



SGHS NEWSLETTER

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Week 9A Term 3 2018

Upcoming Events

Term 3

WEEK 9

- **Year 11 Final Examinations**
- Sept 17-Year 12 Modern History excursion to Sydney Jewish Museum
- Sept 19-Year 7 Gala Day
- Sept 20-Kanyana 2018 Workshop
- Sept 21-Pink Stumps Day

WEEK 10

- Sept 24-Years 9 & 10 Chinese Class - Chinese Spectacular
- Sept 25-Year 12 Graduation Evening 6 pm Marie Bashir Hall
- Sept 27- Dance Night
- Sept 28-Japan Cultural Study Tour 2018

Term 4 Day 1:

Monday, Week A

15 October 2018

Next P&C Meeting

**Staff Common Room,
Monday 12 November, 7pm**



On Thursday 13 September, it was 2018 R U O K day and at Strathfield Girls High School we believe it is an extremely important day. A school is a place where asking the question "Are you ok?" can really help your friends and colleagues at a time where things may not be going so well.

We can all create a culture where students and staff feel confident in asking and answering this simple, yet important, question. SGHS community want to have this conversation with our family and friends, and it can make a significant difference to anyone going through a tough time.

Yesterday, we all took time out to think about others and ask R U O K? We marked this day by giving bananas out at Break 1 and checking in with each other. Students also were able to look at posters throughout the school with helpful hints about being an active listener.

Students felt they were able to ask their friends if they were travelling OK?



1. Ask



2. Listen



3. Encourage action



4. Check in

SGHS asks: “R U OK??”



At our assembly. Prefects discussed the importance of feeling safe and knowing that someone cares about you.

We had a beautiful musical performance by Annabel and Olivia Higgins. Students were given a flyer with strategies and information regarding having that important conversation & opening up to others.



During the Recess we had a free hug station where a few seniors gave out free hugs to allow the oxytocin to circulate in their bodies. Studies have found that hugs also reduce cortisol levels which are responsible for the feelings of stress, high blood pressure and heart diseases.

There were also some mindful colouring activities that students could participate in to help them relax. Students were encouraged to bring their coloured pencils to colour and chill!

Year Advisers were available for anyone who liked to have a chat; along with some seniors who were willing to provide some free advice about dos and don'ts and some tips to help lessen stress during schooling years. They created a “Conversation Corner” for students to sit and chat.



The icing was on the cakes as students were handed out free chocolate and banana cake and asked R U O K?

Thank you to the Prefects, Ms Hartanto and the Wellbeing Team, led by Ms Wong, who worked together to make this day a great success.



Don't forget, you can ask someone any dayif they are ok?



Kaichi Nihonbashi High School, Tokyo Visits SGHS

On 12 September, Strathfield Girls High welcomed 74 students accompanied by 5 teachers, from Kaichi Nihonbashi High School, Tokyo. This memorable day brought an opportunity to exchange insights into each other's cultures and strengthen relationships the students. SGHS buddies were paired with the students from Nihonbashi, and after some introductory ice-breaker activities, the visitors had the opportunity of attending lessons with their buddies. They thoroughly enjoyed this experience. All students were treated to a delicious morning tea and lunch as they chatted both in English and Japanese. During the day, cultural performances from both SGHS and Nihonbashi were enjoyed. As every year, a few tears were shed as the girls all said their farewells to one another. SGHS will be visiting Kaichi Nihonbashi High School, Tokyo in the next few weeks and some students will enjoy their reunion with their buddies. A big thank you goes to Ms Abe and the Languages staffroom for organising this wonderful day.



Literacy Week- Dress up Day

On Friday, 7 September Week 7, the SRC held a dress up day where the students were required to dress up as their favourite book character. By doing this the SRC intended to celebrate the importance of knowledge, books and reading. We would like to congratulate and thank both the students and teachers on their imaginative and inspired costumes. We were glad to see all the girls having a blast whilst dressed as their favourite book characters, having filled the quad in an array of marvellous colours. All donations collected on this day are going to the Literacy World Foundation. Literacy Week has been a very special event during the school year and we look forward to dressing up again next year .

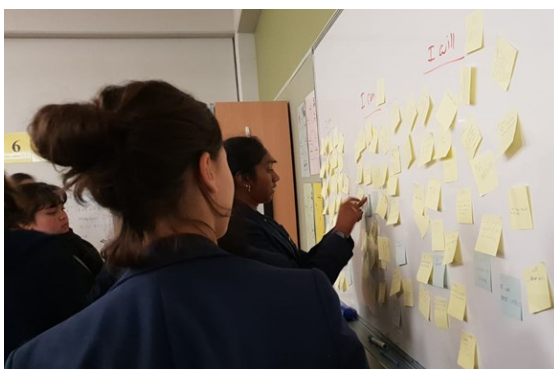


Being 10

Our SRC as a whole partook in the Being 10 Program. Six of their fellow peers had prior experience from attending the conference at Hurlstone Agricultural High School in term 2 and this was a mentor lead workshop.

The SRC were educated through various activities and now understand the importance of self-confidence and backing one another as strong, independent women. In a world of prejudice against young women, this workshop emphasises a level of positivity, hope and continual striving to succeed. It is valuable and is to be shared - the rest of the school body will learn all about Being 10 in Term 3, Week 10.

Ms Fawaz and Ms Shalini





Spring festival

SGHS Student Leadership and Community Engagement

Spring festival is one of the many opportunities that our school offers to students who are interested in part taking in volunteering for the council and representing our school as enthusiastic girls. Regardless the fact that volunteering is a major factor that employers look for in our resume, it allows us to socialise with the community. On Saturday, 1 September 8 of Year 10 Strathfield girls got engaged with the Strathfield Council volunteering group to celebrate the beginning of the spring season. This program required hard work and confidence in talking with the members of the society and facilitated the girls to improve on their communication skills. It was a valuable moment that allowed us to get closer to each other through team work. We were given buckets with a reasonably sized hole (to fit donations) with a few balloons and were told to hand them out as well as ask for donations, however, we were restricted into forcing the community member to donate. All donations were being fundraised for the farmers that are currently suffering the drought. Initially when we all started we just blew balloons for ourselves and went out but soon realised that it took longer that way so we had a few people blowing the balloons and the rest distributing them. "team work makes the dream work". We were provided with free water bottles and lunch breaks. The staff was spread out doing a numerous thing such as handing out brochures, helping with the stalls, directing the members etc. We all had smiling and approachable attitude that comforted the member of the society in talking with us.



Nitya Rithvika Jenny Cicy Kate Asta Cristina Preethi

Week 8 Sports News

Grade Sport Result

SPORT	RESULTS	SCORE
7/8 Netball Team 1	Defeated Leichhardt 1	26-8
7/8 Netball Team 2	Defeated by Balmain 1	8-12
7/8 Soccer Team 1	Defeated Leichhardt 2	2-0
7/8 Soccer Team 2	Defeated by Leichhardt 1	0-4
7/8 Volleyball Team 1	Defeated Leichhardt 1	2-1
7/8 Volleyball Team 2	Defeated Tempe 2	2-1
9/10 Netball Team 1	Defeated Strathfield 2	16-11
9/10 Netball Team 2	Defeated Strathfield 1	11-16
9/10 Soccer Team 1	Defeated by Leichhardt	0-3
9/10 Soccer Team 2	Defeated by Balmain	0-5

Players of the Week

SPORT	STUDENT
7/8 Netball	Ayushi Bhujel
7/8 Soccer	Kay Chit
7/8 Volleyball	Paige Balmadres
9/10 Netball	Rakchita Suriseti Venkata
9/10 Soccer	Joephne Mossin



Week 8 Sports News

NSW CHS ATHLETICS

Mohna Mahadevan competed at the NSW Combined High Schools Athletics Carnival on Friday, 7 September in the High Jump event. She gained 2nd place with a jump of 1.71m, behind a first place jump of 1.74m. A fantastic result! Congratulations Mohna.

SPORT CARDIO BOXING

Cardio boxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Cardio boxing builds stamina, improves coordination and flexibility, and burns calories as you build lean muscle in a fun and challenging workout.



Week 8 Sports News

SPORT FEES

A reminder to all students that all sport fees should be paid. If not, they needed to be paid by the end of Week 6.

Carnival levies should also be paid. **It is now Week 9, so if payment has not been made, attend to it ASAP.**

All fees need to be paid before choosing a Term 4 sport. Below is a list of the sports offered for Years 8, 9 and 10

Instructions for Sport Selection

Available sports are indicated in the list.



You must select a sport for Term 4, 2018.

Discuss sport options with your parents as they pay your fees!

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, 3 September until Friday 14 September.**

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

Please note: You do not need to select a sport if you attend a Summer grade sport as a player or a coach.

TERM 4			
SPORT	Year 8	Year 9	Year 10
BUS TO EXTERNAL VENUE			
BADMINTON	\$155	\$140	\$120
TABLE TENNIS			
TABLE TENNIS	\$135	\$120	\$105
TEN PIN BOWLING			
TEN PIN BOWLING	\$155	\$140	\$120
ICESKATING			
ICESKATING	\$155	\$140	\$120
SCHOOL GROUNDS			
GARDENING	\$15	\$15	\$15
CARDIO BOXING	\$65	\$60	\$50

TAE KWON DO			
TAE KWON DO	\$90	\$80	\$70
SOFTBALL			
SOFTBALL	\$0	\$0	\$0
YOGA			
YOGA	\$90	\$80	\$70
WALK TO EXTERNAL VENUE			
GOLDEN GOAL SOCCER	\$45	\$40	\$35
TENNIS			
TENNIS	\$65	\$60	\$55
WALK TO STRATHFIELD PARK			
BASKETBALL	\$20	\$20	\$20
CRICKET	\$65	\$60	\$55
RUGBY LEAGUE	\$65	\$60	\$55
VOLLEYBALL	\$20	\$20	\$20



STAFF NIBS

News and Information Bulletin of SGHS

Monday 17 September, Week 9A

Day Events

- Yr 11 Final Examinations School HALL
- Yr 12 Modern History excursion to Sydney Jewish Museum
- Yr 10 Chinese AT4

Student Assessments

- Yr10 English Assessment task 3 - Oral task
- Yr 8 Assessment Task 3-Processing Information Task

Reminders

- Finalise Yr 12 marks for NESA by 4pm
- Wellbeing Meeting 3:30pm

Tuesday 18 September, Week 9A

Day Events

- Yr 11 Final Examinations School HALL

- Yr10 English Assessment task 3 - Oral task

Reminders

- Executive Meeting 3:15pm

Wednesday 19 September, Week 9A

Day Events

- Yr 11 Final Examinations School HALL
- Yr 7 Gala Day
- Yr10 Science Processing & Analysing Information
- School to Work Team Meeting S6
- Yr 8 Science Information Report Writing Task
- Yr 12 English Studies Book Launch
- Yr 12 International Students Farewell

Student Assessments

- Yr10 English Assessment task 3 - Oral task

Reminders

Thursday 20 September, Week 9A

Day Events

- STEAM Club
- Yr 11 Final Examinations School HALL
- Kanyana 2018 Workshop
- Robotics

Student Assessments

- Yr 9 Practical Assessment Science

Reminders

- Leadership Team Meeting

Friday 21 September, Week 9A

Day Events

- Yr 11 Final Examinations School HALL
- Yr 12 Commerce Research Task
- Pink Stumps Day
- Kanyana 2018 Workshop

Student Assessments

- Yr 7 English Assessment task 3-media task

Reminders

- Senior Wellbeing Meeting 8am
- Yr 12 teachers complete reports