



Mackellar Girls Campus Newsletter

5 AUGUST 2022

Term 3, 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

PRINCIPAL'S MESSAGE -

Teenage Anxiety

This year our school is undertaking a project to address student anxiety called the Resilience in Our Teens (RIOT) project. A central element of the RIOT project is for our students to be braver and to 'have a go' – and not to avoid difficult tasks or situations.

The staff has been undertaking professional learning and reading research from esteemed centres including the Harvard Center for the Developing Child, which has shown us that behaviour by significant adults that inadvertently assists students to avoid difficulties can be counterproductive.

I have attached a fact sheet which outlines the research basis we are utilising for reducing 'avoidant' behaviour by our students.

The whole staff is undertaking professional learning led by experienced psychologists and we will be implementing strategies learnt into our teaching and learning from Term 4 this year. There will be an opportunity for parents to participate in a parent training program to gain a full understanding of the research and become partners in the implementation of the Resilience in Our Teens Project.

Education Week

This is Education Week – a time to acknowledge the superb public education that exists in NSW. Every day in thousands of public schools in the state, the highest quality education is being delivered to our very privileged students – privileged to be a part of such a strong and internationally recognised, high quality system.

The NSW public education system is massive in scale with around 800,000 students in 2,200 schools. The 90,000 teachers and support staff all work together to help deliver one of the world's great education systems. Our schools work in partnership with parents, carers and community members, creating engaged and inclusive school communities across the state.

Students are at the heart of learning in NSW public schools and at the centre of every decision we make in education. We want every child's individual potential to be identified and developed by quality teaching in a supportive and safe learning environment. Our evidence-based approach to quality teaching ensures our public schools are meeting the diverse needs and strengths of each individual student.

We also need to see education as being much more than just NAPLAN test scores and PISA rankings. Education Week is an occasion to celebrate the evolution of the classroom. NSW public schools are leading the way in equipping students with the problem solving, creativity and communication skills to adapt to new technology and innovative practices. By grounding education in real world opportunities, NSW public schools are producing students with highly developed analytical and problem-solving skills ready to take their place as successful and engaged global citizens.

Education Week is also an opportunity for the broader community to gain a greater insight into the extraordinary achievements of teachers and students across the state. Our public schools are places of promise, creativity and excitement. This kind of environment doesn't happen by chance. It is the product of highly skilled teachers engaged in an extremely complex profession. Education Week is a timely reminder that as a community we need to stand up and challenge political rhetoric which sensationalises our education system as in crisis. The NSW public school system is one of the best education systems in the world and this should be celebrated and recognised by our politicians, our community and the media. I encourage you to reflect on public education's power to transform lives.

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Director General's Award for Excellence in Aboriginal Programs
Secretary's Award for Excellence in Pacific Islander Programs

COVID-19

We're still living in a COVID-19 world in school. The resilience, endurance and creativity of our teachers and students as we continue to focus on lifting outcomes for our students, is incredible. A big part of our success has been our ability to learn together in this new environment.

We must all remain vigilant in following expert health advice. It means if you are sick, don't come to school, regularly washing hands and sanitising hands and desks, keeping our distance, hugs and handshakes off limits, wearing masks on public transport and in supermarkets and shopping malls and parents not entering the school unnecessarily.

The Best of the Best

It is the time of the year when our Year 12 students' Major Projects for the HSC are completed and submitted or performed for HSC marking. The start of the process has resulted in a very busy week at Mackellar.

Our HSC Dance practicals to be performed for marking by NESA are stunning. They demonstrate the enormous talent and commitment of both our teacher and students in producing such beautiful pieces.

Also our HSC Textiles & Design and Drama students' HSC works and oral presentations are excellent, while our Languages students are preparing for their Orals. Again the standard of the work supervised by the skilful expertise of our teachers was exemplary.

Our Music students are producing excellent performances. The Visual Arts HSC Body of Works display some amazing pieces that demonstrate the creativity and talent that our students possess. The HSC Design & Technology and Multimedia Major Projects are being prepared in readiness for HSC Marking. In many cases, the quality of the work, the creativity combined with meticulous skills and comprehensive portfolios, are impressive. In all this work, the expertise and guidance of our teachers have been instrumental.

Parent Road Safety

There are some safety issues that have become concerning regarding dropping students off in the mornings or picking up in the afternoon in Campbell Pde. For the safety of all students, including your children, when dropping off your daughter, do not double park in Campbell Pde before (west of) the pedestrian crossing and do not do a U turn in front of the school. Use the turning circle at the end of the street to avoid accidents.

If you stop in the bus stops or No Stopping areas to drop off your daughter, you are likely to be fined by the Council Ranger.

Congratulations for high achievement to:

- **Stefanie (Y12)** for her selection for the U19 World Beach Volleyball Championships
- **Alexis (Y10)** for winning the U19 Australian Boxing Championships and being Female Junior Australian Boxer 2022
- **Kyah (Y9)** for her selection in the NSW All Schools Open Netball team
- **Katia (Y12), Pipi (Y8)** for their selection in the NSW All Schools Cross Country Team. Pipi placed 1st in U14 event and was selected for the Australian Championships
- **Milla (Y11)** for her selection in the NSW CHS Water Polo team
- **Jasmine (Y12)** for qualifying for the Alpine and Ski Cross State Championships
- **Open Soccer Team** for reaching the semi-finals of the NSW CHS Knockout
- **Katia, Cheley (Y12), Anneke, Dorothy (Y11), April, Brooke, Phoebe (Y10), Fleur (Y9), Elyse, Pipi, Adelaide (Y8), Hannah, Charlotte (Y7)** for their selection for the NSW CHS Cross Country Championships
- **Fleur, Luana (Y9), Isla, Sarah, Alessandra and Adelaide (Y8)** for their selection for the NSW CHS Athletics Championships
- **The Big Band** for their selection to perform at the Manly Jazz Festival
- **U14 Futsal Team** for being Regional Champions
- **Open Tennis Team** for being Regional Champions
- **Coco and Khyliah (Y9)** for their selection in the Regional Touch Football Team
- **The Open Hockey Team** for reaching the Regional Finals

Christine Del Gallo
Principal





Resilience in Our Teens™

FACT SHEET

What is the Resilience in Our Teens™ (RIOT) Project?

Resilience In Our Teens™ is a project designed to assist students to manage their anxious behaviour. It is a large-scale evidence-based project, delivered through a series of cognitive-behavioural lesson plans and through the use of teacher-led conversational techniques. These interventions are aimed at helping teenagers to manage their anxiety.

The research on student anxiety shows us that:

1. Seventy percent of student anxiety is learned whereas 30% of student anxiety is due to temperament and genetic factors¹. The good news is that most student anxiety can be unlearned.
2. Much of the potential for improvements in student well-being can be achieved through 'challenging' students to engage with problems by not avoiding them.²
3. The significant adults in a student's life – including their teachers – can make an important difference to a student's ability to manage their anxiety through 'seemingly modest' interventions.³

In New South Wales, teachers have been learning how to use cognitive-behavioural techniques including how to ask guiding questions to assist a student to become a better emotional problem-solver.

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 your school is **MacHS22**. If you are a GP or mental health professional, you may wish to refer parents to this course.

If you have any questions about this project, please contact me or the principal at your school.

Kind regards,

Michael Hawton, MAPS, Psychologist. On Twitter - @michaelhawton

¹ Creswell, C., Parkinson, M., Thirwall, K. and Willems, L. Parent led CBT for child anxiety – helping parents help their kids (2019). Guilford Press. New York. P61.

² Types of Parental Involvement in CBT with Anxious Youth: A Preliminary Meta-Analysis. Manassis, K. et al (27 other authors). Journal of Consulting and Clinical Psychology, 2014, Vol82, No6, 1163-1172.

³ Ahlin, E. M., & Antunes, M. J.L. Locus of Control Orientation: Parents, Peers and Place. J. Youth Adolescence (2015) 44:1803-1818.

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YEAR 7 - Term 3 began with a 'Personal Best' Assembly where the efforts of the Year 7 students and their dedication to their studies for Semester 1 were recognised. We were very pleased to see so many students achieving their personal best for all or most subjects receiving either a Gold or Silver Merit Award. Students who attained a Gold Merit Award achieved their personal best in all subjects or all subjects but one. Those who received a Silver Merit Award achieved their personal best in all subjects but two. The girls are to be commended for this excellent achievement.

In W@M this term, the students will be learning about the wellbeing topic of emotional intelligence. Key components covered will include self-awareness (learning to be aware of your emotions) and self-regulation (controlling one's reactions). We encourage you to talk with your daughter about the strategies covered.

Some important dates for this term include:

Gala Day: Tuesday 9 August
High Resolves: Thursday 25 August
Language selections for Year 8 issued: Tuesday 6 September
Mackellar Book Parade: Wednesday 7 September
Literacy Day: Thursday 8 September

Ms Beard & Ms Stephens —Year 7 Advisers

YEAR 8— We welcome back Year 8 to Term 3 and hope they had a restful break. We have another exciting term ahead as we move in to the second half of the school year.

In Week 1, some students received Gold or Silver Personal Best Certificates. These certificates reward students whose Semester 1 Reports reflect effort and dedication to their studies. It is not a reflection of academic achievement, but a reflection of giving their personal best at all times. Congratulations to all award recipients! Those who did not receive awards are encouraged to strive towards their personal best this semester.

In Week 5, all Year 8 students will start their preparations for an exciting science project called Technomuseum. This will require the girls to be innovative and it will allow them to try and solve some of the world's problems. The project will be completed in science classes and further information will be provided by their teachers.

Ms Horton & Ms Jones—Year 8 Advisers

YEAR 9 - All girls received their Semester 1 report recently. Following this your child was asked to complete a Report Reflection and learning goals activity via their W@M Google Classroom. As educators we believe reflection is an important tool for development, with evidence showing that teaching students to self-reflect is a tangible strategy for building student growth mindset. Three simple reflection questions important for your child are: What's working? What's not? What's next?

What's working? Asks your child to think about the ways in which things are going well. What is interesting to note is that most students will comment on their own learning process or outcomes e.g. "My behaviour affected my overall report. I concentrated in class, asked for help when I did not understand and completed all the revision questions assigned by my teacher." **What's not?** Asks about finding the areas that can be addressed for improvement. Some students will be overly self-critical here, while others will be naive about their own abilities. As teachers we pay careful attention to how students answer this question. **What's next?** This is the most important question for students because it asks your daughter to make a choice and construct a plan to move forward. "What things could I do that will help improve my learning?" Effective strategies may include concentrating in class, asking for help, completing all set homework, and adopting effective study habits at home. We encourage your child to speak to their class teacher, or alternatively seek one of their year advisers, if they feel unsure of how to improve their learning. The school also makes available a Tutorial Centre in the library each weekday where your daughter can get support.

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

YEAR 10- Semester Two has started well for Year 10, who have now completed their subject selection process with the Year 10 interviews taking place. It's a valuable opportunity to get feedback and insight into subject choices, and the interviewers have been impressed with the thought and consideration that has gone into our year group's selections. Year 11 will be an exciting time for our students, as they begin their Preliminary HSC studies. This is an important time for our students to ensure they have made the decisions that will work best for them. Year 10 is encouraged to select subjects that they are interested in and are passionate about.

In W@M lessons, students have been learning about the importance of identity and self-concept. This is even more relevant and important in entering the senior years, where students will need to show resilience and motivation to be able to meet and overcome challenges.

Ms Goykovic & Ms Adams —Year 10 Advisers

YEAR 11 - The students have started their final term of Year 11 with enthusiasm and diligence. The term began by recognising students who applied themselves to the best of their ability throughout the first semester. We were extremely pleased to see so many students receiving an award, which showed that most of Year 11 is working hard in class and that their teachers are pleased with their progress regardless of academic ability. Well done everyone who was recognised for their efforts, and we hope to be reading out even more names at the end of the year.

Everyone should have reflected on their Semester One reports and completed the Report Reflection on the year group Google Classroom to set goals for what they hope to achieve by the end of the year. With HSC courses starting next term, it is critical that Year 11 is consolidating effective study routines and practising their time management. 'Little and often' is a good approach along with organisation strategies such as having a calendar on the wall to clearly see task due dates and using some form of diary to keep track of work to be completed.

All Year 11 should know what the correct school uniform is and be coming to school in that uniform. The privilege of wearing a jersey in Year 12 may be jeopardised if students do not follow the uniform policy. Jersey ordering is available for one more week and if you have any problems or questions about ordering a jersey, please send an email to Mrs Maconachie through the school email address.

Ms Karandonis & Ms Maconachie —Year 11 Advisers

YEAR 12 - Year 12s are currently in the middle of their Trial HSC Exams and we wish them all the best. The Trial Exams are often a better indicator than the Half-Yearly Exams of what to expect in the upcoming HSC Exams and the areas to focus on that may still need improvement and extra revision. As the external practical exams in Dance, Drama, Languages and Music are also fast approaching this term, it is important for students to continue to hone their skills and approach these days with confidence in their abilities. The Dance and Drama students were especially strong in the HSC Showcase held earlier this term, but it is important for all students with major works to put in the work now rather than leaving it to the last minute with sleepless nights, panic and tears of desperation. We, as teachers, have seen this before and would also prefer that all your hard work culminates happily and is appropriately rewarded.

It is important to remember that there are not many weeks left and we encourage the students to make the most of it. There is still teaching and learning happening, in addition to HSC Exam preparation, and therefore full attendance is still expected after the Trial Exams. There are also fun activities Year 12s can involve themselves in, such as the Book Week Parade in Week 8 and the Talent Quest on the final day of the term. It will be the first time in a number of years that these events will be run so we look forward to the return of student involvement and entertainment especially as the weather warms up.

The Year 12 Formal will be held at Doltone House Hyde Park on Elizabeth Street in the CBD on Monday November 7, shortly after the HSC Exams conclude. More details will be made available very soon.

It is important that students remember to stay Covid-safe, and indeed healthy and positive, in the lead up to the final exams. We're on the final stretch and want to avoid any unnecessary stumbles or obstacles. Keep it up, Year 12!

Ms Leung & Mr Fisher—Year 12 Advisers



CANTEEN NEWS

Things are changing in the canteen with many new items now available either on flexischools or over the counter. We are assessing the menu items on a weekly basis to see if they will remain based on popularity. We have had some feedback on the sushi and are altering the items available weekly to work out the best options available and days they are available. Look out for some new menu items such as fish tacos or fish burgers (made with flathead fillets) and a new vege fritter burger option coming soon. A gluten free Vegetarian Fried Rice is now available on flexischools and we are looking at other options we can source based on parent feedback.

There have been some price increases, you may have heard your daughter's comments on the muffin price increase. The P&C Treasurer has advised in the coming weeks there is word of an across the board price increase from suppliers so we may need to do an across the board increase also. We will be keeping it to a minimum if we can.

We have a lot of vacancies on our roster for this term, and without volunteers, our menu is still limited. If you have any free time and are available on a day, we would love to have you in the canteen to help us. Any questions at all, please contact the canteen team at mackellarcanteenroster@gmail.com. We hope to meet you soon.

The Canteen Team

TERM 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3	1 August	2 August	3 August	4 August	5 August
	Mel H	Kirsty A	Oli	Emma K	1.
	2.	2.	2.	2.	2.
Week 4	8 August	9 August	10 August	11 August	12 August
	1. Sophie K	Greg D	Heather C	Kristin D	Amanda D
	2.	2.	2.	2.	2.
Week 5	15 August	16 August	17 August	18 August	19 August
	Helen B	Kylie M	Heather B	Kirsten W	Natalie C
	Anita C	2.	2.	2.	Suzy McL
Week 6	22 August	23 August	24 August	25 August	26 August
	Sophie K	Mel H	1.	Jill C	Sam E
	2.	2.	2.	2.	2.
Week 7	29 August	30 August	31 August	1 September	2 September
	1.	Robin VE	1.	Rody H	Jenny R
	2.	2.	2.	2.	2.
Week 8	5 September	6 September	7 September	8 September	9 September
	1.	Kirsty A	Oli	Kadie W	Kristin D
	2.	2.	2.	2.	2.
Week 9	12 September	13 September	14 September	15 September	16 September
	Helen B	Greg D	Leonie S	Emma K	1.
	2.	2.	2.	2.	2.





*Spring
is coming.*



P&C UPDATE:

Hi parents and carers - we are rounding towards spring and with the warm weather on the way it's a great time to get involved with Mackellar, and here are some of the ways you can.

Fundraising events

Fundraising is a great way to meet other parents and carers within our Mackellar community as well as to enhance the school experience for students and staff alike. The P&C is currently in search of your great fundraising ideas, help in planning and participation. Fancy getting involved? Have ideas or networks that can help? Please let us know by emailing pandcmackellar@yahoo.com.

Canteen Volunteers

One of the best lunches in town is still on offer to our canteen volunteers who come in and help in the kitchen. You can book your volunteer shift by emailing mackellarcanteenroster@gmail.com and we would be delighted to slot you in with our fabulous staff who would love to have you aboard.

Keep up to date with meetings, events and general news at <https://www.mackellarpandc.com/blog>.

Thanks all!

UTS Big Day In Technology Careers

On Wednesday 22 June, Year 11 Software Design and Multimedia students attended the UTS Great Hall for a day of learning about careers in technology. Students had the opportunity to talk with representatives from major technology employers including Microsoft, Technology One, WiseTech Global and Animal Logic. Topics included Artificial Intelligence, HoloLens, the future of cloud data storage and cloud-based gaming, and mixed reality applications. "Soft" skills, like the ability to communicate, are deemed by these major employers to be as necessary as technical skills. The key message that technology is a diverse industry, where career options are limitless due to diffusion and ubiquity - will hopefully inspire many of our students to consider a future in this exciting field.

UNIFORM SHOP NEWS -

Thank you to all of the volunteers who come in regularly to help in our Uniform Shop. You are very much appreciated.

We require help in our uniform shop on the following days/times:

- Monday 8 August 9-11am or 1-2pm
- Monday 15 August 1-2.30pm
- Monday 22 August 9-11am or 1-2pm
- Monday 29 August 1-2pm
- Wednesday 31 August 12-2pm

Please let me know via email if you can assist on any of the above days.

Please see the school website uniform shop for school opening hours.

Please remind your daughter to collect online orders from the Uniform Shop on a Monday or Wednesday lunchtime.

Thank you

Leigh McPherson & Annette Ryan
uniformshop@mackellarpandc.com



MUSIC

The **Big Band** has many performances this term so please see dates below. Next Wednesday, **August 10**, the Big Band will be performing at **The Northside Big Bands Jazz Night** at Forestville RSL, at 6:45pm. Please see flyer in this newsletter and join us for a night of great music.

I am also pleased to announce that the Big Band has also been successful in gaining a performance spot at the **Manly Jazz Festival for 2022**. This jazz festival, that has been running for decades on the long weekend in October, has now moved to the weekend prior and our students are performing on **Sunday 25th September at 11am**.

This term there will be 2 **music nights** with the **Orchestra and Vocal Ensemble** concert **Monday Week 6** and all **Bands** performing **Monday Week 7**.

Dates for Diary for Term 3 2022

<u>When</u>	<u>What</u>	<u>Who</u>	<u>Where</u>
Week 4 or 5	HSC Trials	Big Band playing for C. Lloyd Year 12	Performance Space
Week 4 Term 3 Wednesday Aug 10 6:30pm arrival, 6:45pm Concert	The “Northside Big Band” Jazz Night	Big Band, Senior Jazz Improv.	Forestville RSL, Melwood Ave Forestville
Week 6 Monday August 22, 6:30pm arrival for 7pm Concert	Orchestra and Vocal Concert	Orchestra, Vocal Ensemble, selected HSC Performers	Performance Space
Week 7 Monday Aug 29 7pm	Mackellar Music Night	All Bands – Performers arrive 6:30pm	Hall
Week 8 Wednesday September 7	Book Parade	Big Band	Quad
Week 10 Sunday Sept 25 11am Performance, Arrive 10:20am	Manly Jazz Festival	Big Band	Manly Corso- “Jazz Stars of the Future” Stage
Term 4: Tuesday November 8, 6pm	Jazz Orchestra Night	Big Band	Lazybones Lounge Marrickville

Vanessa Patterson, Band Director



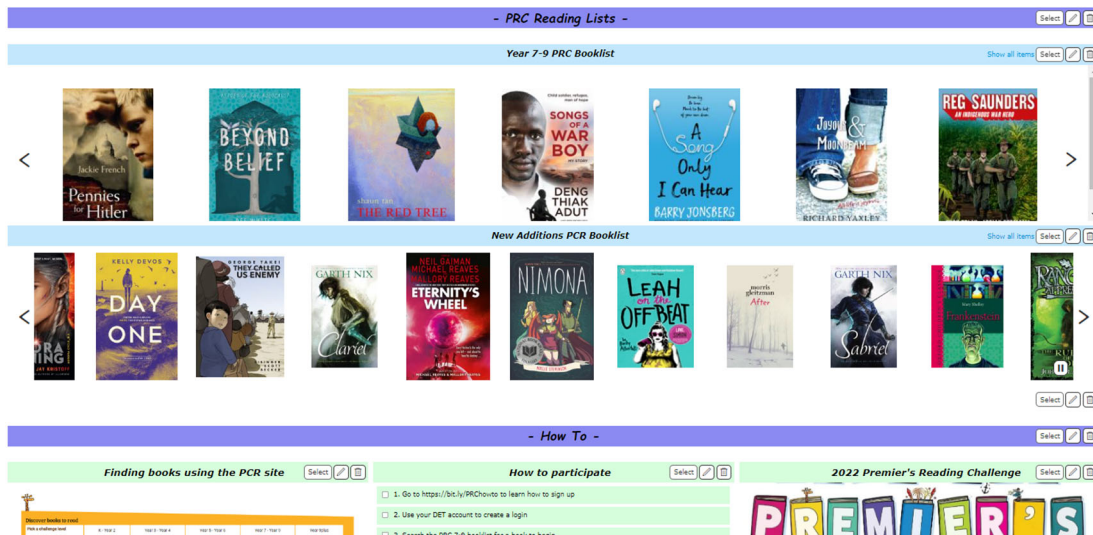
LIBRARY NEWS:

The Premier's Reading Challenge closes soon. Students can enter books up until Friday 19th August.

Rules

- Read 20 books, at least 15 books from the list and up to 5 others
- You can include books read from September 2021 - August 2022

This QR code will take you to the school library PRC reading guide that has lists of PRC books.



Book Parade will be in Week 8, on Wednesday 7th September. Each year we celebrate the gift of reading and our dates align with International Literacy Day. This year's theme is "Dreaming with eyes wide open". We strongly encourage students to dress up as their favourite book characters and participate in the parade.

Happy Reading
The Library Team



The Northside Big Band
presents a night of Jazz at the
Forestville RSL club.
Wednesday 10th August commencing at
6.45pm.

Come along and enjoy performances from
Wheeler Heights PS Jazz Band,
Pittwater High School Stage Band, St
Pius X College Chatswood Senior Jazz,
Mackellar Girls High Big Band and the
Northside Big Band.
Entry \$5 or \$10 a family.



FRESHWATER SLSC NIPPERS 22/23



Online Only Registration Now Open!*

* ALL REGOS ARE ONLINE ONLY & WILL CLOSE 7TH SEPT

Use your newly provided NSW 2022 Active Kids vouchers to claim \$100 off!

Come and join Freshwater's Nipper program this season...at one of the best beaches in the world! Freshwater SLSC offer a friendly and supportive culture, developing safety and skills through surf and sand-based activities for children aged 5 - 13. We also invite new athletes to join our competition squad which provides structured training under guidance of our experienced coaches.

Sunday mornings age U6-U9 @ 8:15-930am, age U10-U14s @ 9:15-11am.



Nippers Info Day

3rd Sept 22 10am- 12pm

- * Opportunity to try on and order new club merchandise
- * SLSC Shop open to buy essential nipper caps and hi-vis vests
- * Members of the club will be available to answer any questions

How to register - <https://www.freshwaterslsc.com/nippers/nippers-registration-2/>

Active Kids Vouchers are non refundable. Please ensure full payment is made at time of registration.

One Parent must join as a general member per family. All new members need to send I.D. to admin@freshwaterslsc.com.

N.B. Swim proficiency will be required to attend water activities, please ensure your nipper is currently enrolled in swimming lessons. (U8-U14s)

BIG THANK YOU TO OUR SPONSORS:




Give life. Give blood in Dee Why.

Dee Why Beach Car Park
18 to 21 August



Thursday
Friday
Saturday
Sunday

1.00 pm – 6.00 pm
9.00 am – 2.00 pm
9.00 am – 2.00 pm
9.00 am – 2.00 pm

 **give blood**