

# Moorefield Girls High School

## 'Moorefield Matters' eNewsletter

Issue 6 - Term 3

3 August 2018

### Principal's Report 2/8/18

Welcome to Term 3. I am sure that this term will be as fabulous as our last term. The High Achievers Assembly in week 10 was a great way to celebrate the success of our students in semester 1. We were very privileged to have Mel McLaughlin speak to our girls and help us recognise their outstanding efforts. If you haven't already seen our starring role on Channel 7 news, visit:

<https://www.facebook.com/7newssydney/videos/2197245953632859/> to have a look.

In week 9 last term, we celebrated NAIDOC week and the theme "Because of her, we can". A former student of Moorefield Girls, Samara Hand, proudly spoke of her pathway as an Indigenous student and the women in her life who were inspirational to her. Samara graduated from the University of NSW with a Bachelor of Law/Bachelor of Arts and was admitted to practice as a solicitor. Samara was awarded the John Koowarta Reconciliation Law Scholarship from the Law Council of Australia and attended the Global Review Workshop on Youth and Global Citizenship Education in Moldova, 2016. Samara completed with Distinction the Masters in Understanding and Securing Human Rights at the University of London in 2017. She is currently working for the NSW Department of Education and is a fine example for Moorefield Girls.



**BECAUSE OF HER, WE CAN!**  
8-15 JULY 2018



We have recently been successful in receiving two financial grants from the NSW Department of Education to support our new English programs and work in partnership with local schools to implement the best resources for our girls. We have also applied for a grant to assist with students attending Space Camp USA Tour in October 2019. This would be an amazing experience. Our teachers are constantly looking for opportunities to enhance the educational experience of our students, whether it be in the classroom, on the sporting field, or on an overseas trip. It is clear our teachers are passionate and committed to providing a high class education at Moorefield Girls.

One of the school's Strategic Directions for 2018-2020 involves investigating research on Growth

Mindset. Teachers have been reading about, and implementing, Growth Mindset strategies and it has been an important part of our Wellbeing program this year. I am very keen to see this evolve in the school to ensure we build in each student "a love of learning and resilience that is essential for accomplishment." (Carol Dweck)

I look forward to seeing Year 10 parents and students on Tuesday 7 August at our Subject Selection Information evening.

*Ms N Hale, Principal*

## UPCOMING DATES

**Tuesday 7 August – 2019 Year 11 Subject Selection Parent Information Evening (6-7pm – Gym)**

**Wednesday 22 August – P & C Meeting 6.30pm – Common Room**

### A Parent's Guide to ENCOURAGING A GROWTH MINDSET

**What is a growth mindset?**

Growth mindset is a concept developed by Carol Dweck, a Professor of Psychology at Stanford University. It is the belief that a person's abilities and intelligence can be developed through practice, hard work, dedication, and motivation.

**What is a fixed mindset?**

A fixed mindset is the notion that intelligence and talent alone will lead to success. People with a fixed mindset believe that these things are "fixed" and cannot be developed or improved upon. They believe that you are either born with it or not, and nothing can change that.

**Why is having a growth mindset important?**

Research has shown that children who have a fixed mindset are more likely to:

- Fear failure
- Give up on tasks they feel are too difficult
- Ignore feedback
- Avoid challenges
- Feel threatened by the success of others

**Children who have a growth mindset are more likely to:**

- Learn from their mistakes
- Be motivated to succeed
- Put forth more effort
- Take challenges head on
- Take risks
- Seek feedback
- Learn more
- Learn faster



Schoolhouse Live

## High Achievers Assembly - Semester 1

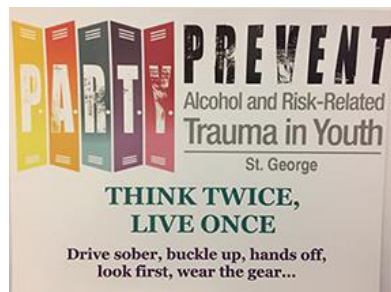


The High Achievers Assembly was an opportunity to acknowledge the achievement of our students over the first semester. Congratulations to those who received a certificate of outstanding achievement for accomplishing first place in one or more of their courses.

Our guest speaker, Mel McLaughlin, sports presenter from the Channel 7 network projected her passion for sports and gave an inspirational speech to our students. Further, we received excellent feedback in regards to our girls and how polite and intelligent they were.

We had an amazing performance by students that was pleasing to see as always. Moreover, it was rewarding to see the amazing turnout from parents who came to celebrate their daughter's success.

*Ms Z Najem, Coordinator*



## Prevent Alcohol and Risk-related Trauma in Youth (PARTY) Program

Toward the end of last term a group of Year 11 and 12 students participated in the PARTY program at St. George Hospital. It was run in the hospital by medical staff who have had first-hand experience treating youth with trauma related injuries as a result of risky behaviours.

The program presented information that was engaging and for many students confronting. The students completed a behind the scenes tour of the hospital following the patient's journey from the emergency department, through intensive care and trauma ward. They also visited the blood bank and heard about the importance of blood donation.

All students benefited from attending this excellent program.

*Ms C Beynon, Head Teacher, Wellbeing*



## Year 12 English Extension Blue Mountains Excursion

Walking along endless paths surrounded by the sounds of birds whistling, trees dancing, water trickling and good conversation, the Blue Mountains camp was such an amazing and rewarding experience. By engaging with the beautiful scenery and immersing ourselves in solitude, our Extension English class was able to not only gain inspiration from this journey but also apply what we had experienced to construct our own understanding of beauty and the sublime. Picnics overlooking vast mountains combined with writing sessions amidst the grandeurs of the hotel- a truly wonderful experience.

*Seray, Year 12*



## VR Goggles

Virtual Reality Goggles were recently used by our HSC students while revising their Ancient History course. The students were asked to conduct a preliminary search focussing on 3D images of ancient Persepolis in order to have an in-depth visual representation of the site.

As a result, the students were able to distinguish the different buildings and better understand the size of the site. A range of questions were later covered addressing conservation, preservation, reconstruction and management of the site.

The students greatly benefited by seeing Persepolis in an alternate dimension.

*Ms D Mavrikos, Relieving Head Teacher, HSIE*





## Wellbeing Days

The Year 7 students started the day making their own candles with Ms Gill. The girls made the wax, chose their fragrance and designed their box. Throughout the day the students participated in team building activities on the oval and then drama activities. The day ended with the students knitting for the school knitting program.

*Ms E Darling, Year 7 Advisor*

Year 8 had an extremely successful Wellbeing Day at the end of Term 2. Attendance was at an all-time high and the students had a great morning continuing to work on their Growth Mindsets. In the afternoon, Year 8 visited Sky Zone Miranda and had a fantastic time jumping on the trampolines, completing an obstacle course and even playing a little dodge-ball!

*Ms L Docherty, Year 8 Advisor*

The Year 9 students enjoyed the activities and engaged wholeheartedly in the day. In the morning, they were involved in a growth mindset presentation, crumpled paper activity as well as the spaghetti and marshmallow tower challenge. The second session was a round robin competition of badminton which was very competitive followed by an impromptu dance off. The last session was an Escape Fixed Mindset Challenge where the girls found clues of how to escape fixed mindset, answered questions and then found the code to unlock the bag for their prize. The students have requested a similar activity again. Year 9 worked well in their teams and appreciated the efforts made for them.

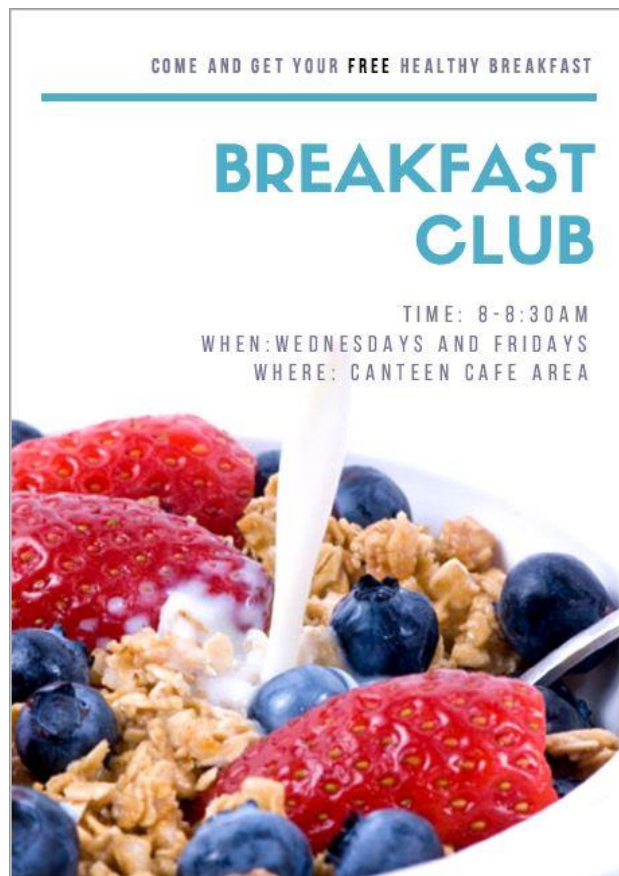
*Ms J Maddocks, Year 9 Advisor*



## Breakfast Club

Breakfast club is continuing to run Wednesday and Friday mornings this term. Popular foods have been yogurt, toast and juice.

Huge thank you to our regular volunteers that have assisted with running the program.



## Year 7 Healthy Lunchbox Assessment



## Inspiring Young Women Awards

Each week two students (one junior and one senior) receive the 'Inspiring Young Women Principal's Award' for their academic achievement and/or outstanding effort in a specific KLA (Key Learning Area). Students are presented with their award at the weekly assembly. Congratulations to our latest award recipients:

**Information Technology** – Deena (Yr 9), Kimberly (Yr 12)

**Science** – Zahraa (Yr 7), Amal (Yr 11)

**Special Education** – Maya (Yr 9), Hanah (Yr 12)

**HSIE** – Rebecca (Yr 8), Rana (Yr 11)

**Modern Languages** – Faith (Yr 8), Ypapanti (Yr 11)

**English** – Kathryn (Yr 11)

**Personal Development, Health and Physical Education (PDHPE)** – Tayla (Yr 8)

For more information about the events and activities of Moorefield Girls High School visit our website at: <http://www.moorefielg-h.schools.nsw.edu.au/>

