



2025

YEAR 7 HANDBOOK

Hornsby Girls High School



HORNSBY GIRLS HIGH SCHOOL - EXCELLENCE IN GIRLS' EDUCATION



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Principal's Message

Dear Students and Parents,

Welcome to Hornsby Girls High School.

Our school began its life as a Selective High School for girls in 1930.

Our strong tradition in academic and extra-curricular achievements is well known and our reputation continues to grow. We are proud to offer our students an academic education of the highest quality, along with numerous cultural, sporting and social opportunities.

With a caring and committed staff and a disciplined, yet relaxed atmosphere, our students study within the framework of security, confidence and self-development, allowing them to prepare for the challenges of the future.

Our Vision Statement is "Excellence in Girls' Education". We strive to develop each student to her full potential through the many programs and projects available.

Hornsby Girls High School has achieved many successes not only because of the collaborative spirit that exists, but also because of the many opportunities for all students to develop their diverse talents and interests.

We encourage our students to strive for excellence in their academic pursuits and to enjoy the many extra-curricular activities available.

Our P&C Association is very active in support of the school, and we encourage parental and community participation in our school as much as possible. Additionally an active Old Girls' Union ensures that our traditions continue.

Yours faithfully,



Dr Justin Briggs
Principal



Deputy Principals' Message

Starting at a new school is a very exciting time and you will experience different routines, new teachers, new surroundings and, of course, new friends. In a high school there are many more members of staff to meet and these people will often hold positions of responsibility which are new to you and here to support you. You should always feel welcome to talk with them.

A Student Year Adviser is one such new position, which does not exist in primary schools. Your Year Advisers are Ms Davenport and Mrs Hall and they can be found in the PDHPE staffroom. Ms Davenport and Mrs Hall will be of great support to you and can answer questions and give advice. They are the first point of contact for you and your parents and can help solve problems and tell you what steps to take or who to see when you need.

Our school has a Wellbeing Team who can provide support on wellbeing issues, organisation skills and transitioning to secondary school. This team includes a Student Support Officer, Learning and Support Teacher, School Counsellor and Head Teacher Wellbeing. You will learn their names over the first few days of 2025. The Wellbeing Team delivers wellbeing programs and provides support for individual student wellbeing. If you need wellbeing support you can talk with Ms Davenport or Mrs Hall who will help you organise this or use our QR code to make appointments.

During your Year 7 Transition Program, you will meet The Year 10 Peer Support Leaders. While you will have a Year 10 buddy who you met on Orientation Day, Peer Support Leaders are also helpful as they have been in the school for several years and still remember how it felt to be new. Peer Support Leaders and your buddy can also help you answer questions and provide advice on who to speak with if you have questions or issues you would like to talk about.

As Deputy Principals, a large part of our time is spent with the day-to-day running of the school. We work very closely with the staff to ensure that students settle in as quickly as possible. We are pleased to meet with students in our office or in the playground during breaks to discuss any matters that may arise. It will be some time before we meet with everyone individually, however, we will be speaking to you all as a group. We hope you are looking forward to the challenges and the many opportunities that this school has to offer. Welcome to Hornsby Girls High School.

We are very excited to welcome you and your family to our school in 2025. We know that you are going to have a wonderful time both learning in the classroom and engaging in the great diversity of activities available at our school.

Ms Gilmore and Ms Wallwork

Ms Vanessa Gilmore and Ms Amanda Wallwork (Deputy Principals)



Year 7 Advisers

Dear Students and Parents,

Welcome to Hornsby Girls High School!

We are Ms Davenport and Mrs Hall, your child's Year 7 Advisers for 2025. As PDHPE teachers, we'll also have the privilege of teaching some of the students during their time at this wonderful school.

Our primary role is to support and guide your child throughout their transition into high school and beyond. We'll be their first point of contact over the next six years, offering assistance with everything from navigating the school grounds to supporting their wellbeing. Whether a concern is big or small, we encourage them to approach us for help, advice, or simply to chat.

Starting high school can be an exciting yet nerve-wracking experience for many students. However, these initial feelings of unease will soon give way to confidence as they immerse themselves in the many opportunities Hornsby Girls has to offer.

To ease this transition, we've designed a Year 7 Transition Program that runs over the first three days of the school year. During this time, students will meet their peers and some of their teachers while participating in fun activities and challenges. They'll also be supported by our Student Wellbeing Leaders, who will help them learn their way around and answer any questions they have about school life.

A highlight of the Year 7 experience will be our camp in Term 3. This camp will encourage students to step outside their comfort zones, bond through adventurous activities, and build lifelong friendships within their cohort.


These are just a few of the exciting opportunities awaiting your child as they embark on this new chapter. Rest assured, we are committed to fostering an environment where every student feels supported, valued, and prepared to thrive.

We look forward to partnering with you to ensure your child's journey at Hornsby Girls High School is a successful and memorable one.

Warm regards,

Ms Davenport and Mrs Hall

Year 7 Advisers, 2025



Hornsby Girls High School is committed to “Excellence in Girls’ Education” through Positive Education


We aim to cultivate students’ intellectual, socio-emotional and physical wellbeing through a curriculum that fosters a broad set of character strengths, virtues and competencies which work together to create engaged, resilient, flourishing students.

Hornsby Girls encourages students to thrive, connect and succeed in an enabling school by:

- Extending students to their full potential
- Providing students with a diverse range of educational opportunities and experiences
- Developing students as responsible and successful leaders and members of the community
- Responding to the social, physical and emotional needs of the students.

At Hornsby Girls High School:

Students have opportunities to achieve excellence in a diverse range of curricular and extra-curricular arenas including Academic, Cultural, Artistic, Sporting, Social and Community.

- 
- Students have opportunities to achieve their maximum potential in an environment where individual gifts and talents are identified, valued and developed.
 - Students operate within an enriching learning environment, which fosters their autonomous decision-making, independent and lifelong learning skills and promotes confidence in themselves.
 - Students have opportunities to develop leadership capabilities and proactive thinking resulting in responsible action.
 - Students operate within a school environment that encourages knowledge and skilful use of contemporary technological advances across the whole curriculum.
 - Students operate within an ethical school community, which values individual achievement balanced with mutual respect and a spirit of cooperation to achieve both individual and school community goals.
 - Our school values, developed by the students and staff are: Personal Bests, Intellectual Curiosity, Social Responsibility, Kindness, Inclusivity, Resilience and Respect.

OUR SCHOOL BADGE - THE TORCH

The Torch was chosen as the badge for our school because it represents the "enlightenment of knowledge" as our students strive for excellence and personal growth.

The tradition of the School Captain and Head Prefect passing on the Torch to successive years is a deeply symbolic aspect of our annual Speech Day.



OUR SCHOOL MOTTO -

"Faith with Fortitude"

The School motto was chosen in the foundation year of Hornsby Girls High School.

At our school, **Faith** is seen as a personal quality – namely faith in yourself, in the teachers and in the school. More generally, the concept of faith in human nature, in spite of human weakness, is also an important part of our belief.

Fortitude is strength, especially strength of character, even in the midst of adversity when we need to find the resilience to face all life's challenges.

Our motto identifies two values, which should be lifelong ambitions. These values are as relevant today as they were in the founding days of the school.

OUR SCHOOL VALUES

In 2019 the SRC developed, in consultation with the senior executive, seven school values. These values help to guide the whole school in the understanding of Positive Education and the practical applications of Positive Education for each student.

Our school values are:

Personal Bests, Intellectual Curiosity, Social Responsibility, Kindness, Inclusivity, Resilience and Respect.

In SWL-Being (our student led wellbeing lessons) each session focusses on one of our school values in order to provide a practical application within our school community.

Personal Bests

Intellectual Curiosity

Social Responsibility

Kindness

Inclusivity

Resilience

Respect

SCHOOL ADMINISTRATION

Address

Edgeworth David Avenue
Hornsby NSW 2077

Telephone

(02) 9476 5711

Email

hornsbygir-h.school@det.nsw.edu.au

School Hours

Monday, Tuesday, Thursday and Friday:

8:45 am to 2:50 pm

Wednesday:

8:45 am to 2:40 pm

SCHOOL WEBSITE

The School's web address is:

<https://hornsbygir-h.schools.nsw.gov.au/>

The website is regularly updated and contains information about the school including: Curriculum, Uniforms, Enrichment Activities, Co-Curricular Music Program and our fortnightly newsletter, The Torch.

A Calendar of upcoming events is easily accessed from the home page.

It is worthwhile bookmarking the web address.



SCHOOL NEWSLETTER

The Torch, our school newsletter, is distributed to the school community electronically each fortnight and is the major communication link between the school and parents.

It contains the Principal's and Deputy Principals' reports, information and advertising about school events, reports on such school activities as excursions, theatre visits, musical activities, art exhibitions, Student Showcases, debating and sporting events.

Student achievements, both in and out of school, are recognised in The Torch. There are reports from the Prefects, the SRC, the P and C and the Old Girls' Union as well as regular updates on the school calendar of events so that parents can keep abreast of activities that are relevant to them.

PREFECTS

At Hornsby Girls High School we operate a Prefect System, which is part of our Student Leadership Program.

Each year the student body elects 18 Prefects, who in turn elect a School Captain, Vice-Captain and two Senior Prefects.

Our 2025 School Captain is Lauren Wilson, the Vice-Captain is Helen Bui and Senior Prefects Evie Choudhary, Melodie Hsiao and Ruby Young.

The Prefects are the leaders of our student body, elected to represent the students and to uphold the standards and values of the school.



STUDENT WELLBEING LEADERS (SWL)

SWL-Being is a fundamental part of our school's Positive Education Program, in which all students come together once per fortnight to focus on fostering a culture of wellbeing at Hornsby Girls.

SWL-Being aims to explore our school values, which are critical to unity, connection and becoming a global citizen beyond school.



STUDENT REPRESENTATIVE COUNCIL (SRC)

The Student Representative Council (SRC) consists of four to five representatives from Years 7-9. A further eight students are elected from Years 10 and 11. President and Vice-President of the SRC are chosen from this group.

In 2025, Angelina Chen is Head of SRC and Carina Quizon Deputy Head of SRC.

The aim of the SRC is to provide students with opportunities to develop their skills in student leadership. To this end, meetings are held regularly at school where the students discuss and action important issues.

Year representatives also enjoy contact with students from SRCs at other schools by attending forums, workshops, meetings and conferences.

AGNES BREWSTER MEMORIAL LIBRARY

The Library is named after Miss Agnes Brewster, first Principal of the school from 1930 to 1938. The Agnes Brewster Memorial Library holds a large collection of resources to support the curriculum.

The collection consists of over 20,000 titles to support the teaching and learning programs in the school. There is an extensive Fiction Collection as well as other recreational resources to encourage wide reading.

The Library Catalogue is an online catalogue, available both at school and at home. Students can search for resources, view their current loans, reserve books, renew books, and write book reviews for others to read. Links to online digital resources are also on the homepage of the Catalogue.

Computers are available for individual or class use, providing access to the Internet, scanning and printing facilities, as well as many software applications.

The Library has a subscription to Wheelers ePlatform for eBooks and an Audiobook subscription. These are available to be read on any device at any time. Access is through the link on the online Library Catalogue.

The Library has subscriptions to several **online resources** that may be accessed at school and at home, these include:

- The Australia/New Zealand Reference Centre
- Cambridge Collections Online
- ClickView
- Issues in Society Digital Editions
- Online Referencing Generator
- AustLit



Borrowing

Students in Years 7-10 may borrow up to 20 fiction and 20 non-fiction resources at one time. Students in Years 11-12 may borrow up to 30 fiction and 30 non-fiction resources in addition to all English texts. The normal loan period is two weeks. Resources may be reserved. Renewals may be made where another student has not reserved the item. Books may also be borrowed for all school holiday periods. There is no limit on the number that may be borrowed for these times.

Games such as Scrabble and Chess are available at the Library Desk.

Book Groups operate during lunch times. Students who love to read are encouraged to come along and share their love of books in informal and fun meetings.

Premier's Reading Challenge

Year 7 students are encouraged to participate in the Premier's Reading Challenge as part of the Wide Reading Program in English. This is an excellent way of setting a reading goal and enjoying quality literature.

Library Hours

7.30 am to 4.45 pm – Monday to Thursday
8.30 am – 2.50 pm – Friday

STUDENT WELLBEING



Student Wellbeing Team

The Student Wellbeing Team comprises the Deputy Principals, Head Teacher Student Wellbeing, Year Advisers, Learning and Support Teacher, Student Support Officer and the School Counsellor. The team meets weekly to discuss students needing support and develop strategies to support students. All members of the group are dedicated to assisting students who may have short or long-term difficulties that are impacting negatively on wellbeing and school performance.

Learning and Support Meetings

These are held as required to discuss and develop individual learning and management plans for students identified as needing extra support for learning, health or social needs. The Head Teacher Student Wellbeing and Learning and Support Teacher coordinate this support.

School Counsellor

The School Counsellor is a Psychologist who is available to help individual students with personal and educational problems. The School Counsellor may be accessed through student self-referral or parent referral.

Student Wellbeing Sessions (SWL-Being)

SWL-Being is a Positive Education Program designed to address the key principles of Positive Education and other relevant student wellbeing issues. It encourages student voice and leadership through interactive discussion and activities. Key topics addressed are mindfulness, gratitude, kindness, positive thinking, sleep for health and healthy lifestyle choices.

Peer Support

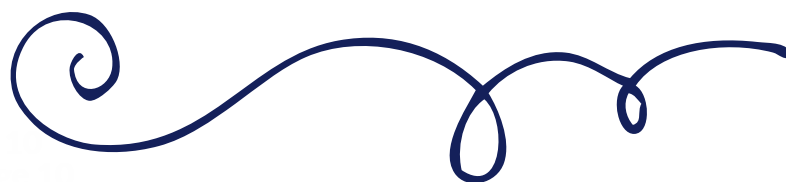
Peer Support is a long standing Positive Education Program at Hornsby Girls High School and involves Year 7 and Year 10 students. Year 10 students participate in a 1-day training course to enable them to lead a small group of Year 7 students through their first weeks of High School. Students attend Peer Support sessions during Term 1 and Term 2 on a cyclic withdrawal system. The sessions focus on such topics as strengths, mindfulness, positive thinking, communication, networks of support, clarifying personal values and developing confidence and trust. The scheme has always been evaluated by all participants as highly successful and makes the transition from Primary to Secondary School easy and enjoyable.

Hornsby Girls High School Outdoor Education Programs

A range of outdoor education and camping programs support the learning of students at Hornsby Girls High School. Student Wellbeing and Leadership camps in Years 7, 9 and 11 aim to develop friendship and year group cohesion providing exciting opportunities for students to challenge themselves in safe and enjoyable, professionally supervised activities. Field trips in various KLA areas e.g. the Central Coast for Year 8 students, further enhance the learning and social development of our students while providing key components of syllabus areas.



SOME ADMINISTRATIVE MATTERS



Students can access the Office and Reception before school, at recess and at lunchtime.

School Opal card

The School Opal card gives eligible school students free or subsidised travel on public transport between home and school on trains, buses, ferries and light rail in the Opal network. Opal cards can only be used for travel to and from school.

Parents need to complete an online application form via:

<https://transportnsw.info/tickets-opal/ticket-eligibility-concessions/school-student-travel>

You only need to make a new application if you are applying for a School Opal card for the first time or requesting an additional pass as a result of a new shared parental responsibility (joint custody) situation. You need to update your application if you have a current School Opal card and your circumstances change, e.g. change of school or home address. Once approved, the School Opal card will be sent to the home address provided on the application in January.

Excursions

All permission notes and information for excursions and sport are emailed to parents through an online system. Parents are able to give permission and make payment through the online system. Student registration number is not required to make a payment.

Payments

School Fees, Year 7 Orientation Camp and uniforms may be paid for by cheque, cash, credit card or online. If paying by cheque please make the cheque payable to Hornsby Girls High School. School Fees were outlined in an email previously sent out. This information is also available on our website.

Illness

If students do not feel well during class, it is necessary for them to bring a note from their teacher to Reception. A text message will be sent to parents when they present to sickbay. Students who are unwell can rest in sickbay for half an hour. Parents will be contacted to collect the student from the school if they are not well enough to return to class or if they have an injury that needs attention. Junior students are not permitted to travel home alone when unwell or injured. It is imperative that parents provide the school with an alternative emergency contact. Please notify the school of any change of address or contact phone numbers. School staff have no authority to dispense ANY medication to students.

Telephone

Only in emergency situations can messages from parents to students be handled by the office staff, and only with the approval of the Principal.

Parents' and Citizens' Association

Meetings are held on the third Wednesday of each month from 7:30 pm until 8.30 pm in the Staff Common Room. The Parents' and Citizens' Association Contribution fund is \$200.00, or \$225.00 if there are two or more students in the family.

ABSENCES

Student Absences

Parents are requested to notify the school if a student is going to be absent or arrive late, by phone on **9476 5711** or by email –

hornsbygir-h.school@det.nsw.edu.au

An SMS system to communicate student absences is used by the school. If a student is late or absent, and the school has not received notification then an SMS will be sent to notify the parents. Parents can then respond to the SMS with a clear message detailing reason for absence/lateness.

Parents who do not reply through the SMS system must send a written explanation the day following the lateness/absence to the school office.

Late Arrivals

Students arriving late must swipe on to the Attendance Monitoring System in the office upon their arrival at school. They will obtain two slips from the swipe machine. One is to be given to the student's class teacher. The other is to be completed and signed by the student's parent/caregiver explaining the reason for the lateness, and handed into the school office on the following school day.

Early Departure

A student wishing to leave early must report to the Deputy Principal/s between 8:30 am and 8:40 am with a letter stating the reason and have their early departure approved. Students are required to report to the office at the time of leaving and have the actual time of leaving recorded on the Student Attendance Monitoring System.



Temporary Leavers

Students wishing to have leave in excess of five school days during the school term must bring a letter from their parent/carer to the Deputy Principal/s. Extended leave requires formal approval from the Principal and a Department of Education Notice of Exemption – so several weeks' notice must be given when applying. The School requests parents do not organise overseas holidays during school terms.

Leaving School

The student is to bring a note from her parent/carer and present it to the Deputy Principal, if permanently leaving the school. The Deputy Principal will issue a Leaver's Form in order to assist the return of textbooks, equipment etc.

Parents are reminded that student medical and other appointments should be made out of school hours.

SCHOOL UNIFORM

JUNIOR SCHOOL UNIFORM – YEARS 7 – 9

Summer Uniform

- Fawn dress with navy stripes or navy pants or shorts with school initials.
- White Junior short sleeve shirt with school initials.
- Navy V-neck pullover jumper with fawn stripe, available in wool or cotton blend.
- Navy cardigan with school crest, available in wool or cotton blend (optional).
- Navy school blazer.
- Navy jacket.
- White fold over ankle socks.
- Shoes - regulation school shoes, black, lace up leather.

Winter Uniform

- Navy tunic with fawn pin stripes or navy pants with school initials.
- White long sleeve shirt with school initials.
- Navy V-neck pullover jumper with fawn stripe, available in wool or cotton blend.
- Navy cardigan with school crest, available in wool or cotton blend (optional).
- Navy school blazer.
- Navy jacket.
- Navy school scarf.
- Black tights; white fold over ankle socks.
- Shoes - regulation school shoes, black, lace up leather.

School Uniforms are supplied by School Locker:

<https://theschoollocker.com.au/>

School Locker have an online ordering system and a store in North Sydney.

Second-Hand Uniforms

A limited number of second-hand uniforms are available.



Sports Uniform

- Navy and white polo shirt with school crest.
- Navy sport shorts with school initials.
- Tracksuit - navy and white top and pants with school crest.
- Socks - white sports style.
- Gym shoes / running shoes - black or white.
- Navy sports cap with school initials - available from the Clothing Pool.
- Sunscreen is recommended for outdoor activity.

CURRICULUM

The curriculum studied by Year 7 students in 2025 will include the following subjects:

- English
- Mathematics
- Science
- History
- Geography
- Languages
- Visual Arts
- Music
- Design & Technology
- Physical Education / Health / Personal Development
- Sport

The program in Year 7 is designed to provide all students with a wide range of educational experiences. An outline of all subjects follows.



ENGLISH

Year 7 English concentrates on developing students' skills in areas of reading, writing, listening, and speaking. In 2025 students will be arranged in four parallel classes.

All students will study fiction, poetry, film, drama, picture books, and speeches. All students will be encouraged to read widely to develop their appreciation of a variety of texts in a range of modes.

Year 7 students will take part in public speaking, social debating, creative writing club, and they will enter their work in the Old Girls' Union creative writing competition.

During the year excursions, which provide students with experience in Drama, will be organised, either in or out of school.

Students should expect regular homework and should realise that its completion is mandatory.



MATHEMATICS

The Junior Mathematics syllabus in NSW secondary schools consists of stages. Stage 4 is essentially taught in Years 7 and 8 and Stage 5 is essentially taught in Years 9 and 10.

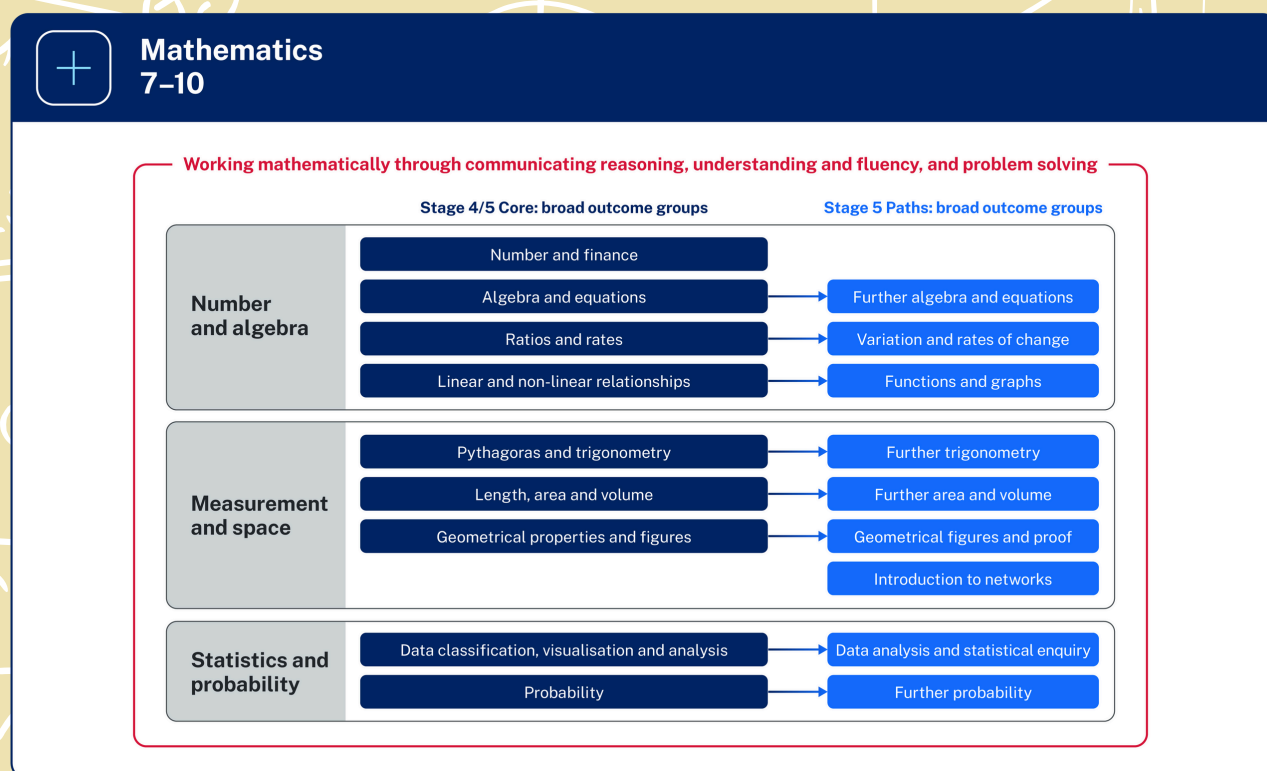
The syllabus structure illustrates the important role Working Mathematically plays across all areas of Mathematics and reflects the strengthened connections between concepts. Working Mathematically has been embedded in the outcomes, content and examples of the syllabus.

Mathematics K–10 outcomes and their related content are organised in:

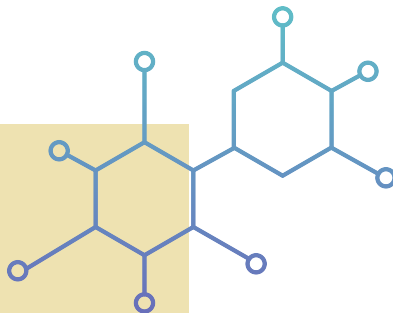
- Number and algebra
- Measurement and space
- Statistics and probability

The Core–Paths structure is designed to encourage aspiration in students and provide the flexibility needed to enable teachers to create pathways for students working towards Stage 6. The structure is intended to extend students as far along the continuum of learning as possible and provide solid foundations for the highest levels of student achievement. The structure allows for a diverse range of endpoints up to the end of Stage 5.

The Mathematics classes in Years 8, 9 and 10 are partially graded. In addition to regular lessons and associated homework, students will be given extension and enrichment work. All students will be entered into the Australian Mathematics Competition and given the opportunity to participate in the Australian Mathematics Challenge Series and other selected competitions.



SCIENCE

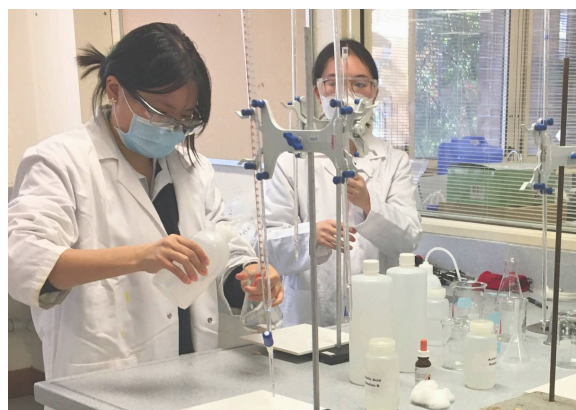


The study of Science in Year 7 builds on the knowledge and skills gained by the students in their primary schooling. It further develops students' scientific knowledge and understanding, skills and values and attitudes within broad Science topics, which include a blend of the traditional disciplines of Physics, Chemistry, Biology and Earth Sciences.

As well as acquiring scientific knowledge and skills, students apply their understanding to everyday life and develop an appreciation of science as a human activity. Students learn about the need to protect, conserve and maintain the environment, the use and importance of technology in advancing science and the role of science in developing technology.

All students will be entered into the UNSW ICAS Science Competition will also be given the opportunity to participate in the RACI Chemistry Quiz and other external competitions.

Students will be assessed through a range of strategies, which allow them to demonstrate their achievement of the course outcomes in a variety of ways.



HUMAN SOCIETY AND ITS ENVIRONMENT (HSIE)

HISTORY

Outline of Year 7 Course

The History faculty has designed a variety of exciting topics where students will delve into the mysteries of the past. This course covers the development of student skills in the use of sources and the processing of information. The course is designed to arouse empathy with the personalities of the past, and to incite curiosity and a love of history.

Special Requirements

A sense of adventure and discovery, an enquiring mind and a determination to improve individual skills and understanding.

Topics Studied

Investigating the Ancient Past

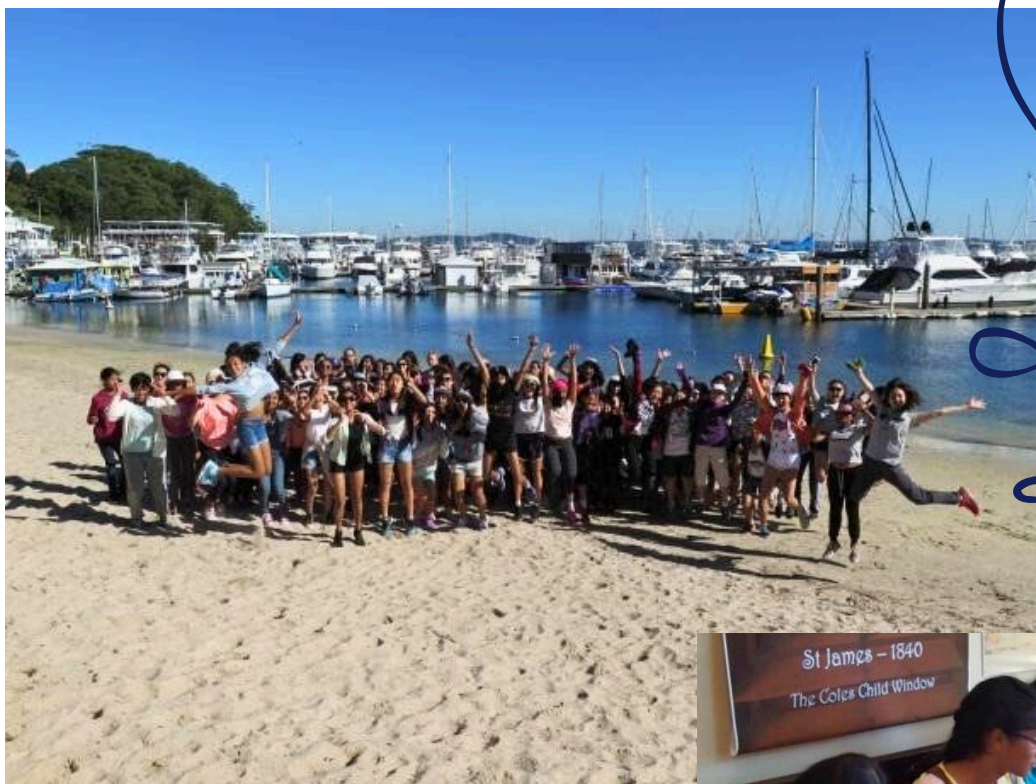
In this topic we explore questions such as: How do we know about the past? What is the role of archaeology? Why did societies develop? What was Ancient Australia like?

The Mediterranean World

A study of Ancient Egypt involving an empathetic study of an Egyptian tomb, taking on the roles of archaeologists, scribes, tomb painters and jewellers.

The Asian World

A study of Ancient China, the terracotta warriors and Qin Shi Huang Di.



GEOGRAPHY

The study of Geography prepares students for adult life by developing an informed perspective on local and global issues. In so doing, it forms a basis for active participation in community life and a commitment towards ensuring that the environment is appreciated, enhanced and protected.

Year 7 Geography enables students to understand and respond to changes taking place in environments and communities both in Australia and overseas. It urges students to accept community responsibilities and encourages positive attitudes about preservation, conservation and improvement of the Australian environment.

Year 8 Geography and History students will experience excursions, completing a Historical Site Study and Geographic Fieldwork.



The two key topics in Year 7 are:

Water in the World

In this topic students examine water as a resource and the factors influencing water flows and availability. Students also investigate processes that continue to shape the environment including an atmospheric or hydrological hazard.

Place and Liveability

This topic is about the features and characteristics of places and factors that influence liveability such as community identity, environmental quality and access to services.

LANGUAGES

Hornsby Girls are global citizens and value learning new languages for the challenge to see the world from a different perspective.

The school offers two languages to students in Years 7 to 10: French and Japanese. Students in the senior years can continue their study of French and Japanese with a third language, Spanish Beginners, also being offered.

We use a communicative approach to language learning and offer the students diverse enrichment activities. Our students participate in cooking incursions and tea ceremonies, make piñatas and have pen-pal relationships with other high schools in France, Japan, Spain and Argentina as part of their study of languages at the school.

In Year 7 students are given the opportunity to learn introductory French and Japanese in 10-week courses.

In Year 8 they choose one of these languages to study for the whole year, fulfilling the state-mandated requirements for language study in NSW.

In Years 9 and 10, students are able to study up to two Stage 5 languages, French and/or Japanese, as an elective subject.

In Year 11 students can choose to continue their studies of French and Japanese, and they may also elect to study Spanish Beginners.

In Year 12 students can study Extension language subjects if they are studying the corresponding Continuers language course. Extension courses involve the study of an authentic text in the target language and the study of prescribed issues in society through the chosen language and culture.

Through learning new languages our students become more worldly and develop important cognitive and intercultural skills in the process. We look forward to introducing the world to you.



Languages Cooking Incursion - French, and Japanese



VISUAL ARTS

Visual Arts at Hornsby Girls High School has a long-standing tradition as an intellectual, rigorous, yet enjoyable experience. Our Visual Arts students have an outstanding record of academic achievement and success. Many of our students use their Visual Arts education in the Senior School to gain high marks in the Higher School Certificate. They continue into university education and careers such as architecture, graphic design, advertising, film and television production, arts administration, arts academia, and design of all types, to name but a few.

Year 7 students study Visual Arts for half a year (semester) for five periods per fortnightly cycle, taught by Visual Arts teachers in specialist Art rooms. During Year 7 they will develop skills, gain knowledge and understanding and investigate values and attitudes in a range of art experiences. They will design and make artworks, critically study art and design, as well as be able to place art and design works within their historical context.

Students will keep a Visual Arts Diary which will document all making and learning activities undertaken by students throughout the year. Regular writing tasks involving critical and historical analysis will be presented in a theory work book. Most materials for art making are supplied by the school.

Students will have opportunities to investigate subject matter in a range of areas including objects and other living things in Year 7. In other years, themes include City as Utopia/City in Decay, Body as Narrative, Humanism in the Renaissance and Events. Students will use a variety of forms which may include painting, drawing, printmaking, design, sculpture and photography.



Year 7 Student Artworks

Year 7 students will also be provided with opportunities to exhibit and evaluate their art and design works in a safe and healthy work environment. Throughout the year each student will have their artworks on display.

The Visual Arts curriculum at Hornsby Girls High School is designed to present students with a variety of teaching/learning situations to maximise their understanding of the skills and the concepts presented to them.

This curriculum encourages creative problem solving and the development of critical thinking. The Visual Arts staff look forward to an interesting, challenging and enjoyable artistic experience with Year 7.



MUSIC

Music is a compulsory subject for Stage 4 (Years 7 and 8).

Students in Stage 4 participate in a wide variety of performance, composition and listening activities. Students at Hornsby Girls High School come from a range of musical backgrounds, so the course is designed allowing all students to participate at a level appropriate to their ability and experience. Students develop their performance skills through playing tuned percussion, keyboard, ukulele, guitar, bass and drums as well as singing. Students who already play an instrument are also given the opportunity to use these in some classroom activities.

Students are exposed to a vast array of musical styles including music of Aboriginal and Torres Strait Islander Peoples, art music, jazz, popular music and global music cultures. Students learn how to identify different features of music both aurally and through looking at different forms of musical notation.

Through developing an understanding of different forms of musical notation students develop a literacy that allows them to access music more easily. They also explore the context in which music is created, adapted, performed or experienced.

Composition and improvisation activities allow students a creative outlet and an opportunity to apply their musical understanding. Students will compose in styles studied in class, both informally and traditionally, using a range of notation methods. All students are provided with a subscription to an online music notation program.

Year 7 students are invited to join the following ensembles: Year 7 Singers, Beginner Band, Concert Band, Symphonic Band, Jazz Band, String Orchestra and Minerva Orchestra – Participation in all instrumental ensembles except Beginner Band is subject to a successful audition.

Other opportunities to be involved in activities such as musicals, concerts and smaller auditioned ensembles may also become available during the year.

TECHNOLOGY

Technology engages students in design and production activities as they develop solutions to identified needs and opportunities.

Through the practical application of knowledge and understanding they learn about Agriculture and Food Technologies, Digital Technologies, Engineered Systems and Material Technologies.

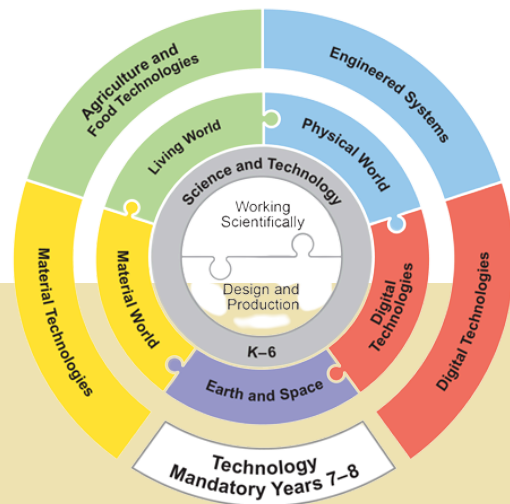
What will students learn in Technology in Year 7 and Year 8 at Hornsby Girls High School?

The study of Technology in Years 7–8 enables students to become responsible users of technologies and designers of solutions.

Through the practical application of knowledge and understanding, students develop skills in the safe use of a range of technologies to design, produce and evaluate solutions to identified needs and opportunities.

The context in which students will apply their knowledge and skills will be:

- Digital Technologies
- Agriculture and Food Technologies
- Engineered Systems
- Material Technologies.



Students will develop design and production folios, which will document the application of a design process and the specific technologies used in production.

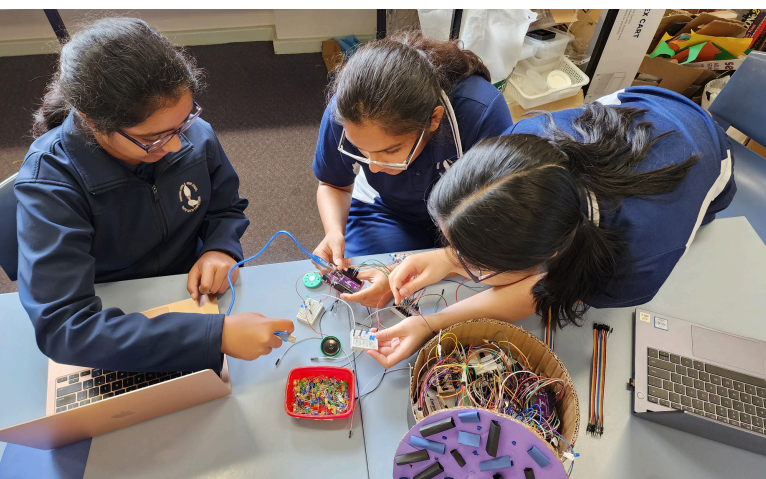
A design and production folio may include ideas, sketches, drawings, experimentation, samples, research, photographs, details of construction and evaluation.

Students will undertake a range of practical experiences that occupy the majority of course time. The practical experiences allow students to develop skills and confidence in the use of a range of hand and machine tools.

Students will also learn thinking skills such as:

- Computational thinking
- Design thinking
- Systems thinking.

Students working on their Digital Technologies 'Bakineering' Project



PHYSICAL EDUCATION HEALTH / PERSONAL DEVELOPMENT (PDHPE)

The study of PDHPE provides students with the opportunity to enhance and develop resilience and connectedness and learn to interact respectfully with others.

Through PDHPE students develop the skills to research, apply, appraise and critically analyse health and movement concepts in order to maintain and improve their health, safety, wellbeing and participation in physical activity.

Students are provided with opportunities to learn to critique and challenge assumptions, attitudes, behaviours and stereotypes and evaluate a range of health-related sources, services and organisations. They develop a commitment to the qualities and characteristics that promote and develop empathy, resilience, respectful relationships, inclusivity and social justice. Students practise, develop and refine the physical, cognitive, social and emotional skills that are important for engaging in movement and leading a healthy, safe and physically active life.

HOUSES

There are four houses at Hornsby Girls, they are: **TURNER** named after Ethel Turner who wrote "Seven Little Australians". Turner house colour is yellow. **STEPHENS** named after Miss Ethel Stephens who was a successful artist. Stephens house colour is green. **COGHLAN** named after Dr Iza Coghlan, one of the first women graduates in medicine from Sydney University. Coghlan house colour is red. **SCOTT** named after Miss Rose Scott who made her life work the welfare of women and children. Scott house colour is blue.



Broken into three content strands which are Health, Wellbeing and Relationships, Movement Skill and Performance and Healthy, Safe and Active Lifestyles and five PDHPE Propositions which are informed by a strong evidence base to ensure that PDHPE is contemporary and future focused.

Requirements

Navy shorts with school initials, navy and white top with school crest, white socks and sports shoes with supportive sole, navy school baseball cap, (hair tied back) and sunscreen. A school tracksuit is available and necessary for winter.

Excursions

School carnivals, swimming, cross country, athletics, Year 7 Games Day, Year 8 Games Day and Year 10 Beach excursion.

Extra-Curricular Activities

Students can participate in a wide range of extra-curricular activities. Some examples include: basketball, netball, taekwondo, soccer, yoga, dance, volleyball, zumba, water polo, fencing, badminton and aerobics. These activities and more take place after school at various times throughout the year.

Sport

Students in Years 7 to 10 must participate in a Sports program as part of the School Curriculum. In Year 7 this is an integrated program with sporting activities held within the school grounds.

HORNSBY GIRLS HIGH SCHOOL CO-CURRICULAR MUSIC PROGRAM

The Co-Curricular Music Program at Hornsby Girls High School is a vibrant program containing almost 50% of the student population at the school. It compliments and enriches the music curriculum through dynamic ensembles that perform in eisteddfods, festivals, community and school events. The ensembles also regularly tour both regionally and internationally. We look forward to welcoming the 2025 Year 7 cohort to the Co-Curricular Music Program.

The ensembles for 2025 will be: Year 7 Singers, Junior Voices, Senior Choir, Hornsby Chorale, Beginner Band, Minerva Orchestra, String Orchestra, Percussion Ensemble, Jazz Band, Concert Band and Symphonic Band. In addition there are a number of chamber ensembles available for the most advanced students: String Quartet, Flute Quartet, Saxophone Quartet, Brass Quartet, and Clarinet Quartet.

Students may join as many ensembles as they can fit into their schedule.



Beginner Band – Mondays 7.15 am-8.30 am
A training band for all beginner players of woodwind, string, brass and percussion. Students in this ensemble are strongly encouraged to learn bassoon, french horn, trombone, euphonium, tuba, viola, cello or double bass as these are the instruments with the most opportunities in the ensembles.

Hornsby Chorale – Mondays 3 pm-4.15 pm
A chamber choir for the most accomplished singers in the school (Years 8-12 only). All positions are auditioned

Jazz Band – Tuesdays 7.15 am-8.30 am
A jazz ensemble open to students in either Concert Band or Symphonic Band by audition/invitation only.

Junior Voices – Tuesdays 7.15 am-8.30 am
An open choir for all abilities (Years 8-9). All CCMP members in Years 8-9 are encouraged to join this ensemble.

Year 7 Singers – Tuesdays 3 pm-4:15 pm
A Year 7 choir for all abilities. All CCMP members in Year 7 are encouraged to join this ensemble.



String Orchestra – Wednesdays 7.15 am-8.30 am
An auditioned ensemble for experienced string players.

Minerva Orchestra – Thursdays 7.15 am-8.30 am
An ensemble for intermediate level wind, string and percussion players. Auditions are required to place students appropriately within this ensemble.

Symphonic Band – Thursdays 7.15 am-8.30 am
An auditioned band for advanced woodwind, brass & percussion players.

Percussion Ensemble - Thursdays 3 pm-4.15 pm
An ensemble for students to play tuned and untuned percussion. Auditions may be required depending on numbers.

Senior Choir – Fridays 7.15 am-8.30 am
An open choir for all abilities (Years 10-12). All CCMP members in Years 10-12 are encouraged to join this ensemble.

Concert Band – Fridays 7.15 am-8.30 am
An auditioned band for intermediate to advanced woodwind, brass & percussion players.

Sign up and Auditions

Any student who wishes to be a member of an ensemble in 2025 is asked to fill in the [HGHS Co-Curricular Music Program Registration Form](#)

Minerva Orchestra, String Orchestra, Jazz Band, Concert Band and Symphonic Band all require an audition for entry. If you are interested in auditioning for one of these ensembles you will need to make a video recording of yourself playing.

Students auditioning for Minerva Orchestra need to prepare a 1 minute excerpt of any piece of music that demonstrates their ability as a player. Students auditioning for String Orchestra, Jazz Band, Concert Band and Symphonic Band will need to prepare an excerpt from an ensemble piece which is provided on the Google Classroom.

A Google Classroom has been set up for you to join which contains the excerpts to prepare and is also where you should post your video if making one. You can access the Google Classroom through the Department of Education student portal. You will need to join using the Google classroom [link](#)

Class code: **ohaxvat**

If you are not currently enrolled at a Department of Education school or do not know how to access your Student Portal, please email ccmphornsbygirls@gmail.com

CCMP Autumn Concert



Fee Structure

The Co-Curricular Music Program is self-funding. The 2025 costs for annual membership in the Co-Curricular Music Program is \$500 per year for the first instrumental ensemble, \$300 for choirs, \$100 for any additional ensemble/s. Fees cover the cost of conductors, music, equipment and entry into competitions and festivals.

Instruments Required and Hire Fees

HGHS usually has a large number of flute, clarinet, violin and percussion players and are short of brass players. Players are needed to learn the following instruments: bassoon, french horn, tuba, euphonium, double bass, cello, trombone, baritone saxophone, tenor saxophone and viola. Please indicate on your expression of interest form (see Google Form link above) if you are interested in playing any of these much needed instruments. All of these instruments, except viola, can be hired from the school. The hire fee is \$250 plus a \$300 refundable deposit. Some of our most in need instruments can be hired free of charge (excluding the refundable deposit) for the first year. An instrument usage fee of \$50 will be charged to all keyboard, electric guitar, electric bass and percussion players for the maintenance of the instruments used at school.

Private Lessons

All members of instrumental ensembles are expected to have private lessons on their instruments until they have reached a minimum of AMEB 6th Grade or equivalent. Due to a lack of space at the school, lessons must be arranged by the individual outside of school. A link to a list of tutors can be found in the [Co-Curricular Music Handbook](#)

Performance Uniform

CCMP uniform is school (navy blue) pants with school initials and white winter shirt with school initials (senior shirt).



Co-Curricular Music Activities include:

- Eisteddfods & festivals
- International Tours
- Regional Tours
- Workshops with professional ensembles and tutors
- Community Concerts
- Two major school concerts per year
- School Functions e.g. Speech Day, Prefect Induction, Orientation Day, Year 12 Graduation.

If you have any further questions about the Co-Curricular Music Program, please see the [Co-Curricular Music Handbook](#) or email ccmphornsbygirls@gmail.com.

Thank you for your support of the Co-Curricular Music Program. We look forward to meeting you.

Mrs Lara Sholl

Co-Curricular Music Coordinator

Ms Nadia McCarthy

CCMP Administrator



STUDENT PROGRESS

Student progress is measured by progressive assessment throughout the year. In most subjects homework, assignments and projects will be used for assessment as well as class tests, topic tests and practical work.

Semester 1 and Semester 2 reports are issued to parents, based on a combination of classwork and class assessments.

Parent Teacher interviews are held mid-year.



HOMWORK

Homework will be set for students in Year 7 on a regular basis. It is generally believed that an average student, with good organisation of time and resources, should spend a total of one hour a night in Year 7 on homework. Mathematics - 20 minutes; English / Reading - 20 minutes and other homework - 20 minutes.

Homework may take various forms. Some of these include:

1. Preparation for future lessons, e.g. research, assignments and reading.
2. Preparation for tests and assessments.
3. Review of work covered in class.
4. Short assignments set on a frequent basis.
5. Longer assignments set on a less frequent basis.

Parents are encouraged to take an active interest in the amount of homework set and when it is due. They are also urged to support and assist but not to complete homework.

The Importance of a Study Program

Students should formulate a weekly study program. This will allow for:

Parity of subjects - Students are encouraged to think of each subject as having equal value and therefore to devote equal time and effort to each subject.

Mapping out - Those times when short homework assignments, which are set on a regular basis, can be completed and balanced against work on larger, less regular assignments and student-initiated study.



ENRICHMENT ACTIVITIES

The following activities are offered at Hornsby Girls High School to provide a broad range of experiences and opportunities for our students.

Aerobics

- Teams and Individual Events
- State and National Competitions.

Art and Design

- HSC Visual Arts Exhibition
- Hornsby Girls High School Art Exhibition
- Additional activities may include:
 - ceramics
 - digital photography
 - drawing
 - oil painting
 - realistic painting
- School Magazine - Minerva
- GAT Workshops.

Building Strength

Year 11 Positive Education Program.

Business Studies

- Business Educators Australasia "Plan Your Own Enterprise" Competition
- University of Newcastle Year 11 Business Plan Challenge
- UBS Women in Leadership Program.

Cafe Gratitude

Barista training and operation of school cafe.

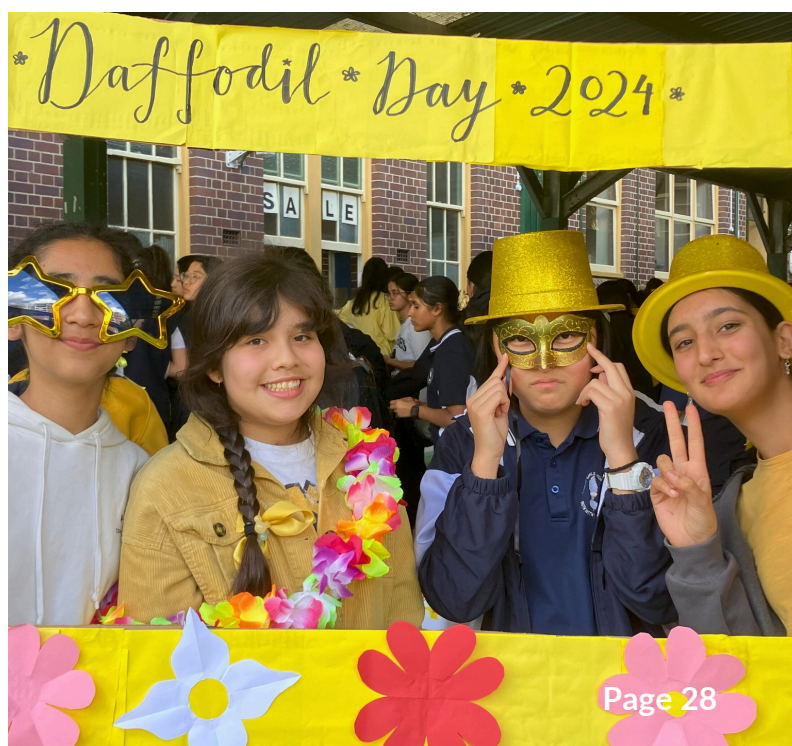
Camps in Years 7, 9 and 11.

Leadership camps for SRC.

Coding Club

Charity Fundraising may include:

- Anglicare "Toys 'n Tucker" Christmas appeal
- Cancer Council
- Guide Dog Association
- Hornsby Women's Shelter
- Indigenous Literacy Foundation
- Jeans for Genes Day
- Jump Rope for Heart
- Legacy Badge Day
- MS Readathon
- National Heart Foundation Valentine's Day Appeal
- Pink Ribbon Day – Breast Cancer Research
- Purple Ribbon Campaign *Unifem*
- Red Cross Blood Donor Appeal
- Salvation Army Red Shield Appeal
- Stewart House
- UN Women
- World's Greatest Shave – Leukaemia Foundation
- 40 Hour Famine – World Vision.



Chess Club

- Inter-School Competitions
- Outdoor chess board in COLA Area.

Commerce

- Suncorp Bank Money Challenge
- Year 9 Running a Business Market Day
- Year 9 Sydney Zoo operations
- Year 10 Police and Justice Museum Excursion
- Year 10 NSW Parliament Visit.

Dance

- Regional and State Festivals
- Talented Dance Ensembles – Three dance groups
- Various Eisteddfods.

Debating

- Premier's Debating Challenge - Years 7-12
- Social Debating Years 7 and 8
- Year 11 Metro Debating Competition
- Also see PUBLIC SPEAKING.

Digital Leadership – Years 9 and 10.

Drama

- After-School Drama Enrichment Classes
- Hornsby Girls High School Student Performance Evenings
- Junior and Senior State Drama Ensembles
- Regional and State Drama Festivals
- School Musical – alternate years (with Normanhurst BHS).

Driver Education Program

- Year 11 RYDA Driver Education Program.

Duke of Edinburgh Award

- Bronze, Silver and Gold Levels.

English

- Dorothea MacKellar Poetry Competition
- Hornsby Girls High School Writing Competition – sponsored by the HGHS Old Girls' Union
- Publication of Burning Bright – student writing magazine
- Writing Competitions advertised through the Year:
 - Guringai Festival Reconciliation Writing Competition
 - What Matters Writing Competition
 - Write Now! Competition
- Also see DEBATING, DRAMA and PUBLIC SPEAKING.



Enterprise Challenge

Year 10 Illuminate Enterprise Challenge

Environment

- **FRED** (Friends of Recycling, the Environment and Dirt) Student-initiated and student-managed environmental group
 - Clean Up Australia Day activities
 - Earth Hour
 - Paper Recycling Program across the school
 - Plant-A-Tree Day
 - Recycling of soft plastic
 - Students participating in P&C Grounds Days.
- **SEMP** (School Environmental Management Plan) Committee.

Excursions and other visits - in most Faculties.

Geography

- Australian Geography Competition
- Fieldwork related to the physical and human environment.

Grit Factor

Year 12 Positive Education Program.

Harmony Day

Intercultural understanding and co-operation.

Highlite - Christian Fellowship Group.

History

- HSC Extension History Prize
- National History Challenge
- Simpson History Prize
- Year 8 Medieval Day

Languages

(French, German, Japanese, Spanish)

- Education Perfect World Championships.
- Year 8 cultural cooking incursion.
- Years 8 to 12 - communication with schools in target language countries.

Library

- Book reviews for Oliver Library Management System
- Library Monitors
- Premier's Reading Challenge
- Visiting authors as guest speakers
- Write a Book in a Day
- Year 7 Book Club
- Year 8 Book Club
- Years 9/10 Book Club.



Leadership - Within the School:

- Prefect System - portfolio structure
- Travel Prefects - for assistance travelling to/from school
- Student Representative Council (SRC)
- SWL (Year 10 Student Wellbeing Leaders)
- House System
 - House Captains
 - House Sports Captains and Vice Captains
 - House Music Captains and Vice Captains
- Peer Support Program – Student leadership in Year 6-7 Transition Program and whole school Wellbeing Program
- Year group Charity Fundraising Activities
- Duke of Edinburgh Award
- Work Experience (Year 10)
- Games Day Leaders
- Year 12 Masterclasses
- School Ambassadors - school tour guides
- HGHS Social Justice Group
- School Annual Magazine - Minerva
- House Choir Competition
- Lip-sync - Student Charity Concert
- Year 12 Jersey Committee.

External Leadership Opportunities

- Australian Youth Development Student Leadership conference
- Director-General's Award for Excellence in Student Achievement
- Future Leaders Conference - Halogen
- International Women's Day Functions
- Long Tan Awards for Leadership and Teamwork
- Minister's Award for Excellence in Student Achievement
- Model United Nations Assembly - Rotary
- National Young Leaders Day
- Student Leadership Program for School Captains/Vice Captains - NSW Government
- Student Representative Council - District/Regional/State Levels
- UBS Finance Academy - Macquarie University
- UBS Young Women's Leadership Academy - Sydney University
- United Nations Youth Association State Conference
- Women's Student Leadership Seminars - Women's College, Sydney University
- Young Achievement Australia Business Skills Program
- Young Australian of the Year
- Young Women's Leadership Seminar - NSW Parliament House
- Youth of the Year Quest - Hornsby Lions Club
- Youth Parliament - NSW YMCA
- Zonta Young Women in Public Affairs Award.



Mathematics

- Australasian Problem Solving Mathematical Olympiad (APSMO)
- Australian Mathematics Competition
- Mathematics Challenge for Young Australians – Challenge Problems.

Minerva Magazine

Annual School Magazine.

Model United Nations Assembly (MUNA)

Mock Trial

NSW Law Society Mock Trial Competition.

Music

- Beginner Band
- Chamber Ensembles
- Choirs – Year 7, Junior, Senior and Chorale
- Guitar Ensemble
- House Choir
- Jazz Band
- NSW Schools Spectacular
- Orchestras - String, Symphony and Minerva
- Percussion Ensemble
- Regional and International Music Tours
- School Musical – alternate years (with Normanhurst BHS)
- State Music Camps - Junior & Senior
- State Schools Instrumental and Vocal Ensembles

- Student Performance Evenings
- Sydney Eisteddfod
- Wind Bands - Concert and Symphonic

Peer Support Positive Education Program

Transition to High School Program for Year 7 - led by Year 10 Student Leaders, delivering Wellbeing Programs through SWL-Being activities.

Peer Tutoring

Public Speaking

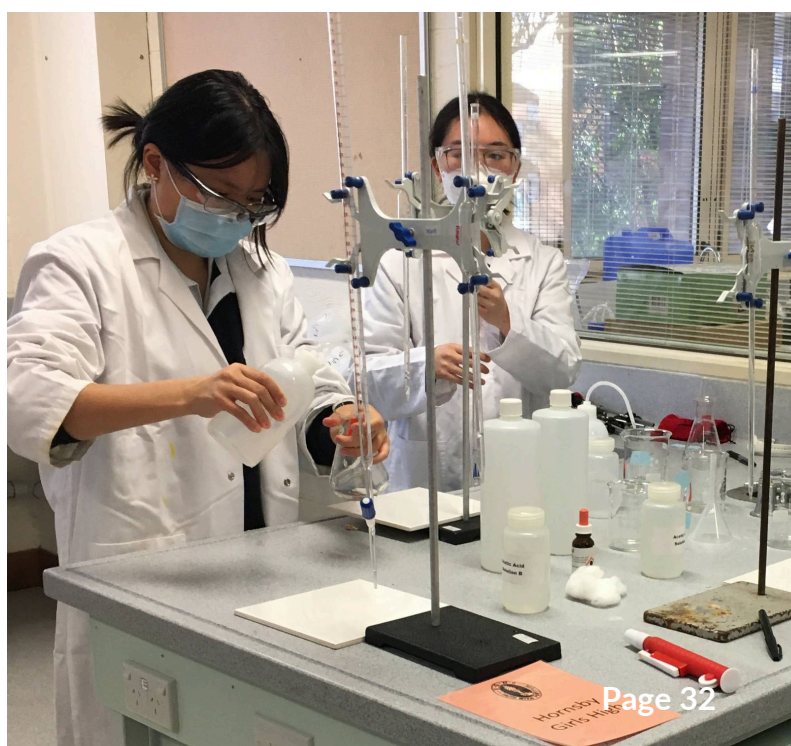
- English Plain Speaking Award
- Legacy Junior Public Speaking Competition
- Rostrum Voice of Youth Competition
- UN Youth Evatt Public Speaking Competition.

Raise Mentoring Program

Running Club

Science

- Australian Science Olympiad – Biology, Chemistry and Physics
- National Youth Science Forum
- RACI Chemistry Quiz
- RACI Titration Competition
- Science & Engineering Challenge (Year 10)
- UNSW ICAS Science Competition.



Sister-School Relationship – Shukutoku Yono, Japan.

Social Justice Group

- Birth Kit Foundation fundraiser
- High Tea for Hamlin
- Immediate disaster relief fundraising
- International Women's Day Breakfast
- Support the Girls fundraiser
- Uplift Bra Program
- World Vision 40 hour famine.

Spirit Week

Last week of Term 2, School Spirit activities organised by the SRC.

Sport

- Year 7 & Year 8 Games Days
- Entry to Zone/Regional/State/National Competitions as appropriate
- **Tournaments** - many of the teams have specialist external coaches:
 - Aerobics, Athletics
 - Badminton, Basketball
 - Cricket, Cross Country
 - Netball
 - Oz Tag
 - Rowing
 - Soccer, Softball, Swimming
 - Tennis, Table Tennis
 - Volleyball.

- **Extra-curricular Sport** - seasonal:
 - Aerobics, Athletics Training
 - Badminton, Basketball
 - Cricket, Cross Country Training
 - Dance, Netball
 - Oz Tag, Soccer
 - Table Tennis Club, Taekwondo, Tennis
 - Volleyball.
- **Senior Fitness Room** – training and registration required.

SWL-Being

Positive Education Program lead by Year 10 Student Wellbeing Leaders incorporating mindfulness and other elements of positive psychology.

Technology and Applied Studies (TAS)

- McCormick Flavour Challenge National Food Technology competition Stage 5
- Wool 4 Schools National Textiles and Design Competition Stage 5.

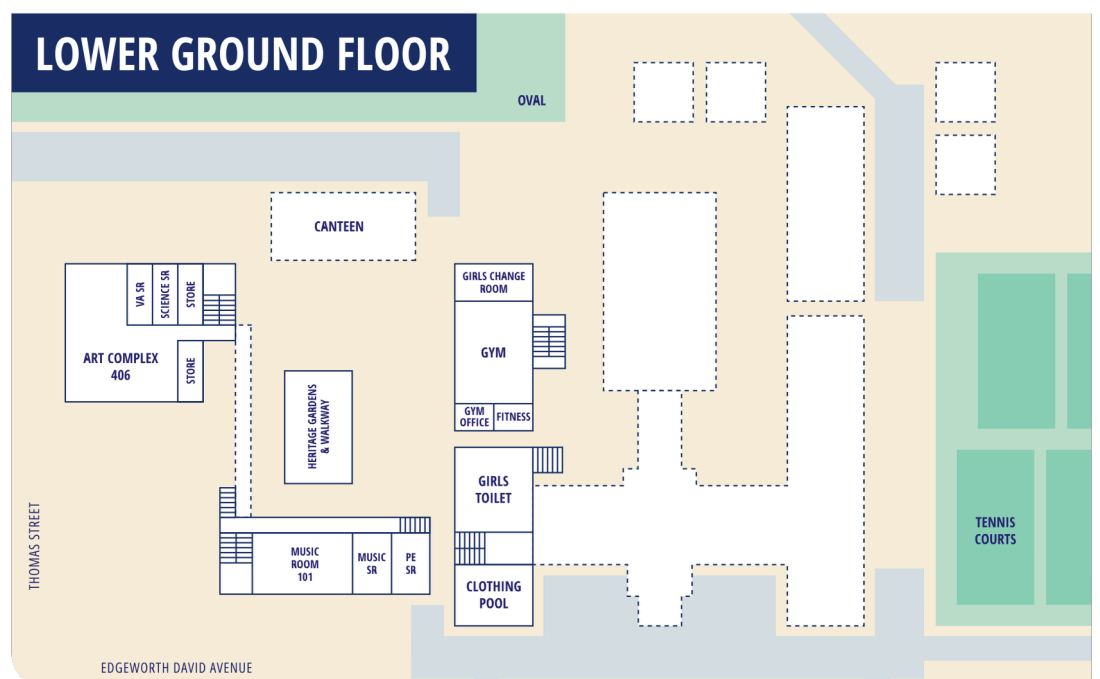
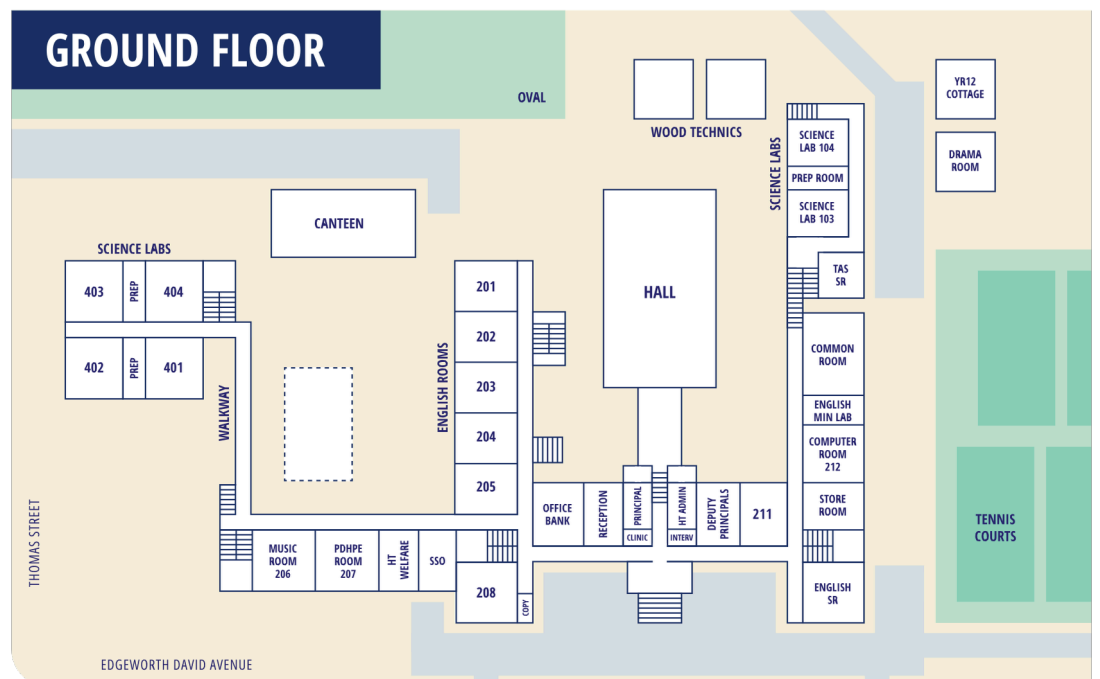
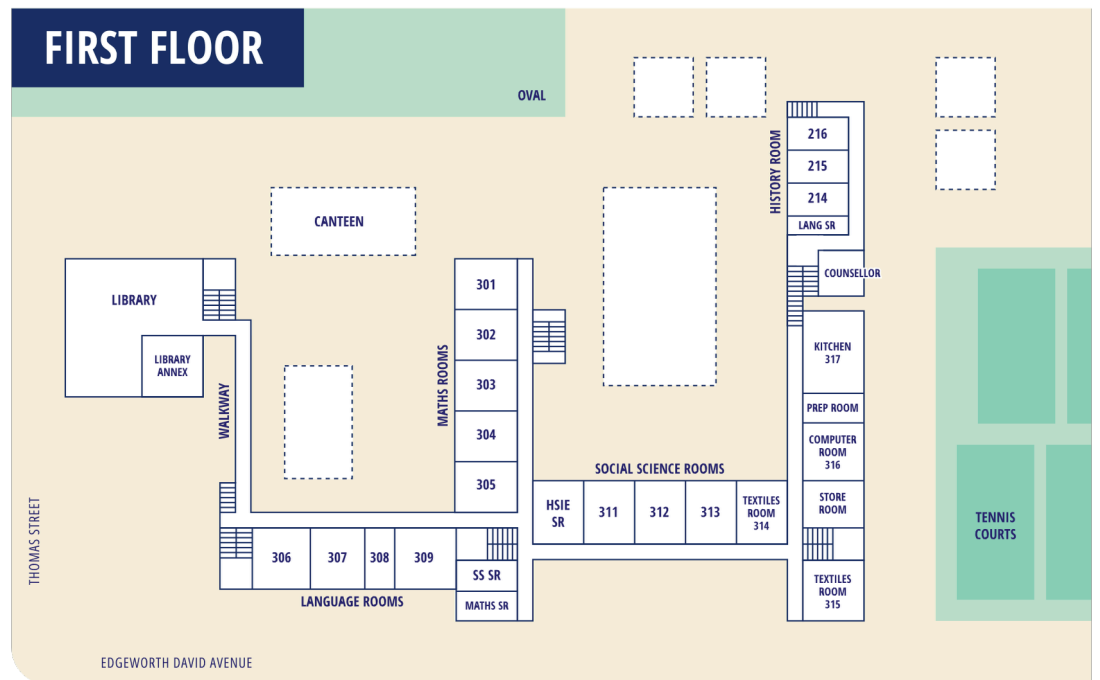
Tournament of Minds

Year 12 Subject Masterclasses

In preparation for HSC Examinations top ranking students in each subject offer advice, address key concepts and answer questions in student-led afternoon sessions.

Youth Mental Health Aware Program





Calendar 2025

Eastern division

January

M	T	W	T	F	Sa	Su
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February

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August

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September

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November

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December

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29	30	31				

Key dates

Check with your school as starting and finishing dates may change.



First to last days for all students:

Term 1: 6 February to 11 April
 Term 2: 30 April to 4 July
 Term 3: 22 July to 26 September
 Term 4: 14 October to 19 December



School development days:

Term 1: 31 January to 5 February

Term 2: 28 April and 29 April

Term 3: 21 July

Term 4: 13 October



School holidays:

Summer 2024 -25: 22 December

2024 to 30 January 2025

Autumn: 14 April to 24 April

Winter: 7 July to 18 July



Public holidays

Spring: 29 September to 10 October

Summer 2025 -26: 22 December

2025 to 26 January 2026



School development days

The dates are determined by the department. Always check with your local school as dates may change. Parents and carers should not send their children to school on school development days.

education.nsw.gov.au/school-development-days



Scan me for key dates

education.nsw.gov.au/calendars

Transitioning to High School

a checklist for parents and carers

BEFORE YOUR CHILD STARTS HIGH SCHOOL

- ☐ Go to orientation events
- ☐ Practice waking up early
- ☐ Buy the right uniform and bag
- ☐ Make sure they have stationary and books
- ☐ Spend time talking about the new school
- ☐ Be positive about the transition yourself
- ☐ Build excitement for new opportunities – all those extra-curricular activities!
- ☐ Encourage them to make friends outside their existing group
- ☐ Practice the trip to school together – apply for a travel pass if needed
- ☐ Encourage them to sign up to peer support and buddy programs
- ☐ Discuss emergency and safety issues
- ☐ Arrange a chat with an older child who's already been through it

ONCE YOUR CHILD STARTS HIGH SCHOOL

- ☐ Check in regularly to see how they're going
- ☐ Establish a proactive relationship with their Year Adviser
- ☐ Explore time management and study techniques
- ☐ Make sure they're getting enough sleep
- ☐ Connect with another parent from the year
- ☐ Make sure they have multiple copies of their timetable at school and at home