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Important Dates

- Tuesday 28 March 2023
- Open Night
- Thursday 30 March 2023
- Year 11/12 Elevate Program
- Thu 30 Mar-Fri 31 Mar 2023
- Adelaide Athletics
- Tuesday 4 April 2023
- 2022 Youth Opps Workshop
- Friday 7 April 2023
- Good Friday Holiday
- Monday 10 April 2023
- Easter Monday Holiday
- Wednesday 12 April 2023
- Touch Football

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Principal's Report

Steve Carli-Seeböhm



Dear Parents and Caregivers

"A chain is only as strong as its weakest link."

As a keen motorbike rider, one of the critical components is the chain that drives the back wheel when using the throttle. If the chain breaks, no matter how hard you twist the throttle, you won't be accelerating, you won't be gaining traction, and you won't be moving forward. Part of regular motorbike maintenance means checking all the links in the chain, ensuring they are connected, and operating to their full capacity, to achieve the combined task of driving the rear wheel when the throttle is engaged. All of us at Penola High School form a part of the chain that drives the school - our students and their families, teaching staff, classroom support and other staff members. This involves the integral roles they play in combining to provide 'traction' at Penola High School.

As I reflect on this notion of 'traction', I can't help but be excited, invigorated and energised by the amount of 'traction' taking place around the school this term. So much has been happening, and continues to happen, which has been 'accelerating' the school rapidly through the first term. Here is a quick list of what has been happening so far.

We have now completed the swimming and athletics carnivals, both as schools and at the interschool level. Our senior students representing SRC have completed the GRIP leadership training, and we have had competitors in the Lions Youth of the Year competition, with one making the state finals held recently in Robe. Senior students have also completed an Outdoor Education camp, with the junior years having held their camp away for a number of nights. We have had students learning hospitality skills in our Café, a writer in residence complete a draft manuscript of students poetry writing across a number of weeks, and just this week, we held school wide celebrations through Harmony Day. We have our Open Night for this year to be held next Tuesday 28 March 2023. This is an opportunity for us to showcase what students are currently undertaking in their learning so far, as well as an invitation for potential new families to Penola High School to see first-hand what happens within our space.

It has been, and continues to be, exciting times at Penola High School. Staff are all contributing to the learning environment, adding value to their spaces, by providing extra curricula opportunities for students to engage with, some outside the classroom. With the key focus of relationship building, along with maintaining high professional standards and expectations, continues to be our driving force.

At the recent Leaders Day in Adelaide, the focus was on what is needing to be done. Not to just make our education word class, but actually world leading, and Penola High School is well and truly on its way to playing its part in the departments overall vision for education for all students in the system. We have a number of exciting projects gaining momentum for Penola High School at the moment which directly feeds into opportunities to be world class and world leading in educational terms for students. Our Agriculture program has been progressing, with new innovations and partnership supports being explored for student employment pathways and links within the industry and region. I don't want to let 'cats out of the bag' too soon, but watch this space as we keep evolving the learning opportunities for students.

I will be communicating with all students and families shortly, as part of the first step in the rebranding of Penola High School. Feedback has highlighted the need to review our school logo, motto, badging and even potential name. The first part of this process is a clear survey result that I can present to the department that shows a majority of members of the school and wider community support a change. This will be needed before moving onto submissions for designs and images. I know this has been visited by a number of previous leadership iterations, but I am making it a priority to see changes occur to modernise the look and feel of what Penola High School presents to the community it serves.

Finally, we recently said farewell to Aimee Moretti who has left the school to return to family in News South Wales. She has been an Art Teacher at Penola High School for 7 years, and her contribution has been appreciated. Kate Bell will continue as the Artist in Residence for Term 2, in an ongoing agreement, to offer students opportunities in Art. We wish Aimee and her family all the best, and in true Penola form, the door is always open to welcome her back in the future.

Kind regards



Governing Council
Vicki McDonald-Burgess

The Penola High School Governing Council committee for 2023.

- | | |
|-------------|------------------------|
| Chairperson | Tamara Ploenges |
| Secretary | Stacey Marlow |
| Treasurer | Megan McGuinness |
| Parents: | Sue Bell |
| | Bridgette Cutchie |
| | Anne Johnson |
| | Charmaine Moulton |
| | Matthew Phillips |
| | Belinda Sanders |
| | Pat Sharam |
| Staff: | Steve Carli-Seebohm |
| | Vicki McDonald-Burgess |
| | Cory O'Connor |

Future meetings will be held on the 3rd Monday of each month (excluding April, July and December), either in the Penola School Community Library, or online via TEAMS. The role of the council provides a forum for parental involvement in things such as setting broad directions, monitoring human resource and asset management plans, determining student policies, financial management, and ascertaining the educational needs of the school community.

If you are interested in joining council, please contact Vicki at school on 8737 0000. The next meeting is scheduled for 15 May 2023 at 6:00pm.

PPEP
Hillary Trotter

Penola High School recently had the pleasure of hosting a visit from the Pelvic Pain foundation, who gave a presentation called PPEP Talk® to our year 10 and 11 students. The foundation aims to educate young people about pelvic pain and menstrual health, which are important, but often overlooked topics.

The presentation was well received by the students, who found it informative and engaging. According to feedback received from the foundation, 83% of students assigned female at birth found the session informative. One student shared, “The session was informative and engaging.”

The presentation also helped students assigned male at birth better understand how they can support people in their lives who experience period pain. Over 80% of students assigned male at birth said that PPEP Talk® would help them better support the people in their life with period pain. The presenters also addressed common myths and misconceptions surrounding pelvic pain, and encouraged students to seek medical advice if they experience persistent pain or discomfort.

We are grateful to the Pelvic Pain foundation for their visit and efforts in raising awareness about these important health issues. We hope that our students have gained valuable knowledge and insights from the presentation, and that they will apply this information in their daily lives.

As the next steps of this program there is an upcoming FREE PPEP Talk® Next Steps. Next Steps is a FREE online session for students who have identified a more complex pain concern or would like their caregivers to understand more. Students attend with a caregiver, and there is a chance to ask questions of our Gynaecologist and Pain Specialist, Associate Professor Susan Evans.

Register for session via:
<https://www.pelvicpain.org.au/ppep-talk-schools-program/ppep-talk-next-steps/>



As a school community, we are always looking for ways to support our students' academic and personal growth. To this end, we are excited to announce that we have invested in the Elevate Education Program for our year 11 and 12 students. This program will run alongside our existing Mentor Program and Learning for Life program, providing students with a comprehensive suite of resources to support their learning and development.

The Elevate Education Program consists of three units: Student Elevation, Study Sensei, and Time Management. Each unit focuses on a different aspect of academic success and personal growth. The Student Elevation unit helps students develop a growth mindset and positive attitude towards learning. The Study Sensei unit focuses on enhancing study skills and strategies, while the Time Management unit teaches students how to manage their time effectively. We have specifically selected these units based on the needs of our students and what we have seen of their study skills and habits so far.

The Elevate Education Program will complement our existing Mentor Program, which provides students with one-on-one guidance and support from teachers. It will also run alongside our Learning for Life program, which provides students with opportunities to develop important life skills such as leadership, communication, and teamwork.

We are confident that the Elevate Education Program, in combination with our existing programs, will provide our year 11 and 12 students with a comprehensive set of resources to support their academic and personal growth. Our teachers and staff are committed to working closely with students to help them achieve their full potential.

We encourage parents and guardians to support their children in their academic pursuits by reminding them of the importance of attending classes, completing homework, and taking advantage of the resources available to them. Together, we can help our students achieve their goals and reach their full potential. Thank you for your continued support and partnership.

STUDENT FREE DAY

Penola High School would like to advise of the following upcoming Student Free Day.

FRIDAY 19 MAY 2023

Term 2, Week 3

The Year 9 Science class have recently been identifying different forces and energy transformations. Students built, tested, and improved catapults, which were used in their experiments.

Joel Crawford and Tayte Virtanen were able to adapt their catapult to achieve a distance of over 10 metres, having begun with only a distance of 1.9m.

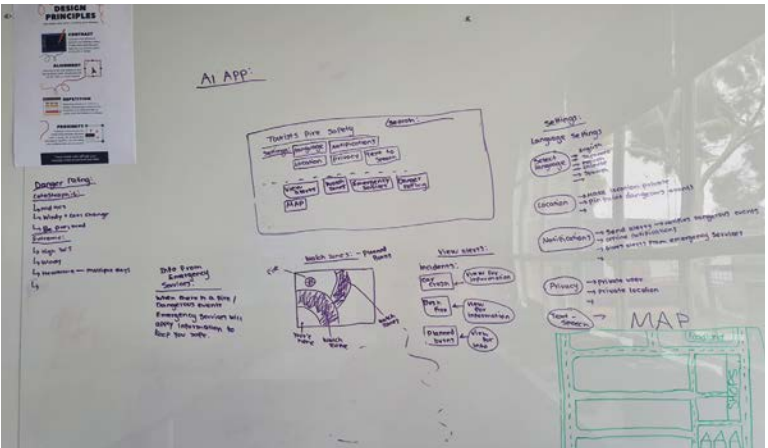
Students utilised popsticks, masking tape and straws to construct their catapults, with a table tennis ball being used as the weight.



Let's look at...Year 9/10 Digital Tech

Kathleen Phillips

This term, the Year 9/10 Digital Tech class have been working on developing concepts to enter the Microsoft *AI for Good* Competition. This competition is looking at the increasing role 'AI', (artificial intelligence), plays in peoples lives. Students selected a category to work on - choosing to develop a concept around AI for Humanitarian Action, specifically focusing on bushfires. One group is developing a concept for a 'wearable', which would attach to a CFS uniform and measure the vital signs of the firefighter whilst they are fighting a fire. Another group has focused on developing an app for tourists, which would give them information and alerts to incidents in the local area, in their own language. Students are using the *Design Thinking* process to develop their ideas and work on feedback. Students need to develop a submission of their ideas and thinking processes which will be submitted to Microsoft by mid May this year.



Let's look at...Year 9/10 Cafe

Andi Zerk

The Year 9/10 Food & Café students have been busy in the garden, maintaining the upkeep on a weekly basis and putting up netting to save the vegetables from birds and rabbits. The garden currently houses beetroot, corn, radish, pumpkin, zucchini egg plant. We look forward to cooking with our fresh produce as soon as they are ready



Lions Youth of the Year - Zone Final

Hillary Trotter

We are extremely proud to recognise Rochelle Crawford, a talented and dedicated student from our school, who advanced to the District C Lions Youth of the Year Final after winning the zone final. Rochelle competed against other exceptional young people from the region, impressing the judges and the audience with her skills, knowledge, and leadership abilities. The Lions Youth of the Year program is a prestigious and challenging competition that recognises and develops the potential of young people aged between 15 and 19. The program aims to promote academic excellence, community involvement, public speaking, and leadership skills among the youth, preparing them for the challenges and opportunities of the future. Rochelle has been involved in the Lions Youth of the Year program since the start of term one as part of an English assignment, engaging in a range of activities and tasks that tested her academic, social, and personal capabilities. During the impromptu portion of the competition, Rochelle and the other contestants had to speak on a given topic within a two minute time frame. It was interesting to see the different opinions had on the topics presented and I commend them all for being able to stand up and speak off the cuff in front of a large audience! We congratulate Rochelle on her achievement and we are proud of her for representing our school and our community with pride. We are confident that she will continue to excel and make a positive impact in the future.



Student Absence SMS (only)
Notification number:
0400 134 993

Outdoor Education Camp

Josh Pearce

On Tuesday 14 May 2023, Mrs Clayfields Stage 1 and Stage 2 Outdoor Education students took to Murrylands Aquatic Centre for their first of three camps. The focus for this camp, whilst getting their first taste of camping in the great outdoors, was to build leadership skills, and to conclusively prepare for an exhibition. This meant, students had to plan and bring all of their own meals, and cook them on Trangias. Throughout the camp, students were given times as to when they would be the leaders of the group, where they would take control and check on each other's wellbeing. The end of day 1 saw the group set up camp and engage in night time activities in preparation for a big day on the water.

The students woke bright and early for what would be around 6 hours on the water, where they would be in groups of two, working together to manoeuvre '420' sailing boats. After a comprehensive introduction, students split into their pairs and took turns in captaining their vessel. Once they had a feel of the basics, they were literally thrown into the deep end, as they learnt how to return their boat upright when it capsized. Fatigued, but with newly formed sea legs (or river legs), the group returned to camp to cook their tea. Mother Nature sensed that the crews needed an extra challenge, whilst they completed an obstacle course, with day 3 producing increased winds.

Lugged down with a new crew mate in Mr Pearce, skipper Shadbolt used his knowledge of the wind to build speed, turning the boat vertical and hitting the water fast, they took off tearing down the river, breaking the knot limit, and being at the mercy of the mighty river.

Moving on, the students captained a second boat; this time the catamarans. This gave students an opportunity to sail solo and to transition their 420 skills and wind knowledge into another context.

The final day saw the students kayak through the wetlands, before having one last sail. It was excellent to see the growth that the students showed in just two days on the water. Mr Knott would have been proud of the budding sailors.



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Let's look at...Year 9/10 Agriculture!

Cory O'Connor

Year 9/10 students have been hard at work constructing brooder boxes and we are thrilled with their progress. Brooder boxes are an essential component of our poultry-raising program. They provide a warm and safe environment for newly hatched chicks, allowing them to grow and thrive. Constructing these boxes is no easy task, but our students have risen to the challenge. Working collaboratively, they have designed and constructed two brooder boxes, learning valuable skills along the way, such as measuring, sawing, and assembling materials. The process has been a great opportunity for them to develop teamwork and communication skills, as well as problem-solving and critical thinking abilities. The students have also learned about the importance of maintaining a clean and safe environment for their feathered friends. We are very proud of the hard work and dedication that our students have shown in this project. The brooder boxes will be put to good use as we continue to raise and care for our poultry. We look forward to seeing the results of their efforts at the schools open night.



Let's look at...Year 8!

Jane Pryor

The Year 8 term has moved very quickly with a full schedule of learning and additional activities. Relationships have continued to develop with students' friendships becoming stronger in some instances, and others broadening their connections. Our Learning for Life program has centred around values and how they impact on each and every one of us, which has broadened our thinking where we have recognised, friendships, how we relate to each other, and verbal and visual communications. These conversations will be revisited to deepen the understandings of the various elements of these values. Students pondered their Traffic Light reports, considered their learning outcomes, and analysed reasons for success or otherwise. The class now shares time with the Year 7 group on Mondays and Fridays, with 'welcome circles', and the remainder of the week they run their own, where all students are expected to contribute. Students' collaborations with various activities have developed further, and progress in mindfulness when working with others.

Life is like a cup of water - analogy

Alex Miles - School Mental Health Practitioner

We've made it to that time of the term when the bliss from the school holidays has worn off, and we are all deep into our school, work and extra curricula activities - this can be a busy and stressful time for us all. For my article in the newsletter, I wanted to take the time to remind you all to breathe. We all need to take a few minutes of each day to ground ourselves in what our purpose and intention is. No matter our age, race, gender, life experience or "status", in society, we all have mental health, and we all need a reminder to prioritise caring for ourselves sometimes. If you can imagine, life is like a cup of water – the "good stuff" is the clear refreshing water, and the "tough times" are like spoonful's of dirt, tipped into our cup. This dirt makes life messy and murky; this dirt is inevitably going to happen for all of us, at differing times and differing amounts throughout our lives.

Here's the trick - if we spend all our time focusing on the dirt and trying to remove it by flicking it out, ignoring it or pushing it down to avoid it, this only makes it harder and more exhausting for us. It also doesn't stop the dirt or "hard times" from re-appearing. However, if we re frame our focus on pouring a jug of more "good stuff" in - which includes getting enough sleep, eating healthy food, taking time out for ourselves and reaching out for help when we need it, this can help to make our cups clear again....

Of course, life isn't perfect, nothing is, the dirt will reappear, but we have these "good" times to fall back on to make things a bit easier to manage. Rather than focusing on eliminating the tough and difficult times in our lives, we can acknowledge they are present, and choose to use healthy coping strategies to manage them.

Please reach out for help if you need some extra support. You can do this by speaking to your Home Group teacher or Year Level Coordinator at school, or see below for some additional supports.

Some helpful numbers and supports include:

- Kids help line - 1800 551 800
- Beyond Blue - 1300 222 46 36
- Q life – LGBTIQ+ Support – 1800 184 527
- Headspace.com online chat
- Lifeline - 13 11 14
- (24/7) Suicide callback service 1300 659 467



Elissa Hiotis

Many may have seen our library display for the Premier's Reading Challenge. The challenge encourages students to read 12 books by the end of Term 3, with the aim of improving literacy and fostering a love of reading. We encourage all students to participate and challenge themselves to read more books. The display showcases a range of books that are eligible for the challenge, making it easy for students to find something that interests them. We hope that this display will inspire students to pick up a book and get lost in its pages.

“Love Is An Ocean”

Love is an ocean
At first it's great then
All of a sudden
You're drowning

[illegible]

Rikki Helps

- Positive self talk
- Take a break and come back to it
- Ask for help
- Set realistic expectations
- Break the goal into smaller steps
- Reward yourself when things go right



Vicki McDonald-Burgess

All families are encouraged to review their financial situations for School Card. If you were ineligible in 2022 you may still be eligible in 2023. For Families that were eligible for School Card in 2022 a reminder that you must re-apply for 2023. Applications can be completed online at <https://www.sa.gov.au/education/schoolcard> or by contacting the school for a paper application form. For further information again please contact Vicki McDonald-Burgess on 8737 0000.

Let's look at...Stage 2 Health/Wellbeing

Olivia Jaeschke

Harmony Day

As part of her Stage 2 Health and Wellbeing course, student, Emily Koenig, surveyed middle school students asking questions related to their wellbeing since returning to school for 2023.

Questions included "How well do you get along with your classmates?", "Do you have social media?", "Are you happy to be at school?", and "Do you feel you have a lot of energy during the day?".

After collating the data, Emily noticed 100% of students had social media, and over 60% of students were not the happiest to be back at school. To help support students and their wellbeing, Emily decided to help bring everyone together, without devices, through the celebration of Harmony Day.

This week, with Harmony Day falling on Tuesday 21 March 2023, Emily sold cupcakes, and set up colouring-in tables in the library. Students were asked to bring a gold coin donation to support the All Together Now foundation.

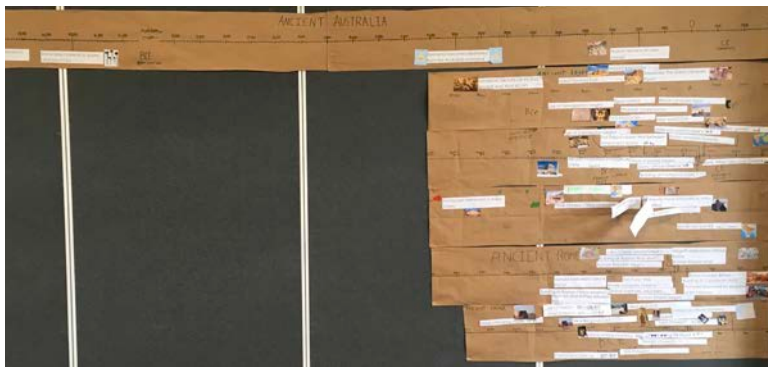
Students also printed hands as part of an display that welcomed students as they entered the school.



Let's look at...Year 7 Global Perspectives

Rikki Helps

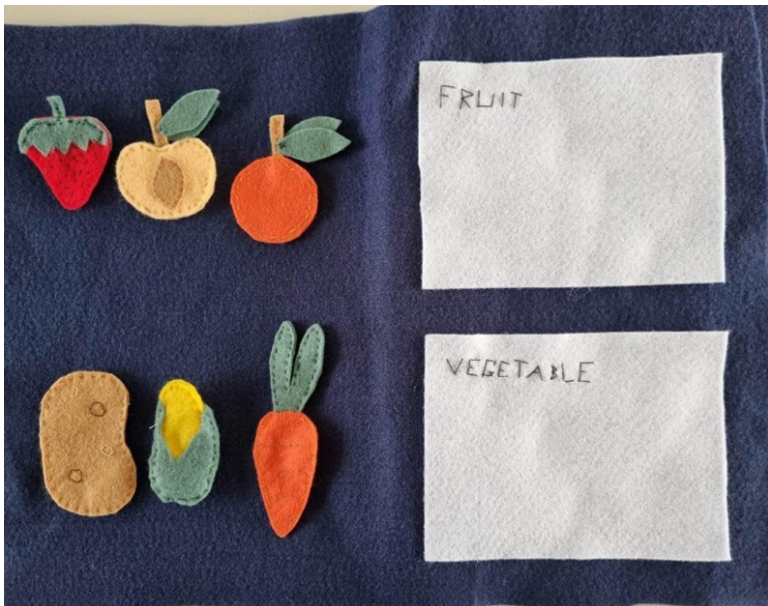
Students are investigating a history mystery: what happened to Narrabeen Man? In 2005 a skeleton was found in Narrabeen, NSW which turned out to be the remains of an Aboriginal man from 4000 years ago. Students are looking at evidence, such as fragments of death spear heads and damage to bones, along with expert opinions about life of aboriginal people in this area at this period of time. This information will be used to work out why Narrabeen Man was murdered. To support our historical understandings and visualise time (before current era BCE and Current Era CE), students created timelines of other ancient civilisations to compare to ancient Australia. There's a 25000 year break in our Ancient Australia timeline so we could fit it on our wall!



Let's look at...Year 11/12 Child Studies

Andi Zerk

The Year 11/12 Child Studies students have recently been working on literacy kits for younger children to be able to utilise. The class were required to organise activities for children to use whilst a book was being read to them, as well as them being able to use whilst on their own. Activities were based on developing the children's language and word knowledge, such as identifying matching pictures to words. These activities will eventually be available for children to access through the Penola School Community Library.





Let's look at...Middle School Maths

Matt Strother

Maths in the Middle School is about finding multiple ways for students to enter the learning. A way of doing this is to differentiate it in to three different levels, grey, white and black. A grey task is pitched to be a high D to low C, a white task, competent C and a black task, allow opportunities for students to demonstrate a B or A level of understanding. Often these black questions are open ended and involve problem solving.

Through conversations with students, we discussed how working on a black task does not mean it is a B or A level of understanding and more importantly, they need to show a high level of understanding to achieve this. The wondering was, how do we do that? This took us down the journey of a Bump it Up wall. We have collaborated on what an A, B, C and D look like in problem solving and what we expect to see at each grade.



Students are encouraged to use this wall to develop their selves as learners by self-assessing their learning against the examples. Furthermore, we will add some questions to this wall that they can consider when comparing their learning such as, how does mine compare? What are my next steps in learning? Have I missed something? Would I like to change my mind and try something different?



1) Visualise

2) attempt

3) Relational - B level



Extended Abstract - A level

1) Visualise and attempt

2) attempt

Relational - B level

AFL Cup Visit

Penola High School was very lucky to have a visit from some very special silverware today, with the AFL Premiership cup, the AFL Women's Premiership cup, the SANFL Premiership cup and the SANFL Women's cup on site today. Students and staff relished in the moment, taking the opportunity to commemorate the occasion with photos.



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PENOLA HIGH SCHOOL - CLEAN UP AUSTRALIA DAY

To inspire students to learn about the impact of rubbish, Penola High School held their own Clean Up Australia Day at school.

Staff and students came together for the morning, and took practical action to improve the environment around the school, as well as at the adjoining McCorquindale Park. We appreciate the school community donating their morning time.



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PENOLA HIGH SCHOOL

OPEN NIGHT

TUESDAY 28 MARCH 2023
5:00-7:00PM

5:30pm - Tour 1

6:00pm - Tour 2

6:30pm - Tour 3

We are excited to invite all prospective and current families from Penola and surrounding areas, to a celebration of our school. We will host student-led tours to view the school's facilities and broad range of academic subject choices.

Come and enjoy some wood-fired pizza from the school's student built pizza oven.

Please RSVP - 8737 0000 for catering purposes

43 Cameron Street Penola SA 5277 I www.penolahs.sa.edu.au



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South East Regional Concert Band 2023

Instrumental Music is forming a Regional Concert Band for students enrolled at a Department for Education school. The purpose of the band is to provide students with ensemble playing opportunities and to experience success through weekly rehearsals and performances. We would like to extend an invitation to parents, carers and students to attend an information night on Thursday April 6 at Mount Gambier North Primary School, 6:00pm. Access to the meeting via Microsoft teams will also be provided for families who live outside of Mount Gambier.

Members are required to:

- attend a weekly rehearsal at Grant High School on Wednesdays, 4:30pm to 5:30pm
- participate in rehearsals and performances
- learn the music for rehearsals and performances and seek assistance from individual instrumental teachers where necessary
- make a positive contribution to the ensemble

Eligibility:

Students in years 5 to 12 and enrolled at an SA government school and learning from department instrumental teachers or private tutors are eligible and encouraged to apply.

Costs:

To keep costs to a minimum, there will be no administration fee. Some costs may be required to support performance opportunities for students.

Register to attend:

Please email Cameron Horsburgh cameron.horsburgh633@schools.sa.edu.au indicating whether you will attend in person or require an invitation to access the meeting via Microsoft Teams.

South East Regional Concert Band

Criteria:

Brass/Woodwind

- Ability to play a range of an octave. (Clarinets not required to go above the break, although desirable)
- Ability to read and interpret simple melodic and rhythmic lines.

Drum Kit/percussion

- Drum Kit-ability to read and play a basic rock beat and add fills where necessary.
- Auxiliary percussion-basic hand percussion knowledge and ability to move between multiple instruments.

Electric Bass Guitar

- Ability to read and interpret simple melodic and rhythmic lines.

For further information:

Cameron Horsburgh

SE Regional Concert Band Director

cameron.horsburgh633@schools.sa.edu.au

Geoff Stephens

SE Regional Concert Band Assistant Director

geoff.stephens143@schools.sa.edu.au

Amelia Monaghan

Leader, School Program Development amelia.monaghan849@schools.sa.edu.au



Government of South Australia
Department for Education