

ISSUE HIGHLIGHTS:

- Remembrance Day Commemorations
- Year 10 Biscuit Bake Off
- First Aid for Kids
- VISTA Sports

Pictured: Remembrance Day Commemorations (see article on page 3)



DIARY DATES

22/11	Year 12 Valediction
23/11	VISTA Year 8/9 Boys Indoor Cricket Carnival
	Year 10 Science Excursion - Planetarium Experience
	AIME End of Year Celebration (Years 9-12)
	English Excursion (901) - Robin Hood, Hoyts TTP
27/11	Celebration of Success
29/11	Primary Years Assembly (CF7 & Preschool)
30/11	Last Teaching Day - Year 10 Non-uniform day
	Year 12 Formal
3 - 4/12	Year 6 Aquatics - West lakes
3/12	Internationalism Excursion for Students & Buddies
4/12	Governing Council Meeting 6pm
5/12	Year 6 Excursion - Goldenfields Reserve

See more important Term 4 dates on the [next page](#)

[Click here](#) to view our online calendar

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Government
of South Australia
Department for Education

PRINCIPAL'S MESSAGE

Year 12 Valediction and End of Year Celebration Assembly

This week and next we celebrate 2018 achievements of our students. On Thursday 22nd November we have the Year 12 Valediction followed by the Celebration of Success Assembly on the 27th November. This is a great time of the year where our school community comes together to acknowledge outstanding academic achievement and a range of other awards recognising leadership, participation, contribution and character.

For our Year 12s Valediction is the final formal farewell and celebration of their achievement. It is the culmination of many years of schooling at The Heights P-12 School involving regular and genuine positive encouragement, challenge and support to best prepare them to work towards productive, happy and healthy futures.

Transition for New Reception and Year 8 Students

Over the last two weeks new Reception children and parents were welcomed to our school. There will be just over 60 children in three classes beginning their schooling at The Heights in 2019. Primary leader Rebekah Goodall welcomed families and provided information about our school.

This week we will have 170 Year 7 students spend the day investigating what the Year 8 program will like and we are looking forward to this day too.

Remembrance Day Assembly

The conduct of our students throughout Remembrance Day assemblies was once again a pleasure to observe. Well done to all for the respect displayed, values and traditions observed. The 100th ceremony was marked at our school by the creation of a poppy field planted by each student on the entrance lawn to our school. It's quite a sight as I'm sure those of us who have been in school in the last week will agree.

Simpson Prize

After a lengthy selection process, essays by Brennan Finch, Grainne O'Connell and Caleb Wallis have been chosen as our school's entries into the Simpson Prize. The Prize is an escorted trip to Gallipoli for the Dawn Service on Anzac Day 2019 for each state winner. Teacher Marilyn Middaugh has indicated it was a difficult choice as she received many excellent essays. The Simpson Prize essay question was - "To what extent could 1918 be considered a year of victory for Australia and its people?"

Well done to all students and best wishes to Brennan, Grainne and Caleb.

Australian Science Innovations - 2019 Australian Science Olympiads Summer School

Congratulations Prashansa Singh on being invited and accepting a place at the 2019 Summer School. Prashansa received this invitation due to excellent performance in a Physics paper that students across Australia took in August.

The Olympiads Summer School will be held at The Australian National University in Canberra from the 4-20 January 2019. Prashansa will come together with students from across Australia receiving intensive instruction in both the theory and practice of Science.



Nigel Gill
Principal

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IMPORTANT DATES IN TERM 4

Across School Events

27/11 Celebration of Success (Years 7-11)
11/12 Celebration in the Courtyard (Whole School)

Year 12 Students

22/11 Year 12 Valediction
30/11 Year 12 Formal

Year 10 Students

30/11 Last Teaching Day for Year 10 Students

Year 7-9 Students

7/12 Last Teaching Day for Year 7-9 Students
10/12 Year 6/7 Graduation
10/12 Round Table Preparation Day Year 8/9 - No scheduled classes
11/12 Round Table Presentation Day Years 7-9 - No scheduled classes
12/12-14/12 Year 7-9 Activity Days

Primary Years

3/12-4/12 Year 6 Aquatics
6/12 Year 7 Waterworld Excursion
10/12 Year 6/7 Graduation
12/12 Years 1-7 in 2019 Transition Day (10:00am-11:10am)
14/12 Last Day of Term 4



NON-UNIFORM DAY - Friday 30th November

KickStart for Kids is holding "Happy Day" on Friday 30th of November. Our school benefits greatly from the generosity of KickStart for Kids. They are a non-profit organisation that supplies and delivers essential food items for our students, at no cost to the school. They supply all the bread, yoghurt, jam, vegemite, butter and fruit for Breakfast Club every Friday. They supply all the milk used for Year 12 Milkshake Day every Thursday, as well as milk for the days we have Milo in Year 7 – 9 Lunchtime Lounge on Friday. They also supply all of our emergency lunches for students without lunch, as well as the fruit that students can access anytime in the Primary Years Office or the Treatment Room. Their service to our school makes a huge impact across the site from Preschool through to our Year 12 students. This is a very costly program to run and "Happy Day" is our change to give back and support the charity that supports our school.

All students are invited to participate in this Non-Uniform Day. Please bring a gold coin donation to support KickStart for Kids and enable them to continue the important work they do in our school and across the state.



2018 REMEMBRANCE DAY COMMEMORATIONS



The Heights School community excelled itself this year in its commemorations of Remembrance Day, particularly celebrating the centenary of the end of the First World War.

Monday 12th November began with an assembly for Year 7 to 11 students and staff in the gym. The event was conducted by four Year 9 students, Husan Ara, Jirah Baker, Karl Groener and Prabhnoor Sandhu. Each made a brief speech about the reasons why they believe that young people today should continue to honour those who have served our country, especially those who have died in that service. They also gave voice to a few World War I Diggers who expressed their thoughts around the end of hostilities in November 1918.

Malachi Ashby, resplendent in full MacKay outfit, then played a poignant piece 'When the Battle is O'er' on the bagpipes. His rendition was very moving. Everyone then stood silently for the Last Post service, including the Minute's Silence. It was wonderfully observed, showing students' respect for those who have fallen.

After recess, the Junior School held their Remembrance Day assembly in the courtyard. I was privileged to witness everyone's respectful behaviour as students displayed their poppy artwork and read their Remembrance Day poetry. Once again, Malachi performed to a mesmerised audience. Then Ms Eastley shared her experiences in the army before she became a teacher. She showed her medals from serving in Kosovo and Afghanistan and explained that hers was a non-combat role and she had lots of fun in the army working with 'big trucks'. This assembly was also a fitting tribute to the men and women of our armed forces, past and present.

All students behaved in an exemplary manner throughout their assemblies. They made the staff feel proud.

A new addition to our commemoration was the creation of a field of poppies on the front lawn of the school. Each student, from Reception to Year 11, and staff member made poppies and wrote a personal message on the back before planting them in the lawn in the week following the Remembrance Day ceremonies. This was an outstanding collective effort by the entire school community and it was immensely gratifying to watch students as they planted their symbols of remembrance in such a careful and respectful manner. Almost every student wrote a heartfelt message or their name on the back of their poppies. Whether they wrote their names a short tribute like 'Lest We Forget' or 'Thank You' or a more personal message to a loved one, students obviously put a lot of thought and effort into their contribution to our beautiful garden.

There has been many positive comments about the poppy field. It was a wonderful way to bring the students of all year levels and all staff, teachers and SSOs, together and it is sure to become an annual event.



MAKE A CHILD'S CHRISTMAS EXTRA SPECIAL THIS YEAR

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

The Christmas Season is a time for families & friends to come together, celebrate life and show gratitude. This time of year can often be very hard for those around us.

We ask for your generosity of Christmas themed items to spread joy and bring smiles to the children in our community:- Christmas decorations, story books, mince pies, Christmas cakes, puddings, etc. Your donations will brighten up the spirits of our local families.

We have large boxes placed in our Front Office and Junior School Office for items to be received. These items will be collected by the Pathways Community Centre and will be added to vital hampers for identified families. Any contribution you can make, no matter how small, will have a huge impact.

Donation boxes will remain until the end of term.

Our sincere thanks,

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



601 BUSINESS AND ECONOMICS FUNDRAISER

This term Mr Schild and the 601 class have been working hard planning and preparing to open up their very own businesses as part of a fundraiser. The students have chosen **Cystic Fibrosis SA** as the charity that all funds raised will be going towards. On **Wednesday, Week 7 (28th of November)**, at lunch, the students will open their businesses ranging from toys, food and knick-knack sales, with prices ranging from \$0.50 to \$3 underneath the new veranda of the STEM Building. It would be great for the primary school students to show their support for these students who will culminate all their learning in Business and Economics for the past semester with this.

Mr Schild



NATIONAL FOOD SAFETY WEEK

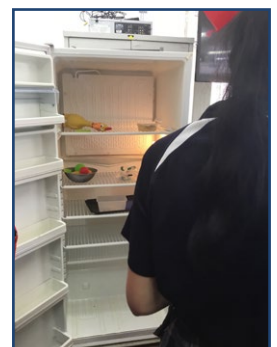
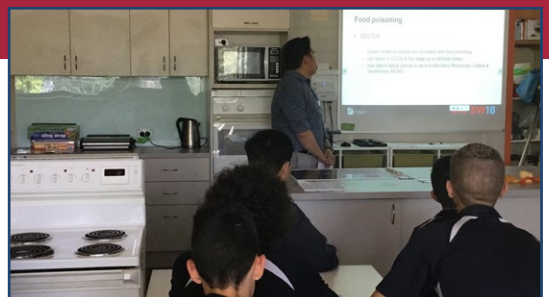
Last week was National Food Safety week with the focus this year being on food poisoning. Ms Lempens's Year 9 Food Technology class was able to participate in this week with a visit from Donna Hattam and Allen Catalan, Environmental Health Officers from the City of Tea Tree Gully Council.

They presented some very interesting facts about food poisoning, the causes, the symptoms, while also giving an insight to their role of trying to prevent food poisoning outbreaks in our local area.

Their visit also included a mock set up of a dangerous kitchen, food safety going terribly wrong. A fridge was filled with mouldy vegetables, raw chicken dripping on vegetables, a mixture of fresh foods on the same chopping board that could lead to cross contamination; they even placed a fake rat in the kitchen, to show the risks of pests in the kitchen.

It was fantastic to see that all our students could pick up all the unsafe practises.

Sarah Rogers, Food and Hospitality Teacher



YEAR 10 BISCUIT BAKE OFF

Last week, the two Year 10 Master Chef classes held a bake off. This was their final assessment task for the semester, creating their unique biscuit. Finding inspiration from traditional types of biscuits such as ANZAC, melting moments, shortbread or choc chip, the students were then to create their own spin on the biscuit, adjusting the recipe with different flavours, shapes or ingredients. The staff were the lucky taste testers, filling out evaluation sheets, so in future lessons students will be able to evaluate their biscuit design.

The Biscuit Bake Offs were very successful with a wide variety of biscuits being created and presented for the teachers at recess. Feedback was very positive and the Year 10s should be very proud of their baking skills.

Sarah Rogers, Food and Hospitality Teacher



FIRST AID FOR KIDS

Students in Year 6 were fortunate to receive some basic training by St Johns in first aid on Tuesday 6th November. Our Year 5s will be receiving similar training in two week's time.

Students learnt the acronym DRSABCD to remember what to do in a life threatening emergency:

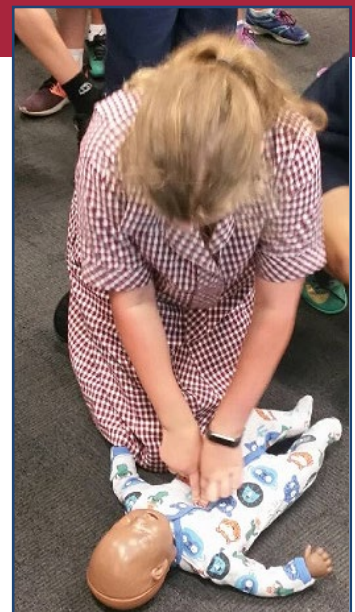
- D - Danger**
- R - Response**
- S - Send for help**
- A - Airway**
- B - Breathing**
- C - CPR**
- D - Defibrillator**

In relation to DRSABCD - students practiced checking for response and putting their peers in a recovery position. Students used dummies to practice chest compressions and learnt 30 to 2 (30 compressions to 2 breaths). They also watched the St Johns presenter use a defibrillator.

As well as this, students were introduced to an EpiPen (blue to the sky, orange to the thigh). They learnt about burns and minor amputations (for example they learnt to put a chopped off finger in a plastic zip lock bag or clean jar). Students practiced bandaging for snake bites and most were thrilled to be able to take the bandages they used home to practice on family members.

We are extremely grateful to St Johns for providing this valuable course for our students.

Mrs Rothery



VISTA YEAR 8/9 BOYS BEACH SOCCER

On Thursday the 8th of November our Year 8/9 Boys Beach Soccer Team competed in the NE VISTA Zone Lightening Carnival. The boys split into 2 teams for the day; a Year 8 team and a Year 9 team. Both teams enjoyed competing against other schools and meeting new people. Our Year 8 team were awarded with 1 win for the day, whereas our Year 9 team were very competitive losing all games, aside from 1 draw, by only 1 point each time! In their words.... *'We had a competitive and active day, I enjoyed myself and even managed to score some goals. We worked well as a team and we had good sportsmanship.'*

Eulaly Allen, Sports Coordinator



VISTA YEAR 8/9 GIRLS BEACH SOCCER

On Friday the 9th of November our Year 8/9 Girls Beach Soccer Team competed in the NE VISTA Zone Lightening Carnival. The girls finished 4th overall with a close last game resulting in a penalty shootout. The girls enjoyed the day and catching up with friends with other schools. In their words ... *'It was an enjoyable and sandy experience. We showed resilience and good sportsmanship and enjoyed playing together. Jordan and Barzi did a great job umpiring for the day, both enjoyed the experience.'*

Eulaly Allen, Sports Coordinator



VISTA YEAR 9/10 BOYS AND GIRLS EUROPEAN HANDBALL CARNIVAL

Our Year 9/10 Boys and Girls European Handball Teams travelled to Parafield Gardens Recreation Centre on Wednesday the 14th of November to compete in the VISTA European Handball Carnival. In their words... *'Today was an exceptionally exciting, entertaining and enticing day. Filled with competitiveness, fun, excitement and downright enjoyment for the sport. After making it to the semi-finals and an unfortunate defeat, we rested on the stairs as the female team valiantly battled it out for 5th place. Overall, everyone, including our captains Josh and Megan along with the two umpires, worked cohesively and efficiently in each of their respective teams, giving their all as honourable representatives of The Heights School.'*

Eulaly Allen, Sports Coordinator



THE ST JOHN CADET PROGRAM IS AN ACTIVE PROGRAM FOR YOUTH. IT'S FUN, EXCITING, CHALLENGING AND REWARDING... BUT MOST OF ALL IT'S ABOUT HELPING OTHERS.

DEVELOP SELF CONFIDENCE

LEARN VITAL FIRST AID SKILLS WITH PEOPLE YOUR OWN AGE

ATTEND EVENTS AND PROVIDE FIRST AID ASSISTANCE ALONGSIDE ST JOHN ADULT MEMBERS

ENHANCE CAREER OPPORTUNITIES (PARTICULARLY IN HEALTHCARE)

GAIN CREDITS TOWARDS YOUR SACE

ATTEND RECREATIONAL CAMPS AND LEADERSHIP COURSES

MEET NEW PEOPLE AND MAKE LIFE LONG FRIENDS

PROVIDE YOUR COMMUNITY WITH AN INVALUABLE SERVICE

St John is a volunteer based charity providing event health services, social inclusion and youth development programs to the South Australian Community.

Our volunteers can be seen at emergencies and events across the state, providing first aid and medical response to patrons and staff. They uphold a continual skills competency program that delivers nationally accredited qualifications and the latest in healthcare techniques.

Our volunteers come from all walks of life and no matter what background, are committed to the same goal: providing high quality, compassionate care to those in need.

ST JOHN YOUTH DEVELOPMENT



Fun, friendships and first aid



St John Ambulance Australia SA Inc
ABN 42947425570
85 Edmund Avenue Unley SA 5061
1300 ST JOHN | stjohnsa.com.au

May 2015

1300 ST JOHN
stjohnsa.com.au



ST JOHN CADETS ARE EVERYDAY KIDS DOING EXTRA-ORDINARY THINGS.

THERE IS HEAPS TO DO AND PLENTY OF OPPORTUNITIES... WE LOOK FORWARD TO YOU JOINING OUR TEAM!

St John in South Australia is seeking enthusiastic young people to join our team. We have a lot to do!

St John South Australia is the leading event health provider at events across the State including Clipsal 500, Adelaide Oval and many more.

Our Cadet program teaches first aid skills to children aged 8 to 18. Once qualified they can start attending selected events and providing first aid to our community under the supervision of our highly qualified adult members - but there is so much more to do!

Cadets take part in a whole range of activities to help develop the skills needed for life. SACE points can also be earned along the way.

Each year there are opportunities to attend Cadet Camps, including a National Cadet Camp. This is a great chance to meet and enjoy time with other Cadets from different states and territories.

The first aid competitions provide an opportunity for Cadets to apply the skills learnt in a practice environment. The winners have the opportunity to represent South Australia at the National Competition and possibly at international level.

35+ LOCALITIES ACROSS THE STATE

Join a St John Cadet Division near you!



Awards and Competitions

There is much more to being a St John Cadet than just first aid. The Cadet Program offers many opportunities to learn all sorts of skills and recognises achievements. Cadets can earn Proficiency Badges in emergency management, communication, health, and many other recreational topics.

Cadets can aim for the Grand Prior's Award presented at St John Awards Day. Plus other opportunities to achieve Bronze, Silver or Gold Duke of Edinburgh Award, or the St John Southern Cross Award.

Gain hands-on experience with simulated real-life accidents at the annual St John first aid competitions, and most importantly, achieve recognition for attending public events to provide first aid.

Public Events

Attend public events and assist in treating patients (under adult supervision) at events such as the Christmas Pageant, City-Bay, Australia Day celebrations and various sporting events. You can also participate in one of the many ANZAC Day Commemoration Vigils across the State.

Recreational Activities

We know our Cadets work hard helping their community, but we also recognise how important it is to have fun. There are plenty of great activities to share with friends and a lot to be learned while having a great time. Recreational activities develop leadership and social skills while promoting teamwork and networking.

A Diverse Environment

St John encourages members from all cultures, communities and backgrounds. If you speak another language your skills are in high demand and will help your community to become more resilient.

Leadership Opportunities

St John are always on the look out for Cadet Leaders. Being a St John Cadet Leader involves leading a group of young people (Cadets) once a week at your local St John Division to teach them new skills and conduct fun activities.

St John provides new Cadet Leaders with all the training, workbooks and a mentoring required. These leadership positions are ideal for young people studying education or healthcare, or for adults who are willing to share their life experiences with the younger generation.

For more information about the St John Cadet Program visit stjohnsa.com.au or call 1300 ST JOHN (78 5646).