

ISSUE HIGHLIGHTS:

- Book Week 2018
- Wakakirri
- Art Exhibition Winners
- Science Week

Pictured: Art Exhibition Winning Artworks - "Galaxy Girl" was the winning entry by Jovana Farago (see article and all winning entries on page 5)



DIARY DATES

27/8-30/8	Performance Week
29-30/8	Wind in the Willows School Production 6.30pm
30/8	VISTA Yr 9/10 Boys Basketball Carnival Yr 7 Science Excursion – Adelaide Planetarium (Group 1)
31/8	STAR Group meeting (Observatory)
4/9	'That Eye the Sky' Excursion – Festival Centre (806,807,906 & 907) Yr 7 Science Excursion – Adelaide Planetarium (Group 2) Yr 11 to 12 Course Counselling 3.30pm – 7pm
5/9	Yr 11 to 12 Course Counselling 9am – 7pm (No Year 11 classes) VISTA Year 10 Boys 5-A-Side Soccer Carnival
6/9	In School Performance 'The Starship Stowaway' (R-6) VISTA Year 9/10 Girls Basketball Carnival
7/9	Adelaide Zoo Excursion (CF9, CF10, CF11 & CF1) AIME Excursion – Karna Plains School (Years 8 – 11)

(More Diary Dates on next page)

Click here to view our online calendar

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Government
of South Australia
Department for Education

PRINCIPAL'S MESSAGE

Festival Time - Wakakirri and Arts Week!

The Heights 2018 Wakakirri has followed on from last year's success picking up more awards this year. Well done to all involved especially our teacher Penny Phillips, her team of contributors and our students.

We also celebrated Arts Week which seems to get bigger each year, with visual arts, music, singing, acting and even cake decorating. Once again one of the highlights were the many pieces of artwork submitted resulting in a difficult time for the judges.

Last week was the Sounds of Winter Concert and this week on Wednesday and Thursday night is the *Wind in the Willows Performance* put on by Sally Putnam and our Performing Arts students.

Well done and thank you to students and staff for embracing this.

STEM Tour

On Wednesday the 29th August we were pleased to show off our near completed \$3.5 million STEM facilities to our local member Blair Boyer MP, State Member for Wright.

Accompanying Blair were Peter Malinauskas MP, Leader of the Opposition and Susan Close MP, Deputy Leader of the Opposition and Shadow Minister for Education.

Governing Council Chairperson Jim Rouse and our Student Presidents were part of the welcoming and touring party along with STEM Leader Sharon Robertson and Business Manager Vicki Cook who has been the Project Manager for the refurbishment.

We look forward to completing this project and to the next one, the \$10 million Building Better Schools Program.

School Closure

A reminder that Monday 3rd September is the annual school closure day coinciding with the Royal Adelaide Show. This Friday 31st August is also a non school day for students as staff are involved in a professional learning program.



Nigel Gill
Principal

Pupil Free Day
Friday 31 August
School Closure Day
Monday 3 September

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DIARY DATES CONTINUED & UPCOMING DATES

Diary Dates (Continued from front page)

11/9	Year 10 to 11 Course Counselling 9am – 7pm (No Year 10 classes)
	Year 9 to 10 Course Counselling 9am – 7pm (No Year 9 classes)
	Governing Council Meeting 6.00pm

12/9

SAPSASA Tennis

Year 10 to 11 Course Counselling
3.30pm – 5pm

14/9

ASSA Public Viewing Night (Observatory)
AIME Excursion – UNISA Mawson
Lakes (Years 5/6/7/8)

Upcoming Dates to Remember

SCHOOL TOURS 2018

School tours are held on Wednesdays mornings from 9.00am-10.15am as listed below. Bookings are required via our website.

12 September
Term 3, Week 8

7 November
Term 4, Week 4

PUPIL FREE DAYS 2018

Friday 31 August
Term 3, Week 6

SCHOOL CLOSURE DAY

Monday 3 September
Term 3, Week 7





The Heights School
Preschool - Year 12

- Educating young minds
- Serving our community
- Instilling values and embracing our future



ignite
a program for gifted and talented children

Our \$3.5 million building upgrade is underway, which will provide innovative new learning spaces and opportunities in the areas of Science, Technology, Engineering and Maths.



The Heights School has received \$10 million to develop state of the art new buildings and facilities

Brunel Drive, Modbury Heights SA 5092
Telephone 8263 6244 - Fax 8263 6072
Email dl1430.info@schools.sa.edu.au
Website www.theheights.sa.edu.au



Government of South Australia
Department for Education

A MESSAGE FROM THE FINANCE OFFICE

The Finance Office would like to prompt families yet to apply for government assistance this year and believe they may qualify please contact the friendly staff in the Finance Office between 8:00am-3:30pm who will be happy to help you. Otherwise applications for 2018 School Card can be completed online with the below link.

<https://forms.sa.gov.au/#!/form/5834d2f7088f952660c135df>

If you would like to set up a direct debit agreement please speak with either Sonja or Renae in our Finance Office between 8:00am-3:30pm for assistance.

Alternatively, payments can be made online via our website www.theheights.sa.edu.au

Please don't hesitate to contact the Finance Office if you have any queries.

Thank you,
The Finance Team



PATHWAYS COMMUNITY CENTRE

Supporting local families during colder months

At The Heights School providing a caring P-12 community has always been something we are proud of. Ensuring nurturing platforms for children to blossom and be themselves is crucial for their development.

Our school has a wonderful relationship with the Pathways Community Centre who assists us in supporting families within our community.

We are fortunate this relationship continues to grow and with their help aim to provide further assistance to families in current need.

We are asking for donations of food and/or basic household items to assist families during this cold weather. We have large boxes placed in our Front Office and Primary Years Office for items to be placed. These items will be collected by the Pathways Community Centre and made into vital hampers for identified families. *Pasta, rice, heat & eat meals, muesli bars, soups, crackers, lunchbox snacks, toilet paper, soap, tissues, etc* – all welcome. Any contribution you can make, no matter how small, will have a huge impact on a child's day.

Donation boxes are now available for your generosity and will remain until the end of Term. Please donate to spread the feeling of warmth.

Our biggest thanks,

Noelle Wallis, Pastoral Care Worker & Vicki Cook, Business Manager

SEEKING
DONATIONS



THE HEIGHTS STEPHANIE ALEXANDER KITCHEN GARDEN

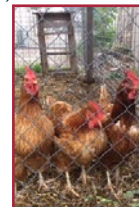
In the Kitchen, this term has seen new seasonal vegetables from the garden, such as kale, spinach and cabbage. We have so far cooked Jerusalem artichokes 3 different ways! Some of the favourite dishes have been risotto, gnocchi with tomato pasta sauce, roast pumpkin and quinoa salad, and bubble and squeak cakes. This week we have dabbled in Science and tried using red cabbage water as a reagent to test things for pH. As hard as this concept is to explain to young children, we were amazed that some can work out how to read and say "anthocyanin"! (That is the purple colour that will turn to pink or blue/green when mixed with lemon juice or bicarb soda). We continue to enjoy ourselves and hopefully your children are bringing home ideas and wanting to practice their knife skills.

In the garden, Spring is now fast approaching.....we've been harvesting cauliflowers, cabbages, snow peas, spinach and rainbow chard, lettuce & rocket, broccoli, kale, and citrus from the orchard.

We have had a visit from the Japanese students from Osaki High School; and also Ms Golotta's class have been to the garden for a lesson in composting. Our Year 3-6 classes have celebrated Book & Arts Week with stories about gardens and vegetables, and created collage Book Covers in their journals. This week the 3 Year 6 classes will complete their 3 scarecrows.....these will be judged by the Year 5's and some of our Staff; and the winner can be seen at this year's Royal Adelaide Show. Our SAKG classes will also have several other items entered in the School Kitchen-Garden section so make sure you call in to see them!

You are welcome to visit us at any time.....we're always keen to have more volunteers to support our SAKG program.

Gail & Amanda, SAKG Kitchen and Garden Specialists



ENTERTAINMENT BOOK

Support The Heights School and you'll be rewarded!

For a limited time, when you purchase an Entertainment Membership from us, you'll receive a **BONUS \$10 Woolworths WISH eGift Card!** What a win!

PLUS, if you're looking for the perfect gift for Dad this Father's Day, **FREE DELIVERY** is still available, but only for a limited time!

SUPPORT US NOW: <https://www.entertainmentbook.com.au/orderbooks/1619k82>

Your **BONUS \$10 Woolworths WISH eGift Card** will be emailed to the email address you have provided. Please allow 2 business days to process. Redeem your **BONUS eGift Card** at any of the participating stores below. For a list of participating stores and full Gift Card Terms and Conditions visit <https://everydaygiftcards.com.au/>

THANK YOU FOR YOUR SUPPORT!

Sonia Hahn - Ph: 08 82636244, E: sonia.hahn343@schools.sa.edu.au



BOOK WEEK 2018

"Ahoy me hearties!" Book Week was once again celebrated in magnificent style with a colourful parade on Tuesday of Week 4 in fantastic weather. Pirates abounded, along with fairies, princesses, Pig the Pug, Superheroes and sport stars as well as hundreds of others. This year's theme was "Find Your Treasure" and the amazing costumes reflected this theme. Mrs Weniton's and Mrs Arnold's Year 5 class capably conducted the parade, which was enjoyed by a large number of parents, grandparents, caregivers, students and teachers.



WAKAKIRRI PERFORMANCE DAY

On Wednesday 15th August 91 excited students, several parents and teachers set off at 8:30 am for the Adelaide Entertainment Centre. After an introduction by Wakakirri staff we rehearsed our item. Everyone enjoyed a walk and lunch at Bonython Park before returning to the Theatre to get ready for the evening's performance. At 6pm we were very excited to find out that The Heights would be opening the show.

The judges said *Hooked On Flight* was 'A thoroughly entertaining performance with great use of the signature item'

We received these Performance Awards

- Excellent lead cast
- Well rehearsed performance
- Excellent Performance Teamwork
- Excellent staging- Combination of all aspects
- Excellent Group Dance
- Best Individual Costume Design
- Best T shirt design

I am very proud of the whole cast and thankful to the great team of helpers who helped throughout the year and on performance days.

CONGRATULATIONS!



ART EXHIBITION COMPETITION WINNERS

Congratulations to the following students who won a prize in the Art Exhibition Competition for 2018

Winner

Jovana Farago – Galaxy Girl (1)

People's Choice Award

Jovana Farago – Galaxy Girl

Highly Commended

Yuri Park – Reverie (2)

Talia Chuyao Liu – Lotus in the Mud (3)

Chandana Galaeti – Blooming Day (4)

Thea Ellis – NGL (Negative Lion) (5)

Success Postcards

Chandana Galaeti – Blooming Day

Sanjana Perumal Raja (6)

Juha Kinnunen – A Helping Hand (7)

Sarah Sabateen – Bond (8)

Front Cover of 2019 Diary

Jovana Farago – Galaxy Girl

Inside Diary Images

Alyssa Rayner – Australian Gum Tree (9)

Keaton Bond – Mane Attraction (10)

Hayley Frazer – Fire only goes up (11)

Althea Partible – Cherry Blossoms (12)

Principal's Choice Awards**K – 5**

Samin Sadikuzzaman – Poppies (13)

Ollie Sztelke – One blue twinkling light (14)

Savanah Zwiep – Unusual Friends (15)

6 – 9

Zoe de Bue – Cubism Face (16)

Thea Ellis – NGL (Negative Lion)

Althea Partible – Yellow Sunglasses (17)

Shreya Mitra – Dream Hope Desire (18)

Kyla White – Tranquil Garden (19)

10 – 12

Yuri Park – Daydream (20)

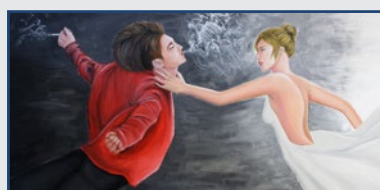
Jasmine Schubert – Floral Inspiration (21)

Karnkanthi Award

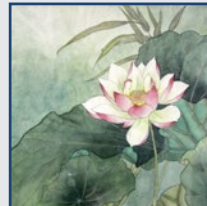
Juha Kinnunen



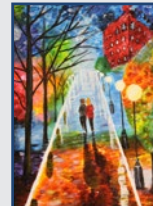
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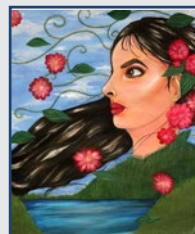
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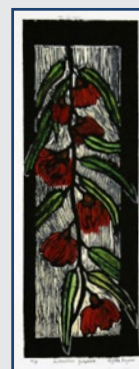
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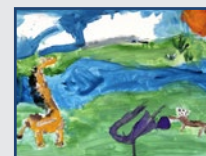
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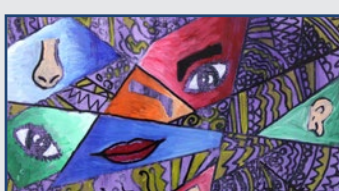
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21

OPENING THE ART EXHIBITION

On Tuesday 21st August The Heights School Art Exhibition was officially opened by Visual Art Teacher, Catherine Bourn. The event was attended by over one hundred people including Josh Weidenbach, for the Hon Blair Boyer MP, Principal Nigel Gill, Deputy Principal Robyn McLachlan, Business Manager Vicki Cook, Arts Faculty Coordinator Algis Laurinaitis, teachers, parents and students.

At the opening, Catherine Bourn spoke about the benefits art galleries can bring and how they build and represent a community. All the artworks on display showed the thoughts, feelings and observations of our Heights School community, from preschool to Year 12 and members of staff.

During Arts Week an estimated 400 visitors saw the exhibition. All visitors enjoyed the opportunity to view the artworks with their friends, network and socialize and vote for the People's Choice Award. Many classes could be seen with their teachers discussing the artworks and sketching some of their favourite pieces throughout the week.

Now in its tenth year the exhibition has become part of the fabric of our school. Students begin asking about dates for the exhibition at the beginning of the year. We now have several students that have been exhibiting their work every year since they were in junior school. Six years ago we had twenty eight entries, last year we received one hundred and ninety six entries. In 2016 we began to include teacher entries for the first time; as they are recognised as part of our community as well. This year there were one hundred and fifty works on display.

Thank you to our judges, Mr Gill, Ms Camillo, Mrs Sztekel and Ms Bourn. Choosing the winners this year was particularly difficult, owing to the number and quality of works on display. Thank you and congratulations to all the artists that entered their work this year. We are looking forward to next year's show!



Catherine Bourn talks with Josh Weidenbach at the opening



Juri Park with her painting "Reverie" which won a Highly Commended Award



Ms Bourn and Ms McLachlan present Zoe de Bue with her Principal's Choice Award

BIG KIDS GO TO KINDY

Engaging with the arts is a great way to make connections between our sub schools and build community. To take advantage of this, during Arts Week, a Year 9 class and a Year 8 class visited the preschool and helped the staff and students there to make some clay bowls.

With the older students helping them, the younger children all made dishes and decorated them with patterns and different coloured underglazes. The Art Department is now in the process of firing their work, and it is hoped they will be ready for the children to give as gifts for Father's Day.

The older children enjoyed the opportunity to work outside their usual classroom and pass on some of the knowledge and skills they have learned in visual art this year.

The preschool children could be heard before the session, getting excited and saying, "The big kids are coming!"

**Beth Sztekel and
Catherine Bourn**



HEIGHTS GOT TALENT R-5 FINALS

We had a very entertaining Final on Friday of Arts Week. The performers were amazing and final scores were very close.

First Place went to Tahlia Miller

Second Place to Dev Oberay

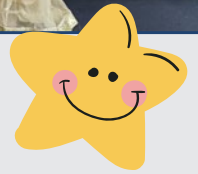
Third Place went to Saskia De Vries and a group act with Bonnie Carter, Lucy Kenny & Shermin Kang

All other performers received Honourable Mentions

Well done to everyone who entered.



Heights Got Talent Finalists



SOUNDS OF WINTER SHOWCASE CONCERT



SCIENCE WEEK IS EVERY WEEK AT THE HEIGHTS SCHOOL

Science Week at The Heights School began with spectacular Science shows performed to students from Reception to Year 10.

Mr Fletcher went to great lengths to entertain Year 8-10 students with experiments using dry ice, liquid nitrogen and exploding rubbish bins.

Mr Roubanis and Ms Van Hoof dazzled the Year 3-6 students with a cannon that produced smoke rings that were projected into the air. The smoke ring cannon illustrated fluid vortex formation in a fun way.

They also carried out, with the help of student volunteers, the making of Elephant Toothpaste using household ingredients.

Mr Trainor and Ms Lamming worked brilliantly together and provided the R-2 students with an exciting session of experiments involving shrinking balloons and smoking bubbles using dry ice.

A big thank you to all the teachers and to our Laboratory Technician, Christine Docherty, who worked tirelessly behind the scenes to ensure the event ran smoothly.

Arthur Roubanis, Science/Maths



Ms Lamming, Mr Trainor and Ms Golotta



Science Show



Science Show experiments



Elephant toothpaste



Smoke ring cannons with Ms Van Hoof

SCIENCE ALIVE! 2018 CAREERS DAY

On Friday 3rd August students from the Year 10 Ignite class and Year 10 Cutting Edge class visited Goyder Pavilion at the Adelaide Showgrounds to take part in the Science Alive! 2018 Careers Day. The Careers Day assisted students in making more informed subject choices for their Stage 1 subjects in the area of STEM.

Science Alive! is the largest single interactive science exhibition in Australia, and brought together South Australia's big names in science and technology. There were over 60 exhibitors providing hands-on fun that was interactive, dynamic, fun, and educational for all ages. There's no better event to experience first hand all fields of science and technology. I have included some photographs taken throughout the time we spent there.

Arthur Roubanis, Science/Maths



Jasmine, Kimberlyn, Tahlia and Sanjana at Science Alive! 2018



Koby, Christos and Tyson exploring career options at Science Alive! 2018



In this thermal image, brighter colours (R,O,Y) indicate warmer temperatures while the purples indicate cooler temperatures. Can you guess who the two people are in the photo?

STEAMI IN ACTION!

We are taking that next step forward in Indonesian with an integrated approach to our learning. Science, Technology, English, Arts, Maths and... Indonesian.

In Year 7 students have been trying to understand threats and conservation methods of species in Indonesia. To do this we focused on each of the STEAMI areas from the analysis of scientific terms and the purpose of palm oil in products (even science experiments to test the company's theories), the comparison and review of apps to support the consumers to make informed decisions, persuasive techniques in texts, statistical evidence and predictions around different Indonesian species and rainforests just to name a few. This was all after our Year 7 Zoo Excursion.

Check out some of the great work. I wish I could be including some of the presentations as well!

Adrienne Niven

Paul Greeney and Reece Johnson- Lyrics to song Palm oil song

(Bold is emphasized, quotes are from the perspective of a business owner)

There are many **foods** that contain **palm** oil that are just **good** for you. So **don't** dismay at **what** you chew **they're perfectly ok**.

Just kidding. They're not.

Why you can **pray** for the **chimps** if they're not **burnt** down, have a **Twix** if you're fine with **genocide**,

If you like **penguins** and polar **bears**, too bad your **blinded** by the **carbon flare**,

If you don't want **all** the **trees** to fade **away**, stop eating that **isostearyl lactate**,

Now were **not** saying **palm oil** is **terrible**, but I **fear** the results are **quite unbearable**:

Millions of **hectares** of palm trees are **destroyed**,

6000 red ones **gone** in a **year**,

400 Sumatran **tigers** are **all** that's **left**

All because of your **palm oil theft**

"But why, it's so cheap,"

Well maybe take a **peek** under the **corporate** blanket you **seek**,

"But it's so versatile and good for you"

Tell that to the chimps who were **killed** by your greed and gluttony, "ok then I'll change my ways, but just one person caught in the palm oil blaze"

Spread the word, donate to charities, like Greenpeace or WFF just for some clarity.

It's as easy as that I tell you, plain and simple we can stop this corporate greed,

Our help is all the rain forest needs.

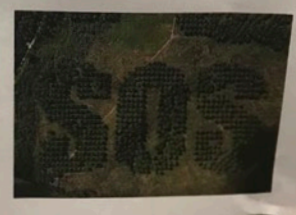
Manjot K (right);
work by Scott M (below)



My App

My app will be about identifying palm oil in products. This app will be useful to consumers age of 10 and up, it will help you understand what palm oil is and what it does to animals especially orangutans. My app will tell you what products contain palm oil simply with a scan of the barcode. And how much palm oil you or your family should be having to sustain a reasonable diet with palm oil. If this app doesn't recognize a product you are buying, you can send us a message with a photo of the product, then we will add it to the data base which already contain over one thousand products.

After scanning a product it will tell you if their parties are palm oil friendly, which means if the parties they work with sustain palm oil and don't over use palm oil.



An orangutan's life

I climb the trees,
up so high.

I stand up tall in the sunset's shine,
so bright like flowing gold to my eyes.

The leaves dance while the wind blows;
the birds sing as the rain falls
and a new song is composed.

This was nature's call to all.

My future's home burns without warning.

The home for the young will be gone before morning.
We were here before, before you knew our name.

We're the ones to blame for their homes burning away.
So many understand but stand still with nothing to say.

The future is within us; with the cure in our hands,
we can lead a world of light.

So, make the change.

Jaein. J 703

JUBILEE WAY PARKRUN

It has been so pleasing to see quite a number of The Heights P-12 School students participating at our local parkrun at Jubilee Way. The Jubilee Way parkrun is a free event held every Saturday morning and is for people of all ages and abilities. Numbers who attend range from 50 to 150 each week.

Participants walk or run a 5km course that begins at Jubilee Way Community Centre and runs around the Wynn Vale Dam before finally returning to the community centre. Participants meet at 7.50am for an 8am start.

Students who have taken part include: Matthew Boyce, Sophie De Vries, Ashlynn and Isla Bunt, Emily, Abbie and Jake Stribling, Cole Hewitt, Bryn and Vale Follett, Natasha and Owen Dodd, Jorja and Aiden Jennings. If there are any other students who take part that I am not aware of, please let me know.

We have also had a number of staff participate, including Colleen Goerner, Gemma Eastley, Anabel Pascoe and myself.

Congratulations to Cole, Natasha and Ashlynn, who all achieved PBs (personal bests) this week.

If anyone would like any information about this event, please visit the Jubilee Way parkrun website <http://www.parkrun.com.au/jubileeway/> or Facebook page, or email me direct at cherie.rothery898@schools.sa.edu.au as I am one of the Event Directors for this event.

I have to say that setting up this community event has been one of the most rewarding things I have ever done as it brings community together and promotes health and wellbeing.

Mrs Rothery



Heights Parkrun



Natasha



Ashlynn

SAPSASA NETBALL

Congratulations to all the students who represented the Heights P-12 School at the SAPSASA District Netball Carnival on Friday 17th August. Whilst we did not win all our games, all four teams showed wonderful team work and excellent sportsmanship.

Thank you to our umpires from Year 8 who represented our school well. They were Jessica Briscoe, Durar Ahmed and Danielle Payne. Thank you also to Bruce from University of South Australia who umpired.

Thank you to Phil Jones and Georgina Sulley-Beales who supported all the teams throughout the day.

Our teams consisted of:

Boys Team 1 – Bayad Hasan, Jake Stribling, Cooper Scott, Reuben Biju Kuriakose, Kaelan Love, Anthony McMillan, Caleb Kenny and Jamie Habbershaw

Boys Team 2 – Aiden Jennings, Ivan Ling, Miguel Tolentino, Liam Smith, Jordan Chan, Tyler Stoddard and Ryan Ritter

Girls Team 1 – Laela Ebert, Jorja Jennings, Emily Stribling, Maddison Walsh, Anna Joshy, Kyla Gunn, Tahlia Slattery, Taihla Stevens, Ajin Lee

Girls Team 2 – Madison Carson, Brenna Derrett, Krystal Driver, Kit Yi Lee, Khushi Bhargava, Marie Fotoulis, Sophie Brookes, Natasha Dodd, Alisha Richardson and Ellajayne Rowe

Well done to you all.

Mrs Rothery, SAPSASA Coordinator



VISTA SENIOR GIRLS 9-A-SIDE AFL CARNIVAL

On Wednesday the 22nd of August, The Heights School Senior Girls 9-a-side AFL team participated in the VISTA Lightening Carnival held at The Heights School. The girls later reflected on their experience.

Today was a fun and eventful day which included having the girls get out in the sun and have some fun. Two Adelaide Crows Players came out and gave every school a show bag with some footballs in them. We got a day off our regular classes and got to interact with students from other schools which was great. The more the team played together, the better they got! Their endeavour and want for the contest was impressive. The girls certainly were passionate about their AFL.

Senior Girls AFL 9-a-side Team



AN EVENING WITH SANDY RUSSO

TUESDAY 11 SEPT. 6:30PM

Sandy Russo is the Director of SPELD SA a not – for – profit organisation that helps people with specific learning difficulties, such as dyslexia, and those that support them. Sandy specialises in problem solving the educational needs of students with specific learning difficulties, suggesting strategies, good teaching practices and assistive technologies that may help a student succeed independently in the classroom, university or workplace. Sandy regularly talks at workshops, conferences, and seminars in addition to conducting training sessions in all sectors of the educational community.

WHAT IS DYSLEXIA?

AND HOW CAN YOU HELP AT HOME?

Sandy looks forward to discussing with us:

What are the core difficulties of dyslexia and other specific learning difficulties?

How to get a diagnosis and if you need a diagnosis.

Sandy will also share strategies and practical things you can do at home to support your child if you suspect your child is having difficulties with their learning.

By attending you will also be provided links to resources that you can use to inform you about specific learning difficulties such as dyslexia and shown resources that can help at home and at school.

Everyone is welcome to join us for this FREE seminar

WHEN:

TUESDAY 11 SEPTEMBER 6:30PM- 8:30PM

WHERE:

**KEITHCOT FARM CHILDREN'S CENTRE
5 KEITHCOT FARM DRIVE WYNN VALE**

TO BOOK:

CONTACT LAURA FRANCIS: 8251 2700 OR LAURA.FRANCIS@SA.GOV.AU

Golden Way Partnership
Building Better Outcomes for Learners



Ingle Farm Little Athletics Centre
Golding Oval, Redhill Rd, Para Vista
inglefarmlittleathletics@gmail.com

What is Little Athletics?

Little Athletics is a modified version of Athletics (track & field), to suit the needs of children from the age of 3 to 16. We are open to all athletes, of any ability, because the emphasis is on personal improvement and fitness.

Come and Try Little Athletics!

Before you need to sign up as a member, you have the opportunity to Come & Try. For only \$5 you can attend two of our competitions, and if you later join as a member, we'll give you \$5 off your uniform. To help things run smoothly, and minimise paperwork, please register in advance at salaaportal.myrcrm.com

We start on Sunday 16th of September, at 9am, and continue most Sundays until March. Please email us, or see our website, for more dates



Club Open Day

Saturday, 9th September 11am - 3pm

Ashley Ave, Ridgehaven

- Social Tennis
- Competition Tennis
- All ages and abilities
- Coaching



What a great opportunity to try your hand at tennis, one of the most popular sports in the world! No experience necessary and ALL ages welcome. This could be the new sport for YOU!

For more club information visit our website:

tennis.com.au/modburytc

or contact

Club Captain: Tim Wilkins - 0447 383 070

or

Club Coach: Gavin Pfizner - 0438 837 969



Modbury Cricket Club 2018/19 Player Registration Days

We field Junior teams in the following age groups:
U10, U12, U14, U15, U17
Games are played on a Sunday.

Modbury Cricket Club are holding player registration days for the upcoming 2018/19 Cricket Season.

New and existing Junior and Senior players are invited to register.

Friday 7th September, 5pm – 8pm & Saturday 8th September, 9am – 12pm

Downstairs in the Clubrooms at

Modbury Sports and Community Club, Hazel Grove, Ridgehaven

For any further information visit our website www.modburycricketclub.org.au

Or email modburycricketclub@gmail.com



Modbury Cricket Club also offers Woolworths Cricket Blast (Formerly Milo Cricket), for children who want to learn cricket skills through fun game based activities.

Visit www.playcricket.com.au for more details or to register.



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- Learn Self Defence • Develop Self Discipline •
- Increase Focus & Concentration •
- Build Strength, Coordination & Fitness •
- Generate Positive Self Esteem & Confidence •

Our classes provide a positive learning environment for the whole family. Students of all ages can build confidence, improve their fitness and be empowered to reach their maximum potential in all areas of life.

All family members welcome (5 years+)

\$50 Starting membership.

Training fee from \$12 per class (12 Visit Pass).

Family discounts available.

Classes at The Heights School on every Monday and Wednesday from 6.30-7.30pm

www.gkrkarate.com or call **Edde Nio 0403 507 049**



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Developing fundamental motor skills



- 2 An introduction to soccer**
Recommended age: 5-7
Discovering the world game



- 3 Preparation for match play**
Recommended age: 8-10
Advancing functional game skills

- 4 For the competitive player**
Recommended age: 11+
Enhancing game sense and mastering technique

- 5 For the advanced player**
Reaching for full potential with added flair



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