



Mackellar Girls Campus Newsletter

23 JUNE 2023

Term 2, Week 9

Meeting the educational needs of girls

P&C Meeting - Wednesday 2 August 2023

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 -

Winter Illness

Staff and students have had a lot of illness this term, a sizeable portion of it being influenza and COVID. Wherever it is practical, use masks, sanitiser and distance. At school, we continue to take many infection precautions. As the community has become more casual about the spread of COVID we need to remain sensible. Some people suffer long term debilitating symptoms that affect their daily lives, while others have a more serious end result.

In these times of staffing shortages, it is imperative for your daughter's continuing education that her teachers stay well and can work; there is currently a severe shortage of casual relief teachers statewide. I ask everyone to take care.

School student leaders

I wish to warmly congratulate our new student leaders for 2023-24:

School Captains – Amber and Alysha

Vice Captains – Amanda and Jemima

These four students will be excellent leaders and school representatives. I look forward to working closely with them for the betterment of the school.

They will be supported by eight other prefects who are exemplars of the finest students at Mackellar: Alyssa, Poppy, Gabriella, Chloe, Jemma, Grace, Tenzin and Despina

Subject selections for Year 10

Year 10 girls have selected their subjects that they will study in Years 11 and 12 at Mackellar. These decisions are important ones to lay the foundation for senior study and further education beyond. It is of the utmost importance that students make informed and wise subject selections – to select subjects that they will enjoy, be engaged with, are matched to their ability and interests, keep their options open for the future and are beneficial to each student's career path.

Mackellar girls are extremely fortunate to have such an extensive subject choice available to them, teachers of enormous expertise in their subjects and HSC marking experience and senior staff dedicated to providing expert guidance in the best study patterns for different career paths.

Subject Selections for Year 8

In the first weeks of next term, we will be in finalising Year 8 submitting their subject selections for study in 2023. We will provide Year 8 students with the necessary information to make informed decisions about the subjects that are available for them to study over the next two years. Parents need to be aware that subject choices after they are made cannot be changed.

Some elective subjects have compulsory fees to pay for the cost of the full range of materials required for the practical components of these subjects. These fees will need to be paid for your child to be issued with these materials.

Community Bank
Freshwater



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
Secretary's Award for Excellence in Pacific Islander Programs

Tax deductible donation

As the end of the financial year approaches, you might like to consider that this is the perfect time to make a tax-deductible donation to our School Library Fund. In many ways, the library is the learning hub of the school, and further improvements to it will enliven your daughter's love of learning.

Student Punctuality

Lateness to school is an issue with a small number of our students. I ask parents to do what they can to instil in their children the importance of being on time, getting to school by 8.40 am and being prepared to start the day in a positive frame of mind. Repeated lateness is a serious misdemeanour and affects students' progress. The number of days a student is late appears on their school report – a notable number here would not be attractive to a prospective employer, even for part-time jobs.

Scoliosis

Scoliosis, a sideways curvature of the spine, can result in significant health problems, and is most prevalent in teenage girls. To detect scoliosis, all parents of girls are strongly advised to download the self-detection brochure from the Scoliosis Australia's website (www.scoliosis-australia.org). It is particularly important for girls 11 – 13 years of age, as this is the age range when scoliosis first appears.

End of term

Term 2 has been an exceedingly busy time for teachers and we are looking forward to a well-earned break. I am extremely proud of the strength and passion of our teachers and support staff. I wish to thank the staff for the enormous energy and effort that they contribute every day to make your daughter's education fulfilling and beneficial. The opportunities and co-curricula activities provided to the girls are enormous.

I wish you all a safe and relaxing break. Students return for Term 3 on Tuesday 18 July 2023. On 17 July, School Development Day, the staff will be involved in professional learning, professional dialogue and teaching and learning planning and organisation focused on NSW Curriculum Reform.

Congratulations for high achievement to:

- **Ava (Y10)** for her wining the Northern Territory Tennis Open
- **Sienna, Erin (Y9), Jasmine, Molly (Y8)** for their selection in the NSW U16 Hockey Squad
- **Kayla (Y8)** for her NSW All Schools Diving Championships results: 1st in 13-14yrs Platform and 13yrs Springboard, and her 10th in the Australian Open Diving Championships
- **Kayla, Hannah (Y8), Gemma (Y7)** for their selection in the NSW All Schools Swimming Team
- **Kayla (Y8)** for her selection in the NSW All Schools Diving Team
- **Coco (Y10)** for her selection in the NSW All Schools 15yrs and under Touch Football Team
- **Sofia and Jemma (Y12)** for their selection in the NSW Public Schools Senior State Dance Ensemble.
- **Ava (Y9)** for her selection in the NSW Public Schools Junior State Dance Ensemble
- **Chloe (Y9)** for her selection in the NSW CHS Water Polo Team
- **The 9/10 Touch Football team** for being All Schools Metro Champions
- NSW CHS Cross Country qualifier: **Elyse (Y9), Alana (Y7)**
- **Open Touch Football Team** for being Regional Champions
- **Alyssa and Tiani (Y12)** for their selection in the Regional Touch Team
- **Mikayla (Y10)** for her selection in the Regional Gymnastics Team
- **Jada (Y8)** for her selection for the inter-district Tennis Cup
- Regional Cross Country team: **Miah, Poppy, Sophia (Y10), Elyse, Madison, Sarah, Hannah, Pipi, Adelaide (Y9), Talia, Lisa, Sophie, Charli, Charlotte (Y8), Billie, Libby, Alana, Jessica, Dorota (Y7)**
- Zone Athletics Team: **Anneke, Anaia, Rachel (Y12), Margarida, Lucy, Tahli, Alysha, Jasmyn, Tess, Despina (Y11), Kaolaine, Sielo, Lacey, Miah, Luana, Poppy, Kyah (Y10), Summer, Margot, Olivia, Sydney, Pipi, Adelaide (Y9), Jasmine, Tayah, Natalie, Ella, Charlotte (Y8), Scarlett, Milla, Fleur, Billie, Gemma, Matilda, Dorota (Y7)**

Christine Del Gallo, Principal

W@M Report

YEAR 7 - Year 7 has had a very busy Term 2 with a variety of different events and opportunities. We would like to encourage our students to be proactive in knowing what they have on and if they are ever unsure to ask a friend, a peer, a teacher, or one of their Year Advisers. It is also imperative that students also check their email each day.

In W@M this term students discussed developing a growth mindset. Our mindset is the set of ideas and attitudes that shape how you think about yourself and the world, which determines how you behave and interact with the world. Students were instructed to pay attention to their thoughts and encouraged to see mistakes as an opportunity to learn and improve.

Year 7 has completed their end of semester examinations for History and Geography. These exams are equivalent to their yearly exams as these subjects only run for one semester before they change over. If they have been doing History this semester, they will change to Geography in Term 3 and vice versa.

Semester 1 reports will be released via email in Week 10 to students. This is a fantastic opportunity to reflect on the work they have been doing this semester. We would also like to remind our students to ensure they are always doing their personal best inside and outside of the classroom.

Mr Smith & Ms Mailey—Year 7 Advisers

YEAR 8—The highlight of this term for Year 8 was our recent trip to Stand Tall at the ICC Sydney, which was attended by over 5600 students. This annual event is a motivational day where speakers share their past experiences at overcoming adversity. Guest speakers included the incredible 16 year old Molly Croft, Michael Crossland and Nicho Hynes. The girls got a lot out of the day and hopefully they can apply some of the principles that they learnt to their own lives.

Year 8 participated in The Tell Them From Me student survey. This survey provides school leaders with insights into student engagement, wellbeing and effective teaching practices at their school, from the perspective of students. They also completed the Year 8 Check-In Assessment. The assessment can identify how students are performing in literacy and numeracy and help teachers tailor their teaching more specifically to student needs.

In W@M we have been continuing to look at growth mindset. Your mindset is the set of ideas and attitudes that shape the way you think about yourself and the world. It determines how you behave and your outlook on life. The girls were asked to spend a couple of weeks learning something new to demonstrate their growth mindset.

Link: YouTube: Neuroplasticity (2:04)
<https://www.youtube.com/watch?v=ELpfYCZa87g>

As we approach the end of the term we would like to congratulate Year 8 on completing another term with a positive approach to their education. Hopefully the holidays provide an opportunity for rest and relaxation. We look forward to seeing them for another big term in Term 3!

Ms Beard & Ms Moore—Year 8 Advisers

YEAR 9 - It has been another busy, enriching term for Year 9. Throughout the term, students have been involved in a number of important fundraising events. It was impressive to see many items donated to the Happy Boxes Project. This initiative provides remote indigenous communities with much needed personal hygiene products. It was also pleasing to see the cohort involved in Winter Warmers Wednesday and dress up in their best winter outfits and generously donate their gold coins.

In W@M this term students watched 'What I learned from 100 days of rejection - Jia Jiang', where Jia Jiang boldly adventures into a territory so many of us fear: rejection. By seeking out rejection for 100 days -from asking a stranger to borrow \$100 to requesting a "burger refill" at a restaurant -Jiang desensitised himself to the pain and shame that rejection often brings and discovered that simply asking for what you want can open up possibilities where you expect to find dead ends.

We wish everyone a safe and relaxing break over the school holidays.

Ms Horton & Ms Jones—Year 9 Advisers

YEAR 10 - Year 10 has been surveyed again for their subject choices in Year 11, and it's been great to see the girls considering their senior years with maturity. Early next term, students will make their actual subject choices and be interviewed to ensure that subjects are being chosen that best meet their interests and ability. This term has seen Year 10 participate with enthusiasm in the Great Race. Feedback from students indicated that they liked exploring the city, completing the challenges, working as a team and getting to know their peers better in a fun and competitive environment.

W@M this term has focused on growth mindset and reminding ourselves about the power of 'yet' and exercising resilience. These are important skills to help students overcome obstacles they may face when learning something new.

Finally, we'd like to commend our students who have been participating in so many different activities around the school: Project Penguin, the School Musical, Knock Out sports teams, Zone Cross Country and Athletics to name a few. Well done Year 10!

Mrs Grasso, Ms Drane & Ms Kelsey —Year 10 Advisers

YEAR 11 - On behalf of the Year Advisers and the rest of the year 11 students, I would like to offer a huge congratulations to our newly elected prefect body. All the applicants worked incredibly hard on their CV, interview skills and public speaking. Their passion and desire to help others really shone through. We look forward to seeing what the new team will bring to the role. After listening to them speak, we are confident they will flourish, embrace every opportunity with gusto and make our year group proud. To those who missed out, your efforts have been recognised and we encourage you to embrace other opportunities to contribute to the school and wider community as they arise throughout the year.

Year 11 has been working hard this term and their teachers have been impressed with their focus and diligence in approaching their recent Half-Yearly practice examinations. The students should now ensure they deconstruct the feedback they were given and have further conversations with their teachers if they need clarification on their feedback. With reflection on their progress so far and an upcoming Elevate Study Skills session, Year 11 should be putting in place strategies to help them prepare for their Yearly Examinations at the end of Term 3. The Elevate sessions provide students with the framework to approach their senior studies in an organised way, as it is important that they balance the demands of school and the HSC with their lives outside of school. The importance of sleep and time away from devices is also highly recommended.

Thank you to the wonderful jersey committee who worked cohesively to design the jersey for their year group. Students will soon have details posted on Google Classroom to order the jersey directly from the supplier. All jerseys will be delivered to the school in Term 4. Wearing the jersey is a privilege, so a reminder that correct school uniform must be worn to earn this privilege.

Ms Goykovic & Ms Adams —Year 11 Advisers

YEAR 12 - With one term of Year 12 to go it's important to remember that regular revision and allocation of study time will help students to consolidate knowledge and hopefully avoid unnecessary stress. Ms Del Gallo has addressed Year 12 at a recent Year Meeting to remind them that four hours of study a day during the week and 6 hours on weekends will help students to achieve their goals, but this should be broken down into increments of 20-30 minutes rather than all done in one sitting.

Some important dates to remember for the beginning of Term 3 are the HSC Major Work Showcase Evening, on Monday 24th July (Week 2) 4.30pm - 7pm, and the Trial HSC Examinations in Weeks 3 and 4. HSC Practical Examinations and Major Project submissions are also happening next term, so again it's a matter of using time wisely and avoiding the last-minute rush and panic in getting work completed.

Finally, a well-deserved congratulations must go to our Prefects 2022/2023 as they complete their tenure for the past 12 months and all their wonderful contributions to the school. They worked incredibly hard in their roles as school leaders while still maintaining all their HSC commitments. Their co-ordination of 'Fun Fridays' with music and games to encourage all students to put their devices down and move their bodies was commendable and highlighted their dedication to student wellbeing. They have been exemplary leaders and representatives of both their cohort and the school.

Ms Karandonis & Mr Maconachie—Year 12 Advisers





MUSIC NEWS

Congratulations to students in the **Concert Band, SWE and Stage Band** for their fabulous performances at the **Northern Beaches Instrumental Festival** over the last few weeks. It is wonderful to be part of such a massive festival alongside so many bands from the Northern Beaches and beyond. The Mackellar students should be extremely proud of their performances. The recordings, with appraisers' comments, have been posted on the classrooms so students can listen and learn how to improve.

Band REHEARSAL DAYS MONDAY July 17 All students in Bands are to attend the rehearsal day.

9:15am – 10:45am Concert Band, 11am – 12:30pm Performance Band, 1pm – 2:30pm Big Band.

Gig Dates for Diary for 2023 – Please note in diaries

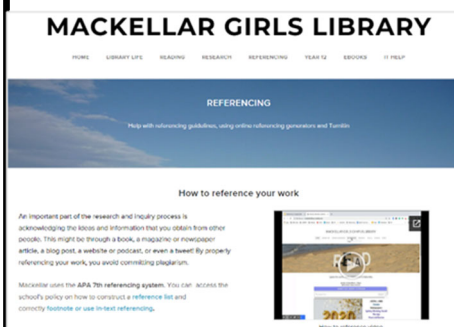
| | | | |
|---|-----------------------------------|---|----------------------------------|
| Tues 20 June, Wed 21 June, Friday 23 June, Sat 24 June matinee and night. | The Addams Family- The Musical | Musical Cast and Entertainment Class students | Performance Space |
| Week 10 | Senior State Music Camp | Selected Students | Narrabeen Sport and Rec. |
| Week 1 Term 2 Monday 24 April | Rehearsal Day | 9:15am- CB; 11am-SWE; 1pm BB | Performance Space |
| Week 1 Term 3 | Junior State Music Camp | Selected Students | Narrabeen Sport and Rec. |
| Monday August 28 | Music Night #3 | CB, SWE, BB, SB, VE (Vocal Ensemble), RB, JJI, SJI, Orch. | Hall 7pm Concert, 6:30pm arrival |
| 22-24 September (Save the Date) | Manly Jazz Festival | Big Band (TBC) | Manly |
| Tuesday 14 Nov | Lazy Bones Lounge gig with TJO | Big Band | Marrickville |
| Wednesday 29 November | Northside Big Band Jazz Night | Stage Band | Forestville RSL |

Vanessa Patterson Band Director



Library News

The library has been working with the teaching staff to promote resources that help students to increase their understanding of academic integrity whilst developing their independent research skills. In the library, we deliver sessions in class time on how to avoid plagiarism, how to cite correctly and how to locate and evaluate credible sources.



We provide students with clear instructions and guidance on avoiding plagiarism. The school plagiarism policy is included in the student diary. We go into detail about different types of plagiarism beyond simply copying and pasting. We highly recommend the use of Cornell style note taking which students cover as part of their Year 7 Thinking Skills course. For research tasks, the students are usually required to create a reference list. In order to prepare them for Stage 6 and further study, the school uses the APA7 referencing style. The library website has support documents on how to format citations.

The school subscribes to an online plagiarism checker called Turnitin. We are open with students about how this works. Students can submit their work and view a similarity report. They are encouraged to analyse their own reports and can resubmit if they discover any issues, but only before the due date. Students are encouraged to seek assistance from the library staff with any referencing or Turnitin questions.

On Winter Warmers Wednesday we drew our annual raffle. Students received a raffle ticket for every day that they borrowed a book. The prizes were Winter Warmer reading kits, which included a new release book, a mug, hot chocolate sachets and marshmallow. This year's book was a riveting seafaring fantasy adventure *The Isles of Gods* by Australian author Amie Kaufman. Our winners were Ria (Year 11), Evie (Year 7) and Alice (Year 7).

Resilience in Our Teens (RIOT) Project Update

Resilience In Our Teens (RIOT) is a project designed to assist students to manage their anxious behaviour, which Mackellar began running in 2022. It is a large-scale evidence-based project, designed through a series of cognitive-behavioural lesson plans and through the use of teacher-led conversational techniques. These interventions are aimed at helping teenagers manage their feelings of anxiety. Mackellar staff have undertaken professional development to increase their ability to identify anxiety in students and assist students in reducing feelings of anxiety.

The program lessons have been delivered to students in Years 8-12 and Year 7 has been briefly introduced to the program, and will undertake the official lessons next term. All students will receive refresher lessons to ensure they are using the correct language to describe their feelings and to remind them of the strategies of the program to self-regulate and manage their feelings. The program is also evident in the school through the Teacher and Student Expectations documents that outline how we, as a school, encourage students to behave when facing regular feelings of anxiety and stress. Parent workshops are also available to support the implementation of the program.

Students are to be commended on their positive engagement with this program as they learn strategies to better identify and manage their anxiety, as well as the science behind how our brains work.

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

If, as a parent, you would like to consider completing a limited number of free parenting seminars - held over three different weeknights – you can register: www.parentshop.com.au/parents/resilience-in-our-teens-parents. The promotional code for our school is MacHS22. If you are a GP or mental health professional, you may wish to refer parents to this course.

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



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 Willett, L. Parent led CBT for child anxiety – helping parents help their kids (2019). Guildford 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.

CANTEEN NEWS

Hi . I'm Kylie Murphy and I'm the parent rep for canteen. Today I will quickly talk about what's wonderful, what's challenging & finish off with what's amazing about the canteen.

Well the wonderful **is that our school canteen meets the NSW Healthy School Canteen Strategy.** **Congratulations** to our canteen manager who played a huge role in this achievement!

To acknowledge this we have been awarded the Great Choice Certificate. Kylie Anthony, Mel Erskine, Di Parnell and Nic Beat are so committed to a healthy school canteen. The intricacies to meet the requirements is above and beyond, so well done to the team. This team truly make the health and wellbeing of our students a priority. It is amazing what the canteen team achieves. I see it first hand.

Amongst many challenges, the biggest challenge (as in all areas) is volunteers. Unfortunately, the number of volunteers at the start of the year has dwindled with a lot of no shows and sicknesses. Without volunteers the canteen will be forced to move to more packaged meals which will meet the healthy schools criteria but is not as wholesome. Without volunteer support there is less time to bake and make meals like salads, salad rolls, sandwiches, the baking of muffins, dim sims, steamed rice, chicken wraps, falafel wraps, Caesar and Greek salads, fruit cups and more. For now, the butter chicken is being removed from the menu due to adjustments required without volunteers.

For me; I volunteer one day a term - 4 times a year. It is manageable and the day is fun and well supported by the team, generally the same routine each time preparing the easy jobs - assist the tail end of the Flexi schools lunches and serving at recess and lunch. However we need a lot of us to make that one day a term work. Ideally we'd love to get more for one day a fortnight or one day a month. But understand everyone is busy.

What's also amazing is that we have a canteen that delivers a variety of affordable options and now Thursdays are as busy as Fridays with over 200 lunch orders each day.

By having a healthy support of volunteers it really does affect how our canteen can maintain healthy and affordable options for our students. We welcome your support to volunteer, contact Di Parnell on 0435 587 071 to start the conversation and mackellarcanteenroster@gmail.com

Our last day for flexischool lunch orders for this term will be Thursday 29 June. On Friday 30 June there will be recess service only so please let the girls know.

The Canteen Team

UNIFORM SHOP NEWS

Please be reminded the Back To School Vouchers expire at the end of June 2023.

When you place an online order, please remind your student to collect this order from our school uniform shop on a Monday or Wednesday lunchtime.

Please see the school website for uniform shop opening times.

We require help in the shop on Wednesday June 28 from 12-2pm. Please email us if you can help.

Winter Wool School Jumpers are still on sale for \$49 (assorted sizes left). They can be ordered online or purchased in shop.

Leigh McPherson & Annette Ryan
uniformshop@mackellarpandc.com





SCHOOL HOLIDAY SPORTS CAMPS



ACTIVE DAY OF FUN SPORTS

MULTI SPORTS
KICK, SHOOT & HIT

JUNIOR TENNIS
ALL AGES & ABILITIES

UTR MATCHPLAY
PERFORMANCE



Voyager Narrabeena
Voyager North Manly



Voyager North Manly
Voyager Seaforth



Voyager Seaforth

BOOK ONLINE AT VOYAGERTENNIS.COM/HOLIDAY-CAMPS

FOR 10% DISCOUNT ADD PROMO CODE: SCHOOLSCAMP



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

