

# BIRRONG BULLETIN

# The Newsletter of Birrong Girls High School

Cooper Road, Birrong 2143 Telephone: 9644 5057

Issue No. 3 June 2023

# PRINCIPAL'S REPORT

Dear BGHS Community,

Term 2 has been filled with immersive learning experiences, rich tasks and fantastic collaborative extracurricular experiences for many of our students. We are reminded daily how enriching school life can be for students who attend every day and seize the opportunities made available to them. Congratulations to the students who are making every day count and investing in their future. Gratitude and appreciation go to the ongoing hard work and commitment that our BGHS staff demonstrate without fail.

#### P and C

Thank you to our regular attendees at our P and C

meetings. Our 2023 P and C elect are:

President: Mrs Rawaa Bassal Secretary: Mrs Selina Taulapapa Treasurer: Mrs Amna Diab

We thank them in advance for their commitment to our school community. We encourage all parents and guardians to attend our meetings, held on Wednesday, Week 5 of every term at 5pm.

# Attendance

The Department of Education recently launched their Attendance Campaign, 'Every Day Counts' reinforcing the importance and impact of inconsistent attendance at school. What we ask parents to consider is how quickly the days add up and detract from the momentum, continuum of learning and development of overall knowledge and understanding of individual students. Some discomfort during the school day is character building. We may feel tired, have a headache or feel a little icky. We may not want to face a friend, teacher or task that makes us feel worried or uncomfortable. But nothing is gained from avoiding our responsibilities. Students have a full-time jobto go about the business of learning- and must attend school every day in order to do so. Remember, a one day absence a fortnight is the equivalent of one whole year across the span of school years. Many students are averaging well over one day per fortnight, tallying up a loss of twothree years lost in schooling overall. This is not just alarming, it will have real implications on future vocational opportunities, earning capacity and overall sustainable employment. We urge parents to review their approach to student attendance at school, including punctuality, to eradicate the terrible disadvantage that happens as a result.

### Student Activity on Social Media

The time wasted by students on social media is a well documented and researched phenomenon and the negative impact on health, academic progress and overall wellbeing is increasing exponentially.

Students can spend hours scrolling on their phones with nothing to show for their efforts. This is fast magnifying deficiencies in learning. Social media activity has also threatened the safety and security of many of our students because of their reckless behaviour online. Much of the content and interactions online involves inappropriate content, conduct, language and images. We also remind families that many students are mistakenly appropriating images of others, adults/members of staff and other people they know to create posts and videos that are illegal and defamatory. Students need to understand that if they are identified on a site where others are being mimicked and humiliated, they face serious consequences, in addition to the students who are responsible for the posts in the first place. Far more direct supervision of student activity on social media is required by parents and carers at home. We urge all parents and carers to acknowledge the reality that children are no longer safe just because they are sitting at home in plain sight. Anything they are doing online that is silent and invisible could be jeopardising their safety and placing them directly or indirectly at risk. Setting clear rules about technology use where parents and carers control access and visibility is vital. Students do not need access to their phones at home. Access to devices should be in plain site within a central space in the home- not in bedrooms. A balanced schedule should be implemented at home that incorporates exercise, study, revision and chores.

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# Thank you

Thank you to IGA Birrong for their generous donation.

The Student Environmental Team will make excellent use of this money to promote sustainable practices around the school.



Warmest regards,

Zena Dabaja **Principal** 

# REPORT FROM THE DEPUTY PRINCIPALS

Congratulations to the students who have a 100% attendance record for Term 1. Well done. A great way to maximise your opportunity to learn! Certificates for students who have demonstrated 100% attendance for Term 1 have been distributed.

Year 12 has been working to complete their assessment tasks and will be receiving their midcourse school reports at the end of Week 4 this term. Assessments have been returned to students and teachers will use information from the marking process to adjust teaching programs to ensure our students reach their full potential by the time the HSC starts on Wednesday 11 October. Students should review their tasks to identify areas of strength and areas where they need to build on their knowledge, understanding and skill. The HSC timetable was released on Friday 28 April and students should now know when each of their final exams is scheduled. We want to thank the parents who attended the HSC / ATAR / TAFE Parent Session. It was a great time to be informed and ask questions about the processes following the HSC.

**Year 11** students have now settled into senior school life and understand the expectations that go along with being a senior student. This means that students should be devoting sufficient time to their

studies (3 hours) and be reflecting on the feedback provided by their teachers during class and following their assessments. Students should be building a sustained homework and study routine at home in preparation for their preliminary exams which take place in late Term 3. Teacher feedback is the greatest resource students can access and use in order to make the necessary changes to enhance their personal educational growth. We encourage all senior students to make use of the teacher support / tuition offered in the library Tuesday to Thursday from 2.50pm – 4.50pm every week. Year 11 VET Retail students are engaging with their mandatory week of Work Placement to achieve their competencies for their Certificate III.

The majority of **Year 10** students are applying the necessary work ethic in classes and at home to help them achieve successful results in their RoSA year. The Commerce Mother's Day Stall was held on Thursday 11 May. Funds raised will be donated to the Amnesty team to support birthing kit assembly. The half-yearly exams are scheduled during Weeks 4 and 5. Year 10 will also be undertaking the first opportunity this year to demonstrate a minimum standard of literacy and numeracy to receive the Higher School Certificate (HSC) from 2025. The three short online tests will consist of everyday reading, writing and numeracy skills. We have a busy term ahead for Year 10. They will be attending Riverside Theatre to see Macbeth during Week 4.

Term 2 is a time for all **Year 9** students to really engage in their learning now they understand what is required of them in all courses. Student application and progress will be recorded formally and at the conclusion of this term school reports will be distributed.

Most of our **Year 8** students have settled back into the routine of high school life with many already receiving achievement awards from their teachers. It is good to see so many Year 8 students taking advantage of the school's Homework Centre which operates for two hours after school on Tuesday to Thursday. The Homework Centre provides an excellent opportunity for students to engage productively in their learning. Experienced teachers provide assistance to students who require support with their homework, assignments and assessment tasks.

Year 7 students have well and truly settled into the swing of 'life at Birrong GHS'. Many students have already been working hard and receiving achievement awards from teachers. When a student submits five achievement awards to a Deputy Principal they will be awarded a Certificate of Merit. All students are encouraged to be active participants in the School Merit System process. An outline of the School Merit System can be found in the school diary.

The school athletics carnival is scheduled for Week 7, Wednesday 7 June and there is an expectation that all students will be in attendance. All students are required to travel to and from the event via the school organised bus. Payment for the bus must be made prior to the day. The carnival day is a great opportunity for all students to get involved in the fun activities offered on the day. Join the fun by signing up to run a race, jump long or high or throw a javelin, disc or shot put.

Parents are encouraged to check the school website regularly at <a href="http://www.birronggir-h.schools.nsw.edu.au/">http://www.birronggir-h.schools.nsw.edu.au/</a>

or the Facebook page to keep informed about events occurring at the school. These sites are updated frequently with information and images that celebrates our students' achievements.

Ms George, Ms Andrews and Ms Blue **Deputy Principals** 

### **WELFARE MATTERS**

## The Resilience Project

The Resilience Project continues to be part of our school curriculum where students engage in weekly lessons which are based on the principles: gratitude, empathy, mindfulness (GEM) and emotional literacy. The overall aim of the program is to build resilience and happiness in our students. The principles that are encouraged to be used on a daily basis are:

**Gratitude** – Paying attention to the things that we have right now, and not worrying about what we don't have. We practise this by noticing the positives that exist in our lives and around us.

**Empathy** – Putting ourselves in the shoes of others to feel and see what they do. We practice this through being kind and compassionate towards other people.

**Mindfulness** – Our ability to be calm and present at any given moment. We practice this through slowing down and concentrating on one thing at a time. This could be focusing on our breathing, completing a colouring sheet, doing yoga or meditation or stopping to notice the noises we can hear etc.

**Emotional Literacy** – Our ability to label our emotions as we experience them. Labelling our emotions helps us to manage our emotions (soften negative emotions and find positive emotions). We practice this by labelling our emotions as we experience different parts of our day.

We encourage parents to demonstrate and role model the GEM principles as often as possible at home. To assist there are some **GEM CHAT** questions below that you can use at different times

throughout each week. These daily questions will support the use of GEM principles with members of your family. We know if you practise these principles as part of your daily routine they will become a habit. Research has shown that making these principles a habit will improve one's happiness and resilience. We also think it is a great way to facilitate positive conversations with your family. As a parent, it is really important that you demonstrate these behaviours by answering the questions too.

### **GRATITUDE GEM CHAT QUESTIONS**

- What were three things that went well for you today?
- Who is someone you feel really grateful for today? Tell us why.
- What is it about our home that makes it our home/special family place?
- What is something you are looking forward to tomorrow?

#### **EMPATHY GEM CHAT QUESTIONS.**

- Who is someone you know who may be experiencing some difficulty currently?
   What could we do for them as a family?
- Remember someone who has done something kind for you recently. What did they do for you?
- Say something kind to someone in your home.

#### MINDFULNESS GEM QUESTIONS

- How did you practice mindfulness today?
   These are things like meditation, yoga, puzzles, spot the difference, colouring.
- What mindfulness activity are you going to do tomorrow?
- What is your favourite mindfulness activity?
- How do you feel after you do a mindfulness activity?



Students with 100% for Term 1 were presented with a merit award at Year meetings in Week

2. There were 29 students from Year 7, 11 students from Year 8, 20 students from Year 9, 19 students from Year 10, 15 students from Year 11 and 14 students from Year 12 who were acknowledge for their excellent commitment to their learning. Good attendance of over 90% is extremely important for strong student learning achievement and it is also very impressive when applying for work, whether it be part-time work or full-time work post schooling.

All students are encouraged to be at school every day unless they are sick. Every student can improve their attendance percentage by coming to school every day from this point. Look at this example- if for Term 1 you have 10 days absent, you are at 79% attendance. That is, you were present 38 days out of 48 school days. If you have no more absences in Term 2 then your 10 days absent will put you at 89% attendance. If you have no more absences in Term 3 then your 10 days absent will put you at 93% attendance. If you have no more absences in Term 4 then your 10 days absent will put you at 95% attendance. That is, you attended 184 days out of 194 school days over the year. Improve your attendance, start from today.

### **Dental Assessments**

Students were provided the opportunity to take part in dental checks at our school in Week 2 from the Australian Dental Health mobile service. Ninety-four students were assessed, and many received dental treatment.

#### Student of the Month Award



Congratulations to Fatima Al Fadheli of Year 12 who has been awarded the "Student of the Month" Award for April 2023. She has demonstrated strong citizenship, leadership and commitment to the school

community. Fatima is a mature and diligent student with a positive attitude to her studies. She has carried out valuable school service through her commitment and active involvement in various programs. She has demonstrated dedication and initiative in the SRC, the Social Justice Team and the senior debating team. Fatima has been a committed SRC member since Year 7 and has been involved in many fundraising events for worthy causes, including supporting our sponsored child, Lightness and the Ration Challenge. She has also actively participated in the FOCUS program and since Year 9 she has participated the Fast Forward university access program.

Out of school, Fatima is an active member and volunteer for the Multicultural Eid Festival and Fair organisation, where she has assisted with the organisation of various aspects of the performances and awards ceremonies. She is also a member of the community based Alkesaa Association, where she is involved in supporting community needs, including youth issues. The organisation provides food and clothing for people in need both domestically and overseas and provides counselling support for struggling youth.

Her future goal is to attend university to attain a degree in law and international studies with the view to pursue a career in the field of law.

#### **School Vaccinations**

School vaccinations are scheduled on Monday 19 June 2023 for Year 7 and Year 10. Year 7 students will be given Dose 1 of Human Papilloma Virus (HPV) and Year 10 a single dose of Meningococcal ACWY vaccine.

If you have not yet provided consent, parents are able to register their consent online.

## How to provide consent:

 To complete online consent for your child's school vaccinations, visit: https://nswhealth.service-now.com/school

Or use the QR code in the following image.

- Follow the steps to log in to your existing ServiceNSW account. This is the same account you may already use to renew your driver's licence. If you don't have a <u>ServiceNSW</u> account, refer to <u>ServiceNSW</u> to create one.
- 3. Update or confirm your personal details in ServiceNSW as required.
- 4. Complete the School Vaccination Consent Form for your daughter(s). You will need to:
  - a) Enter your daughter's personal details
  - b) Provide the Medicare card details for you and your daughter
  - c) Read the <u>linked Parent Information</u> <u>Sheet and privacy statement</u>
  - d) Provide consent



Ms Salvagio

Head Teacher Female Students

#### **CAREERS NEWS**

# **Year 10 Subject Selection**

Year 10 have started the important process of subject selection. Birrong Girls runs a variety of workshops and events to support our students when it comes to making informed decisions regarding their HSC. All Year 10 students complete a lesson where they receive important documents and learn the basic information and rules in selecting subjects. They will then participate in the annual Subject Market early next term, followed by an information session with Ms George and then finishing with parent/carer and teacher interviews. Parents/carers are asked to please save the date for an informative Information Session with Ms George - Thursday 20 July. More details for these events will be sent home with students later this term.

#### Year 12

The UAC application process is well underway and students have begun applying for their top courses and uni's. All students attended a UAC session where they learnt the basics of how to apply, important dates, received resources and watched a video that took them through step by step instructions. Students are reminded to continually keep checking their Careers Google classroom to stay up-to-date with events and deadlines. All UAC resources and materials relating to tertiary education and applications are saved in the UAC folder on their Google classroom. If any parents/carers wish to meet with a Careers Adviser, please phone the school to make an appointment.

Ms Wailes/Ms Shinas Careers Advisers

# **ZONE CROSS COUNTRY 2023**

40 fit and competitive Birrong students competed at the Edmondson Zone Cross Country Carnival on Wednesday 10 May at Kelso Park, Panania.

All students participated with enthusiasm and there were some outstanding results achieved from our school. We have students from each age group representing the Edmondson Zone Team at the Regional cross country on 15 June.

The results are as follows:

# **12 years:**

Camila Suni Sallo – 3<sup>rd</sup> place Jasmin Dandachi – 4<sup>th</sup> place Amani Nassereddine – 5<sup>th</sup> place Hafsa Gala – 8<sup>th</sup> place Amira Terkmani – 12<sup>th</sup> place Hanin Al-Ashmori – 13<sup>th</sup> place Serene Malas – 15<sup>th</sup> place

# 13 years:

Kayla Watson – 9<sup>th</sup> place Isabell Burton – 10<sup>th</sup> place Charlotte Phan – 15<sup>th</sup> place

## 14 years:

Amara Mikati – 6<sup>th</sup> place Maliha Ghulami – 10<sup>th</sup> place Shifa Ali – 14<sup>th</sup> place Tam Hoang – 15<sup>th</sup> place

# **15 years:**

Aurora Beaumont – 1<sup>st</sup> place: **Age Champion** Zaynab El-Biza – 6<sup>th</sup> place Shadiah Hamdan – 14<sup>th</sup> place

### 16 years:

Carmen Yeung – 10<sup>th</sup> place Sirinda Amornkool – 12<sup>th</sup> place Mushtaq Mohamed – 14<sup>th</sup> place

# **17 years:**

Nayla Amyasofhan – 5<sup>th</sup> place Shahd Asale – 11<sup>th</sup> place Ellen Kolka – 14<sup>th</sup> place

Well done on a fantastic achievement and to all those who went as our officials in 11 & 12 SLR and 10 PASS. You all did a wonderful job!

# Ms Hammad **PDHPE Teacher**















# BIRRONG GIRLS HIGH SCHOOL CALENDAR For your diary / noticeboard

<u>June:</u> Wednesday, 7<sup>th</sup> ■ Athletics Carnival, The Crest

King's BirthdayPublic Holiday Monday, 12th

Monday, 19th ■ Year 10 Vaccinations in the

Hall

Monday, 26th

■ Parent Assembly for students receiving awards, 8:30am, Hall ■ Parent/Teacher sessions, 2:20pm – 5:30pm

Tuesday, 27th ■ Zone Athletics, The Crest

Friday, 30th ■ Last day of Term 2



# **BIRRONG GIRLS HIGH SCHOOL PARENTS & CITIZENS ASSOCIATION**

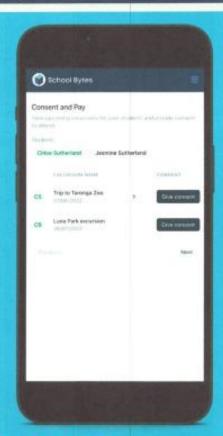
Parents are invited to attend the **P&CMEETING** at Birrong Girls High School on Wednesday 16 August 2023 at 5pm Please register your attendance by phoning the

school office

# **AVAILABLE NOW!**

We are excited to announce our school will be transitioning to a more flexible and simplified way parent/carers can make payments

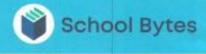




# **The Parent Portal**

- · Easily make a payment online
- Download your receipt
- Sign and return permission notes digitally
- · Use any credits on your account to make payment
- View your complete payment history
- · Request a refund

TERM 2



Register for the Parent Portal via the QR Code or visit

https://portal.schoolbytes.education



# School student travel information for parents and students

#### School Travel Passes

Students who require a School Opal card or travel pass but have not yet applied need to apply or update their details as soon as possible.

In the Opal network, students should travel with a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their <u>local bus operator</u> to discuss their travel needs.

New Student Opal cards (including new Term Bus Passes) will be sent to the student's nominated postal address within two weeks of their application being approved.

Students living in rural and regional areas will receive their travel pass from their nominated transport operator. It may be issued via their school or be sent directly to them at home. **Note**: some rural and regional operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

# Terms of Use

Students using Opal cards must tap on and tap off in line with the Opal terms of use.

All students are required to comply with the <u>Student code of conduct</u>. The code of conduct aims to ensure the safety and well-being of school children and other passengers. It is important that parents ensure their child is aware of this, as failure to comply with the code of conduct can result in a suspension from travel.

Further information can be found at <u>transportnsw.info/school-travel</u> Enquiries can be submitted at <u>transportnsw.info/passes-concessions-feedback</u>

# Free healthy lifestyle program for children 13-17 years who are above a healthy weight.

# Think, Eat and Move:

July 14th - 8th September 2023

Online

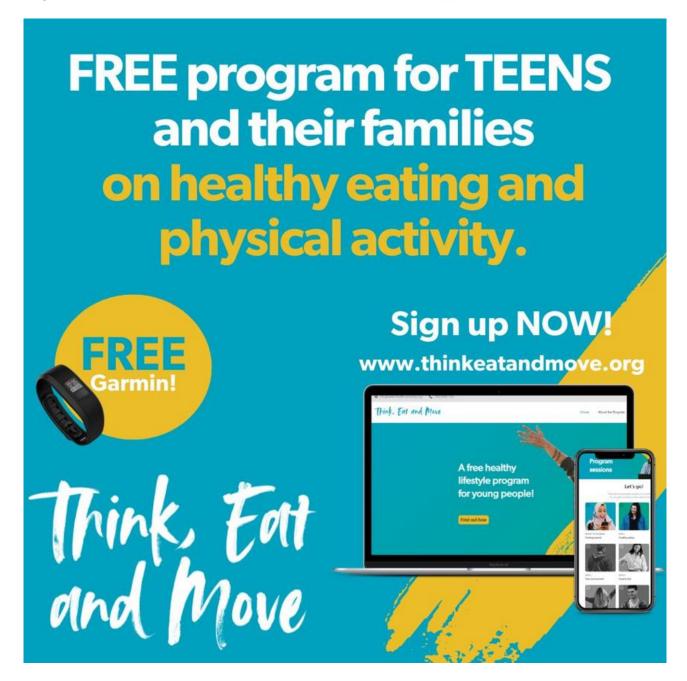
https://thinkeatandmove.org/

TREE

Think, Eat and Move focuses on healthy eating, physical activity, sleep and selfesteem for adolescent children. Children receive free resources and families are support by dietician/nutritionist each week.

If you need guidance around creating healthy habits then this is for you.

Together we can work to ensure more families lead healthier, happier, active lives.













# SCHOOL ATTENDANCE MATTERS – Remember, give your child every chance to succeed. A day absent from school here and there doesn't seem like much, but...

If your child misses	That equals	Which is	Over 13 years of schooling that is	Which means the best your child might perform is
1 day/fortnight	20 days/year	4 weeks per year	Nearly 1.5 years	Equal to finishing in Year 11
1 day per week	40 days/year	8 weeks per year	Over 2.5 years	Equal to finishing in Year 10
2 days per week	80 days/year	16 weeks per year	Over 5 years	Equal to finishing in Year 7
3 days per week	120 days/year	24 weeks per	Nearly 8 years	Equal to finishing in Year 4