



BIRRONG BULLETIN

The Newsletter of Birrong Girls High School

Cooper Road, Birrong 2143 Telephone: 9644 5057

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April 2022

PRINCIPAL'S REPORT

Dear Parents and Carers,

We are all in need of a restful break following another term of high demands and agile responses.

The BGHS staff have worked exceptionally hard to restore the focus of students on their core business- learning. We often remind our students that learning is their full time job. Their uniform and learning equipment are requirements of their job and their attendance and punctuality is vital. When we reflect upon the attendance data of this past term, it is highly problematic. We recognise that there are days where students MUST absent themselves from school. These days are because they have COVID, are isolating as close contacts or a suffering contagious symptoms and cannot be onsite. However, there are far too many students arriving late, leaving early or staying home for reasons that are not acceptable.

There are four periods scheduled each day (five hours of learning). A week is comprised of 25 hours of face to face learning. This needs to be supplemented with at least three hours of learning at home each week day and at least the same each day of the weekend and for senior students at least 10-12 hours of study each weekend.

When a student is absent for a day, they have lost access to 20% of teaching for that week. If you are wondering what has impacted your child's learning in one of their subjects following your meetings with teachers at parent teacher night, you may want to consider what happens when your child has been absent for a couple of days every fortnight. Sometimes it can mean that they have not sat in a Maths or English class for two weeks. This has serious impact on student learning and progress. It also impacts upon their sense of connectedness and engagement. Being away from school on a regular basis makes you feel like you have come into a movie halfway through. It is really hard to work out what is happening and it is really difficult to work out where you can sit comfortably in the cinema. While our teachers place the day's lessons on Google Classroom, nothing replaces direct face to face teaching, the hands on activities and the classroom discussions that occur in the classroom.

I remind all families how difficult learning from home was. You must never forget the value of teachers and teaching. Students undertaking the HSC course (whether they are in Year 11 or 12) are reminded that attendance that falls below 90% places their HSC in jeopardy and can lead to a review of enrolment. HSC students who committed to attending class right up until their final exams in 2021 were able to gain up to an additional 20 marks from their trial results. That is an incredible achievement and a reminder of how important a whole hearted commitment and partnership with the school is.



In Term 2, we will be intensifying our communications with individual families in support of our Every

Day Counts campaign, focusing on school attendance. Families are expected to review their routines at home and make plans about how to ensure students are organised and ready to arrive at school BEFORE 8.20am. Students MUST attend school on time, every day. The responsibility lies with the student and family to find solutions to ensure punctuality.

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On behalf of our entire school community, I would like to remind parents of the purpose and role of school staff at our school. Our staff is comprised of dedicated professionals who are highly educated and have made a commitment to developing skills and deep knowledge and understanding in your children so they are prepared for their post school lives. This includes upholding our school values. Our administration staff support all our operations. They are welcoming and nurturing but also support the school rules. In carrying out our responsibilities, we are often required to communicate difficult truths about student behaviour and application to learning. BGHS staff are adults who take their responsibilities seriously. Increasingly, staff have been subject to abuse and wild accusations about what they have said to students and how they have responded to situations. The most successful students at school are those who apply the school values and conduct themselves honestly and with integrity at all times. They are students who respect staff at all times. They are students who take responsibility for the mistakes they make. Parents and carers are reminded that should they subject members of staff to verbal abuse and threats, they will not be allowed onsite and could face being reported to the police. Our children model their behaviour on what they see around them. The influence of home and peers is strong. When students see their parents abusing members of the school community, the message is that they can do the same and that they can also deny any wrongdoing because their parents will back them. In our experience it is these students whose learning goes downhill and whose behaviour deteriorates.

We extend our blessings of a Ramadan Kareem and a Happy Easter to all our families celebrating. We wish everyone in our community a safe and restful holiday break.

There are fantastic activities available for students and their families for those interested in doing fun and educational things. We always recommend trips to the various museums in Sydney as well as the Art Gallery. A day in the Botanical gardens is always thought provoking and rejuvenating. There have been lots of pop-up roller skating rinks appearing around Sydney and a bush walk or walk around any of our beaches is also a great way to get some exercise in and appreciate the beautiful city we live in. The Riverside Theatre, Seymour Centre and the Opera House always have wonderful shows on that include child-friendly productions. At the moment there are a lot of ceramic/pottery/painting sessions in different locations that our more creative students would enjoy. Check out your local council for what's on

and try to do something/go somewhere in Sydney that you have not been before- be adventurous.

Warmest regards,
Zena Dabaja
Principal

REPORT FROM THE DEPUTY PRINCIPALS

Students' success at Birrong Girls High is closely linked to attendance, involvement in the range of experiences that the school offers as well as home study and revision. Many students have already signed up for a range of extracurricular activities across the school.

Year 12 has participated in the **Study Skills** program which reinforced the valuable study tools required that will continue to support their preparation for future assessments and examinations. The VET Hospitality and Business Services students have participated in their week of Work Placement. It was a great time for the girls to experience the world of work and put their skills into action.

Year 11 students have commented on how much work they are doing during the early stage of their journey towards the HSC in 2023. The Year 11 VET (Vocational Education Training) students completed their 'Work Ready' day to prepare themselves for the 70 hours of mandatory work placement that will begin during Term 2 for the Retail Cert III, Business Services Cert II and the Hospitality Cert II students. The 'Work Ready' day included guest speakers from the community covering a range of topics such as **WH&S** (work health and safety) and **The World of Work, Preparing for Work Placement-** advice from our work placement provider MWPL Courtney Ditton. The day was successful and Year 11 students reported that they had gained meaningful insights into the world of work. The compulsory Year 11 **Study Skills** program was held on Thursday 10 March where the girls were supported in gaining greater insights into effective study habits. Year 11 also started supporting the Year 7 students in the Peer Support Program.

On Thursday 24 March Year 10 participated in their **Study Skills** program which introduced effective study techniques and time management skills as well as providing students with tips to build their confidence and increase their motivation to learn.

HSC Minimum Standards: Students will demonstrate they meet the HSC minimum standards through short online tests in reading, writing and numeracy. Tests can be taken in Years 10, 11 or 12 and will be again organised here at school. Students can take the test more than once if they need to. We will provide more advice about

achieving the minimum standards throughout the year.

Year 9 students are enjoying having a greater variety of subjects as they begin their elective courses. They have also participated in their study skills program on 17 March which aimed to develop skills to organise their home learning and maximise their school achievement. As the year progresses there will be increased opportunity for Year 9 students to take on some of the leadership roles in the school's extracurricular clubs and teams. For Year 9, NAPLAN tests will take place during Week 3 of Term 2, from 10 -13 May. This testing provides vital information for your child's teachers so they can cater for individual student needs.

Students in Year 8 have settled back into the school routine, many of them receiving achievement awards from their teachers and then coming to claim their Certificates of Merit. On 16 March Year 8 students also participated in our study skills course which helps them to develop good learning habits at home that complement the school learning.

Year 7 students have settled in well and have been mentored by Year 11 peer support leaders. The peer support sessions organised by Ms Legg aim to increase the awareness, support and connectedness Year 7 students have with their new surroundings and to ensure that they understand the expectations we have of students at Birrong GHS. For Year 7, NAPLAN tests will take place during Week 3 of Term 2 from 10-13 May. This testing provides vital information for your child's teachers so they can cater for individual student needs.

The 'Tell Them from Me' student feedback survey

This term, our school, like many others in the state, will once again participate in a Department of Education initiative: the 'Tell Them from Me' student feedback survey. The survey aims to help improve student learning outcomes and will measure factors that are known to affect academic achievement and other student outcomes. The NSW-wide survey will focus on student wellbeing, engagement and effective teaching practices.

The survey is a great opportunity for students to provide our school with valuable and effective feedback about their thoughts on school life, how engaged they feel at school and the different ways that teachers interact with them. Schools in Australia and around the world have used the 'Tell Them from Me' survey to help improve school systems and student satisfaction.

To clarify, the survey information is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will take 30 minutes to

complete. It will be administered during school hours between the end of Term 1 and into the start of Term 2. Participation in the survey is entirely voluntary. If you do not wish your child to take part in the survey you need to have returned the 'Parent Information Sheet' that was sent home via your child.

Homework and Revision

A reminder, all students are expected to complete homework. This includes formal work set by teachers as well as revision and wide reading. The following guidelines indicate the number of hours students in various years should set aside for homework:

- Years 7 and 8 – 2 hours each night
- Years 9 and 10 – 2-3 hours each night
- Years 11 and 12 – 3-4 hours each night

Ms George, Ms Andrews, Ms Cross, Ms Blue and Ms Park

Deputy Principals

BGHS NUMERACY CORNER

How can I support my child with numeracy at home?

Firstly, what is numeracy and what does it mean to be numerate?

To be numerate is to use mathematics to meet the general demands at home, in work, and for participation in everyday life. Numeracy involves deciding when to use mathematics, choosing the mathematics to use, and being able to check you've used it correctly.

The Everyday Maths Hub
<https://education.nsw.gov.au/everyday-maths>

There are lots of resources to help our young people grow to be confident, numerate citizens. The [Everyday Maths Hub](https://education.nsw.gov.au/everyday-maths) is for **parents and carers**. Maths is used every day in almost everything we do. Parents and carers can support their child's mathematical skills and understanding with fun, practical and creative activities.

Here are two examples:

[Baking lamingtons](#) (or baking anything!)

Suitable for all ages

Baking involves a lot of fractions. A **quarter** of a tablespoon of honey. **Half** a cup of milk. **Three-quarters** of a cup of flour. For this activity, pick a lamington recipe (or any other recipe) that your child will want to



help cook and develop their knowledge of fractions as you bake.

For example, check out this short clip from [The Lebanese Plate](#) to see the sorts of mathematical conversations you can have even with very young children in the kitchen!

Is it really a bargain?

Maths at the shops

Suitable for Years 7 – 12

Many shops and supermarkets express sales in fractions. For example, something might be **half-price**, or even **75% off**. Fractions can be expressed as *percentages*, *decimals* and even *ratios*. They're all 'fractions' or 'parts' of a *whole*. **75% off** is just another way of saying **75-hundredths**. This activity is something you can do as part of your supermarket shopping. Next time you go to a shop or supermarket and spot a sale sign, stop. Ask your child to consider whether this price is actually good value for money. Calculate or look at the discount and compare it to its original price as well as other similar products.



You can find these activities and more for Kindergarten to Year 10 at the **Everyday Maths Hub** - <https://education.nsw.gov.au/everyday-maths>.

For more information or further support, contact:

Ms Blue | Deputy Principal Mathematics and Numeracy Development

WELFARE MATTERS

Student of the Month



Congratulations to Angela Gao of Year 12 who has been awarded the Student of the Month Award for February 2022. She has demonstrated citizenship, leadership and commitment to the school community. She has a positive attitude to all aspects of her schooling and she consistently demonstrates diligence, respect of others and kindness and support towards her peers.

Angela is a strong leader both at a whole school level and in a class setting. Angela's leadership and commitment to the school community has been recognised through her selection as the school Vice-Captain. She has been a committed and active SRC member, supportive Peer Support Leader, enthusiastic Peer Reading Tutor supporting the literacy development of Year 7 students and participated in the training to be a peer coach through the Teen Brains on Wheels program.

Angela has participated in community fundraising events such as the 50K Challenge and the Ration Challenge. Her future goals are to attend university to study in the legal field to pursue a law based career or join the army.

School Vaccinations

The vaccinations will be provided over 3 visits on the following dates:

Visit 1 on 22 March:

- **Year 7** Dose 1 of HPV
- **Year 8** Dose 2 of HPV from last year's program

Visit 2 on 22 July:

- **Year 10 and Year 11** single dose of Meningococcal vaccine

Visit 3 on 18 November:

- **Year 7** Dose 2 of HPV and a single dose of Boostrix (Diphtheria, Tetanus and Pertussis)

Wellbeing Presentation by Nic Newling from The Champions

Year 10 and Year 11 students attended a presentation by Nic Newling, founder of The Champions, which focused on promoting wellbeing and self-care through understanding, empathy and identifying important strategies and support systems available to students. Nic engaged with our students through his open and honest sharing of his life experiences covering topics such as the highs and lows of having a mood disorder, the challenges of being misdiagnosed, and the grief of losing his brother to suicide. By sharing his story, Nic brought to light the hidden reality of living with

a mental illness in school and how to address it using empathy, understanding and peer support. Our students' feedback showed they gained a better understanding of the reality of other people's often hidden challenges and experiences, and an increased awareness of the importance of speaking up and supporting each other. The presentation was emotionally impactful, humorous at times, honest, and filled with hope for those facing personal challenges.



Nic Newling with students at the Wellbeing Presentation

The Resilience Project Parent and Carer Webinar Recording communication

Dear parents and carers,

If you missed the webinar on 6 April with Hugh Van Cuylenburg you can watch the recording of the webinar using the link below:

Topic: The Resilience Project presents, 'Discovering Resilience' with Hugh van Cuylenburg

Webinar Recording:

https://us02web.zoom.us/rec/share/5lwkcQC5ALf25WhMThy53onMS8uNCtG0_wmrglL8XHKiEKnoB7r3G-nszS1x8cT.CZ5o22Ukqb7qyOjK

The link will expire at midnight on **21st April**.

Please read the Parent and Community Presentation Flyer for information about the Resilience Project on page 11 of this bulletin.

Ms Salvagio
Head Teacher Female Students

LIBRARY NEWS

Premier's Reading Challenge

The Premier's Reading Challenge is a foundation for future success.

Jamilia Elali completed the PRC seven times and Hajara Musthafa completed it four times.

Now they are studying Extension English.



Students from Years 7 to 10 can now begin the 2022 PRC.

The link is:

<https://online.det.nsw.edu.au/prc/home.html>

See Mr Davidson if you need help.

Mr Davidson
Teacher Librarian

Premier's Debating Challenge

The Year 11 Debating Team have had their first two mini-debates. It has been an exciting new experience for all of us. In taking up the challenge of debating we have been surprised at the fun we have had and the skills we have discovered in ourselves, especially in how debating has helped build up our personal connections to make us a team.

Topic 1 was "That mobile phones are undermining education."

Maysa and Karima spoke to the Affirmative and Fatima and Zeinab spoke to the Negative.

Topic 2 was "That Home Schooling is the way of the future."

Fatima and Abir spoke to the Affirmative and Zeinab and Karima spoke to the Negative.

The particular skills we have learned are to come up with a catchy team line, listen carefully to other speakers and rebut their arguments, and to sum up our own arguments.

By: Abir Abedine, Year 11



The Clouds
Have sprung a leak.
We are drowned with in bath tub
With no drain.



Water
Rushes around our backyard.
It makes oceans on the road.
It is a liquid blanket on our world



Year 11 Debating Team

Bushfire embers
Burn the leaves and sticks
And carried by the wind turn the whitest sands to grey.
The smoky sky is blemished
And an acrid smell of fire pervades.

Floods
How will the birds fly
As all they can see is water falling out of the sky?
The trees have fallen down
and the people begin to frown.
Leaking ceilings make mould
And while the smell is bold
We do miss our sun now realizing how the sun is
made of pure gold.
Instead of walking we are swimming in the rain!
Oh how will we ever get rid of our pain?
We are surviving instead of thriving!
Please rain! Stop this madness and don't ever
come back again!

PEPPERCORN POEMS FOR THIS LAND OF OURS

Flood
I see the water.
I cannot see the houses.
The ground is nowhere.

Bushfires
Spread like rumours,
Devour like monsters.
Destroy without consent.

BGHS ENGLISH FACULTY

Beyond the classroom

We are already in Week 11 and our dedicated faculty members have ensured our students at BGHS are provided with multiple opportunities to demonstrate their skills and knowledge in the core and mandatory subject of English. Additionally, we are strengthening the presence of Drama at our school while tapping into the creative skills of our students.

From our Year 7s who have shyly started to navigate their way through high school to our senior students who are focusing on their goals to do well in the HSC exams, many BGHS girls are taking on extracurricular activities that enhance the quality of their learning and contribute to them being life-long learners and active global citizens.

Our aim is to create empowered young people who can confidently speak, read and write in this constantly evolving world where the demands and expectations are continuously rising.

The opportunities that we offer include but are not limited to poetry competitions, debating, public speaking, Theatresports competitions and facilitating the Premier's Reading Challenge.



ENGLISH/DRAMA FACULTY
BIRRRONG GIRLS HIGH SCHOOL

Auburn Poet Laureate Competition

Poetry reflects the ideas and emotions of every culture and is an indication of civilisation. Our students enjoy studying and writing poetry as it allows them to describe their experiences in a form that is highly accessible.

The Auburn Poet Laureate Competition is a competition for local school students and the Honourable Lynda Voltz is sponsoring this competition as the local MP. The topic for the poem for 2021 was 'Beginnings'. We have previously had students from Y7-10 submit entries for this competition and we have successfully been finalists and award winners for the Auburn Electorate High School Poet Laureate. We are hoping to have our talent shine again this time!

Debating (Y7-12)

Debating develops confidence, collaboration and resourcefulness, skills that are needed to be an active and contributing 21st century citizen.

At BGHS we have a strong presence with our debating teams. Our debating co-ordinator, *Ms Reid*, oversees this initiative and long-standing tradition, ensuring smooth-running competitions.

This year, we had students apply and submit their Expressions of Interest (EOIs) to the debating coaches, *Mr Davidson* (Y11/12), *Mr Bowmer* (Y9/10) and *Ms El-Kiki* (junior debating coach) were inundated with EOIs where students responded to questions and criteria. The choice of debating team members was difficult as there were many capable candidates. Our teams are currently undergoing rigorous training sessions and participating in mock debating activities to better prepare for the 2022 Premier's Debating Competition.

We are looking forward to seeing our students grow and develop into strong and articulate speakers who can sustain any argument while using their communicative and leadership skills.

Henrietta Wooster - Public Speaking Competition (Y7-10)

Public speaking enhances an individual's confidence to speak in front of an audience. Students gradually learn how to overcome their initial shyness and how to use voice and persuasive language to convince an audience that their ideas are the ones that should be voiced and accepted as valid.

This term, we have completed Round 1 of our annual Henrietta Wooster Speaking competition which was originally introduced to honour the first principal here at BGHS, Ms Henrietta Wooster. Our enthusiastic public speaking co-ordinator, *Ms Roberts*, has again mapped out this year's competition. Round 1 is at class level, Round 2 is at Year group level and Round 3 is at Stage level and this will run during Education Week in Term 3 when our 2022 Junior and Senior winners will be announced.

The topic this year is: "What is the most significant issue facing women today?"

Students have had the opportunity to reflect on their role as females within the community and to provide possible ways that issues could be overcome. With the support and guidance of all English teachers, students have been able to provide solid argument threads that are proven by evidence and effective discussion.

Theatresports Competition

Drama is the subject that allows students to express themselves using movement and language. It helps release feelings that are otherwise built up and brings out a student's confidence and capacity to be creative and collaborative.

Our three Drama teachers, *Ms Legg, Ms Waters and Ms Wright* have started training our junior and senior drama teams for the 2022 Theatresports Competition. Weekly, after school rehearsals provide our students with the skills needed to compete individually and as a group. We can't wait to see them perform and progress to the finals like last year!

Premier's Reading Challenge

Our teacher librarian, Mr Davidson, is organising and facilitating access to books that students can log in and count towards their reading log for the Premier's Reading Challenge.

All our Y7 classes have currently booked sessions in the library where they will strengthen their information literacy skills and will refresh their knowledge on how to access and record the titles of the challenge.

We hope students take on this extracurricular activity that can be part of their daily routine at home, after school. Reading broadens our horizons and exposes us to worlds we had never imagined and here at BGHS, our teacher librarian and the teachers in the English faculty encourage all our students to pick up a book and read.

A book a day keeps ignorance away!

Ms Caravas

Relieving Head Teacher English

CAREERS NEWS

Years 10, 11 and 12

Universities have been booked in to visit our school for lunch presentations starting in Term 2. These presentations are an ideal opportunity for students to learn more about the uni, their courses on offer, alternate pathways, scholarships, bonus points etc. This is also a great way for students to establish a connection with a uni staff member and have all of their questions answered. Students have been notified of the presentation dates via their careers Google Classroom and reminders will be in the daily student notices. Please encourage your daughters/wards to attend these uni talks.



Ms Wailes/Ms Shinas
Careers Advisers

ZONE SWIMMING

On Friday 25 February the Edmondson Zone Swimming carnival was held at Revesby Leisure Centre. The day was full of excitement and apprehension; all students looked the part representing our school.

We had a host of excellent swimmers who took part in the races, many of them taking part in all events for their age group.

Congratulations go to the following students for their participation and great results achieved on the day:

12 yrs Amarah Hamdan
13 yrs Rukayya Karim
13 yrs Fatina Nazha
15 yrs Bonnie Han
16 yrs Yassmine Charkawi

Well done on a fantastic achievement. A big thank you also to Amira Annous who assisted teachers with officiating duties on the day.

Ms Zarmati

PDHPE Faculty

EDMONDSON ZONE NETBALL

On Wednesday 16 March a team of eight girls from the four schools in our zone (East Hills, Liverpool, Bankstown and Birrong) competed in the Zone Netball Competition. Dibe Chaker from Year 11 represented Birrong Girls High School and performed with determination and focus throughout the games. We won two games including 16-14 against Bankstown Zone, 46-2 against Lansdowne Zone and sadly lost to Westfield Sports High School.

All students represented their school and their zone in a dedicated and enthusiastic fashion and they look forward to competing next year if selected and scoring more goals against Westfield Sports High School.

Ms Greentree

PDHPE Faculty

LIFE READY 2022

On again, off again and back on again. Thank you, COVID-19! Our Year 12 students attended the Life Ready course on Friday 4 March.

This was a valuable opportunity for our Year 12 to learn skills that prepare them for the HSC year ahead and for life after school. It is a mandatory course and organisations such as Family Planning NSW and Galmatic Road Safety, Financial Literacy and Wellbeing shared their knowledge in our

school to assist our students to make informed decisions on the road, smart money choices, the importance of wellbeing and issues regarding their sexual health. Students also had the opportunity to practise mindfulness by participating in a yoga session. The feedback from 93% students who attended indicated that it was an excellent day, “very informative and made me aware of my own knowledge and a glimpse of the real world”.

Mr Kalayzich
PDHPE Faculty

2022 NATIONAL HALOGEN YOUNG LEADERS' CONFERENCE



On Monday 14 March, the Prefect body of Birrong Girls High School were invited to attend the 2022 National Halogen Young Leaders' conference at the International Convention Centre, Darling Harbour. The aim of the program was to inspire students to make a positive contribution to their school and motivate them to be great leaders. The event exposed us to a diverse range of speakers each portraying their unique experiences coloured with determination, resilience and motivation. Having the honour to meet and listen to the stories of Lachie Smart, Josh Pyke, Bronte Campbell and Chris Green, we are motivated to strive for excellence and apply GRIT to achieve our goals.

All who shared their wonderful insights placed an emphasis on their journey to all their successors. A speaker emphasised the importance of GRIT and failure and how failure is GRIT's best mate as they function together. When we fail, we learn many ways of doing something. This helps us to develop as individuals and provides us with innovative solutions to future challenges. If we take the time to learn from our failures, then we will have less fear the next time we encounter failure since we have the knowledge that we are able to handle it. Another speaker highlighted the importance of perseverance. If you do not succeed, try and try again and never give up to achieve your goal. This was highlighted in Lachie Smart who was the first youngest pilot to fly around the world solo and to

achieve his goal it took perseverance through 2.5 years of planning and struggles. A key concept shared amongst the inspiring speakers was that there is time to figure things out if you are unaware of what you want to do or who you want to be as an individual so to trust that process and never give up.

The Prefect body loved the day and gained beneficial insights from other young leaders.



By: The Prefect Body

QUICKSMART EXCURSION

On Monday 28 March, 25 students from Years 8, 9 and 10 attended the QuickSmart excursion that we missed last year because of COVID-restrictions.

Together with Ms Nassar, Ms Hmeidouch and Ms Turkoz, we caught the train from Birrong Station to Burwood Westfield.

In this experience, we applied the mathematical skills we had learnt last year and this year in QuickSmart to the real-life scenario of our shopping experience. We experienced this by purchasing items, buying lunch and seeing posters on the shop fronts with percentage signs and working out the reduction in prices. We also had to complete a worksheet expressing how much money we started

with, what was spent, the strategies we had learnt in QuickSmart and how much money we had left by the end of the day.

We all felt happy with the shopping experience and we were lucky enough to go on this excursion as we were only selected to go because we worked hard last year as a reward for our efforts. This was a wonderful trip and we hope to experience more fun shopping in the future.



By: Anna Kolka, Ruqaya Mawas (Year 8) and Danna Dannaoui (Year 10)

BIRRONG GIRLS HIGH SCHOOL CALENDAR *For your diary / noticeboard*

April:

Friday, 8th

- Last day of Term 1

Enjoy the school holidays!

Monday, 25th

- ANZAC Day Public Holiday

Tuesday, 26th

- School Development Day for staff only

Wednesday, 27th

- School resumes, all years

May:

Monday, 2nd to
Friday, 27th

- Year 11 Retail Services Work Placement

Tuesday, 10th to
Friday, 13th

- Year 7&9 NAPLAN Tests

Monday, 16th to
Tuesday, 17th

- NAPLAN Catch up

Wednesday, 25th

- P&C meeting, 6pm

Parent & Community Presentation

At The Resilience Project, our mission is to teach positive mental health strategies to help people build happiness and resilience.

Some of the mental health statistics in our country are startling. Looking after our mental health doesn't have to be.

We are especially committed to delivering programs in primary and secondary schools. These settings have the greatest opportunity to instil positive wellbeing habits in our youth, and rewrite the confronting mental health statistics.



One in four adolescents will experience mental health problems this year and nearly two thirds of them will not seek help.



Alarming, **one in seven** primary school students are also likely to experience mental health problems this year.



Through engaging presentations, student curriculum, teacher resources and digital content, our School Program supports mental health not just in the classroom, but also in the family home.

During our Parent & Community Presentation, Hugh van Cuylenburg or Martin Heppell will share their experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing.

The research is clear; the more positive emotion you experience, the more resilient you will be. For that reason we focus on three key pillars that have been proven to cultivate positive emotion; **Gratitude, Empathy and Mindfulness (GEM)**.

Key Takeaways

As parents and carers, we know you want to show up for your kids, support their mental health, and encourage them to be the best they can be. An important part of showing up for our children, however, is first showing up for ourselves.

Our Parent & Carer Presentation will help you...

- **Equip yourself with simple, practical tools** to look after your own wellbeing.
- **Be informed** of the confronting mental health statistics in our country, and **understand why prevention is the key** to changing this narrative (especially for our children).
- **Learn about GEM (Gratitude, Empathy & Mindfulness)** - the evidence-based principles your kids' are living and breathing at school to feel happier and build resilience.
- **Feel confident** in holding positive wellbeing discussions with your family.



Experience a **FREE School Holiday Camp** this April School Holidays

The NSW Government is pleased to announce a series of FREE kids camps for this Autumn School Holidays providing relief to those communities affected by the challenges of the past couple of years.

Camp info

- 3 day camps inclusive of all meals, accommodation and activities
- Day camps inclusive of all meals and activities
- Age groups vary between camps, 12-15 year or 7-12 year old boys and girls.

Camp locations

Centres:

- Berry Sport & Recreation Centre
- Milson Island Sport & Recreation Centre
- Lake Burrendong Sport & Recreation Centre
- Sydney Academy of Sport

Activities can include:

Kayaking, bushwalks, cooking, craft and much more

More info and eligibility sport.nsw.gov.au/holidaybreak or 13 13 02

Office of Sport

