PRINCIPAL’S MESSAGE -

Dear Parents, Staff and Students

Education Week -

This is Education Week – a time to acknowledge the superb public education that exists in NSW. Every day in thousands of public schools in the state, the highest quality education is being delivered to our very privileged students – privileged to be a part of such a strong and internationally recognised, high quality system.

As part of Education Week, one of our students, school Vice Captain Tahlia, was selected to be one of 19 students across the state to be Executive Director, Public Education for a Day, working with a DE Executive Director. She accompanied the Senior Officers of the Department of Education to the official opening of Education Week, attended meetings and provided advice to the Senior Management. It was one of those once in a lifetime experiences for her.

International Conference -

I am on leave for the next five weeks. I am representing NSW Public Secondary Schools at the International Confederation of Principals Conference in Helsinki, and studying the Finnish education system. Ms Adrienne Scalese will be Principal in my absence and Ms Heidi Warne the Relieving Deputy Principal.

Christine Del Gallo, Principal
**Report – 31 JULY 2015**

**YEAR 7** - Congratulations to the outstanding number of girls who received Gold and Silver Personal Best Certificates for Semester One. From Year 7, 100 girls received Gold Certificates and 60 girls received Silver Certificates. These awards are given to students who achieved their personal best in all or most of their subjects.

*Ms Secrett and Ms Guest*

**YEAR 8** - It was pleasing to witness the girls’ enthusiasm and maturity in making decisions for their Elective Choices for Year 9 2016.

Earlier this year the girls participated in and enjoyed a full day of the global citizenship and leadership program called High Resolves. The second session will take place in Week 6 of this term focusing on Justice.

*Ms Reeves and Ms Leung*

**YEAR 9** - Congratulations to an outstanding number of Year 9 students who received Gold and Silver Personal Best certificates in the first Semester. 90 girls achieved Gold and 25 girls achieved Silver. Well done girls!

*Mrs Griffin and Ms Gazzard*

**YEAR 10** - The year has certainly flown by, and Year 10 will have a number of activities and initiatives that they will be involved in as Semester 2 progresses.

Congratulations to the numerous Year 10 students who achieved Gold and Silver Personal Bests as a result of their efforts in Semester One this year; we encourage all Year 10 students to apply themselves to the best of their ability.

Year 10 will be engaging in fund raising for Cystic Fibrosis this Semester.

They will also have interviews in Week 4 regarding their academic plans for Years 11 and 12.

In Week 7 they will attend Bstreetsmart, a forum on road safety and a realistic look at the trauma caused by road crashes. This forum gives them information and strategies in an attempt to reduce serious injuries and deaths.

We encourage Year 10 to continue to ‘Set the Example’ both academically and in terms of appropriate uniform.

*Ms McLaren and Mrs Barker*

**YEAR 11** - Congratulations to the gold and silver personal best award winners. Many students in the year received one and there were many that were very close to receiving one.

**Dates to remember for this term:**
- The Year 11 interviews are in week 6
- Year 11 Yearly Exams are in week 9 and 10

Students are encouraged to begin their study now for the yearly exams. Time management and organisation are key - to complete set work, assessments and have time to study.

If students are feeling stressed or overwhelmed there are free yoga sessions run in the community in Frenchs Forest, Manly, Mona Vale and Avalon which may help to reduce stress. You can visit www.freegirlsyyoga.org or see Miss Robb for more information.

*Ms Robb and Mr Fisher*

**YEAR 12** - Year 12 is now half way through the Trial HSC exams. We hope the girls are using their study time productively. They were issued with a one page handout at the last year meeting with some tips on managing stress, the importance of a healthy diet and hydration.

It is hard to believe we are in the final term of their secondary education. This is a very busy term, where courses will be completed and revision under way for the HSC. Your daughter will be issued with a final report at the Graduation Assembly. Graduation will take place on Thursday 17 September, from 7-8.30pm. Their final school assembly will be the next day, Friday 18th September from 9.30am-11.30am and parents are warmly invited to both of these events.

Finally, the girls were issued with their jerseys at the beginning of the term and they look great. Please insist your daughter continues to wear full school uniform for exams and when classes resume on 10 August.

*Merryn Bayliss and Evan Snow*
DANCE NEWS -

Newsletter July 2015 - Mackellar Dancers from Years 7-11 performed in the Sydney North Dance Festival at the end of last term. The Mackellar dance ensembles were given fantastic feedback from family and friends. We are pleased to announce that both the Intermediate and Senior Dance Ensembles have been selected to perform in the NSW Public Schools State Dance Festival which will take place in Week 10 of this Term at the Seymour Centre. This festival showcases the exemplary dance items and student talent from public schools across the State.

We would like to congratulate Ashleigh, Jacinta, Nancy, Poppy, and Paige who performed as part of the Sydney North Senior Dance ensemble. These students participate in weekend rehearsals with teacher/choreographer Kim Peade. They were also selected to perform in the NSW Public Schools State Dance Festival later this Term with their item ‘The Letter’.

A special mention to Djirri who has been selected to be part of an elite performance group, the NSW Public Schools Aboriginal Dance Company. She will participate in an intensive workshop at Bangarra Dance Theatre studios where she will take classes and learn choreography from Bangarra Company members and teachers. Djirri will perform in a variety of prestigious events throughout the year including a featured dancer in Schools Spectacular, State Dance Festival and the Netball World Cup. We are very proud and excited for Djirri to be given this amazing performance opportunity.

The Mackellar Girls Contemporary and Jazz Ensembles performed in the prestigious City of Sydney Eisteddfod over the weekend at the University of New South Wales. We were thrilled to place Highly Commended in the Contemporary Senior and Junior groups as well as the Jazz Open High School sections. A special thankyou to Michelle and Bethany who tutored the Jazz ensemble throughout the year.

The Gifted and Talented Dance and Music students participated in a Musical Theatre workshop with guest choreographers Tim and Stephanie Maddren as part of the enrichment days offered at Mackellar. The students took part in singing, acting and dance classes from industry professionals who gave insight into the skills and dedication it takes to excel in the Musical Theatre industry.

We would like to wish our Higher School Certificate Dance students the very best of luck as they approach their practical HSC exams in Week 5 this Term.

Ms D De Bono, Dance Teacher
BAND NEWS -

NSW SCHOOL BAND FESTIVAL - Congratulations to the Concert and Performance Bands for their fabulous performance at the NSW Band Festival last weekend. The Concert Band received a GOLD award in the Graham Lloyd event and the Performance Band received a BRONZE award in the Stanhope event. Well done to the girls!

STATE WIND BAND AT THE OPERA HOUSE, WEDNESDAY 5 AND THURSDAY 6 AUGUST - Two Mackellar girls, Talia (Year 7) and Katerina (Year 8) will be performing with the State Junior Wind Band at the Opera House next week in the Arts Unit concerts “The Jacaranda” and the “Mimosa”. Ms Patterson will join the girls as the conductor of this ensemble.

BIG BAND AT THE TOWN HALL – TUESDAY 11 AUGUST - The Mackellar Big Band is performing in the Arts Alive Primary Choral Concert on Tuesday 11 August at the Sydney Town Hall. Congratulations to the Big Band for being selected to perform. The girls will be required for a sound check prior to the evening concert.

The Big Band is also accompanying Caitlyn (Year 12) for her HSC music performance and a smaller jazz group is doing the same for Elise (Year 12). This is great experience for both the soloist and the younger students who will see how HSC Music Practical Exams work.

The Big Band will also perform on Wednesday 2 September for the Book Parade.

MUSIC NIGHT WEEK 7, MONDAY 24 AUGUST, 7PM-9PM - All ensembles and HSC music performances will take place on this evening in the Hall. Please save the date.

MANLY INTERNATIONAL JAZZ FESTIVAL OCTOBER LONG WEEKEND - I am pleased to announce that the Mackellar Small Jazz Combo has been selected to perform at the Manly Jazz Festival on the School and Community Jazz Combo stage on Monday 5 October.

BAND TOUR – PERFORMANCE BAND AND Big BAND, TERM 4, WEEK 7, 16-18 NOVEMBER - The Performance Band and Big Band will be going on tour to the North Coast for 3 days in Term 4. Accommodation and transport has been booked and more information will be forwarded soon. Please return all paper work promptly.

Vanessa Patterson, Band Director
MUSIC NEWS –

In the recent school holidays, two of our Year 7 Students, Sian and Lauren took part in the Australian Girls Choir National Tour travelling around South Australia. Sian played the soloist role of the Emu in ‘Old Man Emu’ for all twelve performances. Congratulations Sian and Lauren on your wonderful achievements and involvement with the Australian Girls Choir.

Miss L Hawes

Year 10 World Vision Leadership Conference

A small group of Year 10 students from Mackellar Girls Campus attended the prestigious World Vision Global Leaders Convention (GLC). It was a one-day event held at Luna Park for students to gain understanding in the complex issues of global poverty and hunger. The day involved inspiring speakers, educational films, activities and workshops.

The 2015 GLC allowed students to gain knowledge and inspiration to contribute to lasting change in the world through informed action. Mackellar girls who attended the conference will all be encouraged to be on the World Vision 40 Hour Famine Leadership Team. These students will strategically inspire other students to advocate social justice by participating in the 40 Hour Famine.

Mackellar has been a part of the World Vision 40 Hour Famine for many years and has a history of being one of the top fundraising schools in the state. Participating in the famine is a practical initiative that helps our students think beyond themselves and really make a positive difference to the problem of world poverty. A great day for all!

Mrs Jennie Dally
REGIONAL CROSS COUNTRY - Congratulations to the following students for their amazing results at Regional Cross Country on 11 June at Gosford.

12 YEARS - Keely 1st
13 YEARS - Indianna 2nd; Piper 3rd; Sascha 9th; Nicci 10th
14 YEARS - Anne 9th
15 YEARS - Amber 2nd; Jasmine 8th; Darian 9th; Jenna 19th
16 YEARS - Madison 7th
17 YEARS - Frida 6th
18 YEARS - Chloe 5th; Meg 10th; Alyssah 13th

What an amazing couple of weeks for our Sports students.

Congratulations to:

- Alysse who won the Under 19s NSW Schools Surfing Championships at Rainbow Beach, Bonny Hills in Port Macquarie. Alysse also made it to the Quarter Finals in the NSW Surfing Titles. She will compete in the NSW All Stars in December on Stradbroke Island.

- The Open Volleyball team who are Regional Champions and competed in the CHS final series last week at Homebush. The team finished 8th in the State! Great work girls!

- The Open Tennis team who are regional champions and competed in the CHS final series last week at Nelsons Bay. The team finished up 4th in the state!

- The Under 15s Knock out Soccer team who defeated Muirfield High School 2-1 to become Sydney North Champions. The girls will be versing The Hills Sports High School next week and we wish them all the very best!

- The Open Touch Football Team are the Sydney North Champions therefore travelled down to Goulburn to play in the State Regional Finals. In an extremely close and exciting game, our fabulous young team beat Goulburn High School 4-3. The team will now travel to Bateau Bay for the 2-day State top 10 final series in August.

- Regional Athletics - The Sydney North Regional Athletics carnival was held last Monday and Tuesday at Homebush Olympic Park. Mackellar had a number of students who competed at the carnival and we achieved some fabulous results. There were a number of girls who won their individual events. We also had some brilliant success with our relay teams in the 4x100m relays. Our 12s, 13s 14s, 15s and 16s relay teams all came first and the U/14s relay team also broke the record (which was previously set by a Mackellar Team in 2011).

- Premier’s Sporting Challenge Camp - These students attended a 3-day Leadership Camp in Berry during Week 1 of this term, along with Cromer High, Narrabeen and Balgowlah Boys High School. These girls represented Mackellar extremely well and throughout the camp their leadership skills stood out among the group! We sent a team of carnival assistants who helped out at the Manly West Athletics Carnival and did a wonderful job helping staff and students at the Narrabeen event.

- Good luck to our Opens Futsal team who were runners up at Regional but have been invited to compete at the State Championships at Penrith.

I would like to thank the staff who organise and coach these teams and the teachers who end up not having them in class due to their commitments, but give so much of their time to support them.

Rhonda Williams, Head Teacher PDHPE / SPORT
FROM THE LIBRARY -

The Mackellar Annual celebration of literacy, the BOOK PARADE is scheduled for Wednesday September 2 this term. Students and staff will all participate in a Parade led by members of our Junior and Senior Book clubs. Our hosts, Year 11 Prefects, will interview teachers and students about their reading lives and will introduce a showcase of Mackellar talent including our big band, the Aloha Lei group, dancers and singers. Students should bring their costume to school and change during recess. The Parade will take place between 10.30am and midday.

September 2 is also Indigenous Literacy Day, while September 8 is UNESCO’s World Literacy Day. These very important events cause us to reflect on how fortunate we are to have been given the gift of reading and to remember not all Australians have the same access to books and reading.

Have you looked at the Mackellar Library website recently? Every week our website is updated with new blog entries, or new book lists, or useful new Technology tools. Students and parents can easily access the website via Student Staff Links on the school website.

Robyn Beyer and Rebecca Hewison Reed - Teacher Librarians

WHAT’S HAPPENING THIS MONTH IN THE Z CLUB AT MACKELLAR NBSC CAMPUS -

On Thursday 23 July the Mackellar Z club held their annual general meeting to elect new Board positions and members for 2015-2016.

We would like to highly commend Massilia our outgoing President who has worked as an outstanding ambassador and role model to all members of the Z Club team. Massilia has led the group to fundraise for Birthing Kits and the ‘Say No to Violence Campaign’ with considerable integrity and a definitive passion to help others less fortunate.

Similarly, Kate and Jennifer have both been dedicated and enthusiastic leaders in their specific roles.

We wish all members who represented the Z Club 2014 -2015, the very best in their future endeavours. A special thank you to Zonata’s Margaret White, Mandy Edwards and Susan Benson who are part of the Northern Beaches ZONTA Club. We would like to acknowledge specifically Mrs Del Gallo for supporting the activities run by the Z club and allowing the ‘MUFTI’ day in May 2015.

Congratulations to the following 2015-2016 students:

President - Grace Year 11
Vice President - Amy Year 11
Treasurer - Daniella Year 11
New Members - Olivia Year 7, Gaia Year 8, Susan Year 10, Aura Year 7, Lauren Year 10, Erin Year 10, Natasha Year 10, Amy Year 10, Lucy Year 11, Saaini Year 11, Rose Year 11 and Julianne Year 11.

Ms Whisht Parsifal and Ms Emilia Biswell - Z Club Coordinators
EDUCATES … CHALLENGES … EXCITES
AUSTRALIAN AIR FORCE CADETS
305 SQUADRON IS RECRUITING NOW

No. 305 (City of Pittwater) Squadron is an Australian Air Force Cadet (AAFC) unit. The AAFC is a youth development organisation supported by the Royal Australian Air Force, and is aimed at providing Australia’s future generation of leaders with a wide variety of exciting and adventurous activities, including flying, field craft training and rifle shooting. 305 Squadron meets at The Dee Why Multi User Depot, 40 South Creek Road, Dee Why, during the public school term on Thursday nights between 6.30pm and 9.30pm.

To be eligible for enrolment you must be an Australian citizen or permanent resident aged between 13 and 18 years at time of enrolment. Prospective recruits are most welcome and encouraged to attend.

If you would like any further information, please visit our website: www.305sqn.aafc.org.au/recruiting or find us on Facebook at: www.facebook.com/305SQN


On our first day we met at Berowra Oval and were assigned roles within our group, including team leader, journalist, navigator, welfare officer, and more. We left Berowra Oval at about 10am, walked to Berowra Train Station and then into the bush, following the river for the first part of our hike. We had challenges including taking photos of scenery, deciding on a team name, and then at our first checkpoint which was our lunch break, we had to complete a challenge of making a song for our group. We arrived at Glengarry campsite in North Turramurra at about 5.30.

On our second day, we left Glengarry and followed a bush track to St Ives, and then followed the road to our lunch break. We were faced with riddle challenges and “Who am I”, where we were sent descriptions of someone in the team from our parents and had to guess who it was.

On our third day we hiked along the Great North Walk for an hour and a half. We were a lot more motivated as we knew that we were headed to Cockatoo Island and had a MasterChef challenge to complete, where we all had to cook a 3 course meal for the ‘judges’ and ourselves, so we had to stop at Woolworths in Hunters Hill to buy the ingredients.

On our fourth and final day, we had to be at the wharf on Cockatoo Island at 7.45am for a meeting regarding the challenges of our final day which was to be in the city. We were explained our challenges and how we had to use our iPad to find the points and take photos and answer questions. After completing challenges around the island, we caught a ferry to Birchgrove at 8:50am. We eventually reached Milsons Point after running to complete our final challenges and were given pizza for lunch – a fantastic reward.

Overall, the expedition was challenging both mentally and physically, but extremely rewarding and enjoyable regardless. We were forced to work together as a team with some people we didn’t know so well, and others we did know. So many new friendships were formed and we overcame so many obstacles and proved that we were capable of so much more than we thought. We were hindered by a few injuries and illnesses but overall we managed to push through to the end, helping each other out whenever, and we all felt very satisfied with what we had achieved. The most memorable moments of the week were bonding with others around the campfire and getting to know new people on the hike.

Ella (Year 11)
What is Ask.fm? Is it safe for my child?

Ask.fm is a social networking platform where users create profiles with photos and information about themselves. Users ask each other questions but you don't have to be a member to ask a question or browse profiles. Users can block their identity and ask questions anonymously. Users can limit who they accept questions from or can leave themselves open to questions from anyone, including anonymous users.

What do people ask on Ask.fm?

Ask.fm allows users to check through open profiles without creating their own account. There are many overtly sexual questions asked. Some users deflect them well, while others are not as skilled or are happy to engage in the sexual banter.

Many conversations are between school friends and cover daily school happenings.

What is Ask.FM doing to protect children?

Ask.FM's Terms of Use state that users must be 13 years or older. It advises people not to share personal information and to block and report users who break the Terms of Service. It advises that 'if the person keeps bothering you, report abuse to us by pressing the Report button and to law enforcement...we can supply identifying information of anonymous users if necessary'.

In August 2013 Ask.fm announced changes to its policies due to public scrutiny. It indicated it will improve its reporting, moderation and information on sources of help and advice. If your child has an Ask.fm account, you may like to go online with them to help select the appropriate settings.

Will banning my child from Ask.fm protect them? Are there other platforms like this?

Banning use of sites or apps may not be the best option as children will find ways to engage with platforms like Ask.fm. You can't protect children from all of the risks posed by these platforms and applications but you can discuss your concerns and establish boundaries. The platform is itself is not the issue – the behaviour is.

How do I talk to my child about my concerns?

Be honest with them. Talk about the media stories, express your love and concern about what is happening online. Ask if they have experience bullying or sexual advances online and talk it through with them. Banning seldom works and children will find other ways to get online. They will stop talking to you about issues if they aren't meant to be online anyway. Keep the communication open, or recruit a trusted family friend or family member to help.

When should I be worried about my child?

If your child's behaviour changes at home or school you should talk to them, particularly if they seem disinterested in things they used to like, seem very unhappy and/or their sleep and eating is impacted. Seek professional advice if necessary including through the Cybersmart Online Helpline counselling service, the 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.
UNIFORM SHOP NEWS -
Please see below volunteer roster for AUGUST 2015:

Monday 3 August  - SHOP CLOSED
Wednesday 5 August  - Maxine Bronier, Mini Kutty, Lindy Smart
Monday 10 August  - Maxine Bronier, Jenny Clark, Georgia O’Neill
Wednesday 12 August - Gladys Withers, Emily Craker
Monday 17 August  - Kim Donkers, Dzung Gibson
Wednesday 19 August - Sandra Delange, Binnie Sharp, Jo McCartney
Monday 24 August  - Georgia O’Neill
Wednesday 26 August - Gladys Withers, Emily Craker
Monday 31 August  - HELP REQUIRED (9am-11am or 1.15pm-2.15pm)

Also please let me know ASAP if you cannot make your rostered day so I can attempt to find a replacement, thank you.

Leigh McPherson, Uniform Shop Manager, uniformshop@mackellar-pandc.com
LIFELINE NORTHERN BEACHES GIANT BOOK FAIR
7TH - 9TH AUGUST 2015
Ted Blackwood Hall
Cnr Jackson & Boondah Roads, Warriewood
Friday 7th August 1pm -- 8pm
Saturday 8th August 9am -- 5pm
Sunday 9th August 9am -- 2pm

Please note we accept Visa & Mastercard and also have EFTPOS facility available
(Entry by gold coin donation very much appreciated)

At the Book Fair there will be thousands of good quality books at bargain prices in many categories including a wide range of children's books suited to all ages. For the enthusiast/collector we have a large number of award winning and collectible books. In addition to the above we will also have a wide selection of puzzles, games, CDs, vinyls, etc so there’s something for everyone!

All funds raised support the activities of Lifeline Northern Beaches which, in addition to the crisis line (13 11 14), provides a lot of services to our community, including 24 hour counselling, bereavement support, anger management and problem gambling to name but a few. Your support for our Book Fairs goes a long way in generating the funds required to continue providing these services to our community

See you there!

Coastal Spirit Yoga

Yoga for Teen Girls
Every Monday during school term
at 4:30pm - 5:30pm
Location: Zen Collective, Brookvale
$15 drop in classes or payable per term

Develop techniques on how to create a calm mind and deal with stress, anxiety and change in your life. Learn ways chill out and cope better with school and social pressures while also developing your self-confidence that will guide you through adolescence and into your adult life. Get fit and spring ready and do 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!

Tuning in to Kids

This evidence-based program is run by trained, experienced health professionals and aims to help you build trust, remain close and improve communication with your children.

Children communicate in a variety of ways. In this course you will learn how to understand yourself and your child and improve communication and relationships within the family. These factors are important in enhancing children's social skills and resilience.

The course includes:
• understanding and managing your own emotions
• improving communication with your child
• better understanding your child
• helping your child learn to manage stress and anxiety
• helping around behavioral problems in your child
• teaching your child to deal with conflict.

The course is offered as either:
• Small, small group course
  Every week for 10 weeks, provide sessions tailored to your family's needs. Suitable for families with children aged 0-12 years. Sessions are conducted during school hours.
• Support group event
  Every 3-4 weeks for 8 weeks over 10 weeks. The sessions provide an opportunity to discuss issues related to parenting and child development. Sessions are conducted during school hours.

WARREWOOD - presented by Goddess Holman Verkuij

Tuning in to Kids
Tues 18, 25 Aug, 1, 8, 15 Sep
6.30pm - 8pm

MARYLE/BARNESWOOD - presented by Michelle Mint

Tuning in to Kids
2 x 1.5h sessions on a mutually convenient time
$140 per person
$280 per couple

TO TOTAL

To ensure individualised attention and an optimal group dynamic, a facilitator will phone you to discuss your needs and expectations prior to your booking being finalised.

Please complete this form and email it with your payment to Tuning in to Kids, c/o Be Centre, 3, 2 Francis Street, Warriewood NSW 2102 or scan and email it back to info@becentre.org.au

For more information please phone 02 9666 9055.
Director General’s Award for Turning Potential into Performance
Director General’s Award for Excellence in Girls Education
Director General’s Award for Excellence in Gifted and Talented Education
Director General’s Award for Excellence in Aboriginal Programs

If you email us at nbscmgirls-h.school@det.nsw.edu.au we can email the school newsletter directly to you. It can also be accessed online at www.mackellargirls.nsw.edu.au

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