From The Principal

Staffing

Term 3 is usually the time when new teachers are appointed to the school after going through a rigorous merit selection process. I am extremely happy to announce that the following teachers have won permanent positions at Mitcham Girls High School:

- Ms Colleen Tomlian  HASS and English
- Mr Michael Elliott  Maths and Physics
- Mr Paul Wise  Maths and Chemistry
- Ms Shelley Alexander  French and English

Some of you may be aware that the above teachers have been at Mitcham as contract teachers and we are delighted that they have now become permanent members of staff.

You may also be interested to know that Ms Helen Marussinszky has won the position of Science Leader for another five years.

Ms Melissa Hsu will be returning to Mitcham on 16 September after having taken a few months of parenting leave. We thank Ms Priya Vijayan for undertaking the role while Melissa was away.

Co-curricular Programs

It has been a busy term with many co-curricular activities enriching our teaching and learning programs. The ski trip to Falls Creek, the History trip to Melbourne, the outstanding Dance performances at the Odeon, Zone Sport and MMAD Day are just a few examples of the rich experiences we offer our girls. I would like to thank all the teachers who support these programs, for their time, energy and passion.

Australian Curriculum Capabilities

Teaching and learning and continuous improvement in everything we do remains our focus. This year we have focused on improving the literacy of our students - one of the Capabilities of the Australian Curriculum.

Over the last three terms Laura Harvey and Maria Ivey have delivered the “Literacy for Learning” program to all staff so that each teacher is more aware of the literacy demands in assessment. There are two more modules to be delivered and this will happen next year.

In Term 4 we are keen to start thinking about the ICT Capability. Mr Peter Cottle will deliver this program to all staff.
From The Principal

SpiRit of Science Scholarship
For the second year in a row, one of our students has been successful in winning the SpiRit of Science: Maurice der Rohan Scholarship.

The 2013 winner is Meagan Ellerton, one of 10 South Australian students who will attend the Christmas Lectures in London staged by the Royal Institution of Great Britain. The group will also visit the science sights of London. We are confident that Meagan will return with an even stronger passion for science.

Holiday Lessons for Year 12s
Please be aware that, as usual, teachers will be running holiday lessons for the Year 12 students. The timetable will be on the school’s website. Please encourage your daughter to attend these valuable lessons.

International Students
It has been a privilege this term to have had four students from Japan:

  Michiru Fukatsu  Tamane Suzuki
  Miho Kawamura  Shiori Sashimoto

Our students made the girls feel very welcome and we are certainly sad to see them go. The International Program and the Exchange Program offer benefits not only to the students visiting us but also to our own students who have the opportunity to learn about other cultures and form friendships which can be sustained not only through social media but also by actually visiting these students in their home country.

The above four students certainly represented their country with distinction. They attended school every day, they worked extremely hard and they respected the ethos of our school. Their English has improved tremendously and they have appreciated the opportunity to study abroad. We wish them well!

Celebrations
There will be many celebratory functions happening in early Term 4. Please place these dates on your calendar.

  Monday 28 October  12 noon  Year 12 Celebration Assembly
                    Parents and family members of Year 12 students are encouraged to attend.

  Monday 18 November 12 noon  Celebrating Achievement Assembly
                              All parents and family members are encouraged to attend.

  Tuesday 19 November  7:00 pm  Presentation Night, Capri Theatre
                                 All parents and family members are encouraged to attend.

I trust you will all have a relaxing time with your children over the holidays.

Antoinette Jones
Principal
20 September 2013

Dear Families,

Re: Proposed 2014 Materials and Services Charge

You are invited to attend a special meeting of the Mitcham Girls High School Governing Council. This meeting will take place on Monday 28 October at 7:00pm. It will be held in the Staff Room, located in the Administration Building, accessed from the Kyre Avenue car park.

The Governing Council has proposed that the 2014 Materials and Services Charge be set at $625.00. Details of the proposed charges are outlined in the DECD approved notification on the next page.

At this meeting Governing Council will vote for the approval of the proposed 2014 Materials and Services Charge. Before taking a vote the meeting will be opened up for discussion and all parents are invited to participate. Please be aware that the Governing Council will be polling all parents to make the entire sum legally recoverable.

It is vital that the Governing Council has an indication of people attending this meeting. Therefore, if you would like to attend, please complete the slip below and post to the school before Wednesday 23 October 2013 or email dl.0903.info@schools.sa.edu.au. In lieu of attendance at this meeting, parents/students can express their views in writing to the Chairperson of the Governing Council.

Yours faithfully,

Paula Mitchell
Chairperson, Governing Council

Please return to Mitcham Girls High School by Wednesday 23 October 2013

MITCHAM GIRLS HIGH SCHOOL GOVERNING COUNCIL MEETING

I will be attending the Governing Council meeting on 28 October 2013 at 7:00pm.

Name: ..............................................
Contact Phone Number: ..........................
Mitcham Girls High School - 0903

Notice of Materials and Services Charges for 2014

Notice of Charges for Years 8 - 13

<table>
<thead>
<tr>
<th>ITEMS AND SERVICES</th>
<th>COST ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Printed and electronic materials related to the educational program and which are</td>
<td></td>
</tr>
<tr>
<td>provided for the student</td>
<td></td>
</tr>
<tr>
<td>Workbooks</td>
<td>$26.50</td>
</tr>
<tr>
<td>Text Book Hire / E-Book Access</td>
<td>$157.50</td>
</tr>
<tr>
<td>Photocopied Material</td>
<td></td>
</tr>
<tr>
<td><strong>SUBTOTAL (ZPREM)</strong></td>
<td><strong>$184.00</strong></td>
</tr>
<tr>
<td>Stationery items that are provided for the student</td>
<td></td>
</tr>
<tr>
<td>Stationery Items</td>
<td></td>
</tr>
<tr>
<td>ID Cards</td>
<td>$5.25</td>
</tr>
<tr>
<td>Student Diary</td>
<td>$12.00</td>
</tr>
<tr>
<td><strong>SUBTOTAL (ZSTAT)</strong></td>
<td><strong>$17.25</strong></td>
</tr>
<tr>
<td>Materials and Services that are provided by the school for the student to consume</td>
<td></td>
</tr>
<tr>
<td>or use the materials or take ownership of a finished article produced by the</td>
<td></td>
</tr>
<tr>
<td>student with the materials</td>
<td></td>
</tr>
<tr>
<td>Access to Student Information Technology</td>
<td>$158.00</td>
</tr>
<tr>
<td>Access to Machinery</td>
<td>$25.20</td>
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<tr>
<td>Access to Equipment</td>
<td>$42.00</td>
</tr>
<tr>
<td>Curriculum/Subject Supplies and Services</td>
<td>$173.25</td>
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<tr>
<td>Other [please Specify]</td>
<td>$0.00</td>
</tr>
<tr>
<td><strong>SUBTOTAL (ZACMS)</strong></td>
<td><strong>$398.45</strong></td>
</tr>
<tr>
<td>Materials for inclusion in the school library and to enable use by the student</td>
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</tr>
<tr>
<td>Library resources including access to borrowing library resources</td>
<td>$25.30</td>
</tr>
<tr>
<td><strong>SUBTOTAL (ZACLI)</strong></td>
<td><strong>$25.30</strong></td>
</tr>
<tr>
<td><strong>Total Materials and Services Charge (excluding Subject Charges)</strong></td>
<td><strong>$625.00</strong></td>
</tr>
</tbody>
</table>

These subject charges are in addition to the Materials and Services Charge above for those students undertaking the following subjects.

<table>
<thead>
<tr>
<th>Subject Description</th>
<th>Cost ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Music Tuition - Per Semester</td>
<td>$80.00</td>
</tr>
<tr>
<td>Yr10 Food Studies - Per Semester</td>
<td>$40.00</td>
</tr>
<tr>
<td>Stage 1 Food &amp; Nutrition / Food Hospitality (catering) - Per Semester</td>
<td>$40.00</td>
</tr>
<tr>
<td>Stage 2 Food &amp; Hospitality - Whole Year</td>
<td>$60.00</td>
</tr>
<tr>
<td></td>
<td>$0.00</td>
</tr>
</tbody>
</table>
**Dance News**

A spectacular evening of dance was presented at the SOLD OUT Odeon Theatre on 3 September.

Dance students from all year levels showed amazing energy and enthusiasm through the program of entertaining dance works, portraying themes from stage and screen such as ‘Brave’, ‘Puss in Boots’ and ‘Oliver’! The colourful staging and talented students provided the audience with an engaging, entertaining and energetic program.

All students showed their outstanding ability to work collaboratively and cooperate as a team. This coupled with displaying excellent performance skills ensured a successful evening.

*Meredith Arnold*
*Arts Coordinator*

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**MGHS Sports Stars**

**Name:** Chloe Scott  
**Sport:** Lacrosse

**How did you get into your sport?** “I started playing when I was 10 years old after watching my mum play when I was a kid. I am currently playing for Woodville Lacrosse Club and also representing South Australia in National Tournaments.”

**Greatest Achievements**
- 2012: MVP for SA at the 2012 Nationals
- 2012: U/17 Sports Woman of the Year Award

As well as various club awards.

**Future Ambitions**
To represent Australia at a World Championship.  
To make the U/19 Australian Team to compete in Scotland in 2015.

**Sporting Inspiration**
Jen Adams - The first Australian to enter the US Lacrosse Hall of Fame.
**Zone Sport - We Thank You!**

Over the course of the year, the school enters many teams into the local Zone Sport competitions. We would not be able to enter teams without the many teachers who volunteer to coach/manage a team.

As a way of thanking these coaches, all were invited to a special three course luncheon, which was put on by the Year 12 Food and Hospitality Class as part of their assessment.

This year, the luncheon was held on Wednesday 4 September. The Year 12s did a fantastic job in dressing the table, preparing personalised name cards … and of course serving some delicious food! Perhaps the highlight was a decadent 3-layer chocolate mousse cake for dessert.

A massive thank you must be said to Julie Tsoukalas and her talented class. Also, a huge thank you to all staff who gave up their time on a weekly basis to coach/manage our sport teams.

**Zone Sport Term 3/4**

The Term 3/4 Zone Sport Competition kicked off in week 7, with Mitcham fielding teams in Badminton and Volleyball.

The 8/9 Volleyball Competition has two pools, who will then play off in the finals. Mitcham is fielding two teams in the competition, with one in each pool:

- Mitcham Blue is being coached by Mr Crilley
- Mitcham Red is being coached by Mr Wise

Mitcham also has a team in the Open Volleyball Competition, which is being coached by Mr Finos.

In the 8/9 Badminton Competition, Mitcham is fielding two teams after the Year 8’s developed a keen interest in their PE program.

- Mitcham Navy is being coached by Ms Parsons
- Mitcham Green is being coached by Mr Bambrough

Good luck to all teams, and thank you to the teachers who have volunteered to coach a team.
Sport News (cont.)

House Sport
Over this term, the House Captains have planned and organised a new House Sport competition that aimed to involve all year levels and encourage more girls to want to represent their house. For this competition, the House Captains decided to play netball.

Each House held trials and training sessions to select the best team to represent their House, making sure that a girl from each year level was in the team. In the end, each House was able to enter two teams into the competition as well as providing scorers, timers and umpires. In week 5 the competition started and at the end of the minor rounds, Spence 2 and Mitchell 2 made the grand final.

The final was held in week 8 of Term 3, and was a closely fought battle that ended 14-6 in Mitchell’s favour. As a result, Mitchell is the inaugural winner of the brand new MGHSS House Sport Trophy. Congratulations to team members of Mitchell and Spence for making the Grand Final. Additional congratulations to our overall winners, Mitchell led expertly by Year 12 House Captain, Siead Ronson.

Our House Captains must be commended for their organisation and commitment to the competition, which was a driving force in its success.

Overall Results:

<table>
<thead>
<tr>
<th></th>
<th>1st</th>
<th>2nd</th>
<th>Equal 3rd</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mitchell</td>
<td>Mitchell 2</td>
<td>Spence 2</td>
<td>Fraser 1 and Fraser 2</td>
</tr>
<tr>
<td>Spence</td>
<td>5th Mitchell 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6th Spence 1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Georgina Sulley-Beales
Sports Assistant

Stop Going Crazy!
Start Loving Your Life

Liana Taylor is a Clinical Psychologist with over 20 years experience. She is an International speaker and Director of the Mindfulness Centre, Australia’s leading provider of applied mindfulness training to professionals.

On Wednesday 23 October at 7:00pm Liana will be coming to Mitcham Girls High to present her seminar “Stop Going Crazy! Start Loving Your Life”. Through this seminar Liana will help our school community to identify some of the causes of stress, anxiety and depression and increase our understanding of how to work through these difficult issues.

There will be soup and rolls served in the staff room from 6:30pm onwards.

A letter will be coming home at the end of the term with more details, but if you would like to come please make a booking with Jenni Stewart on 8272 8233 or email jennifer.stewart490@schools.sa.edu.au.
**Soul Divas**

On Wednesday 14 August a few of the Year 8s and 9s attended a workshop run by the Soul Divas. In the words of the Soul Divas’ Facebook page, here’s the workshop in a nutshell: “Young people today will graduate from school having accomplished thousands of hours of facts, figures, sports and creative pursuits. But what about their emotional wellbeing? Our young women’s workshop is only held for a single day, but is jam-packed with tips and techniques that can be remembered and used for a lifetime.”

Irene said that we had between 60 to 90 thousand thoughts in a day, and most of them were negative. She also had us write in two columns what we liked and disliked about ourselves, and most of us had larger negative columns. We talked about the sources of these negative thoughts – the major factors were the media, society in general, peers and boys.

We are told so many times that we aren’t good enough, and we aren’t perfect and we shy away from calling ourselves good things. We find it hard to admit when we’re good at something, and it makes us uncomfortable. Irene also told us what we see isn’t necessarily the truth.

Rebecca explained how magazines, and the media in general, are extremely fake and how they use Photoshop until the person you see on the cover is no longer the person they are in real life. She said that this was wrong and that being real wasn’t something to be ashamed of, rather, be proud of it.

Gail and Jordana talked to us about how sometimes our family (unintentionally) decreases our self esteem. Sometimes, they mean to say encouraging things to us, but we take it as, “So you’re trying to tell me I’m not good enough?”. 

One of the tips constantly repeated throughout the workshop was that it is society that is messed up, not us. And yes, we get told this all the time, but that doesn’t mean we believe it. This workshop, however, was very different. It convinced us, it actually made us believe, that there was nothing wrong with us. The Zumba session was something a lot of us seemed to enjoy. We did struggle to keep up at times, but it was so fun! Some of us even added moves of our own.

Another thing which stood out for us was the hugs. We were to get up and hug one person in the room, someone we had never hugged, and we had to do it meaningfully. It was so beautiful. A lot of us put real emotion into our hugs. It was an amazing thing for us to feel. It was like the love in the room was almost tangible.

The workshop itself was a lot of fun. We were exposed to a very positive environment, a judgement free zone, in which a lot of us opened up to each other. It was a great experience, for all of us. Life is hard for everyone in different ways, and this workshop really lifted our spirits and made us feel happier and strong. Strong, because there is strength in numbers, and we felt like we weren’t alone. But most of all, we were taught how to love ourselves.

**Hibra Shujaat (8.09)**

**NAPLAN Results**

Australian Curriculum, Assessment and Reporting Authority (ACARA) has advised schools that NAPLAN results will now be released in Term 4 week 2. Once the school has received results they will be posted to parents.

**Caroline Bamford**

**NAPLAN Coordinator**
Senior School News

Year 12 SATAC Process
An important reminder that the closing date for University applications for 2014 is 27 September 2013. Students must ensure that they make their application by this date and also make payment for their application. Late fees will apply after 27 September and most importantly students will not be made an offer if the application fee is not paid at all.

TAFE applications for 2014 open on 23 September. Application fees must also be paid in order to secure placement for 2014.

Please contact Jill Olifent or Sue Howlett if you would like further information about the SATAC process.

Jill Olifent
Student Counsellor

2014 Subject Selection / Course Counselling
Thank you to all parents/caregivers and big sisters who accompanied our Year 10 or 11 students to Course Counselling. Also a big thank you to staff that volunteered to be trained as a course counsellor and gave up their valuable time to interview students.

As always, we have a vast number of different combinations of subjects selected by our girls, which mirrors their many and varied areas of interest and success. It also includes those subjects that have been identified as prerequisites for a study path to follow education at MGHS. Unfortunately, not all combinations of subjects will work and therefore after the initial process of identifying the best possible fit for as many girls as possible, I will begin re-counselling girls so that they can substitute or change their priorities with subjects to ensure they all have a satisfactory timetable for 2014.

Throughout this process I will be communicating with parents/caregivers either by a change of subject form which you will need to sign and return to the school or via a phone call. You may of course call me at any stage if you wish to discuss your daughter’s choices for 2014.

Anne Carpenter
Assistant Principal, IT/Timetabling

Behind the News
Year 11 Biology students were filmed and interviewed by the Behind the News TV team about their ‘Battle of the Plants Competition’. This is a national competition growing seeds under different conditions then monitoring and recording their results.

2013 Australian National Chemistry Quiz
Many students enjoyed the Quiz this year with special congratulations to the following students:

- High Distinction: Sai Lekshmi Chandramohan, Jessica Kincaid and Amy Norman
- Distinction: Amatul Ahmad, Ashley Hicks, Claire Peake and Nibir Chowdhury
- Credit: Kateline Williams

Thank you to Deepika Feegrade, their Chemistry teacher, for organising this opportunity.

Your Brain and Behaviour
Year 11 Psychology students enjoyed making and dissecting brains as part of studying the topic on ‘Your Brain and Behaviour.’

Helen Marussinszky
Science Coordinator
**Stage 1 History Trip to Melbourne**

On the morning of the school Show Day an intrepid group of Stage 1 History students arrived at Adelaide Airport between 5:30 and 6:00am to catch a very early flight to Melbourne. We packed our bags into lockers at Southern Cross Station, had some breakfast, bought our Myki public transport cards and headed off to the city.

We visited the Holocaust Museum, which we knew was closed because of Jewish New Year celebrations, but learned a lot from the exterior which featured sculptures related to the extermination camps and experiences of Jewish people during World War II, and walking through the streets surrounding the museum. After heading back to Federation Square and exploring the displays, galleries and shops, we walked to the Art Gallery to view the Monet Exhibition.

This really opened our eyes to the art from this period, and the changing styles and influences on his work. After a long, hard day of travelling and walking we checked into our hotel, the Vibe Savoy, right in the centre of Melbourne. The lovely soft white towels, the beautiful décor and the tempting lollies and chocolates were a welcome sight.

But, we didn’t rest for long. It was onto a classic Melbourne tram, up Bourke Street to Chinatown for dinner. We were booked into a popular Chinese restaurant (we had to walk up to the third floor) where we were treated to a range of tasty and amazing Chinese dishes. Needless to say, we were all very tired by the time we got to bed that night.

Saturday started with an early breakfast visit to the Victoria Markets, and then a very informative and interesting tour of the Old Melbourne Gaol. Peter, our guide, told us lots of horrifying stories about the various people who had been in the gaol. We inspected the tiny cells, the masks of executed criminals and even the platform where people were hanged.

Then, back on a train to Rippon Lea, the largest intact Colonial estate in a major Australian city. A beautiful mansion, set in fabulous gardens, was actually hosting an exhibition of Phryne Fisher dresses and props used in the TV series, Miss Fisher’s Murder Mysteries, much of which was actually filmed here.

Finally we were given the opportunity to do some serious Melbourne shopping at South Wharf. It was only an hour, so we had to rush around to visit all the outlets and make a few purchases.

Finally, after another very full day, we collected our bags, boarded the shuttle to the airport, and arrived home at 9:00pm Saturday night. We had an eventful and incredible time in Melbourne, learning a lot about a different city and various history topics.

Maria Ivey  
History Teacher
Whole School News

MMAD Day at Mitcham Girls High School - Monday 16 September

Mitcham Makes a Difference (MMAD) Day was established as part of the Year 10 Care Group Program at Mitcham Girls High School. The aim of this program is to give the Year 10 students an opportunity to work with the community and raise awareness and funds for a charity of their choice. Girls plan and organise this event with the help of their Care Group teachers and this year raised over $2,150 for twenty one different charities.

The wet stormy conditions did not dampen the enthusiasm of our Year 10 students. Both staff and students enjoyed a lunch time feast choosing from nachos, hot chips, pizza, a sausage sizzle and gourmet Pakastani delights of samosas and pakovas. For the sweet tooth there was every colour, shape and size cupcake imaginable and a huge range of homemade treats including cakes, biscuits, lolly bags and fondues. Cans of soft drink were available as well as delicious milkshakes and fresh fruit gelati. Lots of the charities merchandise was either sold or given away and raffles, guessing challenges, henna tattoos, body art and a Wii sports competition kept everyone spending money.

Congratulations and thank you to the Year 10 students who gave up some of their weekend to bake, prepare and organise their lunch time stalls. It was a “MMAD” Day but all for a good cause.

Sandy Alston
Year 10 Manager

Exchange Students

We have been fortunate to have two French students sharing lessons and knowledge of life in France over the first few weeks of this term. Elaé and Théa have been very willing to support other students and participated enthusiastically in the life of the school.

Maria Del Barrio Mardomingo, an exchange student from Spain, has also been with us this term. She has shared many stories about her country and wish her well for the future.

One of our students has already made her way to France on a six month exchange and we wish Edie Polkinghorne a great experience in the south of France. Other students will be leaving in Term 4 for France and Italy.

Sue Howlett
French Teacher

Debating News

This year three teams from Mitcham have participated in the South Australian Debating Association competition. Our students, from Years 8 to 10, were nearly all new to debating and took on the challenge with dedication and enthusiasm. They have learnt to structure strong arguments, think on their feet to rebut the arguments of the opposition and, hardest of all perhaps, master their nerves. The girls have been fine ambassadors for the school, presenting well considered speeches on a range of topical and challenging topics ranging from the salary cap in sport to the national curriculum.

The minor rounds are nearly complete. The Year 8 and 10 teams scored some good wins, while the Year 9 girls came very close. It is possible that two of the teams may qualify for the finals; this depends on the outcome of a few postponed debates.

Congratulations go to all teams for their achievements and a very big thank you to the three dedicated coaches Maria Ivey, Laura Harvey and Sharyn Clarke.

Caroline Bamford
Debating Coordinator
**Uniform**

*Dress/Skirt Length*

I would like to thank the greater majority of parents who support the school with its implementation of the Code of Conduct and the affirmation of the school ethos.

There are, however, a few students who test our patience very often by persistently wearing excessive make up, nail polish, wrong shoes and skirts or dresses that are far too short.

I appreciate the fact that girls grow a few centimetres each term. Therefore, during these holidays, I ask you to check the length of your daughter’s dress and skirt and have it taken down if it is shorter than one palm width above the back of the knee.

It would also be appreciated if you could ensure that your daughter is not wearing excessive foundation, eye make-up and nail polish when she leaves home in the morning.

As a school we have no other recourse but to ask girls to change into something else if the length of their uniform is too short or if they are not wearing school shoes.

If students do wear excessive makeup and nails polish we also ask them to remove it.

**Blue Skirts - no longer an item of uniform in 2014**

Please note that as from 2014, Year 10 students will not be allowed to wear the blue skirt. It is no longer available from our Uniform Shop. They are extremely short, with hardly any hem, when not purchased from our Uniform Shop and that is the major reason why the Uniform Committee decided to delete this item.

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**Counsellor’s Corner**

**Teenage Cyber Bullying**

Cyber bullying involves using technology, such as social media sites, phone messaging or the Internet to tease, harass or embarrass someone. Cyber bullying can be extremely harmful, and victims may feel unsafe, become depressed and even seek to harm themselves.

If students or parents have been through or have witnessed someone else going through a hard time because of this problem then these well recognised and professionally run organisations offer excellent resources to help gain information on how this may be overcome.

- www.beatbullying.org
- www.cybersmile.org
- Beyond Blue: 1300 224 636
- Head Space: 1800 551 800
- Reach: +61 (03) 9412 0900

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**Jill Olifent**  
Student Counsellor
Community News

Does your child have a sleep problem?
The Child and Adolescent Sleep Clinic in the School of Psychology at Flinders University is providing treatment for children and adolescents (aged 7 to 18 years) who are experiencing at least one of the following:

- Having trouble falling asleep
- Waking up and unable to get back to sleep
- Having trouble waking up or getting out of bed in the morning
- Often sleeping in their parents’ bed or bedroom

Places are limited, so for more information please call 8201 7587.
Practical ideas for resisting negative body image messages and for making a difference

- Treat your body with respect and love.
- Relax and enjoy the unique characteristics you have to offer.
- Don’t compare yourself to others – don’t play the ‘compare and despair’ game.
- Make friends with the person you see in the mirror.
- Learn to appreciate the many different sizes and shapes that human beings naturally come in.
- See that there is beauty and strength in all bodies.
- Wear clothes you enjoy and feel comfortable in – go through your wardrobe and give away everything that doesn’t fit.
- Don’t diet – it doesn’t work and is bad for you.
- Throw away the scales. They tell you little about your true health status.
- Mums – don’t complain about food/weight. Your daughter will take her cues from you.
- Find physical activities you love doing.
- Be critical of messages that tell you that to be happy and successful you need to be thin.
- Challenge negative self-talk about yourself and your body. If someone says something negative to you remember it usually means they are insecure and trying to make themselves feel important.
- Don’t gossip or pass on negative things said about others.
- Be careful with My Space, Facebook, Bebo. Set it up so only friends have access.
- Be careful with alcohol. One in five teen girls regret something they did while drunk.
- If you are struggling with eating disorders, depression, anxiety, self-harm or if you are being bullied, seek help. If you know someone who is being sexually harassed or abused, do something about it.
- Find healthy things to do with friends. Sign up for volunteer work or join a cause. You have so much to contribute!
- Don’t buy products which are demeaning to women. Use your spending power wisely.
- Make a complaint (to the shop, the company, the Advertising Standards Board, the Classification Board, the TV/radio station).
- Tell your friends about companies/shops which don’t treat women and girls with respect.
- Lobby your State and Federal MP’s to address objectification of women/sexualisation of girls. Ask them what they are going to do about it.
- Join Collective Shout: for a world free of sexploitation! (www.collectiveshout.org) ‘The standard you walk past is the standard you set’.
- Don’t conform. If you defend your right not to act and behave like those around you, it will give others the permission to do the same.

www.melindatankardreist.com  www.collectiveshout.org
TEN STEPS TO ROAD SAFETY

Sometimes the simplest approach to an idea is the best. Recently, we were given the ‘Ten steps to Road Safety’ which are worth considering when being a safe road user. The list can certainly be added to and is not exhaustive. Anyway, here they are: -

1. Give your keys to the designated driver when sober, you won’t when drunk.
2. If you don’t trust your mates on drugs, why trust yourself.
3. Fast won’t get you there sooner — Lose your licence and you’re screwed.
4. Not wearing a seat belt is a smack in the face. Head trauma hurts.
5. Mates are a distraction. The more in the car the greater the risk.
6. Don’t use a mobile phone at all if L or P1 (not even in an approved car kit).
7. Storytelling is for kids—dangerous driving stories don’t get you kudos.
8. Driving is like colouring-in, stay between the lines and don’t cut corners.
9. The three second rule allows for safe reaction and braking time.
10. You don’t get good at something in 5 minutes — experience takes time.
Free parenting seminar
Guerilla tactics for parents of teens

Are you the parent of a teen or pre-teen? Wondering how to survive the emotional rollercoaster?

Come and hear Dr Andrew Fuller, clinical psychologist, author and ABC presenter talk about practical strategies that will help you to:
>
> have constructive conversations with your teenager
> set limits and boundaries that work for everyone
> achieve cooperation without nagging
> make the most of your teen's potential.

**To book:**
Phone: 8303 1660
Email: Health.parentingsa@health.sa.gov.au

**Monday 23 September**
When: 7.15–9.00pm
Where: Florey Lecture Theatre
Medical School
Frome Road (eastern side)
Adelaide

Presented by Parenting SA.
Visit www.cyh.com for information about parenting teenagers, or phone the Youth Healthline on 1300 131 719 for information and referral.
**VET / Careers**

**Websites for Parents as Career Partners**
There are a multitude of websites designed to help people find information about employment, careers, education and training. The websites in the Careers section on our website are a ‘snapshot’ of those available http://www.mitchamgirlshs.sa.edu.au/curriculum.

**VET Courses 2014**
Further information is now available at http://www.vetnetwork.mobi/2014-courses. For application forms please contact Jill Olifent (Counsellor and VET Co-ordinator).

*Jill Olifent*
*Student Counsellor*

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**Diary Dates**

<table>
<thead>
<tr>
<th>September</th>
<th>Monday 16</th>
<th>Governing Council 7:00pm</th>
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<tbody>
<tr>
<td></td>
<td>Friday 27</td>
<td>END OF TERM Reports distributed 3:10pm</td>
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<tr>
<th>October</th>
<th>Monday 14</th>
<th>TERM 4 BEGINS</th>
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<tr>
<td></td>
<td>Thursday 17</td>
<td>Principal’s Tour 9:15am</td>
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<td>Wednesday 23</td>
<td>Parent Workshop 7:00pm</td>
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<td></td>
<td>Monday 28</td>
<td>“Stop Going Crazy! Start Loving your Life”</td>
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<td></td>
<td>Monday 28</td>
<td>Year 12 Celebration Assembly 12:00pm</td>
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<td></td>
<td>Tuesday 29</td>
<td>Governing Council 7:00pm</td>
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<td></td>
<td>Wednesday 30</td>
<td>Year 12 Celebrations</td>
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<td>Wednesday 30</td>
<td>Year 8 Immunisations</td>
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<td></td>
<td>Monday 28</td>
<td>Music Showcase 6:30pm</td>
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<tr>
<th>November</th>
<th>Monday 4 – Wednesday 20</th>
<th>Year 12 Exams</th>
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<td>Wednesday 6</td>
<td>Transition Day Year 7/8</td>
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<td>Friday 8</td>
<td>WWW published on website</td>
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<td></td>
<td>Monday 11 – Wednesday 13</td>
<td>Year 11 Aquatics</td>
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<td></td>
<td>Thursday 14 – Friday 15</td>
<td>Year 10 Aquatics</td>
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<td>Monday 18</td>
<td>Celebrating Achievement Assembly 12:00pm</td>
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<td>Tuesday 19</td>
<td>PRESENTATION NIGHT 7:00pm</td>
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<td></td>
<td>Monday 25 – Friday 29</td>
<td>Capri Cinema, Goodwood</td>
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<td></td>
<td>Monday 25 November</td>
<td>Years 10 &amp; 11 Exam week</td>
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<td></td>
<td>Friday 29</td>
<td>Governing Council 6:00pm</td>
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<td></td>
<td>Friday 29</td>
<td>STUDENT FREE DAY</td>
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<td>Monday 25 November</td>
<td>YEAR 12 FORMAL</td>
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<th>Monday 2 – Friday 6</th>
<th>Year 10 Work Experience</th>
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<td>Friday 6</td>
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<td>Monday 9</td>
<td>Year 8/9 Community Service Day</td>
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<td>Tuesday 10 – Wednesday 11</td>
<td>Year 8/9 Activity Day</td>
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<td>Wednesday 11</td>
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<td>Thursday 12</td>
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