Welcome to Term 2. We started the term with a Student Free Day with teams of teachers continuing to work together to develop programs consistent with the Australian Curriculum and the IBMYP. The two days this year have seen significant progress. We have been notified of a change of date for the IBMYP Evaluation visit, planned for May, now occurring from 24-26 June. An evaluation team will be visiting all five schools including Blackwood High, Blackwood, Eden Hills, Belair and Coromandel Valley Primary Schools. We are looking forward to the visit and the feedback we will receive.

I would like to officially welcome David Garrett as the Deputy Principal of our school. David started his role at the beginning of the term. See his article on page 4 of this newsletter.

This term Josie Pritchard, the Resource Centre teacher Librarian and English teacher, will be on leave. We wish her well in her break and welcome Adrienne Kajewski (pictured left).

This term will see a lot of activity as three groups of our students prepare to go overseas. Two students, Payton Plummer-Height and Lachlan Hunt accompanied by Craig Duguid will be travelling to Vietnam during the Term 2 school holidays. They are travelling to Haiphong, Vietnam to participate in the International Ecopolicyade Competition as part of the 57th World Conference of the International Society for the Systems Sciences (ISSS). Our student teams came second and third in the State Ecopolyad competition last year which made them eligible for the international competition. You can support this trip by purchasing a 2013 Entertainment Book from the school front office of or online www.entertainmentbook.com.au/orderbooks/1687s17.

We have a major Cabaret & Auction fundraiser at the Goodwood Community Centre at 7pm on Saturday 25 May to support the community work our two Year 10/11 World Challegne teams will undertake whilst in Vietnam in Cambodia, and Africa. The night should be fun filled as we join together in the spirit of our community helping others. You can book online through www.trybooking.com/46635 for $25 per person. Each year level has been requested to donate the following by bringing the items to Student Services:

- **Year 8** - Children’s basket such as toys, games, children’s books
- **Year 9** - Gardening Basket such as gloves, tools, seeds
- **Year 10** - “Big Night In” basket – such as chocolate, hair and beauty products
- **Year 11 and 12** - Gourmet basket such as olive oil, non-perishable food items

Jenny Arezina (Spanish teacher) will be taking students from our school and Glossop High School, to Spain in the third term school holidays.

**Science Teacher feature in the Australian Teachers Magazine**

Congratulations to Dr Rogan Tinsley, one of our mathematics and science teachers who recently featured on page 36 in the April Edition of the Australian Teacher. Rogan has developed a robotic bladder that demonstrates to students how stimulus and the bladder works. The link for the magazine is http://issuu.com/tempomedia/docs/atm-april-2013.

**Student Safety and Shepherds Hill Road**

In the interest of safety, all students who need to cross Shepherds Hill Road should use the school crossing. We have been alerted by members of the public that there are some students who are crossing the road, putting their lives at risk and causing drivers to be distressed. It would be appreciated if parents and caregivers could reinforce this message to their children so that our school community has a reduced likelihood of a severe injury or worse, an unnecessary tragic loss of life.

**Tertiary Studies and Career Expo**

On 12 and 13 May, the Expo will be held at the Adelaide Convention Centre, North Terrace. The Expo provides the latest information on tertiary studies, employment opportunities, career pathways and further training. Further information on www.careersevent.com.
Student Attendance, Lateness and Staying Away from School
A feature of the newsletters this year has been the importance of student attendance at school for every day and time students have programmed lessons. It goes without saying that if a student is not at school, they are missing out on lessons that form part of an overall learning plan. Missing even small parts of the lesson and the learning plan makes it hard to catch up, missing considerable parts makes it very difficult and the problem just grows. Senior school students often believe if they stay home to catch up on their assignments, they will be OK. However, this often results in students falling further and further behind making it even more difficult to catch up. If students are unable to submit assignments on time, they need to let teachers know. Extensions to due dates can be made in exceptional circumstances. Students are better off submitting something rather than nothing. When students do not submit their work, teachers are unable to provide valuable feedback or assess student progress or their achievement.

Lateness and leaving school early are also aspects of attendance that must be highlighted. We all have appointments and times when we have to leave work early. The same thing applies to students – there are occasions when in school times are unavoidable for appointments and family matters. However, students leaving school early, or arriving late, needs to be kept to an absolute minimum.

Approaching end of Semester 1 2013
As we approach the last six weeks of Semester 1, all students will be involved in examinations and/or supervised assessment tasks. Year 8 to 10 students will be undertaking these assessment types in Week 5 and 6 (27 May to 7 June) during their double lessons. Year 11 students will have an examination timetable during Week 7 (11 - 14 June). It is important that students prepare for these weeks. They need to record, in their diaries, the dates for their examinations. They should be asking teachers about what will be covered in the examination in order to be adequately prepared. Below are some tips to assist students.

• Start preparing early. Don’t leave things to the last minute.
• Be familiar with the course requirements and the sections of the course that will be examined. This helps students to focus on their revision and be prepared.
• Go over your notes. Prepare summary sheets which can be in the form of tables, dot points, concept maps, mindmaps, etc.
• Practice some of the questions that have been provided during the course. Revisit your answers to see if you have covered major points required.
• Practice concentrating for periods of time. This can include writing out extending answers (which also involves practicing writing legibility).

Year 12 students will have examinations in Week 10 (1 – 5 July). The University of Adelaide has useful tips for Year 12 students to prepare for the final examinations. This can be accessed at www.adelaide.edu.au/study/high-school/after-apply/top-tips/.

Reporting for Semester 1 2013
Student Achievement Reports for Semester 1 will be available in the last week of this term for Years 8 to 12 students. This year we have made changes for Year 12 with a report available in the last week of the term. This report will not include the examination results. The examination results will be made available to parents in Term 3 as a separate report. This decision has been made to bring into line the reporting procedures across the school and ensure parents/caregivers are provided with achievement information earlier.

2014 C.A.S. Hawker Scholarship
Applications for the 2014 Charles Hawker Scholarships will open on 9 December 2013 and close on 3 January 2014. The scholarships, valued up to $45,000 over three years, are privately funded and available to Australian undergraduate and post graduate students. Further information on http://www.hawkerscholarship.org/pages/application-form.php or by contacting Cesare Silvestri on 8127 1654.

UniSA Advantage Program
Students in Year 12 can gain bonus points in two ways:

• Aspire bonus points for students who are recognized by UniSA as being under represented in the students going on to university. Bonus points under this arrangement apply to individual Year 12 students who are in receipt of Youth Allowance, Health Care Card, Low Income Health Card and/or School Card benefits. Eligible students will be awarded five Aspire bonus points.
• Achievement bonus points are awarded for particular subjects undertaken in Year 12. Eligible students will be awarded two Achievement bonus points for each particular subject up to a maximum of five.

Students may be eligible for the Aspire and Achievement bonus points. However, the total is capped at 9. More information is available on www.unisa.edu.au/bonuspoints. Applications close Friday 13 December, 2013.

Marion Coady, Principal

CAREERS EXPOS AND SCHOOL VISITS
Unfortunately this year, due to no trains, we are unable to take the Year 10 students to the Careers Expo at Wayville Showgrounds on Friday, 17 May. We do, however, encourage all students and their families to attend the EXPO on Saturday 18 May, between 10am and 4pm and experience the huge range of exciting careers on offer. For more information on the National Careers and Employment and Careers Expo, please visit http://www.eocexpo.com.au/adelaide.aspx

In lieu of this, Year 10 students will be having a series of seminars and guest speakers in the coming weeks. These will focus on career planning, motivation and how to be successful and safe while at Work Experience during Week 7 of this term (17 – 21 June).

Luke Northcote, VET Coordinator
BLACKWOOD HIGH SCHOOL HIGH ACHIEVERS

- Congratulations to Cameron in Year 8 who competed in the recent 2013 Australian Junior Athletics Championships in Perth, winning Gold in the Under 14 Boys Steeple chase, and Silver in the Under 14 boys 1500m.

- Congratulations to Hiromi in Year 8 who has been selected to compete in Canberra (in April) in the National Little Athletics Under 13 Championships in 400m, Triple Jump and The Walk.

- Congratulations to Georgia in Year 10 who was selected in the Secondary Sport Schools SA U/15 Netball team that will compete at the National Championships in Launceston, Tasmania from 27 July to 2 August.

INDIGENOUS ENGINEERING SCHOLARSHIP RECIPIENT, Curtin University, WA - January 2013

During the January school holidays I was fortunate enough to attend a seven-day intensive engineering program at Curtin University in Perth, Western Australia.

Along with 24 other Year 10 and 11 students from around Australia, we toured the university and sampled a range of courses within the engineering field. We also visited a number of high profile engineering firms that introduced us to a range of engineering applications and potential career pathways.

The awesome ‘live in’ experience meant that groups of us were responsible for our own unit, its maintenance and food preparation. Luckily for my group, my home economic skills did not come into their lifestyle!

A highlight was the opportunity to have dinner with the Western Australian Governor at the Governor’s residence, dressed in a formal suit and driven there in a limo. At the dinner, I was presented with the Hon RJL Hawke Capacity for Leadership Award which was an amazing finish to the week.

The experience has enabled me to connect with others and helped me to decide on possible engineering pathways. I would like to take the opportunity to thank Mr Winter and Mr Oliphant who supported my application and the Curtin University IAESS team who facilitated and hosted the Engineering Summer School.

YEY 8 NEWS!

PASTORAL CARE

The Pastoral care program is delivered during extended Care Group on Mondays and includes the Child Protection Curriculum, as well as skills for students to develop positive relationships. Recently, Year 8 students have focused on activities promoting awareness of Bullying, through Harmony Day that was celebrated on 22 March and Year 8 students took part in values walks where students were asked to consider questions such as:

- “Having a diverse population makes Australia an interesting place to live”
- “There is nothing I can do about racism”

Students then walked to Agree or Disagree sides of the room. This promoted interesting discussion about global issues and was a great way of shaping values of support and unity for others.

In Week 9, Year 8 students took part in an organised games day during extended Care Group, which is a new initiative, with the aim of developing friendships. The games day included activities such as volleyball, netball, basketball and table tennis and was supported by the Year 9 Peer Support students who umpired the games. This was a HUGE success and will be repeated once a term.

VIRTUE AWARDS

Congratulations to the following students who were nominated by their Care Group teacher for showing selected aspects of the IBMYP learner profile. Students have been presented certificates at the Year Level assembly to recognise their positive interactions.

<table>
<thead>
<tr>
<th>Care Group</th>
<th>Name</th>
<th>Virtue</th>
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<tbody>
<tr>
<td>A</td>
<td>Isobel Stolinski</td>
<td>Diligence and Co-operation</td>
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<tr>
<td>A</td>
<td>Cale Nagel</td>
<td>Self-discipline and Respect</td>
</tr>
<tr>
<td>B</td>
<td>Tom Brown</td>
<td>Courteous and hardworking</td>
</tr>
<tr>
<td>B</td>
<td>Jackson Worsley</td>
<td>Courteous and hardworking</td>
</tr>
<tr>
<td>C</td>
<td>Delaney Dyment</td>
<td>Co-operation</td>
</tr>
<tr>
<td>C</td>
<td>Dylan Stewart</td>
<td>Helpfulness</td>
</tr>
<tr>
<td>D</td>
<td>William Bae</td>
<td>Enthusiasm and Effort</td>
</tr>
<tr>
<td>D</td>
<td>Wima Kardono</td>
<td>Bravery</td>
</tr>
<tr>
<td>E</td>
<td>Alex Merlin</td>
<td>Caring and Responsible attitude</td>
</tr>
<tr>
<td>E</td>
<td>Jackson Pagett</td>
<td>Community Mindedness</td>
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<tr>
<td>F</td>
<td>Taryn Abbott</td>
<td>Diligence and Co-operation</td>
</tr>
<tr>
<td>F</td>
<td>Robyn Meyer</td>
<td>Diligence and Co-operation</td>
</tr>
</tbody>
</table>

PERFORMANCES

A BIG thanks goes to the Ms Constantopoulos’ Year 8 Dance class who performed at the recent Year Level assembly in what may have been one of their first ever public performances. Students showed great courage and skill.

OPEN NIGHT

A HUGE THANKS go to the 30 Year 8 students who volunteered their time to support Blackwood High School’s recent Open Night. Year 8s took part in Football and Netball lessons, and helped out with the guided tours and the barbecue.

Christine Olenich, Year 8 Leader
YEAR 8 PARENT WORKSHOP – STUDYWIZ & TURNITIN

On Tuesday 28 May at 5.50pm, Year 8 Parents/Caregivers are invited to a one hour hands-on workshop to learn about Blackwood High School’s digital resources and how parents can access these to either be more involved with their child’s learning or actively assists them with their learning.

Topics include using our Electronic Learning Platform (Studywiz), checking work for authenticity using Turnitin.com and using the new digital text books used in Year 8. This will be held in Computer Rooms 3 & 4 above the Library.

Places are limited! Please book by ringing the school on 82780900 or email Sandy Dorhorst at sandy.dorhorst@bhs.sa.edu.au.

We have planned this opportunity to coincide with the Parent Seminar by Kirrilie Smout at 7pm in the Senior Learning Centre (advertised on page 9 of this newsletter), so parents/caregivers do not have to come to the school on two evenings.

INTRODUCING DAVID GARRETT, DEPUTY PRINCIPAL

I would like to thank Blackwood High School staff and students for welcoming me into the school community. Even though I officially began at the beginning of this term, I did meet many school leaders, staff, students and parents when I attended a school’s Leaders Team meeting, the Term 1 student free day and the Open Night, late in Term 1. Everything that I have seen so far tells me that joining the Blackwood High School staff was the right decision.

At the Open Night, I was privileged to meet a number of Governing Council parents who made me feel very welcome. It is wonderful that Blackwood High School has such a committed and enthusiastic group of people who want to make our school a place that provides our children and young people with the best possible opportunities. As I moved around the school I was impressed by our highly expert staff, our articulate students, the quality of student work that was put on display, as well as the amazing resources and facilities that are part of what learning at Blackwood High School is all about. I have now been on a number of Principal’s Tours and seen the school in action, and can assure you that this is part of the daily experience of Blackwood High School students.

My role in the school, includes working with staff and leaders to ensure we deliver world class curriculum. While I also work with Ms Lindy Bartlett and the Year 10 Team to ensure the wellbeing of the Year 10 cohort, I welcome opportunities to meet any parents who wish to discuss aspects of their children’s learning.

I bring to Blackwood knowledge and experience that can enhance the great things that our school is already doing. For the last six years I was Deputy Principal of Mount Barker High School. Before that I worked with the DECD curriculum development team, and before that I was Assistant Principal and Coordinator in a number of other metropolitan schools.

I learn from each and every experience and love working with children, young people and families to support the development of young adults who launch themselves into life equipped with knowledge, skills, passion and direction. I look forward to working closely with the Blackwood High School Community.

David Garrett, Deputy Principal

COURSE COUNSELLING FOR 2014

Terms 2 and 3 are very busy, with the school making adjustments to subjects that are offered in 2014, distributing this information to students and parents, and putting the course counselling process in place.

It is important at this stage that students are thinking about their study, education and career pathways because families will soon be making important decisions about what will be studied next year. Many parents/caregivers are already discussing each child/young person’s:

- short and long term goals
- interests and aspirations, both in and beyond school
- interests in further study or careers
- strengths as a student, but also as members of families and communities
- skills and abilities that can be developed

It is important to think about a range of options as there are many paths to getting where we want to go. While the school tries its very best to run as many subjects as possible, the timetable that will run in 2014 will be based on student choice. Every year some students do not get all of the subjects they selected because they were not selected by enough students. Or subjects that were selected clash with others, so students need to make a choice about which one they will pursue. So, think about where the student wants to go, and a number of ways of getting there.

Key events to watch out for include:

- Term 2 Week 7 2014 Prospectus distributed
- Term 2 Week 8 Teachers talk with students about pathways open in each curriculum area. On-line indication of subject preferences (this is a preliminary process that helps to determine the subjects that will be available for selection)
- Term 2 Week 9 Evening workshop for parents – Parents As Career Partners
- Term 3 Week 2 Subject selection forms distributed
- Term 3 Week 4 Course Counselling Day

After Course Counselling Day, decisions will be made about which subjects will run based on the number of students who have selected them. We then use a re-counselling process to ensure that every student has a full program for 2014. Please watch out for more details in future newsletters. Meanwhile continue those very important discussions with your children and young people.

David Garrett, Deputy Principal
Happy Mother’s Day
Happy Mother’s Day! At the end of this newsletter, we have included an ‘Insight’ by parenting expert, Michael Grose, celebrating the important role that Mother’s (and Father’s) play in their children’s lives. The second insight talks about making the most of ‘Teachable Moments’ with children to promote resilience. For further information, please visit www.parentingideas.com.au.

Craig Duguid on behalf of the Student Wellbeing Team.

Zone Sport Term 1
Week 4, Term 1 marked the beginning of season one of Zone Sport. Sports on offer for the season included Badminton, Indoor Soccer, Volleyball, Tennis and Basketball. Blackwood entered at least one team in each sport. In total, 8 teams were entered with over 60 students competing, with everyone learning new skills along the way.

Particular congratulations to the Year 8 Boys Basketball team (pictured with their coach) who finished their season as premiers and to the Mixed Volleyball team who finished third overall in Open Volleyball.

Without coaches and umpires, the season would not be possible, so a big thank you to Steve Aulert, Janet Bradley, Glen Little, Bianca Reddy, Dan Smith, Sam Thomison, Alisha Thompson, Riley Mitchell, Justin Le Mieux, Richard Wilson and Jacob Donk for helping out in these areas. Overall, it was a very successful season for all students and staff involved.

Season 2 begins in Week 4 of Term 2, so keep the nominations coming in! Sports on offer include soccer, football, badminton, volleyball, netball and table tennis.

Steve Aulert, Sports Coordinator & Thomas Gibbs, Sports Trainee

InterSchool Athletics Carnival (Santos) 2013
This year’s SSSSA inter-School Athletics Carnival was held on Wednesday of Week 11, Term 1 at SANTOS Stadium. Blackwood was placed 3rd overall out of a total of 7 schools in the A2 Division, cementing our position in the A2 division for 2014.


Around 75 students participated in the day’s events, which was Blackwood’s first year of competing in the A2 division since the mid-1990s. It was a true team effort with all competitors contributing to the teams overall results and a number of students achieving ‘Personal Bests’. Congratulations to all members of the team for their efforts with training leading up to the carnival and their performances on the day.

A special mention must go to ‘Team Pole Vault’ who received coaching from qualified coaches at Santos Stadium in the month leading up to the competition.

Congratulations to Emily Pettman who finished equal first in the Open Girls Pole Vault, James Edwards third in the Open Boys pole vault and Brodie Hauner third in the under 15s.

Congratulations to Cameron Clohesy (pictured) for the only record broken for the day in the A2 Division. Cameron set a new record in the Under 14 Boys 1500m, with a time of 4m 28.90s, beating the previous record of 4m 29.92s. Cameron also achieved a standard in the U14 800m with a time of 2m 13.45s.

Mikayla Round was also a stand out athlete on the day. Mikayla finished in first place for all four of her events in the U19 age group - the 100m, 200m, 400m and 4 x 100m relay.

It was a very successful day overall, with 29 third placings, 16 second placings and 19 competitors finishing in first place.

Congratualtions to the following students for finishing 1st in their events.

Mikayla Round – U16 Girls 200m, U16 Girls 100m, U16 Girls 400, U16 Girls 4x100m Relay team
Lauren Bowshall – U16 Girls Triple Jump, U16 Girls 4x100m Relay team
Adrian Albanese – U14 Boys 100m
Cameron Clohesy – U14 Boys 800m (ST), U14 Boys 1500m (ST) (NR)
Callum Coleman-Jones – U14 Boys Triple Jump
Jasper Young – Open Boys Shot Put
Emily Pettman – Open Girls Pole Vault
Vanessa Fleming U16 Girls 4x100m Relay team

Glen Little, Physical Education & Health Leader
MITCHAM YOUTH ADVISORY COMMITTEE

On Thursday 11 April, three Year 12 students - William Candy, Parshad Sankey and Talia McIntosh - attended the Mitcham Youth Advisory Committee on behalf of the Blackwood High School Student Representative Council. The Youth Advisory Committee is a leadership development program designed to allow students from around the area to work together to improve the community specifically for young people.

Along with Mitcham Council’s Youth Development Officer Ulus Fuat and students from other schools in the Mitcham Council area, the Blackwood SRC members will discuss ideas and participate in the organisation of events in the community, not only to benefit the youth population of the district but to promote significant issues such as the importance of health and wellbeing. The students are looking forward to the future meetings and excited to take on the challenge of developments in the community.

Talia McIntosh, SRC President

YEAR 9 NAPLAN 2013

As communicated in the last newsletter, the National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual assessment for students in Years 3, 5, 7 and 9. It has been an annual event for schools since 2008.

On Tuesday 14, Wednesday 15 and Thursday 16 May, students will take the 2013 NAPLAN tests. NAPLAN assesses skills in literacy and numeracy that are developed over time, through the school curriculum. NAPLAN is not a pass or fail type test, but rather shows how students are progressing in numeracy and literacy skills against national standards for all Australia children. It also provides valuable information that allows schools and governments to better target effort and support to help all students achieve their potential and acquire the basic skills to help them build successful and happy lives.

An individual student NAPLAN report will be issued by the school later this year. Parents can use this information to monitor how their child is progressing and to identify any areas of concern. Parents may also wish to use their child’s results to discuss progress with teachers. More information is available at www.nap.edu.au.


Craig Duguid, Senior Leader Middle School

TERTIARY STUDIES & CAREERS EXPO – Adelaide Convention Centre – FREE ADMISSION

Sunday 12 May 10:00am – 4:00pm and
Monday 13 May 9:30am – 1:30pm 2013

This year’s Tertiary Studies & Careers Expo Adelaide (TSCEA) presents the ideal opportunity for anyone considering to undertake further education and training or wishing to gain access to a wide range of career options. All the answers to important questions can be found in one location over a busy two days.

With around 200 representatives on-site from a diverse group of exhibitors, including all South Australian universities, as well as many interstate and overseas universities, private education colleges, TAFE institutes, graduate employment advice, Defence Recruiting, vocational support government agencies and overseas work programs, TSCEA represents the most inclusive careers, education and training expo of its kind in the State.

Visit the event for your chance to win an Apple iPad and a $2,000 bursary award!

If you are serious about your future, TSCEA is the one expo you cannot afford to miss!

For more event information, visit the website www.careersevent.com or www.facebook.com/TSCEA

SACE DANCE WORKSHOP

Year 11 & 12 Dance students attended the ‘Leaps and Bounds Dance Day’ at the Adelaide Festival Centre. They listened to past students’ experiences in SACE Dance and viewed student choreographic works including a contemporary dance performance by Adelaide College Arts students. Students participated in practical workshops in jazz and contemporary technique and partnering skills. Drama Arts Technology students Brendan Maidment and Devin Langford assisted in editing dance films created by Salisbury East High School students who participated in the ‘Choreography for Film Workshop’.

Student comments:
- It was exciting to have professional dancers come to our school and teach us...we learnt so much!!
- We learnt contemporary technique and choreography from the Australian Dance Company’s recent performance ‘Proximity’.
- We learnt about the training and lifestyle of a professional dancer.

Katrina Constantopoulos, Dance Teacher

CAREERS INFORMATION

Psychology, Social Work and Human Services Career Evening – Wednesday 15 May 5.30-8.00pm
H1-44, Amy Wheaton Building, Magill Campus, see http://w3.unisa.edu.au/about/campuses/Magill.pdf for the campus map.

The University of South Australia will be hosting a Psychology, Social Work and Human Services Career Evening on Wednesday 15 May 2013. At this event, students will have the chance to hear from professionals within these fields to talk about career pathways. Guests will learn about the diverse selection of employment options and strong demand for graduates, the benefits of the various sectors, government and non-government, and where the jobs will be for psychology, social work and human services professionals in the future. Students will also have an opportunity to find out more about work experience placements in Psychology and the counselling stream, as well as view the Social Work Studio. If students are interested they will need to register. See http://www.unisa.edu.au/Calendar/Psychology-Social-Work-and-Human-Services-Career-Evening/ to register and view the event program.
YEARN 12 TERM 1 ACHIEVEMENTS

The Year 12 cohort came together for our first assembly of Term 2 to recognize the outstanding achievements of our students.

We had 3 groups to commend. Following the Blackwood High School’s Open Night at the end of Term 1, Certificates of Appreciation were presented to the Year 12 students who donated their time on the night.

We also continued a tradition introduced in 2012 to recognize students displaying the schools Culture of Respect. The Culture of Respect AAA Award acknowledges students who display not only Academic excellence but Attitude, Attendance and Achievement. Finally, the most prestigious, to students who recorded straight A’s in all of their subjects during Term 1 were presented with Certificates of Merit.

We congratulate these students and look forward to seeing even more following their example in the remainder of the year.

GOOD FUN BEING HAD BY ALL

The Pantomime No Fella for Ella is performed matinees for primary school audiences and on Thursday evening for the public. These are a few of the photos during the performance on Thursday 9 May.

Robyn Trebilcock, The Arts Leader will acknowledge the participants, staff and parents who assisted with the production in our next newsletter with more photos.
INTERNATIONAL STUDENTS ATTEND SURFING DAY

We are three girls from Brazil and we are part of the group of students that came to Adelaide. The government of Brazil sent us to study here at Blackwood High School for five months. We arrived here on 5 February and we will leave at the end of the second term. While we've been here, we have enjoyed the Adelaide Fringe Festival and appreciated many attractions around the city, such as the lovely beaches, the museums in the town, the beautiful parks and gardens, the interesting zoo, the great shops and the seaside. We visited many towns and places near Adelaide including Hahndorf, Port Elliott, Victor Harbor, Goolwa and the Fleurieu Peninsula.

Last term we had the opportunity to join the Blackwood High School surfing day. It was an amazing experience and our first time surfing. We went to the Port Noarlunga Centre and we had some instructions when we arrived there, then we took our wetsuits and boards. After we practiced a little bit on the sand, we went to the water and it was really fun. We also had an opportunity to talk to some of the other girls about their lives. Surfing in Australia was one of the best things we've done here and we hope to practice it more before we go home. We don't live near the beach in Brazil but maybe we can go in our school holidays to do some more surfing.

Studying in Adelaide, especially at Blackwood High School, has been a great time to learn and to enjoy an exchange. We can understand some issues and different points of view and get knowledge to help us grow in our lives. We can evaluate the differences and similarities between Brazil and Australia which will help us to improve ourselves. We came to Adelaide to study and living here is one of the greatest things to happen in our lives.

Ana Julia, Daniela and Natalia, Brazilian Exchange students

LEARN ABOUT YOURSELF!

As Marcel Proust, a late 19th century novelist wrote: “the real voyage of discovery consists not in seeking new landscapes but in having new eyes”. Volunteer to host an international high school student in July 2013 through Southern Cross Cultural Exchange and prepare to be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light.

Carefully selected students will arrive in July for one term, one or two semesters from France, Italy, Germany, Sweden, Norway, Denmark, Finland, and Spain. They will attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at our website www.scce.com.au, email scce aust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship.

CAREERS INFORMATION - UMAT

UMAT is developed by the Australian Council for Educational Research (ACER) on behalf of the UMAT Consortium Universities. The test is used specifically to assist with the selection of students into the medicine, dentistry and health science degree programs at undergraduate level at the following universities:

SA: Flinders University - The University of Adelaide
    NSW: The University of New South Wales - The University of Newcastle/University of New England - University of Western Sydney
    NT: Charles Darwin University
    QLD: Bond University - The University of Queensland
    TAS: University of Tasmania
    VIC: La Trobe University - Monash University
    WA: The University of Western Australia
    New Zealand: University of Auckland - University of Otago

UMAT scores can be used for admission to any of the UMAT Consortium universities ONLY in the year following the test. For example, results from UMAT2013 can be used for undergraduate medicine or health science courses beginning in 2014 but NOT 2015.

Do not register for UMAT2013 unless you are planning to apply for a course commencing in 2014 AND you meet the eligibility criteria specified in the UMAT2013 Information Booklet. The deadline for UMAT registration is 5.00pm, Friday 7 June 2013. Late registrations will incur a $65 penalty and this option will close on Friday 21 June at 5.00pm.

The UMAT date is Wednesday 31 July.

For more information please visit http://umat.acer.edu.au/universities
Argie Buesnel, Student Counsellor

Does your teenager have a sleep problem?

The Child and Adolescent Sleep Clinic in the School of Psychology at Flinders University is currently providing treatment for adolescents (aged 11 to 18 years) who are experiencing at least one of the following:

- Having trouble falling asleep
- Not feeling tired until late at night
- Having trouble waking up or getting out of bed in the morning

Places are limited. For more information, please call 8201 7587.
INVITATION TO ATTEND A SEMINAR FOR PARENTS OF ALL YEAR LEVELS

‘Parenting Teens when they are Sad, Mad or Stressed’

VENUE: SENIOR LEARNING CENTRE at Blackwood High School

DATE & TIME: Tuesday 28 May 2013 at 7:00 pm

Dear Parent/Caregivers

Last year we held a parent seminar for families where Kirrilie delivered a session on ‘Helping students through High School’. She is currently delivering sessions to our Year 12 cohort in regards to the challenges faced at school, managing stress and brain training.

This year we are holding an information seminar for families who would like to meet with renowned Psychologist Kirrilie Smout looking at ‘Parenting Teens when they are Sad, Mad or Stressed’.

Parenting and working with teenagers can be a tough job at the best of times. It’s even harder when young people are feeling sad, worried, stressed or frustrated. When teens experience strong emotions, they often act in difficult ways, are hard to talk to and make rash decisions. At these times, parents often feel helpless and don’t know what to do to help, while everything they do try seems to backfire.

This seminar is designed to give parents of teenagers confidence and skills in dealing with teenagers when they get mad, sad, and stressed.

Specific topics covered include:

- Understanding adolescence and why teens are vulnerable to particular types of life struggles
- Helping teens when they shut down and don’t communicate
- Maintaining boundaries when teens are stressed
- The two most important things to do with teens in crisis
- What not to do and say
- And more...

Kirrilie is a clinical psychologist who works with children and teens. She has been conducting seminars in schools, workplaces and community settings for over 10 years, and has spoken to over 15,000 young people in this time. Using both psychological research, and over a decade of psychological counselling experience, she teaches young people about how to manage their time, relationships and emotions. She also works with parents, teachers, health professionals and youth workers about how to care for and work with young people more effectively. Kirrilie has been interviewed about her seminars and work by journalists from 5AA (Amanda Blair and Leon Byner), Today Tonight, Madison Magazine, Channel Nine News, the Advertiser, the Messenger and other independent publications. She has won a number of awards for her research and speaking skills, and has authored several books for, and about teenagers.

If you have any further queries, please contact Mary Hodson at the school.

Mary Hodson
Senior School, Senior Leader

Marion Coady
Principal

If you would like to attend the Kirillie Smout ‘Parenting Teens when they are Sad, Mad or Stressed’, please return this reply slip to Student Services by Friday 17 May 2013 or email your response to sue.booth@bhs.sa.edu.au

Student’s Name: ____________________________ Care Group: ____________

Names of people attending (please print): ____________________________

_________________________________ ____________________________
NEWSLETTER NO. 4 – 10 May 2013

WOOLWORTHS EARN & LEARN
This year we will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school. Last year your support through this program benefited the Art and Design area with boxes of additional supplies.

If you shop at Woolworths, for every $10 you spend at Woolworths (excluding the purchase of tobacco, liquor and gift cards), you will receive a sticker. Please collect the stickers from April until 9 JUNE, 2013 and complete an Earn and Learn Points Sheet that is available at the checkout or print out your own at http://www.woolworths.com.au/wps/wcm/connect/c5dab577-000f-495d-8515-1842b80cf05e/EL%2BCPC%2B2013.pdf?MOD=AJPERES. Once you have a completed sheet, please return it to Student Services by 14 June. For more information go to the Woolworths Earn and Learn Website on http://www.woolworths.com.au/wps/wcm/connect/webSite/Woolworths/

Teens and Young Adults invited for investigational meningococcal B vaccine study
Are you aged 18-26 years old? Do you have a child or children aged 10-18 years old?
We need volunteers to take part in new research that will evaluate the safety of an investigational meningococcal B vaccine in children and young people. All vaccines will be provided at no cost, and you will be reimbursed for travel expenses. To register your interest or for more information, contact the Vaccinology and Immunology Research Trials Unit (VIRTU) at the Women’s and Children’s Hospital on 8161 8117.

OPEN DAY 2013
The International College of Hotel Management Adelaide – Australia (ICHM) will be opening its doors for students and parents to find out more about its degree programs and tour the campus facilities. Attendees are encouraged to register for the session, and light refreshments will follow.
SUNDAY 18 AUGUST, 2013 @ Regency International House, 163 Days Road, Regency Park.
Register admissions@ichm.edu.au (08 8228 3612)

Argie Buesnel Senior School Counsellor

PLANT SALE Coromandel Valley Rotary Club Inc. will be holding its next Plant Sale on Saturday 11 May at Waite Reserve, Blackwood from 8.30 a.m. to 3 p.m. 1,000’s of fantastic plants – mostly under $4. All profits support Rotary projects locally, nationally and overseas.
It's called Mother’s Day, not Parent’s Day

Mothering is different to parenting. Being a mum is emotional, instinctive and a job for life!

There's a massive difference between being a mum (or dad) and being a parent.

'Parenting' is a twentieth century term that suggests that raising kids is a gender neutral activity. It’s a managerial, almost scientific term that has given rise to a huge industry. In Western countries, millions of parenting books and magazines are sold each year, parenting columns appear in most newspapers, and new television series appear every year focused on the modern notion of parenting.

The problem is that when we refer to 'parenting' we tend to remove the heart and emotion from the task. We obscure the fact that it is mothers and fathers who are doing the child-rearing, rather than mere parents.

Parenting means different things to different people. For many people the term 'parenting' is code for behaviour management – particularly taming toddlers and their close cousins, teenagers.

A broader and more thoughtful definition includes teaching kids positive values and attitudes, developing a range of skills that equips them for adulthood, and ultimately preparing kids to be parents themselves one day.

I often point out to audiences in parenting presentations how being related to our kids can stop us from being great parents. We all know how our neighbour’s kids should be raised, but somehow it’s harder to raise our own. That's because the hopes and dreams of motherhood (and fatherhood) can somehow get in the way of rational decision-making.

Mothering is emotional and instinctive

And that's the thing. Being a mother is not always rational, as parenting is often made out to be. There is a great deal of emotion attached to the role of mother. This emotion drives you to fight hard to protect your children, work assiduously to right any wrongs on their behalf, and exhaust yourself looking after their physical and psychological well-being.

Being a mother is instinctive. In the information age we need to be careful we don’t deny the intuitive nature that mothers bring to their child-rearing. The nature of mothering infers nurturance, protectiveness and longevity. Mothering is relational rather than rational. You may grow out parenting by making yourself redundant but mothering is something you never grow out of. You are a mum for life.

Kids want their mothers, not their parents

Kids of all ages say, "That’s my mum!"

They don’t say, "That’s my parent!" (They may say that when they are annoyed or embarrassed by you, but that’s another story.)

Boys and girls of all ages generally love their mothers unconditionally, whereas they merely put up with their parents, particularly during adolescence. They can live without their parents, or so they think, but deep down they know they can’t live without the one person who has a blind spot for them, overlooking all their faults. That person, of course, is their mother.

When kids of all ages get into emotional difficulty or their life becomes too hard, they generally go looking for their mums. They only look for their ‘parent’ when they want some money, want someone to get them out of a jam.

Raising kids is about mothering (and fathering) … rather than parenting. That's why we have Mother's Day (and Father's Day) rather than Parent’s Day.

I hope you have a good one!

For ideas to help you be a great mum subscribe to Happy Kids my weekly email guide at Parentingideas.com.au.
Make the most of teachable moments to promote resilience
How they cope will be determined by their resilience and the mindsets of the significant adults around them.

When parents and teachers have mindsets for resilience then they see these situations as TEACHABLE MOMENTS.

A teachable moment is usually disguised as a problem and is easily missed when we focus on the now.

When faced with a TEACHABLE moment ask yourself:

✓ How can I teach my child to cope?
  e.g. Encouraging kids to talk about problems is a great coping skill.

✓ What can my child learn about himself for next time?
  e.g. A child may learn when he goes on a school camp that he was dreading that he can spend time away from home and still survive.

✓ What can my child learn to avoid or turn this situation around?
  e.g. A child may learn that he can reduce conflict with less than pleasant peers by ignoring nasty comments and actively spending more time with friendly kids.

Kids live in the NOW. Fun comes before work in their dictionaries.

It’s easy for parents to get tied up in the NOW particularly when kids experience hardships, frustrations and difficulties. We just want to take away their pain!

When we focus solely on making the situation better we miss some massive opportunities to help kids learn and grow.

The big learning opportunities are usually hidden as problems.
Most commonly they are: change, loss, rejection, failure, disappointment and conflict.

Perhaps your child has experienced one of these common challenges:

- Been snubbed by a classmate or friend
- Missed being picked for a team even though they tried hard
- Worried about going to school camp
- Had something stolen from them
- Been taught by a teacher they don’t get on with

I am not suggesting we want bad things to happen but developmentally life throws up these types of curve balls all the time for kids.

How they cope will be determined by their resilience and the mindsets of the significant adults around them.

Parenting has always required an exceptionally strong set of skills, including carer, nurturer, leader and negotiator. That’s why it is such a hard job.

BUT the longer I am involved in parenting the more I am convinced that Parenting is fundamentally about TEACHING.

The ability to pass on skills, knowledge and attitudes is the most important skill of all.

We teach by modelling but we also teach kids explicitly. That means we talk to kids about ‘stuff’ and help them to work out how they may cope or manage different situations they meet.

First we need to be on the look out for TEACHABLE MOMENTS. Then make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

Mastering these teachable moments is how parents help their kids become resilient and bounce back from some of the setbacks they encounter now and, importantly, in the future.