

WHAT, WHEN & WHY

No. 6, Monday 14 September 2015, Term 3



MITCHAM GIRLS
HIGH SCHOOL



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From The Principal

NAPLAN Results

We have received the NAPLAN results and could not have been more pleased. As you can see from the graph below the Year 9 results continue to improve each year.



The following table is a summary of the percentage of Year 9 students who achieved at or above National Minimal Standards (Band 6) in 2015:

Reading	98%
Writing	91%
Spelling	97%
Grammar	97%

Approximately 80% of students achieved at Bands 7, 8, 9 and 10.

We congratulate all Year 9 students and thank parents for supporting and encouraging them to sit the NAPLAN tests. It is only a snapshot of what students can do, but the data does help us, to some extent, to identify which students need to be supported or extended.

Council of International Schools (CIS) Five Year Review

During week four of this term two representatives from CIS spent three days in the school gathering evidence about our improvement agenda since the initial accreditation visit in 2010.

We have received a very extensive report, far too long to include in this newsletter. The following is a summary of their commendations:

From the Principal (cont.)

“Mitcham Girls High School has demonstrated a continuing commitment to the CIS Accreditation process and has made many improvements since the Team Visit of 2011. Over the past two years, academic attainment as measured by NAPLAN Literacy results have steadily improved and now stand at an impressively high level.

This report contains many commendations, which refer to the exceptional practices of the school. The Visitors found many aspects of the school worthy of commendation, the most significant being:

- *The use of the CIS accreditation processes and recommendations to drive school improvement.*
- *The development of a positive, respectful, learning culture.*
- *The school is well governed and well led.*
- *The development and adoption of succinct and clearly understood Vision, Principles and Goals that drives decision making and guides teaching and learning.*
- *The commitment to promoting global citizenship.*
- *The development of the whole school curriculum repository and the effective matrix, which is being populated with unit plans.*
- *The successful focus on raising literacy rates and on significant improvements in external assessment results.*
- *The conscious commitment to the differentiation of learning.*
- *The professional dedication and hard work of the staff.*
- *The introduction of a systematic performance and development process.*

In its own reflection, the school has identified a number of issues for further attention. In wishing to assist the school on its pathway of continuous improvement the Visitors have validated the school’s findings and made a number of additional suggestions which they feel will be of value to the school.

Noting the above, the Visitors have no hesitation in recommending to the Council of International Schools that Mitcham Girls High School be granted continued Accreditation.”

Parent Forum: Tuesday 10 November

Once again we will be holding a Parent Forum to provide information about the implementation of the Australian Curriculum and how it may impact on student achievement; a possible new reporting format; the SRDs (School Recommended Devices) and some changes we may implement in the future. The main aim of the forum, however, is to give parents the opportunity to express their views on various issues so that these can be taken into account in our planning and in our daily work.

More detailed information will be sent home towards the beginning of Term 4; please put this date on your calendar.

Significant Event: Year 12 Parents

Term 4 is a very important time for Year 12 students and their parents. It marks the end of high school for the students and the beginning of a new and exciting, although often anxious, chapter for all of them. We celebrate this event at a special assembly held on Monday 19 October and at Presentation Night on Wednesday 18 November.

We would like as many parents as possible to attend both of these events although we do appreciate that some parents may not be able to leave work to attend the special assembly. Usually every parent attends Presentation Night and I am sure this will also be the case this year. Each family is asked to bring a “plate” (savoury or sweet) to share at the end of the proceedings. More information will be sent out in due course.

The holidays are nearly upon us, reports will be distributed on 25 September, the last day of term; given that this is a normal teaching day all students are expected to attend. May you and your family have a relaxing break.

Antoinette Jones

Middle School News

A key event for students in Year 8 and 9 has been the running of regular Middle School Assemblies - an awesome display of talent, courage and commitment demonstrated in presentations, dance and award presentations, including recognition of 100% attendance.

Following our first Children's University Graduation, we have been given the opportunity to also graduate in November. This means students, who may have just missed out on having 35 hours of learning/ volunteering in June, can get themselves organised and still graduate this year. Passports are still available from the Finance Office and there is time to get activities verified.

Near the end of September Gift students in Year 8, 9 and 10 will be invited to attend a special weekend event to be held at the school. Students will be involved in critical and creative thinking, develop teamwork and communication skills, as well as having fun. In the process, with the help of an external adviser – an architect – we will be repurposing, to cater for future learners, some areas of the school which are in need of a re-vamp. Information will be distributed in the coming weeks.

Zinta Ozolins | Assistant Principal Middle School

Year 9 English

Lessons were abuzz with creativity and artistic expression as Ms Salagaras's Year 9 English class embarked on a Children's Picture Book Assignment which culminated in the reading of original, published stories to Reception classes of the neighbouring school. Having studied a number of picture books, identifying the main elements of appeal and revisiting nostalgic journeys into their own childhood memories of books, the girls were able to create their own original works. These stories, together with their illustrations and basic book binding, created some very exciting picture books. These were taken to Mitcham Primary School where the emerging authors were able to share their stories with 4-6 year old children in small groups.

The very enthusiastic children drew pictures and gave feedback to our budding authors. The classrooms were visions of total engagement, smiles and giggles and much chatter about the various characters. One little boy said "it was awesome!" as he threw his arms into the air and I agree!

The aims of the task were to encourage and support the girls' understanding of narrative and the potentially powerful impact writing can have on their target audience.

Our girls found the experience both inspiring and valuable, and it has helped raise their confidence in their writing and their public presentation skills.

In a letter to the primary school the girls made the following comments:

"They were willing to listen and keep interest in the story." Rehana

"It was a great lifetime experience for us and helpful in us overcoming our nervousness in speaking to an audience." Jasleen and Destani

"I loved that they helped me read the book." Sabrina

"I liked it that the children were interested in drawing pictures about my book and willing to let me have their work afterwards." Jade

"The children were engaged and gave their full attention to the book." Reegan

"Reading to the children boosted my confidence in my presentation skills." Carly

"They have beautiful listening skills." Keirra

"I loved their excitement." Jess

This group of Year 9 students demonstrated great potential as writers. As a new teacher to the school, the girls impressed me with their capacity to make themselves and their school proud in their conduct and their achievement. I wish them every success in their journeys.

Stella Salagaras | English Teacher

Science News

Oliphant Science Awards

Congratulations to the Award winners this year in the Oliphant Science Awards. It is a prestigious competition, with different categories, that students spend a lot of their time on in Terms 1 and 2. The scientific process was followed by our Year 8, 9 and 10 students to make a variety of photo posters, models, games, robots, writings and posters. Congratulations to the winners and all students who were entered into the competition.

Anna Cullen | Oliphant Science Coordinator



Education Perfect Science Competition

This competition was held in August. It was a week long on-line competition involving students answering a variety of science questions. Well done to all who participated; Mitcham came 3rd overall in South Australia out of 37 schools by answering 32,474 questions!

Special congratulations to the students who earned 1 Gold, 3 Credit and 2 Bronze awards.

Woolworths Earn & Learn

As you know, our school has been participating in the Woolworths Earn & Learn program. The program has now finished, so a big Thank You to everyone who supported our school.

We're now at the important stage of the program where the sticker sheets are collected and lodged as our Earn & Learn claim. The more we collect, the more we can redeem, the more equipment we can purchase. Please send in your Woolworths Earn & Learn Sticker Sheets and any loose Earn & Learn stickers you may have. Thanks again for all your support!

Helen Marussinszky | Science Coordinator

Geosciences Summer School : 7–16 December 2015

The Geosciences Summer School is being offered to students currently in Years 9, 10, 11 or 12 who have a genuine interest in geoscience and sound academic achievement in science and mathematics and can commit to attend the eight day course

Participants' awareness of planet Earth and career paths will be increased through working with professional geoscientists from the Department of State Development, University of Adelaide and the resources industry. The course will culminate with a visit to an operational gold mine. Twenty places are available.

The Geosciences Summer School is being funded by Department of State Development, Mineral and Energy Resources group under the South Australian Government's PACE Frontiers Initiative.

Students with an interest in geoscience will find this a useful insight into TAFE or University courses and the resources industry.

For further details go to http://www.minerals.statedevelopment.sa.gov.au/knowledge_centre/education_service/work_experience_and_careers/geoscience_summer_school or contact me either at school on 8272 8233 or via my email elizabeth.rogers438@schools.sa.edu.au.

Liz Rogers | Science Teacher

Frame Your Physics 2015, The Year of Light

Calling all Science students! Are you always looking for interesting questions: Why is the sky blue? How do stars form? How do lasers work? Can you explain them to your friends? Then explain it to everyone!

Make a video of up to 3 minutes presenting any topic in physics in an entertaining and informative way and you could win awesome prizes for you and your school!

This national competition organised by the Australian Institute of Physics is open to students, or a team of students, enrolled in any school in Australia.

Entries are now open and must be submitted before 31 October! Go to the Australian Institute of Physics website <http://qubit.anu.edu.au/~arcc/FYP/2015/index.html>.

So get filming, be creative and have some fun with it!

Lego Riley Rover Challenge

A group of the Year 8 Gift students participated in a robotics workshop and challenge. They gained valuable experience programming a Lego robot and won the 'Riely Rover Rescue' Competition Cup.

Helen Marussinszky | Science Coordinator



International Students

International students currently studying at Mitcham Girls High School:



Anissa El Asri (France)
Amelia Evertz (Germany)
Louise Garnier (France)
Celia Koempf (Germany)
Hikari Muto (Japan)
Misa Sekikawa (Japan)
Momori Yabushita (Japan)

Absent:
Kaoru Yamazaki (Japan)

Senior School News

Year 12 Health

On Monday 31 August the Year 12 Health class completed the practical assessment of the Senior First Aid Certificate. This course is highly valued by employers and offers practical experience in:

- Basic first aid
- Providing emergency care
- Managing injuries at an emergency incident

Surf Lifesaving Australia instructors delivered the course in a very thorough but entertaining manner.

It was a very successful day with 100% attendance and all participants passed. Well Done!!



Sarah Gray | Health Teacher

Year 12 Formal

On 7 August all the Year 12 girls were running around trying to get ready for the best night of the year. Our Year 12 Formal dresses and appointments were organised months prior to this night with some girls having chosen their dress at the start of this year. Everyone was very excited for an amazing night ahead. The Stamford Plaza was occupied very quickly as the girls and their dates began arriving. All the girls were looking absolutely amazing and their dates were also looking 'on point'. The assembling of our whole year level began when the photographer insisted we get a group shot on the stairs, which, I'm sure every girl will agree, was by far the most stressful part of the night as we tried impossibly to fit everyone in. After a solid twenty minutes I believe the photographer got his 'money shot' and we were allowed to enter the ballroom.



Everything looked stunning. The tables were set up nicely with designated name cards at each seat. Furthermore, there were quite a handful of balloons which filled up the dance floor and made it even more appealing. There was so much laughter and chatter that you probably couldn't even hear yourself think but it all made it feel extra special as this was our last year together and we were all fortunate enough to take one night off and celebrate it together.

Ms Howlett started the night off with a lovely speech and then allowed us to access the photo booth and do what we do best, socialise, until the food came out. As the night went on we all had a great laugh and let loose towards the end up on the dance floor with our amazing DJ. Ms Olifent and Ms Tomlian sure knew how to crank it on the dance floor, more than some of us that's for sure!

It finally came to awards as the Formal Committee was asked to come out and help Ms Howlett present eight awards to our peers. Even though some of us presenting the awards didn't know how to put the sash on the winner we still managed to get through that stage and pretended we knew what we were doing.

Overall we had an amazing experience and created unforgettable memories together. This year has been an amazing roller coaster ride for all of us. Long live the class of 2015!

Nilofar Malikyar | on behalf of the Formal Committee

Whole School News

Study Skills Handbook: Top 10 Tips for Overcoming Procrastination

Procrastination is the act of putting off a task which you know you have to do, even though you know that putting it off will probably be worse for you in the long run. For example, when you procrastinate about starting an assignment it doesn't make the assignment go away, or the deadline change, it just gives you less time to get the work done. To manage this, try the following:

1. Become aware of the excuses you use - make a mental note when you procrastinate. What excuses do you give yourself? Too tired? Too difficult? Too boring? Being aware is the first step in changing your behaviour. Keep yourself honest by asking questions like "is this the best use of my time at the moment?" and "am I doing this as a way of avoiding what I really should be doing?".
2. Reduce or eliminate distractions - creating a clear, uncluttered work environment which is free from distractions will help you avoid procrastinating. Turn off your social media or WiFi, turn off your music or TV, close the door. It's easy to get distracted and lose focus on what you are trying to do, or to procrastinate by surfing websites that are barely related to the topic you are meant to be researching. You can find out more in the Home Study Environment unit and Dealing with Distractions unit.
3. Make a prioritised list - before you start work (or procrastinating) take a few minutes to work out what your priorities for the session are, based on your deadlines. Take into account all the time you have available and make a prioritised list. Work on the most important thing first (see also tip 7 below). There is more information in the Time Management Skills unit on techniques for prioritising.
4. Break down projects into chunks - if you have a big task that you have to do, or something that you really don't want to start, have a think about how it can be broken up into smaller parts. A big assignment might need a plan, the purchase of resources, a trip to the library, internet based research, and then several days to write and edit each section. If you just focus on doing one of these tasks it's easier to commence.
5. Just start - stop focusing on getting it done perfectly, or even well, just make a start, even if it's just for a few minutes. Starting the task makes you realise it's not as daunting as you originally thought and allows you to make a small amount of progress which encourages you to keep going. Sometimes once you get started you can even do more than you originally thought you could or would.
6. Reward yourself - set yourself a small goal (to do with the task you are procrastinating about) and then reward yourself appropriately when you complete it. For example, write an outline for your essay and then have afternoon tea. You will be more motivated to complete the task to get the reward. Note: for extreme procrastinators you may need to get someone else to check you've done the work and to give you the reward! Learn more about this in the Goal Setting unit.
7. "Twofer Concept" - when you are working on a difficult or boring task, break it up by having a more interesting or easy task that you work on in the same study block. You get 2 lots of homework done, but when you are losing focus on the difficult one you can switch to the easier one for a bit of a break.
8. Create routines - establishing a routine can help you avoid procrastination as you get into the rhythm of working for a set time each day at a set time of the day. Making this routine known to your family and friends also helps keep you accountable and stops them interrupting you during your work time.
9. Find a study buddy - perhaps starting that difficult work will be easier if you have someone to work with. This could be a school friend or a sibling. You could share resources and help each other to get started with similar work

Study Skills Handbook: Top 10 Tips for Overcoming Procrastination (cont.)

10. Schedule in breaks - breaks give you time to think and process information that you have been working on and give you an opportunity to do the things you really enjoy. Plan them as much as you plan your work.

You can learn more about how to optimise your performance as a student in the Overcoming Procrastination unit at www.studyskillshandbook.com.au by logging in with these details:

Username:

Password:

Driver Education

On 18 May 2015 Senior Constable Nigel Allen attended the school and delivered a road safety presentation to the Year 11 students. He outlined many road laws, road accident statistics and the causes of accidents including inattention due to mobile phone use.

Some of the students completed a survey on line and each fortnight one of the student's names is drawn as the winner of a \$20 iTunes voucher. I am pleased to announce the winner during this period was Shayna Parker.

Thank You to Shayna and all of the other students who participated in the road safety quiz as SAPOL is collecting some valuable information via this feedback.

On the first day of Term 4, 12 October, the MFS will be presenting another road safety message to Year 11 students. This program is designed to give students a hard-hitting, realistic insight into road crash trauma and as such the presentation includes video footage and photographs of real crashes and victims and re-creations.

A consent form will be issued shortly for this session

Dance Performance 'IN THIS DAY AND AGE'

Don't forget to pre-purchase tickets for our major Dance Performance 'In This Day and Age' at the Odeon Theatre, on Tuesday 22 September, commencing at 7:00pm. Tickets are available at the Finance Office – Adults \$15.00, Concession \$10.00.

The performance takes a look at the challenges of growing up, in this day and age, and days past. The performance also takes a glimpse through the ages along with some of the key events and attitudes that helped shape particular eras. Come along and be prepared to smile, laugh, cry, reflect on the past and ponder the future.

Our SACE Stage 2 students will be examined on their performance skills, as they dance their way to the time to say goodbye. I would personally and publically like to extend my humblest congratulations and best wishes to the Stage 2 Dance students for their hard work and commitment – they started at MGHS the same year as I did, so we have a common bond. They have contributed greatly to dance at MGHS, and serve as outstanding role models to the younger dancers.

'Chookas' to all students for the performance. It will be an exciting event.

We sincerely hope the school community will support the performance and come along to share in their success. Remember to pre-purchase your tickets!

Judy Swan | Dance Teacher

Well Being Week

A major SRC event, in its 3rd Year, is Well Being Week. This year we planned and ran a Whole School Assembly, with help from Ms Olifent who once again made us all dance, Ms Kasse who presented a film of students and staff around the school saying what well being meant to them. Our inspiring guest speaker was Rose Adam, a Master Chef Contestant in 2015, who spoke about believing in yourself, surrounding yourself with good friends and persisting when life gets hard.

Demi Sharp introduced and welcomed the International Students to the MGHS community and Language students were awarded with certificates for their work in the Language Perfect Competition. The student organisers of the 40 Hour Famine also spoke to the assembly.

During the week the SRC organised Hash Tags to be written by the whole school and displayed. These highlighted GOOD things or GOOD people in our lives. The SRC also ran a series of well being sessions, Yoga with Ms Harvey, Henna with Hibra and her helpers, Meditation with Ms Olifent, Zumba with Zoe Charman and a Staff vs Student Castleball match on Friday (Staff won 5-1).

Thank you to the Governing Council who supplied and served Hot Chocolate and Herbal Tea to students.

Feedback to the SRC has resulted in a Yoga and Meditation session to run on a selected Well Being Wednesday every term and planning for a bigger and better Well Being Week in 2016.

Meredith Arnold | SRC Coordinator & Year 11 Manager

Global Citizenship

The Year 9 Gift students from English, Science, Maths or HASS as well as SRC reps and House Captains participated in a Global Leadership program on Friday 28 August. This workshop was run by Emilie from the company 'High Resolves'.

This workshop taught and developed skills in communication, leadership and economic global awareness. The Year 9s participated in educational and rewarding activities that involved decision making and trust. The main focus for the day was an interpretation of a real life General Agreement Meeting, with each student representing a country from around the world, brought together to face the problem of climate change. Students had to take into account the amount of money their country was spending, how much they could give, and how much everyone else was contributing. This way, they could negotiate with other countries to do what was best for the earth. Some students chose to help their country financially, while others took the initiative in addressing the climate change problem. All the students learnt valuable skills in leadership and communication.

Overall, the day was a success and all students appreciated the opportunity to expand their skills in leadership and their knowledge of the world.

"It was a really great workshop that helped me realise my potential to become leader." (Lauren Jury 9.20)

"I had no idea how much fun learning about climate change could be. It definitely made me think about what I can do to change the world." (Jessica Rokkas, 9.16)



Alina Jansons & Shayla Woolf | Year 9

Tertiary / VET / Counsellor News

ReachOut's Top Tips for Beating Stress

Everyone experiences stress at some point, but there are heaps of simple ways to minimise its impact on your life. Right now is a great time of the year to work on stress management skills and be ready for when the stress-deluge comes (exams).

Stress can be mild or intense, and it can make people feel frustrated, anxious and even hostile. Ever been grumpy because of stress? There you go. Stress can get in the way of sleep, cause headaches and change your appetite. It can also reduce your ability to concentrate and make it harder to remember course content.

ReachOut has lots of fact sheets and practical tools for beating stress. Here are a few:

All work and no play? Bad idea. Make time every week to completely forget about study and do something you enjoy, like playing sport, hanging out with friends or watching TV. Taking regular breaks and 'me-time' to clear your head will also help you study more productively au.reachout.com/taking-regular-me-time.

Feel like you're not achieving what you're capable of? Sit down and set goals at the beginning of each term. Define your goal, set sub-goals and make a plan of action. Then you'll know what you're aiming for and it'll be easier to stay focused au.reachout.com/how-to-set-goals.

When you're feeling stressed, it helps to have a proven strategy lined up to help you deal with it. It could be something like reducing the number of commitments you have, telling a close friend you're stressed and talking through it, or even using positive self-talk strategies au.reachout.com/building-better-coping-skills.

Sometimes it might feel like stress is unbeatable, but it's definitely manageable. For more information on keeping it in control, check out these fact sheets on ReachOut.com:

- Tips on managing stress: au.reachout.com/managing-stress
- Helping someone with stress: au.reachout.com/helping-someone-with-stress
- Ways to relax: au.reachout.com/ways-to-relax
- Tips for problem solving: au.reachout.com/all-about-problem-solving
- Information on anxiety: au.reachout.com/how-to-manage-anxiety

Flinders University uniTEST

All Year 12 students have the opportunity to undertake the uniTEST for 2016 entry into any Flinders University degree (with the exception of Bachelor of Clinical Sciences/Doctor of Medicine). uniTEST is an aptitude test used in conjunction with a student's Year 12 results for entry to Flinders University. uniTEST gives students an extra opportunity to receive a university offer. uniTEST is provided at no cost to the student. Over 1,800 students have already registered to sit the uniTEST this year.

If your daughter is in Year 12 and didn't take up the option of sitting the uniTEST at school earlier this term, then she may sit the test on campus at Flinders University, Bedford Park, during the school holiday break:

- Tuesday 29 September, 9:00am-12:00pm
- Tuesday 29 September, 1:00-4:00pm
- Friday 2 October, 1:00-4:00pm

To secure a place to sit the uniTEST students need to register online as soon as possible at <http://admissions-flindersuni.cmail1.com/t/r-l-ftikhc-tuhlgtdhh-c/>.

Further information, including the format and requirements of students on the day, is available on the Flinders University [uniTEST page](#).

Inner South Curriculum Alliance

A new website has been developed by the Inner South Curriculum Alliance, and of particular interest currently are the VET courses offered by each of the schools in the region.

For further information <http://isca.eschoolsolutions.com.au>.

Jill Olifent | Student Counsellor & VET Coordinator

Bank SA / Mitcham Girls High School Partnership



Get a home loan that helps Mitcham Girls High School

When you take out a new home loan or move your existing home loan to 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: Lauren Murphy on 0411 439 650 or [email murphyla@banksa.com.au](mailto:murphyla@banksa.com.au).

Jennie Naunton | Acting Branch Manager

Diary Dates

September	Tuesday 22	Dance Performance, Odeon Theatre	7:00pm
	Friday 25	End of Term 3, Reports distributed	3:10pm
October	Monday 12	Term 4 Begins	
	Monday 19	Year 12 Celebration Assembly	12:00pm
	Tuesday 20	Year 12 Celebrations	
	Thursday 22	Principal's Tour	9:15am
	Monday 26	Governing Council	7:00pm
	Tuesday 27	Music Showcase	6:30pm
November	Monday 2 - Wednesday 18	SACE Exams	
	Wednesday 4	Transition Day Year 7/8	9:15am - 2:15pm
	Thursday 5 - Thursday 12	Art / Design Exhibition	
	Saturday 7	Gift Academic Testing Year 8 (2016)	10:00am - 12:30pm
	Monday 9	WWW No. 7 published	
	Tuesday 10	Parent Forum	6:30pm
	Wednesday 18	Presentation Night	7:00pm
	Monday 23 - Thursday 26	Year 10 & 11 Exams	
	Friday 27	Student Free Day	
December	Friday 4	WWW No. 8 published	
	Tuesday 8	Year 8/9 Activity Day	
	Wednesday 9	Year 8/9 Activity Mornnig	
	Wednesday 9	End of Term 4, Reports distributed	2:20pm