

WHAT, WHEN & WHY

No. 3, Monday 25 May 2015, Term 2



MITCHAM GIRLS
HIGH SCHOOL



Kyre Ave
KINGSWOOD SA
P 8272 8233
F 8373 3013

www.mitchamgirlshs.sa.edu.au
dl.0903.info@schools.sa.edu.au

From The Principal

Open Day/Night

We have received many positive comments from parents who visited our school on Open Day/Night and we have also had a significant number of enrolment enquiries since. Many thanks to the parents who keep on promoting our school and to members of the Governing Council who supported us on the day: Sharon Hughes, David O'Mahoney, Andrew Piggin Sarah Poole.

Of course, our best school ambassadors were our students who guided or performed throughout the day and night. We thank them for the impressive way in which they represented their school.

Refurbishments

Work on the new Dance room will commence on 9 June. This new facility will be larger than the current room where students, quite often, do not have the required space to perform their dance routines.

The refurbishment of the old Science labs will be completed at the end of this month. One section of the room will be occupied by the Year 12 students as their temporary common room at recess and lunch times.

You will also be interested to know that this year we have refurbished the girls' bathrooms on the ground and middle floors. As soon as we have accumulated more funds we will refurbish the bathroom on the top floor.

Our next major project will be the refurbishment of the Art rooms which are still in their "original, antique condition".

Ignite Program

Recently we have applied to the Department for Education and Child Development, (under the "Specialist Schools Initiative" start-up grant) for Mitcham Girls High School to become the fourth consortium school to offer the DECD Ignite Programs to South Australian students.

If we are successful with our application, most of the money (\$50,000) will be spent on professional learning for all staff and this new learning will not only support the students who enter the "Ignite" Program, but will also improve outcomes for all students in the school.

We had been writing to the Department since 2012 asking for the school to be included in the DECD Ignite Program and each time we were told that our request could not be considered until a new policy on "specialist schools" was finalised. When the policy was announced, we were certainly ready to proceed with our application.

From the Principal (cont.)

GifT Dance

This year, for the first time, we offered a specialist dance program to the Mitcham Girls High School students who had demonstrated passion for the subject and had developed outstanding skills in dance. This program, known as GifT Dance has been offered to current Year 7 students across Adelaide and we are pleased to say that, after holding three auditions, we have been able to offer a place in the 2016 program to 26 students.

Canteen News

As a school we believe that the services offered by the Canteen are outstanding and the healthy foods they provide are also exceptional. Despite the efforts of Sheena Stewart (Canteen Manager) and her volunteers, each month we have been running at a slight loss. If this trend continues the school will be forced to close down the Canteen as has been the case for many other schools. This closure would have negative consequences not only for the school but for the students.

May I ask you to encourage your daughters to buy food from the Canteen rather than purchasing food in the morning from Hungry Jacks or Subway? The Canteen is open for breakfast each morning from 7:30am

To offer as much support as possible to the Canteen, we have placed "snacks" in the staff room for staff to buy and have provided lunch bags for staff to order their lunch. On the advice of the Governing Council we have also banned all fund-raising, using food, during school hours.

If you have any suggestions on how to improve sales in the Canteen, please send us an email. All suggestions will be considered.

Attendance

Congratulations parents and students!

We have reached the DECD target of 93% attendance in Term 1. Interestingly the attendance rate for Year 11 students was 93.8% and 94.2% for 12 students. We are very proud of this achievement, particularly because this good attendance rate is reflected in the achievements and results of the students. Please keep up the good work!

Student Free Day: Tuesday 9 June

Please be aware that on Tuesday 9 June we have a Student Free Day. Students should use this time to catch up on their work, extra reading or some well-being activities.

Antoinette Jones | Principal

Bank SA / Mitcham Girls High School Partnership

Get a home loan that helps Mitcham Girls High School

If you take out a new home loan with BankSA, please mention Mitcham Girls High School. We'll give the school an agreed % of the settled loan amount as commission to help support them.



For further information contact: Eva Murphy on 08 8272 7330 or email murphy3@banksa.com.au.

Eva Murphy | Branch Manager
Lower Mitcham, Bank SA

Middle School News

Year 9 Drama Production

The Year 9 Drama students performed a fantastic rendition of the play Hoodie, by Lindsay Price, to a full house late in Term 1. It was a fantastic production, which took its audience back to a time just before high school; a time where these characters become a reflection of who the audience members might have been: nervous, insecure, hormonal and ultimately unsure of who they were or wanted to be, once they got to high school.

This production was a great success: with excellent on-stage performances as well as impeccable organisation and design work by the offstage crew. It was ultimately the collaboration of the many different talents found within this class that gave this production its spark! Well done girls!



Kate Ralph | Drama Teacher

Year 9 Camp

The Year 9 Camp, which ran from the 6 - 8 May, at Woodhouse in Piccadilly, proved once again that this is a valuable addition to the school's curriculum. Despite overcast conditions and occasional showers, 75 students undertook a variety of challenging tasks which built teamwork skills, resilience and leadership. Students ran, jumped, climbed, crawled, slid and created. They could be seen teaching others and negotiating solutions to problems. Their team banners were colourful and artistic; the length of their tom-boys beat any previous camps; and their willingness to volunteer for extra jobs was notable.

Overall a successful camp characterised by good cheer and, in general, a willingness to actively participate. Our thanks to Mike Elliott (Year 9 Manager) for his organisation and to the staff: Melissa Hsu, Zinta Ozolins, Matt Peters and Liz Rogers who were not only supervisors and teachers but, at times, fellow campers.

Zinta Ozolins | Assistant Principal Middle School



Science News

Chemical Murder Mystery

Year 10 students are invited to apply for a position to visit Flinders University on Thursday 2 July to participate in the Chemical Murder Mystery. The cost is \$15.00.

Year 11 Physics Excursion

Students visited the new Flinders University Tonsley site. They focused on nanotechnology, engineering and clean technology. They enjoyed the challenge of a series of team activities applying their knowledge to solve some of the problems that are involved in 'building a sustainable future'.



Free Competition for All Age Groups

Are you interested in Biology and Medicine? Check ASMR website <http://asmr.org.au/MRWQuiz.html>. Enter now! The competition closes on 3 July. Questions include 20 multiple choice on health, biology, scientific method, and a written response to a question about the importance of medical and health research.

Game Development Boot Camp

This is a great opportunity for students in Year 10, 11 or 12 to develop skills in IT programming and digital media. It is a free three day holiday course at Flinders University from 14 - 16 July. Hurry as there are limited places, please ask your Science or IT teacher for more details.

Helen Marussinszky | Science Coordinator

Whole School News

Anzac Day 2015

It was an early start for some of our Mitcham Girls High School community. Five of our SRC members: Zoe Charman, Emma Crook, Alina Jansons, Summer Till, Hibra Shujaat, together with Antoinette Jones and Sue Howlett, braved the chilly, pre-dawn conditions to attend the Dawn Service at the Mitcham Reserve, together with hundreds of others, who gathered to commemorate the 100th Anniversary of the Gallipoli landing.



Our students were able to lay a wreath during the service on behalf of the school community to show our respect for the service of countless men and women over time.

We thank them for their participation on behalf of our school.

Sue Howlett | Year 12 Manager

Whole School News

1,000 Poppies Challenge

In June 2013, Lynne Berry and Margaret Knight, both fibre artists, began a project. The aim at that stage was to create a field of 5,000 poppies on ANZAC Day 2015 in Federation Square, Melbourne, as a tribute to Australian service men and women who have given service in wars, conflicts and peacekeeping operations for more than a century. By ANZAC Day 2015, over 250,000 poppies had been created by people from all over Australia.



In week 8 of Term 1, the Library staff decided to set up their own school project to make 1,000 poppies to display as part of our ANZAC Day display. Using a paper pattern from the Australian War Memorial website, we invited students and staff to join us in making the paper poppies by the end of term. Lunch times saw small groups of students chatting away while they cut and folded. Various staff took on batches of poppies, and Ms Rogers even had her Girl Guide group cutting away as part of their badge work.

Finally, by the end of the last Thursday of Term 1, we had 1,000 poppies on display, creating a wall of red tributes. These poppies then became part of two displays, along with photographs from the Great War of service men and women in Mitcham, and posters of information relating to ANZAC Day.

Many thanks to all those who joined us in creating a visual tribute to our service men and women. We plan to use some of the poppies again for Remembrance Day in November.

Deborah Dodd | Librarian

Children's University

At the end of 2014, Mitcham Girls High School accepted an invitation by the University of Adelaide to become part of the Children's University program. Students who acquire a passport, record the hours that they spend on extra-curricular learning, either at school or with another organisation. Visits to Museums, Art Galleries and similar may also be counted. The Children's University updates its website <https://www.adelaide.edu.au/childrensuniversity/> regularly to show new opportunities.

Mitcham Girls has around a dozen students who have taken on the challenge, and we expect that approximately half will "Graduate" on June 23, having completed the first level of 30 hours; well on the way to the next level.

The Graduation will be held at Bonython Hall, where after the Graduation students and their families are invited to stay for refreshments. If your daughter has extra-curricular interests and commitments, or undertakes volunteering in or out of school, the Passport is a unique way to record and acknowledge this. They are available from the Finance Office.

Zinta Ozolins | Assistant Principal Middle School

Whole School News

Learning Centre

Mitcham Girls High School is committed to ensuring that our students are offered opportunities to achieve their best. Staff also recognise that, for some girls, this is not necessarily an easy task, and that they may need extra support. For a number of years older students have supported others by being Maths Leaders, volunteering to tutor and support during lunchtimes – a useful tool for someone needing a bit of extra help and a valuable offering. Some students, however, find it difficult to know when they need help, so we have established a Learning Centre, where students can access one-on-one help, with the particular aim of achieving successful SACE completion.

Students, who can make a personal commitment to achieving success are offered the opportunity to work with someone who has specialist knowledge and skills, in order to address particular curriculum issues or concerns. A small group of identified students have already started with this very directed learning model, which we hope will grow.

The idea has also been extended in other year levels, as beginning Monday 18 May, students who may not have the necessary resources or study space at home, are welcome to stay after school (until 6:00pm) and access support with their studies. They will be placed in Room 11, with teachers who can offer support and tutoring. Any student taking up this opportunity must have a note in their Diary, indicating that they have parent/caregiver permission, and let Ms Ozolins know in which areas they are seeking help. This will be another strategy that will help girls with their learning, and we look forward to seeing a positive response.

Zinta Ozolins | Assistant Principal Middle School

World Challenge 2015

On 17 and 18 May, 16 students went on a training camp to Mt Crawford. This was in preparation for their World Challenge Expedition to Vietnam, later this year. These students had a fantastic time testing their fitness levels, breaking in and fine-tuning their kit, learning about leadership and independence and ultimately getting to know the teachers and students who will be joining them on their adventures. It was a worthwhile and fun weekend.

We are all looking forward to the challenges and rewards that lay ahead for the group and would like to thank the parents and caregivers of these students, for their ongoing support.

Look out Vietnam, we're ready for you!

Mike Elliott & Kate Ralph | World Challenge Coordinators



Year 11 - Safer Driving Journeys Road Safety Education Program

SAPOL's Road Safety Section recently attended our school and delivered a road safety presentation to Year 11 students entitled "The Fatal Five". This powerful and interactive program discussed road safety issues, including the causes of road crashes such as fatigue, alcohol and drugs, speed, risk-taking, peer pressure, driver attitudes, and ways in which to reduce the risk of becoming a crash statistic. This program incorporates using contemporary government road safety messaging through partnership with the Motor Accident Commission (MAC).

The Road Safety Section also provides a free bi-monthly e-newsletter "Talkin' Road Safety" to schools which provides articles of interest to drivers and other road users.

There are a number of web sites which may be of further value to you and your daughter:

- raa.com.au
- mylicence.sa.gov.au
- sapolice.sa.gov.au
- howsafeisyourcar.com.au

For any further information on Road Safety please feel free to contact the Road Safety Section on 8207 6586 or email DLSAPOLRoadSafetySection@police.sa.gov.au.

VET / Careers

Career Information for Senior Students and Parents

The University of Adelaide has produced a newsletter for parents www.adelaide.edu.au/study/parents.

SACE Winter Revision Program

Adelaide Education Group is conducting a SACE Winter Revision Program for Years 11 and 12 students in the July holidays - Tuesday 7 - Friday 10 July (week 1) and/or Monday 13 - Thursday 16 July (week 2).

Week 1:	Tuesday 7 - Friday 10 July
Week 2:	Monday 13 - Thursday 16 July
Session times:	Morning 9:30am - 12:30pm Afternoon 1:30pm - 4:30pm
Venue:	St Mary's College, 253 Franklin Street, Adelaide FREE Car Parking behind the College, enter off Grote Street
Online Bookings:	www.aeg.sa.edu.au

Bookings are essential - phone 8231 7776 and save \$45 per subject on Early Bird bookings.

Fundraising Corner

Entertainment Book

Great news, selling for just \$65! Order your 2015 | 2016 Adelaide Entertainment™ Membership from Mitcham Girls High School and 20% of your Membership purchase goes towards our school.

Entertainment™ Memberships are packed with hundreds of up to 50% off and 2-for-1 offers for the best local restaurants, cafés, attractions, hotel accommodation, travel and much more! Available as a traditional Entertainment™ Book OR Entertainment™ Digital Membership for your Apple or Android device, your Membership gives you over \$20,000 worth of valuable offers valid through to 1 June 2016!

Tell your family and friends, as the more Memberships we sell, the more funds we'll raise! Buy your new Membership now. Contact Mitcham Girls High School on 8272 8233 or visit the link to order via the secure online order page <https://www.entertainmentbook.com.au/orderbooks/161m056>.

Community News

Colonel Light Gardens Primary School presents....

PRACTICAL IDEAS TO BUILD CHILDREN'S EMOTIONAL RESILIENCE

Mark Le Messurier is a well-known educator, counsellor, author and conference presenter working throughout Australasia. Mark is recognised for his insightful PROFESSIONAL DEVELOPMENT work with staff, and PARENT EDUCATION SEMINARS for parents.

Date: Wednesday 24 June 2015

Time: 7:00 - 8:30pm

Venue: Colonel Light Gardens Primary School Gymnasium, 1 Windsor Avenue, Colonel Light Gardens

Cost: \$20.00

All attendees will be in the draw for a free copy of Mark's book "Raising Beut Kids" RRP \$34.95.

Resiliency, sometimes described as human durability or personal flexibility is such a prized quality as it positions individuals for the inevitable challenges that await them in the future. While the interplay of genetics and environment on resiliency are complex there is much we can do to steer our children in healthy, more resilient directions.

So, come on, take the challenge; let's explore what you can realistically do to improve your children's happiness and resiliency at home. So often it is the simple strategies that engage children to think realistically and logically, that transform behaviour and set up healthy, resilient lives.

To purchase tickets please email the school at dl.0723.info@schools.sa.edu.au with your day time contact number and the school will call you to arrange payment over the phone. Tickets can be collected at the door on the evening.

Effective Living Centre Parenting Workshops

Blended Families – Survive & Succeed

Date: Wednesday 27 May and 3 June

Time: 7:30 - 9:30pm

Venue: 26 King William Road, Wayville

Combining families has lots of potential for both good and challenging times. Over two sessions Vina Hotich offers strategies to keep focused on what is working, and to identify where new tactics could help. The second session will focus on common issues identified by the group at the first session.

The following one should also be very popular – and may well sell out so could be good to get in early.

Help Kids Navigate Sibling & Peer Rivalry

Date: Wednesday 10 June

Time: 7:30 - 9:30pm

Venue: 26 King William Road, Wayville

Presenter Bill Hansberry - co-author of Raising Beut Kids: Recipes for parents on when to say 'yes' and how to say 'no'.

What fuels rivalries, and how do adults unwittingly compound the issues? Bill has some practical strategies and ideas to help you identify when to step in, or when to step back and just observe your daughter's conflicts. Learn some tips on how to help them take ownership of solving their own problems.

Bookings online at www.effectiveliving.org/positive-parenting.

Community News

Child & Adolescent Sleep Clinic

Does your teenager have a sleep problem?

Does your teenager:

- have trouble falling asleep?
- not fall asleep until late at night?
- have trouble waking up or getting out of bed in the morning?
- miss school or feel fatigued throughout the school day?

If you answered yes to any of these questions, your teenager could benefit from a new treatment program being run at the Child & Adolescent Sleep Clinic, within the School of Psychology, at Flinders University.

For more information please call 8201 7587 or email casc.enquiries@flinders.edu.au.

SA Excellence in Public Education Awards - Share / Celebrate / Reward

Nominations are now open for the 2015 SA Excellence in Public Education Awards. The Awards recognise and reward the outstanding contributions made by teachers, leaders and support staff from across the state.

Don't miss your chance to nominate an outstanding education professional within DECD to recognise and reward their dedicated and inspirational contribution to young South Australians.

For more information and to nominate an employee at your school or preschool go to:
www.decd.sa.gov.au/awards.

Nominations close 5:00pm, 3 July 2015. For further information contact the Awards team on 08 8226 3079 or email DECD.Recognition@sa.gov.au

School Dental Service

All babies, children and young people under 18 years are welcome to attend the School Dental Service. Dental care is FREE for most school-aged children and ALL preschool children.

SA Dental Service participates in the Child Dental Benefits Schedule. A small fee may apply for children who are not eligible for the Child Dental Benefits Schedule.

To locate your local School Dental Clinic, or for more information about the Child Dental Benefits Schedule, please phone 8222 8222 or visit www.sadental.sa.gov.au.

Student Exchange Australia New Zealand Student Exchange Information Evening

Students can find out more about exchange programs to over 25 countries, listen to former exchange students share their experience and learn about scholarships and discounts on offer in 2015.

Scholarships and discounts worth over \$100,000 are offered to students each year.

Date: Thursday, 28 May - 7:30pm
Venue: University of SA, City West Campus
George Kingston Building, GK2-15 (enter via George Street), Adelaide

Visit www.studentexchange.org.au or call 1300 135 331 for more information.

Positive Parenting



Seminars
2015 - Term 2



**Supporting and encouraging parents
in their vital role of :**

- ✔ nurturing and empowering children
- ✔ helping them be the best people they can be

supported by



26 King William Road, Wayville SA
Bookings essential and available online

effectiveliving.org



Helping Teens through Adolescent Emotions

Wednesday 13 May 7:30 - 9:30pm

Presenter - Vina Hotich

Transitioning from childhood through teenager years to adulthood can be a tumultuous journey for all involved. This seminar aims to help parents identify ways to enable teenagers to express their stress, anger and other strong emotions effectively and respectfully.

Blended Families - Survive & Succeed

Wednesday 27 May & 3 June 7:30 - 9:30pm

Presenter - Vina Hotich

Combining families has lots of potential for both good and challenging times. Over 2 sessions, Vina offers core strategies to keep focused on what is working, and to identify where new tactics could help. The second session will focus on common issues identified by the group at the first session.

Help Kids Navigate Sibling & Peer Rivalry

Wednesday 10 June 7:30 - 9:30pm

Presenter - Bill Hansberry

What fuels rivalries, and how do adults unwittingly compound the issues? Bill has some practical strategies and ideas to help you identify when to step in, or when to step back and just observe your kids' conflicts. Learn some tips on how to help them take ownership of solving their own problems.

Talk so Kids will Listen & Listen so Kids will Talk

Wednesday 24 June 7:30 - 9:30pm

Presenter - Donna Broadhurst

This session aims to help parents discover new ways of effectively communicating with their children so that misunderstanding and conflict are dealt with constructively.

Cost for sessions \$15 adult \$10 concession \$20 per couple
(Blended Families 2 part session \$30 adult \$20 Concession \$40 couple)

Getting Enough Vitamin D during the Winter Months

Everybody needs vitamin D for strong, healthy bones. We get vitamin D through exposure to ultraviolet (UV) radiation in sunlight and whilst sensible sun protection does not put people at risk of vitamin D deficiency, there are times when it is important to be in the sun without protection.

In South Australia, during the months of the year when the average UV level is 3 and above, fair skinned people can generally get enough vitamin D by being outside for just a few minutes as part of their normal daily activities. Over the middle of the year when UV levels fall below 3 people need about two to three hours of sunlight spread over the week to maintain enough vitamin D. People who are naturally very dark skinned will need more UV exposure.

The best way to get vitamin D on days when UV is 3 and above, is through short bursts of sun exposure rather than spending hours in the sun unprotected. During the months when the average UV is below 3, Cancer Council SA encourages staff and students to take off their hats and not apply sunscreen.

Cancer Council offers you a free app that will let you know when it's safe to be outdoors without sun protection and also gives you great tips on getting enough sunlight for vitamin D production. To download the free app, visit www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget.

Diary Dates

June	Tuesday 2	Music Showcase	6:30pm
	Thursday 4	Principal's Tour	9:15am
	Monday 8	Public Holiday: Queen's Birthday	
	Tuesday 9	Student Free Day	
		Choreographic Performance PAC	7:00pm
	Monday 15	Year 10 Mock Interviews	
	Monday 15	Governing Council	7:00pm
	Monday 15 - Friday 19	Years 10 & 11 Exam Week	
	Thursday 18 - Friday 19	Year 12 Retreat	
	Wednesday 24	Year 12 Drama Production PAC	7:00pm
July	Friday 3	Year 11 Reflection Day	
		End of Term 2, Reports distributed	3:10pm
	Monday 20	Term 3 Begins	
	Tuesday 28	Ski Trip Parent Info Evening	6:30pm
August	Monday 3	Governing Council	7:00pm
	Friday 7	Year 12 Formal	
	Monday 10 - Friday 14	Wellbeing Week	
	Monday 17	WWW No. 5 published	
	Tuesday 18	Principal's Tour	9:15am
	Wednesday 26	Course Counselling - Years 10 & 11	2:45 - 8:00pm
	Thursday 27	Course Counselling - Years 10 & 11	9:00am - 3:00pm
	Monday 31	Governing Council	7:00pm
September	Friday 4	School Closure (Show Day)	
	Friday 4 - Monday 7	Ski Trip	
	Monday 7	Student Free Day	
	Monday 14	WWW No. 6 published	
	Tuesday 22	Dance Performance, Odeon Theatre	7:00pm
	Friday 25	End of Term 3, Reports distributed	3:10pm