Girls Online
As you would be aware, as part of our wellbeing programs, the school engaged Melinda Tankard Reist to run workshops with all of our students. The workshops were tailored to suit the maturity levels of the students, and presentations for each year level were moderated accordingly. In her conversations with the students, Melinda tried to unpack some of the issues associated with the following topics:

- Chat rooms
- Cyber-bullying
- Online predators
- Pedafiles
- Sexualisation of girls in the media
- Wellbeing
- Mental health

During these conversations, the students showed maturity beyond their years. They participated well; they were honest and they showed real understanding of all issues covered.

Almost all of them confessed to being exposed to unwanted and unsolicited material as they inhabit social media platforms (Facebook, Tumblr, Instagram, Ask.fm, Myspace, etc).

Our job as parents and educators is to guide our young people on how to deal with social media and encourage them to talk to trusted adults, preferably their parents, every time they come across disturbing messages or pictures.

Many students also reported leaving their mobile phones on at night and responding to messages at any time of the night.

Some students also reported that they had the freedom to be online for 6 or 7 hours each night. Of course, each family has its own rules in place. However, may I urge you to please consider asking your daughters to turn their phones off at a certain time at night so that they can have some un-interrupted sleep? Secondly, it is really important that young people are protected from the deceptive and cruel behaviour that is infiltrating our homes through the Internet and social media. Once again, if at all possible, ensure that you monitor the sites your children frequent. Having the computer in a public space, rather than in the bedroom, may be useful.

Given that 90% of our students attended Melinda’s workshops, it may be the appropriate time for you to start a conversation with your daughter about the unwanted and unsolicited requests encountered and how best to deal with them.

Antoinette Jones
**Governing Council Corner**

The AGM of the Governing Council was held on Monday 3 March.

At the AGM, the Annual Report was presented and the Principal outlined some of the major achievements from the Site Improvement Plan 2013. The Annual Report appears on the school's website for those parents who are keen to read it.

Below are the names of the members of the Governing Council for 2014 and the names of parents and staff who have joined various sub-committees of the Council:

Members: Greg Bowden, Sharyn Bowden, Annie Buchecker, Sharon Hughes, Paula Mitchell, David O’Mahoney, Andrew Piggin, Tim O’Loughlin, Sarah Poole, Laura Rodriguez, Grazyna Sciezka, Jacek Sciezka, Jenni Stewart

Chairperson Andrew Piggin
Vice Chairperson Greg Bowden
Secretary Jenni Stewart
Treasurer Andrew Piggin
Staff Reps Tony Sims, Colleen Tomlian, Mike Elliott
Canteen Zinta Ozolins, Sharon Hughes
Finance Andrew Piggin, Tony Sims, Margaret Clarke, Antoinette Jones, Sue King
Fundraising Paula Mitchell, Sarah Poole, Tim O’Loughlin
Parent Voice David O’Mahoney, Paula Mitchell, Antoinette Jones
Physical Resources Annie Buchecker, Laura Rodriguez, Antoinette Jones
Uniform Tony Sims, Sharon Hughes

Please be aware that you do not need to be elected to the Governing Council to join a sub-committee. If you are interested in any of the sub-committees please email Jenni Stewart at jennifer.stewart490@schools.sa.edu.au.

*Antoinette Jones*

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**2014 Materials and Services Charge**

Thank you to all our parents who have either paid or arranged payment options for their daughter’s 2014 school fees. This is a reminder that the Materials & Services Charge is to be paid in full by the end of Term 2, 2014. 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*

*Business Manager*
Sports News

Year 8 House Captains
Elections for Year 8 House Captains took place on the Year 8 camps in week 3, with one captain from each House being elected on each camp. Congratulations to the following girls who have been selected to lead their House for 2014.

Mitchell
Holly Castle (8.07) Cecilia Ronson (8.08)
Spence
Amber Dodd Mobius (8.07) Martina Guirelli (8.08)
Fraser
Nikki Kies (8.06) Jessica Rokkas (8.08)

Open Knockout Netball Team
During weeks 5 and 6 trials were held for the 2014 MGHS Open Knockout Netball Team. The final team was selected and will compete in the Term 2 SA knockout competition. Members of the team are Bianca Davey, Suzie Quinsey, Danielle Green, Nicola Sulley-Beales, Mikaela Harmston, Kaitlyn Tucker, Amy Skingsley, Cecilia Ronson, Ashleigh Beales and Holly Reeves.

Congratulations
Congratulations to Nicola Sulley-Beales who was awarded a 2013/14 Associate SASI Netball Scholarship and was selected in the 2014 South Australian U/17 State Netball team.

Sports Day
This year’s Sports Day will be held on Friday 4 April from 9:00am - 3:15pm. Parents are welcome to join us for this day. A program of events can be viewed on the home page of the school website.
Sports News (cont.)

Swimming Carnival

Spence Breaks 5 year Trophy Drought!

The last time Spence lifted the trophy at Swimming Carnival was in 2008, but this drought came to an end on 19 March as they stormed to a 98 point victory in the annual Swimming Carnival.

Even before the bell had rung to signal the start of the day, Spence was eager to impress and started arriving at 7:15am. When the carnival began Mitchell, Spence and Fraser soon became locked in a tense battle both in the pool and on the side-lines as each team attempted to drown each other out with continuous chanting. Races were close all day and highlights included the colourful crocodile relays and a dead heat for 1st in the Open Butterfly. Despite back-to-back demotions to last place in the Year 8 and 9 life jacket relays, Spence soon built an unassailable lead that saw them 70 points ahead at lunch.

Many would be aware that the school is celebrating 50 years of girls’ education in 2014 and this was celebrated at the start of the afternoon’s program with an Old Scholars race. Amanda Carne (Class of ’86), Vicki Neindorf (Class of ’81) and Bianca Payne (Class of 2010) raced off over 50 metres. Amanda came 1st and broke the school’s Open 50m butterfly record in the process.

The battle for second was wide open between Mitchell and Fraser and came right down to the last race of the day; the Year 12 4 x 25m freestyle relay. With Fraser failing to field a team in the event, Mitchell raced home to second position.

Junior | Senior | Overall
--- | --- | ---
1st | Spence 279 | Spence 289 | Spence 568
2nd | Fraser 224 | Mitchell 261 | Mitchell 470
3rd | Mitchell 209 | Fraser 206 | Fraser 455

Over the day, individuals competed in the 50m Championship events to not only gain points for their House, but also for the Year Level Swimming Championships. Congratulations to the following swimmers:

Year 8 | Champion | Maeghan Evans (Spence)
Runner Up | Jessica Rokkas (Fraser)
Year 9 | Champion | Deanna Norman (Fraser)
Runner Up | Olivia Harnett (Spence)
Year 10/11 | Champion | Nicola Sulley-Beales (Mitchell)
Runner Up | Izzy Green (Spence)
Year 12 | Champion | Shubi Dumra (Spence)
Runner Up | Renee Ellis (Mitchell)

Congratulations to Spence, our individual champions and to all House Captains for their efforts in organising their teams so most events were filled throughout the day.

Georgina Sulley-Beales
Sports Assistant
Science News

Oliphant Science Awards
This year all Year 8 and 9 students will participate in the Oliphant Science Awards as part of their science work. This will involve both class and homework time near the end of Term 1.

The girls will be able to choose a method of presenting their science understanding that best suits their learning style and interests. These choices include making games, models, science writing, experiments, multimedia, photography, computer programs and posters. Most of these choices can be on any scientific topic but some (listed below) are specific for 2014.


2014 Science Writing Titles: Science Feeding the World, Coal Steam Gas and the Environment, Scientific Measurement, Predicting Natural Disaster, Scientific Advances in Food Production, Polymers.

The projects will be marked as part of their assessment in Term 2 and those chosen by the teachers will be entered into the state competition where the students can win prizes.

Big Science Competition
The Big Science Competition is an international competition for secondary students. It is a one-hour competition of thirty multiple-choice questions to challenge students to think critically and solve scientific problems using everyday examples.

<table>
<thead>
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<th>Competition level</th>
<th>Australian School Year</th>
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<tr>
<td>Junior</td>
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<tr>
<td>Intermediate</td>
<td>9 and 10</td>
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<tr>
<td>Senior</td>
<td>11 and 12</td>
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The competition will take place at school on 21 May. Payment of $8.30 can be made at the Finance Office by Monday 7 April.

Helen Marussinszky
Science Coordinator

Tech News

Throughout this semester the Year 8, 9 and 10 Technology Studies classes have been designing and producing a number of projects using solid pine and manufactured timbers. The Year 8 students have designed and made some very creative name plaques, and have almost completed their jewellery boxes.

The Year 9 students have designed and made some handy key holders. They have also started to work on completing their occasional table projects.

The Year 10 class has researched a range of existing designs and ideas to plan and construct their personalised DVD/CD storage unit and are currently completing this project.

Matt Peters
Tech Teacher
Music News

Term 1 is in full swing in the Music Department with all instrumental lessons underway and class bands working hard in preparation for the Semester 1 Showcase on Tuesday 3 June at 6:30pm in the PAC. Many students have made great progress in their practical studies and many students have made a positive and noteworthy contribution to ensembles across the state.

Congratulations to Hanna Woodlock (Year 11) who has been selected to play first violinist (the highest position) in “Secondary Schools String Symphony”, along with Ali McDonald (Year 11) and Clara Schwerak (Year 8), both on viola. Well done girls!

Ainsley Ewart (Year 12) plays bass guitar in the “Secondary Schools Concert Band” and Esther Burnett (Year 9) on flute. Jean Schwerak (Year 8) plays flute in the “Flutes of the Fleurieu” and Destani Maslin (Year 8) plays violin in the “Primary Schools Festival of Music Orchestra”.

Ann Gatis
Music Teacher

English News

In week 8 the Year 10 Gift English class attended a Fringe performance of Juliette Burton’s one woman show “When I Grow Up”. In her multi-media show, described as a “docu-comedy”, Juliette presented the story of her search to find out what she was really meant to do in life. This involved looking back on her life and sharing very openly her struggles with anorexia and bulimia. We enjoyed both the performance and the beautiful venue of Carclew, a historic house and now Youth Arts Centre in North Adelaide.

Here are a few of their comments:

“A story of fulfilling unfulfilled dreams.”

“When I grow up” was an inspirational story about overcoming a variety of mental illnesses, that didn’t focus on the negatives but rather used humour to present the topic in a comfortable, open way.”

“It was a very intense, in-your-face performance which made it fun and interesting.”

“The play was about Juliette Burton and her struggles with mental illness. The play also spoke about children’s ability to dream and how we tend to lose that ability as adults. It was a heartfelt and enjoyable performance.”

Caroline Bamford
English Teacher

Middle School News

Staff will be undertaking training to support the National Collection of Data for Students with a Disability in the coming weeks. It is timely for all of us to remember that ALL students have the right to access the mainstream curriculum as appropriate. Within our cohort we have a range of students with a disability who are on the Autism Spectrum (no longer is there an Asperger diagnosis) and at times their social behaviour can challenge our expectations. This can sometimes be confusing and confronting but we have a responsibility to deal with the behaviours in such a way that will support understanding and tolerance and help them to be included within our school.

Please alert teachers if you are worried about the behaviour of others. Both the Middle and Senior School teams can support you.

Kaye Naughton
Student Counsellor
Year 8 Parent BBQ Evening
MGHS is very keen to develop a school spirit and sense of community, thus it was rewarding to see a significant number of Year 8 families respond to the opportunity to meet informally with teachers of students in Year 8.

Congregating under the Pavilion on quite a mild night, participants enjoyed sausages, prepared by Master Chef John Ziesing, with background support from Glenys Forster and others. It has been estimated that over 100 people, staff and other parents mingled happily; catching up and putting faces to names.

Year 8 Manager, Vanessa Cole, welcomed all and thanked everyone involved for their efforts. Antoinette Jones, took the opportunity to introduce current members of our Governing Council and extended invited parents to ‘come on board’; either on Council or by joining the Parent Voice Committee. Attention was also drawn to the various special interest programs that the school is developing.

It was a successful night, and an appropriate beginning to what we hope will be an enduring and positive relationship between the school and its families.

Zinta Ozolins
Assistant Principal Middle School

Year 8 Camp: The Year of Extreme Weather

Camp 1 - Care Groups 8.06 and 8.07
Soaring temperatures in the high 30s did little to slow down this active group of Year 8s. They were eager to participate in all the activities offered by Active Education. Water activities such as rafting and kayaking, along with afternoon swimming sessions provided a great way to get wet and cool off. Free time was spent running races, chatting with newly made friends or keeping cool in the air-conditioned hall. The cool nights helped students rest up with everyone surviving the walk up to the lookout on the last morning before the sun reached its peak.

Camp 2 – Care Groups 8.05 and 8.08
Students on the second camp arrived on a 40°C day with no cool change until 5:00am the next morning. This made sleeping a challenge on their first night. To their credit they were all up bright and early Thursday morning and ready to participate in the day’s activities. By late Thursday afternoon the rain started bucketing down. Well done to those diligent parents and students who packed their wet weather jacket.

The rain continued into the next day with activities changing to the indoor variety. This meant students missed out on the scenic walk up the hill, which no one seemed to mind. Well done to this resilient group of students who didn’t have a word of complaint.

Students on both camps enjoyed the evening sessions run by the Year 11 Peer Leaders. Activities on the first night were designed to encourage students to interact and get to know each other; the second night included House Captain elections and the chance for students to show off their creative talents with the traditional Mitcham Girls Newspaper Fashion Show.

Thank you to all the staff who attended the camp and the Peer Leaders for their efforts.

Vanessa Cole
Year 8 Manager
Senior School News

SACE Day
Term 1 week 3, and SACE Day took place at a different venue, the Unley Town Hall, close to school and easy to find for students. The day was held in perfect conditions and with a really positive atmosphere at all times. Our presenters from Rising Generations were energetic and enthusiastic and really appreciated the level of participation by our students.

There were some challenges for everyone and lots of opportunities to develop as important people in terms of leading the school students for the year, regardless of whether a student has a badge of office or not.

For many, a highlight was the skipping game exercise which involved crossing from one side of a rotating skipping rope to the other for the WHOLE group without anyone touching the rope. The teamwork, support and cooperation required to bring about success for all was further heightened by the excited and loud delighted cheers which erupted once the task was accomplished. It was clearly a real team effort and made a powerful statement about the elements of success at the end of a very busy day.

Many thanks to the Rising Generations team for running such a successful program and for the teachers and students for their positive contributions throughout the day.

Strategies for Survival and Success in the Senior School
On Tuesday 18 March, the Senior School Team presented a parent information evening entitled “Strategies for Survival and Success in the Senior School”. Parents and students in attendance heard speakers discuss a range of factors which impact on student success at school.

Ironically, the session wasn’t about doing more school work but focussing on the small things in life which we can address, such as getting enough sleep, eating right, exercising, managing stress and using technology wisely. Small changes in these areas can have a huge impact on student results.

A summary was provided to participants at the end of each section. The summary provided a snapshot of some of the strategies the school used to support students in those areas, and what parents and families could do.

Below is a copy of those summaries which parents may find helpful in supporting their daughter to reach her full potential during the five short years at high school.

Sue Howlett
SACE Coordinator

Tony Sims
Deputy Principal
### Absence Rates

**School**
- Ensure students feel safe
- Follow up absences and late arrival
- Ensure we have an engaging curriculum
- Ensure we challenge students
- Ensure we develop good relationships
- Reward perfect attendance
- Make the links between attendance and success
- Ensure students achieve some successes

**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 students come to whole school events
- 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
- Take students to the doctor if ill
- Ensure students attend days with low lesson contact time
- Contact Year Level Leaders or Counsellors early to assist with issues
- Discuss with the school if your daughter plans to leave for permanent employment or to enrol somewhere else

### Sleep

**School**
- Ensure teachers set realistic homework tasks that can be done within a reasonable time limit
- Ensure teachers monitor progress of long assessment tasks through regular, timed, transparent progress checks
- Ensure student counsellors are well informed of sleep related issues to assist students to maintain regular sleep patterns

**Parents**
- Work together with students to establish sleep routines
- Ensure sleep patterns are maintained on weekends and in school holidays
- Ensure access to technology at least 1 ½ hours prior to regular bed time
- Ensure mobile phones are turned off when going to bed
- Develop techniques to get to sleep when difficulties arise, eg: warm shower/bath, warm milk, reading etc
- Ensure work shifts don’t impact on set sleep routines and support students to negotiate with employers
- Seek advice from professionals if sleep issues persist

### Exercise

**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 eg 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, wintry days

### Eating

**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
- Encourage healthy eating
- Visually monitor students’ health and report any possible issues to parents and counsellors

**Parents**
- Ensure students eat breakfast and eat breakfast yourselves
- Ensure there are easy, healthy breakfast items in the pantry, fridge or freezer
- Ensure students have 3 meals a day
- Ensure energy drinks are not in students’ 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

### Technology

**School**
- Provide technology for school work
- Provide a safe technological environment through 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
- Improve our on-line curriculum to provide 24/7 access

**Parents**
- Provide access to suitable access to technology for the purpose of school work
- 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
- Be friends with your daughter on Facebook
Senior School News (cont.)

Study Skills Tip For March – 5 Reasons Not To Put Off Starting Assignments

Here are 5 reasons why you should start working on your assignment immediately.

1. **Get Your Brain Thinking About The Topic**
   Even if your assignment isn’t due for weeks, start thinking about it immediately. At the very least, answer the key starter questions (below) on the day you get your assignment. Even if you are not thinking about it directly, your subconscious will be hard at work.

2. **Find Library Resources**
   Although the school or local library will probably not be your main source of reference, you should drop in soon after receiving the assignment. Your teacher will probably have alerted the school librarian to the assignment and reference books, magazines, etc. may well be displayed. These will disappear quickly if the whole class has the same assignment. Books, periodicals and magazines can sometimes be a useful general overview for an assignment and they help to clarify a direction as you begin to immerse yourself into the assignment topic. It is not a good idea to only use Google!

3. **Discover Other Resources**
   You could also ask your local librarian for any additional direction on where to look for resource material for your assignment. Librarians are often your best source of information. They know how to help people access relevant and appropriate information, in books, the Internet or computer based references. One of the challenging aspects of Internet-based searches for school students is the complexity, language and purpose of websites, not to mention bias and reliability.

4. **Starting Early Means More Time To Explore and Ask For Help If Needed**
   If you do some initial research on the assignment points you’ve identified through the library, references your teacher may have given you, school textbooks and general internet search engines, you could find yourself having more direction in your research. For example: perhaps there isn’t enough information, or perhaps you find you don’t understand important concepts, or perhaps you need to speak to your teacher to get further clarity. If you find this out early, you will still have plenty of time to plan, research, write and present your assignment. Imagine if you didn’t start your assignment for a week or so, and then discovered you needed more guidance. You could easily run out of time.

5. **Create A Safety Net**
   Starting your assignment immediately will give you a safety net in case you get sick, or something unexpected happens. Assignments are usually given because they require more time; students must plan a strategy or schedule to ensure they are completed. You should always have a schedule that allows for the unexpected.

So get started today!

Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through the units on www.studyskillshandbook.com.au - our school’s access details are:

The user name and password has been issued to every student.

Sue Howlett
SACE Coordinator
Welcome to the Student Representative Council for 2014:

- **President**: Nina Ash-Clarke
- **Vice President School Improvement**: Abbey Holland
- **Vice President Wellbeing**: Caitlin Parker
- **Vice President Fundraising**: Danni Cheffirs
- **Vice President Internationalism**: Tooba Ahmad

**Year 11**: Zoe Charman, Emma Crook, Amber Wales, Emily McClintock, Jamie Conlon
**Year 10**: Izzy Green, Amy Spedding, Tarmia Klass, Charlotte Upton, Abbey Taylor
**Year 9**: Deborah Katembwe, Isabel Lean, Tara Lamont, Amalee Saunders, Megan Wittwer
**Year 8**: Cordellia Nadj, Jasmine Wilson, Ayeisha Wallace, Alina Jansons

**Ex Officios**: Tamara Norman, Hannah Woodlock, Sanduni Jayawardena

Training of the 2014 Student Representative Council has taken place and the new SRC has decided on a set of themes and has begun work on planning tasks for the year. Each executive member has an area of responsibility as outlined above. These groups will be involved in events, training, committee representation and decision making throughout the year. Members of the SRC will also represent the school at community events.

Members were presented with their badges at the Leadership Induction Assembly held on Monday 3 March, where we also acknowledged past presidents and prefects as far back as the 1960s who have recently been in contact with us for our 50th Year celebrations.

*Meredith Arnold
SRC Coordinator*
Whole School News

Megamaths 2014
Megamaths workshops are held throughout the year on Wednesdays for students in Years 9 and 10 with an interest in mathematics. These workshops are a unique, fun and free way to experience the many ways in which mathematics can be applied in everyday life from experts in the field of technology, mathematics and engineering. All workshops are held at The University of Adelaide in the Ingkarni Wardli Atrium.

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<tr>
<td>Topic:</td>
<td>The Maths of Juggling</td>
<td>Wednesday 27 August 2014</td>
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<td>Date:</td>
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<tr>
<td>Topic:</td>
<td>Earthquake Proof Structure</td>
<td>Wednesday 10 September 2014</td>
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<tr>
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</tbody>
</table>

For further information contact Louise O’Reilly at loreilly@adelaide.edu.au.

Vanessa Cole
Maths Teacher

Valentine’s Day in the Library

Be Daring – have a blind date with a book!
This was the theme used for Valentine’s Day in the Library. Students and staff were encouraged to try a book without knowing beforehand what they were borrowing! Would their ‘blind date’ be mysterious? romantic? new on the scene? funny? adventurous? or maybe out of this world?

A variety of novels were gift wrapped in brown paper, tied up with red ribbon and decorated with hearts, ready to be borrowed. If readers made it through the first 15 pages or so, hiding in the book was a voucher for a small treat.

About fifty books were borrowed on Valentine’s Day, and a further thirty or so at the start of the next week. 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.

To add to the Valentine’s Day theme, Kevin the Bear wore a beautiful red and white corsage and we had a display of books with red covers under the banner of “Red any good books lately?”

It was fantastic to have so many people get involved in the fun of the theme and ‘be daring’.

Deborah Dodd
Librarian
International Women’s Day

We have a long running tradition of celebrating International Women’s Day at MGHS. After a short reminder of the history and traditions of IWD, Colleen Tomlian and Rebecca Katembwe informed us about this year’s theme “Inspiring Change”.

The choir entertained us with the 2014 version of “We Are Mitcham Girls” with a 50 Year flavour and old scholar, Alex Charman, amazed us with her display of circus skills.

The Year 10-12 Dance students performed “Sisters Are Doin’ It”, a specially choreographed piece showcasing strong women and girls in an energetic, entertaining and exciting display.

A quote from the SRC narration sums up the day: “As we have witnessed today Mitcham has, over many years, produced talented and confident young women. We remember, especially on International Women’s Day, the women who have gone before us. We are grateful for those who fought for political freedom, for equality and for opportunities for women.

At Mitcham Girls we will continue to strive to be successful learners, confident individuals, active, responsible and informed global and local citizens and to be the successful young women our past 50 years has led us to be.”

Thanks to the Health and PE faculty for their colourful and eye catching flags and signs and to Technology for the ribbons given to every student, staff member and visitor on IWD.

The SRC represented MGHS at both the UNIFEM Breakfast and IWD Committee Luncheon in the lead up to our celebrations.

Harmony Day

This wasn’t just celebrated for a day but included a whole week of sampling food from different countries including India, Italy, USA, Asia and Mexico. A very big thank you must go to Sheena and Elaine and all their helpers! This was fantastic!

On Harmony Day the school was decorated in orange with stickers, streamers, balloons, flags & bows. Celebrations included a competition to improve our knowledge of other countries and ‘welcome’ signs in 58 languages representing the diversity of our school community.

Thank you to the SRC International Committee for their enthusiasm and support.

Meredith Arnold
Assistant Principal

Helen Marussinszky
Harmony Day Committee
**Counsellor News**

If you are a first time parent of a secondary school student you can sometimes feel like you need reassurance regarding your parenting skills .......... and if you already have secondary school students, you know you need constant re-assuring. Things can get tricky!

Mark Le Messurier is a respected South Australian educator and counsellor who is a very successful presenter and writer and has good tips for parents. He has released a new book “Raising Beaut Kids” and chapters of this book can be downloaded from his website [www.raisingbeautkids.com.au/](http://www.raisingbeautkids.com.au/).

To hear some of his presentations visit YouTube [www.youtube.com/channel/UCOZkkrMU4LdXZc2uT7WY-Uw](http://www.youtube.com/channel/UCOZkkrMU4LdXZc2uT7WY-Uw).

Yaye Naughton
Student Counsellor

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**VET / Career News**

**Defence Force Information Sessions**

Women in Non-Traditional Roles (Air Force) — Tuesday 8 April
6:00pm, Keswick Army Barracks- Anzac Highway

Officer Entry – Wednesday 9 April
6:00pm, Hampstead Army Barracks - Muller Road

Careers in the ADF – Thursday 10 April
6:00pm, Hampstead Army Barracks - Muller Road

Students can register themselves for these information sessions by visiting this link: [https://defenceforcerecruiting.wufoo.eu/forms/australian-defence-force-information-sessions/](https://defenceforcerecruiting.wufoo.eu/forms/australian-defence-force-information-sessions/).

**Tertiary Studies & Careers Expo**

This Expo presents an ideal opportunity for anyone interested in education and training or those seeking professional career development and employment opportunities.

With exhibitors including Australian-Wide and international universities, private education providers, TAFE institutes, graduate employment, local, national and government employers and agencies, VET training, higher education colleges, Defence Force recruiting, student support services and employers; TSCEA provides a unique opportunity to find everything related to education and employment, under one roof.
First Aid Course

This unit of competency describes the skills and knowledge required to provide a first aid response to a casualty. This includes life support, management of casualty(s), the incident and other first aiders, until the arrival of medical or other assistance. These skills and knowledge may be applied in a range of situations, including community and workplace settings.

This course is offered as a 1 day practical training course which provides the participant with the knowledge and skill to confidently recognise and respond to an emergency situation requiring first aid. Students will also be required to successfully complete an online workbook in their own time after the practical training day. Students will not receive their certificate until both the practical and online components have been completed.

Unit of Competency: Provide First Aid
Unit Code: HLTAD003 (from Health Training Package HLT07)
Nominal Hours: 18

Content
> Principles of First Aid including legal issues
> Infectious Diseases and Hygiene
> Basic Human Anatomy and Physiology
> Management of the conscious and unconscious casualties
> Cardio-Pulmonary Resuscitation (CPR)
> AED
> Airway Management
> Bleeding
> Shock recognition and treatment
> Burns types and treatment
> Fractures and soft tissue Injuries
> Head Injuries
> Eye and ear Injuries
> Chest, Pelvic and Spinal Injuries
> Diabetes, Epilepsy, Stroke, Asthma, Anaphylaxis
> Heart conditions
> Extremes of heat and cold
> Poisons, Bites and Stings

Students will be assessed on the following criteria:
1. Responding in an emergency situation
2. Apply appropriate first aid procedures
3. Communicate details of the accident
4. Evaluate own performance

Prerequisite: None
Valid: 3 years; CPR component recommended annually
Course duration: 8 hours (8.30am to 5pm)
Includes: 4Life First Aid online theory workbook
Nationally accredited statement of attainment
Cost: $140 per person

Course Dates: Saturday 3rd May
Sunday 1st June
Venue: 4Life Glenunga,
Suite 9, 311 Glen Osmond Road, Glenunga

Please include your short course enrolment form and payment to confirm your place in this course.
Positive Parenting Seminars

2014

Tips for Children's Healthy Media Use
Wednesday 26 February
7:30 - 9:30pm
Presenter - Dr Glenn Cupit

Talk so Kids will Listen & Listen so Kids will Talk
Wednesday 26 March
7:30 - 9:30pm
Presenter - Donna Broadhurst

Introduction to 'Circle of Security'
Wednesday 2 April
7:30 - 9:30pm
Presenter - Dr Mary Hood
Term 2

Managing Anger in Children
Wednesday 4 June
7:30 - 9:30pm
Presenter - Donna Broadhurst

Helping Teens through Adolescent Emotions
Wednesday 25 June
7:30 - 9:30pm
Presenter - Vina Hotich
Term 3

First Aid - 2Care4 Children
Wednesday 30 July
7:30 - 9:30pm
Presenter - St John Ambulance Australia

First Aid - 2Care4 Infants
Wednesday 12 November
7:30 - 9:30pm
Presenter - St John Ambulance Australia

Blended Families - Survive & Succeed
Wednesday 27 August
7:30 - 9:30pm
Presenter - Vina Hotich

Fun not Fuss with Food
Wednesday 17 September
7:30 - 9:30pm
Presenter - Peter Hill
Term 4

Talking to Babies - How and How Often
Wednesday 29 October
7:30 - 9:30pm
Presenter - Dr Debbie James

Understanding your Child's Temperament
Wednesday 14 May
7:30 - 9:30pm
Presenter - Donna Broadhurst

Help Teens Navigate Sex & Drugs & Alcohol
Wednesday 13 August
7:30 - 9:30pm
Presenter - Vina Hotich

Cost for sessions (excl first aid): $15 adult  $10 concession  $20 per couple
Cost for First Aid: $25 adult  $20 concession

Bookings are essential: book online or Phone 8271 0329 Tue Wed Fri 10am - 3pm

www.effectiveliving.org
26 King William Road  Wayville  ph 08 8271 0329
Parent Workshops 2014

For PARENTS/CAREGIVERS of students from Unley, Mitcham Girls and Urrbrae Agricultural High Schools.

To help you be a support for your child in making important course and career decisions throughout their secondary schooling and beyond.

Venue for all workshops: Unley High School staff room  
Times for all workshops: 6:00pm until 8:00pm

Workshop 1  Parents as Career Partner  
Wed. 5th March  (Term 1 week 6)

The workshop will assist you to:

1. gain and share information and insights into the emerging world of work;
2. gain insights into the career development of your child;
3. explore how you can most effectively assist that career development

The workshop balances provision of information and ideas for parents with interactive activities that draw on parents’ own wisdom and experience.

Workshop 2  The future world of work  
Wed. 19th March (Term 1 week 8)

Find out where the jobs will be in the future in S.A and Australia -what they might look like, what will be growth industries and the impact of our community needs on the labour market. The second part of the evening will be practical hands on exploration of the myfuture website (www.myfuture.edu.au) to investigate the many pathways and careers available.

Workshop 3  Trades for boys and girls and how to get there  
Wed. 9th April  (Term 1 week 11)

What and why of Apprenticeships. Hear about selection processes used and how to win an apprenticeship. What employers value in a school leaver. Hear from recent school leavers who are now apprentices.

The second half will provide information about pathway courses available in yours and nearby schools – and how to access them, School Based Apprenticeships – how they work. How to get a head start by studying SACE and an nationally accredited VET qualifications whilst at school.

Workshop 4  Today’s (multiple) pathways to University  
Wed. 28th May (Term 2 week 5)

Hear from the 3 major universities about how things have changed in regards to getting into university. The ‘non-linear’ pathways. Hear about Bridging courses, University Entrance tests, No Australian Tertiary Admission Rank (ATAR) - what now? Ask questions of a panel of University Course Counsellors and undergraduate students. Learn about some of the online tools the major universities have available for students to choose courses and careers.

Workshop 5  Other further education options and how to help if they have no idea  
Wed. 2nd July (Term 2 week 10)

The post school training environment in S.A – what are the options, opportunities and what career paths can this environment offer your child?

In the second half, find out about and try out some really useful websites and other resources which you could use with your child in guiding them along their path.

To register interest: Email careerpartners@uhs.sa.edu.au and indicate which workshops you would like to attend.
This could be you

with new friends

at school

with host family

CHOOSE YOUR EXCHANGE PROGRAM NOW

FRANCE U.S.A. GERMANY ITALY JAPAN SPAIN DENMARK SWEDEN FINLAND NORWAY HOLLAND IRELAND ENGLAND CHINA MEXICO ARGENTINA

Southern Cross Cultural Exchange

Live and study overseas

INFORMATION SESSION

TUESDAY 1 APRIL 2014 @ 7 PM

MELBOURNE
Conochie Hall
2 Rochester Rd
Canterbury

SYDNEY
Lane Cove Library
Library Place
Lane Cove

ADELAIDE
Marion Cultural Centre
287 Diagonal Rd
Oaklands Park

www.scce.com.au 1800 500 501 scceaust@scce.com.au
“Recognition of Aboriginal and Torres Strait Islander People in Australia’s Constitution Starts With You”

ALDINGA COMMUNITY FORUM
(Join the conversation and show your support for updating our Constitution to recognise Aboriginal and Torres Strait Islander people and culture).

Wed. 2\textsuperscript{nd} of April, 6.15 – 8.50pm

Aldinga Primary School Children’s Centre
58 Quinliven Road, Aldinga

“A panel discussion with responses to the recognition agenda will be conducted with local community, professional and politicians giving their opinions commencing at 7.10 p.m.”

Katrine Hildyard will MC the evening

*Further information or RSVP please contact Ryan Leaver tel. 0429 677 307, ryan.leaver@cpaw.com.au
Proudly brought to you by
Community News

School Dental Service
A new children’s dental benefits schedule for 2 – 17 year olds started in January 2014. It is called the Child Dental Benefits Schedule.

The School Dental Service is a Child Dental Benefits Schedule provider and welcomes babies, children and young people under 18 years.

Dental care is FREE for most children and the School Dental Service will bulk-bill Medicare.

Children who do not qualify for the Child Dental Benefits Schedule can still attend – a small fee may apply for each course of general dental care provided.

There are no waiting times at the School Dental Service. To keep your children’s teeth and gums healthy we encourage them to attend the School Dental Service.

To locate your local School Dental Clinic, and for more information about the Child Dental Benefits Schedule, visit www.sadental.sa.gov.au or phone Mitcham School Dental Clinic on 8271 0371.

Sleep Survey
Calling all high school adolescents! Flinders University Clinical Psychology PhD student, Kate Bartel, is conducting an online survey to find out all about your sleep! Whether you sleep well, or wish you slept better, we’d love to hear from you. The survey will take less than 30 minutes, and on completion $1.00 will go to a charity on your behalf.

For more information go to the link below or contact Kate at kate.bartel@flinders.edu.au. Please go to the following link to participate https://flinderspsychology.asia.qualtrics.com/SE/?SID=SV_d4OR5OtIMrlsOhL.

St Johns Cadets - Recruiting
Mitcham Cadet Division is recruiting:
- Learn first aid
- Meet new friends
- Go to events
- Volunteer hours contribute to SACE
Phone 0419 817 366 to find out more.

Entertainment™ Book 2014/15
Purchase the 2014/15 Entertainment™ Book or the new Digital Membership from the school and you will receive some great savings and be helping Mitcham Girls High School at the same time! Entertainment Membership contain thousands of valuable offers (up to 50% off and 2-for-1) from many of the best restaurants, cafés, arts, tourist attractions, hotel accommodation, travel and much more!

Memberships are available in two formats - the traditional Entertainment™ Book and the brand new Entertainment™ Digital Membership. It is expected the books and memberships will be available in April 2014.

We will update our website in the coming month with information on how to purchase the 2014/15 Entertainment™ Book at www.mitchamgirlsheights.sa.edu.au.
**Note to Parents/Caregivers**

**Student Pick Up**
Please aware of the No Standing signs in Seafield Avenue. Parking in this street severely inhibits buses getting through to the bus stop on Rugby Street. Collection of students is best done through the Kyre Avenue Car Park.

We have had a number of complaints from the bus drivers and would appreciate your co-operation in keeping Seafield Avenue clear at pick-up times.

*Anne Carpenter*
*Assistant Principal*

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**Diary Dates**

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>April</td>
<td>Sports Day</td>
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<td>9</td>
<td>Year 10 Risky Business</td>
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<tr>
<td>11</td>
<td><strong>END OF TERM 1</strong> Reports distributed 3:10pm</td>
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<tr>
<td>28</td>
<td><strong>STUDENT FREE DAY</strong></td>
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<tr>
<td>30</td>
<td>Parent / Teacher Interviews 2:45 – 8:00pm</td>
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<td>May</td>
<td>Working Bee 9:00am – 12noon</td>
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<td>5 – 9</td>
<td>Year 9 Camps</td>
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<td>5</td>
<td>Governing Council</td>
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<td>12</td>
<td>Open Day / Night</td>
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<td>13 – 15</td>
<td>NAPLAN Tests – Year 9</td>
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<tr>
<td>23</td>
<td>What, When &amp; Why No. 3 published</td>
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<td>27</td>
<td>Principal’s Tour 9:15am</td>
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<td>June</td>
<td>Music Showcase 6:30pm</td>
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<td>9</td>
<td><strong>Public Holiday</strong></td>
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<td><strong>STUDENT FREE DAY</strong></td>
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<td>11</td>
<td>Year 8 Immunisations</td>
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<td>16 – 20</td>
<td>Years 10 &amp; 11 Exam Week</td>
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<td>16</td>
<td>Governing Council 7:00pm</td>
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<td>19</td>
<td>Year 12 Retreat All day</td>
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<td>23</td>
<td><strong>Semester 2 Begins</strong></td>
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<td>July</td>
<td>Year 11 Reflection Day</td>
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<td>4</td>
<td><strong>END OF TERM 2</strong> Reports distributed 3:10pm</td>
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