



SGHS NEWSLETTER

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Upcoming Events

Week 5 A Term 3 2019

Term 3

WEEK 5

- **19 & 21 August** - Year 9 Narrabeen Excursion
- **19-20 August**— HSC Dance Practical Exam
- **21 August**— China Trip Pre-departure Meeting 6 pm
- **21 August**— GONSKI meeting
- **22 August**— Author Talk
Musical Rehearsals Ps 3-5
- **23 August**— Year 7 Languages Day

WEEK 6

- **26 August**— Subject Selection
Year 8— 1.30 pm Hall + EXPO
Year 10— 6 pm Hall + EXPO
- **27 August**— NSW Junior Legacy Public Speaking
- **29 August**— Our Spectacular
- **30 August**—
MULTICULTURAL DAY

NEXT P & C

Monday, 9 September 2019

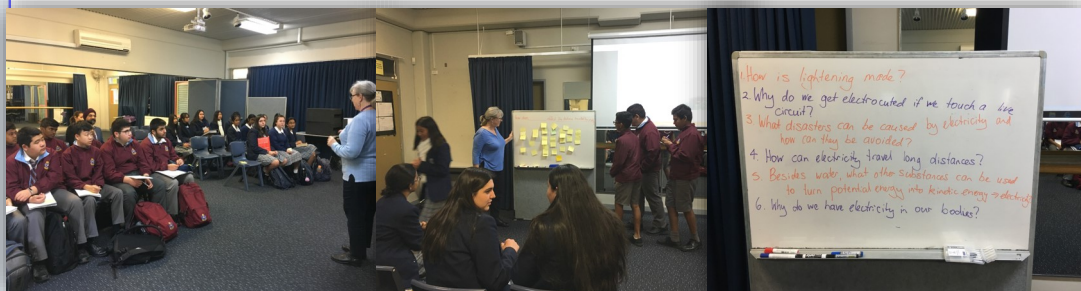
7 pm

**SGHS Common Room—
Please enter via GYM
pedestrian Gate**

MyScience MySTics @ SGHS

MyScience is an award winning program which connects student mentors from high schools with local primary schools to improve the quality of Science education. MyScience is a community initiative with Marie Bashir Public School, Homebush Boys High School, St Patricks High School and Strathfield Girls High School. It involves high school students mentoring primary school schools in the area of Science so that a greater appreciation and passion for this key learning area develops prior to entering high school.

On Thursday, 8 August, students from Strathfield Girls HS and Homebush Boys HS came together in a meeting to help them better understand their role in facilitating fun science investigations at Marie Bashir PS. These students will be MySTics (MyScience Trainees in the Classroom) who will be sharing their Science knowledge and new ideas this term with students from Marie Bashir PS.



The 11 mentors facilitated the Science experience at Marie Bashir Public School on 13 August.



This initiative provides our students leadership opportunities, as well as experience in the primary teaching in the primary school setting. Thanks to Ms Jennie Dalamagas and Ms Nicole Cai for affording our students this opportunity.

SRC Raise the Dough 2019

Reach Out Fundraiser: Mental Health Awareness

1 in every 4 young Australians are experiencing severe mental health issues. 70% of those who couldn't reach out for help commit suicide, which is the leading cause of death of young Australians.

Reach out Australia is an organisation which dedicates itself to assisting young adults struggling with these issues. It offers support for those in need of it. Reach out is there for you 24/7 for whatever life throws at you. Reach Out provides practical tools and advice for everything from dealing with exam stress to understanding how to reach for help when needed. \$50 will provide critical support for people in distress, \$150 will provide more high schools with tools to support young adults and \$450 will develop self-help tools around the key issues affecting young people. So just imagine the benefits we could achieve for our young adults in distress!

Hence, the establishment of Raise the dough. Raise the dough raises funds through baking, which is a major stress reliever, enhancing your mental wellbeing effectively. Cake sales, high teas and other baking-involved events are being held to support this fundraiser.

And that's where we come in. On Thursday, 8th August 2019, we held a highly anticipated donut eating competition, featuring the teachers that you, the students, donated the most towards!

Mr Loke, Ms McLennan, Ms Fawaz, Mr Springall, Mr Middleton and Ms Cardinale took part in the competition. The teachers attempted to eat two donuts, without the use of their hands!

Round 2, involved Mr Loke and Mr Springall taking part in the spicy noodle challenge. Congratulations to Mr Loke on winning the competition!

We held a cake sale after lunch and raised just over \$1000 once we add the remaining donations. Thank you for all your support.

<https://www.raisedough.com.au/fundraisers/sghssrc2019>

Ameena Solh & Rachel Lee Year 7 SRC



LAB

The Strathfield Girls High School's LAB (Learning Advisory Board) team attended a wonderful professional learning experience in Adelaide, South Australia. On Wednesday, 31 July– to Friday, 2 August five staff members , Melinda Wong, Liz Farah, Brydie-Kate Cullen, Danielle Saba and Kerry Sadler were fortunate to attend with 43 other teachers from the Strathfield network.

We visited 5 school settings, 2 primary and 3 secondary schools. These schools reflected 21 Century learning and design thinking. SGHS LAB Team has been implementing these learning strategies in a range of activities and will be leading a variety of areas across the school, in innovative change. The SGHS LAB Team was very grateful for this wonderful opportunity of being able to observe, learn/ refine and grow, as well as share and network with the Strathfield Network team and with colleagues in South Australia.

For our Chalmers Road Mural Project, we have applied design thinking and student voice in the creation of our joint mural with Chalmers Road, Homebush Boys High School and Strathfield South High School. This mural will be completed by the end of Term 3.

We are currently applying these learning strategies in our Year 8 Vitae Lampada program.

The SGHS LAB Team will also be working on our school house system and apply the design thinking and student voice process.

SGHS LAB Team

Chalmers Road Mural



LAB in South Australia



Attendance

Attendance is of utmost importance to wellbeing and academic performance. Students are expected to maintain a 90% attendance rate or they will be interviewed by the Principal, Ms Lyris.

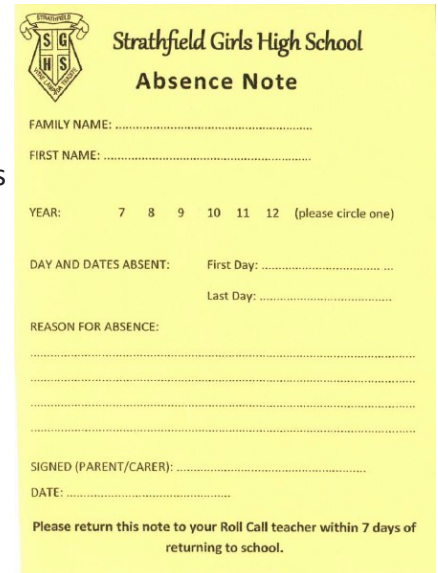
Please be reminded that **every absence, even lateness to school, must be explained** on the first day your daughter returns to school. If you anticipate a long absence, please contact the appropriate Deputy Principal to inform them of the absence.

The SGHS Absentee note makes it easy for parents to explain their daughter's absence. Students are able to collect these from the front office or their Year Advisor.

Parents/students are advised to submit their absence notes/letters of explanation/medical certificates immediately after the date/s of absence, as when unexplained absences increase in number, it becomes more difficult to rectify the situation.

Students with low attendance rates will be placed on attendance monitoring booklets.

Note also, that lateness will attract afternoon detentions.



The form is titled "Strathfield Girls High School Absence Note" and features the school's crest. It includes fields for "FAMILY NAME:", "FIRST NAME:", and "YEAR:" with options 7, 8, 9, 10, 11, and 12. There are also fields for "DAY AND DATES ABSENT:" with sub-fields for "First Day:" and "Last Day:", and a section for "REASON FOR ABSENCE:" with three lines of dotted text. At the bottom, there are fields for "SIGNED (PARENT/CARER):" and "DATE:", followed by a note: "Please return this note to your Roll Call teacher within 7 days of returning to school."

SAVE THE DATE/S

26 August 2019 — Year 8 Elective Information afternoon and EXPO
- Year 10 Subject Selection Evening and EXPO

27 August— MUSICALE— School Hall

30 August— MULTICULTURAL DAY

2-5 September—HSC Body of Work Exhibition - School Hall

9-13 September— Year 10 Subject Selection Interviews

24 September— SGHS Dance Night— Marie Bashir Public School Hall

26 September—Year 12 Graduation Evening— Marie Bashir Public School Hall

MUSICALE

Come feel the rhythm of the night!

STRATHFIELD GIRLS HIGH SCHOOL'S ANNUAL MUSIC NIGHT

Tuesday 27 August 2019 6:30 PM



STRATHFIELD GIRLS HIGH SCHOOL



MUSICALE

RHYTHM OF THE NIGHT

Tuesday 27 August 2019

6:30 PM

Strathfield Girls High School
School Hall

Refreshments provided



RSVP by the 26 August to 9746 6990

Parent Page

Please discuss this article with our girls, your daughters.

Do You Have Grit?

It's One Of The Key Personality Traits Predicting Success...

Teachers, psychologists, and business leaders have, for decades, sought for the secrets of success, and the quality most often cited was intelligence. Recent research suggests that there are other qualities that are equally or more important, such as motivation, ambition, self-control, resilience, and perseverance.

But there appears to be another trait (often seen as a natural and/or genetic quality that is part of your personality) that plays an extremely crucial role in achievement: GRIT, a term first coined by psychologist Angela Duckworth in 2007. People who have grit have a strong passion to pursue a long-term goal AND the ability to persevere and persist in overcoming obstacles to achieve those goals, even if it takes months or years to accomplish. The research suggests that having the quality of grit can predict future academic performance in students and indeed, it plays a key role in every achievement-related outcome.

So how can you “add” more grit to your personality? Brain-science offers some exciting clues. First, you need to have a “growth mindset” which is a firm belief that effort can improve the outcome of any goal or activity you want to pursue. According to a recent study, a “growth mindset is a belief system that favours hard work and performance monitoring and grit is a combination of long-term effort.” I want to emphasize “performance monitoring” because many people fail to track their progress and to continually analyse what they can do to improve it. People with a growth mindset show strong connections between their dorsolateral prefrontal cortex, striatum, and anterior cingulate. This means that you would need to “train” your brain to stay optimistically focused on a task related to your goal while reducing negative feelings and emotions.

And guess what? The #1 proven strategy that stimulates this circuit in your brain is the formal practice of mindfulness. Each day, just before you go to work, set aside five minutes to mindfully relax (yawning and super-slow stretching) and to mindfully visualize the goal and tasks you want to achieve over the next hour. Ask your intuition for a value/power word that will help you stay focused on your work (confidence, peace, even grit) and write it down. After one hour, stop and close your eyes to relax for 60 seconds. Then MINDFULLY evaluate your last hour of work, focusing on the achievements and analysing what you can do to make your work more efficient. Choose another value/power word and continue. Do this throughout the day, and then celebrate your accomplishments.

Duckworth says that there are four things you also need for grit: keep practicing those skills that will make you better, remind yourself of the purpose you are pursuing that goal, and maintain hope no matter how big the obstacle may be and don't quit, and give yourself all the time it will take to turn your passion into success.

SOURCES:

The matter of motivation: Striatal resting-state connectivity is dissociable between grit and growth mindset. Myers CA1, Wang C1, Black JM, Bugescu N, Hoeft F. Soc Cogn Affect Neurosci. 2016 Oct;11(10):1521-7.

Grit and the brain: spontaneous activity of the dorsomedial prefrontal cortex mediates the relationship between the trait grit and academic performance. Wang S, Zhou M, Chen T, Yang X, Chen G, Wang M, Gong Q. Soc Cogn Affect Neurosci. 2017 Mar 1;12(3):452-460.

Term 3 Week 4 Sports News

Grade Sport

Students travelled by bus to their various venues to play in the Bligh Zone Grade Competition.

SPORT	RESULTS	SCORE
7/8 Netball 1	Defeated Marrickville 1	23-4
7/8 Netball 2	Defeated Leichhardt 2	17-4
7/8 Netball 3	Defeated by Leichhardt 4	6-18
7/8 Volleyball 1	Defeated by Tempe 1	1-2
7/8 Volleyball 2	Defeated Strathfield 3	2-0
7/8 Volleyball 3	Defeated by Strathfield 2	0-2
7/8 Soccer 1	Defeated Marrickville 1	1-0
7/8 Soccer 2	Defeated Marrickville 2	4-3
7/8 Soccer 3	Defeated Tempe 2	2-1
7/8 Soccer 4	Defeated by Balmain 1	1-0
9/10 Netball 1	Defeated Balmain 1	26-7
9/10 Netball 2	Defeated by Leichhardt 2	19-10
9/10 Ultimate Vortex 1	Defeated by Balmain 1	5-7
9/10 Ultimate Vortex 2	Defeated by Balmain 2	1-8
9/10 Ultimate Vortex 3	Defeated by Strathfield 4	4-10
9/10 Ultimate Vortex 4	Defeated Strathfield 3	10-4

Players of the week

SPORT	STUDENT
7/8 Netball	Elaine Vlahos
7/8 Volleyball	Angelina Mallett Jackson
7/8 Soccer	Amaar Elkout
9/10 Netball	Tarrynina Lui
9/10 Ultimate Vortex	Sasha Devajana

Term 3 Week 4 Sports News

Year 7 Gala Day

The Year 7 Gala Day will be held on Wednesday, 18 September. The students will be participating in Volleyball, Netball, Softball and Basketball, and will compete against students from other Bligh Zone schools. Students will commence training next week.

TAEKWONDO

Suhhee Sirohee has been teaching Taekwondo for sport at Strathfield Girls HS for 20 years. Suhhee is a level 7 Black Belt and International Taekwondo referee. She taught at a Taekwondo school and was the Women's Taekwondo Federation Chief for 10 years.

Suhhee was the 1st female referee in the world and she officiated at the 1988 Seoul Olympics, the 1992 Hiroshima Taekwondo Games, the 2000 Sydney Taekwondo Games and the 2000 Sydney Olympics.

In June of this year, Suhhee travelled to South Korea and was invited as a special guest to present medals at the Chuncheon International Taekwondo Championships.

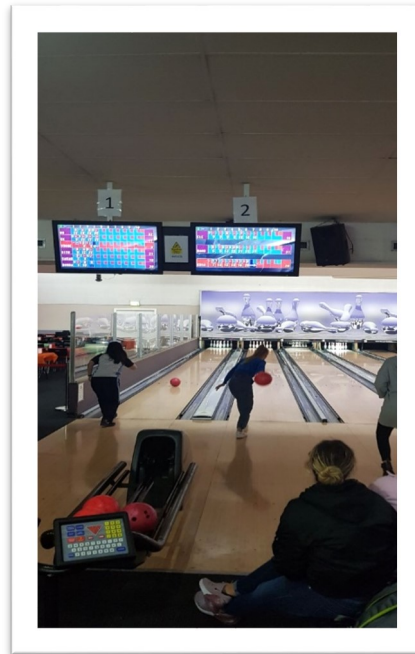
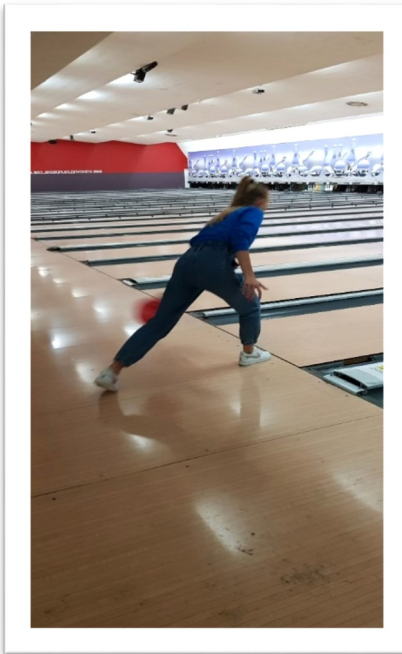
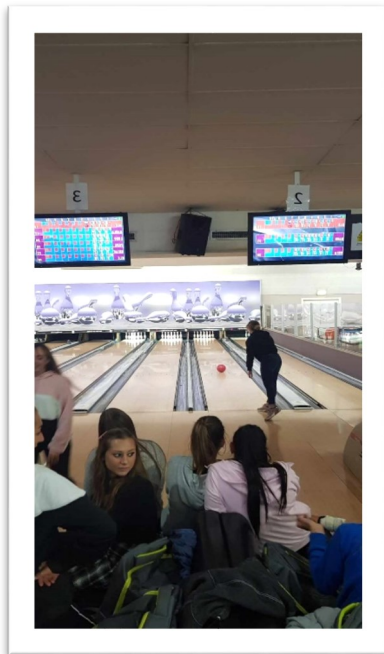
We are lucky to have such an accomplished woman as a role model for our students.



Term 3 Week 4 Sports News

Visitare studenti italiani!

Students from Rome, Italy visited Strathfield Girls HS on Mondays and Tuesdays in Weeks 2, 3 and 4. During this time, they participated in sport activities at Golden Goal Soccer and Ten Pin Bowling.



The students also participated in a Year 11 PDHPE Outdoor Recreation group activity in a race to erect a tent, without instructions.





STAFF NIBS

News and Information Bulletin of SGHS

Monday 19 August, Week 5A

Day Events

- Yr 9B, G, I & O Excursion - Narrabeen, Collaroy

Student Assessments

- HSC Dance Practical Exam (Hall)

Reminders

Tuesday 20 August, Week 5A

Day Events

- Yr7 Geography Excursion - Mount Keira
- Badminton Training with Australian Badminton Association

Student Assessments

- HSC Dance Practical Exam (Hall)
- Yr7 Maths Common Task 3

Reminders

- Executive Meeting 3.15pm

Wednesday 21 August, Week 5A

Day Events

- SGHS Badminton Club
- Gala Back up Day
- Yr 9P, R, & Y Excursion - Narrabeen, Collaroy
- Gonski Meeting - Whole day in Hall
- China Trip Pre Departure Meeting 6pm
- Yr11 Strathfield Network LAB Workshop

Student Assessments

Reminders

Thursday 22 August, Week 5A

Day Events

- Yr7 & 8 Book Week Author Talk P1 & 2 Hall
- Musicale Rehearsal P3, 4 & 5 Hall

Student Assessments

Reminders

- Faculty Meeting

Friday 23 August, Week 5A

Day Events

- SGHS Volleyball Training
- Badminton Invitational Competition
- Drama Performance - Darlinghurst Theatre
- Yr 7 Language Day - Hall
- Yr 12 Ext II English - Major Work Submission & Luncheon

Student Assessments

Reminders

- Wellbeing Team Meeting 8am
- Yr 11 Reports to be uploaded and available