Term 2 is well underway and the girls have been working hard in recent weeks to complete assessments and examinations to demonstrate their knowledge, skills and understanding in each subject of study. The teachers will be corresponding with you soon about your daughter's progress through the Semester One reports and Parent/Teacher Evenings. This year, we have embarked on an online booking system for Parent/Teacher Evening. Instructions on how to access this system will be sent out shortly together with the code you will need to book teacher interviews. It is accessible from almost any kind of device, but we will also accommodate parents who do not have internet access. Our first Parent/Teacher Evening is in the last week of this term on Thursday 26 June, for students of Years 7 and 8. The Year 9 and 10 Parent Teacher Evening will be held in the first week of Term 3 on Thursday 17 July.

Respect, Responsibility and Aim for Excellence

At the recent whole School Assembly we continued our focus on our GRC Way values and the girls were treated to an address from a special guest who is currently an HSIE Prac Student in our school. Ms Alix Anderson was an Australian National Ice Speed Skating team member currently taking a break to pursue becoming a teacher, and she shared her journey with the students. She focussed on the importance of respect, responsibility and aiming for excellence in her quest to becoming a representative at National level in her sport and spoke to the girls about what she had learnt along this successful pathway. She addressed the importance of each decision made along the way and the realisation of the need for her to take responsibility for what was expected by her coaches and managers. She talked about being on time to training with all necessary equipment, showing respect to her coach, even when there were hard things to refine about her technique and aiming for excellence by training harder and harder until she learnt the skill. As the students and staff listened intently to Ms Anderson's speech, I realised how well it aligned with the goals of GRC Penshurst and the message we are trying to instil in the girls: respect your own and your classmates right to learn, be responsible by arriving on time, bringing all necessary equipment for each lesson and constantly aim for excellence in every part of your school life. We thank Ms Anderson for this timely reminder of the practical application of The GRC Way values and the opportunities being committed to your goals can bring.

Tips for Heavy Bags

I addressed the P&C about this concern at a recent meeting and thought these tips may help you and your daughter alleviate the heavy school bag.

1. Send an empty water bottle – water bottles are quite heavy in a bag and also risk leaking. We have a water dispenser that the girls on a leadership team implemented last year. It has clean, filtered water and is in an easy to access area outside the canteen.
2. Hire a locker – at the cost of $2 per year, students can hire a locker to put their heavy books in as they arrive at school. There are still several lockers available for hire through the front office.
3. Maths Textbooks on USB – the Mathematics Faculty have made textbooks available via a code or on USB to use at home without having to carry the textbook home.

These easy to apply tips will assist your daughter with her school bag.

I look forward to seeing you at the upcoming Academic Excellence Morning Teas or our next P&C meeting on Tuesday evening 17 June 2014, 7pm in the Common Room to discuss any concerns you may have about your daughter's learning at GRC Penshurst Girls Campus.

STOP PRESS: I am happy to announce the appointment of our new Principal, Ms Noeline Ross. Ms Ross has had considerable experience relieving as Principal and has a wealth of knowledge in the area of girls' education. I'm sure you will join me in welcoming her when her appointment begins.

Mrs Karen Burke
Acting Principal

Languages Matters
Kojimachi Girls High School Visit

We were delighted to welcome students from Kojimachi Girls High School in Japan on Wednesday 7 May. When Japanese was first introduced at Penshurst Girls in 2005, we started what has become an annual tradition to support the development of intercultural and language skills of each of our two schools. This is a wonderful cross cultural experience which the Penshurst Languages faculty is proud to be a part of.

The 65 Japanese girls were welcomed to the school by our Year 8, 9 and 10 Japanese classes. Even though the Kojimachi students were only visiting for 2 hours this year, we managed to share some performances and gifts and participate in activities which enabled the girls to get to know each other.

It was a wonderful experience for everyone involved. Many of the girls are continuing communication with their new friends through email. We look forward to welcoming Kojimachi Girls High School again next year.

Language Perfect www.languageperfect.com

Congratulations to the students who were involved in the Language Perfect World Championships this month. We look forward to presenting a total of 47 awards to the following students who gained Gold, Silver, Bronze and Credit Awards for their participation in the online competition.


Silver Awards: Sinead M., Jasmin H., Louise F., Cora H., Hosanna L. and Lily H.

Bronze Awards: Georgia P., Tiffennie K., Etta W., Angela W., Vicky X., Jessica D., Nataszia P., Jesslyn C., Kelly Z., Samraggi P., Bao Tran Tracy K., Cindy C., Sabrina Z., Angel S., Katherine G. and Giulia R.

Credit Award: Min Celia C., Yuhang Emily W., Jasmine P., Xinhui C., Grace S., Dorothy S., Lucretia N., Elizabeth C., Jingwen Jannie Z., Lucy L., Natasha Y. and Chloe H.

We thank our school’s P&C for providing additional funding for us to continue to subscribe to this online language learning program. Students can continue to access the Language Perfect website and be involved in our school Languagathon. So log on and keep practising your language skills.

Textiles Traditional Skill

The concentration was full on as the students in Year 10 Textiles tried mastering the art of knitting and understanding the concepts of fabric construction. It was wonderful to see the laptops laying idle as the students engaged in this traditional technology. Although, there were many videos online that showed the hand knitting process to which they could have referred.

Mrs Linda Harrison
Technology and Applied Studies Faculty

Year 8 have it Framed!

In the Year 8 wood unit the Technology students each designed and constructed a mirror frame and produced a website for the DIY market. On their website they provided step by step instructions explaining how they constructed their mirror frame. Students also provided a page on the impact of using wood for the environment.

Mrs Linda Harrison and Mr Peter Miniutti
Technology and Applied Studies Faculty

“Of all of our inventions for mass communication, pictures still speak the most universally understood language” Walt Disney

Mrs Janelle Byrne, Mrs Maree Nesci, Mrs Linda Meogrossi and Ms Vicky Kuang
Languages Faculty

Linguafest - Languages Short Film Competition

Students studying Languages are invited to participate in the Languages Short Film Competition. Following the format of the Tropfest competition, somewhere in the film there needs to be a "mirror" and the 2 minute film should be based on the theme "change". More details can be found outside the Languages staffroom. Films are due to the Languages teachers next term so there is plenty of time to put your filmmaking knowledge and language skills into practice.
Upcoming Dates

### Term Dates 2014

**Term 2**: 29/04 - 27/06  
**Term 3**: 15/07 - 19/09  
**Term 4**: 07/10 - 17/12

#### Term 2 2014

- 09/06  Queen’s Birthday Public Holiday  
- 11/06  Sydney East Region Cross Country  
- 12/06  Year 8 Academic Excellence Morning Tea  
- 16/06  Year 10 Academic Excellence Morning Tea  
- 17/06  P&C Meeting  
- 19/06  Year 7 Academic Excellence Morning Tea  
- 20/06  Year 7 Luna Park Excursion  
- 23-27/06  Year 10 Work Experience  
- 23-24/06  St George Zone Athletics Carnival  
- 24/06  Motivational Media  
- 26/06  Year 9 Academic Excellence Morning Tea  
- 26/06  Year 7 and Year 8 Parent/Teacher Night  
- 27/06  P&C Second-hand Uniform Shop  
- 27/06  Social Justice Talent Show  
- 27/06  Last day of Term 2

#### Term 3 2014

- 14/07  Staff Development Day  
- 15/07  All students return to school  
- 17/07  Year 9 and Year 10 Parent/Teacher Night  
- 18/07  NAIDOC Assembly  
- 22/07  Year 10 Subject Info at GRC Oatley  
- 28/07-1/8  Education Week  
- 31/07-1/8  Sydney East Regional Athletics Carnival  
- 01/08  Back to School Day  
- 06/08  Year 8 into Year 9 Subject Selection  
- 07/08  Australian Mathematics Competition

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### Careers Information

Year 10 information evenings are fast approaching. Limited places are still available but are filling quickly.

**On:** Wednesday 4 June and Thursday 12 June 2014  
**From:** 6 to 7.45pm  
**Venue:** The University of Sydney. Final venue information will be provided to registered attendees.

Annual information evenings are designed to help Year 10 students and their parents choose subjects for the HSC and navigate through the process of applying to University.

Topics include: ATAR, scaling and assumed knowledge, Subject Selections, Career Pathways and transition to University.

**Contact:** The University of Sydney, phone: 9351 2222.  
*Mrs Lisa Royall  
Careers Advisor*

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### Study Skills

**Studying**

Effective studying is essential if you want to succeed at school.

The most successful students have developed study skills including persistence, having a go and asking for help when needed. These students are not afraid to let their teacher know that they just don’t "get" concepts. They are also prepared to work on assessment tasks that at first glance may seem impossible!

Rather than leaving work until the last minute, they have been working steadily throughout the year to ensure that they are well prepared for formal examinations. This has included the regular revision of each topic, completion of homework and catching up with any work missed.

Effective studying requires being organised and having a work environment with few distractions.

This environment would ideally include:

- A study area which is quiet, with good lighting and that is clutter-free.
- Somewhere to keep all study materials and books. If this is not a dedicated desk, then a tub or box that can be moved to the family table when needed.

Your organisation should include:

- Having an up to date workbook for each subject.
  - Book well labelled with name, class and subject.
  - Notes neatly entered, as well as dated and with ruled margins.
  - Any diagrams drawn in pencil, using a ruler and including a title and labels.
  - Handouts glued in and fully completed.
• Using the school diary to note due dates for homework and assessment tasks.
  o For assessments and longer term tasks, dates can then be put on a board or calendar at home to help remind everyone about when they are due.
• Making long term plans for when assessments need to be completed.
  o “Chunking” each section of work within the task. This means taking an assessment which might seem “impossible” and breaking what is required into smaller more manageable sections. By gradually working on each part the whole task becomes achievable.
• Working steadily each night on reviewing what has been done that day, completing homework and making topic summaries.

Asking for help can often be the most effective way to learn a subject. However, this doesn’t mean that the teacher is going to do your homework for you! A good teacher will often get you to look at the question a different way or use another way of explaining the concept with which you are having issues.

Don’t forget we have the 324 Homework Centre open from 3 to 4pm on Mondays and Tuesdays. There are also resources relating to different subjects available on the school Moodle site.

Remember with perseverance, planning and being willing to ask for help you can improve at school!

You can prepare yourself to succeed in your studies. Try to develop and appreciate the following habits:
• Take responsibility for yourself.
  Responsibility is recognition that in order to succeed you can make decisions about your priorities, your time, and your resources.
• Centre yourself around your values and principles.
  Don’t let friends and acquaintances dictate what you consider important.
• Put first things first.
  Follow up on the priorities you have set for yourself, and don’t let others, or other interests, distract you from your goals.
• Discover your key productivity periods and places.
  Morning, afternoon, evening: study spaces where you can be the most focused and productive. Prioritise these for your most difficult study challenges.
• Consider yourself in a win-win situation.
  You win by doing your best and contributing your best to a class, whether for yourself, your fellow students, and even for your teachers and instructors. If you are content with your performance, a grade becomes an external check on your performance, which may not coincide with your internally arrived at benefits.
• First understand others, then attempt to be understood.

When you have an issue with a teacher/instructor, for example a questionable grade, an assignment deadline extension, put yourself in the teacher/instructor’s place. Now ask yourself how you can best make your argument given his/her situation.

• Look for better solutions to problems.
  For example, if you don’t understand the course material, don’t just re-read the material. Try something else! Consult with the professor, a tutor, an academic advisor, a classmate, a study group, or your school’s study skills centre.
• Look to continually challenge yourself.

Partialy adapted from the audio cassette by Steven Covey, Seven Habits of Highly Effective People.

Mrs Sally Pankhurst
Head Teacher Engagement

Welfare News

Here are some articles and links to wonderful resources on assisting teenagers academically, socially and emotionally.

Teenagers seeking more independence
Knowing how much freedom and responsibility to give your teenager is difficult, especially if they’re your eldest or only child. To become capable adults, teenagers need to learn to make good decisions on their own and have opportunities to show they can. The Raising Children Network website has a wealth of expert information and guidance for parents of teens and younger children. If your child is testing the boundaries and pushing for more independence, you may find the article ‘Shifting responsibility to your child’ worth reading. Go to www.bit.ly/1jCxKhe

Study help for high school
It's often quite difficult for parents to assist their children with their high school homework and study. Even if we have professional experience in the subject area, children tend to find it difficult to take parental advice when it comes to school. (Don’t feel bad, teachers’ own children do exactly the same thing.) www.khanacademy.org is an excellent, not-for-profit website which may help your child study and revise tricky concepts in science, maths and the humanities.

Head Lice
• Head lice are tiny insects that live in hair, where they breed and feed on blood from the scalp. They are about the size of a sesame seed, have six legs, and range from tan to greyish-white in colour. They live up to 30 days and cannot survive for more than two days away from the human scalp.
• Nits are the eggs of the head lice. They look like small whitish specks about the size of a pinhead and are glued to the hair shaft. Nits are first laid very close to the scalp, and then grow out with the hair. Nits hatch within seven to 10 days and mature into adult lice in about seven days.
Free Course for Women

Fulltime, 17 weeks, begins Tuesday 15 July. Learn new skills, do work experience, build confidence and start in or return to the workforce. Childcare available.

ENROLMENT: Tuesday 24th June 2014, 10am - 12.30pm, Building D, First Floor, Room 8 (D1.08) St George TAFE, Cnr Princes Highway & President Ave, Kogarah. Details: 0420 687 880, silvia.kiss1@det.nsw.edu.au

- Head lice crawl; they cannot fly or jump and they do not live on animals. They hang on to the hair with hook-like claws at the end of each leg.
- Nits are usually found on the hair shaft at the nape of the neck, under the fringe and behind the ears.

How are they spread?
- Lice are spread by head-to-head contact, or sometimes from sharing hats, headgear, combs or brushes with an infested person.

What are the symptoms?
Symptoms may be absent, or may include:
- A tickling feeling in the hair
- Itchy scalp from lice bites
- Sores can develop from scratching and these can sometimes become infected
- Fine black powder (lice faeces) or pale grey lice skins may be seen on the pillow.

To check for head lice and nits:
- Look closely through the hair and scalp for nits and lice with a bright light, magnifying glass and finetooth comb.
- Nits are usually noticed first and are easier to see. They are glued to the hair shaft, behind the ears and at the back of the neck. Unlike dandruff they cannot be brushed off.

If you find head lice:
Check the rest of the household for head lice, and only treat if they are detected.
- Treat everyone found to be infested on the same day.
- Treat again in seven days.
- Tell any possible close contacts, such as friends and workmates.
- After the first treatment, the affected person can return to school or work.

How do you treat head lice?
- For a baby under 12 months of age, or if you are pregnant, or breast feeding, or have sensitive skin, consult a health professional for advice. Manual removal may be recommended in preference to chemical disinfection.
- Head lice treatments can be purchased from a chemist without a prescription. Follow the instructions.
- Avoid getting the product into eyes; cover eyes with a towel or washer and wear gloves when applying the product. Wash your hands thoroughly after use.

Helpful hints
- Do not use a conditioner on hair before (or after) applying the treatment.
- Do not blow dry hair after treatment as the heat may inactivate the product.
- Do not re-wash hair for one to two days after treatment.

After treatment
- Check that the product worked. Comb hair with a finetooth comb, wipe contents onto a tissue or cloth, and look for any movement. If lice are still active, the head lice could be resistant to the insecticide. Wash hair and treat again using a product with a different insecticide base (ask your pharmacist).
- If the other preparation fails, daily inspection and removal of eggs and lice with a fine-tooth comb or fingernails is the only option left. This procedure is tedious but, if followed strictly, will eventually clear the hair of lice. A magnifying glass may help you to see the eggs and lice more easily.
- Check combs, brushes, headgear and bedding for lice. Combs and brushes may be soaked in hot water (>50°C) and detergent for 10 minutes. Bed linen, clothes, and towels can be washed in the hot cycle in the washing machine or in a hot drier. Items that cannot be washed or dry-cleaned (for example, hats) can be placed in a plastic bag for a minimum of four days.
- Nit removal is not necessary.
- To help minimise levels of head lice within the community, it is a good idea to check your child's hair on a weekly basis.

For more information please contact your local public health unit, community health centre, pharmacist or doctor.

From: Fact sheets on public health issues that appear in the NSW Public Health Bulletin.

Ms Oonagh McGarrity
Head Teacher Welfare

Awards

Congratulations to the following students who have received awards:

Bronze Award
Year 7: Kiarna C., Lizz G. and Cherin K.
Year 8: Lucy L. and Dorothy S.
Year 9: Feryial M., Claire O., Nataszia P. and Nina W.

Silver Award
Year 8: Lucy L.
Year 9: Nataszia P.

Gold Award
Year 9: Kayla D. and Nataszia P.

Free Course for Women

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Hello all

I am pleased to announce that we are now able to open up our Second-hand Recycled School Uniform Shop. There is limited stock of some items such as jumpers and sports track pants and unfortunately we do not have any school pants or school bags.

Our Uniform Shop will be open the last Friday of each month only from 7.45am till 8.20am. Our first official day will be Friday 27 June 2014. The Uniform Shop is located at the school (from the foyer go through the school hall out the doorway on the left and up the stairs). Special thanks to Doreen Sinclair for volunteering to staff our Uniform Shop.

Our next meeting will be held on Tuesday 17 June 2014 at 7.00pm in the Staff Common Room.

If anyone would like to donate their old school uniforms it would be greatly appreciated, so we can keep our Uniform Shop stocked.

If you would like to be added to the P&C's mailing list to be kept up to date with the P&C minutes, please contact me.

Mrs Helen James - P&C President
Mobile: 0410 296 092
Email: helenjames6@optusnet.com.au

Reforms to P&C Federation

The NSW Parliament has introduced legislation to reform the NSW Federation of Parent and Citizens Associations, which has suspended operation pending Supreme Court action. While these reforms will not affect the day-to-day operation of individual school P&Cs, they will introduce a new executive structure which will ensure the Federation operates as a modern and representative body on behalf of school P&C Associations.

Each school’s P&C Association will be asked to vote for councillors and delegates who will represent their electorate at the Federation’s Annual General Meeting and councillors who will serve on the Federation’s Board of management. More information will be available on the Department’s website at:

Chinese Translation
The Principal’s Report translated into Chinese is available on the website a few weeks after the publication date.

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