

NEWSLETTER

Issue 4 | June 2018 | Term 2



MITCHAM GIRLS
HIGH SCHOOL

DIARY DATES

June

Wednesday 27

Melinda Tankard Reist Workshops:

Time to Talk!

Year 8 - 9:05am

Year 9 - 11:10am

Year 10, 11, 12 - 1:40pm

(Parents are invited to attend any of the above sessions – return Reply Slip 2 to your daughter's Care Group teacher)

July

Tuesday 3

Gift Dance Auditions

(Year 8 intake 2019) 11:15am

Wednesday 4

Year 12 Drama Production 6:00pm

Friday 6

Year 11 Reflection Day

End Term 2

Reports distributed at 3:10pm

Monday 23

Term 3 commences

August

Monday 6

Governing Council 7:00pm

Tuesday 7

Ski Trip Parent Information Evening

6:00pm

Tuesday 21

Principal's Tour 9:15am

Friday 31

School Closure (Show Day)

Ski Trip

Melbourne Trip

September

Monday 3

Student Free Day

Wednesday 5

Year 10 & 11 Course Counselling

2:45 - 8:00pm

Thursday 6

Year 10 & 11 Course Counselling

9:00 - 3:00pm

From The Principal

Use of Mobile Phones

The Year 12 Health class has researched the advantages and disadvantages of the use of smart phones at school and they have presented their findings to students and to the Governing Council. We will be forming a committee with student representatives to try and implement some of the recommendations from the Year 12 class. If you wish to join the committee, please feel free to email or telephone me. It would be good to have parents on this important committee.

Melinda Tankard Reist Workshops – *Time to Talk!*

This is a reminder that Melinda will be conducting workshops at the school on Wednesday 27 June. A letter was distributed to all families last Monday. If you would like to attend one of these workshops, please complete Reply Slip 2 and return to your daughter's Care Group teacher at your earliest convenience.

STEM Works

At the risk of sounding monotonous, our STEM Centre on the top floor is not yet ready. There have been delays with the sourcing of the vinyl which had to come from Italy and, as usual, a few other unexpected issues slowed down progress. However, the newly refurbished Library is operational and being well used by the students; we are now waiting for more furniture to arrive.

It has been an extremely busy term and I thank you for your support in so many ways. We know that school activities impact not only on teachers and students but also parents. Since

the last newsletter, we have had the Year 12 Formal, NAPLAN testing, HAST tests, Dance auditions, two major Dance shows, a Music showcase and some Drama productions during the day, among other things. The many co-curricular activities we offer certainly enrich the lives of our students.

I hope you will get the chance to slow down a little during the school holidays. Please remember, we teach until the very last lesson on Friday 6 July. Reports will be issued at 3:10pm, and no earlier to any students that are absent or departing early.

Year 12 teachers will run classes during the holidays and students are advised to attend. The timetable will be on the website. Enjoy the holidays.

Antoinette Jones
Principal



Year 12 Formal

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Government of South Australia
Department for Education and
Child Development

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SCHOOL

Middle School News

Middle School Report

Year 8 students have continued to settle into their secondary schooling routine, with many choosing to increase their participation in co-curricular activities and knockout sport competitions, which are held throughout the school day and after school.

A strong focus on practical and applied learning processes has resulted in many Year 8 and 9 classes moving outside of their normal learning spaces. Examples being Geography fieldwork activities occurring at the Urrbrae Wetlands and Hallett Cove, French students visiting the French Impressionist Exhibition at the Art Gallery and Dance students attending performances at the Festival Theatre.

During Week 3, Year 9 students undertook their NAPLAN. This was the last time the school will undertake the written version. In Semester 2, all Year 8 students will begin preparation activities for the 2019 NAPLAN Online. Detailed information will be sent to Year 8 parents with Semester 1 reports.

Finally, I would like to congratulate all students who have participated in musical, drama and dance performances, technology workshops and competitions, physical education and science workshops and debating competitions this term. Well done to all of you.

Ms Colleen Tomlian
Acting Assistant Principal Middle School

Whole School

Mitcham is (Language) Perfect!

This year, all language students at Mitcham Girls High School participated in the Language Perfect World Championships held over a week. As a result of the students' amazing work, our school placed **number one of all the public schools** in South Australia.

Language Perfect is an online language learning tool used by thousands of students in Australia, New Zealand, the United Kingdom and other countries worldwide. The championship is the biggest online learning competition on the planet.

Mitcham Girls High School students also won the **Girls' School** category (including both public and private) in South Australia, and we came **1st in our "school size" category**.

Our French students came 3rd in the state overall as did our Italian students. These are astonishing results, given our school's size compared to that of other private and public schools. There was a lot of celebrating, not just in the language classrooms but school-wide, with teachers in other subjects extremely supportive of the girls' efforts.

The competition uses point accumulation as its measure of success, and we congratulate the following students who gained a significant amount of points: Lilly Taylor, Sophie Victoria Field, Bonnie Coventry, Harshita Poliseti, and Jumana El-Masry. Thank you to the hundreds of committed students who took part!

Signorina Vaudo and Madame Fox
Italian / French Teachers

Therapist-Assisted Online Parenting Strategies (TOPS)

Therapist-Assisted Online Parenting Strategies (TOPS) has been designed to help parents reduce anxiety and depression in their adolescents. It was developed using evidence-based research and stakeholder consultation.

TOPS is intended for parents whose adolescents are receiving mental health support for anxiety and/or depression. This program forms part of a doctoral research study and has full ethics approval.

Eligible parents will receive:

- Access to an individually tailored online parenting program
- Practical strategies to parent more confidently
- Tailored goals to help put these strategies into practice
- Regular contact with a TOPS coach via video-conferencing to help apply the strategies to their situation

- Parents and participating adolescents will each receive an e-voucher (up to \$50 each)

Who can participate?

- Parents or legal guardians with their adolescent (aged 12-17 years)
- The adolescent needs to be receiving treatment for anxiety and/or depression from a mental health service
- Have internet access and consider themselves proficient in English

If you are interested, please contact Jill Olifent at Jill.Olifent705@schools.sa.edu.au

Jill Olifent
Student Wellbeing Leader

Whole School

Sustainability Group

The Sustainability Group kicked off the year by arranging roles equally between their members.

These roles were: allocating paper boxes for recycling to classrooms, collecting food waste from Home Economics and emptying the recyclable can bins in the quadrangle. All members maintain these roles faithfully and have learned the importance of recycling and how it contributes to sustaining our school environment.

In Weeks 8 and 9 of Term 1, the group received another task; to present and demonstrate the Sustainability Group's role in the school to the Year 8 Care Groups. Students taught 2 Care Group lessons explaining the importance of recycling and how the system operates. They showed their video about composting and where the compost bin is located and told students about the positive impact this has in sustaining the environment. The Year 8 students participated in quizzes and all group members felt a sense of accomplishment as they introduced a new method of recycling that highly contributes to our school environment.

During Term 2, the Sustainability Group raised money for the Wilderness Society through selling cakes and coffee at a local environmental event called "Greybox Day", held at Belair National Park. In Week 5, they held a Casual Day and invited representatives of the charity to speak about their campaign to stop oil drilling in the Great Australian Bight. A stall was also set up at lunch time publicising the event and providing information about the campaign. Overall, the Sustainability Group raised \$871 for the Wilderness Society.

Ahjin Choi, Sophie Monahan and Seunga Lee
Year 10



Crows Clinic

On 28 May, Adelaide's AFLW Best and Fairest, Chelsea Randall, came out to Mitcham Girls to run a Come-And-Try AFL session.

Most of the girls who participated in the lunch time session had never experienced AFL before and had a great time learning new skills.

In August, we will be entering 2 teams (Year 8/9 and Open) into the Crows Cup. The tournament is a girls-only interschool football carnival that was first developed in 2016, by Chelsea, to support young girls giving football a go.

Students interested in playing in the Crows Cup need to see Mr Brooks to register their interest.

Simon Brooks
STEM Coordinator

Sport

Knockout Sport

Term 2 has been busy for school sport at Mitcham Girls, with Knockout Sport starting in Week 3. We have entered teams in several sports including soccer, indoor soccer, football, basketball and netball. Below is a run-down of how our teams have fared so far:

Open Football: We travelled to Adelaide High School on Tuesday 15 May to play against Adelaide and Glenunga. It was a tough day for the team as they came up against some talented competition and were defeated in both games. The girls gave it a great go and remained positive.

Year 8/9 Netball: We travelled to Mary MacKillop on Wednesday 30 May and unfortunately, we were beaten in both games and eliminated from the competition. We held our own and put up a tough fight throughout.

Open Netball: We hosted Glenunga and Pedare at Mitcham Girls on Friday 1 June. We were defeated by both teams, but didn't make it easy, especially in the second game against Pedare.

Open Indoor Soccer: Our indoor soccer team played in a six-team tournament qualifying round on Monday 4 June at Pasadena High School. Mitcham's team, consisting of players from Years 8 to 10, came up against opponents in Year 11 and 12 in every game they played. A mixed bag of results meant they finished 4th on the day and missed out on a spot in the state finals.

Open Soccer: We travelled to Unley High School on Thursday 14 June to play against Unley and Henley. Again, it was a young team coming up against older players, but we managed to draw the first game against Unley before being defeated by Henley in the second game.

Open Basketball: We travelled to Heathfield High School on Thursday 14 June to play against Heathfield and St John's. Mitcham Girls was defeated in their opening game by St John's. However, in their second game a strong last quarter gave Mitcham the win to finish the day with one win and one loss.

Cross Country: Bethany Stidston, Annalise Stidston, Ella Hutson and Jacinta Sydenham-Carter represented Mitcham Girls at the School Sport SA Cross Country Championships held at Oakbank on Thursday 7 June. All girls performed exceptionally well and should be very proud of their efforts. As a team overall, they placed 2nd in the Under-15 age group!

While none of our teams have progressed to the second round, we can be very proud of the effort and attitude each team has displayed in their games while representing Mitcham Girls. Well done to all players and thank you to all coaches who assisted with our teams.



Sport

Upcoming Games

Year 8/9 Soccer:

Friday 29 June – Mitcham vs Adelaide at MGHS

Open Volleyball:

Wednesday 1 August – Qualifying Tournament at Marion Leisure Centre

Zone Sport

The Term 2/3 Southern Zone after school sport competition commenced in Week 4 of this term, with Mitcham fielding teams in various sports including open soccer, open badminton and netball in both Year 8/9 and open categories.

At almost the halfway point of the season, each of our teams has the potential to play off in the finals next term. After 4 rounds our open soccer team has won 3 games, both badminton teams have wins on the board, our open netball team has won 3 games and our Year 8/9 netball teams have had mixed results in a tight competition. Good luck to all our teams for the remaining rounds!

House Sport

With Sports Day and Swimming Carnival over, we turn our focus to the House Sport competition.

This term, we have implemented a different way for students to be involved with some lunch time fun. During Week 3, we hosted a Come-and-Try sport week during our lunch breaks. With the assistance of our House Captains, we encouraged students from all year levels to join in with various sports, with Houses competing against each other. There were different sports each day, including volleyball, netball, indoor soccer, basketball and dodgeball.

Due to the great turnout in Week 3 we have decided to hold another Come-and-Try week in Week 10 for the same sports. This will allow us to choose, based on participation numbers, which sports we will play next term in organised House Sport competitions at lunch time where each House can play for points towards the Collyer Cup.

Dimi Sianis
Sports Assistant

Science

RYPEN

Thank you to the very generous local Rotary Clubs for enabling 10 of our Year 9 students to attend the RYPEN (Rotary Youth Program of Enrichment) Residential Leadership Weekend Camp during the April school holidays. The event was held at the Nunyara Conference Centre, with 40 participants aged from 14 to 17 years.

All of the girls remarked that the experience was amazing, with good food, not much sleep and lots of new friends. Specifically, they enjoyed learning new skills, gaining confidence and talking to people they didn't know. Part of the camp involved career planning and looking at what they need to do to achieve their dreams and goals. Leadership skills were also developed with all participants believing this was beneficial.

Each of the girls that attended had their own tale of how they grew from the camp. For some it was gaining confidence in speaking in front of people, while others found the teamwork scenarios particularly valuable. Despite the serious sounding nature, there was time for plenty of fun and the bush dancing was a huge hit, as was making wedding dresses from newspaper and sticky tape. All the girls recommend the experience to others in the future.

Liz Rogers
Science Teacher



Science

Australian Science Olympiad - FREE Competition

This competition is open to students in Years 10 to 12 and will test their critical thinking, problem solving, knowledge, understanding and application of Science.

There are four exams - Biology, Chemistry, Physics and Earth and Environmental Science. The exams are two hours long with mostly multiple-choice questions.

Top performers will be invited to a free Summer Science Camp in Canberra and to represent Australia in the International Science Olympiad Competition.

Entry forms are available from Science teachers and need to be completed and returned by Wednesday 5 July.

Year 12 Scientific Studies

The class went to Flinders University and enjoyed two laboratory sessions; one analysing the biology of food poisoning and a second using Forensic Science techniques to identify what occurred in a 'crime scene'.

Year 11 Biology

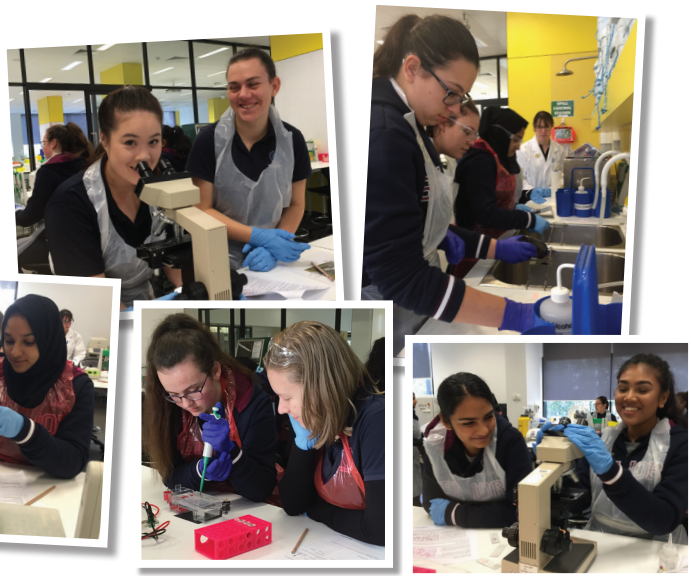
Both Biology classes visited the Wetlands at Flinders University to enhance their study of Microbiology and Ecology with hands-on activities including collection and analysis of samples.

Helen Marussinszky
Science Coordinator

BIG Science Competition

Congratulations to all the students who challenged themselves and competed in the National BIG Science Competition.

Special congratulations to Leela Cotton-Kenny who achieved a high distinction and Janay Will, Elspeth Atkinson and Daisy Vincent who all received credits.



Science

The ConocoPhillips Science Experience

Applications are now being taken for the ConocoPhillips Science Experience.

The 3-day program is designed to provide students in Years 9 and 10, who have an interest in Science, with an opportunity to engage in a wide range of fascinating science activities, perform experiments in laboratories, meet and listen to senior lecturers, and experience what it is like to be on the campus of a university. Each program has a STEM focus which covers aspects of Science, Technology, Engineering and Mathematics.

UNIVERSITIES & TERTIARY INSTITUTIONS	PROGRAM DATES	NOTES
University of South Australia	20 - 22 November 2018	City East and Mawson Lakes campuses
Flinders University	5 - 7 December 2018	
University of Adelaide	11 - 13 December 2018	North Terrace and Waite campuses

For further details go to www.scienceexperience.com.au or contact Liz Rogers on 82728233 or via email at elizabeth.rogers438@schools.sa.edu.au.

Liz Rogers
Science Teacher

STEM

Comace Industry Visit

On Friday 15 June, the Year 9 Design and Technologies class visited Comace Joinery's workshop to conclude their industry project. The students were taken on a hands-on tour which included all aspects of the business, culminating in the girls machining and assembling three small cabinets.

Thank you to Paul and the team from Comace for allowing the girls to be part of your workplace for the day.

Simon Brooks
STEM Coordinator



STEM

First Tech Challenge - RoboVengers

For the second year running, Mitcham Girls High School will be entering a team into the First Tech Challenge (FTC) Robotics Competition at the end of the year in Sydney. In 2017, the RoboVengers won the All-Star Rookie Award for the best first year team, and the girls are looking to take their robotics to the next level this year. Our team currently meets after school on Thursdays to build and program their robot as well as to plan community STEM activities, promotional material and fundraising opportunities. To stay up to date with what the girls are up to, please like RoboVengers on Facebook and follow us on Instagram and Twitter.



Subs in Schools - Sub Squad

New to Mitcham Girls in 2018 is the Subs in Schools program. This has been introduced into the Year 10/11 STEM course as a major project option. Mitcham's first team, Sub Squad, has been working with SAAB Australia to help plan, manage and build a remotely operated underwater vehicle (ROV). Once complete, the team will compete in the State Subs in Schools final which will be held at the Royal Adelaide Show in September. The industry involvement throughout this project has been great for the girls to gain insight into the engineering field and defence related careers. For information on the Subs in Schools competition, please follow this link: <https://rea.org.au/subs-in-schools/>.



Sponsorship

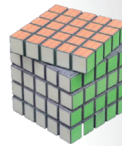
For both RoboVengers and Sub Squad, one of their main goals in 2018 is to attract sponsorship to help support competing in both state and national competitions.

If you are involved in a business or community organisation and are interested in sponsoring either of these two teams, please contact Simon Brooks via email at simon.brooks378@schools.com.au.

3D Printing Competition

Have you designed something 3D this year? Printed it out at school? Then this competition is for you. Enter your designs into the fifth annual SA 3D Printing Competition. Students interested in submitting an entry can speak to Mr Brooks before the end of Term 2.

3D PRINTING COMPETITION



The Advanced Technology Project is partnering with the Royal Adelaide Show for the fifth annual SA 3D printing competition.

The competition is open to all South Australian secondary students in the categories of 'Sculpture', 'Functional Object', and 'Moving Object', in both junior and senior groups.

The 3D solutions will be showcased in the Advanced Technology Centre at the Adelaide Showground for the duration of the 2018 Show. A panel of judges will assess each entry and decide the competition winners. Merit awards may also be presented at the panel's discretion.

This year there is a 'Best in Show - People's Choice' award of \$150, proudly sponsored by Portside Newsagency. This award is by public vote and details will be available at the Show.

Registrations for entry are online and close on Friday 20 July 2018. (Entry fee is \$4)

Your entry piece and accompanying portfolio are to be delivered to the Showground on Wednesday 22 August 2018.

For entry criteria and further information visit <http://dlb.sa.edu.au/atmoodle/> or www.theshow.com.au, click on 'Show Entries' then 'Competition Details & Entry Forms', scroll down to the Technology icon.



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ADVANCED TECHNOLOGY PROJECT

Royal Adelaide Show Entries

In 2017, the Mitcham Girls project gained a place in various competitions at the Royal Adelaide Show. If you think you have made something artistic or creative at school in 2018, why not enter your design into a category at the Royal Adelaide Show this year.

If you are interested, please see Mr Brooks to organise the registration of your project. Or to learn about the numerous competition categories the Adelaide Show has to offer, head to <http://theshow.com.au/show-entries/competitions/>.

Simon Brooks
STEM Coordinator

Performing Arts

Year 8 Drama Class

During Week 6, Year 8 Drama students performed the outrageous *Hidden Messages* by Damon Lockwood to a full house.

Hidden Messages explored the excitement of young love, the challenges of negotiating friendships, and the complexities of human emotion, all through the eyes of Carrie, who spends a lunch time in the school library waiting for her secret admirer to leave her one last message: the one where their identity is finally revealed.

The cast and crew produced an entertaining production and allowed the audience to laugh at the ridiculous stereotypes that filled the stage and reflect on the consequences that these characters' behaviours had on those around them. With their well-rehearsed comic timing, larger than life characters, and fast paced dialogue, *Hidden Messages* was the perfect piece of entertainment at this busy end of semester!

Their collaborative ensemble work and additional commitment to polishing the more challenging scenes, meant that the production was something the students should be very proud of.

Well done to all involved!

Kate Ralph
Drama Teacher



Performing Arts

Dance Performance

Dance students have been very busy during Semester 1. They have had the opportunity to perform in two major showcases, with one at the end of Term 1 and more recently the end of semester event, *Dance Feats*.

In *Dance Feats*, students from all year levels performed challenging and entertaining dances over two shows. Highlights from the first night were the SACE dance titled *Play* and the Year 9 Gift class performing *Freaks* (choreographed by Senior School student, Caitlin McNamara).

SACE students, supported by several Year 10 students, presented their own choreography the following evening; a diverse, personal range of pieces which included film, projections and sound effects.

This term, students have been exposed to various dance styles by visiting professionals and have attended dance and musical performances. Year 9 Gift students also had the chance to observe the Australian Dance Theatre (ADT) rehearsals, and the SACE and Year 10 Gift students were lucky enough to attend a workshop run by the ADT.

"I learnt new ways of creating a theme for dance from everyday objects" - Chanel Duval

"I found new and different ways to move my body to create dance" - Isabella Moore

Meredith Arnold
Arts Coordinator

Winter Showcase

Our annual Winter Showcase came around again on Monday 4 June. The evening is a high point of the school's Music calendar and provides an opportunity for our students to demonstrate their diverse musical talents.

We are particularly proud of the mixing of year levels, with ensembles drawn from across the school; Years 8, 9, 10 and 11 performing *Interstellar* in the String Ensemble is an example of the collaborations which occurred throughout the evening. Also performing were the Year 12 students, with each showcasing a solo work in support of their Ensemble pieces; all of which were being assessed.

The evening also provided the opportunity to showcase the Year 8 Percussion Ensemble - performing and conducting their own compositions for marimba. The audience was treated to some fine renditions of popular songs from students in Years 9 to 11 and the musical styles covered demonstrated the openness and fearlessness of Music students at our school. It was commonplace to see a girl playing one instrument in one act only to see her playing another in a totally different aesthetic later in the evening! Such great commitment and enthusiasm taking Modern Contemporary, Minimalism, Jazz, 80's Post Punk, Rock and Roll, music for film, Choir, Cabaret, Theatre and Classical genres in their stride.

The behaviour of each student during rehearsals and sound checks was simply outstanding and the evening was a great success. The performance was introduced, managed and closed most ably by our brilliant Year 8 Music students - a fantastic effort indeed.

Alan Cook
Music Teacher

Stage 2 drama presents

Eyes to the Floor

by Alana Valentine



Wednesday 4th July, 6:00pm
MGHS Performing Arts Centre
All Tickets \$10

Warning:
Smoke Machine and
Strobe Lights used
Adult Themes
Music by Ben Sound

Year 12 Drama Production: *Eyes to the Floor*

Mitcham Girls High School presents the moving contemporary Australian play, *Eyes to the Floor*, by Alana Valentine.

Eyes to the Floor is a verbatim play set in The Hay Gaol in rural NSW, the site where extreme, dehumanising discipline was imposed on girls aged between 13 and 18. Freezing in winter, and stifling in summer, this colonial prison operated as the Hay Institution for Girls from 1961-1974, which is the era in which this play unfolds.

Survivors recall being forced to have their eyes down at all times. They were rarely permitted to speak, received no education or visitors, and undertook hard physical labour seven days a week. Little wonder the women who, as children, experienced the institution's regime describe their time there as hell. For them, the Hay Gaol symbolises the loss of their identity, self-worth and the right to speak.

This play provides a platform to the girls and children whose voices have previously not been heard.

Tickets are on sale now from the school Finance Office.

When: Wednesday 4 July

Time: 6:00pm

Where: Performing Arts Centre

Recommended for mature audiences.

Kate Ralph
Drama Teacher

Senior School News

Year 12 Formal

The month of May saw one of the highlights of the Year 12 school year, the Formal, held this year at the Adelaide Convention Centre.

The Formal Committee worked tirelessly for several weeks, giving up time to arrange everything from the seating plans and playlist to the menu and running order. They did a fantastic job of balancing everyone's views and suggestions and were solely to thank for the success of the evening. A key highlight was the dance floor; students, partners and even staff filled the space and the energy displayed through the dancing was a clear reflection of the enjoyment of the evening.

Well done to everyone who contributed to the Formal's success, and to the Year 12s for creating such a memorable evening.

It now falls to the Year 11s to start the process of planning the 2019 Formal which will, I'm sure, be equally fantastic and fun.

Mark Whitehorn
Year 12 Leader



Notices

Entertainment Book

Order your 2018 | 2019 Entertainment Book or Entertainment Digital Membership now. You'll receive hundreds of valuable offers for everything you love to do and help our fundraising at the same time.

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

