



BIRRONG BULLETIN

The Newsletter of Birrong Girls High School

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RELIEVING PRINCIPAL'S REPORT

Creative and Performing Arts (CAPA) Extravaganza

Congratulations to the students whose creative talents were showcased in the CAPA Extravaganza on Tuesday 28 August in our Visual Arts wing. Artworks, including oil and acrylic paintings, sculptures, ceramics and digital media, featured along with the musical talents of students who delighted all with vocals and piano solos. Thank you to Year 10 Food Technology students who catered for the event with great style.

The Creative and Performing Arts Extravaganza would not have been possible without the teachers whose efforts behind the scenes made for a truly memorable event. Special thanks to Mr Colley and his CAPA team and to Ms Bowen, Ms Vassos and the TAS staff for their contribution to the success of this year's Extravaganza.



Music students perform at the CAPA Extravaganza



African Queen by Rima Ali

Book Week

Last Friday, Book Week was celebrated in the library with performances and competitions. The theme for this year's Book Week was *Champions Read*, a very apt title in this year of the Olympics. Regular wide reading improves writing and language skills, widens our view of the world and takes us places we have never been before. Reading is also an enjoyable and absorbing activity. Develop a passion for books and reading to expand your horizons and develop your skills as a learner. You will never be alone with a book!

Congratulations to:

- Iman Sayed Mahmoud of Year 11 who was recently selected as Regional Ambassador for the Bankstown/East Hills district. Iman's achievement is indeed of the highest order and we are very proud of her.
- Rachael Roberts-Richmond of Year 12 who will receive an award for outstanding achievement in Retail at the South Western Sydney VET awards evening on Monday 3 September.
- The Prefects who generated great support for the National Breast Cancer Foundation and as a result raised \$3,830.
- The Year 11 student leaders who applied their editing skills to the vast student output generated during Education Week on the topic of *time*. The responses of our students will be celebrated in the publication of *STELLAR* magazine.
- Our talented dancers who performed at the 'Bring It On' Secondary Schools Dance Competition held on Saturday 28 July at Hillsong Convention Centre. The combination of Ms Goodwin's dedication and guidance and student skill and talent proved a potent mix with the girls making it through to the finals in October. We wish them well in this upcoming event.
- Christina Ma'u and Mele Latu who were selected for the NSW Girls Inter Regional State Volleyball Championships.

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Coming Events:

We will farewell Year 12 at their **Graduation Ceremony** on the last day of this term, Friday 21 September. Best wishes, Year 12, in your HSC examinations and we wish you happy, successful and productive futures.

I extend a warm invitation to all our parents to attend the **next P&C meeting** which will be held on **Wednesday 5 September** in the Common Room at 5pm.

I invite you to contact the school (Tel: 9644 5057) to make an appointment with me if you have any issues that you wish to discuss about your daughter's education. I hope you enjoy reading about the achievements and activities of the school in the following pages.

Kind regards,

Margaret Fletcher
Relieving Principal

REPORT FROM THE DEPUTY PRINCIPALS

Education Week at Birrong Girls High was inspired by the theme *time*. Students submitted pieces of work that were inspired by this theme. All students who contributed need to be congratulated. A great proportion of the submissions displayed outstanding effort and a great deal of detail. Selected pieces of student work will be published in the annual edition of *STELLAR*.

Year 12 students have now completed their trial examinations. In a few weeks we will be saying our farewells and wishing them all the best for their Higher School Certificate examinations. All Year 12 students must continue working through the school holidays in preparation for the HSC. Sustained application with time and effort dedicated to examination preparation will lead to success. We look forward to seeing all the Year 12 parents at the Year 12 Graduation which is a time for students, parents and staff to reflect upon the last six years of Year 12's experiences at Birrong Girls High School. In that time, Year 12 students have grown in maturity and expanded their knowledge of the world and hopefully themselves. We congratulate Year 12, Class of 2012, on their achievements so far.

Year 11 students have completed their Preliminary HSC final examinations. In Term 4 they will officially begin the final year of their HSC course of study. All Year 11 students need to set up effective study habits now that will ensure their success leading up to their HSC exams in 2013. Year 11 students have also completed the first round of the Prefect selection process.

All Prefects must demonstrate the core values of our school and follow our Code of Behaviour. The Prefects will be inducted at the Year 12 Graduation.

Year 10 students have completed the Year 11 subject selection process for 2013. They should be preparing for their Year 10 formal exams which will be held on Monday and Tuesday in Week 10 of this term.

A reminder to Year 10 students and their parents that the new Board of Studies credential *Record of School Achievement* (RoSA) replaces the School Certificate from 2012 onwards. RoSA is a cumulative credential for senior secondary students designed to reflect student performance based on grades submitted by the school for all courses completed successfully in Year 10. While the formal RoSA credentials are only for school leavers, students will be able to access their results electronically and print a transcript. The formal RoSA credential will be awarded to eligible students when they leave school. The credential will include information about students' extra-curricular achievements as well as about their academic performance.

Year 8 students have also completed their elective subject selections for Year 9 which will be published early next term.

The Year 8 Field Day, a sports gala day against other girls' schools in the region, is fast approaching. Students are to select sporting teams they will compete in for the day either at our school or Liverpool Girls High.

Congratulations to all the students who represented at the Regional Athletics and CHS Gymnastics Championships. Congratulations to Christina Ma'u (Year 12) and Mele Latu (Year 11) who were selected to represent our school and the region at the NSW Girls Inter Regional State Volleyball Championships. The girls were members of the winning Sydney South West Team.



Christina and Mele with the treasured shield

Congratulations also to the students who contributed to our Prefect fundraising and awareness drive for breast cancer. Birrong Girls High School managed to raise \$3,830. As well as supporting an important charity, there was the added incentive of seeing a performance by 6 of our male staff members who 'frocked up' for this great cause.



The male teachers walk the runway for a great cause

Ms Crossan and Mrs George
Deputy Principal and Relieving Deputy Principal

STUDENT OF THE MONTH AWARDS



Congratulations to Caitlin Norton of Year 12 who has been awarded the Student of the Month award for July 2012. She has demonstrated outstanding commitment and dedication to the school community through her exceptional and valuable school service over many years. She has shown dedication and citizenship through her active involvement as a founding member of the Environmental Team since 2008; a Peer Mediator, a Peer Support leader, a Peer Reading tutor and a peer mentor in the Year 8 "Angels in Training" program. She is also a member of the Prefect body and has represented the school proudly at various events such as the Halogen Young Leaders' Conference, and she is a student representative on the NSW Priority School Funding Program team.

Congratulations to Amar Saraya of Year 12 who has been awarded the Student of the Month award for August 2012. She has demonstrated a strong commitment to the school community and has a positive attitude in all aspects of schooling. Amar has carried out valuable school service over the years through her involvement as a Peer Support leader and 'Bring It On' dance troupe leader. She is also a member of the Prefect body and has represented the school proudly at various events such as the Young Leaders' Conference and the Sailing Program.



Congratulations to Mishty Lal of Year 12 who has been awarded the Student of the Month award for September 2012. She has demonstrated outstanding dedication and commitment to the school community through her exceptional and valuable service as the school's Vice Captain. She has been actively involved in and has proudly represented the school at various events such as the Youth Leadership Summit, the School Captains' Leadership Conference, the Gifted and Talented Conference, the UNSW Science Experience and the Aspiring Business Leaders Program. She has also supported students in the school through her involvement as a Peer Mediator and a Peer Support leader.



Cathy Salvagio
Head Teacher Welfare

FROM THE CAREERS ROOM

Skills

Having a Certificate III or IV qualification, in addition to the HSC, is estimated to increase lifetime earnings by more than \$324 000, while a Diploma or Advanced Diploma means you could earn around \$400 000 more over your working life.

Information on Babysitting

Babysitting is the most common job undertaken by 12-15 year olds in NSW with 21% working as babysitters. The NSW Commission for Children and Young People has developed a set of resources for teens who are working as babysitters and for parents engaging the services of a babysitter.

To find out more and download factsheets go to:
<http://kids.nsw.gov.au/kids/kidzone/resources/babysitting.cfm#ixzz20TwSRDNo>

Year 12:

NSW Students Online

Find study tips and tools, past HSC exam papers, how to prepare for your exams, strategies, what to expect and more.
<http://studentsonline.bos.nsw.edu.au>

HSC Coach

HSC Coach is an online HSC study support tool for Year 12 students. Students are provided with subject-specific HSC advice online from the University of Newcastle.
<http://www.hsccoach.com.au/>

UAC

On time UAC applications, close on 28 September. Page 34 of the UAC Guide lists courses that have an early closing date.

You can submit a maximum of nine preferences. The way UAC works is that the system looks to see if you have enough ATAR points to get your first preference. If you do you are made an offer. If not the system then checks your 2nd preference, down to your 9th preference and makes an offer on the first course you have sufficient ATAR points to get into.

So make sure you list your preferences in the order you wish to do the course. If you got 99.95 (maximum ATAR) and your first preference had an ATAR cut off of 60 that would be the course you would be offered, even if your 9th preference was for a course with an ATAR cut off of 99.95.

My advice is to apply for any course just to get registered with UAC by 28 September. Then concentrate on doing your absolute best in the HSC exams.

After the HSC is over then worry about your 9 preferences. Once you are registered with UAC you can change your preferences without charge as often as you like until 4 January 2013. The only students who need to worry more about UAC preferences are those applying for scholarships or applying for courses that say that course must be your first preference, the rest of you can worry about UAC after you've done the HSC as long as you have registered one course by 28 September.

Successful students will be made an offer by UAC at 9pm on 16 January 2013.

TAFE

If you intend going to TAFE check out the TAFENSW website for the new online enrolment process.

TAFE colleges work closely with industry to provide training that meets the needs of employers.

Year 10 Work Experience Block 2: Your second block is 19 November – 23 November 2012 and the fully signed Work Experience forms are due on 7 September. In the first block 168 students experienced 26 occupations. There are over 600 different careers so check out the Job Guide before choosing an employer to approach.

That's all for now.

Ms Austin
Careers Adviser



LIBRARY NEWS

Book Week 2012

Birrong Girls High School 2012 Book Week Prize Presentations were held in the library on 24 August. We celebrated THE BOOK but more than that THE STORIES that light up our world. Reading is our choice. Reading is freedom. Reading turns us into champions!



We also had a special guest for Book Week facilitated by Bankstown City Library. Frances Watts, the winner of the 2012 Prime Minister's Literary Award – Children's Fiction category, gave a presentation on the process authors pursue to create a book.



Australian children's book author, Frances Watts, was our special guest during Book Week

The books that grown-ups remember for National Literacy and Numeracy Week 2012

The grown-ups at our school were asked to name the significant title that figured on the landscape of their memory. This may have changed the way they perceived the world; it may have been simply a turning point marker in their growth; it may have been associated with a special person. We only asked that they feel an emotional investment in their choice. The most popular books were:

- Lord of the Flies
- To Kill a Mockingbird
- Catcher in the Rye
- The Great Gatsby
- 1984

Mr Davidson
Teacher Librarian

IMAN SAYED MAHMOUD – AMBASSADOR WITH A DIRECTION

On Thursday 2 August, I was involved in an ambassadors' event at UWS, where the school ambassadors across Sydney gathered to participate in activities and listen to lectures to help develop our leadership skills, confidence and to promote public education across the region. It was an exciting day filled with some really enjoyable activities including:

- an 'Amazing Race' style contest around the university
- holding and learning about different snakes and reptiles
- involving ourselves in group discussions about our critical thinking skills
- sitting in a court room where we learned about different aspects of law
- being introduced to the medical school where we got the opportunity to plaster the arms of our friends.

In the afternoon, after completing all the activities, we travelled to Revesby Workers' Club where the Ambassador Awards ceremony was held. I enjoyed a delicious dinner with the ambassadors and watched some amazing and talented dance and music performers on stage as we waited for the time the Regional Ambassadors would be announced. I am absolutely thrilled to say that I was chosen to represent the Bankstown/East Hills district as Regional Ambassador.

I could not have been more proud to represent my school at the ambassadors' event and am very thankful to all my teachers and friends who have helped me develop the confidence and leadership skills to achieve the position as Regional Ambassador.

I would like to especially thank Ms Fletcher who has assisted and supported me throughout the whole process!

Iman Sayed Mahmoud
Regional Ambassador
Bankstown/East Hills district



YOUNG WOMEN'S LEADERSHIP SEMINAR

We were invited to represent Birrong Girls High School at the Young Women's Leadership Seminar on 3 August at Parliament House in the city. Intrigued as we were to learn from the leading women in politics, the highlight of the day was to hear from The Hon. Lynda Voltz, an inspiring woman who attended Birrong Girls High School. The Hon. Lynda Voltz reflected great determination and effort to achieve her best in life. Upon leaving school at 15 she worked at a factory, joined the Army and was in the second group of women to train at Kapooka in NSW before joining parliament. This truly proves that no matter who you are or where you are from, we can all achieve our very best.



BGHS students at NSW Parliament House

After a day of mingling with other girls our age from other schools, and listening to incredibly motivating speakers, it was agreed that the Young Women's Leadership Seminar inspired us to always take risks and encouraged us to take every opportunity that comes our way. It was a very encouraging experience, and if we had a chance to attend the seminar again, we would!

Prinita Thevarajah and Anke-Thy Nguyen, Year 11

Ad Astra Pins – The New Look Merit Awards

This year we have updated our merit award system with an Ad Astra Award. The Ad Astra Award is the third tier of the merit system and replaces the mug and pen awards. Students are only eligible for this award when they have attained their gold medallion. The Ad Astra Award is similar to the second tier of the merit system in that it also has three layers: a bronze pin, awarded to students with six additional certificates; a silver pin, awarded to students with seven more certificates; and a gold pin, awarded to students with eight more certificates. The silver goblet is the final tier, requiring an additional ten certificates.



SCIENCE REPORT

The month of August has certainly been a busy one in Science. During Week 4, Year 11 Physics were involved in the Great Engineering Challenge at the University of NSW (UNSW). Two teams from Birrong competed in a series of three challenges to determine the overall winner. We were not successful in winning but the girls gained valuable experience in problem solving, engineering and the experience of being a student at UNSW.

On Friday 10 August, three Year 9 students represented the school at the Aurecon Bridge Building Competition at the Art Gallery of NSW. After weeks of planning and building, the girls' bridge was able to support 10.2kg (an increase of over 2kg on last year). Although the girls were not successful in winning, they enjoyed the competition and opportunity to test their design against others.



The Aurecon Bridge Building Competition

This year Science Week was celebrated with a competition to 'save the egg' in recognition of the mission to Mars and Curiosity rover. The challenge faced by scientists was slowing down the satellite and safely launching the probe. Girls were given the challenge of saving a raw egg from a 4 metre fall. Over a week many gave up lunchtimes to build and test their designs. Friday was the final test day. Several designs were successful so each craft was weighed to determine the winners. Congratulations and prizes go to Tiantian Gao of Year 11 (winner of senior division) and Emily Webb of Year 9 (winner of junior division) whose "egg"cellent designs were most successful.

Mr Saule
Head Teacher Science



MATHS IN SURVEYING REPORT

On Friday 10 August, ten students, Amy Nguyen, Julie Nguyen, Sarah Bae, Aditi Jalandhra, Carol Su, Anita Trieu, Lily Lei, Gadir Sabih, Jennifer Lam and Phuong Tran were fortunate enough to be chosen to participate in a Maths Activity Day with Ms Carson supervising. The group left Birrong Station at 7:30am and arrived at Concord West Station by 8am. There, the group found their way to Bicentennial Park and met up with the event coordinators to start their activities. Students were given the opportunity to look at Venus and the sun through the telescope while waiting for the other schools to arrive. A few of the other schools that participated on this day included Sefton High School and Homebush Boys High School.

Throughout the day, students were able to use their mathematical skills to solve problems such as finding the height of the Treillage Tower, Peace Monument and even the diameter of the Earth using the sundial! Students were allowed to use and observe high-tech devices such as theodolites which could instantly measure the angle of a point and lasers which were used to measure distance. "We both enjoyed doing the activities as we were allowed to use the telescopes and lasers" said Anita Trieu and Lily Lei. All these devices were costly, especially the 3D laser scanner which is approximately a quarter of a million dollars in value!



The students use a theodolite

This excursion was a great opportunity to let students see the types of careers that require the study of mathematics. "It was a good day although it was freezing!" quoted Julie Nguyen. It also enabled students to apply mathematics to real life. Despite the extremities of the cold and wind, all students enjoyed their day. It would be extremely beneficial if more students could attend this activity day in the near future.

Phuong Tran, Year 10

COMMONWEALTH BANK BUSINESS SIMULATION PROGRAM

Twenty students from Birrong Girls High participated in the Commonwealth Bank Business Simulation Program (SCOPE) that ran across two terms. The program consisted of 4 sessions, each running every fortnight. The aim of the program was to design a proposal for a smartphone application. We were divided into 4 groups. Each group had 2 mentors from the Commonwealth Bank. We learnt about aspects of project management, oral presentation skills, and how to create a project plan. These skills will help us later in the workforce. There were many great ideas for our smartphone applications. One group created a shopping application called 'Cha Ching'. Another group made a social interactive game called 'My Story'. The third group made an application called 'The Find', an application that notified people when there was a sale. Lastly, the winning group proposed an online ticketing application for train commuters which they named 'PocketTix'.



Year 10 students at the SCOPE sessions

On behalf of all the students, I would like to thank our mentors, the Commonwealth Bank and all the teachers that were involved with SCOPE. We would love to do it again! We hope one day that our phone applications might be seen on the smartphone application market.

Betty Nguyen and Jenny Thai, Year 10



The judges were three managers from KPMG (a Swiss company, and one of the largest professional networks in the world). The judges commented on the intelligence of our students and said that they believed all these students had bright, successful futures ahead of them. [Ms Crossan]

PARENT TIPS

Cycling fun

Cycling is a fun and healthy activity for people of all ages.

The NSW Government has set up the Bicycle Information for NSW website.

The site includes information of what to look for when choosing a bike, suggestions on great bicycle paths around NSW and safety tips. Go to: <http://www.bicycleinfo.nsw.gov.au/index.html>

Join your local sporting club

A new Australia-wide campaign has been launched to encourage people to join their local sporting club. *Play for life ... join a sporting club* urges all of us to get physically active and enjoy the benefits of good health. To find a sporting club in your local area go to:

<http://www.dsr.nsw.gov.au/gatewaytosport/>



BIRRONG GIRLS HIGH SCHOOL PARENTS & CITIZENS ASSOCIATION

Parents are invited to attend the
P & C MEETING
on Wednesday, 5 September 2012
in the Common Room at 5pm

YEAR 10 FORMAL EXAM DATES

Monday, 17 September 2012

English	8:30am to 10:40am
Science	12:30pm to 2:40pm

Tuesday, 18 September 2012

Mathematics	8:30am to 10:35am
History & Geography	12:30pm to 2:40pm

BIRRONG GIRLS HIGH SCHOOL CALENDAR For your diary / noticeboard

September:

Monday, 3 rd to Friday, 7 th	▪ Year 11 Exams
Wednesday, 5 th	▪ P&C Meeting, Common Room, 5pm
Thursday, 6 th	▪ Year 8 Field Day
Monday, 17 th to Tuesday, 18 th	▪ Year 10 Formal Exams
Friday, 21 st	▪ Year 12 Graduation, 10:30am

Enjoy the School Holidays!

October:

Monday, 8 th	▪ First day of Term 4 for all students and staff
Monday, 15 th	▪ HSC written examinations commence
Wednesday, 24 th	▪ P&C Meeting, Common Room, 5pm
Thursday, 25 th	▪ Year 7 Field Day



*Regents Park Public School in Partnership with South
West Sydney Triple P Support and Development Project
invites parents to a*

Triple P Seminar Series (Positive Parenting Program)

Presented by
Fatima Amr
Community Information Officer
PSP Partnership Officer
South Western Sydney Region
Accredited Triple P Trainer

Triple P is a parenting program for all families that provides practical answers to everyday parenting concerns. This seminar is for all families with children aged 3-8 years.

Topics include:

- **The power of positive parenting** - creating a safe, interesting and positive learning environment, using assertive discipline, having realistic expectations and taking care of yourself as a parent.
- **Raising resilient children** - emotional resilience, recognising, expressing and accepting feelings, building a positive outlook, developing coping skills, dealing with negative feelings and coping with stressful life events.
- **Raising confident, competent children** - building blocks for success, showing respect to others, being considerate, having good communication and social skills, having healthy self esteem, becoming a good problem solver and becoming independent.

Bookings are essential and places are limited. Please call 9644 2404 to book your place and let staff know if you require child minding and interpreters.

DATES: Monday 3 September 2012
Monday 17 September 2012
Monday 15 October 2012

TIME: 9.00 – 11.00am

PLACE: Regents Park Public School
1 Auburn Road, Regents Park

South West Sydney Triple P Support and Development Project is funded by the Department of Family and Community Services- Community Services and sponsored by Fairfield City Council.



familiesNSW
supporting families to raise children

Reliever Medication; how often should it be used?

Reliever medications such as Airomir, Asmol, Bricanyl and Ventolin are used by people to provide quick relief from their asthma symptoms. They work within minutes by relaxing the muscles around the airways and last for up to four hours. If you or someone you know uses their blue puffer three times or more in a week (apart from before exercise) it could indicate that asthma is not well controlled.

Other things which can indicate poor asthma control include:

- Waking in the night coughing or wheezing
- Getting breathless or wheezy during the day
- Struggling to keep up with normal activities or getting breathless whilst exercising



These symptoms are not a normal part of well managed asthma and if they are happening, it is recommended to see a doctor to help you or someone you care for to take steps to better control the condition. Some people need to take additional medication that is prescribed by the doctor to help them control their asthma symptoms; this medication is called preventer medication and it works by making the airways less sensitive, reduces the redness and swelling inside the airways and dries up the mucus. Preventer medication takes a few weeks to reach its full effect, and has to be taken every day to work well.

Further information can also be obtained from the InfoLine at Asthma Foundation NSW 1800 645 130 or ask@asthmafoundation.org.au

Asthma and School Holidays – Tips for Travel

When travelling it is important to be aware that different locations and environments may harbour triggers for asthma, particularly new triggers that you or your child may not have come into contact with before.

- Even if asthma is mild or has not occurred for some time, travel to a new destination can often bring about asthma symptoms
- People with asthma should always carry reliever medication and a spacer with them when they travel to ensure they can treat asthma symptoms quickly if they occur
- It is important that people with asthma take enough medication to last for the trip, and have repeat prescriptions with them if they expect to run out during the trip
- People with asthma should have a review with their doctor and update their Asthma Action Plan prior to the trip, so that a clear guide is available on what to do if asthma symptoms or an asthma attack occurs while on holiday
- Ensure that travel insurance adequately covers medical costs and needs while on holiday. Some policies may not cover for asthma treatment if a recent asthma emergency has occurred. Be sure to read the fine print or ask the insurance provider about their asthma coverage

To find out more contact Asthma Foundation NSW
1800 645 130 | asthmafoundation.org.au

SCHOOL ZONE: Parents – please observe road safety when dropping off and picking up your children.

1

Stopping in a Bus Zone is illegal



Fines in a School Zone
From
\$265 +
2 demerit points



Bankstown City Council
Road Safety Initiative

2

Stopping on or near a Pedestrian Crossing is illegal



Fines in a School Zone
From
\$353 +
2 demerit points



Bankstown City Council
Road Safety Initiative

3

Double Parking is illegal



Fines in a School Zone
From
\$265 +
2 demerit points



Bankstown City Council
Road Safety Initiative