

Tamworth Girls Academy

- Tamworth High School -

2018 Newsletter | 2nd Edition



Welcome to 2018

2018 has hit a flying start, it is all get up and go here at the Tamworth Girls Academy. A variety of programs and activities have commenced and we have hit the ground running. Our senior students are settling in well to their final years and they aren't far out from the half yearly exams. Good luck to all and we look forward to hearing of your outstanding results.

With food always being a favourite, the nutritional program and lunch time cook ups are underway with the girls enjoying the fruits of their labour. The girls have also participated in the National Day of Action against Bullying and Violence activities and oztag game, basketball shooting comp, school swimming carnival and much more. Check out below to see what else has been happening...

Bangarra Dance Workshop

On Thursday 15th February, Aboriginal students from High Schools around the region were invited to participate in a one day workshop run by the Department of Education in collaboration with the internationally renowned Bangarra Dance Theatre.

Selected students were identified with exceptional talent and have been short listed with the potential of joining the 2018 NSW Public Schools Aboriginal Dance Company.

The full day workshop consisted of a vast amount of challenging dance exercises and moves and approximately 14 students, girls and boys, out of 50+ participants were selected from the workshop.

Tamworth Girls Academy had approximately 7 students participate in the workshop and is proud to announce that two Girls Academy students from Tamworth High School were selected from a very competitive bunch of talented students. Congratulations to all girls that participated and Kooriana Boney and Wirrindah Whitton on your selection.

We look forward to hearing of your future successes in dancing in particular with Bangarra Dance Company.





International Women's Day

International Women's Day is a globally recognised day on the 8th of March, where we get the opportunity to celebrate the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity and this year's theme is #PressForProgress.

The Girls Academy annually celebrates

International Women's Day by getting together with inspirational women (and men).

This year, Tamworth Girls Academy hosted an intimate morning tea with several very special women and men from our community, showcasing some fantastic achievements of women and raising awareness for the need for gender parity. Tamworth High Girls Academy opened their 2nd



annual IWD with an outstanding cultural

dance performance by our very own Year 12 Girls Academy student, Kooriana Boney, followed by two very strong, independent and inspirational women of our community. They shared their life experiences, struggles and how they came to be strong, independent and driven women. Aunty Yvonne Kent, respected local Elder and role model who was recently awarded

2018 NSW Local Woman of the Year by MP Mr Kevin Anderson, spoke about the importance of listening and respecting the people around you, particularly your elders. Aunty Yvonne works tirelessly in the community to bring positive change to our first nation youth and their families. Samantha Duncan, aged 19, is a young local woman who shared her struggles throughout school life and stressed the importance of utilising your support networks, listening and embracing the advice given by your parents, family and teachers in order to stay on track in your journey to success.

Samantha now works as a positive role model with the Opportunity Hub mentoring and delivering programs in our local schools that have similar challenges and need a support network to help guide them through challenges and providing opportunities. We would like to take this opportunity to thank all that attended the event, the supporting Tamworth High School staff that continue provide their expertise at academy events and our emcee, Giaan White, a current Year 11 student and Girls Academy representative. Giaan does an amazing job, we are very lucky to have her as a stand out role model in the Academy. The Tamworth Girls Academy team were overwhelmed and pleased with the attendance and positive feedback from staff, students and community.



Bring on International Women's Day 2019!!

Opportunity Hub

2018 has kicked off with the Opportunity Hub.

Wirribiyaan is a program developed for Girls Academy students in years 7/8 and is facilitated in conjunction with the Opportunity Hub. The programs are developed and tailored to the needs of the girls and help improve resilience, self-esteem and leadership skills, tied into culture.

This focus so far has been goal setting, its importance and how it can give you a sense of purpose and responsibility and team building activities to highlight the importance of team work and having respect for peers and people.

The girls have enjoyed participating in a range of activities including designing and creating the Sydney Harbour Bridge in aluminium foil and protect the egg, where students worked together to wrap an egg with cotton balls, marshmallows and tape, then dropped the egg from the walkway to see if the egg would survive. Deadly Tucker was a hit, defining what it means to eat healthy and make healthy food choices and was followed up with a fitness component on the oval.

There is still plenty of fun to be had in Wirribiyaan in the remaining sessions of the term. Ochre is aimed to engage Girls Academy students in years 9/10 focusing on assisting students with tertiary education and career options. Ochre is also facilitated by the Opportunity Hub and is developed to assist participants with writing of resume/cv and cover letters, information on scholarships, apprenticeships, internships and available casual jobs.

Ochre program has kick started with team building activities, understanding various aspects of employment and its entitlements, the awards, where to research them and a chance to participate in the money smart activity.

The near future will see the girls establish and/or develop their resume and cover letters along with tips for job interviews to calm the nerves. We are excited to see those girls currently looking for casual jobs explore their options with the assistance of the program.



Gomeri Gaaynggal – Dream Catchers

A small group of year 8 girls have had the opportunity to attend sessions at the Gomeri Gaaynggal Centre where they have been creating their own personal dream catchers. The program aims to provide a culturally safe environment for students to gain a better understanding of artistic and cultural practices and a chance for the girls to engage with the community in a social environment. With the focus for this term being dreamtime stories, the program provides a link from Australia's cultural stories to other indigenous cultures globally and allows students to explore their connection with their own culture.

There are only a couple of sessions remaining for the term and students are nearing completion of their dream catchers, they will then be able to take them home at the conclusion of the program. All students have been well behaved, polite and have thoroughly enjoyed the experience. A big thank you to the lovely ladies at the Gomeri Gaaynggal Centre for providing our girls with this opportunity, we are looking forward to more collaboration in the future.



Close the Gap – Community Engagement Day

On Thursday, 15th March Tamworth High Girls Academy attended Close the Gap Community Engagement Day at the Coledale Community Centre. Tamworth Girls Academy staff and 3 students, Kayla Muscat, Haylee Slomczewski and Wirrindah Whitton participated in the event helping the organisers with activity



stations and a BBQ lunch.

The event was a fantastic opportunity for the Academy to mingle with local service providers and the community as we come together to Close the Gap. We thoroughly enjoyed our day and look forward to more community engagement opportunities throughout the year.



Upcoming Events

- 8th - 10th April - Senior Excursion, Sydney
- 12th April - Rewards Day