Principal’s Welcome
The Term 2 holidays are rapidly approaching giving students and staff a break from usual school routines, the pressure of exams and the business of final assessments. The new semester has just begun, and everyone can take a breath. This provides a time to think ahead, which is timely as early in Term 3 students and families need to be making decisions about subjects and options for the future. The holidays provide a great opportunity to reflect on the year so far and for student and families to sit down together to talk about how the learning program has been going and to consider options and possibilities for the future.

Supervised Assessment Tasks, Examinations
During Weeks 6 and 7 (1 to 12 June) students in all Year 8 to 10 subjects completed Supervised Assessment Tasks or Examinations. Year 11 students had their Examination Week in Week 6. Year 12 students have their exams in Week 10 (29 June to 3 July).

Semester Report Distribution
Semester Reports will be distributed to all Year 8 to 11 students on 2 July, the final Thursday of term at a short Care Group session from 3:00 – 3:10 pm. Also on Thursday 2 July, Year 12 students will be able to collect their reports from Student Services from 3:15 pm. Uncollected reports are stored in Student Services. They can be collected over the holidays if parents/caregivers request them in person, writing or via a phone call.

2016 Subject Information, Course Counselling and Subject Selection
Many students and families are now thinking about subjects for 2016 and for the future. The 2016 Prospectus contains useful subject information and can be viewed on the school website, www.bhs.sa.edu.au. This is important as course counselling commences in Term 3. More information will be distributed early in Term 3. Subject selection for 2016 subjects will be finalised by Monday 10 August (Week 4).

Parents/caregivers of Year 10 and 11 students should put the SACE Information Evening in their diaries, scheduled for 7.00pm Tuesday 28 July (Term 3 Week 2) in the PAC. This session will provide information about pathways planning, selecting 2016 subjects, the South Australian Certificate of Education (SACE) and entrance to post-school education and training. Parents of Year 10 students who are going on the Ski Trip will be invited to attend a meeting immediately before at 6.00pm.

University and TAFE Admission
Year 12 students will certainly be considering University and TAFE courses for 2016 and beyond, with South Australian Tertiary Admissions Centre (SATAC) applications opening on Monday 3 August. The school will present a SATAC Information Evening for Year 12 parents/caregivers on Thursday evening 6.30pm 6 August (Term 3 Week 3) in the PAC.

Senior school students and parents may also be interested in attending the University Open Days that are scheduled in mid-August. Visit University websites for details.

(continued on page 2)
Staff Update
We have minimal staff changes for Term 3. I would like to welcome back Business Manager Chris Plummer after extended leave and Liam Clarke who has joined us to assist with sports coordination. We are saying farewell to Bianca Reddy who is going on maternity leave, Laboratory Manager Mary Smith who is going on Long Service Leave, and Hala Fabbian who has been with us for Term 2 to assist with teaching a number of English classes.

Staff Professional Learning
On the Tuesday 9 June Student Free Day, while the students enjoyed an extra long, long weekend, our staff learned about uploading Assessment Plans and Assessment Tasks to Daymap. Students and parents/caregivers will be able to find these documents on Daymap from the end of Week 2 next term. Staff then explored how to design tasks that intellectually stretch all students before planning units and assessment tasks that incorporate the Australian Curriculum.

Our staff are always keen to update their skills. We recently hosted a two part South Australian IBMYP professional learning series that attracted over 130 people from schools all over Adelaide for each of the two evening sessions. This included fifteen of our staff in each session. The workshops provided our staff with a wonderful opportunity to increase their understanding of planning and delivering the IBMYP.

Year 8 Primary School Visits
It is good to keep in mind that younger students are also thinking about their futures and are excited about the prospect of entering Blackwood High School. Assistant Principal Jarrod Chave has now visited each of our nearby primary schools to talk with Year 7 students about the advantages of attending Blackwood High School. Year 8 students who attended each school accompanied Jarrod and talked about their experiences when making the transition to high school. This provides our students with a great opportunity to take a journey back in time, and share their experiences and learning with their old school communities.

Student Voices From The Classroom
I would like to introduce a new column to our newsletter to profile what our students say about how they feel about the learning that happens every day in our classrooms. Many of our students strive to learn and achieve their best, and deserve as much recognition as our students who perform in our array of public forums. So keep your eye open for students say in ‘student voices from the classroom’.

New Initiatives
One of the joys of working at Blackwood High School is seeing the continual generation of new opportunities for students. This newsletter reports on three that have either just happened, or will in the near future. Five Year 10 and 11 students, with teacher Rachelle Defazio participated in Flinders University’s Inspiring Women in IT, Engineering and Design, App Development Challenge on Tuesday 16 June, 2015. The Year 10 Specialist Football Program travelled to the Murray Mallee Region for the very first Year 10 football camp. On the first day of the camp they played a match against Lameroo Area School and on the second day they helped to run a local 9-aside football carnival at Karoonda. The Big History program will begin in 2016 for Year 10 students who choose it as a subject. Blackwood High School is the only school in South Australia, and one of the few IBMYP schools in the world that have been invited to deliver this exciting program, sponsored by the Bill Gates Foundation’s bgC3 charity.

Principals For a Day
Organised by Principals Australia, Year 12 student Riley Mitchell and Year 11 student Nathaniel Ramesh were Principals for a Day on Wednesday 3 June. Nathaniel and Riley attended Executive and Leadership meetings, interviewed school leaders about aspects of their work, observed lessons and had morning tea in the staff room. Nathaniel and Riley are keen to recommend greater student involvement in school decision making and students providing feedback to teachers.

Work Experience Week
I would like to thank the many businesses and employers who provided work experience placements during our Year 10 Work Experience Week (see the last page). Employers and businesses give something back to the community by taking work experience students even though it adds to their usual workload. We are grateful for their generosity. Work experience greatly assists young people’s career investigations. It enables them to try out areas they could be interested in for the future and to talk with supervisors and workmates in a different context to any part time work they may be doing. Students who were not able to participate attended a work development program at school organised by Vocational Education Coordinator Luke Northcote. The students participated in a range of sessions to provide them with information about personal and career planning and work readiness.
World Challenge Cabaret Fundraiser

I would also like to thank the many individuals and businesses who supported the World Challenge Fundraising Cabaret on Friday 12 June at the Goodwood Community Centre. The student teams raised a significant amount of money which was a credit to the hard work that they all put in. They also provided the catering, with performances being provided by bands from the school community. Additional funds were raised through a silent auction. The organisers and students really appreciate the people who came to support the event and those who donated their time to help with organisation or prizes for the auction.

Performing Arts

Term 2 is a hectic time for our performing arts students and staff. We are looking forward to seeing our students performing in the Dance Star state finals on Saturday 27 June at the Norwood Town Hall. However we have many more students in our Dance program than those who want to join a competition team. On Wednesday 24 June all of our dancers from Years 8 to 11 were on display as they put on a spectacular two hour performance before packed and cheering audiences of primary school students, parents and members of the public. The stars of the show were our Stage 2 students whose were assessed by external markers during the evening performance. On Tuesday and Wednesday 23 and 24 June our senior Drama students staged Life, Art and Politics, a black comedy featuring Year 10, 11 and 12 students. The audiences enjoyed a one hour show filled witty dialogue and clever acting that pointed out some of the absurdities of, you guessed it, life, art and politics. Finally, Year 12 student Madeleine Winter closed the show at the Adelaide Cabaret Festival’s Class of Cabaret at the Adelaide Festival Centre’s Space Theatre. And behind all of these performances was our wonderful Arts Team.

2015 ASG National Excellence in Teaching Awards (NEiTA)

Nominations are now open for the NEiTA National Awards Program. Teachers and principals can be nominated for these awards which close of 31 July 2015. Nominations are made online at www.asg.com.au/nominate. Further assistance is available by calling 1800 624 487.

2015 C.A.S Hawker Scholarships

Applications for the 2016 C.A.S Hawker Scholarships will open on 7 December 2015 and Close on 8 January 2016. The scholarships are to undertake undergraduate and post graduate tertiary study in 2016. Further information is available at www.hawkerscholarship.org or by contacting 8127 1654.

News from Flinders University

In 2016 Flinders University will be offering a three year undergraduate degree in International Relations. The degree can also be combined with other degrees for four years study. The International Relations degree will cover key political, social, economic and strategic relations within the global community and how these translate into areas such as trade, economic development, tourism, foreign affairs, education, migration and human rights.

David Garrett, Principal

Student voices from the classroom, Year 8 History

There was much excitement in Mr Gillies’ Year 8 Humanities class as we learned about the Spanish Explorers, called “Conquistadors”, and their conquest of Central America. As our final history unit we looked at the Spanish Conquest of the Americas and its effects on the Native Americans, specifically the Aztecs and Incas. We learnt that the Conquistadors were able to conquer the Aztecs and Incas by exploiting advantages they held in both technology and knowledge. Furthermore they introduced new diseases which spread like wildfire throughout the native civilisation, killing millions.

Our assessment piece for this unit was an information report that asked us to undertake research and answer the following question, “How did the Conquistadors’ expansion change the Americas?” Before we began writing our report we were required to document our research in a Google Docs research plan that Mr Gillies shared with us. This allowed him to check our progress at any time, and make changes if needed. The great thing about Google Docs is that you don’t need to save your work or back it up because it saves straight to a cloud server. We got to choose our research topics under the big overall heading of ‘Spanish Conquistadors’ which was cool because we got to do research that is different from everyone else, and therefore learnt more. We got to use technology to write our essay, so that our hands didn’t fall off, and we learnt how to do a properly structured information report. We have had a great time working on this assignment.

Xuefang Liu and Harriet Cooling, Year 8 students
BLACKWOOD HIGH SCHOOL HIGH ACHIEVERS

Congratulations to Branden Penn Year 9 who will be competing in Muay Thai as part of the Australian Team for the IFMA Royal World Cup held in Bangkok from 13 to 22 August 2015.

Congratulations to Madeleine Winter in Year 12 for her performance at ‘Class of Cabaret’ at The Space in the Festival Centre for the Adelaide Cabaret Festival. Young performers from different schools each introduced then performed a song, cabaret style in front of a packed audience. Madeleine brilliantly closed (and many would say stole) the show.

YEAR 8 DEBATING TEAM

Tuesday 26 May saw the tightest of debates as the Blackwood Red and Blue teams battled some seriously well-prepared opposition. The Blues took on Glenunga International High School and the Reds challenged St. Peter’s Girls. Our teams were assigned the negative side last night, arguing that Lance Armstrong was under no obligation to return the money paid him by the South Australian State Government for his Tour Down Under appearances. As you might suspect, this was not an easy task, however both teams generated a series of potent arguments that challenged some widely held views on the events around the Tour Down Under and the actions of different parties. Such was the quality of the two performances that the boys’ team lost by only one point, despite having lost one of their speakers a mere three hours before the debate. The girls were equally impressive, holding their own against the St. Peters Girls and only losing because of the brevity of their arguments, rather than the quality. To the team’s credit, Ruby Brown was able to walk off with the award for “The Most logical Argument of the Round and Best Delivered Speech”. Again, well done teams!

Raphael Zadey, English and Humanities Leader

YEAR 10 PERSONAL PROJECT

Year 10 Personal Projects should all now have been submitted (due at the end of Week 9). To complete the project each student completes three separate components, a product or outcome, a process journal, and a final report. These are then submitted together for marking. Each project is then marked by a panel of at least two teachers for moderation purposes. Students will get their Personal Project results in early Term 3. This grade will also appear on their Semester 2 reports. The Personal Projects will be on display in the Resource Centre in Week 2 of Term 3, with parents being invited to visit the display from 4.00 – 7.00pm on Tuesday 28 July.

Nick Gillies, IBMYP Coordinator
INSPIRING WOMEN IN TECHNOLOGY AT FLINDERS UNIVERSITY - SUCCESS

It was an APP-solutely inspiring day at the Flinders University Inspiring Women in IT, Engineering and Design, App Development Challenge on Tuesday 16 June, 2015. There were many schools of young women attending this App development day using a software program (MIT) and making coding simple and fun for each group. The challenge was to develop an App game to calm a person suffering anxiety. The girls went straight into ideas generation mode making mind maps to what helps a person in this situation. Soft lines, calming colours, easy of playing and calming music or sounds were a start to the day.

Our Year 10 team (Dumbledore’s army) consisting of Vivien Bernhard, Imogen Deller-Evans and Charlotte Thomson created a game in space (escapism) where they were able to connect starts to make a picture, giving points to each star that had been touched. Emily Lauritzen and Jamii Bruer represented the Year 11 team (Astroeng) with a natural flare for coding and navigating the program skillfully. They created a game with a babbling brook and the concept of rain clouds to remove from the picture in order to make the scene bright and sunny again (capturing the challenge to relieve anxiety).

After lunch a number of professional women within the engineering and IT industry presented the groups with information about their roles and how they got to their chosen careers. Flinders University also presented and provided resources to assist with mapping out chosen/advice career pathways.

At the end of the day each group of students had to vote for another group to which App design they liked best. Our Year 10s won this challenge within our group of five schools. Overall, the organisers chose an App they liked the best with the Year 10s just missing out on the trophy coming in at second place out of over 20 groups involved.

A great day to inspire and empower, well done girls

Rachelle De Fazio, Science Teacher

THE GATES’ BGC3 BIG HISTORY PROJECT

In 2014 Blackwood High School was approached to be the only South Australian school, and one of several IBMYP schools worldwide to pilot the The Big History Project, a new education program funded by Bill Gates’ ‘bgC3’ charity.

Based upon the work of former Macquarie University’s David Christian, The Big History Project is an interdisciplinary history and science course that teaches about the origins of us as a species, a planet and as a universe, and where we are headed in the future. It focuses on key changes that have occurred such as the stars lighting up for the first time, the first life on Earth, the emergence of agriculture and the modern revolution.

Bill Gates’ charity ‘bgC3’ worked with teachers and university personnel to develop curriculum, software and staff training, and funded three Blackwood High School staff to travel to Seattle for training in 2014. Blackwood High School will offer the course for the first time in 2016 as a Year 10 choice subject.

If parents/caregivers would like to know more, a free, self-paced parents’ version of the course is available online at https://www.bighistoryproject.com/home

The Big History Team, Nick Gillies, Jarrod Chave and Raphael Zadey
FLINDERS ENRICHMENT DAY

On Friday 19 June, a group of Year 11 students went to the Flinders University enrichment day. The day consisted of a tour with hands-on experiences, led by a variety of speakers in their respected fields of study. Tours were held for students interested in Health Sciences, Humanities or Science and Engineering. This was beneficial as the speakers were relevant to our interests and were still broad enough to help us get a better understanding of the different careers and futures that can be undertaken. The Science and Engineering tour was highly informative about the various career prospects available. I enjoyed how we got to feel hands-on what it is like to be part of certain careers, some of which included software programming, nanotechnology and electronic engineering. This certainly opened a few doors as to possible future professions as I, along with many others, have not made a definite choice about my future. The day was a great way to experience life at university while offering a deep insight into future pathways. Being run by current students gives a primary source on what it’s really like and I would highly recommend the day to everyone, even if university is not currently your aspiration, as it might just open up a new pathway for the future.

Ronan Naidu, Year 11 Student

Students who elected to experience life at the Faculty of Medicine, Nursing and Health Sciences were taken to the Sturt Precinct of Flinders University. Various staff and students gave presentations regarding disciplines available, including Nursing and Midwifery, Paramedics, Medical Sciences, Nutrition and Dietetics and Sport, Health and Physical Education, and the various pathways into each. Numerous activities were available at the Nursing and Midwifery presentation, during which we learnt about the human anatomy, the breathing patterns of smokers and the correct handling of babies, and experienced the struggles faced by stroke patients. We were also shown the state-of-the-art simulation clinics used by students, featuring manikins that have the ability to breathe and respond among other things. In the clinics, we were given a demonstration of a typical asthma attack and childbirth and given the opportunity to administer medication to a manikin via intravenous therapy. During the Paramedics presentation, we learnt about the kits used by paramedics and what is done in some of the most common scenarios they face. We were also taught how to perform cardiopulmonary resuscitation, something that every person should know. Two current students presented the Nutrition and Dietetics talk, telling us about the interesting things that they experience through their degree and running a number of activities around telling the difference between healthy and unhealthy food choices. The Medical Sciences presentation covered much more than we expected, with a current staff member talking about the importance of staying in school through his personal experience and how it is not necessary to select a specific career pathway now as it is possible to begin our journey with a general degree and transfer to a more specific degree later on in the course. Finally, we were able to relax and play some team games based on netball organised by current Sport, Health and Physical Education students, an activity that is part of their degree. As a whole, the day was highly beneficial to those of us looking to pursue careers in Medicine, Nursing or Health Sciences as we were given the opportunity to learn about all of the different pathways into each of the main undergraduate courses and experience some of what we would be able to do after attaining the respective degree.

Parsa Shorofi, Year 11 Student

The Enrichment day was very useful in broadening our perspectives about courses to take at university level. After a brief overview we were randomly allocated into different groups. My group experienced sessions on Philosophy, Screen Media, International Relations, Politics and Business which all fall into the broad spectrum of Humanities. The first class was Philosophy where we learned that Philosophers are concerned with arguments because they seek well-reasoned answers to the most difficult questions such as: What is consciousness? What is freedom? Do we have a soul? Is there a God? The specific answers to the above questions cannot be discovered in the definitive sense; however philosophy helps up to think of abstract concepts logically using strong arguments. The next session was on business, marketing and the importance of considering a target market before starting a business, making sure all the facilities, services, location and products appeal to the specific target market in question. In this session students planned a business plan that accounted for risks that they had no control over, such as food poisoning of customers. This session gave a valuable insight into to the way the business world works. In the International Relations class we learned about the importance of creating good relationships between countries. Understanding was created regarding relationships between Australia and major world powers like America and China. We learned that the study of international relations includes the study of diplomacy, foreign policy analysis, strategic studies and military affairs, peace-keeping and war-making, ethical issues such as human rights as well as aspects of international political economy and trade. Screen and Digital Media turned out to be a fascinating session. It made use of gadgets; one of which was special goggles that, when worn, transformed the world to one with a video-game like feel. We also explored the use of props such as elaborately made guns that looked as if they came from a movie. These props are used in the creation of animations. We then looked at the study of politics which deals with the ‘public life’ of Australia and leaders as well as political allegiances. Our group was split into two parts in order to debate about whether alcohol should be legal at the age of 16. The day enabled us to think about ideas for personal career choices.

Elle Noel-Barham, Year 11 Student
UNITED NATIONS YOUTH AUSTRALIA

UN Youth Australia is a national youth-led charity that aims to build the people’s movement for the United Nations through the education and empowerment of young Australians. On Saturday 13 June, Abbey Hutton and Nathaniel Ramesh took part in the Evatt SA 2015 preliminary rounds run by UN Youth Australia. Evatt is a competition where teams of 2 people from the same school represent a member country of the Security Council and both amend and vote on resolutions, in accordance with their country’s stance. We represented South Korea and had to duly research our country’s economy, military and politics. We were provided with two resolutions to work on before the competition and a surprise resolution on the day of the competition. Our resolutions were, The Question of Drug Trafficking and The Question of the Mediterranean Refugee Crisis. The surprise resolution was a hypothetical situation where Iran took over the Strait of Hormuz, which is a waypoint for 20% of global oil, after an alleged Israeli attack on the Arak Nuclear Power Plant. We managed to introduce about three amendments in total and ask many points of information. We also worked closely with the United States and Australia. Although we did not qualify for the State Grand Finals, we were very happy that we took part and are looking forward to returning next year.

Nathaniel Ramesh, Year 11 Student

YEAR 11 CAREERS EXPO

On Monday, 15 June the Year 11 cohort attended the Tertiary Studies and Careers Expo at the Adelaide Convention Centre. This was a fantastic opportunity for students to explore their future study and career options and discover how to achieve their goals. Students attending the Expo completed research on career or future study options by visiting exhibits of interest. The Expo provided the opportunity for students to gather valuable information that may assist subject selection and planning career pathways. Exhibitors include universities from around Australia, private providers, government agencies, professional associations and employers and provide details on further education, career pathways, professional development, graduate recruitment, scholarships and much more.

Katrina Constantopoulos, Year 11 Leader

STUDENTS TAKE A WALK IN THE PRINCIPAL’S SHOES

On June 3, Riley Mitchell (Year 12) and Nathaniel Ramesh (Year 11) took part in the Nationwide Student Principal for a Day leadership initiative, which allows students to step into the shoes of a Principal and better understand their role in the school. After a few weeks of planning with Mr Garrett, we came up with a full, hands-on day. Throughout the day we were involved in various activities, like attending the Executive and School Leaders Meetings, lesson observations and a webinar. We managed to interview three different school leaders, Ms Jones, Ms Buesnel and Mr Dening, to learn about their individual roles as part of the leadership team and were fortunate enough to eat in the staffroom with the teachers. We also interviewed Business Manager, Ms Chris Plummer. We learned a lot about the business side of the school. We also interviewed Mr Duguid, who is in charge of timetables for all staff and students. During lesson observations, students were interested in our role as Principal For A Day and expressed their interest in participating in the future. We were able to develop our own ideas to present to the school leaders and the SRC about suggestions on improvement and how students can become more involved in decision making in the school. Overall, it was a very enjoyable, busy, informative and comprehensive day and we look forward to see what future Principals for a Day have in store for Blackwood High School.

Nathaniel Ramesh, Year 11 and Riley Mitchell, Year 12
University of Adelaide Faculty of Sciences – Early Entry Program

From out of the window of the 5th floor of The Braggs Building, the sun was setting over the Adelaide Oval, but all eyes were on Prof Bob Hill, Executive Dean, Faculty of Sciences at the University of Adelaide. Prof Hill was relating recent advances in our understanding of the fossil record to the Year 12 Early Entry Program students. This fascinating lecture was the curtain-raiser for a Meet and Eat function, the second event in this Program, which aims to introduce selected Year 12 Science students to life and work at the University of Adelaide.

Following refreshments, the students met their mentors; 2nd and 3rd year university students studying in the Faculty of Sciences. The mentors explained their current studies, which included marine biology, laser physics, chemistry, astrophysics and biotechnology. Students also had a chance to learn about studying at university, clubs and associations and social life at university.

The next event in the program is a targeted careers event, assisting students with their future pathways.

Dr Rogan Tinsley, Leader Science

VET COURSE INFORMATION: 2015 SEMESTER 2 and 2016

As we prepare for Course Counselling and subject selections for 2016, I would like to remind students, parents and caregivers about the process for choosing a VET Course for the coming year.

- VET Courses generally become available later Term 2 up until early Term 3 and should form an important component of discussions between parents and students.
- Students can see Mr. Northcote once VET Courses are released to collect an Application Form and begin the process.
- Students going into Year 10, 11 or 12 must indicate that they are choosing a VET Course on Web Preferences as this enables the school to follow up on incomplete applications or to provide support to students and families.
- Students must choose a full-load of subjects for 2016.
- Parents and Caregivers must be aware that there are costs associated with completing a VET Course above the regular school fees and will be asked to complete an agreement to pay as part of the application process. Once this process has taken place, students may be asked to attend an interview or aptitude test in order to judge their suitability for the course.

It is also essential to be aware that students choosing a course are committing to the course costs and to attend. This decision should not be taken lightly. Students choosing to withdraw early in the course may not be entitled to a refund on any costs already incurred.

2015 VET REMINDERS: ABSENCES AND SIGNING OUT

Students and parents/caregivers are asked to remember the following in relation to VET Courses currently underway:

Absence: Students must inform the course provider AND Blackwood High School of the absence as soon as possible on the day of the absence.

Signing Out: Where a VET Course only takes the student out of school for part of the day, it is essential that students sign out every time they leave the school to attend. This is an essential part of the school’s daily management and a responsibility of all students.

Luke Northcote, VET Leader
HARMFUL RISKS OF MOBILE PHONE USE

Of the 7 billion people on this earth, 6.8 billion have subscribed to using a mobile phone however many are unaware of the harmful effects they can cause. Mobile phones have a large impact on our health and wellbeing. The effects can vary from physical and mental risks such as sleep deprivation, eye problems and increased stress levels to social issues of addiction and poor communication skills.

SLEEP

A large study conducted in Norway discovered that using mobile phones before bedtime can have a significant impact on a person’s sleep. This is due to a person’s body clock being affected as a result of being exposed to the bright light of the mobile phone screen. The research showed that using mobile phones before bed nearly doubled the risk of participants having a poor sleep.

INCREASED STRESS LEVELS

When owning a mobile phone, the constant alerts of ringing and vibrations can cause significant stress on people. A study undertaken at the University of Gothenburg, Sweden, established that the female participants experienced high levels of stress and sleep disturbances whilst the male participants displayed symptoms of depression as well as sleep disturbances.

POOR COMMUNICATION SKILLS

Now that people are able to message or call others rather than meet in person, their communication skills are decreasing. Some examples of important skills being lost are listening skills and non-verbals (gestures). These skills are very important especially when it comes to matters such as job interviews. It is common now, to see people at social events using their phones rather than communicating with the people around them. Many people have experienced social anxiety or have become antisocial due to mobile phone use.

There are many strategies that can be used to lower the impact of these harmful effects from using mobile phones. Managing the amount of time that you are on your phone and creating set times to use your phone, can decrease the health risks of eye problems and stress levels. Making sure that you do not use your mobile phone an hour or two before bedtime can allow you to have a much better sleep at night. Turning off your notifications or activate airplane mode and involving yourself in activities can be highly effective in preventing a mobile phone addiction and increasing your communication skills.

Nadine Hutchison, Year 12 Health Student

ANXIETY IN TEENS

High school can be one of the most stressful times in a teenager’s life. Although anxiety isn’t just stress, which is what most people assume it is. Anxiety Disorder can be caused when teenagers are faced with unfamiliar or stressful situations which can make them feel nervous, have butterflies or uncomfortable. As children become teenagers, their boundaries expand. They have new challenges and opportunities. They want more independence and their brains change. Because of all these changes, adolescence can be a particularly stressful time, which can cause anxiety. For example, teenagers might worry about starting secondary school, looking a particular way, fitting in with friends, sitting an exam, performing in a play at school or going to the school formal.

Did you know that 1 in 6 young Australians are affected by Anxiety Disorder? This is equivalent to 440,000 young people today!

What causes anxiety? Anxiety doesn’t have a specific trigger as everyone is different, and people experience different emotions and challenges. Although, there are a few situations that are common causes of anxiety. Some of the most common causes are: Bullying, Low self-esteem and body image, Loneliness, Family break up/Loss and grief, Physical health problems, Alcohol and drug use.

What does anxiety look like? Some signs of anxiety may be hard to spot as not all people who suffer respond to situations the same as others. There are signs and symptoms that can be seen by someone who suffers from anxiety, and if these signs can be seen, it could really help someone who may be suffering in silence. Some common signs are: Persistent worrying, Increased irritability, Avoidance of feared situations, Problems with work, social or family life, Inability to relax.

Who can help? Anyone can help a person suffering from anxiety. You don’t need to be a professional to help. Simply talking to someone can be a big help. If you are uncomfortable with talking to someone who is suffering from Anxiety Disorder, there are other people who they can talk to like a professional or a family member, friend or trusted adult. Be supportive and let them know they aren’t alone. Professionals at youth companies such as Youth Beyond Blue specialize in Anxiety Disorder and are there to talk and provide the best support for young people.

Bailey Mandemaker, Year 12 Health Student
ART, LIFE & POLITICS

SACE DRAMA GROUP PERFORMANCE

The SACE Drama Group performance this year was a cynical and satirical look at the Commercial Art world, and the world of Australian politics, showcased in the performing Arts Centre on 23 and 24 June.

In the performing arts subjects Dance, Drama and Music, the exam is the ‘real life’ experience of presenting your work on stage, not on paper. It takes a special kind of courage to perform in public and our young people demonstrated that they had what it takes in an entertaining hour of comedy at its blackest in front of warm, supportive audiences.

Well done to all those involved, including all the people behind the scenes who constructed the set; (Daryl Zilm & Aaron Jacquier) helped with the props; (Mrs Remete and her Year 8 Art class, Jessa Kloeden, Emma Roberts and Mrs Esvelt), took care of makeup; (Hannah Pietsch) and provided technical support for the show (Brendan Maidment, Nick Sutton & Oran Levy). Many thanks!

Robyn Trebilcock, Director and Arts Leader.

CLASS OF CABARET

The Class of Cabaret 2015 brought together a large number of music and drama students from many South Australian high schools. The Class of Cabaret allows each student, under the mentorship of local and overseas industry professionals working or performing at the Cabaret Festival, to develop what they have learned at high school and to eventually take to the stage in front of a large audience to give an introduction and to perform one number. This year, Madeline Winter wowed the audience with her performance.

“I was selected to represent Blackwood High in the ‘Class Of Cabaret’ program I have been working in master-classes and workshops alongside some of the State’s highest performing arts students. We were coached and mentored by professionals in the field: Michael Griffiths, Amelia Ryan, Kim Spargo, Matthew Carey and Stacey Powell. We performed in the Adelaide Cabaret Festival Gala and in our own show the ‘Class Of Cabaret 2015’. I was lucky enough to gain entry into a master class with Barry Humphries. This was a wonderful experience that taught me about connecting with audiences and developing your own style as a cabaret artist.”  Madeleine Winter

Madeline performed the song Super Doper Love, delivering it with great timing and leaving the crowd speechless. Well done Madeline.

Katrina Constantopoulos, Leader Year 11

DANCE STAR

Six teams were entered in this year’s 2015 Dance Star Competition with 65 students involved. Building on the growth and success of 2014 students who auditioned have spent many hours rehearsing for this event with their coaches.

This year we continued the tradition with teams entered in the theatrical, hip hop and contemporary sections as well as debuting in the small and large jazz sections. All teams performed to their best at the preliminaries at the Norwood Concert Hall making it through to the state finals on Saturday 27 June. Teams who finish first in their section are guaranteed automatic entry into Nationals which will be held on the Gold coast in August this year.
2015 YEAR 12 DANCE EXAM PERFORMANCE

The Year 12 Dance students performed their class choreographed dance works entertaining audience members with their excellent technical and performance skills. Students performed in a range of dance genres including contemporary, hip-hop and jazz. Lighting design and multimedia further enhanced the production this was designed and operated by Brendan Maidement, Nicholas Sutton and Oran Levy. The Year 12 students were accompanied by the talented Stage 1 dance students.

The SACE dance pieces included Conflict showcasing the Stage 1 and 2 student’s contemporary skills. New contemporary works included Hanging Tree This piece was inspired from the Hunger Games film. The students were fortunate enough to have had the opportunity to work with Larissa McGowan dancer from the Australian Dance Theatre. Larissa ran a series of workshops introducing the students to William Forsythe composition techniques and developing a new work titled The Maze. The opening Jazz dance created by student teachers Skye and Jaime kicked the night off and the students entertained audience members with the Great Gatsby jazz and a hard hitting hip hop routine.

The Year 12s were supported by the Year 8, 9, 10 and 11 dance students. The Year 8 class engaged the audience with four choreographed works including their Come-Out for Peace flash mob.

The Year 9 class performed an energetic hip-hop dance that showcased their dance skills as well as their contemporary choreography from term 1 Pretty Hurts that explored the theme of body and self-image.

The Year 10 students supported the SACE dancers in the performance of the Come Out peace theme dance that was developed earlier this year as part of the Come Out program and performed at the Festival Centre.

The six successful dance star teams also performed in this production.

Congratulations to all the dance students and choreographers who participated in this production and we wish all the students and the Year 12s well in their performance exam results.

With assistance from Dance Star guest choreographers Erin Guppy, Torehn Lowbow, Katrina Lazaroff, Maddi Honour, Larissa McGowen, Lauren Pisanello and Alison Wilton; pre-service teachers, Skye Westwood and Jamie Veneman; and student choreographers Kaitie Harris, Isobel Stolinski, Carmen Britton, Rosalind Stafford and Sarah Crawley.

Thankyou also to ex-student Brendan Maidment, who delivered, constructed and programmed all the lighting effects and audio which added so much to the look of the show, and his two Year 9 assistants Nick Sutton and Oran Levy.

Truly a cast of thousands and a credit to all involved that such an enormous number of people can work together to create such a polished show.

Katrina Constantopoulos, Leader Year 11 and Dance Teacher
SPORTS NEWS

2015 CROSS COUNTRY CHAMPIONSHIPS
On Thursday 4 June we took a team of 19 Blackwood High students to the Oakbank Racing Course for the 2015 Cross Country Championships. We had representatives in the U/13 boys, U/14 boys and girls, U/15 boys and U/16 boys. It was a cold and wet day but this didn’t seem to dampen the spirits of our team. All students who represented the school gave it their best and this was evident with some great results. A special congratulations to the U/16 boys’ team comprised of Cameron Clohesy, Bailey Dyer, River Moore, Daniel Elliot and Trent Elder who won the U/16 team event and walked away as State Champions!

There were also some excellent individual results with seven students invited to try out for the State Cross Country Team: Blake Higgins (8th – U/13), Harry Spacie (19th – U/13), Brayden Elliott (9th – U/15), Cameron Clohesy (2nd – U/16), Bailey Dyer (6th – U/16), River Moore (10th – U/16) and Daniel Elliot (19th – U/16). Overall it was a fantastic day and all students who participated should be proud of their efforts.

Liam Clarke, Sports Support

YEAR 10 SPECIALIST FOOTBALL CAMP
In Week 5 the Year 10 Specialist Football Program travelled to the Murray Mallee Region for the very first Year 10 football camp. On the first day of the camp we played a match against Lameroo Area School. This match provided an opportunity for the Year 10 Special Interest Football class to play together as a team. Lameroo had some big bodies and the game was very even in the first term. As the game progressed our speed and skill with the football deemed to be too much for Lameroo and our boys ran away with it, eventually winning 21.9 to 6.1.

Best Players: Daniel Nash, Josh Rosman, Tynan Carney, Deqlhan Files, River Moore, Tom Brown, Matthew Walton.

Goal Kickers:
Daniel Nash 5,
Tom Brown 3,
Josh Rosman 2,
Taaid Fallah 2,
Ryan Mountford 2, Aidan Campbell 2, Deqlhan Files 2,
Ethan Hanby 1, Craig Meharry 1.

We were up bright and early on the second day of our camp as we travelled to Karoonda to umpire a 9 aside competition with five local schools competing. Our students showed exceptional leadership and umpiring skills and this was evident with the successful running of the carnival. Overall the camp was a fantastic community experience and we look forward to continuing this camp into the future.

Liam Clarke, Glen Little, Dan Smith
HOMESTAY FAMILIES WANTED!
USHIKU SENIOR HIGH SCHOOL, JAPAN – STUDY TOUR 2015

Planning is underway for our next Study Tour visit from Ushiku High School in Japan. The school is located in a rural setting about two and a half hours by car from Tokyo in Ibaraki Prefecture. The dates for this year’s visit are 18 - 29 August and the group will comprise 15 students and a chaperone.

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 weekend, 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 at the beach, shopping or any routine family activity. Homestay families will also be invited to attend a farewell dinner for the visiting group.

A payment of $430 will be paid to each host family to defray expenses for the visit.

If you are interested in hosting a student or would like more information, please contact me at school via email karyn.jones@bhs.sa.edu.au or phone 8278 0900.

Karyn Jones, Coordinator International Student Programs and LOTE

SAFE SCHOOLS COALITION CONFERENCE

On May 22, Safe Schools Coalition SA held their inaugural ‘Action Day’ – bringing together 120 students and school staff from 18 schools to learn, share and plan actions to help create safer and more inclusive schools for same sex attracted, intersex and gender diverse students, staff and families.

The focus of the day was educating teachers and students about LGBTQIA people (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual) and what they go through in their everyday life. Hopefully this will make schools safer by helping the community to understand LGBTQIA people and be accepting of them.

During the day we listened to many people speak on the issues of Transphobia and Homophobia, as well as their own experiences of being an LGBTQIA person. We were also heard from schools that have Gay + Straight Alliances, which are groups focused on supporting LGBTQIA Teens and having a safe place for them to talk about anything. This can include anyone of any gender and/or sexual orientation. This may lead towards creating a Gay + Straight Alliance group in our own schools.

I really enjoyed the whole day immensely. The part of the day I enjoyed the most was a session called Supporting Gender Diverse and Transgender People at School. In this session we watched videos of people who were telling us about their Transgender or Gender Diverse experiences. They also gave us some ideas of what is and isn’t okay to say to these people, and how we might go about asking what pronouns they use in a polite way.

Personally I thought the day was great. It was refreshing to see so many of my peers getting informed on a subject that is of such importance to many people within our community. I am also looking forward to taking action in our school.

Ethan Tromp
SRC LEADERSHIP DAY

On Thursday 28 May the Blackwood High School SRC held their Leadership Training Day at the Blackwood Community Centre bringing together 24 students from across all year levels. We focused on two principles: participation and relevance. The day was made up of interactive and participatory sessions. We started the day with energiser activities, discussing why each student wanted to participate in the SRC and discussing how it is important to have a student voice, to contribute to the community and to lead within the school. Human Bingo allowed the members to interact and communicate with each other. Once settled into the morning we presented a power point to discuss, ‘What makes a leader?’ we looked at the qualities of famous leaders such as; Martin Luther King, Mother Teresa, Albert Einstein and look in depth at Malala Yousafzai, the Pakistani schoolgirl who stood up to the Taliban and defended her right to an education. Separating into groups we discussed who the leaders in our life are and what it is that makes them admirable. We were also introduced to Drew Dudley (Ted Talks) who believes leadership is not a characteristic reserved for the extraordinary and that we are all leaders and have changed other peoples lives usually without even realising it. We then discussed the ‘Lollipop Moments’ in our lives. Which we do little things that may have a huge positive impact on another person’s life.

Glenn Spear, Mayor of the City of Mitcham, joined us after morning tea. He told us about how he became Mayor and what are some attributes needed to work within local government. Natalya Giffney, Regional School Coordinator, SHine SA provided an interactive workshop on how Blackwood High School can be safer and more inclusive for same sex attracted, intersex and gender diverse students, school staff and families. SRC members agreed all students need to feel included at school; only then can they be engaged with school and do well. Separating into groups we considered what Blackwood is doing well to make schools safe and what we want to work to make it even better at school.

Yen Stender, World Vision Leader, joined us after lunch and helped us come up with an Action Plan for the SRC 40 Hour Famine initiative that will take place next term. We considered how we would recruit students to participate, communicate and raise money for World Vision at Blackwood High School.

Our final guest was Kristin Carson, Young Australian of the Year for South Australia. Scraping through Year 12 with a minimal pass, she was unable to study science at university. Undeterred, Kristin studied at TAFE while employed in many jobs as a research assistant. Hard work eventually delivered entrance into University for a PhD in medicine and Kristin is now one of the youngest senior medical research scientists at the Queen Elizabeth Hospital and a great leader. An important message she left with us, ‘It is not what you know, it is what you do with what you know’.

The SRC is looking forward to creating a safer and more inclusive school and taking action on world poverty in 2015 and beyond.

Ebony Young and Riley Mitchell, Year 12 SRC students.
COURSE COUNSELLING: INFORMATION FOR 2016 SUBJECT SELECTIONS

Web Preferences:
This year, for the first time, students in Years 8-11 will be choosing their subjects using a new procedure that includes the online Web Preferences system. Students will be provided specific information about logging onto and using Web Preferences at the beginning of Term 3 via Care Group. Information will also be emailed home to all parents and caregivers outlining the process for choosing subjects in 2016.

Once Web Preferences is open, students will be able to make their 2016 subject selections, using the information provided through school, teachers and the Curriculum Prospectus, which is available online via the school website at www.bhs.sa.edu.au Hard copies or CDs are available on request.

- Students in Years 8 and 9 must have subject selections completed using Web Preferences by Monday, August 10 (Week 4) and return their receipts via the Care Group teacher.
- Students in Years 10 & 11 will make their subject selections via Web Preferences and bring their subject selection receipt to the Course Counselling day on Monday of Week 4, Term 3 for confirmation. Parents will accompany student to Course Counselling interviews. Where necessary, subject selection confirmation receipts will be reprinted at the interview and signed by the student, parent/caregiver and the course counsellor.

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 suitable full program for 2016.

Subject Selection and Course Counselling:
Terms 2 and 3 are very busy, with the school preparing for course counselling, distributing information to students and parents, and putting the course counselling process in place.

It is important that students are thinking about their study, education and career pathways as families will soon be making important decisions about what will be studied next year. Many parents and caregivers are already discussing each child’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 pathways to achieving success. While school tries it’s very best to run as many subjects as possible, the timetable that will run in 2016 will be based on student choice. Every year some students do not get all of the subjects they selected because they were not chosen by enough students, or subjects that were selected clash with others. Therefore, students will need to make decisions about which options they wish to pursue.

Therefore, the time is right to begin considering where your child wants to go, and a variety of ways to get there. Please watch out for more details in future newsletters. Meanwhile continue those very important discussions with your children and young people. Key upcoming events to plan for are:

- Term 2, Week 7 2015: Prospectus available Online via the school Website at www.bhs.sa.edu.au Hard copies or CDs are available on request.

We advise students and families to read information about our Middle School and Senior School curriculum as well as the subjects that we are offering for 2015. Students can read about subjects that they are interested in studying, and use the flow charts to see where they lead through each of the year levels.

- Term 2, Week 9-10: Teachers talk with students about pathways open in each curriculum area. Online indication of interest in subjects (this is a preliminary process that helps to determine the subjects that will be available for selection).
- Term 2, Week 10: Thursday 2 July – Semester Reports distributed with subject recommendations for Senior School students.
- Term 3, Week 1: Online Web Preferences login information sent home. Subject choices will be available online from this date for Year 8-11 students.
- Term 3, Week 2: Tuesday, 28 July – Year 10/11 SACE Parent Information Night (7:00pm – 8:00pm)
- Term 3, Week 4 Monday 10 August, Course Counselling Day for Year 10 and 11 students.

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 suitable full program for 2015.

Please watch out for more details in future newsletters. Meanwhile continue those very important discussions with your children and young people.

Luke Northcote – Assistant Principal
AUSTRALIAN SPORTS CAMPS (ASC)
Netball, Soccer and AFL Football Camps to be held at Westminster School, 1/23 Alison Ave Marion SA, during the second week of the school holidays on Tuesday 14, Wednesday 15 and Thursday 16 July. For more information or to book, visit australiansportscamps.com.au or call ASC on 1300 914 368.

Sessions with Andrew Fuller
Andrew Fuller is a clinical psychologist who has worked with many schools and communities in Australia and internationally, specialising in the wellbeing of young people and their families.

Monday 17 August
7.00-9.00pm
Valuing girls/valuing boys

Tuesday 18 August
9.30am - 4.00pm
Unlocking your child’s genius
Building resilience in children
Survival skills for parents

SAASPC annual general meeting
Where
Australia Education Union Building 163a
Greenhill Road
Parkside SA

Cost
Monday evening $27.50
Tuesday only $44.00
Both sessions $55.00
TEEN BOOT CAMP: NOVEL WRITING
Monday 6 July to Wednesday 8 July
10am – 4pm
We have a great team of award winning writers that we’ve summoned up to offer you three fun packed days – it’ll be like your own fun little writing journey! You’ll go from developing an idea (maybe you’ve had a dream you want to write about or your grandparent tells you ridiculous stories?) and then work through all the steps in between to create an amazing story draft that everyone will be lining up to read! This time next year you could be a famous author! Presenters include, David Chapple, Angela Kingston, Allayne Webster and Caroline Reid
BOOKINGS ESSENTIAL.
Book via www.sawriters.org.au or admin@sawriters.org.au
or phone 08 8223 7662
Cost: $270 per person. Please bring your own lunch and snacks. Funded spaces are available for selected students who are School Card holders. Caregivers or teachers please contact us regarding this.

NOMINATIONS NOW OPEN!!!
Go to www.awardsaustralia.com to nominate someone who has made a difference in your life!
Nominations for South Australian Community Achievement Awards close Friday 14 August 2015

2015 Categories
Alzheimer’s Australia South Australia
Dementia Care Excellence Award
Rural Doctors Workforce Agency
Rural Community Health and Wellbeing Award
Junction Australia
Connecting Communities Award
Grandeur Press
Sports Award
Prime Super
Community Group of the Year Award
Carers SA
Carer Achievement Award
Hunt & Hunt Lawyers
Community Road Safety Award

WIN a share of $14,000 in PRIZES
Competition closes 14th August 2015
With the school holidays approaching, now is the perfect time to buy an Entertainment™ Book or Entertainment™ Digital Membership. 20% of the proceeds from every Entertainment™ Membership we sell will contribute towards the Himeji Trip 2015! Still only $65 the NEW 2015 | 2016 Adelaide Entertainment™ Membership is packed with over $20,000 worth of valuable offers you can use right away, valid up until 1 June 2016

Sharna Granpre-Moliere
sharna.granpre-moliere@bhs.sa.edu.au
0882780929

Thank you for your support!

ORDER FROM US TODAY.

YEAR 10 WORK EXPERIENCE

Thank you to all of the wonderful sponsors listed below who accepted our Year 10 students to complete their Work Experience during Semester 1.

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