



Mackellar Girls Campus Newsletter

26 AUGUST 2022

Term 3, Week 6

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 -

COVID-smart measures to continue throughout Term 3

From 15 August, the following COVID-smart measures are in place in our schools:

- Students and staff must stay at home if unwell and not return to school until symptom-free.
- If a student or staff member is symptomatic, they should take a rapid antigen test (RAT) and isolate until they receive a negative test result.
- Masks continue to be strongly encouraged for all staff, students and school visitors, particularly when indoors and when physical distancing is not possible. Masks continue to be mandatory for all staff working with students at greater risk of severe illness if they were to get COVID-19.
- Household or close contacts who are symptom-free can attend mainstream schools if they receive a negative RAT result every day for 5 school days and wear a mask (staff and high school students) while on site.
- Vaccinations are no longer required for staff except for those working in SSPs. We continue to recommend all staff and eligible students and their families to keep up-to-date with COVID-19 vaccinations, including getting a booster shot.
- Visitors, regardless of their vaccination status, are able to come to school sites but may be required to wear a mask if in close proximity to students at greater risk of severe illness if they were to get COVID-19.
- Natural ventilation and personal hygiene should continue to be encouraged.
- Events, gatherings and overnight excursions are able to go ahead and we encourage schools to consider the risks associated and make COVID-smart decisions based on the current situation with COVID-19 and other illnesses in their communities.

Year 12 HSC progress

Year 12 students have received back their HSC Trial papers during the past weeks. This will give them a better understanding of how to improve their results and the amount of work that is required over the next few months. The rest of this term is the most valuable time in class for students to further improve their exam performance in the HSC. It is therefore essential that Year 12 students attend regularly, be focused and not waste this valuable time.

All Year 12 students should be studying 3-4 hours each night. They need time also for exercise, healthy eating, relaxation, friendships and family. Part-time work should not exceed 4-6 hours per week. The HSC is really a family event, where parents need to be supportive of their daughters in ensuring that stress is minimised and the optimum environment at home provides for good study patterns to achieve the best possible results.

Our wonderful 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. Whether they work in the office, the grounds, kitchens, science laboratories or library, their valuable input is highly regarded.

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

Mackellar Bands at the Manly Jazz Festival

Mackellar Girls Big Band and Senior Jazz Improv Combo are to be honoured by their selection to perform at the Manly Jazz Festival, held on the October long weekend at Manly Beach. This is an enormous international event and Mackellar's inclusion denotes our bands very high standard, led by Ms Vanessa Patterson's exceptional expertise as the Band Director.

Congratulations for high achievement to:

- **Rosie and Stefanie (Y12)** for being awarded the Minister's Award for Excellence in Student Achievement – only 35 awarded in NSW
- **Kayla (Y7)** for her selection in NSW Diving Team, the Surf Life Saving Sydney Northern Beaches Development Squad and the Nfinity Generation Next Cheerleaders Program and for the following results: Australian Elite Junior Diving Championships - Junior C: 2nd in Platform, 3rd in 3m Synchro, 4th in 1m Springboard and 5th in 3m Springboard; NSW All Schools Diving -1st 12 yrs Springboard and 4th 12-14yrs Platform; NSW CHS Diving 12 yrs: 1st in Springboard and Knockout, 3rd in Open Platform, 3rd in Champion of Champions
- The **Open Tennis Team** for winning the NSW CHS Knockout Championships
- **Chloe (Y8)** for her selection in the NSW U14 Water Polo Team
- **Molly (Y7)** for her selection in the NSW U13 Lions Hockey team
- **Sofia (Y7)** for her NSW CHS Gymnastics Championships results: 2nd in vault, 3rd in beam, 12th overall
- The **Open Soccer Team** for reaching the Grand Final of the NSW CHS Knockout Championships
- The **Open Touch Football Team** for reaching the finals of the NSW CHS Knockout Championships
- NSW CHS Athletics: **Tiani (Y11), Laura (Y10), Hannah, Zara, Sophie, Tayah, Tenzin (Y7)**
- NSW CHS Tennis: **Elise (Y11), Hilton (Y10), Simone, Zarifa (Y9)**
- **Alyssa (Y10)** for her selection for the Parliament House Civics & Citizenship National Program
- **Ruby (Y11)** for her winning the Northern Beaches Young Writers' Competition
- **Urja (Y12), Jessie (Y11), Roxalana (Y9)** for their shortlisting in the Mosman Youth Awards in Literature
- **Scarlett (Y7)** for her performance with the Australian World Orchestra at the Sydney Opera House
- **U15 Basketball Team** for reaching the Regional semi finals

Christine Del Gallo
Principal





Equipping teenagers with coping skills for the years ahead

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

The issue of how to develop emotional hardiness in children has become an area of much interest in recent times. Added to this, none of us wants to be seen to be just standing by or letting our child go through emotional pain

unnecessarily. It's quite natural for a caring parent to want to step in to release the distress that accompanies any child's feelings of being treated unfairly. But, this compulsion to act, doesn't mean that we *should* always step in.

"In many respects our lives are better as a result of huge advances in safety and technology. Our lives are more comfortable, which is good. But, that gives us problems of progress. We recoil violently from discomfort." (Luckianoff (2018).

In their book on how parents have become overprotective, *The coddling of the American Mind*, Haidt and Luckianoff (2018) says that the strengthening of a teenager's mental well-being may have something to do with how we facilitate a young person's experiences for 'life's' problem-solving episodes, including how *they* can be coached to engage with these problems, independently.

Some long-term studies have been reflecting downturns in teenager's capacity to manage problems, independently. Compared to the 1960s, the levels of their ability to resolve issues for him/herself - called our internal 'locus of control' - has been steadily decreasing. A strong *internal* locus of control correlates with a belief, "I can control my own destiny." Without a healthy sense of internal locus of control, children can feel powerless and overwhelmed. According to Stixrud and Johnson (Reference to complete), the recent increases in childhood anxiety are a symptom of this phenomenon. They note that there has been an 80 percent rise in young people with an external locus of control (the belief that destiny is determined by external factors). The good news about external locus of control is that (the belief that other people or chance have control of me) can be shifted.

Are parents afraid of being judged and therefore falling into 'appearances parenting'?

Here's what I think. I have been observing parents for over 30 years and what I have noticed is an increase in parents feeling judged by other parents and an increase in what I term 'appearances parenting', which is a term I use to describe parents doing things for appearances sake. In this model of parenting we, as parents, can feel derelict or judged by others if we don't act. In my opinion, this model of parenting has become quite fashionable in Australia – parents doing things for appearances sake – such as not correcting their teenager in public because they want to appear cool (everything in our house is wonderful all the time) or because they want to appear responsive to their child's needs (such as when a parent caves-in to a teenager's whinging (after the teenager says she doesn't want to go to school).

So, what I have seen, increasingly, are parents wanting to do something for appearances-sake. That perception of wanting to appear to be doing something (and our vulnerability to the judgement of others) if we don't hold-the-line about for what we think is the right thing to do and be compelling.

Routinely giving your teenager a 'get-out-of-jail-card' and protecting them from all this distress is a sub-optimal solution and it can backfire when they do eventually have to face adversity. That said, there is much parents can do to resolve problems that arise from time to time, without prematurely stepping in or indeed failing to step in when you should.

In the next articles in the next newsletter, we'll be looking at just that matter; we'll explore how you can help your teenager be more self-driven in the face of adversity.

W@M

The newly elected Mackellar Prefects have been busy over the last few weeks coming together as a team, finding our feet in our new roles and organising our first initiatives. We are incredibly privileged to represent and support this prestigious school; promoting Mackellar's values of Participation, Resilience, Compassion and Integrity, whilst striving to uphold the incredible legacy of the Prefect body before us. We are looking forward to the year ahead and are excited to continue to give back to the school and the community.

In Week 5, the Prefect Body attended the Vietnam Veterans Day Memorial Service in Martin Place, which was an opportunity to recognise and commemorate the brave actions of Australian soldiers during the Vietnam War. Afterwards, we took part in a public speaking workshop with Gareth McCray to hone our presentation and speech-writing skills.

Week 7 is Body Positivity Week at Mackellar and the Prefects will be promoting positive self image through daily notices, posters and affirmation cards.

Currently, the Prefect Body is organising the annual Mackellar Mahboba's Promise Breakfast and Raffle to raise money for the Australian, non-profit organisation, Mahboba's Promise. Founded by Mahboba Rawi, an Afghan refugee and now Australian citizen who has experienced first-hand the effects of a country torn apart by years of war and civil unrest, the charity is dedicated to helping disadvantaged women and children in Afghanistan through the provision of education, sanitation, health care, training and agriculture programs. Specifically, Mackellar is raising funds for Abdara Girls School, a school located in Panjshir Valley, Afghanistan. Before the Taliban takeover in 2021 there were approximately 350 students enrolled at Abdara Girls School with 9 teachers on staff. Currently in 2022, whilst the school is still operational, girls over the age of 12 are not permitted to attend school due to the Taliban banning education for girls. As Mackellar highly values the human right to female education, we see great importance in supporting this organisation.

The initiative will run in a two-fold campaign. Mackellar Prefects will host 'Mahboba's Breakfast' on Monday morning of Week 8 for Year 11 students and their female family members, friends and caregivers. An invitation has been sent out to Year 11 students and parents, please RSVP to this email. There will be a large raffle, open for all students of Mackellar with very exciting prizes. The Prefects will be selling raffle tickets in Week 7 to be drawn in Week 8.

To support this important organisation, the Prefect Body is putting out calls to the Mackellar community for any individuals or businesses who would like to sponsor us in this charity fundraising through donation of services, vouchers, items, discounts or time. Your contribution will not go unrecognised. Last year, Mackellar was proud to have raised a substantial amount for Abdara Girls School. All support is highly appreciated.

Thank you for your anticipated generosity,
The Mackellar Prefect Team



UNIFORM SHOP NEWS -

Thank you to all of the volunteers that come in regularly to help out. You are very much appreciated.

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

Monday 22nd August 9-11am or 1-2pm
 Monday 29th August 1-2pm
 Wednesday 31st August 12-2pm

We will also be opening during the next school holidays for the new year 7 2023 students (by appt only). We require help on the following days/times:

Wednesday 28th Sept 2022 10-12am & 1-3pm
 Saturday 1st October 2022 10-12am & 1-3pm
 Monday 3rd October 2022 10-12am & 1-3pm
 Wednesday 5th October 2022 10-12am & 1-3pm
 Friday 7th October 2022 10-12am & 1-3pm
 Saturday 29th October 2022 10-12am & 1-3pm

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

Please see 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



CANTEEN NEWS -

The favourite Greek Salad has returned to the canteen on Flexischools and is already proving a popular item to order. This is following us successfully sourcing a fresh produce provider that is supplying excellent quality at reasonable prices for us to supply fresh options again. We are hoping the school community will support this business; their flyer is in the newsletter, I can say we are extremely happy with the quality we are receiving. Please take a look and contact Christine for your fresh home delivered Friday delivery.

Sushi did not prove a popular item, possibly due to the cooler months. We plan to revisit the menu item next term on Wednesdays and Thursdays, so look out for its return next term, as it is a great option for us to have on the menu.

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 between 10 and 2 as a new volunteer, 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.

TERM 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 7	29 August	30 August	31 August	1 September	2 September
	Sophie K	Robin V	1.	Rody H	Jenny R
	2.	2.	2.	2.	Daniel S
Week 8	5 September	6 September	7 September	8 September	9 September
	Sophie K	Kirsty A	Oli	Kadie W	1.
	2.	2.	2.	2.	2.
Week 9	12 September	13 September	14 September	15 September	16 September
	Helen B	1.	Leonie S	Emma K	Amanda D
	2.	2.	2.	2.	2.
Week 10	19 September	20 September	21 September	22 September	23 September
	1.	1.	Heather C	1.	1.
	2.	2.	2.	2.	2.

The Canteen Team

MUSIC:

Congratulations to the **Big Band** who played like professionals on August 10 at **The Northside Big Bands Jazz Night** at Forestville RSL. It was a wonderful night of big band music and I would like to say Mackellar was a stand out group. A very polished and energised performance.

I am also pleased to announce that the Senior Jazz Improv Combo has been successful in gaining a performance spot at the **Manly Jazz Festival for 2022**, along with our Big Band. This small group will perform on the Ocean Front at **3pm** on the **Sunday 25th September** after the Big Bands performance on **Sunday 25th September at 11am** in front of Manly Chambers.

The **Senior Jazz Improvisation** group has been invited to perform at Pittwater High's '**All That Jazz**' event at Bayview Golf Club this **Sunday 28th August**. The event starts at 2pm concluding at 5pm. Our students will be performing at 2:40pm and family and friends are invited to stay and listen.

Music night for all **Bands** is this coming Monday 29th August 7pm, **Monday Week 7**. Performers are to **arrive at 6:30pm** in performance blacks.

I would like to acknowledge **Emily, Anna, Nadia Year 9** and **Hannah and Sophia Year 7** as a state representative in the State Wind Band program with the Arts Unit. They have rehearsals and Opera House performances for the NSW State Festival of Instrumental Music and InConcert this coming week, dedicating time and skills to prepare and participate with excellence.

Dates for Diary for Term 3 2022

<u>When</u>	<u>What</u>	<u>Who</u>	<u>Where</u>
Sunday 28 Aug 2pm-5pm	'All That Jazz' Concert	Senior Jazz Impro Combo	Bayview Golf Club with Pittwater H.S.
Week 7 Monday Aug 29 7pm	Mackellar Mu- sic Night	All Bands – Performers arrive 6:30pm	Hall
Week 10 Sunday Sept 25 11am Performance, Arrive 10:20am	Manly Jazz Festival	Big Band	Manly Corso- "Jazz Stars of the Future" Stage
Sept 25 3pm Performance, Arrive 2:30pm	Manly Jazz Festival	Senior Jazz Impro Combo	Ocean Front Manly
Term 4: Tuesday November 8, 6pm	Jazz Orchestra Night	Big Band	Lazybones Lounge Marrickville

Vanessa Patterson, Band Director



LIBRARY NEWS:

The library has been busy the last few weeks with a range of resources being used. Our HSC Study Guides have been popular during the Trial Examination period and continue to be available for Year 12 to borrow until after the HSC exams. Year 8 Languages students have been keen to check out our foreign language resources and immerse themselves in their target language by reading French magazines like *Julie* and the Japanese publication the *Hiragana Times*. The Year 10 Elective History students have been utilising our print collection to locate and evaluate a range of sources that provide historical evidence about the Holocaust for their recent assessment task. Whilst Year 9 Research Studies has used the library space to present their first large scale project on How to Survive a Zombie Apocalypse with great success. Our book club members promoted their club at the school club expo and attracted more keen readers to join in their Wednesday lunchtime chats. We've also had a display for National Science Week.



Premier's Reading Challenge 2022

The Premier's Reading Challenge has closed for students and certificates are expected to be delivered to the school in December. If anybody had any issues and needs assistance logging books for 2022 please see the library staff before the end of week 7. For those keen readers, anything read after the 2022 closing date can be counted towards the 2023 challenge.

Book Parade

The book parade is scheduled during the assembly time on Wednesday September 7 (Week 8). After not being able to host a parade and celebrate our love of literature and the gift of reading for the last 2 years we've decided this year's theme is the Greatest of All Time (G.O.A.T.). We encourage students to dress up as their Greatest of All Time character, book, villain, hero. Participation is highly encouraged and the teachers already have their outfits planned. We will be raising money on the day to support the Indigenous Literacy Foundation, which is an organisation that works with Aboriginal and Torres Strait Islander communities to provide reading materials including early learning board books for remote communities in language. We will have a gold coin collection at the assembly.

Happy Reading
The Library Team

Languages:

Year 7 students finished up studying Japanese at the start of this term with a fun onigiri lesson. *Onigiri* is a rice ball formed into a triangular shape, often filled with a delicious filling. We filled our *onigiri* with tuna mayo and wrapped it in seaweed. *Onigiri* is a very tasty, healthy and portable snack food in Japan and a perfect alternative to sandwiches.



Sport update:

Mackellar have been heavily involved in a number of sporting events over the last few weeks.

Knockout competitions

Our knockout tennis team recently travelled to Nelson Bay to play in the State Finals of the Floris Conway CHS Knockout tennis competition. This comprised the top 10 schools from around the state, Mackellar going through as the Sydney North Regional Champions. There was some tough competition played over the 2 days and some very talented players in action. Our team beat Lambton High School in their first match to make it through to the semi-final, where we faced Warilla High School. We had another win in this match, which sent us through to the final to be played against Westfields Sports High School. While we knew this would be an extremely competitive match, the team played some amazing tennis and came away with a 5-1 victory, the gold medal and the title of the best school tennis team in the state. This is an outstanding achievement by the team and they deserve a huge congratulations. A big thank you to the parents that came and supported the team over the two days of competition.

Our opens knockout soccer team has also progressed to the State Final which will take place against Bossley Park High School in Week 7. This is another fantastic achievement to progress this far in the competition and we wish them the best of luck.

Our knockout touch football team has also made it through to the state finals of their competition, and were runners up in the Grand Final.

Gala Day

In Week 4, Year 7 participated in the Year 7 Gala Day. After a 2-year hiatus, it was great to be able to hold this carnival again. The sports on offer were Netball, Touch Football, Soccer and Ultimate Frisbee, and the students had a fantastic day playing against other local schools. New skills were learned, teamwork was on display and awards were presented back at school. Well done to everyone involved in the day.

Bec Angus
(Relieving Head Teacher PDHPE)

In Physical Education and Sport lessons, there is an inherent risk of injury. Actions are taken to reduce this risk, however, if parents would like to send their child to school with protective equipment eg. a mouthguard, they will be supported in this

2022 Year 7 Gala Day

On Tuesday, 9 August, year 7 students competed against Balgowlah, Cammeraygal, Davidson, Killarney, Mosman, The Forest and Willoughby in four sports: Netball, Soccer, Touch and Ultimate Frisbee. Thankfully the weather gods were on our side and, after a short burst of rain, we had excellent sunny conditions for our competitions at all four venues.

The Gala Day also provided an opportunity for our year 10 PASS students to develop their coaching skills whilst mentoring their teams both on and off the fields/courts of play. A big thank you to all our coaches who refereed, managed, supported and encouraged the year 7 students throughout the day.

The Gala Day offered all Year 7 students a competitive sport experience. It is hoped that many students will continue to represent Mackellar in their chosen sports. These "taster" competitions are inspiring as it gives all students the opportunity to represent their school in a positive competitive environment. It introduces them to a variety of sports not frequently played, which may lead to greater participation in the future.

Congratulations to all for completing a very full and fun day out playing sport. Thank you to staff who also assisted on the day. It could not be run without you!



the fresh grocer

Hi, my name is Christine Ballantynes and together with my husband / Providore David and our dedicated team we are The Fresh Grocer. We are a Hawkesbury based business and have had a history in fresh produce for over 25 years.

Our seasonal box is \$59 and includes delivery. It varies each week!

You can take out up to three items from the inclusions and add whatever suits your needs! We have a minimum spend of \$59 which includes delivery!

Each week I message everybody on a Monday before lunch time! You have until Tuesday 3.00pm to opt in or out so we can plan our market purchases. Where possible we support local produce! We like to mix things up and keep it interesting each week! I'll always post recipes on our group page that work with your ingredients and encourage everybody's input! We also offer Free Range Eggs, Hand Crafted Muesli, sourdough that is locally produced, we have freshly squeezed juice that we produce here! Other items include Pasta Sauce, Evia Yoghurt we package ourselves!

Lemon & Garlic Olives we do our selves and a plain Kalamata also. Each week an Extras list is posted on our Group Page with Market Prices and suggested specials so you can add whatever else you may like to your order. We are always looking for different products and more will come in time. We ask payment via EFT and to just quote your docket number as a reference please. This helps us at our end!

Pretty simple once you are on! We are open to communication and happy to chat at any time! We have a long and passionate history with fresh produce!

Let us know if you are keen to try our service!

<https://www.facebook.com/groups/180447940019770/?ref=share>

Thank You!

Christine
0427 772 022



Instagram



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HOW DO I ENTER?

1 PUT TOGETHER A TEAM

1

Your team must be between 2-6 people, ranging in age from 8-23. Ages can vary within the group. For evaluation, we will separate the teams into two age categories, roughly one for 8-16 year olds and one for 17-23 year olds. At least one person on the team must be going through (or recently gone through) a 'hard time'. We won't ever ask who it is, but your team members should know.



2 COME UP WITH AN IDEA

2

Get the team together and think big, think bizarre. Do whatever sparks your imagination and inspires you. It can be an idea for a business, an app, or an invention to save the world. You can also think of an idea for something you want to do. A project or community event, or something for your team or school. The idea can be as big or as small as you like.



3 SUBMIT YOUR IDEA

3

Now you need to submit the idea. Click the Spark Tank Submission form link on our website at <https://sharethespark.org.au/spark-tank-event>. Don't worry, it is only 3 quick questions. You do not need to know exactly how you will make your idea work or how much money it will take, but you should be able to make some good guesses. **Deadline for submissions is August 31, 2022.**



4 PITCH AT THE EVENT

4

Our 'Sparks' judges will evaluate your submissions. Finalists will record a run off video. Then three teams from each age category will pitch on the night. Everyone who submits will receive feedback on how to progress their idea. The selected teams who will make the pitch will have a pre-interview with the Sparks' team and some coaching prior to presenting at the event.



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Abbott Road Softball Fields, North Curl Curl

Sunday 28 August, 2:30-4.30pm

Monday 5 September, 4.30-6pm and 6.30-8.30pm



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come-and-try.com