

ISSUE HIGHLIGHTS:

- R U OK? Day
- Year 7 Camp
- SALA Exhibition
- Food Technology and Hospitality

(Pictured: SALA Exhibition - see pages 10-13)

DIARY DATES

Please check the parent calendar via our website for any last minute changes to scheduled events.

22/9	School Production
-24/9	'Oh What a Lovely War'
23/9	907 Science Excursion- Australian Space Discovery Centre
24/9	Last day of Term 3 *2.05pm Dismissal
11/10	First day of Term 4
18/10	Primary Years Assembly (CFI & BGI) *Staff & Students Only

[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
www.theheights.sa.edu.au

f /heightsschool



Government
of South Australia
Department for Education

PRINCIPAL'S MESSAGE

Congratulations

Year 11 student Dimira Tsavaris has won the Tea Tree Gully Youth Achievement – Change Maker Award. Look out for more information.

Recognition of Service

The following staff have been awarded certificates of significant service milestones with the Department for Education:

- 10 years - Kirsty Hatchard
- 20 years - Andrew Costello and Colleen Goerner
- 30 years - Chrissy Reynolds and Meg Fay
- 40 years - David Eglinton

2022 Drama Production - Oh What a Lovely War!

Opening Night is Wednesday 22 September followed by performances on Thursday and Friday this week in our Performing Art Space at School. Looking forward to seeing this year's performance under the guidance of our Performing Arts director Sally Putnam supported by Charisa Sanders, Beth Sztekel, Kristy Hatchard, Felicity Barty and Alex Spalding.

Year 12 Students

The break between Term 3 and 4 will be one of completing assessment tasks, revision and exam preparation as subjects draw to completion and the end of the Year 12's 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 emphasises the importance of regular attendance.

REMINDERS

Last day of Term 3

Friday 24/9

2.05pm dismissal

First day of Term 4

Monday 11/10

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 everyone back in Term 4.



Nigel Gill
Principal

CONTENTS

2022 Materials & Services Charges.....	2
Enrolling Now For Preschool 2022	2
Fundraising	3
Entertainment Membership	4
R U OK? Day.....	5
Community Role Model Awards	6
906 Science Lot 14 Excursion	6
Year 7 Camp.....	7-8
Year 8 Visual Art.....	9
SALA Exhibition	10-12
Year 10 Photography....	13
Food Technology and Hospitality.....	14-15
Sports News	16
2021 Stage 2 Subjects Term 3 Holiday Seminars.....	17
Community Notices.....	17-18

2022 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, 26 October 2021 at 6:00pm** in the Conference Room (Administration Building) where the Materials & Services Charges for 2022 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 addressed to The Governing Council Chairperson via email dl.1430.info@schools.sa.edu.au no later than Monday 25 October 2021 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/ms2022/r-6.pdf>

Notice of Charges for Years 7 - 12

<https://www.theheights.sa.edu.au/ms2022/7-12.pdf>



ENROLLING NOW FOR PRESCHOOL 2022

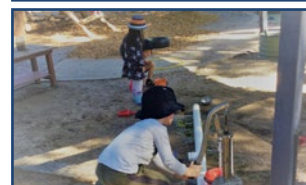
LET YOUR CHILD GROW WITH US

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 your child to attend The Heights Preschool in 2022 please contact Dani Dunne on the details below.

Email: Dani.Dunne687@schools.sa.edu.au

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



FUNDRAISING

people's choice

COMMUNITY LOTTERY

The Heights School is once again participating in this year's People's Choice Community Lottery. Since its inception in 1984 this community lottery has helped raise more than \$20 million with registered groups keeping 100% of each \$2 ticket sold.

TICKETS GO ON SALE TODAY!

To support The Heights School and be in the draw to win some amazing prizes, tickets can be purchased online by clicking the following link <https://communitylottery.peopleschoice.com.au/products/the-heights-school>

Good luck!

PRIZES



There are 41 prizes on offer worth more than \$300,000!

The Early Bird prize is a Toyota Yaris Cross Hybrid (RRP \$33,269)

First prize in the main draw is a Toyota Kluger GX AWD Hybrid (RPP \$59,537)

Second prize is a Toyota Corolla Ascent Hybrid Hatch (RRP \$31,610)

Third prize is a Harvey Norman Grand Home Package (RRP \$25,330)

To see the full list of prizes please click on the following link <https://communitylottery.peopleschoice.com.au/pages/prizes>



KEY DATES

TICKETS GO ON SALE
23 SEPTEMBER 2021

EARLY BIRD SALES CLOSE
18 NOVEMBER 2021

EARLY BIRD PRIZE DRAW
25 NOVEMBER 2021

TICKET SALES CLOSE
24 FEBRUARY 2022

MAIN PRIZE DRAW
3 MARCH 2022

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

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!

Entertainment Memberships have thousands of up to 50% off and 2 for 1 offers for dining, takeaway, activities, local shopping, travel and services in our local area. Entertainment is now 100% digital, so it's the best things about the iconic Entertainment Book are now on your phone.

Get out and about and support your local community at the same time.

We appreciate your support in helping our school raise much needed funds.



Win a 3-night Quantum of the Seas Cruise

Win a 3 night Royal Caribbean cruise for 2 people. Sail in a balcony cabin onboard Quantum of the Seas. Valued at AUD \$1,559.



Win a \$200 dining voucher!

The chance to win a weekly \$200 dining voucher for your favourite Entertainment venue.



Win 3 nights at a TFE hotel


2 x 3 night certificates to give away, includes Adina Apartment Hotels, Vibe Hotels, Travelodge Hotels and Rendezvous Hotels.



Laithwaites Wines

You'll receive 6 bottles for \$60 with delivery included* from Laithwaites Wine. T&C apply.

PLUS, BONUS OFFER!



Choose a Membership right for you

Single City	Multi City	Multi Plus
View all Cities	View all Cities	View all Cities
\$69⁹⁹ / 1 Year	\$119⁹⁹ / 1 Year	\$229⁹⁹ / 2 Years
<ul style="list-style-type: none"> ✓ Single City Membership ✓ 1 year Membership ✓ 20% goes to your fundraiser 	MOST POPULAR <ul style="list-style-type: none"> ✓ Unlock all 21 Cities ✓ All Australia, New Zealand, Bali ✓ 1 year Membership ✓ 20% goes to your fundraiser 	BEST VALUE <ul style="list-style-type: none"> ✓ Unlock all 21 Cities ✓ All Australia, New Zealand, Bali ✓ 2 year Membership ✓ Offers will refresh each year ✓ 20% goes to your fundraiser
Buy Membership	Buy Membership	Buy Membership

Your Membership, your way!

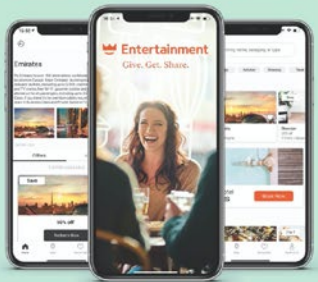
Entertainment Memberships can start anytime – you'll always get a full 12 months of savings no matter when you purchase.[^]

Discover your local community's best savings with the App!

Access to incredible offers, anywhere, anytime, with more convenience, flexibility and value than ever before.

Thousands of up to 50% off and 2 for 1 offers right in your pocket.

Updated regularly, so there's always something new to enjoy.



DINING ACTIVITIES SHOPPING TRAVEL

To help raise money for The Heights School

20% of each purchase goes directly to us!

Memberships start from \$69⁹⁹ Discover all the best savings in your city.



rebel JB HI-FI FREEDOM

Simply

1. Order your Membership online at www.entbook.com.au/1619k82
2. Activate your Memberships and download the Entertainment App from the App Store or Google Play.
3. Log in to the App and start saving right away!

Download on the App Store

GET IT ON Google Play



To order online scan this QR Code

R U OK? DAY

On Thursday, 9 September, our school celebrated R U OK? Day. We had a non-uniform day to raise money for Kick Start for Kids, a charity that supports our school in many ways, including mentoring and supplying food for our breakfast program. Thank you to everyone for your kind donations.

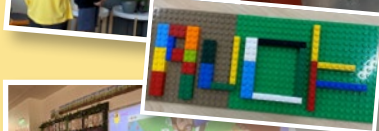
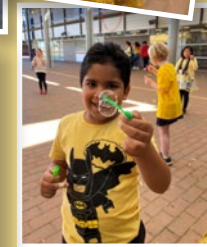
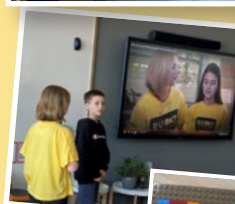
Our Primary SRC students ran lessons in their own class about what R U OK? Day is and also taught their class about the Zones of Regulation. The purpose is to support our students to recognise when their engine might be running a bit slow (the Blue Zone), when it is running perfectly (the Green Zone) and when it might be running too fast (the Yellow Zone or Red Zone). It is important to note that there are no 'bad' zones but there are things we can do to help ourselves feel calmer and ready to learn and play. We also held a Lunchtime Fair in the Courtyard, which was enjoyed by our students. Activities included water painting, plasticine making, chatterbox craft and making R U OK? Day wristbands. We would like to thank The Heights School SRC for all of their work in making the day such a huge success once again!

If you would like more information about the Zones of Regulation, please ask to speak to a member of the School Wellbeing Team.

The ZONES of Regulation®			
BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control

R U OK? Day - 9th September 2021

This year for R U OK? Day, 803 and CFII came together to create wellbeing R U OK? messages. Students were asked to construct a question that had an emotional connection. They worked together as a team to trace their hands and decorated with people they can talk to and where to go when help is needed. Working collaboratively since Term 2 as buddy classes, the students have grown in their literacy skills and developed a love of learning every Wednesday afternoon in lesson 5 as individuals and as a team. Miss McMahon and Miss Williams are very proud to see the growth in the children's mindset and connection with their buddies.



COMMUNITY ROLE MODEL AWARDS

We would like to recognise a number of students who have gone above and beyond in demonstrating their care and pride in our school. Liya, Rachel, Delta, Hae-li and Georgia all came to school in their own time one weekend recently and picked up all the litter on our ovals and around the fence perimeter. We were so impressed with their dedication and want to thank them all for their efforts! These students have received our Ultimate Community Role Model certificate, which is awarded at our Primary Years Assembly to a student or students who consistently demonstrate our school values. Their leadership, and perseverance makes them positive role models in our community and we appreciate their efforts to look after our environment.

WELL DONE!

Ms Suzanne Ierace, Wellbeing Leader

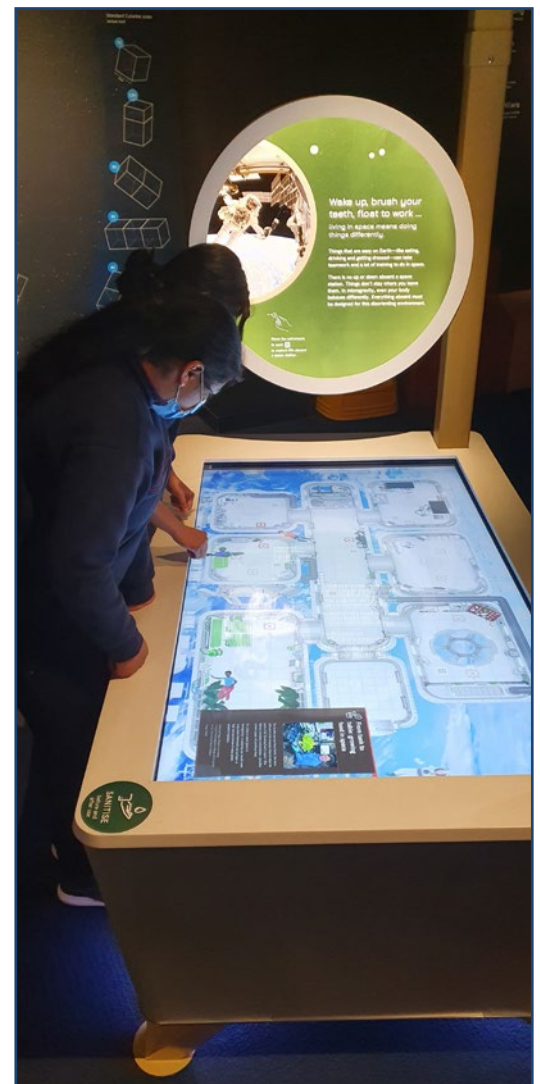
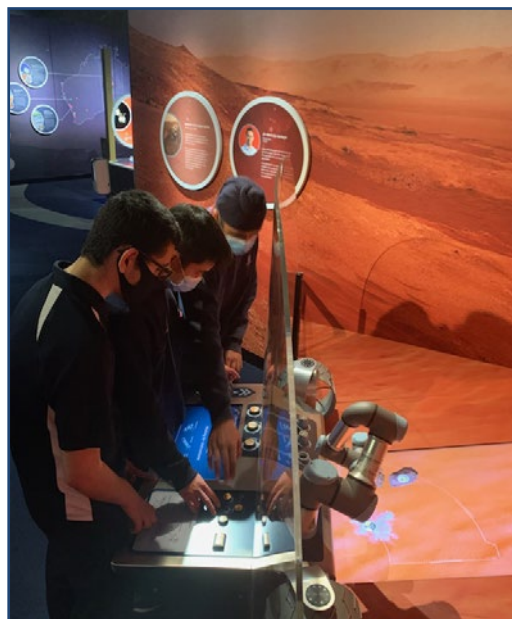


906 SCIENCE LOT 14 EXCURSION

On Friday 10th September students from 906 Science were the first from The Heights School to visit Lot Fourteen on North Terrace and took part in a tour of the Australian Space Discovery Centre, complete with Mission Control, Careers Wall and Space Gallery Area.

We were able to experience and be inspired by staff who gave an insight into the careers and opportunities that await the next generation. We learnt that careers in space aren't all about being an astronaut, but include manufacturing, to engineering, space medicine, geology, AI and computing, with thousands of opportunities being created in this rapidly-growing sector.

After an informative session where we were inspired to question links and similarities between marine biology and space exploration, students were then able to explore the latest innovations in space technologies and learnt about Australia's role in space exploration.



YEAR 7 CAMP



Year 7 Murraylands Aquatics Camp 2021

On Monday 13 September, 704 and 703 went to the Murraylands Aquatics Centre for a three-day camping trip. Both classes stayed for three days and two nights total.

Once we had arrived at Murraylands Aquatic Centre after our 1.5 hour bus ride, we unloaded each other's baggage into one big heap. Unfortunately, it began to rain as both classes were getting organised. Students got changed into their bathers, then shortly met their instructors. Teachers and instructors explained all ground rules students had to follow whilst staying at the campsite.

Over the course of three days, students were provided with different food choices per meal. For breakfast on both mornings we were given the opportunity to choose between cereal with toast on Tuesday and Wednesday. On Wednesday, we had the addition of delicious pancakes to the menu. Lunch was fairly simple but filling. Bread rolls were served with a wide variety of fillings that the caterer had prepared beforehand. For dinner, students were given options of a variety of pastas, salads, dressings, and also baked potato with a wide range of drinks.

There were many different activities we could participate in during the camp. Seeing as there were many students, the teachers had split us into seven groups, each getting an instructor to follow. Most groups had different activity schedules. The activities consisted of knee boarding, water skiing, sailing, small boat handling, kayaking, canoeing, then lastly stand-up paddle boarding.

Outside of the water activities, there were also a couple of memorable things we could do. On Monday night, after dinner, both classes went on a night walk, led by Mr Markou. There was a small bonfire where students were able to roast marshmallows on Monday and Tuesday evenings.

Even though it was quite warm during the day, it got very cold once it had become night-time. It was about 2-3 degrees by around midnight. Early in the mornings, the tents were covered in dew, as well as there being a large wave of fog drifting through the air.

On Wednesday morning, after breakfast, we packed all our belongings into our suitcases and bags, then went off to our last activities before we left the campsite. Once finished with activities, the other two classes arrived, signalling it was time for us to leave.

Year 7 camp was an amazing experience that everyone got to enjoy. Even though there were some activities some students did not attempt, it was still very entertaining to watch our classmates and friends have fun on the water.

Thank you to everyone involved in organising such a memorable camp. We won't be forgetting it anytime soon!

Ayla & Vanessa (703) Jessica, Elsie & Nevaeh (704)

YEAR 7 CAMP

Year 7 Camp 2021

On Wednesday, 15 September, the Year 7 students went on camp to Murraylands Aquatics Centre. The camp went for 3 days and 2 nights. The camp was split up because there were too many years 7s. This meant that 703 and 704 went together (from Monday to Wednesday) and 701 and 702 went together (from Wednesday to Friday).

It was around 8:20am when students arrived at the coach. Everyone was either stuffing their luggage underneath the coach, or sitting around talking about who was going to sit where. A little while later once everyone had arrived, we were required to split into our classes and take the roll call. We were told that it was going to be an incredibly cold night and to be prepared with suitable clothing.

We travelled by coach and put all of our luggage into the bottom of the coach. We were finally allowed to pick our seats on the coach after all the luggage was loaded. Luckily both 701 and 702 were able to fit on one bus, which made the ride a lot easier.

Students were bursting with excitement the whole time. The bus luckily had a small TV and was playing a documentary about the safety of younger kids around water for the whole two hours! The bus ride took around 2 hours, but it didn't feel too long. When we arrived, we went into our tents with our chosen partner so we could take all our luggage out and lay out our sleeping bags.

Before anyone could unpack, we were required to show the teachers all the foods and drinks we had brought with us. This was because many people had brought too much, and the teachers did not want us to have a sugar rush and have a feast in the middle of the night.

After giving us a whole lecture about what sugar can do to you, we were finally allowed to pick our tent. Everyone was running around trying to pick the best ones for them and their partners. A few moments later we brought all our luggage in and unpacked.

After sorting out our tents we were led out into an area with benches. There, we got told about our routine of where we had to wait and what we had to do for the next 2 days. We all got split up into groups of 5 and were told what activities we had awaiting us.

After eating our recess and lunch we completed our first activity. Everyone was split up into 6 different groups. We then met our instructor and they led us into the shed. There was a Velcro wall filled with everyone's names. We eventually found our names and stuck them to our PFD life jackets so that we could find them a lot easier for the next few days.

At around 12:30pm the main instructor talked about the rules and all the sun safe equipment we were required to wear to keep safe as we would be in the sun a lot for the next three days. The activities we did throughout the 3 days were knee boarding, water skiing, canoeing, sailing the catamarans, kayaking, stand up paddle boarding, and small boat handling. Each group also had an instructor to teach us how to do each activity.

Wednesday night was the coldest. It was 4 degrees Celsius, with some students practically freezing while sleeping. During the night some particles of ice formed on everyone's tents, but when we woke up it had already dissolved into water. Waking up was a real

struggle. Not only was it cold but some back people's backs were sore due to the really hard ground.

Thursday night was surprisingly a pretty good night as it was a much warmer 12 degrees Celsius. Students knew that it was going to be cold but not as cold as the night before. Still, they wore a lot more clothes so they didn't risk freezing again!

Year 7 camp was really fun, and we enjoyed every part of it. For many students it was their first aquatics experience on the river. Everyone had a great time and had a go at every activity.

From all fun we all had, to the delicious food we ate, this was a very enjoyable experience. We would like to thank all the instructors, teachers and SSOs for everything they have done to organise and run the Year 7 camp.

By Sophia and Gwyn (702) and Sana and Lorelai (701)



ARTS - YEAR 8 VISUAL ART

Year 8 Fauvism Paintings

This term, my two Year 8 Visual Art classes learnt how to mix tones and colours.

The subject of focus was 'animals' based on the style of Fauvism, established by Henri Matisse and Andre Derain. The students experienced many different adventures during their journey of creation. As most admitted, creating such a painting was a big challenge. They had to learn how to enlarge the shape of the animal and develop an understanding of mixing tones as a few of them struggled with the brightness of some colours. As they began to paint, their concentration increased and they created with excitement and energy. After speaking with my students, I realised how much they had learnt, how much they enjoyed the process, how surprised they were at their final outcome.



This article contains a few examples of the outstanding work. I plan to display these vibrant paintings around the school.

A few random examples from their written evaluation:

"I was proud to create a praiseworthy piece"

"The feeling of getting the right colours was like no other"

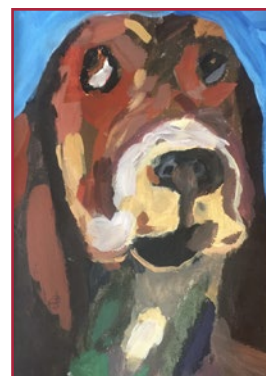
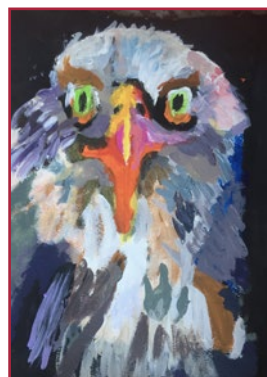
"The work was fun but challenging"

"I learnt a lot of interesting and valuable things about art"

"I would hang my painting in my room"

I am proud of the high standard my students achieved.

Ms Petra Dolezalova
Visual Art Teacher



ARTS - SALA EXHIBITION

SALA

The Heights School Art Exhibition Competition

Our annual art exhibition was held this year in the Senior School Drama Space from 16-27 August 2021. With over 100 artworks on display, submitted by students from Reception to Year 12, it was a feast for the eyes! Although we were not able to have an official opening event this year we were pleased to welcome some important visitors during the first week of the show. Francis Bedford, State Member for Florey, viewed the exhibition on the opening day and Blair Boyer, State Member for the electorate of Wright visited with Susan Close who is the State Member for Port Adelaide the following day. We were very excited when Blair Boyer purchased two artworks from the exhibition for his electoral office!

Congratulations to all the students who entered work into the exhibition and special congratulations to those who won prizes this year. Artworks were selected for our Success Postcards, to be printed in 2022 and for the cover and inclusion in our 2022 school diary. There were three artworks in the Highly Commended category and Principal Nigel Gill selected artworks from P – 12 for the Principal's Choice Awards. The Karnkanthi Award for Aboriginal and Torres Strait Islander students was won this year by Year 1 student Milani Newman for her artwork called "Ocean Sea Creatures".

The judges, Principal Nigel Gill, Business Manager Vicki Cook and Visual Art Teacher Catherine Bourn, were unanimous in their selection of Year 11 student, Dominic Saing's artwork "The Market Place" as the overall winner this year. Dominic's sensitivity in handling the watercolour medium and his clever combination of digital art and collage to create his piece were outstanding.

A final mention must go to the winner of the People's Choice Award, Year 1 student Haku Cook, for his work titled, "Lost" (a polar bear in the snow, lost). His mum said when he created this piece he was almost rolling on the floor laughing, he thought it was so funny. It would appear that he was not alone, all visitors to the gallery also loved it and then Blair Boyer purchased it! It continued to bring joy at the primary school assembly when his prize was announced and an image of the work was displayed on the big screen. Thank you and congratulations on the success of your painting Haku.

Now we have started planning for next year with a new gallery space being installed in D Block with lighting and a hanging system! We hope to see you at the Heights School SALA Exhibition in 2022!

Winner!



Dominic Saing, "The Market Place"

Karnkanthi Award



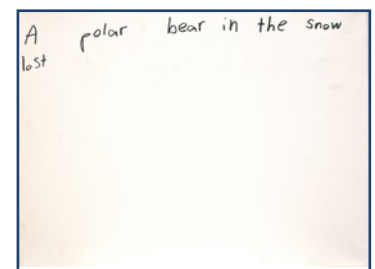
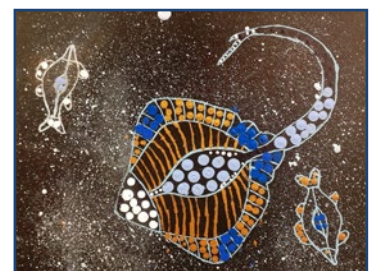
Milani Newman, "Ocean Sea Creatures"



Francis Bedford with Catherine Bourn



Blair Boyer and Susan Close with Vicki Cook







Art works by Daelan Newman and Haku Cook purchased by Blair Boyer for his office.

ARTS - SALA EXHIBITION




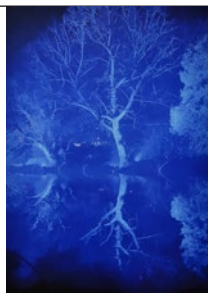


SALA THE WINNERS



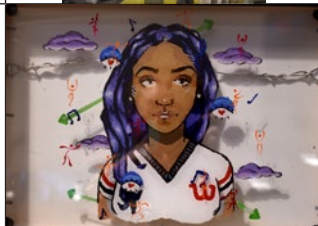

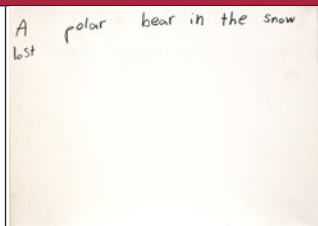

Year	Name	Title of Work	
Highly Commended			
10	Hridita Majumber	Inspiration	
9	Charlotte Smart	Dirt Woodland	
4	April Lorraine	One Child Sized Step	
Success Postcard			
10	Misri Shah	Fantasy	
11	Danielle Payne	Tropical Beach	

Year	Name	Title of Work	
Diary Images - Cover			
10	Theja Vengateri Shanil, Jaein Jung, Mukti Panchani, Zelan	Solace	
Diary Inside Pages			
11	Dominic Saing	The Market Place	
9	Jessica Fortanier	Winter Blues	
8	Naunidh Kaur	Flora Batik	

ARTS - SALA EXHIBITION

SALA THE WINNERS

Year	Name	Title of Work	
Principal's Choice P-2			
1	Haku Cook	Menu	
2	Hannah Lorraine	The Circle of Friendliness	
Principal's Choice 3-6			
4	Liya Cajuhari	Beetle Glasses	
4	Tristan Beauchamp	Ocean of Light	
Principal's Choice 7-9			
9	Jessica Fortanier	Winter Blues	
8	Naunidh Kaur	Flora Batik	

Year	Name	Title of Work	
Principal's Choice 10-12			
12	Leon Ellis	Landscapes	
11	Emma Richards	New York	
11	Allycia Angeles	Self	
Winner			
11	Dominic Saing	The Market Place	
People's Choice			
1	Haku Cook	Lost	
Karnkanthi			
1	Milani Newman	Ocean Sea Creatures	

ARTS - YEAR 10 PHOTOGRAPHY

The recent sunny weather has brought about more pleasing conditions for photography with Year 10 Photography students experimenting with their chosen techniques to build skills in.

After they have participated in problem solving, negotiating camera settings and weather conditions (rain, wind, sunshine etc), their skills and knowledge will be much more refined. Their next step is to write or film a tutorial to teach another person to achieve success with their techniques.

Mrs Beth Sztekel

Photography and Creative Arts teacher

Fast shutter balloon burst

By Yassin Abdalla



Setup:



Result:



Bokeh

By Kisa Tran

Preparation:



Setup:



Result:



Slow shutter light painting

By Hridita Majumder and Caitlin Smith

Setup:



Result:



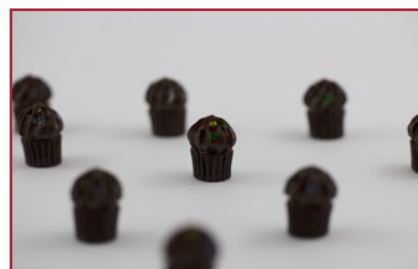
Short Depth of Field

By Reannah Curl

Setup:



Result:



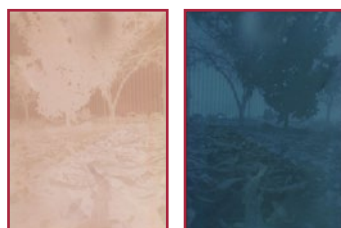
Pinhole Cameras with Caffinol developer

By Jasmin Buttery

Setup:



Result:



FOOD TECHNOLOGY AND HOSPITALITY

Stage 1 and 2 Food and Hospitality Sustainable Food Options

This term both Stage 1 and Stage 2 Food and Hospitality classes have been studying food sustainability and exploring how food and hospitality businesses can reduce food waste and produce food in a more environmentally friendly manner.

Stage 1 classes focused on food wastage in food and hospitality. Bread was highlighted as a major problem. According to the founder of food rescue charity Oz Harvest, bread represents a significant slice of food wastage — the economic cost of which has been estimated at more than \$20 billion a year. "Bread is definitely one of the most wasted foods in Australia, and it's a global phenomenon," Ronni Kahn said.

To address this problem, students made bread cup case quiches and bread and butter pudding, an easy solution for that excess, not so fresh bread that usually gets thrown out. Here is the recipe you can try at home.

BREAD CUP QUICHES - MAKES 3 INGREDIENTS

- 3 slices bread, crusts cut off
- 20g butter, softened
- 1 egg
- ¼ cup cream/Milk/Sour cream
- 1 Tablespoon grated Cheese
- ¼ Cup Filling
- 1 Tablespoon grated parmesan
- Sea salt and cracked black pepper, to taste

METHOD

1. Preheat oven to 160°C. Using a rolling pin, roll out each slice of bread until it's very thin. Lightly spread one side of each slice with the butter. Use the bread slices, buttered-side down, to line the holes of a ½-cup-capacity muffin tins, folding and pressing them in to fit. Bake for 15 minutes or until golden. Wearing oven gloves, carefully remove the tins from the oven.

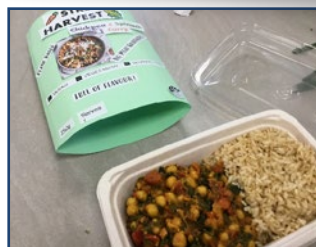
2. Break the egg into a large jug. Add the remaining ingredients, mix to combine, using a fork. Pour into the bread cases and sprinkle the parmesan.

3. Bake for 15–20 minutes or until just set. Wearing oven gloves, remove the trays from the oven and allow to cool a little.

Stage 2 students researched the dramatic rise of plant-based foods that are being sold in supermarkets and how these products are being marketed. Not only did students create some tasty dishes, but they also created their own packaging that would appeal to consumers wanting to try plant-based foods. Dishes included, cauliflower-based pizza, chickpea curry, vegetarian samosa and a fresh vegan stir fry with beetroot noodles.

Ms Sarah Rogers

Food Technology and Hospitality Teacher

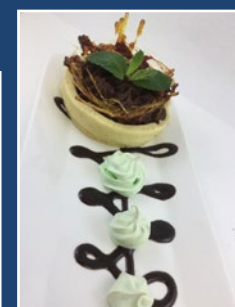
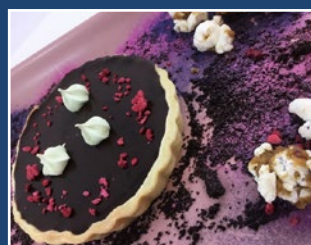


Stage 2 Food and Hospitality Dessert Bar Practical

Earlier this term, our Stage 2 Food and Hospitality students visited Stephy's Desserts in the city to gain inspiration for their own dessert creation, and as you can see by the images, they achieved amazing and professional results. The aim was to make these desserts "Instagram perfect", to answer the assessment question, do we "eat with our eyes", and is Instagram the key to dessert bar success? I think the students succeeded in answering this question with the images of their desserts that they presented.

Ms Sarah Rogers

Food Technology and Hospitality Teacher



FOOD TECHNOLOGY AND HOSPITALITY (CONTINUED)

Year 10 Master Chef – Gnocchi making

As part of the Year 10 Master Chef pasta making unit, gnocchi was on the menu last week. Students were able to gain hands-on experience making these little potato dumplings served with a Napolitana sauce. We have provided the recipe for you to try at home.

Ms Sarah Rogers

Food and Hospitality Teacher

GNOCCHI WITH NAPOLITANA SAUCE - Serves 2

GNOCCHI

INGREDIENTS

- 2 large potatoes
- 1 egg yolk
- ¼ Cup flour

METHOD

1. Peel and chop potatoes into large chunks, place in a medium saucepan of boiling water. Reduce to simmer and cook until soft.

2. Drain potato well and mash.

3. Add flour and beaten egg, mix well.

4. Turn mixture onto a lightly floured bench and knead for 2 minutes.

5. Roll into a sausage shape and cut into 2-centimetre lengths. Roll into balls and mark one side with prongs of a fork.

6. Bring a medium saucepan of water to the boil. Place Gnocchi in boiling water until it floats to the top.

7. Drain immediately.

NAPOLITANA SAUCE

INGREDIENTS

- 2 tsp olive oil
- ½ onion, finely diced
- 1 garlic clove, finely chopped
- ½ can diced tomatoes
- 1 Tablespoon tomato paste
- ¼ cup water
- ½ teaspoon chilli flakes/mixed herbs
- ½ teaspoon sugar
- Salt and pepper to taste

METHOD

1. Heat the oil in a pan, cook onion, and garlic for a couple of minutes.

2. Stir in tomatoes, tomato paste, water, chilli and sugar. Season with salt and pepper and simmer, covered, stirring occasionally, about 10 minutes.



SPORTS NEWS



SAPSASA Netball

On Friday, 17 September, the Year 6/7 Netball teams headed to the Golden Grove courts to compete against other schools in the TTG District. Forty students attended with four teams, 2 Boys and 2 Girls teams competing in Divisions 2 and 3 throughout the day. We had a terrific day with all students competing hard and showing great sportsmanship. Highlights from the day included The Heights Boys 1 team winning 3 matches to finish 2nd in the division and The Heights Girls 2 team improving hugely across the day to finish with great win in their second to last game. Thank you to Year 10/11 students Mia Ebert, Laela Ebert and Jessica Briscoe for their support throughout the day in umpiring each of our teams. Furthermore, Thank you to Mr Paget, Ms Simms, Sam Schulz and Justin May for their support in coaching throughout the day.

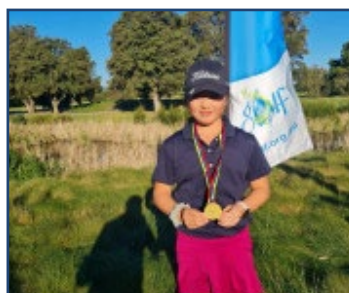


Katie Seol: Golf State Championship

On the 9th and 10th of September, Year 4 student Katie Seol competed in the Metro and State SAPSASA Golf Championship held at the Patawolonga Golf Course, West Beach. Katie was invited to compete in this competition after winning the TTG district competition held in late August. On the Thursday, Katie competed on the short course against the other winners of the metro district competitions, she won this competition with a score of +6 to move onto the state-wide championship held on the Friday. On the Friday, Katie competed on the championship course, winning the state-wide competition with a score of +9, 4 shots in front of second and third. This is an outstanding achievement as Katie competed against students from Year 5/6/7 being one of the youngest students competing.

Congratulations Katie!

Mr Seymour



2021 STAGE 2 SUBJECTS TERM 3 HOLIDAY SEMINARS

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

Subject	Teacher	Date	Time	Place	Intention
Flinders Uni Test	Roubanis/Benjafield	Monday 27/9	9:00am-12:00pm	BF12	Finders Pre entry test
CAD/CAM	Holyhrim	Monday 27/9	1:00pm-4:00pm	CAD	Course completion
Chemistry	Bradtke	Monday 27/9	1:00pm-4:00pm	CG	Exam revision
Psychology	Van Hoof	Tuesday 28/9	9:00am-12:00pm	BF4	Practice exam
Biology	Lamming/Eglinton	Tuesday 28/9	1:00pm-4:00pm	CG9/CG11	Exam revision
Legal Studies	Utting	Thursday 30/9	9:00am-12:00pm	BF4	Exam Practice
Creative Arts	Sztekel	Thursday 30/9	9:00am-12:00pm	DG 12	Product 1 & 2 Finalisation
Research Project	RP Teachers	Friday 1/10	9:00am-12:00pm	BFC	Evaluation catchup
Workplace Practices	Benjafield	Friday 1/10	1:00pm-3:00pm	BFC	Course Completion
Drama	Putnam	Friday 1/10	9:00am-3:00pm	Drama	Videoring task
Maths Methods	Shah	Tuesday 5/10	9:00am-12:00pm	BF3	2020 Practice exam
Specialist Maths	Chatfield	Tuesday 5/10	1:00pm-4:00pm	BF9	Exam revision
English Literary Studies	Christodoulou	Tuesday 5/10	9:00am-11:00am	MF 6	Trial Exam
PE	Costello	Tuesday 5/10	9:00am-12:00pm	BFC	Completion of AT1 task
English (A and B)	Roberts	Wednesday 6/10	9:00am-12:00pm	MF10	Writer's Statement
Essential English	Gilson	Wednesday 6/10	9:00am-12:00pm	MF11	Course Completion
General Maths	Roubanis	Wednesday 6/10	12:00pm-3:00pm	BF3	Drop in session
Physics	Trainor	Thursday 7/10	9:00am-12:00pm	CG9	Exam practice
General Maths	Roubanis	Thursday 7/10	12:00pm-3:00pm	BF3	Trial exam
English (A and B)	Roberts	Friday 8/10	9:00am-12:00pm	MF10	Course completion
Specialist Maths	Chatfield	Friday 8/10	9:00am-12:00pm	BF9	Complete 2020 Trial exam

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, any messages about last minute classroom changes will be left with the visitor register.

COMMUNITY NOTICES



Soccer Life Mastery 3v3 Futsal Championships

Grab a couple of friends and compete with players from all over the state in Adelaide's 3v3 Futsal Championships

3-a-side
No goalkeepers (small goals)
Play a minimum of five games
Age groups: U10, U12, U14
Coed competition: boys & girls
Win prizes and awards!

Anyone can register!

Only 12 team registrations per age group, be quick before you miss out!

A school holiday, one-day event
The Parks Recreation & Sports Centre
Approximately 9am - 5:00pm
Friday 1st of October

To register or for more information head to
soccerlifemastery.com/3v3

You've watched our best in Tokyo,
Paris is around the corner

FREE Come 'n Try And Parent Information Session

Saturday 9th October 2021
Please check club Facebook / website in case of Councilor Covid - 19 changes
8:45am - 11.00am

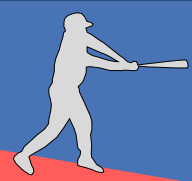



Running, Jumping, Throwing, Walking, Hurdling!

- Tilley Reserve, Surrey Downs
- October to March
- Saturdays from 8:45am
- Ages 3-17
- First Home Meet - 9th October 2021
www.gglac.org.au


FAMILY FUN & FITNESS

COMMUNITY NOTICES



**GOLDEN GROVE
CENTRAL DISTRICTS
BASEBALL CLUB**

DODGERS T-BALL



This season, we are offering an U/8 and U/10 program, boys and girls inclusive.

There will 12 games starting 29 October 2021 until 25 February 2022 from 6-7pm on Friday nights at Illyarrie Reserve, Surrey Downs.

Two Pre-season Come'n'Try days to be held on Monday the 18th and Friday the 22nd of October from 6-7pm.

Cost \$150, \$20 refundable uniform deposit, team photo and insurance. \$100 SA Sports Voucher is accepted if eligible.

Contact T-Ball Co-ordinator Bob Neiswander on 0402 068 738 or ozwander42@gmail.com, or visit www.ggcdbaseball.com.au/t-ball to register.



MODBURY CRICKET CLUB REGISTRATIONS ARE NOW OPEN!

Have you ever wondered what it's like to play cricket? Have you wanted to play a team sport? Do you like the idea of competing against your own score but still be a part of a supportive team? Then look no further! Fielding all sides U10, U12, U14, U16 including girls 12 & Under and all senior grades.

Register now to secure your place at
www.playcricket.com.au

Junior Coordinator
Kel Wegener
0417 614 749

www.modburycc.org.au
Modbury Cricket Club, South Australia




*A new exciting DrillDance Junior Team is
being established in Modbury Heights*

BEGINNERS WELCOME!!

- WHEN:** Saturday's at 9:00am
- WHERE:** The Heights School Gymnasium
- WHO:** Girls aged between 7 and 11 years
- COST:** \$5.00 per session
(First 2 sessions are free!)



The team is trained by a nationally accredited coach

*Please contact Barbara 0421631775 or Tan Kuei 0467058503 for
more information.*