

NEWSLETTER

Issue 6 | September 2018 | Term 3



MITCHAM GIRLS
HIGH SCHOOL

DIARY DATES

September

Tuesday 18

Year 8 Immunisations

Wednesday 19

SACE Dance Moderation 7:00pm

Tuesday 25

Once Upon A Dance, Scott Theatre
7:00pm

Friday 28

End Term 3, reports distributed
3:10pm

October

Monday 15

Term 4 commences
SACE Language Exams begin

Monday 22

Year 12 Celebration Assembly
12:00pm

Friday 26

Year 12 Celebrations
10:00am – 1:30pm

Monday 29

Governing Council 7:00pm

Tuesday 30

Principal's Tour 9:15am

November

Wednesday 7

Transition Day Year 7/8
9:15am – 2:15pm

Wednesday 7 – Friday 9

Year 11 Aquatics

Monday 15 – Wednesday 21

SACE Exams

From The Principal

Term 3 has been a very busy term. Various excursions to tertiary institutions, curriculum excursions, the Ski Trip to Falls Creek, the History Trip to Melbourne and Course Counselling over two days are only some of the activities that took place this term.

Participation in co-curricular activities seems to increase exponentially from year to year as does the level of success. This term alone, students have participated in the following activities:

- Year 8 and 9 students submitted entries into the Oliphant Science Awards and 9 of them have won one or more prizes. These will be announced at a special award ceremony on Friday 21 September.
- The Subs in Schools SA final competition was held two weeks ago. The girls came 3rd and will compete in the National competition in Sydney at the end of the year.
- 22 students entered their technology designs/products at the Royal Adelaide Show.
- Girls involved in the Advanced Technology Project have been preparing to compete in Sydney in December.
- The Open Soccer Team came 2nd in the District competition and 10th in the overall State competition.
- The Open Volleyball team placed 3rd in the state competition.
- A Year 11 student successfully competed in the State Squash Competition. She is now the One Girls State Squash Champion. Congratulations Rema Muniandy!

We are certainly proud of our students for embracing the opportunities available to them and commend them for their hard work and resilience.

Mobile Phone Committee

Many thanks to the parents who provided feedback about the use of phones in schools.

Research seems to confirm that the use of smart phones has advantages and disadvantages. What is clear, however, is that phones can be a distraction during lessons and young people are developing obsessive behaviours: checking the phone constantly; become anxious about "fear of missing out" and any unwanted/unsolicited/disturbing notifications they may receive; using the phone to harass others.

As teachers and parents, we are charged with the responsibility of educating young people to use their phones appropriately and only when necessary.

The current Mitcham Girls High School Policy expects students to keep phones in their bags or in their pockets, turned off, during lessons. They should only use them for educational purposes when directed by the teacher. Currently girls are allowed to use their phones at recess and lunch time.

The Committee is finalising a survey for all students to complete so that their voices can be heard and taken into account. A similar survey will be sent to parents to complete.

Once all information is gathered, changes to the current policy may be made.

As the term comes to an end I wish you a relaxing time with your children.

Antoinette Jones
Principal



Kyre Avenue, Kingswood, South Australia 5062
Phone: +61 8 8272 8233 Fax: +61 8 8373 3013
Email: dl.0903.info@schools.sa.edu.au

www.mitchamgirlshs.sa.edu.au



Government of South Australia
Department for Education

CRICOS Provider number: 00018A



WE ARE AN
ACCREDITED
SCHOOL

Middle School News

As Term 3 comes to an end, students in Year 8 and 9 are looking to the future as they choose pathways and subjects for ongoing schooling. It has been a busy term in many ways. Students have not only had to keep up with their class work, but have also participated in a range of tests, surveys and data-gathering. I commend all the girls who participated in a considered and mature fashion. At this stage we are not sure when the NAPLAN results will be available, but they will be sent home with each student.

Our students continue to enjoy success in a range of areas. They have received awards for works displayed at the Royal Adelaide Show, in various competitions and other endeavours.

They take opportunities as they arise, and many spend numerous hours volunteering – particularly in the canteen.

At the end of term, students will receive progress reports on their achievement. Please have a look at these, as well as information found on DayMap; if there are concerns, discuss these with your daughter and consider contacting her teacher.

From the curriculum point of view, teachers have been trialling units of work which aim to stretch, challenge and develop skills which will be required in workplaces of the future. We look forward to seeing what our girls produce as they undertake learning in our new spaces and with new frameworks.

Zinta Ozolins
Assistant Principal
Middle School

English

Interschool Debating

We have come to the end of another Debating season and are proud to publish our school's final results in the 2018 Debating SA Schools' Competition.

Year 8

Our two Year 8 teams have learnt a lot of new skills this year and explored some challenging topics. They finished the season placing 22nd and 30th in the team rankings. A big thank you to their coach, Dana Thomas.

Year 9

Year 9 team "Mitcham Red" finished 6th on the ladder (out of 42 teams) and progressed to the quarter finals, where they were knocked out in a very close debate against Adelaide High. The adjudicator could only separate the two teams by a third of a point in the final tally! Well done to Sanjana Aneja, Nehaal Munir, Aisha Rozario and Brooke Burns.

The other two Year 9 teams also had a positive debating season, finishing in 28th and 37th place in the team rankings.

A big thank you to our Year 9 debating coach, Taylor Rubino.

Year 10

We had three teams of Year 10 debaters this year, all of whom stepped up to the challenge of a short preparation debate in the final round. They finished the season in 12th, 13th and 18th place in the team rankings.

Thank you to Jade Cornish who coached this team for much of the year.

Congratulations to all the students who took part in Interschool Debating. You have demonstrated commitment and resilience, and developed valuable skills in problem solving, critical thinking and public speaking. We look forward to the 2019 Debating season.

Laura Harvey
English Teacher

Congratulations

Congratulations to Breanna Liebelt receiving 1st prize for her poetry entry and to Saskia Walsh for receiving 2nd prize for her prose entry in the Year 9-10 category of the SAETA Creative Writing Competition for 2018.

Congratulations also go to Ella Bennett, Charlotte Whincup and Saskia Walsh for being selected by the school to enter the Year 10 Eden Prize Competition. The topic for this year's competition is *How can social media make the world a better and happier place?*

Ms Colleen Tomlian
HASS and Languages Curriculum Area Coordinator

Science

Education Perfect Science Competition

Congratulations to all Year 8 and 9 participants in the recent competition, especially those who earned one of a total of 7 awards – 3 Credits, 2 Bronze, 1 Silver and 1 Gold.

In South Australia, Mitcham came 1st for the 251-500 student category and 4th overall. Well done!

Science Frog Survey

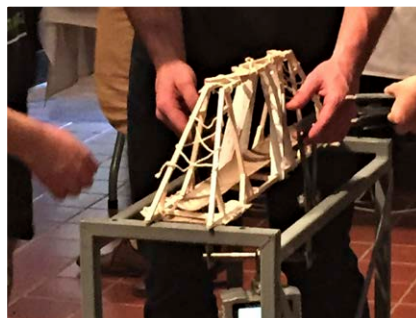
Congratulations to Year 11 student, Michela, who has won a place in an Earth Watch Challenge program, working with scientists to identify vanishing species of frogs in the Gondwana World Heritage Rainforests in NSW.

Bridge Building

Two teams of Year 9 students challenged themselves to compete in the Bridge Building competition. Their bridges were judged on design, build and strength, and the girls did an excellent job of representing our school.



Michela Skipp



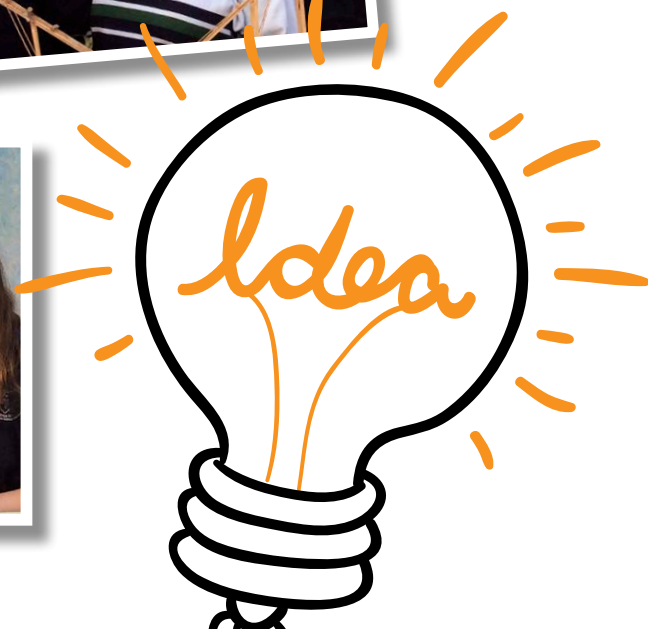
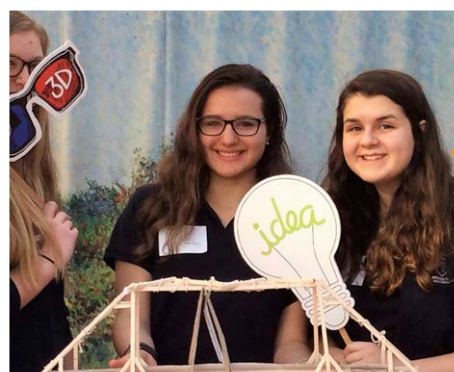
National Invention Convention 2018/19

The National Questacon Invention Convention is an all-expenses paid, 5-day workshop in Canberra, held every January. It's immersive, but also fun - play, make, design and laugh your way through a week of inspiration and creativity. The theme of the 2018 National Invention Convention was Future Earth and 25 delegates from all across the country participated in this year's program.

The next National Invention Convention will be held in January 2019. Students can register their interest by completing an expression of interest

<https://www.questacon.edu.au/outreach/programmes/questacon-smart-skills-initiative/questacon-invention-convention>

Helen Marussinszky
Science Coordinator



HASS

On Friday 31 August, 15 Year 10 and 11 students accompanied by Ms Thomas, Ms Vaudo and Ms Tomlian, departed Adelaide for Melbourne at 6:10am. The day was filled with activity, beginning with a visit to the 19th and 20th century Australian artworks collections at the Ian Potter Gallery as well as a viewing of the Bequest Collection presented to the State of Victoria by Joseph Brown.

Then it was across the road to the Spencer Street Station for a trip to Elsternwick, where we spent several hours visiting the Holocaust Museum. Students spent time with a holocaust survivor, Joe, who at 94 years of age told us of how he had escaped the Germans in Holland with the aid of Dutch citizens.

Unfortunately the rest of his family were not as lucky, being sent to Auschwitz. Students viewed a detailed collection of artefacts and resources which told the very personal stories of those involved in the horrific events of World War II.

Upon our return to the city we attended the wonderful *Alice in Wonderland Exhibition at ACMI*. This was a great treat and a highly interactive, just plain fun event.

The day finished with a trip through the laneways with students



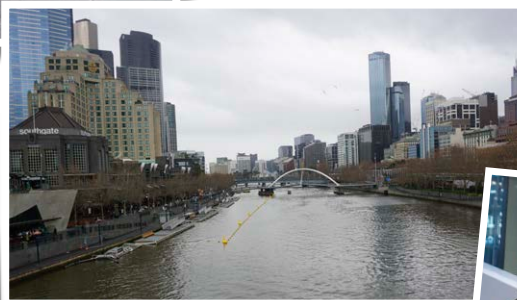
selecting their own little cafes or food stalls for dinner.

Day 2 began with the Victoria Markets for breakfast and a wander through the market stalls, then the Hellenic Museums collection at the Treasury Building, where we explored Greek history and contemporary culture. This was followed by a sunny amble through Melbourne's streets to the State Library where we awed at the wonderful architecture and the beautiful History of Literature exhibition. A tram trip took us to the National Gallery of Victoria where we explored four exhibitions, *A Modern Life: Table Wares*, *Guerrilla Girls*, *Japonisme* and the Classical Art collection.

An interlude at Southbank for a late afternoon food stop and to escape the now persistent drizzle was a welcome break. We crossed the Yarra River and headed to our last outing of the day, an hour of "shopping" at the factory outlets.

After an early dinner at Brunetti's with bags in hand, we clambered aboard the tram, bus and plane and headed home on the last flight. We were all tired but had enjoyed the diversity of outings and seeing Melbourne.

Colleen Tomlian
HASS Coordinator



Performing Arts

Middle School Drama

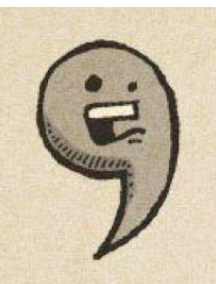
Middle School Drama classes have been working extremely hard this term, creating productions that have been entirely student led: directors, designers, stage managers and performers! This hard work has culminated in three separate productions to be performed to invited audiences throughout the end of Term 3 and into the beginning of Term 4.

Year 8

This term, the Year 8 Drama class has been busy rehearsing the play *Apostrophe's* written by Bradley Hayward. The play is a comedy, featuring fun and interesting characters, and looks at how apostrophes are being over-used around the world!

Some students have chosen to take on an on-stage acting role, while others have opted for off-stage roles, including lighting design, sound design, publicity, stage management, and costume design to name just a few. The page-to-stage process has involved the students working collaboratively from the moment they were given their scripts. They have had to problem solve, learn lines, establish clear characters and develop their creative and critical thinking skills to ensure that it is a successful performance. We hope you can come along and watch this entertaining play by the Year 8 Drama students. See you there!

Kerry Jordan
Drama Teacher



Apostrophe's

Year 8 Drama Performance

Date/time: Thursday 20 September
(lesson 2) and
Friday 21 September (lunch time)

Venue: MGHS Performing Arts Centre



Year 9

The first show to hit the stage is the Year 9 Drama production of *I Don't Want to Talk About it!* by Bradley Hayward, on Tuesday 18 September. The performance is expected to start around 11:40am and parents are welcome to attend.

This play is directed by Lilyan Redway and is a serious production that discusses the issues surrounding adolescent feelings of isolation, judgement and loneliness that can sometimes lead to depression and suicidal thoughts. While the original production left audiences with a tragic ending, our version provides hope and focuses on the importance of reaching out to others for support in times of need.

The final Middle School Drama production for 2018 is from a second Drama ensemble group who have been working on bringing a second more light-hearted end to the year. Their production of *Law and Order: A Fairy Tale Unit*, written by Johnathan Rand and directed by Willow Rist and Nehaal Munir, is a parody of the US television show *Law and Order* and includes a pastiche of fairy tale characters representing the detectives, the judges and the criminals that are found within this genre.

Invited classes will be attending the show's matinee performance, and parents are also welcome to attend. This will take place in Week 2 of Term 4, at 10:00am on Tuesday 23 October.

We hope to see many parents and family members at our matinee shows!

Best of luck!

Kate Ralph

Once Upon a Dance:

Dance Showcase Performance

Date: Tuesday 25 September (Week 10)

Time: 7:00pm

Venue: Scott Theatre, Kintore Avenue, Adelaide

Tickets are available through TryBooking

<https://www.trybooking.com/XDGZ> or

<https://www.trybooking.com/406457>

Ticket prices:

\$22 Adults

\$15 Students and Concession

Judy Swan

Dance Teacher



Technologies

Year 8 Textiles

The Year 8 Textiles class finished up their term of sewing with a bang! Students got a glimpse of where their textiles skills could be put to use in the fashion industry by designing a collection, how to cut out the correct patterns and sew their garments, learning the technical names and gaining an understanding of manipulating 2D patterns to 3D garments! They did this on a micro scale which saves on time and resources! Gives great inspiration for what is possible in Year 10 and 11 Textiles in full-scale – numeracy, geometry, angles, measurement, design, proportion, scale, 2D to 3D concepts, etc.

There is certainly STEM involved!

Belinda Zanello
Textiles Teacher



Sport

Knockout Sport

Mitcham's Knockout Sport program has been busy in Term 3! Read on for a summary of our most recent teams and what is coming up over the next couple of months.

Open Volleyball: Our open volleyball team qualified for the State Finals! On Wednesday 12 September they travelled to Campbelltown to play-off against the best teams in the state for the championship. They placed 3rd overall.

Open Outdoor 5-a-side Soccer: Mitcham's outdoor 5-a-side soccer team competed in the Southern Zone Carnival in Week 3, which doubled as a qualifier for the State Finals. After narrowly losing to Glenunga, 2nd place was enough to secure a spot. They placed 10th overall.

Open Indoor Cricket: A team of 8 students from Years 8 to 11 came together to compete in the Indoor Cricket competition held at Stepney ICA on Friday 7 September. The team was formed only a few weeks prior to the competition and came together well, but was no match against a very strong and experienced opponent in Avenues College. All our girls enjoyed the experience and came away with a positive attitude toward future cricket opportunities.

Upcoming Knockout Sport

Year 8/9 Badminton – Tuesday 25 September
@ Aberfoyle Park HS

Year 8/9 Volleyball – Wednesday 17 October @ Marion, Term 4

Year 8/9 Twenty20 Cricket – Date TBC, Term 4

Zone Sport

The open after school sport soccer team played against Glenunga in the Grand Final in Week 4, after finishing on top of the table. Unfortunately, Glenunga won in extra time in a high scoring match. Well done to the team and to coach Mauro Barani on a great season!

For the Term 3/4 after school sport season, Mitcham has entered the following teams:

Year 8/9 Badminton

Year 10/11 Volleyball

Year 8-10 Indoor Soccer

The season commenced in Week 7 and will run until Week 6 of Term 4.



Zone Carnivals

Crows Cup 9-a-side Footy: Mitcham fielded a Year 8/9 and an Open team to play in the Crows Cup Carnival at West Beach, hosted by the Adelaide Crows Women's Football Team on Thursday 30 August. The Carnival was a chance for girls to experience football and develop their skills. The weather took a turn for the worse around midday with rain and wind gusts sending boundary cones and tents blowing across the oval, and unfortunately all finals were called off. Regardless, our students enjoyed the competition and played in good spirits.

Rugby 7s Carnival: On Wednesday 12 September, a team of students from Years 8 to 10 headed to Burnside Rugby Club to participate in the Rugby 7s Carnival. This carnival was hosted by Rugby Union SA and is an opportunity for girls to develop their rugby skills.

Upcoming Carnivals

Term 4: Year 8/9 and Year 10 3v3 Basketball; Ultimate Frisbee; Year 8/9 Badminton. Students may sign up to these carnivals in the gym at any time.

House Sport

Following on from the success of last term we will be holding another Sports Week in Week 10 this term, where Houses can compete for points towards the Collyer Cup. This will be followed by another Staff vs Students match to end the term. PE staff will be working with House Captains to decide which sports we will be playing during Sports Week!

In Week 9, all House Captains will take part in a Leadership Day. This will involve a tour of Adelaide Oval with special guest speakers from the SACA and SANFL, featuring female athletes discussing leadership, achievements and challenges women have faced in professional sport.

Other News

On Wednesday 22 August, Remashree Muniandy (Year 10) represented Mitcham Girls at the 2018 High School Squash Championships held at the ARC in Campbelltown. This was a tournament organised by Squash SA in which she was invited to participate. Rema played three games in total, winning all three which qualified her to play in the finals. Rema won the final 34-20 and was awarded the title of Open Girls State Squash Champion. A fantastic achievement and we wish Rema all the best in future competitions!

Dimi Sianis
Sports Assistant

Whole School

Ski Trip

Ski Trip 2018 proved to be an amazing year for snow. With a strong starting base of 2m the students arrived to falling snow and foggy conditions. After enjoying a hearty buffet breakfast including bacon, eggs, hash browns, pastries and fresh fruit, everyone was off to hire their clothing and gear before heading up the lift to brave the weather and start their ski trip experience.

Beginner skiers and snowboarders started with some basic lessons provided by the teachers before moving off to official lessons with their instructors. Experienced skiers and snowboarders were able to use the time before their lesson to warm up and practice.



After their lessons students either stayed out on the mountain or headed back to their 5-star accommodation at QT to warm up, sit in the spa or cook dinner before getting a good night's sleep.

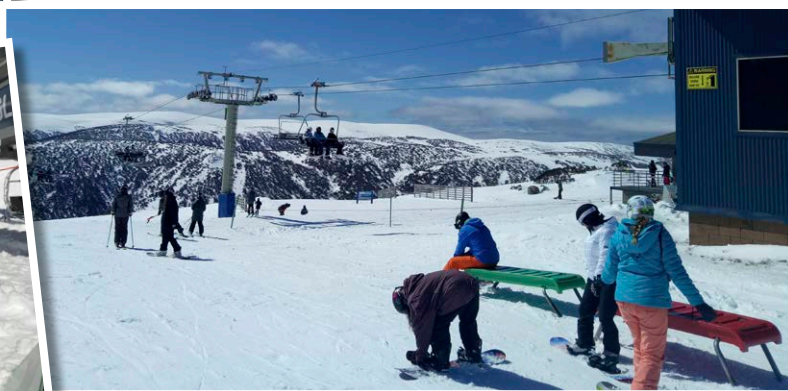
Visibility was still low Saturday morning, but the slopes were covered with soft powdery snow cushioning any falls and encouraging everyone to take on new challenges and develop their skills. Once morning lessons were completed, the day belonged to the students with many choosing to stay out as long as possible before meeting for snow tubing, eating pizza and heading out into the cold to night ski.

Sunday dawned sunny and inviting, however, the icy groomed snow proved a challenge for many and new skills needed to be developed to master the new conditions. Many students made the most of the sunshine trying different slopes with a number of students coming away a little sunburnt. Once finished for the day it was time to return all the gear, pack up and prepare for the bus trip home.

A special thank you to the staff: Stephanie Henson, Lee Shaw, Tony Sims and Katherine Wright for their assistance in organising and executing the trip. Overall a fantastic weekend with a great group of enthusiastic students, and a great time had by all.

Expression of interest forms for Ski Trip 2019 will be available in Term 4.

Vanessa Cole
Ski Trip Coordinator



Whole School

Wellbeing Week

Week 4 of this term saw the school come together to celebrate Wellbeing Week with a number of fun activities and workshops organised by the Year 12 Health class.

With a focus on promoting student wellbeing, students had the opportunity to involve themselves in a number of new and exciting activities during lunch time of this week. These activities included Zumba, origami and a meditation session, with students thoroughly enjoying them.

In addition, during lesson 1 and 2 on Friday, classes were invited to attend further workshops run by the Year 12 Health class. These workshops were informative, fun and engaging for students and it was clear the wellbeing of all students involved certainly improved throughout the week.

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

Stephanie Henson
H&PE Coordinator



Notices

If you are experiencing an issue with the current bus timetables and/or services regarding your daughter's travel to and from school, we strongly encourage you to contact **Transport SA on 1300 311 108** to have your concerns recorded and noted.



Lack of sleep could make kids prone to poor nutrition

by Annabel Mansfield and Dr Alex Agostini

SOCIAL SCIENCES

Top tips to help get your child on a path to better sleep and nutrition

From toddlers to teenagers, every parent knows that not getting enough sleep can make kids grumpy and prone to tantrums. But what's less well known is that sleep may also affect how well they eat.

According to UniSA research, a child's bedtime and how well they sleep at night can impact their eating choices, causing them to skip breakfast and eat more junk food.

The world-first study assessed the sleep and eating behaviours of 28,010 school children aged between 9 and 17, from 368 government and independent schools in South Australia.

The results showed that children who regularly went to bed after 11pm were four to five times more likely to eat breakfast less than three times a week, and two to three times more likely to eat junk food at least five times a week.

Both are warning bells of poor nutrition.

UniSA's Dr Alex Agostini says the research clearly demonstrates the links between sleep and diet among school-aged children.

"Sleep is important for everyone's health and wellbeing, but when children and teenagers regularly skip breakfast or eat junk food, their bodies and minds can suffer," Dr Agostini says.

"When children have poor sleep and go to bed late at night, it increases their chance of missing breakfast the next morning.

"Later bedtimes also increase the odds of children and teenagers eating junk food more often, which is never a good thing – not only does junk food lack nutritional benefit, but it also contributes to the growing concerns around childhood obesity."

Obesity continues to be a significant issue in both New Zealand and Australia, with the two countries having the third and fifth-highest rates of adult obesity among OECD countries.

"One in five children are overweight or obese in OECD areas," Dr Agostini says.

"It's become an epidemic, and unless we take a holistic approach to understanding and managing health issues, it will only get worse."

The study also found a substantial proportion of children in the study to be sleep-deprived.

"The National Sleep Foundation recommends 9-11 hours' sleep for children aged 6-13, and 8-10 hours' sleep for children aged 14-17. Yet according to these standards, 16 per cent of children in this study were not getting enough sleep," Dr Agostini says.

"Good quality sleep – and enough of it – is important for children and adolescents. Without it, children not only develop fatigue and behavioural and emotional problems, but also make poor food choices.

"Promoting healthy sleep and a nutritional diet for children and teenagers is critical if we are to help them realise their best potential, physically and psychologically."

So what can parents do?

Unfortunately the one-size-fits all approach doesn't work, as all children are different, and there's no singular way to improve sleep.

Dr Agostini says that the best approach is to customise a routine to what works best for your child.

"Pick a bedtime that allows your child to get the necessary amount of sleep before they have to wake up in the morning for school," Dr Agostini says.

"This could mean going to bed at 8pm for a 7am rise for your primary-schooler, but understanding that there are also individual differences in the amount of sleep that children need.

"You don't need to be concerned if you're allowing your 10-year-old 11 hours in bed but she or he is only sleeping for nine hours."

Dr Agostini also notes the importance of breakfast.

"We've heard time and time again that breakfast is the most important meal of the day – and it is! So anything we can do to help your child eat breakfast to start the day right will help them concentrate better at school.

"And try not to be discouraged. We always know that there will be setbacks. Don't let one bad night or one unhealthy meal derail the whole week or month."

Top tips to help get your child on a path to better sleep and nutrition

Create a bedtime routine

You cannot underestimate the value of a predictable bedtime routine for children. Our bodies learn when it's time to fall asleep by going to bed at the same time every night (and similarly waking at the same time every morning). Doing the same thing every night before bed will allow kids to learn when it's time for bed, so sleep should come more easily.

Warm up to calm down

Creating a sense of calm before bed, such as a warm bath or shower, can help kids warm up and wind down. Our bodies cool at sleep time, so warming ourselves up before bed and allowing us to cool down can assist in the falling asleep process – this is a great time for your child to read a book or for their parent to read to them.

Removing anxiety

Sometimes older children can be concerned about things like school tests or presentations, so creating a to-do-list for the next day can be a helpful way to ensure they're not forgetting anything and allowing their minds to 'switch off' and unwind.

Be aware of meal size before bedtime

A small, healthy snack or glass of milk before bedtime might be beneficial for kids, but large meals should always be consumed a few hours before bedtime to allow the body to process the meal before trying to sleep.

Step away from the coffee

Consuming any caffeine before bed is big no-no. Caffeine is a known stimulant, so it will keep you awake. Something that parents might not know is that chocolate also contains caffeine – something to keep in mind for parents in winter.

Take technology out of the bedroom

Remove all technology from kids about an hour before bedtime. This removes them from the stimulating effect of excessive artificial light that devices deliver and lets them to start to relax. Research shows that those with technology in the bedrooms don't sleep as well as those without. The more devices in a bedroom, the worse the sleep.

Plan snack time

If you make a plan for breakfasts and healthier snack options at the beginning of the week, it can make life easier and increase the chances of healthier eating for our kids. When we leave food choices until we're hungry, or when we're rushing out the door, it's more likely we'll choose something that's quick or easy (generally meaning unhealthy), rather than something that's better for us.

