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## Important Dates

- Wednesday 3 May 2023
- Touch Football Finals (Mixed)
- Thursday 4 May 2023
- RAP Presentation - Year 11
- Tuesday 9 May 2023
- P.A.R.T.Y. Program - Year 11
  - Parent/Teacher/Student Interviews
- Wednesday 10 May 2023
- Touch Football Finals (Year 11/12)
- Thursday 11 May 2023
- Touch Football (Year 9/10)
- Tuesday 16 May 2023
- Football (Open Boys)
- Wed 24 May-Fri 26 May 2023
- Outdoor Education (Year 11/12)

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## Principal's Report

Steve Carli-Seebohm



Dear Parents and Caregivers

"You will never change what you are willing to tolerate."

I've never actually liked the term tolerate. In my opinion, it means that you are accepting of something, be it words, actions or otherwise, that you don't actually like, want or desire to occur. I use the word in contexts of things I tolerate, or I have no control over, eg, I can tolerate a cold day. I can't make the weather change, so if it's cold, I have to tolerate the cold weather. I can tolerate if my food tastes bland, it's not the best I've eaten, but it's still good for me, so I will tolerate it being bland.

There are a lot of things I won't tolerate. I won't tolerate things like racism, sexism, homophobia, harassment and negativity, to name a few. I won't tolerate people not being accountable for their actions. Not being genuine. Not giving others, or even themselves, a fair go or opportunity to succeed.

I strongly believe in starting each day with a fresh face, positive energy and the willingness to try and make today better than the one before. It doesn't always work. After all, I am only human, as we all are, but I won't tolerate an attitude that won't allow this to happen. When I was involved in Youth Opportunities as a program facilitator, one of my favourite activities is called "Looking for Blue". Without spoiling the point of this activity for those who haven't participated in it - it is centred around taking the time to only see blue things that are around you. Essentially, choosing what colour you are going to see, with the analogy being, when we choose what we are going to look for, that is what we are going to find.

It is always easier to take the path of least resistance. That often means doing and saying the easier things, finding the negative, opting out, following the crowd. Often accepting a challenge will result in more work, harder conversations and bigger commitments of time and resources beyond what we were happy to give away. However, we should always ask ourselves, what is the component of this task, this request, this challenge. What am I ignoring, looking past, choosing not to see, or even deciding to tolerate against my actual true ideals?

I love being in the school environment. I love seeing the interactions between students and teachers in classrooms, on learning adventures and journeys of discovery. I love seeing the light bulb moments when concepts being taught suddenly make sense and the solutions are clear. I love seeing the passion, the energy and the positivity that generally is found in any room in any class on any given day. I also love to see when students navigate a social challenge, find a resolution to a conflict, have a hard conversation, or simply work through a challenge that results in some hard lessons - equating to more than just the subject being taught. I also love it when I see someone who has not accepted, or tolerated, a situation or circumstance, and put their beliefs, ideals and values first and taken a stand. We will never change the things we are willing to tolerate.

I would like to wish everyone a fantastic break. Take the time to rest up and refocus for next term. Student reports will have been sent out and received, which gives students an opportunity to look at feedback from their teachers in regards to progress in subjects, and then an opportunity to start over when we resume at the start of May.

I would also like to thank Gennaeve Mislov and Joey Hill for the work they have done this term helping Penola High School, with covering Mike Hentschke's classes across Term 1. Their work and contribution has been valued and appreciated.

Kind regards

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

*Elissa Hiotis*

As Term 1 wraps up, we would like to remind all students about the ongoing Premier's Reading Challenge. The challenge aims to encourage students to read more books and improve their literacy skills. We encourage all students to participate and collect forms from Elissa or Heather.

The library will be open during the school holidays from 15-30 April 2023, with the exception of Anzac Day. We will be open during our normal hours, so please come in and borrow books and DVDs, in what will be a quieter time than usual.

The library will also be running some activities during the holidays. On Wednesday 26 April 2023, we will be running a craft session from 2:00-3:00pm. This is a great opportunity for kids to unleash their creativity and have some fun.

Please keep an eye on the Library Facebook page for upcoming events. Thank you for your ongoing support and we look forward to seeing you in the library.

## Sheep and Cattle Yard Panels

*Cory O'Connor*

Penola High School is currently working to rebuild, re-energise and localise our Agriculture program, and we are in need of assistance to help source sheep and cattle panels for our program. These panels will be used to create pens and enclosures for our animals, which play a crucial role in our students' understanding of animal husbandry and agriculture.

We understand that sourcing these panels can be a challenge, which is why we are reaching out to our community for help. If you or anyone you know has access to sheep and cattle panels, and would be willing to donate or sell them to us at a discounted rate, we would be extremely grateful. Any support you can provide, whether through donations or connecting us with potential suppliers, would be greatly appreciated. We are committed to ensuring our Agriculture program continues to provide a valuable educational experience for our students, and your assistance would help us achieve this goal.

If you are able to help, please phone Penola High School on 8737 0000 or Cory O'Connor on 0478 131 733.



## Let's look at...General English

*Hillary Trotter*

The Year 11 and 12 General English class are currently studying *The Perks of Being a Wallflower* by Stephen Chbosky. The novel has presented our students with a number of challenges, including reading for extended periods of time and analysing complex themes and ideas. Through in-class discussions and group activities, they have been able to delve deep into the key themes and ideas presented in the novel.



One of the most important themes explored in the book is mental health. Through the experiences of the protagonist, Charlie, the author sheds light on the struggles faced by those who suffer from mental illness. Our students have engaged in meaningful discussions on the topic, sharing their own experiences and perspectives.

Another important theme explored in the book is identity formation. Charlie is shown to be struggling with his own identity and his place in the world. This theme has resonated with our students, who are also in the process of forming their own identities and figuring out who they are.

While reading for extended periods of time and analysing complex themes can be challenging, I believe that our students are up to the task. Through their engagement with the book and their participation in class activities, they have shown great dedication and a willingness to learn.





# Secondary Track & Field Championships

Josh Pearce

On Friday 31 March 2023, a select group of budding athletes took to Adelaide to compete in the Secondary Track and Field Championships. The event, which took place at Santos Stadium, saw 39 of our students compete against some of the best athletes in the state.

Our students showcased their exceptional abilities and represented Penola High School with pride. Tegan Lythgo stood out in the High Jump, securing first place. Toby Zerk secured second place in the Hurdles, while Skye Virtanen took the first spot in Hurdles and second in the 200m. Madison Amor came in third place in the Hurdles.

Joel Crawford, a Year 8 student, showed his potential in the Open 3km event, with an impressive time of 11.44, securing third place. Shelly Crawford also demonstrated her strength, coming in second in the 1500m, also competing in the Steeplechase, with Henry Williams participating in the event for the boys. Amber Morton secured third place in the 800m.

Thomas Currie secured second place in Long Jump, while Nellie Lear had a remarkable run, scoring a personal best in her 800m and coming in third place. She also secured second place in the 1500m. Maddison Mitchell demonstrated her skills, securing second place in Javelin, while Tayte Virtanen was awarded second place in the 200m. Chloe Cutchie secured third place in Discus, and Madison Amor also secured third place in Discus.

All students competed with resilience and respect, upholding the school's values, and representing the community with pride. The Penola High School community is incredibly proud of our students' achievements and their exceptional abilities on the day. We look forward to future events and showcasing the school's athletic prowess.



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# Mentoring Program

Rikki Helps

A number of Year 8 students are currently participating in our new mentoring program. This program is supported by members from the local community. It enables students to feel connected with learning in an area of their interest, alongside a mentor who shares their expertise. This in turn promotes positive relationships with our community. Currently programs running include animal care, gardening, cooking and the Men's Shed.



Natalia Edwards expressed an interest in learning more about animals and how to care for them. Anne Johnson has supported Natalia's interest in this area, arranging visits to the veterinary clinic, wildlife rescue volunteer and South East Animal Welfare League. Anne also took Natalia to Struan Boarding Kennels to meet Jo, who talked with Natalia about positive dog training practices, and career pathways within the work she does in training sniffer dogs.



Jacob Howlett is gaining plenty of hands-on experience with more than one mentor at the Men's Shed. Jacob was confident about having mentors who would support his interest in building/making things - he just wasn't sure what he wanted to build or make! The Men's Shed are mentoring Jacob in using a number of different tools and techniques, to support Jacob in thinking about a project he might like to pursue. So far welding has been his most favourite, and new, experience.



Madison Ellery's interest in gardening, has led to many outdoor experiences with Janet Brodie. She has visited local gardens, pruned roses at Pinchunga, and also propagated succulents. Madison's most recent garden visit taught her about permaculture and Mediterranean climate zones.



Cooking is a popular interest, and we are so grateful to Amelia Balnaves for taking a group of students to mentor! This group have cooked delicious recipes to challenge their skills, whilst being simple enough for them to cook again for their families. Amelia has taught the group to make meatballs, risotto and a sweet slice.

If you would like to participate in our mentoring program, please do not hesitate to be in touch with our school. There are many young people who would be grateful for the opportunity to learn while building a new positive relationship.

Penola High School would like to take this opportunity to thank our mentors - the time and knowledge you give to our students is valued. An extra special thank you goes out to Anne Johnson. Without Anne's passion for building connections with our community, commitment to getting this program running, and valuable network of people to support mentoring, it would not be as successful as it is. Thank you Anne!



# Let's look at...Year 7 Food & Technology

Olivia Jaeschke

## Food Waste

### Learning Intentions

- We are learning to...
- understand why food waste is a problem
  - research ideas to prevent food waste
  - design and create recipe

### Success Criteria

- We know we are successful when...
- we can create a recipe that uses up commonly wasted foods

Year 7 students are currently researching why food waste is a problem, and how we can prevent it. They have been utilising resources from Oz Harvest to collect statistics and viewed watched videos from the Food Waste episode of War on Waste by Craig Bruce Reucassel. Below are some excerpts from their research reports.

"Food waste is costing the economy 940 million dollars each year. If food waste was a country, it would be the biggest polluter." *Preston Lydeamore*

"There are many reasons why food goes to waste, like forgetting food stuck at the back of the fridge or buying too much." *Madison Amor*

"Food gets wasted because it looks weird and then gets thrown in the bin. We can stop this by not judging food because it looks a bit different." *Riley Flentjar*

"One third of food gets wasted every year. That's 1.3 billion tons of food wasted, that amount of rubbish is equal to 216,666,666 elephants." *Leah Baugh*

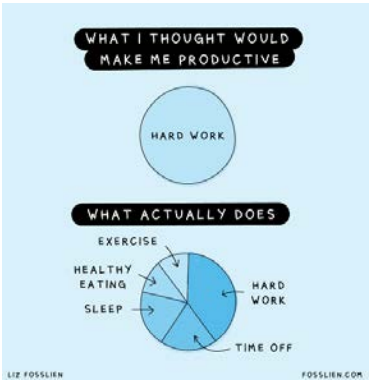
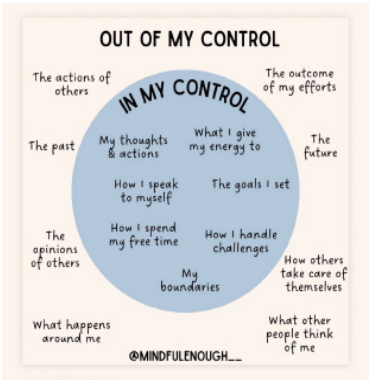


Wasting food doesn't just waste time and money, it also impacts the environment. With this in mind, next term, the Year 7 students will be working in groups to create a recipe which must use an electric frypan, but most importantly, it must follow the Australian Guide to Healthy Eating and importantly prevent food waste.

# No Health Without Mental Health

Alex Miles

Sometimes in efforts to create better health, we neglect the importance of including mental health in achieving that goal. We aren't brains and bodies split into two - our physical and mental health intertwine and intersect and influence each other. This is a reminder to be kind to each other and ourselves. Be your own inner coach, reach out for help when you need it and remember... ↪



At this time of year, everyone is exhausted and ready for holidays, so rather than writing a long wordy newsletter, I thought I would fill my section with pictures. Below is the school mental health space. I have tried to make it as welcoming and comfortable as possible with new couches and chairs coming soon. Please speak with the wellbeing team or your home group teacher if you would like to make a referral to the school mental health service. Have a relaxing Term 1 break.



# Let's look at...Global Perspectives

Rikki Helps

We are finishing our term with students presenting their "History Mystery". Following our research into 'What happened to Narrabeen Man?' students went on to investigate another ancient mystery around how or why these ancient peoples died. Students chose to investigate one of the following:

- Otzi the Iceman, a 5000 year old natural mummy discovered in the Otztal Alps;
- King Tutankhamun, a pharaoh who died at a young age;
- Tollund Man, a peat bog mummy from the 4th century BC;
- Lady Dai, the world's most well-preserved mummy from 2000 years ago;
- Mungo Man and Mungo Lady; these 42 000 year old ritual burials are the most important human remains ever found in Australia.

Students then presented their findings to the class.

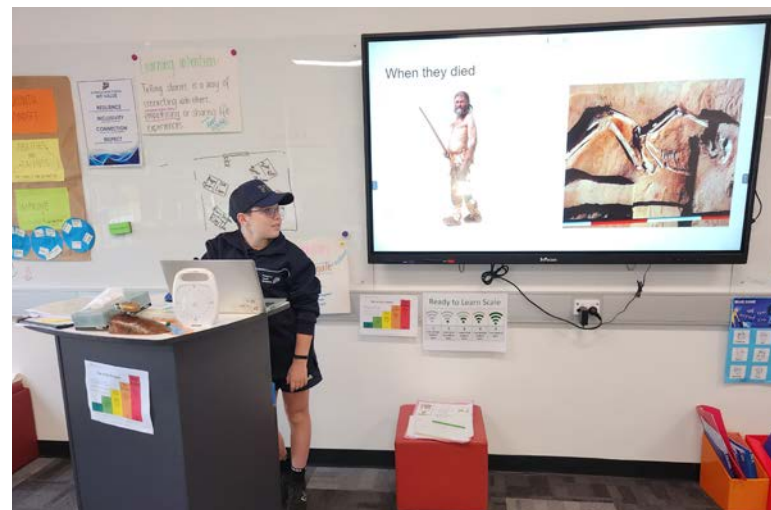
When Lady Dai was discovered she still had all her hair, including her nose hair and eye lashes! Her veins showed blood clots. Lady Dai led an extravagant life and died of a heart attack. *Lea Baugh*

Tollund Man was a human sacrifice. He was hung and when they discovered his mummified body, the leather noose still around his neck. Someone carefully laid in a sleeping position. *Preston Lydeamore*

King Tutankhamun's sarcophagus had 110kg of solid gold in it. He had been in a chariot crash that broke both his legs and pelvis. He most likely died from malaria. *Zoe Perry*

Mungo Lady is the oldest known cremation. Mungo Man was buried with his hands in his lap. *Aaliana Maclean*

Otzi the Iceman was killed by an arrow in his back. The ice preserved him like a time capsule in a glacier. *Liam Sharam*



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# Student Representative Council

Andi Zerk



The school community would like to congratulate the newly elected Student Representative Council.

## Co-Presidents:

Olivia Berkin and Lochy Neale

## Year 11 Representatives

Taylah Burr, Shelly Crawford, Toby Zerk, Henry Williams

## Year 10 Representatives

Riley Edwards, Archer Virtanen, Noah Virtanen

## Year 9 Representatives

Jordan Dinnison, Mia Gartner, Bodhi Lear

## Year 8 Representatives

Joel Crawford, Natalia Edwards, Tayte Virtanen

## Year 7 Representatives

Jordan Edwards, Preston Lydeamore, Zoe Perry

# Penola Coonawarra Arts Festival

Andi Zerk

As a school we will have a Maker's Market on the Sunday at the Penola Coonawarra Arts Festival, where student made products will be sold. The Design and Technology students are currently creating wooden trivets and serving trays made from recycled pallets, these will be sold alongside a variety of hand made chopping boards. The Textiles students will be constructing fabric pot plant holders and tote bags from materials donated to the school.



# Touch Football

Chloe Clayfield

This week, the Open Girls and Open Boys teams competed against Grant High School, Mount Gambier High School and Tenison Woods College in a friendly Knock Out Touch Football competition. With Penola High School hosting, all lucked out with the weather. Although the rain drizzled, and poured, in patches, and the temperature hovered in the low teens, this did not seem to affect the players. The Open Girls started the day off strongly showing good ball movement with Reese Balshaw scoring the first try. The girls were put to the test against some strong competition, however, finished the day with one win and one loss. The Open Boys took to the field with some great speed in the wings, and great runs up the middle resulting in a win in their first game. With more experienced competition in the next few games, and although they weren't winners, the boys still showed some strategic passing and rotations. Once again, great sportsmanship and encouragement was shown.





# Expressing Identities and Futures

Kathleen Phillips

Penola High School has been fortunate to be a part of the new SACE pilot subject *Expressing Identities and Futures*. This new subject is to replace PLP in Year 10. The focus is on students to develop their agency and self-regulation through a range of assessment tasks. Students have recently completed the first assessment task, which is focusing on their identity and what makes them who they are. They are currently beginning the second assessment task where they are deciding on a skill they wish to further develop. Some ideas are building a coffee table, pulling apart engines, learning how to do acrylic nails and baking a cake. Students need to plan and organise the whole project, and record their learning throughout the experience by way of photos, videos etc. Students also get the opportunity to choose how this project is presented, which allows them to embrace their strengths.

I have been involved in a range of SACE workshops this term> I have been focusing on marking and task building, which will continue next term, with a focus on moderation. This will ensure that grading is consistent across the state for this subject. The plan for the SACE board is that this subject will roll out next year for all Year 10s.

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

Andi Zerk

The Year 9/10 Design and Technology students have been very busy designing and creating a variety of products. Year 9 Students have made serving trays using pine and reused pallet wood. They have learnt how to use many new machinery tools such as drop saws, band saws and the thicknesser allowing them to develop their skills. Year 10 students have designed and created their own personal project, consisting of fishing rod holders, stool, tables and bench tops, spice racks and also a small wooden box. All students have researched different wooden joints and then chose one or two to create their product. This class is always a hive of activity and all students are on task.



# Focus One Health

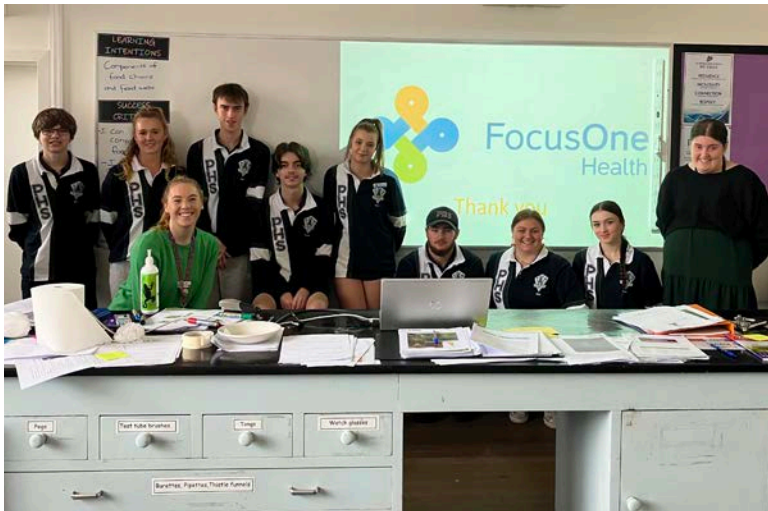
Alex Miles



Penola High School had the opportunity for Nicola, a Healthy Lifestyle Coordinator from Focus One Health visit the school.

Nicola spoke with our Year 11 and 12 students about *Healthy Habits*. This session was supported by School Mental Health Practitioner, Alex. Nicola explained the importance of maintaining good nutrition, sleep hygiene, staying active and help seeking behaviours. The students completed a 'support hand' activity, and created individual self-care plans, which they can utilise throughout the year when times get stressful.

Healthy Habits is a free wellbeing program tailored to supporting people improve their overall health and wellbeing, with free access and assistance with nutrition, physical activity, mental health and wellbeing. If you would like more information, please speak with Alex at school or call Focus One Health on 8724 7696.





## Let's look at...Year 8

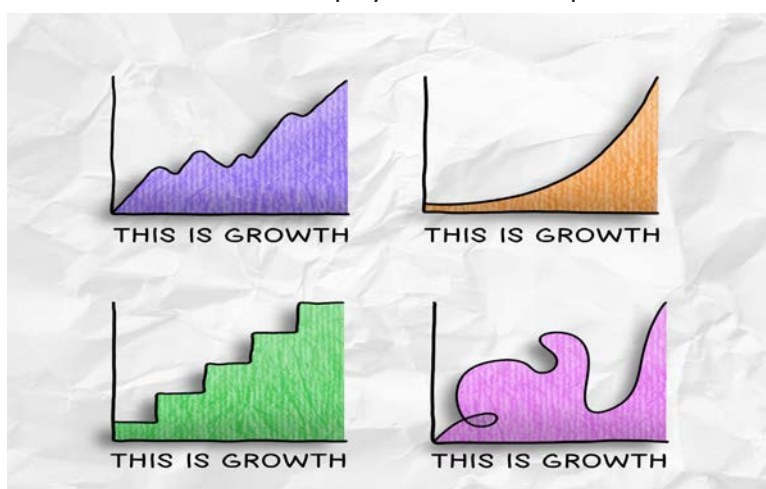
Jane Pryor

The Year 8 cohort has concluded a successful term. Students have developed and consolidated their friendships within the class allowing them to be content and productive in their learning environments. Students have been enthusiastically involved in the many activities that the school has offered. This has enabled them to positively strengthen their commitment to school, and build strong relationships across other year levels. SRC members keenly assisted in organisation of events and offered suggestions for improvements for the school and students. Learning for Life sessions enabled sharing of activities, which focused on school values and other topics. I am excited for students to return to school refreshed and ready for learning.

## A Tip From the School Mental Health Practitioner

Alex Miles

Please remember that growth looks different for everyone. Instead of focusing on others, focus on doing your best today. What is one thing you're going to achieve today? This can be as simple as getting out of bed, going for a walk or a bit harder and finishing that assignment you've been procrastinating for a week... or 3... and don't forget to take time to celebrate the steps you take in the process.



## Materials and Services Charge

Vicki McDonald-Burgess

Parents have the option of paying the 2023 Materials and Services charge in full or in instalments by cash, cheque, credit card, eftpos or centrepay system. Parents who wish to pay the Materials and Services charge and any other school costs, eg, camps, either in instalments and/or by direct debit and centrepay system please phone Vicki. All families are encouraged to review their financial situations for School Card. 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.



PENOLA HIGH SCHOOL

## PENOLA HIGH SCHOOL EMPLOYMENT OPPORTUNITY

### SSO2 ADMINISTRATION

Applications close 22/4/2023 at 11:30pm

An SSO2 - Administration position is now advertised on  
**EduJobs**

To view the vacancy, and/or apply,  
visit Edujobs at [jobs.education.sa.gov.au](https://jobs.education.sa.gov.au)

(SCROLL DOWN AND SELECT ANDVERTISED **ANCILLARY/SUPPORT POSITIONS**)

Applications are only accepted via the above website

For more information, contact [vicki.mcdonald920@schools.sa.edu.au](mailto:vicki.mcdonald920@schools.sa.edu.au)

## YEAR 11 & 12 HOLIDAY SESSIONS

Tuesday 18/04 (9am-12pm)  
Hillary Trotter

Wednesday 19/04 (9am-12pm)  
Cory O'Connor

Thursday 20/04 (9am-12pm)  
Chloe Clayfield

Thursday 20/04 (12:30pm-2pm)  
Joey Kemplay-Hill





Steve Carli-Seebohm  
Principal

As the Principal of Penola High School, I wish to acknowledge the following students for their outstanding contribution to our school, in regards to their ongoing commitment to learning, maintaining school expectations, dedication to completing school work and being amazingly awesome within the school.

Each week, teachers acknowledge students who have made a contribution in their teaching and learning spaces, through our *Penola's Positive People* wall.

The honour roll below acknowledges those students who have repeatedly, each and every day across the term, made it their responsibility to embrace the school values of Respect, Inclusivity, Resilience and Connection.

\* Maggie Bell \* Natalia Edwards \* Madison Ellery \* Skye Virtanen \*

\* Tayte Virtanen \* Bodhi Lear \* Haylee Moulton \* Keira Roper \*

\* Jordan Dinnison \* Mia Gartner \* Yasmin Sedman \*

\* Shelley Crawford \* \* Mason Moulton \* Kaleb Moulton \*

\* Matilda Marlow \* Kiara Epiha \* \* Preston Lydeamore \*

\* Tyler Howlett \* Riley Edwards \* Brayden Raedel \*

\* Liam Sharam \* Lea Baugh \* Jordan Edwards \* Madison Ellery \*

\* Holly Dinnison \* Nellie Lear \* Jordan Dinnison \* Aaliana Mclean \*

\* Ben Hutchesson \* Emily Koenig \* Blake Perry \* Tara Vosnak \*

\* Taylah Burr \* Mars Denton \* Amelia Liquorish \* Lilly Allen \*

\* Reese Balshaw \* Charlee-Jean Denton \*

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