From The Principal

At the very end of last term, we learned that our school had been allocated two large sums of money:

1. We received a grant of $50,000 from the Department for Education and Child Development to extend and improve our GifT Academadic Program, with a focus on STEM. Mitcham Girls High School is now recognised as a Specialist School in Gifted and Talented Education. Most of the money will be used to engage staff in professional learning to the benefit of all students. We are now looking to negotiate contracts with highly acclaimed educators to develop and implement a year-long program of training and development.

2. At the end of last term, we were also ecstatic to learn that the State Government had allocated $2.5 million to our school to refurbish/develop a STEM (Science, Technology, Engineering and Mathematics) Centre. Believe it or not, we will be meeting with architects this week to design such a centre and have it finished by the end of June next year. A group of us has already visited schools in Melbourne to see how they use their “STEM” centres and have certainly brought back lots of good ideas.

Working in a STEM space is about creating and designing project based learning opportunities which will allow students to explore ideas as they work in teams, find solutions to problems and apply their learning to real life situations. The training and development we will provide to staff will certainly encourage them to design tasks which stretch and challenge our students with a focus on “learning by doing”.

A reference group, which will include students, will guide this exciting development. If you wish to serve on the reference group, please get in touch with Tony Sims, Deputy Principal, to discuss how you might want to get involved.

As a school we are fortunate that we had already started to think about a STEM Centre and new ways of teaching and that this year Mr Simon Brooks was appointed to the role of STEM Coordinator. Mr Brooks is acknowledged as one of the most knowledgeable STEM teachers in the State (winner of the best STEM Teacher Award in 2014) and we are indeed very fortunate to have him in our school.

We are extremely excited about these new developments and will keep you informed every step of the way.

We Congratulate Our Year 9 Students

Last week we received the NAPLAN results and we are very pleased to say that once again results in each of the domains are well above State and Regional averages. We don’t have enough data yet to see how we compare against Australian averages, but will certainly give you more information as it becomes available. Individual results were posted home last week.
From the Principal (cont.)

Appointment of Student Counsellor until the end of 2016
Ms Colleen Tomlian has been appointed as Student Counsellor with a focus on Special Needs and International Students for Terms 3 and 4. The position will be advertised externally for the next five years.

Just a reminder that we now have two Counsellors in the school (Ms Olifent and Ms Tomlian) to support students with any issue they may have. Please feel free to contact them if you have any concerns about your daughter’s wellbeing.

Social Media Can Be Harmful to Student Wellbeing
Students seem to have settled well this semester and we certainly want them to focus on their learning. However, being a teenager can be very challenging in a world dominated by social media. Quite often young girls are invited to download inappropriate applications on their phone and some of them do give into this peer pressure. It has come to our attention that there is a group of “pornographers” out there trying to entice young people to send them nude photos. We are aware that they have targeted two schools in Victoria; who knows how many schools have been targeted in South Australia! Please make a point of discussing with your daughter how they are using social media and stress the importance of staying safe online.

Attendance = Better Educational Outcomes
I seem to be signing exemption forms on a regular basis for students to go on family holidays. While I acknowledge that there may be specific reasons why families choose to go on holidays during school time; may I plead with you, however, to do all you can to avoid (if at all possible) going on holidays when students should be at school. The correlation between attendance and successful educational outcomes is extremely high and even staying away for five days a year may affect results. From time to time we even have Year 12 students taking time off to go on a holiday and we have data which confirms that these students do not perform well.

Our target is to achieve at least 95% attendance. Currently the attendance rate is 93%, pulled down to a great extent by students taking time off to go on a holiday.

Subject Selection for 2017

Students are currently in the process of selecting subjects for 2017 using a program called “Web Preferences”. Web Preferences allows students to lodge their subject selections directly online. Students have been emailed personalised login details and subject selection instructions for Web Preferences to their school email address. As part of our course counselling Care Group teachers have explained the processes and timelines and, in many cases, have accessed Web Preferences during Care Group time.

Once subject choices have been finalised in Web Preferences, we ask that a receipt be printed, signed by a Parent/Caregiver, and returned to the Care Group teacher. This ensures the subjects selected are completed in conjunction with a Parent/Caregiver as we encourage Parents/Caregivers to discuss subject selections and post-school pathways with their daughter.

Students in Years 10 and 11, and their parent/caregiver(s), will have the opportunity to discuss their subject selections with trained staff members on the afternoon and evening of Wednesday 7 September or during the day on Thursday 8 September. Appointment request forms have been distributed to students and are also available on the school’s web site.

Appointment times are issued on a “first in first served” basis.

Tony Sims | Deputy Principal
Science / STEM News

Bridge Building
Three teams of Year 9 GifT Science students transformed string, glue and paddle pops into bridges. They applied many science, maths and engineering skills in their STEM project. Once finished they took them to the Adelaide Museum where the bridges were examined for their engineering, design and finish. Finally, they were tested for strength, ultimately breaking into many pieces (the best part of the day!).

Science Alive
All Year 10 students went to the Wayville Showgrounds for the annual Science Alive Careers Expo. They enjoyed participating in many activities including competitions, making butter, using virtual reality, walking through the brain, talking to the Surfing Scientist, seeing chemistry shows, patting native animals and seeing lots of robots and daleks.

Year 10 Space Camp
Year 10s interested in science, especially space science, engineering, physics or astronomy are invited to apply for the South Australian Space Camp from 5 - 7 October. Cost $70 includes all activities, food and accommodation.

See your science teacher for more information before 30 August.

Year 11 and 12 Science  Photo Competition
Theme: Shine the Light on your Future. Win $1,000.
Submit a photo that you have taken that conveys the fact that ‘Science is everywhere’. Make sure it is creative, unique and eye-catching and conveys directly or indirectly the essence of the title/content.

STEM Breakfast
On Thursday 11 August, Mitcham Girls High School was invited to attend the 3rd annual Women in STEM Breakfast at Thebarton Senior College.
The morning, sponsored by Beach Energy, provided four of our students the opportunity to network with STEM professionals and likeminded students from other schools, who have a similar interest in STEM related careers.

Well done to Indiana Piggin, Juliette Smith, Isis Walker and Breanna Liebelt who represented themselves and the school extremely well.

Simon Brooks  |  STEM & IT Coordinator

Helen Marussinszky  |  Science Coordinator
**Sports News**

**Knockout Netball**
On Wednesday 10 August, Mitcham’s Open Girls Netball team participated in the School Sport SA Knockout Netball competition. The team, coached by Mr Finos, travelled to Birdwood High School to play Birdwood and Waikerie for a spot in the State Finals later this term. Unfortunately, despite their great effort and display of team work, Mitcham was unable to progress in the tournament after losing both games. Well done to the following students for representing the school:

- Tamrah Steer
- Jess Powers
- Dani Green
- Amy Skingsley
- Skye Hartman-Kearns
- Cecilia Ronson
- Kaitlyn Tucker
- Holly Reeves
- Lauren Jury
- Daisy Barlow
- Chelsea Steer

**Zone Sport Update**
The Term 2/3 Southern Zone School Sport season concluded its minor rounds and last week the teams in contention played off for their final positions.

Congratulations Year 8/9 Soccer - Southern Zone Premiers! They played in the Grand Final against Unley last week and won. Many thanks to the team coaches, Mauro Barani and Laura Harvey.

Mitcham’s Open Badminton team, coached by Ms Parsons, finished their season strongly in the minor rounds and won their match against Blackwood in the play-offs, with a final placing of 3rd on the ladder.

Coached by Mr Finos, the Open Girls Soccer team improved a lot throughout the season and contested 3rd spot against St John’s. The match resulted in a draw and they finished 4th overall.

Our three Year 8/9 Netball and Open Netball teams have all fought hard throughout the season with mixed results. Ms Hosking’s “Mitcham 1” team in the Year 8/9 competition was the best of our netball teams. They were right up there all season and placed 3rd after the play-offs.

Well done to all students who represented Mitcham across Terms 2 and 3 and a big thank you to the coaches who put in their time and effort to support our teams.

The next Zone Sport Update will include the sports in which Mitcham will participate in for the Term 3-4 Zone Sport Competition.

**House Sport**
During Term 2 we held an Inter-House Lunch Time Sport Competition with Volleyball being the sport of choice for the term on Friday afternoons. Each house fielded a team in the Year 8/9 and Open Competition with each team playing for points towards the annual Collyer Cup.

Fraser took out the Year 8/9 title while Spence was the best in the Open Competition as both finished on top of their table after the round robin phase. Both teams also went on to win the Grand Final in their competitions. Well done to both teams!

The Term 3 House Sport Competition will be one competition for all year levels as each house battles for valuable Collyer Cup points with a Dodgeball tournament. Games will be played Thursday lunch time in the gym each week with the top two teams to meet in the Grand Final in Week 10. Good luck to all teams!

*Dimi Sianis  |  Sports Assistant*
**Senior School News**

**Mock Interviews**
Mock Interviews were held for Year 10 PLP students on Monday of Week 8. It was part of the final task to be assessed for the semester. Students had to apply for a job, either retail or hospitality, and prepare a covering letter and resumé suitable for their application. They then attended an interview and were assessed on their interview skills, in addition to the appropriateness of their covering letter and resumé. Over 50 students were interviewed by 13 community representatives.

Thank you to the community representatives who made this whole process much more realistic:
- Peter Leokles, Sonia Harrison and Russell Attwell (DECD)
- Alison Carter, Ai Choo Kang and Mary Silver (Adelaide Rotary Club)
- Adrian Chenoweth, Chris Sentence, Reg Wymond and Brian Whinfield (Blackwood Lions Club)
- Three HR staff from the City of Mitcham

\[Image\]

**Research Project Expo**
All students undertaking the SACE need to be successful in the Research Project and in order to provide some understanding of what makes a successful Research Project, the Year 10 students attended the SACE Expo for this subject.

Students and their teachers had the opportunity to see a wide range of different projects and talk to people about how to go about the process. Thus, they have begun the development of their own knowledge enabling them to have a clearer picture of what will be involved in 2017.

\[Image\]
Year 11 Reflection Day

Reflection Day 2016 was a time for Year 11 students to look back at their transition from Year 10 to Year 11 and reflect on their learning in readiness for the last 15 months of high school life.

In the morning session the key speaker, Penny Sih from Developing Minds, spoke to the students about personal wellbeing, including how to overcome difficulties and take control of emotions. Students were then given some hints on achieving their Personal Best in their SACE subjects along with a meditation session with Ms Jill Olifent which showcased the importance of not only identifying stress but also knowing how to manage it.

After morning tea the annual SACE survivor quizzes and activities saw some hot competition. Care Group teamwork, spirit and dress up themes were on display together with some blatant bias from Care Group teachers. The outright winners by two points were Brooks’ Badminton Bunch from 11:01. Congratulations!

NAB Work Inspirations Program

In the final week of Term 2, twenty Year 10 students participated in a three day work based program provided by the National Australian Bank. Students participated in a number of team based activities working with mentors and industry personnel developing an understanding of the broad array of opportunities and skills required in this industry sector. Students had the opportunity to develop new peer friendships with students from other schools as they explored a range of task and work options. All students found the experience very rewarding and enjoyed the opportunity to experience a different mode of learning. They have recommended that students next year be given the same opportunity.

Colleen Tomlian and Jill Olifent | Student Counsellors

Year 12 Formal

Glamorous, glittery, colourful, elegant and gorgeous were some of the compliments paid to our students at this year’s Formal held at the Intercontinental Hotel.

The students and their partners were stylish to the extreme and made the Formal an evening of celebration at the end of Assessment Week.

The royal blue and silver colour scheme, together with the tables decorated with fairy lights, made the ballroom a magical place and it was great to see so many students dancing, despite some very sore feet in extremely high heels.

The twenty staff who attended and supervised, enjoyed seeing the students in such a different environment and felt enormous pride in them.

Sue Howlett | Year 12 Manager
Dance Trip to Melbourne

At the end of Term 2 a group of Year 9 and 10 GiFT Dance students left for our inaugural Dance Trip to Melbourne, to enjoy a number of arts and dance offerings, chaperoned by Ms Judy Swan and Ms Meredith Arnold. Quite simply, we all had a fabulous time!

Staying in apartments in Carlton gave us a convenient location from which to start our busy days. Some of the activities included visiting a number of Dance organisations to participate in a range of classes, visiting exhibitions such as the Jurassic Exhibition, 200 Years of Australian Fashion Exhibition and the Degas Art Exhibition.

One of the highlights of our trip was definitely seeing the production of ‘Matilda’ and meeting and having photos with the ‘Trunchbull’ after the show. Other highlights were dancing the ‘reindeer’ through the street art alleyways in Melbourne, participating in a guided tour of the Victorian Arts Centre, watching a professional ballet class and rehearsal at Melbourne City Ballet. We even had time for a quick shop at the Direct Factory Outlets!

Our students were fantastic ambassadors for Mitcham Girls High School and the GiFT Dance Program. The camaraderie within the group was wonderful and the girls demonstrated their skills in organisation, teamwork and resilience. I’m sure we all returned to Adelaide inspired by the many opportunities we experienced, but also ready for a rest!

‘I think we all feel very privileged to have been given such an opportunity. It allowed us to experience new places, dance techniques, styles which the teachers taught and things into which dance can lead. It was amazing to see all the different schools and to learn so many different moves, styles, techniques etc. A major thing that all the dance teachers had in common was the fact that we couldn’t perform by just doing the steps, but also dancing with the music and really feeling the dance. I think this trip has definitely changed our views on dance and helped us improve on what we already knew.’

Erin Shore | 9.14

Congratulations to the wonderful group and our thanks for being so willing to be challenged and dance, dance, dance!

Judy Swan | Dance Teacher
Music Showcase
On Thursday 16 June, the Music department held its Winter Showcase. It was a full house and gave our girls the opportunity to show parents and friends their achievements throughout Semester 1.

The Concert Band started the show, followed by performances of year level bands, the school choir and the Year 11/12 Jazz Ensemble, “Lockscreen”. This was their first public performance and they were assessed for Stage 2 Music. It was a high calibre evening full of confident musicians enjoyed by all who attended.

Ann Gatis | Music Teacher

Art Gallery of SA Secondary School Art Prize
Two of our outstanding Visual Arts students attended the opening of an exhibition of works created at the Art Gallery of South Australia’s Secondary Schools Workshops on Friday 5 August.

We congratulate Brianna Fantis who won the Most Outstanding Life Drawing prize. Brianna’s drawing, along with Amy Gaetjens’, is now hanging in the gallery!

Meredith Arnold | Arts Coordinator

Year 12 Drama Production “Headspace”
The Year 12 Drama production, “Headspace”, captivated its audience through a display of technical story-telling and authenticity. It was truly a testament to the hardworking and dedicated performing arts students here at Mitcham Girls High School. Not only did this production combine live theatre, cinematic projection and a series of complicated technical elements, it also showcased the talent of Year 11 and Year 12 performing arts students and their ability to create something that was both honest and engaging.

Fourteen actresses portrayed the array of conflicting personalities of the young protagonist, Penelope, creating physical representations of the accompanying voices inside Penelope’s head; no easy feat! The performers were supported by their dedicated Stage Manager, Lighting Designer, Hair and Make-Up Designer, Sound Technician and Projectionist.

The cast and crew involved in Headspace gave credit to the resilience of our youth, especially those coping with complex situations, and revealed that the true strength of character is ultimately determined by the choices we make.

Another fantastic display of talent in the area of Performing Arts.

Kate Ralph | Drama Teacher
**Whole School News**

**Community Excellence**
Ashley Nixon–Dores, representing Mitcham Girls High School, was chosen out of 100+ applicants to participate in the ‘Day In The Life of a UniSA Graduate’ competition. She spent a day at HIT 107 radio station during the last school holidays.

“It was a very insightful and rewarding experience and I enjoyed representing the school.”

Ashley Nixon-Dores | 12.10

**KESAB Comes to Mitcham Girls**
On Wednesday 15 June KESAB came to Mitcham Girls to complete a bin audit and to show what rubbish we were sending to landfill.

Students from Years 8 and 9 HASS and members of the Sustainability Group participated in the audit. Bins were collected throughout the school on the previous day and rubbish was separated into categories. The results were shown to staff at the end of the day.

Following on from the results, City of Mitcham compost bins have been placed in the Home Economics area, the Year 12 Study room and the staff room.

Please try to think of alternatives to zip lock bags. While these were only a small percentage in weight there was a huge number of them. There was also a large amount of paper towel being thrown out each day.

For further information on the results of the bin audit contact Sharyn Clarke at sharyn.clarke405@schools.sa.edu.au.

Sharyn Clarke | Sustainability Group

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**Dance Show: ‘Dreams and Reality’**

**Date / Time:** Tuesday 27 September 2016 at 7:00pm

**Venue:** Odeon Theatre, Queen Street, Norwood

**Tickets:** $15 Adult; $10 Concession

*(tickets available from the Finance Office)*
Melinda Tankard-Reist Resources
On Monday 1 August we once again invited Melinda Tankard-Resit to conduct student workshops for the Year 8 and 9 students together with a parent workshop in the evening. In her conversations with the students, Melinda tried to unpack some of the issues associated with the following topics: the influence of the media and body image, relationships, emotional and social development.

The school has a number of recommended resources about body image, cybersafety and media exploitation in our Library. These are available for parents to borrow through their daughter. Please contact Library staff (Deborah Dodd or Kathy Tripodi) on 8272 8233 for more information.

<table>
<thead>
<tr>
<th>Book / DVD</th>
<th>Title</th>
<th>Author</th>
<th>Publication</th>
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<tr>
<td>Book</td>
<td>Steve Biddulph’s Raising Girls</td>
<td>Steve Biddulph</td>
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<td>Book</td>
<td>Ruby Who?</td>
<td>Hailey Bartholomew</td>
<td>2010</td>
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<td>Book</td>
<td>Steve Biddulph’s Raising Boys</td>
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<td>Big Porn Inc: Exposing the Harms of the Global Pornography Industry</td>
<td>Melinda Tankard Reist</td>
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<td>Book</td>
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<td>Susan McLean</td>
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<td>Book</td>
<td>Men of Honour</td>
<td>Glen A Gerreyn</td>
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<td>Getting Real: Challenging the Sexualisation of Girls</td>
<td>Melinda Tankard Reist</td>
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<td>Ruby Who?</td>
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<td>Too Sexy Too Soon</td>
<td>Melinda Tankard Reist</td>
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<td>DVD</td>
<td>In The Picture</td>
<td>Maree Crabbe</td>
<td>2014</td>
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Deborah Dodd | Librarian

Important Diary Dates

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<tr>
<td>Year 10/11 Course Counselling</td>
<td>Wednesday</td>
<td>7 September</td>
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<tr>
<td>Year 10/11 Course Counselling</td>
<td>Thursday</td>
<td>8 September</td>
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<tr>
<td>School Closure Day (Show Day)</td>
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<td>2 September</td>
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<tr>
<td>Student Free Day</td>
<td>Monday</td>
<td>5 September</td>
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**VET / Tertiary / Careers**

**2017 VET Courses**
For information regarding VET courses available at local schools within the Inner South Curriculum Alliance visit [isca.eschoolsolutions.com.au](http://isca.eschoolsolutions.com.au). This link is also available on the school’s website. Other VET courses are available through VETnetwork Australia, TAFE SA and other Registered Training Organisations.

**Tertiary Advice**
Year 12 students and parents are welcome to make an appointment with me regarding tertiary choices - advice, options, alternatives for next year. Call Ms Jill Olifent on 8272 8233 or email jill.olifent705@schools.sa.edu.au.

**Counsellor News**

**Parents as Case Managers**
Parents as Case Managers is an interactive workshop that is designed to support parents to develop the skills to manage the service sector in order to meet the needs of their child.

This includes:
- Understanding a case management model
- Identifying existing support networks
- Developing specific, measurable, attainable, realistic and time based goals
- Understanding resources available
- Gathering information about how to obtain the resources you need
- Advocating for yourself and your family
- Understanding the importance of self care
- Celebrating your achievements

Date: 16 September 2016
Time: 10:00am - 1:00pm
Address: South Australian Council of Social Service, Marjorie Black House, 47 King William Road, Unley
Cost: $5.00 per person

For more information please visit [www.owllearningaustralia.com.au](http://www.owllearningaustralia.com.au), contact Rebecca Ascher on 0415 403 676 or email rebecca@owllearningaustralia.com.au.

Jill Olifent | Student Counsellor/VET Coordinator

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**Fundraising Corner**

**Entertainment Book**
Selling for just $65! Order your 2016 | 2017 Adelaide Entertainment™ Membership online and 20% of your Membership purchase goes towards the upgrade of the Mitcham Girls High School Visual Arts Centre.

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 2017!

Tell your family and friends, as the more Memberships we sell, the more funds we’ll raise!

Buy your new Membership now. Visit the link to order via the secure online order page [https://www.entertainmentbook.com.au/orderbooks/161m056](https://www.entertainmentbook.com.au/orderbooks/161m056). Delivery is FREE.
Community News

Effective Living Centre Positive Parenting Seminars
The Effective Living Centre Positive Parenting seminars and short courses have been widely accepted with good feedback over many years. Funding from the City of Unley has enabled us to engage leading professionals who are known for their practical application.

The following courses are offered to the wider community, held at 26 King William Road Wayville:

- **Talk so Kids will Listen and Listen so Kids will Talk**
  Presenter: Donna Broadhurst
  Wednesday 24 August, 7:30 – 9:30pm

- **Understanding your Child’s Temperament**
  Presenter: Donna Broadhurst
  Wednesday 7 September, 7:30- 9:30pm

- **Managing Anger in Children**
  Presenter: Donna Broadhurst
  Wednesday 21 September, 7:30 – 9:30pm

Cost: $15 adult; $12 concession; $24 couple

Keep your kids smiling
The School Dental Service is a Child Dental Benefits Schedule provider. At the School Dental Service, dental care is FREE for all babies, children not yet at school and most children to age 17.

Call us now for an appointment! Your local clinic is: Mitcham School Dental Clinic   Phone: 8271 0371

Hope Ward Tennis Club - Players Wanted (All Ages)
Hope Ward Tennis Club (an ANZ Hot Shots Club) has vacancies for Junior and Senior members of all standards, for the Summer 2016/17 Season (commencing mid October). A family friendly club offering social and competitive tennis. Interested? Then come along to our Open Day on Sunday 28 August and join us for a free sausage sizzle.

Juniors (17 & under)  11:00am - 1:00pm  Junior enquiries to Lyn Pettman - 0418 851 873
Seniors  1:00 - 3:00pm  Senior enquiries to Madeline Hill - 8277 3937

Hope Ward Tennis Club, Tweed Street, Cumberland Park  www.hwtc.com.au

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Diary Dates

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<th>September</th>
<th>Friday 2</th>
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<td>Wednesday 7</td>
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<td>Tuesday 27</td>
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<td>Dance Performance (Odeon Theatre)</td>
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<td>Friday 28</td>
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<td>Year 12 Celebrations</td>
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<td>Monday 31</td>
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<td>Governing Council</td>
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What, When and Why No, Term 2016  PAGE 13
Wellbeing and Resilience Forum

This forum will inspire you to take care of yourself and to learn positive and practical strategies to help yourself and others.

Learn about the value of positive emotions, positive engagement, positive meaning and positive relationships.

Keynote Presenter
Louiza Hebhardt (SAHMRI)

The Wellbeing and Resilience Centre in the South Australian Health and Medical Research Institute (SAHMRI) is working to build SA as the State of Wellbeing.

Louiza will share with you the background on how the Wellbeing and Resilience Centre in the South Australian Health and Medical Research Institute (SAHMRI) is working to build SA as the State of Wellbeing; provide an introduction to the PERMA+ model, an overview of resilience skills and the latest science.

Workshops
Mindfulness and Meaning
Participants will be able to experience a number of short mindfulness practices and techniques that can be applied to a variety of circumstances and settings. Emerging research and neuroscience behind mindfulness will be discussed.

Positive Emotions
Positive emotions are a critical component in feeling resilient and buoyant. Participants will discuss the importance of increasing the intensity and duration of positive emotion while minimising the impact of negative emotion.

Gratitude Matters
What are the benefits of the character strength of gratitude? In this workshop, we will be taking a walk around the virtue of gratitude – what it is, what it isn’t, how to cultivate feeling good, and how to inspire in others doing good.

Learned Optimism and Mindset
This workshop will look at a framework for building optimism in your life and to understand the difference between growth and fixed mindsets and what that means for all of us as professionals, volunteers and community members.