

The Heights School NEWSLETTER

ISSUE 5 | 2 April 2020

> Educating young minds

> Serving our community

> Instilling values and embracing our future



The Heights School has completed the \$3.5 Million upgrade to student facilities, providing vital new learning spaces and opportunities in Science, Technology, Engineering and Maths (STEM). Additionally, The Heights School has received a \$10 Million grant to provide brand new buildings with state of the art furniture and equipment to enhance student learning. Planning has already commenced.



Have a Go, Go Hard, Keep Going! Go Together A Fair Go

ISSUE HIGHLIGHTS:

- Year 7-12 Reports
- Harmony Day in F2
- 807 Science

Pictured: 807 Science designing "The World's Smallest Kites" (See article on page 11)

DIARY DATES

PLEASE VISIT THE PARENT CALENDAR VIA THE WEBSITE FOR UP TO DATE **INFORMATION REGARDING THE** CANCELLATION OR POSTPONING OF ALL SCHOOL EVENTS

3/4	LAST DAY OF TERM I
	(3.05pm dismissal)
	CANCELLED - STAR Group
	Meeting Night
	POSTPONED - Alphashow R-6
	'The Little Mermaid'

CANCELLED - ASSA Public Viewing Night (Observatory) 6-9/4 PUPIL FREE DAY

First day of Term 2 27/4 27-30/4 MODIFIED - Parent/Teacher **Phone Interviews** 4-8/5 CANCELLED - Year 10 Work Experience 6-7/5 **CANCELLED** - Mother's Day Stall 6/5 Year 8 Immunisations (Visit 1)

See more UPCOMING DATES on the next page

Click here to view our online calendar

CONTACT

Ph: (08) 8263 6244

Fax: (08) 8263 6072

www.theheights.sa.edu.au /heightsschool





PRINCIPAL'S MESSAGE

Changes to Life, Work and Learning Habits

Our work, social and living environments appear to be constantly changing as we continue to follow directions and take precautions to limit the spread of COVID-19. Our daily routines, patterns of behaviour and even our thinking cannot be unaffected.

Last Day Term Friday 3 April 2020 (normal 3.05pm dismissal) Pupil Free Days 6-9 April 2020

First Day Term 2 Monday 27 April 2020

School is no different, much has been cancelled or postponed as we continue to work and educate differently with social distancing at the forefront of interactions. The last couple of weeks have been challenging for all of us and we have noted student absence has grown each day over the last fortnight. Across last week student absences grew from 40% to 60%, on Monday this week 70% were absent.

From Term 2 the medium for our education program will move from the current face to face traditional teaching model to a flexible or online delivery. This will mean we will be better able to support parents who choose to keep their children home and deliver education without trying to fit bits of learning for those at home around the regular face to face lessons at school.

At the same time, we recognise many parents who work in essential services and industries may need a school for their children. Whilst we are permitted the school will remain open for these children and families. The school day will look different with students present in a supervised environment doing the same flexible or online program as students at home. Social distancing and hygiene will be modelled and expected and anyone not well must stay home.

This is an anxious time and if as parents we are getting anxious about our child's learning amongst other things that's understandable. It's all about balance and the following extract I came across emphasises some good points.

You might be inclined to create a minute by minute schedule for your kids. You have high hopes of hours of learning, including online activities, science experiments, and book learning. You'll limit free-time technology until everything is done! But here's the thing ...

Our kids are just as scared as we are right now. Our kids not only can hear everything that is going on around them, but they feel our constant tension and anxiety. They have never experienced anything like this before. Although the possibility of being off school for weeks sounds awesome, they are probably picturing a fun time like summer break, not the reality of being trapped at home and not seeing their friends and doing all the 'holiday' type things.

Over the coming weeks, you we may see an increase in behaviour issues. Whether it's anxiety, or anger, or protest that they can't do things normally - it will happen. You may see more meltdowns, tantrums, and oppositional behaviour in the coming weeks. This is normal and expected under these circumstances.

What kids need right now is to feel comforted and loved. To feel like it's all going to be ok. And that might mean that you tear up your perfect schedule and love on your kids a bit more. Play outside and go on walks. Bake cookies and paint pictures. Play board games and watch movies. Do a science experiment together or find virtual field trips of the zoo. Start a book and read together as a family. Snuggle under warm blankets and do nothing.

(Continued over)



CONTENTS

2-6 **Around Our** School Year 7-12 Reports Parent/Teacher Interviews

7 Year 8 for 2021

- 7-8 **ICAS Assessments**
- 9 Harmony Day
- 10 STAR Group
- 10-11 807 Science
- 11 Community Notices

AROUND OUR SCHOOL

PRINCIPAL'S MESSAGE (Continued)

Don't worry about them regressing in school. Every single kid is in this boat and they all will be ok. When we are back in the classroom, we will all course correct and meet them where they are. Teachers are experts at this! Don't pick fights with your kids because they don't want to do the maths sheet or the writing task the school has sent home. Don't scream at your kids for not following the schedule. Don't mandate 2 hours of learning time if they are resisting it.

If I can leave you with one thing, it's this: at the end of all of this, your kids' mental health will be more important than their academic skills. And how they felt during this time will stay with them long after the memory of what they did during those weeks is long gone. So keep that in mind, every single day...

Pupil Free Days and Preparation for Term 2

As you are aware The Minister has announced 4 Pupil Free Days before Easter on 6, 7, 8 and 9 April to give staff time to focus on transitioning to flexible teaching and learning.

The purpose of the days is to help schools prepare for new models of learning that can be delivered consistently to students at home and at school.

Consequently this is the last week for students with the term concluding on Friday 3 April 2020 with a normal dismissal time of 3.05pm.

The letter from the Minister along with a letter from me was emailed to you at the end of last week.

End of Term

Being our last newsletter for the term I ask everyone to take care, keep informed, model best practices around staying safe and caring for those around us. Thank you to the staff for their effort and hard work throughout this challenging time.

Learning programs at school or at home re commence for the start of Term 2 on Monday 27 April.



UPCOMING DATES TO REMEMBER

LAST DAY OF TERM I

Friday 3 April 2020 (normal dismissal time of 3.05pm)

PUPIL FREE DAYS 2020

Monday 6 - Thursday 9 April Term 1, Week 11 Term 2, Week 6 Friday 5 June Term 3, Week 8 Monday 7 September

SCHOOL CLOSURE DAY 2020

Friday 4 September

Term 3, Week 7



AROUND OUR SCHOOL



Government of South Australia

Department for Education

Office of the Chief Executive 31 Flinders Street Adelaide SA 5000 GPO Box 1152 Adelaide SA 5001 DX 541

www.education.sa.gov.au

Dear parents and carers,

The advice from national Public Health officials remains clear – schools, preschools and early childhood services are safe to remain open, and will continue to operate.

However, COVID-19 is an unprecedented challenge and we understand that many of you would prefer to keep your children at home during this time. We support your choice.

Until the end of Term 1, some teachers will have capacity to offer take home work, but others will not. Please continue to support our teachers, as they are doing their very best in this unprecedented situation.

To support our transition to flexible teaching and learning ready for term 2, there will be 4 pupil free days from 6 to 9 April 2020 inclusive. This time will allow our staff to plan and prepare for new models of school based and home based learning.

To support learning at home, the Department for Education has launched Our Learning SA – a curriculum portal where you can access quality learning materials. These resources will be regularly added to. Please visit www.education.sa.gov.au/ourlearningsa.

We are also working with schools and preschools to develop options for OSHC and vacation care over the pupil free days and school holidays for children of essential workers. Please speak to your child's school or preschool for more information.

Thank you for being flexible and understanding as we work through a new way of teaching and learning during this extraordinary time.

We are working very hard to support you and ensure that essential school and early childhood services remain available to you.

If you need any more information, please talk to your child's teacher, or visit the Department for Education website – <u>www.education.sa.gov.au</u>.

Yours sincerely,

Hon John Gardner MP Minister for Education

26 March 2020

Rick Persse Chief Executive

26 March 2020

YEAR 7-12 REPORTS

YEAR 7-12 REPORTS

Reports for students in Years 7-12 will be published online to the Daymap Parent Portal during the upcoming student holidays. An email will be sent out to families when reports are ready to be accessed.

If you require a printed copy of your student's report **posted** out to you, please contact Student Services by:

Email: dl.1430.studentservices@schools.sa.edu.au Phone: 8263 6244

Please make sure you provide the student's name and your postal address when contacting Student Services. Unfortunately due to Social Distancing guidelines, we are unable to provide printed reports in person at this time.

Parent Portal Instructions:

To login Daymap Parent Portal for the first time, use the following process to retrieve your login details.

Go to the Heights School website: http://www.theheights.sa.edu.au

From the menu bar at the top of website, click Access > Daymap as shown below:



Then click the "Daymap Parent Portal" button as per below:



From the Daymap Parent Portal login screen, the first time you login you'll need to click New User as per below:

Username:
Password:

Forgot your password? New User?

On the next screen enter in your email address that is registered with the school, along with a matching student code and click "Reset Password". Student Codes can be obtained for students in Years 7-12 from their school Student Card.

If you do not know your registered email address, please contact The Heights School ICT Office on 8263 6244 for assistance.

Your Email Address:	
Student Code:	
	Reset Password

The Parent Portal will now send an email to your nominated email address containing your username and instructions to reset your password.

You will then be able to login to the Daymap Portal, using the following details:

Username: [contained in the reset password email sent to you]

Password: [the password you set above]

PARENT / TEACHER INTERVIEWS

R-12 PARENT / TEACHER INTERVIEWS, TERM 2 2020



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buildings with state of the art furniture and equipment to enhance student learning.

Planning has already

R-12 Parent / Teacher Interviews Term 2, 2020

Parent / Teacher Interviews are an integral part of The Heights School's reporting procedures.

Parent / Teacher Interviews have been planned for Week 1 of Term 2. This Term, due to social distancing rules **we will be conducting interviews by phone**.

PHONE Interviews will be conducted between:

Week 1, Term 2							
Day	Date	Time					
Monday	27 th April	2:45pm – 5pm					
Tuesday	28 th April	3:15pm – 5pm					
Wednesday	29 th April	3:15pm – 5pm					
Thursday	30 th April	3:15pm – 5pm					

This is a great opportunity for parents and students to speak with teachers; reflect on their achievements from Term 1, discuss improvements needed and any other matters relevant to the child's education.

Interviews will be a maximum of ten minutes in length. If more time is required, or there are no times that suit you please arrange an interview time with the teacher for an alternate day.

You will be able to book interviews at times that suit your family best.

Parent Teacher Interviews
 BOOKINGS OPEN – Wednesday 1st April 2020
 BOOKINGS CLOSE – Wednesday 23rd of April 2020

To coordinate interviews we have employed an online booking system to assist you in securing your preferred interview times. The procedure is as follows:

- Go to The Heights School website, <u>www.theheights.sa.edu.au</u>. The link to the online booking system is on the home page along with instructions. The page is called interview Rounds. You will have two options. Please choose the link that is applicable to your child's year level.
- If you do not have access to the internet please call the school directly on 8263 6244 or ask your child to speak to Student Services who will make the bookings for you. Office hours during school holidays are 8.30am to 3.30pm 15 April-16 April & 20 April-24 April.
- If you wish to see any of your child's teachers, you need to secure an appointment time using this system.



Principal

we create we provide we encourage we care ig nite 🥖

Brunel Drive Modbury Heights SA 5092 Telephone 8263 6244 Facsimile 8263 6072 Email dl.1430.info@schools.sa.edu.au Website www.theheights.sa.edu.au



AROUND OUR SCHOOL

SCHOOL PHOTO UPDATE

School photos have been delivered to the school and will be given out to students during Week 10 via their class teacher or home group teacher. If your student has chosen, or been instructed, to stay at home they will receive their photo packs when they return to school in Term 2.

In keeping with social distancing recommendations, students who are not currently attending the school will receive photo packs on their return to school.

We are not facilitating collection of school photos by students/parents/caregivers at this time.

If a parent has ordered an additional pack of photos indicating mum/dad only to be collected at the Front Office, these may be collected from the beginning of Term 2.

Kelly Rowe Resource Centre

LIBRARY NEWS

SCHOLASTIC BOOK CLUB

Thank you so much to everyone who has purchased items from Book Club. It is certainly a great way to bring literature into your home and also useful if you need a gift!.

Issue 2 purchases should be arriving any day and will be given directly to students unless I have been requested to do something different. If students are not at school when we receive the delivery they will be kept until next term.

Due to current circumstances I have cancelled the Issue 3 catalogue but you may still see it online:

www.scholastic.com.au/loop

Scholastic will send your order to your home address. There is a \$4.99 charge for postage and handling.:

Please let me know if you need any assistance.

The EASIEST way for parents to order and pay for Book Club!

Linked Online Ordering & Payment platform

It's easy to order and pay online for your child's **Book Club** order using your credit card. Your order will electronically be linked to your school when you order and pay by **LOOP**.

Also available as an app:



BOOK BORROWING

With the longer holidays fast approaching, students currently attending school are encouraged to do some extra borrowing to get through the break. Students in Years 3-7 should (where possible) choose appropriate Lexile texts that have a quiz attached along with other books of interest to them.

Additional online reading options will be available soon - your teacher will give you further details in due course.

Please encourage your children to discuss their books with you.

Enjoy your reading!

Ms Simpson Teacher Librarian



NOTICE FOR YEAR 7 PARENTS

Year 8 for 2021

Due to a new process for parents to register their child(ren) for high school next year, we are asking parents of Year 7 students to make sure their email address and residential address are correct on our school system.

If any of the following apply to you, please contact Michelle Crush as soon as possible on 82636244 or by email on michelle.crush23@schools.sa.edu.au

- Changed address recently and have not updated this information with the school
 If you have changed address proof of residence needs to be provided with a gas or electricity bill with your name and current address
- Changed your email address
- Changed your home phone number or mobile number
- Do not have an email listed with the school
- · Need to check your current details on the school system

This information needs to be correct in our system **prior to 27 April, 2020** so you can receive an email on how to complete process online. This email will provide further instructions on how to complete the application so that your child has a guaranteed position at The Heights School for 2021.

Michelle Crush, Student Services 7-9

ICAS ASSESSMENTS

ICAS Assessments are designed to recognise academic excellence, students are assessed on their ability to apply classroom learning to new contexts using higher-order thinking and problem-solving skills.

The assessments are based on the curricula for the relevant year. Students are asked to demonstrate a deeper, integrated, and thorough level of learning.

Subjects tested are:

- ICAS Science
- ICAS Writing*
- ICAS Digital Technologies
- ICAS English
- ICAS Spelling Bee
- ICAS Mathematics
- * Offline assessments only available for ICAS Writing Years 3 and 4.

Please follow the instructions on the parent letter to register and pay for tests by due dates listed. We will advertise the actual sitting dates at The Heights School earlier in August.

How to prepare

Specific preparation for ICAS tests is not required as the assessments are skills-based. However, to support you and your students UNSW have created a suite of practice materials.

Go to the following link for information:

https://www.unswglobal.unsw.edu.au/educational-assessments/products/icas-assessments/

* Privacy notification: UNSW Global stores, uses and modifies the ICAS Assessments data in order to generate reports, conduct research and analysis, and improve its products and services. UNSW Global will not hold or use ICAS Assessments data that constitutes personal information for longer than 15 years. As the parent or guardian of a student who intends to sit ICAS Assessments, you consent to the school collecting the ICAS Assessments data that relates to the student, disclosing it to UNSW Global and to UNSW Global's use of it in the manner outlined above. You also consent to the school assigning this consent to UNSW Global.

David Eglinton

Co-ordinator Ignite, Science & STEM Industry Skills

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ICAS ASSESSMENTS

30 March 2020



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Additionally, The Heights School has received a \$10 Million grant to provide brand new buildings with state of the art furniture and equipment to enhance student ______learning.

Planning has already commenced.

we create we provide we encourage we care Dear Parent/Caregiver,

We are delighted to inform you that The Heights School will be participating in the world-renowned ICAS Assessments again this year. ICAS is developed by UNSW Global, a wholly owned subsidiary of the University of New South Wales, with over 35 years' experience in educational assessments.

ICAS is designed to target students' higher-order thinking and problem-solving skills in English, Mathematics, Science, Writing, Spelling and Digital Technologies.

Each assessment celebrates students' accomplishments by providing opportunities for recognition. Every student will receive a certificate and an online result report. Top performers will be eligible for medals and are invited to attend special award ceremonies to have their academic excellence publicly recognised.

We encourage you to consider entering your child into ICAS this year. The assessments are suitable for students wishing to extend themselves academically and take up the personal challenge of competing in an international assessment. Your child will be presented with high-quality, expert-developed questions, allowing them to apply their learning without the need for prior study or revision.

ICAS Assessments are now online, a move that reflects a sector-wide transition to computer-based assessment. This allows greater accessibility for students and faster delivery of results.

2020 ICAS Subject availability / Year levels / Cost / Dates

TEST	YEAR	COST (inc GST)	ONLINE PAYMENT	TEST SITTING DATE
	LEVELS		CLOSING DATE	
Science	2-12	\$15.95	Mon 10 August 2020	August 17-21, 2020
Writing	3-12	\$15.95	Mon 10 August 2020	August 17-21, 2020
Digital Tech	3-10	\$15.95	Mon 17 August 2020	August 24-28, 2020
English	2-12	\$15.95	Mon 17 August 2020	August 24-28, 2020
Spelling	2-7	\$15.95	Mon 24 August 2020	Aug 31-Sep 4, 2020
Mathematics	2-12	\$15.95	Mon 24 August 2020	Aug 31-Sep 4, 2020

Prices shown include GST

*Offline assessments only available for ICAS Writing Years 3 & 4 and priced at \$15.95 (inc GST)

PAYMENT

Payment is not accepted through BPoint or the Finance Office at the school. Please follow the steps below to complete purchase and payment for ICAS tests:

- Visit the ICAS Parent Payment System at unsw.global/parentpay
- Enter The Heights School unique access code: YDB505
- Enter your child's student ID number (this can be accessed through Daymap)

Online payments for each test will close as listed above. Please ensure to note your online receipt number on the permission form attached.

The link below provides information about ICAS as well as sample questions to help students prepare:

https://www.unswglobal.unsw.edu.au/educational-assessments/products/icas-assessments/

Partnering with UNSW Global, we are proud to offer our students the ICAS Assessments, and look forward to some fantastic results later in the year.

Yours sincerely,

David Eglinton Coordinator Ignite, Science and STEM Industry Skills



Nigel Gill Principal

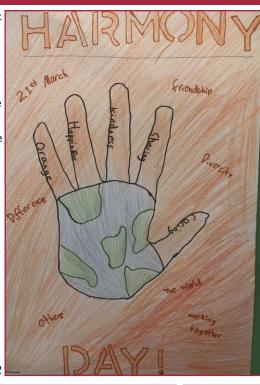


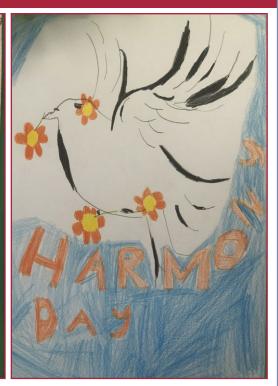


HARMONY DAY

HARMONY DAY IN F2

F2 had a great time learning about and celebrating Harmony Day. We started by creating a mindmap with all the concepts they believe relate to harmony. There was a thoughtful discussion where we came up with concepts such as: peace, diversity, respect, culture and kindness. Afterwards, using the mind-map as inspiration, the students designed their own posters that celebrated Harmony Day and informed viewers of the meaning behind the day. I was very proud of the respect and consideration shown by the Year 5s during this time and I can see they are well on their way to becoming well-rounded global citizens.





Miss Mahoney, Year 5 Teacher - F2



STAR GROUP & 807 SCIENCE

STAR GROUP 2020

It is with great disappointment that the restrictions made by the Covid-19 outbreak has forced the cancellation of STAR Group for 2020.

We had a wonderful beginning to the year with 45 students wanting to participate in STAR Group. I particularly found this to be overwhelming as I was put in the position that we had to somehow reduce the numbers of this group so that we could work safely in the small spaces we

have available to us. This was best managed by initially splitting the group into two, instating a continuers group and a beginners group. Whilst this brought the numbers down unfortunately it still meant that 10 students were placed on a waiting list awaiting a possible future place in the group. Thank you to those parents who were able to stay, at short notice, for our parent meeting and displayed understanding at what I was convening. Your positive feedback has been very welcome around these issues.

In our two sessions, students began an activity to collaboratively design a representation of a heliocentric model of the Solar System. This is the accepted astronomical model of the solar system, having or representing the sun as the centre. This continued for both of our sessions, until night fall, as we are unable to have external lights to the Observatory as it creates to much light pollution for adequate viewing.

The other parts of the evenings were focussed upon learning about our two telescopes, with students viewing constellations and the Evening Star...Venus.



Sharon Robertson, Observatory Manager



807 SCIENCE: CELL ORGANELLES

Recently, the 807 Science class were involved in an activity where they had to become "experts" about four organelles. These are the parts that make up cells. They had to learn about the organelles' function, relative size within a cell and what its structure looks like. Then in their teams they had to collaboratively draw their cell type and its organelles outside in chalk on the pavement. At the end of this exercise they had to instruct the other members of their group about the organelles which they were knowledgeable about. "This is an exciting way of

learning," said one student at the time.





807 SCIENCE

807 SCIENCE: THE WORLD'S SMALLEST KITES

As a beginning of the year exercise, the Year 807 Science student teams were asked collaboratively design "The World's Smallest Kite" as a way to explore variables in practicals. Their kites had to be identical in all aspects except one. This one difference was then tested to see if it made a difference to the kites' ability to fly correctly. Many students had not made kites before and they rose to the challenge. The testing was an interesting experience

with variations in winds creating problems for some.

Sharon Robertson





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COMMUNITY NOTICES

Relations thips Australia. South Australia

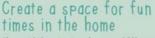
Helpful tips for parenting through the Coronavirus (COVID-19)

NI6

Be the stronger, wiser parent

Boundaries provide a sense of safety for children. It is important to let your child know that worrying about safety is your job as the parent. Your child might be more sensitive and anxious during this unusual time An example of how to respond to this could be:

'It is my job as the parent to keep us safe. To help me do this well, I might ask you to do certain things, like washing your hands more often. So trust that I am doing what is best for us, so you can continue to play and be a kid."



There might be a situation where your child has to stay at home for a long period of time. If this is the case, it is important to encourage moments of fun with your child.

Joining in with your child on being silly and having fun creates a sense of safety for them.

Moments of fun and playing together can be a great way to take a break from worrying about the uncertainty in the world right now.

Ask your children for their ideas on what you can play or



Important and informative links

There is lots of information circulating on the internet and across the media. We recommend that you choose to keep yourselves updated via reputable sources. Here some examples of reliable sources for updates on the Coronavirus.

Unicef | How to talk to your children about Coronavirus: https://bit.ly/2wmGR5B SA Health | Coronavirus Updates: https://bit.ly/33EANSk

Australian Department of Health | Coronavirus Updates: https://bit.ly/3a73xW2 World Health Organization (WHO) | Coronavirus updates: https://bit.ly/2xP2FXP

Relationstrips Australia. Helpful tips for parenting through the Coronavirus (COVID-19)

We recognise that these are uncertain times, and the situation is changing daily. This can cause some overwhelming feelings.

Let's focus on building resilience for our children and self-care for us as parents.

Here are some helpful ideas for supporting your children and yourself through challenging times, such as the current Coronavirus pandemic.

About YOU

In stressful times, we can often find ourselves feeling anxious and out of control. As need to ensure we look after ourselves so we can look after our children. Here are some ideas:

Deep Breathing: Breathe in through your nose, and out through your mouth, repeat at least 5 times.

- Exercise: Find fun ways to exercise and disconnect from your technology a few times a day. Positive self-talk: How we talk to ourselves has a massive impact on our anxiety. Reminding
 ourselves things like "I can cope with this", "I can get through hard times".
- · Stay Connected: Maintain connections to your positive support networks via phone, text, e-mail social media, video chat etc

How we communicate with our children

Being on our phones and computers can increase our anxiety. Flooding our minds with reminders of uncertainty increases our panic about Coronavirus, as does misinformation (fake newst)

Our kids are paying attention to what we are talking about. Be mindful of conversations while your children are around. It is best to delay conversations and reading articles until your children are not present.



If your child does hear things about Coronavirus, it is important for you to give them permission and the tunity to talk about their worries

Validate your child's guestions and worries

The world doesn't feel as safe as it felt a few weeks ago Let your child know, it's normal to feel unsure at the moment

As parents, it's our job to validate their feelings and our own in this tough, unusual time.

Make space for conversations with your child where they can speak freely about how they are feeling, what they have heard, and any worries they are holding onto.

As parents, you don't need to convince your child to Feel any differently, but instead its characteristics, and let your child know that they can always come and talk to you about worries and questions they may have.