



Mackellar Girls Campus Newsletter

18 NOVEMBER 2022

Term 4, Week 6

Meeting the educational needs of girls

P&C AGM - Wednesday 7 December 2022

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

RELIEVING PRINCIPAL'S MESSAGE -

Dear Parents, Staff and Students

Presentation Day

Our Annual Presentation Day in the School Hall will take place at 10.00am on Tuesday 13 December 2022. Parents, family and friends are warmly invited to this significant event where the Mackellar community is able to showcase its many areas of excellence. Students are to be dressed immaculately in full school uniform. Masks are strongly encouraged for visitors to Mackellar.

At the conclusion of the Presentation Day Ceremony, Years 7-9 Yearly Reports will be distributed via email.

Our fabulous School Administrative Support Staff (SASS)

This newsletter regularly records the triumphs and achievements of the students and teaching staff. Here I would like to impress on our community the significant contribution our school administrative support staff makes to our successful school. The long list of innumerable key jobs that are carried out so professionally and graciously, and with such patience, are integral to the functioning of our school.

HSC examinations

Year 12 has now finished the HSC. Ms Susan Van Gils, the Presiding Officer in charge of the examinations, reported that she was delighted with the most exemplary manner in which the students applied themselves to their work with due diligence and behaved impeccably. Our students should feel proud of themselves and their commitment to their studies.

Resilience in Our Teens (RIOT) Project:

Year 7 to 10 students are now more than halfway through the seven cognitive-behavioural lesson plans as part of the RIOT project. Students are to be commended on their positive engagement with this program as they learn strategies to better identify and manage their anxiety, as well as the science behind how our brains work. The student lesson slides can all be found on each year group google classroom and can be revisited if there are any concepts that students would like to look over or discuss with parents and caregivers. We are looking forward to completing the lessons with Year 11 in Week 9.

If you wish to know more about the Resilience In Our Teens™ approach, you can visit: www.parentshop.com.au/professionals/resilience-in-our-teens.

If, as a parent, you would like to consider completing a limited number of free parenting seminars - held over three different weeknights – you can register: www.parentshop.com.au/parents/resilience-in-our-teens-parents

The promotional code for our school is MacHS22. If you are a GP or mental health professional, you may wish to refer parents to this course.

Research tells us that 70% of student anxiety is learned, which means the good news is that most student anxiety can be unlearned. Given the important difference that significant adults in a student's life can make to their ability to manage their anxiety, we encourage parents to show their support by attending the parent seminar.

School Spectacular

This year I look forward to the return of the School Spectacular at the Qudos Bank Arena with the theme Creating the Magic. It is one of the most outstanding displays of public education at its best, involving over 5000 students from secondary and primary schools in NSW. It is very exciting that our students are involved as part of the choir, band and as featured and ensemble dancers.

Freshwater

Community Bank® Branch



Freshwater Community Bank is the proud Community Sponsor of Mackellar Girls Campus Manly Vale

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

Tickets for Friday and Saturday nights, 25-26 November 2022 are available from Ticketek:
<https://premier.ticketek.com.au/shows/show.aspx?sh=SCHOOLSP22>

Early Leave for Students

Important learning for students in the classroom continues until the end of the school year, as students continue towards finishing the year's teaching curriculum. The year's syllabuses are not finished when yearly examinations are held; they must be completed after the examinations.

It, therefore, is important that parents organise their family holidays in holiday time, not school time. If students are taken out of school early, as some parents have expected, for family holidays it greatly disrupts students' learning. I am not able to approve lengthy leave of absence for early holidaymakers.

School Fees

All outstanding school fees should be paid by the end of the school year. A number of students urgently need to get things up-to-date in their elective subjects – these fees cover the cost of the materials that students have used this year.

Parents and students should be aware that most elective subjects carry additional fees. They may only be chosen to be studied by students if the associated fees are paid, unless discussed with the Principal.

Congratulations for high achievement to:

- **Milla (Y11), Rachel (Y10) and Chloe (Y8)** for representing Sydney North Water team who won the State Water Polo Championship
- **Monique (Y9)** for her selection in the Aboriginal Dance Company, performing at the School Spectacular
- **Anneke, Ella, Hana, Cora, Sophia (Y11)** for representing the school at Remembrance Day Services
- **Indie Lawler (Y9)** for her participation in the community programs at Kids Giving Back

Cassandra Morrison
Relieving Principal



Not every act of meanness is bullying

By Michael Hawton, Psychologist (MAPS) and [Parentshop](#) founder.

One of our jobs is to help children and young people to interpret events proportionally. However, in recent times, I have seen a shift involving the wrong application of words like *trauma*, *depression* and *bullying*. When these very meaningful words are misused, their misuse can result in unwanted consequences. What might be the 'unkind' behaviour of another may, in fact, not be 'bullying'. In this article, I discuss the differences between unkindness and bullying – and how defining the two correctly - can teach kids resilience and to cope with conflict.

Anyone who spends a great deal of time with teenagers or simply remembers their own teenage years, would know that young people can be downright mean to one another.

An experiment by Debra Pepler at York University brought together children from years 1 to 6 who were identified by their teachers as particularly aggressive or particularly non-aggressive. What the study found was that, on average, mean behaviour from the aggressive children was displayed every two minutes and, most revealingly, from the non-aggressive children every three minutes.

Conflict is unfortunately a part of life that we all deal with, no matter what age.

Bullying is, however, way more than that and can have serious and sometimes tragic consequences. Yet the term 'bullying' seems to be readily bandied around these days for all forms of 'mean behaviour'. According to 'Bullying No Way', the National Australian definition of bullying is:

"an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert)... Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying." (Safe and Supportive School Communities (SSSC), 2019)

The key terms in the definition of bullying is 'misuse of power' and 'repeated'. The key terms in the definition of what is not bullying is 'between equals' and while conflicts or mean and hurtful behaviour may upset a young person tremendously, by labelling the mean behaviour 'bullying' we may be disempowering children.

... calling every act of meanness bullying sends an unhealthy message: It says to kids, 'You're fragile. You can't handle it if anyone is even slightly unkind to you.'

Eileen Kennedy-Moore PhD, 2014

It is important for teenagers to understand the difference between someone being insensitive or mean and what constitutes bullying behaviour, because being able to successfully resolve and navigate these situations is a huge step in their emotional growth and maturity. If the situation is deemed to be simply mean or hurtful behaviour, it is important not to over-play this through misleading terminology (i.e., bullying) and offer ways for the child to address and resolve this

themselves.

Teacher and writer Braden Bell spoke in his article for *The Washington Post* (Bell, 2018) about his own personal experience when hearing about one of his teenager experiencing negative and disparaging remarks from a co-worker. His initial fury led him to a biased judgement, defining the perpetrator as a bully. But, when he eventually calmed down, he realised it did not fit the definition (it was offensive behaviour but not bullying) and so he talked with his wife and then teenager to find a viable coping solution, which worked out in the end. A way parents can assist with this is by first acknowledging the mean behaviour, e.g., 'that was mean/rude/unkind of her/him' and then, as Bell suggests, prompting his teenage daughter to seek some form of resolution or solution by asking "What are your choices?" And, as a follow-up, "What are the likely outcomes of those choices?" This may not be easy because of heightened emotions and the initial responses may not be great. He took the right steps.

Parents who react too defensively for their teenager at every negative encounter with their peers may be doing more harm than good. In later years, the teenager may not have the necessary tools to independently handle conflict and may feel 'victimised' in situations that don't go their way, potentially causing social engagement and relationship difficulties in later life.

Further in her article in *Psychology Today*, Eileen Kennedy-Moore, wrote:

"... calling every act of meanness bullying sends an unhealthy message: It says to kids, 'You're fragile. You can't handle it if anyone is even slightly unkind to you.' As these children grow older, they demonstrate less resilience, sometimes publicly. The kids got more easily and deeply upset about perceived offenses, including situations that were unpleasant, but weren't really bullying. Beyond stunting their emotional maturity, their heightened reactions had negative social consequences, as peers responded by disengaging from them." (Kennedy-Moore, 2014)

By defining the behaviour correctly, we are encouraging our kids to assess and respond in a way that creates resiliency and emotional maturity.

Michael Hawton is founder of Parentshop, providing education and resources for parents and industry professionals working with children. He has authored two books on child behaviour management: *Talk Less Listen More* and *Engaging Adolescents*. You can find more information, including his books and self-paced online parenting courses at <https://www.parentshop.com.au/parent-courses/>

References:

Further reading: Eileen Kennedy-Moore PhD, *Psychology Today*: [Is it Bullying... Or Ordinary Meanness?](https://www.psychologytoday.com/us/blog/growing-friendships/201410/is-it-bullying-or-ordinary-meanness) 1st October 2014, <https://www.psychologytoday.com/us/blog/growing-friendships/201410/is-it-bullying-or-ordinary-meanness>

Braden Bell, *The Washington Post*: [Not all unkindness is bullying: Here's why we need to teach kids to differentiate](https://www.washingtonpost.com/news/parenting/wp/2018/08/16/not-all-unkindness-is-bullying-heres-why-we-need-to-teach-kids-to-differentiate/), 16th August 2018, <https://www.washingtonpost.com/news/parenting/wp/2018/08/16/not-all-unkindness-is-bullying-heres-why-we-need-to-teach-kids-to-differentiate/>

Bullying No Way! Australian website for schools bullyingnoway.gov.au/, Safe and Supportive School Communities (SSSC) 2019, viewed 2018, www.bullyingnoway.gov.au/DefinitionOfBullying

Kids Help Line: [How to tell if it's bullying](#).

Term 4 is an exciting time for the Prefect Body. Not only marking the beginning of the HSC course, our second term together as a team provides us with many new leadership opportunities, events to organise and participate in community activities.

In Week 2, the Prefect Body attended the Northern Beaches Secondary College Leadership Day. It was a day of collaboration with the other four campuses, where we came together as young leaders to brainstorm new initiatives and learn how to make systemic change within schools. Zali Steggall OAM, MP spoke about the importance of teamwork and communication in leadership. It was an invaluable experience.

The Prefects joined the community on Remembrance Day in honouring and remembering the brave actions of our fallen soldiers in all conflicts and to commemorate 104 years since the end of the World War I. On 6 November, Ella and Anneke delivered a speech at the Balgowlah RSL Remembrance Day Service. On 11 November, Anneke, Cora, Hana and Sofia attended services in many locations around the community to express our respect.

We are currently busy organising Mackellar's annual Multicultural Day in its fullest celebration! It is a day that brings the school community to celebrate the cultural diversity of our community and encourages students to expand their knowledge of different cultures through performances, fun games and food stalls. Funds raised from Multicultural Day will continue our support for Mahboba's Promise, a not-for-profit organisation that champions and supports female education in Afghanistan. Multicultural Day will take place on the 28 November and students will be giving more information about buying tokens and the structure of the day closer to the event.

Starting on Tuesday Week 6, the School Captains of Mackellar, Anneke and Maisy, will be participating in the Youth Ambassador Program, where they will be able to converse with other young leaders in the area and Zali Steggall OAM MP to promote the voice of youth in our community.

The Prefect Body are looking forward to the term ahead and we are excited to continue to give back to the school and the community.

Year 10 Cross Curricular Project:

In the two weeks following their exams, Year 10 participated in a Cross Curricular Project, which required them to come up with local solutions to a global challenge. In small groups, students chose a global challenge and a local area, and completed thorough research to come up with a product and advertising campaign to contribute to a real-world, practical solution to the problem. It was so pleasing to see the mature and positive way that Year 10 approached the project. We were incredibly impressed with the quality of the projects this year as well as the effort that the students put into their work. Year 10 are highly commended for their participation and commitment to their learning.

On Friday 11 November, the top five projects were chosen for presentation to an outside panel for final judging. We were very thankful to have special guests Ms Zali Steggall OAM MP, The Hon. James Griffin MP and Mayor Michael Regan as our panel of judges. It was wonderful for our students to have their voices heard. All groups presented brilliantly and the judges had a difficult decision. The runners up were Gundungurra protection (Amanda, India, Eleanor, Tenzin), Ewhale (Margarida, Ava, Cleo, Abigail and Charlize). In third place was the team Flood Bucket (Olivia, Caroline, Suzannah and Poppy). Equal first place was awarded to the groups Ezy Aid (Holly, Annika, Jemma and Frankie) and Baach (Annabelle, Karen and Emily). A big congratulations to our winning groups.

We would also like to thank the team of teachers who introduced and marked the project, as well as Ms Eakins (HT English) and Ms Power (HT Secondary Studies) for their organisation of this event.

Jane Secrett
Deputy Principal (Rel.)



VISUAL ARTS:

'Experimenta' is the third collaboration between Mackellar Girls Campus and Chatswood High School, with a number of our HPGE Visual Arts students exhibiting for the third consecutive year. This exhibition sees a focus on experimental approaches to painting and follows the success of our previous shows at Gallery Lane Cove and the Ewart Gallery, Willoughby Arts Centre, which investigated printmaking and drawing respectively.

Exposing students to the curatorial process offers students the opportunity to showcase their work in professional venues and navigate the procedures of submitting a proposal, curating and installing an exhibition for a public audience. The benefits of a collaborative partnership are far reaching, allowing students to share different approaches to responding to a site or stimulus. In the case of 'Experimenta', students from both schools undertook site studies of the South Eveleigh Locomotive Precinct and worked with practicing artist Michael Herron to produce paintings that reflected the concept of expansion. In addition, all students were invited to take part in the Cross-School Print Exchange Program, inspiring them to take part in a formal exchange of work and begin their own art collections.

Exhibitions such as these are rewarding and we hope students gain confidence and satisfaction in their significant achievements. Thank you to Ms Del Gallo for her continued support of these external ventures, and also to our wonderful parent volunteer Ms Meg Garrido for so generously giving of her time. 'Experimenta' is open Wednesday - Saturday until 26 November at the White Rhino Artspace, 62 Atchison St, St Leonards.



Experimenta

A response to 'expansion' via exploring site and investigating materials

An exhibition of artworks by students from Chatswood High School and Northern Beaches Secondary College Mackellar Girls Campus

Official Opening on Wednesday 9 November 2022 6:00-8:00pm

OPENING HOURS WED-FRI 10AM-4PM, SAT 10am-2pm

This project is part of the Cross School Print Exchange Program (CSPEP) which develops student printmaking skills.



WHITE RHINO ARTSPACE, LVL 1, 62 ATCHISON ST, ST LEONARDS
WWW.WHITERHINOARTSPACE.COM.AU
WHITE RHINO ARTSPACE ACKNOWLEDGES THE SUPPORT OF BRAND X, TWT GLOBAL, AND BRIDGING HOPE CHARITY FOUNDATION



Ms Katie Vanderbent
HT Creative Arts



MUSIC:

Review of the amazing gig the Big Band did at The Lazy Bones Lounge last Tuesday:

"I had been building this gig up for months and it didn't disappoint. It was the best night of my life" Jupiter

"The best gig ever" Cara

"Awesome experience, a really cool venue to play in" Alana

"Bonus points for having a Baritone Sax on the wall" Alexa

"When are you doing it again, an awesome night for the parents" Audrie's dad

The Big Band were absolutely full of energy, style, and performed with perfection at the Lazy Bones Lounge in Marrickville Tuesday 8 November. The audience enjoyed a meal while they listened to our fabulous musicians perform at the very eclectic jazz venue as the support band for the professional big band TN Jazz Orchestra. It was an absolute pleasure to share performing music with these talented students at a professional venue.

Band Tour Week 7 Term 4 21 -23 November

The students from the Concert and Band will go on tour to the Port Stephens next week. They will share their skills helping less experienced students by engaging in workshops and performances at Warners Bay Public School and Soldiers Point Public School plus are guaranteed to give joy performing to residents at Blue Haven Aged Care, Shoal Bay. It will be one of those experiences that students remember long after leaving school and they will feel proud from giving to the community.

More and more gigs

As we head into the end of this busy year the Mackellar musicians have many more performances to show the school community the depth and breadth of talent we have in our ensembles. This is all achieved from hard work, dedication and countless hours from both students and teachers. Please see details in the table below for all upcoming event details.

Dates for Diary

<u>When</u>	<u>What</u>	<u>Who</u>	<u>Where</u>
Week 7 Term 4 6am Monday 21- Wed 23 Nov	Band Tour	Concert and Performance Band students	Mid North Coast
Week 7 (All)	School Spectacular	Selected Students	Homebush
Week 8 Monday Nov 28 11am-2pm	Multicultural Day	Big Band, Stage Band, Rock Band	Quad
Week 8 Tuesday 29	Orientation Day (Rehearsal Prior in morning)	Concert Band	Hall
Week 8 Friday Dec 2	CAPA Assembly	Big Band	Hall
Week 9 Monday Lunch	Day Time Jazz Club for teachers	Senior Jazz Impro	Staff Common Room
Week 10 Dec 12	Year 10 Presentation	Big Band	Hall
Week 10 Dec 13	Presentation Day	Performance Band,	Hall

Vanessa Patterson, Band Director



UNIFORM SHOP NEWS -

Please see the school website (uniform shop) for shop opening times.

A very big thank you to those that have kindly donated pre-loved uniforms back to our shop. All monies raised go directly back into the school.

We require help on the following days:

Monday 7th, 14th, 21st & 28th **November**

9-12pm or 12.30-2pm

Monday 5th, 12th & 19th **December**

9-12pm or 12.30-2pm

Wednesday 2nd, 9th, 16th, 23rd & 30th **November**

12-2pm

Wednesday 7th & 14th **December**

12-2pm

If you can help out on any of the above dates, please email us at the uniform shop on uniformshop@mackellarpandc.com

Thank you

Leigh McPherson & Annette Ryan



CANTEEN NEWS:

As the end of term approaches the girls will find some meals will be more available on flexischools on different days of the week so that we run down our supplies. Nachos will be available multiple days and we are trialling new ideas to work out the new Favourite Menu items to start off the year next year. Sushi has proven difficult to source, that the girls enjoy, so during the holidays we will endeavour to find a new supplier that can deliver to our timeframe requirements.

The canteen will be closed on 28 November for the annual Multicultural Day run by the students and our last day of operation will be a recess service on 9 December 2022 (no flexischools lunch 9 December).

We would really love to see new parents next year volunteer if they have some time available between 9.30am and 2pm and now is the time to get in contact as we are about to start putting together our roster for next year.

Any questions at all, please contact the canteen team at mackellarcanteenroster@gmail.com. We hope to meet you soon and attach our roster with vacancies should you have some spare time on a free spot on the roster.
The Canteen Team

Week 7	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov
1.				Kadie W	
2.					
Week 8	28-Nov	29-Nov	30-Nov	1-Dec	2-Dec
1.	CLOSED	Robin V E	Oli	Emma K	Jenny R
2.	MULTICULTURAL DAY				
Week 9	5-Dec	6-Dec	7-Dec	8-Dec	9-Dec
1.	Matt G				Recess service only
2.					Last day Canteen



Northern Beaches Secondary College - Mackellar Girls Campus

School Photography Date: 3/02/2023

Dear Parents,

School photography day is coming up soon. Group and portrait photographs can be purchased by following the link below or by returning the order envelope with your payment to our photographer on school photo day.

NEW

advancedlife now offers Latitude Pay! To take advantage of LatitudePay and split the cost of your order into 10 small easy payments, simply order your school photos online as usual, set up a Latitude Pay account in just a few clicks and pay no interest or fees when you pay according to your payment schedule; it's that easy.

3 easy ways to purchase:

1. LatitudePay – Click on the link below, set up an account during the online order process and split your payments across 10 weeks with no interest or fees, if you pay on time
2. Visa, MasterCard or PayPal
3. Cash – complete the envelope supplied and return it to our photographer on photo day

Or visit: www.advancedlife.com.au

And enter online order code: P43 7YK 3J9

School photography information:

- **Online orders** - do not require an envelope returned to your school
- **Sibling Photos** - Don't forget to pre-order your sibling photos online up to 24 hours before photo day. We provide your school with a list of sibling orders right up to the day of photography, so no one misses out. If you miss the online order deadline, you can submit a completed sibling order envelope first thing in the morning of the day of photography, so your school is aware you want the photo taken and can bring your children together in time for it. Sibling photographs only apply to children enrolled at your school. Please note not all schools offer sibling photos
- **Late fees** - a late fee will be applied to each package purchased after photo day due to the additional cost of producing these packages separately
- **Package delivery** - School photographs will be returned approximately 6 weeks after the day of photography. Please note this delivery timeframe is dependent on proofing and additional photography days at your school.

Previous Years' photos - Past years' photographs including sports, co-curricular and representative groups are also available to order under the 'previous years or group photo' tabs at your school's **advancedorder** site when you click on the 'Order School Photos Here' button above. You can also order past packages, portrait images and gifts from your child's unique, individual and secure **advancedyou** image archive site using the unique 9 digit image code found on packages you have ordered in the past

advancedlife would like to express our appreciation to Northern Beaches Secondary College - Mackellar Girls Campus for placing your trust in us. Please remember we offer a 100% money back guarantee on our products to ensure your peace of mind. We would also love to receive your feedback or resolve any issues you may experience as fast as possible, to ensure your satisfaction. If you have any questions, comments or feedback relating to your **advancedlife** experience please contact us at: www.advancedlife.com.au/contact

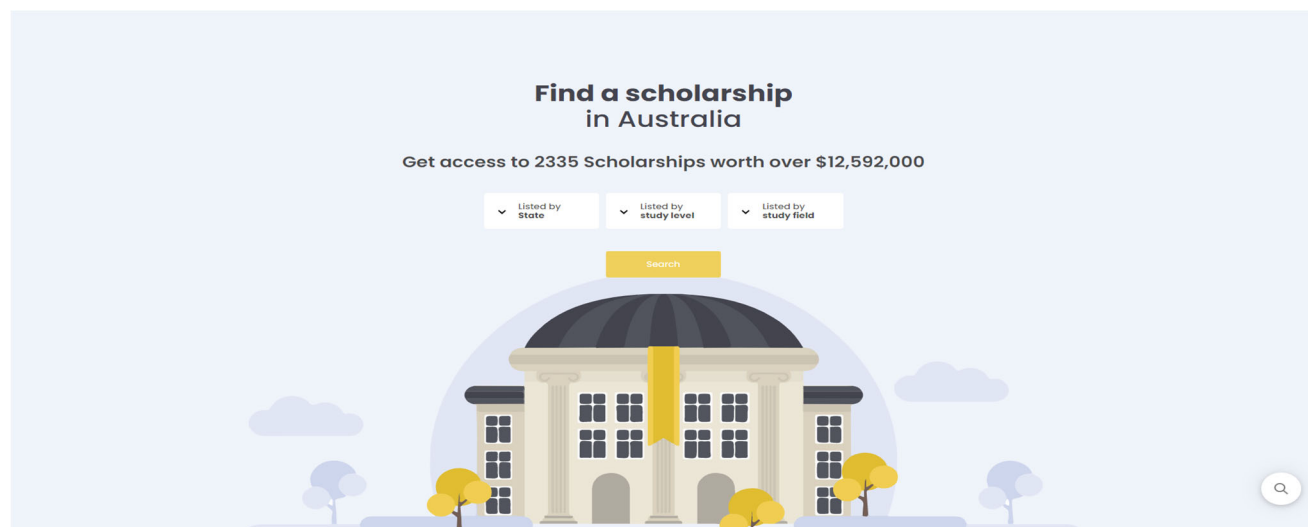


Find University Scholarships Easily

Using the [Australian Scholarship Database](#), students can now access over 2000 university scholarships worth over \$12,000,000 in three simple steps.

To access the Australian Scholarship Database, click [here](#).

Designed by [JasonL](#), the aim of the online tool is to make it as easy as possible for students to get access to much-needed funding to further their careers.

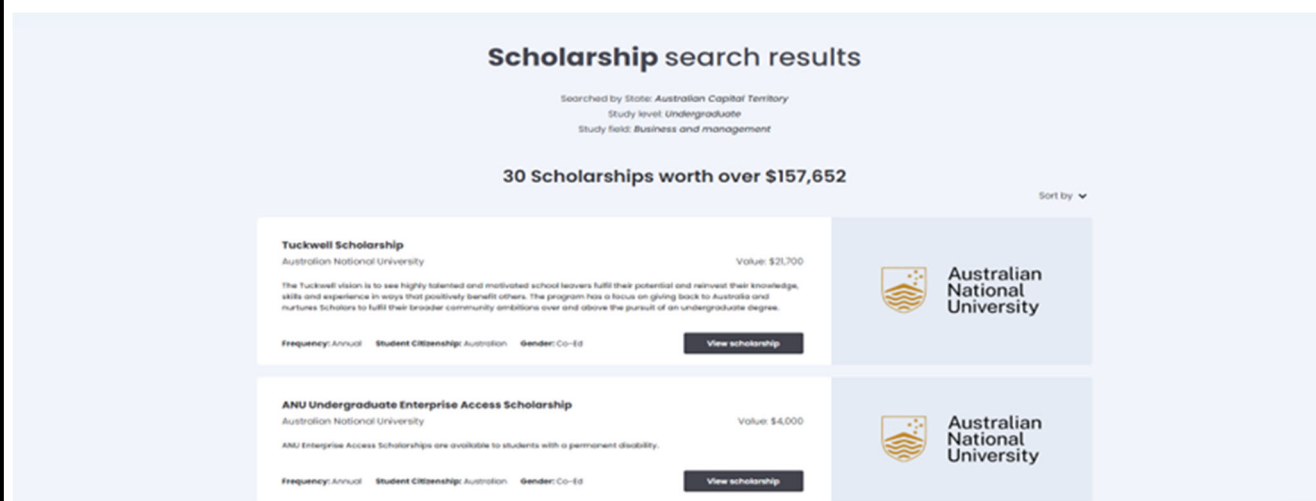


Find scholarships by state, study level or study field

By selecting your state, study level and your chosen study field, the online tool will run through its database and provide a list of scholarships which match your criteria.

There are over 30 study fields available to choose from, including

- Humanities and social sciences
- Accounting
- Agriculture
- Architecture
- Psychology
- Business and management
- Creative arts
- Education and training
- Engineering and technology
- Law
- Mathematics
- Medicine



WORLD FOOD MARKETS

18 & 25 November, 5-9pm

Millers Reserve,
Manly Vale

Running across two Friday nights the
World Food Markets will include a live DJ
and International food trucks each week.

