Welcome to the 2016 School Year

The 2016 school year commenced with a whole school assembly followed by extended Care Group on 1 February. Students started their subject lessons on Monday with things going smoothly. Our whole school Orientation Day was held on 5 February.

I would like to extend a warm welcome to our 170+ Year 8 students and their families as well as the many students who have come to us to study in Years 9 to 12. I would also like to welcome back our continuing students and their families.

2016 will continue to see a focus on teachers using student feedback to enhance their practices so that each and every student has high quality teaching and learning. This year sees the establishment of Blackwood High School’s Performing Arts Academy. In 2016 our students will be able to undertake Certificate II Dance and Certificate II Music (Performance). These two courses will add to a range of other options that are available at the school. Parent/Caregiver meetings will be held about these new programs in the forthcoming weeks. Further information about Dance can be sought from Katrina Constantopoulos and Music from Ben Dening.

New teaching and support staff

This year has seen the appointment of a number of new teaching and support staff. We welcome:

- Ms. Hala Fabbian, English and Humanities teacher
- Mr. Ben Cullen, Design and Technology teacher
- Ms. Adeline Divak, Science and Mathematics teacher
- Mr. Dale Evans, The Arts and Arts based Community Projects Leader
- Mr. Oliver Garrett, Science Teacher
- Ms. Carole Holroyd, Food & Hospitality teacher
- Ms. Lee Knight, Assistant Principal 8-12: Student Wellbeing for Learning and Middle School Innovation
- Mr. Matthew Loan, Science and Mathematics teacher
- Ms. Jess Monck, Performing Arts teacher
- Ms. Kathryn Paterson, Autism Intervention Program Leader
- Mr. Ben Phillips, English and Humanities teacher
- Mr. Luke Beenham, Sports Trainee
- Mr. James Simmons, Science, Mathematics and Health & PE teacher
- Ms. Tash Thornton, Personalised Learning Leader

We also welcome back:

- Ms. Anna Cocks, Mathematics teacher
- Ms. Rachelle De Fazio, Science and Mathematics teacher
- Ms. Adrienne Kajewski, Humanities and Teacher Librarian
- Ms. Peta Maher, Netball and Health & PE teacher
- Ms. Natalie Reinboth, Mathematics teacher
- Ms. Michelle Rhodes, Food & Hospitality teacher

Leadership and Staff Roles for 2016

- Marion Coady, Principal
- David Garrett, Deputy Principal: Innovation in Curriculum and Pedagogical Practices; Year 10
- Mary Hodson, Assistant Principal: Senior School; Year 11 and 12
- Lee Knight, Assistant Principal: 8 – 12 Student Wellbeing for Learning and Middle School Innovation; Year 8 & 9
- Craig Duguid, Assistant Principal: Information and Communication
- Chris Plummer, Business Manager
Teaching and Learning Leaders
Amanda Aulert Mathematics
Jarrod Chave Science
Dale Evans The Arts
Nick Gilles International Baccalaureate Middle Years Program (IBMYP)
Karyn Jones Language Acquisition, International Education
Glen Little Health and Physical Education
Luke Northcote SACE, Vocational Education and Training (VET)
Tom Oliphant Technology (Term 1)
Kathryn Paterson Autism Intervention Program (AIP)
Tash Thornton Personalised Learning and Pathways
Raphael Zadey English and Humanities

Student Wellbeing Team
Janet Bradley Year 8 and 9
Ben Dening Year 10
Luke Northcote Year 11 and 12
Jarrod Chave Middle School Counsellor (Term 1)
Argie Buesnel Senior School Counsellor

Mathematics Teaching
On Tuesday 9 February Blackwood High School featured in *The Advertiser* under the heading *Maths Magic*. The article outlines a project our school was involved with in 2015 and will be continuing in 2016 with two of our Year 8 Mathematics teachers Joanna Princi and Trevor Clarke. The project focussed on Year 8 Mathematics teachers engaging students in mathematics learning through open-ended and hands on tasks. Amanda Aulert, our Mathematics Coordinator, worked with two other educators to develop the project and learning in which the teachers were involved. This project is one way that schools are exploring different approaches to mathematics education to ensure that all students are able to grow their mathematical capabilities.

Facilities upgrade
During the school holidays a number of improvements occurred in the school. This included internal painting of the Performing Arts Centre, finalisation of the Dance Studio refurbishment and installation of floor covering to two of the Visual Arts Studios. An outside gym has been installed, adding to the range of options for students in their curriculum and their downtime at recess and lunch.

The redevelopment of the courtyard area between the two storey buildings will commence after the tender process has been finalised. We are looking forward to the multi-purpose outdoor space providing teaching and performance facilities as well as seating areas for students.

Bus timetables and school drop off
As you may be aware bus timetables changed from 1 February 2016. Thank you to the parents/caregivers who raised issues with me about bus departure times in 2015. If there are any issues with buses please continue to contact me either by ringing the school or emailing blackwood@bhs.sa.edu.au. I will continue to liaise with the bus companies to resolve your concerns.

Just a reminder that parents/caregivers are asked to drop off their children in Seymour Street, on Shepherds Hill Road or on Beaconsfield Road. The Mitcham Council has constructed a pathway on Beaconsfield Road adjacent to the school which will assist students coming into the school. In the interest of the safety of young children, please do not drive through or park in the Blackwood Primary or at Blackwood High School, particularly in the busway. The beginning of the school year saw a number of cars blocking access for the buses bringing students into the school.

Included in this newsletter is information from the City of Mitcham about Australian Road Rules with respect to Children School and Traffic. Please take the time to read the requirements in the interests of the safety of all of our students safety along with the children who attend Blackwood Primary School.

Dates for your diary
To support families in their planning, a list of all events is provided in the newsletter on Page 17.

The Governing Council has approved the following dates for Student Free Days
- Tuesday 15 March (adjacent to the Adelaide Cup long weekend)
- Tuesday 14 June (adjacent to the Queen’s Birthday long weekend)
- Monday 5 September
- One more Student Free Day for 2016 is to be confirmed
- A school closure will occur on Friday 2 September.
Parent tips

Blackwood High School has a *no school bags* expectation. This means that students do not carry their school bags around with them during the day; only to and from school. The Chiropractors’ Association of Australia has provided some tips to assist young people to take care of their backs, including their spine and posture. Heavy weight carried in backpacks may cause muscle strain, irritation, negative postural changes and injury, which can lead to adult back pain and spinal disorders, particularly after carrying a heavily loaded backpack for twelve years or more of schooling.

Some suggestions below regarding how you could reduce this risk for children in your care:

1. Backpacks should be ideally no heavier than 10% of a student's weight when packed
2. Make sure the backpack is sturdy and appropriately sized - no wider than the student's chest
3. Put comfort and fit at the top of the priority list, rather than good looks
4. Choose a backpack with broad, padded shoulder straps
5. Use both shoulder straps - never sling the pack over one shoulder
6. Use waist straps to bring weight close to the body so it supported by the trunk not the shoulders
7. Don't wear the backpack any lower than the hollow of the lower back
8. Don't overload the backpack - use school lockers and plan homework well in advance
9. Place all heavy items at the base of the pack, close to the spine, for a better weight distribution

Australian Curriculum: fact sheets for parents

The Australian Curriculum Assessment and Reporting authority (ACARA) has produced information fact sheets for parents and caregivers. The fact sheets provide an overview of the curriculum that students will have in Year 8 to 10. The sheets are divided into Year 7 and 8, and Year 9 and 10 and can be accessed at [Australian Curriculum website](http://www.decd.sa.gov.au).

DCSI Screening Update

Many of our parents /caregivers volunteer at our school to support their child’s and other children’s learning. To make it easier for parents and caregivers to volunteer their time, the Department for Education and Child Development has updated its relevant history screening policy and procedures. As a result, parents and caregivers who volunteer to directly support their child will no longer require a relevant history screening. This will mean many of our volunteers can help out sooner.

A DCSI screening is still necessary for parents and caregivers who volunteer at school camps and sleep overs, as well as those hosting billets and homestay students. As has always been the case, a screening is not needed to attend single events or activities at Blackwood High School. These include concerts, fundraisers, performances or sports day. Screenings are just one measure used to help keep children safe. Everyone who works with children plays a part in child protection, including watching out for inappropriate behaviour.

Find out more about relevant history screening and keeping children safe at [www.decd.sa.gov.au](http://www.decd.sa.gov.au). If you have any questions about screening or these changes, please contact the school.

School Attendance

Blackwood High School will continue to record lesson and Care Group attendance using our Learner Management System (LMS) called Daymap. Shortly, parents and caregivers will be sent information about how they can log into Daymap to look at their student’s attendance.

It is important that students attend school each day for their programmed lessons. Absences from school have short and longer impact on opportunities to be academically successful. We know that when some of students fall behind in their work they may make the decision to stay home to catch up with the work they missed. This begins a cycle of falling behind and trying to catch up which often leads to further issues. At our school we provide additional support for students who need assistance with their work, some of it in class, with additional support available in the Teaching and Learning Centre (TLC). That’s right, the TLC because we care! Wherever possible, we ask that students arrive on time to school and leave at the end of the school day. If there are appointments that need to be made, please arrange them for after school or during school holidays.

When students are absent we code their absences. It is important that all absences from school are explained. Parents and caregivers can notify the school when their child is away by:

- Writing a note in their child’s diary for the Care Group teacher.
- Emailing student.absences@bhs.sa.edu.au with the student’s name and reason for absence.
- Phoning the school on 8278 0900.

2016 Timetable

The school year has started with all teaching staff in place. We are currently in the process of balancing classes to ensure effective teaching and learning. Where additional classes are created or combined, parents and caregivers will receive a letter outlining the change.

If any parents and caregivers have any concerns about their child’s timetable, please contact the school.
SACE Results
The graduates of the 2015 Year 12 class achieved sound academic results. Many of our former students achieved results providing them with a range of options and opportunities, with 87% being offered a place in their first choice for tertiary study.

The Dux for 2015 is Jaesung Bae who achieved an Australian Tertiary Achievement Rank (ATAR) of 98.0. Jaesung achieved A’s in Research Project, Mathematical Studies, Specialist Mathematics, Biology and English as a Second Language. Jaesung will be studying Dentistry at The University of Adelaide.

Georgia Brown achieved an ATAR of 97.5. She achieved A’s in Biology, Chemistry, English Communications, Physical Education, Workplace Practices and Research Project. She will be studying a Bachelor of Physiotherapy at The University of South Australia.

Dempsey Charlton achieved an ATAR of 96.40 having achieved A’s in Research Project, English Communications, Child Studies, Mathematical Methods and Psychology. She will be studying Teaching at The University of South Australia.

Madeline Green achieved an ATAR of 96.40 achieving A’s in Biology, English Studies, Mathematical Methods and Physical Education. Madeline will be undertaking a Bachelor of Health Science and Physiotherapy at Flinders University.

Cintya I Gusti Ayu Agung achieved an ATAR of 95.30 with A’s in Biology, Chemistry, Mathematical Methods and Research Project. Cintya will be studying a Bachelor of Pharmaceutical Science at The University of South Australia.

Christopher Williams achieved an ATAR of 95 having achieved A’s in Business and Enterprise, English Communications and Psychology. Christopher will be studying a Bachelor of Commerce at the University of Adelaide.

Congratulations also to the following students who received an ATAR above 90:

James Herriman (93.10), Gabriella Grant (92.95), Callum Goodhand (92.65), Louis Macconnell (92.95), Payton Plummer-Height (91.95), John Zhu Lim (91.10) and Jing Wan (91.0)

The overall 2015 Year 12 student results included:

- An increase in the percentage of students who completed their SACE from 94.07% in 2014 to 96.24%. We expect this figure will increase with a number of our students having their Vocational Education and Training Certificates being completed.
- 13.4% of the students achieved an ATAR of 90 and above.
- 21.6% of all the students achieved an ATAR between 80 and 89.99.
- 46 students achieved at least one ‘A’ with 23 students getting two or more.
- Increase in the percentage of students achieving a ‘C’ or higher from 92.1% to 96.7% in 2015.
- Increase in the percentage of students achieving A’s and B’s.

The 2015 Class of Year 12 results are a demonstration of their commitments to successfully completing twelve years of school. Congratulations.

Congratulations go to Maya Tlauka who received a Merit Certificate for her Research Project. On 9 February Maya received her certificate from Rita Excell, Regional Manager for South Australia of the ARRB Group Ltd. The Awards were presented at the SACE Merit Ceremony 2016 held at Government House.

Hot Weather and Blackwood High School
Blackwood High School is an air-conditioned school. As such, we remain open for all school days. In the school there are drink fountains for students to fill their water bottles. During inclement weather, including very hot and wet weather, each year level has a designated indoor area that is supervised. These are:

- Year 8 – Middle School Learning Centre
- Year 9 – Resource Centre
- Year 10 – Main Building
- Year 11 – Performing Arts Centre
- Year 12 – Senior Learning Centre

During the remaining months of summer, it is important students exercise care of their bodies by maintaining their hydration and being sun smart to and from school.
Bushfire Action Plan
Blackwood High School remains open on days declared as ‘catastrophic’. Our evacuation point is in the Blackwood Recreation Centre. School buses will run as usual unless they are directed not to by the police or emergency services. Further detail about the Bushfire Action Plan is located on the school’s website www.bhs.sa.edu.au. An evacuation drill has occurred to ensure students are familiar with the evacuation procedure.

Governing Council AGM
The AGM of the Governing Council will be held Tuesday 8 March 2016. Drinks and nibbles will be served in the Performing Arts area from 6.30 pm. The AGM commences at 7.00pm. The Governing Council is a group of parents and staff who work collaboratively to provide a quality learning environment for your children. Meetings occur twice a term and run from 7.00pm to 8.30 pm. Members of the Governing Council welcome new parents and caregivers in its work in setting the broad directions of the school. More details about how interested parents and caregivers can be involved will be provided later.

Marion Coady, Principal

BLACKWOOD HIGH SCHOOL HIGH ACHIEVERS

♦ Congratulations to Olivia Wheeler in Year 9 who has been selected to represent South Australia in the Junior Track Cycling Championships in Launceston. She will be competing from 22 to 29 February.

♦ Congratulations to Sarah Dredge who placed first in the Port River Sailing Club Laser 4.7 Metropolitan Cup on 6 February. Sarah competed against 15 other sailors and won by 1 point.

IBMYP PERSONAL PROJECT 2016
The IBMYP Personal Project is an integral component of Blackwood High School’s program for all Year 10 students. Over the course of Semester 1 students will plan, develop, record and reflect on large, individualised projects that focus on an area of their own interest. Every year we see a range of original and diverse projects being produced at the school, allowing students the opportunity to both extend themselves and work in a more independent setting than classroom confines usually permit. This will culminate with a Personal Project display in early Term 3 that will be open to students, parents and the school community.

All Year 10 students have now either selected a supervising teacher for their project or had one appointed to them and should now be well and truly into the planning stage of their project. Parent support is an integral aspect of the Personal Project. If your child is in Year 10 and has not yet spoken to you about this, please ask to see their blue planning booklet and yellow student guide for details. If further information is needed please do not hesitate to contact either your child’s supervising teacher or Nick Gillies who oversees the Personal Project at the school.

Nick Gillies, IBMYP Coordinator

YEAR 8 POOL DAY
The Year 8 students, together with Year 9 Peer Support Leaders enjoyed a fantastic day at the Unley Pool. The weather allowed for an amazing day where it was perfect to get in the pool and enjoy the many fun competitions.

The best bomb competition showed off the students’ style in jumping onto the pool whilst legs and arms worked hard in the water polo. Ultimately 8E came out the victors for the day, closely followed by 8G, and bringing up third was 8F. All points earned going towards the Year 8 Burfield Shield.

Peer Support leaders did an outstanding job organising students for events and encouraging their participation. Many thanks also go to Sam Thomson, Pastoral Care Worker, for running the event for the day.

Lee Knight, Assistant Principal
YEAR 8 AND 9 PRESENTATION ASSEMBLIES 2015

In the last week of the 2015 school year, the Year 8 and 9 Presentation Assemblies rewarded many students for their achievements during the year. The assembly was hosted by Year 8 students, Harriet Cooling, Kimberley Dean, Kira Jacobs and Kirailee West, along with Year 9 students, Riley Brown, Cameron O’Connell, Kingsley Rosman and Allaina-Jean Chadwick.

Congratulations to 2015 Year 8 Dux winners Isabella Homes, Elijah Tlakua and Alina Tairli and Year 9 Dux winners Yaqi Wei and Jing Zhan Lim.

Mr Barry Williams from the Adelaide Hills Amateur Radio Society awarded Giordan Staines in Year 8 and Jaidyn Maidment in Year 9 with the Science and Technology Award.

Service Awards for Year 8 and 9 were awarded for Dance Star, International Program, Peer Support, Performing Arts, SRC and Year 6 Cluster Sports Day.

Congratulations to Sports participation awards recipients Cooper De Zylva and Tayla Zuvich in Year 8 and Reece Milsom and Rhianna Manfield in Year 9. We look forward to below students continued success in 2016.

Service Awards were awarded to:

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<td>Yasmine Hardy</td>
<td>Isaac Haynes</td>
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Academic Excellence Awards for Year 9 2015 were awarded to:

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<td>Taylah Charlton</td>
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<td>Toby Edwards</td>
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<td>Arielle Hipper-Couch</td>
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<td>Erin Jenner</td>
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<td>Jayme Mansell</td>
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<td>Reece Milsom</td>
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<td>Indigo Platt</td>
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<td>Kingsley Rosman</td>
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<td>Jemma Virtue</td>
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<td>Hannah Wilmshurst</td>
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<td>Lizzie Burton</td>
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<td>Jaidyn Maidment</td>
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<td>Chelsea Roper</td>
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<td>William Stevens</td>
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<td>Yaqi Wei</td>
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<td>California Roper</td>
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Academic Excellence Awards for Year 8 2015 were awarded to:

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<tr>
<th>Ruby Brown</th>
<th>Joshua Campbell-Rage</th>
<th>Lily Conlon</th>
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<td>Harriet Cooling</td>
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<td>Alexander Lauritsen</td>
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<td>Kirralee West</td>
<td>Olivia Wheeler</td>
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Janet Bradley, Year 8 and 9 Leader

YEAR 8 AND 9 ORIENTATION DAY

Our middle school students have had a fantastic start to the year which has included our Orientation Day events.

The Year 8 students enjoyed a significant amount of time to get to know the other students in their class through Care Group teacher led activities. They were also introduced to the principles of Positive Education by Mr Jarrod Chave, including focussing on achievement and developing a growth mindset. Students were able to test their current mindset using a short assessment. You are also welcome to see where your current thinking is on this. [http://mindsetonline.com/testyourmindset/step1.php](http://mindsetonline.com/testyourmindset/step1.php)

Parents and caregivers may also like to watch the short TED talk by Eduardo Briceno, “The Power of Belief: Mindset and Success”. This goes through the benefits of developing a growth mindset. [http://www.youtube.com/watch?v=pN34FNbOKXc](http://www.youtube.com/watch?v=pN34FNbOKXc)

The Year 8 day was rounded off with a variety of activities such as Vortex throwing, basketball free throws and a treasure hunt. Points were awarded, and the winners for the day were 8G - The Gummy Bears. This is the first of many competitions for the Year 8 Burfield Shield.

Year 9 Orientation Day activities began in the Wittunga Botanic Gardens with teams of students eagerly seeking out objects in a photo treasure hunt. Following this, students also had a chance to get to know other students in their new Care Groups for 2016.

Year 9’s extended their knowledge of Positive Education through a session focussed on “Noticing Positive Emotions” delivered by Janet Bradley. Students learnt to recognise the many different positive emotions and how these can be built. You are also welcome to watch these short clips to help you discuss with your child their thoughts on these perspectives. [Nick Vulicic – No Arms, no legs. No Worries!] [http://www.youtube.com/watch?v=Gc4HGQHgeFE](http://www.youtube.com/watch?v=Gc4HGQHgeFE)

Validation [http://www.youtube.com/watch?v=Cbk980jV7Ao](http://www.youtube.com/watch?v=Cbk980jV7Ao)

Positive Education will continue to form an important part of the Year 9 Pastoral Care program throughout this year.

As the newly appointed Assistant Principal for the Middle School I look forward to getting to know and working with all the students to ensure they have a productive start to high school. I, along with Janet Bradley, Senior Leader Middle School, will jointly oversee Years 8 & 9, with Jarrod Chave as the School Counsellor for Term 1. If you have any questions or concerns regarding your child’s education here at Blackwood please don’t hesitate to contact one of us or your child’s care group teacher.

Lee Knight, Assistant Principal
YEARS 10 ORIENTATION
The Year 10 Orientation program for 2016 consisted of important introduction sessions for the main elements of the SACE Personal Learning Plan (PLP) for the year. These elements could simply be divided into what we can call Experience and Exploration, which incorporates Work Experience, understanding careers and course selection and importantly personal understanding and goal setting. The other main area which is a focus for Semester 1 is the IBMYP Personal Project.

The day was split into three sessions with the first session taking place in the PAC for the entire cohort. The students were given the first of their sessions on Work Experience preparation in the form of a Workplace Health and Safety (WHS) presentation. These sessions are required in order to safely prepare our students for work outside of the school environment with a focus on safety and hazards.

In the remaining two sessions the Care Groups rotated through two activities. We took our first look for the year at Character Strengths which begins to give our young people an insight into what are building blocks that form the best in all of us. These character strengths will be discussed throughout the year and form a part of our goal setting tasks for PLP. The other session run by Nick Gillies IBMYP Leader gave students the opportunity to get their Personal Project underway. The session proved very successful with the vast majority of students making excellent progress in their project planning.

I, along with Deputy Principal David Garret, would like to thank all staff involved for their efforts in preparing and working with the students on the day. More importantly I would like to commend the 2016 Year 10 cohort for the mature manner in which they went about the day taking in the important information and activities.

Ben Dening, Coordinator: Innovation in Year 10

YEAR 11 ORIENTATION DAY AT FLINDERS UNIVERSITY
After a quick trek up the hill to the Flinders University Education Building, students had a morning session that included a talk from Kim Sara from the university and current Occupational Therapy student Annabel Hodson on thinking about their future and choosing a career. As a current student, Annabel’s message about keeping your options and your mind open resonated with our Year 11 cohort.

After a short Care Group session, students then heard from current Psychology PH.D. Candidate Rebecca Fowler on “looking after your wellbeing, managing time and stress”. Her presentation offered interesting, and most importantly, essential hints and tips for being successful in Senior School. This included advice on managing time, sleep, diet and nutrition, study skills and the importance of taking time for yourself. Most importantly students were asked to recognise and write down their own stress signals which will certainly help them to be more successful as they work through the demands of the SACE.

Students were then divided into groups to experience student guided tours of the University and a ‘World Café’ round table discussion with current students about a diverse range of topics, such as Flinders University Student Services, Interview Skills, Your Online Presence (Digital Footprint), Personality Types & Testing and Future Careers.

During this time all current Vocational Education and Training (VET) students heard talks from Russell Atwell, Regional Apprenticeship Broker, about the benefits of School Based Apprenticeships or Traineeships. They then heard from Bernie Fitzsimons from the Careers and Employment Centre about the range of jobs and new, exciting careers becoming available. He also spoke about alternative pathways to university.

Finally students were wowed in the afternoon by presenter Lee Harrison who uses a blend of science, mind games and humour to teach students about the importance of having an open mind and being willing and able to look at the world from multiple perspectives. Lee’s interactive presentation made sure that the afternoon flew by and students left the day with a wealth of new and helpful knowledge and skills to help them with their first year of Senior School.

Luke Northcote, Senior Leader
YEAR 12 ORIENTATION DAY AT FLINDERS UNIVERSITY

As part of our school’s commitment to providing students with an opportunity to be exposed to Tertiary Education, students attended their Year 12 Orientation Day at Flinders University. The purpose was to introduce students to new experiences, to interact with others, receive information and engage in strategies which will assist them in the year ahead and beyond.

The day began with Professor Deputy Vice Chancellor, Clare Pollock who encouraged students to keep their opportunities open and make informed decisions to build independence. Kirrilie Smout, Clinical Psychologist from Developing Minds Psychology and Education, spoke to students about “What will determine your success this year?” The main takeaways from the session were:

- Success does not need ‘Smart’. It is about what the student does: organisation, resilience, motivation, effort, persistence, nutrition and sleep
- It’s what you do that matters most: students must look after themselves physically and mentally
- You can change your brain: students can actively learn to revise what is a very adaptable muscle

Kirrilie also outlined the six main strategies to achieve success at school:

- Write it all down - exactly what and when
- Set up habits and systems
- Just do something
- Focus! Forget willpower: change your surrounding
- Use pleasure and pain
- Visualise what the end result will be like

Students also had the opportunity to participate in interactive workshops and attend sessions delivered by a variety of Faculties including: Law and Legal Systems, Business, Health Sciences, Optometry, Sport, Marine Biology and App Development. Students partaking in Vocational Education and Training met with our SACE/VET Leader Luke Northcote who had organised various speakers such as Career Development Consultant, Bernie Fitzsimons, who is based in the university’s Careers and Employer Liaison Centre and Russell Atwell, Apprenticeship Broker for our region.

Mary Hodson, Assistant Principal

YEAR 11/12 PARENT NIGHT – WEDNESDAY 10 FEBRUARY

As part of the 11/12 Parent Information night this year, 2015 Year 12 student Madelieene Green kindly shared her experiences of being a Year 12 student. Her speech was an inspiration to the many students and parents in attendance and Madeleine has kindly allowed us to share her hints and tips for being successful at Senior School. We would also like to thank Madelieene’s mother, Margaret for also sharing her insight as a parent of a Year 12 student. Some of Madeleine’s pointers people found most helpful were:

“In order to achieve success, I had a white board above my desk and at the start of each week I would allocate how much time I was going to spend on each subject based on what assignments and tests I had. I did homework for 4 hours each night and more on the weekend and tried to get on top of assignments as early as possible. However, it is important to have breaks and do things you enjoy in order to keep motivated and focused. Playing sport and socialising with friends is important, but you’ve got to learn to prioritise and put school work as number one. I was part of the female state team for cricket and trained three times a week which provided me with an outlet to get away from school and relax.

If you are planning on going on a holiday during the Term 3 school holidays, don’t. Unfortunately this time is not a holiday for Year 12s. Make a timetable right up until your last exam (or assignment if you have none) with what subjects you’re going to study for each day. If you don’t do this, or if you don’t stick to it, I can guarantee that you will lose precious study time. When preparing for exams, I completed at least 3 past exams for each subject under exam conditions before the real one. I found that re-writing my notes and getting people to ask me questions was the key for me to remember everything. Finally, I also made sure to get enough sleep each night so that I could function, study and perform properly.

In conclusion, the more effort you put in the higher your ATAR will be at the end of the year. The best advice I could tell you is that doing well this year does not depend on how intelligent you are, but how hard you work and how much effort you put in. You are competing with everyone else in South Australia, so make sure you study harder than anyone else you know.”

Madelieene Green, Year 12 Student 2015
WORLD CHALLENGE EXPEDITION – ZAMBIA AND BOTSWANA

The World Challenge program concluded with two successful expeditions in November and December, with 27 students and four staff experiencing the amazing countries of Zambia and Botswana.

A long and successful fundraising effort saw the teams earn over $20,000 from a range of events. The group then flew out together unaware of what experiences may lie ahead.

Each team had a separate itinerary so both had very rich and diverse experiences in the two countries. The students faced many challenges throughout the month long journey ranging from their individual roles – leading, buying and cooking food and managing the budget - to battling the heat, insects and camping for nearly the entire 28 days.

The community engagement section of the expedition saw each team involved in a community by assisting locals in a range of tasks. These included laying bricks for the foundation of a school library, attending a village church, providing 17 students with items through a shoe box of love, creating a vegetable garden, building mud hut housing for a local family and preparing meals to eat with local guides and teachers.

With our fundraising money contributing heavily to this phase of the trip, students came away feeling rewarded and grateful of the chance to help these communities. They also learnt a lot about African cultures and gained a lot of knowledge from the experience.

Travelling in Africa allows unique opportunities to view animals in the wild. Both teams travelled by dug out canoe into the Okavango Delta past pods of Hippos to camp wild amongst elephants, giraffe, zebra and buffalo. In Chobe National Park the teams experienced game drives and river cruises where they got up close and personal with lions, hyena and the largest herd of elephant in Southern Africa.

But the unique experiences did not end with animals. Some of the other opportunities included taking high tea above Victoria Falls, eating caterpillars and hippo, watching Botswana’s premier league soccer competition, elephant rides in Livingstone and bartering in the marketplaces.

Such a big undertaking can only be achieved through the help of many people. The biggest thanks must go to the Terry Patiniotis, Katrina Constantopoulos and Chris Olenich who gave up their time and provided endless support through the preparation and management of the expeditions. Their professionalism in often testing situations was first class. Thanks also must go to the supportive group of parents that allowed us to whisk away their children, some of whom had never travelled overseas before. Their understanding and offers of assistance were very much appreciated.

We look forward to introducing a new group of students to this exciting and culturally rewarding experience when we launch our 2017 expeditions to our Year 9 and 10 students later this term.

Daniel Smith on behalf of the World Challenge Team
SPORTS NEWS

2016 ATHLETICS CARNIVAL
The annual whole school Athletics Carnival will be held on Friday 4 March (Week 5, Term 1). Preparations for this school event have commenced with the first House Meetings being held for students to select their House Captains and Vice Captains. Congratulations to the following students who have been selected in these important leadership roles.

RUSSELL
Captains: Tim Scott, Brooke Jenner
Vice Captains: Ryan Williams, Hiromi Hill

ASHBY
Captains: Leuwin Andrew, Melissa Pisano
Vice Captains: Josh Rosman, Isobel Stolinski

MILLS
Captains: Tom Beard, Gemma Liberati
Vice Captains: Cam Clohesy, Emma Oliver

MADIGAN
Captains: Ronan Naidu, Charlotte Meldrum
Vice Captains: River Moore, Amelia Watson

The next house meeting will be held on Wednesday 17 February at 11.00am directly after Care Group. All students will have the opportunity to nominate for events at this meeting.

We look forward to all students attending and participating on the day. The dress up theme for this year is “Celebrities” and students are encouraged to both dress up and wear their house colours.

Another key date on the calendar for athletics is the interschool competition to be held at SA Athletics Stadium on Thursday 14 April (Week 11, Term 1). Students will be selected for the squad based on results from our school carnival. Squad training will begin in Week 6.

THE OUTDOOR FITNESS GYM
The Blackwood High School Outdoor Fitness Gym was recently installed and is now open for use. A substantial investment has been made in this facility for student and staff’s health, fitness and well-being.

Health and Physical Education classes and Specialist Netball and Football classes have started to use the facility as part of their lessons. Students are welcome to use the facility both during and out of school hours. The ‘Outdoor Fitness Gym’ can be used by people of all fitness levels and the interactive signage allows participants to be self-directed. Participants can also scan the QR code to watch an informative you tube clip on how to use each piece of equipment.

If you have not tried the equipment yet why not make it your fitness goal for the week. A worthwhile circuit can be completed in as little as 20 minutes.

Glen Little, Leader Health and Physical Education

ACHPER (Australian Council for Health, Physical Education and Recreation) Award for Blackwood High School’s Sexual Health Program
SHine (Sexual Health Information Networking and Education) SA provides a range of services to support schools to implement a whole school approach to relationships and sexual health education. In South Australia, SHINE SA has a Memorandum of Operational Collaboration with the Department for Education and Child Development (DECD) to support schools in this area. This support increases the confidence and capacity of teachers, counsellors and support staff to facilitate a consistent and comprehensive relationships and sexual health education program in line with principles of best practice. The program enables students to develop skills to establish respectful, positive relationships and feel comfortable to access services.

At Blackwood High School all students undertake the SHINE program as part of the compulsory Health and Physical Education course for Years 8 to 10. Students also have the opportunity to undertake both SACE Stage 1 and Stage 2 Health as stand-alone subjects.

As a SHine focus school Blackwood High School is pleased to have been recognised in the 2015 ACHPER awards held last November with a Certificate of Excellence for “Outstanding commitment to the development of comprehensive relationships and sexual health education at Blackwood High School”. The award recognises the continual review, development and implementation of the program.

Glen Little, Health and Physical Education Leader
2016 SATAC OFFERS
A high percentage of our students have achieved entrance to their chosen course of study at tertiary level. These courses cover many different discipline areas. Some of these courses include Bachelor of Dental Surgery, Bachelor of Human Movement, Paramedic Science, Bachelor of Nursing, Bachelor of Law and Legal Practice, Bachelor of Health Science and Human Movement, Bachelor of Speech Pathology, Bachelor of Engineering (BioMedical Honours), Bachelor Physiotherapy, Bachelor of Education, Bachelor Commerce, Bachelor of Social Work, Bachelor of Pharmaceutical Science, Bachelor of Science, Bachelor of Psychological Science, Bachelor of International Studies, Bachelor of Health Occupational Therapy and Bachelor of Engineering (Honours Chemical) Medical Science to name a few. Students who applied to TAFE were successful in their applications and offered placements in courses of their choice, such as Certificate in Travel and Tourism, Business and Pet Grooming.

A pleasing trend is the increased uptake in flexible options afforded by the SACE and complimentary programs here at Blackwood High School. A number of students have used their Certificate III or IV training in order to complete their SACE or to gain and enhance their ATAR. This number increased significantly in 2015. 11 students used a completed Certificate III or IV in a range of industry areas including Sport and Recreation, Media, Children's Services, Rural Operations (Small Animals), Technical Production, Applied Fashion Design and Technology, Fitness, Music Business and Photo Imaging. An additional four students used their School based Apprenticeship in order to complete the SACE.

It was wonderful to see that 89% of our Year 12 students received first round offers to gain entry into a large range of courses which spanned numerous University and TAFE Institutions. Congratulations to all the students for their persistence and determination which has resulted in opportunities for them to follow their chosen career pathways.

Mary Hodson, Assistant Principal

2016 VET COURSES
If your child is attending a VET Course this year at a different location, please be aware that many started this week and will continue to begin in the coming weeks. It is important that students attending these courses remember some important details:

- If absent from their course, students must let their trainer AND Blackwood High School know of their absence.
- If in Year 11 or 12 and needing to drop a subject, students must see Mr. Northcote or Mrs. Buesnel to discuss their options. Please be aware that some Year 12 subject changes may also change their SACE completion status and impact on the ability to get an ATAR.
- Students missing lessons should make sure that they speak to the teachers of classes that they will miss. It is the student’s responsibility to negotiate how they will catch up lost time, set new deadlines and complete potentially differentiated tasks.
- If leaving part way through the day for a course, students MUST remember to sign out before they leave.

If you have any queries or concerns, please call or email Luke Northcote.

Luke Northcote, Senior Leader

BLACKWOOD HIGH SCHOOL CERTIFICATE II IN DANCE
Blackwood High School in partnership with Gravity Dance Studio will be offering Certificate II in Dance which is a nationally recognised training option.

This VET course will give students the opportunity to further develop their technical dance skills in three dance genres selected from contemporary, hip-hop, jazz, ballet, or street dance as well as their choreographic and performance skills.

The course covers a range of theoretical dance topics including anatomy, nutrition for a dancer, planning a performance and reflection work.

Students interested in more details or registering for this VET course can contact Luke Northcote luke.northcote@bhs.sa.edu.au or Katrina Constantopoulos Katrina.constantopoulos@bhs.sa.edu.au

More information will be provided at the scheduled Year 11/12 Parent Information Session and Year 9/10 Acquaintance Night.

Katrina Constantopoulos, Dance Teacher
NEW INTERNATIONAL STUDENTS

This term we have welcomed twenty new International Students to Blackwood High School. This brings the total number of International students studying with us to 45. The new students come from Germany, China, Hong Kong, Japan and Korea and will studying with us for up to five years. International Students add to the cultural and linguistic diversity of our school and give our students the opportunity to develop friendships with young people from another country.

STUDY TOURS FROM JAPAN

This year we will once again be hosting two Study Tour groups from Japan. Morioka Chuo was scheduled to visit in early March, but have postponed their trip until mid-September. Ushiku High School will be here from 16 – 27 August. A homestay fee of $250/week will be paid to families to defray expenses. If you are interested in hosting a Japanese student for either (or both) of the short visits, please contact Karyn Jones via email karyn.jones@bhs.sa.edu.au or call the school on 8278 0900.

Karyn Jones, Coordinator, International Student Programs and LOTE

KIRRILIE SMOUT

My name is Kirrilie Smout and I am a clinical psychologist who works with teenagers. I am from Developing Minds and we are working with the school this year to help the students achieve their best results.

This month we spoke to the students about how they might be able to motivate themselves to study, regularly complete homework and stay organised. We talked about research which shows that “IQ” is only responsible for a small part of success at school. In other words, it doesn’t much matter how smart you are. What matters more is what you do during the year.

We also talked with the students about how they might motivate themselves to regularly work on study. Some of the most important strategies included: 1) using written lists and visual reminders rather than relying on their memory for knowing what they have to do; 2) setting up habits and systems to get things done (link an action with some kind of trigger – a time or place or activity) and 3) doing shorter focussed periods of homework/study rather than longer periods where they were being constantly distracted by phones/social networking. We suggested they do this by putting phones across the room for 15 minute periods, closing programs and using software to limit access to programs – all for short periods of time.

We also discussed using mini rewards and punishments for themselves to increase motivation, using “chunking” (starting with a small, easy step, or trying to study in short periods rather than wait until a long extended period of time) and motivating ourselves to start by imagining what it will feel like to do well or to be disappointed in ourselves.

It was great to work with the students. We have encouraged them to email us with any questions and we will see them next term to talk about revision strategies.

Please feel free to contact me anytime if you have any questions as a parent. If you would like some more support in helping your student through senior school then there are a range of free articles on my website: www.developingminds.net.au or you can access them via our facebook page Developing Minds Psychology and Education. For more information go to www.developingminds.net.au

Kirrilie Smout
KIRRILIE SMOUT – A MESSAGE TO STUDENTS
How to organise yourself and find the motivation you need to succeed this year, on a daily basis. Here is a reminder letter with some of the ideas covered in the seminar:

1. **Write.**
   If you have things you need to remember/to do just “sitting” in your head not only are you more likely to forget them, you are more likely to feel more stressed and learn less effectively. As soon as you think of something you need to remember or do - get it out of your head as quickly as possible. Make lists, set reminders, put something somewhere to remind you. When you are writing lists - use your phone, write more than one list, write specific "to do" and put times next to them.

2. **Make habits.**
   The more habits and systems we have, the more likely we are to get things done. Think about the things you forget to do, the things you lose, the things that you leave to the last moment. Then think about how you might be able to do these things in the same place, at the same time, in the same way. Establish one habit this week and see if it makes your life easier. Add a new habit next week.

3. **Focus.**
   Short focussed periods of homework and study time are much better for getting things done than long periods of homework time in which you get constantly distracted. This means you need to focus. Don’t rely on willpower to do this but re-order, re-arrange, physically make changes in your environment to make it harder to be distracted in the first place. Sometimes small changes (eg phone on bed instead of right next to you or closing programs instead of minimising them) can make a big difference.

4. **When you are really unmotivated, set small tasks for yourself rather than large ones.**
   When you don’t feel like doing homework, set a goal of just doing 10 minutes. When that assignment looks so big /boring, just set a goal of doing one thing towards it (eg borrow the book, or do a title page, or a paragraph introduction). Don’t wait until you have a long amount of time to do a project – instead do it in little parts. This is called chunking and helps a lot of people.

5. **Think ahead for a bit and visualise the end result of what you are doing/need to do.**
   Remind yourself about why you are here. Remind yourself of why you are putting yourself through this. Write up your dreams and put them where you can see them. Think about what it would feel like to get your ideal marks for the year. Think about what it would feel like to just miss out on those dreams. Let these images push you forward.

6. **Use short term rewards and punishments to motivate you.**
   Tell yourself you’ll go on facebook for ten minutes as soon as you finish your talk. Don’t let yourself eat your dessert until you’ve done two maths problems. Give yourself permission to talk to your friend AFTER you’ve written four dot points on your essay. Use writeordie.com

Most importantly however, remember these three things:
1. Your grades this year will not be determined by how smart you are. Ability only accounts for a small portion of success at school.
2. What will matter most these year in predicting your results is what you do today, tomorrow and what you do next week.
3. You can change your brain. When you think hard, practise something, put yourself in situations which help you set up habits, and learn new ideas: you are changing the very structure of what is inside your skull.

Good Luck!

Email me any time with any questions: kirriliesmout@developingminds.net.au

If you would like some more help (if you would like one to one sessions or other free articles, in coping with and being successful this year, go to developingminds.net.au)

Kirrilie Smout
The Rotary Club of Blackwood Community Forum

“Community Development – improving our neighbourhood”

Tuesday March 1st 2016
6-30pm for 7-00pm start

Open invitation to hear our guest Speakers:

- Dave Sharp (Manager Community Services, Marion Council)
- Catherine Klossie (Community Officer, Housing SA)

Belair Country Club Upper Sturt Road Belair
Open dinner meeting
2 course meal, tea and coffee
Cost $26-00

Book now
RSVP to Jeff Hunter by Thursday 25th February
0433149 977 or email: jphunter16@bigpond.com
DAYMAP PARENT/CAREGIVER LOGIN INFORMATION

Daymap is Blackwood High School’s online learning management system. Parents and caregivers can use Daymap to see student timetables and attendance records. Daymap also supports teaching and learning by providing information about lessons, linking students to resources and communicating assessment tasks and requirements.

You can now log into Daymap and see content relating to your child(ren). Daymap can be access through the school’s website www.bhs.sa.edu.au. Please follow the instructions below to access Daymap.

If you encounter any difficulties, please contact Kerrie Leong at kerrie.leong@bhs.sa.edu.au or 8278 0966.

We would also welcome any feedback you wish to provide about Daymap and how it is working for you and your child(ren).

Craig Duguid, Assistant Principal Information Systems & Learning Technologies

Term 1 2016 Diary Dates

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Feb 16</td>
<td>Finance Advisory Committee Meeting</td>
<td>7:00pm</td>
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<tr>
<td>Feb 17</td>
<td>Year 9 &amp; 10 Parent Information Evening</td>
<td>7:00pm</td>
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<tr>
<td>Feb 18</td>
<td>Year 8 Sports Day</td>
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<tr>
<td>Feb 22</td>
<td>Whole School Assembly (Student Leaders Induction)</td>
<td>11.55am</td>
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<tr>
<td>Feb 23</td>
<td>Governing Council Meeting</td>
<td>7:00pm</td>
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<tr>
<td>Feb 24</td>
<td>Year 8 Acquaintance &amp; Information Evening</td>
<td>7:00pm</td>
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<td>Mar 4</td>
<td>Whole School Athletics Carnival</td>
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<td>Mar 8</td>
<td>Governing Council Annual General Meeting</td>
<td>7:00pm</td>
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<td>Mar 14</td>
<td>PUBLIC HOLIDAY – Adelaide Cup</td>
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<td>Mar 15</td>
<td>Student Free Day</td>
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<tr>
<td>Mar 21</td>
<td>Open Night</td>
<td>4:30 – 7:30pm</td>
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<tr>
<td>Mar 25</td>
<td>PUBLIC HOLIDAY – Good Friday</td>
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<tr>
<td>Mar 28</td>
<td>PUBLIC HOLIDAY – Easter Monday</td>
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<tr>
<td>Apr 13</td>
<td>Parent / Teacher Interviews &amp; report distribution</td>
<td>1:30 – 8:00pm</td>
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<tr>
<td>Apr 15</td>
<td>Last day Term 1</td>
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Dear Parent/Caregiver

Welcome to the 2016 school year. I hope this year will be a successful one for you and your family.

This year teachers at your school will be working with your son or daughter to help your teenager learn and make as much progress as possible. Your school will be keen to work alongside you to ensure that your son or daughter is successful academically, socially and developmentally.

Every day at school matters for this development so it’s really important that your teenager is attending school to get the most out of their education.

While we all know it’s important, it isn’t always easy to support teenagers with their schoolwork. On the back of this letter are some ideas and resources I have found helpful to date with my kids, or have been recommended to me by other parents. I hope they are useful for you.

Schools welcome your involvement in your child’s education, and if you have any questions, please ask them. As you know, kids learn best when parents/caregivers and schools work together.

If you are able, I encourage you to get involved in your child’s school - whether it is through the governing council or volunteering at school events. To make it easier for you to volunteer, the government has recently made some changes to the screening clearance process if you volunteer to support your child at school.

Please contact your school if you would like further information in relation to these changes, or visit the website at www.decd.sa.gov.au.

I am proud of the high quality education that we provide in our schools. A strength of our public schools is our community involvement, and working together we can continue to make your school even better.

Yours sincerely

Susan Close
Minister for Education and Child Development

27/01/2016

Simple things you can do to support your son or daughter:

- Talk to them about current affairs and ask them how it links to their learning at school
- Talk positively about science and mathematics and encourage them to ask for help if they need it
- Read the same book as them so you can discuss the story, themes and characters together
- Encourage them to share their creative projects with you
- Provide a comfortable space at home for them to do homework and support them to complete it on time
- Encourage them to use their diary effectively to manage their time and stay on top of deadlines

Some helpful resources:

- The curriculum for Years 8-10:  
  http://www.australiancurriculum.edu.au/
- The curriculum for Years 11-12:  
  https://www.sace.sa.edu.au/
- An app to help you unlock your child’s learning potential:  
  https://www.learningpotential.gov.au/high-school
- Ideas for helping your child with numeracy and literacy:  
- Parent easy guides, including living with young people:  
- A wide range of parenting information, including talking to teens:  
  http://raisingchildren.net.au/teen/teens.html
NEWSLETTER NO. 1 – 12 February 2016

PARKING RESTRICTIONS AT SCHOOLS ARE FOR THE SAFETY OF YOUR CHILDREN

Local Councils impose a variety of parking restrictions at and near schools to achieve a safer environment for your children. These restrictions are also to optimise traffic movement and safety.

NO STOPPING ZONES -
These zones are usually adjacent to school entrances and the approach and departure sides of school crossings.
You must not stop your vehicle in a no stopping zone or on a solid yellow line, not even for a few seconds.

NO PARKING ZONES -
You may stop in a No Parking zone to immediately pick up or set down your child, and drive off as soon as possible.
No Parking zones are to ensure a quick and smooth turnover of vehicles.
You must not leave your vehicle parked or unattended. If you are going to collect your child from this zone, have your child wait nearby in the school grounds so they can see you arrive. On your arrival they can then leave the school ground, enter your vehicle and you can then drive off.

CONTINUOUS WHITE CENTRE LINE -
If a road has a continuous white centre line, there must be 3 metres between the vehicle and the white line.

SCHOOL CROSSINGS -
You cannot stop within 20m of the approach side or 10m of the departure side of a school crossing.

SPEED LIMITS -
Speeding vehicles in a school zone are highly dangerous for children. There is a speed limit of 25 kph, designated by the signs and a zigzag line below, any time when children are present or when the lights are flashing (depending on the type of crossing).

INTERSECTION OR T-INTERSECTION
[Restricted Area]
You cannot park within 10m of the intersection.

CROSSING PLACES (driveways)
You may park so that the front of your vehicle is level with the approach or the back is level with the departure side of a driveway to any private or public property so that vehicles can enter and depart safely.

FOOTPATHS / NATURE STRIPS -
Parking is prohibited at all times. It creates dangerous situations for both pedestrians and other vehicles in the vicinity.

DOUBLE PARKING -
Creates dangerous situations anytime, however the danger is increased near schools, especially when children are entering or leaving school.

AUSTRALIAN ROAD RULES

CHILDREN SCHOOLS & TRAFFIC

A POTENTIALLY DANGEROUS COMBINATION

PROUDLY DISTRIBUTED BY
THE CITY OF MITCHAM
BECAUSE CHILDREN ARE NOT LITTLE ADULTS YOU NEED TO DRIVE WITH CARE AND CONCENTRATION NEAR SCHOOLS

WHY ARE CHILDREN AT RISK

- Their size means that sometimes they cannot easily see or be seen in traffic.
- Parked vehicles, light poles and other street furniture all block a child’s view of the road and also make it difficult for drivers to see them.
- Their concentration is limited and they are easily distracted.
- Their actions are often spontaneous and unthinking (that’s why the will dart out on to the road to fetch a ball or weave about when riding their bikes) without checking to see if vehicles or pedestrians are coming.
- Their sight is not fully developed, especially their ability to “scan” for things.
- They are lacking the ability to estimate the speed of vehicles, the gap between vehicles, where a vehicle is coming from or how far away it is.

HOW YOU CAN HELP YOUR CHILDREN

FOR UNDER 5 YEARS
Make sure your children have reliable supervision at all times when in or near traffic, especially when crossing roads.

FOR 5 TO 8 YEARS
Help your children to become familiar with all aspects of the road environment – signs, traffic lights and crossing places.
Teach them cycling skills in a safe area – in a park or playground etc.
If they are riding a bike to school, plan a safe route for them to take.

FOR 9 TO 12 YEARS
Take the time to explain the road rules in simple terms e.g. Right of way, what to do at intersections etc.
Go for bike rides with your children to make sure they have safe cycling behaviour.

ABOVE ALL, BE CAREFUL WHEN YOU ARE DRIVING NEAR SCHOOLS, THE SAFETY OF ALL CHILDREN DEPENDS ON YOU