



# BIRRONG BULLETIN

The Newsletter of Birrong Girls High School

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

Issue No. 5

August 2019

## PRINCIPAL'S REPORT

Dear Parents,

Term 3 is such an exciting time.

Year 12 are racing steadily to the finish line of what has been a marathon. As their time at Birrong Girls High School draws to a close, the entire school community is drawn into the reflection process of what it means to achieve a major milestone, how quickly time passes and what each individual has to show for it. Are they ready and prepared for the challenges that lie ahead? Have they made the most of the opportunities that have been laid before them? Have they appreciated the sacrifice and the contributions their teachers and parents have made along the journey? Have they been as invested as everyone else on their team?

Many Year 12 students will also commence applications for scholarships, early entry and a range of bursaries offered by tertiary institutions. In order for applications to be the highest of quality, students are encouraged to seek guidance in advance and value the support of staff who edit their work or endorse their applications.

Year 11 are finalising the first half of their HSC course. Once Term 3 concludes, they inherit the pressures and responsibilities that the Class of 2019 have just resolved. What is most important for all students, no matter what year or stage they belong to, is to realise the significance of today in the outcome of tomorrow, even if they cannot see the direct links.

We like to encourage our students to think about the importance of what they contribute daily. Recently, in an address to the student body, we encouraged students 'to do something today that they will be proud of in the future'. What an incredibly powerful standard to measure individual conduct and choices by. As adults or children, we would all benefit from such an approach to our daily work.

Consequently, there has been strategic focus (much of it driven by our students) on volunteering, awareness-raising and fundraising. One of the strengths of our students is how caring and willing they are to help others. This is so

important for our future society to continue to build and develop on the progress we have made in the pursuit of equity and respect. Helping others is also vital for improving individual mental health.

Parents are reminded that traffic rules need to be followed without compromise at all times. The alarming habit of cars stopping at our pedestrian crossing to drop off and pick up students is unacceptable and extremely dangerous. It is also exceptionally discourteous and banks the traffic up for quite a distance. Parents and community members are advised that traffic on Cooper Road must flow steadily in support of everyone. We also ask that our school community respect our neighbours by complying with noise, speed and parking regulations. Parking rangers may, at any time, attend the vicinity and book drivers breaching road and safety rules.



Zena Dabaja  
Principal

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## REPORT FROM THE DEPUTY PRINCIPALS

Welcome to Term 3, one of the busiest terms for all students across the school.

**Year 12 students** are working exceptionally hard as they near their Trial HSC examinations which commence in Week 5. This is the last term of course work for the students before they embrace their HSC examinations. All students will need to work hard and knuckle down into strong study habits to assist their examination preparation.

**Year 11 students** will be involved in the nomination and selection of the 2019–2020 Prefect body. This process is about selecting students who represent the ideal 'Birrong Girl' in all areas of life. Prefects who are selected are role models and ambassadors for our school community and the process is taken very seriously. Year 11 students also face their final Preliminary examinations starting in Week 7. Year 11 students need to ensure that they work hard to achieve their personal best.

### **Year 10 and 11 Minimum Standards Intervention program.**

Our Minimum Standards intervention team have been creating both online resources and booklets to enhance our students' understanding of numeracy and literacy. Students who have not met the Minimum Standards (Standard 3) in reading, writing and/or numeracy have been given the exciting opportunity to attend after school clinics where teachers will work to improve students' skills and understanding in all areas. The clinics will run in the Library on Monday (reading and writing) and Thursday (numeracy) between 3pm and 4pm. All students that have not met the Minimum Standards have been notified by mail and are expected to take up this valuable learning opportunity.

**Year 10 students** started the term with their subject selection market where they were introduced to information about the range of courses they could select for their Year 11 Preliminary and into their HSC course of study in 2020 to 2021. Students gained valuable insights into the rigour required for all Preliminary courses before having to make their ultimate selections. There was a subject selection information afternoon for Year 10 students and interested parents focusing on the Year 10 subject selection process regarding appropriate course selections, Preliminary and HSC requirements and ATAR information to assist in the overall selection of 2020 courses. Year 10 parents and students will meet on Tuesday 13 August to discuss selection patterns and ATAR implications. Once the meeting process has been completed students will be able to submit their selection forms on Friday 16 August.

If students or parents have any concerns with subject selections please contact the school and speak to the relevant Year Adviser, Head Teacher or Deputy Principal.



Ms Boyle and Year 10 Subject Selection Market

Year 9 students are getting involved in extracurricular activities from the Helmsman Team Project to the Bridge Building competition this term. The Helmsman Team consisting of 13 girls will be attending mentoring sessions supporting them to develop and deliver a supportive community based project. The team will also attend a week-long adventure camp to further develop their leadership skills. Year 9 are also continuing to work with the University of Western Sydney in the university links Future Focused program.

**Year 8 students** will be preparing for the selection of their Year 9 2020 elective subjects over the next few weeks. All Year 8 students will be issued with a course booklet outlining individual course information before they have to narrow their selections down to the two most appropriate courses for them to study.

**Year 7** will be engaging in a STEAM (Science, Technology, Engineering, Art and Mathematics) project during Semester 2. The project starts with a STEAM skills development day and will continue to expand in their skills in the specific KLAS. The girls will work in teams to create a project incorporating the elements of STEAM.

All Years 7–10 will be involved in the Railway Safety presentations over the next few weeks at school. Presenters from Sydney Rail will come and discuss important key features to ensure safety whilst on the railway network.

Good luck to all the girls who will be representing the school at the Zone at the Regional Athletics carnival.

Following up from the end of last term:

- Thanks to all the parents who attended the Parent/Teacher session during the last week of Term 2. It was well attended and the

teachers valued the time spent discussing individual student progress with parents.

- The PDHPE Display capped off a very productive Dance unit for all students in Year 7–10. The dancers selected to perform in the display put on a grand show for all the local feeder primary schools and then performed the show again in the afternoon for our own school community. A great day was had by all who attended and by those who were in the production.

- **Year 7–12 Education Week.**



We have an array of activities for students to engage in to celebrate Education Week. Year 7 students will have the opportunity to participate in the STEAM initiative 'Science Immersion' and students will challenge the teachers in a series of events across the

week involving volleyball, table tennis, chess and board games. Our Media team will present a Vox Populi on the 'Life of a Birrong Girl' at our formal assembly and we will see the launch of both the Helmsman project and the Minimum Standards intervention clinics. Year 10 will participate in the ASPIRE program and there will be a hospitality cooking challenge between students and staff.

Ms George and Mrs Lord  
**Deputy Principal and Relieving Deputy Principal**

### **BIRTHING KIT ASSEMBLY DAY**



Our 6<sup>th</sup> annual Birthing Kit Assembly Day was held on 21 July in partnership with Zonta Club Sydney West. Our focus and intent is to save the lives of women in underdeveloped countries. Each year our dedicated Amnesty Team fundraises money to ensure that this day can be made possible.

The workshop was a great success and could not have been done without the help and support of

33 students, 9 school staff along with 4 of their children, 13 Zonta members, 4 ex-Amnesty students, 3 parents and 8 Prefects from Birrong Boys High School. There was a great turnout of 74 people in total, who volunteered their time from 9am till noon to assemble and package over 1000 birthing kits.

At \$3 each, a birthing kit includes the necessary equipment to improve the birthing environment for women in Africa. The kit is packed into small, lightweight packages which contain supplies to satisfy the basic requirement for a clean birth. Each kit includes a plastic sheet to prevent the mother and baby coming into contact with the ground, soap, surgical gloves, a sterile scalpel blade, 3 strings for the umbilical cord and 5 clean gauze sheets. Though basic, these materials make a substantial difference in providing clean and safe deliveries. This significantly reduces the risk of infection, disease and in some cases death.



The project is made possible by the numerous fundraisers held by the Amnesty Team and the continuous support from Ms Parmaxidis who held the Harmony Day event, along with the SRC and Prefects, Ms Legg who organised the old book pop up store and Mr Sabih and Ms Hassan whose classes have donated all the profits from the Year 10 Commerce Mother's Day stall.

We are lucky to be part of a school that encourages girls to help improve the status of other girls around the world. Birrong Girls High School and Strathfield Girls High School are the only schools in Sydney's West which partake in this rewarding project. The project saves the lives of many mothers and babies who face difficult living conditions. Improved conditions, however, enhance their health and overall wellbeing which in turn decreases the risk of infection and in some cases death.

Congratulations! Mr Sarna, on being awarded the prestigious 'Hon Zon' award. This award reflects your hard work and dedication to such a worthy cause.





Mr Sarna received the 'Hon Zon' Award

**By: Daliya El Helou and Aamina Musthafa**

## YEAR 11 SLR AND PDHPE SENIOR FIRST AID REPORT

On 25 and 26 July, Year 11 PDHPE classes were given the amazing opportunity to learn the practice of CPR and First Aid through a course run by the Australian Lifesaving Academy NSW.

Over the two days that the course was run the students were trained on how to handle life threatening situations they could be faced with and prevent further injury to the patient and the public around them. The Year 11 students learnt how to identify potential breathing and cardiac emergencies, use medical devices such as EpiPens and AEDs as well as the procedure for CPR. The first aid section of the course consisted of learning how to identify certain poisons and toxins a person may have ingested as well as environmental related emergencies such as heat stroke and hypothermia. Every student enjoyed the experience of learning how to potentially save someone's life and the important life skills they now carry with them.



Ms Boyle  
Relieving Head Teacher PDHPE

## PDHPE DANCE DISPLAY 2019



Congratulations to all students who were selected to perform in the PDHPE Dance Display on Thursday 4 July. The display showcased 20 fantastic dance acts by students

in Year 7, 8, 9 and 10 who had all worked very hard during the term to produce some outstanding performances.

The display was performed in front of 350 extremely enthusiastic Year 4 and 5 students from our local primary schools in the morning and then again in the afternoon to our own school students from Years 7-10.

Special congratulations to Year 10 students Priscilla Lau, Michelle Au, Jasmin Nasrallah, Rachel Chang, Ruth Pascua whose dance "Finesse" won the Best Senior Dance Group award and to 8S who won the Best Lower School Class Dance award with their performance to "Salute".

The dedication, talent, creativeness and inspiration of both the dancers and their PDHPE teachers ensured the Dance Display was a spectacular and extremely successful show. Well done to everyone involved!

**Best Senior Dance Group award winners - Year 10 - "Finesse"**

**Best Lower School Class Dance award winners - 8S - "Salute"**

**By: PDHPE Faculty**

## LIBRARY NEWS

Year 7 are excited! The Book Week Competition prizes are now on display in the library and entries are pouring in! The CBCA Book Week 2019 theme is "Reading is My Secret Power".

Each year across Australia, the CBCA brings children and books together celebrating CBCA Book Week. During this time schools, libraries, booksellers, authors, illustrators and children celebrate Australian children's literature. Primary schools often organise children's book character parades but in our high school we run competitions for posters, book reviews, and creative writing and poetry performances.

The CBCA Book of the Year Awards are announced each year on the third Friday in August. CBCA Book Week commences the following day. This year the dates for Book Week are 17-23 August 2019. Ms Dabaja will be presenting prizes for the competitions on 23 August.

Mr Davidson  
Teacher Librarian



Book Week prizes on offer

## HOSPITALITY INTERCULINARY SCHOOL COMPETITION

On 4 July we represented Birrong Girls High School in a competition held by HTN (Hospitality Training Network). The competition was located at North Ryde TAFE where there was a very complex maze of buildings which led us and Mr Da Cunha to get lost all while feeling nervous and excited. We were required to prepare and serve a dish within a required time limit that satisfied the designated criteria. The dish we were required to present was 'Roasted Spatchcock/Lyonnais Potatoes/Roasted Dutch Carrots/Creamed Spinach'.

As we arrived at the competition we were greeted by chefs and executives. As we were the first school to arrive, we decided to sketch out a rough 'game plan' on our clipboards according to our own recipe that we had practised in the weeks leading up to the competition. With this recipe, along with Mr Da Cunha, we formulated a recipe and accompanying work flows to use as practise. This practise was done on 3 occasions in our own time to ensure we could manage our time, technique and presentation.

On the day of the competition, we started to get nervous as we witnessed the other schools arriving but started to remain calm as we realised there were 6 teams. After our warm introduction to HTN and their sponsors we were directed to change into our uniforms and guided into the state-of-the-art kitchens for a demonstration of the recipe by the head chef himself. This demonstration allowed us to thoroughly understand how he wanted us to cook the recipe instead of how we initially interpreted it. We were able to scribble over our own notes and make adjustments. After the demonstration we were given time to wash our hands, collect ingredients and gather our equipment.



Jumping forward to the cooking process we were in the lead for most of the time according to the head chef. We sustained a very clean working area, and were ahead of preparation

than most teams, all with the encouragement of our fellow students that observed us from the outside.

As we worked through our designated time of 1.5 hours we started to feel pressure as we began our plating up process. Our chicken was golden and crisp, spinach was nice and creamy, our potatoes looked fluffy and delicious and our carrots looked extravagantly rustic. Everything looked amazing until we placed our plates on the presentation and

taste testing tables. Then we realised something... we forgot to add a little dressing! After a moment of hesitation, we approached the head chef and we were encouraged to quickly drizzle our dressing over our food, noticing that all teams had done so, given the fact the dressing was optional. After serving up, we went through the process of thoroughly sanitising and cleaning our work area. We then proceeded to exit the kitchen and observe all the plates produced by other teams, discussed and compared all aspects of everybody's dishes.



Following this insightful discussion with other teams, we endured a long wait to determine the winners and places. As we waited we were presented with our participation awards by the chefs and we received a cookbook and other items provided by HTN's sponsors. Then the time had come to appoint the winners. According to the chef it was an extremely close competition and only very minor differences to separate the placing. Unfortunately, we placed fourth.

At the end of the day we returned satisfied with our outcome, proud that we had tried our best, and more importantly, it was a great learning experience. We were congratulated by Ms George and Mr Da Cunha for our efforts. Overall the day was great and we were extremely thankful for the opportunity.

We would also like to thank and acknowledge the fact that this opportunity was not possible without the help and guidance of our Hospitality teacher, Mr Da Cunha.



**By: Halima Elsayed and Shamae El Safadi,  
Year 12 Hospitality**



## BARISTA COURSE



At the end of Term 2, Year 12 Hospitality students were given the privilege to attend the Barista course held at Canterbury-Hurlstone Park RSL Club. At the course, students gained skills on making a delicious cup of coffee professionally.

The course consisted of theory and practical components. The whole course was full of amazing information. The theory part provided us with the basics of making different types of coffee and the minor details which differentiated the various types of coffee customers are able to order (did you know there are approximately 12 different basic coffee beverages on most coffee shop menus?). We got to know about the manufacturing of coffee around the world and the hard work and participation of our Australian farmers and their role as coffee producers.

The practical part gave us the opportunity to learn how to make a professional coffee using commercial coffee machines. It started with grinding the fresh coffee granules and steaming milk (called texturing) to make a creamy, smooth, foamy coffee.



The best part of the course was decorating the coffee with different techniques and all students came up with their creative ideas which were very impressive for beginners. Through trial and error, everyone created a strong bond as we developed our team work skills, as it required us to come together and help each other out when mistakes were made. This was all made possible because of our wonderful trainer who helped us at every step of the training and did not hesitate to correct our mistakes.



This was a very new experience for all the students as most of us were unaware of all the various types of coffee and only knew how to make a basic instant cup of coffee. We now have the skills to make a professional style cup of

coffee and can apply for a job at a cafe to further develop our skills.

Thank you to our trainer, Mr Da Cunha and the Canterbury-Hurlstone Park RSL Club for a great day.

### Coffee fun facts:

- Coffee is the second most popular drink in the world, second only to water.
- It takes only 10 minutes for caffeine to have an effect on your body, with coffee reaching its full potential 45 minutes after consumption.
- Coffee has been linked with many health benefits, including warding off Type 2 Diabetes and even Parkinson's, as well as improving productivity.
- More than one billion disposable coffee cups are thrown away by Australians every year, so it could be worthwhile looking into reusable cups.
- Coffee has been linked to insomnia and a poor night's sleep, so cut back in the afternoon if you're looking to catch up on some ZZZs.

**By: Friya Lakhesar and Navneet Kaur, Year 12 Hospitality**

Hello! here's our story of our Barista Coffee course:

On 26 June we were offered the chance to complete a Barista course at the Canterbury-Hurlstone Park RSL Club. We met with the trainer and she explained what we will be doing on the day, as well as when our breaks would take place.



She showed us the coffee machines and then explained to us the different parts of the coffee machine and had us watch multiple videos on how to make different types of coffee and completed a theory assessment.

We were very excited to get started.

Now, this is where we messed up. Being over-confident my classmates and I eagerly got to work and quickly realised that making coffee is not as easy as it looks. Maybe we should have paid more attention to the videos earlier. Wow, we did not realise that there are so many considerations to be observed in making a good cup of coffee. Fortunately, we had a patient and calm trainer who assisted us through the various stages and procedures to create and make a good coffee.

Overall it was an interesting and fun day. Over time we finally got it right and learnt all new techniques and methods of making a better coffee. I'd like to thank our instructor for dealing with us newbies and trusting us in her work space to learn these new skills.

The course was a great experience and we would 100% recommend everyone to undertake this course if they get the opportunity.

Thank you to Mr Da Cunha for taking us and allowing us to experience and learn new things, and also a big thank you to the Canterbury-Hurlstone Park RSL Club for allowing us to take part in such a cool thing.

**By: Noor Alzoubi and Inaam Bouobeid, Year 12 Hospitality**

### **SUBJECT SELECTION FOR HSC 2020**

Year 10 are currently making important decisions regarding subjects and courses for Year 11 2020. The girls have been assisted in this task through the information provided by the very successful Subject Market presented by Head Teachers and expert staff on Wednesday 24 July. At this market students were reminded that they should make their subject choices based on their interests and abilities. The best predictors of HSC success are school attendance and subject choices based on individual ability and interest. Selecting a subject because friends have chosen it, or family members believe it will lead to a high ATAR or even because a particular teacher is teaching it this year, are all unacceptable reasons on which to base a choice. We advise parents to engage in conversations with their daughters to ensure the best choices are made when selecting subjects. Contacting the Careers Advisers and Head Teachers is also encouraged when students are confused about options.

The market was complemented by an informative session for students and their parents presented by Ms George on NESA requirements for the HSC on Thursday 25 July. Armed with all of this information and advice from our Careers Advisers, Ms Wailes and Ms Shinas, the girls will make appropriate decisions about subjects for Year 11 and 12 to enhance pathways into tertiary education and TAFE or the workforce.

Students are required to complete their documents and make a booking with the Deputies, Careers Advisers and Head Teachers to ensure they've made valuable choices for their education.

Best of luck Year 10!

### **Careers Expo, University Talks, Guest Speakers and Careers Meetings**

Year 12 and 10 had the opportunity to attend the Careers Expo at the end of Term 2. Many students were pleased with the information presented at the expo, gaining insight to future options and pathways. Insight was provided and the expo showcased a range of new options and pathways students could take to assist with future educational and career pathways.

Year 12 are encouraged to make a booking with the Careers Advisers to discuss future plans and pathways. This is the time of the year where all information for university entry is lodged. Students must ensure that their documents are completed and submitted by 30 September. Ms Wailes and Ms Shinas are available to assist with any enquiries students have regarding their future. It's going to be a very busy time, so we encourage you all to visit the Careers office before your hectic examination period begins.

Year 12 are invited to attend important guest speaker information sessions throughout the term to assist with any decisions and questions they have regarding future pathways, university entry and future planning. These opportunities are available and should not be missed by any Year 12 student.

Wishing you all a successful term, staying motivated and keeping on track with studies, pathways and university documents.

Ms Shinas and Ms Wailes  
**Careers Advisers**

### **CAPA REPORT**



Selected Year 5 students from feeder primary schools in the area participated in the 'Advancing Creative Minds' workshops in Music and Visual Arts. The students enjoyed engaging in a range of musical experiences using ukuleles, keyboards, percussion instruments and singing. Both students and teachers had a fun day exploring music. The students also participated in art making workshops that were intended to enrich their knowledge and art making skills. Their works were displayed at our annual CAPA Extravaganza on 31 July.

**By: CAPA Faculty**





## STUDIO 10 EXCURSION



On Monday 29 July, 21 students from 10E1 visited Studio 10 to be a part of the audience. Although it was an early start, we were eager to try this once-in-a-lifetime experience of being a part of the show from a 'behind the scenes' perspective. We were quick to realise how much work actually goes into producing these daily news shows from directing to filming to executing, it's a very strenuous task. Being a part of this experience gave us an insight into the fields of journalism, media, production and directing, which subsequently happened during our important subject selections for the HSC and future career paths. We are extremely grateful that Studio 10 were able to give us an insight into their daily routine, making sure to explain how the cameras worked, the preparation and execution of live television and watching this take place in real life, while answering any questions we had.

On behalf of 10E1 thank you to Studio 10 and Ms Wailes for planning this enriching and successful learning experience which aided in the thought process for future career pathways. We enjoyed being a part of the show.

By: Sarah Steel, 10E1.

## BIRRONG GIRLS HIGH SCHOOL PARENTS & CITIZENS ASSOCIATION

Parents are invited to attend the  
P & C MEETING  
on **Wednesday 28 August 2019**  
at 5pm in the Common Room

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

### August:

Monday, 12<sup>th</sup> to  
Friday, 16<sup>th</sup>

▪ Year 11 Hospitality Work  
Placement

Friday, 16<sup>th</sup>

▪ Year 10 Vaccinations

Monday, 19<sup>th</sup> to  
Friday, 30<sup>th</sup>

▪ Year 12 Trials

Wednesday, 21<sup>st</sup>

▪ Year 8 Field Day

Wednesday, 28<sup>th</sup>

▪ P&C Meeting, Common Room,  
5pm

### September:

Monday, 2<sup>nd</sup> to  
Friday, 13<sup>th</sup>

▪ Year 11 Exams

Wednesday, 4<sup>th</sup>

▪ Year 7 Vaccinations

Wednesday, 11<sup>th</sup>

▪ Year 7 Field Day

## BIRRONG GIRLS HIGH REUNION



Looking for students who attended  
Birrong Girls High School and  
graduated in 1979 (Year 10) and 1981  
(Year 12). There will be a reunion on  
September 7 at the Bankstown Sports Club.  
Please email [bghs40yearreunion@gmail.com](mailto:bghs40yearreunion@gmail.com) if  
you are interested in attending.

## CANTERBURY BULLDOGS TOUCH ASSOCIATION

JUNIOR COMPETITION  
STARTS:  
**SUNDAY 18TH AUGUST**  
VENUE: YATAMA PARK

Divisions:  
U7 - U15 Girls & Boys

\$75 per player  
Payments can be made  
using Active Kids vouchers



CONTACT CAROLINE:  
0408 163 462

[canterburytouch@yahoo.com.au](mailto:canterburytouch@yahoo.com.au)

FOR MORE INFORMATION

[www.canterburytouch.com.au](http://www.canterburytouch.com.au)



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**RAMSAY HEALTH CARE**  
**Triathlon Pink**  
 Est. 2007  
**& Fun Run Pink**

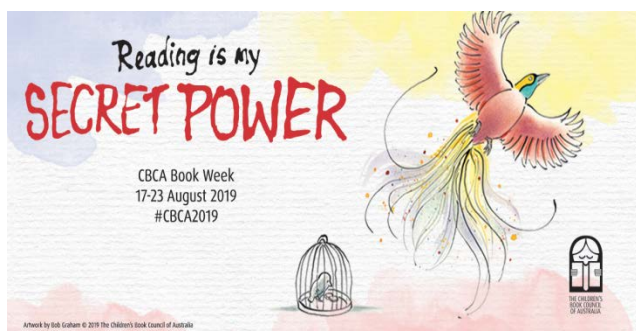
**WE DO FUN!**

Get the girls together, break out the pink & join us at the Ramsay Health Care Triathlon Pink – Australia's only all-female triathlon series. We do fun, we do friendship, we do PINK – all while raising funds for the National Breast Cancer Foundation.

2019-2020 Event Dates	Distances: Swim/Ride/Run
Sydney: 2 Nov 19	Ultra: 600m/16km/6km
Perth: 10 Nov 19	Long: 300m/8km/3km
Brisbane: 24 Nov 19	Medium: 200m/6km/2km
Melbourne: 19 Jan 20	Short: 100m/4km/1km
Gold Coast: 23 Feb 20	Kids 10-13: 100m/4km/1km
Sunshine Coast: 29 Mar 20	Kids 7-9: 50m/2km/500m
	Fun Run: 1km/3km/6km

Enter Online At [www.theeventcrew.com.au](http://www.theeventcrew.com.au)

@triathlonpink /teampinkie



## FROM OUR ENGLISH ROOMS

We are very excited to share with our community the wonderful work that our English students create. We encourage them to take risks with their writing, to probe their thoughts, readings and ideas deeply and to sustain effort. Creating an original piece of writing takes multiple drafts, sweat and tears. On the following pages is an extraordinary suite of poetry that our Year 12 student, A'aisha, composed and, as you will see, it's testimony to her tenacity and courage. We hope you enjoy her work as much as we have.



By: English Faculty

## White Electric Fences

White doesn't always mean peace.  
Sometimes behind the stars of the southern cross lay hateful spite

Born and raised in a white haze, it's a wondrous time.  
hidden from the truth, segregated from the hardship  
told we are accepted, we are Australians born and raised,  
sometimes, not invariably, just always constant and apparent,  
racial strides restrain our cultural pride

you didn't know you were placed in a cage, it's not your fault.  
White doesn't always mean freedom, like the white surrounding the cedar tree.  
like the white that corners the Union Jack,  
like the corners of the prison we were circumscribed  
we were young, we were unaware.

only when we came of age did we receive a part of the key,  
that automatically ended our childhood glee  
told to then find our own way over that intolerant electric fence.  
one foot after another, one jolt for every volt  
what lies ahead are harder times, with no nursery rhymes  
But it's fine, rest assured  
Another politician has stepped up to "make Australia Great"

Just get ready for some serious zaps,  
you're definitely going to have to readapt,  
Just forget our Arab overlap.  
You are a proud Aussie  
oi, oi, oi  
Just be aware,  
Just be aware of the cedar tree, the totem of our culture,  
shielded by its own white blockade  
the energy, fuelling our own electric...  
Gate

## Green Virtual Labels

A new world of bright colours, that hurt your eyes  
You think you've made it over the last hurdle, but, in fact, you've just arrived

If you look deeply enough you will find it isn't so scary,  
Until you've gazed upon the media stories  
Petty lies, ugly truths, the green hellion's next big tale  
drug trafficking, senseless violence, MEOCS scandals

Like the colour of binary code,  
there are endless possibilities of what can be created, discovered and invented  
Binary doesn't always have to make up dark green virtual labels  
It doesn't have to formulate hate built tacit systems.  
Green with venom  
Green with greed  
Your individual identity will always be placed aside.

Like the green of our cedar tree  
Laid upon our mountain sides,  
resting on our flag, front and centre  
We represent peace, longevity and as a cohort, a sign of strength  
People refuse to learn of our different hues  
Like the green of binary code,  
we are looked upon as numbers and nothing more

Muslim men and women, Arab children, fathers and mothers  
No different to you and me  
labelled illegal aliens, terrorists and swine.  
no matter where they go

How are we supposed to reboot the system  
If all archetypes of the collective unconscious are unstable?  
All those with real intelligence not A.I  
with beating hearts not churning cogs  
All no matter who or where they are  
Still identify their assailants based on the media idea  
the program will remain nothing but dark green virtual encryptions.



## **Blue's Hidden Truth**

Blue borrowed from the British  
The Blue of the Aryan eyes  
The blue hidden behind the highlighted red and white tones  
The blue of my mental demise  
my scarf pinned tight, and my nose sticking out right.  
I didn't fit the bill, of the perfect Aussie girl ideal.

Looking through the mirror  
My reflection showcased a broken child, fleeing not a country, not a dictator,  
but her very soul  
Depression, Anxiety,  
the fantasy of one day looking through the mirror and seeing the life and success I craved  
Pumping out poems, spilling lies, saying everything's alright  
All while trapped in my own mind.

All because I was simply told,  
because of the way I looked, it would be twice as tough  
And I would have to be twice as strong.  
told nothing else matters but facing the "truth"  
told to gaze upon the mirror and spill more lies.  
Imperfection something I must justify.  
Little did I know, all men and women, Arab, Aussie, black or white  
All felt emotions relating to self-deprecation,  
They all sneered at the mirror's unseemly deception

So much time spent looking directly at ourselves  
We don't realise the lining of the mirror, in all its imperfect perfection  
A metaphor for the world around us, not always are we alone,  
it's just that others also hide their dark blue tones.

## **Red**

White, blue, green or red  
All colours placed on our flags represent our peoples  
Yet we only focus on our own personal battles.

That is why, red resides as my last surprise  
When eyeballing our surroundings,  
or our flags,  
red strikes debate  
Without contrast it resides, it always finds a way to circumvent  
Red gives life, colouring our blood  
it binds our bloodlines and all our peoples  
when blood is shed, red stains our death beds,  
marking all of our tragic ends  
yet there are continuous hate crimes and shameless lies  
targeted towards us  
classifying us as the antithetic ones.

Every day we can choose to love instead of hate  
Yet we plea with the majority, who let it slip from memory

our Identity and abilities to comprehend are anchored  
From now on think of the individuals  
not the broader cohort, reconsider your first impressions.  
In the future I hope all will be kind, And refined,  
like the straight lines of both the flag of the Australians and the Lebanese  
Because I no longer will be confined and left blind.  
Like the colour red I hope to shine,  
and like my heroes spread happiness through the verdant vine  
I hope to share the hopes and dreams passed down through my vibrant red bloodline  
and give voice to the silenced truth.

just like the colour red  
reveal what has always been present.