PRINCIPAL’S REPORT

This is the first edition of the Birrong Bulletin for 2016, and I warmly welcome to the school community our many new students, especially our enthusiastic and keen Year 7 students and their families.

In addition, I am very pleased to welcome our new teachers and staff: I am confident that they will all complement and support our school’s strong culture and values.

I encourage all new students and parents to come along to the Welcome Barbecue to be held on Wednesday 10 February from 5-7pm. This is an excellent opportunity for all new parents to meet their daughter’s teachers and class mates in an informal and relaxed setting. Take a moment to introduce yourself to your daughter’s teachers and find out the best ways to support her learning.

Outstanding HSC results

The class of 2015 maintained our school’s impressive record of achievement in the HSC. Congratulations to the 115 successful students who achieved an HSC and especially to the high achievers whose names were published in the Board of Studies’ High Achievers’ List for marks over 90 in a course. All teachers of the girls in Year 12 2015 were very pleased with our 22 Band 6s (above 90 in a course) in 14 courses shared amongst 14 students.

Many of our 2015 HSC class achieved very high Australian Tertiary Achievement Ranks (ATARs) and 80% were offered places at university or college.

Congratulations girls, we are very proud of you!

2015 Achievements Celebrated

Our 2015 Presentation Day was held at the Bankstown Town Hall and was a whole school celebration of the academic, sporting and civic achievements of our students. Layla Etri, an ex-Birrong girl who has forged a highly successful career as a corporate lawyer, was our inspirational guest speaker.

Ms Fedes and her team ensured that this event was a great showcase of our students’ success.

Thank you too to all the families who came to share the celebration.

Congratulations to:

- Marwa Al Hirz, Naba Al Jiboori, Abir Al Hassnawi, Zenah Allam, Salma Althifairy, Melanie Baker, Malak Bakri, D’mor Chehade, Rama Gharabeh, Saja Laftah, Jazeel Naqvi, Tina Tay, Tania Tran, Alexandra Viles and Layla Zakouari from this year’s Year 11 who were outstanding ambassadors for our school at The University of Technology Summer School, Sydney, during the January holidays.
- Fereshta Jamshidi and Asal Khalaf (Year 9) who were successful recipients of the Harding Miller Education Foundation Scholarship. The selection process for this scholarship is highly competitive and Fereshta and Asal should be very proud of their achievements.
- Melanie Baker (Year 11) who has been awarded the FACS Youth Scholarship for 2016.

Inside this issue:  Page/s
Principals Report 1-2
Report from the Deputy Principals 2-3
Welcome BBQ for new students and their parents 3
Introducing the New Teachers 3-4
Student Attendance Information 4-5
Welfare Matters 5-7
Next P&C Meeting 7
Careers News 7
QuickSmart Excursion 8
School Calendar 8
Peer Support 8
Year 12 Hospitality Excursion 9
Article by Michael Grose, Parenting Educator 9
Transdev School Bus Timetable 10
BYOD @ Birrong Girls! 11-12
Free Dental Treatment for Children 13
School Uniform Policy
Our School Code of Behaviour requires students to wear the school uniform with pride.

It is my expectation and the expectation of the entire school community that full uniform is worn by every student not only at school but to and from school every day. Our school community is very supportive of our Uniform Policy because they see it as an important aspect of our school culture. Uniform helps girls develop their sense of belonging to the school and items like fully enclosed leather school shoes help ensure their personal safety. I will arrange interviews with the parents of girls who do not comply fully with the Uniform Policy.

School Diaries
All students will receive a school diary this year to help them develop organisational skills and to support them in meeting homework and assessment deadlines. Students who use school diaries effectively are more successful learners because they complete tasks and assessments by due dates, organise their time effectively and develop positive study habits. Students should bring their diaries each day, note due dates for homework and assessment tasks and use their diaries to plan chunks of time to ensure that tasks are completed. Teachers will be working with students to support them in using their diaries effectively. I request that parents support teachers by monitoring their daughter’s use of the diary at home.

Parent Involvement
All parents are invited to be a part of the school’s parent committee. Supporting the school and being involved in the school’s planning and decision-making processes can be very motivating for students as it shows that their parents are interested and know what happens at school.

This year P&C meetings will be held in the Common Room on Wednesday week 8 of each term. Parents are encouraged to attend the year’s first P&C meeting on Wednesday 16 March at 5pm in the Common Room.

Privacy and Communications
Throughout the year, the school will be publishing examples of student work as well as names and photographs of our girls in publications such as the local newspapers, the Birrong Bulletin, the school magazine and the school’s website. If you have any objections to your daughter’s work, name or photograph being published in this way could you please inform the Principal in writing as soon as possible.

Coming Events
- Welcome Barbecue for all new parents and students will be held on Wednesday 10 February from 5-7pm.
- The school’s Swimming Carnival will take place at Birrong Leisure Centre on Wednesday 24 February. All students must attend this important date in our sporting calendar. Even if your daughter is not a swimmer or competitor it is important that she attends to maintain her record of school attendance and to support her class mates.
- A meeting of the P&C will be held in the Common room at 5pm on Wednesday 16 March. All parents are invited to attend and show their support for their daughter’s education by getting involved in the P&C.

I invite you to contact the school to make an appointment with me (Tel: 9644 5057) if you have any issues that you wish to discuss about your daughter’s education.

I wish you all a very happy and rewarding 2016.

Margaret Fletcher
Principal

REPORT FROM THE DEPUTY PRINCIPALS

As we begin 2016 the Deputies wish every student from Year 7 to Year 12 success in meeting all the challenges which await you in 2016. Now is the time to set your short and long term goals so that each of you can achieve your personal best! We trust that this will be a year during which each student can take pride in her academic growth and in the personal excellence she is able to apply to all areas of her life.

In 2015, 15 Year 10 students were actively involved in a University partnerships program that prepared them for their involvement in the University of Technology Sydney (UTS) Summer School program. The program took place during the last two weeks of the school holidays. While most of us were having a sleep in or lazy day around the house these students were motivated to be attending University in Sydney and engaged in a specific course of study.

The girls selected from one of the following courses that provided them with ‘real life hands on Uni experiences’:

<table>
<thead>
<tr>
<th>Course</th>
<th>Practical Experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>Media Production</td>
<td>Film making, production and editing</td>
</tr>
<tr>
<td>Health</td>
<td>First Aid role plays, scenarios and midwifery</td>
</tr>
<tr>
<td>Creative Design</td>
<td>Fashion design and dress making</td>
</tr>
<tr>
<td>Science Investigation</td>
<td>Chemical experimentation and reactions</td>
</tr>
<tr>
<td>Engineering and IT</td>
<td>Robotics</td>
</tr>
<tr>
<td>Business</td>
<td>‘Company’ design and development</td>
</tr>
</tbody>
</table>
The UTS Summer School concluded with a formal graduation where the students wore graduation gowns and celebrated their hard work and efforts with their families. The experience was very rewarding and memorable for all the girls who participated. We are very proud of our students, many of whom took on leadership roles during Summer School and we know that the skills they developed at UTS will make them more determined to excel and to achieve their own personal goals.

UTS Summer School participants

There are many opportunities available at Birrong Girls High School for students to develop skills; all students are encouraged to sign up for extra curricular activities.

Congratulations to our Year 11 students who are working hard as Peer Support leaders assisting Year 7 students in their transition to high school and at the same time developing communication, organisational and leadership skills of their own.

The school swimming carnival will be held on Wednesday 24 February. It is a day for fun and participation. All students are expected to attend the carnival as they would any other school day. More information and permission notes will be distributed to students in the next few weeks.

We hope to see all the Year 7 parents at the Welcome BBQ on Wednesday 10 February.

Ad Astra!

Ms Cross and Ms George
Deputy Principals

INTRODUCING THE NEW TEACHERS

Dale Hastings
Languages Other Than English (LOTE)

My name is Dale Hastings and I am excited to join the LOTE faculty at Birrong Girls High School in my first teaching role.

After graduating from Macquarie University with a Bachelor of Arts, majoring in Japanese Studies, I moved to Western Australia for a career in gold-mining. While living in Kalgoorlie I moonlighted as a Japanese tutor. As I greatly enjoyed the experience, I decided to enrol in a Bachelor of Education at Southern Cross University and pursue a new career in education.

I am passionate about languages, history and technology. My favourite part of teaching is the opportunity to help young people excel. I look forward to working with the staff, parents and students at Birrong Girls High School.

Esther Seo
Science

My name is Esther Seo and I am absolutely delighted to join the Science faculty at Birrong Girls High School. I have been teaching since 2014, mainly at the Penshurst Girls Campus and Peakhurst Campus in Georges River College.

I have a Bachelor of Science (major in Chemistry), and a Master of Teaching degree, both from the University of Sydney. I find science fascinating, due to its interesting (sometimes surprising) facets and its complexities; besides, experiments are always fun and exciting.

All the staff and students have given me a warm welcome and I would like to sincerely thank them. I look forward to working with everyone at Birrong Girls High School.

To all new 2016 parents
(and especially Year 7 parents)

You are invited to a

BBQ

on Wednesday, 10 February
from 5.00pm – 7.00pm

for a welcome to Birrong Girls High School.

We hope to see you there!
My name is Emma Nixon and I am very happy to be joining the TAS faculty at Birrong Girls High School. My family and I have moved to Sydney from Bellingen (a little town near Coffs Harbour) for me to take this job and begin my teaching career. Prior to becoming a teacher I ran my own small business designing, producing and selling unique children’s clothing.

I am passionate about textiles and cooking. Throughout my life I have always grown my own food and kept chickens, as I believe self-sustainability is vital. I look forward to working with the staff and students at Birrong Girls High School.

Michael Keating
Learning and Support

Hi, I’m Michael Keating, and I’m the latest member of the Learning and Support faculty at Birrong Girls High School.

I started teaching back in TAFE on alternative programs for “Youth at Risk” students who couldn’t make their way in the school system. My teaching areas in TAFE were Maths (BSc/Maths) and English (Grad Dip/Literacy) as well as Behaviour and Welfare. So with the closure of those courses and being somewhat of an “all-rounder”, I’ve gravitated towards the area of Learning and Support in high schools.

This position is an exciting opportunity to work with students who, with support, can make the most of school and hopefully extend their tertiary study and/or work options into the future.

I would also like to add, as I am the father of 2 beautiful daughters (they take after my wife), that I’m very happy to be working in a school that values and promotes girls’ education. I look forward to working with all of you, to teaching and supporting our students, and together, making a difference.
WELFARE MATTERS

Welcome back to all students and families, especially to our Year 7 newly enrolled students. The Welfare Team wishes all students and their families a very successful and enjoyable year. We look forward to working with families in our school community to support the learning, development and wellbeing of our students.

The Welfare Team includes the School Counsellor, Ms Athena Tselepi, the Year Advisers and Assistant Year Advisers, as listed below, and the Head Teacher Welfare, Mrs Cathy Salvagio.

Parents and guardians can make an appointment to see our school Counsellor, the Head Teacher Welfare or the relevant Year Adviser if there are issues or concerns that you wish to discuss.

Below is a list of the Year Advisers and Assistant Year Advisers for this year:

YEAR 7
ADVISER - Ms Anthony
Assistant - Mr Colley

YEAR 8
ADVISER - Ms Rothwell
Assistant - Ms Jarvis

YEAR 9
ADVISER - Ms Waltho
Assistant - Ms Sirris

YEAR 10
ADVISER - Ms Hawk
Assistant - Ms Lazarevski

YEAR 11
ADVISER - Mr Hobbs
Assistant - Ms Gallard

YEAR 12
ADVISER - Ms Bolanca
Assistant - Ms Wai

Student Assistance Scheme
Each year the school is provided with funds from the State Government to help students from families who are experiencing financial difficulties.

The school is able to help families by allocating some of these funds towards the payment of uniforms, either new or second hand, excursions and subject fees.

Parents of Year 7 to Year 10 students can telephone the school to speak to Mrs Salvagio or make an appointment to see her. Parents must be able to show that there is financial need to access Student Assistance. Pensioner Concession cards

What do I do IF I AM GOING ON A HOLIDAY?
- You must inform the school that you are going on a holiday. Do not just leave.
- Your parents must provide a letter explaining where you are going, your date of departure from school and your date of return to school.
- If you are going overseas you must bring a photocopy of the plane ticket.

What do I do IF I NEED TO LEAVE SCHOOL EARLY?
- You must never just walk out of the school.
- Bring a note from your parents explaining what time you must leave and why you must leave.
- Include your name, roll class and date on the letter.
- Give this letter to Mr Clark – Head Teacher Administration no later than 8:20am on the day you need to leave. You will be issued with a yellow School Leave Pass.

What do I do IF I AM AT SCHOOL AND I FEEL SICK?
- Never just ring your parents to pick you up.
- Get a note from your class teacher to leave the room.
- You must then see Mrs Paul (Science staffroom) or Mrs Russell (Finance Office). They will contact your parents or family member.

What do I do IF I AM MARKED ABSENT AT ROLL CALL BUT I WASN’T? (e.g. work placement)
- Speak to your roll call teacher.
- If you receive a letter asking where you were, bring this letter to Mr Clark or Ms Pirie (Reception).

Please monitor your daughter’s attendance by recording in a diary or on a calendar the days that she has been absent from school. Please ring the school when your daughter is absent so that we can ensure a greater system of monitoring.

If you have any concerns with your daughter’s attendance please feel free to contact us at the school.

Thank you.

Mr Clark
Head Teacher Administration
or Centrelink cards can be used to show the need of the family.

The Clothing Pool
The Clothing Pool is situated on the top floor, near Room 1. Students and parents can buy or donate good quality used items of school uniform and P.E. uniform. The items are sold at very reasonable prices. Mrs Paul can assist students and parents with the purchase of these uniform items.

School Uniform Policy
It is our school policy that all students wear full school uniform. Our uniform can be purchased at Berelle School Wear, 3 Bellona Avenue, Regents Park, phone 9738 1264. The trading hours are Monday to Friday 8:30am to 4:30pm and Saturday 9:30am to 1:00pm. Our uniform includes enclosed black hard leather school shoes for safety, especially when working in the Science laboratories and the kitchens.

For students who wear long sleeves the school has a long sleeved blouse. Wearing a short sleeved blouse with a long sleeved undergarment is not considered to be part of the uniform and is not acceptable.

If for a very good reason an item of uniform cannot be worn on a given day the student is required to have a note of explanation signed by a parent or guardian which the student presents to her Year Adviser before school to obtain an Out of Uniform Pass. If the student fails to follow the appropriate procedure consequences will apply. It would be expected that students have more than one school outfit and that their uniform items are washed and ironed regularly so that they are in a clean uniform at all times. Excuses such as “it’s dirty” or “it’s in the wash” are not acceptable.

The hems on school trousers and skirts should be neatly sewn and should not drag on the floor. Ragged and torn hems are not acceptable and are a safety concern.

Being in full school uniform demonstrates a student’s commitment to being a positive member of the school community and enhances the good image of our school.

Study Skills Program
Year 12 students will participate in the Elevate Education HSC preparation seminars on Wednesday 2 March during periods 2 and 3 which will focus on study strategies, examination techniques, goal setting and time management to assist students to be more effective learners and to cope better with examinations. Students will also be provided with access to the Elevate Education website and online resources to assist students with HSC resources, study, assignments and exams throughout the year.

All students must attend these very beneficial seminars which will be of a reasonable cost as the school will pay part of the cost. A note with details about the seminars will be issued to students closer to the time.

Year 11 students will participate in Elevate Education HSC preparation seminars on Friday 11 March during periods 3 and 4 which will focus on effective learning strategies, time management and study techniques to enhance students’ performance as a senior student. Students will also be provided with access to the Elevate Education website and online resources to assist students with study, assignments and exams throughout the year.

All students must attend these very beneficial seminars which will be of a reasonable cost as the school will pay part of the cost. A note with details about the seminars will be issued to students closer to the time.

Year 7 Vaccinations
Our school is participating in the NSW Adolescent Vaccination Program for Year 7 students. The following vaccinations will be provided over the year.

- Human Papilloma Virus (HPV) vaccination for cervical cancer prevention, three doses will be given. Vaccination in Year 7 is ideal as the immune system gives a strong response to vaccines at this age.
- Varicella (Chickenpox) vaccine, one dose will be given. This is recommended for students who have not had the disease or have not already been vaccinated.
- Diphtheria, tetanus and Pertussis (Whooping Cough) vaccine, one dose is given.

Year 7 students will be issued the vaccination consent form later this term. Parents/guardians should read the information provided with the consent form to understand the facts about the vaccines that will be offered. Information in languages other than English is available at: http://www.health.nsw.gov.au/publichealth/immunisation/school_prog/languages_forms.asp

Vaccination dates for this year are:
3 March: Diphtheria, tetanus and Pertussis and HPV (1st dose)
3 June: HPV (2nd dose) and Varicella (Chickenpox)
20 October: HPV (3rd dose)
There is only one consent form on which parents indicate which vaccine(s) is required. No student will be vaccinated without the signed original consent form.

After the vaccination students will be given a Record of Vaccination card to take home to keep their immunisation records up to date. Please keep vaccination records in a safe place as they may be required for future work or travel.

**Student of the Month**

Congratulations to Hamna Ahmad of Year 12 who was awarded the Student of the Month Award for November 2015. She demonstrated high levels of dedication to the school community and a strong sense of citizenship. Hamna has carried out valuable school service through her commitment and active involvement as a supportive Peer Reading Tutor where she assisted with the Literacy development of her Year 7 tutee. She was an enthusiastic Peer Support Leader for Year 7 and she has supported younger students with conflict resolution as a trained Peer Mediator. Hamna is a dedicated and proactive member of the Prefect Body and volunteered her time to assemble birthing kits for women in developing countries. She was also trained as a Youth Ambassador for the Red Cross Blood Service promoting blood donations to her peers. Hamna participated in extra curricular programs such as the Futures Problem Solving Team and was the Ambassador for the Salvation Army. Her hard work has been recognised and she was presented with the Victor Chang Cardiac Research Institute of Science Award and the Auburn Library Research Excellence Award.

Mrs Salvagio  
**Head Teacher Welfare**

---

**CAREERS NEWS**

Welcome back to a new school year. I hope every student had a relaxing and enjoyable holiday break, ready to begin 2016. I'm looking forward to working with all students and supporting them to start exploring career options, work experience opportunities and attending excursions including career expos, workshops and university and TAFE taster days.

**Year 10**

2016 is an extremely exciting and important year for Year 10 students and their families in regards to our Work Experience program and Subject Selection.

Year 10 will complete a compulsory 2 weeks of Work Experience this year, one week in May and one week in November. Work Experience supports our students to gain valuable knowledge and real world experience in a workplace of their choice. The first week of Work Experience will come around quickly in Term 2, starting Monday 23 May to Friday 27 May. Students and families are encouraged to discuss this wonderful opportunity and parents/carers are urged to support students to make informed decisions about the industry they wish to experience. Over the next few weeks Year 10 will complete a Careers lesson on this program where they will learn about the process, what's involved and the school's expectations. Students will be given all of the required documents, including a Parent/Carer’s Guide that will be sent home with them at this lesson. If families wish to learn more information or ask additional questions about the Work Experience program please visit [www.det.nsw.edu.au/vetinschools/worklearn/worklearnpolicy.html](http://www.det.nsw.edu.au/vetinschools/worklearn/worklearnpolicy.html) or phone the school.

**Year 12**

Year 12 have returned to school with maturity and a serious attitude in their approach to their final year of study. Already, I've had numerous bookings to discuss post-school options with students. Year 12 are advised to book in an appointment with me to sit down and discuss, research and investigate their interests and possible career paths after Year 12. Parents/carers are very welcome to make an appointment with me also, please phone the school to book in a time.

Ms Wailes  
**Careers Adviser**
QUICKSMART EXCURSION

On Monday 30 November 2015, Year 7 & 8 QuickSmart students enjoyed a day out shopping at Westfield Burwood with Ms Carson and Mrs Araujo.

The girls were able to put into practice strategies and theories that they have been using in their QuickSmart program throughout the year. This is a lifelong life skill needed when dealing with money in everyday life.

Examples of the strategies used are ‘split strategy,’ ‘jump strategy,’ ‘compensation,’ as well as the basic operations of addition, subtraction, multiplication and division.

It is very important to remember that every day in real life situations maths is used.

The girls and teachers enjoyed the day out very much.

Mrs Araujo
QuickSmart Program

Peer Support is a program which provides each Year 7 student with the opportunity to have a Year 11 role model encourage and support them through their transition from primary to high school. On the 2nd and 3rd of December, every student in Year 10 was placed in random groups of approximately twelve students where they were taught the expectations of becoming a Peer Support leader. During these lessons, we were accompanied by a teacher who instructed and guided us through various entertaining activities such as charades, games with tennis balls and newspaper dress ups. These activities involved teamwork and cooperation.

Peer Support training developed our leadership skills; we discovered the many qualities needed in order to become an ideal leader. These skills include empathy, confidence, commitment, courage and the ability to communicate in an assertive manner. All these skills were reinforced to ensure that Year 7 students of 2016 will not be intimidated and afraid of the changes associated with high school and the different expectations of entering a new and unknown environment.

On behalf of Year 10, we would like to thank Ms Ratnayake for organising the Peer Support training sessions which we thoroughly enjoyed. Thank you to all the teachers who gave up their time to supervise and teach us about the qualities needed to be a strong Peer Support leader. These sessions were greatly valued as we were given the chance to build on and learn new skills. Congratulations to the Year 10s who were chosen to become the Year 11 Peer Support leaders of 2016.

By: Cindy Dang (Year 11)

QUICKSMART EXCURSION

On Monday 30 November 2015, Year 7 & 8 QuickSmart students enjoyed a day out shopping at Westfield Burwood with Ms Carson and Mrs Araujo.

The girls were able to put into practice strategies and theories that they have been using in their QuickSmart program throughout the year. This is a lifelong life skill needed when dealing with money in everyday life.

Examples of the strategies used are ‘split strategy,’ ‘jump strategy,’ ‘compensation,’ as well as the basic operations of addition, subtraction, multiplication and division.

It is very important to remember that every day in real life situations maths is used.

The girls and teachers enjoyed the day out very much.

Mrs Araujo
QuickSmart Program

BIRRONG GIRLS HIGH SCHOOL CALENDAR

For your diary / noticeboard

February:
Wednesday, 10th
- Year 7 (and new enrolments)
  Welcome BBQ, 5-7pm
Wednesday, 24th
- School Swimming Carnival
  at Birrong Swimming Centre,
  8:30am – 2:15pm

March:
Tuesday, 1st
- Zone Swimming Carnival
Thursday, 3rd
- Year 7 Vaccinations
Tuesday, 8th
- Parent/Teacher interviews,
  2-6pm
Friday, 11th
- School Photo Day
Monday, 14th
- Regional Swimming Carnival
Wednesday, 16th
- P&C Meeting, Common Room, 5pm
Monday 21st to
Tuesday 22nd
- Year 8 Swim School

PEER SUPPORT

QuickSmart students after their shopping trip

QuickSmart students after their shopping trip
YEAR 12 HOSPITALITY EXCURSION TO WILLIAM ANGLISS INSTITUTE

The Year 12 Hospitality students were lucky enough to go to the William Angliss Institute where we sampled some delicious food. We were given a small tour around the institute and were given a talk about how the commercial kitchens worked and the role of the chefs.

The interior of the area we ate in looked very classy, just like a real restaurant. There were fancy bright lights, floral wallpaper and clean carpet.

The menus were set into three parts: appetiser, main and dessert. Each person had two choices for each part of the menu. A variety of refreshing drinks were served including iced tea and juice.

The choices for the appetiser were a calamari salad or a sweet potato salad. I chose the calamari salad. The calamari was served with rocket. I personally don’t like rocket leaves yet the combination of rocket in the dish was not overpowering.

The main meal choices were chicken or salmon. I chose the chicken which included sides of salad and mashed potato. The chicken was served in sauce. The chicken had a lot of flavour but was a little dry.

The desserts were either salted chocolate caramel tart or a crème brulee. I chose the salted chocolate caramel tart as it looked so spectacular, like the food made by popular chefs. Personally the salted chocolate caramel tart was my favourite.

Overall the experience at William Angliss Institute was delightful and the food was good. The interior looked great and the staff were very friendly. We learned a great deal about food presentation and quality from this experience.

By: Michelle Truong, Year 12

CONFIDENCE-BUILDING STRATEGIES EVERY PARENT AND TEACHER SHOULD KNOW

By Michael Grose, Parenting Educator

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children’s and young people’s confidence is complex. It’s more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well.

Here are five practical strategies that you can use to build real self-confidence in kids of all ages:

1. **Model confident thinking**
   Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities, including letting kids hear positive self-talk.

2. **Focus on effort and improvement**
   Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do.

3. **Praise strategy**
   While effort is key for achievement, it’s not the only thing. Kids need to try new strategies and seek input from others when they’re stuck. They need this repertoire of approaches – not just sheer effort – to learn and improve. It helps too to focus language on better and smarter ways on improving.

4. **Develop self-help skills from an early age**
   A child’s self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5. **Give them real responsibility**
   From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility for many aspects of their lives we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.
# SCHOOL SPECIAL BUS SERVICES

**Birrong Girls High School**  
**T:** 9644 5057

<table>
<thead>
<tr>
<th>BUS NO.</th>
<th>TIME</th>
<th>MORNING BUS ROUTE</th>
</tr>
</thead>
<tbody>
<tr>
<td>908</td>
<td>07:22</td>
<td>From Guildford Station via Railway (R) Mountford (R) Talbot (L) Guildford (R) Excelsior (L) Rawson (L) Clyde (R) Mona (L) Cumberland (R) Normanby, Queen (L) Park (R) South Auburn Station (07:50) (R) Auburn (R) Queen (L) Harrow (R) Mary (L) Park (L) Clarke (L) Graham (R) Vaughan (R) Woodburn (L) Kerrs (R) Brixton (R) Hyde Park (L) Fourth (L) Kibo (R) Nottinghill (R) Amy (L) Auburn (L) Begdad, Cooper to School (08:13)</td>
</tr>
<tr>
<td>S401</td>
<td>07:46</td>
<td>From Buist &amp; Hector St via Buist (R) Rose (L) Brodie (L) Auburn (R) Ferrier, Brunker (L) Cooper to School (07:58)</td>
</tr>
<tr>
<td>909</td>
<td>07:57</td>
<td>From Bankstown Interchange (Stand D) via Overbridge (L) Featherstone (R) The Mall (L) Jacobs (R) Centro Bankstown (Stand 3) (08:00) (R) Jacobs (L) Rickard (R) Meredith (L) The Boulevard (L) George (R) Avoca (L) Palomer (R) Woodbine (R) Ashby (L) Brunker (R) Cooper to School (08:08)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BUS NO.</th>
<th>TIME</th>
<th>AFTERNOON BUS ROUTE</th>
</tr>
</thead>
<tbody>
<tr>
<td>5500</td>
<td>14:55</td>
<td>To Bankstown North via Cooper (L) Brunker (R) Ashby (L) Woodbine (L) Palomer (R) Avoca (L) George (R) Boulevarde to Hume Highway (15:10)</td>
</tr>
<tr>
<td>908</td>
<td>14:55</td>
<td>To Guildford Station Via Cooper (L) Rodd (R) Auburn (R) Amy (L) Nottinghill (L) Kibo (R) Fourth (R) Hyde Park (L) Brixton (L) Kerrs (R) Woodburn (L) Vaughan (L) Graham (R) Clarke (R) Park (R) Beatrice (L) Susan (L) Queen (R) Civic (L) Kerr (R) Auburn (L) South Auburn Station (15:25) (L) Park (R) Queen, Normanby (L) Cumberland (L) Mona (L) Clyde (R) Rawson (R) Excelsior (L) Guildford to Guildford Station (15:50)</td>
</tr>
<tr>
<td>S406</td>
<td>14:57</td>
<td>To cnr Buist &amp; Hector St via Cooper (L) Rodd (L) Auburn (R) Brodie (R) Rose (L) Buist to Hector St (15:12)</td>
</tr>
</tbody>
</table>

(L) Bus turns Left   (R) Bus turns Right  
Routes in *Italic* refer to public bus services  
UPDATED: 27/11/2015
BYOD @ Birrong Girls!

*Technology in Education at Birrong:*

At Birrong Girls High School we pride ourselves on the strong emphasis we place on developing 21st Century learners and that involves utilising technology in the classroom to its full potential. Birrong Girls is now looking to extend our established, high quality education using technology in classrooms through BYOD.

*What is BYOD?*

BYOD or ‘Bring Your Own Device’ is a concept that allows students to bring their own personal mobile electronic devices (Chrome books, laptops, netbooks, and tablets) to use within the school environment.

*How can BYOD help your daughter?*

- Birrong Girls has state of the art wireless facilities allowing easy access to the internet
- The school has an important role in educating students in the responsible and ethical use of technology
- Today technology is an essential part of every students world
- Furthering the development of 21st Century skills
- Modern mobile devices are designed to work well with ‘cloud computing’ technologies

If you would like help in deciding on the purchase of a device to support your daughter’s educational needs, please feel free to contact Mr Clark or you can go to the website listed below. This is a third party company that supplies support to the school and offers an easy method for parents to purchase technology that will function well in the Birrong Girls High School environment.


*Please see the advice and specification sheet overleaf and if you have any questions regarding BYOD feel free to contact Mr Clark.*

*Scott Clark*

*Head Teacher Administration*

*Technology Coordinator*
BYOD Advice and Specifications

If you are considering purchasing a new device or are wondering if your current device will be able to be used at school the following information may be of assistance:

Wireless Connectivity

- Wireless Connectivity is key to BYOD devices in schools. Devices must support 5GHz band wireless or 802.11 a/b/g/n DUAL CHANNEL (make sure it supports both 'a' and 'n').

Operating System

- To ensure the latest programs and software are compatible, we recommend the current or previous version of any operating system. E.g., iOS 7 or 8 for iPads and Windows 7 or 8 for PCs.

Battery Life

- Minimum 5 hours. Devices need to last the school day. We recommend a minimum of 5 hours battery life.

Memory & RAM

- Minimum 16GB Storage and 2GB RAM. To be able to store and process data effectively these minimum specifications are recommended.

Hardware Features

- Camera and Microphone. These are necessary to ensure students can participate in 21st Century learning activities, a stylus or keyboard may also be useful.

Screen Size

- Reasonable size. Ensure the screen is of a reasonable size to enable ease throughout the school day. Smartphones are too small to be used all day and pose potential health risks to the students' eyesight and therefore will not be an acceptable option.

Other Essential Considerations

- CASING: Needs to be tough & sturdy, can it be dropped without breaking?
- MASS: Is it light enough to be carried by the student each day?
- DURABILITY: Consider overall durability of the device, how sturdy is it?

Accessories

- CARRY CASE: A carry case or skin is essential in protecting your device and can provide ergonomic advantages.
- INSURANCE: Devices can become lost or be broken at school, make sure your policy covers these eventualities.
- WARRANTY: Make sure you consider purchasing extra warranty to reduce future repair costs as these devices will be used extensively.
ORAL HEALTH SERVICES
FOR CHILDREN UNDER 18 YEARS

IT'S FREE!

We accept Medicare
Child Dental Benefits

Dental treatment for
children under 18 years
of age is free at NSW Public
Dental Health Clinics.

Clinic Locations:
BANKSTOWN NORTH | FAIRFIELD | INGLEBURN
LIVERPOOL | NARELLAN | ROSEMEADOW | YAGOONA

PHONE (02) 9293 3333

BOWRAL AND TAHMOOR - PHONE 1300 559 393