



SGHS NEWSLETTER

Email: strathfieg-h.schools@det.nsw.edu.au

Phone: 9746 6990

Fax: 9746 3517



Upcoming Events

Week 4 B Term 1 2019

Term 1

WEEK 4

- **18-20 February**– Dance lessons continue– Years 7 & 8
- **19 February**- Summer Grade Sport begins
- **20 February**– Work Ready Program– VET students

WEEK 5

- **25-27 February**– Dance lessons continue– Years 7 & 8
- **25 February**– Bligh Zone Swimming Carnival
- **27 February—6pm- MANDATORY Year 10 Meeting– HSC Minimum Standards– HALL**
- **28 February**– SGHS Cross Country Carnival

WEEK 6

- **4-6 March**– Dance lessons continue– Years 7 & 8
- **7 March– 6pm- Year 6 — Information Evening -HALL**

P & C AGM

Monday, 4 March 2019

SGHS Common Room–

Please enter via GYM
pedestrian Gate

PROMOTING CONFIDENCE AND RESILIENCE THROUGH DANCE

One of the proven benefits of dancing is an increased sense of vitality—an awakening and renewal of one's life energy. Studies have shown that dance interventions by trained professionals can decrease depression, improve mood and strengthen positive feelings about one's self.

SGHS has introduced a 10-week dance program for all Years 7 and 8 students. For one hour every week, on Mondays, Tuesdays and Wednesdays, the girls will be taught many different dances by the talented Alex Fulbert and Sherrie McGrath from DanceSport Australia.

DanceSport is a unique activity that combines both sport and art of dance which allows participants to improve their physical fitness, coordination, balance and helps address many other difficulties faced these days.

In May, parents will be treated to a Dance Concert where the girls will showcase what they have learnt over the 10 weeks.

This week, loads of fun was had by all our Year 7 and 8 students who are already beginning to show great progress in their dancing and confidence.



PROMOTING CONFIDENCE AND RESILIENCE THROUGH DANCE

SGHS is aiming to use this dance instruction to promote better body image, encourage exercise and build confidence and resilience in our junior students. Read this article, taken from the website cited below, which reinforces this great benefit of dance and other creative pursuits.

Michael Anderson, a Professor of Education at University Sydney and co-author of Transforming Schools, Creativity Critical Reflection, Communication, Collaboration

Singing, dancing, acting are key parts of play; and play helps to create neurological pathways and aid cognitive development. “What we know from the research is that our bodies are critical to the way we learn. They’re critical to the way we develop. I think we’ve kind of focussed on the brain and not focussed on the body as the way that we can learn and do things in schools and so what the arts gives is a structure that young kids can engage with to express those inherent creativities.” Michael explains.

Michael’s research showed that the benefits of performing arts for school-aged kids had irrefutable benefits beyond the classroom.

Kids who are active participants in the arts:

- Are more motivated
- Are more academically able to deal with what life throws at them
- Have better enjoyment at school
- Have better homework completion
- Have higher self esteem
- Have higher life satisfaction
- Have higher meaning and purpose



It’s most important to understand that not only will kids do better at school, the arts have a beneficial effect on how confident and engaged children become as they grow into adulthood. “A life full of these wonderful experiences makes them collaborators, makes them more creative, makes them critically reflective [and] strengthens their communication skills. Those are the core skills that we know are going to be required in the 21st century.



<https://www.kinderling.com.au/news/lights-camera-action-how-song-dance-drama-create-more-resilient-child>



Other News

IMPORTANT NOTICE !!!

The Year 7 Meet the Teacher and P & C sponsored BBQ event
has been rescheduled to
Monday, 25 March 2019
6 pm

SGHS Prefects celebrated love and friendship at a special assembly AND with roses and bears!

"Friendship is the hardest thing in the world to explain. But if you haven't learned the meaning of friendship, you really haven't learned anything." — Muhammad Ali



Term 1 Week 3 Sports News

GRADE SPORT

Grade sport training has taken place this week at school in preparation for the beginning of competition in Week 4. The students and the coaches have been selected for each team. Teams will work on getting to know each other and learning the rules and tactics of the sports. Good luck next week for the start of the Summer competition.

SPORT

Archery

Students attend Archery for sport at the Archery Centre at Sydney Olympic Park. Below is some information about the sport of Archery. (source – Wikipedia)

Archery is the art, sport, practice, or skill of using a [bow](#) to [shoot arrows](#).^[1] The word comes from the [Latin](#) *arcus*. Historically, archery has been used for hunting and combat. In modern times, it is mainly a competitive sport and recreational activity. A person who participates in archery is typically called an **archer** or a *bowman*, and a person who is fond of or an expert at archery is sometimes called a **toxophilite**.



To shoot an arrow, an archer first assumes the correct stance. The body should be at or nearly perpendicular to the target and the shooting line, with the feet placed shoulder-width apart. As an archer progresses from beginner to a more advanced level other stances such as the "open stance" or the "closed stance" may be used, although many choose to stick with a "neutral stance". Each archer has a particular preference, but mostly this term indicates that the leg furthest from the shooting line is a half to a whole foot-length from the other foot, on the ground.

To load, the bow is pointed toward the ground, tipped slightly clockwise of vertical (for a right handed shooter) and the shaft of

the arrow is placed on the arrow rest or shelf. The back of the arrow is attached to the bowstring with the **nock** (a small locking groove located at the proximal end of the arrow). This step is called "nocking the arrow". Typical arrows with three vanes should be oriented such that a single vane, the "cock feather", is pointing away from the bow, to improve the clearance of the arrow as it passes the arrow rest.

The bowstring and arrow are held with three fingers, or with a mechanical arrow release. Most commonly, for finger shooters, the index finger is placed above the arrow and the next two fingers below, although several other techniques have their adherents around the world, involving three fingers below the arrow, or an arrow pinching technique.



Another type of string hold, used on traditional bows, is the type favoured by the Mongol warriors, known as the "thumb release", style. This involves using the thumb to draw the string, with the fingers curling around the thumb to add some support. To release the string, the fingers are opened out and the thumb relaxes to allow the string to slide off the thumb. When using this type of release, the arrow should rest on the same side of the bow as the drawing hand i.e. Left hand draw = arrow on left side of bow.

In modern form, the archer stands erect, forming a "T". The archer's lower [trapezius muscles](#) are used to pull the arrow to the anchor point. In Olympic competition, the target is 70m from the archer.



Term 1 Week 3 Sports News

SYDNEY EAST KNOCKOUTS

A team from Strathfield Girls HS played against Wiley Park Girls HS in the Knockout Volleyball Competition on Monday 11 February. Students are commended for their exceptional teamwork and sporting conduct during their game. It was a gruelling match and Strathfield Girls performed well. Unfortunately, the score does not reflect the efforts of the girls within the game.



Students interested in trying out for Knockout Netball (U15s and opens) are to place their names on the sheet outside the PDHPE staffroom or see Ms Manahan.

All other Knockout teams will have selections advertised in the Daily notices.

BLIGH ZONE SWIMMING CARNIVAL

Students who are representing SGHS at the Bligh Zone Swimming Carnival on Monday 25th February are reminded to return permission notes to the PDHPE staffroom and pay the levy at the front office.

BADMINTON

The Badminton Club continues every Tuesday after school until 4:45pm in the school gym. Any student who is interested is welcome. You do not need to have played before to join this club. So turn up and have a swing!

FITNESS CLUB

Fitness Club 2019 was launched at Assembly with all the girls participating in a short 'Tabata' exercise routine (20 seconds of intense work followed by 10 seconds rest). The girls learned that short bursts of intense exercise works wonders for their overall wellbeing!

Fitness Club is led by a core group of fitness leaders from a variety of year groups that meet on Tuesday and Friday mornings at 8.00am in the Gym.

Come and try something new, fun and empowering!





STAFF NIBS

News and Information Bulletin of SGHS

Monday 18 February, Week 4B

Day Events

- NSW CHS Cricket
- Yr7 & 8 Dance Program (Hall) 9.30am-1.30pm
- Encore 2019
- Yr11 Art Retreat

Student Assessments

Reminders

- Wellbeing & Learning & Engagement Meeting

Tuesday 19 February, Week 4B

Day Events

- NSW CHS Cricket
- Yr7 & 8 Dance Program (Hall) 9.30am-1.30pm
- Summer Grade Sport begins
- SGHS Badminton Training
- Yr11 Art Retreat

Reminders

- Executive Meeting

Wednesday 20 February, Week 4B

Day Events

- NSW CHS Cricket
- Yr8 Dance Program (Hall) 9.30am-1.30pm
- Work Ready Program
- History Ext & Society & Culture State Library Visit

Student Assessments

Reminders

- Senior Executive Meeting

Thursday 21 February, Week 4B

Day Events

- NSW CHS Cricket

Student Assessments

Reminders

- Faculty Meeting 3.00-4.30pm

Friday 22 February, Week 4B

Day Events

Student Assessments

Reminders

- Yr12 Visual Arts BOW Presentation Task 1
- Yr12 Society and Culture Assessment Task 2 Submission