

## ISSUE HIGHLIGHTS:

- "Welcome to The Heights" Celebration
- 2021 House Leaders & Sports Day Drawing Competition
- Year 7 Woodhouse Excursion

(Pictured: Welcome back assembly - see article below)

## DIARY DATES

- |      |   |
|------|---|
| 19/2 | SAPSASA Boys & Girls Softball Carnival<br>VISTA Year 8 Boys Basketball  |
| 20/2 | Year 6 Ignite Exam  |
| 23/2 | Catch up School Photos (9.30am - 11.00am)<br>Preschool Meet & Greet - Tues/Wed Group (5.00pm - 5.45pm)            |
| 24/2 | Governing Council AGM   |
| 25/2 | Stage 2 Fitness Excursion - Surfing at Goolwa Beach<br>Preschool Meet & Greet - Thurs/Fri Group (5.00pm - 5.45pm) |
| 26/2 | SAPSASA Swimming Carnival   |
| 26/2 | VISTA Senior Girls & Boys Beach Volleyball  |
| 27/2 | Year 7 Ignite Exam  |
| 1/3  | Primary Years Assembly (CF7 & E4) *Staff & Students Only  |
| 5/3  | Whole School Sports Day- P-12   |

See dates for School Tours on the next page

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

## CONTACT

The Heights School  
Brunel Drv, Modbury Heights SA 5092  
Ph: (08) 8263 6244  
Fax: (08) 8263 6072  
E: [dl.1430.info@schools.sa.edu.au](mailto:dl.1430.info@schools.sa.edu.au)  
[www.theheights.sa.edu.au](http://www.theheights.sa.edu.au)

[f](#) /heightsschool



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## AN INVITATION

Parents and Friends of  
The Heights School Community  
are cordially invited to the

# ANNUAL GENERAL MEETING

## WEDNESDAY, 24 FEBRUARY 2021

### 6.00pm

**Conference Room (Administration Building)**

To nominate for Governing Council please email Dani Dunne, [dani.dunne687@schools.sa.edu.au](mailto:dani.dunne687@schools.sa.edu.au) to obtain a nomination slip or collect one from the Front Office. Nominations are to be returned to Dani by 9.00am on Wednesday, 24th February 2021 prior to the AGM.

*Find out what we aim to improve in 2021*

*Enjoy nibbles and a drink*

*Celebrate the success of 2020*

*Choose to be a part of the Governing Council to support future improvement priorities*

## PUPIL FREE DAYS & SCHOOL CLOSURE DAY 2021

### PUPIL FREE DAYS 2021

Thursday 1 April.....Term 1, Week 10  
Friday 11 June .....Term 2, Week 7  
Friday 3 September.....Term 3, Week 7

### SCHOOL CLOSURE DAY 2021

Monday 6 September .....Term 3, Week 8

## WELCOME BACK ASSEMBLY 2021

Last week, we held our first whole school assembly in the courtyard. It was a wonderful opportunity for Mr Nigel Gill to welcome our new staff and students to The Heights School community as well as share information about some upcoming events this term. Students demonstrated highly respectful manners and audience skills during Mr Gill's address. A true reflection of the positive school culture fostered by students and staff at our school.

(Pictured top of page)

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### REPORTING A STUDENT ABSENCE

Students are absent from school or late at times for all sorts of reasons. Could you please let the school know if your child is going to be late or absent and the reason, so we can record the absence correctly and keep track of where students are during the school day.

You can report your child's absence in the following ways:

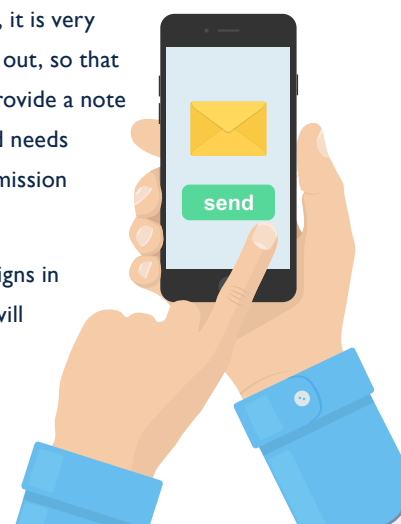
- **Phone the school on 8263 6244**
- **Email student services on [dl.1430.studentservices@schools.sa.edu.au](mailto:dl.1430.studentservices@schools.sa.edu.au)**

If your child arrives late to school or needs to leave early, it is very important that they go to Student Services and sign in or out, so that we know when students are on site. Could you please provide a note in your child's diary or email student services if your child needs to sign out early for any reason, as we need parental permission before we can let your child leave the school grounds.

Similarly, a note or email is also helpful when your child signs in late so we can mark the absence correctly, otherwise it will be marked as an unexplained absence.

Thank you.

*Student Services*



### SCHOOL TOURS 2021

*Bookings are required for school tours and can be made via our [website](#).*

#### THESE WILL OCCUR ON THE SAME DAYS:

#### School Tour - Q&A for School/Preschool - Preschool Tour

School Tour	9.15am - 10.00am
School Q&A with Principal	10.00am - 10.30am
Preschool Q&A with Principal	10.00am - 10.30am
Preschool Tour with Kate	10.30am - 11.00am

#### Term 1

**Tuesday 30 March 2021** (Term 1, Week 10)

#### Term 2

**Thursday 29 April 2021** (Term 2, Week 1)

**Friday 30 April 2021** (Term 2, Week 1)

#### Term 3

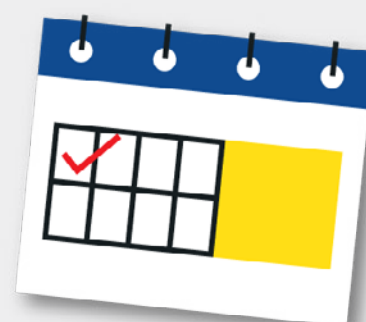
**Tuesday 27 July 2021** (Term 3, Week 2)

**Wednesday 28 July 2021** (Term 3, Week 2)

**Thursday 12 August 2021** (Term 3, Week 4)

#### Term 4

**Wednesday 20 October 2021** (Term 4, Week 2)



## UPCOMING SCHOOL EVENTS



**The Heights School**  
Preschool - Year 12

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



**ignite**  
a program for gifted and talented children

**Building better schools.**

The Heights School has received Government funding to develop state of the art new buildings and facilities.

Our \$3.5 million building upgrade is now complete, providing innovative new learning spaces and opportunities in the areas of Science, Technology, Engineering and Maths

### Preschool Tour



### You are Invited

Are you looking for the best possible start to your child's education in a play based caring environment? Please join us and meet our Principal, Nigel Gill, for refreshments and a conversation about your child's first steps into education followed by a tour of our Preschool with Coordinator Kate Hallam

**Tuesday 30 March 2021 from 10.00am to 11.00am**



Bookings are essential. Please book online at <http://theheights.sa.edu.au/tour> or contact Dani Dunne 8263 6244

EVENTS ARE SUBJECT TO CHANGE DUE TO COVID RESTRICTIONS

Brunel Drive, Modbury Heights SA 5092  
Telephone 8263 6244 - Fax 8263 6072  
Email [dl.1430.info@schools.sa.edu.au](mailto:dl.1430.info@schools.sa.edu.au)  
Website [www.theheights.sa.edu.au](http://www.theheights.sa.edu.au)



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### School Tour



### You are Invited

Please join our school tour followed by the opportunity to meet our Principal, Nigel Gill, for refreshments and a conversation about your child's education in a relaxed atmosphere

**Tuesday 30 March 2021 from 9:15am to 10:30am**

Are you looking for a high achieving school for your child as they enter Secondary schooling? The Heights School would love to share it with you

Bookings are essential. Please book online at <http://theheights.sa.edu.au/tour> or contact Dani Dunne 8263 6244

EVENTS ARE SUBJECT TO CHANGE DUE TO COVID RESTRICTIONS

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**The Heights School**  
Preschool - Year 12

- > 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)



### You are invited to our OPEN EVENTS

**Wednesday 17 March 2021**  
6:00pm to 7:30pm

**Thursday 18 March 2021**  
9:15am to 10:30am

Learn more about our Ignite Program, and our major redevelopment delivering new buildings with state of the art furniture and equipment to enhance student learning



**ignite**  
a program for gifted and talented children

**The Heights School - Preschool to Year 12**  
Brunel Drive, Modbury Heights 5092 | Ph: 8263 6244 | Fax: 8263 6072  
Email: [dl.1430.info@schools.sa.edu.au](mailto:dl.1430.info@schools.sa.edu.au) | [www.theheights.sa.edu.au](http://www.theheights.sa.edu.au)



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Events are subject to change due to COVID restrictions

## DID YOU MISS HAVING YOUR SCHOOL PHOTO TAKEN?

Students who were absent or unable to attend on photo day are invited to sit for their photos on **Tuesday, 23 February** from 9.30 - 11.00am. Families that PRE-ORDERED sibling photos online, but had a child absent on photo day also may also have their sibling photo taken on this day. Please go to the Resource Centre and report to the photographers.

Although orders can no longer be accepted by envelope, **you are still able to order online until Tuesday 23 February, without incurring a late fee.**

Visit [www.advancedlife.com.au](http://www.advancedlife.com.au) and use the 9 digit order code found:

1. On your original order envelope
2. Contained in an email from the school (for secondary students)
3. Contained in class and school Dojo messages (for primary students)

Advanced Life Photography can be contacted on 8268 7869.

Kellye Rowe, Resource Centre



## WAITING LIST FOR PRESCHOOL 2021

### 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 to seek answers through learning, underpinned by a partnership with family and the community.

If you would like to request a Preschool Registration Form for 2021 please contact Daniella Dunne on the details below.

Email: [Dani.Dunne687@schools.sa.edu.au](mailto:Dani.Dunne687@schools.sa.edu.au)

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



## ENTERTAINMENT MEMBERSHIP

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

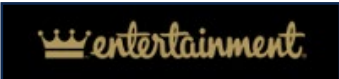
Support The Heights School! 20% of every Entertainment Membership sold goes towards fundraising.

There are no longer hard copies of the Entertainment Book. Digital membership is accessed by downloading the app and purchasing a 12 month membership at the following location:  
[www.entbook.com.au/1619k82](http://www.entbook.com.au/1619k82)

Membership is valid for 12 months and can start at any time.

The Entertainment Digital Membership can be shared with family members in your household on up to five different devices, but only one device can actively redeem offers at any one time.

You'll receive hundreds of valuable offers for everything you love to do, and help our fundraising at the same time!



Choose a Membership right for you

Single City	Multi City	Multi Plus
View all Cities	View all Cities	View all cities
<b>\$69<sup>99</sup></b> / 1 Year	<b>\$119<sup>99</sup></b> / 1 Year <span style="background-color: #f08080; padding: 2px;">MOST POPULAR</span>	<b>\$229<sup>99</sup></b> / 2 Years <span style="background-color: #f08080; padding: 2px;">BEST VALUE</span>
<ul style="list-style-type: none"> <li>✓ Single City Membership*</li> <li>✓ 1 year Membership</li> <li>✓ 20% goes to your fundraiser</li> </ul>	<ul style="list-style-type: none"> <li>✓ Unlock all 21 Cities</li> <li>✓ All Australia, New Zealand, Bali</li> <li>✓ 1 year Membership</li> <li>✓ 20% goes to your fundraiser</li> </ul>	<ul style="list-style-type: none"> <li>✓ Unlock all 21 Cities</li> <li>✓ All Australia, New Zealand, Bali</li> <li>✓ 2 year Membership</li> <li>✓ Offers will refresh each year</li> <li>✓ 20% goes to your fundraiser</li> </ul>
<a href="#">Buy Membership</a>	<a href="#">Buy Membership</a>	<a href="#">Buy Membership</a>

## RECEPTION AND YEAR 12, 2021 "WELCOME TO THE HEIGHTS" CELEBRATION

On Monday 15th February, The Heights School hosted a special celebration assembly involving our Reception and Year 12 students. The purpose of this event was to formally welcome our Reception children and their families into our School community and to demonstrate one of the things that is special and unique to The Heights, which is our sense of community and belonging.



The assembly was attended by Reception students and their families, Year 12 students, staff and school leaders. It was a wonderful opportunity to bring our community together and to observe our Reception and Year 12 students developing positive relationships. Our Year 12 big buddies did an excellent job of bonding with and supporting their Reception buddies and were fantastic role models and supporters of our youngest students when they spoke and performed in assembly for the first time, after only three and half weeks of formal schooling.

We had four wonderful Year 12 speakers who have attended The Heights since Preschool. They shared their most treasured school memories and a piece of advice that they would give to their Reception selves. The strong message from our Year 12s was to listen to your parents and teachers, give things a try and don't be afraid to make mistakes. More importantly, the advice that was shared was to make the most of your time at school because it passes so quickly.

The Reception students spoke about their aspirations for the future with help from their Year 12 buddies. We had a number of students expressing a desire to become ballerinas, hairdressers, scientists, doctors and lots of racing car drivers.

The Reception children also performed the song, "This is My Singing Voice" which was very entertaining. The Year 12 students then presented their Reception buddies with a commemorative bookmark and a flower which signified blossoming and growing and our hope that each child develops a love of learning.

After the formalities, it was lovely to connect with families over morning tea. Thank you to everyone who attended and supported this event. We look forward to building strong and positive relationships with our families over the coming years.

*Rebekah Goodall, Primary Years Leader*



## INTRODUCING THE ABORIGINAL EDUCATION TEAM

Nina Marni and welcome to Term 1. My name is Aaron Murray-Raschella and I am part of the Aboriginal Education Team here at The Heights School. As the Aboriginal Secondary Education and Transition Officer (ASETO), I have a focus on wellbeing and engagement. Our two Aboriginal Education Teachers (AET), Mr Stephen Miles and Mr Luke Barmby have a focus on high expectations and improving outcomes for Aboriginal students through the key learning areas of literacy and numeracy.

It has been a pleasure to work with our Aboriginal and Torres Strait Islander students these past 2 years. Our students have been incredibly eager to learn more about their own culture and the culture of others and share their knowledge with their peers. Our team looks forward to supporting each student's wellbeing, education, and cultural learning needs for the rest of the school year and bringing a greater cultural awareness to The Heights School community.



In case you were wondering about us, here is a bit of background information...

**Aaron Murray-Raschella:** *My father migrated to Australia as a child from Calabria, Italy, and my mother was born in Adelaide and raised in Coober Pedy, having Wamba Wamba/Wiradjuri roots. I've grown up in a diverse household, which has given me a great deal of respect for the multiculturalism that is Australia. Having worked for many years in Aboriginal Education out North and in the West I have really enjoyed following my passion for Aboriginal culture and children's education.*

**Stephen Miles:** *I have been the Aboriginal Education Teacher at The Heights School for the last four years. My previous experience with Indigenous students was working for Aboriginal Tutoring. This year I am working with secondary students from Years 7-12 helping them with assignments and tasks so their literacy and numeracy improves. I also run the Rock and Water program, a social program which builds self confidence in students. We are very proud of the Aboriginal students at The Heights who have moved on to tertiary education and employment. I look forward to seeing what our Aboriginal students can achieve in 2021.*

**Luke Barmby:** *I have been teaching for over 10 years with middle school experience and as an Aboriginal Education Teacher. This is my second year at The Heights and I look forward to the new role. My family is from Australia, with my father's side descending from Wilcannia, the Barkindji people. I grew up with my two brothers unsure of my ancestry and the cultural ties of being Indigenous so I am passionate to work with students to learn about Aboriginal culture, develop their skills as learners and increase their engagement at school.*

If you have any questions, concerns, or just want to chat, please feel free to contact us at the school on Monday - Friday 8.30am - 4.00pm.

**Aaron Murray-Raschella, Aboriginal Secondary Education & Transition Officer**

## SPEECH PATHOLOGY PROJECT 2021

Hello! My name is Majella. I'm working as a speech pathologist at The Heights School this year, fortnightly on Mondays. I also work at the Para Hills Office (Department for Education) and il nido Children's Centre, working with families and educators to support children's communication development.

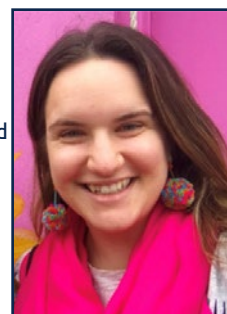
As a Speechie, I believe that 'communication is a fundamental human right'. Everyone has something valuable to say and share with the world!

This year at The Heights School, I will be working with teachers in the Preschool and Junior Primary classes, to support students' language and literacy development. We will be talking about the Big Six of Reading (oral language, vocabulary, phonological awareness, phonics, fluency, comprehension) and how we can build students' skills in these areas. I'll be spending time in the Junior Primary classes in Term 1.

On my days off, I enjoy spending time with my loved ones, visiting the beach (in summer and winter!) and exploring new cafes. I love bright colours, positive quotes and chocolate!

I look forward to getting to know The Heights School community this year.

Please get in touch if you'd like to chat [Majella.Mrdjen@sa.gov.au](mailto:Majella.Mrdjen@sa.gov.au)



## 2021 HOUSE LEADERS

Congratulations to the following students who have been elected as House Leaders for 2021.  
The first house event for the year is Sports Day in Week 6... May the best house win!

Corvus Redbacks	Aquila Dingoes	Draco Crocodiles	Hydra Sharks
Year 6 - Ben Coleman and Larah McKay	Year 6 - Antonio Pena and Breiya Stephenson	Year 6 - Michael Habbershaw and Larah McKay	Year 6 - Adonis Angelaris and Ashlyn Tung
Year 7 - Elsie Siddall	Year 7 - Lorelai Archer	Year 7 - Hunter Evans	Year 7 - Sana Mohammadi
Year 8 - Rajvi Shah	Year 8 - Saskia DeVries	Year 8 - Urmeeksha Urmeeksha	Year 8 - Taylah Lessue
Year 9 - Johanna Hyde-Parker	Year 9 - Jiya Sargun	Year 9 - Om Patel	Year 9 - Siya Bhain
Year 10 - Harrison Morrell	Year 10 - Laela Ebert	Year 10 - Tryphena Hewett	Year 10 - Deborah Baker
Year 11 - Chris Birkin	Year 11 - Sophie DeVries	Year 11 - Mckenzie Walden	Year 11 - Emma Crawford
Year 12 - Ben Appleton	Year 12 - Will Saio	Year 12 - Abbie Stribling	Year 12 - Shawn Gonsalkorala

## SPORTS DAY 'DRAW YOUR HOUSE MASCOT' COMPETITION 2021

Do you enjoy drawing instead of long jump? Do you have team spirit but don't like shot put? Do you want to earn your house some extra points without having to run 400 metres? Enter our 'Draw your House Mascot' Competition!

Our House Mascots are:

**Corvus Redbacks**

**Aquila Dingoes**

**Draco Crocodiles**

**Hydra Sharks**

Rules for entry:

- A4 sized
- Name and HG or Class written on the back
- Submitted to Art Office by Friday Week 5

All works will be displayed during Sports Day.

Every point matters! Start drawing!

*Mrs Sztekel and Miss Bourn*

Categories for Place winners:

- Years P-4
- Years 5-8
- Years 9-12
- Staff

Points Awarded:

- 1st Place = 100points
- 2nd Place = 75points
- 3rd Place = 50points
- 4th Place = 25points
- 2 Participation points per entry

## YEAR 7 WOODHOUSE EXCURSION

On Wednesday, 3 February 2021, all the Year 7s went on a team building excursion to the Woodhouse Activity Centre in the Adelaide Hills.

Once we arrived at Woodhouse, the students split up into groups to do different challenging activities including Challenge Hill, Disc Golf, orienteering and the Labyrinth.

On Challenge Hill, it was very difficult but fun because there were lots of different obstacles. It was also interesting because none of the obstacles were the same. There was a creek with ropes that you had to try and get across without falling. Not many people got past, but a few did. Some people were saturated with water after falling in the creek!

After recess we played Disc Golf which was like golf but instead you had a frisbee and you had to try and get closer and closer to the goal in the least number of moves. We loved it and had fun, throwing the frisbee through trees and laughing with our friends. It was a funny activity at times, depending where it landed!

Once we had all eaten lunch, we completed the Labyrinth – a maze. It was made up of a number of fenced off walls, with a slide and a pole to slide down to get to the second half. It took quite a long time to get through because the maze was very big and there were a lot of dead ends and corners. It was also tricky since some were dead ends and you thought it wasn't a dead end, but it was.

Our excursion to Woodhouse Activity Centre was so much fun. We would like to thank the teachers and staff for taking us there. It was a great start to Year 7 and we will definitely remember it!

*Tahlia, Abi, Jessica, Malia and Elsie 704*



On Wednesday, the 3rd of February, all of the Year 7s of 2021 went to the Woodhouse Activity Centre in the Adelaide Hills. There was a variety of fun activities.

Firstly, we completed the Labyrinth/maze. Close to the end we played chasey in the maze. I screamed a lot because I got scared when Sam came around the corner and scared me. Then we went back to the St George cabin area for some recess.

Our next event was Challenge Hill and when we got near the end of Challenge there was a little river and a rope swing to get across. If you did not want to go across the ropes there was also a little bridge. I fell in twice! The water was cold but after a while we all got used to it. After Challenge Hill we went back to the St George cabin again for lunch.

At the end of the day we did Disc Golf. I didn't really like it so I didn't play it. Some of us just sat on some stairs on the side of the field, even though we didn't play it, I still had fun talking to my friend. We then went back to the cabin, got our bags and left on the bus.

*Ava Jones 703*

On the 3rd of February, the four Year 7 classes visited Woodhouse Activity Centre. After the sluggish bus trip, we arrived and left the bus, making our way to base camp, where we were split into groups and headed off to our first activities. Mr Gray and Mr Brzezinski's group headed off towards Challenge Hill, where we spent an hour of difficult but fun challenges such as rock climbing, swinging over rivers (mostly falling in them), and crawling through an elephant graveyard. These challenges were tough but were overcome with teamwork and lots of friendships were built upon that fruitful day.

After a well-deserved recess break, we trekked our way to the Disc Golf area. The most successful person in this field was Mr Brzezinski. But lots of students were about to meet his standards of excellence. A challenge that most students faced was trying to not get their frisbee caught in the tree. After lots of tree climbing, winning, and looking for misplaced frisbees we finally journeyed back to base camp for a filling lunch.

Lunch ended as the next activity commenced, which was the Labyrinth. Students were required to find their way out of the puzzling maze and solving riddles at the dead ends. Once the first slide/exit was found they entered another similar maze but this one would take them to the end. After a lot of dead ends and getting lost, most students found their way out of the perplexing mazes. After the mazes were conquered students could play on the castle or the tunnels near the area.

As the day concluded everyone was overwrought. Still, the day was super successful, and everyone had fun. Lots of people tried new things and went outside of their comfort zones which was the aim of the day. The bus arrived and as everyone boarded. We said one last goodbye to Woodhouse Activity Centre, looking forward to going home.

*Liana and Chitra 702*



## YEAR 7 WOODHOUSE EXCURSION (CONTINUED)

On Wednesday of Week 2, all the Year 7 students went on an excursion to Woodhouse Activity Centre in the Adelaide Hills. It was a day long excursion where we participated in fun team bonding activities such as Challenge Hill, Stone Labyrinth and frisbee/Disc Golf.

After our hour drive in a smelly minibus, we arrived at Woodhouse. After arrival we walked over to our base camp where we had lunch and recess. Once everyone had arrived, the base camp was packed and noise polluted the area with energy!

Everyone was excited to begin and our first activity which was Stone Labyrinth. This was a large maze with riddles hung on the walls of the maze. In this activity participants would enter the maze, then read and solve riddles to leave the complex. No one read the riddles and most people sprinted through the maze.

This was followed by Challenge Hill which was a group of challenges and obstacles which we would have to pass. One of these was crossing a river, which some people landed in! Our final activity was Disc Golf, which was like golf, but with a frisbee thrown into a caged net.

It was a busy and tiring day, with fun had by everyone! Thank you to all the teachers and support staff for organising it and helping out.

*Riwoo Jung 703*



Last Wednesday, 701 went to the Woodhouse Activity Centre in the Adelaide Hills with the three other Year 7 classes. After the bus trip, we met at the St George Base camp to be given directions for the day.

Our class started with the Disc Golf. The aim of Disc Golf was to throw a frisbee-like disc into a metal basket in the least throws possible. The person with the lowest throws was the winner. After this, we had our recess and headed off to the Labyrinth. The Labyrinth was an extremely big maze with two parts connected by stairs, a slide, and a fireman's pole. Our class decided to time ourselves from the start to the finish. After a few tries we jumped onto the next activity – Orienteering.

Orienteering involved us splitting off into groups, each with a map of Woodhouse. The aim of this task was to go around Woodhouse and find all the places where there was a square metal plate with a letter and number on a wooden post. We were given an answer sheet to record our answers, and if we found all fourteen, it would spell a word. This task tested our map-reading skills, requiring us to analyse the map and look for landmarks to guide us towards our goals. Most groups found three to six answers and the task proved to be more challenging than anticipated!

Lunch was after the Orienteering activity, followed by Challenge Hill. Challenge Hill involved many different activities, scattered throughout a hill. Some of these included mouse traps, a flying fox, a climbing wall, tyre stacks, ropes and more! One of the most popular activities was the river crossing, where you would swing across a series of ropes to cross a river. If you lost grip, you would fall in which happened to a lot of us. Some students ended up soaking wet!

We all really enjoyed the Woodhouse excursion and loved spending time with our friends and completing a range of outdoor activities together. We are very thankful to the awesome teachers and support staff who organised this amazing trip and made it possible to have as much fun as we did.

*Joshita and Izzy 701*



## Child + Family Services UNPLUGGED

A workshop to help young people aged 12+ and parents learn how problematic gaming can lead to gambling behaviours and to develop practical strategies to support healthier gaming and internet use.

### The valuable workshops cover:

- How to create balance, develop alternative interests, and set healthy boundaries in relation to gaming.
- How to identify signs of problematic gaming and gambling and its impacts.
- Game development and the implementation of gambling features ie: micro-transactions, loot boxes, in-app purchases.
- Practical tips and proven strategies to combat problem gaming and gambling behaviours.
- How to manage associated problems (eg: school attendance, sleep issues and difficulty concentrating).

### Australian Research

- Of 1200 SA high school students, 11% have been found to use technology at an unsafe level.
- 10% have of young people are using the Internet for more than nine hours per day.
- By age 15, half of all young people have participated in some type of gambling.
- 54% of games on Facebook include gambling themes.
- Five out of 22 popular video games reviewed met the criteria for gambling including the option to cash out winnings.



**Date** Tuesday, 2nd of March

**Time** 6.00pm - 8.00pm

**Location** The Avenues School, Resource Centre

**Address** McKay Avenue

**Bookings** <https://www.trybooking.com/BOAJF>

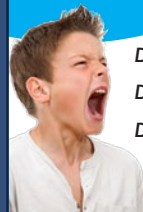
**Contact** unplugged@ucwb.org.au or 8245 7100

**UCWB**

UnitingCare Wesley Bowden



## WHO'S in CHARGE?



Does your child hurt or intimidate you?  
Do you feel you are losing control?  
Do you want to handle conflict better?



### Reclaim respect and calm in your family

The *Who's in Charge?* group is an 8 week program for parents or carers of young people (8-18) who are beyond control, violent or defiant.

This is a **FREE** program.

The group aims to:

- Provide a supportive environment to share experiences and ideas
- Reduce the guilt and shame that parents feel
- Offer ideas to help you develop individual strategies for managing your child's behaviour
- Help in understanding power in relationships and coping with stress
- Explore ways of increasing safety and well-being

Next group: Tuesdays starting 9 February 2021 for 8 weeks, 9:30am to 12noon

At: The Lights Community & Sports Centre, Upstairs Community Function Room  
Cnr East Parkway and Hampstead Rd, Lightsview

An initiative of Reconnect, City of Port Adelaide Enfield and Centacare Catholic Family Services  
Enquiries and Referrals: Trevor: 8405 6862 Centacare: 8215 6700



# Golden Heights

## CALISTHENICS CLUB

Learn jazz, ballet, acrobatics,  
marching, apparatus, singing and  
acting - all in one class!

**- LOW FEES**  
**- ELIGIBLE FOR \$100 SCHOOL SPORTS VOUCHER**  
**- FIRST TWO LESSONS FREE!**  
**ALL AGES AND ABILITIES WELCOME**

[goldenheightscalisthenicsclub.com.au](http://goldenheightscalisthenicsclub.com.au)  
[ghcaliclub@gmail.com](mailto:ghcaliclub@gmail.com)