



Mackellar Girls Campus Newsletter

28 OCTOBER 2022

Term 4, Week 3

Meeting the educational needs of girls

P&C Meeting - Wednesday 2 November 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

Yearly Examinations

Year 10 has been engaged in their examinations this week and Years 7 – 9 have examinations in the next two weeks. These are important and require suitable study practices by students. Parents, please assist your children to develop good study habits, to be organised and structured with their time and aim to do their best.

Examinations will not be rescheduled for students who miss the examinations due to reasons other than school representation or illness or misadventure, if it is possible to reschedule.

Following the examinations, students in all years will resume their normal classroom studies working towards completing their subject syllabuses for the remainder of the school term.

NAPLAN

Our Year 7 and Year 9 students have received their results in the NAPLAN tests.

These results were excellent and provide another indication of the high standards and success of our students and their teachers' teaching.

The highest percentage of student achievement in bands for Year 7 were band 8 - reading, writing, grammar and punctuation and spelling, and band 7 for numeracy. Year 7 achievement was above the state in all domains.

Year 9 highest percentage of student achievement in bands include band 9 in reading and grammar and punctuation and band 8 in writing, spelling and numeracy. Student achievement in band 10 was across all domains. Significant improvement in writing results 17.6% and Year 9 students' achievement was above the state in all domains.

We will continue to work with all students to raise their literacy and numeracy, analyse the data and diagnose where additional support for students needs to be focused.

You will find Department of Education resources for parents in the area of Learning at: <https://education.nsw.gov.au/parents-and-carers>

World Teachers Day

28 October, World Teachers Day, celebrates the contribution of teachers to the development of our young people and the success of our nation. Australian school students are amongst the best educated in the world, have more positive attitudes to school and better relationships with teachers than most western countries.

This doesn't just happen. It reflects the work and skills of teachers. As a community we need to acknowledge how much our young people benefit from the skills, knowledge, care, understanding and sustained commitment of teachers. World Teachers Day reminds us of the importance of all teachers who have touched our lives in some way. We should all take a moment to say thank you.

Schools Spectacular

It is with great excitement that School Spectacular has returned in 2022 with the theme, Creating the Magic on 25 and 26 November at the Quodos Bank Arena, Sydney Olympic Park. Once again our talented students are taking part. Those of you who have been to previous years know how absolutely wonderful this night is. I commend this event to you – tickets are available through Ticketek.

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

I have enormous pride in our public education system and am delighted that the outstanding talents of our teachers and students will again be showcased through the Schools Spectacular.

Parent Volunteers

As Year 12 leaves us I want to thank the fabulous parents of Year 12 girls who have freely given of their time and care in helping the school as volunteers. Your contribution to the success of this school has been greatly valued and appreciated.

The Uniform Shop and Canteen Managers are eternally grateful for the time parents have given to make these P&C run facilities be productive assets of the school. The Schools Spectacular only come to fruition with the assistance of parents; many of our students' sporting successes only occur because parents volunteer their time, and cars, for transport to matches and competitions; the school bands have continued to develop with the assistance of the parents of the Band Committee.

You all make a remarkable difference.

Term 4 School Development Days

The last day for students is Friday 16 December 2022. 19 and 20 December are allocated School Development Days for teachers. This year, the staff has completed part of their School Development Day professional learning in an alternate format by holding two 3.5 hours sessions after school during the year. As a result, the school will be non-operational on the last day of the year, 20 December 2022.

School Visitors

As a school we have a duty of care of our students. As such, all visitors to the school must firstly go to the office. If their visit is appropriate beyond the foyer area, sign in as a visitor and be given a visitor's badge to wear for the duration of their stay in the school. This applies to parents who come to the school to see a teacher or student.

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 and work numbers), email address or name it is important to notify the school in writing so we can update our records to contact you quickly when needed.

Congratulations for high achievement to:

- HSC Industrial Technology – Multimedia students who received nominations for Intech, the annual exhibition of outstanding Major Projects in Industrial Technology in NSW – **Angelina** and **Sophie (Y12)**
- **Stefanie (Y12)** for finishing equal 9th in the World U19 Volleyball Championships at Izmir, Turkey
- **Alexis (Y10)** for her two gold medals in International Boxing in New Zealand. She also achieved gold in the National Golden Gloves completion in Queensland. She is now the Australian National Champion, the National Golden Gloves Champion and Top Junior Female Boxer
- **Ava (Y9)** for making the finals in the Junior doubles ITF tournament in Auckland, New Zealand
- **Pipi (Y8)** for her 1st place in the U14 2km steeplechase and 4th in 1500m at the All Schools Athletics, Homebush. She was named in the NSW team competing in the Australian Athletics Championships in December in Adelaide
- **Coco (Y9)** for her selection in the U15s NSW All Schools Touch Football team, playing in Wagga Wagga this month
- **Anaia (Y11)** for her part in the Manly Rugby 7s who are State Champion
- **Molly (Y7)** for her NSW U13 Hockey Team 2nd at the National Hockey Tournament in Hobart
- **Jasmine (Y7)** for her selection in the U13 State Hockey Squad
- The **U15 Knock Out Water Polo team** for winning 5 games in a row
- **Alyssa (Y10)** for her selection in the National Civics & Citizenship Program at NSW State Parliament. She has also been selected to give the Acknowledgment of Country.
- **Sarah (Y11)** for her being awarded Young Australian Artist of the Year for her acrylic painting Rainbow Dragon
- **Summer (Y11)** and **Nadia (Y9)** for their selection in Pulse Alive 2023
- **Jupiter (Y11)** for being selected in prestigious School Spectacular Stage Band 2022
- **Ciara, Emelia (Y10), Chloe (Y7)** for the performance as the opening act for Sydney Dance Company and the Tap Park at the Night at the Barracks at Manly's North Head.
- The **Drama Ensemble** for their wonderful production: Princess Capers

Cassandra Morrison
Relieving Principal

W@M

YEAR 7—A warm welcome to everyone for the beginning of what is set to be a busy Term 4. There are a number of activities occurring this term, and we encourage you to look at the School Term 4 Calendar.

In Week 4, Year 7 will have their Yearly Examinations and some are feeling anxious, which is normal. We encourage students to use the RIOT strategies they are learning in their RIOT lessons. One of the best things parents and carers can do if their child is experiencing exam stress, is to try to be supportive and to ensure their child is getting enough sleep and plenty of exercise.

W@M this term continues to help students develop the skills they require to manage their emotional intelligence (EI). Students were taught that being socially aware means that you respond to people in a way that shows empathy. The students were provided with a variety of scenarios to open a discussion on the types of emotions that a person would be experiencing in particular situations. The scenarios included a friend being bullied through an online social media site and a friend who has failed an exam. Discussing situations such as these enable students to be more proactive in their responses to others and more thoughtful and considerate of other peoples' feelings.

In Week 1 of this term, the Year 7 cohort also had the opportunity to take part in High Resolves, an immersive workshop helping students to grow into global citizens and develop critical life skills around social responsibility, empathy and resilience. It was great to hear positive feedback about the program from both students and parents.

Please note the following activities for Year 7 this term:

Week 4: Exam Week

Week 6: Lifesaving

Week 7: Vaccination Clinic—Thursday 24 November

Week 8: Multicultural Day—Monday 28 November

Week 10: Presentation Day—Tuesday December 13. Yearly Reports will be issued after the Presentation Day Assembly.

Ms Beard & Ms Stephens —Year 7 Advisers

YEAR 8—We welcome back Year 8 to Term 4. Hopefully the students had a relaxing break and are ready for a busy and enriching Term 4.

In Week 4, Year 8 will complete their Yearly Examinations. Students will complete a written examination for all of their subjects, which vary in length depending of the subject. Students can access their examination timetable through the student portal and email. It is essential that students prepare themselves for their examinations with revision of class work and the use of study techniques which they have learnt in Thinking Skills. We encourage students to use the RIOT strategies they are learning in their RIOT lessons.

In W@M this term, Year 8 will look at a number of beneficial topics. They will begin with learning about the negative implication of gossiping and how it can escalate friendship issues. Students will then look at their character strengths and how they can use these to help self-regulate their actions and emotions in particular situations. These skills are all important for the remainder of their school years and their life after school.

Other upcoming events include:

Monday 7 November – Year 8 Literacy Day

Monday 28 November – Multicultural Day

Tuesday 1 December – Presentation Day

Ms Horton & Ms Jones—Year 8 Advisers

YEAR 9—In Week 5 your daughter(s) will sit for their Yearly Examinations. As parents, exam stress can be challenging not only for your daughter(s) but for those who live with them! They'll need your understanding and support as it is a difficult time and it is natural that your daughter(s) will feel under a great deal of pressure or stress. According to Parentline the words 'pressure' and 'stress' are used interchangeably but each are quite different. Pressure can be challenging, but positive and motivating overall, whereas stress feels negative and can get in the way of performing well. Each child responds differently to examination stress and pressure.

Examination stress can be caused by:

- Fear of failure
- Pessimism and thinking about the worst
- Unrealistic expectations
- Feeling unprepared

- Performance anxiety

What can you expect when exam stress hits with your daughter(s)? Skin breakouts, racing heartbeats and sweating, difficulty making decisions, mild chest pain or tightness, nausea or minor stomach pains, blaming others, anger or argumentative, problems sleeping, teeth grinding, avoidance, feeling negative when your child says things like “life sucks”, blaming others, anger and frustration, cranky or irritable. How can kids manage their exam stress? One of the challenges as a parent is that exams are something your child must do on their own. But you can support them by trying the following:

- Use the RIOT strategies they are learning in their RIOT lessons.
- Have realistic expectations and don't push them too hard. “Put it in perspective”
- Be constructive and positive
- Encourage good sleep patterns and eating habits
- Be mindful about how much technology your daughter(s) uses towards the end of the day as this will affect their sleep pattern “good sleep is critical”
- Provide a quiet space for them to study and prepare
- Remind them of the importance of study breaks
- Encourage them to ask the teacher questions if they're unsure
- Help them know what to expect on the day of the exam
- Help them be on time for the exam or arrive early
- After the Yearly examinations, listen to their concerns and avoid criticising them AND “lots of PATIENCE!”

<https://parentline.com.au/issues/helping-kids-cope-exam-stress>

Ms Grasso, Ms Drane & Ms Kelsey—Year 9 Advisers

YEAR 10—This term is an incredibly busy one for our Year 10 students – they have Yearly Examinations, Work Experience, Life Ready courses and eventually celebrate their significant achievements at the Year 10 Assembly. We trust that Year 10 can balance their school and personal responsibilities carefully to ensure they're getting the most out of their time at school and also maintaining their wellbeing.

So far this term, in W@M Year 10 have learnt about the Japanese idea of ‘ikagai’, which roughly translates to ‘the reason to get out of bed in the morning’. Thinking about your ikagai is a process that helps you discover your inner self, in order to identify that which brings purpose and meaning to your life. By identifying what this might look like, every day can be about working towards your aspirations and upholding your integrity, as you hold a clear image of who you'd like to be in your own mind. We'd like to encourage Year 10 to continue to reflect on what their ikagai, sense of purpose, might be and what actions and attributes they need to establish in order to achieve it.

Hopefully our students have worked hard to prepare for their Yearly Examinations, but the learning doesn't stop there. All Year 10 students must complete the *HSC: All My Own Work* program in order to be eligible to begin the Stage 6 courses in 2023. This program teaches students the importance of ethical practices and how to avoid malpractice in preparing for assessments. In Week 4, Year 10 will commence their cross-curricular project, which is an exciting opportunity put together to allow the year group to bring together all of their knowledge and work as a team to solve a global problem on a local level. This project was designed to allow students to find an area of passion and problem solve in a real-world context. At the end of Week 5, groups will present their projects to each other and a panel of teachers. The best projects will be filmed and sent to a panel of outside judges.

We wish Year 10 the best of luck this term and encourage them to always try their best!

Ms Goykovic & Ms Adams —Year 10 Advisers

YEAR 11—The students have returned to school this term refreshed and ready to embark on their HSC year. By now most students should have made decisions about extension courses, as well as their course load, and timetables have been updated accordingly. In the first week, each student was issued with an HSC assessment manual that outlines school and NESA policy and procedures. This contains important information regarding attendance and assessment tasks and should be referred to throughout the year. The manual also contains the assessment programs for every HSC course that the school runs and a handy calendar on the last page that shows the dates of all HSC assessments in Term 4. Students also received a ‘Rules and Procedures’ guide book published by NESA. This should be read before signing their ‘Confirmation of Entry’ form later this term, as by signing the form they are certifying they have read the guide. So far this term the students have participated in an HSC study skills day which featured workshops on managing stress, essay writing, revision practices and research skills. All students have also been advised of their mentor for the year. This is a teacher that students have nominated to be another contact person they can meet with regularly who will help them navigate their HSC

year.

Year 11 are now the role models for the school and as such should be wearing correct school uniform every day. A reminder that if this is not possible a note should be taken to the Deputies on arrival at school. The school uniform policy is clearly outlined on page III of the student diary and can be found here as well <https://nbscmgirls-h.schools.nsw.gov.au/about-our-school/what-we-offer/uniform.html>

Ms Karandonis & Ms Maconachie —Year 11 Advisers

YEAR 12—We are more than halfway through the HSC Written Examination and it is good to hear the cohort have been giving their best in all of their examinations. Year 12, you are nearly there and the whole school is supporting you all the way!

Year 12 Sign-Out

Although Year 12s have graduated from school, they are still required to complete the sign-out procedure and return all loaned resources such as textbooks to the school. Year 12's can commence the sign-out process any time this term. They will need to obtain the sign-out form from the Front Office and obtain signatures from Faculty Head Teachers and also return all loan resources. Once this process is completed, they will need to return the form to the Front Office which then they will receive their Year 12 School Reference Letter if they have requested one earlier this year.

Education IT Accounts

A friendly reminder that the Department will delete Year 12's access to their school email and other associated IT accounts such as Google and Microsoft before the end of the term. Therefore, could you please remind your daughters to download or backup any important data that they would like to keep from their @education account as soon as possible as the Department will not be able to retrieve any data once this is deleted.

Year 12, all the best with the remainder of your HSC Examinations and we look forward to celebrating with you all at the Year 12 Formal on Monday 7 November.

LIBRARY NEWS:

Term 4 has started well, as Year 11 start their HSC courses and our junior students prepare for their Yearly Examinations. Students have been focused on studying and achieving their personal best. The first display this term was Halloween themed with students encouraged to explore spooky and scary stories.

Mrs Reed presented to Year 11 during their study skills day about how the library can support students in their HSC encouraging the use of our print and digital resources particularly our HSC collection of text books and revision guides which can be borrowed for 3 weeks at a time. Students were also reminded to sign up for local libraries and the NSW State Library cards. These fabulous institutions also provide access to fantastic resources and run events focused on developing skills for the HSC.

A number of classes have visited the library already this term. 8R English enjoyed a book tasting session with Mr Bailey, sampling a range of fiction and non fiction titles around the theme "Growing up" which is their focus of study this term. The session was designed to encourage wide reading and students tried out 3 books and were encouraged to borrow their favourite. Year 8 Personal Development classes have visited the library to use the resources and to develop their research skills whilst completing a research project on navigating the digital world. This session focused on identifying the purpose of a source and evaluating it's usefulness in relation to their project. Year 11 HSC Textiles and Design have been using the Library print collection as inspiration for their initial ideas when designing a garment for their HSC major work. Year 11 Communities and Families classes have engaged in sessions around researching for their independent research projects, exploring resources in relation to families and working patterns including examining the latest census data from the Australian Bureau of Statistics.

Happy Reading
The Library Team



MUSIC:

Congratulations to all the students in the Big Band and the **Senior Jazz Improvisation** group for their performance at the **Manly Jazz Festival** on **Sunday 25 September**. The praise for these groups' performances are still flooding in from the general public, with comments saying what a fabulously high standard these groups performed.

Big Band at The Lazy Bones Lounge: The Big Band will be the support act for a professional gig at the Lazy Bones Lounge in Marrickville on Tuesday 8 November 6:30pm. Family and friends are invited to enjoy a meal while they listen to our group and the professional big band TN Jazz Orchestra at this eclectic jazz venue. Tickets available on the Lazy Bones Website, make sure you chose the correct date.

Band Tour Week 7 Term 4 21 -23 November

The students from the Concert and Band will go on tour to the Port Stephens area Monday 21—Wednesday 23 November this year. There will be local performances and workshops at school and community venues, plus a whole heap of FUN. It is one of those experiences that students remember long after leaving school and I am so excited to be able to finally offer it again.

Dates for Diary

<u>When</u>	<u>What</u>	<u>Who</u>	<u>Where</u>
Term 4: Tuesday November 8, 6pm	Jazz Orchestra Night	Big Band	Lazybones Lounge Marrickville
Week 7 Term 4 6am Monday 21- Wed 23 November	Band Tour	Concert and Performance Band students	Mid North Coast
Week 7 (All)	School Spectacular	Selected Students	Homebush
Week 8 Monday November 28	Multicultural Day	Big Band, Stage Band, Rock Band	Quad
Week 10 December 12	Year 10 Presentation	Big Band	Hall
Week 10 December 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 31st October	9-12pm or 12.30-2pm
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:

Welcome back to Term 4 and welcome back to the Beef and Vegetarian Nachos options on the flexischool menu. It has been a very popular addition this term, selling out both Mondays so far, and extra serves available next week. The flathead fish bites we had on the menu last term are currently out of stock with the supplier so we are not sure if they will return on the menu this year but will be available again as soon as we can source the product.

We have a lot of vacancies on our roster for the rest of this term. If you have any free time and available on a day between 10am and 2pm as a new volunteer we would love to have you in the canteen to help us. Also, if you would like to start out next year with a canteen buddy, email us to be paired with a parent from your daughters year and get to know the girls your daughters are friends with, we would also welcome any dads who would like to volunteer, we had a new dad last term whose daughter was finishing year 12 this year see the newsletter and volunteered for a day and we had a great day. Any questions at all, please contact the canteen team at mackellarcanteenroster@gmail.com. We hope to meet you soon.

The Mackellar Canteen Team

TERM 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 4	31 October	1 November	2 November	3 November	4 November
	Helen B	Robin V E			Natalie C
Week 5	7 November	8 November	9 November	10 November	11 November
	Sophie K	Kylie M	Leonie S	Jill C	Sam E
Week 6	14 November	15 November	16 November	17 November	18 November
		Robin V E	Mel H	Rody H	Kristin D
Week 7	21 November	22 November	23 November	24 November	25 November
		Kirsty A		Kadie W	
Week 8	28 November	29 November	30 November	1 December	2 December
	Helen B		Oli	Emma K	Jenny R
Week 9	5 December	6 December	7 December	8 December	9 December

CREATIVE ARTS:


Dear Parents and Carers,

We are seeking your help in a supervisory role at our upcoming Visual Arts exhibition, to be held at the White Rhino Art Space in St Leonards from 7/11/2022 - 25/11/2022. Our previous exhibitions at Gallery Lane Cove, the Ewart Gallery, and Manly Library Creative Space were all manned by onsite staff during the week, however, White Rhino Gallery is privately run and does not offer this facility.

The gallery is open Wednesday - Saturday and we are asking for your assistance with supervision in a volunteer capacity on weekdays only. The opening hours are 10am - 4pm Wednesday - Friday. Supervision could be 2-hour or 3-hour sessions to distribute the load. Visual Arts staff will supervise the exhibition each Saturday and are responsible for the install and deinstall of the exhibition.


The exhibition will include paintings by Years 9-10 HPGE students from our workshop with artist Michael Herron, in addition to paintings by Year 11. If you are able to assist, please return on email via the school address, to the attention of Ms. Katie Vanderbent.

Many thanks,
Katie Vanderbent
Head Teacher Creative Arts



TERM DATES 2022/23

**Cut out
& keep**



Orientation Day Tuesday 29 November
Open Day 14 February 2023

2022

Term 4 Staff and students return – Monday 10 October
Last day for students – Friday 16 December
Last day for staff- Tuesday 20 December

2023

Term 1 Staff Development Day – Friday 27 January (no students)
Staff Development Day – Monday 30 January (no students)
Tuesday 31 January – Yrs 7, 11, & 12 return
Wednesday 1 February – Yrs 8, 9, & 10 return
Last day for students & staff – Thursday 6 April

Term 2 Staff Development Day – Monday 24 April (no students)
Students return – Wednesday 26 April
Last day for students & staff – Friday 30 June

Term 3 Staff Development Day – Monday 17 July (no students)
Students return – Tuesday 18 July
Last day for students & staff – Friday 22 September

Good Friday
7th April



BREAD TAGS FOR WHEELCHAIRS





BREAD TAGS FOR WHEELCHAIR – Collection is still at happening at Mackellar.

So please bring in your bread tags (plastic only) and place them in the container in A block in Term 4.

collection point:  aussiebreadtags@gmail.com  [aussiebreadtags](https://www.facebook.com/aussiebreadtags)

www.breadtagsforwheelchairs.co.za  0418 807 072

Local Contact: **Jodie Streckeisen**




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