

NEWSLETTER

No 3 – 5 April 2013

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



OPEN NIGHT

On 25 March, we had about 600 visitors to the school to view opportunities at Blackwood High School. Five members of the Governing Council, Jenny Pearce, Conny Meyers, Tess Gibbs, Terry Goessling and Kay Govin were available to answer parents/caregivers questions about their experiences at our school. The evening went quickly with our students and staff showing their commitment and



CALENDAR

Wed 10 April

Parent/Teacher Interviews:
Yr 8 1.30 – 8.30pm
Yr 9-12 3.30 – 8.30pm
by appointment

Thur 11 April

SANTOS Athletics Day

Mon 29 April

STUDENT FREE DAY –
Staff PD

Tues 30 April

FIRST DAY of Term 2.

Fri 3 May

School Photos all students

Mon 6 May

Principal's Tour 9am
Yr 11 Aquatics Day

Tues 7 May

Principal's Tour 9am
Yr 11 Aquatics Day

Wed 8 May

Pantomime all day Rehearsal

Thur 9 May

Pantomime Matinee 11am
& 7pm perf. in PAC.

Fri 10 May

Pantomime Matinee 10am
& 12noon in PAC.

Sunday 12 May

Tertiary Studies & Careers
Expo at the Convention
Centre 10am-4pm.

Mon 13 to Wed 15 May

Yr 12 Aquatics Days

Mon 13 May

2014 Yr 8 Netball Trial
11am-1pm at school
Tertiary Studies & Careers
Expo at the Convention
Centre 9.30am-1.30pm

Tues 28 May

Parent Seminar by Kirrilee
Smout – see page 10.



the opportunities at the school.

Thank you to all the families who supported our students' participation in this important event. Students involved will be receiving a Certificate of Appreciation that can be included in their portfolios.

Punctuality to School

Our first lesson of the day starts at 8.40am. Students need to arrive at school before 8.40am in order to get organised for classes. The start of the lesson usually addresses previous learning and what students will cover in the lesson. Whilst there are times where students cannot avoid being late, such as when buses are late, it is important that students develop the good habits of punctuality which will keep them in good stead for the rest of their lives.

Student Free Day

On 28 March during our student free day, the staff were engaged in developing teaching and learning programs consistent with the Australian Curriculum and the International Baccalaureate Middle Years Program (IBMYP). This included staff writing a scope and sequence for Years 8 to 10 in each of the curriculum areas. Currently, we are delivering the Australian Curriculum in Years 8 and 9 in Mathematics, Science, History and English.

I would like to remind you, our next **Student Free Day** will be on **Monday 29 April**. This means students will return for Term 2 on Tuesday 30 April.

Farewell to Marilyn Howard

On 28 March, we farewelled Marilyn Howard who has worked in the school Canteen for 26 years. Marilyn has retired after being a volunteer while her children were students here and then as an employee. She has been personable and committed to our school during this time.

Dropping Students at Blackwood High School

Parents/caregivers who drop their children at the school in the morning or pick them up in the afternoon need to comply with the parking restrictions. Parents/caregivers should not be parking in the Recreation Centre or the laneway adjacent to the school's Busway. Parking in these areas will attract a parking fine.

The Busway needs to be clear of cars during times when students are arriving or leaving the school. This is in the interest of student safety. The staff car park has no 'kiss and drop' provision.

Students can alight from cars on Shepherds Hill Road or the CFS car park in Northcote Street or behind the school on Beaconsfield Road.



Government
of South Australia
Department for Education
and Child Development

TIA South Australian
Government Schools
CRIC:KIS Phone: No. 083106



The University of Adelaide Scholarship Ceremony

On 12 March, Deeskha Beniwal received her Adelaide University Principal's Scholarship at the University's Bonython Hall. Deeskha can be seen proudly with her parents.



Students with Severe Allergies

An increasing number of students are highly allergic to peanuts. Some of them will experience anaphylaxis if they smell or eat food containing peanuts. We are asking parents/caregivers to ensure that peanut butter/paste sandwiches are not given to students to bring to school. Our school does not use peanut butter/paste in the Canteen or in Home Economics.

Flinders University – Dual Offers

Students have the ability to apply for a TAFE SA Diploma and Advanced Diploma that is linked to a Flinders University degree. Students will receive an offer for both TAFE SA and Flinders University, with the Flinders offer being conditional upon successful completion of the TAFE SA qualification. More information is available on www.flinders.edu.au/tafe.

Flinders University – New Courses

A number of new courses will commence in 2014. They include Psychological Science, Clean Technologies, Mathematical Sciences, Electrical Engineering and Arts-High Achievers. Information is available at www.flinders.edu.au/newcourses2013.

Pathways to a Professional Health Degree

From 2013, Flinders University will be providing a preferred pathway into some health professional degrees via the Bachelor of Health Sciences or the Bachelor of Medical Science. Students will have a better opportunity to gain a place in Audiology, Medicine, Nutrition and Dietetics, Optometry, Occupational Therapy, Physiotherapy, Paramedic Science and Speech Pathology. More information at www.flinders.edu.au/healthpathways.

SA Public Teaching Awards

2013 SA Public Teaching Awards are now open for nominations. There are seven award categories for teachers, leaders and support staff. They include:

- School/Preschool Leader of the Year
- Secondary School Teacher of the Year
- Primary School Teacher of the Year
- Early Years Teacher of the Year
- Lifetime Achievement Award
- School/Preschool Support Staff Member of the Year
- Innovative Engagement with Business and the Community (team award)

Nominations close 5pm on Monday 13 May. Nomination forms are available at www.decd.sa.gov.au/teacherawards. You can follow the progress of the Awards on facebook www.facebook.com/SATeachingAwards. Don't miss your chance to nominate an outstanding educational professional of the South Australian public education system.

Reconciliation

The Blackwood Reconciliation Group is holding an event at St John's Grammar on Sunday 7 April from 12.30pm onwards. The event will recognise the historical exclusion of Aboriginal and Torres Strait Islander peoples from the Australian Constitution. A free barbecue, speakers, live music and displays by local schools will occur. More information on www.recognise.org.au or email blackwoodreconciliationgroup@gmail.com.

Marion Coady, Principal

BLACKWOOD HIGH SCHOOL HIGH ACHIEVERS

- ◆ Congratulations to Jake in Year 9, who has been selected to compete in the Age National Swimming Championships to be held at the Marion Aquatics Centre from 8-12 April.



UN YOUTH CONFERENCE

Over three days from 1 - 3 March, three students from Blackwood High School, Tom Rowett, Jake Taylor and I took part in the Matilde Wiese UN Youth Conference 2013 held at the Nunyara Conference Centre.

Overall, the whole experience was very eye opening, and I gained a lot of insight into world issues and how the UN is responsible for trying to overcome them. There were several guest speakers that shared their personal experiences and how they were involved in the UN, all of them had great stories to share, that were both inspiring and comedic. One of the best speakers for the whole event was Australia's UN Youth representative, Dan Ryan. He spoke on how he was given the great privilege of talking in front of the UN General Assembly at New York, expressing opinions and ideas on the behalf of Australia's Youth.



Everyone at the conference had similar interests and opinions, and it was really easy to connect and make new friends. The facilitators of the events were just as friendly and had their own interesting experiences of when they first took part in UN Youth. The whole weekend was extremely enjoyable, and I hope to keep taking part in other UN Youth events, as well as keep in touch with all the interesting and intelligent people we met.

We thank both the City of Mitcham and Blackwood High School in funding us to attend the three day conference.

By Parshad Sankey, Year 12 student

SAVING LIVES TOGETHER - Club Red Youth Ambassador Training Day

Ethan Quigley and I attended the Youth Ambassador Training Day on 5 March. We spent the day meeting students from other schools in and around the Adelaide area and did various team building exercises. This included some real insight on how to building our organisational, planning and marketing skills. Along with this, there were also a few great guest speakers who spoke to us about the importance of becoming a blood donor and taking on a leadership role in our school community to promote blood donation. It was very inspiring to hear from these speakers, and I can proudly say that they won me over, and I am now a proud blood donor.

By Eddy Pistorius, Year 11 student

STUDENTS ATTENDED GRIP LEADERSHIP CONFERENCE



On Friday 8 March, six students and Mrs Bartlett participated in the GRIP Leadership Conference at the Entertainment Centre.

At the conference, there were many students from various schools all waiting for the day to start. The day started off with doing a 'Loud Noises' session. The session consisted of doing multiple little games. Throughout these games, we learnt about students from other schools, celebrities and where they started from. Ebony was chosen to go up on stage and whistle hot cross buns, while a guy from another school had to do 20 push ups without stopping. It was entertaining to watch as the presenters did it with them.

During morning tea, there was an optional session for people who were sport captains or wanted to be a leader in the future.

Rachael and I decided to attend the session as it sounded interesting and it was information that could be useful to us. We learnt many new things that would help us on how to be better leaders such as working together and learning to communicate clearly and listen to others.

After recess, there were various sessions we could choose from and I decided to attend the, 'How to run a Successful Event'. It was an enjoyable session, and I came up with new ideas for different events and how to build on ideas the school already has. I met many new students as I was the only one from Blackwood that chose this session. We had to form groups and come up with a new event for our own school that would involve everyone. Our group came up with being able to achieve points for your house colour throughout the whole year. That way the less sporty types still have a chance of contributing to the overall score.

There was another optional session after lunch. The session I went to was 'How to minimise Conflict'. This was a really good session because every school figured out what was the main cause of conflict within their school. We had to do a quiz type activity where there were about 20 questions, and at the end, you added up your score and found the cause. This was interesting because within the Blackwood students, there was a mixed response on the biggest cause.

The day finished with another 'Loud Noises' session. This was a nice way to finish the day as it was interactive. This session consisted of halving the students and each group being given a presenter. The game was charades but the whole half was allowed to do the actions. This was pretty funny, seeing what everyone came up with when it came to no talking.

Overall, we all enjoyed the day and had the opportunity to learn in a fun environment, meet new people, be able to share ideas with others and reinforce what we already knew.

The GRIP leadership conference was a very educational experience. Not only did I learn about the importance of communication and public speaking but also about the positives around being a student leader. I had the opportunity to interact with other young people from other schools and discuss the different areas and topics that our schools are working on improving. We discussed different methods each school is trying to use to encourage students to be positive role models in their community. We had a great opportunity to listen to how other schools SRC groups work and learn in a fun way. I hope I can apply what I have learnt to our SRC at Blackwood High School. We have already started to discuss areas for improvement in meetings and how we can implement changes and be positive leaders in our school.

By Sivi Sivam in Year 10

By Lucy Vardas in Year 11



YEAR 9 NAPLAN 2013

The National Assessment Program Literacy and Numeracy (NAPLAN) for Years 3, 5, 7 and 9 students takes place from **Tuesday 14 to Thursday 16 May**, which is Week 3 of Term 2.

All schools in Australia participate in the assessment program at the same time. There are four components: Language Conventions; Writing; Reading and Numeracy.

All students in Year 9 will participate in the assessment program. If your child is absent during this period, there is the possibility of completing the assessments upon their return to school on Friday 17 May.

Student work is marked by a panel of external markers with results being returned to the school and parents later in the year, usually September. We communicate NAPLAN results to parents at the Term 3 report collect evening. The school uses the NAPLAN results as one of a range of student achievement measures to implement appropriate support and extension strategies.

Parents/caregivers may choose to withdraw their child from the NAPLAN for philosophical or personal reasons. If you would like to withdraw your child from any/all of the NAPLAN, a withdrawal form will need to be completed and returned to the school by Tuesday 30 April, 2013. Please contact Craig Duguid if you would like to withdraw your child from any/all of the NAPLAN.

If you have any other questions regarding your child sitting the test, please contact Craig Duguid or the Principal, Marion Coady, by Wednesday 9 May to discuss.

Further information can also be found by visiting the NAPLAN website at www.naplan.edu.au.

Craig Duguid, Senior Leader Middle School

HARMONY DAY - Thursday 21 March



In the week leading up to “Harmony Day, 21 March, Blackwood High School celebrated our multicultural society. A number of classes participated in activities with a multicultural focus. These included: viewing and discussing cross-cultural videos, student creative writing based on the theme of harmony, and a focus on multiculturalism in the workplace in Business and Humanities classes.



International, exchange and new students were also invited to join teachers for a shared morning tea in the Resource Centre where staff provided a range of cultural dishes. The morning tea was a great success and it was

wonderful to see so many staff also entering into the spirit of the day by wearing orange clothing.

Since 1945 more than 6.6 million migrants have made Australia their home, bringing with them an array of skills, languages and beliefs. As a nation we can speak over 300 languages and trace our families back to 200 different ancestries. Australia is truly a multicultural society, one that we should all be proud of.

Ms Buesnel Student Counsellor

RELATIONSHIPS AND SEXUAL HEALTH EDUCATION

Our school has been part of the SHine SA focus school program since February 2012. This program provides our staff with access to professional development, resources, curriculum and on-going personnel support to deliver a comprehensive relationships and sexual health program to Years 8, 9 and 10.

Our staff are confident and enjoy delivering the program which covers a range of topics including: Respect, The body, Relationships, Communication, Consent, Safer sex, Gender, Power, and the Impact of Technology.

Participation in the lessons aims to improve students’ ability to develop healthy relationships, be confident and happy within themselves and their bodies, and make well-informed and safe decisions in their relationships and sexual health.

In 2012, 89 students from Blackwood High School provided feedback to SHine SA on the program. Here is a snapshot of the findings.

- 88% of students rated the course overall as good or excellent.
 - 93% of students believe the course will be useful to them now or in the future.
- Only 14% of students indicated they had spoken to a family member or carer about relationships and sexual health which illustrates the need, as well as community expectation, that these topics are covered at school.

Finally, some general comments show how much the students have valued the course.

- *This will be helpful because we now know how you should treat / be treated in a relationship and also not be pressured into anything*
- *As it explained things somewhat clearly and reinforced things that needed reinforcing*
- *Yes! Because I am more aware of STIs, laws to do with sex, all the different types of contraception that are out there, the legal age for consent and what helplines are out there. I have also learnt what a good relationship is and what isn't from the power activity*
- *I have learnt a lot about these topics and I think they are really important*
- *It was a well thought out course and explained things really well*
- *I thought I was a great way to cover life lessons*
- *Even though I knew most of this stuff I still learnt more*
- *I think the course was very helpful and I learnt a lot from it. I will take what I learnt with me in the future.*

If you too would like to provide feedback to our school and SHine SA on the program please go to https://www.surveymonkey.com/s/2013Parent_Carer

Glen Little, Health & Physical Education Leader

PSYCHOLOGY, SOCIAL WORK AND HUMAN SERVICES CAREER EVENING

The University of South Australia is holding a Careers focused event at Magill Campus that will showcase the career options in the fields of Psychology, Social Work and Human Services.

Date: Wednesday 15 May at 5.30pm

Venue: St Bernards Road Magill Campus

Students can find out more or register at unisa.edu.au/psw/careers.

STEM PROGRAM

Our Year 6/7 STEM (Science, Technology, Engineering and Mathematics) program is well underway and 30 students from a range of our primary feeder schools are enjoying this extended learning opportunity. We had an overwhelming number of quality applications from our feeder primary school students, such that we have decided to run a second program later in the year. The first three weeks have seen students enthusiastically engaging in a range of hands-on activities associated with energy transformations, producing electricity, making batteries and robotics.



The teaching staff delivering this program, have been most impressed with the students' positive and enthusiastic approach and outstanding behaviour and attitude.

Jarrold Chave, Senior Leader: Innovation in Science & Technology

SCIENCE COMPETITIONS 2013

- Rio Tinto Big Science Competition (Years 8-10) - 22 May
- ICAS Science Competition (Years 8-10) - 5 June
- RACI National Chemistry Competition (Years 11-12) - 25 July

Students can now register for any of the above Science competitions that we are offering this year.

They can register through their Science teacher or by contacting myself. **Registrations close on Wednesday 10th April (Week 11)** there is no cost to students to enter these competitions. For any further information contact me at the school or email jarrod.chave@bhs.sa.edu.au

Jarrold Chave, Senior Leader: Innovation in Science & Technology

INTRODUCING STUDENT COUNSELLORS AT BLACKWOOD HIGH SCHOOL

The counselling service at Blackwood High School provides confidential support for students and parents/caregivers to help manage things that are happening in their life and develop the skills and confidence to be able to do so more independently in the future. In supporting and promoting student wellbeing we offer:

- help to manage relationships with family, teachers and peers.
- course and career information and guidance.
- information about Vocational Education and Training (VET).
- information about referrals to other support agencies.
- support to encourage attendance and learning at school.



A common way we can support students is by offering to talk with others on their behalf for example with teachers, friends or parents.

Students or parent/caregivers may make appointments (or drop in) to meet with us to discuss an issue. Small groups of students may also wish to make an appointment about an issue of concern to them all.

Michael Winter (Student Counsellor Coordinator) & Argie Buesnel (Teacher Student Counsellor)

YEAR 10 GIRLS PHYSICAL EDUCATION



This term the Year 10 Girls PE class have enjoyed community activities including leading a minor games lesson for Blackwood Primary School students, going rock climbing and participating in a girls self-defence session run by kick boxing champion teenager, Carly Gangell. Well done girls!

Janet Bradley PE Teacher



CABARET EVENING – SATURDAY 25 MAY

Tickets are now available for the World Challenge Cabaret evening in support of our two teams who travel to Africa and Vietnam/Cambodia in November. The night will be highlighted by performances from E Type Jazz supported by two of our students Chris Williams and Sam Upton. Gourmet pizzas and Dip platters will be available along with a silent auction with lots of great prizes. All proceeds from the night will go to assist the teams Community projects where they will work hands on with locals on projects such as teaching, construction and environmental.



The Cabaret evening will be held on Saturday 25 May at the Goodwood Community Centre, 32 - 34 Rosa Street, Goodwood with the fun starting at 7pm. Tickets are \$25 and available online at <http://www.trybooking.com/46635>

Dan Smith, World Challenge Teacher

NO FELLA FOR ELLA!

We all know the story – widower **Baron Stoneybroke** and his daughter **Ella** become a blended family when he marries again and his new bride **Baroness Cynthia** brings her two not-very-attractive daughters **Verity** and **Betty** with her. They bully her and call her 'Cinderella', but she stays positive, with the help of her friend **Buttons**, the Baron's faithful manservant.

When **Ella** helps rescue a little old lady in the forest one day, **Fenella Goodwoman, personal stylist**, vows to repay her one day. When **Prince (not very) Charming** decides to throw a ball so that he can meet eligible women, she gets her chance.

But will **Ella** be happy with the Prince?

Why do people always think that girls need to be rescued?

Why do princes always think that girls will say yes?

With 14 new songs and a cast of 40, this is a fun-filled **one hour** journey back to your childhood, with colourful costumes, cross dressing and very bad jokes. Two matinees have already been SOLD OUT with only **ONE evening performance**, on **Thursday 9 May at 7pm** in the **Blackwood High School Performing Arts Centre** for all of those who still embrace their inner child. This is a Pantomime, so be prepared to be part of the show!

Tickets are \$10 for Adults and \$5 for Students/Pensioners/Concession Card holders. They will be ON SALE from the school from Monday 8 April from Student Services.



Robyn Trebilcock, Leader of The Arts

BLACKWOOD HIGH SCHOOL
proudly presents:-

No Fella for Ella




Cinderella with a twist!
by Robyn Trebilcock-Sanders

May 9th at 7pm
Adults \$10, conc. \$5



BLACKWOOD HS PERFORMING ARTS CENTRE

The Hundred Languages of Children | 8 April – 10 May

The child is made of one hundred.

The Hundred Languages of Children is a beautiful and intriguing display of children's theories illustrated through photographs, words, painting, drawings and sculptures.

The exhibition is a visual testament to children's potential as scientists, inventors, authors and artists.

STATE LIBRARY OF SOUTH AUSTRALIA

OPENING TIMES

MON-WED: 10AM-8PM
THU-FRI: 10AM-6PM
SAT-SUN: 10AM-5PM

Supported by:



YEAR 8 LANGUAGES MATTER POSTER COMPETITION

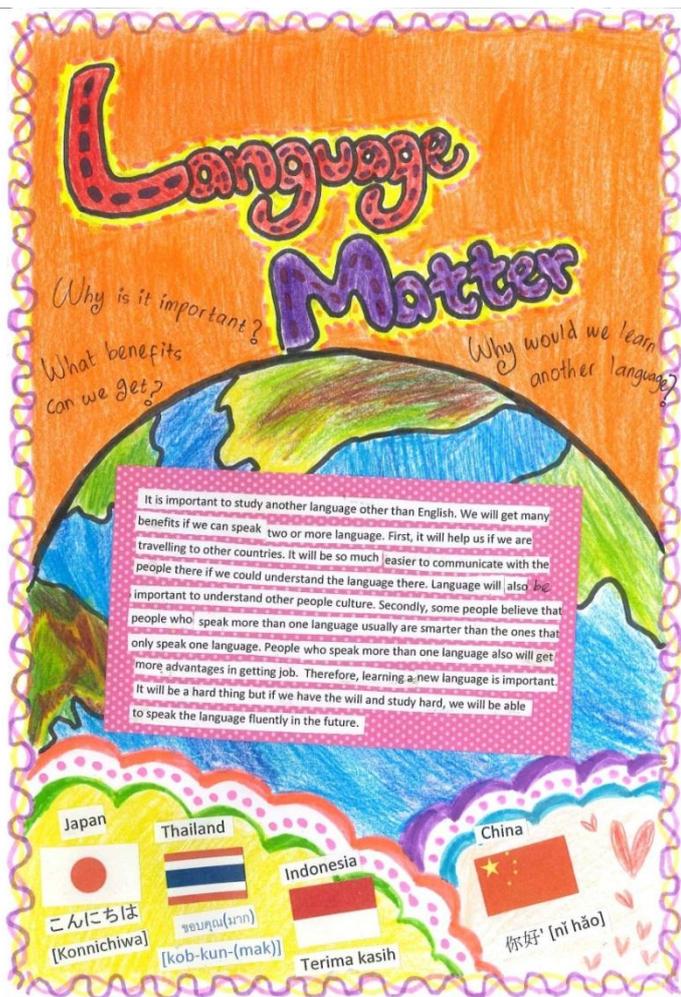
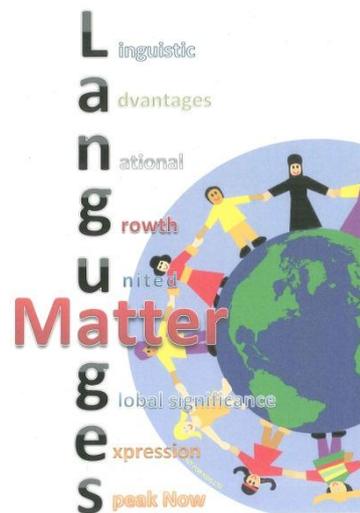
“Learning another Language is like a door into another culture”

Year 8 Language students recently completed posters expressing the message “Languages Matter”. Students explored the many reasons for learning a second or third language and then expressed these ideas in poster format.

Very creative ideas were developed and the winning posters were created by Vandy Wechkunanukul, Sophie Dale, Siani Ellis, Emily Jayne, Lucy Shillabeer, Wima Kardono, Hasna Hasna, Aiden Jacobs, Manuela Cokara, Hattie Waters, Delaney Dymont, Sarah Barker, Lili Hennings-Brewster, Ashley Platt, Isabelle Muenzinger, Yoshi Aranibar, Taaid Fallah, Tynan Carney, Matthew Walton and Jasmine Nutchey.

Students will be awarded a canteen voucher for their efforts. **“Language brings us together”.**

Karyn Jones, Coordinator, LOTE and International Student Programs



JAMES BROWN MEMORIAL TRUST

Do you have some time to spare? Want to connect with the community?

KALYRA BELAIR AGED CARE FACILITY has been serving the community in various ways for over 120 years.

We have 92 residents who all have their own stories and history.

Our volunteering program is interesting and diverse - some of our wonderful, dedicated volunteers have been assisting for over 27 years.

If you have some time to spare, some skills to share, are caring and motivated and enjoy a social outlet, we would like to meet you.

Where could you assist?

| | |
|---------------------------------------|---|
| • Driving our buses | • Assisting on the buses |
| • Coffee Shop and Gift Shop | • Assist in Lifestyle programs |
| • 1:1 social visits and companionship | • Assist with meals |
| • Documenting life stories | • Travel with residents to private appointments |
| • Art and craft | • Pet visits |
| • Maintenance | • Gardening |

The options are only limited by the imagination. We love to meet you!

Please call the Lifestyle & Volunteer Coordinator on 8278 5444 or email your interest to lifestyle@jamesbrown.org.au.

Kalyra Aged Care Facility is at 2 Kalyra Road, Belair 5052.



SCHOOL HOLIDAY SOCCER CLINICS

Soccer Clinics to be held:

Week 1 at Oakbank Area School 15-19 Apr 2013

Week 2 at Westminster School 22-26 Apr 2013

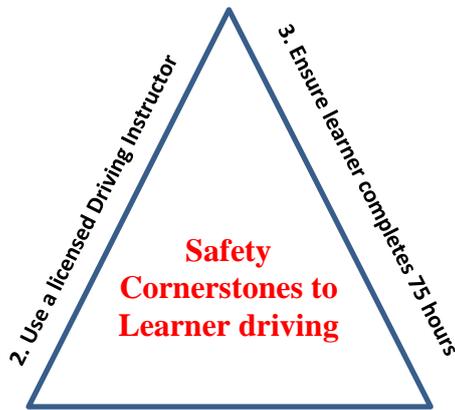


Coerver® Coaching SA the “World’s No.1 Soccer Skills Teaching Method” is offering players the opportunity to participate in a school holiday clinic. For all levels of youth players (girls and boys) aged 6-16

The Programs will be conducted by former Socceroo, FFSA Hall of Fame member and

Player Life Member Steve Maxwell. For further details and registration form visit www.coerver.com.au

Or contact Steve Maxwell on 0411 797 227 or email steve.maxwell@coerver.com.au.



SAFETY CORNERSTONES TO LEARNER DRIVING

Parents often ask advice on the proper approach to take when teaching a person to drive. Proper instruction is important and if you are going to teach your child to drive ensure that you are up to date with current road rules. The RAA have an online test to practise the road rules and there is a simple online test on the DPTI internet page as well. The SAPOL Road Safety Section has a session entitled ‘Cars have changed.....so have the Road Rules’ which specifically covers supervising learner drivers which can be booked by your school. Here are some ideas to consider when discussing this topic with your daughter or son.

1. Only apply for a Learner’s Permit when ready. There is no need to encourage early licensing as your child will need to feel comfortable about taking this step with all the responsibility that this decision brings with it. Learning to drive should not be seen as something that should automatically occur as soon as they attain the correct age.

2. Use a licensed driving Instructor. This does not have to be for the whole of the required 75 hours driving experience but having an instructor involved for some sessions is important to ensure that the learner has this experience. The ‘keys2drive’ program is available to give a free driving lesson with a licensed instructor to assist here. This session can be organised through the internet. A professional instructor will judge the areas for improvement in their driving and suggest ways to correct them.
3. Ensure your learner completes at least 75 hours driving practice as per their log book. Don’t take short cuts here as your learner needs this practice as once they have their licence, their chances of being involved in a crash increase dramatically.

AUSTRALIAN RULES FOOTBALL

Are you interested in playing football this Season? The Ironbank Football Club have openings for players of all age groups, but we are particularly in need of Under 15 and Under 17.5 players (age as at 1/1/13) to complete our recruiting for season 2013.

The Ironbank Football Club has a strong and successful history in the Hills Football League and is a family friendly club which puts high emphasis on developing our juniors not only as footballers, but as community minded individuals who understand the value of teamwork.

Perhaps you have never played Club Football before. Perhaps you are not getting a fair go at your current Club. Either way, we are very keen to welcome you to Ironbank.

For parents who are working on Saturday mornings, or are juggling various children’s sporting pursuits, we have a number of local parents who are very happy to help out with transport to training and games.

For further information, please contact John Rosman on either 7324 5694 or 0412 637 205.

EXPERIENCE ANOTHER CULTURE IN 2013 AND IMPROVE YOUR LANGUAGE STUDIES AT HOME

In June-July students from over 20 countries around the world will be arriving in Australia to study at local high schools for 5 or 10 months.

Opportunities exist for families to act as a host family, in a volunteer capacity. Hosting can be on a temporary, short or long term basis. Host families help provide international students with the chance to study and experience life in Australia. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill.

If your family can offer a friendly, supportive and caring home environment, contact us today.

**To hear more about this wonderful opportunity or
our student exchange programs out of Australia**

Call Student Exchange Australia New Zealand on 1300 135 331 or visit

www.studentexchange.org.au/host-a-student

POSITION VACANT – SCHOOL CANTEEN

We have a position as a Canteen Assistant in the Blackwood High School Canteen for three hours per week on a Monday commencing on Monday 6 May in Term 2. If you are interested please phone Barb Darby, the Canteen Manager on 82783766 for further information.

Barb Darby, Canteen Manager



HIMEJI CITY – BLACKWOOD HIGH SCHOOL CULTURAL EXCHANGE 2013

WHAT - Exciting opportunity to represent BHS on a two week cultural exchange visit to Adelaide's sister city in Japan – Himeji.

WHEN - In August this year a group of Japanese students will travel from **Himeji to Adelaide** and stay at Blackwood High School for 12 days. We will make a **return visit to Himeji in the September/October school holidays.**

WHO: Five students from Years 9 – 12 with a demonstrated commitment to promoting intercultural understanding and friendship between young people from other countries and cultures.

COST: Airfare to Japan (approx. \$1850), passport, travel insurance, spending money, gifts for the host family.

The exchange is reciprocal in nature –

Participating Blackwood High School students will be expected to host the Japanese visitor in their home during their stay in Adelaide or make arrangements for another Blackwood High School family to host the student. The group travelling to Japan will be accompanied by a teacher from Blackwood High and hosted by a Japanese family. In Himeji, students will attend school with their host/buddy, join in club activities, enjoy an excursion to another city (Kyoto, Nara, Kobe or Hiroshima), experience a range of Japanese cultural traditions such as Shodo (calligraphy) and Tea Ceremony.

HOW TO APPLY: Interested students, will be invited to complete a selection process. This will include attending an information meeting on **15 May**, completing a written application, **due 21 May** and an interview.

See Ms. Jones with questions or for more information.

Karyn Jones, Leader LOTE & Student Exchange Programs

INVITATION TO ATTEND A PARENT SEMINAR

'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): _____
