TERM 1 – WEEK 11

2013 2nd BUZZ EDITION

THE BUZZ!!!
The Buzz

From the Principal’s Desk

We are rapidly approaching the end of our first term and Mrs Harper is currently on leave so I am stepping into the chair while she is away. I have to concur with Mrs Harper in the last edition of the Buzz that it has been a very busy term and you will be able to see from just a few highlights here some of the wonderful things going on in the school. It highlights the hard work of a dedicated staff and the participation of our girls in a variety of events. This frenzy of activity has made the term go very quickly and I am sure everyone is looking forward to the school holidays for a well-deserved break.

Year 12 Exams

As I write this year 12 have begun their first day of their mid-course exams. I know they have been working hard in each of their courses to complete assessments and prepare for these exams. This will give them a chance to gauge how they are performing and provide them with valuable feedback on what they need to do to move to the next level and improve their band performance. There is lots to do before they sit for their final HSC exams in term 4.

The Athletics Carnival

The athletics carnival was a highly successful day for everyone involved. It was wonderful to see the girls participating and the spirit that was generated to support their houses. Congratulations to Freeman who were victorious on the day and to all of the girls who supported their house and participated in the day’s events. A big congratulations needs to go to the effort year 12 displayed in preparing for their annual carnival dance and their costumes that were varied and very creative. It was one of the best shows of effort I have seen from a year 12 group since arriving at BGHS. I would also like to thank Ms Zouroudis and the PE staff for their outstanding organisation. It takes a lot of work for a carnival like this to be successful and they should be proud of their efforts.

Harmony Day

On March 21st the School celebrated Harmony Day by holding a range of activities to raise awareness amongst the girls. This is a day of cultural respect for everyone who calls Australia home. As a school with a large multicultural population it is always a joy to see how harmoniously the girls work together and are accepting and supportive of differences. On the day, the school was a sea of orange, the official colour to signify harmony day and this theme was continued in many of the activities organised during the recess and lunch breaks. Congratulations to Ms Kelly for her efforts in organising a fun and important day.

Regional Choir

I would like to extend our congratulations to Maryanne Youssef from year 11 who has been successful in being accepted onto the Regional Choir. Maryanne made it through the selection process and started with the choir recently. Maryanne joins Sammy Gonen from year 11 as our second student to be a part of this year’s Regional Choir. This is a fantastic effort from both girls.

Japanese Visit

On March 11th the school was paid a visit by Chikushijogakuen High School from Fukuoka in Japan. About 40 girls visited the school to learn a little about what is like to attend school in Australia and visit some lessons. The girls were very excited and enjoyed their experience of being an Australian school student for a day. They also enjoyed a lavish morning tea and were lucky enough to get the chance to listen to Sally Ho from year 11 sing to them in Japanese. A fun day was had and our girls who looked after the guests for the day learned a bit about what school is like in Japan. Thanks again to Ms Kelly for her organisation for the visit.

Mr Leary

Acting Principal
Term One is almost concluded and most of the girls have been working hard in all of their classes and achieving some pleasing results. Year 11 have been very busy with assessment tasks and major assignments. The Senior Review process for Year 11 was completed a few weeks ago and all girls who were falling behind with their studies due to either poor attendance, lateness or failure to complete assessments have been counseled and given strategies to improve. I hope these girls now put in the necessary effort to do well. These girls will be monitored and if there is no improvement a parent interview will be organized with the Deputy Principal or the Principal at the beginning of Term 2.

Next term our Year 7 and Year 9 students will participate in the National Assessment Program Literacy and Numeracy NAPLAN 2013. Students will undertake a number of assessments in the areas of: Literacy (Language, Spelling, Reading and Writing) Numeracy: (Number, Algebra, Function, Chance, Measurement and Space). The assessments will take place from Tuesday 14/5/13 and conclude on Friday 17/5/13. All students in Year 7 and Year 9 will be issued with a detailed note explaining information about the assessments. If any parent would like more information they can contact the school.

Students should be in full school uniform every day. Can I ask that all parents make sure that their daughter’s come to school dressed appropriately in full school uniform especially as winter approaches. It is extremely important students wear their uniform for a number of reasons including demonstrating their belonging to the school, safety in classrooms and the playground and taking pride in their school community.

To minimise the cost and simplify availability, uniforms are available from the school’s Uniform Shop run by Daylight Sportswear Pty Ltd.

Student Assistance is available for families who find it difficult to pay the full price of uniforms, except for the PE and Sport uniform. All students are required to wear black leather shoes and white socks. All students who wish to participate in any school event or program such as dancing or sport, will not be allowed to participate if they do not comply consistently with the school’s uniform code.

If for any reason a student is out of uniform a note from the parent/guardian must be given to their Period 1 teacher. Students will receive an ‘Out of Uniform Pass’. If a student comes without a note they will receive a lunch detention. Failure to attend this detention will result in after school detention.

One of my major tasks has been the preparation of the 2012 Annual School Report. I would like to thank every member of the school community who has contributed and made a difficult job a much more pleasant and stress free experience. We have a lot to be proud of at our school. Our ROSA and Higher School Certificate results again show outstanding improvement in student’s outcomes. The school is also involved in a vast array of activities and highly regarded by all who come in contact with our students. The 2012 Annual School Report will be available on the school website early next term.

Finally I would like to wish all the girls and their families a safe and relaxing end of term break.

C. Borg
Deputy Principal
Years 7, 9 and 11
On the 20th March 2013 Bankstown Girls High School had our annual school athletics carnival. The weather was perfect for our students to show off their athletic ability. There were some outstanding performances on the day with a special mention to the Year 12 Dance which was well rehearsed and extremely entertaining.

The fastest overall runner on the day is chosen from the fastest runner from all age groups competing in a 100m race. This student is awarded the Champions of went to Alpina Bou Sleiman.

Age champion are those students that achieved the highest overall points for their age group. They are as follows:

- 12 Years was a tie: Kelly Tovita & Tanya Tago
- 13 years: Alpina Bou Sleiman
- 14 years: Adama Jalloh
- 15 years: Shayma El Cheik
- 16 years: Taylor Stoten
- 17+ years: Hoai Nguyen

Finally, the overall points for the houses were extremely close and are as follows.

- In last place on 583 points is JACKSON
- In 3rd place on 652 points is ONEIL
- In 2nd place on 736 points is SAUVAGE
- In 1st place on 753 points is FREEMAN!

Huge congratulations to Freeman for their outstanding achievement and to all staff and students on a fantastic carnival.

Mrs T. Kalogeropoulos
THE ATHLETICS
THE COSTUMES
There were best dressed prizes for the teacher, Year 12 and student who was best dressed on the day.

*LEFT:* Best dressed teacher was Miss Martinsons

*MIDDLE:* Best dressed Year 12 went to Iman Kabaha, Armour Rifiae and Wala Sedda

*RIGHT:* Best dressed student was Tiffany Vu
THE FUN
On Monday 11th of March, students from the Chikushi Jyogakuen Junior High School, Japan came to visit Australia and part of their visit was our school! They were very excited to visit our awesome school and they had so much fun experiencing Australian education. They went around visit classes and participated in many of our lessons. The Japanese students were very friendly and enthusiastic and enjoyed all our lessons. They were really, really, really, cute and we had heaps of fun interviewing them and getting know what they liked about our school. At the end of the day they sang for us, they have amazing voices!! Gifts were also exchanged as a memory of the visit.
BGHS Shave for a Cure

On the 13th of March, 2013 Bankstown Girls High School held a big event in honour of the World's Greatest Shave. There was hair braiding, hair colouring and CUPCAKES, as well as the good old’ ‘Guess-How-Many-Lollies-In-The-Jar’ competition.

Thanks to the donations of everyone in our school, we were able to raise over $700, which is a great achievement that will not go unrewarded. Congratulations to the SRC’s for organising a great day, and congratulations to the school for helping out the Leukaemia Foundation!
The World’s Greatest Shave at Bankstown Girls High School was a great success.
The SRC went to great lengths to set up a number of different activities for fundrais-
ing and all hands were on deck to make the morning memorable.
The fundraising booths included delicious cupcakes, colourful hairspray, a suspense-
ful lolly jar guessing competition and cool African braiding.
The World’s Greatest Shave proved to be lots of fun, with teachers and students con-
tributing to raise a total sum of around $700, which was donated to The Leukaemia
Foundation.
Raising this much also meant that the SRC hit its target.
♦ Mr Dalton would shave his legs
♦ Mr Lukins would shave his head
♦ Mr Yilmazler and Mr Owen would shave their beards
School Captain Marwa Ayoubi was meant to dye her hair bright red but we are wait-
ing until after the exams for that one!
The SRC would like to thank everyone who helped on that day including Miss Martin-
sons and the Year 12 Hospitality class for making the cupcakes and Mrs Arambatzis,
for helping to organise the event.
Congratulations also to Mrs Rounis, Miss Martinsons and Tuyet Van in Year 10 for
having the closest guesses for the lolly jar competition.
After a fierce numbers war, the ultimate winner was Tuyet Van who went home that
day with the massive lolly jar.
Go students!!
Year 9 SRC
On Friday the 15th of March, we travelled with Mrs Arambatzis to the Fairfield, for the Regional SRC Conference.

The purpose of the conference is to bring together representatives from around South Western Sydney, to discuss the importance of being an SRC member. It is a chance to represent our school as well as ourselves.

Students were put into different groups to enable everyone to get a chance to meet new people, make some new friends. We shared ideas with each other about SRC organisations, meetings and content. We participated in many team building exercises and participated in motivational talks and activities.

The ideas that came out of the meetings were very interesting. Some of the things that SRCs can be involved in are anti-bullying, policies, family and teenage issues such as depression and many more.

The Regional SRC Conference was a fantastic experience for the both of us. We hope we will be able to attend and represent our school again in the future.

Angelina Kosena
Year 8 SRC

On Monday the 25th of March, Year Eleven SRC girls (Seham Ajam, Elham Brais, Amara Khan, Quincy Nguyen, Kathleen O'Reilly and Rima Sadek) held an Easter raffle. The prizes of the raffle included a small hamper overflowing with, chocolately, scrumdiliumcious Easter eggs and the bigger prize included a football sized monster egg with bunnies and a generous amount of other chocolately delights.

Throughout the three days of selling, students and staff members alike were very generous in purchasing raffle tickets. We harassed, promoted, microphoned, nagged and encouraged everyone we could find to support our school.

Last Wednesday, lunch saw eager students awaiting the winner to be announced.

Mr Borg and Mr Leary kindly volunteered to draw the winners

The winner of the minor prize was Soumaya Rafei from Year 8

The winner of the major prize was a very embarrassed Amara Khan, year 11 SRC.

Amara made the selfless decision of redrawing the winner, so the winner became Ms Hidalgo.

Overall, we raised over $160 proving that Bankstown Girls High School's EGG-cellent Easter Raffle was a success. The profit from this fundraiser will help the SRC.

Seham Ajam and Quincy Nguyen.
Year 11 SRC
From brushing shoulders with Prime Minister Julia Gillard, to walking side-by-side with Premier Barry O’Farrell, members of Bankstown Girls High School SRC took part in a very special event – the UNIFEM International Women’s Day Breakfast.

International Women’s Day (IWD) is celebrated globally and aims to draw attention to the economic, political and social achievements of women in the past, present and future. It aims to encourage the role of women in society, regardless of who they are and where they come from.

The aim of the breakfast is to unite high profile Australian women with regular Australian women, from all walks of life. It is a chance to meet, discuss and celebrate our diversity and our achievements, no matter how big or small they might be.

Starting the day at 5am to catch a train to the Sydney Convention Centre, we had no idea what to expect. Upon arriving at the venue, we heard that THE Prime Minister was there, in the flesh! We were excited!

Prime Minister Gillard spoke to guests about the importance of women in Australian society. She inspired us as she explained that we have the power to dominate and influence within our particular circles.

Another speaker, Magistrate Rosie Johnson was also inspiring. Magistrate Johnson explained that women had the power to do anything they put their minds to. She told us about the journey of her fascinating career and what she had learnt throughout her lifetime.

The International Women’s Day Breakfast was a stimulating experience. It was thought-provoking and nothing short of inspirational. The experience really made us believe in ourselves – Women can do ANYTHING!

Amara Khan
Year 11 SRC
Year 7 Bust the Bullies

On the 8th of March 2013, year 7 participated in a fun filled all day programme known as ‘Bully Busters’.

The day started off with the whole year group assembling into the TLS to view an informative slide show that Mrs Pistolis had organised. Throughout this slide show we obtained useful information such as what bullying is, different forms of bullying and what to do in situations if you are getting bullied.

Following this first part of the program, we all headed off to the hall to view a live play. The show, which consisted of three actors was very interesting as well as educational with plenty of scenes to make you laugh. The play was useful as it supported what we had learnt previously in the TLS. The best part of the play however, was when the actors grabbed Mr Ristevski and made him dance with them on stage!

Following recess, the teachers purposely put us in random groups, requesting us to create a poem, play or commercial that related to bullying. The majority of year 7 did plays ranging from cyber bullying to verbal bullying.

In my opinion the best thing about the play was being in a group with girls you didn’t know and gave us the opportunity to meet new girls in the year group.

During the last period, everybody performed their play, song, commercial or poem. The plays were hysterical, however they gave us an opportunity to view realistic, unfair situations students are involved in during everyday life. One group presented a poem titled ‘Name Calling’ which was exceptional and amazed the teachers and students. (See over the page to read the poem)

Overall ‘Bully Busters’ was a fun, exciting and informative day as we all made new friends, and learnt useful information about bullying and the dangers that may arise from bullying.
On International Women’s Day, eight students from Bankstown Girls’ High School attended an event at Football Federation Australia, organised by Football United.

The students from Bankstown Girls’ were introduced to representatives from other schools who also attended the day. The students were divided into small groups to workshop contemporary issues and challenges faced by women on a daily basis.

As a group, the students brainstormed these issues, and completed illustrations on how best to overcome barriers. They participated in life skills workshops where they shared their thoughts and views on contemporary women and together, came up with their version of the “ideal” woman of today.

One of the most interesting aspects of the day was the diversity amongst the students. Although they all came from varied cultural backgrounds, they all valued the same goals and opportunities provided to them through education.

Sadaf Anwar, year 8 SRC representative from Bankstown Girls’ said, “That she appreciated the day and enjoyed meeting girls from other schools who shared the same thoughts and values.”

While the students set up for a relaxing Yoga session, they met David Gallop, the CEO of Football Federation Australia. Mr Gallop addressed the students, welcoming them and celebrating International Women’s Day with them.

After meeting prominent female Australian executives from the business world, year nine student, Farah Pierzad said, “She was inspired by the day. Seeing women overcome adversity it made her feel grateful for the opportunities that lie ahead for her and how important it is to follow the philosophy she learnt on the day which was the three L’s, love, life and live.”

The day was worthwhile for our girls in that they were able to celebrate womanhood particularly with a sporting and health focus.

Soussan Shaikho, Community Engagement Officer, Bankstown Girls’ High School.

NAME CALLING
A poem about bullying

I’m crying inside,
I’ve got no one by my side,
I feel so numb,
Why must they call me dumb?
Ending my life seems like an easier choice,
If only they could hear my inner voice,
They say I’m fat,
I’m treated like a door mat.
I feel so alone,
I always end up on my own,
I try to fit in at school,
I guess I’m just not as cool.
Every single day,
It’s always the same.

By Rayann, Hadeel, Joumana, Tiish, Rasha, Cindy and Favour (YEAR 7)
Much has happened this term in English. Students have been engaged in exciting lessons and are producing fine work.

Year 12 had the experience of attending a play called The Shoehorn Sonata, over at Kensington. It was a moving experience that explored the secrets kept by two women who were held captive in a WW2 prisoner of war camp.

The junior school has been busily working on assessments on topics such as Historical Fiction and the evolution of the vampire. Just a reminder that the English department does not accept formal across the form assessment tasks by email. It is your responsibility to be organised and print your work on time.

Debating is about to get underway. We have teams entered in year 8, 9, 10 and 11. If you are interested in trying out for a team, see Mrs Hawkins in the library and ask who the coach is for your year group.

Some of the top English students in year 12 are part way through their Extension 2 projects, where they are writing a short novel. They have been involved in video conferences with Concord High School and Homebush boys, to discuss their ideas.

Our Sydney university partnership continues to offer support to our students, and many of the Year 10 and Year 11 classes will be involved in some upcoming workshops run by the professors.

Our Year 9 class is about to embark on a guided enquiry project, where they will be challenged by ideas and discussions around short story writing. These girls will then be expected to create their own piece and launch their product on a Literary Launch day.

Year 7 have settled into their new classes and are engaged in quality English lessons. The literacy lessons and focus on grammar is helping students achieve the best results they can in the upcoming NAPLAN examination.

Thank you for a good first term and don’t forget to borrow a good book from the library for the holidays.
**Art Antics**

What an extraordinary group of budding artists we have at this school. Four very talented Visual Arts students from year 11 have been lucky enough to have their artwork on display at 'The Pepper-tree Café' in Bankstown (situated just below Hoyts). Hillary Foya, Fatima Dabeja, Tiffany Cao and Tra My Le have their mixed media artworks on show in their very first group exhibition. Great achievement girls! Make sure you make the time to pop in and have a look - the artworks will remain there throughout the school holidays.

In other news, on 14th March our year 11 and 12 Visual Arts students set off to the Art Gallery of NSW to view the 'Art Express' exhibition. The exhibition was amazing and gave students loads of ideas for their own bodies of work due later this year.
Year 10 Work Experience 2012

Last year was an extremely successful as there with 194 work experience placements. We had quite a few new employers on board, ranging from Sydney Observatory, Parliament House, Intercontinental Hotel and Adriano Zumbo Patisserie in Rozelle. The feedback from all employers was exceptional. Well done girls!!

Ms Hundy Careers Adviser
Puzzles

Can you match the teacher with their celebrity look alike??

How do you make a footpath laugh?
You tickle its crack.

What do you call a sheep with no legs?
A cloud

Why did the girl put lipstick n her fore-head? Cos she was trying to make up her mind.

Jokes
## COMMUNITY CALENDAR

**Term : 2**

Updated 2nd April 2013

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat/Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>29 Apr</td>
<td>Staff Development Day 2</td>
<td>1 May</td>
<td>2 May</td>
<td>4 / 5 May</td>
</tr>
<tr>
<td></td>
<td>30 Apr</td>
<td></td>
<td>Students Return Assembly each Wednesday 11.42am Anzac Day Ceremony</td>
<td></td>
<td>Week 2</td>
</tr>
<tr>
<td>2</td>
<td>6 May</td>
<td>8 May</td>
<td>9 May</td>
<td>10 May</td>
<td>11 / 12 May</td>
</tr>
<tr>
<td>A</td>
<td>7 May</td>
<td>Year 7 &amp; 10 Immunisation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>13 May</td>
<td>NAPLAN Language &amp; Writing</td>
<td>15 May</td>
<td>16 May</td>
<td>17 / 19 May</td>
</tr>
<tr>
<td>B</td>
<td>14 May</td>
<td></td>
<td>NAPLAN Numeracy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>20 May</td>
<td>Year 8 Assessment Week</td>
<td>21 May</td>
<td>22 May</td>
<td>25 / 26 May</td>
</tr>
<tr>
<td>A</td>
<td>Year 8 Assessment Week Parent Meeting</td>
<td>Year 8 Assessment Week</td>
<td>Year 8 Assessment Week</td>
<td>Year 8 Assessment Week</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>27 May</td>
<td>Year 9 Assessment Week</td>
<td>28 May</td>
<td>29 May</td>
<td>1 / 2 June</td>
</tr>
<tr>
<td>B</td>
<td>Decision – Making Program Begins Year 10 Year 9 Assessment Week</td>
<td>Year 9 Assessment Week</td>
<td>Year 9 Assessment Week</td>
<td>Year 9 Assessment Week</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>3 June</td>
<td>Year 7 Assessment Week</td>
<td>4 June</td>
<td>5 June</td>
<td>8 / 9 June</td>
</tr>
<tr>
<td>A</td>
<td>Year 7 Assessment Week Yr 11 Crossroads</td>
<td>Year 7 Assessment Week</td>
<td>Year 7 Assessment Week</td>
<td>Year 7 Assessment Week</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>10 June</td>
<td>QUEENS BIRTHDAY PUBLIC HOLIDAY</td>
<td>11 June</td>
<td>12 June</td>
<td>15 / 16 June</td>
</tr>
<tr>
<td>B</td>
<td></td>
<td></td>
<td>Yr 10 Life Skills Subject Market</td>
<td>Yr 10 Transition to HSC Night 5.30-7.30 &amp; Parent Teacher Night Yr10 Yr 10 Life Skills ITP’s Regional X Country Carnival</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>17 June</td>
<td>Parent Meeting</td>
<td>18 June</td>
<td>19 June</td>
<td>22 / 23 June</td>
</tr>
<tr>
<td>A</td>
<td></td>
<td></td>
<td>Zone Athletics</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>24 June</td>
<td>Yr 11 Life Skills ITP’s Yr 12 Life Skills ITP’s &amp; Agencies</td>
<td>25 June</td>
<td>26 June</td>
<td>29 / 30 June</td>
</tr>
<tr>
<td>B</td>
<td></td>
<td></td>
<td>Yr 7,8,9,10 Merit Assembly in Hall Parent Teacher Interviews Yr 7,8,9,11 3.15pm – 6.30pm</td>
<td>27 June</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>28 June</td>
<td>Final Day School resumes 15 July</td>
</tr>
</tbody>
</table>
COMMUNITY ENGAGEMENT

PARENT MEETING UPDATE
The second Parent Meeting was held for Term 2 on Tuesday 26th March 2013 and was very well attended by parents at the school. Teachers addressed various programs at the school and also year 7 students talked to parents about what they have learnt in each subject. The School Captain spoke about the SRC, leadership and fundraising events in which the students are involved.

We welcome all parents and carers to Parent Meetings.

PARENTS ATTEND “LOVE FOOD HATE WASTE” WORKSHOP
Parents attended the lunchtime workshop at the Bankstown Arts Centre and shared ideas on how to:

- Reduce household’s weekly grocery shop;
- Low-budget healthy meals;
- Store food correctly;
- Use leftover ingredients
- Initiative of the Parental Engagement Partnership.

Parent Meetings 2013
Parent Meetings are held on the following Tuesdays in the Staff Common Room. Meetings begin at 9:30am and light refreshments are available. All are welcome to attend. Please see dates below.

<table>
<thead>
<tr>
<th>TERM ONE</th>
<th>TERM THREE</th>
</tr>
</thead>
<tbody>
<tr>
<td>⇒ Week 4—19th February</td>
<td>⇒ Week 5—13th August</td>
</tr>
<tr>
<td>⇒ Week 9—26th March</td>
<td>⇒ Week 9—10th September</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TERM TWO</th>
<th>TERM FOUR</th>
</tr>
</thead>
<tbody>
<tr>
<td>⇒ Week 4—21st May</td>
<td>⇒ Week 4—29th October</td>
</tr>
<tr>
<td>⇒ Week 8—18th June</td>
<td>⇒ Week 9—3rd December</td>
</tr>
</tbody>
</table>

Parents attended a Harmony Day celebration at Bankstown Arts Centre and were treated with amazing acts from various community groups.
CAUSES OF SLEEP DEPRIVATION
Hectic extra-curricular schedules, television and gaming keeping students awake and late night light exposure (especially from computers and mobile phones) leading to inadequate production of the brain chemical melatonin that is responsible for making you feel sleepy.

WAYS TO AVOID SLEEP DEPRIVATION
• Sleep in a bit (maximum 2 hours) on Saturday morning (students will like this one!).
• Avoid late nights on the weekend, try and go to bed the same time as you do during the week so you do not disrupt your sleep patterns.
• Get to bed early on a Sunday night.
• If you are not getting enough sleep, work on adjusting the body clock by going to bed slightly earlier each day, perhaps 10 minutes earlier for a week. Then next week go to bed another 10 minutes earlier until you have adjusted to the right bed time for you so you get enough sleep.
• Limit afternoon naps to 30 minutes and gradually reduce these.
• Avoid caffeine (cola drink, coffee, energy drinks, chocolate) after dinner or even better, no later than 4pm.
• Organise as much as you can at night to minimise what you have to do in the morning (e.g. organise your clothes for the next day, pack your bag).
• Decide what time electronic devices will be switched off each night.
• Avoid watching TV for at least half an hour before you go to bed.
• Try and have an hour before you go to bed without computers or homework or chatting to friends.
• Set up a relaxing ‘wind-down’ routine for before you go to bed. Do this same routine every night (e.g. warm shower, reading, listening to quiet music) so your brain associates these activities with bed time and sleep.
• A drop in body temperature near bedtime triggers the sense that is time to go to sleep. So after a warm bath or hot shower, cool yourself down. It is also better at night to be cool rather than overheated.
• Keep your room as dark and as quiet as possible at night.
• When you lie in bed, start at your feet and mentally imagine relaxing each muscle as you slowly work your way up the body. Most people do not make it up to their head before they fall asleep!
• In the morning open the curtains wide or go out into the sun and get lots of light to help wake your brain.
• A healthy breakfast will help to kick-start a student’s body clock for the day.
• Avoid early morning starts or early morning activities if you can.
• Maintain a healthy diet and ensure you get some exercise.

EFFECTS OF SLEEP DEPRIVATION
Concentration difficulties, mentally ‘drifting off’ in class, shortened attention span, memory impairment, poor decision making, lack of enthusiasm, nightmares, moodiness and aggression, depression, skin problems, lowered immune system, lack of energy, risk-taking behaviour, cognitive impairment, cravings for unhealthy food leading to weight gain, slower physical reflexes, reduced sporting performance and reduced academic performance.
JUNIOR SCHOOL UNIFORM

All school jumpers and shirts MUST display the school logo.
Students MUST wear fully covered black leather shoes.
In winter students may wear either a white or navy blue plain scarf.

School uniform shop is open Mondays and Wednesdays 8:00am-12pm
SENIOR SCHOOL UNIFORM

All school jumpers and shirts MUST display the school logo. Students MUST wear fully covered black leather shoes. In winter students may wear either a white or navy blue plain scarf.

School uniform shop is open Mondays and Wednesdays 8:00am-12pm
Centre for Excellence in Teacher Quality

The purpose of education at school is to supplement the education occurring at home. Educator’s aim to cultivate attitudes, skills, knowledge and values that we think young people are going to need to be brave and confident lifelong learners in the 21st Century. At Bankstown Girls High School we are committed to building young people’s learning power; not just what they are learning, but more importantly learning how to learn.

One of our major recent developments has been the introduction of Professor Bill Lucas and Professor Guy Claxton’s pioneering work on helping young people become better independent learners. BGHS over the next 12 months will be introducing the below model to staff, students and parents. It is important as a learning community that we work together to ensure our students develop good learning habits. If parents would like to assist their daughter with developing these learning habits, the model below could be a useful starting point for discussion.

What is Building Learning Power?

An Approach to learning how to learn.

Building Learning Power is about the four key Learning Dispositions - Resilience, Resourcefulness, Reflectiveness, and Reciprocity, the new four R's of learning. These dispositions are inherited in us all. Each of the dispositions-the four R's- is made up of a number of learning behaviours, which we call learning capacities.

Resilience

is being ready, willing, and able to lock onto learning-knowing how to work through difficulties when the pressure mounts or the going gets tough.

Resourcefulness

is being ready, willing and able to learn in different ways-using both internal and external resources effectively, calling on different ways of learning as appropriate.

Reflectiveness

is being ready, willing and able to become more strategic about learning-taking a longer-term view by planning, taking stock, and drawing out your experiences as a learner to get the best out of yourself.

Reciprocity

is being ready, willing and able to learn alone or with other people-using a sense to independent judgement together with skills in communication and empathy.
**Building Learning Power**

An Approach to learning how to learn.

<table>
<thead>
<tr>
<th></th>
<th><strong>Resilience</strong> - being ready, willing and able to lock onto learning.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Perseverance, Managing Distractions, Absorption, Noticing.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th><strong>Resourcefulness</strong> - being ready, willing and able to learn in different ways.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Questioning, Capitalising, Making Links, Reasoning, Imagining.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th><strong>Reflectiveness</strong> - being ready, willing and able to become more strategic about learning.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Planning, Meta-learning, Distilling, Revising.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th><strong>Reciprocity</strong> - being ready, willing and able to learn alone and with others</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Imitation, Interdependence, Empathy and Listening, Collaboration.</td>
</tr>
</tbody>
</table>