



Mackellar Girls Campus Newsletter

16 SEPTEMBER 2022

Term 3, Week 9

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 -

Attendance of students

All students, excepting Year 12, will be required to attend school up until the last day of teaching, Monday 19 December 2022.

It is concerning when families take their daughters out of school to have a holiday in school time. Each day at school, the girls learn new skills that are required for their learning that year and every year that follows, as well as learning knowledge. When a student misses work, it is lost; it is not repeated, and they are likely to miss gaining these important skills. Your daughter's education demands that she is at school.

A student whose attendance at school is 90% will miss one and a half years of schooling over their time at school. As I said, this is very concerning, and I ask parents to reconsider the importance of their child's attendance.

Year 12's last days

Year 12 students are in their last moments of formal schooling. It is a sad time for them and yet an exciting time to be finishing school. It is very easy to become distracted in this time because of the activities, functions and emotions involved. The need to maintain a focus is important. Students should organise a plan for study that is systematic. They should ensure they eat properly, take regular exercise, have regular sleep and engage in some enjoyable activities. They should practice those things that reduce stress for them. This should avert the need for high stress, panic-driven study during the HSC.

The teachers of the school have enjoyed the opportunity to teach this wonderful group of students over the last six years. They are fine people and we will miss them and their contribution to the school. I wish them all well in their future.

Year 12 Graduation will take place on Wednesday 21 September 2022 at 4 pm. All students and guests will be required to wear a mask.

Yearly Examinations

The Yearly Examinations are an important event in the academic progress for each student. They provide a measure of each student's learning for the year, and provide valuable information for the teaching and learning in the following year.

It is therefore important that all students in Years 7, 8, 9 and 10 sit their Yearly Examinations. Unless students will be absent from the examinations due to school commitments, all students must sit their examinations at the specified time. It is inappropriate for students to take leave during their examination period, and examinations will not be rescheduled for absent students.

Our examination schedule for the year is:

Year 12: HSC Half -Yearly examinations and Trial HSC examination

Year 11: Yearly examinations

Year 10: Half-Yearly (in some subjects) and Yearly examinations 24-28 October

Year 9: Yearly examinations 7-11 November

Years 7 and 8: Yearly examinations: 31 October - 4 November

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Secretary's Award for Excellence in Pacific Islander Programs

Staff Carpark

We have a new issue with the staff carpark, one that has never been a problem before. The carpark is only for staff parking and some deliveries. It is not a drop off and pick up zone for parents, nor can parents ever park there. Parents, please keep your vehicle outside the school grounds.

School Visitors

As a school we have a duty of care of our students. As such, all visitors to the school must firstly go the office, and 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), email address or name it is important to notify the school office, either directly or by sending the information with your daughter to hand in to the office.

Congratulations for high achievement to:

- HSC Dance students' nominations for Callback, the best of the HSC; for Core Composition, Core Performance and Major Study Performance – **Hayley, Stella, Paige**; for Core Composition and Major Study Performance – **Charlotte, Tess**; for Core Performance – **Zara**
- HSC Drama students' nominations for OnStage, the best of the HSC performances: Individual performances - **Isabella** and **Madeline**; Group Performance - **Isabella, Madeline** and **Astrid**
- **Pipi (Y8)** for her success in the Australian All Schools Cross Country – 6th in the individual event, 2nd in the U16 team, 2nd in U16 5 x 2km relay
- **Emily (Y12)** for her results in the Australian Swimming Short Course Championships: Age finals – 2nd 100m and 200m backstroke, 3rd in 50m backstroke, 2nd 100m relay
- **Kayla (Y7)** for her selection in the NSW All Schools Diving Team
- **Zara (Y12)** for her selection in the NSW CHS Open Touch Football Team
- The **Open Touch Football team** for being runners-up in the NSW CHS Knockout Championships
- The **Open Soccer team** for being runners-up in the NSW CHS Knockout Championships
- The **Open Hockey Team** for reaching the Finals Round in the NSW CHS Knockout Championships
- **Tiana (Y11)** for her selection in the NSW CHS Open Touch Football team
- **Eugenia (Y12)** for attaining her Silver Duke of Edinburgh Award
- CHS Athletics: **Katia, Mali (Y12), Phoebe, Jemma, Lucy (Y10), Poppy, Matilda (Y9), Sarah, Hannah, Alessandra, Adelaide (Y8)**
- **Milla (Y11), Rachel (Y10) and Chloe (Y8)** for her selection in the Regional Water Polo Team
- **Ava (Y8)** for her performances at the NSW PS State Dance Festival
- The **Junior, Intermediate and Senior Contemporary Dance Ensemble** for being accepted into the NSW PS Dance Festival
- **Urja (Y12)** whose poem was read and **Jessie (Y11)** for her 2nd prize in the Mosman Youth Awards in Literature
- **Alyssa (Y10)** for her selection for the NSW Parliament Civics and Citizenship Program
- **Jupiter (Y11), Emily, Anna and Nadia (Y9)** for performing at the Opera House with the NSW Arts Unit Wind Orchestra and Jazz Orchestra
- The **7/8 and the 9/10 Netball Team** for being runner-up in the Regional Championships
- **Lily, Caity, Dora (Y10) and Anna (Y9)** for being selected for the ABC TV program Old People's Home for Teenagers

Christine Del Gallo
Principal



W@M

YEAR 7—As Term 3 comes to an end, it's important to reflect on all the wonderful learning and events that have taken place this term, Year 7 had their first opportunity to take part in the Mackellar Book Parade and are to be congratulated on their level of participation. The staff were very impressed with their creativity and enthusiasm and the courage it took to join in. The cohort also attended Year 7 Literacy Day in Week 8, which provided them with a revision of literacy skills that included a session on writing, punctuation, literacy in numeracy, reading non-fiction texts and reading inference. These are skills that the students should be using across all of their subjects.

In W@M this term, the cohort learnt about Emotional Intelligence (EI) and the importance of self-regulation and self-awareness. Students were asked to practise how to understand and recognise emotions in themselves and others, which will allow them to better manage their responses and develop long-lasting relationships with others. Importantly, learning to develop EI at a young age will have a positive impact on one's life – as a high EI is a much greater indicator of success and satisfaction than IQ.

Then, to celebrate Body Positivity Week in Week 7, students were given the opportunity to learn how to be a Body Kind Leader. They were asked to reflect on their own experiences and how previously they've responded to negative comments made when friends haven't felt great about themselves. Through the use of a chatterbox activity, students were given a range of positive and balanced messages they could share with their classmates, friends and family to help everyone feel good!

We wish Year 7 a happy and safe holiday.

Ms Beard & Ms Stephens —Year 7 Advisers

YEAR 8—With the term fast coming to an end, Year 8 continues to work hard as they prepare for their final Term of the Year.

Last week was Body Positivity Week, so in W@M the students had to create a picture collage of the thing that makes them unique and makes them who they are. This encourages students to think of themselves and others in a holistic manner, diverting the focus from their physical appearance. This is important for the girls to realise that they are so much more than how they look, especially as they navigate their way through adolescence and all of its challenges.

As we head towards Term 4, students are reminded that their yearly exams are in Week 4. It is important that they keep on top of their class work and are regularly revising the content.

Well done to all of the students who participated in the annual Book Parade. It was outstanding to see so many creative costumes and such passion for books!

We wish Year 8 all the best for a relaxing and productive holiday break.

Ms Horton & Ms Jones—Year 8 Advisers

YEAR 9—A very busy Term 3 is rapidly coming to an end and a well-deserved break awaits Year 9.

It was wonderful to see the return of the annual Book Parade where our students had the opportunity to share their passion for reading of books. It is always encouraging to see our students participate enthusiastically in these whole school events.

Recently the students participated in the Prefect initiated Body Positivity Week, with discussions and activities designed to remind Year 9 to be kind to themselves, shift their perception of themselves away from their outward appearance and to love the amazing people they are.

In W@M this term, the students have been discussing confirmation bias. Confirmation bias is the tendency to search for, interpret, favour and recall information in a way that confirms one's pre-existing beliefs. People display this bias when they gather or remember information selectively, or when they interpret it in a biased way. The effect is stronger for desired outcomes, emotionally charged issues, and for deeply entrenched beliefs. What evidence shows is that our brain goes through the world looking for confirmation, not information. Confirmation bias causes us to:

- notice and remember evidence that supports our thoughts and beliefs (velcro effect - what sticks)
- overlook or dismiss evidence that does NOT support our thoughts and beliefs (teflon effect - what slides off).

Students watched a YouTube clip on confirmation bias which helped them identify that it:

- could be at work if you use the words 'yeah, but...'

- is not intentional
- is not in our awareness
- is stronger when our beliefs are stronger
- can be positive (e.g. I'm awesome) or negative (e.g. I'm a loser).

Students worked through an example and discussed strategies to fight confirmation bias, including:

- distancing yourself from your thought/belief- write it down
- asking fair questions to find evidence for and against your belief
- consulting with others - another perspective will help you see if you have missed anything.

Example: Having the belief "I'm a loser"	
VELCRO - what sticks	TELFON - what slides
<i>Everyone got up when I sat down at lunch A classmate didn't invite me to her party Two girls were laughing in the hallway</i>	<i>Three girls invited her to sit with them Only 4 people in a class of 20 were invited to the party The two girls were laughing at a joke a third girl just told them</i>
Have I missed anything? Example: "I really have quite a few really good friends and I guess if I actually was a loser, they wouldn't be hanging around with me".	

The take home lesson for students is to look for "confirmation bias" and remember that we are all prone to believe what we want to believe. Seeking to confirm our beliefs comes naturally, while it feels strong and counterintuitive to look for evidence that contradicts our beliefs.

We wish all of Year 9 a very happy break and look forward to seeing them return in Term 4 refreshed and ready for the warmer weather in their summer uniforms.

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

YEAR 10—Year 10 has been engaging with worthwhile TED Talks during their W@M sessions. They have watched the inspirational Kelly McGonigal, a leading health psychologist, discuss 'How to make stress your friend'. Year 10 have learnt how to understand the signs of stress and see these signs as their body's 'way to rise to the challenge'. So, in the lead up to stressful situations they are encouraged to have a healthier stress response through understanding these cues.

Managing anxiety is also something Year 10 will work on in the new Resilience In Our Teens Program, which is based on three underlying principles; having an understanding of how anxiety develops, helping stop teenagers from worrying too much and encouraging practical steps to take to build resilience thinking.

Coming up in week 3 next term are Year 10 Yearly Examinations. Year 10 are reminded that they can begin their study process now, by making detailed notes and revising content they have learnt this year. Year 10 should be working to their personal best and applying themselves diligently, as the habits they establish now will be the foundations of their study habits for Year 11 and ultimately their HSC.

We hope the year 10 students have a fun, enjoyable and safe holiday break. And we look forward to seeing them next term for their last term as Year 10!

Ms Goykovic & Ms Adams —Year 10 Advisers

YEAR 11—Our wonderful Year 11s have now reached the end of their Preliminary course – the culmination of the past three terms of hard work. The current examination period is an important opportunity to represent their understanding of course content as well as practise vital examination strategies that they will need for their HSC, which is only a little over a year away. It's fantastic to see them approaching their exams with such maturity. Having a quiet study space is also essential for success. Students should be reminded that our local libraries offer excellent spaces and resources for study outside of school times. As a year group, we are so proud of the way the students support and help each other where it's needed, and we know this will put them in good stead for the busy, but exciting, year to come. It was also pleasing to see Year 11 come together to support their charity, Mahboba's Promise. The Prefects organised an incredible breakfast event, where Year 11, along with significant women in their lives, and staff were invited to pay entry to partake in a smorgasbord of delicious breakfast treats. The Prefects also collected an impressive number of prizes for a raffle which saw the entire school and staff able to contribute to this worthy cause. Mahboba's Promise is a local charity that supports girls and women in Afghanistan to access education, housing, sanitation and vital resources. They managed to raise about \$2,000 for the charity, which was exceptional.

The students also prepared a very entertaining performance for the Book Parade in Week 8. They battled it out as Capulets or Montagues while Romeo and Juliet ran off. The entire year group participated, and we were so proud to see them working together and demonstrating such great school spirit. We encourage Year 11 to enjoy this upcoming break as a vital opportunity to recharge before HSC courses begin next term. Make time for friends, physical exercise, work and family, and begin to establish an organised study space and routine that will set you up for your final year of high school. The next year will be one of hard work and determination, as well as many more opportunities to make memories, and we know our cohort will do an incredible job if they maintain this current excellent work ethic and keen mindset.

Ms Karandonis & Ms Maconachie —Year 11 Advisers

YEAR 12—It's the final countdown! (Do, do, do, doo. Do, do, do, do, do, etc) Year 12s are in their final week of lessons and are hopefully consolidating their knowledge, remembering their Mackellar journey and enjoying the end of term activities with the friends they have made over the past six years.

It was wonderful to see how many of them participated in the Book Week Parade by dressing up and dancing together, especially since they have missed some of the fun activities over the past couple of years due to lockdown. The themed dress up days and Talent Quest during Week 10 will also be a great chance for Year 12 to get involved and show the younger years what a fantastic cohort they are. The Graduation afternoon is also a very special occasion where the students will be rewarded for all their hard work and give their families a chance to congratulate and support them before they sit for their final examinations at the start of next term. Parents have been emailed the Graduation invitation but should be aware of the change of date to Wednesday September 21 due to the new public holiday.

Final organisation is also underway for the Year 12 Formal to be held at Doltone House Hyde Park on Monday November 7. The event runs from 6.30pm to 11pm and tickets are \$135 each to be paid online via the school website under "Make A Payment".

This is also a final reminder to Year 12s to keep up their study routine for the HSC. Ms Del Gallo recently gave the cohort a sheet of study tips which would be extremely beneficial to be put into action for HSC success. Success in these examinations is more than just about the marks, as it will provide a wider range of opportunities as school ends and career paths take shape.

It has been a pleasure to have worked with such a wonderful group of students over the last six years. We wish them all the best in their exams and in their lives ahead. Good luck and congratulations!

Ms Leung & Mr Fisher—Year 12 Advisers

LIBRARY NEWS:

Our biggest event of the year, the Book Parade took, place on September 7th and was a huge success. The weather held and we were able to hold our annual celebration of literacy on the Quad. We were really impressed with the participation of our students with many students investing time in making their own costumes from recycled materials. Year 11 opened with an impressive performance of Romeo and Juliet and the Prefects presented the show expertly. Each teaching faculty dressed up as different books. The junior students paraded with their year groups. Year 12 closed the show dressed as their favourite characters from their childhood. There was a fabulous atmosphere and the students thoroughly enjoyed themselves. We'd like to give a huge thank you to Mr Kirkpatrick who organised the music and to the hosts Hana and Izabella.

Spring has sprung and we have lots of new books ready to be borrowed over the holidays. Loans are for 3 weeks. During the break students can also continue access to our digital subscriptions. A wide range of ebooks and audiobooks are available through the eplatform and Sora apps.

Happy Reading
The Library Team



MUSIC:

Congratulations to all the students in the bands for a wonderful music night in Week 7. It is exciting to be performing to a live audience and the students worked hard this term to prepare for the night. Congratulations to **Gemma** Year 11 in her debut as a student conductor for the Performance Band piece 'Persis'. It is so important to encourage senior students, through our Student Conductor Mentor Program, to engage in music experiences that extend their learning and skills. Likewise, **Jupiter** Year 11 is to be praised for her fabulous directing of the Big Band.

Congratulations to the **Senior Jazz Improvisation** group for their performance at the '**All That Jazz**' event at Bayview Golf Club hosted by Pittwater High on Sunday 28th August. The music was outstanding and extremely professional with parents and golfers listening in a beautiful setting as the afternoon sun streamed in.

Please join us at the **Manly Jazz Festival** on **Sunday 25th September**, we would love a big audience. The **Big Band** will perform at **11am** in front of Manly Chambers. The **Senior Jazz Improv' Combo** will perform on the Ocean Front at **3pm**. To see the full line up of bands for the weekend of 23-25 September go to the Northern Beaches Council website.

Band Tour Week 7 Term 4 21 -23 November

The Performance 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>
Week 10 Sunday Sept 25 11am Performance, Arrive 10:20am	Manly Jazz Festival	Big Band	Manly Corso- "Jazz Starts of the Future" Stage Manly Council Chambers
Sept 25 3pm Performance, Arrive 2:00pm	Manly Jazz Festival	Senior Jazz Impro Combo	Ocean Front Manly
Term 4: Tuesday November 8, 6pm	Jazz Orchestra Night	Big Band	Lazybones Lounge Marrickville
Week 7 Term 4 6am Monday 21- Wed 23 Nov	Band Tour	Performance Band with Year 8's, Big Band	Mid North Coast

Vanessa Patterson, Band Director



SPORT UPDATE:

Open KO Girls Hockey NSWCHSSA Competition 2022

Mackellar recently travelled to Bathurst to play against Denison College in the Regional Final for Knockout Hockey. Poppy Bland scored early in the first quarter and then Denison College scored during the last quarter in the final minute. The match finished with a 1-1 draw and went to a penalty shootout. Eve Robinson was cool, calm, and collected as our trusty goalkeeper and we won the penalty shootout 2-1 with Holly Bland and Carys scoring our goals, which proved to be a very intense shootout. Mackellar then progressed through to the Final 16 in the NSWCHSSA Open Girls Hockey draw. On Wednesday 7th September we played Hunter Sports High School in Newcastle at the International Hockey Centre. The girls had a great first quarter and it was 2-1 with Faith scoring the goal for Mackellar. Mackellar were courageous and determined right to the end however we couldn't maintain the high intensity and were outclassed by Hunter Sports High School with the result being 6-1. Congratulations to the team on making it to the Final 16 in NSW this is such a great achievement, well done everyone!

Thank you to the parents who travelled all over the State allowing their daughter, or in some cases daughters, to represent Mackellar. Also, a huge thank you to Karen Philips, Alun Kelly and Michael Glenton who supported and coached the girls during their KO Hockey matches.

The team consisted of the following students.

Captain: Eve, Faith (Year 11) Holly, Poppy, Amanda (Year 10) Carys, Izzy, Jessica (Year 9) Ashley, Hannah, Elyse, Sienna, Erin, Celena (Year 8) and Jasmine (Year 7)

Knockout Touch Football 2022

Congratulations to the Knockout Touch Football team who played at the State Final series over the 23rd and 24th of August at the Regional Sporting Complex, Tuggerah.

After a challenging 2 days, the Mackellar team was crowned 2nd place in the NSW CHS State Final 2022. Considering we had lost 2 senior players due to injuries and endured some difficult round games, the team did amazingly well. With such a talented young side, these girls will be hard to beat next year! A big thank you to the parents and carers who assisted in supporting, transporting and coaching the team throughout the season.

Over the entire knockout competition, the team consisted of the following students: Zara, Tiani, Alyssa, Anaia, Sielo, Paloma, Jasmyrn, Mia, Coco, Khyliah, Miller, Lacey, Amalie, Matilda and Maisie.

Bec Angus
(Relieving Head Teacher PDHPE)



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 19th September 2022 11am & 12-2pm
Wednesday 21st September 2022 10-12am & 12-2pm

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

Wednesday 28th September 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. Lunch will be provided.

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.

Just a quick reminder Term 4 students return to school in full summer uniform.

Thank you

Leigh McPherson & Annette Ryan uniformshop@mackellarpandc.com

CANTEEN NEWS:

Due to the announcement of a Public Holiday next week the canteens **last day of operation** for the term will be next **Wednesday 21 September** with a limited menu.

Caesar salads and Greek salads are back on the menu and are proving very popular items on a number of days during the week. Look out for the NEW Flathead Fish Bites on the flexischool menu in either a Fish Burger option or the Fish and salad option on Mondays and Wednesdays. We have sold many serves this term and we are receiving great feedback.

We have removed a few items from the flexischool menu and from next term we shall have a designated ice-cream line at lunchtime once the lunch orders are handed out, as we were finding they were melting in the lunch order bags.

We plan to revisit sushi items next term on Wednesdays and Thursdays, so look out for its return as it is a great option for us to have on the menu. We will monitor if it is a successful menu item.

We have a lot of vacancies on our roster for next 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. Any questions at all, please contact the canteen team at mackellarcanteenroster@gmail.com. We hope to meet you soon.

TERM 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	10 October	11 October	12 October	13 October	14 October
	Sophie K	Robin V	1.	Rody H	Margie B
	2.	2.	2.	2.	Kristin D
Week 2	17 October	18 October	19 October	20 October	21 October
	Mel H	Kirsty A	Leonie s	Kadie W	Amanda D
	2.	2.	2.	2.	2.
Week 3	24 October	25 October	26 October	27 October	28 October
	1.	1.	Oli	Emma K	Jenny R
	2.	2.	2.	2.	2.
Week 4	31 October	1 November	2 November	3 November	4 November
	Helen B	1.	1.	Kirsten W	Natalie C
	2.	2.	2.	2.	2.

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Date: Saturday October 22 2022

Location: Balgowlah RSL

Tickets: \$85 per head

Dress: Black Halloween

RSVP: Monday October 10 2022 (Limited tickets available!)

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<https://events.humanitix.com/the-black-magic-party-2022>

Adult's only event. Cocktail food provided. Ticket numbers will be limited.
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