

# WHAT, WHEN & WHY

No. 2, Monday 30 March 2015, Term 1



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Hi from the Governing Council,

It has been a busy start to the year with the Annual General Meeting and the Council meetings in the first term. The Governing Council includes parents, students and teachers who are keen to support the school community in the education for the girls at Mitcham Girls High School.

The Council has a number of sub committees that assist in the running of the Council business. They are:

- Finance
- Canteen
- ICT
- Parent Voice
- Physical Resources
- Uniform

Following the AGM we still have a couple of vacancies on the Governing Council that we would be keen to have a parent fill, and we are always keen for more involvement in the sub committees.

This year we will be reviewing the School Vision and the Strategic Directions and we will seek your input. The Physical Resources Committee is looking at upgrading the girls' bathroom on levels 2 and 3, whilst the ICT Committee will be busy developing a plan for the short and medium term.

We are very happy with the uptake of the SRDs (School Recommended Devices) this year and we would like to thank you all for supporting this program. If you have any feedback on this program please direct this to the office or use the Parent Voice email address [mghspv@gmail.com](mailto:mghspv@gmail.com).

I would like to thank all the Council members for their continued support of the school and if you are interested in becoming a member of the Governing Council or one of the sub committees please contact me through the office.

Governing Council Members for 2015: Greg Bowden, Sharyn Bowden, Annie Buchecker, Sharon Hughes, Heath Jackson, Paula Mitchell, David O'Mahoney, Andrew Piggin, Tim O'Loughlin, Sarah Poole and Laura Rodriguez.

**Andrew Piggin** | Chairperson, Governing Council

## OPEN DAY

4th May 2015 | 9-11am | 5-8pm

Principal's address: 9.10am

Evening: 5 & 7.15pm | Tours throughout opening times

The only public, unzoned girls school in South Australia.

## ***From the Principal***

The first term has almost finished. Students have settled extremely well, focusing on their learning and engaging in many co-curriculum activities. Reports will be issued to students on Friday 10 April, at 3:10pm and trust you will be happy with your daughter's progress.

### **Parent/Teacher Interviews**

By now you would have received information about the dates of our Parent/Teacher Interviews and instructions for booking. Based on your feedback from the last two years, we have decided to give parents extended opportunities to meet with teachers. Interview booking times can be booked online at [www.mitchamgirlshs.sa.edu.au](http://www.mitchamgirlshs.sa.edu.au) from Tuesday 7 April at 9:00am and will close on Sunday 26 April at 5:00pm.

Please take note of the following:

- Monday 27 April is a Student Free Day (Teachers will work on curriculum development in the morning)
- Monday 27 April, 1:30-6:30pm, Parent/Teacher Interviews (book online)
- Wednesday 29 April, 3:00-7:00pm, Parent/Teacher Interviews (book online)

We would like to see as many parents as possible on either Monday or Wednesday so that together we can support your daughter to be successful at school. Students are also invited to attend with their parents.

### **International Students – we need your help! Please consider becoming a homestay parent for three weeks**

In late July, probably in the second week of Term 3, we will have approximately 12 students from Japan visiting our school for about 3 weeks. We are keen to have international students in our school so that we can promote Global Citizenship (one of our values), harmony, friendship, understanding and appreciation of different cultures.

International Education Services will provide financial assistance (\$250.00 per week) to families who can accommodate one student in their home. All you need to provide is food, a bed and lots of love. In return you will get lots of appreciation and a rewarding experience as you extend the hand of friendship to someone who wants to learn about our culture.

If you think you can help, please get in touch with Jenni Stewart, Executive Assistant, who will have a discussion with you about the application for the Relevant History Screening (previously known as police check). If interested, please ring Jenni immediately as it takes a long time for applications to be processed.

### **Refurbishment of Old Science Labs and Dance Room**

Work begins this week on the old science labs. We intend to turn them into a large meeting space for students and a temporary room, complete with kitchen amenities, for Year 12 students.

Once this work is finished, work will commence on the current Year 12 Study Room which will become a large, safe and sound proofed dance room. The current dance room is far too small to accommodate the large classes we have at Years 8 and 9.

### **Open Day / Night**

If you know families with young girls in primary school, please support us by encouraging them to attend the Open Day/ Night on Monday 4 May.

Have a wonderful rest and quality time with your family during the school holidays.

***Antoinette Jones***

## ***Middle School News***

### **Naplan Testing**

The annual national assessment NAPLAN will be conducted from 12 to 14 May 2015. All Year 9 students are expected to participate in the NAPLAN tests, as they not only provide data about individual student achievement, but provide detailed information about areas to which teachers may need to pay attention as part of the teaching and learning process. It means that programs can be specifically tailored to support individual students, which in turn works towards individual success and sustained progress. Data is used in a number of ways, all aimed at ensuring that schools are doing their best to work with and for their students.

We strongly encourage all students to undertake the testing, so that individual strengths and weaknesses can be identified.

It is acknowledged, however, that some families may have an objection to the testing on the basis of parental religious beliefs or philosophical objections to testing. If this is the case, a formal notification by the parent/carer must be made, so that adjustments can be made. The school's NAPLAN administrator, Zinta Ozolins, is able to supply the required form, which must be completed and returned by 4 May.

These tests are considered a most valuable tool, so students will be given the opportunity to undertake a catch-up test, should they be absent and miss any of the tests. More information about the process is available at [www.nap.edu.au](http://www.nap.edu.au).

Please support your daughter in ensuring her attendance on the testing days, encourage her to do her best and remember that the data provided by these tests is used to help improve teaching and learning in the school environment.

### **Australian Curriculum and Reporting**

Please be aware that under the Australian Curriculum, what is taught and the way achievement is recorded and reported will change.

This term, the English, HASS, Maths and Science faculties have implemented the new assessment and reporting process and it is possible that for some students the grade they receive is not consistent with grades they have received in the past.

Generally, students must achieve a certain standard at each year level and the following grading standards apply:

- C indicates that students are demonstrating successful and appropriate achievement of the standard;
- B indicates good achievement, above the standard;
- A indicates excellent achievement, well above the standard;
- D indicates achievement below the standard, and/or non-submission of work;
- E indicates achievement well below the standard, and non-submission of work.

At the beginning of a teaching period, the assigned grade is an indication of progress rather than a final standard. Australian Curriculum outlines and achievement standards can be accessed through the Australian Curriculum website [www.australiancurriculum.edu.au/](http://www.australiancurriculum.edu.au/).

More detailed information regarding school practice will be provided with your daughter's end of term report.

**Zinta Ozolins** | Assistant Principal Middle School

### **Year 8 Parent Barbecue Evening**

We have been very fortunate to have had such pleasant weather conditions for the many events held so far this term and the Year 8 Parent Barbecue Evening on 25 February was no exception. It was a perfect evening for enjoying a relaxed meal under the pavilion in the grounds of Mitcham Girls High School and thanks must go to the many staff and parents who attended and helped make the evening such a success. This was a great opportunity for parents to meet each other, as well as having the opportunity to meet teachers in a less formal context.

Special thanks must also go to Mr John Ziesing who gave up his time to cook the barbecue (and persevered through a depleted gas bottle situation) and the canteen staff who prepared the wonderful salads.

### **Year 8 Camp**

Building a congenial and supportive environment is paramount to ensuring success at Mitcham Girls and the recent Year 8 camp at Walker Flat provided a perfect opportunity to establish friendships and build self-confidence. Ankara Camping Ground is located in an idyllic riverfront location and the warm sunny weather experienced during week 3 of Term 1 guaranteed a fantastic and fun-filled stay.

Students from Care Groups 8.05 and 8.08 attended the first camp from Monday to Wednesday and this was followed by students from 8.06, 8.07 and 8.09 who attended the second camp. Students were involved in a range of fun team-building activities offered by the Active Education staff as well as having the opportunity to go swimming, kayaking and orienteering. The water sports proved to be very popular given the warm, but near-perfect conditions.

Both camps were a huge success and this was in part due to the much appreciated support from the Peer Leaders and many staff who attended the camps and also assisted in the preparation and organisation.

**Dana Thomas** | Year 8 Manager

## ***Sports News***

### **Interschool Swimming**

During our own school Swimming Carnival we selected and presented the Interschool Swimming Team to the school. Five days later we were competing at the State Aquatic Centre against eight other schools from around the state. Mitcham students swam in every event in the program with some excellent individual results and even more importantly, a great sense of perseverance in completing all events and working together as a team. Our students made sure that they completed all relays and this resulted in Mitcham winning the F Division. This result means the school will be promoted to E Grade in 2016.

Our Stage 2 representatives, Nicola Sulley-Beales and Demi Sharp, accepted the winning plaque on behalf of the team.

Many thanks to Wendy Green, Amanda Nixon and Martina Giurella for assisting with timekeeping, as well as Ms Parsons, Ms Carpenter and Ms Howlett for their support in preparation for the competition, as well as at the Carnival itself.

Congratulations to all girls who were selected to represent the school: Skylah Armfield, Martina Giurella, Amelia Green, Izzy Green, Skye Hartman-Kearns, Caitlin Hayes, Chloe Hayward-Wheeler, Jasmine Hemer, Lottie Hewett, Laura Kneipp, Jaymee Langrehr, Tori McDonald, Ella Nixon-Dores, Caitlin Preece, Abbey Raynor, Jessica Rokkas, Clara Schwerak, Demi Sharp, Nicola Sulley-Beales, Georgia Tucker, Jess Tuckwell, Jade Veitch, Maddy Williams.

**Georgina Sulley-Beales** | Sports Assistant

Special congratulations to the following place getters:

Skylah Armfield	3rd	U14 50m Backstroke Div 3
Martina Giurelli	3rd	U15 50m Breaststroke Div 2
Amelia Green	1st	U14 4x50m Freestyle
	2nd	U14 50m Backstroke Div 2
Izzy Green	1st	Open 50m Freestyle Div 2
	2nd	Open 50m Backstroke Div 2
Caitlin Hayes	2nd	U15 4x50m Freestyle
	2nd	U15 50m Freestyle Div 2
Jasmine Hemer	2nd	U15 4x50m Freestyle
	2nd	U16 50m Freestyle Div 3
Laura Kneipp	2nd	U15 50m Freestyle Div 3
Jaymee Langrehr	3rd	Open 4x50m Medley
Tori McDonald	2nd	U15 4x50m Freestyle
	3rd	U16 50m Freestyle Div 2
Ella Nixon-Dores	2nd	U14 50m Breaststroke Div 1
	2nd	U16 50m Breaststroke Div 2
Caitlin Preece	2nd	Open 50m Freestyle Div 3
Jessica Rokkas	1st	Open 50m Butterfly Div 1
	1st	U14 4x50m Freestyle
	2nd	Open 100m Freestyle Div 1
	2nd	U14 50m Backstroke Div 1
	3rd	Open 4x50m Medley
Demi Sharp	2nd	Open 50m Breaststroke Div 2
	3rd	Open 4x50m Medley
Nicola Sulley-Beales	3rd	Open 4x50m Medley
	3rd	Open 50 Backstroke Div 1
Georgia Tucker	1st	U14 4x50m Freestyle
Jade Veitch	1st	U14 4x50m Freestyle
Maddy Williams	2nd	U15 4x50m Freestyle



# ***Congratulations MITCHELL !***

The annual Mitcham Girls High School Sports Day was held on Friday 27 March and was once again a day of bright and creative outfits and closely fought events.

The scores were extremely close all day as the Houses battled it out in team sports, novelty events and running races. An exciting new addition to the Sports Day program was the Fastest Girl at Mitcham 80m sprint, which was run across all year levels. Individuals had to win their way through to the final with heats during the week, with nine people making each final.

Congratulations to the following girls who were the Champions and Runners Up in each race:

	<b>Champion</b>	<b>Runners Up</b>
Year 8	Shannon Haslam (Fraser)	Hollie Wright (Spence)
Year 9	Jess Rokkas (Fraser)	Olive Guthleben (Fraser)
Year 10/11	Miki Harmston (Fraser)	Rebecca Stevens (Fraser)
Year 12	Demi Sharp (Mitchell)	Nicola Sulley-Beales (Mitchell)

When all events were completed, only 13 points separated 1st from 2nd in the overall Sports Day Championship.

	<b>1st</b>	<b>2nd</b>	<b>3rd</b>
<b>Junior</b>	Mitchell 881	Fraser 760	Spence 744
<b>Senior</b>	Spence 1171	Mitchell 1047	Fraser 1043
<b>OVERALL</b>	<b>MITCHELL 1928</b>	<b>SPENCE 1915</b>	<b>FRASER 1803</b>

Congratulations to Mitchell, who won their first school carnival since 2011. Further congratulations go to the House Captains: Nicola Sulley-Beales, Karina Moore, Abbie Aylett, Cecilia Ronson, Holly Castle, Freshta Mohammed and Amy Skingsley for their hard work, enthusiasm and support.

**Georgina Sulley-Beales** | Sports Assistant



## ***Science News***

Students from all year levels are encouraged to participate in the following competitions:

### **BIG Science**

The Big Science Competition is a one-hour online competition of 30 multiple-choice questions and will be held at school on Tuesday 26 May. The competition challenges students to think critically and solve scientific problems using everyday examples. The questions are aligned to the Australian Curriculum - Science. The competition is an international competition for secondary students. There are three competition levels based on the Australian school years:

<b>Competition level</b>	<b>Australian school year</b>
Junior	7 and 8
Intermediate	9 and 10
Senior	11 and 12

Everyone who takes part in the Big Science Competition, regardless of their performance, goes in a draw to win iTunes and movie vouchers.

All students receive a certificate that recognises their achievement and a report detailing their performance. The results show students how they are performing against others in the competition. The top performers may be invited to take part in the Australian Science Olympiad Competition or the Asian Science Camp.

The competition tests problem solving and critical thinking skills which are really valuable for all school subjects, particularly senior science.

Cost: \$7.70 (incl GST). Payment can be made to the Finance Office no later than 8 May 2015.

### **OLIPHANT Science Competition: Years 8-12**

All Year 8 and 9 students will be involved in this competition as part of their assessment for Term 2. All other year levels are encouraged to participate as an enrichment activity. The best entries will then be submitted to compete in the state competition later this year and could win some great prizes.

Students can choose to demonstrate their scientific understanding in many different formats including; posters, photography, games, multimedia, computing and robotics, crystals, models, inquiry experiments and essay writing.

Further details are available from their science teachers and the SASTA website  
<http://www.oliphantscienceawards.com.au/>.

**Helen Marussinszky** | Science Coordinator

## ***Counsellor News***

### **Bully Zero Australia**

On Thursday 12 March Mitcham Girls High School was invited to attend the South Australian launch of Bully Zero Australia - a Foundation dedicated to raising awareness of bullying and its devastating consequences through schools, workplaces, sporting clubs and community groups.

Already established in Victoria, they also have a 24/7 Helpline (1800 028 559). Ms Julie Clifton (the South Australian President) has a close link with Mitcham Girls as a Case Manager with Workskil Australia.

The launch was attended by Mr Steven Marshall MP (Leader of the Opposition), Mr Corey Winguard MP (Member for Mitchell) and many others concerned about bullying and wishing a "Safer Nation for Every Generation".

**Jill Olifent** | Student Counsellor and VET Co-ordinator

## **Senior School News**

### **SACE Day**

Year 12 students attended SACE Day back in February where Kirrilie Smout from Developing Minds Psychology and Education was a keynote speaker. All Year 12 students have since received an email from Kirrilie which is summarised below.

*My name is Kirrilie Smout and I am a clinical psychologist who works with teenagers. I am from Developing Minds and we are working with the school this year to help the students achieve their best results.*

*This month we spoke to the students about how they might be able to motivate themselves to study, regularly complete homework and stay organised. We talked about research which shows that “IQ” is only responsible for a small part of success at school. In other words, it doesn’t much matter how smart you are. What matters more is what you do during the year. We also talked with the students about how they might motivate themselves to regularly work on study.*

*Some of the most important strategies included: 1) using written lists and visual reminders rather than relying on their memory for knowing what they have to do; 2) setting up habits and systems to get things done (link an action with some kind of trigger – a time or place or activity) and 3) doing shorter focused periods of homework/study rather than longer periods where they were being constantly distracted by phones/social networking. We suggested they do this by putting phones across the room for 15 minute periods, closing programs and using software to limit access to programs – all for short periods of time.*

*We also discussed using mini rewards and punishments for themselves to increase motivation, using “chunking” (starting with a small, easy step, or trying to study in short periods rather than wait until a long extended period of time) and motivating ourselves to start by imagining what it will feel like to do well or to be disappointed in ourselves.*

*It was great to work with the students. We have encouraged them to email us with any questions and we will see them next term to talk about revision strategies.*

*Please feel free to contact me anytime if you have any questions as a parent. If you would like some more support in helping your student through senior school then there are a range of free articles on my website: [www.developingminds.net.au](http://www.developingminds.net.au) or you can access them via our facebook page Developing Minds Psychology and Education.*

*Kirrilie Smout*

Kirrilie Smout is a clinical psychologist and owner of Developing Minds Psychology. She counsels teens facing challenges in their life and presents psychological wellness and study skills seminars to teachers, parents and students in schools across Australia.

For more information go to [www.developingminds.net.au](http://www.developingminds.net.au).



## ***Library News***

It's all go in the Library for Term 1. In the first three weeks alone, around 1,700 books were issued from the Block Book Room, along with musical instruments and sports tops, plus about 570 Library books. Approximately 345 items have been added to the Library database. We have created displays for Valentine's Day, International Women's Day and Harmony Day. We also welcome Ms Shelley Alexander to the Library team this year.

One of the concepts we emphasise in the Library is respect for property. You can encourage your daughter to take care of library and text books by:

- Keeping school books in a safe spot in your home where they can easily be found
- Keeping pets and younger brothers and sisters away from your daughter's books
- Keeping food and drinks away from books
- Carrying either books or water bottles in a plastic bag in the school bag to avoid leaking bottles
- Ensuring food and drink are not stored on top of books in lockers

If a book is accidentally damaged, please do not attempt any repairs. Have your daughter bring the item to the library staff so that the repairs can be made using the correct materials. If the item is unrepairable/damaged to the point that it cannot be lent again, payment will be required to replace the book. All resources borrowed last year should have been returned or paid for by now so that these resources are available for borrowing again this year.

The Premier's Reading Challenge is underway for all year levels. Year 8 and 9 students will complete the Challenge through their English teacher - four books from the PRC list and eight free choice. Year 10 to 12 students can pick up a form from the Library - all twelve books are free choice. Students need to read books appropriate to their reading ability, which can include books in another language and texts used for research. Girls can also 'Rate a Read', by reviewing the books that they are reading and send it in to the website. There is a book prize to win every month. There is also a student blog section to post and share thoughts about the Challenge and books. Girls can also see what other students are reading, by looking on the booklist at the Top 10 Likes for each reading level.

Due to the success of last year's 'blind dates', the Library celebrated Valentine's Day with a sea of red ribbons, balloons and books. Students had the opportunity to take home a 'blind date' by borrowing a gift wrapped book, not knowing what was inside. Hidden inside were vouchers as special little treats. Around 70 'blind dates' were selected, and while some readers didn't find their perfect match the first time, quite a few were surprised at how much they enjoyed a book they wouldn't normally choose. We hope it also gave the Year 8s a chance to get to know the Library a little better.

**Deborah Dodd, Shelley Alexander, Kathy Tripodi | Library Staff**



## ***Whole School News***

### **Simpson Prize 2015**

In Term 4, Year 9 HASS 2014 were tasked with writing an essay on WWI (yes, we collectively groaned) as our final assessment piece. I'm not complaining though; I never knew what could come out of writing an essay until this happened.

Ms Ivey said it was part of a competition called the Simpson Prize. The essay question was "To what extent did Australians enlist in 1914 to defend the 'Mother Country'?" and it took me a solid week of research to actually decipher what that meant. To be honest I wasn't really in the mindset to win the prize; I just wanted a good grade.

I got an A+, which I was stoked about, but I also ended up winning an actual prize. I didn't expect it at all, but we were informed in the last week of the holidays that I'd come runner-up in South Australia. There were 16 students in total on a trip to Canberra, a winner and runner up from each state and territory. We went to Canberra for 2 days and those two days ended up being some of the most fulfilling I've spent. Both old and new Parliament Houses, with a strong focus on the latter, were mouth-watering in their simple grandness. The National Archives were – and I realise I'm using several superlatives, but really that's the only way to put it – breathtaking, especially since we got the honour of studying original WWI documents (enlistment forms and so on). The real highlight of the trip was getting to spend time at the War Memorial (where the runners up were also granted the honour of laying a wreath in front of the eternal flame), and listening to the Director of the AWM, Brendan Nelson, speak.

On that note of brilliance, a massive thank you to Ms Ivey and Ms Tomlian for their support both during and after the essay writing process, and for constantly encouraging a love of history within all of us. Also to Ms Jones, who supports all of us in achieving our personal best. I couldn't have done it without you.

Excerpt from my essay

"...Lance Corporal F.C. Mulvey's letter (Source 4, Simpson Prize) demonstrates this contrast very well. The first sentence of his letter is, "I know no more than that I have sworn 'to obey the King's commands and fight his enemies wherever I am required,'" displaying a clear devotion to the empire. But he also says: 'I feel convinced in my own mind that being suited in physique and occupation and being prompted by a sense of duty and spirit of adventure I can hardly do anything else but volunteer.'

The words "a sense of duty" and "spirit of adventure" go hand in hand. The main, recurring idea to be noted is that it [enlistment] was not just an honourable venture, with the sole purpose of securing imperial victory."

**Hibra Shujaat | 10.45**

### **Harmony Day**

The week leading up to Harmony Day on Saturday 21 March, saw a range of activities at Mitcham Girls to acknowledge and demonstrate the values that underpin the day. The canteen again provided food from a different country on each day of the week. Care Groups took part in a general knowledge quiz based on various countries and cultures. After much discussion each morning, and a real competitive spirit emerging, the winning group was 10.43. On Friday the school presented a festive mood, adorned with orange ribbons, crepe paper and flags. A video played throughout the day, showing the huge range and diversity of our student population.



Appreciation, friendship and thankfulness were emphasized over and over again, for the wonderfully complex and rich fabric of our Australian society. The week reflected our school values of Respect, Excellence and Global Citizenship in a fun, interesting and harmonious way.

As part of the Harmony Day celebrations, a group of Mitcham Girls students participated in a dance performance held at lunch time. Groups of students performed traditional dances in the gym to showcase the music and movements from a particular culture. It was a wonderful display of costume and choreography that clearly demonstrated the dedication they showed in giving up most of their lunch times each day for three weeks. With a huge audience enjoying the display, it all ended with a modern funk dance exhibition that included many of the audience in its exuberant finale.

Celine Phang  
Thithi Ngo  
Charlie Brown  
Emily Ritson  
Cecilia Ronson  
Caitlin McNamara

Jenny Quach  
Subin Kim  
Masoumma Hussaini  
Brianna Mackay  
Roza-Marie Muja  
Clara Schwerak

Daryl Cabaya  
Marvy Ogbeide  
Alaa Salim  
Rebecca Cid  
Suraiya Baldwin  
Jean Schwerak

Judy Tang  
Hiru Matarage  
Azalia Tambunan  
Zoe Panteladis  
Brianna McTier



Thanks must also go to Ms Swan and her Dance classes for adding to the event with an invigorating finale that provided an opportunity for everyone to share in the experience. A big thank you to Mr Elliott for rallying the troops each day and to the 23 students who performed brilliantly.

**Maria Ivey and Dana Thomas** | Harmony Day Committee

### **International Women's Day**

As is customary at Mitcham Girls High School, a number of events occurred in order to celebrate International Women's Day on 6 March. The school had a festive atmosphere as the colours green, white and purple featured on trees, fences, as ribbons and balloons. A small group of staff and members of the SRC attended the very early IWD Breakfast at the Adelaide Convention Centre, hosted by Penny Wong, whilst the rest of the school community were offered a special breakfast menu through the Canteen.

A highlight was the Assembly, organised by the IWD Celebration Committee, and hosted by the SRC. We welcomed special guests: Nat Cook (Old Scholar and Member for Fisher); singer Liv Watson – who performed a song specifically written for the day; and Ifrah Warsame. Students from the Women's Studies class had prepared an informative presentation, whilst the choir, conducted by Tara Gladigau and accompanied by Deb Dodd, sang "Change Your Life."

Overall, a celebration of women's achievement, but also an acknowledgement of what still needs to be done.

**Zinta Ozolins** | IWD Celebration Committee

### **Passport to Learning/Volunteering**

At the end of 2014 Mitcham Girls High School entered into a partnership with the University of Adelaide, which aims to recognize and validate learning occurring outside the classroom. Students are encouraged to purchase a Passport from the Finance Office (\$25.00) and begin recording activities where self-managed learning or volunteering is undertaken.

In the school setting this could mean: Debating, SRC, canteen, sports teams, dance performance, service to the front office, Primary School Visits and so on. Outside school activities include: coaching, sports teams and a wide range of activities which are either organized by the University or identified Learning Destinations. These are found at <http://www.childrensuniversity.com>.

Our first graduation is scheduled for Tuesday 23 June, at the University. Successful graduates enjoy a very dignified ceremony, wear the black-robe and mortar, receive a certificate, and celebrate their achievement. We look forward to our small pilot group growing rapidly in the next couple of months.

**Zinta Ozolins** | Assistant Principal Middle School

### **VGen 2015**

On Saturday 7 March Tarmia Klass, Kelsey Jones, Iona Black and myself attended a Vision Generation training day at the World Vision headquarters in Flinders Street. There we met other likeminded people of the same age from high-schools all around South Australia. We also had the opportunity to meet our school mentor Emily Hart. Emily is with us to inspire and connect with the VGen team and the wider student body.

VGen is a group of young people who are interested in the same thing, equality for all, no matter where you were born or what your background. We believe that every child should have the right to an education, whether they come from Tunisia, Australia or Japan. We believe that there should be an increase in the foreign aid budget, because as a country with ample opportunities, we should share it with the world.

At the event there were speakers who told us about their own personal journeys and what led them to join the fight and take action for those around the world. This was of great use to us, as we learnt how to inspire others through personal stories and experiences. We also learnt about upcoming campaigns and how to develop our skills further so we can connect with audiences of all ages when giving speeches and talking.

This year at Mitcham our group, which meets once a week, has the goal to help improve the lives of others, no matter who they are.

A number of us look forward to attending a leadership convention in June, where we will learn about other World Vision initiatives, in particular The 40 Hour Famine, which raises millions of dollars every year to help those in need in developing countries.

**Sarah Sammut** | 11.30

### **2015 Materials and Services Charge**

Thank you to all our parents who have either paid or arranged payment options for their daughter's 2015 school fees. This is a reminder that the Materials and Services Charge is to be paid in full by Friday 10 April 2015. Payments can be made to the school direct by either Bizgate online or credit card over the phone.

Parents/Caregivers requiring the option of paying by instalments, due to genuine financial hardship, need to register and sign the appropriate form available from the Finance Office. Arrangements need to be made within 30 days of receipt of invoice. Instalment payments must be made fortnightly or monthly.

If you have any questions regarding your daughter's Materials and Services Charge please contact the Finance Office.

**Sue King** | Finance Manager



## **Parent Forum Meeting**

At the Parent Forum Meeting in week 5 the Senior School team discussed 6 key areas which are important for a successful school year.

### **Eating** – What can we do?

#### School

- Ensure the school canteen provides nutritious, cost effective options for recess and lunch
- Year 8, 9 and 10 students participate in compulsory health classes.
- Year 12 students are provided with a fridge and a kitchen which can be used to bring or prepare food for school time
- Visually monitor students' health and report any possible issues to parents and counsellors

#### Parents

- Ensure there are easy, healthy breakfast items in the pantry, fridge or freezer
- Ensure students have regular meals each day
- Ensure energy drinks are not used as meal replacements
- Ensure students drink water
- Ensure healthy options are provided for home meals and snacks
- Use dinner time as enjoyable family discussion time
- Ensure children don't eat highly processed, overly sweet or caffeinated food or drinks before bed
- Keep an eye on children's health and weight

### **Stress** – What can we do?

#### School

- Provide a supportive learning environment
- Monitor progress and put measures in place to discuss poor results
- Ensure students know the process for negotiating deadlines if necessary
- Provide course counselling, vocational counselling and personal counselling as required
- Refer students to other outside agencies for additional support
- Provide alternative pathways where traditional schooling and/or subjects are not working
- Provide a clear process to report bullying and harassment and follow up each report
- Communicate with parents

#### Parents

- Ensure students adhere to plans and schedules
- Encourage some down time and a good work life balance
- Be on the look out for the signs of stress in your daughter
- Communicate. Talk about school and school work. Ask questions, read the diary and notices, ask about friends, relationships, teachers, subjects, offer help where you can
- Praise successes and encourage discussion about failures and how to move forward
- Use dinner time to talk about issues
- Support as much as you can but encourage the student to increasingly take responsibility for their learning and decision making
- Communicate with the school. Let us know!

### **Absence Rates** – What can we do?

#### School

- Ensure students feel safe and engage in a challenging curriculum
- Follow up absences and late arrival
- Ensure we develop good relationships
- Reward perfect attendance
- Make the links between attendance and success

### **Absence Rates** – What can we do?

#### Parents

- Please ensure your contact details are up to date
- Ensure students attend school every day
- Ensure absences only occur if absolutely necessary
- Don't let students have days off for birthdays
- Ensure diary notes are written explaining absences
- Organise holidays outside school time
- Encourage students to catch up on work missed
- Encourage students to be involved in a range of school activities and whole school events
- Contact Year Level Leaders or Counsellors early to assist with issues

### **Exercise** – What can we do?

#### School

- Ensure students have access to sports equipment and facilities at lunchtimes
- Offer Physical Education subjects at each year level
- Offer a wide range of extra curricula activities - sports teams, fitness activities (EFM), dance, aerobics, swimming (pool)
- Encourage maximum involvement in whole school sporting activities like Swimming Carnival and Sports Day

#### Parents

- Ensure students do at least 30 minutes exercise a day
- Encourage students to put exercise into their daily routines e.g. walk the dog, walk to the bus stop etc.
- Do family activities that involve exercise
- Be a good role model and/or find time to exercise together
- Encourage participation in team sports
- Being clear that playing "sport" on the X-Box is not participating in sport
- Find alternatives on cold, wet, wintery days

### **Sleep** – What can we do?

#### School

- Ensure teachers set realistic homework tasks
- Ensure teachers monitor progress of long assessment tasks through regular checks
- Ensure student counsellors monitor students with sleep related issues

#### Parents

- Work together with students to establish sleep routine
- Ensure sleep patterns are maintained on weekends and in school holidays
- Ensure appropriate access to technology at bed time
- Communicate with the school for sleep related issues
- Seek advice from professionals if sleep issues persist

### **Technology** – What can we do?

#### School

- Provide technology to enhance learning
- Provide a safe technological environment through filters, firewalls, anti-virus software
- Implement the Code of Conduct in particular the Cybersafety Policy
- Deal with issues of bullying and harassment swiftly and effectively
- Educate students on ways to use technology effectively
- Educate students to be critical users of the Internet

## **Technology** – What can we do?

### Parents

- Provide access to suitable technology for the purpose of learning
- Monitor use of technology
- Install filters on home computers networks
- Monitor the hours technology is used
- Use public spaces in the home for technology use
- Manage phone and computer use at night
- Monitor and be a “shoulder friend” to social media sites

### **SACE Art Show**

Congratulations to former student, Paige Mahlburg, who has been selected to have her artwork displayed at the SACE Art Show 2015. Paige is exhibiting ‘Manufactured Distinction’ - a giant and intricate sculpture of a hand, made from different pieces of cutlery. Her work is among about 150 pieces, including traditional paintings and drawings, sculptures, jewellery, costumes and multimedia works, being showcased at Light Square Gallery in Adelaide until 29 April.



The SACE Art Show is free and displays selected art and design work created by Year 12 students who completed their Visual Arts – Art, and Visual Arts – Design subjects last year. The Show is designed to inspire and encourage current and future SACE Art and Design students and raise awareness about how these subjects can be used as stepping stones to higher education and career pathways.

For the first time in the Show’s 33-year history, visitors will have an opportunity to win a prize worth \$500 by simply voting for their favourite piece through the new Community Award, sponsored by Credit Union SA. Also, a “Meet the Artists” afternoon will be held on Saturday 11 April to enable visitors to get a greater insight into the creative processes and inspiration behind a number of the works.

Visit the SACE website <https://www.sace.sa.edu.au/news/events/sace-art-show> for more information.

### **Entertainment Book**

The Entertainment™ Book is one of our favourite fundraisers at Mitcham Girls High School. Last year we raised \$910. This year we want to do even better! We are raising money for student amenities and our goal is \$1,400. The Books sell for \$65, and we keep \$13 for every one we sell.

The Entertainment™ Book gives you access to thousands of up to 50% off and 2-for-1 offers for Adelaide’s best restaurants, cafés, attractions and theme parks. Plus it has best in market prices for over 1,500 hotels and resorts that you can use whenever you like until 1st June 2016.

And it’s not just the fun stuff... You can also get 5% off on your groceries and petrol all year with WISH eVouchers sent directly to your phone, and this year 10% off at David Jones!

The Entertainment™ Books are available as a Book (with a gold card and vouchers) or as a Digital Membership that puts all the offers on your smartphone to redeem at the touch of a button.

Year 8 and 9: Books will be distributed to all Year 8 and 9 students on Thursday 30 April in a personalised envelope labelled with the student’s name.

Year 10, 11 and 12: Books will be available at the Finance Office or online.

Pre-order by 1 May to be among the first to receive yours and enjoy \$160 in Early Bird Offers that you can use straight away (subject to availability). Order online at [www.entbook.com.au/161m056](http://www.entbook.com.au/161m056).

## ***Community News***

### **Class of '85**

Attention Class of '85! We are having our 30 Year Reunion on Saturday 18 April 2015 at The Rob Roy Hotel on Halifax Street, Adelaide, starting at 7:00pm. Partners are welcome and there is a cost of \$35 per person. This covers use of the Lounge Bar and a Cocktail Dinner. Drinks are extra and pay as you go!

If you are keen to join us and want more information, please send an email to [julesk@adam.com.au](mailto:julesk@adam.com.au).

### **Adelaide Eisteddfod Performance Opportunities**

The Adelaide Eisteddfod is a unique arena where you can test your skills against other competitors and gain valuable performance opportunities and feedback from well regarded adjudicators.

Sections include the Choral Division, Speech Drama and Communication; Piano; Strings; Guitar; Recorder; Woodwind; Brass; Flute; Vocal; Ensemble and Concerto. There are many valuable prizes to be won in each division. In Speech and Drama, the Most Outstanding Competitor can win a TAFTA Screen Workshop valued at \$350. In the Strings Division, there's a brand new Violin up for grabs worth \$5,500 for the Most Outstanding Performer. Of course, there are so many more valuable prizes (too many to list!)

Entries are now open via STARDOM, [www.stardom.com.au](http://www.stardom.com.au). Entries close Friday 10 April 2015 for all divisions. For more information phone 8366 6531.

### **Does Your Child Have a Problem with Sleep?**

The team of Psychologists at SOMNIA is providing treatment for the following:

- difficulty falling asleep
- waking in the night
- trouble waking up or getting out of bed in the morning
- often sleeping in parent's bed/room
- and more...

Medicare rebates available. For more information please contact: 0415 977 784 or [www.somnia.com.au](http://www.somnia.com.au).

## ***Diary Dates***

<b>April</b>	Friday 3	Easter - Public Holiday	
	Monday 6	Easter - Public Holiday	
	Friday 10	End of Term 1 Reports distributed	3:10pm
	Monday 27	Term 2 Begins	
	Monday 27	Student Free Day	
	Monday 27	Parent / Teacher Interviews	1:30 - 6:30pm
	Wednesday 29	Parent / Teacher Interviews	3:00 - 7:00pm
	<b>May</b>	Monday 4	Open Day / Night
Wednesday 6 -Friday 8		Year 9 Camp	
Monday 11 May		Governing Council	7:00pm
Tuesday 26		Principal's Tour	9:15am
<b>June</b>		Tuesday 2	Music Showcase
	Thursday 4	Principal's Tour	9:15am
	Monday 8	Public Holiday: Queen's Birthday	
	Tuesday 9	Student Free Day	
	Monday 15 - Friday 19	Years 10 & 11 Exam Week	
	Monday 15	Governing Council	7:00pm
<b>July</b>	Friday 3	Year 11 Reflection Day	
		End of Term 2 Reports distributed	3:10pm