



BIRRONG BULLETIN

The Newsletter of Birrong Girls High School

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June 2016

PRINCIPAL'S REPORT

Dear Parents,

Athletics Carnival

The school's Athletics Carnival held at The Crest at Georges Hall on Monday 30 May was a great success. We had a pleasing level of attendance and great participation from staff and students. Congratulations to Inga house on their convincing win.

Congratulations also to our Age Champion athletes:

12 years	Talia Jbara
13 years	Hillary Pao
14 years	Shelby Andres
15 years	Monique Steel
16 years	Tori Jacobs and Samantha Garces
17 years	Sandra Dang

Special thanks to Ms Boyle and all staff involved in the organisation and execution of the carnival. Their dedication and enthusiasm contributed greatly to the success of the day.

Attendance at our carnivals is a mandatory and important aspect of school life. It is part of the ethos of our school: to support one another; to attend every day; and reach for the stars (*Ad Astra*). Unfortunately, some students view attendance at these events as optional and choose not to attend because they do not view themselves as good swimmers or athletes. By failing to attend these events, students not only show a lack of school spirit, but they deny themselves extremely valuable opportunities to become involved, to have a go and to cheer on their friends and peers who are prepared to participate to the best of their ability.

Term 2 Reports

All students will have received their reports in time for parents to have read them before the Parent-Teacher afternoon on Tuesday 28 June. Parents are encouraged to carefully review their daughter's report and focus on the teachers' comments and the application to learning table, rather than the marks or grades. Teacher comments and the application to learning table provide a good indication of the extent to which students are working to their potential and engaging in the learning experiences of the course. Teacher comments are particularly useful as they offer advice, strategies and guidance to help students.

It is important too that parents take careful note of their daughter's attendance as every day of school missed interrupts her learning. Participation in extra-curricular activities such as debating and sporting teams as well as school clubs should be encouraged also. Well documented evidence demonstrates that those students who have excellent attendance records and participate in extra-curricular activities are highly engaged with their learning and achieve outstanding results.

I remind all parents to make an appointment to see your daughter's teachers on the Parent-Teacher afternoon so that we can work together to support her learning.

Uniform Matters

Our school community has very high expectations with regard to uniform because it presents a positive image of the school to the public and creates a sense of belonging. Students should now be wearing the winter uniform which includes the woollen school jumper and blazer, available from our uniform supplier, Berelle School Wear at Regents Park. A navy or white scarf is also acceptable.

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:

- Nadine Johnston Araujo (Year 10) who represented NSW at the 2016 National Gymnastics Championships in Melbourne. Nadine came 9th overall and made it to the All Around Finals in Floor and Vault. The NSW team, of which Nadine was a member, achieved a silver medal overall. This is an excellent achievement and testament to the high level of commitment and extraordinary self-discipline Nadine brings to the sport. We hope Nadine fulfils her dreams as an Olympic gymnast in 2020 and wish her every success as she continually strives to achieve her best in true Ad Astra style.
- Our Year 10 students who acquitted themselves with maturity and an eagerness to learn as they experienced the world of work during work experience this term.
- Sandra Dang (Year 12) who impressed the audience at the Zonta dinner on 24 May with a passionate speech about gender equality and the power of one. I encourage you to read Sandra's speech which is included in this bulletin.
- Faiza Batool and Sajida Muhammadi of Year 10 who successfully shared their stories in a multicultural playwrights program at the Bankstown Arts Centre.



Coming Events

- The school's P&C** will meet in the Common room at 5pm on Wednesday 15 June. All parents are invited to attend and show their support for their daughter's education by getting involved in the P&C.
- Parents make sure you book a time with your daughter's teachers and learn about her achievements at school by attending our **Parent-Teacher afternoon on Tuesday 28 June from 2-6pm**. Semester One reports will have been issued to all students by this time so bring your daughter's report along to discuss her progress with her highly committed and dedicated teachers.
- The **PDHPE Display** on Thursday 30 June in the school hall will be a great opportunity for girls from our local primary schools to get a glimpse of life in high school by watching the creative dance routines that our students have prepared with great enthusiasm throughout Term 2.

I invite you to contact the school to make an appointment with me (Tel: 9644 5057) if you have any issues that you wish to discuss about your daughter's education.

Margaret Fletcher
Principal

REPORT FROM THE DEPUTY PRINCIPALS

Student engagement and connectedness to school are closely linked to the range of activities and experiences students access as well as their feelings of success within the school context. It has been a very busy term, many students have successfully engaged in our school, representing our school at various events and excursions.

Friendship Breakups

Friendship breakups are not uncommon during high school years. As girls' interests and commitments start to evolve, they make new friends and this can involve moving away from existing friendship groups. Even though breakups are normal and a part of life, they're not always easy. Losing a friend can be traumatic, especially for the student being left behind, and particularly if the parting of ways is out of her control. As parents, our first reaction is to protect our daughters, to prevent them from feeling hurt and left out.

An article on the 'Today's Parent' website by Dana Dougherty Reinke offers some valuable advice. Reinke draws on the expert advice of family counsellor, Michelle Kambolis:

"...It might make you feel better, but sheltering your child from hurt doesn't help in the long run. We don't want to buffer our kids from difficulty; it's through struggle that they become resilient and learn about themselves. The most important thing a parent can do is let her child talk about her feelings and empathise. She needs to understand that it's not because something is wrong with her, this is just something that happens—and it happens all the time. In the short-term, your child may be focused on the loss; talking about the relationship—the good and bad parts—will help her learn from the experience. But healing takes time, and it's common for kids to process events over and over again to figure out what went wrong. Asking questions like "What do you think would help you accept this change?" or "What's the hardest part about moving on?" may help her deal with the changes she's going through. It may take her a while to feel ready for close friendships again, but learning to cope with this kind of loss will help her figure out what she wants from future friendships and relationships."



Year 7 students were impressed by the recent Reptile incursion. The reptiles were large, small, slimy and slithery and were free to walk, crawl and slide their way around the hall. There were many excited and frightened faces in the audience at the start of the presentation. By the end, there were entertained, happy faces that enjoyed the wonderful experience of learning about nature's fascinating reptile world.

Years 7 and 8 have been working hard in PDHPE on their class dances which will be showcased at the end of Week 9. Class dances build negotiation, cooperation and leadership skills in students and encourage students to work as a team to complete a performance task. Selected dances will be invited to be a part of the PDHPE Dance Display which showcases our students' talents to an audience of local primary schools.



Year 10 has had a very busy few weeks that started with exams in Week 4 and was followed by work experience in Week 5. Week 6 started with the Athletics Carnival and then students attended two excursions, one to the Holocaust Museum and the second to the University Open Day. Many of our teachers visited Year 10 students at their work placement and most report having spent time with young women who were enthusiastic and respectful. We have also had some wonderful feedback about our students from their employers. Congratulations to our students who represented the school so well and thanks to Ms Wailes for her organisation.

Having completed their half yearly exams at the end of Term 1, reports were distributed to Year 12 in May. Most reports acknowledge what students have achieved and importantly include advice from teachers about what students can do to continue to improve in the course. Students should take note of the advice and build it into their study routine. All Year 12 students were allocated a mentor by their Year Adviser, Ms Bolanca, at the beginning of the year. Many students are taking advantage of their opportunity to meet with their mentors to talk about their progress and the way they are feeling about their study. Good preparation is important but so too is good health. As parents you play a vital role in your daughter's success. Ask about their progress. Ask how they are feeling. Ask if there is anything you can do to help. Encourage them to go for a walk, even if they walk with their earphones in listening to study notes at least they are getting some fresh air and exercise. Encourage them to sleep. Provide healthy meals. Sometimes it's enough for you to just be there for them.

It has been a very busy term with the Athletics Carnival, representation at the Zone Cross Country Carnival, knock out team sport participation, visits to the onsite Dental Clinic Mobile Van, excursions to Careers Expos and in-school theatre performances which all add to the rich learning experiences available for students.

During the middle of Term 3 we will be seeking the support of all parents to once again complete the 'Tell Them from Me – Parent Survey'. The completed student surveys from Term 1 provided valuable information for us at the school. Parents will be provided with an opportunity to also inform the school about their concerns related to their daughter's education and high school experiences. More information will be sent home as the survey period approaches.

Ms Cross and Ms George
Deputy Principals

ATTENDANCE REPORT

The text messaging system is a very valuable tool in tracking student attendance. If your daughter has been late to school or was 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. The mobile number used to report each absence is always changing, so please do not store the number in your phone. If you have more than one daughter, please reply individually for each student absent. 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 message system please contact the school.

Over the year many families have changed their personal and contact details because they have moved house, changed telephone companies or obtained a new mobile phone number. It is very important that you inform the school immediately of any changes you make. There have been several incidents at school where the school has needed to contact parents in an emergency and have not had the most up to date contact numbers.

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



Early Leaver Passes – Parents who wish their daughters to leave school early for medical appointments must provide a written note including contact details, for their daughter to bring to school. This note must be presented to the Head Teacher Administration before 8:20am on the day the student needs to leave early. Parents are required to come to the school and sign their daughters out at Reception.

Thank you for your continued support.

Mr Clark
Head Teacher Administration

MOTHER'S DAY STALLS

On Friday 6 May, Year 10 Commerce students created their own Mother's Day stalls to experience running a small business. The students had to buy their own products and make a profit. The stalls were set up during period 3 and students were able to start selling their Mother's Day products during lunchtime. The Ad Astra Rock Band performed adding to the festivities.

12 different stalls sold a variety of gifts. Most stalls were sold out by the end of lunch. Mother's Day products included gift bags, bouquets, photo frames, hand creams, phone cases, jewellery, plants/rooses, lolly bags, perfume, bath sets, mugs and Mother's Day cards. A variety of baskets, consisting of great Mother's Day gifts, were raffled.

Recognition should be given to the Year 10 students who raised a lot of money for charity. Profits were used to buy two wells to improve living conditions in Bangladesh. Also a big thank you should be given to Ms Fedes who helped the day to run smoothly. It was a great day where Commerce students were able to experience running a small business and the rest of the school got to purchase quality Mother's Day gifts for their mothers.

By: Skye Casacchia and Khatera Latifi (Media Team)



Mother's Day stalls

YEAR 12 FOOD TECHNOLOGY EXCURSION

On 18 May, the Year 12 Food Technology class had the opportunity to go deeper into the science of gelato. We went to the Pure Gelato factory which produces and sells gelato. An employee spoke about the differences between gelato and ice cream, the science of gelato, and the pride and passion put into the making of their gelato. We also had the privilege of making a chocolate gelato and watching it churn in the gelato maker. Pure Gelato creates over 150 flavours such as Turkish delight, rocky road, durian, green tea, and black sesame. They specialise in making pistachio gelato with quality pistachios imported all the way from Italy. The whole experience overall was very educational and exhilarating for all of us, and I'm glad that we had the amazing opportunity to experience the gelato making process first hand.

At the end of the tour, we were given one free scoop of gelato. The flavours were so delicious that we just couldn't resist going back for more. Although one kilo of gelato was about \$10, it was absolutely worth every last cent. Being the gelato lover I am, one kilo wasn't enough for me so I settled on four kilos of gelato. Others were less spontaneous and went for one kilo instead. I definitely would recommend Pure Gelato to everyone I know. The flavours are endless and I guarantee you won't be disappointed!

By: Dalal Gourani, Year 12 Food Technology



The students making a chocolate gelato



Ms Ratnayake and students at the Pure Gelato factory

YEAR 7 SCIENCE

Year 7 have had some great opportunities in the past few weeks to get some hands-on learning for *The Living World* topic in Science.



Firstly, all Year 7 students attended the amazing Reptile incursion hosted by the Australian Reptile Park's Ranger, Mick. He spoke to the students about the evolution of reptiles through time, explained some of their distinguishing behaviours and described the risks facing some of our Australian species. The students had the opportunity to handle a range of reptiles from turtles and lizards, to snakes and alligators!

Here is what some of the students thought of the experience:

- "What I enjoyed was that we were having fun while we were learning. Also I enjoyed touching the reptiles as I learnt that their skin has different textures."
- "I learnt that turtle shells are made out of the same thing that human hair and nails are made of. Something which I liked, was that the guy giving the presentation was enthusiastic and funny."
- "I learnt that there is a reptile called the bearded dragon that can make its stomach flat. I liked that we got to hold the reptiles at the end."

7B have also had the responsibility to hatch and raise chickens! Each day they observed their growth and were responsible for their wellbeing. The students volunteered to feed them and even clean their brooder box for the two weeks they were with us. Using their newly acquired skills, the students designed an experiment to measure the chickens' growth over a couple of days. The students were sad to see the chickens go but were happy to know that they will be living on a farm.



We look forward to many more fun and educational experiences throughout the year.

Miss Rothwell and Miss Seo
Science Faculty

SCHOOL ATHLETICS CARNIVAL

The annual Athletics Carnival was held on Monday 30 May at The Crest. The carnival was a success with enthusiastic competitors, high attendance and nice weather. Congratulations to all the competitors who competed in the 2016 Athletics Carnival. Through their dedicated effort we had a successful Athletics Carnival with brilliant results. Throughout the day, many events were held: javelin, high jump and long jump, shot put as well as Birrong's famous Teachers' Race. Congratulations to Mr Aravena, who was the 2016 winner of the Teachers' Race.

The Age Champions included:

- 12 Years – Talia Jbara
- 13 Years – Hillary Pao
- 14 Years – Shelby Andres
- 15 Years – Monique Steel
- 16 Years – Tori Jacobs and Samantha Garces
- 17 Years – Sandra Dang

We even had students who broke previous records:

- Monique Steel – 400m – 15 Years
- Skye Casacchia – 800m – 14 Years.

Thank you to all house captains who encouraged students to compete in events and ensured all houses cheered as loud as they could. After many events, loud cheers and a lot of excitement the house points were announced:

- Inga 435 points
- Bundarra 338 points
- Miga 287 points
- Yurong 284 points

It was clear that Inga were the winners of the 2016 Athletics Carnival!

Well done to all students who participated on the day and thank you to all who helped organise and arrange the Athletics Carnival.

By: Media Team



ZONE CROSS COUNTRY CARNIVAL

Forty-six very fit students competed at the Zone Cross Country Carnival on Wednesday 1 June at Lake Gillawarna, Flinders Slopes, Georges Hall. All students participated with enthusiasm and there were some excellent results achieved by our school. Skye Casacchia was named 14 years age champion, closely contested by Amira Chahrouk who came a close second by only 40 seconds.

Other great results on the day and students achieving a place in the top ten were:

In the 12 years: Talia Jbara 4th; Hayley Smedinga 6th; Priscilla Lau 8th and Aya Elhage 10th.

In the 13 years: Hillary Pao 4th.

In the 15 years: Nadine Johnston Araujo 3rd, Monique Steel 4th and Fereshta Jamshidi 9th.

In the 16 years: Malak Saad 10th.

Congratulations must go to all competitors.

By: PDHPE Faculty

VOLLEYBALL NEWS



Congratulations to the school volleyball team that has been extremely successful this season. For the first time the team progressed all the way to the third round of the CHS Volleyball

Knockout competition. The team played Airs High School in the first round and won by 3 sets to 0 with a score of 25 – 12, 25 – 23 and 25 – 10. They then met Sefton High School in the second round in a very closely fought match and eventually won by 3 sets to 2 with a score of 25 – 10, 23 – 25, 21 – 25, 25 – 19 and 16 – 14. The third round match vs Eagle Vale High School was another close game which the team eventually lost by 2 sets to 3 with a score of 10 – 25, 25 – 21, 24 – 26, 25 – 21 and 10 – 15. Captain, Sharon Kaihau Nimo, had to come off the court with an injury after the third set. The team rallied round and pulled together to create some excellent team play to win the fourth set, but lost the final set in a close finish. Well done girls!

Congratulations to Sharon Kaihau Nimo, Lataisiyah Malasia and Leane Ellis who represented the Edmondson Zone Volleyball team this season.

Extra honours go to Sharon Kaihau Nimo who gained representation to the NSW State Volleyball Team for the second year running. We wish her the best of luck at the Trans-Tasman National Cup which is being played at Sydney Olympic Park in Week 7.

**Ms Waltho
Coach**

SOFTBALL NEWS



Mrs Paul and Ms Waltho with the softball team

Congratulations to the school softball team that has had a successful season, progressing to the second round central venue day of the CHS Softball Knockout competition for the second year running. They won their first match easily by 11 - 7 runs against Hurlstone Agricultural High School through some excellent team work, tight fielding and strong batting. The team progressed to the top eight teams in the South West Sydney region and came up against Westfields Sports High School at the central venue day in the second round. The extremely fast pitching of the opposition made the ball very hard to hit, but the team kept the score line down with some excellent fielding. The game was eventually won by Westfields Sports High School by 19 runs to 4.

A great effort girls! Well done!

**Ms Waltho
Coach**

LAWN BOWLS TEAM

On Friday 13 May our school lawn bowls team, Claudia Frketic, Stacey Webb and Georgia Coupe Sweeney, supervised by Ms Carson, represented Birrong Girls High School at the school lawn bowls competition held at St Johns Park Bowling Club. The team played well at state level and local school lawn bowls teams, showing motivation and great team work.



By: Stacey Webb (Year 11)

CAPA REPORT

VISUAL ARTS

It has been another creative term in Visual Arts, loaded with plenty of excursion opportunities for the students to see and talk about artworks outside of the school setting.

ARTEXPRESS and 2016 Biennale at the Art Gallery of NSW

In Week 3, our elective Year 10, 11 and 12 Visual Arts students travelled to the city to see the ARTEXPRESS exhibition. This annual exhibition showcases exemplary artworks created by New South Wales Visual Arts students who sat for their Higher School Certificate in 2015. After viewing the ARTEXPRESS exhibition our students viewed the 2016 Biennale, also at the Art Gallery of NSW. This exhibition ranks as one of the leading international festivals of contemporary art in the world and continues to be recognised for showcasing the freshest and most provocative art from Australia and around the world. These experiences inspired the students and through reflection, motivated them to consider their own art making. It was a wonderful day out, spent looking at and talking about art and eating lunch in the sunshine under the fig trees in the domain, accompanied by an occasional pesky ibis.

White Rabbit and 2016 Biennale at the Museum of Contemporary Art

The Year 9 elective Visual Arts students had the opportunity to attend the exhibition 'Heavy Artillery' at the White Rabbit Gallery in Chippendale during Week 4 this term. The White Rabbit Collection is one of the world's largest and most significant collections of Chinese contemporary art. Through a guided tour with Phil, who is always a knowledgeable and captivating guide, the students were involved in thought provoking discussions about art histories and artist practices. The students left the White Rabbit Gallery in an awe inspired state and we made our way to Circular Quay for lunch by the harbour. After lunch, we continued our art adventure with a self-guided tour of the 2016 Biennale at the Museum of Contemporary Art. The students were able to access the free WiFi to download the Biennale APP, and with use of free headphones they directed themselves around the exhibition, listening to explanations and discussions about the specific Biennale works selected for display at the Museum of Contemporary Art. We returned to school with new ideas about art and their meanings.



Beachside Drawing Tour

Year 8 Visual Arts students attended our annual Beachside Drawing Tour during Week 5 this term. The coach trip takes in Coogee Beach and Watson's Bay and the students created pen and ink drawings on handmade paper. The tour takes in vantage points previously visited by renowned artists who the students are studying in class. The excursion provides the students with the opportunity to replicate some of these viewpoints, as well as enjoy making art in the plein air style, creating drawings in the outdoor landscape. These drawings will be further developed into larger scale watercolour landscape paintings.



Year 8 Beachside Drawing excursion at Coogee Beach

Potts Hill 'Ripple Edge' Project Media Launch

The local newspaper, The Torch, captured the media launch of the Ripple Edge community art project of which our Year 10 (2015) Visual Arts classes were involved. The students were responsible for the planning and design of this project and their efforts and enthusiasm are evident in the finished work. The works can be seen in the seating of Jacob Park, directly opposite the lower staff car park of Birrong Girls High School.

UPCOMING VISUAL ARTS EXCURSIONS AND EVENTS

Art Pathways

In Term 3, the Year 7 Visual Arts students will travel to the Art Gallery of NSW for a day of art making and educator led tours as part of a program called Art Pathways. It will be followed by an incursion where the Art Gallery art educators will spend a day at school with the students working on and resolving their creations made during the Art Gallery visit. This will be a fantastic opportunity for the Year 7 students to visit the gallery, see and discuss artworks, some of which have been studied in their historical and critical theory lessons in class.

Frida is coming!

We are all very excited about the Frida Kahlo and Diego Riviera exhibition that is coming soon to the Art Gallery of NSW. We can't wait to visit with our elective classes and see the masterpieces created by this leading figure in 20th century art.

Put this in your calendar! Creative and Performing Arts Extravaganza

This year's CAPA Extravaganza will take place on Wednesday 24 August (Week 6 of Term 3). It is always a wonderful afternoon when you can come and view the amazing Visual Arts created by our talented students as well as listen to our wonderful Music students perform while indulging in some provided refreshments. All staff, students, families and friends are welcome to attend.

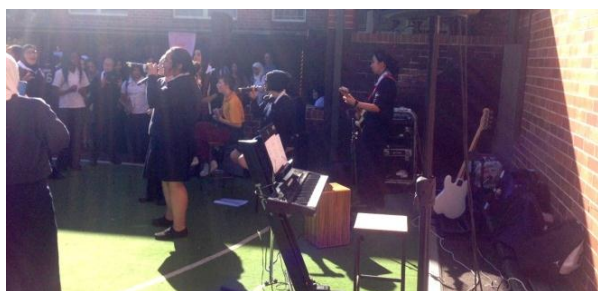
MUSIC

Diva Day!

This term sees the enthusiastic involvement of all our Year 8 students participating in the "DIVA" project. All girls are rehearsing a song of their choice and will be presenting it to an audience of their peers. While most students are preparing a group presentation, some of our more confident students are going solo. Each year, our "Diva Day" performances are always fun and the support and encouragement students lend each other is wonderful to see. This year is no exception as they all dig deep to find that fabulous "Diva" that lives inside all of us. Our "Diva Day" presentations always reveal some fabulous new junior talent, which we will showcase in a lunch hour concert later in the year.

Ad Astra band

On Friday 6 May, our school Rock Band, Ad Astra, played at the Mother's Day Stall and entertained the girls buying gifts for their mothers. The quadrangle was alive and buzzing with the performance of an acoustic song set that included "Little Do You Know" (by Alex and Sierra) and "I'm Yours" (by Jason Mraz).



Ad Astra band

Our band drew a strong crowd, and the energetic performance provided by Monique Steel, Faith Tait, April Boyer, Kia Tagaloa and Suyoung Le added plenty of life to the occasion and helped increase the sales at the Mother's Day stalls, successfully raising even more money for charity.

By: CAPA Faculty

ART TO HONOUR ROLE OF HISTORIC RESERVOIR Story appeared in: Torch | May 17th, 2016

ART students from Birrong Girls High School have worked with artist Joanne Saad to design two new works of public art at Potts Hill. The 'Ripple Edge' artworks, which are part of the 'Water Stories' public art project, honour the role of Potts Hill Reservoir in supplying water to Sydney.

'Water Stories' explores contemporary attitudes to water from different perspectives. The students' work was developed into a continuous design and laser cut for installation on the seating in Jacobs Park on Cooper Road. In nearby Canal Park, graphic designs printed on ceramic tiles were developed by artist Marian Abboud, who ran art and photography workshops with children from Karningul School to develop the designs.

"It has been a privilege to partner with the artists, students and staff at Birrong Girls High School and Karningul School," said Stuart McCowan, General Manager, Inner/North Projects at UrbanGrowth NSW.



Ripple Edge artworks at Potts Hill, with Birrong Girls High's Natasha Luu, Jenny Nguyen, Hafsa Abbasi, Abir Al-Hassnawi and Stuart McCowan, General Manager, Inner/North Projects at UrbanGrowth NSW.



BIRRONG GIRLS HIGH SCHOOL PARENTS & CITIZENS ASSOCIATION

Parents are invited to attend the
P & C MEETING
on Wednesday 15 June 2016
at 5pm in the Common Room

ZONTA AWARD SPEECH – 24 MAY 2016

“Good evening everyone,

My name is Sandra Dang and I am from Birrong Girls High School. I am delighted to be here tonight in the presence of many strong women and men, celebrating the achievements of Zonta as well as the achievements of all my fellow friends and award recipients today.

Receiving the citizenship award, I believe, is not simply about my contribution to Zonta but also my efforts in contributing to the world. If you look at the statistics, we appear quite insignificant - one person amongst seven billion others. However, as a past member of the Student Representative Council, I believe good citizenship is not just defined by the scale of impact, but is defined by the great effort one puts into the community, the amount of effort to make as much difference as possible.

In school, I was an active member of the Environment Team, raising funds to sponsor and help protect animals from extinction. I am passionate about helping others and so I participated in a program run by my school which allowed me to acquire a TAFE certificate in Peer Tutoring. This gave me the opportunity to assist younger students with their literacy, reading and critical thinking skills. From this, I went on to become a Peer Support Leader and Peer Mediator, ensuring students feel secure and comfortable in the school environment.

Aside from this, I am sure we are all here tonight for a common awareness, uniting to advance the status of women. Gender equality is not just an issue in third world countries, but it is also an issue right here in ours. Hence, coming from an all girls' school, I am very passionate about the issue and I try to contribute as much as I can to empower women.

In the past, I have been working on projects with Zonta, creating birthing kits to ensure all women in developing countries have a clean and safe birthing environment. With my school, we have made hundreds of birthing kits in the hope of improving the outcome for mothers and their babies. Together, we do our best to improve maternal and infant morbidity and mortality as every woman, every mother, deserves a safe birthing environment for her daughter or son.

Not only have I been alongside Zonta, my school and I have been actively involved with Amnesty International, fighting to stop violence against women. With a variety of fundraisers held in our school from sausage sizzles to cake stalls to multicultural performances from the students, we have raised thousands of dollars over the years to

contribute to Amnesty and Zonta. We aim to help organisations and their global fight for gender equality.

I hope that by receiving the Zonta Award, I can further contribute to leading a generation of young people, not just girls, but boys as well, in an effort to improve the status of women. The next step comes from this generation and I hope I will be able to help as many women as possible to reach their full potential, as well as contributing to other sectors in life.

I would like to say thank you to Zonta for awarding me this Citizenship Award and to all the support I have received from all my teachers, family and friends.

Thank you and enjoy your evening.”

By: Sandra Dang, Year 12

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

June:

- | | |
|-----------------------------|------------------------------------|
| Wednesday, 15 th | ▪ P&C Meeting, Common Room, 5pm |
| Tuesday, 28 th | ▪ Parent/Teacher interviews, 2-6pm |
| Thursday, 30 th | ▪ PDHPE Dance Display |

July:

- | | |
|-------------|----------------------|
| Friday, 1st | ▪ Last day of Term 2 |
|-------------|----------------------|

Enjoy the School Holidays!

July:

- | | |
|-----------------------------|---|
| Monday, 18 th | ▪ School Development Day – staff return to school |
| Tuesday, 19 th | ▪ All students return to school |
| Wednesday, 20 th | ▪ Year 10 Subject Market Day, p1&2 |
| Thursday, 21 st | ▪ Year 10 Subject Selection Information Session, p4 |

STEM – Science, Technology, Engineering and Mathematics

Birrong Girls High School is committed to enhancing the opportunities for our students and ensuring students have the opportunity to explore Science, Technology, Engineering and Mathematics (STEM) subjects and the careers available through these disciplines. At Birrong Girls High School, the STEM program is in the initial stage and our main priority is that our students become strong, independent, educated women.

STEM a 21st Century curriculum that involves teaching Science, Technology, Engineering and Mathematics holistically in project-based activities has been introduced to the school in partnership with UTS.

In March this year, 30 Year 10 students had the opportunity to participate in the STEM excursion to UTS. The students were split into groups and took part in several activities in different rotations.

These activities included:

- Applying their mathematical skills to draw a parabola and create a cardboard BBQ, which could effectively cook a sausage when left out in the sun.



- Using the origami sekkei technique – a form of mathematical paper folding (lumifold) to create a lamp and illuminate it with coloured LED lights.



- Incorporating geometry (pentagonal tessellation) to tile shapes.
- A tour around the UTS campus.



It was a privilege for the Year 10 students to participate in these activities which enhanced their STEM skills as well as heightened their understanding of Science, Technology, Engineering and Mathematics and their applications in the real world. This excursion gave students the opportunity to experience STEM subjects in a creative, thought-provoking and fresh way, free from the confines of a classroom.

Ms Fedes and the STEM Team

QUICKSMART PRESENTATION

A small presentation was held on Wednesday 1 June for our award recipients for the QuickSmart Champion Trophy. The trophy was proudly presented to the girls by Ms George and Ms Cross.

The award is given to the girls who have had outstanding results or commitment while being on the QuickSmart program throughout each term.

Our award recipients were as follows:

Term 3, 2015 – Mya Alameddine – Year 8

Term 4, 2015 – Semra Sumengen & Jihan – Year 9

Term 1, 2016 – Ella McNamara – Year 7.

Well done to each of the award recipients.

Ms Hmeidouch and Mrs Araujo

QuickSmart Instructors

SCHOOL HOLIDAY PROGRAM AT SYDNEY OLYMPIC PARK

Sydney's largest school holiday program, Kids in the Park, returns this winter school holidays! There are 60+ fun-filled activities to keep kids active, outdoors and entertained. A range of activities are free or under \$25, making it affordable to discover Sydney's most exciting playground.

Archery – Kids on Target & Little Archers

All Day Holiday Recreational Program

Science, cooking, writing workshops

Gymnastics

Circus Skills & Flying Trapeze

Futsal – Indoor Soccer

Park Patrol – Mangrove Mysteries

Sport & Adventure camps

Creative Genius Drama Workshop

...and lots more!



Full details at www.kidsinthepark.com.au

From the Sydney Olympic Park Team



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.**



SPEED RESTRICTIONS IN SCHOOL ZONES

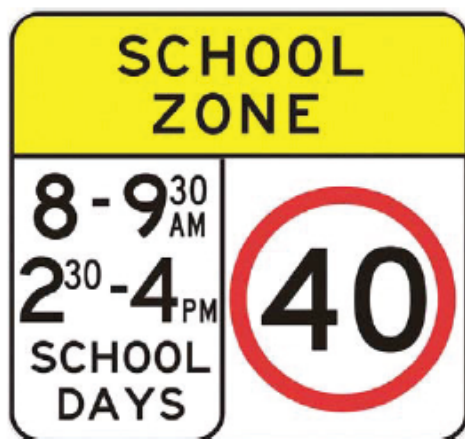
Current to 30 June 2016.

You are by now very familiar with the 'Go 40 For Me' signs around schools.

Many drivers are doing the right thing and travelling at or below 40 kph in school zones.

As a result, our children are safer when getting to and from school.

In 2015/16, drivers need to continue their good driving habits. This Fact Sheet provides a handy reminder about driving in school zones.



Why is 40 kph the speed limit? Why not 50 or 60 kph?

Tests by professional drivers and researchers are conclusive. The faster you go, the more damage you do in a crash.

When struck by a vehicle at 60 kph only 15% of children survive. If struck at 50 kph only 55% survive. Struck at 40kph, 75% survive.

So, the slower you go, the less likely you are to kill a child if they run, walk or stumble in front of your vehicle.

And speed also has a big effect on how long it takes to stop. If a child runs towards the road or steps from in front of a parked car, from the

time you see them, it will take you a minimum of:

- 18 metres to stop from 40 kph
- 27 metres to stop from 50 kph
- 39 metres to stop from 60 kph.

It doesn't matter how good your car is. These distances apply to all cars and motorbikes on normal roads. And if you skid or your tyres and brakes are worn it will take even longer to stop. Remember, the slower you go the quicker you can stop.

And pay attention to what children are doing on the footpath. If you are distracted by something in the car you may not even see the child before you run over them.

You can stop in time only if:

- You can see the child.
- You are going slow.
- You remain calm and don't skid.
- Your tyres and brakes are in good condition.

Stay alert. Look for dangers in school zones. Expect children to do the unexpected.

Drive slowly. In school zones keep your foot off the gas and over the brakes – this gives you more time to see what children are doing, and then slow down or stop without causing anyone an injury.



For more information contact the Bankstown City Council on 9707 9999.