Presentation Night

Formal
## Award Winners 2014

### Subject Excellence Awards

<table>
<thead>
<tr>
<th>Subject</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biology</td>
<td>Sanduni Jayawardena</td>
</tr>
<tr>
<td>Business &amp; Enterprise</td>
<td>Sarah Hyland</td>
</tr>
<tr>
<td>Chemistry</td>
<td>Sai Lekshmi Chandramohan</td>
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<tr>
<td>Classical Studies</td>
<td>Elise Kemper</td>
</tr>
<tr>
<td>Dance</td>
<td>Alice Fittock</td>
</tr>
<tr>
<td>Drama</td>
<td>Edie Polkinghorne</td>
</tr>
<tr>
<td>English as a Second Language</td>
<td>Kelliena Kamara</td>
</tr>
<tr>
<td>English as a Second Language</td>
<td>Tooba Ahmad</td>
</tr>
<tr>
<td>English Communications</td>
<td>Elise Kemper</td>
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<tr>
<td>English Studies</td>
<td>Sai Lekshmi Chandramohan</td>
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<tr>
<td>Food and Hospitality</td>
<td>Chelsea Smerdon</td>
</tr>
<tr>
<td>French</td>
<td>Edia Polkinghorne</td>
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<tr>
<td>Health</td>
<td>Natalia Sciezka</td>
</tr>
<tr>
<td>Information Processing and</td>
<td>Maddi Lean</td>
</tr>
<tr>
<td>Publishing</td>
<td>Elise Kemper</td>
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<tr>
<td>Mathematical Applications</td>
<td>Sai Lekshmi Chandramohan</td>
</tr>
<tr>
<td>Mathematics Studies</td>
<td>Nina Ash-Clarke</td>
</tr>
<tr>
<td>Mathematical Methods</td>
<td>Hanna Woodlock</td>
</tr>
<tr>
<td>Music</td>
<td>Paige Mahlburg</td>
</tr>
<tr>
<td>Photography</td>
<td>TJ Walkden</td>
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<tr>
<td>Physical Education</td>
<td>Sai Lekshmi Chandramohan</td>
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<tr>
<td>Psychology</td>
<td>Nikki Galley</td>
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<tr>
<td>Research Project 1</td>
<td>Lauren Freer</td>
</tr>
<tr>
<td>Research Project 2</td>
<td>Ramsha Akhtar</td>
</tr>
<tr>
<td>Research Project 3</td>
<td>Alina Ahmad</td>
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<tr>
<td>Visual Art Studies ART</td>
<td>Paige Mahlburg</td>
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<tr>
<td>Visual Art Studies DESIGN</td>
<td>Chelsea Smerdon</td>
</tr>
<tr>
<td>Vocational Education and Training</td>
<td>Coby Baker</td>
</tr>
<tr>
<td>- Subject Award</td>
<td>Chantelle Jenkins</td>
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<tr>
<td>Vocational Education and Training</td>
<td>Alexandra Steiner</td>
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<tr>
<td>- Networks Award</td>
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<td>Women’s Studies</td>
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### Major Award Recipients

<table>
<thead>
<tr>
<th>Award</th>
<th>Winner</th>
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<tbody>
<tr>
<td>Long Tan - Year 10</td>
<td>Tarmia Klass</td>
</tr>
<tr>
<td>Long Tan - Year 12</td>
<td>Abbey Holland</td>
</tr>
<tr>
<td>Zonta Scholarship - Stage 1 (2015)</td>
<td>Jessica Powers</td>
</tr>
<tr>
<td>Soroptimist International Eastern Districts</td>
<td>Zoe Charman</td>
</tr>
<tr>
<td>Community Service Award</td>
<td>Chelsea Hayes</td>
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<tr>
<td>Dantalis Award</td>
<td>TJ Walkden</td>
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<tr>
<td>Hughes and Loveday Sports Award</td>
<td>Chelsea Smerdon</td>
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<tr>
<td>Old Scholars’ History and Classical Studies</td>
<td>Ainsley Ewart</td>
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<tr>
<td>Award</td>
<td>Kiera Bishop</td>
</tr>
<tr>
<td>Rotary Performing Arts Award</td>
<td>Alanna Bradley-Daviess</td>
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<tr>
<td>Rotary Community Studies Award</td>
<td>Nina Ash-Clarke</td>
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<tr>
<td>Mitcham Inter-Church Council Commitment to</td>
<td>Caitlin Parker</td>
</tr>
<tr>
<td>Study Award</td>
<td>Bianca Davey</td>
</tr>
<tr>
<td>Leading Ambassador Award</td>
<td>Sai Lekshmi Chandramohan</td>
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<tr>
<td>Elliott Citizenship Award</td>
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<tr>
<td>Caltex Medal</td>
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<tr>
<td>Millhouse Award (DUX)</td>
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### Contribution to the SRC

- Nina Ash-Clarke
- Abbey Holland
- Tooba Ahmad
- Danielle Cheffirs
- Caitlin Parker

### Year Level Prizes

| Year 8 Bank SA Prize                          | Jessica Rokkas             |
| Year 9 Champion Education Prize               | Hibra Shujaat              |
| Year 10 City of Mitcham / Margaret Ward Prize | Daisy Barlow               |
| Year 11 KW Stationery Wholesalers Prize       | Nicola Sulley-Beales       |
Celebrating Achievement

Our annual Celebrating Achievement Assembly on Monday 17 November saw over 300 students recognised for outstanding achievements across a wide range of school activities.

The Choir and Concert Band performed and received certificates for their service to Performing Arts. History, Debating and Science prizes were announced with MGHS students achieving excellent results.

Global Citizen Sarah Sammut was recognised for her support of exchange students and the new House Captains for 2015 were introduced to the school community. Our successful eChallenge team was highlighted for their recent state level first prize.

Our continued and enthusiastic involvement in the World Vision 40Hour Famine was recognised and a Thank You plaque presented to the school.

A record 62 Ambassador Badges - Bronze, Silver and Gold were given to students who have contributed to their school. A new level of Gold Plus was added this year and recipients were Emma Crook, Nicola Sulley-Beales and Nina Ash-Clarke. A total of 113 students who participated in the Premier’s Reading Challenge were also acknowledged.

The last awards were the Year Level Involvement and Academic Excellence Awards. From these students the overall Year Level winner was selected and announced at Presentation Night (see page 2).

Award Recipients

Year 8 Academic Excellence Ayla Rodriguez, Jenna Kilgallon, Jessica Bell, Clara Schwerak, Arisha Silverlake
Year 8 Involvement Alina Jansons, Jessica Rokkas, Ayeisha Wallace, Cecilia Ronson
Year 9 Academic Excellence Marisa Serem, Hibra Shujaat, Lucy Heyndyk, Megan Wittwer
Year 9 Involvement Isabel Lean, Indiana Piggin, Megan Wittwer, Hibra Shujaat
Year 10 Academic Excellence Lily Atkinson, Ashley Nixon-Dores, Naomi Steiner, Judy Au
Year 10 Involvement Daisy Barlow, Tarmia Klass, Amy Skingsley, Stephanie Lesmo
SACE Stage 1 Academic Excellence Hayley Wray, Nicola Sulley-Beales, Emma Crook, Alina Ahmad
SACE Stage 1 Involvement Zoe Charman, Emma Crook, Nicola Sulley-Beales, Hanna Woodlock

Congratulations to all the winners and students who have successfully involved themselves in the wider school community and thank you to the many parents who attended.
**ICT for Learning in 2015**

It is pleasing to see that sales of our School Recommended Devices (SRDs) have been steady and are continuing. The date for orders to be placed to allow delivery at the beginning of the school year was originally advertised as 15 December. Learning with Technologies will endeavour to have devices delivered before school begins, even if orders are placed after 15 December.

The SRDs are Acer devices, designed and built especially for the educational sector. This means that all of the devices will be robust enough to cope with the journey between school and home and will have a battery life of approximately 8 hours, which will cover the needs of students during a school day. All devices will come with Windows 8.1, and a range of other software for school use including virus protection. This means that these devices will be ready to connect to the MGHS network.

To access the order portal, go to [www.mitchamgirlshs.sa.edu.au](http://www.mitchamgirlshs.sa.edu.au) and click on the order here link. The website will remain open throughout 2015 to enable orders to be placed during the year.

All specifications for each of the devices will be on the portal as well as illustrations and contact details for any additional questions of the company. All students who purchase a recommended device from Learning with Technologies will be granted full access to the Internet, to printers throughout the school and their own drive on the network for storage and back up of all school related data. Students may bring their own device even if it is not one of the recommended ones, however, access to the school’s network and services will be limited.

All SRDs will be covered by a 3 year warranty and will be able to be repaired at the school if the need arises. This is an excellent service and will see a far more rapid turnaround of repairs and warranty claims. Options for insurance will also be available on the website, although we also recommend that parents check any existing contents cover they may have as this may include coverage for a student’s laptop. The next upgrade to the school’s infrastructure began this week and will continue over the next couple of weeks. This will include the provision of a fibre connection into the school to increase the speed of our internet connection.

We appreciate that some families may wish to purchase one of the recommended devices as a Christmas gift. However, please be aware that devices purchased from the website will be configured for the MGHS network and this can only be activated when students log on to the network for the first time at school. If students use their device at home without first logging on at school the configuration will be wiped off.

It will be tempting, but please **DO NOT TURN ON THE DEVICE AT HOME** when you receive it.

A Training and Development program for staff in 2015 will be in place. This program will be delivered in conjunction with the Microsoft Educator Team and will allow our teachers to become familiar with the potential of working with Windows 8.1 and associated Microsoft software. The potential for our students to engage in interactive programs such as One Note and work with Apps to aid their learning will also be supported by further implementations of the Daymap learner management system for student use. This will allow students to eventually access curriculum from anywhere at any time.

For 2015, the current school laptops will be available for use by students. However, due to their age they will no longer be maintained and will not be replaced when they fail. The four computer rooms and the pods of computers around the school will also be operational. However, not all of them will be replaced as they become obsolete.

If you have any questions regarding any ICT matter, please feel free to contact me.

**Anne Carpenter** | Assistant Principal Timetabling and IT Systems
Middle School News

Year 7/8 Transition Day
Mitcham Girls High School happily welcomed future students to the school on Wednesday 5 November. The Year 7 students enjoyed a taste of what was to come; an assembly featuring very confident models showing off the various uniform combinations available to them; small group get-to-know you sessions, ably supported by volunteers from our current Year 8s; practical sessions in Drama, Tech, Dance, Home Economics and IT; photos for ID cards and a guided tour of the school.

It was pleasing to see nearly half of our current Year 8 students fulfilling a range of roles and being active ambassadors for the school. We thank the girls sincerely and also staff who went out of their way to support events, or indeed were flexible in coping with students who were away on other duties. We look forward to next year, when these future students become an important part of the school community.

Children’s University
Adelaide University is supporting students at Mitcham Girls, to have their extra-curricular learning documented and acknowledged. This can be done in two ways: at Year 8 level, students obtain a Passport to Learning and record their participation in events such as Debating, Lego League, Book Club, SRC and similar. Anything, which has learning associated with it and is undertaken voluntarily, or in the student’s own time. Nearing the end of Year 9 students use a Passport to Volunteering, which documents volunteer activities such as Canteen Duty, Math Leaders, SRC, performance groups and may also include activities undertaken outside of school, e.g. St Johns, Lifesaving.

The University also provides access to a variety of holiday activities and has partnerships with a large number of educational institutions: museums, galleries and other public organisations. Information about these can all be accessed through www.childrensuniversity.com.au.

The completion of a specific number of hours leads to the attainment of various awards which are presented at a Graduation Ceremony hosted by the University at Bonython Hall.

The school invites all students to take advantage of this unique offer and opportunity.

Zinta Ozolins | Assistant Principal Middle School | CU Coordinator

Senior School News

Year 10 Mock Interviews
On Friday 21 November 65 Year 10 PLP students were involved in a Mock Interview program. An assessment task in PLP required them to write a cover letter for either a retail or hospitality position application and submit it together with their Resumé. Each student then attended an interview conducted by an adult not known by the students.

Interviewers from the community were parents, HR workers from the Mitcham Council, members of SiB (Schools in Business), a DECD Apprenticeship broker and Vet Network. These business people gave up their valuable professional time to assist our students.

Many thanks to David O’Mahoney, Steve Trickey, Teri Ward, Terri McKay, Sam Ricci (Apprenticeship Broker), Philip Ransome (SiB), Kelly Keates (SiB), Deirdre Albrighton (SiB), Natalie Evans (Vet Network), Linda Halse (Mitcham Council), Melissa Jensen (Mitcham Council) and Karishma Dutta (Mitcham Council).

Jill Olifent | Student Counsellor and VET Co-ordinator
CONGRATULATIONS TO SPENCE!
2014 COLLYER CUP WINNER

The Collyer Cup is awarded to the House that accumulates the most points in House events over the year. The overall tally incorporates results from Sport Day, Swimming Carnival, lunch time House Sport competitions, points from the Premier’s Reading Challenge and Ambassador Badge recipients.

This year SPENCE won both the Swimming Carnival and Sports Day in very close contests. SPENCE also won House sport in Term 2, before MITCHELL dominated in Term 3.

The final results are:

- SPENCE 1,745 points
- MITCHELL 1,648 points
- FRASER 1,431 points

Congratulations to TJ Walkden, Spence House Captain, the Spence Year 8, 9, 10 and 11 Vice Captains and, of course, all of the Spence students who participated in the House activities this year.

Zone Sport Term 3/4
The Zone Sport Term 3/4 season was completed in week 6 with finals taking place. Mitcham teams finished in the following places:

- 8/9 Volleyball: Mitcham Blue 6th, Mitcham Red 12th
- Open Volleyball: Mitcham 2nd
- 8/9 Basketball: Mitcham Blue 9th, Mitcham Red 12th
- 8/9 Badminton: Mitcham Red 11th, Mitcham Navy 13th

Congratulations to all girls who participated throughout the season. Also, thank you to the staff coaches who coached the girls both during matches and at lunch time training sessions; Ms Parsons, Mr Finos, Mr De Angelis, Mrs Alston, Mr Elliott, Ms Langhans and Mr Wise.

Sports Wrap-Up
It was once again a busy year for sport at Mitcham Girls High School. The year started with a bang with Swimming Carnival kicking off the House events. The hotly contested day saw Spence take a narrow win over Mitchell, breaking a long trophy drought in the process. Sports Day took place at the end of Term 1 and Spence sustained its winning streak to claim the championship trophy.

House events continued into Term 2, with the inaugural running of ‘The Fastest Girl at Mitcham’. Amber Mysiszczew beat a field of over 35 Year 8 and 9s to be known as Mitcham’s fastest girl over 70 metres. The event is something we are looking to expand in 2015 by running it across all year levels.

House sport was the focus in Term 3, with a seven week Interhouse competition played from week 4 to week 10. This saw each House enter two basketball teams and then play-off in a round robin format until the grand final in week 10. Mitchell went through the competition undefeated to clinch the House Sport trophy in a close-fought final against Spence.

The Collyer Cup was awarded at Presentation Night to the House who won the yearly House championship (accumulated the most points throughout the year). Congratulations to Spence who won by 100 points over Mitchell, with Fraser in 3rd place.
House events wouldn’t have been possible without the tireless efforts of the 2014 House Captains. Special thanks to the Year 12 captains for their leadership and energy throughout the year - TJ Walkden (Spence), Sienna Shaw (Mitchell) and Natalia Sciezka (Fraser). After the recent elections for 2015 captains, we are looking forward to seeing what our new captains can achieve.

Once again interschool Zone Sport took place throughout the school year. In Term 1, the school was represented with teams in volleyball, basketball and indoor soccer. In Term 2/3 sport, Mitcham had teams in badminton, soccer and netball. In the Term 3/4 season the school was represented in volleyball, basketball and badminton. Although no teams were successful in winning the competition overall, many teams played in the grand final or finished in 3rd position.

In preparation for the Zone Sport netball season, 18 students participated in an umpire development course ran by Netball SA. Some of these girls had previous experience in umpiring, while some were completely new. All participants learnt new skills and umpired for the school during Zone Sport. Teams were also entered into State Knockout competitions during the year. The Open Indoor Soccer team played the first round, but didn’t quite make it to the state finals. However, the Open Netball team were successful in winning through the first two rounds to make the state finals, where they finished 3rd overall.

Finally, the end of this year sees us saying goodbye to Sandy Alston. She has been a PE teacher at Mitcham for 23 years, 15 of which she has been the Health and PE coordinator. Sandy is largely to thank for anything sport or PE related activity in the school and her immense knowledge and enthusiasm will be greatly missed next year.

Under 15 SA Development Softball Team
Three students have been selected to represent South Australia in the U15 SA Development Softball Team. After undergoing a four week trial process Lauren Jury, Amber Dodd-Mobius and Cody Thompson were successfully selected into the final team that will compete in the regional championships during January against teams from interstate. The championships are being held at West Beach in conjunction with the U19 National Championships, with both tournaments running from 11–17 January. Year 11 student, Rebecka Jury, has been selected as an emergency for the U19 State Team.

Georgina Sulley-Beales | Sports Assistant

Whole School News
As the year draws close to an end, I would like to thank all families for enriching our school community through their support and involvement. I congratulate all the students on their achievements and thank them for creating a vibrant and happy learning environment. It goes without saying that the dedication, expertise and passion of our staff are the magic ingredients of our very successful school and I thank them for not only providing a rigorous teaching and learning program but also for all the extra duties they undertake to support the interests and needs of our students.

Each year we farewell a few members of staff. This year we salute the following teachers and wish them well for the future:

- Sandy Alston who has worked as a teacher, H&PE Coordinator and Year Level Manager. We thank Sandy immensely for her leadership and commitment and passion.
- Tom De Angelis who has worked with us as a teacher of Mathematics and Science for 3 years
- Lee Anne Dunstall, teacher of English, Research Project and Drama in 2014
- Terri van Wezel, teacher of Science in 2014
- Jill Wolter, teacher of HASS in 2014

Antoinette Jones | Principal
Whole School News

Australian eChallenge in Schools
2014 marked the inaugural University of Adelaide eChallenge for Schools competition. As one of four invited schools to participate in the competition, two teams of three Year 10 students undertook the competition.

The aim of the competition was to develop a Business Plan for a new, previously unfunded business concept. In order to complete this process, student participants needed to develop an understanding of key areas of business including financial management, marketing including competitive forces, research, product design and development and the sales pitch.

To support students the University provided access to a weekly tutorial session for the four competing schools (Mitcham Girls High School, Urrbrae Agricultural High School, Hamilton Senior Secondary School and Brighton Secondary School). This was followed by an evening focus lecture which students attended alongside the competing undergraduate students from the University of Adelaide. Here, industry leaders, as well as senior lecturers guided the students though the learning process and planning for their competition entries.

Two key events were held as part of the process: this included the Concept Plan Presentation (the pitch) where teams pitched their idea. The second event and most challenging was the final judging of the Business Plan presentation in front of a University and Industry panel of five members.

The Mitcham team, Indigo and Co, consisting of Wendy Shirra, Erin O’Carroll and Amelia Smith, developed their plan to address the complex issue of student work placement/experience, access to post school pathways information, tutorial support and skills identification as their focus. The team presented a Business Concept Proposal at an evening held at Bonython Hall on the University of Adelaide campus. The audience consisted of both judges industry and academic leaders who offered advice on how to proceed further with their concept. Several hundred people attended the evening. They followed this up with a successful PowerPoint discussion with the finalist judges.

The second Mitcham team, Insert Creativity, consisting of team members Alicia Murphy, Abbey King and Meagan O’Mahoney developed their Concept and Business Plan around addressing the needs of local/start up bands focusing on making links to local communities, business and industry networks. The Fresh Aire Festival concept offers access to live audiences in a professional context for those groups just starting out. Both their Concept Proposal and Business Plan highlighted the key issues facing new bands attempting to break into the industry area and highlighted the challenges for a receptive judging audience.

The final event of the process was the formal Black-tie Dinner Awards Ceremony where over 400 guests attended, at the new Adelaide Oval function complex. All teams were praised for their excellent level of commitment and efforts in preparing their Business Plan.

Congratulations go to Indigo and Co, as they were the competition 1st prize winners. The team prize included a wonderfully large gift basket of technology items and a cheque for $2,000.00.

Colleen Tomlian | Acting HASS Coordinator
New Caledonia 2014 (La Nouvelle Calédonie)

On a fine day, Tuesday 30 September, the Mitcham Girls High School New Caledonia group woke a little earlier than usual. It was the day we flew out to experience a little French culture in a tropical setting to broaden our horizons and improve our French skills in a safe and fun environment.

The flight over was good and there were no troubles at all. Travel to the hotel was interesting because we, at that moment, realised that everyone drove on the other side of the road... Eventually we arrived and saw our facilities and we all felt excited about what lay ahead.

After a fitful sleep in the Le Pacifique Hotel, we had a marvellous breakfast in preparation for a busy day, beginning with a one hour French lesson, which really helped our speaking skills and practise hearing French. This was followed by a trip on the ‘Tchou Tchou’ train which took us around to the beautiful parts of Noumea, which otherwise we might not have seen. We had plenty of free time to explore the surrounding area, consisting of a very beautiful lagoon beach front as well as souvenir shops, restaurants, and bakeries!

The following day we visited the Tjibaou Cultural Centre, built to echo traditional style. Later we explored, swam, snorkelled and ate. Dinner was at a crêperie, with a lovely atmosphere and even better food.

On Friday we spent the whole day visiting Phare Amedée, a lighthouse on an island close to the mainland. We were able to see the reef, swim, look at the sea life from a glass bottomed boat, eat a great buffet lunch, watch traditional dancing, work out how to tie sarongs and grate coconuts, which made it fun for everyone.

A sleep in on the following day before going to the markets on a mission to buy enough food to feed everyone successfully was next on the agenda. There were a few hiccups, such as buying cabbage instead of lettuce and small finger injuries with knives but we had a picnic in Place des Cocotiers in the heart of the city. Some window shopping and a successful visit to the French bookshop followed before we returned to the hotel on the local bus.

On Sunday we had a short walk to the Aquarium, a great place to see brightly coloured tropical fish, a genuine nautilus and translucent jellyfish. We watched the turtles being fed and were pleased about ordering lunch at a local fast food place called Quick.

On Monday we had our final language lesson and were all sad to say good bye to Huguette our teacher who had been so helpful in encouraging us to talk, ask questions and learn new things. The lessons were incredibly helpful. We now confidently caught the bus into town to explore the Cathedral and the city museum. Now came the sudden realisation that we needed to pack our gear before our final meal at the hotel and a 4.00am start to our trip back to Australia.

All in all, this trip has been very beneficial for everyone involved. The students and teachers worked together to make this trip work and there were so many new experiences that we will never forget. We learnt so much and would happily do it again.

We also really appreciate the planning and consideration of the teachers, Ms Alexander, Ms Howlett and Ms Tomlian because without them this trip would not have happened at all and for this we thank them.

This is an opportunity we recommend for anyone in the future because we learnt so much and experienced so many new things that made us grow as people. Thank you for giving us this opportunity.

Hanna Woodlock (11.30) | on behalf of the French students
Learning to Lead Conference: Flinders University
Some of the future leaders of Mitcham Girls High School embarked on an inaugural one day Learning to Lead conference at Flinders University, early in November. This conference sought to motivate the young leaders in our communities, and help them realise that: You don’t have to wait for opportunities to find you—create them!

This inspiring conference, which involved almost 300 students from 10 different high schools across the region, consisted of interschool teamwork activities as well as listening to keynote speakers and entrepreneurs, who suggested that the most important part of your journey is the first step. So get started!

Our students left Flinders University with a new and enlightened perspective of what they can achieve. They have now been given the tools to make purposeful and deliberate choices that can allow them to reach their goals.

- Anything is Possible!

Jill Olifent | Student Counsellor

National History Challenge
Awards for the 2014 National History Challenge were held at the State Library on Friday 28 November. The National History Challenge is a research based competition for Australian school students. It emphasizes and rewards quality research, the use of community resources and presentation. The theme for 2014 was “Changing Perspectives” with all entries needing to incorporate a specific response to this in an essay of up to 2,000 words. We submitted six essays from our school and students were then assessed against a large number of entries from across the State.

Two students from our school were recognized. Lily Atkinson won the State prize in the Special Category Section of “Australia’s Heritage” for her essay on The Birth of the Teenager. Lily examined how changing attitudes and forces in society lead to new perspectives in the 1950s. Taylor Atkins was a runner up in the Women’s History section for her essay which looked at new perspectives about Anne Frank. Both girls were also runners up in the Year 10 section of the competition.

Congratulations to both girls!

Sharyn Clarke | HASS Teacher

Student Exchange
Alice Robertson (Year 11) has been selected by Southern Cross Cultural Exchange to participate in their Student Exchange program to Germany. Alice will depart in January and return in December 2015. What a wonderful opportunity.

Road Safety: Link to SAPOL Final Newsletter for the Year
A timely reminder to student drivers and those who will be on the road for the first time during the holidays. Read SAPOL’s Talkin’ Road Safety for some helpful advice at https://www.police.sa.gov.au/__data/assets/pdf_file/0019/53056/Issue-9-Bus-Comm-Edition_Rd-Safety-Newsletter.pdf

Meredith Arnold | Year 11 Manager
Science News

Year 8 Gift Science
Two teams of Year 8 science students recently attended the First Lego League tournament at Prince Alfred College. The tournament was the culmination of eight weeks’ work, with teams having to build and program a robot out of Lego and complete a major research project. Both teams performed well and enjoyed the day, especially watching the robots compete.

Congratulations to ‘Team Pluto’ who won the award for teamwork and whose robot impressed the referees with its soccer skills. Their efforts earned them a top 4 position (out of 28 teams) and an invitation to compete in the National Lego League Tournament in Sydney on 6 December. Well done!

Emma Langhans | Science Teacher

Satellite Launch
During this semester the Year 10 Gift class has investigated satellites, parachutes, helium, GPS and programming cameras. After four cancellations due to poor weather the mini satellite was launched. Some of the girls appear on BTN explaining their activities. Please check the website http://www.abc.net.au/btn/ and click on School Satellites.

Helen Maussinszky | Science Coordinator

Geoscience Summer School
Congratulations to the following Year 9 students, Aiyana Rivera, Sarah Lee and Subin Kim, who have been successful in their application to attend a Geoscience Summer School. This event is limited to 20 participants from Years 9 to 11.

They will spend 8 days participating in lectures, practicals and fieldwork learning about various geological topics including planet Earth’s formation and evolution, mineral and energy resources exploration methods, palaeontology, earthquake seismology, gemmology and crystallography and visit an operating gold mine in South Australia.

The girls will also work with professional geoscientists and gain an insight into geoscientific and mining related career paths.

Liz Rogers | Science Teacher

VET News

Vet Network Graduation December 2014
Another graduation for Mitcham VET students saw 8 students receive their VET Certificates at Prince Alfred College on Monday 1 December. Alex Marie Howard was one of the student speakers who explained to the audience the benefits of studying a VET course.

Two Mitcham students were awarded the Most Outstanding Student in their course. Congratulations to Alex Marie Howard (11.33) and Claudine Rivers (11.38).

Jill Olifent | Student Counsellor and VET Co-ordinator
Counsellor News

Stress
Given many girls in the school have just gone through a stressful period with their studies, I thought an excerpt from an article by Justin Coulson at Next Generation blog would be of interest to parents.

How can we stress-proof our girls?

Here are 3 useful strategies:

1. Build strong relationships between parents and children
   There may be nothing more critical to starving off the depression plague and building resilience than strong relationships between parent and child. Children whose parents show they care, who listen, and who validate them typically enjoy fewer depressive symptoms when compared with children who do not enjoy strong, positive relationships with parents. This may be particularly true for girls who have strong relationships with their fathers.

2. Help them to grow up grateful
   Having a powerful sense of gratitude is a powerful protective factor for reducing depression risk among teens. Several Studies have demonstrated that not only are happy people grateful but grateful people are happy-which means less depression.

3. Optimism
   Research clearly links optimism with the capacity to overcome depression faced by teens and particularly girls. It appears that having a belief that things can and will get better, and that there are great things coming in the future, can reduce the risk of depression and boost adolescents capacity to bounce back from stress and setback.

Jill Olifent | Student Counsellor

Community News

Catch up Immunisation Clinic
The City of Mitcham is conducting a FREE catch up immunisation service for students who have missed their immunisations at school.

Vaccines that will be available include:
   - HPV - Gardasil – all Year 8 students
   - Boostrix - Diphtheria Tetanus Pertussis (dTp) all Year 8 and Year 9 students
   - Varicella (Chicken Pox) – all Year 8 students

Date: Wednesday 10 December 2014
Where: Room 2, Mitcham Community Centre, 242 Belair Road, Lower Mitcham
Time: 3.30pm – 6.00pm

Parental consent is required for anyone under 16 years of age.

NOTE: PLEASE BRING TO THE CLINIC YOUR STUDENT’S MEDICARE CARD AND A RECORD OF PREVIOUS SCHOOL VACCINES GIVEN

For further information contact Mary Anne McIntosh at the City of Mitcham on tel: 8372 8816.
Parental Safety Controls “quick cheat sheet”

Below is a super quick cheat sheet on setting Parental Controls on computers and devices. While it doesn’t stop children from seeing all inappropriate content, it is one measure to keeping them safe.

**Mobile phones and tablets**
Set Parental Controls to limit what content your child can access and disable location services!

**iPhone / iPad**
**Restrictions** - Go to *Settings > General > Restrictions*.

Select enable restrictions where you set up a 4 digit PIN.

You can prevent access to the camera, safari, iTunes, in-App purchases. You can also select what content is allowed on the phone by way of ratings, as well as preventing access to movies, Apps and specific websites. Note: The restriction can be disabled by doing a factory reset so older kids may try this if you don’t set ground rules!

**Disable location services** (Location services allows apps to track or pinpoint the phones location)

Go to *Settings > Privacy > Location Services*. If you want to be able to use the Find My iPhone function, then enable location services and switch all the apps to OFF except *Find My iPhone*

**Android**
**Kid Mode** - Some Android phones such as HTC have a *Kids Mode* which allows you to limit content and is good for younger children. Go to *Settings > Security > Kid Mode* and follow the instructions.

**Limit Apps and in App Purchases**

Go to the *Google Play store > tap on the 3 little lines in the top left corner of the screen > settings > Content Filtering > select app ratings* that your kids are allowed to download and use (*Everyone and Low Maturity* are the only ratings suitable for under 12)

Under the same settings menu as content filtering, select *require password for purchases* and select *for all purchases* (make sure you child doesn’t know your password!)

**Disable location services**

Go to *Settings > Location > Off*

**Computer / Laptop**
**Apple Macs**
From the Apple menu choose *System Preferences > Parental Controls*

**Open Parental Controls preferences**, click the lock icon to unlock it, then enter an administrator name and password. Select the child’s user name, then click Enable Parental Controls.
If the user name isn’t in the list, click Add (+), then fill in the name, account, and password information to create a new user. From here you can go through the headings which include Apps, Web, People, Time Limits and Other to determine what limits you’d like to set regarding content and access to the internet. Go through all of them and set the required restrictions.

**Windows**

Use the search button and type in Parental Controls, click on it and follow the instructions to set it up. If you don’t have a separate user account for your child then you will need to set one up first by clicking on Create a new user account.

You can get reports on their online activity, set time limits and game restrictions and keep your children from running specific programs.

Windows has an additional service called Family Safety which monitors your child’s computer activity and filters the content they can see on the web. It needs to be installed and set up on each computer or laptop the child uses. On Windows search for Family Safety and install it.

**Parental Monitoring Apps and Software**

There are hundreds of free and paid Apps and programs that help monitor and control your child’s internet use. In the app store search Parental Control.

**Anti-Virus / Spyware**

Ensure you have an Anti-Virus program or app installed on every device that you own. This helps prevent data theft and malware like viruses, spyware and key loggers that can put your family in danger. Phones and Tablets should also have an Antivirus installed. Use the App Store to search for Anti-Virus - many of these are free. Some good PC Antiviral Software programs are McAfee, Kaspersky and Bitdefender.

**Browser safety settings**

Google and YouTube have a Safety Mode option, and needs to be set up for each browser separately (Google Chrome, Firefox, Internet Explorer etc)

Sign into your YouTube account > scroll to bottom of page > Click Safety > Select on > click Lock safety mode on this browser (make sure you log back out of your YouTube account so the safety lock cannot be switched off)

Note: Enabling Safety Mode on YouTube will also enable Google SafeSearch, which is a similar filter for Google Search.
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 20th January 2015 8:30am - 3:00pm
Thursday 22nd January 2015 8:30am - 3:00pm

UNIFORM MANAGEMENT SERVICES
1/6 Montrose Avenue, Norwood
PH: 08 8363 5255
Trading Hours
Monday - Friday 9:00am - 5:00pm
JANUARY 2015 - OPEN EVERY SATURDAY 9:00AM - 12 NOON
Closed 22nd December 2014 & Re-Open 5th January 2015

UNIFORM MANAGEMENT SERVICES
would like to take this opportunity to thank all teachers,
parents & students for your continued support in the Year 2014 &
would like to wish you a very Merry Christmas & A Prosperous New Year.
**Diary Dates**

**December**
- Monday 8
- Tuesday 9 - Wednesday 10
- Wednesday 10
- Thursday 11

**Year 8/9 Community Service Day**
**Year 8/9 Activity Days**

**Wednesday 10**

**END OF TERM 4**
**Reports distributed**
2:20pm
**Year 12 (2015) Orientation Day**

**2015**

**January**
- Tuesday 27

**Term 1 commences**

**February**
- Monday 2
- Monday 9
- Monday 9 - Friday 13
- Wednesday 18
- Wednesday 25

**Year 8/9 Parent Evening**
**Governing Council**
**Year 8 Camps**
**Swimming Carnival**
**Year 8 Parent BBQ Evening**

**5:30 - 6:30pm**
**7:00pm**

**March**
- Monday 9
- Monday 16

**Public Holiday**
**Governing Council AGM**

**7:00pm**

**April**
- Friday 3
- Monday 6
- 10

**Good Friday**
**Easter Monday**
**End of Term 1**

**Term Dates 2015**

- **Term 1**: 27 January - 10 April
- **Term 2**: 27 April - 3 July
- **Term 3**: 20 July - 25 September
- **Term 4**: 12 October - 11 December