Dear Parents, Staff and Students

Welcome back to everyone for 2015, in particular to our new students and to staff joining us this year. This is a school community that works together to create the best possible education for your daughters to flourish. It is a community that values each and every one of our students and staff, and seeks to demonstrate our core values in everything we do. I am proud of the way students and staff in this school reflect our values every day. We have always modelled and promoted the best values, and we always will. We have continued to teach with heart, and care for and support our students and their welfare.

As a whole school staff we have raised the bar for high expectations and quality teaching and programs, resulting in greater success for our students in a plethora of arenas. The high calibre of our students in the academics, leadership, sport, performing arts and public speaking, to name a few, indicates the wide ranging talents of our students, who are capable of attaining distinguished recognition.

And I am proud to champion the excellence of public education. Your children are receiving the best possible school education available. Public education has 170 years of outstanding achievement. It plays a major role in creating a fair and just society, free of class distinction and allowing for all students regardless of background to have equal opportunities and attain success. The core values of the country you love are seeded in public education.

Future emailed newsletters - This initial newsletter of the year has been posted to ensure that all families receive it. All future newsletters will be emailed, not printed for distribution. The newsletter will also appear on the school website.

In the first week your daughter was given Student Information sheets for you to complete. Part of the forms requested your preferred email address. Please ensure that these forms have been returned and the school has the correct information so we can effectively communicate with you during the year. Year 7 parents provided this information when enrolling last year – if there has been a change to your email address please inform the office.

Staff news - New to the staff this year are:
- Ms Coles in English
- Ms Sagy in Mathematics
- Ms Adams in PE
- Ms Power in Social Science
- Ms Erskine in Careers
- Ms Hawes in Music
- Ms Leman in Social Science
- replacing staff on leave or filling additional staffing needs
- Ms Yalcin, German Assistant

The staffing changes are all the result of an entitlement to additional staff, three retirements, staff being on leave and one staff member no longer employed by DEC. The overall stability of the staff is a result of this being a truly great school where teachers choose to remain. In turn, your children benefit from such highly skilled, professional teachers.

2014 HSC Results - I am thrilled with the superb results for Mackellar Girls in the 2014 HSC, which were absolutely excellent and continue the improvement over the past seven years.

Our students achieved some outstanding results that were attributed to both their hard work and dedication and their teachers expertise over the two years of their HSC courses.
• Mackellar was ranked 12 in the HSC for comprehensive schools in NSW.
• Mackellar was ranked 1 for comprehensive schools on the Northern Beaches.
• Mackellar was ranked 99 in the state, placing us in the top 15% of all schools.
• Mikala was 1st in NSW in Dance, Siobhan 2nd in Entertainment and Frida 4th in Swedish.
• At least 50 students gained an ATAR above 85, with Caitlin achieving the highest ATAR of 97.85.
• Our school gained 135 HSC Honour Roll listings, representing marks in courses of 90% or higher.
• 7 students had nominations for HSC Best of the Best performances or major works
• 65% of courses studied at Mackellar had more than 50% of the class receiving Bands 5 or 6 results; some courses had 100%, namely Aboriginal Studies, Dance, Design and Technology.
• Exceptional whole class/classes results were attained in all English courses – Extension 2, Extension 1, Advanced English, Standard English and ESL, Biology, Chemistry, Earth & Environment, all History courses – Ancient History, Modern History and Extension History, Aboriginal Studies, Business Services, Legal Studies, Drama, Mathematics, General Mathematics, PDHPE, Food Technology, Hospitality, Textiles & Design, Design & Technology, Chinese Background Speakers, Japanese Continuers, Japanese Beginners, Japanese Extension, Society & Culture, Dance, Music 1, Visual Arts and Entertainment.

In 2015 a school focus is to continue to foster the improvement in academic excellence throughout the school.

The 2014 Higher School Certificate results have confirmed NSW public schools as the standout contributors to education. NSW Government Schools filled nine of the first ten places and further, NSW Government School students topped 63 of the near 100 courses offered.

New Software for Schools
DEC has released both the Microsoft Office 365 and Google Apps for Education suites for staff and students to access through the DEC Portal accounts. This will ensure that students will have much of the software required for most subjects readily available both at school and at home for their learning.

NAPLAN analysis
An impressive research paper by Trevor Cobbold has analysed the Year 9 NAPLAN results in 2014 across Australia. In summary the results show that in each state, medium socio economic status (SES) Public, Catholic and Independent schools achieved similar results and NSW high SES Public Schools achieved significantly higher results than Catholic or Independent schools; little comparisons can be made in the low SES schools because there are so few private schools in this category.

Once again, NSW public education has shown its excellence, its teachers and the learning it provides to the vast majority of students in the state being of the highest quality.

Meet the Teachers Night - I invite all parents of Year 7 students to our Welcome Night on Tuesday 17 February 2015 in the school Administration Block from 7.00 – 8.30 pm. It is an opportunity for new parents to meet other parents and some of their daughter’s teachers and learn more about the school and the subjects your daughter is studying.

I ask all new parents to contribute to your child’s school and join a wonderful group of parents at the first P&C meeting of the year on Wednesday 4 March at 7.30 pm.

School Trivia Night - The P&C runs a Trivia Night each year as a major fundraiser for the school. Put Saturday night 30 May in your calendar for a fabulous night of fun that also supports your school, and hence your daughter/s.

Come Prepared - All students are expected to come prepared for school in all subjects, both theory and practical. The expectations include:

1. All students have all writing implements, exercise books, textbooks and subject specific items e.g calculator, dictionary for every lesson for each day. Years 8 - 12 students also need their netbook or computer device charged.
2. All students bring the necessary equipment and clothing for practical lessons, including PE and sport.

To be appropriately equipped students need a suitable school bag in preparation for a full day’s work.

Lockers are available for hire if students have the need for one.
Important Inclusions in this newsletter for your reference:

1. **Year Planner** - The Year Planner indicates the major events in the 2015 school calendar that have been determined at this time. Of course there will be many other events, excursions and dates that arise throughout the year – your children will be informed about them during the year.

2. **School Fees for Years 7 – 12** - This newsletter includes the school fee sheets that relate to your child / children. Parents have the choice of paying school fees in full or in three instalments in Terms 1, 2 and 3. The fees sheets for each year group indicate the fees that are applicable to all students, as well as the costs involved in studying elective subjects in Years 9-12. An invoice for your payment of each child’s fees is included.

The payment dates for each year are as follows:
- Year 12  Monday 23 February
- Year 11  Tuesday 24 February
- Year 10  Wednesday 25 February
- Year 9   Thursday 26 February
- Year 8   Friday 27 February
- Year 7   Monday 2 March

If you would prefer to pay fees earlier than your child’s designated date, the school office can easily accommodate it. All fees can be paid by cash, direct deposit, cheque, visa card or by telephone. Fees should be paid to the office in the administration area between 8.30 am and 2.30 pm.

I am aware that many Year 7 student fees have already been paid; we appreciate that very much. It enables us to purchase resources to support our teaching programs early in the year.

**School Uniform** - Most girls are wearing the Mackellar uniform beautifully. The Mackellar school community has high expectations regarding school uniform and our uniform code is strictly enforced. All girls must be in correct school uniform every day, including to and from school. Please assist us by ensuring that your children have the correct uniform and are wearing it in full when they leave home in the morning, and arrive home in the same attire.

A reminder that skirts and dresses must be worn no shorter than just above the knee. Black, leather, enclosed shoes must be worn. Jewellery is not part of the uniform and can be confiscated until the end of term. Make-up and nail polish also are not part of the uniform and must not be worn. Brightly coloured hair and extreme hairstyles are not part of the uniform; neither are face piercings.

In compliance with the NSW DEC uniform policy the following applies:

**Students will be excluded from certain school and school-linked activities:**
- if their clothing compromises agreed upon school community standards articulated in the school uniform requirements, and might be considered damaging to the image of the school in the larger community context; where the health and safety of the student or of other students, particularly as defined by work health and safety legislation, would otherwise be compromised.

**School Leaving Age** - Since 1 January 2010, the compulsory schooling law means that all young people must attend school until they complete Year 10 or turn 17, whichever comes first. A child who has completed Year 10 and is below 17 years must continue schooling unless they participate in full-time paid work or an approved education course, or a combination of both.

**Community Support** - The Rotary Clubs of Balgowlah and Manly provide wonderful support to the school and our students. Last week, these clubs sponsored three of our Year 10 students in attending a Leadership Camp. The girls gained skills in leadership, team work and communication, and reported that it was a wonderful and new experience. Mackellar is extremely grateful for the ongoing support for our students that is provided in many ways by Rotary.

We are delighted that the Freshwater Community Bank, Branch of Bendigo Bank has a solid relationship with Mackellar Girls. The bank provides financial assistance, awards, seminars, mentors and other various support. It has already provided a $5 000 grant to the school for audio visual equipment and has provided business mentors for Australian Business Week. Also, **Emily** of Year 12 received a $5000 University Scholarship for 2015.

We look forward to continuing productive relationships with our community.
Asthma - The Asthma Foundation requests that parents be alert and vigilant at this time when a repeated spike in asthma incidents and hospitalisation occurs soon after the return to school from the summer break.

Road Safety -
- During school travel times 4 or 5 young high school students are injured each week in NSW
- The number of transport related casualties during school travel times increases during the first years of high school
- Young high school students are more likely to be injured during school travel times than in any other time, including holidays and weekends

Lower levels of adult supervision, using public transport, rushing to catch buses, longer school hours, longer travel and heavy traffic at drop off and pick up all contribute.

Parents, please provide your child with advice to raise their awareness of road safety to keep them safe. Parents must not double park outside the school and all students must cross the road at the pedestrian crossings.

School Ambulance Scheme - DEC has a licence arrangement covering all DEC schools in NSW. If a student has an accident or falls ill whilst at school or on an organised school excursion or activity, and requires the ambulance service, the cost will be met through the scheme.

Congratulations for high achievement to:
- Brittany (Y10) for her NSW Kayaking Championships results: 1st and 2nd in her individual events and 2 x 1st and 3rd in team events
- Cristie (Y12) for her selection in the NSW U19 netball team
- Ashley (Y10) for qualifying for the Australian 5km Open Water Swim
- the NSW CHS Cross Country Champions: Pihuka (Y9) and Indianna (Y8) 1st in the Regional Team Event; Jasmine (Y9) 2nd 14 yrs; Arlia (Y11) 3rd in 16 yrs teams
- the Cheerleading team who was 2nd in the AASCF National Cheer and Dance Competition
- the Certificate of Excellence in the NSW Public Schools Ensembles recipients: Senior Dance – Amber (Y11); Junior Dance – Freya (Y10), Erika and Indianna (Y9); Stage Band – Elise (Y12); Singing – Caitlin (Y12 2014), Laura (Y10)
- Andie (Y9) for her selection of Manly Council Young Australian of the Year
- Lara (Y12), Brianna (Y11) and Jenna (Y9) for their selection in the Regional Softball team
- Kasey (Y10) and Stella (Y7) for their selection in the Regional Cricket team
- Chloe (Y12) for her Sydney North Sporting Blue
- Emily (Year 12 2014) for her Freshwater Community Bank $5000 University Scholarship
- Sienna (Y8) for her competing in the NSW Water Polo Championships and NSW Touch Tournament

Christine Del Gallo, Principal

DEPUTY PRINCIPALS FOR 2015
Ms Adrienne Scalese: Yrs 8, 10 & 12
Ms Cassandra Morrison: Yrs 7, 9 & 11
**BUS PASSES/BUS TRAVEL -** *Bus Passes, Concession Cards (16 years and over) and Proof of Age Cards (15 years)* are organised through the library. Please contact the School Office if there is a CHANGE OF ADDRESS and collect the blue Bus form. Pop in and speak to Mrs Evans or Mrs Cavanagh in the library with any transport queries.

Students can travel free until Friday 20 February from 2km away using their 2014 bus pass as a ‘flash pass’. Students who live within 2km of the school may purchase a Term Bus Pass at a cost of $51. This works out at approximately $5 a week. See the library staff for an application form.

**School bus timetables and maps** now available online at www.sydneybuses.info/schools.

**Conditions of use for school students on buses:**

1. The holder must not remain seated whilst adults stand.
2. Any change of name, school or address requires the holder to immediately present a new application form to the school.
3. Lost, stolen, damaged or mutilated passes must be replaced at a cost of $20.00.

**CODE OF CONDUCT FOR SCHOOL STUDENTS ON BUSES** - To ensure their safety and the comfort of other passengers, students will:

- Behave safely at all times;
- Respect the needs and comfort of other passengers;
- Behave appropriately at all times (eg no use of offensive language, fighting, spitting, placing feet on seats or throwing things in or from the bus);
- Protect bus property and report any vandalism;
- Show their travel passes or tickets to the driver on boarding and when requested;
- Follow the driver’s instructions about safety on the bus (eg instructions on where to sit);
- Adhere to the law that bans smoking on buses;
- Only eat or drink (other than water) on the bus with the written permission of the bus operator;
- Keep arms, legs and other parts of their bodies inside the bus;
- Only attract the attention of the driver in the case of an emergency.

FROM THE LIBRARY

A warm welcome to our new students from the library staff, Robyn Beyer (Teacher Librarian Monday to Friday), Bec Reed (Teacher Librarian on Mondays & Tuesdays), Wendy Cavanagh, Jan Evans and Sandy Bensted (Library Assistants).

We hope everyone finds the library a welcoming and stimulating place to read, study, research, collaborate and relax. Regular displays of student artwork, writing and research projects are popular events as well as our regular book club meetings, the Book Parade and our Book Swap in support of the Indigenous Literacy Foundation. The library space is used for meetings such as the Zonta Club and as a learning space on Enrichment Days.

Our first event of the year is a reading promotion to celebrate **Library Lovers’ Day** on February 14. Staff and students will have the opportunity to have a blind date with a book!

**LIBRARY OPENING HOURS**

8am
Recess except Thursday.
Lunch
After school until 3.30pm

**BORROWING:** Books may be borrowed for 3 weeks. Library cards will be issued to Years 7 and 11 after photos have been taken on Friday 13th February.

**BOOK CLUB:** The Mackellar Student Bookclubs with Mrs Reed meet during lunchtimes in the library starting in Week 3. Years 7 and 8 get together on Tuesdays and Years 9 to 12 on Mondays

**BYOD AND COMPUTER LOG INS:** Explicit *How to Connect your Device to the School Wi-Fi* laminated guides are available at the library front desk. Our experienced IT and library staff are on hand to assist students who have problems connecting to the school’s Wi-Fi or network.

**CLICKVIEW ONLINE:** Clickview Online is a database of videos which can be accessed by students at home through the student and staff links page on the school website. It is an excellent research tool.


**DEAR:** Teachers and Mackellar students in years 7-11 *Drop Everything and Read* every Tuesday and Thursday morning for 15 minutes. This is a wonderful opportunity to relax with a book. Girls, check out the library’s great fiction, manga and graphic novel collection for DEAR ideas…and why not suggest new titles?
MESSENGER DUTY – Students in Year 8 during Terms 1, 2 and 3 and Year 7 during Term 4, carry out duty as office messengers. This occurs approximately twice over the year and is usually for a half a day only. The girls carry out simple office tasks, deliver messages, help with recycling, filing etc, greet and escort visitors around the school, help the Deputy Principals set up for meetings, conferences etc. They must be dressed in perfect uniform. This is NOT a day to leave books and equipment at home. Girls must bring their books and equipment for all the day’s lessons to school. They visit their class teacher to get class work and complete it if possible between tasks. Students do not miss out on class tests.

Apart from being an invaluable help to the front office and both Deputies and Principal, it is an opportunity to operate in a different environment and gain important skills in organisation and leadership. Girls are often rewarded with a merit slip.

SAFETY – At Mackellar we take a number of steps to protect students and teachers. One of these is to ask all visitors to the school to call at the office first and obtain a visitor’s badge. Students are requested to report any one who is in the grounds without a badge, to the office immediately.

Supervision is only provided in the playground at recess and lunch and from 8.45am on Mondays. In the afternoon, students should leave the school grounds immediately at the end of the day and go directly home. If they are taking a route through the park, they should try to walk in groups, or at least with one other girl. After 8.30am students who need help or assistance in the morning can see a Deputy Principal who will be in A Block.

‘QUICK PAYMENT’ ENVELOPES - The ‘Quick Payment’ envelopes are available at the front office for payments of excursions and school fees. These envelopes can be used for payment of more than one excursion or activity and deposited in the ‘Quick Payment’ box in A block.

USE OF SCHOOL DIARIES - Each student is given a school diary for the purpose of recording and planning for assignments and homework. It may be at different times during the year that staff use these diaries to communicate with parents. Parents may also like to use the diaries if they wish to communicate with teachers. It is important that the students get into the habit of using these diaries each day and recording all homework which is set. Please check that your daughter/s are using their diaries regularly and appropriately.

NUMERACY CENTRE - Assistance is available for students who have been away and missed work or who would like extra help with their classwork or homework. This assistance is provided by our teachers. It will operate Mondays, Tuesdays, Thursdays and Fridays at lunch in A14 for Mathematics.

MOBILE PHONES, iPODS and their equivalent - If your daughter elects to keep a mobile phone with her during the day, it must be switched off at all times except recess and lunch and kept out of sight. Please do not ring your daughter while she is in class and she will not be permitted to ring you. If her phone is lost or stolen it is her responsibility.

INSURANCE - The school does not carry insurance for students whilst they are at school or involved in school related activities. All claims need to be made through parent’s own insurance policies or through special insurance that can be taken out by parents to cover accidents/injuries related to school.

ATTENDANCE - For learning to occur, girls must attend class. Mackellar has one of, if not the best, attendance records of any school on the Northern Beaches. The NSW Government mandates that attendance is compulsory for all students up till the age of 17. Obviously from time to time, whether due to illness or for family reasons, girls are absent from school. All absences must be explained with a signed note or phone call from the caregiver. If possible, please advise the school by phone on the day before 10am. You will receive an SMS if your daughter is absent without an explanation.
Only senior student are permitted to start late or leave early depending on the pattern of their classes. It is most important that senior girls use their ID card to swipe in at the front office before going to class. As seniors do not attend roll call, this is our official record of their attendance.

Furthermore, it is important that all girls arrive on time. The school day starts at 8.44am, except Monday when it starts at 9.30am. Persistent lateness without a good reason will result in after school detention.

Please do not make a dentist etc appointment for your daughter during school time. Family holidays should not be taken during term time. Please remind your daughters that they must attend all timetabled lessons and are not to leave the school grounds without parent and school permission.

At Mackellar we take our “duty of care” very seriously and expect to know where our girls are at all times during the school day.

UNIFORM - On the rare occasion when the wearing of full school uniform is not possible a note must be brought from home with an explanation. This is to be given to a Deputy Principal before school and a uniform pass obtained. Girls out of uniform twice without a note from parents will be placed on after school detention.

Full school uniform (not PE uniform) must be worn to school every day. Girls must change out of their PE uniform immediately after their PE or sport lesson before going to their next class. Years 9 and 10 girls may wear their PE uniform all day on Wednesdays. However, they must wear black leather lace-up shoes in all TAS, Science and Creative Arts lessons.

We remind you also of the importance of wearing hats for sun protection. The uniform shop sells the Mackellar cap, but girls are free to wear their own plain (without writing/design) blue hat.

SAFE SCHOOL FOOTWEAR - The safety of the girls is a very important issue for us at Mackellar. The school diary clearly states that enclosed hard leather school shoes are to be worn.

This type of footwear is specified because of occupational health and safety issues and the duty of care responsibility that teachers have for their students. All girls from Years 7-10 must attend lessons in science laboratories and a large percentage of these students would also have lessons scheduled in TAS classrooms. Additionally, a large proportion of the girls in Years 11-12 would also have lessons scheduled in these classrooms. The nature of these lessons means that there are times when the girls will be working with chemicals, machinery and/or heated liquids.

Whilst all teachers conduct these lessons according to strict safety guidelines, there is always the possibility of accidents. Accordingly, we have stipulated enclosed hard leather shoes as part of the uniform for all girls to promote the safety of the girls in case of accidents. Ballet-type shoes are not uniform. This is in line with the Department of Education and Training Policy on Chemical Safety that stipulates enclosed shoes must be worn in a laboratory.

We would appreciate the co-operation of parents in assisting us to ensure that all items of the girls’ uniform are in line with our school uniform code.

IMPORTANT INFORMATION REGARDING PE UNIFORMS AND SPORTS POLICIES - It is compulsory for all students to wear sports shoes during PE and Sport. Canvas shoes are unsafe and unacceptable. We are taking this very seriously and request that parents and students do the same. This is for your own safety.

Correct PE shirt and shorts must be worn for every lesson. If your uniform is dirty, please bring something else that is appropriate to participate in PE lessons, as well as a note to explain the circumstances.

Hats, sun cream and water bottles are necessary, especially in the warmer months. This is for your own health and safety, please be responsible. There are sports visors now available in the Uniform Shop.

Attendance and participation to all carnivals is expected and strongly encouraged.

EXTRA CURRICULAR ACTIVITIES AT MACKELLAR - If you are involved in a recreational activity that you would like more people involved in, or you would like to put together a Mackellar Team to enter into a sporting competition, please come to the PE office and inform us.

We do need the support of parents and the community in many cases, so ask around and hopefully we can increase the Mackellar domination throughout a variety of leisure pursuits.
Happy New Year to everyone and a big welcome to the Mackellar family to all new our parents.

In each newsletter the Year Advisers will give a brief report about what their year group has been up to within the school and any special programs that the girls have done.

We hope you enjoy staying in touch with your girl’s education.

**MACKELLAR WELFARE TEAM** -
The Welfare Team consists of the two Deputy Principals, Head Teacher Welfare, Counsellor, Year Advisers and Assistant Year Advisers.

We will be continuing on with our focus from 2014 and reminding the girls about the core values we represent at Mackellar. These core values are *excellence, care, integrity, respect, responsibility, cooperation, democracy, fairness and participation*.

At Mackellar we want to reward those girls that show these values. Each month we will be targeting one of the core values.

**THE VALUE FOR FEBRUARY IS ‘INTEGRITY’** -
Teachers will be specifically looking for students that show that particular value and pass their name to their Year Advisers who will keep a record of the students and an award will be given out at Year meetings at the end of that month.

Congratulations to all the girls who received ‘Values’ certificates last year and we look forward to more girls displaying these values in their everyday life.

**IMPORTANT NOTICE** -
If you have a child who suffers from Asthma, Anaphylaxis, Diabetes or Epilepsy could you please forward the latest up-to-date action plan you have for your child to the school as it is imperative that the staff at Mackellar are aware of your child’s condition in case an emergency arises.

**UNIFORM** -
One of our targets for 2015 is to improve the appearance of our girls at school and in the wider community. To achieve this goal we require your help and support.

**SPORT UNIFORM** -
- Pale blue sports shirt with navy collar and embroidered school logo
- Blue shorts with school logo
- Track suit (optional)
- Sports shoes must be white lace up track shoes/joggers *(not canvas/converse)*

If there are financial reasons preventing your daughter from being in full school uniform please let the Principal know in a confidential letter.

If for any reason your daughter cannot come to school in full uniform she should bring a note from home stating the reason for her being out of uniform. If she does not have a note a uniform infringement will be recorded and a detention may be issued.

**YEAR 7** – Welcome to Year 7 2015. We are looking forward to an exciting and busy year! Year 7 are settling into high school beautifully. They have been participating in Mackellar’s Peer Support Program which will run throughout this term. This is a great way for the girls to meet new people and make new friends, and the students have been participating with enjoyment and positivity. Thank you to our enthusiastic Year 11 peer support leaders who are doing a wonderful job. Year 7 also attended a Cyber Safety talk last Wednesday, where they were given lots of tips for how they can make their experiences on social media and the internet safe and enjoyable. Year 7 camp is coming up in week 7 which will be lots of fun. We look forward to getting to know you all.

**Year 7 Vaccinations**

Over the next week your daughter will be bringing home Vaccination cards for you to fill out. Could you please fill them out and return them to school ASAP as the first Vaccination date is Tuesday 5th March. Boxes will be left outside the Welfare office in A Block for your girls to drop the cards into.
Important dates to add to your Diary
3rd March – Human Papillomavirus Vaccine (dose 1)
20th May – Human Papillomavirus Vaccine (dose 2) and Diphtheria/Tetanus/Pertussis
15th October - Human Papillomavirus Vaccine (dose 3) and Chicken Pox

Ms Secrett and Ms Guest

YEAR 8 - It has been great seeing all Year 8's returning to Mackellar with great enthusiasm. On the first day of school each student was issued with Mackellar's Technology and BYOD Usage Policy as well as a blue student information forms. Please make sure both of the forms are signed and returned to the school as soon as possible. If your daughter did not receive either of the forms, please ask her to see the front office for the forms.

We have already started welfare activities in Week 2 with a full day High Resolves session on Global Citizenship. The girls, with their Year 10 mentors, completed a range of engaging activities to explore and understand how their choices and actions can affect others as well as their role of being a global citizen. Another session will be held later on in the year.

Another exciting event, the Year 8 Sleepover, is happening on Week 6 Friday 6th March. Organised by our Prefects, this evening includes a range of fun activities and a giant sleepover to finish off at the school hall. The girls will receive more information in regards to this closer to the date.

Ms Reeves and Ms Leung

YEAR 9 - Year 9 has embraced the new year with enthusiasm and vigour, reaffirming our motto of “Set the Example”. In week 6 they will take part in ‘Celebrating Sisterhood’ the day will centre on examining one’s self image and making positive choices.

We look forward to another year of challenges, fundraising and opportunities to demonstrate what a fantastic year group this is.

Ms Griffin and Ms Spencer

YEAR 10 - Year 10 has settled back into school nicely and have an exciting and challenging year ahead with many new opportunities being available to them.

Ms McLaren and Ms Barker

YEAR 11 - Year 11 has settled into the senior school very well in their first few weeks. They have shown a large amount of maturity, confidence and leadership which we are so proud to see.

Year 11 attended a study skills day which provided very useful information on different ways to study and keep track of all of their school work. They also attended a motivational talk presented by Lorin Nicholson that was highly captivating and inspiring.

A reminder that Year 11 has a cyber safety talk this term on 18th February.

We hope that Year 11 have a fantastic term.

Questions and enquiries:
This year if you require to speak to the Year 11 Adviser please note the following:
- Ms Robb is in charge of surnames A to K
- Mr Fisher is in charge of surnames L to Z

Ms Robb and Mr Fisher

YEAR 12 - Welcome back. We hope your daughter had an enjoyable holiday and spent the time wisely to ensure that she completed her holiday work set by her teachers. It is most important in Year 12 that school work is a priority and that your daughter is able to manage her time to ensure all her commitments are met.

Term 1 is a very important term for the year group due to the half yearly exams, so listed below are a number of significant dates.

1. Week 4 - Wednesday Feb 18: Cyber Safety talk with Leonie Smith 11am - 12.30pm.
2. Week 5 - Monday 23- Friday 27: Business Services Work Placement
3. Week 7 - March 9-13: Activity free week
4. Week 8 - March16-20: Activity free week

There have been enquiries regarding the Year 12 jerseys from parents. We have been informed that the anticipated delivery date is Feb 23. Apologies for the delay but there was a problem in the production of the jerseys which needed to be rectified, to ensure the girls received the best quality possible.

Please encourage your daughter to ensure she is preparing for exams NOW....as failing to prepare, is often the greatest cause of exam anxiety

Ms Bayliss and Mr Snow
NSW SCHOOL-BASED IMMUNISATION PROGRAM - 2015

Each year NSW Ministry of Health offers the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school-based vaccination program.

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)

Year 11-12 students
- Measles-Mumps-Rubella (MMR) vaccine as a single dose as part of a catch-up vaccination program for students who are not fully protected.

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/carers 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 and return the completed consent form to their child’s school. Please ensure the child eats breakfast on the day of the school vaccination clinic.

Parents/carers who wish to withdraw their consent for any reason may do so in writing to the School Principal. The procedure for withdrawal of consent is on the NSW Ministry of Health website at www.health.nsw.gov.au/immunisation

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

Please note that the HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11th number beside the child’s name) on the Consent Form, as this is required to record the student’s information on the National HPV Register and for female students only, link to the National or State Cervical Screening Program.

A Record of Vaccination will be provided to each student vaccinated at the clinic. Parents/carers 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.

SCHOOL PLAN 2015 - 2017

Mackellar Girls is in the process of developing our School Plan for 2015 – 2017. To do this, we are seeking input from all stakeholders on the future directions of the school. We would greatly appreciate you taking the time to complete the survey. The link below will take you to the online survey:
https://www.surveymonkey.com/s/ZRHT3Y2

The survey will remain open for two weeks until Friday 27th February.
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|        | School Development Day | Yrs 7, 11, 12 begin  
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|         | Yrs 7, 8, 9, 10 begin  
|         | Yr 12 Cross Campus Classes Begin  

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</table>
| Staff Meeting - Lorin Nicholason  
Guest speaker  
Yrs 10, 11, 12 Lorin Nicholason guest speaker  
Year 11 Cross Campus Classes Begin  
TAFE Courses begin for Yrs 11 and 12  
Evacuation Drill  
Yr 8 High Resolves (Group 1)  
Yrs 7 and 9 Cyber Talk with Leonie Smith (11 – 12.30pm)  
Session 1 Sport Selections 1:15pm - 2:30pm  
Yr 8 High Resolves (Group 2)  
Yr 11 Study Skills 9am - 12:30pm  
Parent HSC Support Seminar 6:30pm - 7:30pm  
School Swimming Carnival  
|        | Music Camp  
Yrs 9 and 10 Cyber Talk with Leonie Smith (11 – 12:30pm)  
Parent Cyber Safety Talk with Leonie Smith (7 – 8:30pm)  
|        |        | Yr Assemblies Yrs 8 & 9  
9am: 9:30am  
Year 12 2014 - 90+ ATAR/Band 6 Assembly Yrs 7, 10, 11 and 12 attending 9am - 09:30am  
School Photos Advanced Year Assemblies Newsletter  
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| Music Camp  
School Photos Advanced (Staff and Groups)  
Yr 7 Parent Welcome Evening  
7pm - 9pm  
Peer Support  
|        | Yrs 11 and 12 Cyber Talk with Leonie Smith (11 – 12:30pm)  
|        |        | Yr Assemblies Yrs 8 & 9  
9am: 9:30am  
Year 12 2014 - 90+ ATAR/Band 6 Assembly Yrs 7, 10, 11 and 12 attending 9am - 09:30am  
School Photos Advanced Year Assemblies Newsletter  
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| School Photos Advanced (Staff and Groups)  
Yr 7 Parent Welcome Evening  
7pm - 9pm  
Peer Support  
|        | Yrs 11 and 12 Cyber Talk with Leonie Smith (11 – 12:30pm)  
|        |        | Gifted and Talented Enrichment Day  
8:44am - 3:14pm  
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</table>
| Year 12 Business Services Work Placement  
Open Day Yr 7 2016 8:30am - 12pm  
Year 12 Business Services Work Placement  
Yr 10 High Resolves  
Yr 10 Parent Information Evening  
7:00pm - 8:00pm  
Year 12 Business Services Work Placement  
|        | Open Evening Yr 7 2016  
7:00pm - 7:30pm  
|        | Year 12 Business Services Work Placement  
|        | Pastoral Care Yrs 7-10  
|        | Year Assemblies Yrs 11 & 12  
|        | Year 12 Business Services Work Placement  
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</table>
| Year 12 Business Services Work Placement  
Open Day Yr 7 2016 8:30am - 12pm  
Year 12 Business Services Work Placement  
Yr 10 High Resolves  
Yr 10 Parent Information Evening  
7:00pm - 8:00pm  
Year 12 Business Services Work Placement  
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| Year 7 Vaccination Visit  
1 8:30am - 3pm  
| Year 2016 Talented Dance, Music, Sport and Visual Art Auditions  
P & C Meeting 7:30pm – 9:00pm  
| Year 2016 Talented Dance, Music, Sport and Visual Art Auditions  
Year 7 Bully Busters 10:30am-1pm  
| Year 2016 Talented Dance, Music, Sport and Visual Art Auditions  
Year 12 Cross Campus Classes Begin  
Year Assemblies Yrs 11 & 12  
Year 12 Business Services Work Placement  
| Year 8 Sleepover  
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| Yr 12 Activity Free Week  
Music Night #1 7pm - 9pm  
DMII Design Day #1 9am - 12:30pm  
| Yr 12 Activity Free Week  
Year 7 Camp  
DMII Design Day #2 9am-12:30pm  
Zone Swimming Carnival  
| Yr 12 Activity Free Week  
Year 7 Camp  
Selective Schools Test  
Yr 10 High Resolves  
| Yr 12 Activity Free Week  
Year 7 Camp  
Pastoral Care Yrs 7 – 10  
Year Assemblies Yrs 11 & 12  
| Year 8 Sleepover  
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| Yr 12 Activity Free Week  
DMII – Make Day Yr 9 and TAS Staff  
Year 7 & Academic Project  
HOOK Event  
Sydney North Regional Swimming Carnival  
Yr 12 Activity Free Week  
On Show  
Yr 10 High Resolves (9 – 12:00pm)  
On Show  
Yr 12 Activity Free Week  
Year 7 2016 Academic Placement Test  
Premier Sporting Challenge 8am – 8pm  
Yr 12 Activity Free Week  
Formal Assembly – Social Science & TAS I/C  
Yr 7 G&T Academic Project  
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| Yr 12 Half Yearly Exams  
Yr 7 G&T Academic Project  
Yr 7 2016 Academic Placement Test Backup  
| Yr 12 Half Yearly Exams  
Yr 7 G&T Academic Project  
| Yr 12 Half Yearly Exams  
DMII Expo at Mackellar Girls  
| Yr 12 Half Yearly Exams  
Newsletter  
Year Assemblies  
CHS Swimming Carnival  
| Year 12 Half Yearly Exams  
Yrs 7 and 10 Parent Teacher Evening 4.00 – 7.00pm  
| Year 12 Half Yearly Exams  
SRC Planning Day  
10 MACK Project Penguin Introduction meeting with the Zoo 8:45am-10am (TBC)  
| Year 12 Half Yearly Exams  
Yr 7 G&T Academic Project College Showcase  
P & C Meeting 7:30pm - 9:00pm  
| Year 12 Half Yearly Exams  
Year 7 Study Skills seminar 9:00am – 11:30am  
| GOOD FRIDAY – PUBLIC HOLIDAY  
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</thead>
</table>
| Year 12 Half Yearly Exams  
Yrs 7 and 10 Parent Teacher Evening 4.00 – 7.00pm  
| Year 12 Half Yearly Exams  
Yr 7 G&T Academic Project College Showcase  
P & C Meeting 7:30pm - 9:00pm  
| Year 12 Half Yearly Exams  
Year 7 Study Skills seminar 9:00am – 11:30am  
| GOOD FRIDAY – PUBLIC HOLIDAY  
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</table>
| COLLEGE DEVELOPMENT DAY  
Band Workshop 10am - 3pm | WINTER UNIFORM  
Yrs 9&10 PASS Bush Camp – Myuna Bay | Yrs 9&10 PASS Bush Camp – Myuna Bay | Yrs 9&10 PASS Bush Camp – Myuna Bay | ANZAC DAY ASSEMBLY |
| Apr 27 | Apr 28  | Apr 29    | Apr 30   | May 1  |
| Yr 9 High Resolves | Yr 9 Study Skills 9-11:30am  
Session 2 Sport Selections 1:15pm-2:30pm | Project Penguin Zoo and Habitat Day (TBC) | Year Assemblies  
Yr 10 High Resolves (9-12pm) | |
| May 4 | May 5   | May 6     | May 7    | May 8  |
| Year 11 Activity Free Week  
2015 - 2016 Prefect Nominations Due  
Year 12 Hospitality Work Placement | Year 11 Activity Free Week  
Year 12 Hospitality Work Placement  
Yr 9 High Resolves | Year 11 Activity Free Week  
P&C Meeting 7:30pm – 9:00pm  
School Cross Country  
Year 12 Hospitality Work Placement | Year 11 Activity Free Week  
Year 9 & 11 Parent Teacher Evening 4pm - 7pm  
Year 12 Hospitality Work Placement | Year Assemblies  
Careers Market Yr 12 (TBC)  
Newsletter  
Formal Assembly - Maths and Languages I/C  
Year 12 Hospitality Work Placement |
| May 11 | May 12  | May 13    | May 14   | May 15 |
| Year 11 Activity Free Week  
2015 - 2016 Prefect CV + Workshop | Year 11 Activity Free Week  
NAPLAN - Yrs 7 & 9  
Grade Sport Starts  
Northern Beaches Eisteddfod (TBC) | Year 11 Activity Free Week  
NAPLAN - Yrs 7 & 9  
2015 - 2016 Prefect CV and Workshop | Year 11 Activity Free Week  
Year 11 & 12 Year Assemblies  
Pastoral Care Yrs 7 – 10  
NAPLAN Yrs 7 & 9 Catchup | |
| May 18 | May 19  | May 20    | May 21   | May 22 |
| Yr 11 Preliminary Exam Week  
Semester Exam Week for Geo/ Hist Yrs 7 - 9  
ICAS Digital Technologies Test | Yr 11 Preliminary Exam Week  
Semester Exam Week for Geo/Hist Yrs 7 - 9  
ICAS Digital Technologies Test | Yr 11 Preliminary Exam Week  
Year 11 2016 Faculty Presentations  
Semester Exam Week for Geo/Hist Yrs 7 - 9  
Year 12 Vaccinations – Visit 2  
Project Penguin Day 1 (TBC) | Yr 11 Preliminary Exam Week  
Year 11 2016 Subject Evening  | Yr 11 Preliminary Exam Week  
Semester Exam Week for Geo/Hist Yrs 7 - 9  
Year Assemblies |
| May 25 | May 26  | May 27    | May 28   | May 29 |
| Back up Zone X country  
Year 11 2016 Subject Evening 7pm - 8:30pm | Year 11 Activity Free Week  
Project Penguin Day 10MACK (TBC) | Project Penguin Day 2 10MACK (TBC)  
Yr 12 Reports Issued | Newsletter  
School Athletics Carnival  
P&C Trivia Night Sat 30th May 6.30pm | |
| Jun 1  | Jun 2   | Jun 3     | Jun 4    | Jun 5  |
| Yr 11 Business Services Work Placement  
Music Night #2  
Yr 10 High Resolves (9-12pm) | Yr 11 Business Services Work Placement  
Bally/Macka Dance (TBC) | Yr 11 Business Services Work Placement  
Project Penguin Day 3 10MACK (TBC)  
ICAS Science Test  
P&C Meeting 7:30pm - 9:00pm | Yr 11 Business Services Work Placement  
2015 - 2016 Prefect Elections  
2015 - 2016 Prefect Elections  
Pastoral Care Yrs 7 – 10 | |
| Jun 8  | Jun 9   | Jun 10    | Jun 11   | Jun 12 |
| QUEEN'S BIRTHDAY  
PUBLIC HOLIDAY | Yr 9 High Resolves | Sydney North Cross Country  
Project Penguin Expo Day 10MACK (TBC) | Year Assemblies  
Yr 12 English Enrichment Day (TBC)  
Yr 12 Business Studies Enrichment Day (TBC) | Yr 12 English Enrichment Day (TBC)  
Yr 12 Business Studies Enrichment Day (TBC) |
| Jun 16 | Jun 17  | Jun 18    | Jun 19   | Jun 20 |
| School Musical Week  
Yr 10 High Resolves (12-45-3:15pm) | School Musical Week | School Musical Week | School Musical Week  
Newsletter  
Formal Assembly English I/C | |
| Jun 24 | Jun 25  | Jun 26    | Jun 27   | Jun 28 |
| Sydney North Dance Festival (TBC)  
Gifted and Talented Enrichment Day | Sydney North Dance Festival (TBC)  
Gifted and Talented Enrichment Day  
HSC Major Work Display Evening 4:30pm-7pm | Sydney North Dance Festival (TBC)  
2015-2016 Prefect Induction Evening 7pm-8pm | Sydney North Dance Festival (TBC)  
2015-2016 Prefect Assembly 10am-10:30am  
Yrs 7, 8, 9, 10, 11 Reports Issued | |
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<td>Year 11 Drama Matinee (TBC)</td>
<td>Year 11 Drama Night 6pm – 9pm (TBC)</td>
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<td>Yr 8 Excursion to IMAX and Powerhouse Museum for Technomuseum (TBC)</td>
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<td>Oct 5</td>
<td>PUBLIC HOLIDAY</td>
<td>Oct 6 SUMMER UNIFORM</td>
<td>Oct 7</td>
<td>Oct 8 Yr 12 2016 Study Skills Day</td>
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<td>HSC Extension Courses Start</td>
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<td>Evening 7pm-8:15pm</td>
<td>5pm</td>
<td>College Student Leadership conference (TBC)</td>
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<td>Newsletter</td>
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<td>Year 11 GP Visit 8:44am – 11:30am (TBC)</td>
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<td>Meet the Music 6:30-9:30pm (TBC)</td>
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<td>Years 7 and 8 Exam Week</td>
<td>Oct 21 Year 7 and 8 Exam Week</td>
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<td>Oct 26</td>
<td>Year 9 Exam Week</td>
<td>Oct 27 Year 9 Exam Week</td>
<td>Oct 28</td>
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<td>Year 9 Exam Week</td>
<td>Years and 8 Exam Week</td>
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<td></td>
<td>Yr 11 Photography &amp; Art Exhibition</td>
<td>Years 7 and 8 Exam Week</td>
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<td>P &amp; C Meeting 7:30pm-9:00pm</td>
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<td></td>
<td>Meet the Music 6:30-9:30pm (TBC)</td>
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<tr>
<td>Oct 29</td>
<td>Year 10 Exam Week</td>
<td>Oct 30 Year 10 Exam Week</td>
<td>Oct 31</td>
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<td></td>
<td></td>
<td>Year 10 Exam Week</td>
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<td></td>
<td>Year 11 GP Visit 8:44am – 11:30am (TBC)</td>
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<td>Meet the Music 6:30-9:30pm (TBC)</td>
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<tr>
<td>Oct 5</td>
<td>Year 8 Life Saving Week</td>
<td>Nov 4 Year 9 Exam Week</td>
<td>Nov 5</td>
<td>Nov 6 Year 9 Exam Week</td>
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<tr>
<td></td>
<td>Year 8 ESSA Test Week (TBC)</td>
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<tr>
<td></td>
<td>MacArchibald Yr 10 Vis Arts and Photography</td>
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<td></td>
<td>Exhibition</td>
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<tr>
<td>Nov 10</td>
<td>Year 8 Lifesaving Week</td>
<td>Nov 11 Year 8 Lifesaving Week</td>
<td>Nov 12</td>
<td>Nov 13 Year 8 Lifesaving Week</td>
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<tr>
<td></td>
<td>Year 8 ESSA Test Week (TBC)</td>
<td>Year 8 Lifesaving Week</td>
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<td></td>
<td>MacArchibald Yr 10 Vis Arts and Photography</td>
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<tr>
<td></td>
<td>Exhibition</td>
<td>Remembrance Day</td>
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<tr>
<td>Nov 18</td>
<td>Peer Support Training Band Tour (TBC)</td>
<td>Nov 19 Band Tour (TBC)</td>
<td>Nov 20</td>
<td>Nov 21 Year 9 Science GT day Field of Mars</td>
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<td></td>
<td></td>
<td>and Gibberagong</td>
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<td></td>
<td></td>
<td>Gifted and Talented Enrichment Day (Friday</td>
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<td></td>
<td>alternate bell times)</td>
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<td></td>
<td>G&amp;T Visual Arts Exhibition</td>
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<td></td>
<td>Yr 11 Assembly</td>
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<tr>
<td>Nov 23</td>
<td>Year 7 Lifesaving Week</td>
<td>Nov 24 Year 7 Lifesaving Week</td>
<td>Nov 25</td>
<td>Nov 27 Year 7 Lifesaving Week</td>
</tr>
<tr>
<td></td>
<td>Australian Business Week (TBC)</td>
<td>Year 7 Lifesaving Week</td>
<td></td>
<td></td>
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<td></td>
<td>Work Experience</td>
<td>Australian Business Week (TBC)</td>
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<tr>
<td></td>
<td>P&amp; C Volunteers Night 6pm - 7:30pm</td>
<td>Work Experience</td>
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<td></td>
<td></td>
<td>Schools Spectacular(TBC)</td>
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<tr>
<td>Nov 30</td>
<td>Multicultural Day</td>
<td>Dec 1 Yr 10 All My Own Work 8:44am - 11:56am</td>
<td>Dec 2 Yr 9 Peer Mediation Training</td>
<td>Dec 4 Newsletter</td>
</tr>
<tr>
<td></td>
<td>School Danceworks Evening 7pm- 8pm (TBC)</td>
<td>School Danceworks Evening (TBC)</td>
<td>Yr 10 All My Own Work 8:44am – 11:56am</td>
<td>Personal Best Assembly (Yrs 8, 10 and 11)</td>
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<td></td>
<td></td>
<td></td>
<td>School Danceworks Evening (TBC)</td>
<td>9:45am - 9:45am</td>
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<td></td>
<td>Personal Best Assembly (Yrs 7 and 9) 9:45am</td>
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<td></td>
<td></td>
<td>10:30am</td>
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<tr>
<td>Dec 1</td>
<td>Sport Assembly Rehearsal 1pm - 3pm</td>
<td>Dec 8 Yr 7 and 8 Lunchtime Picnic Passmore</td>
<td>Dec 9 Year 10 Assembly 9am-10.00am</td>
<td>Dec 11 Presentation Day Assembly</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Reserve</td>
<td>Yr 10 Reports Issued</td>
<td>10:00am-12:00am</td>
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<td></td>
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<td></td>
<td>Presentation Day Assembly Rehearsal 10:53am -</td>
<td>Years 7, 8 &amp; 9 Reports Issued</td>
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<tr>
<td></td>
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<td></td>
<td>1:20pm</td>
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<tr>
<td>Dec 15</td>
<td>HSC Results to School</td>
<td>Dec 16 SCHOOL DEVELOPMENT DAY</td>
<td>Dec 17</td>
<td>SCHOOL DEVELOPMENT DAY</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ATARs Released - Yr 12 Morning Tea</td>
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</table>
Do you have what it takes to advocate change, serve your community and make a better world? Find out by joining the Z Club at Mackellar Girls Campus!

A new extra curricular activity, titled the “Z club” is being offered to all Mackellar students from Year 7 through to Year 12 for the first time this year. Supported by the Zonta club of Northern Beaches Inc the “Z club” will be one of only two clubs operating in a NSW high school. The proposal is to meet each month during the lunchtime break on a Thursday, to work on projects that deal with social justice issues in the community.

About Zonta International -
Zonta is a global, non-partisan and non-sectarian organisation whose members are culturally diverse and from a wide array of working lives in professional, business, government and academic roles. Zonta International is closely linked with the United Nations and, as an international volunteer NGO, brings women's concerns to the UN, suggests solutions and draws public attention to issues.

Zontians worldwide have provided more than US$22 million for international programs such as:

- The Zonta International Strategies to Prevent Violence Against Women program (ZISVAW) which seeks to reduce the incidence of violence against women and girls. For example rape and violence including honour killings and acid burning are one of the most under-reported crimes world wide because of the social stigma attached to the nature of the crime. In India last year alone on average 22 women were killed per day because their families could not meet dowry demands.
- The prevention of Mother-to-Child Transmission of HIV in Rwanda.
- The UNIFEM Safe Cities for Women Project In Guatemala City and San Salvador
- The reduction of Obstetric Fistulas in Liberia.

What the Zonta club of the Northern Beaches do?
Current activities of the club include:

- Providing financial help to women and girls in our local community to enable them to continue their education when they would otherwise not do so.
- Assembling birthing kits and shipping them over to developing countries. This kit is a cost effective tool used in developing countries to prevent death for both mother and baby in child birth and associated infections, particularly tetanus.
- Making breast cushions for women who have undergone breast surgery.
- Supporting the Cancer Foundation by selling pink ribbons.
- Giving material assistance to local Women’s Refuge Centres

Does this sound like you?
√ Working with enthusiasm and possess the skills to contribute.
√ Interested in the big issues for women and girls.
√ Able to make time to get involved.
√ Willing to work as a team to help women and girls.
√ Want to be part of a world wide effort.
√ Meet monthly, in the library reading room to support events throughout the year.

If this sound like you, contact Ms Biswell in TAS to learn about the Z club at Mackellar.

For more information about Zonta International, go to: www.zonta.org

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PEER MEDIATION

If students have been affected by disputes such as name calling, teasing, loss of property or exclusion then Peer Mediation might be a solution. Mackellar Girls Campus offers a Peer Mediation Program which is run by the students for the students. Student mediators have been trained by an accredited trainer.

Students from Year 7 to 9 are encouraged to use this service. Peer mediation is a process where a dispute between two people can be solved in a relaxed environment and both sides can agree on the end result. Both disputants get to say what happened from their side so it can be a fair mediation. The mediators are in Year 10, they are there to listen to both sides of the argument and guide the two disputants, so that hopefully there will be no further conflict.

Everything that happens or is said stays confidential (won’t be revealed, kept private). Students can organise mediation by going to their year adviser or Ms Waterhouse, Ms Lambkin or a trusted teacher. Students can approach them and ask if they can help you organise mediation for the next day or week. Mediation is available every day of the week except Wednesday, as Year 10 is at sport. Peer Mediation is completely voluntary. A teacher may recommend a student go to Mediation but both parties must agree to it.
WHO SHOULD I CONTACT ABOUT...?? PARENT GUIDE

Usually the first port of call for parents who would like subject information, advice or who have a specific concern or query is the class teacher. Following that, the Head Teacher or Year Adviser can usually answer most questions that arise.

<table>
<thead>
<tr>
<th>CLASS ROOM TEACHER -</th>
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<tbody>
<tr>
<td>Activities and information pertaining to the teaching and learning in that particular class eg:</td>
</tr>
<tr>
<td>- Class work and texts</td>
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<tr>
<td>- Homework / assignments</td>
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<tr>
<td>- Tests / assessment / reports</td>
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<tr>
<td>- Class excursions</td>
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<tr>
<td>- Class welfare / discipline</td>
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<thead>
<tr>
<th>FACULTY HEAD TEACHER -</th>
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<tbody>
<tr>
<td>As well as whole school responsibilities, Head Teachers are responsible for the leadership and management of their faculty – teaching and learning, policies and procedures, including:</td>
</tr>
<tr>
<td>- Programs / assessment / reporting</td>
</tr>
<tr>
<td>- Welfare / discipline</td>
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<tr>
<td>- Excursions / competitions</td>
</tr>
<tr>
<td>- Text books / resources etc</td>
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<tr>
<th>YEAR ADVISER -</th>
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<tbody>
<tr>
<td>Non-faculty specific activities and information relating to a student or students in that particular year eg:</td>
</tr>
<tr>
<td>- Overall academic progress</td>
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<tr>
<td>- A serious family disruption, illness</td>
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<td>- Year Group activities such as camps, graduations etc</td>
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<table>
<thead>
<tr>
<th>HEAD TEACHER WELFARE -</th>
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<tbody>
<tr>
<td>Ms H Warne is concerned with:</td>
</tr>
<tr>
<td>- year advisers and counsellors on significant matters pertaining to student academic progress and welfare</td>
</tr>
<tr>
<td>- Enrolments</td>
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<tr>
<td>- Learning support</td>
</tr>
<tr>
<td>- ESL</td>
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<tr>
<td>- International students</td>
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<tr>
<td>- Aboriginal students</td>
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<tr>
<td>- Prefects</td>
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<thead>
<tr>
<th>COUNSELLOR -</th>
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<tbody>
<tr>
<td>Ms Sue O’Brien is concerned with student welfare in areas such as:</td>
</tr>
<tr>
<td>- Physical, social and emotional health</td>
</tr>
<tr>
<td>- Referrals to, and liaison with, outside agencies</td>
</tr>
<tr>
<td>- Student / Parent / Caregiver and guidance</td>
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<table>
<thead>
<tr>
<th>HEAD TEACHER ADMINISTRATION -</th>
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</thead>
<tbody>
<tr>
<td>Ms Penfold is concerned with:</td>
</tr>
<tr>
<td>- student attendance</td>
</tr>
<tr>
<td>- Board of Studies information</td>
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<tr>
<td>- liaison for RoSA / Prelim HSC / HSC including disability provisions</td>
</tr>
<tr>
<td>- examination timetables</td>
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<tr>
<td>- enrolment in courses</td>
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<thead>
<tr>
<th>HEAD TEACHERS TEACHING AND LEARNING -</th>
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<tbody>
<tr>
<td>Ms Parsons is concerned with:</td>
</tr>
<tr>
<td>- quality teaching</td>
</tr>
<tr>
<td>- HSC and RoSA</td>
</tr>
<tr>
<td>- G&amp;T program</td>
</tr>
<tr>
<td>Mr Hart is concerned with:</td>
</tr>
<tr>
<td>- Literacy &amp; Numeracy</td>
</tr>
<tr>
<td>- Tracking Student Achievement</td>
</tr>
<tr>
<td>- Publicity</td>
</tr>
<tr>
<td>- Primary School connections</td>
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<tr>
<th>CAREERS ADVISER -</th>
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<tbody>
<tr>
<td>Ms Erskine is concerned with all aspects of careers education including:</td>
</tr>
<tr>
<td>- Career choice guidance</td>
</tr>
<tr>
<td>- Advice on related subject selection</td>
</tr>
<tr>
<td>- Work experience</td>
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<tr>
<th>DEPUTY PRINCIPALS -</th>
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</thead>
<tbody>
<tr>
<td>Ms Morrison: Years 8, 10, 12</td>
</tr>
<tr>
<td>Ms Scalese: Years 7, 9, 11</td>
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</table>

There are two Deputy Principals. Both have whole school responsibilities as well as specific responsibility for particular years.

Both Deputies should be contacted about extremely serious welfare/ discipline and teaching and learning issues related to these years.

PRINCIPAL: Ms C Del Gallo - whole school educational leadership, management and administration.

<table>
<thead>
<tr>
<th>FACULTY HEAD TEACHERS:</th>
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<tbody>
<tr>
<td>English: Mr T Treleaven</td>
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<tr>
<td>Mathematics: Ms L Courtney</td>
</tr>
<tr>
<td>Science: Ms Y Du’bery</td>
</tr>
<tr>
<td>History: Ms G Mercieca</td>
</tr>
<tr>
<td>Languages: Ms Mary-Anne Bianchin (plus Ms A De Angelis relieving)</td>
</tr>
<tr>
<td>Social Science: Mrs C Hourigan (plus Ms J Fogarty Relieving)</td>
</tr>
<tr>
<td>Creative &amp; Performing Arts: Ms K Vanderbent</td>
</tr>
<tr>
<td>Technology &amp; Applied Studies: Mrs K Mills</td>
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<tr>
<td>PD/Health/PE: Mrs R Williams</td>
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<tr>
<th>2015</th>
<th>YEAR ADVISERS</th>
<th>ASSISTANT YEAR ADVISERS</th>
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<tbody>
<tr>
<td>Year 7</td>
<td>Ms Jane Secrett</td>
<td>Ms Louise Guest</td>
</tr>
<tr>
<td>Year 8</td>
<td>Ms Natalie Reeves</td>
<td>Ms Jane Secrett</td>
</tr>
<tr>
<td>Year 9</td>
<td>Ms Ashleigh Griffin</td>
<td>Ms Liz Gazzard</td>
</tr>
<tr>
<td>Year 10</td>
<td>Ms Suzy McLaren</td>
<td>Ms Catherine Barker</td>
</tr>
<tr>
<td>Year 11</td>
<td>Ms Nicole Robb</td>
<td>Mr Simon Fisher</td>
</tr>
<tr>
<td>Year 12</td>
<td>Ms Merryn Bayliss</td>
<td>Mr Evan Snow</td>
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</table>
SPORTS REPORT -

SWIMMING CARNIVAL – The School Swimming Carnival was held on Friday 6 February at Manly Boy Charlton Swim Centre. It was another fantastic “Mackellar” carnival with everyone getting involved. As the pool is currently undergoing refurbishment we could only have Year 7 students and competitors in the pool at any one time. To accommodate the rest of the school we ran a “Carnival of Games” in the adjoining Graham’s Reserve including Volleyball, Basketball, Cricket, Frisbee, Elastics, Vortex throwing and social games! The Year 12 “Jungle Theme” race was certainly entertaining. We would like to also congratulate the House Captains and Vice Captains who worked tirelessly to encourage students to swim in the races.

The following girls were successful in becoming the School Champions for 2015:

12 years: Cassandra  13 years: Charlotte  14 years: Bronwyn
15 years: Marina   16 years: Christine  17 years: Lara

The winning house results:

1st: Tingee (Yellow)  2nd: Moolgori (Red)  3rd: Beabau (Blue)  4th: Gullary (Green)

We will be sending a team of about 60 swimmers to the Zone Carnival which will be held on 11th March at the Warringah Aquatic Centre. Notes are available from the PE office.

NSW CHS AND SYDNEY NORTH REGIONAL SPORTS TRIALS COMING UP: Students with representative experience are encouraged to attend the following trials: Tennis, Volleyball, AFL, Opens Basketball, U15 Touch, NSW All Schools Triathlon.

Students need to see Ms Adams in the PE staffroom to put in their nomination for the Trials and collect information notes.

SCHOOL KO TEAMS: School Knock-Out teams are now being selected for Open Soccer, Tennis, Softball and Open Basketball teams - names can be put down on the trial nomination sheets outside the PE office.

Enrichment Days for our Talented Athletes are coming up on the 19th and 20th February. The program will include practical sessions on Surf Educate, Beach Volleyball and AFL. The theory component will include setting up individual sports profiles, goal setting, expectations and listening to guest speaker Jeremy Rolston (Winter & Summer Olympian).

The School Surfing competition is coming up on Wednesday 4th March at Queenscliff. Entries can be taken outside the PE office.

Year 9 & 10 SPORT commences this week – please ensure all students are wearing correct PE uniform each week to Sport. Non-compliance will result in students staying at school in non-sport until 3:14pm.

R Williams, Head Teacher PDHPE

Career News-Term 1, Week 3 2015

My name is Katherine Erskine and I am the new Careers Adviser. My office is located upstairs in A Block next to room A18. I am available for career counselling and guidance to support students to clarify their ideas about career choices and directions.

Important information for Year 11 and 12 students will be emailed directly to students and their parents.

K.Erskine
Careers Adviser
Language News
The year has started with great enthusiasm and drive, which I find very inspiring having just returned from maternity leave. I’ll be working 3 days per week, sharing the role with Mrs De Angelis. Our hard working team is further reunited with the return of Ms Gazzard also from maternity leave and the arrival of Alev Yalcin, our German Assistant.

As language teachers we are often asked ‘Why should we bother learning languages other than English when everyone speaks English?’

British Academy’s Nigel Vincent, at a 2014 round table debating International Language Policy, pointed out that if we ONLY have English, whereas others have very good English plus (2, 3 or 4 other languages)... they are ahead of the game and we need to catch up.

Why would an international business hire a monolingual English speaker when it can hire a comparably skilled bilingual or trilingual speaker? And, in this global age are not all, or at least most, businesses international?

The Languages faculty looks forward to teaching our Language students this year in preparation for international and global communication and work opportunities. Watch out for more news about our Language Day for Year 8 in April!

French Excursion - The Year 10 French classes will be visiting CJ’s Swiss Fondue restaurant on March 9th for a French gastronomic and real life language experience.

German news - The German Year is in full swing as we enter the German Karneval Season. Karneval is a Christian tradition which we also see in the Sambadromes of Rio and the Mardi Gras of New Orleans. It is a time of fun and frivolity and enjoyment of sweet fatty foods including Berliner Pfannkuchen which are deep-fried jam filled donuts.

A welcome addition to our language staff is our German Assistant Alev Yalcin who has joined us for the year. She will be assisting us with German lessons and building of German resources for the school to share. She will also be assisting with the Year 8 Language Day and Oktoberfest later in the year.

Ms M Bianchin, Head Teacher Languages

UNIFORM SHOP NEWS -
Welcome back and Happy New Year to all.
Please continue to drop off unwanted school clothing to the Uniform Shop or office - we urgently require all items and all proceeds go directly back into your daughter’s education.

Do not purchase plain blue or white shirts from other retail outlets, these are not school uniform. The correct blouse has a pleated front and the school logo.

Please find below the volunteer roster for the remainder of FEBRUARY and MARCH 2015:

Monday 16 Feb: Kim Donkers, Maxine Bronier, Sigrid Mulherin, Mel Pearse
Wednesday 18 Feb: CLOSED
Monday 23 Feb: Paula Young, Karen Davenport - HELP REQUIRED 1.30pm - 2.30pm
Wednesday 25 Feb: Natalya Hansson, Rowena Casper, Gladys Withers
Monday 2 Mar: Ruth Laird, Karen Davenport, Leigh Quilter - HELP REQUIRED 1.15pm - 2.15pm
Wednesday 4 Mar: CLOSED
Monday 9 Mar: Leigh Quilter - HELP REQUIRED 9AM - 11am and 1.15pm - 2.15pm
Wednesday 11 Mar: Nerida Harrison - HELP REQUIRED 12pm - 2pm
Monday 16 Mar: Maxine Bronier - HELP REQUIRED 9am - 11am and 1.15pm - 2.15pm
Wednesday 18 Mar: CLOSED
Monday 23 Mar: HELP REQUIRED 9am - 11am and 12pm - 2pm
Wednesday 25 Mar: Jacinta Desmond, Karen Davenport - HELP REQUIRED 8.30am - 11am and 12pm - 2pm
Monday 30 Mar: HELP REQUIRED 9am - 11am and 12pm - 2pm

Please contact myself if you can help out on any of the HELP REQUIRED days or times above.
If you cannot make your rostered day please contact myself at school on 9949 2083 Mondays & Wednesdays, or email uniformshop@mackellar-pandc.com.

A very big thank you to ALL my volunteers that helped throughout 2014 and during school holidays - you are very much appreciated.

Leigh McPherson, Uniform Shop Manager, uniformshop@mackellar-pandc.com
WE LOVE TO READ!!!

MGC Book Club
Monday lunchtime Years 7 & 8
Tuesday lunchtime 9-12
in the library seminar rooms.

DISCOVER NEW BOOKS, GROUP READS, DISCUSSIONS, RECOMMENDATIONS, BOOK OF THE MONTH, PROMOTE READING AND MORE...

NEW MEMBERS WELCOME!
Come along or see Mrs Reed or Mrs Beyer for more information.

Dear Parent,

With the 2015 school year upon us we would like to assist you with searching for possible school services which may be available to your child. Please follow the steps below to access timetables and maps of all school services to and from your child’s school.

Enter the Sydney Buses website – www.sydneybuses.info

- Click on the School Routes link.
- Select the School and then click on the School's school routes tab.
- Review map and list of School Services and click on School Service node for timetable information.

School Student Travel Pass Info

Whilst Transport for NSW are processing new pass applications, a grace period has been established where a School Student Travel Pass is not required to travel on school services. This grace period will continue to Friday 20 February 2015 inclusive.

As a reminder a new school pass application is required when a student: enters in kindergarten, progresses from Year 2 to Year 3, progresses from Year 6 to Year 7 or changes name, school and/or address.

A School Student Travel Pass application form can be picked up from your school administration office.

Yours sincerely,

Sydney Buses
Northern Region
Parenting Education for Mums, Dads and Carers

TERMS 1 & 2
2015
February to June

CHILD & ADOLESCENT PARENTING
9887-5810

Chatswood
Community Health Centre,
57 Hercules St

ALL OUR LEADERS ARE PARENTS & PROFESSIONALLY QUALIFIED

Coupled discount available for couples only.
We regret that we cannot provide child minding.

WORKSHOPS AND SEMINARS ORGANISED THROUGH SCHOOLS, CENTRES & COUNCILS

Community rate $440 group booking (25 people) $550 over 25. Corporate rate available on request
To organise a workshop/seminar or for the details of workshops currently offered: Phone 9887 5810.

Toddler Workshops
2.5 hours
1. Understanding Your Toddler: Discipline & tantrums
2. Toilet training

Older Sibling – New Baby
2.5 hours
Content: Understanding your older child’s feelings, development & emotions, strategies to help younger siblings manage the social (child) behavior, community supports & network.
THURS 26.3 7:30-9:30PM - CHATWOOD

Grand Parenting
2.5 hours
Content: Some of the challenges today’s world presents to grandparents who find themselves in active and meaningful roles with grandchildren, whether they are coping through the separation &/or conflict, living with or without grandchildren.

Communicating with Kids Workshop
2.5 hours
Content: Communication skills for building positive relationships, problem solving, assertiveness skills and problem solving skills.

Transition to School
2.5 hours
Content: The emotional transition from home to school, effective communication and teaching skills, how to say “no”, assertiveness, problem solving skills and how parents can help. Enquiries:

Bully Busting and Parents
Content: How to deal with bullying behavior, myths about bullying, ways to help your child if they are being bullied, they are doing the bullying themselves or if they witness bullying.

Resilient Kids
2.5 hours
Content: Helping your child identify, accept & express feelings, developing self-esteem, coping skills & problem solving, dealing with negative emotions & stressful events.

Transition to High School
2.5 hours
Content: Helping your child identify, accept & express feelings, developing self-esteem, coping skills & problem solving, dealing with negative emotions & stressful events.

Dealing with Backchat
2.5 hours
Content: Teaching your child to respect you & positive communication between, how to say that they will listen & listen so that they will listen to you.

FOR CHILDREN 1-12 YEARS

Toddler Terrible or Terrific
3 x 2.5-hour workshops $65pp or $175pp for 3 workshops in one term
Age 2-3 yrs
(1) Understanding Your Toddler: Discipline & tantrums
(2) Toilet training
(3) Speech & Language Development

Tuning in to Kids
5 x 2-hour workshops $310pp ($340 concessions) Age 3-10yrs
Content: Help your child develop emotional intelligence, learn how to talk with & understand your child, help them manage emotions, prevent behavioral problems & teach them to deal with conflict.

Triplet P: Positive Parenting Program
3 x 2-hour seminars $45pp or $145pp for 3 sessions
1. The Power of Positive Parenting
2. Raising Confident, Competent, Children
3. Raising Resilient Children

Resilient Kids Workshop
2.5 hrs $45pp
Content: Helping your child identify, accept & express feelings, developing self-esteem, coping skills & problem solving, dealing with negative emotions & stressful events.

Dealing With Teens Backchat Workshop
2.5 hrs $45pp
Content: Are you struggling with a teenager who seems rude all the time? Learn how to restore a respectful and positive relationship between you and your teenager, understand what is it like being a teenager today, learn how to talk to them so they will listen and how to listen so that they will talk to you.

Communicating with Kids Workshop
2.5hrs
Content: Communication skills for building positive relationships, problem solving, assertiveness skills and problem solving skills.

Transiton to School
2.5 hours
Content: The emotional transition from home to school, effective communication and teaching skills, how to say “no”, assertiveness, problem solving skills and how parents can help. Enquiries:

Bully Busting and Parents
Content: How to deal with bullying behavior, myths about bullying, ways to help your child if they are being bullied, they are doing the bullying themselves or if they witness bullying.

Resilient Kids
2.5 hours
Content: Helping your child identify, accept & express feelings, developing self-esteem, coping skills & problem solving, dealing with negative emotions & stressful events.

Transition to High School
2.5 hours
Content: Helping your child identify, accept & express feelings, developing self-esteem, coping skills & problem solving, dealing with negative emotions & stressful events.

Dealing with Backchat
2.5 hours
Content: Teaching your child to respect you & positive communication between, how to say that they will listen & listen so that they will listen to you.
Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 1 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Teens Course
Skills to communicate with your teenagers so that you understand each other better & are able to build good parent relationships.
- Understanding teenagers today & communication skills
- Emotional intelligence skills
- How to prevent behaviour problems & conflict resolution
Chesterwood 9 am/9.30am (9/3 - 30/6) 7.00-9.30pm

Dealing with Teen's Backchat Workshop
Learn how to transform a difficult & passive relationship with your teenager
Understand what it is like being a teenager today
Learn how to talk so that they listen & how to listen so that they talk to you
Chesterwood 3/3 7.00-9.30pm

New Tuning in to Kids Course - Chesterwood (24/2 - 24/3)
Triple P Seminars - Chesterwood (11/3, 18/3 & 25/3)
Communicating with Kids Workshop - Chesterwood (21/3)

WORKSHOPS ON REQUEST FOR PARENTS/CLASSROOMS OF TEENS - 9887 5830
- Dealing with Teen's Back Chat
- Transition to High School
- Triple P Seminar Series (Town)

OTHER WORKSHOPS ON REQUEST (1-2.5 hours)
- Understanding Your Toddler/Discipline & Tantrums
- Toilet Training/Toddler Training
- Speech & Language Development/Step
- Triple P IPP Support Group (12 years)

Enquiries: Child & Adolescent Parenting 9887 5830

Northern Beaches
ADHD SUPPORT GROUP

A problem shared is a problem halved.

The Northern Beaches ADHD Support Group is a problem solving group offering support to parents of children or teenagers with ADHD or other related challenges. The group meets every second Wednesday at 7.30pm at the Woolwich RSL Club. For more information please call 9928 1500.

SPEAKER EVENING: DR. MARK ROBERTSON
"THE BIOMEDICAL TREATMENT OF ADHD & AUTISM"

- What is the biochemical treatment of ADHD & Autism?
- Is there any risk of biochemical treatment?
- 

Dr. Mark Robertson is a member of the Australian College of Nutritional & Environmental Medicine and has completed his primary course and various specialisation training programs. He has attended the 50-hour diploma training for autism & related health problems, as well as ADHD treatment education. In 2012, he opened his 3071 Speciality reference in Sydney. He has spent years in both clinical and therapeutic roles, helping clients with ADHD and other related health problems.

Monday 16th February 2015 @ 7.30-9.00pm
The Pittwater RSL, Main Sail Room, 62 Mona Vale Rd, Mona Vale

www.northernbeachesadhdsg.com

BooKing Form 2015

Tuning in to Kids

Tuning in to Teens

5 WEEK PARENTING COURSES - LIMITED PLACES

These five week courses provide a better way to parent your young children. They are based on the work of Dr. Peter/de Kinders, best known as "How to Talk to Your Children & Raise Intelligent Ones," and focus on improving communication between you and your child.

TUNING IN TO KIDS

Children can develop a variety of social, emotional, and cognitive problems that may lead to a diagnosis of ADHD. These problems can manifest in different ways at different ages, and parents may struggle to identify the early signs of ADHD. By understanding how to talk to your children, parents can improve communication and build a stronger relationship with their child.

TUNING IN TO TEENS

After learning the basics of effective parenting, parents will be able to apply the strategies learned in the workshops to their own situation. The workshops will focus on improving communication and building a stronger relationship with your teenager. These strategies can help parents understand their teen's perspective, build trust, and establish clear communication channels.

BOOKING FORM NEXT PAGE

Enquiries: Child & Adolescent Parenting 9887 5830

Newcastle

Local Health District

Presented by Be Centre

Tuning in to Kids

Tuning in to Teens

5 Week Parenting Courses - Limited Places

There are several benefits to enrolling in Tuning in to Kids and Tuning in to Teens courses. These courses can help parents develop effective communication skills with their children, improve emotional intelligence, and foster positive parent-child relationships. By following the strategies and techniques taught in these workshops, parents can build a stronger bond with their children and create a nurturing environment that promotes healthy development.

BOOKING FORM NEXT PAGE

www.be-centre.org.au


21
Experience The Magic Of Hosting

In July our exchange student, Toon, joined our family. And when I say joined I really did mean joined. He has become my teenage son. Our experience as a family has been amazing and heartwarming.

Toon is leaving this week and I feel like my son is growing up and leaving home. There is nothing negative that I can say about our time with Toon. Toon has been through all sorts of things with our family. Through good times, he is the best son and friend we have ever had. And we are a good family. We are a happy family.

I would like to say my thanks to Toon's parents. They have done a wonderful job raising such a courteous, well-mannered, well-balanced son. We have so many fantastic stories from this exchange experience. We have enjoyed it so much that we are hosting again next July. We will have a friend for life and we will never forget Toon.

Thank you WEP for the chance to host Toon. It would have been impossible without the WEP team. Only a few weeks to show my appreciation in meeting Toon and to WEP.

Enrich your home with a curious exchange student in July 2015

Request student profiles now to find out more!
www.wep.org.au 1300 884 733 info@wep.org.au

Explore The WORLD With WEP

Your Local Info Session

North Sydney
Stanton Library
294 Miller Street
North Sydney NSW 2060
9 Apr 10 / 4-4:30pm

See our website for more details

See Rome, Paris or New York in 2015 with WEP Student Exchange!
Request a FREE Information Pack NOW!
www.wep.org.au 1300 884 733 info@wep.org.au

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Simply apply online now and lock in your Earlybird Special for your exchange to the country of your choice!

Apply by 15 Dec 2014 for August 2015
September 2015 programs

Apply by 31 March 2015 for November 2015
December 2015
January 2016 programs

/www.nbbffest.com.au

NORTHERN BEACHES BUSINESS FESTIVAL

2015

TwiLight MOVIE

Enjoy a movie under the stars at Warriewood sports ground Sat 21st
Gates open 6pm
7pm Movie

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74 HEALTH & FITNESS
75 MARKETS
76 FAMILY & LIFESTYLE
77 FREE PARKING

Pittwater Tigers Junior AFL

Play AFL with your mates in 2015!

Boys and Girls
Auskick 5-8s, Juniors U9e-U17s

Registration days:
Saturday 7th February, 10 am – 2 pm
Saturday 14th February, 10 am – 2 pm

North Narrabeen Reserve
Walsh Street, North Narrabeen

Or online today at:
www.pittwater afl.com.au
pittwatertigers@gmail.com
President: 0407 699 811

Coastal Spirit Yoga

Summer Yoga Sessions
For Teen Girls

9 week course starting Term One 2015
February 2nd – March 30th 2015
Mondays 4:30pm – 5:30pm in Freshwater
$140 for 10 weeks or $10 casual classes

Develop physical, social and emotional skills to foster wellbeing and cultivate a body and mind that is strong and stable. Learn techniques on how to create an elastic mind, deal with stress, anxiety and changing in your life. Learn life-long tools that will help you understand your emotions, develop practical ways to deal stress, cope better with school and social pressures. Develop your self-confidence that will guide you through adolescence and into your adult life and all of this in a really fun, supportive and relaxed environment. Learn how yoga can bring out the best in you and have a bunch of fun doing so!

Book Now
Limited spots available
Hybrid Teacher – Teen Teacher
costalspirit@outlook.com
ph. 0402 029 473
costalspirit.com.au
Get the answers to the questions
you’re asking about Instagram

Instagram is a photo and video sharing App popular with young people. Users communicate by posting comments to each other under photos and videos. They sometimes share user names from other sites or apps such as Kik or Facebook to continue chats privately. 13 is the minimum user age required by Instagram.

If your child is over 13 you should still consider the following before agreeing to unsupervised Instagram access:

Is your child able to withstand taunts from others?

If you think your child will become very upset (more than other kids) if they have a negative experience online, your child may need you to guide them through the use of Instagram. Look through their profiles and public feeds together, talk about how some people behave differently online and teach them how to block and report people.

Does your child understand what is safe to post online?

If they might put their name, address, school, sports club or information that allows people to identify and locate them (even after you have talked through the dangers) they may need your help with using Instagram. Talk about the risks of “checking in”, posting sexy pictures, meeting online friends in person, making offensive comments, and what is and isn’t acceptable.

Does your child know how to report abuse and offensive or pornographic content?

If not you need to visit Instagram’s Privacy and Safety Centre with them to ensure they know how to block and report people.

Are you worried your child will be left out if they aren’t on Instagram but also worried they aren’t ready?

As a compromise you may choose to let them have an Instagram account if they follow strict rules — including only using Instagram when you supervise them or you control their login. In return, and to keep them engaged with you, you can promise not to embarrass them by commenting publicly on their profile or posts. Teens tell us this is humiliating and it is their private world.

Are you going to supervise or ‘follow’ your child on Instagram?

If this is the case, be prepared to learn more than you might like about their friends. Try to withhold comment unless you are worried about safety. It is better to talk to your child in person if you have concerns than post comments publicly. If you publicly embarrass them, you will break your child’s trust and they may simply communicate with friends on a different program — or open a separate profile without your knowledge.

How do I talk to my child about my concerns?

Be honest with them. Express your love and concern about what might happen online. Ask if they have experienced bullying or sexual advances. Banning seldom works and children will find other ways to get online and may stop talking to you about issues to avoid getting in trouble. Keep the communication open. If they won’t talk to you about things, recruit a trusted family friend or family member to keep the communication going.

When should I be worried about my child?

If your child’s behaviour changes at home and/or school you should talk to them. Examples of changed behaviour could include disinterest in things they used to like, seeming very unhappy and/or their sleep and eating is being impacted. Seek professional advice if necessary from a school counsellor, your GP or a psychologist. If your child has particular vulnerabilities, be vigilant about their contacts offline and online. Help them join groups out of school where they can find friends and support. Talk to the school and make sure they are supported.