

WHAT, WHEN & WHY

No. 7, Friday 8 November 2013, Term 4



MITCHAM GIRLS
HIGH SCHOOL



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Government of South Australia
Department for Education and
Child Development

From The Principal

You would have seen an article in The Advertiser recently, where principals of co-ed schools were espousing the benefits of such education and conversely, principals of single sex schools were doing the same.

At Mitcham, we certainly concentrate on our core business of teaching and, as our mission statement says, providing outstanding educational opportunities for girls. We never speak negatively about boys or co-educational schools.

What is really amazing, is the feedback that Year 8 students give potential parents who visit our school. Unsolicited comments like:

- It is so refreshing to be in classrooms where teachers don't spend most of their time getting the boys to pay attention.
- Teachers here understand how girls learn best and I can't believe how much I have learned already.
- I love the fact that I can be myself: I know I can express my views on any subject without being judged or ridiculed by the boys.
- Coming to Mitcham is the best decision I have made. I do have to catch three buses to get here, but it is certainly worth the sacrifices.
- I love this school because we learn in a very calm, safe environment.
- Every girl at Mitcham matters.
- I learn a lot more without boys in the classroom.
- I play drums at this school. Drummers at my other school were always boys.
- We see and meet boys on buses, trains, at parties, at the shopping centre, etc.
- My confidence and self-esteem has improved enormously. I am sure it is because of the opportunities I am given and don't have to worry about "what boys think".

Our senior students on the other hand, speak of the wonderful positive working relationships they develop with their teachers and how these lead to outstanding learning outcomes for them.

We are certainly proud of the achievements of our students at Mitcham. However, we are also acutely aware of the fact that, to continue to be a successful school, we need to continue to work hard to address the changing needs of adolescents and to prepare them to step into unknown futures with the confidence and skills necessary to adapt to an ever changing world. All schools are charged with such responsibility.

Working with girls only, sharpens our focus. I emphasize "working with" girls, because that is exactly what we do. They learn from us and we certainly learn from them. We listen to what they have to say! Given my experiences, I am certainly convinced that girls learn best in a girls' school!

Antoinette Jones
Principal

Dance ... not just about the movement !

At the end of last term the Dance students presented their major performance 'Misbehaving Beautifully' with great success.

The girls worked collaboratively to present a number of varied dances, requiring different skills and performance characters, along with a great deal of physical stamina and attention to detail. The Year 10 and 11 students involved were asked to reflect on their performance, articulate what they learnt and set some goals for their future development.

The reports indicated their love of performing, their acknowledgement of the efforts of their peers and how Dance has helped them to work collaboratively, be responsible for their own organisation, face challenges head on and become more confident. It became evident that many of our dancers are focused young people with a passion to improve even more.

Their involvement in the performance has given them skills in teamwork, persistence, organisation and personal confidence – skills not only useful on the stage, but for life.

Following are some snippets from what the students wrote:

"I have learnt about the rewards of hard work and I am able to take things I have learnt in Dance and apply them to other situations. I have gained a valuable experience as well as a wonderful memory." Nikki

"These skills, like working with a team, will help with any job because you have no problem helping others ... these skills also help with customer service because you know how to speak to people and work well with people....". Carly



"... when working in a group, work as a team, and don't just worry about what the outcome will be for you ... listen to others otherwise things won't go very smoothly and it will take a very long time to get things done." Kat

"I have learnt a lot of things from my experience at the Odeon Theatre, like how unglamorous the backstage of a dance performance is! ... I also learnt about my fellow classmates, how well they deal with stress and pressure, and how empathetic they are. I think that these qualities can be applied anywhere, from school to work to everyday life, and can generally make you a more successful and happy person." Jaimie



My congratulations to all the students who contributed to the success of our performance, both on stage and off!

We are now working towards our Term 4 performance that will showcase some student choreographic work. The performance, entitled 'Inspired by Stories', will be on Tuesday 12 November at 7:00pm in the Performing Arts Centre.

Judy Swan
Dance Teacher

Middle School News

Fashion Technology – Royal Adelaide Show

This year there were 20 entries into a variety of classes in the Textile Article and Garment Construction category at the Royal Adelaide Show. At MGHS students start Fashion Technology as a choice subject in Year 9. Some students have background in this area, but for the majority of students this is the first time they have used a sewing machine. Whilst many are hesitant and nervous at the start, by the end of the semester and two articles later they are able to work independently and confidently on the sewing machine. Students become familiar with the design brief and process to make two articles, a Pencil Case and a Cushion. Both articles incorporate new skills and challenges, allow students to be creative and cater for students with differing skill levels to achieve success. Most students proudly use their pencil case, and comments in their evaluations indicate the success of the activity.

“I enjoyed making my case, and I believe this translated into the final and finished design. I cannot wait until I am able to really use this product for my pens and pencils. I had continued enjoyment while I was creating, making and completing the pencil case, even though in reality there were difficult parts of the process. My conclusion of the project is that I have over achieved my set goals and it looked better than the original design. All in all, I was very proud of the product I finally created.” Tarmia Klass

“I loved making the pencil case. It was a new experience that was enjoyable and educational. I learned new sewing skills and still had fun learning them and being able to make a pencil case is pretty good for someone who didn’t have much sewing experience to start with. In the end I did complete my goals, I did end up finishing on time and I used my design and it ended up looking pretty great.” Stephanie Tricky

“In this experience, I have both enjoyed and disliked making the pencil case. At times, making it became quite stressful, and other times it was a breeze. I am aware now that certain parts in the construction of the pencil case were supposed to set me a challenge, to really test my abilities. I feel confident with my sewing ability and am eager to start the next fashion task.” Kitty Barr

“I was a bit disappointed in myself because I didn’t complete my pencil case in the allocated time. I think what I did do was quite impressive and I’m happy with it. I enjoyed making my pencil case because I learnt a lot of new things about sewing and techniques. I achieved my goals: in fact I think I did better than I thought I would.” Amanda Reid

Julie Tsoukalas
Fashion Technology Teacher



Senior School News

Stage 2 French

Congratulations to Mia Neale, one of the Stage 2 students studying French through the School of Languages. Mia won the School of Languages section of the Alliance Française competition for the Concours La Perouse and thus was a finalist to win a trip overseas. Well done Mia!

Schoolies

A SAPol Crime Prevention initiative which will be of interest to families and older students is a Safe Schoolies Week YouTube promotion due to be launched on 15 November 2013.

Sue Howlett
Year 12 Manager

Business and Enterprise Update

In March our Year 12 Business and Enterprise students went on a field trip to Haigh's Chocolates. As a member of the Australian Confectionary Industry we wanted to hear first-hand the trends, developments and issues that will affect them with the idea of comparing them to others in the industry.

As a celebrated South Australian icon we were also keen to taste and hear their journey and what makes them so successful. It was a great opportunity for students to make the connections between business theory and practice and we all had a great time. The staff back at school certainly enjoyed the samples.

For the second year our Year 12 Business and Enterprise class was delighted to host Tim Calcott, Focus Growth Strategies, as a guest speaker. His insights into the retail industry and small business "streetwise" marketing were well received and provided practical guidance for our students who were to shortly embark on a Marketing Plan for a retail business on Belair Road, Hawthorn. Tim's honesty and humor about the ups and downs of his own life including his experiences as an entrepreneur were refreshing.

Renata Potoczky
Business & Enterprise Teacher

Year 12 Food & Hospitality

A highlight for the Year 12 Food and Hospitality class was their final assignment - Celebration Cakes. Students were required to present a 2-tiered cake suitable for sale or a celebration. For most girls this was their first attempt at such a daunting task. Much planning took place, making sure all criteria of the task were addressed and that their cake was achievable.

We were fortunate to have Pam Lane, an expert and judge in the area of cake decorating, to demonstrate to our students. Pam freely gave her time and expertise, demonstrating skills such as preparing and covering the cake, flower making, quilting, draping and cornelli work, and answering any questions students may have had.

Students had some practice time and then one week in which to complete the cake. Pam and volunteer Maggie Bickmore, a retired Home Economics teacher, helped judge the cakes this year. It was a credit to the girls that the judges were impressed both with individual cakes and also the class as a whole.

Julie Tsoukalas

Food & Hospitality Teacher



Whole School News

Student Exchange

Kiera Simcock has been selected by the Southern Cross Cultural Exchange to participate in their student exchange program to USA. Kiera will depart in January 2014 and return in June. What a wonderful opportunity, Kiera. Congratulations!

Science News

2013 Australian National Chemistry Quiz Awards

The Royal Australian Chemical Institute conducts a National Chemistry Quiz every year. Although it is open to all year levels, our Year 11 Chemistry students are encouraged to participate.

We usually do quite well and this year was no exception. In fact, we have done particularly well.

High Distinction Sai Lekshmi Chandramohan
 Jessica Kincaid
 Amy Norman

Distinction Amatul Ahmad
 Ashley Hicks
 Claire Peake
 Nibir Chowdhury

Credit Kateline Williams

Well done girls!

Year 12 Chemistry

Year 12 Chemistry celebrated their last lesson with their teacher Ms Feegrade by making (and eating) cupcakes of the whole periodic table. All 110 Of them!!

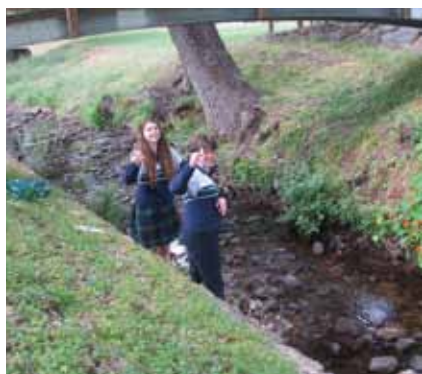
Year 9 Science

Ms Langhans Year 9 Science class enjoyed their science lessons at Mitcham Park where they collected data about the environment.

Year 11 Physics

Year 11 Physics class went to the Mech-Expo at Wayville showgrounds to see the application of physics to innovative products and ideas.

Helen Marussinszky
Science Coordinator



MGHS Sports Star

Name: Louise Mitchell

Sport: Trampolining

How did you get into your sport?

"I started my sport 10 years ago after I tried gymnastics. I train four times a week (Mon, Wed, Fri, Sat) for 2 ½-3 hours."

Greatest Achievements

National Champion 2nd

National Champion 3rd

National Champion 4th

State Champion for JR, DMT, TRP for 3 years

Best Blackwood Athlete for 2 years

Future Ambitions

Indos

World Championships

Commonwealth Games (when they introduce Tramp)

Olympics

Sporting Inspiration

Claire Auther

I also have motivation to beat somebody who used to beat me all the time.



Sports News

House Captains 2014

Congratulations to the following students who were elected House Captains for 2014.

FRASER

Year 9 Captain

Year 10 Captain

Year 11 Captain

Year 12 Captain

Maddy Williams

Alicia Murphy

Kervania Govender

Natalia Sciezka

MITCHELL

Year 9 Captain

Year 10 Captain

Year 11 Captain

Year 12 Captain

Deborah Katembwe

Alannah Kenny

Nicola Sulley-Beales

Sienna Shaw

SPENCE

Year 9 Captain

Year 10 Captain

Year 11 Captain

Year 12 Captain

Marissa Serem

Kaitlyn Tucker

Nikki Huggard

TJ Walkden



Georgina Sulley-Beales
Sports Assistant

VET Student of the Year Award

Congratulations to Georgia Smith (Year 12) who won the Mitcham Girls High School VET Student of the Year Award presented at the Inner South Trade Schools Award Ceremony on 17 October.

Georgia won the award because of her dedication to her school work, her work placements and her VET theory work. She maintained a good balance throughout the 18 months whilst completing her Certificate III in Allied Health Assistance and Certificate III in Health Services Assistance, and excelling in work placements.

Torrens University Australia - Scholarships Available for 2014 Bachelor of Commerce Students

Torrens University Australia is unique – it is the first new government approved university to be established in Australia in nearly 20 years, with its first campus in Adelaide. It is also part of the global Laureate International Universities network of more than 72 universities and higher education institutions across 30 countries with over 780,000 students.

To mark the first year of teaching, the University is offering a significant number of full and half scholarships to students admitted to the Bachelor of Commerce degree.

This degree will offer students:

- 60 inaugural scholarships for 2014 enrolments.
- Overseas study at another Laureate university with travel and tuition costs included as part of the program.
- Industry Placements that are an important part of the learning process and organised by the University.
- Small classes of up to 25 students in all courses.
- Applications are made direct to Torrens University with no SATAC deadlines. This enables students to find out if they have been accepted sooner.
- Fast-tracked degree compresses three years into two, using trimesters rather than semesters.

Open House is on 14 December 2013 at Torrens University Australia campus, 220 Victoria Square (corner of King William Street and Wakefield Street), Adelaide.

To find out more about the scholarship opportunities for the Bachelor of Commerce or any of their post graduate programs in Business, Education, Public Health and Global Project Management, call (08) 8113 7888 or visit www.tua.edu.au. If you require information on the university or the program, please contact kelvin.yeoh@tua.edu.au.

Defence Force Information

Army Education Standards

As of 20 September 2013 the Army has increased its minimum education requirements for General Entry roles (driver, rifleman, cook, dental assistant, etc). Previously these roles required only Year 9 education – they now require a Year 10 education with passes (50% + or A, B, C grade) in Mathematics and English. Contact Alice Cameron, Activity Coordinator SA Defence Force Recruiting, if you have any questions regarding eligibility.

Women in the Air Force Webinar

Thursday 28 November, 6:30pm – 7:30pm (AEDT)

This webinar will provide an open forum for women interested in joining the Air Force to ask questions and hear first-hand what it is like to be a Woman in the Air Force. Join in at <http://www.defencejobsbroadcasts.gov.au/>.

VET / Tertiary News *cont.*

Careers in the ADF Information Sessions

Final information sessions for 2013 (all sessions are held at Level 4, 191 Pulteney Street, Adelaide).

Wednesday 13 November @ 6:00pm - Careers in the ADF (Tri-Service)

Tuesday 26 November @ 6:00pm - One Year of Adventure (Army)

Tuesday 10 December @ 6:00pm - Careers in the ADF (Tri-Service)

Jill Olifent
Counsellor

Counsellor Corner

Wellbeing Resources

A terrific new magazine for youth - so much better than main-stream ones:

- <http://consumemagazine.com>.
- An inspirational video on self esteem by Headspace http://www.youtube.com/watch?v=uQKY4_HwTqI.
- A very confronting piece by ABC on self harm (Trigger alert and not for young people)
- <http://www.abc.net.au/7.30/content/2013/s3845800.htm>.
- A new film called "I am a Girl" - screenings in all states - A MUST! <http://www.iamagirl.com.au>.
- R U OK? Day was this month - plan for next year or just start talking <https://www.ruokday.com>.
- An article exploring the pressures our girls are under.
- http://www.theguardian.com/society/2010/feb/21/after-feminism-girls-supposed?CMP=tw_t_gu.

Sleep Survey

Calling all high school adolescents! Flinders University Clinical Psychology PhD student, Kate Anderson, is conducting an on-line survey to find out all about your sleep! Whether you sleep well, or wish you slept better. She is looking for a broad range of adolescents, from good to poor sleepers, and those in the middle, year levels 8 to 13.

The survey will take less than 30 minutes, and on completion \$1 will go to a charity on your behalf. Please go to the following link to participate https://flinderspsychology.asia.qualtrics.com/SE/?SID=SV_d4OR5OtIMrlsOhL.

Developing Daughters

A night of inspiration and strategies to help you "armour" your daughters to foster a positive body image.

"We only ever want to make the right choices for our children but knowing what to say and how to guide them through this challenging body obsessed world isn't always easy."

Date: Wednesday 13 November @ 7:00 - 9:00 pm

Venue: Westbourne Park Community Centre, 418 Goodwood Road, Cumberland Park

Cost: \$30

To book call or email: Taryn Brumfitt - 0412 455 550, taryn@bodyimagemovement.com.au. For more information go to www.bodyimagemovement.com.au.

Jill Olifent / Kaye Naughton

Join us in bringing **hope**
this festive season...



This year, Mitcham Girls High School is helping to support The Magdalene Centre by collecting donations of food and gifts to distribute to individuals and families in crisis and experiencing hardship across Adelaide.

Food ideas

- Tinned ham and tuna
- Long life custard
- Coffee, milo and tea
- Cordial and fruit juice
- Canned vegetables
- Canned fruit
- Breakfast cereal
- Long life milk
- Pasta and pasta sauces
- Spreads & jams
- Sweet and savoury biscuits
- Christmas cakes, fruit mince pies, puddings
- Dried pulses and beans

Gift Ideas

- Male and female toiletries
- Skin care kits
- Dolls
- Art and craft sets
- Board games
- Toy cars, planes, trains
- Construction sets
- Tea sets
- Books, CDs, DVDs
- Stationery
- Jigsaws

Make sure all food is within the use-by date and is not perishable.

Please bring your donations in by Friday of Week 8 (6th December) and place in the basket under the Christmas tree in the Library.

Thanks for your support!

DENTAL CARE FOR YOUR CHILDREN

It is important for children to have strong, healthy teeth and gums.

All children (0 – 17 years) are welcome to attend School Dental Service clinics.

Dental treatment is free at School Dental Service clinics if:

- Family Tax Benefit Part A is paid for your child, or
- Your child is covered by a School Card, Health Care Card or Pensioner Concession Card.

The School Dental Service will bulk-bill under the new Medicare Child Dental Benefits Schedule that starts in 2014. Under this scheme, most children aged between 2-17 years will be eligible to claim up to \$1,000 of Dental services over 2 years.

If your child already attends a SA Dental Service clinic, contact the clinic when their next appointment is due. If your child does not already attend one of the clinics, please phone to make an appointment in 2014.

For more information contact your local clinic. Clinic list found at www.sadental.sa.gov.au.

CPSW Update

During Terms 2 and 3 a number of our Year 8 students who attend Random Acts (the lunchtime group I run once a week) were busy knitting squares as part of the 'Wrap with Love' project.

'Wrap with Love' began in 1992 with the idea of providing warm rugs to people in need. Over the past 20 years they have made and sent over 300,000 wraps to people in over 75 countries, including Australia.

The blanket that we made was a combination of squares stitched by some of our students; as well as Ms Forster, Ms Rosenthal, Ms Walker, Ms Anderson, myself and a few of our grandmas! Ms Forster and Ms Rosenthal also knitted another blanket each. In total we were able to donate three blankets to Uniting Care Wesley at Port Adelaide which will be distributed to families in need.

I want to personally thank everyone who knitted a square – especially the students who had never knitted before, all the staff who got behind it and a BIG thank you to Jess Tuckewll's grandma, Judith, who actually stitched all of our squares together.

Through a very simple action our Random Acts group has made life better for someone and I think these students should feel very proud.



Bek Brown
Christian Pastoral Support Worker

Diary Dates

November	Monday 11 – Wednesday 13	Year 11 Aquatics
	Thursday 14 – Friday 15	Year 10 Aquatics
	Monday 18	Celebrating Achievement Assembly 12:00pm
	Tuesday 19	PRESENTATION NIGHT 7:00pm
		Capri Cinema, Goodwood
	Wednesday 20	SACE Exams end
	Monday 25 – Friday 29	Years 10 & 11 Exam week
	Monday 25 November	Governing Council 6:00pm
	Friday 29	STUDENT FREE DAY
	Friday 29	YEAR 12 FORMAL
December	Monday 2 – Friday 6	Year 10 Work Experience
	Friday 6	WWW published on website
	Monday 9	Year 8/9 Community Service Day
	Tuesday 10 – Wednesday 11	Year 8/9 Activity Day
	Wednesday 11	END OF TERM 4 Reports distributed 2:20pm
	Thursday 12	Year 12 Orientation Day



MITCHAM GIRLS SCHOOL UNIFORM
IS AVAILABLE FROM THE FOLLOWING 2 LOCATIONS:

MITCHAM GIRLS HIGH SCHOOL
PH: 0409 178 994

Trading Hours During School Terms Only
Terms 1, 2, 3 & 4 Thursdays 8:00am – 1:30pm

EXTENDED HOURS FOR BACK TO SCHOOL PERIOD

Tuesday	21 January 2014	8:30am – 3:00pm
Thursday	23 January 2014	8:30am – 3:00pm

UNIFORM MANAGEMENT SERVICES
109 Rundle Street, KENT TOWN
PH: 08 8363 5255

Trading Hours
Monday – Friday 9:00am – 5:00pm
Closed 20 December 2013 and re-open 6 January 2014
JANUARY 2014 – OPEN EVERY SATURDAY 9:00am – 12noon

*Into the future with pride we go
Move to the future's dusty roads
But our hearts, our minds our loyalties lie
With the loyalty and warmth of
Mitcham Girls High!*