



SGHS NEWSLETTER

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Term 3 2018 Bumper Issue

Important Events

Message from the Principal,

Term 4

WEEK 1

- Oct 18—HSC Examinations commence

WEEK 2

- Oct 24—Year 11 Crossroads
- Oct 22-26—Year 10 Work Ready
- Oct 26—Year 7 Language Day

WEEK 3

- Nov 1—Year 11 Parent Seminar

WEEK 4

- Nov 5-9 —Year 10 Examinations

WEEK 5

- Nov 12-16—Year 9 Examinations

WEEK 6

- Nov 21-23—Year 8 Examinations

WEEK 7

- Nov 26-Dec 3—Australian Business Week

WEEK 8

- Dec 3—HSC Art Exhibition & Textiles students Major work
- Dec 4—Year 6 Orientation Day
- Dec 7—Piano Concert

WEEK 9

- Dec 10-12—Year 9 Camp
- Dec 13—Presentation Day
- Dec 14—Year 8 Fun Day

WEEK 10

- Dec 19—Last day of Term!

Term 3 is always a busy, productive and very memorable time of the school year. I want to reflect on some of the events and achievements from the final weeks of the last Term.

The Year 12 Graduation at Marie Bashir Public School was a fitting celebration and tribute to our departing Year 12 cohort. As you are aware, the girls are ready to sit for their Higher School Certificate Examinations, starting Thursday 18 October, and we are confident that every student will achieve their goals. Our best wishes from the school community are now extended to this very fine group of women, with our expectation of the success that they fully deserve.



NAPLAN documentation has now been sent home and the school congratulates its Year 7 and 9 cohorts on having achieved outstanding results. For our Year 9 students, this means being able to approach next year's Minimum Standards tests with a lot of confidence in their ability to succeed in the learning process.

On Thursday 27 September we had the great pleasure of having Maurie Mulheron, *President of the NSW Teachers Federation*, visit our school and present at our Staff Meeting. Mr Mulheron was given a tour of our school and was provided with a snapshot of classes in progress that demonstrated various Key Learning Areas. He was extremely impressed with our entire school environment, especially our students' artwork that we have displayed throughout all our buildings. Our staff were extremely impressed with his presentation and

Principal's Report (continued)

feedback at the staff meeting.

The school's Japanese Cultural Tour was a great success and a lifetime experience for all students who participated in this highly successful initiative. Our students learnt so much about Japanese culture and had the opportunity to forge new friendships with students at our sister school in Nihonbashi. Our sincere thanks go to Ms Maharaj, Ms Abe and Mr Loke who accompanied and supervised this group of students over a memorable 2 weeks.



On the last Thursday evening of Term 3 the school held its annual Dance Night, *One Moment in Time*, at Marie Bashir Public School. This was a great opportunity to celebrate and recognise the exceptional talent of our very fine dancers who excelled in showcasing their skills and passion for dance. A very special thank you to Ms Kilazoglou and her team who have been committed and dedicated to mentoring and guiding our students to achieve their full potential. Congratulations, girls on another fantastic performance!



Term 4 is underway and I would like to take this opportunity to commend all our students for their commitment, dedication and motivation to achieve their personal best, and this will be reflected in their results at the end of the year. I would also like to acknowledge the tremendous support provided by our parents and caregivers, and the professionalism, care and diligence of our staff who create diverse and quality educational experiences for our students to excel in the learning process.

I look forward to continuing to work with our school community to further enhance the learning outcomes of our students.

Ms A. Lyris

Deputy Principal's Report

As the year continues, we remain acutely focused on providing an **excellent education** that develops students' skills and insights so that they become strong, capable women who go into the community to push the boundaries and make a difference. Our staff's professionalism is the foundation of our time-honoured tradition of academic excellence. Our committed staff continues to develop valuable curricular and extracurricular educational opportunities, including challenging assessment tasks aimed at allowing students to assess their strengths and to reflect on how to improve.

Strathfield Girls High School **promotes a growth mindset where every student is encouraged to believe that they always have the power and capacity to grow and achieve, in pursuit of their dreams.** We firmly believe that no one 'fails', but some students are 'not there **yet**'. This gives ownership and incentive to each student to work hard to get where they want to be- in whatever area their goals and dreams lie. Ms Lyris' buzz phrase, often echoed by the girls, remains, "If you can dream it, you can do it!" Every student is encouraged to dream, aspire and achieve.



We would like parents to reinforce this message to their daughters and all young people in their care, and **to emphasise that everyone in life, no matter their age, is growing and learning every day.** We are all "not there yet" in some areas, but **hard work and grit opens up the possibilities** that we will be THERE one day!

Vince Lombardi said, "The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand."

"There are no secrets to success. It is the result of preparation, hard work and learning from our failures."
Colin Powell

Term 3 saw Year 10 students confronting their dreams and aspirations, using data from their achievements. They needed to make wise decisions about their senior pattern of study and these capable and informed young people stepped up to do this. I urge them to make a determined effort to perform well in their final examinations as this establishes the foundation of their senior years of study.

Year 12 have graduated high school and are so ready to take on the HSC and the world. They have outdone themselves in behaviour and commitment to having good, clean fun as they completed their final term at SGHS. Well done Year 12. I urge them to use their student vacation time effectively and put their shoulders to the wheel in their final drive to achieve good HSC results. I wish my Year 12 students well in their HSC Examinations and in all their future endeavours. I always have mixed emotions of pride, sadness and loss when bidding Year 12 farewell after looking after them for so many years and watching them mature into wonderful and capable human beings.

I would like to end this report by acknowledging the tremendous support provided by our parents, and the professionalism, care and diligence of our staff who create diverse quality educational experiences that inspire student learning and enrich student experiences.

Ms Maharaj

Deputy Principal's Report

It is an honour to be a representative of a school where exceptional achievements speak for themselves. Our staff and students have worked extremely hard this term to achieve amazing results in all areas of school life through the implementation of the curriculum, sport, co-curriculum, welfare and community initiatives. I am completely inspired by our wonderful students and their quests to assist the less fortunate in our community.

This term it was a great honour to attend the ZONTA Citizenship Award Night where one of our Year 11 students, Caroline Ho was one of the awardees. This was a wonderful evening where Ms Lyriss, Ms Maharaj, Ms Wong, Ms Sapountzis and I were given the opportunity to listen to the presentations of 12 representatives from various public high schools. I was truly amazed of the high calibre that was demonstrated by the nominated awardees this year and I sincerely wish Caroline Ho all the best in her endeavours this year and in the future.



Term 2 provided many parents an opportunity to speak and address any concerns in regards to their daughters' progress with their teachers at our Parent/Teacher evenings. This evening is an opportunity to ensure that your daughter is achieving at her potentially best and to utilise the class teacher's advice, feedback and guidance in attaining her maximum best in all of her subject areas. This year parents completed a survey in regards to various aspects of their daughter's schooling. I thank all parents for completing the survey which will assist us in making future adjustments and improvements.

This year NESA endorsed our application to introduce STEM into Strathfield Girls High School's teaching curriculum. STEM is now one of our Year 9 electives and has been greatly embraced by our students that we plan to run two classes in 2019. Strathfield Girls High School also worked collaboration with Burwood Girls High School to implement the iLumin8 project. These collaborations have included afternoon seminars with Burwood Girls to advance their knowledge on the requirements of this project. It has been a very exciting term for our Year 8 students who successfully showcased their talents and our school at the iumin8 evening. I would very much like to thank Ms Chopra, Mr Springall, Mr Loke and Mr Altaie for all their hard work and effects in ensuring the success of this important initiative.

This term we also saw three of our staff members being awarded for their dedication and outstanding efforts within the school environment. Ms Brydie Kate Cullen, Ms Danielle Saba and Mr Kai Liu need to be acknowledged and congratulated for their successes this year. All three staff members have had a positive impact in teaching and learning, as well as in the positive wellbeing of our students.

Term 3 also saw our current Year 12 students proudly complete their studies at Strathfield Girls High School.

Deputy Principal Report (continued)

The graduation ceremony showcased their successes and achievements throughout the past six years. I wish all our Year 12 students all the best with their studies and future endeavours. On this note I would like to congratulate our new Year 12 leaders for 2019. Mikayla Saliba (School Captain), Yasmina Bassi Backhouse and Michele Battodrol (Vice Captains) along with our 17 newly elected Prefects will confidently excel in honouring their roles and responsibilities as our school leaders.

I have greatly enjoyed this term, especially getting to have some lengthy discussions with your daughters. It is amazing to learn how involved our students are in promoting our school in many initiatives for those less fortunate than ourselves. I congratulate them and you as their parents for raising caring, considerate and compassionate members of our society.

If you have any concerns in regards to your daughter's progress or any of the discussed topics please do not hesitate to contact me.

Ms Dalamagas



Senior Executive Team from left to right: Ms S. Maharaj, Ms A. Lyriss and Ms J. Dalamagas.

Wellbeing Report

This has been an incredible term where students have taken on many initiatives and been involved in supporting our school, our students and community. The Wellbeing team of Year Advisers, School counsellors, Senior executives, Head Teacher Learning and Engagement and HT Wellbeing drive programs that address student needs and aim to build student resilience and development. Through the Vitae Lampada programs we focus on listening to and acting on areas of need and connections. As a team we also review and reflect on the content of the programs to make sure we are addressing the needs and issues that arise. Some of these campaigns have been looking at organisation, gratitude, mindfulness and resilience.

The Prefects, SRC and Social Justice teams have driven initiatives such as:

- Give what you've got campaign– supporting the homeless in Sydney with clothing and blankets
- Share the dignity– collecting sanitary items for women in supporting their hygiene.
- RUOK day– bringing together the school and having the important conversation with friends, family and loved ones.
- Musician Dinley Jones performed on assembly which was sensational
- High Resolves for Years 7 and 8
- Mental Health Public Speaking Competition
- Father's Day Stall
- Year 6 into 7 Transition activities
- Reading Buddies program with Strathfield Council
- Spring Fair volunteering

We look forward to continuing to drive important initiatives and continue to build leadership across the school.



Year 12 Farewell

Year 12 End of Year Festivities

The Graduating Class of 2018 celebrated their end of 13 years of schooling with some exciting activities. The girls began with hosting a final whole school assembly where staff awards were distributed and teachers and students battled out against each other in the annual Lip Sync contest. This was followed by a lovely afternoon tea in the school hall with staff and Year 12 students. The annual Year 12 picnic was held at the Sydney Royal Botanic Gardens on Monday 24 September, this was followed by the girls' final Amity-Kind Club Fair and their Graduation Ceremony.

Afternoon Tea with Year 12 teachers:



Lip Sync Battle:



Year 12 Farewell

Year 12 Picnic at the Botanical Gardens:



History

The Martin Lysicrates Prize:

On Thursday 6 September, Year 9 Elective History had the pleasure of attending and participating the Martin Lysicrates Prize at the Riverside Theatre, Parramatta. Strathfield Girls High School was invited to attend this event, along with other students from all around New South Wales. This event celebrated our shared cultural heritage, inspired the by the Ancient Greek theatre festivals where the audience would cast their vote on which play was the best and would be produced in full.

A student's reflection on the excursion: *"The Martin Lysicrates competition is a competition for playwrights to showcase their plays, and the best play is chosen by the audience as the winner. The writer of the play is given a sum of money to complete writing their script. On the 6th September, our class was given a lucky opportunity to attend the Martin Lysicrates competition and vote for the best play, and change the course of Australian theatre. Attending the Martin Lysicrates competition was an enjoyable experience, as we were given a chance to vote for ourselves. The plays were fun to watch, and there were many surprises along the way. Overall, attending the Martin Lysicrates competition was a pleasant and enjoyable experience!"*



Sydney Jewish Museum Excursion

On Friday 17 September, students of Year 12 Modern History attended an excursion at the Sydney Jewish Museum as part of their unit of study 'Conflict in Europe 1935-1945'. Students had the privilege of meeting a Holocaust survivor, an extraordinary woman named Mimi, and also had the benefit of engaging with a plethora of primary sources to learn about the true horror of the Holocaust. Mimi spoke about her heart breaking experience as a Jewish child in France during WWII, whose family moved around from place to place to evade near capture by the Nazis. Students were also given the opportunity to ask questions and learned a great deal about the devastating impact of the Holocaust on Mimi and her extended family, an event which continues to impact Mimi and her family today. This experience was an invaluable one, not only academically but also as citizens of the world, as students gained a deep understanding of the devastating impact of Nazi racial policies, and the experiences and persecution of minorities during this horrific period of time.

English

Bell Shakespeare presents “Shakespeare is Dead”

On Friday 28 September, Year 8 English classes had the wonderful opportunity to partake in an Introductory Bell Shakespeare crash course on the esteemed bard, some of his most famous plays and what life was like in the 17th Century. Filled with language and references both old and new, everyone was transported into the Elizabethan age. What an exciting end to Term 3.



Languages

Sydney Chinese Spectacular 2018

On 26 September 2018, Years 9 and 10 Chinese classes accompanied by Ms Lee and Ms Fan, had the privilege of performing in the senior schools choir at the Sydney Chinese Language Spectacular, an event which has become a highlight of the yearly calendar. The theme of this year's spectacular was Mid Autumn Festival.

We left school at 9:00 and travelled straight to Sydney Town Hall, where the spectacular was being held. From around 9:30 to 11:30 we sat in our allocated seats and had the opportunity of viewing some of the other items rehearse. There were a variety of items such as singing, orchestra items, traditional dancing and even some sketches.

At around 11:30 we left the venue and walked to the nearby places, where we enjoyed lunch for around an hour. Following this break, we returned to Town Hall and waited for our rehearsal to start.

From around 2:00 to 3:00 we had a stage rehearsal, where our school along with many others rehearsed the songs we had practised in our class throughout the year. We sung songs such as Waltzing Matilda (in both English and Chinese), but also some more traditional Chinese songs.

We also had one other performance. An acclaimed Chinese orchestra called Da Guan performed two pieces, Moonlight and Jasmine Flower. For the Jasmine Flower piece, each high school were given brightly coloured fans. We all had different colours, our school was given a red fan. While the orchestra performed Jasmine Flower, all the high schools performed a series of synchronized movements involving the fans.

Finally, at 6:00, the show started. The senior schools choir was the last piece, so we were lucky enough to be able to watch many of the performances before us. There were even some distinguished speakers that gave speeches. At around 7:30, it was finally time to perform the songs.

After a long but meaningful day, at 8:00 we were dismissed from the venue and our parents came to pick us up.

Overall, the entire day was a valuable and exciting experience. Not only did we all gain a deeper understanding of Chinese culture, it we all had a lot of fun performing on stage for everyone!



PDH/PE

It has been a big term for Strathfield Girls in PDHPE and Sport land! Grade teams have had success, Year 7 and 8 students have participated in Gala Days and knockout teams have challenged schools in CHS tournaments. There have been teams that have made finals and students have placed in CHS carnivals. Students have been out to learn about road safety and leaders have welcomed Year 5 and 6 students, entertaining them with exciting games. Our dancers and Entertainment students have been representing our school brilliantly as well. Read on for all the details.

Grade Sport Report

Year 7 and 8 girls competed valiantly in soccer, volleyball and netball against other schools within the Bligh Zone. Strathfield Girls Netball 1 Team deserving special mention for remaining undefeated for the first 8 weeks of Term 3! Year 9 and 10 also represented the school proudly in Soccer and Netball. Each week a variety of players from each grade sport earned 'Player of the Week' status for outstanding sportsmanship and skill displayed.

Those who opted not to compete against other schools for Tuesday afternoon sport, challenged themselves and learnt new skills in a wide range of activities including; croquet, tennis, ice skating, 'golden goal' soccer, gymnastics, ten pin bowling, park sports and cardio boxing.



SYDNEY EAST REGION ATHLETICS

On 8 August, Strathfield Girls had 17 competitors selected to represent Bligh Zone at the Sydney East Athletics Carnival. Following is the team list and their events.

First Name	Surname	AGE
Sasha	Devajana	16
Kshiraja	Gomadam	16
Victoria	Fourfouris	17+
Mohna	Mahadevan	17+
Maxine	Wong	17+
Sharma	Deya	12
Jarvis	Tien	17+
Weerasingh	Chenuki	16
Sika	Molimoli	16

Jansson	Jacobina	16
Sika	Nancy	17+
Semu	Meilynni	13
Mansfield	Madeline	13
Barnard	Steff	15
Brooker	Kiahna	14
Ampofo	Doreen	17+
Sithole	Tanatswa	17+

PDH/PE



Mohna Mahadevan of Year 12 competed in the Sydney East Region athletics competition at Sylvania Water Athletics Track. She competed in the 17 Girls High Jump against 5 other competitors, placing 1st, jumping 1.60m. We wish her all the best in the NSWCHS Athletics Championships in September.

CHS Athletics

Mohna Mahadevan performed incredibly well at CHS Athletics to place 2nd with a jump of 1.71m. She will be aiming even higher at the NSW All Schools Athletics Championships on 28 September. We wish her all the best and are so proud of her!



Knockout Basketball

The U15 team comprising of Pamilla HUANG 8, Pragya GUNTI 8, Cici CAO 8, Jesslyn LO 8, Jemelia TANG-UNG 8, Aksaiyaa THIYAGARAJAN 7, Tanzila SUMAYIA 7, Varshini VISHNUMOHAN 7, Jegataruni Thirunchentil Rajan 7 were gallant in defeat against a strong JJ Cahill outfit. The majority of the team will be eligible to take the lessons learnt this year to next year's competition.

Year 8 Gala Day

All Year 8 students participated in the Bligh Zone Gala day on Wednesday 15 August. They competed against other schools in the zone in Netball, Soccer, Oztag and European Handball. The day is about participation, developing skills and having fun. They were ably lead by Year 10 coaches.



PDH/PE

Year 7 Gala Day

All year 7 students participated in the Bligh Zone Gala day on Wednesday 19 September. They competed against other schools in the zone in Netball, Basketball, Volleyball and Softball. The Year 7 students were led by a fantastic group of Year 9 coaches on the day and all participants represented Strathfield Girls admirably. Special mention must go to the girls from softball where two Strathfield teams made the final as well as in Volleyball where one of the teams placed second. Below are some snapshots of the successful day.



Bligh Zone Netball Finalists

The SGHS Open Netball team participated in the Bligh Zone competition on Wednesday 15 August at Tempe Reserve. The team won their games easily to advance to the final, in which, unfortunately, they were defeated by Sydney Secondary College – Blackwattle Campus.



Marie Bashir Transition Day / PSC Leaders

Students in Year 5 and 6 from Marie Bashir PS visited Strathfield Girls HS on Thursday 16 August and participated in a variety of physical activities. They explored the school in an orienteering activity lead by our Years 8 and 10 PSC class leaders.

They then played warm-up and tabloids activity. All students were actively engaged and couldn't stop raving about how much they enjoyed the day! The ice block at the end was greeted by smiling but tired faces.

PDH/PE

BStreet Smart Road Safety Event

The 'BeStreetSmart' road safety program is a critical and engaging annual health promotion where our girls think about how they can protect themselves and others when using the road. Below is students' accounts of the event.

On Thursday 30 August, Year 11 had the opportunity to attend the "BeStreetSmart" workshop at Qudos Bank arena. It gave us insight into the dangers and risks of driving, that teenagers should be aware of. We heard the inspirational and heart breaking stories of people impacted by accidents on the road.

Many organisations were present, and they provided information on helping the Australian youth in the prevention and precautions that should be taken on roads, as well as encouraging thinking about whether becoming an organ donor is something an individual would want if a fatal crisis happened to them.

It was an informative and interactive day, which had many benefits for all Year 11 students.

By Mikayla Salib and Yasmina Bazzi-Backhouse (Year 11)



Our Spectacular and Senior Dance Showcase

The Dance Ensemble performed in Our Spectacular at the Sydney Opera House. This year's theme was 'Fun in the Sun' with the ensemble presenting a musical theatre item "Another Day of Sun", based off the movie La Land.

On 1 August, Strathfield Girls HS hosted the Senior Dance Showcase. Year 11 and 12 dance classes performed their Core Performance dances and their Core Compositions. It was a very successful evening showcasing the talented senior dance students



PDH/PE

Entertainment

The VET awards were held on Monday 20 August at Bankstown Sports Club. These awards celebrate the achievements of students in the Ultimo RTO across all VET subjects. Congratulations to Vanessa Chan of the Year 12 Entertainment class as she was the winner in the Entertainment category.

The Year 12 VET Entertainment class participated in a staging workshop at NIDA on Monday 30th July. The students were required to put together a set for a mock production and required them to use hand drills.

On the 20-24th August students from the Year 11 VET Entertainment class attended work placement at a variety of work places across Sydney including Horizon Theatre Company, Showtime Productions and Chameleon Touring Systems. The work placement provided students with first-hand experience setting up and operating production equipment including lighting, vision and audio within the entertainment industry.



PINK STUMPS DAY

The Year 10 PASS classes studied an Event Management unit throughout term 3. This culminated with the students facilitating Pink Stumps Day on Friday 21 September. They were involved in lead up fundraising activities, advertising, ordering and organisation of food and drinks, writing an email to a Strathfield Rotary representative to ask for their assistance with the BBQ, 'Staff versus Students' Cricket game, 'Sponge a Teacher', and the set up and clean up on the day. All students participated fully which resulted in a fun and successful event. Congratulations to all Year 10 PASS students.



PDH/PE

NSW COMBINED HIGH SCHOOLS TENNIS CHAMPIONSHIPS

Jacobina Jansson of Year 10 competed at the NSW CHS Inter-Regional Tennis Championships from Tuesday 25 – Thursday 27 September in Gosford. The Sydney East Region team gained 2nd place in this state competition. Jacobina played as number 1 seed for the Sydney East Region team, and the team won 8 out of the 9 rounds of games over the three days, defeated only by North Coast who won the competition. Congratulations Jacobina!



Dance Night

On Thursday 27 September, 100 students from Year 7 to 12 performed in the Annual Dance Night. This year's theme was 'One moment in time' and took place in at Marie Bashir Primary School Hall. The show featured performances from the Dance Ensemble, 9-12 elective classes, the year 10 dance leaders program, HSC works and cultural dances. The event was a huge success!



Science

7SCIG Visits the Australian Museum

It was time to enter the surreal world of the museum - but don't take it for granite! No seriously, I think the museum is made of sandstone. Anyway, the Australian Museum was 7SCIG's stop on the 17th of August. With azure gems that starred in superman movies, bottled jellyfish, shocking static machines, 3D printing, virtual reality and life-sized Crocodiles, it was a wonder how 7SCIG didn't get (pardon the pun), snapped up, in the action!

Our first stop was to the geology section. Filled with Opals, amethysts, jades and quartz, 7SCIG were captivated by the natural beauty of the crystals. From here we went to the Australian history and preserved flora and fauna sections. Boomerangs, birds, coral, feathers and famous people could all be seen here. As well as a suspiciously student-shaped sarcophagus imported from Egypt.



After a stop for lunch and an encounter with Annie the bat, we went to a certain area of the museum set up for National Science Week. Universities from all across Australia each set up a small stall exhibiting a certain thing they were working on at their Uni. NSW Water was there too. We experienced Static machines, preserving insects, 3D printing and an engineering challenge to build a floating house that can hold as many marbles as it could - just to name a few. From here we went straight to the Taxidermy section. Preserved birds, penguins, kangaroos and crocodiles were just some of the deadly and beautiful animals we saw.

Then on to the expert talks we went, followed by the insects, spiders and experiments section with microscopes, fossils and ancient creatures. Then to mysteries that captivated the world, which were easily solved with science - so divining rods are not the way to solve the current drought Mr Prime minister. Neither is it impossible to lie on a bed of nails - but don't try it at home.

Finally, we went to an exhibit on light. And it really is amazing. So is science and the way things can be changed to trick us and our eyes. It was time to leave, so a final stop to the souvenir shop and hellos to a snake and alligator were all we had time for. So 7SCIG left the museum, and science has never been more fun.

By Sofia Nolan

Penrith Lakes Excursion

This term Year 11 Biology students attended an excursion to Penrith Lakes. They learnt about how humans have influenced ecosystems and the importance of maintaining a clean, sustainable ecosystem to ensure the future biodiversity of Australian organisms. It was a long day, however, the students enjoyed themselves while conducting various sampling techniques and data collection tests to determine the ecosystem quality at Penrith Lakes.

Science

The Aurecon Bridge Building Competition

Over the course of around 6 weeks, students from SGHS competed internally for a chance at a place in the state-wide Aurecon Bridge Building Competition. Students designed and created bridges made from paddle pop sticks that they thought would best reflect a strong bridge design. Being the strongest shape used in construction, the triangle was a popular shape that was used in both the internal and state-wide competitions. This was also the core inspiration for the winning bridge of the SGHS internal competition, “Pink Mercy,” which held over 40 kg. This bridge was then rebuilt with the provided balsa wood and string for the main competition.

Four Year 9 students, accompanied by two senior student mentors and one teacher, travelled to the Art Gallery for the main competition. Many schools from NSW, and some from even further, competed against each other for the four prizes available. Bridges were brought to the stage and teams were interviewed as their bridges were being tested to the point of breakage. Our team was particularly determined to see the bridge stay intact after the testing, which our design allowed for, much to our relief. In addition to the initial competition, Aurecon also provided VR headsets and iPads for activities to investigate the technological side of bridge building.

Unfortunately, our bridge fell apart at around 9kg, a drastic difference from the first design. We suspected that this was mostly because of a change in material, from strong paddle pop sticks to much more fragile balsa wood. Additionally, the bridge was not cut and glued as well as it could have been (hey, we didn’t have laser cutters!!) and so it was prone to breakage. However, our bridge was also one of the lightest – under 1g, which made the achievement of 9kg quite impressive.

Although we didn’t get the desired results out of the competition, it was still an irreplaceable experience and an extremely fun day out.

by Emily Tran



Creative Arts

Year 12 Visual Arts HSC Body of Work Exhibition

The annual Year 12 Visual Arts HSC Body of Work Exhibition was held on the evening of the 4th of September. Every HSC Visual Arts student exhibited their Body of Work, showcasing the hard work and high level of creativity from both Year 12 Visual Arts classes this year.

Students worked across a variety of art making forms, including painting, drawing, ceramics, photo-media and film. The event was attended by students, parents and school community. We would like to congratulate Year 12 on their efforts and success in producing high quality artwork this year.



Kayla Posavic – *Raw*, painting.

Year 12 HSC Music Performance Soiree

Year 12 HSC Music 1 and Music 2 students performed an evening of Music for their families and community at our annual Year 12 Music Soiree evening. The students performed a variety of music ranging from solo pieces on piano through to vocalists accompanied by a full band. This was an excellent chance for Year 12 Music students to iron out any last-minute adjustments to their HSC performance pieces and give their families an opportunity to hear and see the results of all their hard work and dedication. Congratulations Year 12 on a high level of personal excellence and quality musical performance.



Yura Cho – Year 12 Music 1 student performing.

Music

Musicale 2018

Our annual *Musicale* was yet again a great success. The school hall was at full audience capacity for a night of music performance.

Strathfield Girls High School Music students showcased the best they have to offer in terms of their musical ability, creativity and performance virtuosity. Well done to Mr Lewis and Miss Fong for their dedication and hard work with our students in the extensive Music Program at Strathfield Girls.



TAS

Country Life

On June 12th, the Year 12 Food Technology girls boarded the early morning train and headed west for the day to see first hand the steps involved, from cow to consumer, on a dairy farm. As part of their studies of The Australian Food Industry, we followed the development of dairy products from milking through to distribution at factory level.

We headed off to the country town of rural Picton, to arrive at Country Valley, a small but impressive dairy. Here we saw the milk being pasteurised and made into award winning cheese, yoghurt and a variety of milk products.



The girls learnt about the Government regulations which control Australia's Dairy Industry, environmental issues on the farm and all the technological advancements within dairy manufacture in Australia.

Robotic milking, sensors detecting impurities in the milk and a rotary dairy where the cows are milked and travel on a "roundabout" without any human interaction, were all valuable examples the students witnessed which should assist the girls in their upcoming HSC Examinations.

Despite the 'farm smells', the cold country weather and the issues with transport, it was a valuable learning day and the girls are all confident with their new found knowledge for success in their examinations.

What has been happening in VET....

Our 2017 HSC Hospitality student Rose Cox who won the *VET in Schools Student of the Year award* has continued her journey as the VET ambassador for School students in the 2018 World Skills Competition. She had the opportunity to share her VET journey and post school pathways to candidates from all over the state.



Chess Club

Chess Tournament

Here are the photos from the one day secondary chess tournament at North Sydney Boys high school.

Three girls - Thanvi Gunti, Ngoc Phuong Dung Vo and Hanning Luo went to North Sydney Boys High School to compete in an open chess tournament. They enjoyed their games with students from a variety of schools from different areas of Sydney and also learnt some new strategies from their skilled competitors.



SECONDARY SCHOOLS ONE-DAY TOURNAMENT
Alphabetical Pairings (round 7) - sod180

Name	Total	Col	Board
"Barbarians"	[8.0]	B	9
Abbotsleigh	[7.0]	W	8
Barker	[8.5]	B	7
Baulkham Hills	[10.0]	B	3
Cammeraygal	[6.0]	B	10
Girraween	[10.0]	W	4
James Ruse	[14.5]	W	2
Knox A	[12.5]	W	1
Knox B	[9.5]	B	6
Knox C	[9.0]	W	7
Marist Eastwood A	[8.0]	B	8
Marist Eastwood B	[6.0]	W	9
Mosman	[5.0]	B	11
North Sydney Boys A	[15.5]	B	6
North Sydney Boys B	[9.5]	B	1
Stratfield Girls	[6.0]	W	10
Sydney Boys A	[11.0]	B	4
Sydney Boys B	[11.5]	B	2
Sydney Boys C	[9.0]	W	6
Sydney Grammar A	[11.5]	W	3
Sydney Grammar B	[9.0]	W	5

By Simon Perloff (TM) www.simonperloff.com

Rotary Teacher Awards

Two members of our staff, Danielle Saba and Kai Liu received Burwood Rotary Teacher Awards at a ceremony held at Burwood RSL on Monday, 24 September 2018.

Danielle Saba was recognised for outstanding year coordinator work with her Year 8 cohort, as well as her involvement in a number of whole school activities.

Kai Liu, who plays an integral role in the daily management of the school and ably leads the Languages Faculty, was recognised for his excellent organisational skills and service to the school community as an interpreter and Justice of the Peace.

Both Danielle and Kai were supported by their families and the senior executive team who was proud to see them receive their awards.

The Rotary guest speaker, Maree Simpson, Assistant Principal Our Lady Queen of Peace Catholic Primary School, Gladesville and St Charles Catholic Primary School, Ryde related her presentation to her introduction to teaching and the personal rewards associated with teaching young people.

The citations were read by Rotarian, Anna Holes and the certificates presented by Jodi McKay, local Member for Strathfield, who congratulated the awardees and acknowledged their contribution to children and to teaching.

A vote of thanks was given by Stephen Costello, Principal Croydon Park Public School.



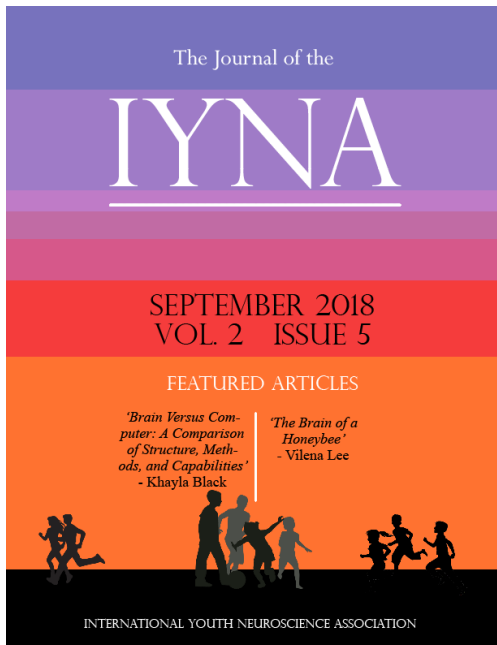
Student Achievement

We are proud to announce that Kimaya Gadre in Year 11 has had her article published in the September 2018 Issue of The Journal of IYNA (International Youth Neuroscience Association).

In their introduction page, the journal's editors wrote that Kimya *"seeks to redefine imagination by clarifying that the propagation of new ideas stems from previously learned concepts."*

Congratulations on this achievement Kimya!

Please read Kimya's article in the following pages.



The Neuroscience Behind Imagination, or What We Imagine it to be

Kimaya Gadre

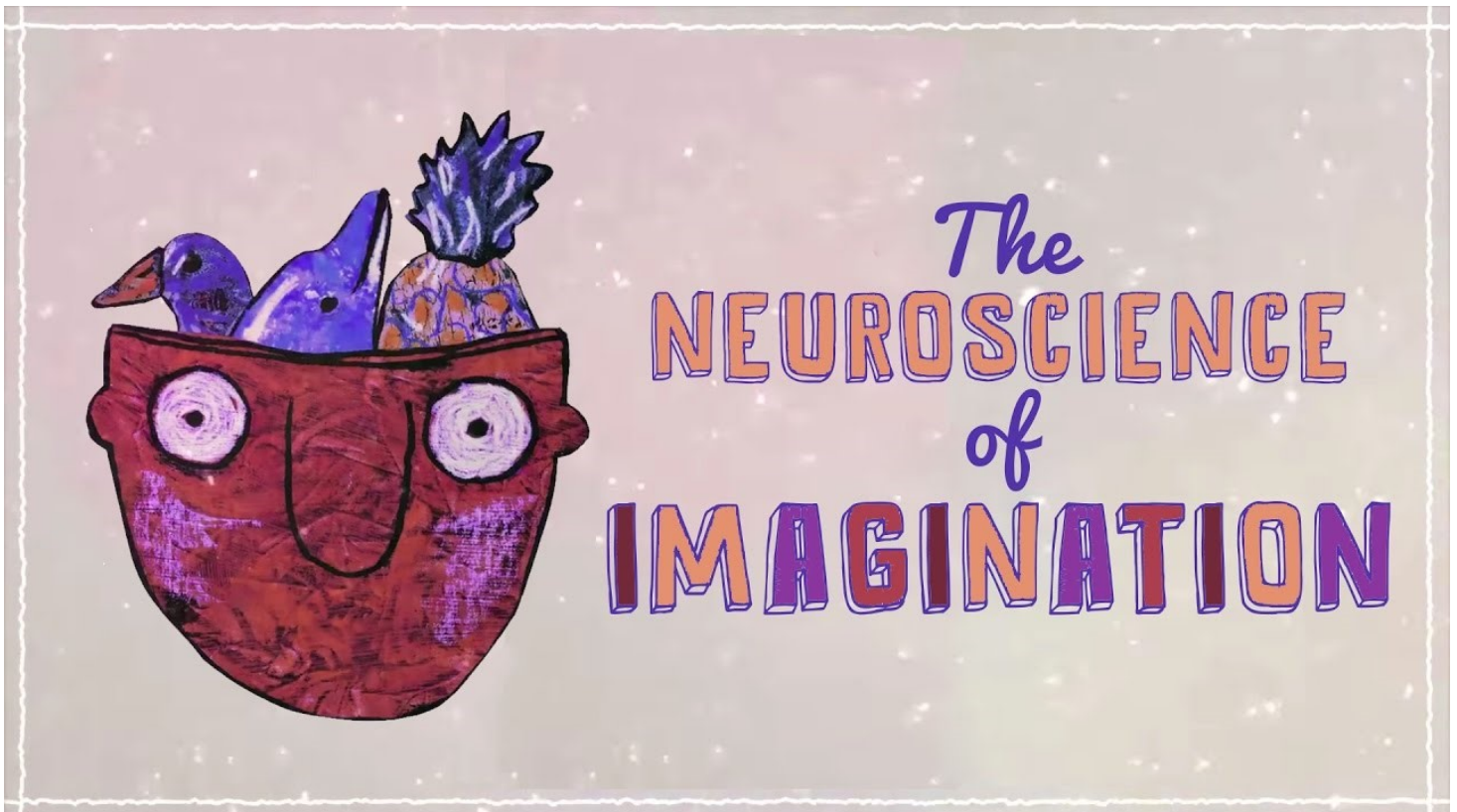
Abstract

The word imagination came from the Latin word 'imago' or 'image', which simply means 'image'. This word soon evolved and became 'imagine', which means 'to imagine oneself'. We have changed and edited this word and its meaning to such an extent that it now means 'the faculty or action of forming new ideas, images or concepts of external objects not present to the senses'. Only recently has imagination been studied from a neuroscience perspective, so very little is known about it. The neurological process that allows us to imagine things is not clear, with much debate surrounding the many theories within the field of cognitive neuroscience. Going back to the definition of imagination, it is arguable that the definition is partially incorrect, and in fact, some of the theories for the neuroscience of imagination go against that definition.

Imagination and The Senses

Most people have seen a dog, and most people have seen a dinosaur (a picture of one), but not many have seen a dog riding a dinosaur. Can you imagine it though? If you try, you'll find that it's certainly possible, but how exactly does the brain combine these two images to create something it has never seen before? The exact details of how we imagine things is not well-known, but we know that it has a lot to do with both the five senses and memory.

When you look at a dog, for example, a group of neurons related to dogs, called a neuronal ensemble, in the posterior cortex activates and then goes on to activate the visual cortex, which resides primarily in the occipital lobe [1]. When you imagine a dog, we see that many of the same areas of the brain "light up" or are activated. The key difference between seeing and imagining is that the medial temporal lobe and hippocampus, areas involved in memory, are activated instead of the visual cortex [2]. But this only works if we are using our memory to remember a dog we have already seen. How do we imagine something completely new, like a dog riding a dinosaur? The "Mental Synthesis Theory" proposes an answer for this.



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The “Mental Synthesis Theory”

The “Mental Synthesis Theory” states that if the neuronal ensemble for a dog and that for a dinosaur are activated at the same time, then it is likely that the two will overlap, appearing as a single object, and you will see a dog riding a dinosaur. It is thought that the prefrontal cortex coordinates the neuronal ensembles that are activated at the same time in the posterior cortex. The distance between each ensemble and the prefrontal cortex is not always the same, so how does the message reach both at the same time? It is thought that differences in the amount of myelination within each pathway may explain this phenomena. Myelin can speed up the transmission of action potentials by 10, 100, or even 1000 times, so if a proximal destination has a lightly-myelinated pathway from the prefrontal cortex and a distal destination has a heavily-myelinated pathway from the prefrontal cortex, the message can still reach both destinations at the same time.

Once two things, such as a dog and dinosaur, are imagined together for the very first time, the amount of myelination on these pathways may change in order for the action potential to reach both neuronal ensembles at the same time [1]. This occurs because the prefrontal cortex expects one to imagine these two objects together multiple times and tries to synchronize the firing. The “Mental Synthesis Theory” has helped us understand how we recall objects from our memory and incorporate them into our imagination.

Imagination and Creativity

It is thought that approximately half of our neurons sense the environment (sensory neurons) and the other half react to stimuli from it (motor neurons) with multiple possible paths from a single sensory neuron to a single motor neuron. Most extra paths are unnecessary links leftover from pruning during the development of the nervous system and are not very active or useful to us. Or so we think. In reality, these excess pathways are thought to be where random creative ideas stem from [3].

Much is still unknown about this theory, but it seems that creative thoughts are the product of interaction of many parts of the brain and mainly the cooperation of the Default Mode Network and the Central Executive System [4]. The Default Network is a group of brain regions that show lower levels of activity when engaged in a particular task, such as paying attention, and higher levels of activity when we are awake and not involved in any specific mental exercise, but rather daydreaming, recalling memories, imagining the future, or just “thinking” without any explicit goal. The Central Executive System is responsible for the control and regulation of cognitive processes. It coordinates working memory and long term

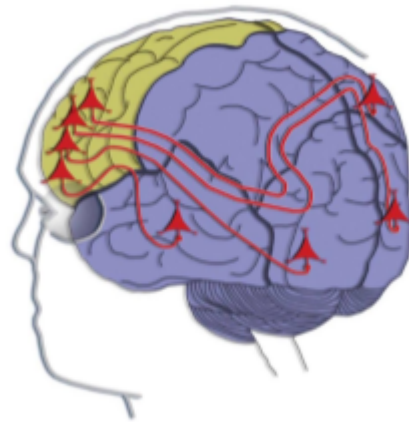


Figure 1. Activation of neuronal ensembles; prefrontal cortex (yellow), posterior cortex (purple) [3].

memory. The Default Mode Network and the Central Executive System work hand in hand to create our random thoughts, which may develop into creative and innovative ideas.

Imagination and Hallucinations

Hallucinations have been defined as ‘perceptions in the absence of an external stimulus and are accompanied by a compelling sense of their reality.’ Hallucinations and imagination can be easily mistaken for each other, but there are some main differences to help distinguish them. While hallucinations are sensations that appear real to the person experiencing them, most of us know that what we perceive through our imaginations are not real. Though we can differentiate between these two experiences, the processes behind them are not fully clear to neuroscientists. Imagination is caused by a specific, external stimulus at some stage, while hallucinations are often signs of an illness, and their origin or why they occur is not very well understood. Additionally, people do not have control over their hallucinations but do have at least some control over their imaginations [5].

Conclusion

Going back to the definition of imagination (‘the faculty or action of forming new ideas, or images or concepts of external objects not present to the senses’), we see that it may be incorrect from a neuroscientific perspective, since usually one is not forming original ideas, but rather one is piecing together objects like pieces of a puzzle to form a ‘new’ idea. Imagination seems to always involve familiar pieces and never completely foreign objects; however, in saying that, we have only seen the tip of the iceberg of imagination. Although we do not currently know much about imagination, through research and further experiments we can uncover the true and complete process of imagination and the reason behind this fascinating process.

References

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