

## ISSUE HIGHLIGHTS:

- RUOK? Day Celebration
- Primary Festival Choir
- Stephanie Alexander Kitchen Garden News
- Year 8 Visual Arts

Pictured: RUOK? Day Celebrations (see pages 4-5)



## DIARY DATES

- 26/9 VISTA Year 9/10 Boys Basketball
- 27/9 Year 6 Aquatics - West Lakes (5.20pm finish)
- Stage 1 Chemistry Excursion - Adelaide Convention Centre
- Last day of Term 3 (2.05pm Dismissal)
- 14/10 First day of Term 4
- 5/10 ASSA Public Viewing Night (Observatory)
- 17/10 VISTA Year 8-10 Boys Tag Rugby
- 18/10 SAPSASA Ekiden Relay

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

## CONTACT

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[f](#) /heightsschool



Government  
of South Australia  
Department for Education

## PRINCIPAL'S MESSAGE

### NAPLAN

NAPLAN results are in, special highlights being our students have achieved above the average expected growth from Year 3 to 5 and 7 to 9 in literacy and numeracy. The average scores have also increased for students in Year 5 and 7 in literacy and numeracy and Year 3 literacy.

### Year 7 Camp

Our Year 7 students and their teachers headed to Murray Bridge Aquatics Centre. Two 3-day camps were held over the week, exposing students to learning in a range of water based activities.

### Pedal Prix

The 24 hour event was held Saturday 21st and Sunday 22nd September at Murray Bridge. The Heights had four bikes going round and all completed the race!

Congratulations and well done to all involved - students, staff, parents, past students and volunteers. I imagine you all slept well Sunday night.

### Year 12 Students

The break between Term 3 and 4 will be one of completing assessment tasks, revision and exam preparation for Year 12 students. Their subjects are nearing completion and the end of their school year and schooling is only several weeks away. Good luck completing your year.

### Attendance

#### Importance of Regular Attendance

We continue to monitor the attendance of students across junior, middle and senior schools. The following information is provided to you to emphasise the importance of regular attendance.

#### Did You Know?

- There is direct correlation between attendance and achievement.
- Frequent absences make it difficult for teachers who have to continually re-teach information and skills.
- Being half an hour late each day from reception to Year 10 equals missing one year and one and a half terms of schooling.
- Patterns of attendance/absence are set up in the early years of schooling.
- Being absent 5 days per term from reception to Year 10 adds up to more than one year of missed schooling.
- Students who are frequently absent from school are over represented in the juvenile justice system.
- Poor attendance makes it difficult for students to form positive relationships with their peers.
- Students who are frequently absent from school are more likely to end up homeless.
- Research shows that students who are often absent from school are likely to earn less than their peers as adults.



Enjoy the break and we look forward to seeing you back in Term 4.

Nigel Gill  
Principal

### REMINDER

Last day of Term 3:  
Friday 27 September 2019  
(2.05pm dismissal)

First day of Term 4:  
Monday 14 October 2019

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### PRESCHOOL 2020

#### Enrolling in Preschool 2020

#### Let Your child Grow With Us

The Heights Preschool is an integral part of The Heights P-12 School. We provide an engaging and stimulating learning environment for children. Our philosophy revolves around play as a tool for learning. We encourage children to be curious and empowered, to seek answers through learning, underpinned by a partnership with family and the community.



If you would like your child to attend The Heights Preschool in 2020 please contact Dani Camillo on the details below.

**Email:**     [Dani.Camillo890@schools.sa.edu.au](mailto:Dani.Camillo890@schools.sa.edu.au)

**Website:**   <https://www.theheights.sa.edu.au/preschool.html>

### 2020 MATERIALS & SERVICES CHARGES

Dear Parents/Caregivers,

You are cordially invited to attend the Governing Council Meeting to be held at The Heights School on **Tuesday, 29 October 2019 at 6:00pm** in the Conference Room (Administration Building) where the Materials & Services Charges for 2020 will be included on the agenda for discussion.

If you are unable to attend the meeting you are invited to send your views on the fees via email ([dl.1430.info@schools.sa.edu.au](mailto:dl.1430.info@schools.sa.edu.au)) to be presented at the meeting.

Please be aware that legally, only Governing Council members are eligible to vote on the changes.

**Notice of charges for Reception to Year 6**   <https://www.theheights.sa.edu.au/ms2020/r-6.pdf>

**Notice of Charges for Years 7 - 12**         <https://www.theheights.sa.edu.au/ms2020/7-12.pdf>

### NEGOTIATED EDUCATION PLAN INFORMATION

#### Attention: Parents & Caregivers of Students with a Disability

In Term 4 we will begin the process of reviewing the **Negotiated Education Plans (NEP)** for students with a verified disability. Over the next 18 months, all students with a disability in Department for Education schools will gradually move to the new **One Child One Plan (OCOP)** template that will eventually replace our existing NEP template. As this will be done in a gradual roll out, some students will be moving to the new plan this year, with the remaining students doing so by the end of 2020. We thank you for your understanding as we navigate this transitional phase. Please stay tuned for further information to be sent home during Term 4 regarding this process.

**Nathan Elliott & Laura Tambe**  
Assistant Principal Support Services

## 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 Digital Entertainment Book. 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 order a digital copy of the Entertainment Book for \$70 you can order via the following link: [www.entbook.com.au/1619k82](http://www.entbook.com.au/1619k82)

Please be advised that hard copies of the entertainment book are now sold out.

### SUPPORT US NOW.

"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



## FREE MENINGOCOCCAL VACCINES FOR STUDENTS IN YEARS 10, 11 AND 12

Has your child received **two** free doses of the Meningococcal B vaccine **AND** a free single dose of the Meningococcal ACWY vaccine?

The Meningococcal ACWY Program provides **free vaccines** to Year 10 students and young people aged from 15 – 19 years of age and is ongoing.

The Meningococcal B Programs provide **free vaccines** to Year 10 and 11 students and young people aged from 17 – 20 years of age, however the Meningococcal B Programs finish on 31 December 2019 (except for Year 10 which is ongoing).

We strongly encourage students who have not commenced or completed a two dose course of Meningococcal B **AND** have not had a single dose of Meningococcal ACWY to attend the City of Tea Tree Gully's Immunisation Clinic as soon as possible to receive these vaccines free of charge. Alternatively these vaccines are available through GPs.

Meningococcal is a rare, but very serious, often life-threatening disease with adolescents aged between 15 and 20 years at increased risk. Available vaccination for Meningococcal includes protection from B strain (Bexsero) and A, C, W & Y strains (Nimenrix). W & Y strains are becoming more prevalent in Australia, with Meningococcal W having a higher fatality rate than other types of Meningococcal disease.

Please go to [https://www.teatreegully.sa.gov.au/Services/Immunisation/Immunisation\\_clinic\\_hours](https://www.teatreegully.sa.gov.au/Services/Immunisation/Immunisation_clinic_hours)





## RUOK? DAY CELEBRATION

On Thursday 12th September, The Heights School R-12 Student Leadership Teams (SLT) ran 'RUOK? Day'. RUOK? Day is a suicide and positive mental health charity that aims to start life-changing conversations and to create a more connected world. We are extremely grateful to the staff, students, families and volunteers of The Heights School for embracing the day with such enthusiasm! Thanks also to Kick Start for Kids for donating the milk for the student-led café.

The goals for our Student Leaders on RUOK? Day were to:

1. Boost our community's confidence to meaningfully connect and ask others about life's ups and downs
2. Nurture our sense of responsibility to regularly connect and support others
3. Strengthen our sense of belonging (connectedness) because we know people are there for us.

To achieve these goals, the Student Leadership Teams organised and led workshops in their own classrooms, focusing on teaching the RUOK? Day strategy, friendship and connecting with others. The Student Leaders then also ran over 20 "Wellbeing Stations" around the school for our students to enjoy and learn from, which then culminated into a whole school Lunchtime Fair! Lunch activities included a free Milo Café, music, face painting, craft and much more! Many of our activity ideas came from the "50 Coping Strategies for Kids" poster and most are simple things that families can also do together.

The Wellbeing Station activities included:

- "Yoga", "Mindfulness" and "Sensory Walk" stations: these activities help us to manage big feelings in more helpful ways and build our confidence to tackle our daily challenges.
- "Bubble breathing": teaching students to focus on their breathing in an interactive way. Breathe in for 3 seconds, pause at the top, then breathe out for 3 seconds, seeing how many bubbles students can blow.
- "The Chill Lounge" – laughter improves wellbeing in zero seconds!
- One of the most popular stations was the "Balloon Fun" station. We wanted students to remember to do things that they enjoy every day and focus on the positives of their day.
- Fitness activities – promoting the recommended 60 minutes of physical activity daily for children and young people.
- The "Gratitude Tree" – helping students to recognise 3 things that they are thankful for each day. Studies have shown that daily gratitude practice can significantly decrease the symptoms of anxiety and depression within 21 days.



Although RUOK? Day may be officially over, it has actually only just begun for our Student Leaders!!! The R-12 Student Leadership Team will celebrate what they have achieved, however the buzz around the school on RUOK? Day has got our SLT's thinking: How can we be an RUOK? school every day of the year? Our students have recognised that asking others if they are okay is so important, however there are also so many things we can do before we see that someone is upset, like showing gratitude and kindness, that can promote positive mental health and may even help us deal more effectively with life's challenges when they do happen.

Suzanne Ierace, Daniel Brzezinski, Noelle Wallis, Robin Parsons and the School Wellbeing Team



## RUOK? DAY CELEBRATION (CONTINUED)



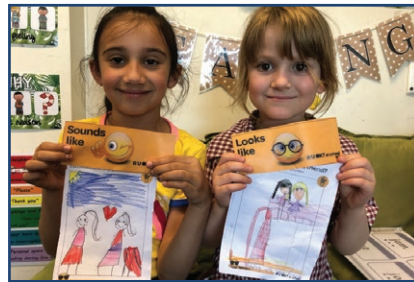
Student Leaders running their RUOK? Day classroom workshops



Students role playing asking RUOK?



Student Leaders teaching friendship skills in early years classrooms



Practicing our Bubble Breathing



Primary Student Leader, Alex, enjoying the day



Year 5/6's enjoying their creations from the Balloon Fun station!



Year 6 Student Leaders running their "Café"



Smiles all around!



The Slime Station



Some of the Primary Student Leadership Team, celebrating their successful day!



The Heights School courtyard alive with students engaging in wellbeing!



The Gratitude Tree activity





## PRIMARY FESTIVAL CHOIR

On Wednesday 18th September, 22 of our students performed on stage at the Adelaide Festival Theatre as part of the Public Primary Schools' Festival of Music.

Our school was also represented by Maddison Sanders who was part of the troupe, and had a solo part in the song "We Are Christchurch".

The Primary Schools Festival of Music, an official state icon, is a public school-based music education program which is a collaboration between the Department for Education and the SAPPs Music Society, which gives all SA public primary students the opportunity to perform at a prestigious venue.

The commissioned work was entitled "Dear Pen Pal" which was a series of songs composed by local musician Robyn Habel about Adelaide's sister cities and having a pen pal. The concert ended with a spectacular sea of colour.

During the concerts there were a number of guest artists from public primary and secondary schools, other choir items that presented different musical genre, and two pieces that specifically showcased the talents of the orchestra. It was a spectacular event.

Congratulations to The Heights students for their hard work and dedication over the last 3 terms. I could not be more proud of your achievements and I look forward to seeing you back again next year!

*Kim Crocker, The Arts - Choir Teacher*



## THE HEIGHTS STEPHANIE ALEXANDER KITCHEN GARDEN PROGRAM

It's the end of Term 3 and what a busy year it has been so far for our new SAKG team!

In the garden, our Year 2-6 classes have been watering, fertilising fruit trees, grape vines and new spring planting; and making compost in the compost bins and bays. Our Year 2-6 classes have been attacking the weeds with enthusiasm! We have been harvesting the last of the cauliflowers, beetroot and broccoli; as well as lettuce, kale, herbs, lemons, oranges, mandarins, spring onions, and the crunchy sugar snap peas grown by the A.I.P. team.

In the kitchen, Gen and Eva's classes have been cooking wonderful dishes such as Sushi, Burrito Bowls, Okonomiyaki Japanese Pancakes, Spinach & Ricotta Filo Rolls, Veggie Brownies, Battered Kale Chips with Mango Chutney, and Broccoli Tots with Tzatziki... delicious!

Our Year 5 and 6 classes have enjoyed being involved in creating entries for this year's Royal Adelaide Show Schools Kitchen-Garden Competition. The Year 6 classes made 4 scarecrows... a traditional scarecrow called The Vegetable Hulk (E1), Captain Underpants (E2), a Mrs Stephenson scarecrow (E3); and The Mad Hatter (E4). E3 was very excited that their scarecrow won the second prize in the "Teacher" category.

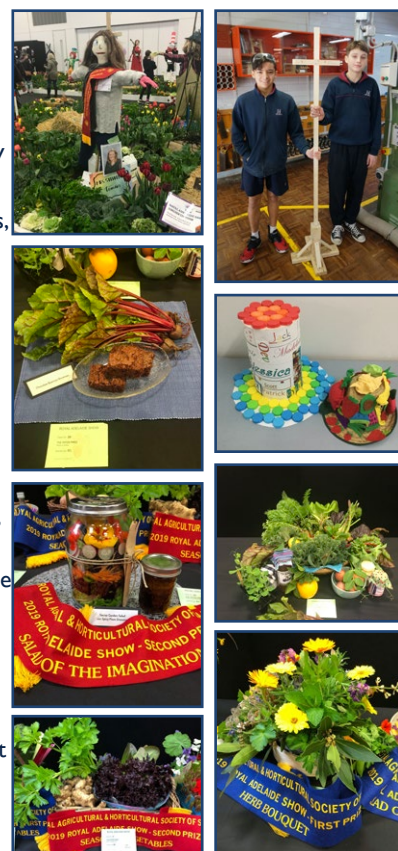
We would really like to thank Mr Roger Button and Mr Jake Holt from the Design & Technology Department - they, along with their Woodwork students, worked together with our Year 6 class reps, and designed and constructed 4 timber scarecrow supports. Special thanks to Brayden Simmons and Axel Smith (pictured); along with Olivia Colangelo, Mikaela Schultz, Caelan Doudle, Tara May, Kasha-lee McCormick, Zoe McDowdall, Zane McFarlane, Danielle Payne, Harveen Saini, Mehtaab Singh, Angela Thomas, Cameron Venables and Kyla White for all their hard work and skills.

The last word on scarecrows comes from Mr Button with his joke..."Why did the Scarecrow win an award? - Because it was out standing in its field"!

On the final weekend of the Show, we had entries in the following categories.....Herb Bouquet (first prize), Salad of the Imagination (second prize), Trio of Seasonal Vegetables (second prize), Patch to Plate (Beetroot Brownies); and a Harvest Basket. The Year 5 classes made 2 entries in the Gardener's Hat category.....F1 made a big top hat featuring collage and recycled bottle tops; and F2 entered a straw hat covered in handmade felt fruit & vegetables (third prize).

See you in Term 4; and as always a big thank you to our fabulous, hardworking volunteers (and also to SSO's Alison and Jess; and visiting teacher Rebecca Docherty who helped us enormously with our Royal Show creations!)

*Amanda, Gen and Eva (SAKG Kitchen Garden team)*



## YEAR 8 VISUAL ARTS

This year, Year 8 Visual Art students have learnt about the Art movement of Fauvism (French for 'wild beasts') that occurred in the early 20th century. Fauvism is characterised by strong colour and a focus that preferred showing 'painterly' techniques, rather than the subject of the painting itself. It borrowed ideals and techniques from Impressionism and Expressionism that came before. The aim of the Fauvists was to shock their audience by pushing the boundaries of traditional art.

Students learnt about these three mentioned art movements and analysed works by artists who represented each, followed by painting techniques tutorials (pictured) and mixing colours from the primary colours (plus black and white) to match those used in their chosen Fauvist work. From there, they grid enlarged their chosen painting and mimicked the techniques, brush strokes and colours used by the original artist.

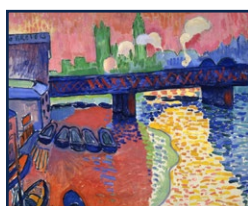
Mrs Beth Sztekel



Mixing colours from Primary colours to match their original painting and recording their combination for backup and reference purposes.



Jeevas's skillful imitation of 'Charing Cross Bridge' by Andre Derain



Alex's rendition of 'Sailing Boats at Chatou' by Maurice de Vlaminck



## SUFFRAGETTE CELEBRATION AT PARLIAMENT HOUSE

Year 11 student Evan Johnson and Year 10 student Grainne O'Connell attended Parliament House for an event celebrating the 125th anniversary of the passing of legislation, allowing women to vote in South Australia. They reported enjoying the event and were honoured at the privileged to attend.

*"The right to vote is not something either of us can yet enjoy however, that does not mean we take it for granted. We felt privileged to attend the event hosted by State Opposition Leader Peter Malinauskas. We also felt honoured to meet Molly Byrne, the first female Labor MP in South Australia. The event was an eye opener into the difficulties faced by women, even today, in parliament but also gave me hope due to the exposure we had to so many amazing female MPs. We feel privileged to have attended."*

Written By Grainne O'Connell



Evan and Grainne with Susan Close, Deputy Leader of the South Australian Labor Party



Evan and Grainne with Molly Byrne



In front of Parliament House



## 2019 YEAR 12 TERM 3 HOLIDAY SEMINARS

Below is a copy of the holiday timetable, which includes room allocation.

Subject	Teacher	Date	Time	Place	Focus
Society and Culture	B Powell	Tuesday 1/10/19 (Week 1)	9:00am-1:00pm	SC	Asylum seeker task completion
Essential English	A Christodoulou	Tuesday 1/10/19 (Week 1)	10:00am-12:00pm	SC	Completion of all internal work
Biology	D Eglinton	Tuesday 1/10/19 (Week 1)	9:30am-12:30pm	SC	Exam Revision
Food and Hospitality	S Rogers/A Coleman	Thursday 03/10/19 (Week 1)	10:00am-1:00pm	Home Ec	Internal work completion
EAL	J Bandjak	Wednesday 02/10/19 (Week 1)	10:00am-1:30pm	MF 2	Exam Practice
Flinders Uni Pre entry	I Benjafield	Wednesday 02/10/19 (Week 1)	TBC	BF4	Pre entry for Flinders
Material Products	J Holt	Wednesday 02/10/19 (Week 1)	9:00am-3:00pm	CAD	Folio completion
Modern History	D Osborn	Thursday 03/10/19 (Week 1)	9:00am-2:00pm	SC	Internal Completion and exam revision
Chemistry	R Parsons	Tuesday 08/10/19 (Week 2)	9:30am-12:00pm	SC	Exam Revision
Psychology	R Van Hoof	Tuesday 08/10/19 (Week 2)	12:00pm-3:00pm	BG1	Exam Revision
Essential Mathematics	E Penna	Tuesday 08/10/19 (Week 2)	10:00am-12:00pm	SC	Exam Revision
General Mathematics	A Roubanis	Wednesday 09/10/19 (Week 2)	11:00am-3:00pm	SC	Exam Revision
Physics/Math Methods	A Cadd	Thursday 10/10/19 (Week 2)	9:00am-12:00pm	SC	Exam Revision
Legal Studies	S Utting	Thursday 10/10/19 (Week 2)	10:00am-1:00pm	SC	Exam Revision
Workplace Practices	I Benjafield	Thursday 10/10/19 (Week 2)	9:00am-12:00pm	SC	Completion of all internal work
Community Studies	K Rogers	Thursday 10/10/19 (Week 2)	9:00am-12:00pm	SC	Completion of all internal work
English	B Roberts	Friday 11/10/19 (Week 2)	10:00am – 2:00pm	MF 2	Writers statement/Internal course completion

All students must enter and exit the senior building via the glass door by link stairs for security reasons.

All students must sign in and out in the visitor register located in front of Mr Benjafield's office, before moving to allocated room, any messages about last minute classroom changes will be left with the visitor register.

## SPORTS NEWS

### VISTA SPORTS

#### VISTA Year 8/9 Girls Volleyball Carnival

On Friday the 13th September our Year 8/9 Girls Volleyball Team competed in the VISTA Volleyball Carnival at Mars Stadium. Initially the games were quite one sided, either our way or the opponents. However, towards the end of the day in the finals, games were close and competitive. As the day progressed both teams improved so much. From our training on Tuesday, to the end of the day we were hitting the ball over the net more successfully and communicating better. Overall our teams came 3rd and 6th.

From the girls themselves;

*'The games were really intense which made it fun. Also I improved so much across the day due to peer coaching and advice.'*

*'I really enjoyed spending the day with my friends and improving my volleyball skills. Thank you to our coaches and umpires for making the day possible.'*

*'I really enjoyed spending the day running around with my friends. We definitely improved throughout the day and even won some games.'*

*'I surprising enjoyed the day spending time with friends and the friendly competition was great. Thank you to everyone who made this day possible.'*

*'I really enjoyed today because I got to know more people. It was a friendly competition and taught me a lot about volleyball.'*



#### VISTA Year 8-10 Girls Tag Rugby Carnival

On Wednesday the 18th of September our Year 8-10 Girls Tag Rugby Team competed in the VISTA Tag Rugby Carnival at Valley View High School. Initially the girls struggled to gain ground and move the ball quickly down the field. Despite this, throughout the day their skill progression and game understanding was outstanding. Their understanding and implementation of strategy and collaboration with each other also supported their later successes towards the end of the day. Overall, the girls finished 5th and had a whole lot of fun.

Eulaly Allen, Sports Coordinator







MODBURY VISTA SOCCER CLUB

## Girls TRIALS 2020 SEASON



NEW AND EXISTING PLAYERS ARE INVITED TO ATTEND OUR GIRLS TRIALS HELD AT BURRAGAH RESERVE (ALEXANDER AVE, MODBURY NORTH)

**TUES 8TH OCT**  
**THURS 10TH OCT**

**U13** | 6:00pm - 7:00pm  
**U15** | 6:30pm - 7:30pm  
**U17** | 7:00pm - 8:00pm

*Please arrive 30 mins before start time to sign-in*

ALL PLAYERS TO WEAR SHIN PADS AND BRING WATER

**NEW SYNTHETIC PITCHES AND CLUB ROOMS ON THE WAY!**

To pre-register or for more information please email:  
femalecoordinator@mvsoc.com.au



## VALLEY VIEW EAGLES SOFTBALL CLUB

**Players Wanted**  
**2019 - 2020 Season**  
**Tee Ball, U12, U14, U16**

ALWAYS WANTED TO PLAY A GREAT SPORT?  
MAKE LIFE LONG FRIENDS?  
BE A PART OF A TEAM?  
NOW IS YOUR CHANCE!  
WE HAVE A SPOT WAITING FOR YOU!

PRE SEASON TRAINING HAS STARTED  
10 A.M. - 11:30 A.M. JUNIORS  
11:00 A.M. - 12:30 SENIORS  
HARGRAVE RESERVE, MODBURY HEIGHTS

Contact Judith 0404032359  
secretary@eagles.asn.au

Does your child love to dance?

## Come join us at Highbury Calisthenics Inc

All welcome from 2.5 years +

Make new friends, develop dance skills,  
flexibility and strength

First two lessons are free!

Practices held in St Agnes and Hope Valley

✉ [highburycali@gmail.com](mailto:highburycali@gmail.com)  
☎ 0404 832 342 Find us on Facebook



### NETBALL ACADEMY

From October 2019 to February 2020 Taught and Bowled is offering aspiring netballers the chance to be involved in a Netball Academy program. The program is offered to netballers of all abilities from ages 9 to 15.

The program will focus on technical and tactical skill development and progression as well as core strength and fitness. Squad members will take part in netball specific testing and receive take home programs to improve their ball skills, footwork, balance/core strength and fitness. All participants will receive a training singlet, drink bottle and back pack.

The sessions will be delivered by accredited and experienced coaches who will work with the participants throughout the entire program.

#### PROGRAM DETAILS

Date	Time	Venue	Session
Mon 28 Oct	6:00-7:45pm	SAUCNA Courts	Introduction and testing
Mon 4 Nov	6:00-7:45pm	SAUCNA Courts	General Skills
Mon 11 Nov	6:00-7:45pm	SAUCNA Courts	General Skills
Mon 18 Nov	6:00-7:45pm	SAUCNA Courts	Court Structure
Sun 24 Nov	9:00am-1:00pm	Priceline Stadium	Match play and vision
Mon 25 Nov	6:00-7:45pm	SAUCNA Courts	Set plays and game sense
Mon 2 Dec	6:00-7:45pm	SAUCNA Courts	Set plays and game sense
Mon 9 Dec	6:00-7:45pm	SAUCNA Courts	Area Specific
Mon 13 Jan	6:00-7:45pm	SAUCNA Courts	Area Specific
Mon 20 Jan	6:00-7:45pm	SAUCNA Courts	Area Specific and game sense
Mon 27 Jan	NO SESSIONS		
Mon 3 Feb	6:00-7:45pm	SAUCNA Courts	Re-testing
Sun 9 Feb	9:00am-1:00pm	Priceline Stadium	Match play and vision

For more details information please click [HERE](#) or contact Alice Johnswood at [alice@taughtandbowled.com.au](mailto:alice@taughtandbowled.com.au)