



# BIRRONG BULLETIN

The Newsletter of Birrong Girls High School

Cooper Road, Birrong 2143 Telephone: 9644 5057 Fax: 9644 8157

Issue No. 3

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## PRINCIPAL'S REPORT

Dear Parents,

### School Development Day

At our Term 2 **School Development Day** on Monday 28 April, Ms Nina Funnell, Sydney based journalist, author and speaker, gave a presentation entitled, *What's Happening in Girl World?* This entertaining and informative session, based on the latest research, allowed our staff to develop their understanding of the social experiences of young women in today's context. During the day's second session our teachers updated their skills in the very hands-on Cardio-Pulmonary Resuscitation (CPR) training conducted by Surf Life Saving Australia.

### New Staff

I extend a warm welcome to **Mrs Kirby Wailes** who has been appointed as our new Careers Adviser. I am confident that she will settle in quickly and complement and support our school's strong culture and values as she assists students to transition from school to tertiary study and the world of work.

### Uniform Matters

Our school community has very high expectations with regard to uniform because students wearing neat and tidy uniform present a very positive message about the school.

School jumpers and blazers, available from our uniform supplier, Berelle School Wear at Regents Park, are an important part of our uniform now that the weather is turning cool.

**Cardigans, jackets, hoodies, short sleeved school shirts with long sleeved undergarments or T-shirts of any colour are not part of our uniform and are unacceptable.**

Please ensure that your daughter conforms fully to the school's uniform policy, a copy of which can be found in her school diary or on our website, and wears her uniform with pride.

### Congratulations to:

- **Marium Al Khazaaly** from Year 11 who was presented with a Year 10 Academic Excellence Award for her achievement in 2013 at a ceremony held at the University of Sydney on 2 April.
- **Miqat Al Sodany, Ibtissam Bidewy, Zehra Cetin, Aysenur Cinar and Nasia Kyriacou** from Year 11 who laid a wreath on behalf of the school at the ANZAC Service held at the War Memorial at Hyde Park on Wednesday 9 April.

- **Duha Al-Hassnawi, Nasia Kyriacou, Miqat Al Sodany, Marium Al Khazaaly and Aysenur Cinar** from Year 11 who each gave an excellent address to the whole-school assembly held on Friday 11 April to commemorate ANZAC Day.

- **Julie Nguyen and Aditi Jalandhra** from Year 12 who represented our school at the 2014 Secondary School Student Leadership Program at NSW Parliament House on Wednesday 19 March.



Julie and Aditi with Her Excellency, Professor Marie Bashir, Governor of NSW

- **Sharon Kaihau Nimo** from Year 10 who has been selected in the NSW CHS State Volleyball team.
- The girls of the 10 piece **junior rock band, Ad Astra**, who made their stage debut at the Young Heroes Festival held in Paul Keating Park during the holidays.

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## Coming Events

- All parents are encouraged to come along **to a meeting of the P&C at 5pm on Wednesday 14 May** in the Common Room.
- **NAPLAN** tests are scheduled for all students in Years 7 and 9 on 13-15 May.
- The school's **Athletics Carnival** will be held at The Crest at Georges Hall on Thursday 29 May. Please encourage your daughter to attend and get involved in the action. Participation in such events is an important part of your daughter's co-curricular experience at school.
- Year 10 students will have the opportunity to test their ideas for their future career pathways during their **Work Experience Week** from 2-6 June. Many girls have managed to find interesting and exciting places for themselves in work places as varied as medical centres, legal offices, veterinary hospitals, pharmacies, modeling agencies and retail stores.

## Watch out...Students about

The safety of our students is of paramount concern to us all; however, reckless and bad driving at the front of the school continues to put our students at risk.

**Parents please take care to follow the rules of the road when dropping off and picking up your child and ensure the safety of all our students.**

**Remember that the car parks on the school grounds are for teachers only.**

I invite you to contact the school to make an appointment (Tel: 9644 5057) 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.

Best wishes.

Jenni Wilkins  
**Principal**

## REPORT FROM THE DEPUTY PRINCIPALS

"...Lack of sleep: compromises the immune system, changes the body's ability to regulate temperature and affects memory because sleep deprivation stops the brain from "backing up" memories of what has been learned during the day. When you are asleep your brain is replaying your memories, strengthening them and integrating them for better recall in the future..."

Penny Lewis, Neuroscientist- University of Manchester



After a productive and busy first term at Birrong Girls High, all our students should be now working confidently to ensure the successful achievement of their goals for 2014. Year 12 and Year 11 students have already completed their Half Yearly examinations and during the rest of this term all other students will be completing assessment tasks in each of their subjects to demonstrate their academic progress.

NAPLAN tests will occur during Week 3 of Term 2 for all Year 7 and Year 9 students. All students should be working to attain half yearly reports, which reflect enthusiastic class participation, diligent, thoughtful completion of homework and assignments.

During Term 2 some students from Years 10, 11 and 12 will be required to participate in interviews to ascertain whether or not senior school life is the best option for them. A number of these students have already received *Board of Studies, Teaching and Educational Standards NSW (BOSTES)* 'Warning Letters' to inform parents and caregivers that these students are failing to complete schoolwork and/or assessment requirements and are not meeting the outcomes of their courses. These students are the uncommitted few, who have had many absences and who have refused to demonstrate that they are prepared to work seriously. These letters indicate that the student may be in danger of not completing the subject successfully. Our senior school assessment policies which reflect the BOSTES requirements for Years 10, 11 and 12 state that 3 warning letters indicate that the student has not met the mandatory requirements for the course. (Parents of Year 10 and Year 11 students should take note that students need to have a RoSA certificate to continue onto Year 11 or attend TAFE.)

- What can parents do to help?

As a parent or caregiver when you talk to your daughter about what she has been doing in class you are showing her that you care; that you have expectations and that you are supportive. Have a look at your daughter's books, including her homework diary. Do they look up to date? Are they set out in a way which reflects her organisational skills and her interest in and understanding of the subject? If you think her work could be improved, discuss your suggestions with her. Talk to your daughter about what is going on at school. All students from Years 7 – 12 require parental support as well as guidance about time management and the need to complete homework with the student's full attention on the task (with the phone and earphones put aside to aid concentration.)

Hopefully, by talking to your daughter about what is going on at school, asking her how she is coping in all her classes and what she has been doing, you will jog her memory about what she has learnt throughout the day and which extra-curricular activities she has enjoyed.

As a parent your support in teaching your daughter self-regulation, how to set limits, how to establish goals, how to work to achieve them and how to deal with stress, is an invaluable lifelong gift which will stand your daughter in good stead for the rest of her life.

**Minimum Homework Times:**

Year 7	1 hour homework/study, additional time for test preparation, assignments, <i>Mathletics</i> and wide reading daily
Year 8	1–1½ hours homework/study, additional time for test preparation, assignments, <i>Mathletics</i> and wide reading daily
Year 9	2 hours homework/study, additional time for test preparation, assignments and wide reading daily
Year 10	2–2½ hours homework/study, additional time for test preparation, assignments and wide reading daily
Year 11	3 hours homework/study, additional time for test preparation, assignments and wide reading daily
Year 12	3 hours homework/study, additional time for test preparation, assignments and wide reading daily

The suggested study and homework durations above, are minimum times and there will be occasions when more hours are required for your daughter to be fully prepared for assessment tasks, tests and examinations and to meet course requirements.

If your daughter has taken on part-time work after school or on weekends, she will require your experience and wisdom to help her balance school work, part-time employment and relaxation time along with sport, home duties and SLEEP. (Don't forget teenagers require 8½ to 9 hours sleep a night, as their bodies and brains will continue to develop until they are well beyond their teenage years.)

Lack of sleep can lead to an inability to concentrate at school and sometimes feelings of being overwhelmed with all the demands and pressures of life. Help your daughter manage all the distractions of electronic and social media that can deprive her of sleep over long periods of time.

Remember our HOMEWORK CENTRE is open Monday, Tuesday, Wednesday and Thursday from 2:50pm to 4:50pm. Attending the Homework Centre is an effective way to ensure that study, homework and assignments are completed with the help of teaching staff.


Congratulations to all the students who have already received merit certificates this year and who have represented the school in sporting and leadership activities. Congratulations also to the members of the SRC and to our prefects who are our student leaders. They exemplify our school values and epitomise what it means to be a **Birrong Girl**. Our student leaders are consummate representatives of our entire student body and the voice of the students who have elected them.

Like the students, we always enjoy Term 2, Dance Term, when the school is filled with the sound of music, the sight of students experimenting with choreography, practising routines to perfect their timing, and coordinating and expressing their creative ideas. We trust all our students and their families will enjoy a productive and creative Term 2.

*Ad Astra*  
Ms Crossan and Ms Fletcher  
**Deputy Principals**



Neuroscientists have uncovered how sleep improves the functioning of our brains. Lack of sleep definitely has negative effects on memory and the ability to integrate information, making it difficult to concentrate during the day.



**BIRROING GIRLS HIGH SCHOOL  
PARENTS & CITIZENS ASSOCIATION**

**Parents are invited to attend the  
P & C MEETING  
on Wednesday, 14 May 2014  
at 5pm in the Common Room**

## NEW TEACHER



My name is Kirby Wailes and I'm very excited to be joining Birrong Girls as the newly appointed Careers Adviser. I look forward to assisting and supporting all of the girls as they transition from school to work or further studies.

I have spent the last 7 years working predominately in the subject areas of Dance, Drama and English at a variety of schools. These included Sylvania High School, Menai High School and Fairvale High School. It was during one of these long term blocks of work that I became involved in Careers. My passion for this area grew, and in 2011 I re-trained in Careers and I'm very fortunate to be beginning this new adventure at Birrong Girls. In 2007 I completed a double degree - Bachelor in Dance/Education at UNSW, and in 2012 I completed the Graduate Certificate in Careers and Development through RMIT.

My office is located just inside the Library, so if you have any queries or just want to say hi, please feel free to stop by as my door is always open. Parents are most welcome to contact me on 9644 5057 or make an appointment to visit. I am looking forward to meeting you all and working with you in the future.

### Careers News

**Year 10:** A reminder that Work Experience is fast approaching this term in Week 6. Work Experience week is compulsory for all Year 10 students. If you haven't organised a workplace or completed your forms, or have any questions, please see me in the Careers office as soon as possible.

**Year 12:** One-on-one interviews will commence shortly to discuss your post-school plans and to support your smooth transition. I will be visiting roll call classes to schedule times but please feel free to visit the Careers office at any time for a chat or to book an appointment.

The Western Sydney Careers Expo is coming up in June. This expo is very beneficial for any student thinking about tertiary education. Students will have the opportunity to talk to experts from a huge range of institutions and collect valuable information. Please listen out for future messages and announcements - don't miss out on this fantastic experience.

Mrs Wailes  
**Careers Adviser**

## ATTENDANCE UPDATE – ON TIME ARRIVALS

There was a minor improvement in the number of students arriving on time for school in Term 1. It is important that parents, students and the school all work together to ensure that optimal learning is achieved without the disruption of students arriving late to class.

If students are late they need to:

- bring a note from home explaining why they are late
- sign in and obtain a blue late slip from school staff
- see Mrs George at recess on the day that they are late.



All blue late slips must be signed by the parent/caregiver and then returned to Mrs George for processing. All late arrivals will be displayed on your daughter's school report.

Please be aware that phone calls are made and letters will be sent home to parents/caregivers of students who regularly come to school late.

### Absent Students - Text Messaging System

The text messaging system is a very valuable tool in tracking student attendance. If your daughter has been absent from school you would have received a text message from the school that asks you for a reply text. It is very important that you do make contact with the school at your earliest convenience via text reply or phone call so your daughter's school records can be updated to justify her absence.



The effectiveness of the text messaging system in ensuring the safety of your daughter relies on you responding to the text by explaining the nature of your daughter's absence, her name and roll call class.

If you have any concerns about the text messaging system please contact the school.

If you change your mobile phone details it is very important that you inform the school straight away.

Thank you for your continued support.

Mrs George  
**Head Teacher Administration**

## **PREFECTS ATTEND INTERNATIONAL WOMEN'S DAY BREAKFAST**

On Friday 7 March the prefect body along with Ms Wilkins, Ms Crossan and Ms Lee attended the International Women's Day Breakfast at the Australian Technology Park in Redfern which was held by the Australian National Committee for UN Women.

International Women's Day is about celebrating the economic, political and social achievements of women world-wide and acknowledging the place of women in the world. The theme of this year's breakfast was *Ending Poverty for Women and Girls through Economic Empowerment*. We heard from a number of guest speakers including Tony Abbott, the Australian Prime Minister, Catherine Cox, author and public speaker who specialises in the area of Women and the Workplace, Elizabeth Broderick, who works for the Australian Human Rights Commission and Julie McKay, who works for United Nations Women.

The main topics of discussion were gender equality, the place of women in society and what is an ideal woman? The speakers discussed many issues facing women in the 21<sup>st</sup> century such as sexual violence, forced marriages and discrimination and what can be done to prevent these injustices.

Listening to the discussion, we understood that it is important that we are made aware of the issues around us and that equality is the only way forward. We should support organisations that are able to help women around the world and we should use powerful tools such as technology and social media to get our message of equal rights across. The speakers focused on the idea that women should have access to education and jobs and they should have a place in leadership positions. The Prime Minister mentioned an important quote from Hillary Clinton who said that 'women are the world's greatest underutilised resource.'

The guest speakers helped us gain a deeper understanding of issues faced by women around the world such as poverty, gender inequality in the workplace and unsanitary living conditions in the developing world. In addition, we were also informed about how we as individuals can support organisations such as UN Women who target the root causes of some of these global issues and aim to break the cycle of poverty for women and girls worldwide.

**By: Aditi Jalandhra, Sarah Bae and Trang Dao**

## **2014 SECONDARY SCHOOL STUDENT LEADERSHIP PROGRAM**

On 19 March, Aditi Jalandhra and I were honoured to attend the 2014 Secondary School Student Leadership Program conducted by the NSW Parliament. This was a civics and citizenship program recognising the role of student leadership in high schools spanning the length and breadth of NSW.

At Parliament House, we were addressed by Members of Parliament including Barbara Perry, Member for Auburn. This was followed by a thought-provoking session that allowed us to voice some of the questions we had harboured for some time. It was from this Q&A session that we came to recognise the importance of being aware of political policies and practices for ourselves rather than depending on the media to shape our views.

We were then swept away for a tour of the legislative assembly and legislative council chambers. The day concluded with a grand tour of Government House, with its British architecture that pretty much made it look like a castle. Here, we were even given the opportunity to meet Her Excellency, Professor Marie Bashir, Governor of NSW.



The day was full of excitement as we not only got to visit and explore NSW's political centre but also meet the people who represent us there. It was truly a worthwhile experience and an honour to represent Birrong Girls High School.

**By: Julie Nguyen, School Captain**

## BIRRONG GIRLS HIGH SCHOOL REMEMBER THE ANZACS



Birrong Girls High School and more than 1500 adults and Sydney school students participated in the 2014 Schools Remember ANZAC Commemoration Service that took place at ANZAC Memorial, Hyde Park on Wednesday 9 April.

The ANZAC Service has been conducted in Hyde Park every year since 1953 and is a collaboration between the NSW Department of Education and Communities, the Catholic Education Commission NSW, the Association of Independent Schools of NSW and the RSL NSW State Branch.

The Service included an Inspection of the Guard and the playing of the Last Post, the Ode and Reveille and there were also performances by the NSW Public Schools Singers and Symphonic Wind Orchestra.

Miqat Al Sodany, Ibtissam Bidewy, Zehra Cetin, Aysenur Cinar and Nasia Kyriacou from Year 11 Modern History proudly represented Birrong Girls High School. As part of the Service the students had the opportunity to lay a wreath. Afterwards the students were able to view the internal structure of the ANZAC Memorial.



Ms Feld  
**Head Teacher History/LOTE**

## VOLLEYBALL CHAMPION



A special mention needs to be made of a very talented sportswoman. Sharon Kaihau Nimo in Year 10 was a member of the South West Regional Volleyball team which was successful in becoming CHS champions.

Sharon played in a 3 day tournament at Minto during Week 10 of last term and her team won all games they played. Sharon was very strong in the middle and proved to be a prominent striker throughout all games. She has been picked in the state team to play in the NSW CHS Trans Tasman Volleyball Championships. She will fly out with the team on Saturday 7 June and play until Sunday 15 June. The NSW Schools Tri-series will be played in the North Island of New Zealand.

Well done Sharon, we are very proud of you!

Mrs Lord  
**Head Teacher PDHPE**

## LIBRARY NEWS

### PRC

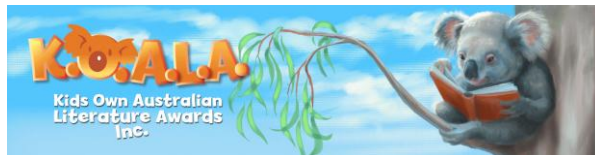
By now almost all of Years 7, 8 and 9 students have registered for the 2014 Premier's Reading Challenge (PRC).

This year we want to make sure every student registers. If you are at home you can log on at <https://products.schools.nsw.edu.au/prc/logon.html>

If you want your Choice Books added to the PRC list please email me at [victor.davidson@det.nsw.edu.au](mailto:victor.davidson@det.nsw.edu.au)

We are always happy to help you find books for the PRC. Of course, you don't have to limit yourself to books in our library. The local public libraries also support the PRC. Do you live near Bankstown or Auburn? We can help you get membership to these libraries. They have many resources as well as PRC books. See us for membership forms.

### KOALA Awards



This year we are also participating in the KOALA Awards. Last term a number of students nominated their favourite Australian books published in the last 10 years.

The nominations have been collated and this term we will be voting. We have voting forms but you can see the list at <http://www.koalansw.org.au/>

### Bankstown Library & Knowledge Centre

On 5 April 2014 the Bankstown Library & Knowledge Centre opened. It is one of the most remarkable public library buildings in Australia.

The facilities and services for children and young adults are superb and we recommend you visit at your first opportunity.

### Wrap With Love

Birrong Girls has a proud tradition of sending Wrap blankets to cold countries. This term each Thursday at lunchtime in the library we will knit and crochet squares. Twenty-eight assembled squares create one whole warm and sheltering Wrap. We are grateful for any donations of wool, needles or squares. We also teach knitting and crocheting to students who are eager to learn these special skills. For more information see <http://www.artsandcraftsnsw.com.au/Wrap.htm>



Mr Davidson  
**Teacher Librarian**

## DEBATING NEWS

On Monday 7 April the Year 9/10 Debating Team had its first debate in the Premier's Debating Challenge. Their adversaries were the Birrong Boys High School B Team. The topic was "That self defence be mandatory in school."



Mr Davidson with members of the Debating Team

Our team showed discipline and organisation and were adjudicated clear winners.

Mr Davidson  
Teacher Librarian

## SCHOOL AWARDS



School Achievement Award winners for April

## YEAR 7 PEER SUPPORT



Students created garments out of newspaper on the last day of the Peer Support sessions

## YEAR 7 SRC



Newly elected Year 7 SRC

## YEAR 9 CAKE DECORATING



## SAFER DRIVERS COURSE

**The Safer Drivers Course is a combined theoretical and practical course for under-25-year-old learner drivers who have completed 50 hours of log book driving hours.**

PCYC, in partnership with the NSW Driver Trainers Association, has been awarded accredited provider status for this course by Transport for NSW and Roads and Maritime Services.

### Where is PCYC delivering this course?

PCYC is rolling out this course to 44 locations across NSW.

### What does it involve?

The learner must have completed 50 hours of actual on-road driving experience to be eligible for the course. Credits gained under the 3-for-1 Scheme cannot be included in the total.

The course involves two modules:

- **Module one:** A three-hour facilitated group discussion on how to manage risks on the road. This will involve a maximum of 12 participants.
- **Module two:** A two-hour in-vehicle coaching session to develop low-risk driving strategies. This will involve two participants and a coach. Module two MUST be completed within one month of the date of Module one for the participant to be eligible for the log book credit.

### What are the Course Learning Outcomes?

**The course concentrates on developing risk management skills designed to improve the safety of the young driver as they prepare to drive solo for the first time.**

The learning outcomes of the course are:

- understand they're at highest risk of crashing when they first move from supervised to independent driving;
- understand they can reduce their risk of crashing by adopting safe driving behaviours, minimising risk-taking and making low-risk on-road decisions;
- understand their vulnerabilities and the relationship between typically poor novice driving behaviours (e.g. following behaviour, gap selection, hazard perception, speed selection, distraction) and increased crash risk;
- understand and build resilience to the impact that peer influence and passenger behaviour can have on crash risks; and
- develop strategies to address risks such as late-night driving, drugs and alcohol and general lifestyle pressures that can lead to speeding and driver distraction and fatigue.



### What is the cost of the course?

**The cost of the course is \$140.00**

Payment may be made by credit card (Visa or MasterCard) or cash, EFTPOS, credit card or cheque in person at a club.

For more information contact Liverpool PCYC on 9608 6999.

## NAPLAN TESTS

The NAPLAN tests will be conducted from 13-15 May 2014 for Year 7 and 9 students.

### Tuesday 13 May

#### Language Conventions

(Spelling, Punctuation and Grammar)

#### Writing

### Wednesday 14 May

#### Reading

### Thursday 15 May

#### Numeracy

(Number, Algebra, function and pattern; Chance and data; Measurement and Space)

## BIRRONG GIRLS HIGH SCHOOL CALENDAR

*For your diary / noticeboard*

### May:

Monday, 12<sup>th</sup> to  
Friday, 23<sup>rd</sup>

- Year 12 Hospitality Work Placement

Tuesday, 13<sup>th</sup> to  
Thursday, 15<sup>th</sup>

- NAPLAN TESTS

Wednesday, 14<sup>th</sup>

- P&C Meeting, Common Room, 5pm

Monday, 19<sup>th</sup> to  
Wednesday, 21<sup>st</sup>

- Year 10 Half Yearly Exams

Thursday, 29<sup>th</sup>

- School Athletics Carnival at The Crest, Georges Hall

Friday, 30<sup>th</sup>

- ICAS Science Competition, period 3

### June:

Monday, 2<sup>nd</sup> to  
Friday, 6<sup>th</sup>

- Year 10 Work Experience

Wednesday, 4<sup>th</sup>

- Year 7 Vaccinations

Monday, 9<sup>th</sup>

- Queen's Birthday Public Holiday

Wednesday, 18<sup>th</sup>

- P&C Meeting, Common Room, 5pm

Tuesday, 24<sup>th</sup>

- Parent/Teacher sessions, 2-6pm

Thursday, 26<sup>th</sup>

- PDHPE Display

Friday, 27<sup>th</sup>

- Last day of Term 2





# 2013-2014 Family Energy Rebate



**\$125\***  
TOWARDS  
ENERGY  
BILLS

**DON'T MISS  
THE DEADLINE!**  
Apply before 5pm  
Friday 13 June 2014

**2 MINUTES TO FILL IN A FORM**  
<https://applications.fer.trade.nsw.gov.au/>  
\* eligibility criteria apply

**APPLY  
ONLINE  
NOW!**

### WHAT IS THE FAMILY ENERGY REBATE?

The Family Energy Rebate helps to cover the costs of energy bills for NSW households with dependent children. In 2013 – 2014 the rebate gives:

- A \$125 credit against electricity bills for eligible applicants who receive electricity from an electricity retailer.
- A \$137.50 direct payment to nominated bank accounts for eligible applicants who live in a caravan or mobile home park and receive electricity from the park operator.

### AM I ELIGIBLE FOR THE FAMILY ENERGY REBATE?

To be eligible you MUST:

- Be eligible for Family Tax Benefit A or B during 2012- 2013 and have received a relevant payment; and
- Be the primary account holder of an electricity retailer, OR a long-term resident of a caravan or mobile park home, whose name appears on the electricity bills supplied by the park operator.

### YOU CHOOSE HOW YOU WANT TO APPLY FOR THE FAMILY ENERGY REBATE

- **ONLINE** – it takes a few minutes to submit and processing starts immediately.
- **PAPER** – download a form from the website, complete and submit by email, fax or post.

**FOR MORE INFORMATION & ASSISTANCE**  
**PHONE** Service NSW 13 77 88  
**EMAIL** [fer.program@trade.nsw.gov.au](mailto:fer.program@trade.nsw.gov.au)  
**WEB** [www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate](http://www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate)