

# NEWSLETTER

Issue 5 | September 2020 | Term 3



**MITCHAM GIRLS  
HIGH SCHOOL**

## DIARY DATES

### September

#### Friday 25

Year 11 Road Safety Awareness Program

#### End Term 3

(reports distributed 3:10pm)

### October

#### Monday 12

Term 4 begins

#### Monday 19

Year 12 Celebration Assembly  
12:00pm

#### Friday 23

Year 12 Morning Tea/Final Day

#### Monday 26

Governing Council 6:00pm

### November

#### Monday 4 – Friday 13

SACE Exams

#### Wednesday 4

Year 6-7 Transition Day  
9:00am – 2:15pm

#### Thursday 5

Year 7-8 Transition Day  
9:00am – 2:30pm

#### Monday 16

Year 7 and 8 Assembly  
(Celebrating Achievement)

Year 9, 10 and 11 Assembly  
(Celebrating Achievement)

#### Friday 20

Pupil Free Day

Year 12 Formal (Hilton Adelaide)  
7:00pm

## Dear Mitcham Families,

### Professional Development

On Friday 4 September we were honoured to have a whole day of professional development facilitated by Professor Donna Pendergast from Griffith University. Donna is a leading specialist in young adolescent pedagogy. Unfortunately, Donna could not be with us in person, however, she successfully ran three sessions via Teams. Prior meetings ensured that the day was geared towards the work that has already been undertaken this year. We were encouraged by the fact that we have already been implementing successful changes in the way teachers have adapted their practices for our students in the Middle School, and her advice and input were most appreciated by staff. The afternoon session was focused on how leaders could continue to develop a participative, hands-on approach. School leaders from Urrbrae and Unley high schools joined from afar. We will continue our work, and progress the improvement in 2021.

### Parent-Teacher Conferences

Middle School parents were recently invited to meet face to face and on Teams with teachers to discuss the academic and social progress of students. It was interesting to note that appointments for Maths, Science and English were heavily booked whilst elective subjects had fewer appointments. Parents who could not attend in person were offered appointments via phone or Teams.

### Course Counselling

Several staff have been involved in course counselling for the senior students. This has once again been a most rewarding experience. Tony Sims and Sarah Chambers ensured that all of our senior girls have been given the opportunity to have a personal interview.

### Year 7 to High School Pilot Program

During Term 3 the Leadership Team has managed to meet with every student who will be part of the second year of our Pilot Program in 2021. Interviews were carried out at primary schools and over a weekend at Mitcham. On Thursday 17 September we were in a position to invite all Year 7 prospective students and parents to tour our wonderful school.

As part of the Pilot Program, Mark Whitehorn, Lee Shaw, Summer Bowles and I were asked to provide other high schools with a snap-shot of our learning and experiences. The Pilot Team came to the school to create and film which will be shared on the Department's Intranet.

### Mobile Phone Update

In light of recent events, when a video was uploaded on Tik Tok showing a man taking his own life, it has been decided to collect mobile phones from all of our Middle School students during class time. Phones will be used only as an aid to learning and at the discretion of the class teacher. An email has recently been sent to all parents in reference to protecting their daughters from accessing inappropriate material. Two written complaints have been received from parents disagreeing with this direction.

Kindest regards,

**Linda Baird**  
Principal

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**Government of South Australia**  
Department for Education



CRICOS Provider number: 00018A

# Middle School

Another term has swiftly passed and the Middle School has now returned to normal with students continuing to throw themselves into their learning with renewed vigour!

Subject selection has been undertaken and already students are looking to next year as there is a lot of excitement around their continuing journey and what that will look like in 2021.

## Year 7

In Weeks 6 and 7 a guest speaker from Headspace presented to the Year 7 cohort.

The aim of the session was to break down stigma about mental health and make students aware of how to understand their own mental health and wellbeing. Students were given a number of coping strategies and were directed to support networks to help keep them strong in stressful times and ensure they are looking out for their own self-care.

## Year 8

This week will be our final morning assembly for the Middle School, organised by the Year 8s.

The focus of this assembly will be "Sustainability in and out of the classroom". There will be student speakers from the Sustainability Group outlining how all students at Mitcham Girls can put into practice environmentally friendly behaviours. Students from the Technologies faculty will present information and examples of how sustainable practices have been included in the curriculum. Year 9 students worked with a design brief to create an ECO PACK repurposing existing materials and the results are amazing.

There will be also be a presentation of upcycled articles of clothing created by the SACE students; this will provide inspiration to the Middle School students.

When given a challenge the girls certainly demonstrate amazing problem solving skills and creativity.

## Year 9

The Year 9s have been busy involving themselves in whole school activities offered during this term.

As part of Wellbeing Week, students were involved in health seminars run by the Year 12 Health class. These focused on gratitude and mental health. In Care Group they made positive complimentary flowers, where they complimented upon the attributes and strengths of their peers as well as mindful colouring. A big thank you to the students who supported SAHARA (formerly SA Dog Rescue) by donating dog food and products after some puppies from this organisation made a guest appearance at the assembly!

Week 5 was Science Week and each Year 9 Care Group participated in the Deep Blue "Kahoot" created by Mr Elliott with questions relating to the ocean, environment and marine biology.

Congratulations to the winners from each Care Group who had the highest score:

9:01	Rameen Sheraz
9:02	Emily Bryce
9:03	Laiba Khokhar
9:04	Jade O'Dwyer
9:23	Lauren Brown

Some students took up the challenge of the events offered in Science Week by submitting an "Estimation 180" guess of how much water is in the irregular shaped object (mls). They also wrote a short 50-word story and participated in the STEM House Building Challenge by designing a model of a structure that can support a sustainable, offshore house that will remain upright and can float on water. The Year 9s are also excited about their transition into Senior School with many of them starting SACE subjects next year – enjoy your last term in the Middle School - Year 9 !

Overall, the Middle School has seen real growth in learning and maturity among the students and as the Year 7s and 8s also prepare to move up a year; it seems like only yesterday they were all visiting the school for the first time on the transition days in Term 4 last year! As we prepare to welcome two new cohorts into the school on their first transition day in Week 4 next term, we also acknowledge the exceptional progress of our Middle School students.

**Mark Whitehorn**  
Assistant Principal Senior School



# Middle School

## Education Perfect Championship Competitions

### Science

The Education Perfect World Series is an annual series of online competitions where students earn points across Humanities, English, Science, Maths, and Languages. Students can earn points and certificates in each subject event.

As part of National Science Week, Education Perfect held its annual Science Championship and many of our Middle School students took advantage of entering and completing tasks and answered questions relating to their current topic being studied. Across the week of the competition, the students involved answered 10,555 questions with sixty-three hours of online learning.

Congratulations to the following students who earned enough points to be awarded the following certificates:

Aimee Slade	Bronze Award
Ruby Jenkin	Credit Award
Mackenzie Jenke	Credit Award
Halle Sullivan	Credit Award

### Maths

The Education Perfect Maths Championship gave the Year 7 Maths class an opportunity to participate in the competition and be introduced to the key concepts of Algebra in an online environment.

Congratulations to the following students who earned enough points to be awarded the following certificates:

Sophie Munn	Credit Award
Layla Chenoweth	Credit Award

**Liz Rogers**  
Year 9 Leader



## The Arts

### Year 7 Drama Class

The Semester 2 Year 7 Drama classes were fortunate enough to participate in a Physical Theatre Workshop with Adelaide-based actor, Rachel Burke.

The workshop was a fantastic opportunity to expand students' understanding and experience of Drama skills through playful activities, creative movement and collaborative devising techniques.

The openness to trying new things and sharing their ideas throughout the workshop, was a testament to the students' maturity and a willingness to take the opportunity they were presented with.

It was such a joy to witness and be a part of. Well done girls!



### Year 8 Drama Classes

During Semester 2, the Year 8 Drama classes have been developing their Physical Theatre performance skills in the style of Steven Berkoff's "Mime and Lecoq's 7 Levels of Tension".

To showcase their learnings from the semester so far, the students devised small, duo or individual performances. These performances were an incredibly high quality and revealed the creativity that these students are capable of.

Congratulations to all students on your process as well as your product!

**Kate Ralph**  
Drama Teacher





# The Arts

## Dance Showcase

CONGRATULATIONS to the Year 7 to 12 Dance students who participated as performers and audience at the Dance Showcase on Thursday 10 September.

An excellent performance displaying so many skills, interpretations, emotions and abilities ... including TAP!! The performance pieces were wide and varied, ranging from dances tackling topical issues such as COVID-19 through to lyrical contemporary works and some energetic musical theatre works. Their learning about a performer's role backstage was also evident in the level of behaviour and organisation.

There were many highlights, but the best highlight for the teachers involved was to see all of the students thoroughly involved, learning about teamwork, presentation skills, commitment and confidence.

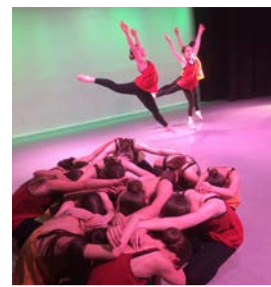
Thank you also to Claire Bowler, Lauren Brown and Tahni Armfield - our Tech crew.

On Wednesday 16 September, the SACE Stage 2 students presented their final assessment performance for their final grades. This performance demonstrated an outstanding group of dancers presenting a wide range of dance works requiring an extensive vocabulary of movement and performance skills. Having worked together for a number of years, the Year 12 Dance cohort have been excellent role models and demonstrated that a focused consistent approach brings great success.

Our sincere congratulations on an amazing and entertaining presentation of high quality dance. Our very best wishes go to these girls as they exit the Dance program and the school. Their contribution to the Dance program has been outstanding.

**Judy Swan**  
Dance Teacher

**Meredith Arnold**  
Arts Coordinator





# Science

## Science Week

This year, Mitcham Girls ran a series of competitions for National Science Week.

This year's theme was 'Deep Blue' for the Ocean, Sustainability and Marine Biology. The competitions we ran included: 50-word short story, Arts Design challenge, STEM competition, Estimation 180 guessing challenge, a primary school science show and a Care Group quiz.



For the **50-Word Short Story competition**, we had twenty one entries with some amazing stories about the theme 'The Ocean'. Here are snippets of some of the stories that were entered:

*"The wind screamed past my ears, threatening to pull me off the pier and into the sinister depths below. Salty spray slapped against my face as I looked over the side in despair. I knew they were coming, so beautiful and alluring I'd succumb instantly to their seductive soulful sirens."* **Rowan Wilson (Year 11)**

*"The wind whipped my face as the waves crashed beneath the shore, the sight taking away my breath. Being free was a dream, as sweet as honey. Closer, closer I let go of everything, letting the sounds take over me, evolving me. The ocean so close yet so far away."* **Hollie Millar (Year 8)**

*"Hear the cadence of the ocean's song as the currents carry creatures along. The ocean speaks of its woes, of wind, and waves, and violent throes, of all the tide it has to bear, the weight of life it holds with care."* **Sahithya Paramasivam (Year 11)**



In the **Arts Competition**, students used artistic skills and designs to create a poster showcasing one of the following:

1. A new/innovative piece of technology that could protect our marine life/ocean.

**OR**

2. A slogan/visual display that promotes sustainability and protection of the environment

Tuesday morning saw students in Care Group participate in Mr Elliott's 'Deep Blue Kahoot', which was a huge crowd favourite. All Care Groups participated and answered questions on the ocean, marine biology and sustainability of the earth's resources. Every winner was recorded and earned House points. The highest score across all year levels will win a prize.

A visit to Mitcham Primary School was organised by our Lab Assistant, Lizzy, which saw eight Year 8s present to over sixty primary school students a 'Magic Show'. We had amazing feedback from teachers of the classes and the students, and our girls did an amazing job in showcasing science experiments.

The Estimation 180 Guessing Competition had exactly one hundred students put down guesses for how many millilitres were in an oversized conical flask. Every guess was recorded and earned House points and the closest to the amount will be deemed the winner.

The lunch time STEM Challenge had five groups of girls build 'float houses'. The SRC ran this activity and took place over Friday Week 5 and some lunch times in Week 6.

These Houses need to pass a number of tests before they can put out to sea. The design tests for the floating house include:

- Float test - When placed in water, does it float?
- Wave test – Does it survive when you simulate small waves by agitating the water?
- Rain test – Does it survive when rained on?
- Buoyancy test – Can you add water to the pontoons to simulate appropriate buoyancy?
- Wind test – Can the anchors, pontoons and rig survive strong winds?

Testing for this challenge will take place in Week 8.

Overall, a great success. House points have been awarded for every entry we've had and winners in each area will receive prizes. I'm so excited in what we can do for next year.

**David Fargher**  
Science Coordinator





# Sports Day

The annual school Sports Day was held Friday 28 August, a beautiful, warm day.

We began with an assembly in the gym and nearly blew the roof off with House cheer and song. With ears ringing and each House making their claim for the ultimate prize, students proceeded to each event, racking up as many points as they could.

First up were the individual novelty events and team sports. Students participated in the popular individual novelty events including the footy kick, softball throw, netball goal shooting and cricket throw. The Year 7s, 8s and 9s took to the field to play AFL, soccer and frisbee while the Year 10/11s and Year 12s competed in lacrosse and volleyball. This was followed by lunch time theatre sports.

The afternoon brought about the athletic events with all top three-year level nominations running the 100m and 400m events and doing the high jump. Runners were cheered on as they ran the races and attempted each jump. The events then shifted to the soccer pitch as each House competed for points in the team novelty events – tug of war, geeta boards, sack race, tunnel ball, 3-legged race and balloon relays. The atmosphere

was fantastic as teams were cheered on by enthusiastic House colored students.

Finally, the day ended with the most competitive event, the Fastest Girl at Mitcham 50m race, as competitors from each House and year level strived to get every last point they could for their House before the day ended. Mitchell triumphed at the end of the day, winning the Junior Cup, Senior Cup and the Overall Championship. Congratulations to Mitchell House on a hard-earned victory, the first since 2015!

A big thank you to all staff who assisted with the running of events on the day, to the students for being involved and making it a fun and competitive day and to all House Captains for organising their Houses and year levels and demonstrating fantastic House spirit and sportspersonship.

**Ian Kutschke**  
Health & PE Coordinator



## Fastest Girl at Mitcham

Congratulations to the Fastest Girl at Mitcham winners:

Year 7 Champion Keira Young  
Year 7 Runner Up Niamh Donnelly

Year 8 Champion Zoe Morgan  
Year 8 Runner Up Hope Chilstone

Year 9 Champion Maddy Geerts  
Year 9 Runner Up Ashleigh Smith

Year 10/11 Champion Pia Ehlers  
Year 10/11 Runner Up Maddy Wallace

Year 12 Champion Odette Sim  
Year 12 Runner Up Rosanna Barani

Overall winner Pia Ehlers - Mitchell



	Junior Cup	Senior Cup	Overall Championship
1st	Mitchell 743 points	Mitchell 469 points	Mitchell 1212 points
2nd	Spence 693 points	Fraser 459 points	Fraser 1147 points
3rd	Fraser 688 points	Spence 384 points	Spence 1077 points

# Sport

Term 3 was a much needed sport-filled semester after COVID-19 lockdown in Term 2.

## Statewide Competition

Our Year 7/8/9 AFLW team, coached by Mr Fargher and Mr Brooks, entered the second round of competition at Kingswood Oval and won against Birdwood High School.

Our second match against Golden Grove High School saw our Mitcham Girls up against a better team resulting in a loss but a gain in a valuable learning experience. With a taste of success on many levels, our coaches and Year 7/8/9 AFLW team are motivated for next year. Well done Mitcham Girls!



A thank you to the Unley Jets for sharing the use of their facility to assist in the success of hosting AFLW games while following COVID safety protocols. Congratulations on an exciting Statewide Competition and a big thank you to Mr Brooks, Mr Fargher and student assistants who helped lay the groundwork for future success.

The AFLW Open team travelled to Coonalpyn for their second round match against Naracoorte/Penola and came up just short against a tough team. Well done Mitcham Girls! A big thank you to all student organisers, Ms D'Ambrosio, Mr Bradley the bus driver and coach Ms Henson.

## AFLW Crows Cup 2020 9-a-side

MGHS entered a Year 7/8/9 team and an Open team.

It was a fun-filled carnival day with both teams sharing success. Congratulations girls and thank you to coaches Ms Henson, Mr Brooks and Mr Fargher.

## Zone Sports

Mitcham Girls High School had two sport and three Zone teams, Open Badminton and Year 8/9 Netball with a 'B' division team and a 'C' division team.

Competition was fierce but our Mitcham Girls Zone teams remained committed, doing their best and enjoying the experience of competitive play.

Thank you to all student coaches and House Captains who assisted with the teams. Also thank you to the H&PE staff, Ms D'Ambrosio, Ms Gagliardi and Ms Greenshields for their time and coaching efforts.

## Upcoming Events

Term 4 Zone Volleyball 7/8/9 girls, Statewide Competition (formerly known as 'Knockout') Cricket 7/8/9 girls, Softball 7/8/9 girls, Volleyball 7/8/9 girls and Carnivals 7/8/9 Badminton and 7/8/9 Volleyball.

**Ian Kutschke**  
Health & PE Coordinator

# Senior School

## Alliance of Girls Schools: Girls & Women in Leadership

A group of fifteen students, accompanied by two teachers attended a workshop held by the Alliance of Girls Schools at St Aloysius College held Tuesday 25 August.

The audience consisted of school leaders from many girls' schools in Adelaide. The speaker, Dr Nicole Archard (Principal of Loreto College), discussed gender bias and gender equity, illustrating the impact of education, violence against women, cultural expectations, social constructs, early motherhood and the #MeToo movement on girls and women and how these factors perpetuate the inequity.

She asked the students to use their voice to be confident, resilient, have self-belief, to take risks, and to challenge social and cultural norms. In addition, she asked the girls not to reproduce gender putdowns, and to not use specific gender biased terminology.

**Jill Olifent**  
Student Wellbeing Leader & Pathways Co-ordinator





# Senior School

Our Senior School students have been “looking back and looking forward” throughout Term 3.

Spending time reflecting on the past, lessons learned and insights gained ready to move forward, is a valuable part of learning. Our Year 10 students have received course counselling for their subject choices for 2021. Taking the time to reflect on past areas of success and strength to plan for future areas of study is a strong part of this process. Year 11 marks a significant change for many of our students as they refine their areas of interest and study and begin to discover their potential futures.

Our Year 11s participated in a Reflection Day in Week 5. During this time, students spent time considering their learning from 2020 and how this will strengthen their success in Year 12. As part of this day, our Year 12 leaders and a student panel offered significant insights into their experiences as Year 12s and advice that they would offer our Class of 2021.

Term 3 for Year 12s is a busy time! This is the key point in their studies - students are completing independent investigations and consolidating their understanding of their subjects in preparation for final exams and assessments. Our girls have also been looking to the future, speaking to uni advisors and applying for courses through SATAC. We thank our families for their continued support of their daughters at this busy time and look forward to seeing them complete their studies in a few short weeks.

**Sarah Chambers**  
Assistant Principal Senior School





# Whole School

## Subject Selections for 2021

Term 3 is a busy time as we prepare our subjects and classes for next year.

Care Group programs in each year level have ensured that students are well equipped to make suitable selections for the coming year. This is particularly important for our senior students as they start to focus more on a pathway beyond school and the subjects that they might need to get to where they want to go.

What is particularly important is that students have selected appropriately as all of these current subject selections tell us what subjects will and will not run in 2021. The creation of the timetable is based solely on student choice and maximising subject selections for all students. What this may mean is that changes in the future may be constrained by how the timetable is constructed now. It is important to also note that not all

combinations of subjects are possible but we work hard to ensure that as many students as possible can access required subjects.

The next step in the process will be discussions with individual students about their specific needs and addressing any issues that arise from the timetable construction. This will happen during Term 4.

Students can still access Web Preferences and we require a copy of the subject choices printed, signed and returned so that it can be referred to next year in case students forget what they have chosen.

**Tony Sims**  
Deputy Principal

## Wellbeing Week

Wellbeing Week at Mitcham Girls continues to grow every year.

This year, the Year 12 Health class worked collaboratively to run a number of workshops and lunchtime activities throughout the week for students and staff.

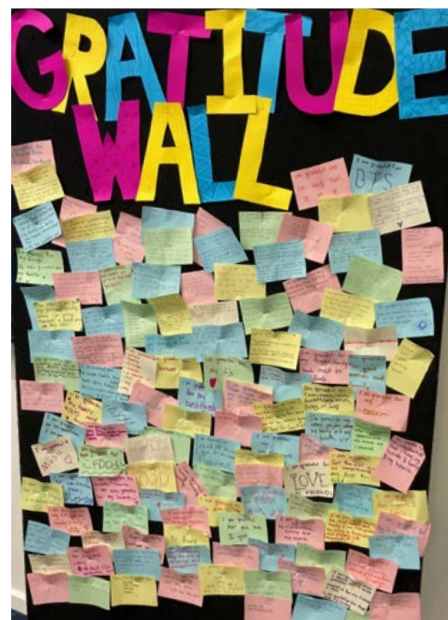
Classes participated in a number of these workshops, which were informative, fun and engaging for students; it was clear the wellbeing of students involved certainly improved throughout the week. Lunchtime activities included meeting rescue dogs from SAHARA (formerly SA Dog Rescue), a Zumba session, chalk drawing, a gratitude wall, plant growing and more!

To finish off what had been an amazing week, the Year 12 Health class combined with SRC to run a "Wellbeing Carnival" during Friday lunchtime. The Carnival was a celebration of the week with activities and stalls designed to further promote and enhance staff and student wellbeing.

There was a great atmosphere with music playing, food on offer and a number of activities including the MGHS Gratitude Wall, an enormous chalk drawing, mindful colouring and henna tattoos.

A huge congratulation to the Year 12 Health class for their organisation of a very successful Wellbeing Week!

**Steph Henson**  
Year 12 Health Teacher



## 5 Ways To Wellbeing

**Connect**



**Be Active**



**Keep Learning**



**Be Aware**



**Help Others**



# Whole School

## SRC

### R U OK? Day

On Thursday of Week 8, Mitcham Girls High School celebrated R U OK? Day. Students wore their favourite yellow accessories, as well as signing a poster (much like Pride Day) to show their support for the cause. In addition, the SRC thought it would be important to discuss what happens after you ask a friend if they're okay, and to do this a group of students volunteered to create informative posters for display throughout the school. Finally, another group of students created notes to go in the lockers of the Middle School students to show support.

### Day of the Girl Child Carnival

Monday Week 1 of Term 4 is the International Day of The Girl Child. The SRC thought it would be a great time to hold a carnival for the school to celebrate this day, as well as being one of the last events for the Year 12 students. The SRC will help organise stalls, games and activities, which can be enjoyed by staff and students alike.

### Physical Resources

The SRC has been working with the Physical Resources Committee to help redevelop the outdoor areas. The SRC has brainstormed a number of ideas and talked about what the student body would like to see in the new outdoor areas. This will be relayed back to the Physical Resources Committee by their SRC representative, Michaela Collins, and another chosen Year 11. Prominent ideas include vertical/sustainable gardens and seating areas to accommodate the increased number of students in the school.

### Year 11 Support

The SRC Executive has been collaborating with the Year 12s to encourage and support the Year 11s in their transition to Year 12. The Executive arranged a panel of Year 12 students to speak at Reflection Day. This array of students represented the variety of subjects and extra-curricular activities available at school, and were available to answer questions about leadership opportunities, study habits and the Year 12 experience. All in all these programs were very successful, with many Year 11s indicating interest in taking up leadership roles next year, as well as an increased harmony between Year 11s and 12s.

### Year 11 Handover

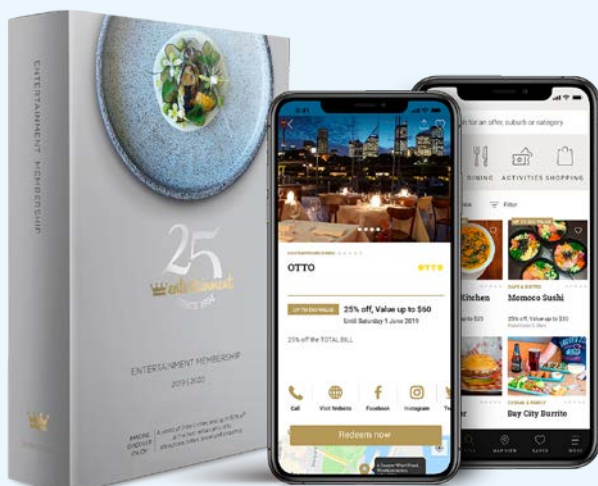
The SRC is now preparing to hand the Executive operations to the Year 11s as of Term 4. This is a wonderful opportunity for the Year 11 representatives to learn from the Executive and gain some experience in being in charge of the SRC without the additional demands of being in Year 12. Non SRC Year 11s have also been invited to take a glimpse at the inner workings of the SRC before they commit to a responsibility as an executive or representative next year. We wholeheartedly believe that the Year 11 representatives will do a wonderful job and wish them luck.

### Casual Day

The Casual Day in Week 5 successfully raised \$867.00, which converted to \$628 USD for the Lebanese Red Cross. The money will be used to provide emergency response to the citizens affected by the Beirut explosion. The Red Cross will care for those injured, relocate people who have lost their homes and provide psychological and primary physical care to those affected by the explosions.

**Caitlin Selge and Zuha Faisal**  
SRC Co-Presidents

# Notices



## Entertainment Book

Order your 2020 | 2021 Entertainment Book or Entertainment Digital Membership now.

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<http://www.entbook.com.au/161m056>