

NEWSLETTER

No 9 – 17 September 2010

AN INTERNATIONALLY ACCREDITED SCHOOL INSPIRING RESPECT FOR PEOPLE, COMMUNITY AND TRADITION, POSITIONING OUR STUDENTS FOR ACHIEVEMENT IN THE GLOBAL COMMUNITY.

CALENDAR

Tues 21 September
Governing Council Mtg 7pm

Thurs 23 September
Report Collection by parents
Bookings at the times below:
Yr 8s 2.00-8.00pm
Yr 9-12 4.00-8.00pm
OR Friday 24 September
8.15am-12.35pm
(Yr 12s have lessons Fri)
LAST DAY OF TERM 3

Mon 11 October
FIRST DAY OF TERM 4

Thurs 14 October
Yr 8 Hepatitis B dose 2 &
HPV Dose 3

Tues 19 October
Governing Council Mtg 7pm

Wed 20 & Thurs 21 October
2011 Year 8 Uniform Shop
fittings/orders 3.30-6.30pm
in Conference Room.

Thurs 21 October
Parents & Friends mtg 1.30pm

Mon 25 October
Yr 12 Farewell breakfast

Tues 26 October
Yr 12 Graduation 7.15pm at
Adelaide Town Hall

Friday 29 October
STUDENT FREE DAY – Staff
Professional Developmt.

Mon 1 to Wed 17 November
Yr 12 Exams

Tues 2 November
Finance Advisory Com. 7pm
Principal's Tour 9.15am

Thurs 11 November
Yr 11 Study leave

Fri 12 to 19 November
Yr 11 Exams

Mon 22 to Fri 26 November
Yr 8-10 Exams

To Sleep, Perchance to Dream (and Learn.....)

Recent information from the Centre for Sleep Research at The University of South Australia reveals some startling information about adolescents and sleep.

Did you know that:

- Adolescents aged 10-18 years actually need 9 ¼ hours sleep each night.
- Because they do not get this, most teenagers are in "sleep debt".
- Without enough sleep, we do not get the deep REM (Rapid Eye Movement) sleep needed for learning. Dreaming is actually when we consolidate memory.
- Since 1995 there has been a 5% decrease in the time that adolescents sleep.
- When we don't get enough sleep our neuropsychological, emotional, psychological, and performance functions suffer.
- Non completion of work, poor learning, ADHD like behaviour, mood disorders and "giving up" may all result from teenagers not having enough sleep.
- Snoring children are more likely to have behavioural problems and poor grades at school.
- Children in behaviour units are five times more likely to have sleep disorders.
- Melatonin is a substance in the brain that relates to light and dark, causing the body to go to sleep and wake up. In adolescents, sleep often happens later at night, because Melatonin is not released until later.
- Up to 30% children have sleep disorders
- Adolescents can be "reprogrammed" to help them sleep and be more successful at home and school.

Want to know more? Go to www.sleepeducation.net.au

In the meantime, perhaps we'd better sleep on this one!

Living with and Loving Boys (and Girls)

In his recent book, *The New Manhood*, well regarded author Steve Biddulph who writes extensively about boys, highlights some interesting issues:

Young men are still the top risk group for road death: For parents the thing to know is

that the more boys in the car, the more deaths. Having rear seat passengers increases the risk of accidents by 400%.

What is the best policy for teenagers and alcohol? New research has tossed out the idea of giving teens a sip so that they learn to drink in moderation. It has been found that kids allowed to drink in their early teens sustain brain changes that can predispose them to alcohol problems later.

How do we deal with the "raunch" culture that sexualises our daughters? Parents are the key. Do not leave the TV running, choose programs to watch. Do not buy magazines for yourself (tough) or your kids that use sexy, skinny models. Have women in your daughters' lives who are strong role models and give them strong self esteem and a belief in themselves beyond looks or fashion.

Young gay men have a particular need to be accepted by their Dads. We all have preconceived ideas about what our sons and daughters should be like. Right from babyhood, there is a danger that we might reject them if they don't meet our expectations. It is important to let go of the idealised child, make the transition and learn to love the real one.

What guidelines do you recommend for the internet and video games? One hour a day maximum and only in family living areas so that you can oversee the material and the amount. Parents need to set the limits and kids actually like boundaries and feel more secure.

Changes to Reports

Finally, please use the holiday break to sit with your sons and daughters and have frank conversations about their results, their progress and their aspirations. The recent reports have the full teachers name as it is used for email at BHS. This will allow you to email teachers and make contact. As well, we have added a box (alongside each teacher's name) where WE have asked you to contact us about your child. If contact is not requested by the subject teacher, you are still free to make contact and follow up your concerns.

Jude Hines, Principal



BLACKWOOD HIGH ACHIEVERS

- ◆ Congratulations to Frances COLLETT in Year 11 who was selected and performed as a solo assisting artist at the SA Primary Schools' music Society concert at the Festival Theatre. Frances, who plays three instruments, performed a Gershwin favourite, "I got rhythm" on her clarinet. This is the third time that Frances has performed for this festival.
- ◆ Congratulations to Sydonie BALDISSERA in Year 12 who won the FaceArt10 Online Student Art Competition which was proudly sponsored by Clearasil. Sydonie will be receiving a Panasonic Lumix still digital camera and a printed T-shirt of her artwork.
- ◆ Congratulations to Katrina VLACHOS in Year 10 who has recently been selected for the State (Southern Zone) Under 16 Girls Soccer team. Katrina will be training and competing against other zone teams from October this year.
- ◆ Congratulations to Bryn MCCOMB in Year 11 who has been selected to represent Secondary School Sport SA at the forthcoming School Sport Australia Orienteering Championships to be held in Williamstown, SA, from 24 September to 3 October.
- ◆ Congratulations to Samantha LOWDEN in Year 12 who is one of six winners of the Defence Force Recruitment Advertisement Competition and will be awarded her prize and certificate plus a plaque for Blackwood High School.
- ◆ Congratulations to Sarah MARTIN in Year 11 who was recently awarded a credit in the Language World Cup. Sarah is currently studying Beginners Japanese through the School of Languages. In the on-line competition Sarah answered 3138 questions over a set period of time and her accuracy placed her in the top 10% of 30,000 competitors from around the world. A fantastic effort! Sarah is off to Japan next week as part of the group representing BHS in our sister city, Himeji where she will get to put her language skills to the test. Good luck, Sarah



THE ASSOCIATION FOR LANGUAGE LEARNING
LANGUAGE WORLD CUP 2010

CREDIT

Sarah Martin
School of Languages



FINALIST FOR TEACHING AWARD

Congratulations to Robyn Trebilcock, our Arts Coordinator who was nominated for the NEITA 2010 ASG Inspirational Teaching Award has now reached the finalist listing of 68 teachers from SA and competing with 550 nationally. Winners will be notified in November 2010 following World Teachers Day.

THANK YOU to Councillor Heather Chennell

Heather, who is a Councillor for The City of Mitcham, has been a long term supporter of our school. She has been a regular council representative for many years at our Governing Council meetings, and has an attendance record that is envied by others. Heather is aware of the exciting range of projects designed to celebrate our 50th birthday and has just made a sizeable donation towards the development of an artists in residence generational mural which will be opened in early 2011 to help launch our 50th Birthday Celebrations. Heather is a true example of volunteering and support in our local community. We are very grateful for her support and generosity.

Jude Hines, Principal

YEAR 8 VACCINATIONS

Year 8 students (where consent has been provided), will receive their Hepatitis B-dose two and HPV (Human Papilloma Virus)-dose three on Thursday 14 October.

- Has your child already started or completed the Hepatitis B program or the HPV program with another immunisation provider?
- Do you wish to withdraw your consent?
- Remember – it is your responsibility to advise the vaccinator on the day of immunisation of any change in the information on the consent form, in particular, your child's medical condition. If vaccination is not to be given, please provide a written note in your child's diary.

Mitcham Immunisation Service

SAVE VOUCHERS FROM COLES FOR BHS

Coles have teamed up with our national ambassador Cathy Freeman to launch the **Coles Sports for Schools** program. They are offering Blackwood High School the chance to get quality sporting equipment!

This will be a great opportunity for us to upgrade the sporting equipment borrowed out at lunchtimes.

From **Thursday 2 September until Sunday 31 October 2010** for every \$10 spent at Coles Supermarkets, Coles Online, Bi-Lo and Pick'n Pay customers will earn a **Coles Sports for Schools** voucher worth 1 point (given at check out).

Students can **collect these vouchers from family, friends and neighbours** and drop them into the voucher collection box located in Student Services.

Let's all jump on board and collect as many vouchers as possible.

Steve Aulert, Coordinator PE & Health

2010 NAPLAN RESULTS

The 2010 NAPLAN test results have arrived and individual student reports will be distributed by care group teachers at the Report Collection interviews on Thursday 23 & Friday 24 September (next week).

If you are unable to attend the report collection interview, the NAPLAN result sheet will be posted home. CG teachers will be able to summarise these results.

The Year 9 Case Management team will review all NAPLAN results during Term 4, develop any necessary interventions and contact parents accordingly. If you require further information about your child's results please contact me on 82780900 or craig.duguid@bhs.sa.edu.au

Craig Duguid, Assistant Principal

VET COURSES FOR 2011

In week 10 this term the new list of Vocational Education and Training (VET) courses for 2011 will be released through Quality Lincs. These courses will be advertised around the school and students **must complete an application form** with parental consent.

Although this is not a guarantee of a placement for 2011, it will certainly help if these are completed ASAP as students from other schools in our region are also applying for places.

Please remember that **all courses attract a cost**. It will be part of the application process that when accepted into a course a deposit must be paid to the school before the enrolment is confirmed.

The course booklet will be available in digital format online from <http://www.qualitylincs.com.au> and students must see Luke Northcote with any queries and to fill in an application.

If the course your student is interested in is not listed, please ask him/her to check with me, since other courses become available through TAFE SA and other training providers as the year progresses.

Further questions can be forwarded to luke.northcote@bhs.sa.edu.au or phone me on 82780954.

Luke Northcote, VET Coordinator

50TH BIRTHDAY NEWS

Planning is well underway for the 50th Birthday of Blackwood High School in 2011 and I would encourage families to visit the school website on a regular basis to obtain updates about the events.

We are offering businesses the opportunity of taking up sponsorship packages which will maximise their corporate exposure while working with the school to celebrate this important community milestone. I am pleased to announce the following local businesses that have come on board as 50th birthday sponsors.

- Professionals Real Estate, Blackwood - Platinum Sponsor (*pictured above: Jodie Kelley with the owners Felix Zevenboom, Kristy Dundon & Peter Alexandrou*)
- Blackwood Party Hire - Gold Sponsor
- Blackwood Football Club - Gold Sponsor

We welcome these mutually advantageous partnerships and thank sponsors for their support.

If you or your business are interested in discussing the sponsorship levels on offer, please feel free to make contact with me. Alternatively, you may like to get involved in the community event "Rock, Roll & Relive" scheduled for 10 April 2011 by having a stall on the day. You can get in touch with me on 8278 0900 or jodie.kelley@bhs.sa.edu.au

UNIFORM SALE

Take advantage of this offer of Girls ¾ sleeve blouses reduced from \$33 to \$23- while stocks last.

Sue Vardas, Uniform Shop Manager

SPORT NEWS



Active Year 12 Boys

The PE Staff have had much pleasure in watching a large group of Year 12 Boys belt around the gym every lunch time playing indoor soccer. We have watched this group from Year 9, grasping a spare court when they can, year after year. They are a great example of boys working together, organising themselves and valuing physical activity. We will miss you next year boys!

Year 8/9 Girls Knock Out Tennis

In unusually fine and sunny conditions, our Year 8/9 Knock Out Tennis girls travelled to McLaren Flat to take on Christies Beach and Tatchilla. They had a fantastically successful day, defeating both schools without dropping a set. The team was anchored brilliantly by Emily (9F) at number 1. Chelsea (9F) supported her well at number 2 while Anna (9A) and Emily (9I) dominated their opposition at numbers 3 and 4. The girls will now move to the next round against Brighton, Seaview and Loreto. Well done girls and good luck for the next round!



Janet Bradley, Sports Coordinator

SPECIALIST FOOTBALL PROGRAM

To celebrate the success of the Inaugural Football Program a pizza lunch including presentations was held on Friday 27 August. Congratulations to Brett who received the 'Most Consistent' award and an Adelaide Crows jumper signed by Brett Burton. Brett played in a range of positions throughout the program and consistently featured in the best players. The winner of the 'Most Dedicated' award was Sam who was a dedicated and committed student throughout the semester. His willingness to improve and commitment to all aspects of the program resulted in him being presented with an Adelaide Crows signed football. The program will expand in 2011 and will be offered to students in year 8, 9 and 10. Interested students should see Mr Little for more information.



Glen Little, Football Manager

SKI TRIP 2010



A cohort of 68 BHS students and staff gathered at the Blackwood Primary School car park at 11:00pm on Saturday 14 August and set off for a 15 hour bus trip to Falls Creek. We spent a week skiing and enjoying the alpine environment. Our weather changed from sunny skies one day to wind gusts of over 100 kilometres the next. Students took full advantage of all conditions and actively entertained themselves and others during night time activities. Night times consisted of playing UNO as well as looking forward to nightly room inspections by Janet Bradley which graded rooms on tidiness, with student offers of entertainment and chocolate bribes, which worked very well!! Students and staff were entertained at a Quiz Night, and "Dress Up" night with teachers judging the three best entrants from the twelve dormitories, some of whom had questionable taste to say the least!

I would like to take this opportunity to thank Sam Thomson our School Chaplain, Janet Bradley, Chris Olenich, Katrina Constantopoulos, James Connell, Michael Sadleir and Barry our local ambulance officer, for their efforts both before, during and after the ski trip. Thanks also to Sharna, the Finance Officer, for her help in the organization of the ski trip.

Jeanette Beadnall, Ski Trip Co-ordinator

AN INTERNATIONAL FUTURE FOR STUDENTS

This is the opportunity to make a difference for your future by hosting a S.C.C.E international student. You could enhance your studies, your travels, your career. Learn of new opportunities, attitudes, and have fun teaching Australian culture. Carefully-selected students arrive in early February from Europe, the U.S.A., Japan and Canada. Check out our brochure BRING THE WORLD TO YOUR HOME on the Southern Cross Cultural Exchange website www.scce.com.au <<http://www.scce.com.au/>

If you want to seize this opportunity while still in secondary school, contact S.C.C.E on 1800 500501 (we may have a representative in your area), fill in the Host Family Application Form (also on our website). The February students are being matched now!

SOUTHERN CROSS CULTURAL EXCHANGE Toll Free: 1800 500 501

Blackwood School Dental Clinic Clients

The State Government is constructing an exciting new GP Plus Health facility at Marion adjacent to the Marion Cultural Centre and the Domain Medical Centre. It is expected to open early next year.

SA Dental will join these services and as a result children who currently attend the BLACKWOOD SCHOOL DENTAL CLINIC will now be invited to receive their care at GP Plus Healthcare Centre Marion. As a consequence the School Dental Service clinic will close. SA Dental Service recognises that this may result in a degree of inconvenience for some patients and their families. We would like to assure you that the Dental Clinic staff will seek to work closely with you in facilitating this transition process. Further information and transition arrangements will be provided to all parents when a firm closure date has been determined. If you have concerns or comments please contact the Regional Director for the area Dr David Clark on 8350 4592 in the first instance.

FREE 'TOOLS FOR THE JOURNEY' INFORMATION SESSION

Carer Support and Respite and Centacare's Navigate Mental Health service would like to invite carers to a FREE information session. Carer Support and Respite Service are hosting:

'Tools for the Journey' an information session for parents of young people (aged 16-24) with an emerging mental health concern. This evening is designed to provide parents of young people with an emerging mental health issue with information about symptoms, diagnoses and getting support for your family. The session will be held on **THURSDAY 30 SEPTEMBER 6-8pm at the South Adelaide Football Club**, and will be presented by Navigate Mental Health and guest speaker: Dr. John Callary (Psychiatrist). RSVP to Contact Carer Support Admin on 8379 5777 or email supportadmin@carersupport.org.au

ARTS NEWS On 15 & 16 September the Year 12 Dance Moderation Performances were inspiring at the evening sessions and the primary school matinee.

Dates to remember for your diaries - Term 4 is coming fast upon us, with lots of exciting activities planned.

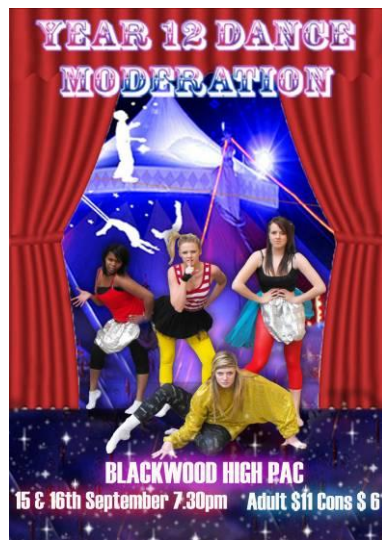
“The Trial of Robin of Blackwood” – Thursday 4 November is the Creative Arts/Drama/Dance performance that is the culmination of months of work with Windmill Theatre. It’s going to be an exciting performance in different sites around the school – watch out for future developments!

Sunset Festival – Tuesday 9 November where our emerging rock bands strut their stuff on the front lawns from 5.30-7.30pm. There’ll be a BBQ, soft drinks and other goodies on sale. It’s a great event. Auditions will be held early next term.

Year 12 Art/Design Exhibition: November – date to be confirmed. Our school has a well-deserved reputation for producing some very fine art students and we can look forward to another brilliant showing.

We’re in the middle of final Drama and Dance moderations and the final Music moderation will be early next term. It is always fantastic to see our young people blossom from eager Year 8s into the polished performers they’ve become.

Robyn Trebilcock, Arts Coordinator



Auditions soon! for SUNSET FESTIVAL 2010



**Live Bands!
BBQ
Cold Soft Drinks!**

**TUESDAY 9 NOVEMBER
FRONT LAWNS
5.30 – 7.30pm**



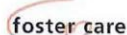
Have you ever thought about being a foster carer?

Foster Carers can be single, couples, people at home, working full-time, part-time or studying.

Free training and ongoing professional support (including 24-hour assistance) is provided.

Information Sessions are held regularly in your local area

For more information, or to register, please call Linda on 8131 3456



Can you Climb Adelaide’s Tallest Building

Join other South Australians on Friday 8 October as they climb Westpac House in support of the Childhood Cancer Association.

You can run, walk or crawl your way to the top. For details go to www.westpacstairclimb.com.au

Westpac
STAIR CLIMB
SUPPORTING Childhood Cancer Association Inc.

Step Up for Childhood Cancer and climb South Australia’s tallest building.

8 October 2010
Westpac House
91 King William Street
Adelaide, S.A.

Individuals and teams can enter online at www.westpacstairclimb.com.au

THE SRC

Bakery order forms will be coming out soon! We are raising money for outdoor furniture for the School Learning Area. Order some delicious lamingtons and fruit mince pies etc. **DON'T MISS OUT!** *From the SRC*

HIMEJI YOUTH AMBASSADORS EXCHANGE VISIT

From 5 to 17 August, Blackwood High School hosted four students and their chaperone from our sister city in Japan, Himeji. This reciprocal exchange program aims to foster closer links between young people and their families in the two cities and Blackwood was honoured to be invited to select students to participate in the exchange visit. During their stay in Adelaide the students enjoyed an excursion to the city to visit the museum and central market, a trip to Victor Harbor and Urrimbirra wildlife park, a night hike at Warrawong (where the students ate kangaroo for the first time!) and some school integration days. One of the highlights for the group was their visit to the “Antique House”, better known as the Adelaide Town Hall, where they enjoyed a personalised tour of the magnificent building and were welcomed by the mayor, Mr Michael Harbison.



During the coming holidays four of our students will be representing Blackwood High School on a return visit to Himeji. Their exciting schedule in Himeji includes a visit to the World Heritage listed Himeji Castle, tea ceremony, calligraphy and cooking lessons and a day trip to Awaji Island. This island is in the Seto Inland Sea, between the main islands of Honshu and Shikoku and is connected to Kobe by the longest suspension bridge in the world, with a central span of 1,991 metres. We wish our students, Michaela Lemm, Frances Collett, Sarah Martin and Bradley Thompson a safe journey and look forward to hearing about their adventures upon their return.

Karyn Jones, Coordinator, International Student Programs

2010 RECONCILIATION SCHOOLS' CONGRESS

On Friday 27 August, three Year 9 students Lali Wilson, Lochi Foot and Jess Smythe, along with three Year 11 students Victoria Chan, Julia McCarthy and Jordy Whaites, attended a Reconciliation Schools' Congress at the Adelaide Town Hall (*pictured with Jan Chorley, Co-Chair of Reconciliation SA*).



The day consisted of many activities based around analysing and answering the questions; What does reconciliation mean to me? What can I do to support and promote reconciliation? What can we do to support more Aboriginals and Torres Strait Islander people to take up leadership positions in our community?

The Congress Opening Ceremony showed a Kurna welcome to country dance. During the day we listened to guest speakers, smaller group panel session and worked in our Blackwood High School group. At the end we all agreed to be reconciliation ambassadors at our school.

We watched short films about our indigenous heritage; one that I (Lochi) thought stood out, as it demonstrated that aboriginal burial places were dug up in the past and the bodies were put on display, which I found disrespectful.

I (Lali) enjoyed the day when other young people, including myself were able to have our point of view listened to and were able to contribute to the discussion about reconciliation.

Lochi Foot and Lali Wilson (Year 9 students)

ADELAIDE ZOO VISIT

Every Monday, from the 26 July to 23 August, our class went to the Zoo. Our class, 8B, were lucky enough to be given the opportunity to visit and study at the Adelaide Zoological Park. We were shown the other side of the Adelaide Zoo, something few other people have had the opportunity to experience. A Zoo Volunteer, showed us the amount of care and work that most people never think about: the food sources that feed all of the animals, and a look at enclosure designs requiring extensive research to create an environment that is familiar for the animals.



We also had the unique chance to observe an animal, and record our results. It offered a brief glimpse into the world of an animal that lives at the Adelaide Zoo. We each chose a specific animal, and every thirty seconds we recorded what our animal was doing. Each animal was different to observe and so each one of us had a very different project result from everyone else. Some animals gave us an easier time than others!

Eighteen students from our class used our gathered information to present a short piece of research, which they had been working on, to the class and to Ruth Hall, the Adelaide Zoo Education Officer. The presentations varied widely covering various animals and aspects of our educational journey.

When reflecting over our amazing time at the Zoo we realise that we have had one of the best times that we could have hoped for education wise. We have learnt a lot and had fun in the process, which is a feat not easily reached.

We would really like to thank the Adelaide Zoo, and Mrs Aulert for making this experience possible. We are really grateful to her, as she organised this entire activity in her spare time for us. We all had fun, learnt a huge amount of information and would love to do something like this again!

by Maddy Quinn & Marina Deller-Evans