



# SGHS NEWSLETTER

Email: [strathfiegh-h.schools@det.nsw.edu.au](mailto:strathfiegh-h.schools@det.nsw.edu.au)

Phone: 9746 6990

Fax: 9746 3517



## Upcoming Events

Week 6 B Term 4 2018

### Term 4

#### WEEK 6

- **Nov 21-23**— Year 8 Examinations
- **Nov 19**— Years 7-10 Clearance

#### WEEK 7

- **Nov 26—Dec 3**— Years 10 ABW
- **Nov 29**—Strathfield Council HSC Major Works Art Exhibition

#### WEEK 8

- **Dec 3**— Year 11 Maths Ext 1 HSC Task 1
- **Dec 4**— Year 6 Orientation Morning
- **Dec 5**— Year 11 Maths Adv and Std— HSC Task 1
- **Dec 6**— Year 9 & 10 Drama Presentation
- **Dec 7**— HSC Business Task 1  
Year 8 Luna Park Excursion  
Piano Concert 6.30 pm

#### Next P&C Meeting

Christmas Dinner  
**Monday 10 December, 7pm**

### SRC Presents the Being 10 Program to Principals in the Strathfield Network

On Friday, 9<sup>th</sup> November, accompanied by Ms Shalini and Ms Fawaz, nine members of the SRC attended Lucas Garden School to present the Being 10 program at the Strathfield principals network meeting. We were lucky enough to be invited by the Director Public Schools, Strathfield, Ms Maria Serafim to give the Principals an overview of the program.



Early this year six SRC students from our school participated in the Being 10 Program with Maria Serafim at Hurlstone Agricultural High School. The attendees were encouraged to share this empowering program with their school, and we were very interested in sharing this wonderful concept with the rest of our peers. We held a training session for the SRC body in preparation for the last week of Term 3, when we programmed a number of sessions for all students from Years 7 to 10. The Being 10 Program was very successful and had a great response, particularly with the younger year groups. It allowed the girls to reflect on their goals and their potential, and taught them the importance of empowering and encouraging each other. We also ran the program for Year 6 students from Marie Bashir Public School. The engagement of participants and the success of our presentation of the program resulted in the honour of receiving this invitation to present to Principals. We were nervous, but thrilled!



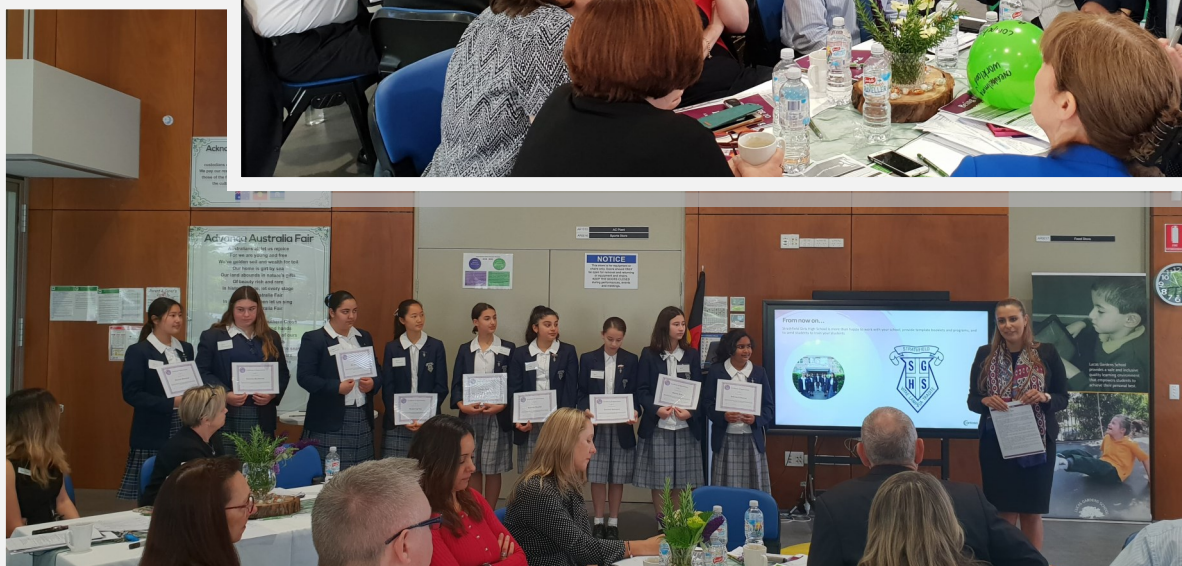
# Being 10

On the day, we held a 20 minute session comprising three activities taken from the program. The first activity encouraged the Principals to share their thoughts about what Being 10 means to them with the help of their SRC facilitators. We passed a balloon around each table and had the Principals write down what prevented them from **being a 10**. We distributed a small package for the Principals to take back to their school and encouraged them to contact us for any collaborations on delivering this worthwhile program at their respective schools.

On behalf of Strathfield Girls High School, I would like to acknowledge Ms Serafim for providing us with this wonderful opportunity. Thank you to the Principals for participating and sharing their precious thoughts and experiences. Finally, thank you to our wonderful Principal, Ms Lyris for her continuous support and giving us this platform to develop our leadership skills.

Congratulations to our facilitators on the day: Mikayla Saliba, Yasmina Bazzi-Backhouse, Michele Battadrol, Wonjeong Yoo, Ashvita Sritharan, Vanessa Speranza, Aleyna Acar, Hanan Maaliki and Amelia Haddad.

*Vanessa Speranza Year 7 SRC*



# Term 4 Week 5 Sports News

## Grade Sport Result

Teams travelled by bus to their various venues to play in the Bligh Zone Grade competition.

SPORT	RESULTS	SCORE
7/8 European Handball 1	Defeated by Tempe 2	3-5
7/8 European Handball 2	Defeated Tempe 1	9-8
7/8 Oztag 1	Defeated Strathfield 2	5-1
7/8 Oztag 2	Defeated by Strathfield 1	1-5
7/8 Basketball 1	Defeated by Tempe	2-36
7/8 Basketball 2	Defeated by Balmain	19-36
9/10 Touch 1	No Game	
9/10 Touch 2	Draw Balmain 2	1-1
9/10 Basketball	Defeated by Leichhardt 2	18-40
9/10 Basketball	No Game	
9/10 Volleyball	No Game	
9/10 Volleyball	No Game	

## Players of the Week

SPORT	STUDENT
7/8 European Handball	Sriharshitha Puthi
7/8 Oztag	Rachida El Chahrouk
7/8 Basketball	Mariam Malki
9/10 Basketball	Sayoni Kumar
9/10 Touch	Zoe Yin
9/10 Volleyball	No Game

# Term 4 Week 5 Sports News

## SOFTBALL

Softball is a popular sport at Strathfield Girls HS. Students enjoy participating, batting, making it to home base and especially fielding to get players out.

### Do you know the history of the sport?

**Softball** is a variant of baseball played with a larger ball (11 to 12 in. circumference) on a smaller field. It was invented in 1887 in Chicago, Illinois, United States as an indoor game. The game moves at a faster pace than traditional baseball. There is less time for the base runner to get to first while the opponent fields the ball; yet, the fielder has less time to field the ball while the opponent is running down to first base. The name *softball* was given to the game in 1926, because the ball used to be soft.



## Dance Auditions

Auditions occurred on Tuesday and Wednesday for selection for the Dance Ensemble. The students learnt a short routine and performed it in small groups. The turnout was excellent and Miss Kilazoglou is very excited about the ensemble's prospects



# Term 4 Week 5 Sports News

## Year 6 Transition Activities with Homebush PS

Our delightful 8B were wonderful in hosting Homebush PS for a variety of fun PE activities on Thursday 15 November. The girls ran an exciting orienteering challenge where Year 6 students discovered lots about our school as well as, enjoyed fun relays where the competition was tight. Everyone had fun and is looking forward to joining Strathfield Girls HS next year. Special thanks to Miss Manahan for organising the activities so well.



# Term 4 Week 5 Sports News

## World's Largest Health Lesson

Our Year 9 students broke a record! They attended the World's Largest Health Lesson on Friday 9 November and learnt about strategies to increase mental fitness and build awareness of mental health in our community. The 50 students who attended the live event were exceptional in their behaviour and special mention must go to Livia and Apurva who presented in front of the entire live and online audience. They represented their school brilliantly!



# Term 4 Week 5 Sports News

## SPORT 2019

Below are the sport choices and costs for years 9, 10 and 11 (2019) for Term 1. **Please note that students need to pay in person at the front office from Monday 19<sup>th</sup> November.**

TERM 1		
SPORT		COST
<b>BUS TO EXTERNAL VENUE</b>		
ARCHERY		\$175
FITNESS CLASS		\$165
TABLE TENNIS		\$145
BADMINTON		\$145
TEN PIN BOWLING		\$165
ICESKATING		\$145
<b>SCHOOL GROUNDS</b>		
GARDENING		\$15
CARDIO BOXING		\$70
TAE KWON DO		\$110
YOGA		\$90
SOFTBALL		\$0
<b>WALK TO EXTERNAL VENUE</b>		
DANCE		\$75
TENNIS		\$65
<b>WALK TO STRATHFIELD PARK</b>		
BASKETBALL		\$20
CRICKET		\$90
VOLLEYBALL		\$20
OZTAG		\$20
NB: DANCE ENSEMBLE Selected through auditions		

### Instructions for Sport Selection

Available sports are indicated in the list.

You must select a sport for Term 1, 2019.

Discuss sport options with your parents.

In order to select a sport, you will need to make full payment for that sport only at the front office. This allows the school to be fair and equitable in regards to student numbers in specific sports.

**Please note that payments made online may take up to two days to be processed and there is no guarantee that you will secure your sport selection as sports fill quickly.**

**Payments can be made from Monday 19th November until Friday 7<sup>th</sup> December.**

Students who do not pay and select a sport will be allocated a sport.

Students are to return the signed permission note to the box outside the PE staffroom.





# STAFF NIBS

## News and Information Bulletin of SGHS

Monday 19 November, Week 6B

### Day Events

- Library stocktake starts
- Yr 10 AMOW Instructions issued to students
- Yrs 7-10 Clearance Day

### Student Assessments

### Reminders

Tuesday 20 November Week 6B

### Day Events

- Yr 10 AMOW Instructions issued to students
- Fitness Club - Xtreme 7.45am
- Science Stage 5 Audit

### Reminders

- No Executive Meeting

Wednesday 21 November, Week 6B

### Day Events

- Yr 8 Examinations
- Yrs 8-12 Schools Spectacular Rehearsal
- Year 6 Extra Orientation Day
- ABW Presentation for Mentors during lunch

### Student Assessments

### Reminders

- Yr 10 finalise marks
- Yr 10 NESA grades finalised by 4pm

Thursday 22 November, Week 6B

### Day Events

- Yr 8 Examinations
- Yr 9 Peer Support Training
- STEAM Club
- Yrs 8-12 Schools Spectacular Rehearsal
- World's Largest Health Lesson Focus Group
- Eddie Woo Presentation
- Videos for Change Film Festival

### Student Assessments

### Reminders

- Leadership Team Meeting
- HTs complete Yr 7 reports

Friday 23 November, Week 6B

### Day Events

- Yr 8 Examinations
- Yr 9 Peer Support Training
- HSC VET Competency and Work Placement hours to be completed
- Yrs 8-12 Schools Spectacular Rehearsal
- Chinese Cultural Centre Excursion 2018
- School Spec Viewing
- Fitness Club - Xtreme 7.45am

### Student Assessments

### Reminders

- Yr 9 finalise marks
- Yr 10 teachers complete reports