anneke (Y10) and Amy (Y12) Mackellar Girls Campus ranked 1st overall.
- **Ava** (Y8) for winning in the singles and doubles events at the tennis tournament in Canberra.
- Competitors at the NSWCHS All School's Swimming Championships: Emily (Y11) record breaking U16 100m Backstroke, Annika (Y9), gold in 50m Backstroke, 100m Backstroke, 400m Individual Medley, 400m Freestyle silver in 200m Backstroke.

- U15 Knockout Soccer Team who defeated Pymble ladies College last week 2-1.
- KO tennis team who won their semi-final against Chatswood High School
- U15 KO Basketball team who defeated Forest High School 23-22.
- Mackellar Wallabies Basketball team (Y8), for achieving a place in the Division 2 final.

Cassandra Morrison
Relieving Principal

P&C NEWS -

The P&C would like to welcome you to the Mackellar Comedy Night. This is the biggest fundraiser of the year. It will be held at Dee Why RSL on the 16 October. Save the date, grab a bunch of friends and come along for a great night of laughs. Details will be announced early next term.

Cristina Anderson—P&C Regional Representative

UNIFORM SHOP NEWS -

Please see below days/times we require help in our uniform shop and reply by email if you can assist. Thank you.

Monday 21 June 9-11.30am or 12.30-2pm
 Monday 12 July 9-11.30am or 12.30-2pm (Staff Development Day)
 Wednesday 14 July 12-2pm
 Monday 19 July 9-11.30am or 12.30-2pm
 Monday 26 July 9-11.30am or 12.30-2pm
 Wednesday 28 July 12-2pm

Please continue to order uniforms online or girls can come in to the shop and purchase. Please refer to the opening hours advertised on the school website. We also have timetable and full price list flyers available on the uniform shop door.

Please note we do not take telephone orders.

We have in stock girls navy tights, lovely warm scarfs & gloves for these winter chilly mornings, please order online.

Thank you

Leigh McPherson, Uniform Shop Manager, uniformshop@mackellarpandc.com



W@M Report

YEAR 7—Year 7 has had a very busy Term 2. There have been lots of different events and interruptions happening. We would like to encourage our students to be proactive in knowing what they have on and if they are ever unsure they can always ask a friend, a peer, a teacher or one of their Year Advisors.

Year 7 have completed their end of semester Examinations for History and Geography. These exams are equivalent to their Yearly Exams as these subjects only run for one semester before they swap over. If they have been doing History this semester, they will change to Geography in Term 3 and vice versa. They can also ask their History/Geography teachers if they don't understand this.

They also had their DTPa vaccinations on Friday 11 June. If your daughter was absent for this, please email the school to organise a catch up later in the year.

The students will participate in a session called High Resolves on Thursday 24 June. This is an excellent program that helps students to grow into world citizens by discussing issues surrounding equality and diversity. We hope students enjoy the session and learn some valuable information to take away with them. An email will be sent home about this.

Year 7 will be receiving their Semester 1 reports via email in Week 10. This is a fantastic opportunity to reflect on the work they have been doing this semester. We would also like to remind our students to ensure they are always doing their personal best inside and outside of the classroom and ensuring that they are showing our value for the term, 'Compassion'. Help others out when you can, be actively kind to one another and encourage each other to always do our personal best.

Ms Horton & Ms Jones – Year 7 Advisers

YEAR 8 - Our recent trip to the ICC for Stand Tall has been the highlight of this term. The girls are to be commended on their exemplary behaviour at this event which was attended by over 5000 students from across Sydney. The day was not only inspiring and motivating but also entertaining with a performance by Timomatic that had our girls up and dancing. Some of our favourite messages from the day included: the life that we complain about is the life somebody would love to live. Setting small attainable goals to achieve a bigger end goal and take time to make genuine friendships.

In W@M we have been continuing to look at character strengths, growth mindset and the power of 'yet' (I can't do this – YET!). The girls were asked to spend a couple of weeks learning something new to demonstrate their growth mindset, and we now have some jugglers in Year 8! The girls that completed this task also demonstrated the character strength of **perseverance**.

Below is a link to an article on strength-based parenting which outlines 'strength-spotting' in children. You can start by simply noticing one strength in your daughter and commenting on it: "You used good judgement today when you decided to pack your school bag ahead of time," or "Thanks for making me laugh—I really love how funny you are," or "You showed a lot of self-control to finish homework on time rather than watch TV." Repeat these strengths spotting as much as you can, as this will help your daughter internalise her strengths and develop her growth mindset. Rather than thinking "I'm stupid" or "I'll never get this" in challenging situations, they might think, "I know I'm persistent and can stick to the task," or "I'm curious and can learn new things." This is also important as the girls will receive their Semester 1 report on the last day of term, which presents an opportunity for them to reflect on how they can use their character strengths to achieve the goals they set in their personal learning plans.

https://greatergood.berkeley.edu/article/item/how_to_be_a_strength_based_parent - How to be a strength-based parent.

The Year 8 Sleepover which was held this term was a great success. The girls enjoyed all the fun activities and games and have made great friendship bonds amongst themselves and with the Prefects of the school. We would like to take this opportunity to thank the Prefects for the organisation, as it is a memorable event for everyone to experience this Mackellar tradition. We would also like to thank the teachers who volunteered their time to spend the night with the girls.

Ms Grasso, Ms Drane & Ms Kelsey

YEAR 9—In the second half of this term the Year 9 cohort participated in the High Resolves program which is designed to deliver a range of learning experiences that help them as young people to think critically, to build social cohesion and empathy in their communities. The students were divided into teams to represent a country with their own agenda and stance. This scenario required the students to think critically, understand diversity, focus on collective identity, recognise their unconscious bias, simulate decision making in the real world and assess the outcomes of short-term, versus longer-term, community-based action. The activity was well-received with the girls highly motivated responding with confidence and insight. It was evident that the students developed

skills in critical thinking about what they heard, read and experienced.

In W@M this term students watched 'What I learned from 100 days of rejection - Jia Jiang'. Where Jia Jiang boldly adventures into a territory so many of us fear: rejection. By seeking out rejection for 100 days — from asking a stranger to borrow \$100 to requesting a "burger refill" at a restaurant — Jiang desensitized himself to the pain and shame that rejection often brings and discovered that simply asking for what you want can open up possibilities where you expect to find dead ends.

Ms Goykovic & Ms Adams—Year 9 Advisers

YEAR 10—Semester 1 reports. These will be available through the Parent Portal from the last day of term.

Last week Year 10 participated with enthusiasm and maturity in the High Resolves program, which is designed to deliver a range of learning experiences that help our young people to think critically, to build social cohesion and empathy in their communities. It is a worthwhile experience with a focus on thinking about others and being more socially aware. The workshop for this year was: Citizen's Panel (using decision-making and collaboration skills to respond to an ethical dilemma), Ethical Profiles (recognising different ethical profiles and identifying the dominant profile for each student), Effective Communication and My Better Self (developing their own action plan to be more effective in creating a positive difference in their community).

W@M this term has focussed on growth mindset and reminding ourselves about the power of 'yet' and exercising resilience. Students watched two TedTalks:

The power of believing you can improve by Carol Dweck

https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve

Why you should make useless things by Simone Giertz

https://www.ted.com/talks/simone_giertz_why_you_should_make_useless_things?language=en

Ms Karandonis & Ms Maconachie—Year 10 Advisers

YEAR 11—Firstly, on behalf of the year advisers and the rest of the year 11 students I would like to offer a huge congratulations to our newly elected prefect body. All of the applicants worked incredibly hard on their CV, interview skills and public speaking. We were particularly impressed with how well all of the candidates spoke at year assembly about what the school and the opportunity has meant to them. Their passion and desire to help others really shone through. To those who missed out, your efforts have been recognised and we encourage you to embrace other opportunities to contribute to the school and wider community as they arise throughout the year. We look forward to seeing what the new team will bring to the role. After listening to them speak, we are confident they will flourish, embrace every opportunity with gusto and make our year group proud.

Year 11 have been working hard this term and their teachers have been impressed with their focus and diligence in approaching their recent practice exams. The students should now ensure they deconstruct their teachers' feedback and complete their learning reflections. They are required to set three personal learning goals and demonstrate how they intend to progress.

Year 11 recently completed their Elevate Study Skill session in Week 8. These sessions provide students with the framework to tackle their senior studies in an organised way. It is important that they balance the demands of school and the HSC with their lives outside of school. The importance of sleep and downtime from devices cannot be overstated.

Thank you to the wonderful jersey committee who worked cohesively to design the commemorative jersey for their year group. Students are now able to order the jersey directly through the supplier via the Google Classroom. All jerseys will be delivered to the school for the start of Year 12.

Ms Leung & Ms Eakins—Year 11 Advisers

YEAR 12—Year 12 is working steadily towards the upcoming end to school. They have had presentations from more universities, including the University of New South Wales, and are engaging with the processes of university applications. They attended a Careers Expo this week where universities, colleges and other tertiary institutions explained the multitude of courses and options available. There are so many options and avenues available to our students and Year 12 is encouraged to meet with Ms Erskine, their Careers Advisor, if they have any questions about how to achieve whatever it is they wish next year.

The Trial Examinations are approaching in Weeks 3 and 4 next term, and Year 12 is encouraged to begin studying and preparing now. Students should be consolidating study notes, writing practice responses and seeking clarification from their teachers in any areas of uncertainty or confusion. Being proactive about preparation now will help to ease pressure and nerves in the lead up to the exams next term. Students with Major Works will be coming towards the completion of this process, and what we've seen so far has been incredible! Using the upcoming holidays wisely will allow our students to submit quality, wonderful work next term.

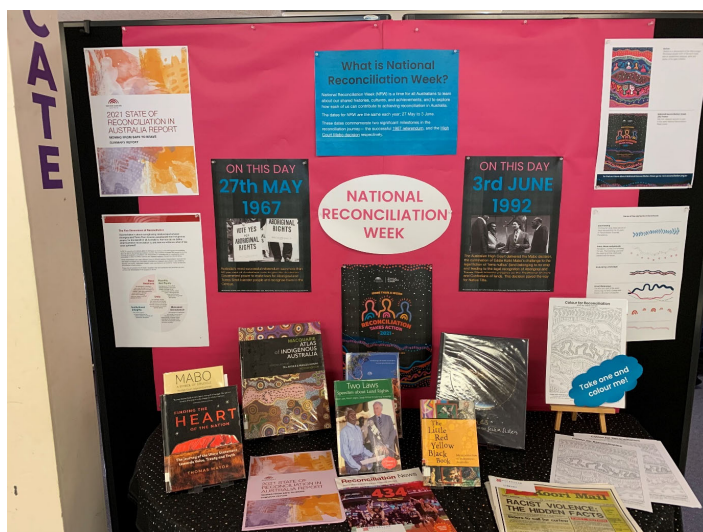
Finally, we want to acknowledge the incredible hard work and dedication of our Prefect Body. Our new Year 11 Prefects will begin their tenure next term, and our Prefects will be stepping down. Hannah, Emma, Lauren, Kiihla, Hanna, Ally, Tamar and Brianna, under the leadership of Vice Captains Liv and Heidi, and Captains Hana and Milla, have done an exceptional job. They have brought their year group together, supported local and international charities, inspired junior students and shown maturity and integrity. We are so proud of them and everything they've achieved. Congratulations on a wonderful time in office!

Ms Hawes & Ms Coles—Year 12 Advisers

Library Update

Winter has hit and with it the return of the Winter Warmers raffle! For each book borrowed between now and Wednesday, Week 9, a raffle ticket will be issued. 3 winners will be picked at the Wednesday assembly and will win a wonderful winter pack!

A new display has recently been put up in the library to celebrate the forthcoming NAIDOC week 2021. The display features facts about the National Reconciliation Week and specific dates, as well as a variety of books for the students to borrow.



The Library Monitors have also been busy creating their own displays. These displays have been prepared in pairs and utilise space in the Fiction Room. The displays have been excellent so far and we look forward to what the next pair has on offer.

Mrs Reed and Mr Bailey

LANGUAGES:

Getting started with language learning!

*Have you been putting off learning a language? Do you keep procrastinating doing that 15 minutes of listening or revision each day?

“Anytime there is something you know you should do, but feel uncertain, afraid or overwhelmed, count 5-4-3-2-1 and move when you get to 1.” – Mel Robbins

* Here are some helpful tips, specific to language elearning based on the principles in the book “The 5 Second Rule” by Mel Robbins.

<https://www.fluentin3months.com/5-second-rule/>

Here are some short, easily accessible activities that you can do when you get to 1!

- Education Perfect
- Duolingo
- SBS World Movies (check ratings)
- Go for a walk with a classmate and speak in French for 5 minutes.
- Write a diary entry.
- Listen to a French song on Youtube.
- www.TV5monde.com – short videos, grammar exercises, songs

SPORT NEWS:

2021 Zone Athletics Carnival

Congratulations to all of the athletes who competed at the zone athletics carnival at Narrabeen Academy of Sport on Friday 14 May. We achieved some amazing individual and team results and Mackellar won the overall point score. This is a fantastic achievement considering we only compete in half the events.

Well done to the following girls who were crowned age champions:

12 years – Sarah

15 years – Chloe and Anneke

16 years – Sophie

17+ years – Stefanie and Katia

Congratulations girls!

The regional carnival will be held on the 19 and 20 July at Sydney Olympic Park and we wish all of the students the best of luck.

Olympic trials

Congratulations to Emily (Year 11) and Annika (Year 9) who will both head to Adelaide this weekend for the Australian Olympic Swimming Trials. We wish you both all the best!

Term 2- Enrichment Days- Talented Athlete Program

On Monday 7 and Tuesday 8 June, approximately 50 students in the Talented Athlete Program participated in the Term 2 Enrichment Days.

On Monday, the first session included a netball workshop which was run by NSW development officers. Students learnt a number of netball skills and then applied these skills to game situations. In the second session, they took part in a yoga, stretching and a core strength workshop with an instructor where they learnt how to warm up correctly, prevent injury and how to strengthen the body for their individual sports.

On Tuesday, the first session included a nutrition Master Chef workshop where they created a healthy snack for an athlete to consume either before, during or after competition. In the second session, students listened to an inspirational guest talk from an ex Mackellar student and Olympian, Holly Lincoln-Smith. Holly played in the Australian Waterpolo Team in the Rio and London Olympics. She shared lots of valuable information on being a successful athlete and her incredible Olympic experiences. In the final session students worked as a group to create Olympic activities for Mackellar next term when the Tokyo Olympics begins.

Overall, the two days provided the Talented Athletes with a range of activities to inspire and enrich them across various contexts so that they can take this knowledge into their future sporting careers.

Ms Robb– Talented Athlete Coordinator



Sporting Achievements

Name	Recent Achievement
Anaia	Anaia made the NSW CHS Rugby 7's team She also made the U20 Australian 7's bronze squad
Stefanie	Stefanie was picked for the U19 and U21 Australian Beach Volleyball Team to be held in Thailand in June.
Jesse	Jesse was picked for the U19 and U21 Australian Beach Volleyball Team to be held in Thailand in June.
Kahli	Selected for the Young Matildas Camp
Nina	Selected for NSW junior U16 Kayaking team to compete at Nationals. NATIONALS RESULTS 6th U16 K1 1000 (A final) 5th U16 K1 500 (B final) 6th U16 K1 200 (B final) 6th U16 K2 500 5th U16 K2 200 3rd U16 Mixed K2 500 1st U16 K4 500 1st U16 K4 200
Rosie	Selected for NSW U16 State Kayaking Team
Amelia	NSW U18 Kayaking squad
Evelyn	Selected into NSW U18 State Kayaking Team NATIONALS 6th U18 K4 500m,200m 8th U18 K2 200m 9th U18 K2 500m
Clea	Selected into the NSW U18 State Kayaking Team NATIONALS 1st u18 K4 State Vs State 2nd U18 K4 500m,200m 4th U18 K2 200m 5th U18 K2 500m 9th U18 K1 1000m 2nd U18 K1 500m (B final) 8th U18 K1 200m (B final) 8th U18 Mixed K2 500m
Hanako	Selected into the NSW U18 State Kayaking Team NATIONALS 1st U18 State V State K4 2nd U18 K4 500m, 200m 4th U18 K2 200m 5th U18 K2 500m 6th U18 Mixed K2 500m 7th U18 K1 200m A Final 1st U18 K1 500m B final

MUSIC

Northern Beaches Instrumental Festival

Congratulations to the Concert and Performance Bands for their professional performances at the Northern Beaches Instrumental Festival last week.

The girls were fabulous role models for primary students in attendance and the audiences were very impressed and included a standing ovation for the Performance Band.

The Stage Band is performing this coming Sunday at Harbord Primary School at 9am. Over 3500 students from the Northern Beaches have taken part of this festival.

DATE/TIME	WHAT	WHO	WHERE
Saturday June 19 Day 1:30pm Matinee + 7pm Performance	"Matilda": 2 Shows	Matilda Full Cast	Performance Space
Sunday 20 th June 8:40am	Northern Beaches Instrumental Festival: Jazz	Stage Band	Harbord Primary School 8:40am Arrival Performance 9am-10:20am
Sunday 20 th June	Senior State Music Camp	Accepted students	Academy of Sport Narrabeen
TERM 3			
Sun 11 th July- 16 th July	Senior State Music Camp	Accepted students	Academy of Sport Narrabeen
Monday 12 th July	Rehearsal Day	Concert Band 9:15- 10:45am; Performance Band 11am- 12:30; Big Band 1-2:30pm	Performance Space
Monday 23 rd August 7pm	Music Night	All Ensembles	Hall

Vanessa Patterson, Band Director





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GIANT BOOK FAIR

Forestville

Memorial Hall, Starkey Street

July 7-10

Wednesday 11-6, Thursday 9-6,
Friday 9-6, Saturday 9-3

If you email us at nbscmgirls-h.school@det.nsw.edu.au we can email the school newsletter directly to you. It can also be accessed online at www.mackellargirls.nsw.edu.au

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