

# WILEY MATTERS

## WILEY PARK GIRLS HIGH SCHOOL

---

April / Volume 1  
2020





**TODAY**

**is the day**

**to learn something**

**NEW!**



# PRINCIPAL ADDRESS

## WILEY MATTERS



We are resilient at Wiley Park Girls High School, taking good care of yourself and others should be a priority. And so, as a consequence of recent unfolding issues surrounding the Covid-19 virus, we are hoping students and staff are looking after others. Our advice to students has been focused on what we can do to change practices to assist in preventing the spread of this virus to protect ourselves and, ultimately, to protect others.

The following has been emphasised during lessons, with regular intercom announcements:

- Wash hands regularly and thoroughly
- Open windows for effective ventilation
- Stay away from places where there are large clusters of people.
- If ill, stay at home and seek medical advice

The school has re-organised a number of events to ensure that “social distancing” is practised. While it is not possible to control everything (such as movement in corridors which can be busy), we have made attempts to restrict and reduce the number of students and/or staff who are together in any one location at any one time.

We have cancelled all excursions, incursions, assemblies and a modification of sport, amongst a small range of measures.

It will be business as usual for Year 11 and 12 who will commence an assessment period in week ten. We will not be holding exams in the hall in week ten and will be holding online assessment tasks instead.

We have ensured that there are plenty of soap dispensers in student toilets and plenty of soap in them. Twice-daily checks have ensured containers are full.

Our challenge strategically is to ensure that learning continues in the event that there are school closures. Teachers are busy ensuring that their learning platforms (such as Google Classroom and Adobe connect) are up to date. An email should have been received by parents and students that outlines what is happening here. I can assure you this is a priority for us.

Of interest, in response to the dilemmas posed by the Covid-19 virus we will be considering strategies to maintain wellbeing in times of uncertainty. Included preparing ways to deal with worries, managing anxiety and the uncertainty of our times.

In addition, our website, our Twitter@WileyparkGirls and Facebook @wileyparkgirlsHS pages are updated regularly by the Department of Education. Information is well sourced, from experts, and contain links to further detail should you wish. Good information from credible, reasoned sources is critical in such times.

Panic and hysteria help no one. Calm, well-informed, preventative, careful, targeted decisions are the only way, in my view, to manage this situation.

Principal,

Mr Steigler-Peters

Keep up to date with WPGHS on our social media!



@WileyParkGirls



@WileyParkGirlsHS

# DEPUTY ADDRESS

## WILEY MATTERS



Welcome back to what has proven to be a very challenging start to 2020. I hope that you are safe and positive in this recent upheaval to our lives. I would like to thank our families for looking after the entire community, keeping their children safely at home when possible and embracing our move to online delivery of lessons. We have tried to provide as much information as possible to our community, and would suggest the following sites for up to date relevant information:

- DoE Advice for families about schooling:  
<https://education.nsw.gov.au/covid-19/advice-for-families>
- DoE Facebook updates: @NSWDepartmentofEducation
- NSW Health Facebook updates: @NewSouthWalesHealth
- WPGHS Facebook: @WileyParkGirlsHS
- WPGHS Twitter: @WileyParkGirls

We also acknowledge at this time of uncertainty that our students and their families may be feeling stressed and anxious and looking for assistance. Fortunately, there are many resource readily available. Please find attached in this newsletter a list of contact details for such services. Look after yourselves and be safe at home. Our schools behaviour ideals seem even more relevant at this time.

Everyone has the right to:

- Feel safe, cared for and respected
- Learn and teach without disruption.

Everyone has the right to:

- Be responsible for their own behaviour
- Respect the rights of others

### Online Learning

Students should still be continuing with their learning during this time. Lessons are being delivered online through Google classrooms and students can easily access this through their NSW DoE portal.

- If your daughter does not have access to a computer, laptop or iPad, it is essential that you contact school urgently for alternate arrangements to be made. Unfortunately, we do not have computers available for loan to students.
- Online students are expected to login to Google classrooms every day to complete work. They will be marked as present at school when they have done this.
- Online students who DO NOT log in everyday have been marked absent from school as they have not participated in learning.
- All families have been sent information about online learning to their emails, including Google classrooms login codes and a help sheet on how your daughter needs to access Google classrooms (if they have forgotten). Please contact the school if you need a paper copy of the Google classroom logins.

I would like to thank all of our families who have been so proactive and supportive during this time of educational change. Please ask your children to show you the work that they have completed online.

### Farewell and Happy Retirement

A few weeks into the beginning of this year our wonderful HT Wellbeing, Ms Rizzo, retired from the teaching service. Starting her career as an English teacher, Ms Rizzo found her real passion was supporting the wellbeing and emotional health of students. She has performed this vital role across a large number of school sites and has worked for a period of time as a consultant with DoE Student Services. Ms Rizzo has consistently linked our students in need and their families with support services in order to help them succeed and thrive with their schooling. We thank her for her hard work, inspirational programs and caring for the young women of our community so compassionately.



From the end of the term the role of HT Wellbeing will be undertaken by Ms G Bobokis.

Best wishes to your families at this time,  
J Fitzpatrick  
Deputy Principal



# DEPUTY ADDRESS

## WILEY MATTERS



Thank you to all our students, staff and families as we work through a whole new era of learning through the COVID 19 situation. We are aiming to ensure educational communication channels remain open between home and school and I have asked our CLOs to contact families to ensure you are receiving all correspondence, particularly as much of this is being communicated through School Bytes and the Google Classroom. Through the dedication of our staff, the positivity of our students and our strong and meaningful partnerships with our families we will maintain a strong focus on achieving the best results possible throughout this time. In 2020 we will be focusing on all aspects of curriculum to meet NESA and HSC requirements with continued Professional Learning for

our staff to ensure your daughters have the best learning possible. Through the dedication of our staff, the positivity of our students and our strong and meaningful partnerships with our families we will maintain a **strong focus on achieving the best results possible** throughout this time. In 2020 we will be focusing on all aspects of curriculum to meet NESA and HSC requirements with continued Professional Learning for our staff to ensure your daughters have the best learning possible.

### **Developing New Skills and Design Thinking**

We have introduced new and innovative curriculum to ensure our students will be future ready when leaving school. This includes the Year 9 and 10 iSTEM elective courses. I have worked with our STEM School Advisory Team to investigate and further promote STEM (Science, Technology, Engineering and Technology) initiatives across our school curriculum. The school is now partnered with the University of Sydney STEM Academy to ensure innovative STEM and future focused learning for our students using creative problem solving and robotics. These students have been increasingly involved in Project Based and Inquiry Based Learning experiences and already proving themselves as student leaders of STEM as they progressed into the National Lego Robotic League finals at Macquarie University last year. We are now creating innovative STEM Learning spaces in the school with planning in progress and furniture ordered to redesign the Mathematics class rooms into more exciting environments for our young women to learn Mathematics and STEM courses.

### **Strengthening NAPLAN, HSC and the Minimum Standards**

I have been working with our Literacy and Numeracy Team to strengthen student success in NAPLAN, the HSC and the Minimum Standards. We have noted an increase in Band 5 and 6 results in the HSC over the years. This is attributed to the ongoing professional learning, commitment and dedication of all our staff to strengthen these HSC results. We have now introduced the **“Empowered Standards Program” (ESP) into Year 10** which focuses on building students’ individual literacy and numeracy skills so students can receive the required Level 3 standard of the Minimal Standards.

### **Teacher Professional Learning and What This Means To Your Daughter’s Learning**

Teachers are engaging in **online learning using the Google classroom** to ensure education communication remains open with students whether at home or at school. Throughout 2020 and beyond you will note a huge shift in the way your daughter learns as we merge into the implementation of online learning globally and across the school.

Best wishes and good health to you all at this time.

Deputy Principal,

Ms Agapitos

# PB4L EXPECTED BEHAVIOURS

TRANSITION BEHAVIOURS	
<b>SAFE</b>	<ul style="list-style-type: none"> <li>- Move quietly, sensibly and safely around the school</li> <li>- Avoid unsafe physical contact with other people</li> </ul>
<b>RESPECTFUL</b>	<ul style="list-style-type: none"> <li>- Move around the school with respect &amp; courtesy</li> <li>- Respect the personal space of other people</li> </ul>
<b>LEARNER</b>	<ul style="list-style-type: none"> <li>- Arrive to class on time &amp; prepared to learn</li> </ul>

OUTSIDE BEHAVIOURS	
<b>SAFE</b>	<ul style="list-style-type: none"> <li>- Stay in the supervised areas</li> <li>- Avoid unsafe physical contact with other people</li> <li>- Use safe behaviours appropriate to the different areas</li> </ul>
<b>RESPECTFUL</b>	<ul style="list-style-type: none"> <li>- Keep the school clean</li> <li>- Use appropriate language &amp; tone</li> <li>- Be a respectful school &amp; digital citizen</li> <li>- Queue &amp; wait patiently in the canteen area</li> </ul>
<b>LEARNER</b>	<ul style="list-style-type: none"> <li>- Be on time to lessons following breaks</li> </ul>

LEARNING SPACE BEHAVIOURS	
<b>SAFE</b>	<ul style="list-style-type: none"> <li>- Line up sensibly &amp; enter learning spaces when instructed</li> <li>- Follow all learning space safety instructions</li> <li>- Keep all personal items safe</li> </ul>
<b>RESPECTFUL</b>	<ul style="list-style-type: none"> <li>- Use appropriate language &amp; tone</li> <li>- Allow &amp; support all students to learn</li> <li>- Maintain a clean learning space</li> <li>- Hand up &amp; wait for your turn</li> </ul>
<b>LEARNER</b>	<ul style="list-style-type: none"> <li>- Be a positive &amp; engaged student</li> <li>- Use electronic devices appropriately for learning</li> <li>- Be organised &amp; prepared to learn</li> <li>- Complete all class work &amp; homework</li> <li>- Work collaboratively</li> <li>- Always do your best</li> <li>- Ask for help if needed</li> </ul>

COMMUNITY & CYBER BEHAVIOURS	
<b>SAFE</b>	<ul style="list-style-type: none"> <li>- Move safely around the community</li> <li>- Be cyber-safe</li> <li>- Report hurtful behaviour, conflict or harassment</li> </ul>
<b>RESPECTFUL</b>	<ul style="list-style-type: none"> <li>- Treat others with respect, courtesy and consideration</li> <li>- Always be a positive representative of the school</li> </ul>
<b>LEARNER</b>	<ul style="list-style-type: none"> <li>- Value the opinions of others</li> </ul>



# FROM THE FACULTY

## WELLBEING

### A Year 7 Transition

It has been a pleasure to welcome Year 7 to Wiley Park Girls High School. The girls have smoothly transitioned into high school and are making many friends both within their year and in other year groups. Thank you to Year Adviser, Ms Pampalis, Peer Support leaders, teachers and students for their ongoing support of Year 7.

### Year 7 Meet and Greet

Parents were invited to meet teachers in an informal afternoon in the school Library, where they had the opportunity to meet their daughter's teachers and look through work samples from various faculties. It was a great afternoon and thanks to everyone that attended.

### International Women's Week (Week 7: March 9-13)

The school participated in a wide range of gender specific workshops and activities to celebrate International Women's Week. Some of the activities included:

- Inner Wheel Balmain Cooking demonstration
- Transition workshop, Year 7
- Self-esteem and resilience program, Year 7-8
- Healthy Lifestyle program, Year 8
- Life Education program, Year 9-10
- Resilience and inclusion program, Support Faculty
- Leadership seminar, SRC

Many thanks to our community partners, Riverwood Community Centre, Canterbury Council and Fusion for designing workshops that are relevant and specific to young women striving for personal excellence at Wiley Park Girls High School.

In light of the current challenging situation please take care, be safe and remember you are never alone.

Best Wishes,  
Ms Bobokis

Here are some Mental Health Services available 24/7 online or over the phone. FUSION is also available to continue their welfare and wellbeing support on their facebook. See our website for more details:

<https://wileyparkg-h.schools.nsw.gov.au/news/2020/3/online-support-for-students.html>



## 24/7 Mental Health Services

<b>Beyond Blue</b> <i>Anyone feeling anxious or depressed</i>  <a href="https://beyondblue.org.au">beyondblue.org.au</a>  1300 22 4636	<b>Kids Helpline</b> <i>Counselling for young people aged 5 to 25</i>  <a href="https://kidshelpline.com.au">kidshelpline.com.au</a>  1800 55 1800
<b>MensLine Australia</b> <i>Men with emotional or relationship concerns</i>  <a href="https://mensline.org.au">mensline.org.au</a>  1300 78 99 78	<b>Open Arms</b> <i>Veterans and families counselling</i>  <a href="https://openarms.gov.au">openarms.gov.au</a>  1800 011 046
<b>Lifeline</b> <i>Anyone having a personal crisis</i>  <a href="https://lifeline.org.au">lifeline.org.au</a>  13 11 14	<b>Suicide Call Back Service</b> <i>Anyone thinking about suicide</i>  <a href="https://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a>  1300 659 467

**Is it an emergency?**

If you or someone you know is at immediate risk of harm, call **triple zero (000)**





# FROM THE FACULTY

## COMMUNITY LIASON OFFICERS (CLO)

### CLO UPCOMING EVENTS

EVENT	CO-ORDINATOR	VENUE	DATE
CLO Meeting	Deputy Principal Ms Agapitos	Ms Agapitos Office	Every Monday 11:30 - 12:30
CLO Network Meeting	Nga, Najah & Mary in attendance	Bankstown Public School	TBC
Mental Health Workshops	Jamila	Riverwood Community Centre	Term 2 (TBA)
University Visit	Ms Amr CLO of Auburn Girls High School	UNSW	Term 3
Floristry Course	Nga & Najah TAFE	Common Room	Term 3 10am - 2pm
Head Space Parent Visit	Ms Bobokis (Wellbeing) Mary	Head Space Bankstown	Term 4
Bankstown's Women's Centre	Ms Bobokis (Wellbeing) Mary	Bankstown's Women's Centre	Term 4
P&C Luncheon Staff & Parents	Nga, Najah & Mary	School Hall	Term 4
Together For Humanity Big Kitchen	Manjit Kaul	TBC	Term 4
St Basil's Home Lakemba	Nga & Ms Agapitos	St Basil's Home	Term 4

During this Corona epidemic ahead of us we just wanted to let you know that we are thinking of all our students and their families and we wish you all the best with the difficult times ahead.

If you need any information please contact us at the school and we will be only too happy to assist you in whatever way we can.

Regards from CLO's,  
Najah, Nga and Maria



# FROM THE FACULTY

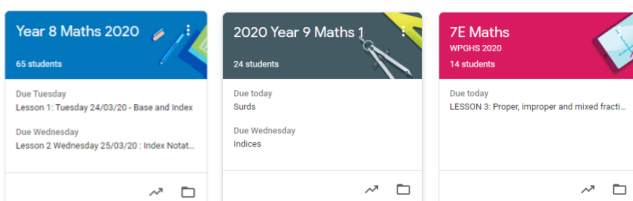
## MATHEMATICS

The Mathematics faculty has had a busy term 1 this year teaching all year groups. We have met the new 2020 year 7 group of students who have settled in very well. Year 7 competence with times tables is generally improving and the students are coming to realise that their times tables ability can help across all topics studied in Mathematics.

The Mathematics faculty has two new mathematics teachers who have recently been appointed to Wiley Park Girls High School. Ms Al Rubayi and Ms Tran are experienced mathematics teachers who have been working previously at other high schools. Both teachers have quickly realised how supportive the school community is with students and teachers and they are thoroughly enjoying their teaching at Wiley Park Girls High School.

Most members of the school community will know that Ms Gu has been appointed to replace Mr Millhouse as the Head Teacher Mathematics since Mr Millhouse retired. Ms Gu has made some interesting changes in the Mathematics faculty since July 2019 to improve student outcomes. One new initiative is the introduction of Mathematics Awards which are based on student ranks in assessment tasks and for most improved students as well. Ms Gu is a great believer in equal learning opportunity for all students and in the need for high student engagement at school and at home. She has initiated online courses for years 7-12 using platforms including Google Classroom, Microsoft One-Note, Adobe Connect, Clickview and Youtube. This form of teaching and learning allows for good communication along with greater variety and it promotes higher interest in mathematics and easier access for students and parents. Maths Club continues to be an excellent opportunity for seeking extra help outside lessons with homework and extension work. Maths Club operates on Wednesdays at lunchtime and for each half lunch there is a maths teacher rostered on to meet with students in need and any other interested students.

Head Teacher Mathematics,  
Ms Gu



## TAS

### Year 7 STEM Enrichment Day

On the 25th of February, the Year 7 cohort and 10 selected students from Punchbowl Primary School engaged in some seriously fun learning. STEM stands for Science, Technology, Engineering and Mathematics and our aim was to increase student competency in these areas. Another aim was to spark interest in future careers in STEM-related fields, particularly for girls, by studying real-world problems and solving them through project-based learning.

The first activity was to create a parachute which could land slowly and softly without breaking the contents. All students enjoyed solving this problem particularly because they were allowed to eat the chocolate egg at the end of the session. The second activity was to make a chair out of a cardboard box. This problem stumped a lot of students but when they were given more examples to look at, they produced some really cool chairs, even ones with a cup holder!

Over all the students had a fantastic time and the STEM enrichment day gave the students an opportunity to solve problems on their own, through inquiry based learning, be reflective and collaboratively work with others in a team. I would like to thank all the Yr 7 students, Punchbowl Primary students, Ms Agapitos, Ms Gu, Ms Tran and Mr Parousis who made this day a success.

Head Teacher TAS,  
Ms Lavite



# FROM THE FACULTY

## PDHPE

### Gymnastics

All junior grades participated in their Gymnastics Unit to begin the year. The girls developed their skills on the mini tramps, the balance beam, the uneven bars and the big trampoline. All students showed their best efforts attempting new skills and pushing themselves to new limits.

### SPORT UPDATE

#### Volleyball

This year we compiled a team comprised of both new, and old Volleyball players to compete in the CHS Knockout tournament at Menai. The team included: Fatima Daher, Alissa Al-Ali, Sereana Bolakoro, Jasmine Arokapiti, Emmelyse Taiki-Puri, Lute Jones, Nadia Mateni, Sovaia Bolokoro, Jenan Hadid and Vivian Li. Their first game against Canterbury Girls HS was a very tight battle, playing point for point in each set. After losing the first set, our Wiley team fought hard to successfully win the second set. Sadly, they just missed out on securing the game in the third set knocking them out of the official competition. The girls played a few more consolation games working together as a team showing their strong school spirit and competitive nature, while sharing many laughs and creating life-long memories.

Thank you to the team for sharing the student officiating roles throughout the day, which included scoring and referring the lines. These jobs can be intimidating but our girls stepped up beautifully. Well Done!

Ms Dobson



#### Netball

Our brave Wiley Park Girls High School Netball team rallied together once again this year to compete in the CHS Netball Knock Out at Sylvania. Their first game was a tough one, competing against some well experienced netball players from Randwick Girls High School. Our girls didn't let this intimidate them, and went into the game with a positive attitude and great mindset. Our team was able to get in some points in each quarter, however the opposing team were always a few steps ahead.

We unfortunately lost the first game, however the girls didn't let this get them down and went onto the 2nd game just as positive as the first. The team tried hard and played extremely well, with special mentions to Tearoha Arokapiti, Christine Tuapou and Sereana Bolokaro, who seemed to be everywhere on the court at once and always ready to support their team when needed.

Well done to the Wiley Park Girls Netball team. If there is one thing we can always count on, it's their ability to make those around them smile and have fun, no matter what.

Mrs Ritchie



#### Touch Football, Softball & Soccer

Each year, Wiley Park Girls High School participates in the NSW CHS Knockout competitions. Unfortunately, due to COVID-19, these sports were not run this year.



# FROM THE FACULTY

## PDHPE

### Basketball

This year Wiley Park Girls High School made it to the second round of the Sydney East Senior Open Girls Knockout series, where we played Newtown High School of the Performing Arts. Our team this year consisted of Lute Jones, Phoenix Milford, Jenan Hadid, Sereana Bolakoro, Fatima Daher, Alisa Al Ali and Kura Talauta. The girls trained hard for the game and had also been regular players at the lunch time basketball games at school on Tuesdays. The time and effort the girls put into training was evident on the court. They played a great game, demonstrating many of the skills we have been practicing. Unfortunately, we were defeated. Our top point scorer of the game was Sereana. Lute, Phoenix and Alisa also contributed to our final score. I am proud of the basketball team for their efforts, their good sportsmanship and their exemplary representation of Wiley Park Girls High School.

Ms Begetis



## SWIMMING CARNIVAL

### SWIMMING CARNIVAL

A Great Day Leads to Great Success.

Written by Vivian Li & Alana Harmouche - Journalism Club

Team Wiley Park Girls' High School held its 2020 swimming carnival at Roselands Aquatic Centre on 19th February. This exciting event was organised by the PDHPE faculty to provide a fun and relaxing day for not just the students but the teachers too. Many students attended this event and Ms Begetis stated that 2020 is the year with the highest attendance.

To start off the exciting day, the school held a fashion parade where students and teachers dressed up. The winner of this was Isabella Arajji from year 9! Wiley Park Girls' High School always includes students and teachers in all events. At the swimming carnival, everyone had the chance to get into the water even if they were a non-swimmer. They were able to participate in the usual swimming races but also the casual novelty races. This meant that everyone could be involved. There were many competitors, but the age group with the most competitors was the 13 years age group which made the whole event more exciting!

Towards the end, the school had a cheering competition between the 4 houses - Goolagong, Fraser, McKay and Cuthbert. After a hard fought contest between the houses, the judges came down to a final decision, and the winner was Fraser! It was a close cheer between Fraser and Cuthbert, but Fraser was united and loud. After this we had the relays. We had the student relay and the teacher relay. The student relay was exciting, but when the teachers had a relay, everyone went wild. Everyone was cheering and clapping for their teachers and supporting their favourite teacher/s.

### SWIMMING CARNIVAL RESULTS

The results were announced the very next day by Ms Begetis:

- 1st place Fraser - 601 points
- 2nd place Goolagong - 504 points
- 3rd place Cuthbert - 457 points
- 4th place McKay - 122 points

Age champion results:

- 12 years - Ishanee Rama - 40 points
- 13 years - Rayanne Dahoud - 28 points
- 14 years - Isabella Arajji - 54 points
- 15 years - Yasmine Elidrissi - 42 points
- 16 years - Nour El-Majzoub - 50 points
- 17 years - Assiya Hasna - 58 points who also became 2020's school champion!

Overall, it was a huge success and everyone had a lot of fun.



# FROM THE FACULTY

## LEARNING & SUPPORT

Term 1 is always busy in the support unit and all of our girls have risen to the challenge beautifully. We are so proud of them!

### **Pink Class: English**

Pink class have been working hard throughout the term to complete their novel study for English. Students participated in a collaborative assessment task. This task required students to work in pairs to write a recount of the novel Dracula. They all created a PowerPoint ready for presenting to the class.



### **Green Class: Literacy**

Green class are using technology to improve their reading skills.

### **Autism Class**

Our newly established Blue class has been busy this term. The classroom is looking magnificent. Here is one student with her SLSO fully owning her new learning space.



### **Yellow Class: Visual Art**

Yellow class have been experimenting with lots of art making this term. They have been learning about the colour wheel and mixed secondary colours and tints and shades. Later they worked on a combined work using complimentary colours in circus character costumes. The students worked with sunset colours and used tracing paper and black paper. Many students improved their fine motor skills working with drawing, tracing and cutting. The class has gone on to study Picasso, whose use of colour changed with his feelings and response to the world around him.

### **Blue Class: Visual Art**

This term, students in Blue class are learning about Aboriginal art. Aboriginal art is the oldest form of an artistic expressions in the world. Using eucalyptus leaves and oil pastels students produced a leaf wreath and they selected different materials and techniques to make their artwork.

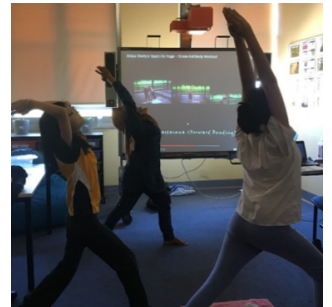


### **Blue Class: Agriculture**

Blue class have been enjoying the sunshine while meeting important outcomes for their Technology Mandatory agriculture unit.

### **All Classes: Sport**

If you want to get the most out of life, you need to keep your mind and body healthy now and in the future. In order to keep mind and body working well blue class enjoys yoga as a part of weekly sport!



### **Yellow & Blue Class: Community Access**

Yellow and Blue class enjoyed their first Community Access outing.

Head Teacher Support,  
Ms Dalrymple





# FROM THE FACULTY

## SCIENCE

### Experiments in Class

This term, students have enjoyed participating in a range of science experiments. In Year 10, they have explored 'Purple Haze' as apart of their Chemistry content. Year 10 also investigated microinvertebrate found in the water taken from Blackwattle Bay. This has given them greater understanding of the exciting world around them. Whilst students are currently participating in remote/online learning, we are using online simulations to do experiments. Year 9s are creating atoms and Year 10s are building circuits.



### HSC Biology

Students from Year 11 and 12 attended Lane Cove National Park to visit Buffalo Creek Reserve. Here, students performed a study on the human impact on the ecosystem with Field of Mars Education Centre.



### Science Extension

We are very excited to have a science extension class running this year for HSC. In this course they are expected to study science at a higher level and produce a major work.

Currently we have 4 students and they are focusing on:

- The effects of antibacterial products on our skins microbiome
- The effects of radiation on seed germination and growth
- Microplastics in bottled water
- The effects of different wavelengths of light on photosynthesis

### Sustainability Club

At Wiley Park Girls High School we are very proud of the range of clubs and groups we offer. This term, our sustainability club had a meeting with Principal Mr Steigler-Peters regarding Return-and-Earn bins to encourage students to recycle plastic bottles. This is apart of their yearly mission to reduce plastic consumption.

Ms Southern & Head Teacher Science Mr Kwong



## ENGLISH

The major focus for English this year will be improving student literacy, and developing multimodal skills for the new Stage syllabuses with students in Stage 4 and 5. To improve our students' literacy skills, we have a range of initiatives, these include: Wordflyers, an online platform where students complete literacy exercises and tests at their own rate and level. We are also running Wide Reading lessons with our wonderful Teacher Librarian, Ms Saisanas, where students will develop reading for pleasure and be exposed to texts they might not otherwise choose.

Our Year 9 students completed videos on an issue of importance to them, and Year 10 are working on feature articles based on the topic of Identity. Our 10 English 1 class have also had the privilege of being tutored by members of the LMA to develop their poetry writing skills. Stage 6 are nearing the completion of the Preliminary courses, and we wish them the best as they commence their HSC studies in English.

Head Teacher English,  
Ms Cervonaro

# FROM THE SCHOOL

## EXCITING EVENTS

### WPGHS ATTEND U@UNI SUMMER SCHOOL

2020 was a special year for U@Uni Summer School. The students who attended are part of an exciting new pilot program which, upon completion, will see them guaranteed a place at UTS.

Beginning at the end of Year 10, the U@Uni Academy is a two-year intensive program that introduces students to university life through on-campus activities, workshops, mentoring and tutoring. "We are deliberately looking at a student's potential based on their 21st century skills; collaboration, creativity and leadership. It's about giving them an opportunity to come to university and to really shine," said Verity Firth, Executive Director of the UTS Centre for Social Justice and Inclusion. This marks the beginning of the journey for this first cohort of students.

From 6-17 January, students visited the UTS campus and participated in a range of workshops in their field of choice: Science, Media, Design, Engineering and IT, Business and Health. Using the skills they learned, students created their own projects including computers games, documentaries, clothing design and more.

These projects were displayed at an exhibition on the last day of Summer School. Parent, teachers and the wider community were invited to celebrate the success of these students and congratulate them as they embark on this exciting new adventure. Students even received some words of wisdom from Mark Scott AO, Secretary of the NSW Department of Education, who gave a keynote address at the event.

"The cohort of students this year was bigger and more enthusiastic than ever," said Emlyn Dodd, Program Manager, UTS U@Uni Academy. "The students really valued working with UTS staff and mentors, and said the experience has either reinforced or reshaped what they want to do after high school." "They are an amazing group of students and we are so excited to have them," said Ms Firth. "We strongly believe in their potential and can't wait to see all the incredible things they achieve not only during the Academy program, but at university and beyond."

External Communication Officer,  
Amy Grady



DIVERSITY STRENGTHENS LEARNING

# An important message about our response to COVID-19

The health and safety of our staff and students is of the utmost importance to our school.

We have implemented a range of measures to help keep our school healthy and reduce the spread of infection and illness. Some simple measures we ask that you adopt include:



## Before entering our school

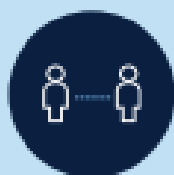
If you have been unwell, with symptoms such as a high temperature, cough, sore throat, and/or shortness of breath, please don't visit our school. Please contact our office to speak to one of our staff.

Ph: .....



## Increase hygiene practices

We request that all staff, students and visitors follow increased personal hygiene practices through regular and thorough hand washing and coughing or sneezing into your elbow or tissue, and disposing of tissues.



## Maintaining a healthy distance

For the health and wellbeing of our staff and students, please stand at least **1.5 metres** apart while waiting in our office. Our visitors are encouraged to wait outside for their turn to speak with our office staff. We are also applying social distancing requirements across all areas of the school as is reasonable and practical.



## Support for our staff

We appreciate your patience and support while we work together to minimise the impact of COVID 19 in our community.

We know this is a difficult time and we are doing all we can to support our staff and students.

Search Inside the Department for up-to-date information and resources.



# FROM THE SCHOOL

## Resources for Families During Remote Learning

### Are you in danger?





If you, or someone you are with is in immediate danger please call:

☎ 000

or

go to your nearest hospital emergency department

If you or your child needs to talk to someone...

Name	About	Phone	Online
<b>Kids Help Line</b> 	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7	Webchat 24/7 <a href="https://kidshelpline.com.au/get-help/webchat-counselling">https://kidshelpline.com.au/get-help/webchat-counselling</a>
<b>Lifeline</b> 	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	CALL: 13 11 14 24/7  TEXT: 0477 131114 6:00PM - Midnight	Crisis Support Chat 7:00PM – Midnight <a href="https://www.lifeline.org.au/get-help/online-services/crisis-chat">https://www.lifeline.org.au/get-help/online-services/crisis-chat</a>
<b>Suicide Call Back Service</b> 	A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide	1300 659 467 24/7	Online Chat 24/7 Video Chat 24/7 <a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a>
<b>Youth Beyond Blue</b> 	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3:00PM - Midnight <a href="https://www.youthbeyondblue.com/">https://www.youthbeyondblue.com/</a>

# FROM THE SCHOOL

<b>SANE Australia</b> 	<p>SANE Australia supports people living with complex mental health issues and the people that care about them</p>	<p>1800 187 263 10:00AM – 10:00PM</p>	<p>Webchat 10:00 AM – 10:00 PM <a href="https://www.sane.org/about-sane">https://www.sane.org/about-sane</a></p>
<b>Headspace</b> 	<p>eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.</p>	<p>N/A</p>	<p>Group Chat 24/7 1 on 1 Chat 9AM - 1AM <a href="https://headspace.org.au/eheadspace/">https://headspace.org.au/eheadspace/</a></p>
<b>QLife</b> 	<p>QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships</p>	<p>1800 184 527 3PM - Midnight</p>	<p>Webchat 3PM – Midnight <a href="https://www qlife.org.au/resources/chat">https://www qlife.org.au/resources/chat</a></p>
<b>1800RESPECT</b> 	<p>Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse</p>	<p>1800 737 732 24/7 Interpreter: 13 14 50</p>	<p>Online Chat 24/7 <a href="https://chat.1800respect.org.au/#/welcome">https://chat.1800respect.org.au/#/welcome</a></p>
<b>Carers NSW</b> 	<p>Carer Line offer emotional support, referrals and distribute carer specific resources and information to carers and community members</p>	<p>1800 242 636 9AM – 5PM Monday - Friday</p>	<p><a href="http://www.carersnsw.org.au/how-we-help/support/carers-line/">http://www.carersnsw.org.au/how-we-help/support/carers-line/</a></p>
<b>Mental Health Line</b> 	<p>A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people</p>	<p>1800 011 511 24/7</p>	<p><a href="https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx">https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx</a></p>
	<p><b>Child Protection Helpline</b></p>	<p>13 21 11</p>	<p><a href="https://reporter.childstory.nsw.gov.au/s/mrg">https://reporter.childstory.nsw.gov.au/s/mrg</a></p>

# FROM THE SCHOOL



If you are looking for an app to support you or your child...

Name	About	Website
<b>Calm Harm</b> 	Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.	Free App Store Google Play
<b>Clear Fear</b> 	The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.	Free App Store Google Play
<b>ReachOut Worry Time</b> 	ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7	Free App Store
<b>ReachOut Breathe</b> 	ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone	Free App Store
<b>Smiling Mind</b> 	Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.	Free App Store Google Play
<b>WellMind</b> 	WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.	Free App Store Google Play





# FROM THE SCHOOL

If you are seeking additional information...

Name	About	Website
<b>ReachOut</b> 	Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.	<a href="https://au.reachout.com/">https://au.reachout.com/</a>
<b>Black Dog Institute</b> 	Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.	<a href="https://www.blackdoginstitute.org.au/">https://www.blackdoginstitute.org.au/</a>

If you are looking for online support...

Name	About	Website
<b>The BRAVE Program</b> 	BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety	<a href="https://www.brave-online.com/">https://www.brave-online.com/</a>
<b>Smiling Mind</b> 	Online and app-based program to improve wellbeing of young people through mindfulness meditation.	<a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a>

See our website for more details on mental health support for students:  
<https://wileyparkg-h.schools.nsw.gov.au/news/2020/3/online--support-for-students.html>



@WileyParkGirls



@WileyParkGirlsHS