



BIRRONG BULLETIN

The Newsletter of Birrongo Girls High School

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

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PRINCIPAL'S REPORT

Dear Parents,

School Development Day

At our Term 2 School Development Day on Monday 20 April, Ms Claire Madden, social researcher, next generation expert and Director of Research at the internationally recognised McCrindle Research, presented the current research on understanding and engaging with Gen Z. Gen Z were born between 1995 and 2009 and make up 19% of our national population. They are the students of today and the employees of tomorrow. They are digital natives, immersed in a technological world and globally connected. Of all generations, they are the most materially well off and formally educated. It is estimated that one in two Gen Zeds will graduate with a university degree.

Claire's informed and highly relevant presentation encouraged staff to reflect on the characteristics of Gen Zeds and consider how teaching and learning can be tailored to better accommodate the needs and aspirations of these students.

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.



Tell Them from Me Survey Findings

Thank you to all students who provided honest and thoughtful responses to the Tell Them from Me survey.

The survey results were very positive and reinforced the school's strong ethos of learning and high expectations. Of particular note are the following findings: 86% of girls value school outcomes and believe that education will benefit them personally and economically and will have a strong bearing on their future. This was a significantly higher result than the 70% of girls in the pilot survey. 94% of students indicated that their behaviour is positive and 74% of girls indicated that they have positive homework behaviour. The survey also indicated that teachers are responsive to student needs, encourage independence and a democratic response and hold high expectations for all students to succeed. Students also indicated that they felt positively about their culture while at school and that teachers shared an understanding

of their culture. While the result for participation in extracurricular activities is at a similar level to the pilot group, the survey suggests that the school needs to provide students with greater opportunities for participation or build greater awareness of the available opportunities.

At this stage, comparisons with the state cohort are not available; I will be able to update you on these results in the near future.

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 under garments 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.



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Congratulations to:

- **Aleyna Celik** from Year 11 who was the recipient of a Sydney University Academic Excellence Award for her achievement in Year 10.
- **Marium Al Khazaaly, Kristine King, Ghada Alameddine and Duha Al-Hassnawi** from Year 12 who laid a wreath on behalf of the school at the ANZAC Service held at the War Memorial, Hyde Park on Thursday 23 April. These students also attended a commemorative service on Saturday 25 April at Bankstown Memorial Oval to honour all that ANZAC day has come to represent and acknowledge the sacrifice, courage and mateship of those who gave their lives in the name of freedom.
- **The Year 12 leaders who led our school's ANZAC ceremony** held on 24 April and commemorated those who served in previous conflicts and continue to serve today.
- **The girls of our Ad Astra rock band** who performed at Paul Keating Park during the holidays to celebrate Bankstown Youth Week.
- **Vivian Pham, Viana Tran and Vanessa Tran** who were shortlisted in the 11 – 15 years section of 'Crossing the Ages' Creative Writing Competition at Auburn Library. Congratulations to **Vivian** who was the overall winner of this section. An outstanding achievement!
- **Sharon Kaihau-Nimo and Latai Puloka** who have been selected to represent the South West Sydney Regional Volleyball Squad.
- **Nour Salama and Isabella Johnston Araujo** from Year 12 who will represent our school at the 2015 Secondary School Student Leadership Program at NSW Parliament House on Thursday 14 May.

Coming Events

- All parents are encouraged to come along **to a meeting of the P&C at 5pm on Wednesday 6 May** in the Common Room.
- **NAPLAN** tests are scheduled for all students in Years 7 & 9 on 12-14 May.
- The school's **Athletics Carnival** will be held at The Crest at Georges Hall on Tuesday, 26 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 18-22 May. 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 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. Please enjoy reading about the achievements and activities of the school in the following pages.

Margaret Fletcher
Principal

REPORT FROM THE DEPUTY PRINCIPALS

Teens Are Texting and Tweeting All Night, and Calling It 'Vamping'

*"... the meaning of vamping is people's habitual staying up late into nights to stay in touch with their friends on social networks and phones, thereby depriving themselves of sleep. Specifically, the term **Vamping** comes from teens, 'Virtual Camping' out online 'til late at night, with online friends – like vampires! ...The Windows Club: Arun Kumar 6th August, 2014*

The strongest foundations of students' success come from parents and guardians who set consistent boundaries for their daughters.

These parents support their children in establishing routines, teach them how to manage their time and counsel them in learning the skills of how to regulate their own behaviour. With these skills girls will be better equipped to deal with the unpredictability of what life can bring.

Of course, many students believe that they are old enough to manage their own lives, regulate how much sleep they require and use social media as often as they feel like it. However, the truth is that during adolescence, more than ever, it is important for parents to counsel their daughters, give them responsibilities, clear boundaries and shared time to discuss issues and concerns. This helps their daughters navigate the hundreds of influences that compete for their attention every day.

At school, we find that students show less anxiety and anger when they know that they have the safety net of clear boundaries, parental guidance and supervision. In contrast, students often find themselves in turmoil when well-meaning parents believe that their daughters can handle the complexities of social media, peer pressure and the bombardment of information and misinformation which appears on the screens of their computers, phones and televisions 24 hours a day.

Worryingly, many parents do not know the true number of hours their daughters spend in front of a screen each day and night. Some students spend more than eight hours on social networking sites every day. Some girls never actually turn OFF their devices and we know that they initiate and respond to alerts and messages whenever they occur, even after midnight and during the early hours of the morning. This behaviour results in interrupted sleep patterns that make it difficult for students to learn at school.



Medical information about poor sleep patterns in adolescence shows that lack of sleep can:

- Limit an individual's ability to learn, listen, concentrate and solve problems. Students may even forget important information such as names, equations, sequences and dates.
- Lead to aggressive or inappropriate behaviour such as yelling at friends or being short tempered.
- Result in an inability to concentrate during class due to daytime tiredness.
- Reduce academic success because the attention span is shortened.
- Contribute to psychological problems including lack of resilience, depression and anxiety because the brain has not had enough time to regenerate itself during deep sleep.

Parents can help to ensure that their daughters obtain the required amount of sleep by:

- Checking if their teenager has trouble feeling refreshed in the morning.
- Not assuming that when their daughter says "goodnight" she will put away all her electronic equipment.
- Setting boundaries for internet use and digital activities, including phone use by setting a digital cut-off time.
- Encouraging her not to have caffeine drinks after 3pm including "energy drinks" which often include maximum permitted caffeine levels.
- Helping her to learn to avoid stimulating activities (e.g. video games, communication through social media, watching late movies, having lights from electronic devices in bedrooms close to bedtime and during the night).
- Supporting her to engage in a relaxing activity leading up to bedtime to help her to wind-down, e.g. reading a book, writing a diary

entry or drawing.

- Keeping consistent bed times and wake-up times, even on weekends.

Students who have family support in learning how to set personal limits and goals do better at school. They also learn personal management skills which will help them for the rest of their lives. Parents can help their daughters to get into the habit of setting short term goals by encouraging them to use their school diary. For example, ask her to write down: "What would I like to achieve this week?" and some longer term goals "This term I need to..."

Term 2 is a busy term of assignments, assessment tasks, dance projects and extracurricular opportunities. Students need to dedicate time to homework and study. Parents can help by setting regular routines for their daughters to ensure that all course requirements are met.

When parents and teachers work together students are more successful. We look forward to working with parents to support our students as responsible, respectful learners.



Ad Astra

Ms Crossan and Mrs George
Deputy Principal and Acting Deputy Principal

BIRRONG GIRLS HIGH SCHOOL	
Mobile Phone Policy	
<ul style="list-style-type: none"> • Mobile phones may be brought to school as safety devices providing they are not a disruption to learning. • Phones must be switched off during lessons, exams, DEAR, assemblies and in all interviews with school staff. • Phones may not be used to breach privacy or copyright. Permission must be given for phone photographing or recording. • Phones must be kept in bags, out of sight, for security purposes, when not in use. • Phones can only be used during recess and lunch within the school day. • It is the responsibility of phone owners to secure their phones. • If mobile phones prove disruptive to learning, they may be confiscated until the end of the day. • Students must present themselves promptly at the end of the day to recover confiscated phones from the confiscating teacher. 	

HEAD TEACHER ADMINISTRATION REPORT

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 Ms Shinas at recess on the day that they are late.

All blue late slips must be signed by the parent/caregiver and then returned to Ms Shinas 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 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 immediately.

Thank you for your continued support.

Ms Shinas

Relieving Head Teacher Administration

NEW TEACHER

Judith Ng
TAS / ESL



My name is Judith Ng and I am pleased to be at Birrong Girls High School this year. I'm working in the TAS (Technology and Applied Studies) Faculty and also in the ESL (English as a Second Language) Department. I have a Bachelor of Arts from Sydney University majoring in Education and Australian Literature. I also have a Diploma of Secondary Teaching majoring in Home Economics (Food and Textiles) and English from Queensland University of Technology. I obtained a scholarship with the Department of Education and Communities to study ESL and have a Graduate Certificate of TESOL from the University of Technology Sydney. I speak and understand Chinese (Cantonese).

I am also a Hospitality teacher with qualifications in Hospitality Food and Beverage and Hospitality Kitchen Operations. I also have a Certificate IV in Workplace Assessment and Training and have just completed the Literacy, Language and Numeracy upgrade. I am also an enthusiastic teacher of Textiles with TAFE qualifications in patternmaking and swimwear.

I have worked as a TAS teacher across three States in Australia; New South Wales, Queensland and Victoria. I have also worked as a teacher overseas for four years in the United Kingdom. My extensive travels during this time allowed me to appreciate foods and cultures across many parts of Europe. My most recent travels were to Turkey where I visited Cappadocia and Istanbul.

I am pleased to meet girls from all backgrounds at Birrong Girls and appreciate the diversity of cultures that are present at this school.

QUICKSMART EXCURSION

On Wednesday 4 March a group of Year 8 students who were part of the QuickSmart numeracy program during 2014 were given an opportunity to apply strategies that they had learnt and transfer their skills in a real life shopping experience. The students were accompanied by Ms Wild and Mrs Araujo to Westfield Burwood and completed work booklets to show how strategies taught during the program were applied to real life.

Here are some of the girls' thoughts on the day: "maths is everywhere" (Asmahan); "I learnt more about money" (Jihan); "I could put some strategies to use" (Hend); and "shopping is different when you use maths" (Gozde).



Mrs Araujo
QuickSmart Program

POTTS HILL DEVELOPMENT VISIT



Last term, the Year 9 Work Education class visited the Potts Hill Development site during one of our afternoon lessons. This excursion linked in with units of work on Community Partnerships and Employability Skills. Students met the site manager, Jim Hanna, and a number of other employees and then took a tour of newly built apartments. They learnt about many interesting aspects related to the planning and construction of this housing development; including the process of planning a new housing estate from design to building completion. Students were informed about the huge range of occupations involved, the workers' weekly routines, the history of the JSN Hanna company and how this company helps the local community. We learned new information about employability skills that are required to work on a construction site. We were also lucky enough to meet a senior female electrician, Alex, who spoke about her career journey and all aspects of her job.

The highlight for students was touring the newly finished apartments. Jim Hanna and his team were extremely welcoming and engaging during the visit. We were given a lot of information to

take home and, generously, Jim organised for each of us to be given our own personalised site vests. Everyone involved had a wonderful afternoon and found it a very interesting, informative and positive learning experience. Jim has said that he would be glad to welcome us back on future visits.



By: Ms Wailes and the Year 9 Work Education class

YEAR 10 GEOGRAPHY EXCURSION

On Thursday 12 March, all of Year 10 were given the opportunity to observe various coastal management strategies used in Sutherland Shire. When we first arrived at Silver Beach, Kurnell, we examined the solutions put in place to reduce the sand erosion caused by longshore drift. Year 10 geographers realised how massive the groynes were and wondered about how much money and time were spent on building them.

At Elouera Beach we focused on the vegetation such as pigface, pennyworts and spinifex on the back dunes. We did a lot of experiments including checking the strength of the longshore drift by throwing a tennis ball into the ocean. This was the very first time some of us had seen longshore drift in action. We giddily measured how far longshore drift moved the ball along the beach. The results were astonishing as in three minutes the ball travelled fifty metres!



Year 10 Geography students with Ms Gallard (centre)

Just south of Elouera Beach is a huge concrete wall with a honeycomb structure, the Seabee Wall. We observed and studied various features and uses of this great wall.

Our expedition continued as we walked down North Cronulla Beach towards the Cronulla shops, where we enjoyed lunch with our friends. On our way to South Cronulla Beach we saw rock platforms and beach pools, which absorb most of the energy of destructive waves. We also witnessed the destruction caused by the waves and wind and realised that the forces of nature are much more powerful than human structures. Overall, we thoroughly enjoyed our learning experiences in Cronulla.

By: Salma Althifairy, Year 10

STARTSMART WORKSHOPS

On 16 March Commerce students from our school participated in financial literacy workshops run by the StartSmart Foundation, a Commonwealth Bank initiative.

Ms Dally's and Mr Sarna's Year 10 Commerce classes attended workshops which stressed the importance of earning and investing effectively. Mr McCredden's Year 9 Commerce class learned about smart saving and spending techniques on the day.



Caroline, the presenter from StartSmart, educated us on various skills relevant to earning, saving and investing money. Caroline discussed topics including first jobs, tax file numbers, shares, and employee rights and responsibilities. She also gave us useful advice that will benefit us in the future such as providing us with a website so that we can check the minimum wage for our job in case we are underpaid. The presentation was very engaging as it depicted realistic scenarios which were relevant to us. These workshops were informative and entertaining, teaching us how to be wiser consumers when it comes to earning and investing money.

By: Jenny Nguyen, Year 10

AMNESTY TEAM'S CAKE STALL

This year the Amnesty team aims to raise \$1500. This will be enough to cover the cost of assembling 1,000 birthing kits during Term 3.



On 25 March, the Amnesty team held a cake stall during lunchtime on the top quad. Both the Amnesty team and SRC volunteered their time to assist in preparing a delicious variety of donuts, cookies, cakes, slices, lollies and muffins, which were sold at the stall. The Krispy Kreme donuts sold within 20 minutes. We managed to sell the whole batch of goods by the end of lunchtime. The Amnesty team would like to thank students and staff for supporting this initiative which raised \$550 towards the birthing kits. "Alone we can only do so little, together we can do so much."

By: Zenah Allam, Amnesty Team

CLEAN UP YOUR SCHOOL DAY



Every year, in conjunction with Clean Up Australia Day, the Environment Team at Birrong Girls High school conducts an activity to *Clean Up Your School*. This year, members of the Environment Team spent some of their lunchtime making lolly bags to reward students who collected litter from the school grounds. There was also a raffle prize for students who collected the most rubbish. The response from the school community was very positive and the grounds certainly looked much cleaner at the end of the day. Activities like *Clean Up Your School* raise awareness about the importance of caring for your environment. It is commendable that our students contribute to our school through their membership of the Environment Team.

Ms Stachiw
Social Sciences Faculty

8H GEOGRAPHY FUNDRAISING FOR THE WORLD WILDLIFE FUND



An important section of the Year 8 Geography syllabus involves studying the causes of why many of the world's unique animals are becoming endangered and what can be done to help protect them. A Year 8 Geography class last year decided to do something practical by sponsoring an orphaned baby orangutan named Koyah who lives in a wildlife sanctuary in Borneo. The sanctuary is operated by the World Wildlife Fund. This year, 8H Geography decided to keep the sponsorship going and ran a cake stall to raise funds so that the sponsorship could continue. The World Wildlife Fund occasionally sends updates on Koyah's progress. This initiative demonstrates the relevance of what is being conveyed in the classroom to real life and has been a very rewarding experience for 8H.

Ms Stachiw
Social Sciences Faculty



BIRRONG GIRLS HIGH SCHOOL PARENTS & CITIZENS ASSOCIATION

Parents are invited to attend the
P & C MEETING
on Wednesday 6 May 2015
at 5pm in the Common Room

MAKE A DIFFERENCE DAY AT STATE PARLIAMENT HOUSE

On 17 March we were invited to attend a program at Parliament House. *Make a Difference*, run by members of the NSW parliament, encourages students across all schools in NSW to consider the vital role they play in delivering social change.

Visiting the parliament was a great privilege for us. Michael Kirby, former judge in the High Court, addressed the audience. It was an honour to listen to his speech as he spoke about our past and the regulations which split families. He discussed how young Australians took action by travelling to remote and coastal communities on a bus and raising awareness about the poor state of Aboriginal health, housing and education. These were known as freedom rides, they helped Aboriginals gain equal rights. We were enlightened and inspired by his motivational speech on democracy.

At the end of the day, we had developed a greater sense of belonging as Australians, realising our own worth and power as individuals and the privilege it is to live in a democracy.

**By: Abir Al Hassnawi and Salma Althifairy,
Year 10**

MUSIC REPORT

The Ad Astra rock band performed a riveting set at the Bankstown Youth Festival on Friday 17 April. It was a cloudy and wet day but the showers cleared just in time for the girls to show their skills. The line-up was Denmi Le and Monique Steel on vocals, Kia Tagaloea on bass, Anna Qiu on electric guitar, Viana Tran on keys and April Boyer on drums.



The Ad Astra rock band live on stage

After spending a whole term rehearsing and preparing for this concert the girls pulled off an excellent performance with the host organisers asking for more. The girls are to be commended for a superb performance which demonstrates hours of hard work and disciplined commitment to the success of the band.



April on drums just before she broke a stick!

Some of the highlights were *Mona Lisa* by Panic at the Disco and *Animal* by Neon Trees which drew in a large audience, engaging the public. The girls will now go about preparing for their next concert and attending workshops to further develop their skills, one of which is a vocal training session at Santa Sabina College on Friday, 1 May. Stay tuned for details of their next performance.

Mr Eveleigh
Music Teacher

YEAR 10 HALF YEARLY EXAM DATES

Thursday, 7 May

English

8:30am-10:10am

PDHPE

1:00pm-2:35pm

Friday, 8 May

Mathematics

8:30am-10:05am

History

1:00pm-2:35pm

Monday, 11 May

Science

8:30am-10:05am

Geography

1:00pm-2:35pm

Tuesday, 12 May to Friday, 15 May

Year 10 testing in non mandatory subjects



BIRRONG GIRLS HIGH SCHOOL SALUTES THE ANZACs

The 25th April 2015 marked the 100th anniversary of the ANZAC landing on the Gallipoli Peninsula in Turkey. This day – ANZAC DAY – is one of Australia's most important national occasions and marks the first major military action by Australian and New Zealand forces during the First World War. To acknowledge the sacrifice of more than 10,000 ANZAC troops at Gallipoli and the sacrifice and service of all Australian military personnel, the 25th April is an occasion of national remembrance that is acknowledged in a variety of forms. Commemorative services are held across the nation at dawn, the time of the original landing at Gallipoli. Later, current and ex-service men and women and representatives of deceased service personnel meet to participate in marches through cities and towns across the country cheered on by attending crowds. Schools, municipal councils and other organisations also conduct their own commemorative activities.

On Thursday 23 April students from Year 12 Modern History and more than 1000 adults and Sydney school students participated in the 2015 Schools Remember ANZAC Commemoration Service at the ANZAC Memorial, Hyde Park. This service was 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. Mariam Al Khazaaly, Kristine King, Ghada Alameddine and Duha Al-Hassnawi proudly represented the school. As part of the service the students had the opportunity to lay a wreath. Afterwards they were able to view the internal structure of the ANZAC Memorial.



Students with the wreath



Students at the ANZAC Memorial, Hyde Park

The school conducted its own commemorative service on Friday 24 April. Students assembled in the quadrangle wearing poppies as a symbol of respect. Ms Crossan commenced the proceedings with a moving speech that included diary entries from Turkish, German and Australian soldiers. Students from Year 12 Modern History also gave speeches to commemorate those that served and those who continue to serve. The solemn nature of the event culminated in a stirring rendition of the Last Post and Reveille by our new music teacher, Mr Eveleigh.

Bankstown City Council in conjunction with the Bankstown Returned and Services League of Australia held their commemorative service on Saturday 25 April. Numerous students and accompanying teachers from across the region were addressed by the Honourable Jason Clare, MP for Blaxland and the Deputy Mayor of Bankstown, Councillor Allan Winterbottom. At the conclusion of the event students, teachers and the general public were treated to a BBQ courtesy of Bankstown Sports before the live telecast of the Gallipoli Dawn Service commenced. On leaving, patrons received a copy of the book "The Thirty-One" by Adam Courtenay, a book dedicated to the Bankstown ANZACs who never came home. Marium Al Khazaaly, Kristine King, Ghada Alameddine and Miqat Al Sodany, who represented the school, participated in the proceedings and at the conclusion of the day were able to meet with the Honourable Jason Clare.



All the original diggers from World War One have gone but ANZAC Day is an opportunity to remind ourselves of their ideals of sacrifice and mateship, courage and fortitude. LEST WE FORGET.

Ms Feld
Head Teacher History/LOTE

LIBRARY ANZAC DISPLAY



Mrs Dyer curated the exhibition to commemorate the spirit of the Aussies

HOMEWORK CENTRE

Birrong Girls High School has been operating its after school Homework Centre in the school library for six years now. The Homework Centre supports your daughter in developing literacy, numeracy, research and technology skills.

The Homework Centre's program provides a supervised facility where students can complete homework, research and assignments. Additionally, the Homework Centre offers a range of FREE workshops that will assist students develop vital skills needed in their learning. These include: creative and essay writing skills; research and information decoding skills; and literacy and numeracy skills. A list of these workshops will be advertised in the school's daily student notices.

The Homework Centre opens Monday, Tuesday, Wednesday and Thursday afternoons between 2:50pm – 4:45pm.

Please consider the benefits of the Homework Centre and encourage your daughter to utilise its amenities as an additional resource for her learning. All you need to do is complete the permission slip available at Reception and return it with your daughter to give to Mr Ali in the CAPA staffroom. If you have any queries please contact Mr Ali, the Homework Centre Coordinator on 9644 5057.

Mr Ali
Head Teacher Teaching and Learning /
Homework Centre Coordinator

PARENT TIPS

Fitness for the family

Michelle Bridges talks about how to make fitness a priority for the whole family - and the start of a lifetime habit for your kids. Try out tips to keep your kids healthy, active and out of the pantry.

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/fitness/fitness-for-the-whole-family>

Managing depression

One in four kids over 12 has symptoms of depression. Would you know what to look for and how to help? Don't be afraid, ask your child how they are feeling and keep communicating with them.

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/managing-depression-in-children>

Financial literacy

Does your child need help with business and economics? Here's info on credit cards, how to be responsible spenders and savers, and make consumer choices.

Find out more:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-projects/business-and-economics/credit-cards>



Health
Population
Health

FREE & fun program for fitter, healthier, happier kids!

Know if your child is over a healthy weight?
Go to www.go4fun.com.au to see if your child could do Go4Fun.

Go4Fun is a FREE 10 week program which runs over one school term after school hours. During the program children and their families get involved in fun games and activities and learn about delicious nutritious foods they can eat every day.

Children need to be 7-13 years old and a parent or carer also needs to attend. Younger and/or older siblings are encouraged to attend.

Go to www.go4fun.com.au or call 1800 780 900 to see if your child could do Go4Fun.

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

May:

Monday, 4th May to
Friday, 15th May

▪ Year 12 Hospitality Work Placement

Thursday, 7th May

▪ Year 10 Half Yearly Exams
English, 8:30am– 10:10am
PDHPE, 1pm–2:35pm

Friday, 8th May

▪ Year 10 Half Yearly Exams
Mathematics, 8:30am-10:05am
History, 1pm-2:35pm

Monday, 11th May

▪ Year 10 Half Yearly Exams
Science, 8:30am-10:05am
Geography, 1pm-2:35pm

Tuesday, 12th May to
Friday, 15th May

▪ Year 10 testing in non mandatory subjects

Tuesday, 12th May to
Thursday, 14th May

▪ NAPLAN Tests for all students in Years 7&9

Monday, 18th May to
Friday, 22nd May

▪ Year 10 Work Experience

Tuesday, 26th May

▪ School Athletics Carnival at The Crest, Georges Hall