



# SGHS NEWSLETTER

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## Upcoming Events

Week 11 A Term 1 2019

### Term 1

#### WEEK 11

- **8—12 April**— HSC Mid Year Exams
- **12 April**—ANZAC Service
- **12 April**—Year 7 Excursion to Easter Show

#### END OF TERM 1 2019

School re-opens on  
**Tuesday, 30 April 2019**  
for all students

#### TERM 2 WEEK 1

- **1 May**— World Vision— 6k Global Walk for Water— Orange and Blue Mufti Day
- **1 May**— Year 11 English Plain Speaking Award
- **2-3 May**— School Photos

#### NEXT P & C

**Monday, 13 May 2019**  
**SGHS Common Room—**  
**Please enter via GYM**  
**pedestrian Gate**

## Student Leadership Induction Ceremony

On Thursday 4 April, student leaders were recognised at an induction assembly. They pledged to uphold the values of SGHS and become active citizens and leaders in all spheres, both within and outside of school. Many parents and caregivers attending to celebrate the achievements of their daughters and were very positive about the ceremony and opportunities that the school affords their daughters.



# Student Leadership Induction Ceremony



# Yōkai Culture Competition Winners

At the end of 2018, Japanese Teachers Association of NSW held a **Yōkai Culture Competition** for Stages 3, 4 and 5 students. Out of 131 entries, our current Year 9 student Sumin Lee and Year 10 student Rosie Lin were the winners. We would like to congratulate every participant on their effort and creativity. Very well done, girls!

## Stage 4:

「くつしたおに」 by Sumin Lee, Strathfield Girls HS

## Stage 5:

「べんてんさま」 by Rosie Lin, Strathfield Girls HS

Student works will be publicly displayed in Kinokuniya Bookstore, Sydney between 7 – 21 April.



## Culture Competition Winner:

「べんてんさま」 by **Rosie Lin Year 10**  
Strathfield Girls High School

# SRC World Vision leadership workshop

On Monday 1 April, Philippa from World Vision presented the SRC with information regarding the Global 6 km Walk for Water event, which will be happening in Term 2. After Philippa's presentation, we watched a short video of children walking 6 km daily, to obtain water to survive.

According to the website, <https://www.teamworldvision.org>

6 Kilometers is the average distance people in the developing world walk for water - water that is often contaminated with life-threatening diseases. On **Saturday, May 4th**, thousands of people from around the globe will walk or run 6K to bring life-changing clean water to communities in need. Each participant's \$50 registration fee **provides life-changing clean water for one person**, as you take that distance away from people in need.

The SRC discussed ideas that Strathfield girls could implement for the children who are walking 6 km everyday to carry water to survive, and how advertise the global 6k water event to our whole school community.

A mufti day will be held on Wednesday, 1 May (Term 2, Week 1) where students can wear blue and/or orange to raise money for this important cause. We kindly ask for a gold coin donation on the day. A cake sale will be held during lunch time. We will also be coming around during Roll Call to collect donations. Our SRC team will be participating in the Sydney Global 6k Walk for Water event at Lane Cove Plaza on Sunday, 5 May.

*Rachel Lee and Ji Ho So Year 7 SRC and SRC body*



## STUDY SKILLS TIP FOR APRIL:

### HOW STUDENTS GET THEMSELVES MOTIVATED TO DO ACADEMIC WORK

The following is extracted from 'Regulation of Motivation: Evaluating an Underemphasized Aspect of Self-Regulated Learning' by C. Wolters. (Educational Psychologist, 2003, 38(4), pp.189-205).

1. **REWARDS:** Many students set rewards for themselves "I'll read this section then I can eat this sandwich". Some students use the opposite, punishments; they create consequences for themselves where they will deprive themselves if they do not do the work.
2. **SELF-PRAISE:** Some students find that recognising their progress to themselves and praising themselves for their efforts creates a more positive mental environment and encourages them to keep going. Comments such as "Well done, you've solved yet another problem" can help create mental stamina.
3. **GOAL-ORIENTED SELF-TALK:** Students who think about why they are studying or what possible future outcomes could be from putting in effort can also strengthen the effect of these thoughts by making sub-vocal statements while they are engaged in an academic activity. When faced with an urge to stop working they may focus on the thought of getting better marks, or getting into a particular course at uni or even the satisfaction of learning a new skill or developing self-discipline.
4. **INTEREST ENHANCEMENT:** This involves looking for ways to make the task to be completed more interesting or enjoyable. Even making slight modifications to make something less boring or repetitive. One student found that by writing notes in a different style it made the activity more inspiring.
5. **ENVIRONMENTAL STRUCTURING:** This is also referred to as resource management and is all about removing temptations and creating an environment that is more conducive to studying. It may even mean studying in a different location such as a local or school library in order to stay focused on the tasks to be completed.
6. **PROXIMAL GOAL-SETTING:** Breaking larger tasks into smaller more manageable chunks will help students to feel more motivated about what needs to be done. Setting specific and achievable short-term goals with an allocated time-frame can help increase students' sense of efficacy.
7. **DEFENSIVE PESSIMISM:** "I think about how unprepared I am in order to get myself to work harder". There is mixed research about this approach and the negativity involved. However every student is different and for some students making themselves a bit anxious about what they haven't done may be necessary to get them to start doing their work.
8. **EMOTIONAL CONTROL:** Thoughts produce feelings, feelings lead to actions. If we can make our thoughts and feelings more positive, this can lead to more positive actions. When students are feeling unmotivated, strategies such as taking a short amount of time to close their eyes and engage in deep slow breathing, or counting slowly backwards from 10 while thinking positive reassuring thoughts about their abilities to do what has to be done has been found to be beneficial.

Learn more at the Developing Motivation unit of [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au)

# Term 1 Week 10 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	Wet weather	
7/8 European Handball 2	Wet weather	
7/8 Oztag 1	Defeated Tempe 1	1-0
7/8 Oztag 2	Defeated Tempe 3	4-2
7/8 Basketball 1	Defeated Leichhardt 2	26-18
7/8 Basketball 2	Defeated by Leichhardt 1	2-60
9/10 Touch 1	Defeated by Strathfield 2	3-9
9/10 Touch 2	Defeated Strathfield 1	9-3
9/10 Basketball	Defeated Strathfield 2	28-2
9/10 Basketball	Defeated by Strathfield 1	2-28
9/10 Volleyball	Defeated Leichhardt	2-1
9/10 Volleyball	Defeated by Balmain	0-3

## Players of the Week

SPORT	STUDENT
7/8 European Handball	Wet weather
7/8 Oztag	Tai Potoru
7/8 Basketball	Madeline Mansfield Jegaturuni Thiruchenthilrajah
9/10 Basketball	Nami Shimada
9/10 Touch	Sasha Devajana
9/10 Volleyball	Louisa Wu



# Term 1 Week 10 Sports News

## Sydney East knockout competition

On Thursday, 4 April, the Strathfield Girls High School Touch Football team played Beverly Hills Girls in the 2<sup>nd</sup> Round of the Sydney East knockout competition at Beverly Hills Park. Strathfield Girls took the lead early, with the game tied 1-1 at half time. After a highly competitive 2<sup>nd</sup> half, Strathfield Girls scored a late try to win the game 2-1. The team has now progressed through to the third round where they will play either Woollooware or Gymea. Congratulations to the team for all their hard work and effort. The team consisted of the following players:

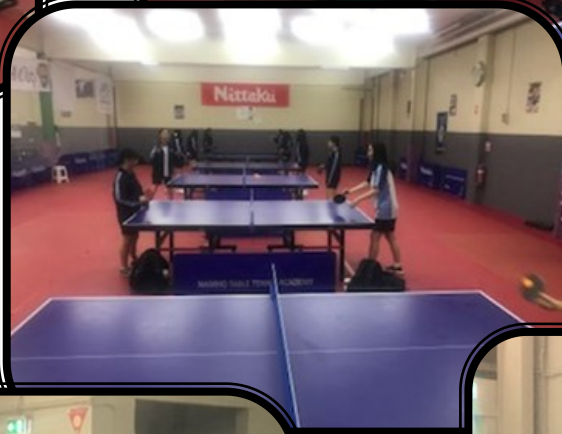
Kelsey Bollard Year 12  
Bethany Cummins Year 12  
Caitlin Cummins Year 11  
Emanie Darwiche Year 9  
Sasha Devajana Year 9  
Iman Doureihi Year 8  
Phoebe Jarvis Year 12  
Isabella Mossin Year 12  
Josie Mossin Year 11



# Term 1 Week 10 Sports News

## Badminton

The students participating in Table Tennis for sport attended a new venue this week, Nam Ho at Rydalmere. The students enjoyed playing at the new venue, building on their skills so that they can participate in this sport as a recreational activity.



## REMINDERS

### BADMINTON

The Badminton Club continues every Tuesday and Wednesday 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

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



# STAFF NIBS

## News and Information Bulletin of SGHS

### Monday 8 April, Week 11A

#### Day Events

- Yr7 & 8 Dance Program (Hall) 9.30am-1.30pm
- NSW CHS Swimming & Diving Carnival
- Yr7 Science Taronga Zoo Excursion
- Coffee Training Workshop

#### Student Assessments

- Yr12 Mid Year Assessments

#### Reminders

- Wellbeing Meeting

### Tuesday 9 April, Week 11A

#### Day Events

- Yr7 & 8 Dance Program (Hall) 9.30am-1.30pm
- NSW CHS Swimming & Diving Carnival
- Summer Grade Sport starts
- SGHS Badminton Training

#### Student Assessments

- Yr12 Mid Year Assessments

#### Reminders

- Executive Meeting

### Wednesday 10 April, Week 11A

#### Day Events

- Yr7 & 8 Dance Program (Hall) 9.30am-1.30pm
- NSW CHS Swimming & Diving Carnival
- SGHS Badminton Training
- Strathfield Council Youth Achievement Awards Night

#### Student Assessments

- Yr12 Mid Year Assessments
- Yr9 PDHPE Cohort Task

#### Reminders

- Senior Executive Meeting

### Thursday 11 April, Week 11A

#### Day Events

- ANZAC Rehearsal
- (SRC) Strathfield Council Youth Week - Amazing Race

#### Student Assessments

- Yr12 Mid Year Assessments

#### Reminders

- Staff Meeting 3.00-4.30pm

### Friday 12 April, Week 11A

#### Day Events

- SGHS Volleyball Training
- School ANZAC Service (P1-3) Hall
- Yr11 Reports uploaded and available. Students removed by KK
- Yr7 Excursion to Easter Show
- End of term gathering in North Strathfield 4-7pm Cookies

#### Student Assessments

#### Reminders

- Wellbeing Team Meeting 8.00am