

THE STUDENT VOICE

EXTRA! EXTRA!

STUDENT VOICE REPRESENTATIVES



PIC: 2026 PHS SCHOOL COMMUNITY

BY THE STUDENTS, FOR THE COMMUNITY

We are excited to welcome the Penola High School community to the very first edition of *The Student Voice* – a newspaper created by students, for students.

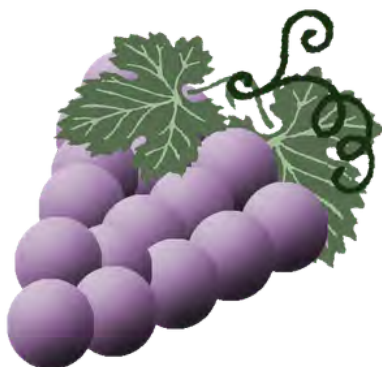
This newspaper is more than just a collection of stories and announcements. It is a platform where students can share ideas, celebrate achievements, express opinions, and connect with the wider school community. Student Voice plays an important role in shaping a positive and inclusive school environment, ensuring that every student has the opportunity to be heard.

STUDENT LEAD NEWSPAPER TAKES PENOLA BY STORM

Through *The Student Voice*, we hope to highlight the creativity, talent, and perspectives of students across our school. From school events and sports to student achievements and important issues, this newspaper will reflect the experiences and ideas that matter most to our community.

We encourage everyone to get involved – whether by contributing articles, sharing ideas, or simply reading and supporting the work of fellow students. Together, we can create a newspaper that informs, inspires, and strengthens our school community.

Welcome to *The Student Voice* – your voice, your stories, your community.



NUTURING INDIVIDUAL SUCCESS

FROM THE CAPTAINS' CORNER

JORDAN DINNISON & BODHI LEAR

BELONGING BEYOND THE CLASSROOM

Throughout Penola High School, we are guided by four core values: resilience, connection, respect, and inclusivity. But what does inclusivity really mean?

Inclusivity is the practice of ensuring that all people, regardless of their background, identity, or abilities, have equal access to opportunities and resources, and feel valued, respected, and welcomed. At Penola High School, this value can be seen in many different ways across our school community.



Another positive example of inclusivity has been through Student Voice. Student Voice initiatives have opened opportunities for more students to become involved in school communities, including the formal committee, newsletter media team, and the colour run committee, which unfortunately had to be rescheduled. We are grateful to the students who have stepped up to take part, showing that everyone has the chance to contribute and have their voice heard.



A recent success has been the development of shared spaces in the yard, such as the gaga ball pits and handball courts. These areas have become spaces not just for one group, but for students across all year levels. They have created opportunities for students to connect, play, and feel included. As school leaders, we have not seen a space bring students together in this way for many years, and we will continue to support ideas that create more opportunities for all year levels to connect.



As inclusivity is one of our school's key values, we encourage every student to demonstrate it in everyday life. Simple actions can make a big difference, such as including others in class discussions by asking for their opinions, saying hello to someone you may not usually talk to, and helping ensure everyone feels welcome, supported, and comfortable at school.

NEW OPPORTUNITIES TO EXPAND CORE VALUES

“YOU ARE DEFINED BY WHAT YOU DO; NOT WHAT YOU SAY YOU WILL DO”

This year has so far been all about action. There are many projects underway, for both staff and students that involve getting and being engaged in action. We are only a few short weeks into Term 2, and already the wave of internal and external activities are in full swing. Camps, excursions, learning programs, and extra-curricular opportunities have already provided students with some amazing opportunities experiences in this short time.

As a school, we also continue to focus on ensuring what happens in the classroom supports these calls to action. I am proud of the teaching and learning team and the dedicated work they have undertaken collaboratively to create engaging programs for students that strengthen and explore their understanding and learning in their subjects.

Leadership have continued to work alongside staff collaboration teams to improve practice and pedagogy for optimum outcomes. We have always wanted academic rigour to be a key part of learning delivery within the school, and this year staff have doubled down on getting to know their students and develop an honest and genuine understanding of where they are academically, and what they need to engage with and undertake to stretch their learning.



PIC: STEVE CARLI-SEEBOHM

With the first round of parent teacher interview sessions upon us, we are also hopeful this continues to strengthen our commitment to family engagement and the learning strategies we have implemented throughout the year. I acknowledge we have had some problems with communication and the effectiveness of some systems, which at times have hampered our efforts, but we are always working to improve and make right when issues arise.

There is always much to be proud and excited about at Penola High School, and I continue to hope everyone shares my optimism and positive outlook, as we embrace our little school that always thinks, and acts big!

I EMBRACE OUR LITTLE SCHOOL THAT ALWAYS THINKS, AND ACTS BIG!

CAMPUS CATCH-UP

Late last term, our Year 7 students wrapped up their fascinating study of Ancient Egypt with a hands-on apple mummification activity. The students explored the process of mummification and investigated why Ancient Egyptians believed preserving the body was so important for the afterlife. They have now begun learning about the deep time history of Australia, exploring the rich and ancient histories of Aboriginal and Torres Strait Islander Peoples. As part of this unit, students recreated petroglyphs (rock carvings), developing an appreciation for the importance of storytelling, culture, and communication through ancient art forms.



In HASS, Year 8 students are currently studying Medieval Europe and learning about the impact of the Black Death on societies during the Middle Ages. Students have been highly engaged in exploring the medieval way of life. In addition, students have been learning more about our local history through a recent excursion, allowing them to make meaningful connections between the past and their own community.

YOUNG GEOGRAPHERS RISE TO THE CHALLENGE

KYLIE HOFF - HASS EDUCATOR

REST IN PEACH... OOPS, APPLE



PIC: MUMMIFIED APPLES

Year 8 students also recently participated in the Australian Geography Competition. This nationwide competition challenges students' geographical knowledge and skills, including map reading, environmental understanding, global issues, and spatial thinking. Congratulations to all students who took part. We will be advised of the results soon.



CELEBRATING CONNECTION AT OUR FIRST MOTHER'S DAY STALL

The excitement around the stall was felt throughout the school, with students eagerly selecting meaningful gifts and enjoying the opportunity to show appreciation for the important people in their lives.

The success of the event highlighted the power of student leadership, teamwork, and community spirit. Most importantly, it reminded us that celebrations like Mother's Day are about recognising care, support, and connection in all its forms. We look forward to making the Mother's Day Stall a special tradition in the years to come.



PIC: YEAR 10S WRAPPING PREPARATION

This year, our school proudly hosted its very first Mother's Day Stall – a student-led initiative designed to celebrate the important women and role models in our lives.

The stall was created with inclusivity at its heart, recognising that every family looks different. Students were encouraged to purchase thoughtful gifts, not only for mums, but also for grandmothers, carers, aunts, older sisters, and other special female role models who make a positive impact in their lives.

The project involved organising gifts, setting up displays, assisting younger students with purchases, and helping create a welcoming atmosphere for the whole school community. From candles and chocolates, to handmade keepsakes and pamper items, there was something for everyone to choose from.



THE JAM DROP DIARIES



YEAR 9/10 FOOD TECHNOLOGIES CATERS FOR THE SWEET TOOTH

This term students have been baking up a storm creating delicious cakes and biscuits. Week 2 saw the class make the classic recipe jam drops.

Students were learning to...

- Follow a recipe and read numerical information.
- Cream butter and sugar.
- Prepare the oven and monitor temperature and time.
- Make uniform sized and shaped biscuits.

Success Criteria

- Use technical language.
- Work collaboratively with a partner.
- Successfully create the recipe within the lesson time frame.
- Also I got your email about the lunch ideas. Sounds great.
- Potentially we could do this with this group, we will see how we go.



INKCREDIBLE ACHIEVEMENTS

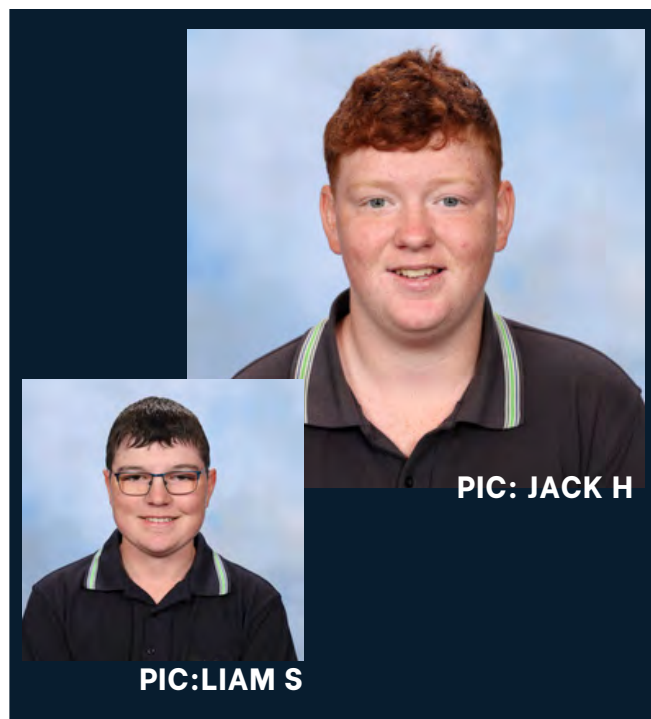
The 2026 Penola Coonawarra Arts Festival has brought exciting changes to the Youth Writers Award, while still maintaining a strong connection to the former Catherine Martin Award and its celebration of Australian literature and landscape.

This year's theme, **DISCOVER**, encouraged students to create pieces inspired by Australian stories, settings, and experiences. Entries were open to students enrolled in educational institutions across Australia, with schools throughout the Limestone Coast invited to participate. The response was overwhelmingly positive, with many impressive submissions received across all categories.

PENOLA HIGH WRITERS DISCOVER SUCCESS

Students from Penola Primary School were particularly notable in the junior category, showcasing incredible creativity and talent. We cannot wait to see what these young writers achieve when they continue their learning journey at Penola High School in future years.

The competition was judged by two respected local community members – one an esteemed educator with a long-standing connection to the Youth Writers Literary Award, and the other an Adjunct Associate Professor – ensuring high-quality feedback and recognition for participants.



PIC: JACK H

PIC: LIAM S

In the Middle Years category for students aged 13–15, we are incredibly proud to announce that Year 10 student Jack Hutchesson was awarded **WINNER** for his piece ‘Snapped’. Jack received a certificate and a \$150 prize, with judges praising his “accurate and engaging” writing style and the clever way the title connected to the story’s final sentence.

Congratulations also go to fellow Year 10 student Liam Sharam, who received a Highly Commended award for his piece ‘The One That Got Away’, with judges describing Liam’s story as “engagingly told”.

Congratulations to both students on their outstanding achievements. We look forward to seeing even more creative and inspiring entries next year.

THE LIFESTYLE LOUNGE

KINDNESS CHALLENGE OF THE WEEK:

This week, challenge yourself to include someone new in a game, conversation, or lunchtime activity. Small acts of kindness can make a big difference in someone's day!

“CAUGHT BEING KIND” SHOUTOUTS

If you notice or experience an act of kindness in and around our school community, we want to know about it!

We will share these in upcoming issues of The Student Voice .

Email Media Crew :
alissa.sedman460@schools.sa.edu.au

WINTER WARMER WEDNESDAYS ARE BACK!

As the colder weather settles in, our much-loved Winter Warmer Wednesday Soup Club has officially returned for Terms 2 and 3.

Each Wednesday at lunchtime, students can enjoy a free warm bowl of homemade soup from the Student Hub – a great way to stay warm, connected, and well-fed during winter. So far this term, students have enjoyed delicious favourites including potato, leek and bacon soup, pea and ham soup, and Thai pumpkin soup.



PICTURE: ENJOYING THE WINTER WARMERS

STUDENT SOUP CLUB FILLS TUMMIES TO FUEL MINDS



The Soup Club continues to be a valued service within our school community, providing students with a welcoming space and a comforting meal during the school day.

If any community members or families would like to support this free service through donations or contributions, please contact the school. Your generosity helps us continue supporting students throughout the colder months.

THE LIFESTYLE LOUNGE



SMALL STRATEGIES, BIG DIFFERENCE

WELLBEING MATTERS AT PHS

At Penola High School, student wellbeing continues to be an important focus in classrooms across the school. One of our key wellbeing initiatives reminds students that there are always three simple ways we can help regulate our bodies and minds during learning time – water, movement, and breathing.

These strategies are designed to help students stay focused, calm, and ready to learn while also respecting the learning environment around them.

BREATHE. MOVE. HYDRATE.

1. Drink Water

Staying hydrated can help improve concentration, energy levels, and overall wellbeing. Students are encouraged to bring a water bottle to class and take small sips when needed throughout the day.

2. Move Our Bodies

Movement can help students reset and refocus, especially during long learning sessions. At Penola High School, students are encouraged to move in ways that do not disrupt others. This might include:

- Stretching beside their desk
- Standing while working
- Rolling shoulders or wrists
- Visiting the Regulation Space to extra support

3. Use Breathing Techniques

Breathing strategies are a simple but powerful way to regulate emotions, reduce stress, and improve focus. Some techniques students may use include:

- Box breathing (inhale, hold, exhale, hold for four seconds each)
- Five-finger breathing
- Taking slow deep breaths before assessments or presentations

By using these three regulation strategies, students can build positive wellbeing habits that support both learning and emotional health. Sometimes, small actions can make a big difference in helping us feel calm, focused, and ready to succeed.

For more information, including a resource bank of guided breathing techniques, please visit:

<https://www.beyondblue.org.au/mental-health/wellbeing/relaxation-exercises>

HAVE YOUR SAY, ASK AWAY!

We are eager to hear from you! Whether you're a student, educator or community member, feel free to email us what you want to know more about at Penola High School.

Email Media Crew: chloe.neale297@schools.sa.edu.au

THE QUIZ CORNER

ARTISTS WANTED!

We'd love to feature student art in future issues of The Student Voice. Comics, sketches, graphic designs, it's up to you. Please send through to:

Email Media Crew: chloe.neale297@schools.sa.edu.au



Word Search

E Z R E X C U R S I O N M M R
S S W E G O S Y A P P P I M
L R C C S A A C X E Q E P N V
E E D I O I G E A N R N W C L
A S K A E M L A G O T C S L H
R P E V S N M I B L D I T U P
N E A A U S C U E A J L U S R
I C G L L U E E N N L S D I A
N T R U R E G M L I C L E V C
G H W E L L S O B A T E N I T
G C U S A A F S T L B Y T T I
C O N N E C T I O N Y Q H Y C
L O C K E R S I E N K L U G A
T E A C H E R S O D S H B C L
S O U P C L U B D N G H Q R O

inclusivity	connection	science lab
resilience	excursion	student hub
regulation	community	assembly
gaga ball	practical	learning
teachers	soup club	respect
pencils	lockers	lessons
penola	values	

THE HOT SEAT

WITH ROMANA QUINTELL

LEADER INNOVATION IN PEDAGOGY AND PRACTICE

What's your go-to coffee order or favourite snack?

- I love a good medium latte or chai latte.

If you could teach any subject, what would it be and why?

- My first love will always be Physical Geography.

What's something about Penola High School you want the world to know?

- How warm and welcoming the students and staff have been since I started here.

If you could have any superpower for a day, what would you choose?

- To have a tidy desk.

What's your favourite way to relax outside of school?

- I love curling up in my armchair by the fire and reading a book or binging Netflix.



THE LOCAL LOOP

FUTURE RE-A-RANGING

De-stash Arts & Crafts Market & random car boot sale

Saturday 11th of June 9am - 1pm, Hatherleigh Hall
A sustainable community market focused on re-use and creative recycling. Browse pre-loved art and craft supplies indoors and discover second-hand treasures at the outdoor car boot sale. A great way to reduce waste, support local creatives, and give materials a second life.

OTHERS

Sunday 24th May Wellness and Photography Walk

Meet at the Penola Coonawarra Visitor Information Centre for a Limestone Coast Photography wellness walk. See their FB page for all wellness walk events.

Opshop opening hours - <https://bit.ly/4trkivz>

LifeLine - 53 Davenport Street, Millicent
The Salvation Army - 7 Glen Street, Millicent
Vinnies - 12 Railway Terrace, Millicent
Millicent Adventist Community OpShop - 45 Williams Road, Millicent
The Walnut Shop - 12A Williams Road, Millicent
The Lioness Book Shop - 67 George Street, Millicent
Beachport Museum & Shop - Railway Terrace, Beachport
St Mary's Op Shop - Arthur Street, Penola
Limitless - 40 George Street, Millicent

ART MESSAGE TO EARTH - Jody McKechnie

<https://www.facebook.com/groups/artmessagetoeearth>

Millicent Art & Craft Centre

Art, pottery, scrapbooking, fibre craft including embroidery, quilting, crochet, knitting, spinning and weaving. Various group meeting times. Contact Pat Muhovics 0417 875 305

Fix your favourite threads and more at:

Di Mee's Sewing <https://bit.ly/3Yhp8x0>

Community Gardens

Millicent Community Garden @ The Men's shed, Fifth Street.
Lions Park Community Garden, 8 Stark Avenue, Millicent
AC Care Community Garden, 57-59 George Street, Millicent
National Trust Herb Garden Petticoat Lane, Penola

Learn what to do with those tricky items you're not quite sure how to dispose of properly.

<https://www.watterange.sa.gov.au/living-here/wasteandrecycling/tricky-waste>

Recycle Initiatives in the Region

<https://recyclingnearyou.com.au/>

Explore your EV transport options

Car dealerships - Millicent Toyota & Mac Ford
EV Bike & Scooter Sales - Millicent Toy Kingdom

IMPORTANT DATES

Millicent Showgrounds Market

First Saturday of every month
<https://www.facebook.com/Millicentahpsociety>

Hatherleigh Growers and Makers Market

The fourth Sunday of every month
<https://www.facebook.com/profile.php?id=61564959752799>

Coonawarra Community Market

The first Sunday of every month
<https://www.facebook.com/profile.php?id=61586013997932>

Kalagadoo Farmer's Market

Every Saturday - from 10am - 1pm
<https://www.facebook.com/kaodofarmersmarket/>

Wattle Range Mulch Days

Millicent Salesyards 28, Saleyards Road, 10:00am - 2:00pm
Sunday 17 May
Sunday 14 June
Sunday 20 September
Sunday 18 October
Sunday 13 December

Penola Resource Centre, Abbey Road, 10:00am - 2:00pm

Sunday 24th May
Sunday 25th October

EV Charging Stations

<https://electricvehiclecouncil.com.au/a-z-charging/>

WORLD ENVIRONMENT DAY JUNE 5th

For more information about our events head to our facebook page
<https://www.facebook.com/Re-A-RangeFestival>
or scan the QR code



ALL ENQUIRIES OR EXPRESSIONS OF INTEREST FOR 2027

events@watterange.sa.gov.au

At WRC, our events are accessible and inclusive for all. If you have specific mobility or accessibility needs, please contact 87 330 900.



28TH MAY - 1ST JUNE 2026

Wattle Range & the Limestone Coast



This brochure is sustainably printed on 100% recycled paper with minimal coloured ink.

THURSDAY 28 MAY

io Gro, Mount Gambier Waste Transfer, Caroline andfill, Re-Use Market Sustainability Tour

10am - 12:30pm, FREE

Seniors are invited to enjoy a free bus trip from Beachport or Millicent to Mount Gambier to discover how organic waste is transformed into valuable resources at Bio Gro. Following the visit, there will be time to enjoy lunch (at your own expense). The day continues with a behind-the-scenes look at how Mount Gambier City Council recycles and reuses waste, including visits to the Waste Transfer Station, Re-Use Market and Caroline Landfill.

<https://events.humanity.com/mil-gambier-tour>

FRIDAY 29 MAY

olla Fresh Tour

10am - 12:30pm, 80 Whites Road, Tantaloona, FREE

Step inside the heart of fresh food production with the Olla Fresh Tour, showcasing our South Australian processing plant. Discover how fresh ingredients are carefully prepared, packed and delivered with quality, safety and sustainability front of mind. Book here (20 spots)

<https://events.humanity.com/re-a-range-olla-fresh-tour>

ove of Recycling Exhibition

Official opening 5pm, FREE

Join 'Love of recycling' exhibition in Gallery 2 at the Millicent Art & Craft Centre, featuring recycled metal and timber works from Toni Greenwood from Weldz and Wood and Steve Chapple. Exhibition runs until June 16th.

<https://www.facebook.com/profile.php?id=100083056306480>

Bleue Exhibition Opening

5:30pm for 6pm start

Millicent Gallery, 1 Ridge Terrace, Millicent, FREE

Our local artists Selena, Lis, Esme & Jody are transforming spaces using discard and waste into places to inspire and reflect upon our domestic discard.

This is more than art from rubbish it's a Artist movement spanning generations in the community and unlocking the potential in every rewer.

Millicent MET Gala - Wearable Art Fashion Parade

7pm, Civic & Arts Centre, 1 Ridge Terrace, Millicent, \$10-\$20

After exploring Bleue enjoy a fabulous competition fashion parade showcasing wearable art made from recycled materials by local community members. There will be live music, a surprise performance and lots of entertainment! BYO food and alcohol or pre-purchase platters from Glencoe Country Post & Bistro when you book a ticket. It's sure to be a fun evening out!

<https://www.watterange.sa.gov.au/tourism/all-events/events/millicent-met-gala-wearable-art-competition>

SATURDAY 30 MAY

re:CYCLE - Baptist Church

10am-3pm, Ridge Terrace, Millicent, FREE

A hands-on day celebrating cycling, sustainability and creative reuse. Enjoy fresh smoothies made with a pedal-powered blender, light refreshments, and inspiring artworks created from recycled bicycle parts by students from Millicent North Primary School. The church craft group will also showcase creative projects made with reuse in mind.

Bike SA will lead basic bike skills and maintenance workshops, sharing practical knowledge to keep bikes safe, functional and on the road. Places are limited for these sessions and bookings are essential - <https://events.humanity.com/re-cycle-all-things-bike-related-re-a-range-event>

Cheese and Butter Workshop with Cindy Bunt

10am, Post and Rail, 58 Riddoch Street, Penola, \$185pp

Enjoy a hands-on workshop that takes you back to basics. Learn how to make cheese and butter from scratch, discovering simple, traditional methods and sustainable alternatives to mass-produced, plastic-wrapped foods.

<https://thepostandrail.com.au/online/p/cheese-and-butter-20-03-26-5ppg8>

Penola Garden Tours

2:30pm - 4pm, 40 minutes gas garden, FREE (donations welcome)
Petticoat Lane, Herb Garden & Greenwise Arboretum (all)

Meet at the entrance of Petticoat Lane and take a leisurely guided tour through some of Penola's beautiful green spaces. Enjoy seasonal plantings, local stories, and the relaxing charm of these much-loved community gardens. The Arboretum tour will kick off at 3:20pm, your choice if you want to go to one or both!

SUNDAY 31 MAY

Sustainable Garden and Electric Vehicle Tour

1pm-4pm, 609 Lossie Rd, Millicent, FREE

Discover an innovative and environmentally sustainable garden and see firsthand how a local homeowner is embracing sustainability. After, check out two different EV's up close, learn how electric cars operate, ask questions, and find out what it's really like to own and drive an EV.

Men's Shed Open Day

10am - 2pm, 2C Fifth Street, Millicent, FREE

Drop in and explore the local Men's Shed, a welcoming community space featuring a fully equipped workshop, model railway and community garden. Have a chat with members, see what's on offer, and learn how the Men's Shed brings people together through shared interests and hands-on activities.

SUNDAY 31 MAY

Beach Clean-up

10am - 12pm with BBQ to follow, Gellwood Campground, Canunda. Join David from Coastal Marine Plastics and the Wattle Range YAC Advisory Council for a beach stroll collecting rubbish followed by a free sausage sizzle. All welcome!

Please register your spot for catering purposes, it's free!

<http://events.humanity.com/your-beach-clean-up-and-free-sausage-sizzle>

Seaweed Sunday!

with Holdfast Limestone Coast Art Project

Beach Walk & Seaweed Identification

Time TBA, Beachport Location, FREE

Participants will be introduced to the research site in Beachport, learn about key seaweed species, link to the Holdfast project on iNaturalist and collect seaweed samples.

<https://events.humanity.com/beach-walk-with-holdfast-limestone-coast-art-project-beachport>

Botanical Art Workshop

Time & Location TBA, FREE

Discover seaweed through an artistic lens in this hands-on botanical creative workshop. Combining art, science and culture, you'll closely examine natural specimens and create your own unique piece of art. No experience needed and all materials are provided.

<https://events.humanity.com/botanical-art-workshop-re-a-range>

White Rock Documentary

Time & Location TBA, FREE

Come watch the doco White Rock, a powerful documentary by award-winning filmmaker Damon Gameau. The film explores the impact of long spined sea urchins on Australia's kelp forests and highlights inspiring, nature-positive solutions driven by science, culture and community action.

<https://events.humanity.com/white-rock-documentary-science>

MONDAY 1 JUNE

Migratory Bird Card Launch

4pm Lake McIntyre, FREE

Join Kangaroo Inn Area School students to launch their Local Migratory Bird Cards and learn about local birdlife and habitat protection. Enjoy a gentle walk around Lake McIntyre while connecting with nature and supporting sustainability and conservation awareness.



THE TERM 2 TIMELINE

FRI 29 MAY 2026

Y7-8 BASKETBALL

TUE 2 JUN 2026

Y12 FOOD & HOSPITALITY EXCURSION

MON 8 JUN 2026

PUBLIC HOLIDAY - KINGS BIRTHDAY

MON 15 JUN 2026

GOVERNING COUNCIL

WED 17 JUN 2026

Y10-12 FLINDERS ENGAGEMENT WORKSHOP

THU 18 JUN 2026

Y7-12 OLYMPICS UNLEASHED VISIT

THU 18 JUN 2026

RU OK? DAY

MON 22-FRI 26 JUN 2026

Y10 WORK EXPERIENCE

TUE 23 JUN 2026

Y9-10 NETBALL

THU 25 JUN 2026

SE TEN PIN BOWLING

THU 25-FRI 26 JUN 2026

Y6 TASTER DAYS