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## Important Dates

- Tuesday 20 June 2023
- Knockout Netball - Year 11/12
- Thursday 22 June 2023
- Knockout Netball - Year 7/8 & 9/10
- Friday 23 June 2023
- Student Breakfast
- Friday 30 June 2023
- Student Free Day
- Monday 3 July 2023
- Timetable Changeover
- Friday 7 July 2023
- Last day of Term 2

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Government  
of South Australia  
Department for Education

## Principal's Report

Steve Carli-Seebohm



Dear Parents and Caregivers

"The only place where success comes before work is in the dictionary."

As the end of the first semester rapidly approaches, I am very excited at what has been achieved across the year so far. As a school, we are starting to see the success generated from the hard work the staff and students have engaged in throughout a variety of realms of teaching and learning opportunities.

Penola High School certainly has the strong sense and feel of being a place that doesn't rest on its laurels, with a focus on continuing to grow strength to strength within its success stories - it really is a school that looks for genuine opportunities to build, develop, and grow within itself.

Success from hard work becomes an addictive trait within a vibrant learning space. Any research undertaken around student success and confidence in learning outcomes, demonstrates that the positive energy developed from successful learning, drives the individual to undertake the next step, to put in more of the "hard yards" so to speak, which again builds further success. Our success model for students at Penola is based around the notion of engaging as a participant in learning, and moving into investing in learning, with a consolidation in driving one's learning.

What makes this notion of growing success additionally exciting for me, is that I have recently accepted the offer to continue in my role as Principal at Penola High School for an additional 5 years. This means I will now get to see through to completion and fruition the many projects, developments and innovations I have been working with staff on in the last 3 terms. Students I have gotten to know in the junior years I will have the pleasure of being a part of their schooling at the high school until they depart in the senior years, which is an exciting notion to consider around impact in young people's lives.

I have relished the connections, energy and positivity that has been generated within the school, and the wider community, and I look forward to serving the school and its many patrons and stakeholders. Having developed a 1-, 3- and 5-year plan for the school, I am excited around a continuing focus on high expectations of staff around professionalism and pedagogical development; targeted PR and marketing strategies; key engagement and interaction within the community; focused student management and wellbeing practices; and the ongoing development and improvement of facilities management.

Over the last week we have been working through some office shuffles and rearrangements. Our trusty maintenance staff member, Tim Finch, has refurbished our front office to accommodate both Sarah and Lucinda as the first port of call upon arrival. Hillary will be moving into the back of this space enabling her to work closer with Lucinda on a number of senior school administration tasks. I will be relocating into Hillary's office, which will create a clearer line of sight for visitors around all key site management personnel. My current office will be transformed into a functional meeting room for staff to utilise with visitors, guests or parents in a confidential and private space.

Like many other schools in the region, the teacher shortage presents challenges when faced with teacher absences. Finding staff to assist with longer term absences has led

to the disruption and inconsistency of teaching and learning programs. The timetable for next semester is being built around some innovative and creative approaches, to try and address this challenge. Looking beyond the next semester, planning is underway for 2024, and I have already conducted meetings with potential staff to join the team next year.

Even if we are all on the right track, if we aren't looking and moving forward, we will get left behind.

Kind regards



# PENOLA HIGH SCHOOL'S MENTOR PROGRAM

**ROUND  
2**

## What's it all about?

If you like learning new things or want to get better at something you enjoy, a mentor can share their skills and support you to achieve your goals.

To participate, students are invited to complete an application telling us about their interests.

If your application is successful you will be matched with a community volunteer. You will meet weekly, during school, to work on your area of interest.

**YR 7 & 8  
APPLIACATIONS OPEN!**

**Due Friday end of Week 8**

For more information see Miss Helps

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# Year 7/8 Basketball

Matt Strother

The highly anticipated Year 7/8 boys and girls basketball tournament took place recently, showcasing the talents and determination of the young athletes. The event was filled with excitement, teamwork, and remarkable displays of sportsmanship. Coach, Cory, painstakingly watched YouTube clips in the lead up to the event to find inspiration to share with the boys team on the day. He finally came up with inspiration from the movie *Any Given Sunday* with quotes like “That’s what a leader’s about: sacrifice. The times he’s gotta sacrifice because he’s gotta lead, by example. Not by fear and not by self-pity.” Meanwhile, Coach Strother, took a more traditional avenue, picking *Coach Carter* as his movie of choice. With the quote “When we step on to the floor, every second that clock is ticking we are pedal to the medal.” Being prevalent with a team of only 5.

In the boys’ division, the team demonstrated remarkable resilience and respect throughout the day. Despite not securing a victory, the players showed great determination and a positive attitude. Tayte Virtanen, Harvey Virtanen, and Joel Crawford, were among the standout performers who showcased their skills and scored crucial goals.

On the other hand, the girls’ team had an eventful day, facing tough competition and experiencing both triumph and defeat. One of the highlights of the day was the final game, where the girls came out winners in a tight battle against their opponents. Despite having only five players available throughout the day, their determination and unwavering effort paid off. The victory showcased their resilience and ability to overcome challenges, leaving an lasting mark on the tournament.

We also acknowledge our past scholar, Seth Lear, who volunteered his time to support Penola High School by umpiring the whole day. His knowledge and skills were highly valued by all. We also thank our Physical Education staff, Chloe Clayfield and Josh Pearce, who put the time and effort in to organising this day.





# Outdoor Education Camp

Chloe Clayfield

Recently the Stage 1 & 2 Outdoor Education Class embarked on an exhilarating journey through the breathtaking Grampians Peaks Trail. The three-day expedition demanded physical endurance and mental fortitude from our students. Carrying all their essential gear, they trekked from Halls Gap to the awe-inspiring Pinnacle and the summit of Mount Rosea. Along the way, they were rewarded with panoramic vistas that showcased the true beauty of the Grampians. Despite encountering ever-changing weather conditions, our students exhibited remarkable resilience, leadership, and teamwork. Rain, wind, and even moments of sunshine tested their adaptability and resourcefulness. It was inspiring to witness their determination as they overcame the challenges nature threw their way. This unforgettable outdoor education camp served as a valuable learning experience for our students. The skills they acquired during this adventure will undoubtedly prepare them for their upcoming self-reliant camp in term 3. They learned the importance of planning, packing efficiently, and navigating through diverse terrains. As we reflect on this remarkable experience, we eagerly anticipate the upcoming self-reliant camp, where our students will put their newfound knowledge and skills into practice. The Stage 1 & 2 Outdoor Education Class has proven that they are ready for any adventure that comes their way!



# Let's look at...Year 7 Technical Studies

Andi Zerk

The Tech Studies room has been a hive of energy recently. Students have been actively engaged, learning valuable skills in measurement, woodworking, and safety, whilst designing their own unique chopping board. Students are currently sanding, shaping and oiling their work ready for them to be on display. Students should be very proud of the hard work they have put into these projects, as well as the cooperation skills they have been demonstrating during class time - this will prepare them for future collaborative projects. It's also wonderful to see the support provided by Bayden and other members of the Men's Shed. Their ongoing assistance contributes to the success of the students' learning experience and fosters a sense of community involvement. I would also like to acknowledge the presence of Archer Virtanen, Tyler Howlett, Noah Virtanen and Riley Edwards, who have been supporting the class. Such support and encouragement from older students has certainly inspired and motivated the class.





# The Naked Farmer

Andi Zerk

This week, Penola High School had the privilege of hosting Ben Brooksby, from *The Naked Farmer*, and Stevie Judd as they shared the importance of addressing mental health issues.

Ben Brooksby's personal story of struggling with anxiety and mental health issues, especially in rural communities, was very relatable and inspiring for the students. Sharing his challenges and how he overcame them provided valuable insight and hope, to those who may be facing similar struggles.

Similarly, Stevie Judd's talk on her personal experiences and how life can throw curve balls, definitely resonated with the students. She spoke about resilience and strategies for overcoming challenges, and how crucial these are for personal growth and wellbeing.

It was heartening to know students gave their full attention during the session and showed respect to both Ben and Stevie. This indicated their understanding of the importance of mental health and the value of listening to others' stories. Having guest speakers like Ben Brooksby and Stevie Judd play a significant role in raising awareness, reducing stigma, and promoting mental health in schools. Their presence was indeed a privilege, and the school is fortunate to have had them share their stories.



# Let's look at...Year 11 Chemistry

Mike Hentschke

Year 11 students are completing the topic on bonding in chemical compounds. To consolidate their learning, they completed a summative practical to identify some unknown compounds. The photos show students conducting tests to identify compounds using flame colour tests and conductivity in solutions.



# Tumbelin

Sarah Walker

Lucy Chan from BaptistCare SA recently visited Penola High School to introduce the Tumbelin program to the students. Tumbelin is a program aimed at supporting and enhancing young people's learning experiences by focusing on their wellbeing and resilience.

Students joined together in activities that were centred around helping them understand the choices they make in life, and how to differentiate between what is within their control and what isn't.

Participating in programs such as these can provide students with valuable skills and tools to foster their overall resilience as they progress through their schooling and into the future.

We look forward to some of our students joining the program.



# School Mental Health Practitioner Corner

Alex Miles

Have you ever had a small set back or stressful moment ruin your whole day?

You drop your phone, you lose football, you forget to bring your laptop to school or have a disagreement with a friend. These events are inevitable parts of our lives but the way we respond to them has a huge impact on our overall wellbeing. The longer we “hold onto” the negative experience of the stressor, the more likely it is your feelings and overall wellbeing for that day will remain negative.

The School Mental Health Service utilises approaches and strategies from Acceptance and Commitment Therapy (ACT) to assist students to cope with life’s stressors. ACT involves observing negative thoughts and acknowledging them as being valid so you can then work past them.

Rather than labelling negative thoughts as “bad, stupid or something to stop/fix” and trying to change them into positive thoughts, the theory behind ACT is that all thoughts and emotions, both positive and negative, are essential to being human. One of the best ways to combat this negative thought spiral and the stressor taking hold of your day is to acknowledge the thoughts/feelings, allow them to be there, but not have power over you.

Next time you have a frustrating or stressful setback try these tips:

- 1. Pause and acknowledge it, try to label your emotions without judgment (irritated, frustrated, anxious)
- 2. Address the stressor don’t pretend it didn’t happen or procrastinate/avoid it.
- 3. Actively challenge the negative thoughts which cause a worry spiral.
- 4. Try to consciously shift your attention to something else. This can help unwind the negative affect of the stressor on your body and brain.

Use a grounding or mindful technique to regulate - talk with a friend, put on your favourite song, go for a walk outside, listen to a meditation, stretch or have a cold glass of water.



don't let one setback color your day



pause and feel it, then — keep going

# Let’s look at...Year 8 Science

Matt Strother

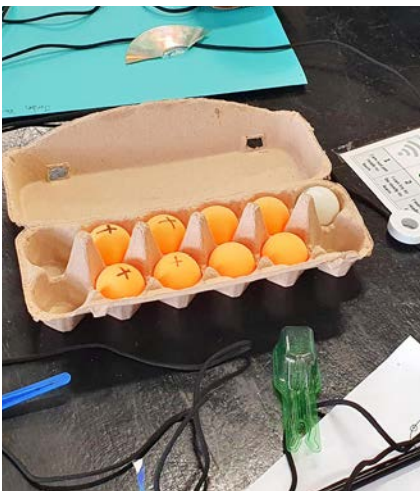
This term we are working towards identifying the differences between physical and chemical change and developing our confidence when using the bunsen burners. Last week students had to separate a mixture of copper sulphate and copper carbonate by using filtration and evaporation. They started filtering out the copper carbonate and being left with the copper sulphate. Once they had this, it was time to light up the Bunsen burners. Students evaporated the water out of the mixture and were left with the blue crystals of copper sulphate.

# Let’s look at...Year 9 Science

Josh Pearce

In Year 9 Science, students have started to explore atoms. Starting off with their structure and what subatomic particles they are comprised of, students then took part in a 3D model of an atom using oranges, tennis balls and skittles. The conclusion of this model was that atoms were not able to be represented to scale.

The next step was to look at the periodic table and the identifiable traits of the elements. Using the table, the students began to create their own models of the atoms using everyday items. The protons are represented with a +, whilst the electrons can be found on the electron shells (the rings around the nucleus). Below are some of their examples.





## Let's look at...Year 9/10 Food Tech

Andi Zerk

Students are currently researching and creating healthy meals, that can also be in the form of a takeaway option. This project has engaged students in learning the importance of offering nutritious options for people who are looking for convenience meal. The variety of dishes they have worked on, include burgers, butter chicken, ramen, fried rice, and warm chicken salad, showing a diverse range of flavours and cuisines.

It was great to see students were able to adapt their recipes to accommodate individual servings while maintaining the taste and presentation.

Overall, students did an excellent job in their research, with the finished products being well presented and enjoyable to the taste buds.

We hope some of the meals will be appreciated by the customers of the Penola High School Cafe 43 in the coming terms.



## Penola Primary School Visit

Rikki Helps

As part of our transition program, Penola High School had Year 6 Penola Primary School teacher, Sam McDougall and his students visit for 2 days last week.

Transitioning students from primary school to high school is a critical period that requires careful planning and support, and Penola High School works collaboratively with our feeder primary schools to support students navigating transition successfully.

Students spent parts of their days engaging in their normal learning program with their primary school teacher, whilst also sampling some high school lessons such as Physical Education, Science, Agriculture and Digital Technologies.

The goal of this transition visit was to enhance Year 6 students' familiarity with our site, establish connections with Penola High School's teachers and students, and provide support through the presence of their primary school teacher and classmates.

We talked with some of the Year 6 students to hear what their thoughts were about coming to high school:

"Good because it is fun here." *Oscar Gartner.*

"Nervous, but excited to meet new people." *Millie Finch*

"Excited, because it will be different types of learning and harder Maths." *Leah Willson*



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# Let's look at...Global Perspectives

Rikki Helps

Our new class novel 'Percy Jackson and the Lightning Thief' has students so excited about Greek mythology they have taken over our learning program! As a class, the Year 7s looked through the Australian Curriculum to design a project that fits with our content and what they are wanting to do.



Students have chosen a Greek god/goddess, demigod or creature to research (reading comprehension), write an information report about (writing), make a diorama or model of an object suited to their research (design & tech) and then present all of this to our class (oral language). We are learning that the relationships in Greek Mythology are very complex and the creatures are interesting. Stay tuned for next newsletter's update on how our projects turned out!

<p><b>PART 1: RESEARCH</b></p> <p><b>Learning intention (know):</b></p> <ul style="list-style-type: none"><li>use comprehension strategies to <b>find</b> and <b>summarise</b> information about Greek Mythology</li></ul> <p><b>Success Criteria (do):</b></p> <ol style="list-style-type: none"><li>Find information about the Greek God/Creature of your choice</li><li>Summarise the information in your own words.</li></ol>	<p><b>PART 2: INFORMATION REPORT</b></p> <p><b>Learning intention (know):</b></p> <ul style="list-style-type: none"><li>An information report is used to inform an audience about a topic</li></ul> <p><b>Success Criteria (do):</b></p> <ol style="list-style-type: none"><li>Write an information report about the Greek God/Goddess/Demigod/Creature you researched.</li><li>Use the language features of information text types</li></ol>
<p><b>PART 3: DESIGN &amp; MAKE</b></p> <p><b>Learning intention (know):</b></p> <ul style="list-style-type: none"><li>You can use suitable materials, tools, equipment, skills and processes to safely make designed solutions</li></ul> <p><b>Success Criteria (do):</b></p> <ol style="list-style-type: none"><li>Draw a diagram of what you will make/create to represent your Greek god/goddess/demigod/creature. This could be:<ul style="list-style-type: none"><li>A diorama</li><li>A model of a symbol/weapon</li></ul></li></ol>	<p><b>PART 4: PRESENT</b></p> <p><b>Learning intention (know):</b></p> <ul style="list-style-type: none"><li>We plan and rehearse presentations</li><li>We deliver presentations using features of voice (volume, tone, pitch and pace)</li></ul> <p><b>Success Criteria (do):</b></p> <ol style="list-style-type: none"><li>Present information and a model of a character from Greek Mythology.</li></ol>

# Pastoral Care Worker

Kiara Price

Hi everyone! Kiara here! I'm here to share with you the kind of support available to everyone at Penola High School. I hope to do this by breaking down word for word the title of my role, 'Pastoral-Care-Worker'. For instance, if we just focus in on the word 'pastoral', a lot of people will naturally think about the religious support that can be provided within that. While this is true, this word holds a deeper meaning more relevant to everyone. Spiritual support is not just a reference to religion, but any belief or practice that gives a person their sense of meaning. For example, for a lot of local families, their love for sport, and for this is to be acknowledged and nurtured by others, is important for them to grow, so that is spiritual support to them. For others, it may be the acknowledgement of mental health. It could be anything else that a person needs, acknowledging or addressing in them, which particularly identifies or helps them in their school or life journey, without judgment. The rest is pretty simple. The words 'care' and 'worker' implies that it is the pastoral care worker's job to outwardly express care by listening out for others and providing that pastoral support for everyone.

I have further thoughts on the word 'pastoral' which I'll bring to you in my next entry. Until then, be encouraged that no matter who you are, this support is available to you and everyone in the Penola High School community. The goal while I remain in this role, is to make this more and more accessible as time goes on. If you would like to reach out and connect with me more, to find out more about local supports to assist you, or just so you can be heard, you can email anytime or contact me at school Monday-Friday.

# Let's look at...Senior Mathematics

Mike Hentschke

Positive test results were achieved by both the Stage 1 and 2 students from their last topics. Stage 2 students are now using linear programming to find the optimal solutions for production of products, and the Stage 1 students have commenced their learning related to parabolas and quadratics.

**Student Absence SMS (only)**

**Notification number:**

**0400 134 993**

**STUDENT FREE DAY**

**FRIDAY 30 JUNE 2023**

**(Term 2, Week 9)**



## Let's look in...the Library

*Elissa Hiotis*

It has been an exciting and enriching time in the school library, with the area transforming into a hub of activity and a centre for lifelong learning.

The library will begin craft sessions on Tuesdays during lunchtime, this will give students the opportunity to engage in hands-on activities like macramé and crochet, which can be both enjoyable and skill-building. These sessions will also provide a creative outlet for students to explore their artistic side.

Every Wednesday afternoon, the library has been hosting the popular 'Kids Crafternoon'. This initiative not only encourages children to tap into their creativity, but also promotes community building. With a variety of crafts from paper quilling to weaving, children of all ages can express themselves artistically and bond over shared interests.

Library lessons for students in Years 7-10 will be beginning soon. Led by teacher-librarian, Elissa Hiotis, lessons will focus on enhancing students' reading and writing skills while also equipping them with important digital literacy and research skills. In today's digital age, it's crucial for students to develop proficiency in navigating digital resources and being responsible digital citizens. These lessons will play a significant role in empowering students to effectively utilise the library's resources.



## Let's look at...Year 9/10 Technical Studies

*Andi Zerk*

Students have begun working with metal, and exploring the tools required to produce a chosen product. Students are currently working with welders, grinders and cold saws. Students are building a fire drum and BBQ plate, as part of their practical projects, allowing the students to apply their knowledge and skills.

Safety is of utmost importance when working with machinery and metals, and it is great to see the students applying safety protocols when working in the metalwork area.

Not only have the students learnt about metalwork techniques, but they have also gained an understanding of how to design and create functional products.

We all look forward to seeing their finished work.



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# Reconciliation Week

Sarah Walker

Recently, Penola High School staff and students took time to understand the true meaning of Reconciliation Week and to promote its values. Students shared words that resonated with RECONCILIATION including respect, forgiveness, sorry, community, trust, equal togetherness, culture, reconcile and apologise, with Each home group came together, in a creative way, tracing their hands onto coloured card, and sharing words that resonated with RECONCILIATION, including respect, forgiveness, sorry, community, trust, equal togetherness, culture, reconcile and apologise. The display of hands is in the Penola School Community Library to serve as a powerful symbol of inclusivity. We invite members of the public to trace their hands and add a word to the display. This initiative not only raised awareness about Reconciliation Week, but also a gentle reminder that reconciliation is an ongoing process that requires collective efforts and a shared commitment to create a more inclusive society.



# Autism Awareness Day

Andi Zerk

Year 12 student, Reese Balshaw recently organised a Autism Awareness Day to raise awareness and promote understanding around autism. Reese spoke at an assembly, sharing the different affects autism can have. She shared that people with autism may have challenges in social interactions, communication, as well as restricted or repetitive behaviours. Students enjoyed colouring puzzles and activities at break times, which not only gave the students the opportunity to learn more about autism, in a relaxing and creative environment. Thank you for your efforts Reese.



# Forestry Industry Pathways

Steve Carli-Seeböhm

Penola High School was very fortunate to have Josh Praolini, Workforce Development Manager for Green Triangle Forest Industries' Hub, come and speak to students. Josh spoke about what the timber industry means to the region, and the pathway opportunities for students into future careers and employment. The school looks forward to the number of exciting future immersion experiences planned for students to access within this field.

