

Mackellar Girls Campus Newsletter 12 MAY 2023

Term 2, Week 3

Meeting the educational needs of girls

P&C Meeting - Wednesday 7 June 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 -

Term 2 School Development Day

On the first day of this term, staff engaged in professional development activities to continue the constant improvement of curriculum delivery and care of our students. Teachers worked collaboratively within Key Learning Areas with teachers from the five schools in the Northern Beaches Secondary College. The day focused on curriculum development and new syllabuses, analysis of student learning data, HSC Standard Setting and statewide mandatory professional learning.

Anzac Day Dawn Service

Our school was represented at a wonderful Anzac Day Dawn Service organised by The Manly Warringah Remembrance Trust at Manly Dam where a wreath was laid on behalf of the Mackellar community and a Mackellar student delivered the keynote speech. I commend this very special service to all families to attend next year as a truly wonderful experience. Our students also did outstanding jobs and played a major part in the Anzac Day Ceremony at Manly Corso and at school. The students carried out their roles with confidence, respect and solemnity, and brought great credit to themselves and our school.

The Zonta Club of the Northern Beaches donated a collection of books to be laid as a living wreath during our Anzac Day Service at school. We are greatly appreciative of this.

ΝΔΡΙ ΔΝ

The national testing of literacy and numeracy of all students in Years 7 and 9 occurred in March. These online tests measure each student's skills and knowledge in these fundamental areas of learning, and enable schools and parents to focus on the areas that are being achieved above the benchmarks and areas where students may need extra direction and learning.

NAPLAN assesses skills that are developed over time through the school curriculum. NAPLAN is not a pass or fail type test, but rather shows how individual students are progressing in numeracy and literacy skills against national standards for all Australian children.

Teachers highly value the diagnostic information on individual students that NAPLAN provides to schools. This is quite different to the incomplete and often misleading information that will appear later in the year on the MySchool website.

School Musical

June is our annual school musical time. "The Adams Family!" starts its run on 19 June with matinee and evening shows for all. There are four evening performances that week at 7.00 pm in the school Performance Space on Tuesday, Wednesday, Friday and Saturday. The cast, backstage crew, technicians, musicians, producers and directors are all putting enormous time and talent into making this our best. I encourage you to bring your family along and have a great night. Tickets will be available through an online booking system, Trybooking, from Week 5 – the link to purchase tickets will be provided soon.

Mobile contact with parents

Students must have their mobile phones switched off in class, whilst moving between classrooms or at school events. So parents, do not ring or text your child at these times as they will not be able to respond.



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

Winter Uniform

Students have now moved into winter uniform for Terms 2 and 3. If you are unsure as to the requirements, the uniform is listed in the student's diary.

Each girl must wear full school uniform every day.

Our uniform is one way we indicate to the community the pride girls have in being a Mackellar Girl. And rightly or wrongly, the community judges how good a school we are, in part, by the way our uniform is worn by our students. When all girls wear the same uniform, it removes the potential for some girls to feel the peer pressure and social anxiety related to comparing themselves with other girls' appearance and allows them to feel safe. It is important, therefore, that students present themselves neatly, wearing a uniform that is uniform. Part of that uniformity is the length of the skirts. Skirts that are short are not part of our uniform. All skirts must extend down to the top of the knee, with hems sewn. The lengths of the skirts at purchase are the right length – they are not to be taken up or rolled up at the top. Makeup, nails and jewellery are not part of our uniform.

Subject selections for Year 10

Year 10 girls are selecting 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.

Digital media research

A research report by the Gonski Institute for Education reveals digital media and technologies as a great distraction in Australian family life.

More than 9 out of 10 parents think digital devices negatively distract their own lives, and 83% think their children are also negatively distracted by digital gadgets.

While parents find digital technologies useful in staying connected with their children and keeping them safe, three -quarters of parents think it is difficult to control their child's digital habits. As many as 65% of parents also admit that negotiating the use of digital media and technologies at home causes conflicts with their children.

About a third of families allow their children to use their digital devices after bedtime every single day. Furthermore, three of five children who struggle in school regularly sleep with their digital gadgets.

Growing up digital is also becoming an equity issue. According to the study, lower-income parents and lower-achieving students, in particular, are most at risk of distraction from interactive media use.

The study is also one of the first efforts to include grandparents' views of their own and their grandchildren's' digital media habits. Almost four in five grandparents feel they are in control of their own digital technology use, and most would rather see their grandchildren play sports than video games.

In summary:

- More than 4 in 5 children own at least one screen-based device that belongs to them, and children own, on average, three digital devices at home. Personal ownership of gadgets starts as young as four years old.
- Only 46% of parents said that their child spends a day without digital technology.
- 73% of parents and grandparents think it is harder to control their child's digital habits since getting their own screen-based device.
- 65% of parents agreed that 'negotiating digital technologies use causes conflicts in our home'.
- 83% of parents, carers and grandparents felt that their child was negatively distracted by digital technologies.

We see at school some evidence of students being even more negatively affected by their digital use since COVID and at-home learning over the past few years.

Congratulations for high achievement to:

- Stefanie (Y12, 2022) for her winning the International Beach Volleyball Pro Tour Futures Championships
- Chloe (Y9) for her selection in the Australian U16 Water Polo team
- Coco (Y10) for her selection in the Cook Islands U18 Touch Team playing in the Asia Pacific Youth Touch
 Cup
- **Gemma (Y7**) for her Australian Multi-class Age Swimming Championships results: 1st 50m Breaststroke, 1st 50m Backstroke, 2nd 50m Butterfly, 2nd 100m Backstroke

- Australian Surf Lifesaving Championships results; Pipi (Y9) U15 1st in Ironwoman and Board, 2nd in Swim, 4th in 2km Beach Run; Lisa (Y8) U14 2nd in Swim, 5th in Ironwoman; Luana (Y10) for her 5th in U15 Beach Flags
- Kayla (Y8) NSW CHS Diving results 1st 13yrs Springboard, Team Synchronised, 12 and 13yrs Knockout, 2nd Open Platform, Champions of Champions
- The Open Water Polo Team for their 3rd in NSW CHS Knockout
- Coco and Miller (Y10) or their selection in the CHS U15 Touch Football Team
- **Milly (Y11)** for her 2nd overall in Level 6 Pairs at the NSW Gymnastics Championships, 3rd in Balance and 3rd in Dynamic Routine
- CHS Swimming Placegetters: actual results shown later in newsletter Rachel, Abby (Y11), Izzy, Marina, Carys, Clara (Y10), Elyse, Rylee, Eryn, Pipi (Y9), Hannah (Y8), Chloe, Anika, Ciara, Gemma, Amane (Y7)
- Hannah (Y9) for her selection in the U16 Metropolitan State Cricket Squad
- Cassidy (Y9) for her artwork being selected for the Sydney Royal Easter Show in the U20 Division
- Clara (Y10) and Kayla (Y8) for their competing in NSW CHS Diving
- Hannah (Y8) for her competing in NSW CHS and NSW All Schools Sailing Championship
- Head of the River Rowing: Elyse (Y9) 2nd Y9 Single Skull and Tanja and Freida (Y10) 6th Yr 10 Double Skull
- Ella (Y8) for her selection into the AFL U15 greater Sydney Team
- Kayla (Y8) selection into Nfinity Generation Next list of top 50 cheerleaders under age 13 internationally
- Regional and CHS Swimmers: Rachel, Abby (Y11), Izzy, Marina, Mia, Carys, Coco, Clara (Y10), Elyse, Rylee, Abigail, Eryn, Pipi (Y9), Hannah, Chloe, Charli, Natalie (Y8), Isabella, Chloe, Anika, Emma, Ciara, Gemma, Amane (Y7)
- Imogen (Y11) and Ava (Y9) for their selection in the Sydney North Senior Dance Ensemble
- Kyah, Alyssa, Sofia and Gabi (Y12) and Sielo (Y10) for their selection in the Regional Open Netball Team
- Hannah (Y9) for her selection in the Regional U15 Netball Team
- Khyliah and Lacey (Y10) for their selection in the Regional U16 Rugby League team
- Coco (Y10) for her selection in the Regional Rugby 7s Team
- Jessica and Carys (Y10) for their selection in the Regional Hockey team
- Regional Swimmers: Anneke, Milla (Y12), Rachel (Y11)
- Jessie (Y7) for winning the Northern Beaches U14 Surfing Championships
- Zone Swimming Champions: 12 yrs Ciara, 15 yrs- Elyse; 16 yrs Abby; Multi Class Gemma
- Amber (Y11) for her selection as the Balgowlah Rotary Club Youth of the Year
- Alysha (Y11) for her guest speaker role at the Manly Dam Dawn Service
- School Athletics Champions: 12yrs Tahnia; 13yrs Dory; 14yrs Georgia; 15 yrs Poppy; 16 yrs Kyah; 17 yrs Anneke; Multi-Class Gemma
- School Cross Country Champions: 12 yrs Alana; 13yrs Dory; 14yrs- Charlotte; 15yrs Pipi; 16yrs Miah; 17+ Alexis
- Naomi (Y11) for her 150 hrs in the Taronga Youth at the Zoo Program
- Molly (Y7) for competing in an international Cheerleading Competition in Hawaii
- Rama, Emily, Georgia, Anna and Chloe (Y7) for their election to the SRC
- Peer Mediators selected: Zahia, Eva, Anouk, Roxalana, Orla, Lily, Daniela, Romi, Arki, Anja, Rosie, Katelyn, Sophie, Tara, Josie, Jasmine, Emily, Samantha, Kaea, Amber, Emma, Natasha, Monique, Isabella, Shaqilla, Poppy, Hope, Ava (Y10)

Christine Del Gallo, Principal

W@M Report

YEAR 7 - Welcome back parents, caregivers and Year 7 students. It is lovely to see how well the Year 7 cohort has settled into secondary school life at Mackellar.

At the end of term 1, Year 7 participated in their first Elevate Study Skills session. The content taught was extremely useful for students to understand the most efficient note taking methods to help them in their understanding of new content as well as the skills to revise old content. Students are encouraged to use these skills in their revision and study in the future.

We've had an exciting start to the term with the Cross-Country Carnival held last week. It was amazing to see so many Year 7 students enthusiastically involved in the event. Congratulations to the students who have progressed to the Zone Carnival where they will represent Mackellar. Please ensure that the permission notes for these students are returned promptly to the PE staff.

In our first W@M session of term 2, the students looked at 'why we dip into other people's buckets including our own'. This session aimed to develop greater self-awareness and help the girls avoid negative 'thinking traps.' By controlling our emotions, the students were taught that they could control their thought process which is incredibly important in improving student wellbeing and developing healthy relationships.

We are looking forward to another busy term!

Mr Smith & Ms Mailey —Year 7 Advisers

YEAR 8 - We are pleased to see the students back at school, looking refreshed and ready for another busy term. A big congratulations to all the Year 8 students who participated in the School Cross Country Event in week 2 and gave their best effort. There were some excellent results achieved by the cohort on the day.

In W@M this term, the students have begun with a lesson on Mindfulness as a way to STOP, be present in the moment and let go of negative thoughts and feelings. In Week 2, students had the opportunity to practice mindful meditation, breathing and colouring-in, all effective techniques in dealing with stress, reducing anxiety and ultimately improving one's wellbeing.

In Week 7, Year 8 will be also attending 'Stand Tall', an annual event in the Aware Super Theatre at the International Convention Centre (ICC) Sydney. This all-day event will bring a host of inspirational speakers together to help students develop skills in resilience and aid them in making good decisions that will benefit them in the future. A permission note will be distributed shortly.

We are looking forward to all the fantastic activities that Year 8 will be involved with this term.

Ms Beard & Ms Stephens—Year 8 Advisers

YEAR 9 - Term 2 is already flying by for Year 9. In Week 2, the School Cross Country saw the cohort run/walk 3kms. Well done to all participants and congratulations to those students who have progressed to the Zone Cross Country. It is such a vital time in the girls' development and so important that they stay active throughout their adolescent years.

In W@M this term, Year 9 watched a TED Talk on the inspiring story of Jade Hameister. Jade is an Australian woman who became the youngest person in the world to complete the 'Polar Hat-trick'. This involves skiing to the North and South Poles and crossing Greenland. It is an inspiring story of courage and resilience, which everyone can be motivated from.

We are looking forward to another exciting term!

Ms Horton & Ms Jones—Year 9 Advisers

YEAR 10 - Year 10 has begun the exciting process of selecting subjects for their senior schooling. This is an important time for Year 10 as they make significant decisions about what Year 11 and 12 will look like for them. Mackellar makes every effort to make the process as simple as possible, and Year 10 is encouraged to speak to their classroom teachers and approach faculties if they need more information about any of the subjects. The first draft of the timetable will start to be constructed now that Year 10 has completed a survey indicating the subjects they are likely to choose, and actual subject selections will occur later this term and further finalised in Term 3. To help with this, students had the opportunity to attend 'Taster Lessons' this term, where they could sign up to observe a senior class in action. Student-teacher interactions and relationships are very different in the senior years, and these Taster Lessons have allowed Year 10 to witness this and have a better understanding of what Year 11 and 12 at Mackellar will be like.

The study habits that Year 10 students develop this year will be the foundation of their work ethic in their senior

years, so it is important to establish healthy routines and a positive mindset now to ensure that stress and pressure are minimised in the years to come. Some useful strategies to stay organised include using a diary and having a wall calendar to display important dates, having a healthy diet, staying hydrated, being active and getting enough sleep.

Year 10 is looking forward to participating in the inaugural Amazing Race in week 5. Hosted by professional actors, the Amazing Race will provide students with the opportunity to develop their personal and teamwork skills by working together in teams towards a common goal. Student teams will need to plan, strategise, negotiate and problem solve to complete the game.

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

YEAR 11 - Year 11 is back into the swing of school life having participated in the Year 11 Camp or at school activities focusing on resilience, goal setting and team building, which was held in Week 2. Positive feedback from students and teachers alike was received and it was great to see so many Year 11 students enjoying these activities.

The prefect application process has also begun this term with students nominating themselves for this important leadership role. All nominations are submitted with a CV that will be followed by an after-school workshop, where nominated students gain further insight into the role. Interviews will take place in Week 6 from 29th May. Also coming up is the Exam Practice Week in Week 5. This provides Year 11 with a valuable opportunity to revise and hone their exam skills and use the feedback from their teachers to improve on their skills and make progress before further assessment tasks, especially the Yearly Exams at the end of Term 3.

The Year 12 2024 Jersey Committee created five jersey designs, which all Year 11 is in the process of voting for. The students will soon be nominating their jersey names and the Year 12 2024 jerseys should be ready to order towards the end of this term! Wearing the jersey as a Year 12 student is a privilege and we look forward to seeing our Year 11s in theirs next year, so we would like to remind students of the school's expectations regarding uniform. A friendly reminder that students must not roll their skirts up and ensure their skirt length is to the knee. School shoes must be plain, lace up and black leather – Dr Martens boots are not part of the uniform. Finally, students are only permitted to wear the navy blue knitted jumper available from the uniform shop and the sport jacket as an extra layer for warmth (in Term 2 and 3) on top of the jumper, not instead of. It is great to see most of Year 11 wearing the school uniform correctly and being a positive role model to all.

Ms Goykovic & Ms Adams —Year 11 Advisers

YEAR 12 - Year 12 should take a moment to breathe after the Half-Yearly Examinations and reflect on feedback given, especially highlighting the areas where revision is still needed and further teacher input can help.

Half-Yearly results can be a surprise and often are a catalyst for a clearer path and potential improvement leading to next term's HSC Trial Examinations. The Semester One report will be issued in Week 5, providing an opportunity to take on constructive criticism, strive for improvement and start looking ahead to the HSC and beyond. The NESA HSC Exam timetable has recently been released and students can log on to Schools Online at NESA to access their personalised timetable. UAC applications have also opened, and students should see Ms Erskine, the Careers Adviser, if there are any queries. Presentations from Universities have taken place during Year Meetings with visits from Sydney, UTS, Macquarie and UNSW. The Year 12 Reference process will begin soon. This is the reference letter that the school provides to students at the end of the year that they will receive at their graduation, so students should ensure that they put as much information onto the form as they can. This information can include any activities they are involved in, any awards they have received, and any work experience they have completed.

The Year 12 Formal has been set for Monday 6 November, following the completion of the HSC exams. The venue is Orso Bayside at The Spit and tickets cost \$105. Payment is made with the POP payment system in which you need to 'Add Item' and select 'Y12 Formal'. Payments can be made from now until 9th October, including part payments until the entire amount is paid. If two tickets are needed payments need to total \$210.

Ms Karandonis & Mr Maconachie—Year 12 Advisers



Library News

Book club

Our fabulous book club has taken on the task of becoming shadow judges for the Children's Book Council of Australia Book of the Year award. The students will read all 6 books shortlisted for the Younger Readers category. We have started strong and completed our first book The Raven's Song by Zana Fraillon and Bren MacDibble. It has been fantastic to see the students not just engaging with the book, but carefully considering and dissecting the criteria that is used by the judges. As we progress through the list it will be interesting to see how the discussions develop and whether our thoughts and feelings about the titles match up with the official judging panel.



Printing

When assignments are due, our printing services get extremely busy in the library. Printing is available before school, at recess, and lunchtime. We are closed on Thursday recess so students must plan ahead for things due that day.

Printing costs

A4 Black and White = 10c

A4 Colour = 50c

Printing credit can be purchased in \$2 or \$5 vouchers, cash only from the library front desk.

Premier's Reading Challenge

The Challenge is open. Please remind students to add their books to their profiles as they go. They need to read and log 20 books by Friday 18 August. They must read 10 books from the list in the 5-6, 7-9 and 9Plus categories and 10 books of their own choosing.

New Books

We have added a range of new books to our collection over the last term. Our titles include new releases in fiction as well as new titles for our nonfiction collection that align to the curriculum. We also have a range of HSC revision guides that students can borrow. Keep up to date with our new additions on our website http://mackellarlibrary.weebly.com/new- books.

Happy Reading, The Library Team



















CHS Swimming Report

In Week 2, The CHS Swimming Carnival was held over 3 days at Homebush. We had a strong Mackellar representation and we would like to congratulate all competitors. We had a number of students who achieved a place in various races. These include:

- Ciara (12 years) 2nd in the 50m freestyle
- **12 Years 4 x 50m freestyle relay** 2nd (Anika, Amane, Chloe, Ciara) **Hannah** (13 years) 1st in the 50m freestyle, 1st in the 100m freestyle

- 15 Years 4 x 50m freestyle relay 1st (Eryn, Marina, Pipi, Elyse)
 16 Years 4 x 50m freestyle 3rd (Clara, Carys, Izzy, Abby)

 Gemma (MC) 3rd in the 50m freestyle, 1st in the 50m backstroke, 1st in the 100m backstroke, 2nd in the 50m breastroke, 2nd in the 50m butterfly
- All Age 6 x 50m freestyle relay 1st (Ciara, Hannah, Rylee, Elyse, Abby, Rachel)

 Mixed 12 x 50m freestyle relay (with Balgowlah Boys) 1st (Hannah, Elyse, Eryn, Rachel, Carys, Abby)



CANTEEN NEWS



Welcome back to the new Term, we are thrilled that the Canteen received its Certificate from NSW Health which states we meet the requirements for "The NSW Healthy School Canteen Strategy". In the process we have been working with the Department and some small changes have been made for the future. The East Coast Orange and Apple Juice 300ml has been replaced by 250ml Orange and Apple juice in tetra pack size, the 500ml ice coffees currently available will be replaced in the next week or so with a 320ml smaller version to be compliant once the new size is available from the supplier. The Monday nachos has been removed from the menu and unfortunately so has the Chicken Caesar salad; we shall review the option of a new salad for Term 4 that meets the requirements.

What's back and new!

We are stocking a range of breakfast cereals should the girls arrive early to school, \$2 for cereal or \$3 with a cup of milk. Now the mornings are cooler toast is available at \$1 a slice, butter, vegemite or jam options are avialble, along with hot chocolate for \$3 a cup.

Steamed Dim Sims have returned and are proving again to be a popular item for recess.

Look out for the new chicken spaghetti carbonara special on Wednesday and a napolitana sauce with a spinach and ricotta ravioli or beef ravioli option all freshly made in the canteen.

Butter Chicken will be back in the coming weeks once we can stock up on the item in our freezer and a new gluten free option which we know everyone will like.

If anyone is free, even to help prep for lunch and/or serve at lunchtime, from 12.45 to 2pm on a Thursday or Friday during the term, please contact the canteen team at mackellarcanteenroster@gmail.com.

The Canteen Team

UNIFORM SHOP NEWS

Welcome back to school Term 2 2023.

We are happy to announce we are in stock of all items & sizes.

WE HAVE WOOL JUMPERS ON SALE FOR \$49 (no size 14) - less than cost, already selling quickly so please purchase soon so you don't miss out.

Back To School Vouchers can still be used (in shop only) until end June 2023.

A big thank you to those of you who have donated pre-loved school uniforms.

We require help on the following days/times:

15th. 22nd & 29th MAY 9-11.30am or 12-2pm

10th & 24th MAY 12-2pm Wednesday

Please email us if you can help out on any of the above days – much appreciated.

Leigh McPherson & Annette Ryan

uniformshop@mackellarpandc.com





MACKELLAR

TRY SOMETHING NEW AND FUN!

THE MACKELLAR ROWING PROGRAM IS LOOKING FOR NEW RECRUITS

Contact Kieran to try rowing and represent Mackellar Girls in 2023

E:KIERAN.KOBELKE1@DET.NSW.EDU.AU P:0491 032 592



Help learner-drivers become safer drivers

Free online workshop

Wednesday 10 May, 6.30 - 7.45pm



Enquiries: 8495 5014 or roadsafety@northernbeaches.nsw.gov.au













Some electric motorised bicycles known as 'e-bikes' are LEGAL to ride in public in NSW if they comply with certain CONDITIONS.



There are only two types of permitted e-bikes:

- Power-assisted pedal cycles
- Electric power-assisted cycles

BUT they must be designed to be propelled primarily by the rider. They cannot be propelled exclusively by the motor and cannot exceed 25km/h.

Bicycles powered by electric motors are intended only to assist when riding uphill or into a headwind, NOT to be the primary source of propulsion.

Electric powered bicycles which don't comply with these conditions cannot be ridden on roads, or road related areas (such as footpaths shared paths and cycleways) in NSW, except on private land.

Anyone caught riding an illegal electric powered bicycle on a road or road-related area in NSW can face fines starting from \$723

Further information is available at roadsafety.transport.nsw.gov.au







Devices such as electric scooters, skateboards, and hoverboards are ILLEGAL in NSW.

Although a motorised scooter, skateboard, or hoverboard (electric or petrol powered) are considered motor vehicles, they do not satisfy the Australian Design Rules and for this reason, cannot be registered in NSW and are unable to be insured.

These devices cannot be ridden on roads, or road related areas (such as footpaths shared paths and cycleways) in NSW, except on private land.





Anyone caught riding a motorised device on a road or road related area in NSW can face fines starting from \$723

Further information is available at roadsafety.transport.nsw.gov.au



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