



Moorefield Girls High School

'Moorefield Matters' eNewsletter

Issue 11

13 September, 2021

UPCOMING DATES

Tue 14 September (9am)	Year 11 'Transition to Year 12' meeting online. Parents welcome
Thurs 16 September (1.30pm)	Whole school online assembly. Parents welcome
Fri 17 September	End of Term 3 – Fabulous Fun Friday. No online classes
Mon 4 October	Public Holiday
Tues 5 October	Staff & students return online – Week A timetable
Tues 5 October	Year 12 (2022) Study Skills Session – Prue Salter

Principal's Report

We have come to the end of a term which we certainly had not expected and perhaps are happy to see the back of. The continual extension to lockdown, the daily TV report of grim news, and change after change have exhausted all of us. We think our students have done an incredible job coping with online learning and being separated from each other. They have inspired us with their work, their care for other students and willingness to give everything a go. Overall, they have adjusted to the new 'norm' and have aimed to do their best, submitting some high quality work and products. A massive thank you to the parents and carers for supporting the girls to learn from home – we acknowledge how difficult this is.

I would also like to acknowledge the work of the teachers who have maintained their high expectations and delivered online live lessons throughout the term. Everyone has learnt new skills to enhance the classroom experience (sometimes with the help of the students) and Year Advisors have continually 'checked in' on the girls to keep the vibe positive. We will all be happy to rest our eyes from the screen during the upcoming break.

Congratulations to Year 12 Visual Arts students who all submitted excellent major works on Monday 6 September. These major works count for 50% of the HSC mark for Art and the girls have put a huge amount of effort into making these personal, unique and creative. We are looking forward to hosting an online tour of the works next term.

HSC update

The final HSC timetable was released last week and has been shared with all Year 12 students. A lot of information can be found at <https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/hsc-student-guide> as well as on the students' Year 12 Wellbeing Team. The NSW Department of Education has a page with "Advice for Families". See <https://education.nsw.gov.au/covid-19/advice-for-families/hsc-exam-advice>. Our Careers Advisor has been working with the girls regarding tertiary study options including TAFE, university and private providers. Many of our girls have applied through schemes which will guarantee them early entry to a university degree.

In Term 4, I will publish much more comprehensive information about the management of the HSC examinations at school with COVID safe plans in place, alternate venues, and misadventure procedures. However, I do encourage all students and families to prepare for these exams going ahead and the school holidays will be a good time to get study notes in order and practise past HSC questions. Year 12 will be welcomed back to school on 25 October if Bayside LGA meets criteria set by the NSW government.

Roadmap to return to face to face learning

Schools will return to face-to-face learning either through a 'staged return' or 'full return', depending on NSW Health conditions in their area.

Full return (Level 3)

Areas across NSW that are removed from stay-at-home rules will return to school under Level 3 settings. This is a full return for **all** cohorts to schools, with reduced mingling and on-site activities.

Staged return (Level 3 plus)

When stay-at-home rules are still in place but *other community vaccination and transmission conditions are met*, students will return to school in a staged way. This is a staggered return for prioritised cohorts, with no mingling or on-site activities.

Students will return to face-to-face learning with NSW Health-approved COVID-safe settings on site at Moorefield Girls in the following order:

- from 25 October – **Year 12**
- from 1 November – **Year 11**
- from 8 November – **Years 7, 8, 9 and 10.**

Areas of concern

Local government areas (LGAs) and suburbs of concern operating under Level 4 plus restrictions will continue learning from home until they are removed from the areas of concern.

Conditions and guidelines to support schools with a staged return are found at <https://education.nsw.gov.au/covid-19/advice-for-families?deliveryName=DM18953>

Fab Fun Friday – last day of term

As you know we end each term with a Wellbeing Day and this usually involves an excursion, guest speaker, camp, beach activity or similar. This term our last day, Friday 17 September, will be a day where students will not have scheduled classes, instead we encourage them to get away from their devices and go for a walk, play a game of cards, do a puzzle, clean their room, draw, sing or cook. Something they enjoy and not screen related. There will be lots of ideas shared on the Wellbeing Teams.

Lastly, we hope you all stay safe during the two week break. Look after yourselves and rest assured, we are so excited about the possibility of seeing our students again in Term 4.

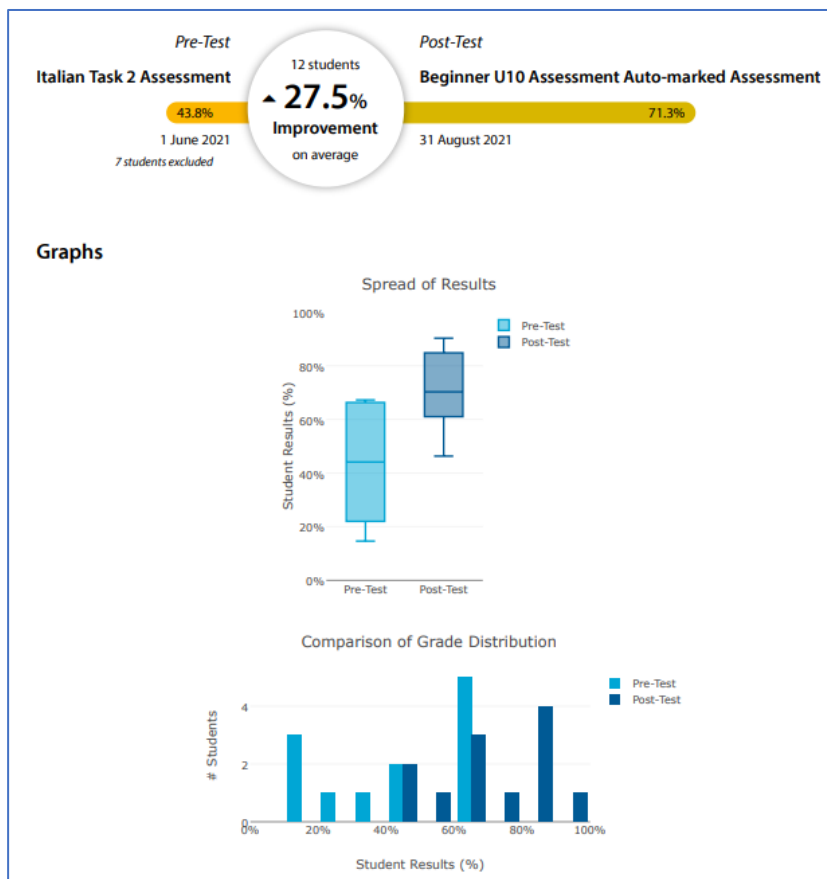
Ms Natalie Hale, Principal

Lockdown Learning Achievements

Despite none of us wanting to be teaching or learning from home, we are very proud of the outstanding achievements made by some of our students. Here is just a snapshot.

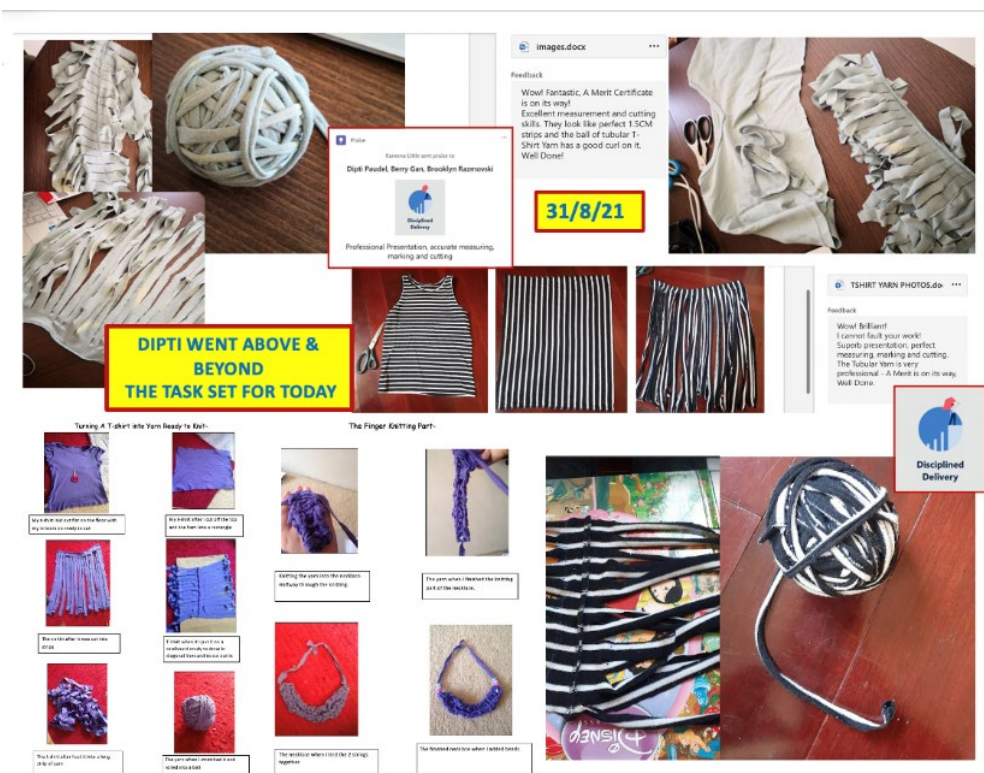
Year 8 Italian – 8B

Results from a pre-test and post-test with 27% improvement.



Year 7 Technology – 7R

A Textiles Design unit where students took an old t-shirt and recycled it into a necklace.



Year 7 Technology – 7B

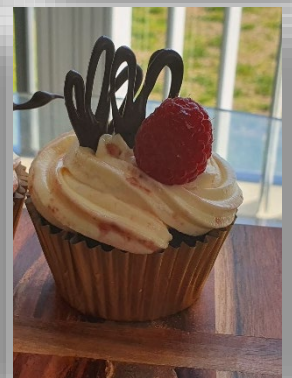
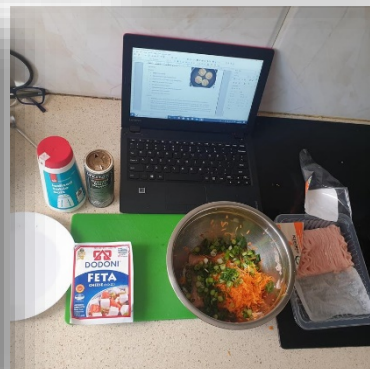
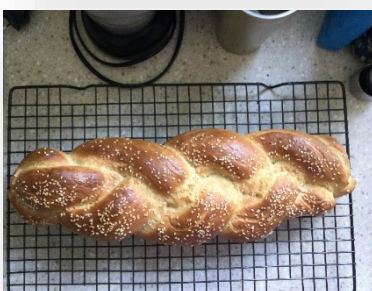
Engineering unit with 'at home' bridge building.



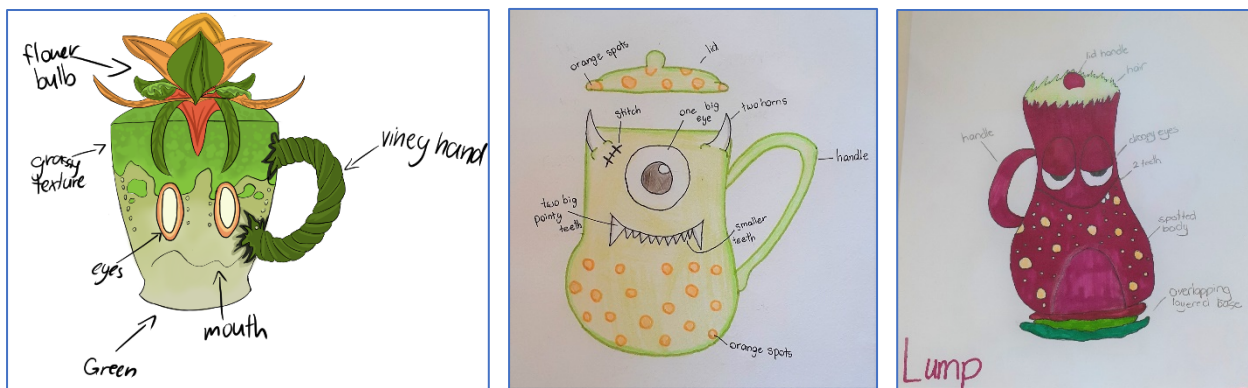
Year 9 PDHPE – create an Olympic model challenge



And as for the cooking and the baking. Next stop Masterchef



Year 7 Visual Arts – Mug Monster design

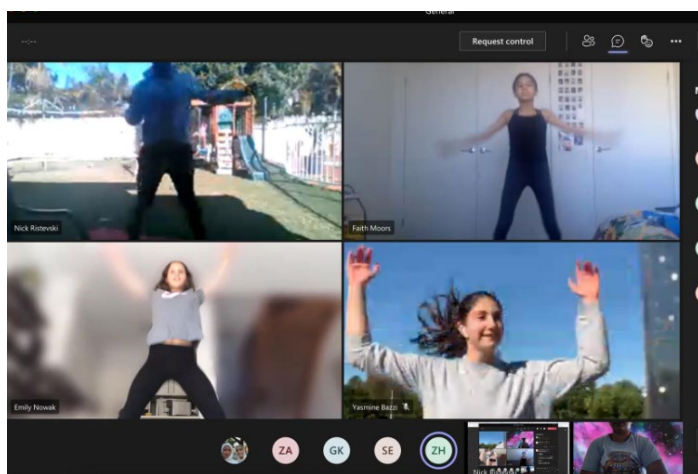


Weekly Sports Challenge

Despite the challenges and workload of online learning, there have been a group of students who consistently display motivation and energy every Wednesday at 1pm by joining the 'Let's Get Physical' Team to partake in weekly work outs. Although every session commences with 5 minutes of complaining about how sore students have been all week, it is thoroughly enjoyed by all students and teachers involved.

The two stand out performers this term have been Faith (Year 11) and Emily N (Year 7). These students will receive a \$30 Rebel voucher for their consistency, exceptional efforts, and dedication to their wellbeing. Congratulations!

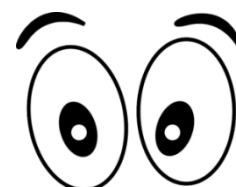
Mr Ristevski (Sports Coordinator)



Eye Care

A number of students are experiencing eye strain due to the extended periods now spent on devices.

Here are a few tips to help you take care of your eyes.



- Rest your eyes – look away from the screen regularly and look at objects at in the distance. It is easy to remember to 20/20 rule. Every 20 minutes take a 20 second break from your device and look at a distant object.
- Keep your eyes moist – remember to blink regularly to keep your eyes moist and stop irritation. You may need eye drops if your eyes become too irritated.
- Avoid rubbing your eyes as this can irritate them and make sure your hands are clean if you touch your eyes.
- Wear your glasses if they have been prescribed for you.
- Adjust your computer screen to filter out blue light.
- Make sure you have proper lighting in your room. The light should be about the same brightness as the light on your screen.
- Make sure your screen is not too close - about an arm's length away is a good guide.
- Adjust the font size – use bigger text.
- Take regular breaks outside.

Wellbeing and Health In-reach Nurse (WHIN)

Moorefield Girls High School would like to introduce our newly appointed Wellbeing and Health In-reach Nurse (WHIN) Coordinator – **Samantha Hillier**. Sam is employed by NSW HEALTH and will be working closely with our Wellbeing Team. Sam is here to help support and assist our students and their families with any health concerns. Sam can help organise assessments, referrals to medical and social services and follow up treatment plans.

Sam has previously worked as a Clinical Nurse Specialist in the role of a Registered Nurse, Midwife, Paediatric and Child and Family Health Nurse. She has nearly 40 years of experience working with babies, children, adolescents, and families within the SESLHD. She has recently moved into this newly funded Ministry of Health - WHIN Coordinator Role and is looking forward to working with you and your families.

Please contact our HT Welfare, Christie Beynon to discuss a referral to Sam.

Beyond Blue <https://coronavirus.beyondblue.org.au/>

Beyond Blue

Coronavirus Mental Wellbeing Support Service

1800 512 348

Online forums

Chat online

I need support now COVID-normal Impacts on my work Managing my daily life I'm supporting others

We're here to provide support for your mental wellbeing.

Struggling to cope during the pandemic?
Our trained counsellors are available 24/7.
Call us on **1800 512 348**

Coronavirus Mental Wellbeing Support Service

Holiday workshops



Register here:
<https://bit.ly/3jGoHBz>



STEM X Holiday Workshops

20, 22, 24 and 28 September 2021
9:30 am- 4:00 pm

All workshops are free and online

Solve real-world problems using engineering and technology at our holiday workshops for girls aged 10-16.

Join us online to start exploring!

Year 5- 6 projects:
Sustainability
Natural disaster

Year 7 - 8 projects:
Civil Engineering
Biomedical Engineering

Year 9 - 10 projects:
Civil Engineering
Biomedical Engineering





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/> or our facebook page at <https://www.facebook.com/MoorefieldGirlsHighSchool/>