

# NEWSLETTER

No 9 – 20 September 2013

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



## Busy Term 3

As we approach the end of Term 3, I realise how busy our school is in delivering the teaching and learning program, preparing for the remainder of 2013 and planning for 2014.

The World Challenge teams are continuing with their preparation for their expedition overseas at the end of Term 4. This newsletter sees the last three weeks for Year 12 students as they prepare to complete their courses, finalise their assessment tasks and prepare for their examinations.

Year 8 to 11 students are mid-way through the second semester. This report provides an opportunity to refocus for continuing learning and improvement for the end of Semester 2 achievement results. On 26 and 27 September, mid semester 2 reports will be issued. Parents/Caregivers will have received a letter notifying them how to make interview times. Year 8 to 12 interviews will be from 3.30 – 7.00pm on Thursday and 9.00am – 1.30pm on Friday.

For Year 12 students, this is the final opportunity for teachers to provide suggestions to ensure they achieve before sitting for their examinations and completing final assessment tasks. We are looking forward to the interviews through the partnership of parents/caregivers and teachers. If parents/caregivers have any questions about the interviews please contact the school.

The Year 9 2013 NAPLAN reports will be distributed as part of the forthcoming parent teacher interview process.

Our student free day on 9 September saw teachers involved in continued planning for the Australian Curriculum and the IBMYP. In the morning we explored some of the work of Professor Carol Dweck. Carol's work is having significant impact on the way that educators provide feedback to students. Her significant body of work on mindsets, causes us all to think about how we nurture young people's capacity to persevere and develop resilience. Carol contends, based on research, that we all have a mindset. She has identified two mindsets:

1. A Fixed mindset is where you believe that your qualities are fixed, you believe that talent and intelligence is everything and this then translates into behaviours that protect you from failure.
2. A Growth mindset is where you believe that your qualities can be developed and change through your own efforts, application and experience.

Dweck states ...“a person's true potential is unknown (and unknowable); that it's impossible to foresee what can be accomplished with years of passion, toil and training” [Dweck 2006 Mindsets page 7]. Further she talks about how people who are considered as geniuses have to work and work hard for their achievements. Effort ignites ability and ability turns into accomplishment and achievement. As part of the session with staff we viewed a video of Carol presenting to a conference in Australia.

The link for the video is [http://www.youtube.com/watch?v=kXhbtCcmsyQ&feature=player\\_detailpage](http://www.youtube.com/watch?v=kXhbtCcmsyQ&feature=player_detailpage) Following this, staff analysed the feedback given to students using a grid and further information about the nature of feedback that supports student learning.

## Parent/Teacher Interview and Term 3 Report Collection

Thursday 26 September and Friday 27 September 2013

**No programmed lessons for students in Year 8, 9, 10 and 11 on Friday 27 September 2013**

You are invited to attend an interview with your son / daughter's Care Group teacher on either **Thursday 26 or Friday 27 September**. The times at which the Care Group teachers will be available for the interviews are:

Year 8	Thursday 3:30 pm – 7:00 pm	Friday 9:00 am – 1:30 pm	In the OSB area
Year 9 & 10	Thursday 3:30 pm – 7:00 pm	Friday 9:00 am – 1:30 pm	In the Resource Centre
Year 11	Thursday 3:30 pm – 7:00 pm	Friday 9:00 am – 1:30 pm	In the OSA area
Year 12	Thursday 3:30 pm – 7:00 pm	Friday 9:00 am – 1:30 pm	In the OSA area

## CALENDAR

**Mon 23 & Tues 24 Sept.**

Yr 11 PE Aquatics

**Thurs 26 & Fri 27 September**

Parent/Teacher Interviews:

by appointment on:

Thurs 3.30 – 7.00pm

Friday 9.00am – 1.30pm

**Fri 27 September**

LAST DAY OF TERM 3

**Mon 14 October**

FIRST DAY OF TERM 4

**Mon 21 & Tues 22 October**

2014 Yr 8 Uniform fittings

3.30 – 6.30pm

**Tues 22 October**

Yr 8 Hepatitis B & HPV + Yr 9

& 10 Boys HPV dose 3 vac.

**Wed 23 October**

Yr 12 Graduation at the

Adelaide Town Hall – 7pm

for a 7.30pm start

**Thur 24 October**

Yr 12 last day of Yr 12

lessons

**Fri 25 October**

Whole School assembly to

farewell Yr 12s.

**Tues 29 October**

Governing Council Mtg 7pm

**Fri 1 November**

School Photo IDs – Yrs 8-11



Government  
of South Australia

Department for Education  
and Child Development

T/A South Australian  
Government Schools  
CRIC:015 Provider No: 1001104



(cont. on page 2)

At the interview, the Care Group teacher will provide your child's Term 3 report, discuss their overall progress as identified by subject teachers, recommend strategies for improvement in learning and achievement and confirm their 2014 course selection.

If you cannot come to the school to attend the interview and collect your child's report, please contact the Care Group teacher by phone by Wednesday 25 September.

**Please book your interview between now and Wednesday 25 September** by either:

1. Booking online by going to:
  - ▶ [www.sobs.com.au/pt/parent.php](http://www.sobs.com.au/pt/parent.php)
  - ▶ Type in Keywords box: **Blackwood High School**
  - ▶ Select **Parents click here**
  - ▶ Insert your **Email, Name, Contact, Child's Name** and select **Child's Year Level**
  - ▶ Click **Book Interviews**, select **Child's Care Group Teacher, Time Slot** and **SAVE**

OR

2. Return the reply slip (on the letter that would have brought home by your child) to indicate when you can come to the school to attend your appointment.

### Developments in Social Media

The landscape of social media is ever changing. The advent of information technologies has seen burgeoning tools to support people staying in contact online. Parents and caregivers may be aware of Snapchat. Snapchat is an application that can be used on an iPhone or android. A parent guide to the use of Snapchat is available at [www.snapchat.com/static-file/parents.pdf](http://www.snapchat.com/static-file/parents.pdf).

### Flinders University – Bachelor of Psychological Science

Flinders University offer a three year Bachelor of Psychological Science which provides students with more flexibility and a wider range of electives. Students wishing to become a registered psychologist can continue onto an Honours Degree in Psychology.

*Marion Coady, Principal*

### 2013 Years 10 & 11 Course Counselling Survey

Parents and caregivers have the opportunity to provide us with feedback about the course counselling and subject selection process for next year. If you have not already done so, please follow this link to complete the short survey <http://www.tickabox.com.au/servlet/Survey?ts=694690400&prc=550032504872915942>. We have also provided a link on the school website. **The survey closes on Friday 27 September.**

We have now completed our initial round of course counselling for 2014 and are shaping the timetable for 2014 based on student subject choices. The survey will provide us with information about what parents and caregivers think of the course counselling processes we have in place. This will help us to make improvements next year. The survey asks questions about the lead up to course counselling, the support provided through Care Groups for pathways planning and subject selection, and the senior school course counselling interviews held on Monday 12 August.

We would appreciate all parents and caregivers who have not completed the survey taking the time to do so.

*David Garrett, Deputy Principal*

### BLACKWOOD HIGH SCHOOL HIGH ACHIEVERS

- ◆ Congratulations to Sue Booth in Student Services, who participated in the World Masters Rowing Championships in Torino, Italy in early August. Sue won gold was a member of a quad rowing team from Riverside Rowing Club. She also won a bronze medal in the doubles. What a great role model.



### NEW SCHOOL BASED APPRENTICE

Congratulations to Eliza Bolton who successfully gained a School Based Apprenticeship at Platinum Scissors, completing her Certificate III in Hairdressing. Eliza is now working part time at the salon as well as continuing with her schooling. Eliza has demonstrated a passion for this industry and has worked hard at her VET Course during 2013, placing her in the best possible position to win the apprenticeship. We wish Eliza all the best with her new career.

Pictured right: *Eliza Bolton with owner Nikki Mooney*



*Luke Northcote, VET Coordinator*

### KNOCKOUT ATHLETICS

On Monday evening 16 September, a group of eighteen students and six Physical Education Staff travelled to SANTOS Stadium to compete in Athletics SA's Schools Knockout competition. It was the first time we have entered the event which attracts elite competition from all over Adelaide. We entered three teams - Intermediate girls, Junior boys and Junior girls. Unfortunately, two of our strongest athletes were not fully fit on the night and we had some injuries that meant we had to withdraw from events. While we are still waiting for individual results, we know that we were competitive on the night with our Junior girls finishing 8<sup>th</sup>, Junior Boys 7<sup>th</sup> and Intermediate Girls 7<sup>th</sup> and we learnt a lot for the future. Some of our athletic competitors are pictured right.

*Janet Bradley on behalf of the Physical Education Staff*



## 2013 STATE CHAMPIONS FOR NETBALL TEAMS

### BLACKWOOD HIGH SCHOOL OPEN BOYS KNOCKOUT NETBALL TEAM

Congratulations go to the highly skilled Open Boys Knockout Netball team that took out the Grand Final at Netball SA Stadium on Wednesday 4 September.

Blackwood comfortably defeated all finals contenders including Modbury High, Henley High and Pedare College to progress undefeated into the Grand Final. Golden Grove High was also undefeated in the round robin format so there was tension going into the final game of the day, where games consisted of 2 x 15 minute halves.

The Blackwood team showed poise and control to get ahead by 8 goals at half time, however, the Golden Grove team fought back at the start of the second half to narrow the score to just 4 goals. Intercepts by our captain Brett Turner at centre, wing defender Taylor Moore, and circle defenders Max Gava and Daniel Hutton kept Blackwood in the game and sent the ball into attack where the shooters finished the play offs well. Jasper Young at goal shooter was unstoppable and he combined effectively with Ben Anderson at goal attack. Chris Perotta, Nelson Edwards and Will Knight were tireless in their efforts. Blackwood went on to win by 10 goals to take home the trophy and medals.

Previously, I coached Blackwood High School in 2005 to win this state title, and it has been a pleasure to coach these young men (for the past 5 years in some cases) to the pinnacle of school sport in what, for many, will be their last school sporting team. Thanks to our scorer and organiser, Thomas Gibbs.

***Ms Chris Olenich, Coach***



### BLACKWOOD HIGH SCHOOL YEAR 8/9 BOYS KNOCKOUT NETBALL TEAM

On Wednesday 4 September, Blackwood High School Year 8/9 Boys Netball team travelled to Netball SA Stadium to compete in the State Finals. The team had beaten Encounter Lutheran School from Victor Harbor in the previous round and had been practicing for weeks.

With three boys over six feet in height and numerous basketballers in the team, we knew we were going to be competitive. In our first game, we defeated Roma Mitchell School, 30 to 2. Round two saw us play last year's winners, Modbury High. We won 15 to 5. We won round three, 25 to 3 against Golden Grove High.

We won the semi-final 34 to 5 against Roma Mitchell. Modbury defeated Golden Grove to meet us in the Grand Final. The Blackwood boys did not falter, convincingly winning 29 to 6.

Our team consisted of goal shooters Tom Beard, Callum Coleman-Jones and Brodie MacBeth. Brodie also played Centre along with James Edwards and Ryan Williams. Luke McMillian was our star Wing Attack and was supported by River Moore. Able Wing Defence players were Dale Eshmade, Adam Turner and Cameron Clohesy. Circle defenders included Dale, D'Arcy Mitchell and Isaac Jurecky.

Our best player for the day was Isaac at Goal Keeper. Isaac turned the ball over numerous times per game and was a strong rebounder and steady feed out of defence. He represented the team at presentations and medals were awarded to each player.

A special mention needs to go to Daniel Nash; a fantastic Goal Attack who was restricted to the sidelines with a hamstring injury. Thanks to Lucy Vardas for umpiring.

Congratulations boys! Your skills, enthusiasm and sportsmanship were excellent. You were very deserving State Champions!

***Janet Bradley, Coach***



## HOMESTAYS WANTED!

Planning is underway for our final Study Tour visit from Japan for 2013 from Ritsumeikan High School in Kyoto. Ritsumeikan is bringing their entire Year 9 cohort (more than 230 students!) to Adelaide and they will be hosted by 16 different high schools. Our group of 7 boys and 7 girls are arriving in Adelaide on Thursday, 21 November and departing Wednesday, 4 December. A **homestay payment of \$450 will be paid to families** to help defray expenses.

During their stay in Australia, the Japanese students will travel to and from school each day with their hosts. At school, they will have a full schedule of activities that will include English lessons, a chance to experience classes such as Aussie Sports and Home Economics and some excursions. Host students will be invited to join the Japanese students for some activities. On the weekends, our visitors will welcome the opportunity to experience our typical Australian lifestyle – a visit to relatives, a drive or short trip, watching their host play sport, a picnic in the park, a game of cricket/swimming at the beach, shopping or any routine family activity. You will also be invited to attend a farewell ceremony/dinner for the visiting group.



If you are interested in hosting a student from Ritsumeikan or are interested in getting more information, please contact me on [karyn.jones@bhs.sa.edu.au](mailto:karyn.jones@bhs.sa.edu.au) here at school. ***Karyn Jones, Coordinator LOTE and International Student Programs***

## WINNERS AT THE ADELAIDE SHOW COMPETITIONS



Blackwood High School students were involved in the Adelaide Royal Show this year, taking part in the Micro-processing and robotics workshops. As well, we competed in an Advanced Technologies competition judged by some of the State's high profile figures, including Fernando Gonzalez the Squadron Leader of the Royal Australian Air Force and Dr Yew Kam Keong a Distinguished Talent on Creativity recognized by the Australian Government. Blackwood High School received a First Prize for their



Quad-copter Project with Year 10 students Nathan Munn, Josh Holmes and Brayden Whellum putting on a fantastic display.

Jesse Black, in Year 8, also received a first prize in the Skill Tester competition. Blackwood High School students received excellent feedback from both the judges and the general public on their display.

**Thomas Oliphant, Design & Technology Teacher**



## 2014 VET COURSES – TIME IS RUNNING OUT!

Many students have indicated that they would like to do a VET Course starting in 2014. The majority of the students have come to see me and completed the relevant Application Forms. I am aware, however, that there are still a number of students with forms either not yet returned, or who have not made an appointment to discuss their options with me.

A booklet with a variety of courses is available on the school's website at: <http://www.bhs.sa.edu.au/vet.php> and there are a range of other available options for interested students.

Most courses will be fully subscribed during Term 4, so it is important to get in now before it's too late.

**Luke Northcote, VET Coordinator**

## INTEGRATED LEARNING WEEK, 2013

During Week 5, Term 3, some Year 10 students completed an integrated learning program, which offered many lectures and various interactive learning activities. They were all to improve our life skills and knowledge by making us more aware of our own safety.

One of the courses we undertook was Road Safety, delivered by the South Australian Police, who taught us relevant information to do with the law and risks we take when driving, especially 'L' or 'P' plate drivers. I found this course interesting because all of the information was relevant to us, since we are reaching the age where we are able to get our license.

A company called New Day talked to the group about getting work and making the right decisions when it comes to careers, 'successful' lifestyles and achieving goals. They are a company that helps young people to acquire jobs. I found this session interesting because the man giving the speech was very engaging and encouraging.

One of the biggest parts of our week was the First Aid course run by Red Cross. In this course we became qualified in Basic First Aid. We learnt how to perform CPR successfully, put people in the recovery position and general basic first aid. I found this enjoyable because it was very hands-on. We got to perform CPR on the dummies that they brought in and I found this very relevant and helpful information. We got a certificate which lasts for one year for doing this course.

Another course we completed was Safe Partying, again run by the South Australian Police. The police officer who came in was an ex-Blackwood student. This course was probably my favourite and I found it very interesting and relevant. She provided information and talked about laws that are helpful to know and which we wouldn't have had the opportunity to find out about otherwise. She was very friendly, so it made asking questions easy and we found out information we wanted to know as well. In this course we covered laws to do with underage drinking and laws about other drugs.

Respectful relationships was another course where we learnt about the warning signs in relationships and what to look out for when it comes to negative relationships. We watched a video on a young Australian girl who was in a harmful relationship, the warning signs that her friends and parents saw and what happened to her in the long run. It was really shocking. This was another interactive course, and we filled out a lot of sheets.

One of the last courses we took dealt with mental illness. We learnt lots about today's youth, depression, anxiety and bipolar syndrome. I found this information rather interesting.

Overall, I found this week helpful, and learnt a lot of skills to do with safety that will benefit me in life. All of the information covered was relevant.

**By Georgia Oatley, Year 10 student**

**BLACKWOOD HIGH SCHOOL STEM PROGRAM GAINS MEDIA RECOGNITION.**

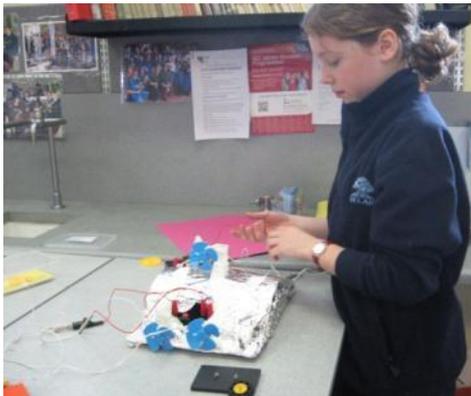
The second and final of our highly successful Year 6/7 STEM program is complete and we have been overwhelmed with the positive feedback and recognition that both programs have received. This culminated just recently with a story and photograph on the front page of the “Education” section of the Advertiser on Tuesday 3 September. Four of our STEM students - Xuefang Liu (Bellevue Heights PS), Sara Ataeie-Ashtiani (Belair PS), Angela Winter (Blackwood PS) and Harriet Cooling (Hawthorndene PS) were photographed and appeared on this page of the Advertiser alongside a most captivating article that gives readers a valuable and positive insight into the benefits of this initiative.

In addition to this article in the Advertiser, in our final STEM session on Friday 13 September, a film crew from DECD attended to capture snippets of student presentations and the finishing of their projects as well as to interview staff and students regarding the value of such a program. These images will be used to produce an audio-visual professional development resource for an upcoming DECD Leaders conference for principals and regional directors.

The final products and presentations produced by our second group primary school STEM students were again of high quality and demonstrated exceptional levels of innovation, creativity and problem solving abilities. The STEM teaching staff, along with the Executive Team at Blackwood High School, were most impressed with the quality of these products and presentations. It was a great way to finish and on behalf of the STEM teaching team I would like to congratulate all students involved in both programs and express that it has been an absolute joy and amazingly rewarding to deliver.

**Jarrold Chave, Senior Leader: Innovations in Science & Technology**

Left: *Ebony Werner (Belair PS) doing some last minute modifications to her energy efficient car model.*



Middle: *Margot Hall (Belair PS), Harriett Cooling (Hawthorndene PS) and Grace Beck (Belair PS) highlighting the advantages of their prototype.*



Right: *Nicholas Koulianos (Blackwood PS) and Dylan Burzacott constructed a model of a glider launching system powered by a series of solar cells.*



THE UNIVERSITY  
of ADELAIDE

## Electrical and Electronic Engineering HIGH TECH CAREERS High School Information Night

Are you a student in year 10-12, school teacher, careers advisor, or parent with an interest in Electrical and Electronic Engineering?

**Who:** High school students in years 10, 11 or 12  
**When:** Wednesday 25 September / 5:30pm for a 5:45pm start – 7:40pm  
**Where:** Ground floor, Napier Building  
 The University of Adelaide - North Terrace Campus  
**Cost:** FREE - Pizza and refreshments provided  
**RSVP:** <http://eeecareersnight.eventbrite.com.au> – places are limited  
 For more information please contact - Louise O'Reilly 8313 6474

**Electrical and Electronic Engineering and Beyond**  
 Electrical and electronic engineers create electronics, software and advanced technologies that are critical to every industry. They work in medicine, defence, power generation, mining and banking: everywhere technology is making an impact.

The School of Electrical and Electronic Engineering is hosting a special information night to inform high school students in years 10-12, parents, teachers and counsellors of the high technology careers available to graduate engineers in this dynamic discipline.

Current students, recent graduates and industry representatives will share their experiences and discuss career opportunities for electrical and electronic engineers. University of Adelaide staff will also be on hand to answer questions about degree entry requirements and study options.



## MENTAL HEALTH

Mental health can be affected by many factors and aspects of life. Pressures from school, work and family life can all play a part in a person's well-being. Exercise can improve mental health and exercising with someone can give you a chance to talk while going for a walk.

Mental Health Day is the perfect time to do this on **Thursday 10 October 2013**. You only need to get 60-70% of your maximum rate to experience the benefits.

This year on Mental Health Day let's get physical, release those happy hormones, and improve not only your physical health but also your mental health.

*By Robyn Campbell, Year 12 Health student*



## DOES YOUR CHILD HAVE A SLEEP PROBLEM?

The Child and Adolescent Sleep Clinic in the School of Psychology at Flinders University is providing treatment for children and adolescents (aged 7 to 18 years) who are experiencing at least one of the following:

- **Having trouble falling asleep**
- **Waking up and unable to get back to sleep**
- **Having trouble waking up or getting out of bed in the morning**
- **Often sleeping in their parents' bed or bedroom**

Places are limited, so for more information please call 8201 7587.

*Daniel Bonnar, Provisional Psychologist, School of Psychology, Flinders University.*

## ADELAIDE AQUATIC CENTRE FAMILY FUN DAY

**Come along and experience our 'Take a Breather Family Day'**

Lots of fun activities, free inflatable water slide, fun run, face painting, water activities and prizes from Speedo.

**Monday 30 September 2013 from 11am – 4pm at the Adelaide Aquatic Centre**

**Jeffcott Rd, North Adelaide.**

Entry \$7.50 adult, \$6 concession, \$21 Family of 4 - Part proceeds will be donated to Asthma SA



## FREE SCHOOL HOLIDAY ART WORKSHOPS!

**You Are Here X Drawing Journeys and Maps of the Imagination.**

Join international award-winning artist and educator Lauryn Arnott, who will guide you through a fun opportunity to use collage, drawing and painting, to chart a map from your past or travel in the future.

**You Are Here X** is your chance to create and mark your place in this ever-changing world! Activities are designed to assist participants to engage meaningfully with the wider cultural context to address issues such as: multiculturalism, identity, global culture, and personal memory.

Funded by the City of Mitcham as part of the **2013 Voices of the Village: Multicultural Festival.**

**Monday 30 September** - Adult Workshop, 9.30am - 1.00pm

**Tuesday 1 October** - Ages 10 to 14 Years, 9.30am - 1.00pm

Both workshops will be held at the Mitcham Cultural Village, 103 Princes Rd, Mitcham. Bookings are essential, please phone 8372 8869 or email [youth@mitchamcouncil.sa.gov.au](mailto:youth@mitchamcouncil.sa.gov.au)



## SCHOLARSHIPS & EARLY BIRD DISCOUNTS – Apply by 31 October

Each Year 12 scholarships valued from \$2,500 up to \$10,800 are open to students between 15-18 years of age and offer the unique opportunity to live and study overseas for a semester or year. Students' language skills improve, their independence and maturity is enhanced and they gain an important edge when it comes to future career and study opportunities. Students don't need to be A-grade to apply and the top language student doesn't necessarily win.

5 x Language Scholarships	2 x International Affairs Scholarships
3 X Digital Video Scholarships	2 x Indigenous Scholarships

Students can also make a saving of up to \$1,000 off the program fee with an **Early Bird Discounts as below:**

\$1,000 off for programs 10-12 months	\$500 off for programs of 5-7 months	\$250 off for programs 2-5 months
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The deadline for scholarship and early bird discount submissions for programs departing between April – September 2014 is **Thursday 31 October, 2013.**

To view program pricing visit Money Matter page on <http://studentexchange.org.au/assets/downloads/SEA-Price-Sheet-AUST-Oct12.pdf>. To request an information pack or for more details ring 1300 135 331 or [infor@studentexchange.org.au](mailto:infor@studentexchange.org.au) or visit the website <http://studentexchange.org.au>.



## SUPPORTING STRESSED TEENS: KIRRIE SMOUT, PSYCHOLOGIST

Parents are vital in helping teens through tough times. Be on the lookout for their struggles, ask questions, empathise and problem solve *WITH* the teen, not for them.



I talked with the students recently about how they could cope with stress and tough times. We talked about understanding our brains, how to avoid making things worse and how to cope. Parents are vital

in helping teens through difficult times, and can help significantly. Here are some ideas for how to do this.

### Understand that many teens do find life

**difficult:** Teens struggle with school (assignments, exams, looming deadlines), friend issues (feeling on the outer, dealing with conflict, feeling worried about their friends), relationships (break ups, decisions, feeling lonely about being single), body image (for many young women this is ongoing), their future and non specific anxiety, hopelessness and sadness. They don't always tell us their internal struggles, but just act moodily instead. It helps to see the pain underneath the irritability.

**Check in regularly and ask questions:** One of the most important things parents can do is to take the time to just ask the teenager how they are going. Ask how they are feeling about friends, school, relationships, future, themselves. Also ask about feelings, for example: "any bits of today that were worrying?", "What part of the day felt best/worst to you today?" They might not always want to share lots of information – don't nag and pester – but don't give up asking either. Casually, and with care, keep checking in every week or so. Make excuses to go on drives with teens, walk the dog together, be folding laundry while they are on facebook, weeding while they shoot hoops etc – places where conversations happen.

**Always Empathise First:** If a teen expresses stress, worry or sadness – our first response must be empathy. Sometimes this goes against our instincts. Instead we will want to give advice ("well, maybe you should....") or to reassure ("it's not that bad, just think about....."). Unfortunately if we jump into advice giving or reassuring before we have fully heard their pain, they will disconnect. So don't reassure or give advice yet. Just empathise. Say, "I'm really sorry to hear you feel

like that", "That sounds hard" or "I'm sure I'd feel really upset if that was me". Keep doing it until the teen feels heard. This might take some time.

**Brain storm and problem solve WITH the teen, not FOR them:** Once a teen feels understood, sometimes they are open to parents problem solving or brainstorming with them. This means *asking questions* to help *them* think the issue through, not telling them what to do. Questions that help this process are "is there anything I can do?", "what do you think would help in this situation", "What would make this a little better", and "What are your options?"

### Look out for Sleep, Exercise and Nutrition:

Sleep, exercise and nutrition all have a major impact on our mood as humans. If teens can get a bit of extra sleep, a little bit more physical activity and healthier food intake into their day, then often they cope much better. Suggest they go for walks with friends, help them have healthy food available and get phones out of bedrooms if at all possible!



**Get them talking to others:** Stressed teens need a community of supportive adults around them, not just parents. Parents can proactively set up appointments with school counsellors, year level co-ordinators, a GP, psychologist or even organise for an aunt/uncle/family friend to take the teen out for a chat. Even if the teen seems reluctant, gently pushing teens to be connected with other supportive adults in their life – can be the most important thing a parent does.

**Finally, if you are worried about your teen, get support and ideas yourself.** Talk with other parents, come in to talk with teachers yourself, talk with your GP, visit myself (or another psychologist) for advice. Parenting teens is a hugely tough job and you need all the support you can get. Good luck!

For more ideas and free articles on supporting teens with sleep, friendship, stress and social networking go to [www.developingminds.net.au](http://www.developingminds.net.au) or "like" Developing minds Psychology on facebook for ideas and advice in your newsfeed

**MEET THE AUTHOR**

The City of Marion Library Service has an upcoming meet the author event, with popular teen author, Matthew Reilly. Meet the international best selling author of Contest, Area 7 and Scarecrow. Set in 1546, his latest novel, The Tournament, is packed with thrilling page turning action.

**MONDAY 25 NOVEMBER from 7.30 - 8.30pm** (followed by a book signing) at Marion Cultural Centre – Domain Theatre, 287 Diagonal Road, Oaklands Park. Books are essential by phoning 8375 6784 or email [libraryevents@marion.sa.gov.au](mailto:libraryevents@marion.sa.gov.au).



**STURT MARION WOMEN'S SOCCER CLUB**  
"Shooting for the Stars"

**2014 JUNIOR TRIALS**  
STURT MARION GROUNDS - 262 STURT RD, MARION

WED	25 <sup>th</sup>	September	6.15 - 8pm
FRI	27 <sup>th</sup>	September	6.15 - 8pm
WED	16 <sup>th</sup>	October	6.15 - 8pm
FRI	18 <sup>th</sup>	October	6.15 - 8pm

Junior trials for all age groups from Small Sided Games (Under 9's) through to Under 17's.

Be there early ready to start @ 6.30pm - Bring water, shin pads, boots & wear appropriate training gear.

Sturt's 2014 Head Coach is Tom Ballaryne.

Tom: 0416 157 558 or Lit: 0405 766 729

Sturt Marion Players REPRESENTED IN:  
Olympics  
Matildas  
Young Matildas  
State W League  
State Schoolgirls  
Premier Reserves  
State League, Div 3, Div 2  
Under 17's, 15's, 13's & 11's

Winning multiple premierships across divisions & representing the club in Cup Finals & Charity Matches.

We have the best facilities in the State, cater to any skill level, and provide a great club atmosphere for all ages for enjoyment and development.

[erquity@sturtmarionwsc.com.au](mailto:erquity@sturtmarionwsc.com.au)  
[www.sturtmarionwsc.com.au](http://www.sturtmarionwsc.com.au)

**Community Event**

# Come 'n' Try

This is an invitation to families and people of all ages, to come and try some fun activities



**Sunday 27 October 2013**  
**1.00 to 4.00pm**

**Coromandel Community Centre and Weymouth Oval**  
**442B Main Road, Coromandel Valley**

**Sample of Activities:**

- \*Bertha the Blender Bike
- \*Giant Earthball
- \*African drumming
- \*Geetas
- \*ReadySteadyGoKids obstacle course
- \*Oversized games
- \*Parachute
- \*Weaving and spinning
- \*Sprint track
- \*Hand massages
- \*Edible Art
- \*Cheerleading
- \*Belly bumpers
- \*Stilts and more

For more info contact the Centre on 8370 6880 or [www.coromandelcc.org.au](http://www.coromandelcc.org.au)

SUPPORTED BY CITY OF **ONKAPARINGA**




**TERM 3 2013 school holiday ART workshops**

We are offering six fantastic painting and drawing art workshops over the term three school holidays. Join in the fun!  
BOOK NOW as places are very limited (max 12-14 students).  
[bookings@bigshedlittleshed.com.au](mailto:bookings@bigshedlittleshed.com.au)

PLEASE NOTE: If minimum numbers are not reached classes may be combined with another week or cancelled.

WEEK 1	WEEK 2
<p><b>AGES 5-7</b> WEDNESDAY 9 OCTOBER 9.30am - 11.30am (2 hrs) \$25pp Bring a mask and drink</p> <p><b>AGES 8-12</b> WEDNESDAY 9 OCTOBER 1pm - 4pm (3 hrs) \$35pp Bring a mask and drink</p> <p><b>teens</b> THURSDAY 10 OCTOBER (ages 11+) 10am - 1pm (3 hrs) \$30pp Bring a mask and drink</p>	<p><b>5-7</b> WEDNESDAY 9 OCTOBER 9.30am - 11.30am (2 hrs) \$25pp Bring a mask and drink</p> <p><b>8-12</b> WEDNESDAY 9 OCTOBER 1pm - 4pm (3 hrs) \$35pp Bring a mask and drink</p> <p><b>teens</b> THURSDAY 10 OCTOBER (ages 11+) 10am - 1pm (3 hrs) \$30pp Bring a mask and drink</p>

[bookings@bigshedlittleshed.com.au](mailto:bookings@bigshedlittleshed.com.au)  
Sim 0407 772 808  
483 Ironbank Road Ironbank  
(look for the orange flag)  
[www.bigshedlittleshed.com.au](http://www.bigshedlittleshed.com.au)

**Open Every Week**

# Organic CORNER STORE

A weekly family friendly market featuring an extensive range of organic, local and ethical:

- fruit and vegetables
- eggs, bread, olive oil and more
- home wares, gifts and accessories
- natural skin care and cleaning products
- organic coffee and snacks
- raw food and smoothies

Enjoy the benefits of signing up for a co-op bag.

Certified organic, seasonal fruit and vegetables with minimal packaging.



Pre order, pre pay and collect from the market

Information on our website or ask us how.

Every Thursday	Every Saturday
9am-1pm	9am-1pm
Glennelg North Community Centre (Alison Street, Glennelg North)	Bellevue Heights Primary School (7 Vauluse Crescent, Bellevue Heights)

[www.organiccornerstore.com.au](http://www.organiccornerstore.com.au)  
[facebook.com/organiccornerstore](https://facebook.com/organiccornerstore)

