Welcome to our first newsletter for Term 3. It has been a privilege to meet and get to know our school community over the last few weeks.

I have been heartened by the inclusive and caring community that is GRC Penshurst Girls Campus. I have been impressed by the diligence and behaviour of our students and I have been proud of the professionalism and quality of our teachers whose commitment to the education and well-being of our students is profound. These things don’t happen by accident. This culture has been nurtured and grown, and it will continue to be.

It is no wonder that GRC Penshurst Girls Campus is a school of first choice in our community. The opportunities for learning are immense. At our school girls have the opportunity to learn in a caring, structured and supportive environment that caters to the specific needs of girls, and particularly the needs of girls in the middle school. This is a unique environment where girls are supported to take risks as learners, to see how high they can achieve and to see how far they can grow. Like the tree that symbolises our College, our students are supported to grow, to branch out, and to aim and reach high.

On that note Year 10 are currently in the process of thinking about their future. They are in a unique and unrivalled position. They have the opportunity to transition to our Senior Campus at Oatley where they have the choice of an amazing array and breadth of subjects and the ability to pick a tailored senior pathway that is designed just for them. They will do this with the support of their teachers at Penshurst and in consultation with their families. Later this term, Year 8 will also have the opportunity to pick their electives for Years 9 and beyond. So, it is a time to look to the future and plan for success.

I will take this opportunity to thank Mrs Burke for her fine stewardship of our school during Term 2. Mrs Burke has since been offered the Relieving Principal position at Camden High School until the end of Term 1, 2015. I know the entire school community wishes her well as she continues to lead another great NSW Public School.

I look forward to leading the school community of Georges River College Penshurst Girls Campus into a bright future marked by achievement, success and a continued strong sense of community. This is an exciting time for education, and an exciting time to be a learner. At GRC Penshurst Girls Campus we will continue to strive to ensure our girls leave school with the skills and knowledge they need to be successful in an ever changing world. I look forward to meeting, working and growing with you all.

Ms Noeline Ross
Principal

Yr 7 Luna Park Excursion
Luna Park is an amazing place filled with thrilling rides and fine food. It is surrounded by some beautiful Australian attractions such as the Sydney Opera House and Harbour Bridge and is a great place to take pictures.

On Friday 20 June 2014, Year 7 girls experienced this lovely amusement park as part of their Mandatory Technology Course. The aim of the day was for students to draw inspiration from Luna Park then design an outfit suitable for a toddler.

When Year 7 arrived they took in all the beautiful attractions around them and were able to take some photos of them. Then the teachers gathered all the Year 7 in front of the Luna Park big mouth to take a photo.

Year 7 had a very enjoyable time at Luna Park. Some say their favourite parts were the rides but others say their favourite part was the food but most girls just loved spending time with friends.

We thank all the TAS teachers for organising this amazing excursion.

All the year had a fun time and it is probably their favourite excursion so far.

Jasmine T. and Hannah T. 
Year 7 students

Athletics Carnival

The school Athletics Carnival was held on 27 May 2014. We had a beautiful day at The Ridge Athletics Track and a high level of participation from the girls. The day was run as a tabloid style event and each age group moved around to their events over the day.

There were many great achievements and the following students were the Age Champions and Runner’s Up for 2014:

12 years – Bozana D. (Champion) and Harmoni H. (Runner-Up).
13 years – Bianca P. (Champion) and Chantal Y. (Runner-Up).
14 years – Amy H. (Champion) and Georgette G. (Runner-Up).
15 years – Alice C. (Champion) and Sisilia M. (Runner-Up).
16 years – Temalesi Bua S. (Champion) and Cleopatra T. (Runner-Up).

This year Curie won the carnival with 560 points, second place went to Browning with 548 points, in third place was Chisholm with 544 points and fourth place went to Austin scoring 495 points.

Thank you to all the students and staff for a successful and enjoyable day!

St George Zone Athletics Carnival

The following students represented our school at the St George Zone Carnival that was held on 23 and 24 June 2014 at ES Marks Athletics Track.

13 years - Bianca P., Chantal Y., Charlize G., Caitlin S., Annaliese W., Amelia M., Reem W., Anita N., Sarah M. and Sharon K.
14 years - Eliza J., Georgette G., Racquel V., Lily H., Debora W., Amy H., Shakeela M., Tanvi S., Grace L., Zoe S., Sophie A. and Jessica P.
Upcoming Dates

**Term Dates 2014**

**Term 3**: 15/07 - 19/09

**Term 4**: 07/10 - 17/12

**Term 3 2014**

- 05-06/08 Jiangxi Visit (China)
- 07/08 Australian Mathematics Competition
- 11-15/08 Musical Production Week
- 12/08 ICAS Mathematics Competition
- 14-15/08 Man of Steel Evening Performances
- 19/08 Year 10 Road Trauma Excursion
- 19/08 P&C Meeting
- 20/08 Year 8 into Year 9 Subject Selection
- 29/08 P&C Recycled Uniform Shop
- 04/09 Year 7 YAP Day
- 04-05/09 CHS State Athletics Carnival
- 12/09 Multicultural Assembly
- 16/09 P&C Meeting
- 18/09 Year 9 YAP Day
- 19/09 Year 7 Vaccinations
- 19/09 Last day of Term 3

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15 years - Alice C., Elyce C., Melissa H., Staci K., Victoria T., Sisilia M., Emily W., Sinead M., Tahlia P., Jade S., Nathasha K. and Samantha T.

16 years - Cleopatra T., Renee K., Natalie V., Nuntawon S. and Tiarnna R.

Congratulations to all the girls who participated to the best of their ability. They represented themselves and the school in an impeccable manner. **GRC Penshurst Girls Campus** did an amazing job at the Zone Carnival finishing in third place overall. This was a fantastic effort by the girls, especially considering we were missing most of our Year 10 students to Work Experience.

A special congratulations goes to the following girls who have been selected to represent the St George Zone at the Sydney East Regional Athletics Carnival which will be held at Sylvania Athletics Track on 31 July and 1 August.

12 years - Bozana D., Jayd S., Harmoni H. and Trishala G.

13 years - Bianca P., Chantel Y., Charline G. and Sarah M.

14 years - Amy H., Talara T., Eliza J., Racquel V., Debora W. and Georgette G.

15 years - Melissa H., Alice C., Elyce C., Victoria T., Natalya J. and Nathasha K.

16 years - Renee K., Cleopatra T. and Tiarnna R.

Ms Caroline Joy
Carnival Co-ordinator

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**TAS Faculty**

The **TAS Faculty** would like to acknowledge and thank the **GRC Penshurst Girls Campus P&C Committee** for their generous funding of new and replacement equipment in the TAS area.

After 20 years of brilliant service our four gas ovens in the A2 and A3 kitchens were in desperate need of retirement. The P&C has funded the replacement of two of these gas ovens at a cost of $1500.

The P&C has also funded a Commercial Freestanding Deep Fryer used by the TAS Faculty for catering events, class activities in Year 10 Food Technology and a series of fund-raising events, the most recent being the students 'Biggest Morning Tea'. The cost of the deep fryer was $380.

Lastly the P&C has also funded our schools first 3D Printers, the 'UP Plus 2' and 'Mini UP Plus' at a cost of $2250. The 3D printers arrived just before the July school holidays. Although we have not yet had an opportunity to use them in the classroom we have produced a series of 'start-up' models to get an understanding of the printer's potential. We hope to have Technology students completing 3D printer activities over this next semester.

Mrs Kathryn Hooper
Head Teacher Technology and Applied Studies

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**Computer Skills Comp**

Students from **GRC Penshurst Girls Campus** achieved outstanding results when they participated in the recent International Computer Skills Competition. The competition has thousands of students from 20 countries competing. The test comprised of questions covering a wide range of ICT topics including graphics, multimedia, word processing, databases, spreadsheets and the Internet. Almost half of our girls achieved a level of Credit or Distinction. It is great to see that the tradition of Penshurst girls doing well in this competition continues.

Mr Peter Miniutti
Technology and Applied Studies Faculty
Man of Steel

Since Term 1, students and staff from Georges River College Penshurst Girls and Hurstville Boys campuses have been busily preparing for an event of heroic proportions to grace the GRC Penshurst Girls hall, the joint performing arts venture of Man of Steel. Over 100 students have been involved on-stage and behind the scenes, designing the sets, doing sound and lighting, or playing in the band. Staff have willingly donated their time and effort to ensure a shared vision is communicated to the students and encourage students to perform at their best. For some students this has been their first experience of performing in a musical and they have been working hard to learn their lines and music. Overall, it is definitely a production worth watching!

During Week 5, students will be involved in technical and dress rehearsals as well as performing for local primary schools as practice for their two evening performances which are open to the public. Tickets are still available for the evening performances on Thursday 14 August and Friday 15 August.

Buy tickets online: www.trybooking.com/FGBL

We look forward to seeing you in the audience.

Mrs Virginia Thomson
Musical Coordinator
Flu season is here!

Influenza is spread from person-to-person through the coughing or sneezing of infected people. Remind your child about these good hygiene practices to minimise the spread of infection:

- Anyone who is sick with influenza symptoms should stay home until their symptoms are gone.
- Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the garbage bin after use.
- Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hands cleaners are also effective.
- Avoid touching eyes, nose or mouth. Germs spread that way.

If you or your child develops influenza-like illness, seek the advice of your family doctor as you would with any other illness. The seasonal influenza vaccine, which protects against the pandemic influenza strain as well as two other influenza strains, is now available free to eligible people. More information about the vaccine is available from the NSW Health Immunisation Unit’s vaccination page.

Previous vaccination with the pandemic influenza vaccine, Panvax® is not a barrier to also receiving the seasonal influenza vaccine.

Ms Oonagh McGarrity
Head Teacher Welfare

Languages Matters

Greenleaves Student exchange program

We would like to welcome five Japanese students, Hikari Saito, Moyu Murakami, Manami Kikuchi, Soya Takahashi and Hikari Saito who will be hosted by Penshurst girls as part of the Greenleaves Student exchange program. The students are from Hurstville City Council’s Japanese sister city, Shiroishi. Many thanks to Gita K., Grace S., Lily H. and Angela H. and their families who will be looking after the Japanese visitors for five days. The Japanese girls will accompany their Penshurst hosts to school for two days. We look forward to meeting the girls and hope that it is the beginning of many friendships.

Linguafest – The Languages Short Film Competition

Students studying Languages are invited to participate in the Languages Short Film Competition called Linguafest. Following the format of the Tropfest competition, somewhere in the film there needs to be a “mirror” and the two minute film should be based on the theme “change”. More details can be found outside the Languages staffroom. This is a great opportunity to combine language skills with digital film making skills. Films are due to the Languages teachers by Week 9 of this term.

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

Well done Nathasha!

Excerpt from a letter received from a grateful member of the public on 28 July 2014:

Dear Principal, I wish to draw your attention to the recent actions of your Year 9 student, Nathasha K., for which I am intensely grateful.

(The sender then detailed how he lost his wallet on a bus, how it was found by Nathasha, and how it was returned to him the next day).

There was approximately $200 in the wallet and it was returned intact.

I am extremely grateful to Nathasha for her display of honesty. Not only has she saved me the loss of the cash, but, more importantly, the inconvenience of applying for a new licence, credit cards and the loss of other information contained in the wallet.

Your school can be proud of her.

Brian K Ralston, Barrister-At-Law, Latham Chambers

Our school is extremely proud of Nathasha. Nathasha’s honesty and integrity symbolises all that it means to be a Penshurst girl. Nathasha is an exceptional role model in terms of representing her school and being a good citizen. She is maintaining and reinforcing the wonderful reputation that our girls have in our community. Well done Nathasha!

Ms Noeline Ross
Principal

Study Skills

Maximise Attention:

The biggest stumbling block when studying is not paying attention. However, when most of us sit down to study we put ourselves in environments where we are surrounded by a range of distractions. This not only limits how much we actually remember, but also increases how long it takes to get the work done. Start by looking at your study space and identifying how many distractions you have around you.

Activity 1: The room: Circle the most appropriate answer

1. Do you study in a quiet room?  Yes / No
2. Do you study sitting at a desk or table?  Yes / No
3. Is the desk or table completely clean?  Yes / No
4. Do you have plenty of light?  Yes / No

Now, score yourself. Give yourself 1 point for every yes and 0 points for every no. How many points did you score? If you scored 3 or less, it’s time to make some changes. Here are some ideas to get you started:

1. Find a quiet room: When it comes to study, anything that can divert your attention will. TV, Facebook, music, parents, brothers and sisters will all act as distractions. It is essential that you find a quiet place to study. If you can’t find a space like this at home, think about a local library, school library, or friend’s place.
2. Sit up: Lying down tells your brain to go to sleep. Find a desk or table to work at.
3. Clean the desk: Anything that is within reach or visible will distract you, so get a clean space.
4. Light: Straining your eyes is both draining and distracting. Make sure the study space is well lit, preferably with a desk or table lamp as well.

Activity 2: What’s happening in the space? Circle the most appropriate answer.

Do you study with a laptop or tablet near you? Yes / No
If you study with a laptop or tablet, do you find yourself jumping on websites like Facebook and YouTube? Yes / No
Do you study with music on in the background? Yes / No
Do you study with the TV on in the background? Yes / No
Do you study with your phone next to you? Yes / No

Let’s calculate your score again. This time give yourself a 0 for every yes you circled and a 1 for every no. If you scored 3 or less, have a look at some of the changes you may want to make.

Laptops and Technology: Traditionally we used to be told, that when it comes to study don’t use a laptop or don’t work in front of a computer as it will only distract you. However, this is much harder to do today, as a lot of your study might be done on a laptop. Even though laptops and tablets have become necessary, they are still distractions that we need to master. One great way to do this is to use apps like Cold Turkey or Self Control which allow you to block distracting websites for an amount of time that you choose.

Music and TV: Don’t have music on in the background. The lyrics and the changing tempo can be massive distractions. Radio is even worse. Finally, TV is worst of all. Your study environment should be as quiet as possible.

Phone: Turn your phone-off. It may be hard to believe, but the world is not going to turn upside down in the next 60 minutes. We all know that study isn’t that hard once you get going. Unfortunately, the hardest part is just picking up a pen and starting. If it takes you 10 minutes to get into the swing of study, each text message that you read takes you back to the start, and it takes another 10 minutes to settle back in and get into a rhythm.

Activity 3: Your physical state: Circle the most appropriate answer.

1. Do you do something physical before you start studying? Yes / No
2. Do you take regular breaks every 50-60 minutes? Yes / No
3. Do you use these breaks to stretch or to do something physical? Yes / No
4. Do you avoid watching TV in a study break? Yes / No
5. Do you have a bottle or glass of water on hand? Yes / No
6. Do you avoid coffee, or caffeine products? Yes / No

Score yourself again. 1 point for a yes and 0 points for a no. If you got 4 or less, have a look below at some changes you may make to your physical state before and during study.

Get pumped up! Yes – weird advice we know, but our energy levels dictate the amount of mental focus we have and the amount of information we retain. Put on some music, dance around, do press-ups, run on the spot, shadow box, skip. Try and do something intensely for 60 seconds before you study. As soon as you hit 60 seconds, sit down at a desk or a table, sit up straight and start studying. Give it a try and see if it makes the study easier. When you find your attention beginning to wander, take a 60 second timeout and do the same activity again and then sit back down and get straight back into the study. If you do this every 15-25 minutes, you would be amazed at how long you can study without needing a long break.

Study breaks: Even if you are keeping your energy levels high, you will need to take regular study breaks across the day or evening. The research is divided as to how long you can go without your attention lapsing, but generally people tend to suggest that 50-60 minutes is about the maximum. Use this as a guide, but if you find yourself flagging, take more regular breaks. Be careful how you use these breaks. Ideally use them to do something physical such as going for a walk around the block. Try not to use the time as a TV break. Plonking yourself in front of the TV is normally a great way to ensure that you don’t get off the couch for the rest of the night.

Avoid Caffeine: As we all know, caffeine is a stimulant, which means it is harder to get to sleep having just had a coffee. Lost sleep may not immediately distract you, but it catches up with you. Research shows that it only takes 8 hours of lost sleep to negatively impact memory and attention, while people who haven’t slept for 19 hours tend to have lower mental and motor skills than someone who is drunk! As such, avoid relying on coffee to get you through an evening’s work. Instead, keep a bottle of water nearby that you regularly drink. Even slight dehydration can lead to sluggishness, lack of focus and impairment of thought and memory.

Activity 4: Based on the discussion above write down 5 things that you commit to changing today in your study environment:

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________

Material adapted from Elevate Education (2014) Memory and Mnemonic, seminar resources.

Additional Information on Study Skills is available on the GRC Penshurst Girls Campus Moodle site under the Student Hotspot heading.

Mrs Sally Pankhurst
Head Teacher Engagement
Entertainment Books
We still have some available at the Front Office. So don’t forget to purchase yours today!

Awards
Congratulations to the following students who have received awards:

Bronze Award
Year 8: Amy B., Jasmin H., Jacinta L., Samraggi P., Dorothy S., Winnie T. and Reem W.
Year 9: Safaa A., Keilah A. and Yanshan Susanna G.

Silver Award
Year 8: Jasmin H., Dorothy S. and Reem W.
Year 9: Safaa A. and Yanshan Susanna G.

Gold Award
Year 8: Jasmin H.
Year 9: Safaa A.

Reminder
A reminder to notify the school about your child’s health.

We welcome information from parents about your child’s health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child’s health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the Principal. This will greatly assist our school in planning to support your child’s health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your daughter’s health needs or as otherwise required by law.

Careers Information
For interested families the University of Western Sydney is holding a Parent Information Evening on:

- Tuesday 5 August from 6:30pm – 8:30pm at the Campbellsford Catholic Club.

This will provide families with information on a range of topics, including ATAR, Early Offer, courses, fees, campus life, scholarships, alternative pathways and UWS College. Refreshments will also be served. You will find all details regarding the event and registration on their website.

Mrs Lisa Royall
Careers Adviser
Hello all

Well Term 3 is well underway with some exciting events happening throughout the term.

Thank you to all the Year 10 parents who attended our last meeting, thanks also to Mrs Lisa Royall for attending to chat to the parents about the Subject Selection and Subject Market nights at Oatley Campus.

The next meeting will be held on Tuesday 19 August 2014 at 7.00pm in the Staff Common Room.

Our guest speaker will be Ms Noeline Ross, Principal, who will be providing information to us regarding skills our girls need to be successful in the 21st Century and ways parents can support their daughters in their learning at home.

Our recycled uniform shop will be open on the following dates:- 29 August, 31 October and 28 November 2014. 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

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Second-hand Uniform Shop
Friday 29 August from 7.45am to 8.20am

P & C Meeting
Tuesday 19 August 7.00pm
Staff Common Room
All welcome!

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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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Library Homework Centre
When??? On Mondays and Tuesdays in the Library

It is the Homework Centre, a Maths teacher is available on both days ....

Other specialty teachers are also available.
A teacher list will be in the Library.