



BIRRONG BULLETIN

The Newsletter of Birrongo Girls High School

Cooper Road, Birrongo 2143 Telephone: 9644 5057

Issue No. 2

April 2023

PRINCIPAL'S REPORT

Dear BGHS Community,

The end of term Bulletin celebrates our school community and the rich experiences and achievements that mark the last 11 weeks. I would like to acknowledge and express gratitude to our incredible staff for their ongoing commitment and service.

It is vital that I also pay tribute to my Deputy Principals, whose work ethic outshines any other senior executive across the state. We are also blessed to be supported by our wonderful school administration team.

I would like to remind you of the core purpose of our school and the staff who work within it.

The executive team, comprised of all our Head Teachers have overseen a thorough evaluation of the school's HSC data. It was detailed analysis and the key message was clear. We have the capacity to achieve incredible results- we had students- groups of students- achieving full marks in sections of their paper. We had courses across the school achieve above state average results. The teachers know what they are doing. Students who have not achieved have not worked consistently across the duration of the course, nor have they applied the feedback from their expert teachers.

No matter what you think or feel, the teachers at BGHS arrive ready to do their jobs every day. They have their equipment. They are on time. They know their stuff. Their philosophy is as follows:

To provide you with the highest quality education and develop the strongest skills possible in their students so that they can tackle any challenge you are faced with in your future- in further study, in employment and in their personal life- as citizens in society and as friends and family members.

There are two very important things that we must always remember.

KNOWLEDGE is POWER.

and

Literacy and Numeracy break the poverty cycle.

If these two things remain in line of sight, we will never turn our back on the opportunity to learn. We

should ALWAYS be standing on the strongest foundations- and these are the foundations of knowledge.

The purpose of education is to provide students with knowledge and understanding of the world around you. We do not promote fear, we promote all students' need to come from an informed place- no matter what topic they are exploring. Whatever our practices and beliefs, the foundation must be factual information.

It is vital that education is free from censorship; and promotes inclusion and open-mindedness. Education is the cornerstone of progress, and the ability to think critically and explore ideas freely is essential for growth and development. However, narrow thinking and fear of knowledge have impacted negatively on progress and growth in various societies.

Censorship has been used throughout history to suppress dissenting voices, stifle creativity, and limit freedom of thought. In many countries, governments have sought to control the information their citizens can access, often by censoring the media, banning books, and limiting access to the internet. This has led to a culture of fear, where people are afraid to express their opinions and ideas, and where creativity and innovation are stifled.

Inside this issue:	Page/s
<i>Principal's Report</i>	1-2
<i>Report from the Deputy Principals</i>	3-5
<i>Welfare Matters</i>	5-6
<i>Careers News</i>	7
<i>Zone Swimming</i>	7
<i>Year 9 Outward-Bound Camp 2023</i>	7
<i>National Young Leaders Conference</i>	8
<i>School Calendar</i>	8
<i>Next P&C Meeting</i>	8
<i>The Resilience Project</i>	9
<i>Street Art Workshops</i>	10
<i>RSPCA School Holiday Program</i>	11
<i>Auburn Youth Centre School Holiday Calendar</i>	12

The impact of censorship on education is significant. When students are only exposed to a narrow range of ideas and perspectives, they are denied the opportunity to develop critical thinking skills and engage in open dialogue. This leads to a culture of conformity. You must seek first to understand... and from there, you can make personal choices about what you are going to do.

But censorship is not the only threat to education. In some cases, fear of knowledge has led to the rejection of new ideas and the stifling of progress.

In other cases, fear of knowledge has led to discrimination and exclusion. One example is the treatment of women in many cultures, where their access to education is restricted, and they are denied the opportunity to develop their potential. This not only limits the opportunities available to women but also deprives society of the valuable contributions they could make if given the chance.

Some of the students at our school complain about our school rules. But if these students paid close attention to what is happening in the world around them, they might change their minds. Right now, our government is banning the access to TikTok on government phones because it has been proven to be a threat to national security. TikTok was just fined 52 million dollars for breaching the rules around accessing children's data. In plain words, there are real concerns about spying and abuse of information. Did you also know that the mobile phones are about to be banned across all state schools? This is because the government has finally acknowledged the problems that we saw all along. We were ahead of the game in taking efforts to protect our students. We encourage all parents to re-think their approach at home.

We are preparing our students to lead the world they will ultimately inherit- NOT to live in bubbles on the fringes. The curriculum designed by NESA and implemented by the Department of Education is underpinned by the values of public education.

Integrity, Excellence, Respect, Responsibility, Cooperation, Participation, Care, Fairness and Democracy

If there were values that require more work in being developed within our students it is integrity, care and fairness. I encourage all students as this term draws to a close, to reflect on how they have demonstrated integrity when they were in a situation that required it and how genuinely they have shown compassion and empathy to everyone around them. These are the skills that they need to work on.

In this past week, I attended a round table discussion with the Federal Minister for Education, Jason Clare, the Independent member for Wentworth, Allegra Spender and representatives

from major corporations who genuinely want to work closely with schools to open pathways for students into a range of careers- jobs that many people don't even know exist. Jobs that did not exist ten years ago. Most of the new jobs that are coming into existence are technology based and there will most definitely be a whole series of careers that are in response to climate change- because the world is changing at a rate faster than most members of our community can comprehend.

For our current students to do more than survive, they need to pay attention and take their education seriously. They need to lift their head up and away from their devices and delve into expanding their knowledge- not limiting or turning away from it. If this does not happen our students won't just get caught, they will be trapped- in circumstances that will limit and control them.

Congratulations to every student who has made a commitment to their learning this term. I urge all our students to being willing to learn, ask questions and explore new ideas. It means being exposed to a wide range of perspectives and thinking critically about the information you receive.

It also means promoting inclusivity and diversity, recognising that everyone has something valuable to contribute, regardless of their race, gender, background or however they identify. By creating an environment where all voices are heard and all perspectives are respected, we can encourage innovation and progress.

Ad Astra.

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.

Harmony Day

Harmony Day was celebrated this year on 21 March, reminding us to appreciate and show respect for everyone, regardless of their background or circumstances. Harmony Day is all about understanding different cultures and ways of life and seeing how they can fit together into one strong Australian multicultural society. Our celebrations at Birrong included a cupcake morning tea stall, a BBQ and International food stall at lunch, a harmony bracelet stall, and a cultural dance concert in the Hall. At Assembly, an audio-visual presentation created by Ms Vu and the Media Team was viewed. This film featured an Aboriginal Elder, Mr Glen Doyle, giving the Welcome to Country and performing a traditional song, followed by students who spoke about the symbolism of their home country flags.





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.

Congratulations to Aayah Wehbe of Year 12 for making it to the final round of the MWLP VET Awards.

Year 11 students have commented on how much work they are doing during the early stage of their journey towards the HSC in 2024. 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 III 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 2 March where the girls were supported in gaining greater insights into effective study habits. Selected Year 11 students have continued

supporting the Year 7 students in the Peer Support Program.

On Thursday 23 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 meet the HSC minimum standard 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 also participated in their study skills program on Wednesday 29 March which aims 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 extra-curricular clubs and teams. For Year 9, NAPLAN testing took place during Weeks 8 and 9 of this term. This testing provides vital information for your child's teachers so they can cater for individual student needs.

18 Year 9 girls have continued to complete the Helmsman Project mentoring sessions following their camping adventures. The aim of this program following the mentoring is to create a community project to give back to the wider community.

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 Wednesday 29 March Year 8 students also participated in the 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 Roberts 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 testing took place during Weeks 8 and 9 of this term. This testing provides vital information for your child's teachers so they can cater for individual student needs.

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

The 'Tell Them from Me' student feedback survey

At the start of Term 2, 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 across the first couple of weeks in 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 will be sent home via your child next term.

Ms George, Ms Andrews, Ms Cross and Ms Blue
Deputy Principals

WELFARE MATTERS

Wellbeing Presentation by Nic Newling from The Champions

On 23 February Year 10 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. Students gained a better understanding of the reality of other people's 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.



Students with 100% attendance for Term 1 will be presented with a Recognition Award at a Year meeting early next term.

Students with excellent attendance will be recognised for their outstanding commitment to their learning. Attendance of over 90% is extremely important for ongoing and consistent student learning and achievement. Maintaining high levels of attendance is also very impressive when applying for work, whether it be in part-time work or full-time work post schooling.

All students should be at school every day unless they are sick or require medical attention. Every student can improve their attendance percentage by coming to school every day from this point on. Look at this example to see how every student can make great improvement - if in Term 1 you have 10 days absent, you are at 79% attendance. That is, you were present 38 days out of 48 school days. If you have no more absences in Term 2, then your 10 days absent will put you at 89.5% attendance. If you have no more absences in Term 3 then your 10 days absent will put you at 93% attendance. If you have no more absences in Term 4 then your 10 days absent will put you at 94.8% = 95% attendance. That is, you attended 184 days out of 194 school days over the year. Improve your attendance, start from today.

Year 5 and Year 6 Open Morning

On Tuesday 14 March, 91 primary school students attended our Open Morning to take the opportunity to see our lovely grounds and great school facilities and to learn about our diverse, supportive and engaging programs. The students were from 11

surrounding primary schools: Auburn West, Banksia Road, Bankstown North, Bankstown West, Berala, Birrong, Georges Hall, Greenacre, Lidcombe, Regents Park and Yagoona.



School Vaccinations

If any Year 7 student missed out on the school vaccinations that took place on 20 February, parents are able to register their consent and the students will receive the vaccinations at one of the next two visits:

Visit 2: Monday 19 June 2023 for Year 7 and Year 10

Visit 3: Thursday 31 August 2023 for Year 7

How to provide consent:

1. To complete online consent for your child's school vaccinations, visit: <https://nswhealth.service-now.com/school>

Or use the QR code in the image below.

2. Follow the steps to log in to your existing ServiceNSW account. This is the same account you may already use to renew your driver's licence. If you don't have a ServiceNSW account, refer to ServiceNSW to create one.
3. Update or confirm your personal details in ServiceNSW as required.
4. Complete the School Vaccination Consent Form for your daughter(s). You will need to:
 - a) Enter your daughter's personal details
 - b) Provide the Medicare card details for you and your daughter
 - c) Read the linked Parent Information Sheet and privacy statement
 - d) Provide consent

If you and your daughter do not have a Medicare card, consent can still be provided by requesting a paper-based consent form from Ms Salvagio at the Learning Support Staffroom.



Is your child in year 7 or year 10?

Provide your consent for routine school vaccinations online.

At the beginning of the school year, your child's school will share the link to complete the online consent form.

Benefits of providing online consent:

- easily update your child's details
- get SMS notifications when vaccinations are given
- faster upload of vaccination records to the Australian Immunisation Register (AIR)

To provide online consent, you will need:

- the link provided by the school
- your Service NSW log-in details
- medicare details for you and your child

Scan the QR code to give your consent now.




Year 7

- ☒ Diphtheria-tetanus-pertussis (dTpa)
- ☒ Human papillomavirus (HPV)

Year 10

- ☒ Meningococcal ACWY

For more information on vaccination visit: health.nsw.gov.au/schoolvaccination

November 2022 © NSW Health. SHPN (HP NSW) 221060.

NSW Health

Ms Salvagio
Head Teacher Female Students

CAREERS NEWS

The Careers faculty have hit the ground running this year and are busy organising and preparing for numerous upcoming events for students.

Online Resources for Year 10/11/12 Parents and Carers

Each year Birrong Girls subscribes to valuable online careers websites to support our students with their career decision making and employment prospects. Families are also invited to sign up to these fantastic websites to assist their children and learn more information themselves. You have free access to these 24/7. Below are the details:

- The Careers Department - www.thecareersdepartment.com.
As a parent/carer, you are also entitled to your own parent account! Your child can either invite you from their account or you can visit the website and follow the prompts as a parent to set it up yourself. Important - ensure that your child has already created their account first and that you enter the email they have set up their account with, otherwise you will be charged for a new student account.
- Job Jump - www.jobjump.com.au. To register go to the website, click on I'm New and follow the prompts. The school password is: puppies.

Are you a parent or guardian of a young person? To help you start the conversation at home, there is a Parents and Guardian's Guide for School Leavers. This is available at yourcareer.gov.au/schoolleaver and has been designed to help you understand options available to support and assist your young person in making their choice after they leave school. There is also a webinar series you can watch to get tips and tricks on starting those conversations too.

Year 12

The Careers Advisers are busy meeting with Year 12 students to discuss the next steps for life after school. Students have been reminded numerous times to book in a time to meet with a Careers Adviser to start thinking about future career plans. UAC applications will open in early April and students will be kept up to date as deadlines approach. Students are reminded to regularly check the Careers Google classroom, so they don't miss out on any important information. If any parents/carers wish to meet with a Careers Adviser, please phone the school to make an appointment.

Ms Wailles/Ms Shinas
Careers Advisers

ZONE SWIMMING

On Friday 24 February, 12 students represented our school in the Zone Swimming Carnival. All students worked very hard and are to be commended for their efforts.

Congratulations to the following girls who have made it to the Regional Swimming Carnival:

Serene Malas
Liyana Moussa
Amarah Hamdan
Fatina Nazha
Bonnie Han
Shadia Hamdan
Daneen Hamdan
Lina Elsayed

We wish them all the best in the regionals event.

Ms Zarmati
Carnival Organiser

YEAR 9 OUTWARD-BOUND CAMP 2023



On Monday 27 February, 17 eager Year 9 students boarded a bus bright and early to Canberra to attend the Outward-Bound camp. This camp is in collaboration with the Helmsman and Creating Chances program that students have elected to be a part of where they learn about their own strengths and create a community project. Throughout the 4-day, 3-night camp the students were involved in fear-facing activities such as The Giants ladder, abseiling, a 10km hike and The High Ropes course. They also had to cook their own dinner, participate in initiative games, and focus on the team growth throughout the week.

Both students and staff had a fantastic time with sunshine everyday and an opportunity to share stories around the fire at night. Thank you to Ms Zarmati and Mrs Morrison for attending the camp and joining in on the activities. Students will now put their newfound bravery and teamwork skills to great use throughout their mentoring and project creation.

By: Year 9 participants

NATIONAL YOUNG LEADERS CONFERENCE



On Monday 6 March we the 2023 Prefect body had the opportunity to be invited to the National Leaders Conference. The conference was all about leadership in different professions and how to achieve your goals. We were lucky enough to meet and interact with incredible individuals such as Doctor Jordan Nguyen, Anthony 'Harries' Carroll from Bondi rescue, Caitlin Bassett former captain of the Australian Diamonds and Maz Compton, Media Personality.

The speaker who I (Amani Kowaidar) enjoyed the most was Harries from Bondi rescue. I have always idolized him through watching him for hours on end on Bondi Rescue. His talk had a renowned impact on the way I learn about water safety and the importance of staying between the flags at the beach. His resilience and courage in being a lifesaver everyday showed me that you can be great at whatever you choose to do.

The conference was a great opportunity for the Prefects to be inspired about their life after school and the importance of being a leader throughout your life.

By: Amani Kowaidar, Prefect

BIRRONG GIRLS HIGH SCHOOL CALENDAR For your diary / noticeboard

April:

Thursday, 6th

▪ Last day of Term 1

Enjoy the school holidays!

Monday, 24th

▪ School Development Day for staff only

Tuesday, 25th

▪ ANZAC DAY Public Holiday

Wednesday, 26th

▪ School resumes, all years

May:

Monday, 1st to Friday, 19th

▪ Year 11 Retail Work Placement

Wednesday, 10th

▪ Zone Cross Country

Friday, 12th

▪ Year 10 Geography/History excursion, Cronulla Beach, all day

Wednesday, 24th

▪ Year 10 Exams
▪ P&C meeting, 5pm

Thursday, 25th

▪ Year 10 Exams

Friday, 26th

▪ Year 10 Exams



BIRRONG GIRLS HIGH SCHOOL PARENTS & CITIZENS ASSOCIATION

**Parents are invited to attend the
P & C MEETING
at Birrong Girls High School
on Wednesday 24 May 2023
at 5pm**

**Please register your attendance by phoning the
school office**



Emotional Literacy

Emotional Literacy is being able to **recognise and name our emotions**. If we can label our emotions, then we can start to understand the why and begin to problem solve to work through what it is that we're going through.

It is important to know that it is okay to feel all the emotions! **The key is to understand these and be able to use strategies to manage our emotions effectively.** Below is an example of a mood scale; this is a handy visual to use with children but can also be a handy tool to use for adults! Throughout the day we will move up and down the mood scale as we feel different emotions.



REFLECTING ON EMOTIONS

- Have a think about times when you have felt like you were at the top end of the mood scale, in the orange or red.
- What were the triggers that made you feel like this?
- Think about the emotions you were feeling, it could have been anger, extreme sadness, furiousness, high anxiety, etc.

MOOD CHANGERS

- Now think about how you were able to bring yourself back down on the mood scale.
- Do you already have strategies in place, or could you build up your 'mood changer' toolbox?
- Some examples of mood changes could be:

DEEP BREATHS

PLAYING WITH YOUR PET

PLAYING MUSIC

A HUG FROM YOUR CHILD/REN

MINDFULNESS

A WALK

Click here or scan the QR code to download a catastrophe scale template that you could print and use as a family.



Click on the image or scan the QR code to listen to **Dr. Emily**, a psychologist who talks about **Emotional Awareness** on the podcast, 'the imperfects'.



Click on the image or scan the QR code to listen to **Lael Stone** on the podcast, 'the imperfects'. Lael is an educator and a parenting expert.

If you enjoyed that episode, [click here](#) to listen to her most recent episode too.



Proudly supported by

coles

The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.

education@theresilienceproject.com.au | (03) 9113 9302 | theresilienceproject.com.au

THE RESILIENCE PROJECT

STREET ART WORKSHOPS

LEARN ABOUT STREET ART AND
TECHNIQUES SUCH AS CAN CONTROL,
LETTERING, CHARACTERS AND MORE!

OPPORTUNITY TO HAVE YOUR WORK
FEATURED AT THE AREA WORLD
TOUR FESTIVAL.

ALL SKILL LEVELS WELCOME

AGES: **15-24 YEARS**

DATE : **4, 5 & 6 APRIL**

TIME : **4-6PM**

WHERE: **BANKSTOWN ARTS CENTRE**

REGISTER: **CB.CITY/CBSTREETART**



CONTACT

BYRC@CBCITY.NSW.GOV.AU
CB.CITY/YOUTHPROGRAMS








**school
HOLIDAY
program**

Are you aged 5-15 years?
Do you have a passion for animals?
Want to make some new furry friends?

Then join the RSPCA NSW Education Team
for the upcoming School Holiday Program!



SESSIONS INCLUDE

-  A behind-the-scenes tour of our shelters
-  Making enrichment toys
-  Meeting a variety of shelter animals
-  Talks from various roles at the RSPCA
-  Exploring how our Inspectors perform rescues and enforce the law


PROGRAMS



Sydney Adoption and Education Centre
201 Rookwood Road, Yagoona NSW 2199

To express your interest, please visit our website:
rspcansw.org.au/what-we-do/education/school-holiday-program/

If you would like more information,
contact the Education Team on:

 (02) 9782 4478

 education@rspcansw.org.au



AUTUMN 2023 SCHOOL HOLIDAY CALENDAR

MONDAY

10/4

PUBLIC HOLIDAY

**SORRY
WE'RE
CLOSED**

TUESDAY

11/4

ORIGAMI
WORKSHOP
1-3PM



WEDNESDAY

12/4

EXCURSION
BOWLING &
LASER TAG
9:30-3PM



*DEPOSIT

THURSDAY

13/4

ACTIVE FEST
10-4PM



FRIDAY

14/4

FUTSAL
COMPETITION
1-3PM



17/4 **AYCafe**
PIZZA MAKING
12-2PM



*DEPOSIT

18/4
CLAY ANIMALS
WORKSHOP
1-3PM



19/4
EXCURSION
BUNDEENA
8:30-5:30PM



*DEPOSIT

20/4
SIP N PAINT
1-3PM



21/4
MULTISPORTS
ARROW TAG
2-5:30PM



General Info!

Drop in available from 10:30am- 5:30pm
Arts Training available on Wednesdays
and Thursday by appointments

@Auburn_Youth_Centre

@AuburnYouthCentre

9646 2122

admin@ayc.org.au

To Register:

Please come into the centre to register on:

MONDAY 20/3 FROM 3-6PM

FRIDAY 24/3 FROM 4-6PM

TUESDAY 28/3 FROM 4-6PM

ALL ACTIVITIES ARE FREE FOR AGES 12-21 YRS

IMPORTANT!!

Please bring own lunch (food & drink) for all excursions

Some activities will require a deposit

Exemptions apply to those with financial hardship (PROOF IS NEEDED)