



SGHS NEWSLETTER

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Upcoming Events

Week 3 A Term 1 2019

Term 1

WEEK 3

- **11 February**—P & C Meet and Greet (flyer attached)
- **13-15 February**— Year 7 Peer Support Camp— Teagardens

WEEK 4

- **19 February**- Summer Grade Sport begins
- **20 February**— Work Ready Program— VET students

WEEK 5

- **25 February**— Bligh Zone Swimming Carnival
- **28 February**— SGHS Cross Country Carnival

P & C Meet and Greet

Monday, 11 February @ 7 pm
SGHS Common Room—
Please enter via GYM

P & C AGM

Monday, 4 March 2019
SGHS Common Room—
Please enter via GYM
pedestrian Gate

BRIGHTSPARKS

This week Dr Prue Salter from Enhanced Learning Educational Services (www.enhanced-learning.net) ran a study skills session with Year 11. The session focused on helping students identify changes and improvements they could make to their approach to their studies in order to maximise their results in their final years of school. The main areas covered with Year 11 were:

- Moving into a senior mindset.
- Steps to effective study for assessments.
- Increasing the range of study techniques used.
- How often and how to make study notes.
- Making study notes brain-friendly.



Parents are encouraged to review the handout from the session with students and discuss the main areas identified where changes need to be made. Parents can also find extra study skills tips on the following website: <http://studyskillstoptipsparents.com/>.

Year 11 are now ready to tackle their senior years of high school fully prepared to take on the challenges of knowledge, skills and the organisation necessary to succeed.

Comments from our students included:

"Really good ideas on how to organise myself. I'm eager to try some of them out."



"The session was very good and allowed me to evaluate my practices. I learnt so much and will implement some of the ideas discussed today."

"Very relevant and well presented. Such valuable tips that most of us need."

"It made being in my senior year so real to me. I need to make sure I'm keeping up to date and use the study techniques that I learnt today."

Making the most of high school!



1. SET UP YOUR WORKSPACE

- Have a clear desk, comfy chair and shelves or other storage.
- Try and keep this space as free of distractions as you can.

2. BUY A FOLDER FOR EACH SUBJECT

- These folders stay at home and will be used to organise your work. Any time you have sheets you have finished with like returned tests and assignments, or additional sheets on a topic, file it away in the subject folder at home.
- Have a separate folder (just one) that you take to school with dividers in it for each subject where you can put papers that can't be pasted in your books.
- Any work on your computer or device needs to be backed up regularly.

3. TRY AND DO AN HOUR OF SCHOOLWORK ON MOST DAYS

- Do homework first.
- Then work on assignments or prepare for any tests coming up.
- Any remaining time should be spent on independent learning: making study notes, reviewing difficult work, exploring things you found interesting.

4. USE TERM PLANNERS AND A DIARY

- Each time you are told about a test or assignment write the due date onto your term planner and keep this on your wall at home.
- Also write the due date into your diary and make a plan of when you will do the work to be ready for the test or assignment.

5. EACH TIME YOU HAVE A TEST, FOLLOW THE STUDY STEPS.

- Make study notes (you can do this each time you finish a topic).
- Learn the notes by testing yourself.
- Do lots of practise questions (from your textbook, or revision sheets).

6. ASK FOR HELP OFTEN

- Anytime you are unsure of anything, always ask for help!
- You can ask friends, teachers, homeroom teachers, everyone at school will be keen to help.

Term 1 Week 2 Sports News

We would like to introduce our House Captains and Vice House Captains for 2019.

	Captain	Vice Captain
BATES	Alice Mansfield	Shanice Nguyen
CHISHOLM	Maxine Wong	Emine Andeder
MACARTHUR	Lara Durson	Mikayla Arpas
SCOTT	Shreya Boby	Abarna Ravindran

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 for the start of the Summer competition.

SYDNEY EAST KNOCKOUTS

Open Knockout competitions will begin soon and trial days will be notified through daily notices. Sports offered this year include Netball (Opens and 15s), Soccer, Softball, Table Tennis, Tennis, Touch and Volleyball

SWIMMING CARNIVAL

The annual Swimming Carnival was held on Monday, 4 February at Sydney Olympic Park Aquatic Centre. The PDHPE staff were very pleased to see such enthusiastic participation and house spirit from all age groups. Students who received places in their events received certificates at the school assembly on Thursday, 7 February.

Following are the Swimming Carnival Results. *Congratulations* to all students.

House Champions

PLACE	HOUSE	POINTS
1st	Bates	252
2nd	Macarthur	250
3rd	Chisholm	222
4th	Scott	156

Age Champions

AGE	CHAMPION	RUNNER UP
12yrs	Susanah Jirgens	Kiana Chiu
13yrs	Nadya Kasnur	Serena Quach
14yrs	Selena Duong	Nicole Quan
15yrs	Ayushi Bhujel	Jemelia Tang-Ung
16yrs	Renee Miller	Abarna Ravindran
17yrs	Sophie Kang	Caitlyn Murray

Students who gained places in the school carnival will represent Strathfield Girls HS at the Bligh Zone Swimming Carnival at Enfield Pool on Monday, 25 February.

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!

Term 1 Week 2 Sports News

SWIMMING CARNIVAL





STAFF NIBS

News and Information Bulletin of SGHS

Monday 11 February, Week 3A

Day Events

- Knockout Volleyball Competition
- Yr7 & 8 Dance Program (Hall) 9.30am-1.30pm

Student Assessments

Reminders

- P & C Meeting

Tuesday 12 February, Week 3A

Day Events

- Badminton Training
- Yr7 & 8 Dance Program (Hall) 9.30am-1.30pm

Reminders

- Executive Meeting

Wednesday 13 February, Week 3A

Day Events

- Yr7 Peer Support Camp - Tea Gardens
- Yr7 & 8 Dance Program (Hall) 9.30am-1.30pm

Student Assessments

Reminders

- Senior Executive Meeting

Thursday 14 February, Week 3A

Day Events

- Yr7 Peer Support Camp - Tea Gardens
- Callback

Student Assessments

Reminders

- Leadership Meeting 3.00pm-4.30pm

Friday 15 February, Week 3A

Day Events

- Yr7 Peer Support Camp - Tea Gardens
- Production of Onstage - Seymour Centre

Student Assessments

Reminders

- Communication Meeting, Break 1 Staff Common Room