PRINCIPAL’S REPORT

Creative and Performing Arts (CAPA) Extravaganza
Great art, music and food helped make a very successful CAPA Extravaganza. I thank the State Member for Auburn, Mrs Barbara Perry, for giving her time and officially opening the showcase of student talent held in our Visual Arts centre on Tuesday 30 August.

It was great to view so many great artworks on display from students in all year groups while our talented singers and musicians entertained us. I acknowledge the hard work of our Year 11 Hospitality class who did a wonderful job with the catering and the superb efforts of teachers from Creative and Performing Arts and Technology who ensured the success of this year’s Extravaganza.

Farewell and thank you Mr Everingham
After 27 years as Head Teacher History at Birrong Girls, Brian Everingham will be retiring at the end of this term. A dedicated, extraordinarily talented, generous and successful teacher, he will be missed by all staff and students. The motivation of every successful teacher is to “make a difference” and Mr Everingham has certainly achieved this noble aim. His impact on the education of Birrong girls cannot be overstated; he has left a lasting legacy. On behalf of the school community I thank him and wish him a very happy retirement.

Congratulations to:
• Isabella Johnston Araujo (Year 8) who participated in the Combined High Schools gymnastics competition on 9 August at Glendale. Isabella came second in the vault in Division C.
• Laura Qiu (Year 12 Sports Captain) who has received the prestigious Pierre de Coubertin Award for her outstanding contribution to sport at school and regional level.
• The Year 11 Literacy and Numeracy Week team who organised a whole school lifestyle survey and presented the results at our assembly.
Coming Events:
We will farewell Year 12 at their Graduation Ceremony on the last day of this term, Friday 23 September. Best wishes to all of you in your HSC Examinations and we wish you every success in your futures.

I extend a warm invitation to all our parents to attend the next P&C meeting which will be held on Wednesday 7 September in the Common Room following a presentation on the school’s plans for the 2012 National Partnerships at 5pm.

I invite you to contact the school (Tel: 9644 5057) to make an appointment with me if you have any issues that you wish to discuss about your daughter’s education. I hope you enjoy reading about the achievements and activities of the school in the following pages.

Best wishes.

Jenni Wilkins
Principal

REPORT FROM THE DEPUTY PRINCIPALS

Last Friday, Book Week was celebrated in the library with performances and competitions. Congratulations to all students and teachers who contributed to the success of the event. Thanks also to our special guest, School Education Director, Mr Rod Leonarder, who presented prizes and inspired students to complete his dramatic version of Little Red Riding Hood in exactly fifty words.

In Week 7 we celebrated Literacy and Numeracy Week. Erin Vincent, author of Grief Girl, addressed our assembly and encouraged all students to hone their creative skills. She led three creative writing workshops for selected students. We are very much looking forward to reading the inspired responses generated by these workshops. In addition, the Year 11 Literacy and Numeracy Week team presented giant graphs they had developed from lifestyle surveys completed by all students.

The lifestyle graphs provide some interesting details about students’ physical, social, emotional, mental and spiritual health. And of course, our annual publication of student creative writing, Stellar, will both showcase student writing as well as provide a valuable compilation of student views on what it is that makes an authentic life. Congratulations to our student leaders for their efforts in promoting literacy and numeracy across the school and to every Birrong girl who has demonstrated the value she places on learning through her contributions to Literacy and Numeracy Week.

Year 10 students have completed their subject selection process and Year 8 students are in the process of selecting their electives for Years 9 and 10. English, Maths and Science are mandatory for all students and at this school students do both History and Geography. In addition, students select two electives from the range of subjects offered. This is a great opportunity for students to pursue areas of interest without being locked into subjects for the Higher School Certificate. No subjects offered in the senior school have prerequisites. Students should talk to their teachers and to Head Teachers, who have a specialist knowledge of the courses offered in their faculties, to guide them in this process.

Year 12 students have now completed their trial HSC examinations. In just a few weeks we will be saying our fond farewells and wishing them well in their Higher School Certificate examinations. Students who have been able to demonstrate progress over Year 12 through strong performance in assessment tasks are positioning themselves for success in the HSC. While we place a strong emphasis on preparing students for success in the HSC, our broader focus is to prepare students for life. The Birrong girl proudly leaves our school as a mature, responsible, thinking young woman, ready to embrace opportunities, meet the challenges of the future with confidence and resilience and contribute to a better world.

A heartfelt thank you to the 2011 prefects for their unswerving dedication to our school over the last twelve months. Their leadership, sense of civic responsibility, teamwork, commitment and resilience have been impressive. This group worked tirelessly and with good humour on projects ranging from community service to fundraising and have at the same time managed to keep a strong focus on the learning process. They epitomise the true qualities of the Birrong girl and leave a wonderful legacy for future student leaders.

Year 12 has been a cohesive and cooperative group, fair minded and responsible. They have been excellent role models for our students. We speak on behalf of the whole school when we wish them the very best in their HSC, career paths and life choices. Year 12, ‘Ad astra’.

Ms Fletcher and Ms Crossan
Deputy Principals
FAREWELL TO MR EVERINGHAM

The time has come to say farewell to Brian Everingham who is retiring after 37 years of service to public education.

Mr Everingham began his teaching career at Heathcote High School in 1975 and has spent the last 27 years as Head Teacher History at Birrong Girls High School. Mr Everingham has left his mark on Birrong Girls High School. He will be remembered for his dedication to teaching as well as his ability to challenge both students and staff. Mr Everingham has always promoted the value of lifelong learning through his teaching and his own intellectual and academic pursuits. Mr Everingham is also known for his sense of humour and willingness to share his knowledge and resources, many of which he has already donated to the library and to the History faculty. His positive approach to life and professional support has been very much appreciated by his faculty, staff, students and ex-students. We would like to take this opportunity to thank him for his contribution to teaching and learning at Birrong Girls High School.

We all wish Mr Everingham a wonderful retirement with his wife, who also retired earlier this year. We look forward to hearing about all his future adventures.

Ms Parmaxidis and the History and LOTE Faculty

Dear Mr Everingham,

Where to begin?
Wow, what a year it has been! A year of hard work, laughter, history and more history! Who would have known that the study of how history has been studied throughout history would be so confusing and fun! (Yes, we just admitted that extension history was fun!) From our initial cluelessness and our struggle in defining what a fact is to deciphering Carr, Lina’s tug o’ war with Foucault, Kathy avoiding dates with Professor Aldridge, Reyhan’s new found love for cricket, Katherine being compared to a third-year college history major by Professor Headrick and Jessica being corrupted by Hyam’s “colourful” book. Every second of extension history has been challenging and enlightening. What we have learnt, the skills we have developed and how stretched our minds have been - we owe it to you, sir. We will always remember your freakish ability to recite the whole text book, stalk historians and getting busted for not understanding what you are saying (i.e. How you see right through our blank faces).

From the very first assessment to now the HSC, we are indebted to you and so grateful for what you have taught us. Thank you for the time, effort and hard work you have invested in us and we hope we have made you proud. What you have taught us in this short year we will take with us throughout university and the rest of our lives. To quote a wise history teacher “I hope you get what you deserve”, sir, we hope you get the relaxing break you deserve. Enjoy the bushwalking, bird watching and sleeping in until 6am.

Best wishes.

Reyhan, Katherine, Lina, Kathy and Jessica (your Extension History students 2011)

HIGH ACHIEVERS IN EXTENSION HISTORY

Mr Everingham received the following glowing endorsement of the standard of Katherine Lam’s History Extension project for the 2011 HSC in an email from Professor Headrick.

“Dear Mr Everingham,

Thank you for sending me Katherine Lam’s essay on colonial medicine. I have read it and am very impressed by her ability to choose a well-defined topic, find resources online, and craft an essay that would do a third-year college history major proud. Please convey my congratulations to her, and tell her that I think she has a great future ahead of her, as a historian or as a scholar in any other field.

I occasionally get emails from college students who write me something like ‘I am supposed to write an essay on your book The Tools of Empire and I am wondering if you could tell me about yourself and what is the point of your book. Oh and by the way I’d appreciate it soon because the essay is due tomorrow.’ So, believe me, it is a joy to read an essay like Katherine Lam’s that restores my faith in the youth of today.

Sincerely,

Daniel Headrick (Professor of History, Roosevelt University, Chicago)”
STUDENT OF THE MONTH AWARDS

Congratulations to Sarah Jezzini of Year 12 who has been awarded the Student of the Month award for June 2011. She has provided effective and valuable school service through her participation and involvement in various school programs such as the SRC and debating. She is an effective and motivated school prefect and has represented the school proudly. Sarah has demonstrated leadership and organisational skills through her dedicated work on the Amnesty International Team. Sarah has been involved in fundraising and awareness raising campaigns to stop violence against women.

Student of the Month for June

Congratulations to Hoda Alameddine of Year 12 who has been awarded the Student of the Month award for July 2011. She has provided effective and valuable school service through her participation and involvement as a school prefect and a member of the Amnesty International Team. She has been involved in fundraising and awareness raising campaigns. Hoda represented the school proudly at the Westmead Children’s Hospital visit during the July school holidays.

Student of the Month for July

YOUTH ENVIRONMENTAL NETWORK CAMP

The Youth Environmental Network for students in the South West Sydney region held a camp from 8-12 August. We were fortunate enough to be given the opportunity to attend the camp and represent our school. The camp was primarily focused on developing leadership skills and was organised by the Wooglemai Environmental Education Centre. The camp was aimed at influencing budding environmentalists, who were taught essential leadership and social skills, so that they could take the ideas gained at the camp back to their schools and communities.

We stayed for three nights with fifteen other students from the region in cabins and one night at Taronga Zoo in a sustainable “house”. One of the most challenging activities was the ropes course where we tested our abilities in balance, concentration, teamwork and trust. We took part in a globalisation workshop on the issues concerning the Earth and participated in a climate change talk from Andy Best. We took part in leadership activities at Belgenny Farm, kayaking and visited Taronga Zoo.

Overall, the Wooglemai camp taught us amazing leadership skills and developed our confidence. Coming face-to-face with all your fears is worth a shot. The camp has changed our perspective on how we see and feel about things. Right now we can throw ourselves in front of a thousand people and talk, talk and talk. We have made a start on our environmental leadership journey. Thank you to all the people who gave us this amazing opportunity because we loved it!

Darshan Jaishankar and Shanice Baker, Year 9

Cathy Salvagio
Head Teacher Welfare
YEAR 7 WORLD OF MATHS DAY

On Thursday 18 August, Year 7 students enjoyed a great experience learning about maths. Peter Wilson from World of Maths visited our school and arranged a variety of activities and problems for us to solve. These activities were both extremely enjoyable and very educational.

One of these activities involved making kaleidoscopic images using mirrors and shapes. This taught us how to create tessellations and different shapes by changing the angles of the mirrors. This activity also gave us the opportunity to learn about angles in an interesting and interactive way.

Another activity called “Towers of Hanoi” was one of the best activities. We were given three pegs, labelled 1, 2 and 3. There were 4 circles (all of different sizes) on the first peg which were to be transported to the third peg in the least number of moves possible (larger circles couldn’t be put on top of smaller ones). This activity really got our brains working because it involved a lot of thinking. Even though it took a while to figure it out, we had a great time playing it and learning at the same time.

Overall, Year 7 had a fantastic time learning about maths and it has really opened our minds about the way we see maths. It was a great way to show us how enjoyable and easy maths can be. We thank the World of Maths and Peter Wilson for taking the time to come to our school and to show us how interesting and useful maths can be.

Eda Dagli, 7B

DEBATING NEWS

The Bankstown International Youth Day Debating Competition 2011 was held on 12 August. Our Year 9 team was placed third after some robust and passionate arguments that would have tested any adult. The debates were held in Bankstown City Chambers and the Mayor, Councillor Khal Asfour, presented Certificates of Participation to our skilled and courageous debaters.

The Year 10 Debating Team went to Wetherill Park to debate against Prairiewood High School on 22 August. The very relevant topic “that assessments should replace exams” was vigorously contested. This was the first round of the zone finals and we were victorious.

And a last minute update, on 30 August this team beat John Edmondson High School on the topic “that poker machines should be banned” in the second round of the zone finals.

Mr Davidson
Teacher Librarian
BOOK WEEK
Birrong Girls High School 2011 Book Week Prize Presentations were held in the school library on 26 August.

Book Week (see http://cbca.org.au/bookweek.htm) is the longest running children’s literature festival in Australia. We celebrated the book but more than that we celebrated the stories that light up our world. Reading is our choice. Reading is freedom. This year our theme was “One World, Many Stories”.

We asked the questions:
• What stories describe your world best?
• Where do you find the best stories?
• Do you tell stories?

There were forty prize winners for entries reflecting stories in the formats of Book Review, Original Fairy Tale/Fantasy, Puppet/Model, Poster or Performance.

Mr Rod Leonarder, School Education Director and special guest, sowed seeds in our imaginations. He challenged us to reinvent the ending of one of his favourite fairy tales, Little Red Riding Hood.

FROM 10.6 GEOGRAPHY
10.6 Geography students have been studying Australia’s relationship to Papua New Guinea (PNG) and they recently devised their own songs and advertisements appealing to Australians to support aid projects.

PNG is close to me

Just imagine you were in their position,
Living on a dollar a day, and just wishing,
The people you love weren’t dying.
We are smiling, while they are crying,
PNG is close to me.

Just because we’re over here, and they are over there,
It doesn't mean we shouldn't care,
They walk for miles, they have no education files,
Starving, hungry and looking for food to eat,
they got no shoes to wear on their feet.

If you can waste a dollar at the dollar shop,
Open your wallets up wide and give them a bit of what’s inside.
Where is the love? Where is the love?
PNG is close to me.

We are where they should be too,
These poor people praying for a better day,
Hoping it's going to come their way,
Poor people get no love, not even from the heaven above.
Not the night, not the day,
These poor people never get to play.

If you can waste a dollar at the dollar shop,
Open your wallets up wide and give them a bit of what’s inside.
Where is the love? Where is the love?
PNG is close to me.

Shannan and Tonika, Year 10
SRC NEWS

Term three has continued to be a busy term for the Student Representative Council (SRC). Four of our representatives, Emily Djordjevska, Karen Tran, Destiny Valencia and Lisi Alofa-Moe attended the Inter-School Group meeting at Bass High School. The day was spent sharing ideas about how to enhance the SRC and discussing upcoming events with other SRC members in the area.

Thanks to the support from students and staff we managed to raise enough money to allow Heather Miller to attend the Global Youth Leadership Summit in San Diego, USA. She returned to us feeling very inspired and was keen to share her ideas with the rest of the team. Upon her return from the USA, Heather attended the State SRC Camp where she represented our school and further developed her leadership skills.

A chocolate drive has also been held to raise money for the school's sponsor child, Sabina, who is from Tanzania. We raised $1500 which will go towards Sabina's education. We receive regular letters and photos from Sabina updating us on her progress at school. She wishes to thank everyone for their support and generosity and would like us to know that she is making excellent progress at school and has begun studying an additional two subjects.

Ms Bardouh
SRC Coordinator

YEAR 11 TEXTILES AND DESIGN WORKSHOP

Year 11 Textiles and Design students attended a workshop to learn how to master the art of fashion drawing and rendering. All students enjoyed the experience and Amara Beydoun was awarded a 1 week scholarship to attend further workshops at the Whitehouse Institute.

Ms Morozov
TAS Faculty

This term a large group of students have participated in the 40 Hour Famine. Students should now be in the process of collecting their sponsorship money which is due by the end of Week 8. So far the efforts of those involved has been great and we are sure to raise a substantial amount of money for World Vision.

Ms Bardouh
SRC Coordinator
**CYBER RELATIONSHIPS**

On Friday 22 July I had the wonderful opportunity of listening to Australia’s renowned psychologists. All of them addressed the many issues facing our young people today. Of great importance is the complex issue of cyber-safety and how best to support and monitor our students’ use of the internet. We can only maintain our children’s safety if we work together to monitor and educate them to self-regulate.

Below is an informative article written by the psychologist, Andrew Fuller. Please take your time reading it as it is current and pertinent advice. If you wish to access more information please go to the website listed at the end of the article.

Enjoy the read.

Ms Pazin

Online relationships are becoming as important as face-to-face ones. In fact cyber friendships are so important to young people that many of them would endure pain rather than lose access to them. As one young man commented, “I’d rather lose a leg than access to Facebook”.

On average, young people have 56 online friends. The strength of online relationships mirrors the best and at times, the worst of face-to-face relationships. The only problem is that when things go badly online, they go really badly. As we know, what goes on the net stays on the net.

In fast paced heated interactions in chat rooms, people who are usually friendly and positive, can post nasty and hurtful comments with devastating consequences. For this reason, we need to develop netiquette - standards of behaviour for people online.

Cyber-safety is about relationships and how people behave rather than about technology. Almost two thirds of children have had a negative experience online and 20% feel badly about something they have done online. The following guidelines have been compiled from suggestions made by thousands of young people and may be useful to consider or use as a discussion point.

### The Suggested Rules of Netiquette.

1. **What goes on the net stays on the net.**
   Virtual words have real life consequences. If you wouldn’t do it IRL (in real life) don’t do it online. Use the nana rule - if you wouldn’t want your nana to know about it, don’t put it on the web. Your future employers, friends and partners can and probably will, trace your cyber-trail.

2. **Don’t ban, plan! Parents should not threaten to ban access to the internet if bullying occurs.**
   The main reason young people do not tell their parents when they are cyber-bullied is because they fear they will lose access to the computer. Parents should let their children know that they will help them to cope with upsetting events online but won’t insist they stop using the computer.

3. **Take a STAND against cyber-bullying:**
   - Silence – do not respond to abusive messages. The number one rule for dealing with cyber-bullying is: don’t respond, don’t interact and don’t engage.
   - Take a copy of all abusive messages - these may be useful legally later on. Create a new folder, called “Abuse”, and move hate mail and messages into this folder.
   - Accept that bullies don’t think like you do - trying to sort it out with them or asking them to stop won’t work. Recognise that you are not dealing with a person who has the same mindset as yourself. Cyber-bullies are cowards who often try to hide their identity and behave in nasty ways to build themselves up and to put other people down. Cyber-bullying is a pathetic act.
   - Never deal with this problem alone - get help! No one can cope with this alone.
   - Don’t be provoked. Some cyber-bullies play “the baiting game”. A provocative comment is made and those who respond in irritation are encouraged to engage in conflict with those who respond assertively. The provoker watches, waits and stirs the pot.
   - Become an observer. Although you may be the target of the cyber-bully's anger, you can train yourself to act as an observer. This takes you out of the firing line and enables you to study the bully and collect evidence.

4. **Know that people take cyber-bullying seriously and that you will be taken seriously.**
   If you are bullied online, let your school know and let the police know. There are legal avenues that can be taken to stop cyber-bullying.

5. **Develop a code of Netiquette. Some ideas include:**
   - Don’t bully or be mean to others online.
   - Let people know that cyber-bullying is a weak and cowardly act of hatred online.
   - Don’t harass or stalk people online.
   - Don’t pass on embarrassing photos or posts about others.
   - Parents should not allow kids to have webcams in bedrooms. Skype should only be allowed if the computer is in a family room. Chat roulette should be discouraged.
   - Know that circulating some photos means that you risk being charged with child pornography.
   - Only add friends that you know and do not add ‘friends of friends’.
   - If someone online wants to meet you in person, ask an adult to accompany you.
6. Be a responsible user of technology.
We need people to be good cyber-citizens. Be honest with yourself. Computer games reduce dopamine. This means it is hard to get motivated to do anything else once you have been online for a while. Do your study before you go online.

Advergaming
Most of us think that the major dangers to children online are paedophiles posing as young people and either showing them inappropriate images of themselves or luring kids into meetings with them. This does occur though kids are much sharper at picking an adult who tries to be younger online than most parents believe. Corporations have also got in on the act of trying to manipulate young people’s thinking.

Advergaming is a mix of advertising and entertainment that takes the form of games. Games may be located on a website owned or sponsored by a corporation. Companies use personal information about users to further tailor their marketing.

Other companies develop special games that develop positive attitudes towards a product. One example is the USA army's game, America’s Army, which was specifically designed to increase recruitment. Products are also linked to games or strategically placed to promote a desire among young people to buy a product.

Here come the Cyber Doctors
Adults will never know enough to completely protect young people when they are online. For this reason, some schools are setting up groups of students called “Cyber Doctors”. This is a group of students who can help others when bad things happen online. They educate themselves about cyber relationships and then are available for anyone in the school who needs them.

If someone has done something online that they regret or have experienced something negative for themselves online they can request a meeting of the cyber doctors who work with them to resolve the issue.

Often young people are in the most powerful position to help others cope and disentangle the complexities of cyber-bullying. The Cyber Doctors have an adult who also meets and co-ordinates the group as well as collecting information about the types if incidents that occur.

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www.andrewfuller.com.au

GLOBAL YOUTH LEADERSHIP SUMMIT
A postcard from Heather Miller

Dear Berrong
It is amazing over here! The speakers are phenomenal, from comedians to multi millionaires. I have been taught by the best of the best how to reach for my dreams and make a difference.

Over 32 countries from all over the world were represented and when I told them how you all got me to the summit they were amazed! I thank you so much, I've had the time of my life and I can't wait to share my ideas with you when I get back.

Aussie Aussie Aussie, Oi Oi Oi

Love. Heather Miller 😊

Berrong Girls
High School
Cooper Road
BERRONG
NEW SOUTH WALE
AUSTRALIA

HSLO - Attendance Tips
DON'T GIVE IN IF YOUR CHILD COMPLAINS
OF ILLNESS AND YOU SEE NO PHYSICAL
SIGNS – SCHOOL AVOIDING

If you are unsure, send your child to school with a note of explanation and a contact number should the school need to phone you. You may well find that this works and the number of times it happens reduces. It will help your child to develop the right habits for the world of work – where absence and lateness are rarely tolerated. If this continues, ask to meet the Year Adviser or Head Teacher Administration – it may be an indication that your child is unhappy about something at school.

Sue Porter
Home School Liaison Officer
NAIDOC WEEK AND RECONCILIATION WEEK
This year, to recognise the significance of Aboriginal history and culture, the dancer, musician and storyteller, Sean Choolburra, was invited to our school to perform at assembly and to lead a dance workshop for Years 7 and 9.

Sean spoke about the importance of reconciliation, how lucky we are to live in a country of diversity where inclusion and celebration of all cultures is a part of our daily lives. As a professional dancer his performance (music, stories and dance) held the assembly audience spellbound. Sean has danced with the BANGARRA dance company and represented Australia, as a stand up comic, at the Edinburgh Festival. With these talents Sean was able to engage students and teachers. His amazing talent in dance certainly inspired Year 7 and Year 9 students during his workshop.

Ms Crossan
Deputy Principal

PARENT TIPS
School life covered from A to Z
Practical help for parents and carers to assist their child’s learning and development is now available at School A to Z – a new online school community.

School A to Z, developed by the NSW Department of Education and Communities, includes a website (www.schoolatoz.com.au), free mobile apps and social networking through Facebook and Twitter.

The site is a go-to resource for parents looking for homework/study support and resources for their children, and includes hundreds of plain English definitions on classroom terminology, printable help sheets, ‘how to’ videos and advice from teachers and other experts.

School A to Z also includes:
- Helpful advice and information to support children’s wellbeing, emotional and physical development, including healthy lunch box recipes.
- Resource and tips that encourage and promote safe and appropriate use of technology.
- Opportunities for parents and the community to contribute content, share ideas and join in discussions, including the School A to Z Facebook and Twitter channels.
- A translation aid for users from non-English speaking backgrounds.

The free mobile apps, developed for smartphones and iPad, will enable even the busiest of parents to have access to these resources.

Check out the School A to Z website (www.schoolatoz.com.au), Facebook page (www.facebook.com/schoolatoz) and Twitter account (www.twitter.com/schoolatoz).

Five ways to a healthy lifestyle
Have you browsed the new look Healthy Kids website yet? It’s full of great information to get kids active and help prevent childhood obesity. All kids can benefit from the five healthy messages:
1. Get active each day;
2. Choose water as a drink;
3. Eat more fruit and vegetables;
4. Eat fewer snacks and select healthier alternatives; and
5. Turn off the TV or computer and get active.

The website has nine fact sheets for families to download and there are also five new fact sheets which have been designed specifically for children. It includes sound advice on assessing a child’s weight status and on safe ways to work towards a healthy weight. There are also easy, healthy recipes to download, info to help you find your local sporting clubs, and a section especially for teens.

Check it out at: www.healthykids.nsw.gov.au
Nutrition for good sports
Check out the Australian Institute of Sport (AIS) website which has a host of information on nutrition to assist elite athletes, recreational athletes and the general public stay up to date with the latest strategies in sports nutrition. This section also contains fact sheets on diets, training and body size and shapes; there are delicious recipes to download, info on supplements and publications. The AIS also offers sport scholarships later in the year, so if you have an aspiring athlete in the family, bookmark the website (www.ausport.gov.au) for future reference.

LITERACY AND NUMERACY WEEK 2011

Author, Erin Vincent

Ms Vincent led writing workshops with talented writers for Literacy and Numeracy Week

BIRrong GIRLs HIGH SCHOOL CALENDAR
For your diary / noticeboard

September:

Wednesday 7th
• P&C Meeting, Common Room, 5pm

Friday 9th
• Year 10 Science excursion to Questacon, Canberra

Monday 12th to Friday 23rd
• Year 11 Preliminary Exams

Friday 16th
• Year 8 VA excursion to Luna Park

Monday 19th
• Year 8 Field Day (new date)

Friday 23rd
• Year 12 Graduation, 10.30am

School Holidays
Monday, 26 September to Friday, 7 October inclusive

October:

Monday 10th
• First day of Term 4 for students and staff

Monday 10th to Tuesday 11th
• Year 10 Trial Exams

Monday 17th
• HSC Exams begin

Wednesday 26th
• P&C Meeting, Common Room, 5pm

Thursday 27th
• Year 7 Field Day

SPORT A MONTH
Try Martial Arts FREE in September

Bankstown City Council, in partnership with Kugatsu Judo and The Japanese Academy of Martial Arts, is giving residents aged 7 years and over (including seniors) the opportunity to have a go at judo, karate and self-defence in the month of September, completely free of charge!

Sessions are available on:
Tuesday 6 September
From 6.30pm to 7.30pm
At The Japanese Academy of Martial Arts
144 Tower Street
Panania
Call 9793 1172 to make a booking

Tuesdays 13 and 20 September and
Thursdays 15 and 22 September
From 7.00pm to 8.30pm
At Kugatsu Judo Club
Bass Hill Public School Hall
Entrance on Clarke Street
Bass Hill
Call 0403 861 956 or 0425 344 353 to make a booking

For more information visit: www.bankstown.nsw.gov.au or call Council’s Recreation Officer on 9707 9999.
FREE fun program for kids to become fitter, healthier and happier!

Do you have children 7-13 years old? Are you worried about their weight?

The Go4Fun Program is an established healthy lifestyle program to improve health, fitness, self-esteem and confidence in children above their ideal weight.

What happens in the Go4Fun Program?

The program runs over one school term. There are 20 sessions (2 sessions/week, 2hrs/session). Sessions include: games, activities and swimming for kids; easy, effective ways to improve your child’s self-esteem and confidence; demonstrations, games and tips on healthy foods, label reading and portion sizes; and a fun supermarket tour!

South Western Sydney Local Health District has 15 places on the program in your local area, completely free of charge. Places are offered on a first come, first served basis. Children need to be 7-13 years old and above their ideal weight to attend. A parent or carer must accompany each child to every session.

To find out more contact Marina Davis on (02) 9780 2811 or visit www.mendprogramme.org and click on “Join a MEND Program.”