



SGHS NEWSLETTER

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Week 4B Term 2 2018

Upcoming Events

Term 2

Week 5

- 28 May – 1 June Year 10 Mid Year Exams
- 28 May– Year 12 HSC Standard English, The Shoe-Horn Sonata Performance
- 29 May– Science ICAS Competition
- 29 May– World Vision Youth Conference
- 1 June– Bligh Zone Cross Country
- 1 June– Year 11 Supreme Court Visit

Week 6

- 4 June- Year 10 Mid Year Examinations
- 5-6 June– SRC initiative– Stomp out the gap week
- 6 June– Syd E Tennis Trials
- 7 June– Bligh Zone Touch Gala
- 7 June– Year 11 Parent/Teacher Night
- 6-8 June Year 7 Exams
- Year 12 Business Studies Student Conference

Next P&C Meeting

Monday

18 June 2018

Message from the Principal

BEING 10

How would you rate yourself out of 10? The development of society over time has led to a decrease in one's self-esteem, with majority of teenage girls feeling insecure or not good enough as a result of the unrealistic social standards they feel obliged to follow.

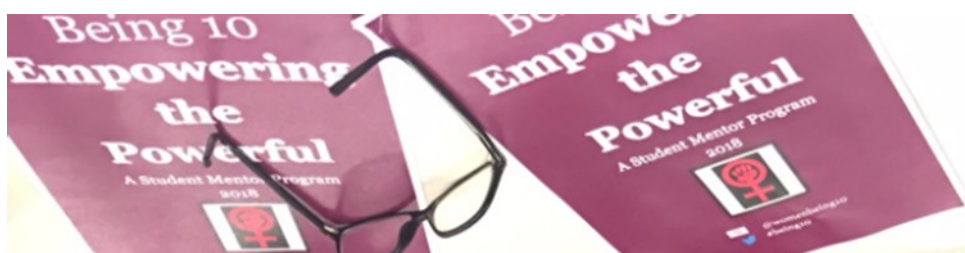
On the 10 May, six SRC students, accompanied by the wonderful Ms Fawaz, visited Hurlstone Agricultural High School to participate in the newly launched programme, 'Being 10.' This programme focuses on discussing the importance of self-acceptance and recognising the qualities and characteristics we obtained that made us a 'ten out of ten'. Someone who is a 'ten out of ten' is considered to be the best version of themselves, where they are confident and happy with the impact they have on others.

Throughout the day, we participated in a range of activities such as identifying the people who greatly influence us in our day to day lives, as well as focussing on three main phrases; "I am," "I will," and "I can." The comparison of these answers from the beginning of the day to the end showed how one's self-esteem and confidence can change within the course of a few hours, just by recognising and discussing your ten qualities.

We were also given the opportunity to listen to inspiring, influential speakers who gave us an insight into their lives. Kylie Captain, an Aboriginal woman who had a rough, deprived childhood and didn't believe she would achieve anything due to the adversities that came alongside being Aboriginal, shared how she managed to be resilient enough to become a teacher through constant support from teachers and friends.

This day was an insight into the importance of seeing the positive things about yourself and knowing you have the potential to become and achieve anything you desire. You don't have to be a ten in the eyes of everyone, as long as you see it yourself.

Izabelle Lac, 10SRC





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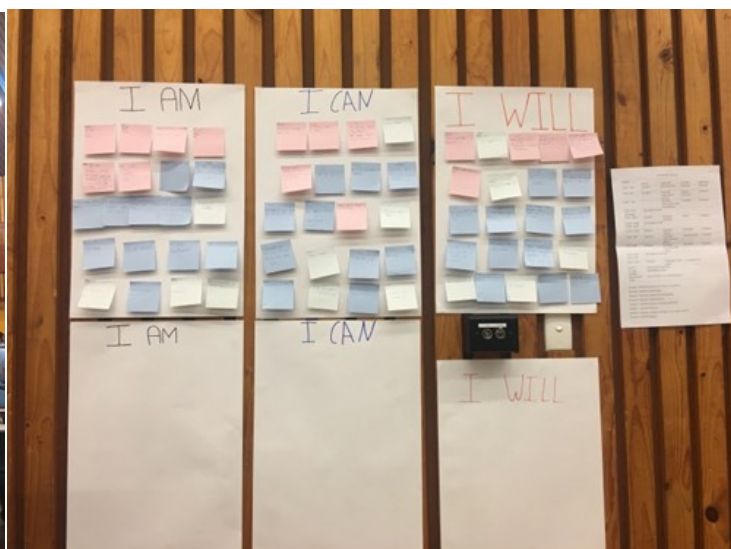
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SGHS Intermediate Theatresports Heat 2018

On Tuesday, 15 May 2018 the Intermediate Theatresports Team for 2018 competed in their first heat with the Impro Australia Theatresports Schools Competition at Presbyterian Ladies College, Croydon.

The team consisted of the following year 9 Elective Drama Students:

Sasha Hallit
Sienna Lovell
Alexis Nguyen
Ariana Ahmed
Madison McGrath

This dedicated and talented group of students train every Wednesday afterschool and during lunch times with Ms Wenman.

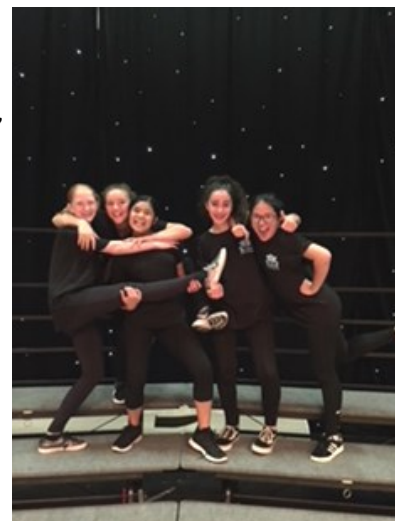
The night was long, however, girls had a great experience, commenting:

'The workshop was great and I learnt more games and techniques to use in some future scenes' Madison

'This experience allowed us to further build our improve skills' Ariana

'This experience gave us the opportunity to learn from other schools as well as learn techniques from the coaches' Sasha

'This experience helped me with my confidence and work with different types of people' Sienna





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VET Entertainment Excursion

On Monday, 14 May, the Year 11 and 12 VET Entertainment class participated in a practical workshop at Southern Cross Vocational College. They had to work in the departments of audio, vision and lighting to present a scene from Macbeth.





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WEEK 3 SPORTS NEWSLETTER

GRADE SPORT RESULTS

The first week of the Grade sport winter competition 2018. Well done to all our participants and coaches.

Week 3 results

SPORT	RESULTS	SCORE
7/8 Netball Team 1	Defeated Balmain 1	9-8
7/8 Netball Team 2	Defeated Leichhardt 1	6-5
7/8 Soccer Team 1	Draw Strathfield 2	1-1
7/8 Soccer Team 2	Draw Strathfield 1	1-1
7/8 Volleyball Team 1	Defeated Tempe 2	2-0
7/8 Volleyball Team 2	Defeated by Tempe 1	2-1
9/10 Netball Team 1	Defeated Leichhardt 2	17-12
9/10 Netball Team 2	Defeated by Leichhardt 1	14-6
9/10 Soccer Team 1	Defeated by Leichhardt	5-0
9/10 Soccer Team 2	Defeated by Balmian	13 - 0

Players of the week

SPORT	STUDENT
7/8 Netball	Tarrynina Lui
7/8 Soccer	Sasha Devajana
7/8 Volleyball	Trish Lam
9/10 Netball	Sela Deng
9/10 Soccer	Maleeka Alam



STAFF NIBS

News and Information Bulletin of SGHS

Monday 21 May, Week 4B

Day Events

- 10PASS2 NRL coaching

Student Assessments

- Year 9 Mid Year Examinations
- Year 10 Chinese AT2 & AT3
- Year 10 civics assessment task due

Reminders

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Tuesday 22 May, Week 4B

Day Events

- Year 11 & 12 Sydney Dance Company Performance
- Year 10PASS
- Year 12 Parent Teacher Night

Student Assessments

- Year 9 Mid Year Examinations

Reminders

- Exec Meeting 3:10pm

Wednesday 23 May, Week 4B

Day Events

- Year 7—12 In Concert
- Plain English Speaking Award

Student Assessments

- Year 9 Mid Year Examinations

Reminders

Thursday 24 May, Week 4B

Day Events

- Year 10 Inquisitive Minds

Student Assessments

- Year 9 Mid Year Examinations

Reminders

- STAFF Meeting

Friday 25 May, Week 4B

Day Events

- Chinese Eisteddfod Competition 2018 (Saturday 26 May).
- 10PASS2 NRL Coaching

Student Assessments

- Year 9 Mid Year Examinations

Reminders

- Senior Wellbeing Meeting 8am