

ISSUE HIGHLIGHTS:

- STEM Works - Official Opening and Photos
- Indonesian - Indofest Radio Stars
- Snow Queen Performance
- Year 10 Digital Photography

Pictured: STEM Works Development (see article pages 4-5)



DIARY DATES

9/5	School Tour (bookings essential) Mother's Day Stall
13-17/5	Year 10 Work Experience Week
14/5	Governing Council Meeting - 6.00pm
14/5	Stage 2 Essential English Excursion - Zeeas Eatery
17/5	STAR Group Meeting Night - 7.30pm SAPSASA Cross Country
20/5	Year 10 Immunisations (MenB)
22/5	VISTA Senior Girls & Boys Volleyball
24/5	Pupil Free Day

See more upcoming 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

Term 2 Staffing Changes

Algis Laurinaitis (Arts Coordinator) returned from leave at the start of term and Roger Button (Technology Coordinator) will from Week 3 this term. Welcome back to both of you and thank you to the people who have been covering for them.

Staff PD Day 29th April

We began this term with teachers across Preschool to Year 12 working together in a collaborative moderation staff training day.

This meant teachers worked in year level groups in primary and subject areas in secondary looking at samples of students work, ensuring the teaching and learning is at the standards it should be within the Australian Curriculum. It is important to go through these exercise because it quality assures the work within classrooms and the school and across schools as well.

2019 Public Education Awards

Nominations are open throughout May to nominate, celebrate, and recognise outstanding educators in the public system.

The Public Education Awards not only acknowledge the great work of individuals and teams but allow achievements to be showcased to the community.

If you are interested in learning more about this, go to www.education.sa.gov.au/awards for further information about the nomination process.

Governing Council Recognition and Support

Congratulations Emma Crawford on your selection in the State U14 Girls Cricket Team.

Governing Council provides a small contribution to help with costs involved with significant travel and accommodation expenses involve in representing the State after a selection process.

Parent Teacher Interview Night

It was great to see lots of parents take the opportunity to meet your child's teacher at the parent teacher interview night for secondary students on the evening of Wednesday 1st May. Many teachers were completed booked out.

STEM Official Opening and Photos

Towards the end of last term we advised of the Official Opening of the new learning areas provided by the \$3.5 million STEM grant. They are in full operation and students are enjoying them.

Please enjoy the photos provided later in this newsletter.

PUPIL FREE DAY REMINDER

Friday 24 May 2019
(Term 2, Week 4)

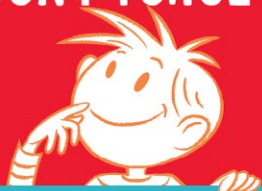


Nigel Gill
Principal

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DON'T FORGET!



SCHOLASTIC
Book Club
orders are due:
Thursday 16th May

UPCOMING DATES TO REMEMBER

SCHOOL TOURS 2019

School tours are held from 9.00am-10.15am as listed below.

Bookings are required via our website.

Thursday 9 May Term 2, Week 2
Thursday 23 May Term 2, Week 4
Wednesday 31 July Term 3, Week 2
Wednesday 21 August Term 3, Week 5
Wednesday 6 November Term 4, Week 4

PUPIL FREE DAYS 2019

Friday 24 May Term 2, Week 4
Friday 30 August Term 3, Week 6

SCHOOL CLOSURE DAY

Monday 2 September Term 3, Week 7



YEAR 10 IMMUNISATIONS

As part of the free School Immunisation Program, our Year 10 students will receive their first dose of the Meningococcal B vaccinations on Monday the 20th of May. Please remind your Year 10 students to wear their short sleeve Heights t-shirt to assist nurses.

Kellye Rowe, Treatment Room



SUPERVISION BEFORE & AFTER SCHOOL

We would like to remind families that yard duty supervision begins at **8.25am** Monday - Friday. There is no supervision for students before this time. Yard duty supervision in play areas and the Resource Centre finishes at **2.50pm on Mondays** and **3.25pm on Tuesdays - Fridays**. The Resource Centre will close and students will be asked to leave at the conclusion of yard duty with the exception of students participating in scheduled supervised after school activities.

We have had an increasing number of younger students regularly waiting to be collected at the end of the school day. Please make arrangements to have your children collected by the conclusion of yard duty supervision or speak with our Out of School Hours Care Service to arrange enrolment. Leaving children on site without supervision is a safety issue and we would like to ask for your assistance in ensuring the best care for your child.

UNIFORM

Dear Parent/Caregivers,

We have noticed that there are a number of students out of uniform. We have been giving students reminders this term. However, in Term 2 we will begin to give formal consequences for students not willing to wear the uniform. Please refer the **Uniform Policy** which is attached (*see next page*). The opening times of the Uniform Shop during school term are as follows:

Tuesday: 8.30am-9.30am

Thursday: 8.30am-9.30am & 2.30pm-3.30pm

Friday: 8.30am-9.30am

Warm Regards,
The Executive Leadership Team

UNIFORM POLICY

THE HEIGHTS SCHOOL UNIFORM POLICY

The Heights School R-12 has a school uniform that is approved by the schools governing council. The rationale for this is as follows:-

- Safe and easy identification of students in the schoolyard and excursions.
- Positive presentation of the school to the wider community.
- Reduction of competition between students regarding clothing.
- Appropriate clothing for our school environment.

(All uniform must be purchased from The Heights School Uniform Shop with the exception of pants for Primary Years R-6)

Hats	In accordance with the Department for Education Sun Protection Policy, hats must be worn in Terms 1,3 & 4. Hats are encouraged when students are outside at all times across the whole school. Some programs e.g. Physical Education require students to wear a hat when outside. Hats are navy with the school logo and can be either bucket or broad brim but must not have a cord attached.
Unisex Polo Tops, Windcheaters, Jackets	The tops form an identifiable part of the school uniform and can only be purchased from the Uniform Shop. Tops are plain navy with The Heights logo. Year 12 tops are white.
Year 12 Jackets	These will be available each year and form part of the school uniform while the students are in the year level. These tops will generally conform to school colours.
Special Events Tops	Special Event Tops for activities such as special trips and Wakakirri may be available. These tops may be worn to school for the duration of the event and dates will be set on each occasion. These tops do not need to conform to school colours but will be appropriate for wearing to school.
Dresses	School dresses are maroon and white and available only from the Uniform Shop.
Formal Boys Trousers & Shirts	These are grey and must be purchased from the Uniform Shop. Shirts are full length sleeves with the school logo Long sleeves are only to be worn with trousers. NO DENIM IS TO BE WORN.
School Blazer	Navy blue with school logo
Unisex pants and shorts	Pants are navy blue with school logo, shorts are navy blue with the school logo and both must be purchased from the Uniform Shop (Yr 7-12). Primary Years students (R-6) may wear plain navy bottoms free from stripes or logos. NO DENIM OR LEGGINGS ARE TO BE WORN.
Girls Skirts, Pinafore and Shirts	Skirts and pinafores are tartan and white shirts are ¾ length with the school logo. These are only available from the Uniform Shop
Woollen Jumper	These are available in Navy or maroon (with school logo)
Tie	These are navy with the school logo and are only available from the Uniform Shop
PE Uniform	Polo tops are navy with a white insert with the school logo. Shorts are navy and should be mid-thigh length. PE uniform may be worn all day.
Shoes	Shoes should be sensible enclosed and safe. No thongs or heels.
Coats	Students who wish to wear coats to school need to wear navy coats.
Jewellery/ Cosmetics	Jewellery should be inconspicuous: plain studs/sleepers in ears, fine chain/pendants to be worn under uniform. Facial piercings are unsafe in a school environment. These include lips, tongue, eyebrow and nose. Facial piercings are strongly discouraged. Students may be asked to cover or remove piercings for certain activities where their safety is endangered and for formal school occasions. Make-up should be discreet, lightly applied and in natural tones only.

Students not in uniform will be supplied with a second hand uniform for the day (refusal will lead to further consequences) and a uniform reminder will be sent to parent/caregivers.

As a result of ongoing non-compliance and persistent lack of uniform compliance will result in students undertaking a lunch detention and/or attending the Thinking Room or suspensions.

Students will not be permitted to attend excursions or represent the school unless they are fully dressed in the appropriate uniform.

STEM WORKS DEVELOPMENT – OFFICIAL OPENING

Back in August 2016, the school was granted \$3.5 million as part of the Department for Education's initiative to increase the interest and expertise of our young learners in Science, Technology, Engineering & Maths (STEM).

On Wednesday 27th March 2019, these Works were officially opened by the Honourable Dennis Hood, representing the Minister for Education.

Invited guests received a warm welcome from Nigel Gill our Principal, kind words from Blair Boyer, Member for Wright who is a strong supporter of our school, followed by the Honourable Dennis Hood who proudly unveiled the Government plaque highlighting the significance of the project.

Our school provides state of the art learning environments for 21st century learning, complete with modern digital technologies, furniture and equipment that encourage creativity and innovation. Just as significant our school never loses sight of the importance of culture and is relentless in ensuring its staff and all students that attend this wonderful school feel accepted, safe and welcomed every day.

It is something to be very proud of.

Vicki Cook, Business Manager



Primary pathway to creative technology zone and specially designed science laboratory to accommodate our young learners

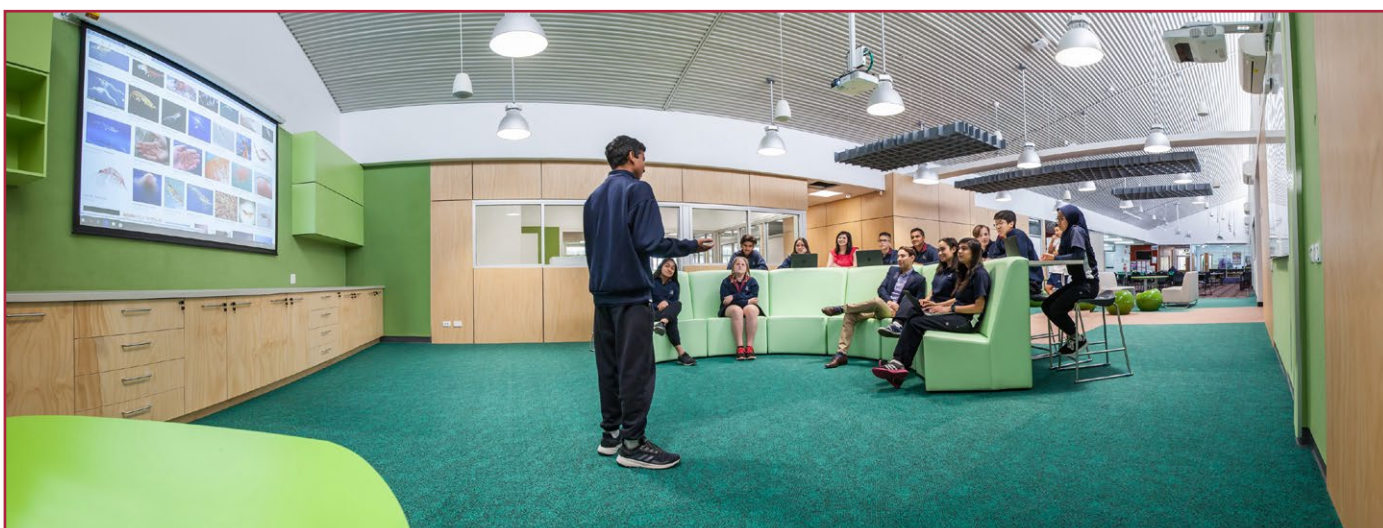


Design Technology & Creativity Hub



Tony Zappia, Member for Makin, Blair Boyer, Member for Wright & Susan Close Deputy Labor Leader

STEM WORKS DEVELOPMENT – OFFICIAL OPENING



Innovative Secondary Learning Environments



Nigel Gill & Hon. Dennis Hood



*Jim Rouse, Chairperson Governing Council
& Frances Bedford, Independent Member
for Florey*



*Vicki Cook, Business Manager & Nigel Gill,
Principal*

ENTERTAINMENT BOOK 2019-2020

The Heights School is raising funds. Here's how you can help...

We are working hard to support our fundraising and we need your help! Order your NEW 2019 | 2020 Entertainment Book now to be launched in April, date to be confirmed soon! You'll receive hundreds of valuable offers for everything you love to do, and help our fundraising at the same time!

If you wish to pre-order a hard copy of the Entertainment Book for \$70 you can contact Sonja Hahn, Finance Officer on sonia.hahn343@schools.sa.edu.au or call 8263 6244.

SUPPORT US NOW.

Purchases for hard copies can also be made on our website through BPOINT. If you would like a hard copy book, please order from the school, not the Entertainment Book website.

"The Entertainment Membership is great value. With lots of instant savings. It more than outweighs the price. There is something for everyone – casual and fine dining, adventure and family activities. I couldn't live without it. Plus, I get to support a good cause." – Zana B. Sydney

WOOLWORTHS EARN & LEARN

Start collecting for our school now!

It's Earn and Learn time once again at The Heights! The Woolworths Earn & Learn program gives our school the chance to earn new educational resources. Make a difference for our school. This year the competition is running from to Wednesday 1st May to Tuesday 25th June 2019.

Simply shop at Woolworths and you will receive one Woolworths Earn & Learn Sticker for every \$10 spent.

Stick the Woolworths Stickers onto the Woolworths Earn & Learn Sticker Sheet provided in store or online. We also have a few copies at the Front Office. Once it's complete, pop it into a collection box in our Front Office or Modbury Heights Woolworths. You can download more sheets at Woolworths Earn & Learn sticker sheets from the website: www.woolworths.com.au/shop/discover/earn-and-learn

In the past we have benefited hugely from the program, raising enough stickers to boost supplies in classroom resources and new sporting equipment.

It's easy to earn valuable resources to help our school, so start collecting your Woolworths Earn & Learn Stickers today. If you have any further questions about the competition please see Mr Markou.

Thank you,

Kyriakos Markou, Year 7 Year Level Team Mentor



PEOPLE'S CHOICE COMMUNITY LOTTERY

The Heights School is participating in the 2019 People's Choice Community Lottery

Over the last 30 years, the People's Choice Community Lottery has become a well-recognised and vital fundraising tool for not-for-profit organisations. It has raised more than \$17.5 million for community groups, with 100% of the proceeds from every \$2 ticket sold returned to the group you choose to support.

By purchasing a ticket **online**, you will be supporting The Heights School, and go into the draw with 115 prizes worth more than \$360,000, including a 2019 Toyota RAV4 GXL, 2019 Toyota Corolla Ascent Sport and an Ultimate Home Package worth \$20,263!

\$2 tickets will be sold for the school **online only** via this link

<https://communitylottery.peopleschoicecu.com.au/public/community-groups/the-heights-school/>

Early Bird ticket sales commenced 5th April and close 10th May. Early Bird prize draw is 29th May.

Ticket sales open until 30th August. Final prize draw is 9th October.

Yasmine Flinn, Community Liaison Officer

people's choice
COMMUNITY LOTTERY

NATIONALLY CONSISTENT COLLECTION OF DATA ON SCHOOL STUDENTS WITH DISABILITY

All schools are required to collect information about the numbers of students that they provide adjustments to under the Disability Discrimination Act (1992) and Disability Standards of Education (2005). From 2018, this data has been used as the basis for national funding.

This process will involve the collection of: the number of students receiving adjustments to enable them to participate in education on the same basis as other students; the level of adjustment provided to students; and where known, the student's type of disability.

Under the Collection model, the definition of disability is broad and includes learning difficulties, health and mental health conditions.

If your child is identified for inclusion in the Collection, the required information about your child will be included in this year's data collection.

If you have any questions about the data collection, please contact Laura Tambe at The Heights School on 8263 6244. Further information about the Collection can be found at: <http://www.education.gov.au/nationally-consistent-collection-data-school-students-disability>.



**Nationally Consistent
Collection of Data**
School Students with Disability

CLOTHING NEEDED FOR SCHOOL PERFORMANCE

We have a school production coming up in August called "The Dream" and the theme of the production is Midsummer Night's dream with a Bollywood twist. **If any families have Indian attire that could be contributed to the performance it would be greatly appreciated.**

We need:

- leggings and trousers in a range of colours and Salwar Kameez tunic style tops for girls and ladies.
- 4 - 6 kurta tops and 2 formal Sherwani frock coats and trousers for the boys. Waistcoats are also needed.

The pictures are examples of what is needed. Please pass on any contributions to Sally Putnam.

Yasmine Flinn, Community Liaison Officer



INDOFEST RADIO STARS

We have radio stars amongst us! **Macey Biggs and Aida Hazirah Norishaam** were featured on SBS Morning Radio Show. On the last day of the school holidays students from The Heights School plus members of the public attending the annual Indofest held at Victoria Square. Macey and Aida had been approached as current Year 9 Indonesian students to speak as a part of a panel about Australia's relationship with Indonesia, its future, and the value of learning Indonesian and about its culture. The panel consisted of the President of the Australian Indonesian Business Council, University representatives, President of the Australian Indonesian Association and the Australian Indonesian Youth Association.

Valuable points mentioned included:

- The new free trade agreement between Australia and Indonesia opening up both business opportunities as well as opportunities for students to work and study in both countries
- The increase in immigration from Indonesia
- The opportunity for students studying Indonesian to be involved in events in our community here and in Indonesia
- The value of learning about our closest neighbour.

You can listen to the podcast on the SBS Radio website.



THE HEIGHTS STEPHANIE ALEXANDER KITCHEN GARDEN

Welcome back for Term 2. We have an exciting and busy term ahead of us with both theory and practical lessons that will investigate herbs and spices, the five primary taste sensations, and a range of cooking skills in the kitchen. The Stephanie Alexander team and students are also preparing for the Kitchen Garden Winter Market, which will be held in Week 10 on Tuesday 2nd July 2019 from 2:30pm to 4:00pm. This is a wonderful opportunity for families in the school community to come and check out some of the delicious jams, syrups and sauces we have made using the seasonal produce in our garden.

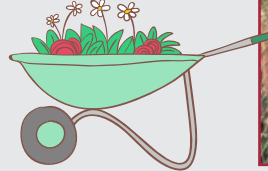
The garden has flourished and provided us with many delectable fruits and vegetables such as plums, quinces, apricots, nectarines, pomegranates, eggplants, silverbeet, lemons and limes, just to name a few. We will be using this produce for our upcoming cooking practicals and for the Winter Market. In the kitchen this term, students will be cooking some appetising dishes including fruit muffins, stir-fries, pizza scrolls and cold rolls. A reminder, if your child has any food allergies, please make sure their details are up-to-date with the school files so that we can best accommodate for all students' needs.

The five chickens have settled in well thanks to the hard work of our garden specialist Amanda, school students and volunteers. The chickens are beginning to feel comfortable and cosy in the chook shed; with one chicken laying their first egg this week. How excellent is that! We are currently running a Chicken Stars competition for students to name the five chickens. Entry forms are available in the kitchen and winners will be announced later this term.

We are still in need of volunteers to help in the kitchen and garden for Term 2. If you are interested in helping us, please contact Amanda, Gen or Eva for further information.

We hope all our students have a wonderful Term 2. Good cluck!

Amanda, Gen and Eva, SAKG Team



CLOSING THE GAP DAY

On Wednesday 27th March, twelve Aboriginal student representatives, Years 5-9 from The Heights School attended the annual, 'Closing the Gap Day' held at the Adelaide Showground, Wayville. The event aimed to bring together people from the Aboriginal and Torres Strait Islander community to share information and take meaningful action in support of achieving indigenous health equality by 2030. The students had fun participating in many exciting and engaging activities promoting healthy lifestyles, good nutrition, fitness as well as the opportunity to learn about future pathways. The students were also given the opportunity to become aware of the health services available to 'close the gap' for Aboriginal and Torres Strait Islander people. A wonderful day was had by all of those who attended.

Indigenous leaders of tomorrow: Better education leads to better health.



SNOW QUEEN

On April 5th around 500 students from Reception to Year 6 saw Alphashows perform Snow Queen. Our school gym transformed into a theatre with sets and stage lighting. Younger classes, seated closer to the action were particularly impressed, with students engaged in the story and question time for almost 2 hours. I was very proud of the quality questions the students asked at the end of the show. Alpha shows cast are always pleased with the participation shown by our students. In follow up Performing Arts lessons students recreated their favourite scenes and gave oral and/or written responses.

Here is some of the feedback from students across the year levels:

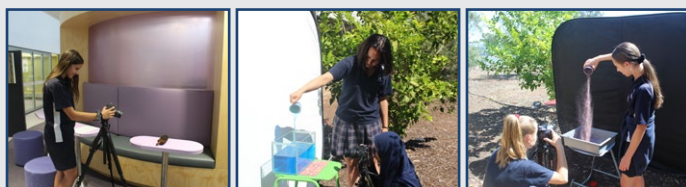
- Throughout the performance, the actor's energy was very high.
- Elsa was very dramatic. I liked how the actor developed her character.
- The Snow Queen's acting was realistic and really showed that she was evil.
- It would be hard for Lachie to remember what each of his characters needed to do and when to be serious or funny. He did a great job.
- The Choreography was so precise and perfect and they moved with grace.
- The set was cleverly made, folded into different backgrounds and was nicely painted.
- The Costumes were fabulous and very impressive.
- The sword fights were realistic and choreographed well.
- I really loved the sword fight because they showed a lot of powerful facial expression and impressive movements.
- Sitting near the front would enhance the experience.
- I wish that some of the singers concentrated on their voice rather than yelling when they sang.
- I wish the script was based more on the original Snow Queen story and had less elements of Frozen.

Penny Phillips



YEAR 10 DIGITAL PHOTOGRAPHY

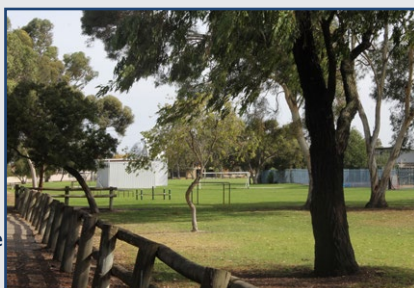
Recently in class we have begun experimenting with different techniques as we begin our Skills Development Folios. This task has been designed to facilitate students in establishing skills in areas in Photography and developing these skills further with experimentation, practice and evaluative processes. The task is a hands-on and busy one which leads them toward having the skills and knowledge for successful application in Stage 1 and 2 Creative Arts.



The topics we've been exploring are:

Long depth of field – landscape photography By Mitch and Cody

First you get the idea of what type of picture you want long depth, fast shutter, or short depth for example, for our pictures we chose long depth of field and then we chose the proper landscape for the type of picture we wanted that displays lots of depth. Then we set up the camera by selecting a high f-stop (22 in our case) and then adjusting the shutter speed to the light meter on the camera. Once that is all done take the picture.

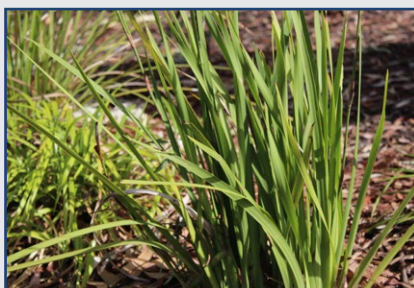


I found the process of setting up the camera easy but choosing the landscape to take a photo of was difficult because getting things in the focal point and the lighting is tedious. In all we found this technique to be enjoyable because it wasn't a set task and we got to do our favourite technique.

Short depth of field – to show emphasis on an object By Abbie and Courtney

This technique is to show the image in focus to fill the whole image and with the background blurry.

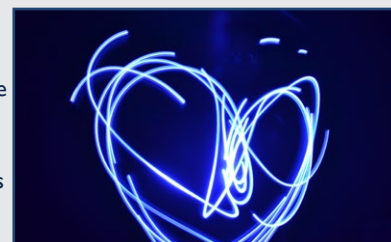
For a short depth of field use a singular object and make sure that only that object is in focus. The light meter has to be in the middle. The background has to be blurry and the object has to be really clear. The shutter speed is slow to let the light in.



This technique isn't that hard at all, but it's a little to make the background blurry and at the same time making sure the object is in full focus.

Slow shutter (long exposure) – light painting in our studio By Ashley and Regine

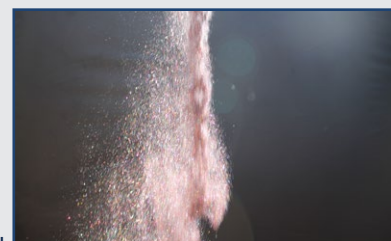
First, adjusting the camera settings is important to capture the light painting. The f-stop is set to a low number (e.g. F 3.5), and the shutter speed was set to 10" (10" stands for 10 seconds). When the camera is set on 'Auto-focus', the person who is drawing in the air should be positioned in front of the camera. After preparing the camera settings, turning the button from Auto-focus on to 'Manual-focus', so that the camera will be focused on the space of the light painting. We turned off the room light and the person holding the finger lights will wave it around. The person behind the camera presses the camera button and wait for around 10 secs to hear a sound from the camera. The finger light continues waving around until the room light comes on. A picture on the camera showed the light path and the cool pattern from it.



The photo was not hard to take but waiting for the 10 seconds confused us because we did not know how long the camera would take the photo. Other than that, everything else went well during the process of capturing the photo. The finger light was a bit hard to press down as the button was tricky to hold down.

Fast shutter (short exposure) – falling glitter By Samara and Trinity

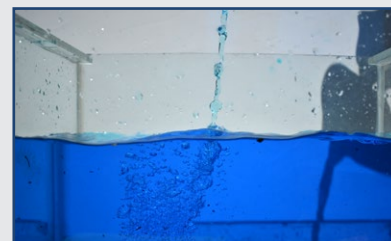
The first step of this process was to position the camera on the tripod in a way that showed only the black background. We auto focused the camera in the area the glitter would fall, then changed the camera settings from Auto Focus to Manual Focus. We increased the shutter speed, set the f-stop to 3.5, and took a 'burst' of photos.



Overall we feel as though the photographs didn't turn out as well as we had hoped, as the falling glitter was quite blurry due to the speed of the shutter. We repeated the process again with an increased shutter speed, however, they turned out too dark. It was a fairly easy process, but it was hard to get a photograph that we were satisfied with.

Fast shutter (short exposure) – cascading water By Gabriella and Amalin

Firstly, we changed our camera settings to f3.5 (a wide aperture) and exposure of 1/3200. Then we placed the camera on the tripod and positioned the camera so that the tank is fully in the frame. We dipped the mug into the water then poured it back into the tank while clicking the shutter button in 'burst mode' thus showing the picture. It was easy to achieve this photo because we had learned the steps from the teacher's demonstration.



YEAR 10 DIGITAL PHOTOGRAPHY (Continued)

Fast shutter (short exposure) – ‘levitation’

By Will and Barzi

This topic is used to capture fast movement in a short amount of time.

We used an aperture of f3.5 because we thought that it showed the target very clearly. We also decided to use a shutter speed of 1/1250 as it was the perfect amount of light for the picture taken. We selected burst mode as it would capture the right image at the right time.

This photo was quite easy but there were some challenges that we faced. First we had to find a place that would suit this photo. We also struggled with getting the subject to jump without them looking like they were.



Bokeh (with macro lenses) – creating interest with the areas of blur

By Riley and Liam

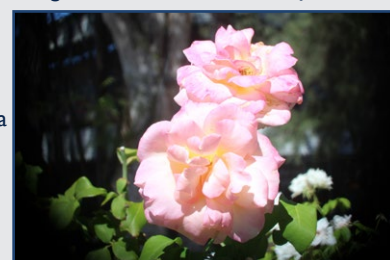
This technique can be used to make interesting close up photos with some paper with a hole in it with a macro lens.

First we grabbed our camera and then when we got to the Bokeh making station, we traced around the lens and then drew flaps around the shape. We cut the shape out and drew a star in the middle and we used a Stanley Knife to cut the star out of the shape. We stuck the shape to the Macro Lens with sticky tape and replaced the normal lens with the macro lens. We set the F-Stop to f2.5 and went outside to take pictures. We walked to the Veranda and went to the Wooden Beams to take pictures. We set the Shutter Speed to be in the centre and then took the pictures. We went back and transferred the pictures to the computer and then we were done.

This technique is fun and simple to do, you don't need much stuff for with and it is effective, easy and fun to do.

Keep an eye out for our next techniques coming soon!

Mrs Beth Sztekel, Digital Photography Teacher



SPORTS NEWS

VISTA T20 YEAR 8/9 BOYS CRICKET BLAST

On Tuesday the 2nd April, our Year 8/9 Boys Cricket Team participated in the North East Vista Carnival at The Heights School. The boys started off slowly and progressively began to develop as a team to take some wins to conclude the day. The boys had this to say about the experience:

'I enjoyed the day because we got some sun shine and got to play cricket with mates.'

'I enjoyed it as we were able to win a few games and play with mates.'

'I got to play cricket and I love that!'

'It was a great day and we enjoyed the atmosphere.'

Eulaly Allen, Sports Coordinator



VISTA YEAR 9 BOYS 5-A-SIDE SOCCER CARNIVAL

A cold, wet and windy day at Para Hills High school on the 3rd of May, where a team of Year 9 students of The Heights School participated in the VISTA 5-a-side Soccer Carnival. Despite the conditions, the boys put up a good fight and managed to secure some victories early in the day. Dean and Oliver showed off some impressive skills up forward, scoring multiple goals against some talented opponents. Many goals were saved by the primary goal keeping of Jas, with the support of Marwan, Kyle and Krish. Overall the boys finished 6th, unfortunately going down 3-2 in the final game of the day. Despite the weather conditions and the uniforms covered in mud, an enjoyable day was had by all.

Chris Peters, Health and Physical Education Coordinator





Modelling Emotions

A clay workshop

**Are you a parent or caregiver of a child under 12yo?
Does your young person find it difficult to talk about
or express emotions?**

When we ourselves are feeling calm and in control, we are more able to model to our young people effective strategies for dealing with emotions.

This workshop is built on this idea and will explore both ways to keep calm and reduce stress as well as strategies to support our young people to do the same.

When: Tuesday 25 June, 10.00am
Where: Family Zone, 2 Belalie Rd Ingle Farm

Places are limited, please phone 8250 6600 to book.
Please note we are unable to provide crèche for this workshop






This is a Communities for Children activity funded by the Australian Government Department of Social Services



GKR KARATE

SELF DEFENCE FOR CHILDREN & ADULTS



LIFE-TIME MEMBERSHIP FOR \$50 ONLY

\$17.50

UNLIMITED

PER WEEK TRAINING

NO LOCK IN CONTRACTS

CLASSES AVAILABLE IN YOUR SCHOOL

For more information;
www.gkrkarate.com or call Lana 0407 633 442



Parenting Together

A communication based parenting program

Would you like to improve communication with the significant people in your children's lives such as your current or former partner, extended family members, or children's support network?

Are you on different pages about the 'right' way to raise a child?

Are you wanting to improve your co-parenting relationship?

Are you looking to develop your parenting, conflict resolution and communication skills?

The group aims to:
Increase participants' knowledge of child development | Help parents with effective parenting practices | Offer ideas on how to develop healthy family relationships

When: Mondays, 27 May – 24 June 2019
9.30am – 11.00am

Where: Salisbury Primary School, 10 Compuda St Salisbury

To book, please call the Community Projects Team on 8255 3323.
Bookings are essential.








nab AFL Auskick

Register Now!

300 NAB AFL Auskick centres operate in schools and local football clubs across South Australia
There's bound to be a centre near you!

YOUR LOCAL NAB AFL AUSKICK CENTRE IS:
MODBURY FOOTBALL CLUB AUSKICK CENTRE – May 4th SATURDAYS 8.30-9.30am
HOPE VALLEY FOOTBALL CLUB AUSKICK CENTRE – May 4th SATURDAYS 9 - 10.00am
TEA TREE GULLY FOOTBALL CLUB AUSKICK CENTRE – May 5th SUNDAYS 8 - 9.00am



Your sports voucher number is simply your 10-digit Medicare card number followed by your child's reference number. MODBURY, HVFC & TTGFC also offers a 4-week inter-club program from weeks 8-11 for an additional cost of \$25 paid to the club.

AUSKICK IS FREE!! USING THE SPORTS VOUCHER!!

Visit play.afl/auskick





SOCIAL SKILLS PROGRAMME

NEW CLASS
TERM 2
2019

WHAT'S THE BUZZ?

Keithcot Farm Children's Centre Wynn Vale



by Mark Le Messurier & Madhavi Nawana Parker

BOOK NOW

Call Ursula on 0419 188 716 for more info and bookings

8 STUDENTS PER CLASS MAXIMUM

WEDNESDAYS
4.45PM - 5.30PM
TERM 2 & TERM 3

AGES 5-12 YEARS
16 week Program

WHO IS IT FOR?

All Children
High functioning autism
Specific learning difficulties
ADHD
Reactive behaviours
Anxiety
Shyness

WHAT IS IT?

What's The Buzz? Programme offers
- skills to fit in
- read social situations
- make lasting friendships



Course Facilitators
Michelle Harris, Ursula Nagel, Katie Richards
mob 0419188 716 (Ursula)
ursulanagel@outlook.com

Qualified Counsellors
DCSI and Police Clearance
Official What's The Buzz Trainers



FIRE DANGER SEASON DATES EXTENDED



The Fire Danger Season for the both Mount Lofty Ranges and Adelaide Metro Area has been extended to now end at midnight on 12 May 2019.

Just a reminder re burn offs, NOT to be conducted until the end of fire danger season.



The Heights Pedal Prix Teams

Election Day Fundraiser

Sausage Sizzle,
Soft Drinks, Tea & Coffee,
Twisted Balloons

Sat 18 May - 8am to 4pm

TRUST • RESPECT • UNITY

TRU

TAEKWONDO

A division of Chung Do Kwan Taekwondo SA

Are you looking for an activity for your family that is fun, develops fitness, strength, self-esteem and social skills, and will not cost you a fortune?

Then come and check out TRU Taekwondo.

We are a family owned and run club with a centre in Golden Grove, with fully qualified Instructors, we pride ourselves on providing an environment that teaches the traditional skills/art of Taekwondo, while developing confidence, strength and self-defence skills.

We offer 2 FREE lessons to see if you like it, and we have special start-up packages to help you get started.

For more info ring 0407 722 730, checkout us out on Facebook or have a look at our website (www.trutaekwondo.com.au).

COMMUNITY