

WHAT, WHEN & WHY

No. 4, Monday 22 June 2015, Term 2



MITCHAM GIRLS
HIGH SCHOOL



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From The Principal

As the term draws to a close, teachers are very busy preparing the semester reports. We are certainly happy with the efforts of most of our students – all that we expect of each one of them is to be the best they can be. For some students achieving a C standard is achieving “excellence” and they should be praised for their efforts rather than seeing disappointment. Praise and encouragement will lead to development of a growth mind set as opposed to a fixed mind set (when students believe they cannot improve). We certainly try very hard to make students believe they can achieve great things if their dispositions to learning are positive, they believe in themselves, they are willing to embrace challenge and see mistakes as useful.

With the introduction of the Australian Curriculum at Years 8, 9, and 10, achieving a C at this point in time should be regarded as a good result. As stated in an earlier newsletter, under the Australian Curriculum, what is taught and the way achievement is recorded and reported has changed. 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 were receiving last year.

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.

Australian Curriculum outlines the achievement standards and can be accessed through the Australian Curriculum website www.australiancurriculum.edu.au/.

More detailed information regarding school practice will be provided at the Parent Forum on Tuesday 11 August at 7:00pm.

Reports will be issued to students on Friday 3 July at 3:10 pm. Please be aware that Friday, the last day of each term is a normal teaching day and students will be dismissed at the normal time of 3:15 pm. All students are expected to attend.

Council of International Schools 5 Year Review

Mitcham Girls High School was accredited by the Council of International Schools in 2010. At that time the school received commendations and recommendations for the school to address. This year, in August, two visitors, Mr Ray Davis (Associate Director of School Support & Evaluation) and Mr Mark Richard (Executive Principal, Benowa State High School, Queensland) will spend three days at Mitcham to review the progress made on all recommendations. The school must complete a report explaining how each of the recommendations has been addressed so far. Ray and Mark will speak with teachers, staff and parents to validate the report.

Physical Resources

We are happy to report that the old science laboratories have been converted into a common room for Year 12 students and a meeting room for students and staff.

The former Year 12 room will be refurbished into a much needed bigger dance room so that students may perform their routines safely and freely.

From the Principal (cont.)

Internationalism

The three principles that guide the work of Mitcham Girls are:

- Respect
- Excellence
- Global Citizenship

As you would be aware, each year we have a number of international students who study at Mitcham for either a term, a semester or a year. Currently we have:

- Misa Sekikawa from Japan
- Sara Cavatini from Italy
- Kaoru Yamazaki from Japan

In Semester 2 we welcome Wai Yan Chu (Japan), Anissa El Asri (France), Amelia Evertz (Germany), Louise Garnier (France), Momoka Itaya (Japan), Celia Koempf (Germany), Hikari Muto (Japan), Momori Yabushita (Japan).

Global experiences can have very positive effects on all members of the school community. The visitors are very keen to learn all they can about Australian culture and we certainly learn from them.

At Mitcham Girls High School we promote and value Global Citizenship by:

- Strengthening a sense of self and belonging within a global context.
- Learning about, understanding, accepting and valuing our own, as well as the cultures, customs, religions and nationalities of others.
- Being aware of how political, economic, social, cultural, technological and environmental issues affect all citizens of the world.
- Serving and supporting the local and global community in meaningful ways.

Expanding our friendships, making these students feel very welcome, and understanding and appreciating their culture makes us all better global citizens.

Review of Statement of Purpose 2010-2015

Early next term parents and students will be asked to complete the biennial "School Satisfaction Survey". We will also take this opportunity to ascertain your views on how well our Vision, our Values and our Goals guide our work. The Statement of Purpose is on the following page as a reminder.

The survey can be done on-line and it will be completely anonymous. We certainly want to know how we are performing as a school and your responses will help us improve our practices.

Parent Forum – Tuesday 11 August

On Tuesday 11 August at 7:00pm we will hold an information evening to explore issues like:

- What is the SACE
- What is an ATAR
- Wellbeing
- School Recommended Devices for 2016
- Caffeine (Yes, students buy their coffee on the way to school)
- Any other issues parents may wish to pursue

Please put this date in your diary. We would like to see as many parents as possible.

In the meantime, I wish you and the students a relaxing holiday. I am aware that Year 12 students will be attending holiday classes at Mitcham and will be working hard to complete assignments. Please encourage them to take a break from school work for about two or three days so that they can successfully face the challenges that Term 3 will bring.

Antoinette Jones



Mitcham Girls High School

STATEMENT OF PURPOSE

2010 - 2015

Our Vision

Mitcham Girls High School is a professional, progressive learning community dedicated to providing outstanding educational opportunities for girls.

Mitcham Girls High School tries to meet the needs of all students and to help them attain their potential so that they may make a positive contribution to the world.

Our Principles

At Mitcham Girls High School we value and promote:

1. Respect
2. Excellence
3. Global Citizenship

Our Goals*

Our girls will be

1. Successful Learners	2. Confident Individuals	3. Active, Responsible and Informed Citizens
<p>They will</p> <ul style="list-style-type: none"> • develop their capacity to learn and take an increasingly active role in their own learning • be able to solve problems in creative and innovative ways • be able to think critically and logically • have the essential skills in literacy and numeracy • be confident and productive users of technology • be able to plan and work independently and in teams • understand the processes and events that have shaped global communities • strive for excellence • be motivated to reach their full potential 	<p>They will</p> <ul style="list-style-type: none"> • have a sense of self-worth, self-awareness and personal identity that enables them to manage their emotional, mental, spiritual and physical well-being • have a sense of optimism about their lives and the future • develop values and qualities such as honesty, resilience, empathy and respect for others • have the confidence and capability to explore and pursue any future options • have an awareness of the role gender has played in past and contemporary societies • question gender stereotypes • develop effective interpersonal skills • embrace opportunities, make rational and informed decisions about their own lives and accept responsibility for their own actions 	<p>They will</p> <ul style="list-style-type: none"> • appreciate Australia's social, cultural, linguistic and religious diversity • have an understanding of Australia's system of government, history and culture • acknowledge indigenous cultures and the importance of reconciliation between indigenous and non-indigenous Australians • be committed to democracy, human rights, equity and justice • participate in Australian civic and community life • become internationally minded and able to communicate across cultures • balance the interests of self, the community and the planet

*Adapted from *National Declaration on Educational Goals for Young Australians*, Dec 2008

Science News

Year 11 Biology Excursion

Both Year 11 Biology classes enjoyed their visit to Uni SA Biology and Medical laboratories. The activities included learning how to make skeletons, identifying the type of animal from their teeth and jaw structure, identifying male and female spiders and looking at diseased organs. They were assisted by the university's student ambassadors, including Georgina Sulley-Beales.



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 to 16 July. Hurry, there are limited places. Please ask your Science or IT teacher for more details.

Woolworths Earn & Learn 2015

Once again we will be participating in the Woolworths Earn & Learn Program from Wednesday 15 July to Tuesday 8 September.

When shopping at Woolworths you will receive one sticker for every \$10 you spend (excluding liquor, tobacco and gift cards). Place the stickers onto a Woolworths Earn & Learn Sticker sheet and, when it's complete, it can be dropped into the Collection Box at the school outside the Science office, or at your local store.

At the end of the promotion, we'll be able to get some great new science equipment. The range is extensive and offers lots of items ideal for our students. If you'd like to more information visit woolworths.com.au/earnandlearn.



This program was a great success last year and we were able to purchase numerous items of science equipment and apparatus, e.g. beakers, measuring cylinders, a vacuum pump and conductivity rings.

Helen Marussinszky | Science Coordinator

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 .

If you have any questions regarding your daughter's Materials and Services Charge please contact the Finance Office on 8272 8233.

Sue King | Finance Manager

Sports News

The Fittest House at Mitcham Competition

During weeks 4-6 of Term 2, a new House Sport competition, the Fittest House at Mitcham Competition, was trialled at lunchtime. Instead of the traditional competitive team sports, this competition focused on fitness challenges that could be completed individually in a few short minutes.

Each week there were two challenges with different distances or repetitions completed earning the participant House points. At the end of each week, a year level winner in each challenge was named. Points won during this competition were added together to name the winner of the inaugural Fittest House at Mitcham Competition. These totals will be added to the end-of-year Collyer House Cup.

The six challenges were as follows:

- Bike Time Trial: How far could the participant travel in 2 minutes?
- Burpee Challenge: How many burpees could the participant complete in 1 minute?
- Rowing Time Trial: How far could the participant row in 2 minutes?
- Push-Up Challenge: How many push-ups could the participant complete in 1 minute?
- Vertical Jump: How high could the participant jump relative to their height?
- Plank Hold Challenge: How long could the participant hold a plank?

Congratulations to the following participants who won one of the weekly challenges:

	Year 8	Year 9	Year 10	Year 11	Year 12
Bike TT	Hayley Meyer, Ella Nixon-Dores & Paige Bowers 1.1km	Jean Schwerak & Jessica Rokkas 1.2km	Olivia Smallacombe 1.3km	Alicia Murphy 1.3km	Nicola Sulley- Beales 1.4km ***
Burpee	Paige Bowers 32	Lauren Jury 37 ***	Freshta Mohammad 34	Kaitlyn Tucker 28	Chloe Scott & Nicola Sulley- Beales 33
Rowing TT	Hayley Meyer 472m	Amber Mysiszczew 501m	Olivia Smallacombe 524m ***	Alicia Murphy 503m	Nicola Sulley- Beales 495m
Push-Up	Ella Nixon-Dores 48	Alina Jansons 42	Maddy Williams 51	Alicia Murphy 55 ***	Nicola Sulley- Beales & Sophie Treloar 35
Vertical Jump	Abbey Raynor & Hayley Meyer 36cms	Holly Castle & Amber Mysiszczew 45cms	Olivia Smallacombe 38cms	Rachel Berlemon 31cms	Nicola Sulley- Beales 55cms ***
Plank Hold	Ella Nixon-Dores 3mins & 4secs	Jessica Rokkas 5mins	Freshta Mohammad 4mins	Alicia Murphy 3mins & 8secs	Sophie Treloar 5mins & 37secs ***

*** School record holder for challenge

The final House placings were as follows:

1st	Fraser	410 Points
2nd	Spence	373 Points
3rd	Mitchell	347 Points

Sport News (cont.)

Knockout Netball

The Open Knockout Netball team participated in the first round of the competition on Tuesday 2 June against Mary MacKillop and OLSH.

The first game against Mary MacKillop went down to the wire and unfortunately Mitcham lost by 2 goals. The second game against OLSH was a fantastic team effort and saw Mitcham prevail by 15 goals. This result means we have been eliminated from the competition, with Mary MacKillop moving to the next round.

Georgina Sulley-Beales | Sports Assistant

Middle School News

As the end of Term 2 approaches it is pleasing to note that the students in Years 8 and 9 seem to be generally engaged, motivated and enjoying their time at school. A Middle School Assembly held on Monday 1 June was organised by Care Groups 9.15 and 8.06. A good balance of entertainment, dance and musical items, together with a call to action by the V-Gen group promoting global awareness, and recognition of student achievement (academic and attendance), led to an up-lifting event; one that assists our students to develop a sense of community and belonging. A number of other Middle School assemblies will occur during the year.

It is not well known, but many of the students at Mitcham Girls undertake learning activities and volunteering outside of school. One of these is Year 8 student, Michaela Skipp, who is a member of the Youth Environment Council and recently attended a camp comprising outdoor team building activities, night walks, frog hunts and opportunities to chat to others about environmental issues. If your daughter is involved in extra-curricular activities, please consider purchasing a Children's University Passport to Volunteering/Learning, so that this can be recorded and acknowledged.

Your local council may be offering holiday activities, refer to their website.

At the beginning of Term 2 the school created the opportunity for students to undertake supervised and supported study after school on Monday evenings between 3:30 and 6:00pm. This program now includes Thursday evenings. If you would like your daughter to take advantage of this, please put a note in her diary giving permission to stay after school.

Zinta Ozolins | Assistant Principal Middle School

Senior School News

Year 10 Mock Interviews

The two Personal Learning Plan classes for Semester 1 were involved in Mock Interviews on Monday 15 June. Students had to apply for a fictitious retail or hospitality position, with a covering letter and resumé, and then attend an interview. The people conducting the interviews were mostly sourced from the community to add to the experience.

A big thank you to all the interviewers: Peter Leokles (DECD Student Pathways Leader), Sam Ricci (apprenticeship broker), Sam Pearce (DECD Business Partnership Manager), David OMahoney (MGHS parent), Terri McKay (MGHS parent), Kelly Keates (Schools in Business Board member), Colleen Tomlian, Gem Kasse, and three people from Mitcham Council Human Resources team. Without the interviewers this valuable program would not be able to run.

Jill Olifent | Counsellor & VET Coordinator

Whole School News

World Challenge Community Lottery



Years 10 & 11 World Challenge Group: Vietnam

Now open: Tickets available until 18 September 2015

Mitcham Girls High School has a team of 16 students going to Vietnam at the end of the year. Two teachers will accompany this adventurous group as they complete physical challenges, learn about the world outside of Australia and participate in community projects in areas of need. As a part of this process these students are required to undertake group fundraising in order to complete the community project aspect of their expedition.

In response to this, we are now registered with the People's Choice Credit Union Lottery and ask for your support to raise additional funds. We keep every dollar of every ticket we sell. Tickets can be bought on-line immediately at <https://www.peopleschoicecu.com.au/mitcham-girls-high-school-world-challenge>. Books of tickets will be available soon. Buy tickets and monitor our progress. You can also print your tickets in anticipation of the draw.

Good luck, and thank you for your support.

Kate Ralph & Mike Elliott | World Challenge Coordinators

Year 12 Drama Production

Come and watch the Year 12 Drama Production "Into White" by Amanda Price.

Set in a time when Russian Citizens were forced to go to correctional labour camps, otherwise known as gulags, this play helps audiences understand the real meaning of freedom.

Hear the stories of these brave and resilient women who fight for their survival and search for a haven inside the cesspool that they are forced to call home.

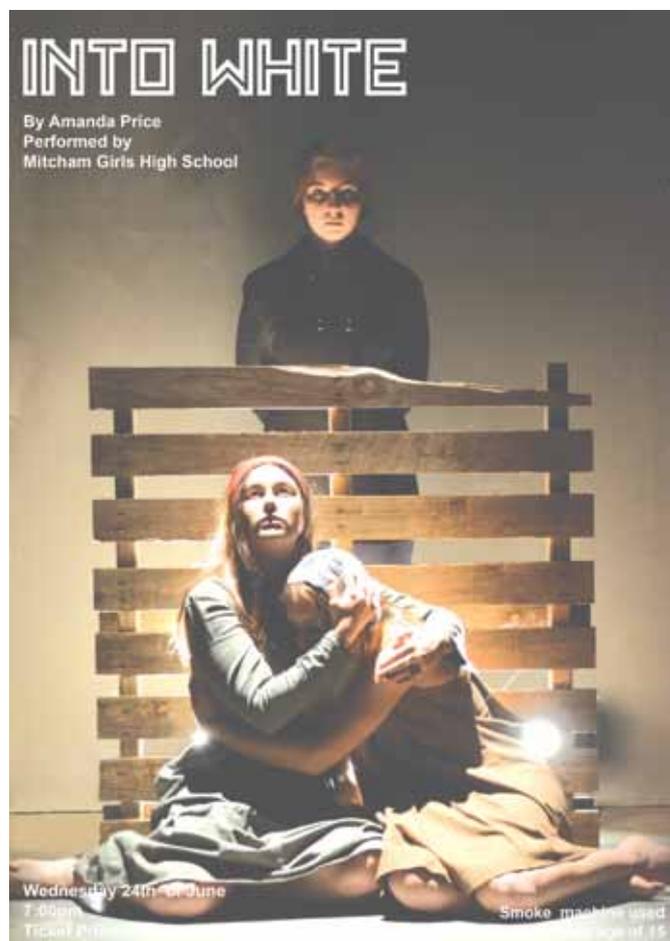
Date: Wednesday 24 June
Venue: MGHS Performing Arts Centre
Time: 7:00pm
Cost: \$10.00 per ticket

Tickets can be purchased from the Finance Office, either in person, or phone Sue King on 8272 8233.

Please note that this production has violence and adult themes. People under the age of 15 should be accompanied by an adult.

Note: A smoke machine will be in use

Kate Ralph | Drama Teacher



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>.

VET / Careers

University of South Australia - New Courses in 2016

- Bachelor of Human Movement/Master of Teaching - dual qualification specializing to become Physical Education and Science teacher
- Bachelor of Human Movement (Exercise & Sport Science) specializing in exercise and sports science, elite sport
- Bachelor of Psychological Science (Counselling and Interpersonal skills), Bachelor of Business (Human Resource Management) - double degree combines studies in psychology, business, human resources, counselling and interpersonal skills

UniSA College

- Provides pathways into numerous degree courses
- Foundation Studies (fee free)
- Diploma - Arts, Business, Science, Tech, targeted at students with ATAR between 50-70
- Bachelor of Music based in Mt Gambier in 2016

Library resources for high school students - sign up at any campus.

Career Information

SA Dental Service is offering a number of Dental Assisting Traineeships at various SA Dental Service Dental Clinics across South Australia to commence in February 2016. A number of positions will be available in the Adelaide Metropolitan area.

The Dental Assisting Traineeship incorporates the Certificate 3 in Dental Assisting and is a 12 month program which will include on-the-job training and attendance at TAFE.

Applications will be open from 3 to 31 July only on the SA Health Careers website www.sahealthcareers.com.au - enter the job number 565696.

If you have completed Year 11, are interested in the health field and enjoy working with the public, SA Dental Service would like to hear from you.

Applicants will need to provide evidence of Hepatitis B immunity.

For further information, please contact Nadine Brennan, Dental Assistant & remote Services Coordinator, SA Dental Service on 8222 9041 or email sadsattraction&retention@health.sa.gov.au.

Community News

Road Safety News

The latest SAPOL newsletter is now published on the South Australia Police Internet page under Road Safety <https://www.police.sa.gov.au/services-and-events/community-programs/road-safety-education>.

The edition discusses:

- Crash Statistics 2014
- Keep Left overtaking rule explained
- Thirty Lives - Famous Victims of Crashes
- Drink Driving Penalties
- Hitting a solid object when you leave the road
- Courtesy on the Road – Kindness Counts

SHine SA

SHine SA (Sexual Health information, networking and education SA) supports staff at your school with training, resources and curriculum in the area of Relationships and Sexual Health education (R&SH). Parents play an important role in providing sexual health information to their children and research suggests that quality communication is critical to developing children's socialisation and confidence. As well as this it has shown to reduce risk-taking behaviours in regards to sexual activity.

In 2014 over 4,000 students gave SHine SA feedback on their R&SH lessons. The highest ranked source of further information for R&SH was a parent/carer (67%), followed by a friend (53%), the internet (45%) and health service (43%). These results would indicate that parents and carers are considered by young people to be trusted and valued sources of information about R&SH.

Talking about R&SH doesn't have to be complicated:

- Start early – you may or may not agree with your child/ren having intimate relationships; however it's important to discuss these topics before they become involved.
- Live in the moment – TV storylines and other popular media often contain sexualised messages or stories about relationships and sex, some of these stories could be misleading or incorrect. Use these opportunities as a conversation starter and address potential misconceptions.
- Keep the lines of communication open – remind your child/ren that you were young once too and that you understand the challenges and issues they may be facing. Let them know you are available to speak to them anytime if they have a question or need advice.

We are in the process of updating a resource for parents/carers on how to discuss respectful, safe and healthy relationships with their child/ren which is hoped to be available later this year. SHine SA would appreciate your input via a survey regarding the content of this guide to ensure it is a valuable resource for you and other parents/carers to use. The survey can be accessed through Survey Monkey via the link <https://www.surveymonkey.com/s/GXG3QTY>. Thank you in advance for your time and your valuable feedback.

If you have questions or further information to share please contact Anita Sharrad at SHine SA on 8300 5338 or email anita.sharrad@shinesa.org.au.

Research Opportunity

Pearson Clinical and Talent Assessment is conducting a research project across Australia and New Zealand on skills related to intelligence, learning and achievement. They are looking for participants aged between 4 years and 19 years 11 months who are fluent in English to participate. All information collected will remain confidential and only used for research purposes.

To nominate your child please visit: www.pearsonclinical.com.au/nomination. For further information please contact Dr Nicki Knott on 03 9811 2528 or nicki.knott@pearson.com.

Community News (cont.)

Kenilworth AFL Masters “Kick & A Catch”

Kenilworth AFL Masters would like to extend an invitation to Parents/Guardians of students at Mitcham Girls High School, to come and have a “Kick & A Catch” in our Sunday afternoon “Footy For Fun” Competition.

We train every Wednesday night at 6:30pm at St Marys Park (formerly known as “Panther Park”).

There is an opportunity to play on Adelaide Oval in our Curtain Raiser to an AFL match on Saturday 15 August. The Inner Sanctum experience plus getting to play on Adelaide Oval is going to be incredible!!

Interested? Contact Peter Oldfield to register your interest on 0423 778 628 or email Peter at peteroldfield@gmail.com.

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

Diary Dates

June	Wednesday 24	Year 12 Drama Production PAC	7:00pm
July	Friday 3	Year 11 Reflection Day	
	Monday 20	End of Term 2, Reports distributed	3:10pm
	Tuesday 28	Term 3 Begins 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	
	Tuesday 11	Parent Forum	7:00pm
	Tuesday 11	Principal’s Tour	11:15am
	Monday 17	WWW No. 5 published	
	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