March 2016

Our Mission Statement: ‘To nurture personal best and global citizenship in every student by providing a safe and vibrant learning environment with inspiring teaching’

Principal’s Message

It is hard to believe we are at the end of Week 6, and that there are only 5 weeks remaining before the end of Term 1. Our new students have settled well and daily they assure me they love their school and they are being challenged intellectually and creatively. Our returning students are well and truly back into the swing of things. I never stop to be amazed, when I visit classes or speak to them at the playground, at their ability to articulate their aspirations and their excitement of having a voice in the classroom. Their appreciation for their teachers and the school is moving.

Acknowledging Innovation and Creativity

The last few weeks I had the honour to attend many events where our 2015 HSC students were recognized for excellent achievement and contribution to their community.

Emily Xiao was the recipient of the Community Service award at the International Students Recognition Ceremony at Sydney Conservatorium, organised by the Department of Education International Unit. It was wonderful to meet and chat to Kitty one of our students who graduated in 2012 and awarded the title "International Students’ Ambassador".

Eloise Elton’s Major Project for Design and Technology has been selected for exhibition in SHAPE 2015 at the Museum of Applied Arts & Sciences. This exhibitions runs from 27 February to 8 May 2016 and showcases innovative projects from 2015 HSC Graduates that will shape the future of Australian design. These exemplary student works have been selected from three related subject areas: Design & Technology, Industrial Technology and Textiles and Design. It is the first time that this exhibition has included selections from all three subjects (formerly DesignTech).

Eloise’s work is titled – Restitched: Recycled, Remade, Reloved
Isabel Burcher has been selected for TEXTSTYLE HSC Textiles and Design Major Textiles Projects – Exhibition of Excellence. Her 2015 Major Textiles Project was an exemplar of proficiency, creativity and innovation in relation to the Stage 6 Textiles and Design Syllabus. Her work will be on display at the Texstyle Exhibition from March 3 to May 6 at Rosehill Racecourse, James Ruse Drive Rosehill. It is always a fabulous display and well worth a visit.

On March 16 Ms Lewis and I have been invited to the ARTEXPRESS opening at the Art Gallery of NSW. ARTEXPRESS is an exhibition of selected Art works from 2015 HSC students by BOSTES. Julie Moxham’s

These were wonderful and prideful moments for Asquith Girls and I would like to thank all my staff for their commitment and support they have and continue to provide to our students. In particular a big thank you to Ms Valadares, Mr Barker, Ms Lewis, Ms Yip and Ms Dawe for these fantastic achievements and for sharing with our families and me the girls’ prideful moments.

AGHS Open Night for Years 6&5
It was wonderful to see so many families and their daughters on the night and I thank everyone for the positive feedback and appreciation for our student leaders.

Swimming Carnival
All students must be congratulated for their participation and enthusiasm in their first swimming carnival at the new Hornsby swimming facility. It was a wonderful day for all. I extend my congratulations to the event organiser, Ms Overhall, staff and the Sport Leaders for making this day a memorable experience for all. The “cheer-off” was brilliant. What a DAY!!!
**Building strong relationships with our community**
The last three weeks Year 8 students, the Deputy Principals and myself had an amazing experience speaking to Year 5 and 6 students from our feeder primary schools. We shared with them the vision and programs of Asquith Girls HS. It was wonderful to hear their positive attitude towards our school and their desire to be an Asquith Girl. I am looking forward to engaging with our primary school P&C Committees in the next few weeks. On behalf of our AGHS community I would like to thank all Year 5 and 6 teachers and my Principal colleagues for their strong support. Thank you to all Year 8 students for being true ambassadors of our learning culture.

**Year 7 Camp**
What a wonderful bonding and team building experience. Well done to all Year 7 and their teachers.

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**Exhibiting ‘XCEL’, our school’s values**
The school is driven by strong values and students are expected to demonstrate them at all times. These values should be reflected in the behaviour, attitude and actions of all students within the classroom, in our learning environment, representing the school and when travelling to and from the school.

Our students look superb in their full school uniforms. I thank you for your support in ensuring our uniform code is adhered to. If you have any questions about school uniform, please refer to your daughter’s diary.

**Bomb Hoax**
You would be aware from media or other sources about the bomb hoax calls to schools. We are aware that some schools have had a second bomb threat and we are prepared. We are reviewing and revising our emergency and evacuation procedures, and to ensure safety for all, the school gates will be closed during school time. The Stokes Avenue gate, at the front of the school, will remain open. Parents/Caregivers, visitors, and late arrivals must enter the school via this gate.

I wish you all a wonderful autumn season.
Elizabeth Amvrazis
Principal
Deputy News – Ms Maria O’Harae

Term 1 has progressed very quickly with many new exciting opportunities available for our students. The robotics and science clubs have commenced, our learning centre is available for students after school to support them with their learning. I encourage all our students to actively participate in the extra curricula activities available at our school.

HOMEWORK HUB
A morning homework hub will be open to our students Monday, Wednesday and Friday mornings in the library, from 8:00am – 8:30am. All students 7 -12 are welcome to attend to complete homework. A teacher will be available to assist students. This initiative will commence Monday, 14th of March.

ASSESSMENT BOOKLETS
All students have been issued with an assessment booklet. The assessment booklet outlines the nature of all assessment tasks scheduled over the year, along with the dates when each task will be held. Students have also been issued with their 2016 school diary. We would like to encourage all students and parents to familiarise themselves with these documents and start entering important dates into student diaries. It is important to be well organised and prepared and it is hoped that these documents will assist students in planning for key assessment tasks.

SENIOR ASSESSMENT POLICY AND PROCEDURES FOR ILLNESS / MISADVENTURE
The Senior Assessment Policy and Procedures for Illness/Misadventure are outlined in the senior booklet. The school has a very clear policy in relation to assessment and it is important that all senior students and their parents familiarise themselves with the procedures in place. If, due to an illness or misadventure, a student is unable to attend an assessment task the student or family member must contact the school to notify the relevant Deputy of their absence. On the first day of their return to school the student must report to their Deputy and complete the Illness/Misadventure form. All students in the senior school have been informed about these procedures on their first day back, however if there are any further questions regarding the policy we would encourage students and parents to contact us for further clarification. We also have a consistent assessment policy for Years 7-9 and Year 10 have important procedures also outlined in their assessment booklets.

FLEXIBLE TIME
Our senior students have been given the privilege of flexible starting and finishing times. Students are allowed to start late and leave early if they do not have a timetabled class. The signed permission note clearly outlines the conditions of these privileges. Students are expected to swipe in on arrival and swipe out if they are leaving school before the end of the day. It is the senior student’s responsibility to follow this process in order to maintain accurate attendance records.
WELFARE
Our welfare team have been delivering initiatives to students in their year meetings. The initiatives are based on promoting positive psychology throughout our school. We appreciate the hard work the Year Advisers do throughout the year with our students in ensuring their wellbeing.

If you are concerned with the wellbeing of your child I encourage you to contact their year adviser.

Year 7  Ms Angus and Ms Lowe
Year 8  Mr Lavy and Ms Fowler
Year 9  Ms Ridley and Ms Overhall
Year 10 Ms Palma and Mr Nicklin
Year 11 Ms Horne and Ms Bird
Year 12 Ms Horler and Ms Young

ATTENDANCE
It is a legal requirement to maintain reliable attendance records for all students. If your child needs to leave the school early when they have timetabled lesson, they should bring a letter indicating the reason for and the time of departure, dated and signed by the parent/caregiver. Students need to bring this letter to the relevant deputy before school for approval then take it to the office for an early leave pass to be recorded and issued.

Whole day absences should be explained upon receipt of the SMS from the school by replying to the SMS or through the Parent Portal. It is a Department of Education requirement that an explanation is received within seven days. Also, if your child is late to school, a note explaining the lateness is advisable.

We look forward to continuing to work and learn alongside our students and their families. It is important that academic, welfare and other concerns are dealt with positively and we encourage students, parents and teachers to discuss issues with us whenever required. Please feel free to contact us if you have any queries or concerns in regards to the schooling of your child.

Maria O’Harae
DEPUTY PRINCIPAL

OPAL CARDS

Please note that the Opal cards issued to students for free travel to and from school can not be used at any other time or for any other journey. The cards are coded with the journey start and end stations or stops and can only be used for travel to and from school.

Students who are required to travel by train for school excursions will need to use their personal Child/Youth Opal card.

If your daughter/ward is not eligible for a free student travel Opal card and they already use a Child/Youth Opal card to travel to and from school, they will be able to use this card for excursions.

For further information on Opal cards, please see the following web site:

A great start to the year in Science with a number of very positive outcomes being achieved already!

Year 12 classes have very quickly settled into the core of their HSC science studies and the key to their success will include perseverance, independent learning, asking clarifying questions in class, peer to peer coaching for better understanding and always working to personal best. Focussing on one’s own work effort is more productive and will lead to less anxiety.

Year 11 classes in the Sciences are numerous and also have kicked off with a very productive start to their senior coursework. By the time this newsletter goes to print four biology classes and one senior science class will have visited Gibberagong Environmental Centre for the day (more on this next newsletter).

Year 10 have started the year with a focussed, personal interest research investigation (PIRI). This is a compulsory part of their science course and requires students to pursue the scientific method in an area of their choice. All feedback is pointing to some very interesting ideas being investigated and this should provide some engaging displays for Science Expo in Term 4.

Years 7-9 again have settled into class extremely well and with our increased focus on hands on activities I am sure that classrooms will be fun and engaging learning environments.

In all of our classes the emphasis is on developing independent learning skills, effective collaboration skills and developing creative ideas. To be successful in tomorrow’s world our girls need a new skill set. Gone are the days of the teacher as the expert filling a student’s brain with knowledge, we now have the teacher as a facilitator and mentor. ICT and hands on experimentation are the main avenue to gaining knowledge in today’s science classroom.

The science faculty has assigned teachers coordinating each year group for assessment and extra-curricular activities. If you have any questions about your daughter’s science work please feel free to contact our teachers for information.

Year 7 Ms Fang
Year 8 Ms Ebrahimi
Year 9 Ms Kumar
Year 10 Mr Devonshire
This year we will start to develop our expertise in STEM (Science Technology Engineering and Maths). The Australian government has recognised that the future prosperity of our nation depends on investment into innovation and STEM. Students of today must gain the skills to become the leaders and innovators of tomorrow. We currently have had one year of robotics club running and again this is continuing under the guidance of Ms Fang. Additionally, we have added to this by starting up Science Club. Ms Govender has initiated the club and her enthusiasm is evident in the large number of students coming along on Tuesday lunchtimes to collaborate on challenging science projects. Senior students are up-skilling as science mentors whilst junior students get to collaborate in mixed age teams. Once again as we achieve our outcomes in this club more will appear in this newsletter.

I am excited for the future of science at Asquith Girls High School and I am delighted to have such a proactive and enthused team of science teachers working towards meeting the goals of 21st Century learners.

Feedback is most welcomed from our community so that we can better meet the needs of our students.

And to conclude with a quote from the American writer and poet Muriel Strode, “Do not follow where the path may lead. Go instead where there is no path, and leave a trail.”

Mr Devonshire
Head Teacher Science

MUSIC CAMP

With rehearsals for all ensembles underway, the Music Camp for 2016 is slowly approaching. All parents with students involved in the Concert Band, Junior Choir, Vocal Group, Stage Band or Wind Ensemble will have now received an email with all the information required, including the permission note, medical forms and dietary requirements. The Music Camp is held at Galston Crusader’s campsite in Galston on Wednesday 4 May – Friday 6 May and we will be working on performance items for the upcoming AGHS Musical, Arts Alive Concert and NSW Band Festival.

If you did not receive the camp information via email or have any questions in regards to camp, please contact Mrs Alex Manton immediately on 9477 6411 or via email at alex.manton@det.nsw.edu.au

We look forward to another great Music Camp for 2016!
ENCORE

On Monday 22 February, 28 Year 11 and Year 12 elective music students visited the Sydney Opera House to watch an incredible performance delivered by the most outstanding HSC music students for 2015. There were performances by a range of vocalists and instrumentalists who played repertoire from classical to popular genres. It was certainly an inspirational evening for our students and gave the girls something to aspire to in their own instrumental and vocal studies.

MEET THE MUSIC

On Thursday 25 February, 45 of our Years 9 – 12 elective music students attended the Meet the Music 1 series with a performance by the jazz great, Wynton Marsalis with his Jazz Orchestra accompanied by the Sydney Symphony Orchestra. It was an absolutely outstanding concert that our students found completely inspirational. For many of the students, this was their first time seeing a performance at the Sydney Opera House and they certainly weren’t disappointed! The students will be attending a concert at the Sydney Opera House each term to support their learning of the elective music syllabus.

CHOIR and BAND

It is not too late to join a music ensemble! If your daughter/ward is interested in being involved in either band or choir but didn’t quite manage to get herself organised at the beginning of the year, please contact Mrs Alex Manton in the CAPA staffroom (contact details on previous page).

FEES

Term fees for all music ensembles are now due to the front office and you will have received your statement with fees. If you are unsure as to whether you have paid or not, please contact the front office.

$75 per term for band
$25 extra per term for each additional band
$40 per term for Junior Choir or Vocal Group
ENGLISH NEWS

What an exciting five weeks we have had this term at Asquith Girls! Almost halfway into Term 1 and there’s no slowing down.

Year 7 girls should now be enjoying sending and receiving their Mystery Pen Pal letters to unknown recipients across the grade. This is a year-long project, curated by Year 7 English teachers, that allows girls to find out more about each other via informal letters: girls may not know to whom they are writing, but the relationships that develop through written language could lead to deeper friendships blossoming in the playground without us even knowing. If you figure out who your pen pal is don’t let them know! It’s a secret. Shhh...

The Asquith Girls Anime and Manga Club has resumed its weekly meetings. Friday lunchtimes in P7 give us a time and a place to sit back, relax and enjoy some stimulating and thought provoking texts from the East. The Club gives us an opportunity to look at texts and slices of life from around the world – you may even get to sample some ‘traditional’ Japanese ramune to complement our viewing. すごい!

The Asquith Girls Public Speaking Team will be firing up soon. Keep your eyes and ears peeled for more information regarding the application process. Be prepared to get competitive...

The Premier’s Reading Challenge opens on Monday 7 March this year. This is a fantastic opportunity for all girls with a passion for reading to engage in many (many, many) hours of reading quality literature that is a mix of both Premier’s Reading Challenge prescribed texts and texts of your own choosing. Be sure to utilise your Wide Reading time during your English lessons to make a dent in that reading list! Further details can be found on the Premier’s Reading Challenge website: https://online.det.nsw.edu.au/prc/home.html.

See you in P7, Friday lunchtime!

Miss Ure
ENGLISH FACULTY

ONLINE PAYMENTS

A big thank you to all parents/caregivers who are using the online payment facility! The uptake has been fabulous and we hope it has made it easier for you.

A reminder however to make sure you include your daughter/ward’s name when making online payments. Without a name, we are unable to match payments with students and your account will remain unpaid.

If you think you may have forgotten to put your daughter/ward’s name on a payment, please contact the office at asquithgir-h.school@det.nsw.edu.au or 9477 6411.

Ros Grant
ADMIN MANAGER
The annual NSW Department of Education International Student Awards Ceremony was held at the Sydney Conservatorium of Music on Wednesday 24 February. This event celebrates the academic achievements and contributions to the local community of international students in NSW government schools. This year, two of our Year 12 students of 2015, Zijun (Emily) Xiao and Hao (Helen) Gu, were finalists.

Emily and Helen were nominated for their outstanding commitment to their studies and efforts to make a positive contribution to the school community. Apart from her strong academic results and participation in school activities, Emily volunteered in the community in several ways, such as assisting with Meals on Wheels deliveries. Helen achieved excellent HSC results and served as International Students Prefect.

Mrs Amrvazis and Ms Valladares, AGHS International Students Coordinator, watched as Emily was presented with two certificates by the Governor of NSW, Mr David Hurley. Emily begins a double degree in Food and Agribusiness at the University of Sydney this month. Helen will be studying nursing at Flinders University in South Australia.

In his speech, Mr Hurley highlighted cross cultural learning and friendship as some of the most valuable contributions international students make to local communities. Former Asquith Girls High School international student Kitty Wang also attended as a DE International School Ambassador. Kitty, dux of the AGHS graduating class of 2011 and winner of the NSW School Service award, is about to finish a degree in speech pathology.

AGHS congratulates these students on their achievements and we wish them every success for their future pathways.
CREATIVE ARTS REPORT

It’s been a busy start to the year in Creative and Performing Arts. Along with kick-starting our curriculum, we’ve been gearing up for a variety of co-curricular and extra-curriculum events.

Talent Fest heats will take place in week 9 of this term, followed by the Final on Wednesday 30 March. We look forward to seeing our students perform, stepping outside their comfort zone to share their talents with the school community.

The venue is booked, auditions for main part are scheduled and chorus rehearsals have begun for our first ever musical. Produced and written by our Dance teacher Adelaide Eastley, Not Another High School Musical will celebrate the depth of student talent at AGHS and provide authentic performance opportunities. The three public performances will be at Glen Street Theatre in the week beginning 1 August.

Members of our Junior and Senior Vocal Ensembles have combined this year to perform in the NSW Arts Unit Secondary Choral Festival In Concert on 16 May. Tickets are available from the Angel Place box office.

Lastly, our ever talented Dance teacher Adelaide Eastley was featured in the careers section of the Sydney Morning Herald! Adelaide undertook a prestigious internship in 2015 to enrich her creative educational practices. Read about her experience here:

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Education

Summertime swing is a learning thing

A dance internship has deepened a love of the art form, Kristie Kelahen writes.

The opportunity to be an intern at the longest-running dance festival in the United States was too good to pass up for Adelaide Eastley.

Jacobs Pillow Dance Festival, a critically acclaimed annual event held every summer in Becket, Massachusetts, in the Berkshires, showcases some of the best dance performances from around the world.

Eastley, who teaches dance and VET at Asquith Girls High School, saw it as an opportunity to watch and experience more dance than she could see in a year in Sydney.

"The prestigious internship program runs every season in various sectors like marketing, production, education and artist services," says Eastley.

"Approximately 400 people apply from all over the world... and only a fortunate enough to be accepted as one of the three-person artist services team."

Eastley describes her role as "an event management and festival organization after studying Jacobs Pillow and Ted Shawn (the founder of Jacobs’s Pillow Dance) as part of the history of modern dance."

"I had the chance to be involved in Jacob’s Pillow," she says. "You remember why you loved dance so much in the first place, and you get to witness how much that gives to the dancers and audiences alike."

The passion for dance and music runs in her veins, with Eastley saying, "I can’t remember a time where I could listen to a song or rhythm without wanting to move."
COMMERCE MARKET DAY

The 2015 Year 9 Commerce class Market Day stalls took place on a fine and warm Friday in December in Quad B. After weeks of careful planning and organising, seven different stalls opened for business to the whole school at lunchtime. Quite a few of the stalls were offering treats for the taste buds, including pizza, chicken nuggets, ice-cream, Italian gelato, and cakes and cookies. These stalls faced some stiff competition from the canteen and café, while other stalls offered more diverse products such as Paint-a-Rock, Polaroid snaps and Christmas gift-cards with candy canes.

While demand at some of the stalls was not in line with the market research predictions, and price discounting was a common strategy towards the end of lunch, all the stalls managed to make at least a small profit from their operations.

The activity provided a great insight for the Commerce girls into the considerations in running a business, and the need for comprehensive planning as well as managing contingencies to maximise business success.

On top of the educational benefits for the students, the stalls also managed to raise an amount of over $400 which is being donated to the Kids With Cancer Foundation, which was chosen by a class vote from a number of nominated charities.

Congratulations to all the 2015 Year 9 Commerce students for a job well done.

Mr Lewis
HSIE Teacher

SPORTS - KNOCK OUT RESULTS

BASKETBALL v Cheltenham Girls High School
91 – 15 WIN

TOUCH FOOTBALL v Ryde Secondary College
10 – 0 WIN

VOLLYBALL v Carlingford High School
0 – 2 LOSS

Great effort and sportsmanship shown by our girls

CONGRATULATIONS!
2016 has seen the beginning of AGHS’ brand new recognition of excellence system, XCEL. Our new system, XCEL, is about recognising the whole student, not just academic achievements. XCEL aligns with our core values at the school by acknowledging:

- eXcellence
- Commitment
- Effort
- Leadership

The best part about XCEL is that it can be accessed by all students and parents through the portal. Follow these steps to track your daughter/ward’s progress throughout the year:

1. Log in to parent portal
2. Click “Wellbeing”
3. Click “Awards”
4. All awards will be shown with the category associated with that award

Keep an eye out for any XCEL news and updates and remember to keep track of progress through the portal. We look forward to rewarding all the students for their excellent academic results, commitment to co-curricular events, perseverance in the classroom and engaging as leaders in the school.

The XCEL Team
Last week Year 7 travelled to Morisset for three days of fun, excitement and adventure! The students participated in all sorts of new activities that pushed them out of their comfort zone and gave them an opportunity to make new friends. It was an absolutely fantastic three days full of laughter, smiles, screams, and mud.

Some of the activities included archery, challenge ropes, sailing, canoeing, the giant swing, raft building and the biggest challenge of all, mud world. New friendships were forged and lots of memories created. Some Peer Support Leaders from Year 10 also joined in the fun and ran some of the night activities which were very entertaining.

A huge thank you to all staff that attended and organised Year 7 camp including Ms Jelfs, Ms Lowe, Ms Ridley, Mr Fulwood, Ms Amor-Smith, Ms Green, Ms Fowler and Ms Angus. It was a great opportunity to get to know Year 7 and to watch the start of some lifelong friendships.

Ms Angus
YEAR 7 ADVISER
Year 8 News

Year 8 has had a fantastic start to 2016 with students returning to school refreshed and ready to learn. This enthusiasm has been reflected in their active participation in year meetings, which have focused on positive psychology and the PERMA framework. PERMA identifies five areas for developing a more positive attitude towards life. These areas include:

- Positive emotions
- Engagement
- Relationships
- Meaning
- Accomplishment

The Week 4 year meeting looked at accomplishments, identifying ways to set goals. The SMART (specific, measurable, achievable, relevant and timely) model was explained and Year 8 students were encouraged to use the framework to set short-term goals for the rest of the term. The Week 6 year meeting had positive emotions as its focus; students were provided with an ‘emotions booklet’ to help them identify emotions and develop strategies to deal with negative experiences in a more positive way.

Dimar Lavy & Alison Fowler
Year Adviser & Assistant Year Adviser

Y8 Meeting overview by Lauren West

Goal Setting
In our last Year 8 meeting we did an activity on goal setting. It involved getting into our English classes and discussing our short term goals, leading up to our long term goals. We also discussed our goals in more specific ways and in finer detail. We learnt about ‘Smart Goals’.

- S – Specific
- M – Measureable
- A – Attainable
- R – Relevant
- T – Timely

We did a personal and academic step-by-step goal setting worksheet to figure out what things we need to do in order to achieve our long term goals. I definitely think it was a very effective activity, as it was not only fun, but very helpful too. It helped me because it made me realise that in order to achieve your long term goal, it is best to complete a series of short term goals. Overall, I definitely believe it was a great and beneficial activity.
Year 9 News

Year 9 students have settled into 2016 with maturity and are eager to learn and achieve their best. For the first time, students are enjoying subjects they have chosen with both their 100 hour and 200 hour electives. The cohort is strong with 156 students and so far we have had two welfare sessions.

The first was given by our School Police Liaison Officer Senior Constable Lynda Hart and she spoke to students about keeping themselves safe. She focused on behaviour that demonstrated being a good friend and she highlighted some of the situations students can find themselves in if they neglect to look after one another. She also talked about the pressure students feel to please friends and offered them some strategies that may release them from being persuaded into behaviour they normally wouldn’t do. She also talked about issues such as domestic violence, cyber safety, safe party practice and the legalities around school attendance.

The second welfare session held today focused on positive psychology and how the PERMA framework can fit into their daily lives. Students created their own mind map about the parts of their life that brings happiness, engagement, connected relationships, a sense of purpose and achievement. Students were then encouraged to put these activities on a weekly timetable so that they may easily form positive psychology practices in a routine way.

We look forward to both an egg hunt for the next welfare session and on organising the year 9 activity camp at Myuna Bay on June 15th, 16th and 17th. It is anticipated that all students will attend this camp and if there is a problem please contact Marita Ridley early so a solution can be arranged.

CONGRATULATIONS YEAR 9 ON A FANTASTIC START TO 2016!

Year 9 Meeting overview by Emily Duff

Over the past two weeks we have had two year 9 year meetings relating to welfare. The first was a speech given to us from Senior Constable Lynda Hart from the Hornsby Police Station. She is in charge of welfare and gives speeches and presentations to schools all throughout Northern Sydney. She spoke to us about the importance of healthy relationships, about safe partying, and some other alcohol related topics. Whilst on the topic of healthy relationships she spoke about relationships between you and your parents but also about any intimate personal relationships you may be getting into and about always thinking through decisions. On the topic of safe partying she spoke about not drinking whilst under the legal age and about staying with a buddy so that you stay safe.

This week one of our Year Advisors, Mrs Ridley spoke about psychological happiness using a method called PERMA. It involved finding time for things that made you feel happy through: Positive Emotions, Engagement, Relationships, Meaning, and Achievement. She spoke about needing to find things to encourage PERMA because they can lead to a happier, more positive life style.

Both these sessions were very informative and there was something to take away from both.
Year 11 News

Most of the Year 11 girls have settled into stage 6 focused and are working diligently on their senior tasks. At the end of last year, Year 11 was fortunate enough to be a part of the ‘Study Sensei’ program delivered by Elevate Education. This seminar broke down study techniques of top students and provided our girls with a clear road map for what work they need to be doing across the year. It covered dynamic reading skills, note taking, conceptual learning and independent learning.

The ‘High Achievers Assembly’ in February was also inspirational, as the leavers of 2015 highlighted how to survive and succeed in the final years of school with a positive attitude and life balance. Witnessing real stories and achievements from past students, together with an insight into their future careers and courses brings a sense of purpose back to those still studying.

Elevate Education returned to our school in February to engage and motivate our Year 11 students once more. This time they ran the ‘Time Management’ seminar in our extended year meeting, which focused on how to fit study into an already busy schedule. The seminar covered how to develop a study timetable; how to study smart; how to use study groups to leverage time and how to beat procrastination. The student evaluations confirmed that the program was highly successful and worthwhile, with 99% of students stating that they would apply what they had learnt.

Lois Horne & Katey Bird
Year Adviser & Assistant Year Adviser

OPEN NIGHT

Open Night took place Tuesday 1 March and provided an opportunity for future parents and students to explore the school facilities as well as meet current staff and students. During the Open Night visitors were able to see the whole school and meet with teachers in the subject areas to discuss the curriculum. Our student leaders and other volunteer students will guide visitors around the school, and welcome the opportunity to talk to visitors about life at AGHS. It was wonderful to see so many families and their daughters on the night.

Tours went to the textiles room, the kitchens, the student café, library, the dance and drama rooms, music students did performances in the music rooms and the arts rooms allowed for some hands on activities. In Science student and parents were greeted by dry ice displays and participated in a number of experiments such as crushing cans and teabag rockets. While in the English faculty parents were quizzed on literacy and informed about the opportunities offered at AGHS. It was a great night for all involved. It was wonderful to see so many families and their daughters on the night.
I’m pleased to report that we had yet another successful running of the Open Night barbeque and would like to thank all the volunteers who helped.

I would like to thank Nigel Welsh for taking up the role of Vice President and all the work that he has already done for the P&C. His appointment will make my role much easier.

Our events managers, Karen and Carrie are well on their way to planning an exciting new event. Watch this space for details.

Hope to see you at the next meeting at **7:30 pm Wednesday 9th March** in the Common Room. Here is a map to show you how to get there. “Gonski” is the password for the Common Room.

Jonathan Crowther  
President AGHS P&C  
President@AGHSPandC.org.au  
www.AGHSPandC.org.au  
www.facebook.com/AGHSPandC
Great day thanks to all staff and students for your efforts, especially Ms Overhall for her organization.

**Swimming Age Champions**

12yo – Carla Pitman  
13yo – Aimee Gallaway  
14yo – Erica Pitman  
15yo – Anni Sweatman  
16yo - Rhian Davies  
17yo – Hannah Jeppesen

Carnival won by . . . **GILMORE**
Asquith Girls High School is a uniform school. Our students wear the uniform with pride and comply with our community's expectations. Students are expected to be in correct uniform and comply with WH&S everyday.

Any unexpected variation to uniform must be explained in writing by the parent/caregiver and validated by Mrs. Smith (Mathematics), Mr. Robinson (Deputy), Ms Jelfs (Office near Room 26), Mr White/Mr Host (PDHPE) or Mr Cohen (Library) upon arrival to school and prior to the commencement of Period 1.

**Maths On Thursday**

A quiet place to complete your Maths HW
Get free help from a Maths teacher
Available to Years 7-10
In the Library every Thursday 3:10-4:15pm
See you there ... Bring a friend!!
Give Your Child Confidence
Hornsby & Wahroonga
dance@danceclasseshornsby.com.au
M: 0468 99 44 88
www.danceclasseshornsby.com.au

JAZZ ★ TAP ★ BALLET ★ CONTEMPORARY ★ HIP HOP ★ ACRO ★ MUSICAL THEATRE

ROLL UP YOUR SLEEVES AND GIVE BLOOD

Mobile Blood Service visiting:
Hornsby
William Street Car Park

Tuesday 29 March 11.30am – 4.30pm
Wednesday 30 March 1.30pm – 6.30pm
Thursday 31 March 11.30am – 4.30pm

Drink up! Have 3 or 4 glasses of water or juice in the hours before you do.
Eat! Have a good sized breakfast or lunch.
Please bring photo I.D. with you.

To make an appointment call 13 14 95 or visit dancemedblood.com.au

Australian Red Cross
BLOOD SERVICE
NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2016 the following vaccines will be offered to Year 7 students*:

- dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
- varicella vaccine (chickenpox) as a single dose; and
- human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8)

* The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:
- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child’s school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.
Northern Sydney Public Health Unit
Adolescent School Vaccination Program

Asquith Girls High School
Vaccination Clinic Visits Schedule

Visit 1: 23 March 2016
Year 7 Human Papillomavirus Vaccine (Dose 1)
Year 8 (catch-up) Human Papillomavirus Vaccine

Visit 2: 1 June 2016
Year 7 Human Papillomavirus Vaccine (Dose 2)
Year 8 (catch-up) Human Papillomavirus Vaccine
Year 7 Diphtheria-Tetanus-Pertussis

Visit 3: 26 October 2016
Year 7 Human Papillomavirus Vaccine (Dose 3)
Year 7 Chicken Pox
World Education Program (WEP) Australia, a non-profit student exchange organisation is looking for volunteer host families to host an overseas exchange student!

Our students are arriving in July 2016 and are looking forward to learning about Australia!

Meet some of our students!

Hello, I’m Lora from Belgium. I’m coming to Australia for a semester to discover the Australian landscapes and animals. I’m open-minded, relaxed, optimistic and curious! I am sporty and I often go running. I’m also a scout leader and I really enjoy helping the six to eight year olds.

I’m Maurizio from Italy. I play water polo and spend a lot of time reading, mostly fantasy novels. I’m really looking forward to coming to Australia, being part of my host family and learning about their culture. I’m coming for a semester!

I’m Lea from France. I’m sociable and active. I have a little dog who I walk and I also enjoy cooking, travelling and taking photos of my family. I have been doing classical dance for 12 years now and I also love to sing. I can’t wait to discover Australia and hopefully see a kangaroo!

To request a free information pack for your family, contact us today!

1300 884 733 info@wep.org.au www.wep.org.au

World Education Program Australia Limited – WEP Australia ABN 82 098 289 867
A NON-PROFIT STUDENT EXCHANGE ORGANISATION REGISTERED/APPROVED BY THE EDUCATION DEPARTMENTS/REGULATORY AUTHORITIES IN NEW SOUTH WALES, QUEENSLAND AND VICTORIA.
HSC SURVIVAL:
A Guide for Parents

14th March, 2016 6.30-8.30pm -
GORDON

Presented by KYDS specialist adolescent counsellors and psychologists, this parent information session provides information, tips and ideas for keeping senior school students calm, focussed an on track during the HSC years. Time provided for questions from the floor, and then to open individual conversation with KYDS staff following the formal presentation.

Hosted by Ku-ring-gai Council Youth Services at Ku-ring-gai Council Chambers, Pacific Highway, Gordon. $5.00 entry

Bookings to: youth@kmc.nsw.gov.au

STUDENT STRESS BUSTERS:
Holiday Workshop for Students

Wednesday 13th April, 2016 10.00am – 2.00pm – LINDFIELD

Designed for students in years 10, 11 & 12, this half-day, interactive workshops helps students maintain a healthy, balanced lifestyle during the often-stressful last two years of high school. KYDS counsellors have designed this workshop in direct response to issues being seen daily at KYDS counselling centres in Lindfield & Epping. Hands-on and interactive in style, the small group workshop provides resources, tips and techniques for managing times, dealing with procrastination, staying focussed, channelling energy, coping with anxiety & nerves, and staying healthy.

$25.00 per student, covering handouts, resources and a light lunch.

Hosted by KYDS at the KYDS Centre in Lindfield (Rear 265 Pacific Highway, Lindfield – just behind Lindfield Library)

Bookings to : www.trybooking.com/KEME

About KYDS

KYDS Youth Development Service is an independent non profit organisation that has been providing free, confidential counselling, support, and life-style education for adolescents in Northern Sydney since 2005. KYDS counsellors are specialist, professional staff who listen without judging, and work with young people to help them understand and effectively manage difficult circumstances in their lives. Last year, the KYDS team provided more than 2000 free, one-to-one counselling sessions, helping young people deal with issues such as grief, loss, family breakups, relationship problems, bullying, stress, anxiety, depression, self harming and risky behaviours. To learn more, go to: www.kyds.org.au
Do you want to make a difference in the life of a child?

Local foster carers needed

Family and Community Services are seeking people in the local area to provide short term and crisis foster care for children and young people 0-18 years that are unable to live with their own families.

Individuals, couples and families from varied backgrounds and cultural groups are required.
Aboriginal and Torres Strait Islander people are encouraged to apply.
All carers receive training, ongoing support and financial assistance.

If you are interested in making a difference and helping children reach their full potential, please call 02 9765 5000 or email fosteringwithfacs@facs.nsw.gov.au

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BENEDICTINE MONASTERY ARCADIA

51ST ANNUAL COUNTRY FAIR

proudly supported by Castle Hill RSL Club 77 Castle St, Castle Hill (02) 9653 4000

MAJOR RAFFLE PRIZES
1st: $800 shopping voucher
2nd: $400 weekend away
3rd: $100 dinner for 2

• COUNTRY SETTING • FAMILY DAY
• MASS TO BEGIN 10.00AM • FETE TO BEGIN 10.30AM
RAIN OR SHINE - TELEPHONE 02 9653 1159
benedictine.org.au/go/countryfair

13th March 2016
121 Arcadia Road, Arcadia
(02) 9653 1159
# IMPORTANT CALENDAR DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Wednesday, March 9&lt;sup&gt;th&lt;/sup&gt;</td>
<td>P &amp; C Meeting 7.30pm</td>
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<td>Friday, March 11&lt;sup&gt;th&lt;/sup&gt;</td>
<td>International Women’s Day Breakfast</td>
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<tr>
<td>Wednesday, March 23&lt;sup&gt;rd&lt;/sup&gt;</td>
<td>Year 7 Human Papillomavirus Vaccine (Dose 1)</td>
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<td>Year 8 (catch-up) Human Papillomavirus Vaccine</td>
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<td>Years 7, 9, 11 Parent/Teacher/Student Interviews</td>
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<td>Monday, March 28&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Easter Monday</td>
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<td>Wednesday, March 30&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Cross Country</td>
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<td>Wednesday, April 6&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Years 8, 10, 12 Parent/Teacher/Student Interviews</td>
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<td>Friday, April 8&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Last Day Term 1</td>
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<td>Wednesday, June 1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>Year 7 Human Papillomavirus Vaccine (Dose 2)</td>
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<td>Year 8 (catch-up) Human Papillomavirus Vaccine</td>
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<td>Year 7 Diphtheria-Tetanus-Pertussis</td>
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<td>Wednesday, October 26&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Year 7 Human Papillomavirus Vaccine (Dose 3)</td>
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<td>Year 7 Chicken Pox</td>
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**PARENT/TEACHER/STUDENT INTERVIEWS**

Parent/Teacher/Student Interviews are coming up this term. The Years 7, 9, 11 evening is on the calendar March 23<sup>rd</sup> and the Years 8, 10, 12 evening for April 6<sup>th</sup>. More information re the electronic booking of appointment times will be emailed out shortly.

Please note the dates in your diary in the meantime.

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