

ISSUE HIGHLIGHTS:

- NAIDOC Week
- Year 10 Work Experience
- Fleurieu Milk Company Partnership
- Stage 2 Contemporary Botanical Cakes

Pictured: NAIDOC Week celebrations (see more on pages 6-7)

DIARY DATES

Please check the parent calendar on our website or by using the link below. Please note that this calendar is continually updated and we ask that families check for school events from time to time.

<https://www.theheights.sa.edu.au/link/calendar>

PUPIL FREE DAYS/ SCHOOL CLOSURE:

PUPIL FREE DAY

Term 3

Tuesday 5 September
(Term 3, Week 7)

SCHOOL CLOSURE DAY

Term 3

Monday 4 September
(Term 3, Week 7)

CONTACT

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f /heightsschool



Government
of South Australia
Department for Education

PRINCIPAL'S MESSAGE

Welcome to Term 3.

Term 3 is a busy term at school with events such as our Visual Art Exhibition, Book Week, Science Week, Wakakiri, Year 7 camp, PAT testing, Careers Expo and subject selections for 2024. We look forward to these events and acknowledge the work that takes place to organise them.

Secondary School offers will be emailed to families of our Year 6 students by 11 August 2023. Year 6 students continuing on at The Heights School for High School will be automatically rolled over to Secondary. Students not returning will be sent their offer of enrolment by the school they have been allocated to between 9th and 11th August. Parents will need to complete a PE and Locker consent form which will be provided at a later date via their class teacher in preparation for 2024. If you have any questions please email dl.1430.transition@schools.sa.edu.au and someone will get back to you as soon as possible.

The subject selection process for 2024 takes place this term for Years 8 to 11 students. This is an important process to inform the classes for 2024. The key dates and information will be communicated to students in Home Group and Personal Development sessions. For parents, information will be communicated via email. If your email address has changed complete a change of details form available via our website or the front office.

Governing Council are always happy to provide support to our student achievements by providing a small donation to contribute towards expenses involved with interstate travel and accommodation for state team selection and representation or its equivalent. Parents of students who are excelling in a particular area are invited to let the school know of individual achievements. If you are interested in letting us know and would like to see if your child is eligible

please email the Principal's Assistant Dani Dunne on dani.dunne687@schools.sa.edu.au.

The safety of our students is of extreme importance to us. As we enter into Term 3, I would like to take this opportunity to remind our school community that supervision for students begins at 8.25am from Monday-Friday. We request that students do not arrive at school before this time. Also, yard duty supervision finishes at 2.50pm on Mondays and 3.25pm on Tuesdays-Fridays.

We would like to encourage families that have students walking to and from school discuss safety measures around interacting with strangers with their children and to remind them of the importance of being wary and seeking assistance if needed.

For your convenience the Resource Centre is open just before and just after school times for students to borrow and return books and laptops only with the exception of students participating in scheduled supervised after school activities and OSHC. Primary school parents please speak with our Out of School Hours Care Service to arrange enrolment if you are not able to collect your child at the conclusion of the school day and need care for your primary school aged children outside these times. You can contact our OSHC on theheights.OSHC167@schools.sa.edu.au. Leaving children on site without supervision is a safety issue and we would like to ask for your assistance in ensuring the best care for your child.

Parent survey

You are invited to complete the 2023 annual parent survey, which is now open.

In the week beginning Monday 31 July you should have received an email or SMS from the Parent Survey Team with a unique link to participate in the survey.

(continued over)

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PRINCIPAL'S MESSAGE (CONTINUED)

If you didn't receive an email or SMS with your unique survey link, contact education.ParentSurvey@sa.gov.au and include our school's name in your email.

The survey takes less than 10 minutes and will help us understand:

- what we are doing well
- where we can improve
- what is important to you.

It has been coordinated centrally by the Department for Education so that added administration workload is not placed on the school.

Your answers will not identify you or your child. Only collated feedback will be provided to our school.

Information collected will inform school improvement planning and activities at the school.

The survey closes midnight Sunday 27 August.

For more information visit Parent Engagement Survey Information.

Meg Fay
Principal



EDUCATION RESEARCH AND INNOVATION

Welcome to the second edition of this feature that aims to inform our community about education research and innovation from early childhood to senior secondary and post school pathways.

In the last newsletter of Term 2, I shared the idea that for some years now, educators have moved towards an understanding that **"the world cares about what students can do with what they know, rather than simply what they know"**.

The Education Leader that I quoted here is a man named Andreas Schleicher.

Andreas is currently the Director for Education and Skills and Special Advisor on Education Policy to the OECD's Secretary-General. In this role Andreas is influencing the future of education around the world. Here's an extract from an article written by Andreas a few years ago. Andreas continues to speak on this topic in conferences around the world, including here in South Australia.



"In the past, education was about imparting knowledge. Today, it is about providing students with the tools to navigate an increasingly uncertain, volatile world. Unfortunately, the skills that are easiest to teach and test are also the easiest to automate or outsource. State-of-the-art knowledge remains important. But the global economy no longer rewards workers for what they know (Google knows everything); it rewards them for what they can do with what they know."

Education needs to focus on improving how students think, work, and embrace technology, and on providing the social and emotional skills needed

to collaborate with others. In the past, educators imparted knowledge by breaking problems into manageable pieces and then teaching techniques to solve them. Today, value is often created by synthesizing disparate bits of information. And for that, workers need more than technical knowledge; they must be imbued with curiosity, open-mindedness, and the ability to make connections between seemingly unrelated ideas." Education in an Uncertain World: by Andreas Schleicher. Project Syndicate, Dec 16th 2015

So, what does this mean for us at The Heights School? It means that alongside the learning of curriculum content, we recognise the need to enable students to develop and demonstrate a range of capabilities and dispositions such as; collaboration, asking good questions rather than simply responding to the questions of others, identifying different perspectives, empathising with others and making ethical decisions.

These skills and dispositions can be developed in many ways with resources that appear relatively traditional. However, at The Heights School, we have started to explore how connections with industry might be woven into learning opportunities as one way in which we provide meaningful contexts for students to develop contemporary skills and experiences. Last term, two teachers and 65 Year 7 Technologies students trialled our first unit of work that was centred around a provocation from an Industry Partner. I encourage you to read Janna Lewis's article about our Fleurieu Milk Partnership. We are now exploring two further partnerships.

Val Westwell
Deputy Principal

SENIOR TOILETS UPGRADE

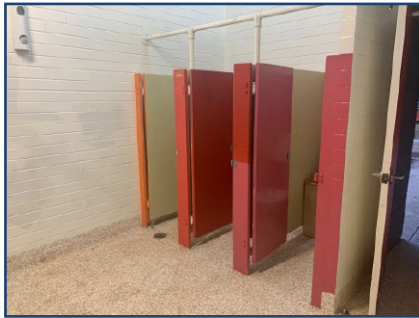
The Student Representative Council, together with the wellbeing and facilities teams are pleased to announce the completion of upgrades to the students' toilet facilities with our senior bathrooms receiving updates during the July school holidays.

We thank and acknowledge the families and parents that contribute to the Building Fund, which made these upgrades possible.

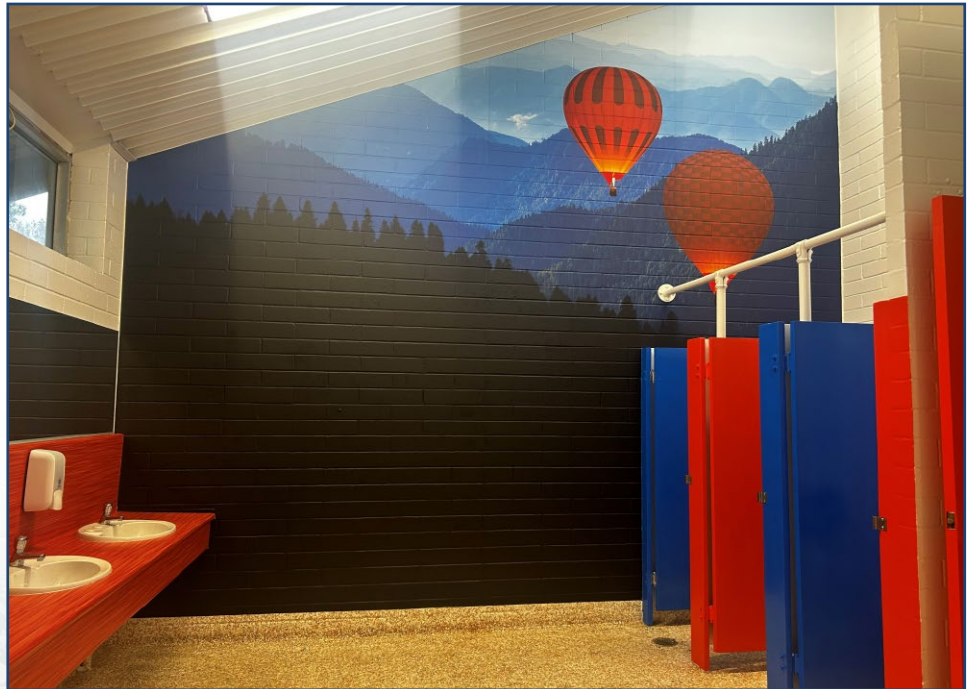
The Student Representative Council will continue to work alongside school leadership to promote continued respect of these essential amenities.

Kellye Rowe
Facilities

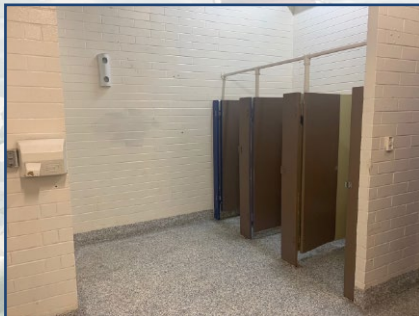
BEFORE - Senior Girls



AFTER - Refurbished Senior Girls



BEFORE - Senior Boys



AFTER - Refurbished Senior Boys





Host a student from **JAPAN**

Have you ever wanted to travel overseas but never had time to?

Why not bring overseas to you and your family by hosting a Japanese student!

Learn all about their culture and share your own, whilst getting paid.

We are looking for 24 host families.
Dates are 23/03/24 - 29/3/24

For expression of interest you can email or call Ms Lynn McKenzie on:
lynn.mckenzie485@schools.sa.edu.au
or (08) 8242 8900



Celebrating student volunteers across Australia

National Student Volunteer Week 7 - 13 August 2023

@ausnsvw
#NSVW2023

www.nsvw.au



Save the Date

THE HEIGHTS P-12 FATHER'S DAY STALL

TERM 3 - WEEK 6

THURSDAY, 31 AUGUST 2023

FRIDAY, 1 SEPTEMBER 2023

MORE DETAILS TO COME



WINTER MUSIC RECITAL

SEATS LIMITED
DON'T MISS OUT

THURSDAY
31 AUGUST
2023
7.00 PM - 8.30PM
DOORS OPEN 6.30PM

THE HEIGHTS SCHOOL

SENIOR PERFORMING ARTS SPACE

ALL TICKETS \$5.00
ON SALE FROM
THE HEIGHTS SCHOOL FINANCE OFFICE
MONDAY 14 AUGUST
UNTIL SOLD OUT

TICKET
PROCEEDS
SUPPORT
**BUSKING
FOR
CHANGE**

SCHOOL IMMUNISATION PROGRAM

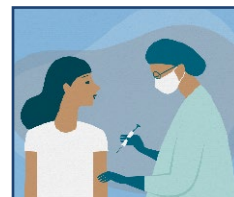
Nurses from the Tea Tree Gully Immunisation Clinic will be attending our school on Wednesday the 30th of August (Week 6 this term). They will provide the second dose of the Bexsero vaccine (Meningococcal B) to participating students.

Please remind your Year 10 students to eat breakfast and wear a short sleeved t-shirt under their jumpers.

Please contact the TTG Immunisation Clinic on 8397 7444 if there have been any changes to the details previously provided on the consent card, including if you wish to withdraw consent.

For more information please visit www.sahealth.sa.gov.au/schoolimmunisationprogram.

Kellye Rowe, Treatment Room



STUDENT HEALTH

What is medicine?

Medication includes all prescribed, non-prescribed, over the counter and alternative therapies (such as vitamins and supplements). At school, all medications are stored securely for safety. Medications for students in Year 4-12 are kept in the treatment room; medications for Years R-3 are kept in primary student service in the Preschool for our younger students.

It is the parent/caregiver's responsibility to provide the school with all medication and administration equipment and along with fully completed written Medication Agreement and/or relevant health care / action plan (eg Anaphylaxis, Allergy and Asthma). Forms must be signed and dated by the parent/carer and treating health professional where applicable.

Plans and agreements cannot be modified, overwritten or illegible. Agreements/plans need to document:

- Name of child, date of birth, nature of allergies/condition if applicable.
- Medicine name, strength of medication (mg/ml), and form (eg liquid, tablet, lotion).
- Delivery (oral, inhaled, topical),
- Dose and time to be administered.
- Any other administration details (eg if to be taken with food).

Medication

All medications, as described above, must be provided in an **original pharmacy container** and have a clear **pharmacy label**, and be in date. The exact dosage must be stated on the form and must match the pharmacy label.

The pharmacy label must include:

- Child's name
- Date of Dispensing
- Name of medication
- Strength of Medication
- Dose
- When the medicine should be given
- Length of treatment
- Any other administration instructions (to be taken with food)
- Expiry date

All medicines need to match the plan exactly. If Zyrtec syrup is listed, this must be provided; tablets cannot be substituted.

Medication that is labelled PRN, 'to be taken as directed' or similar does not provide sufficient information and should not be administered at school. An exception to this is where there is an ASCIA Action Plan for anaphylaxis or allergy that includes adrenaline and/or antihistamine on the plan or an Asthma Care Plan that includes Ventolin on the plan.

Medication that requires administration three times a day can be administered outside school hours (generally in the morning, after school and in the evening). If medication is required and a fully completed form is not provided, the parent/legal guardian must attend school to administer the medication personally.

Your child cannot be administered a first dose of medication at school due to the dangers of an adverse reaction.

If you have any queries or require clarification on any medication matter, please do not hesitate to contact the school and speak with staff in the treatment room.

Medication forms can be found at:

SCIA Action Plans: [ASCIA Action, First Aid, Management, Transfer, Travel and Treatment Plans - Australasian Society of Clinical Immunology and Allergy \(ASCIA\)](#)

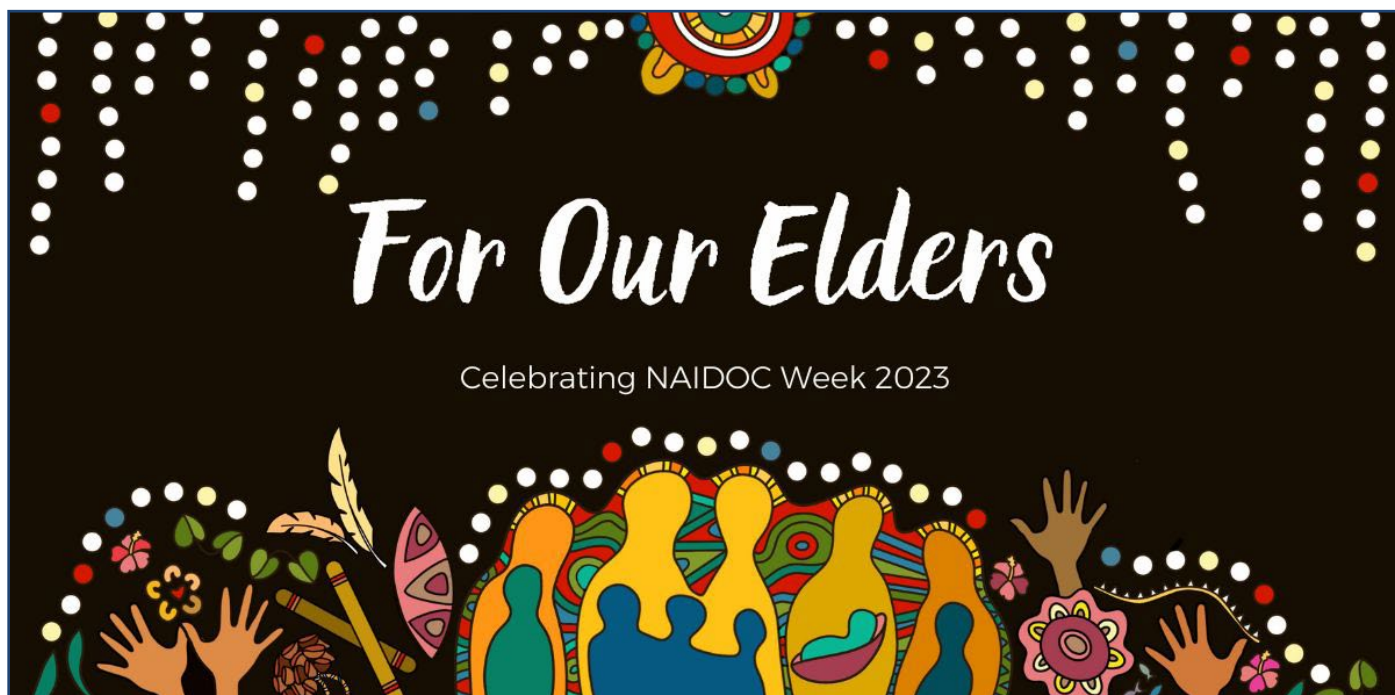
Asthma Action Plans: [Asthma Action Plan - Asthma Australia](#)

Medication Agreement: <https://www.education.sa.gov.au/sites/default/files/hsp151-medication-agreement.doc?v=1579494459>

Multiple Medication Agreement: <https://www.education.sa.gov.au/sites/default/files/hsp152-multiple-medication-agreement.doc?v=1579494683>



NAIDOC WEEK



Tea Tree Gully Council Cultural Connection Excursion

On Monday 26th of June Aboriginal students attended a cultural connection workshop and Opening Ceremony with Tamaru, Kurna Elder at Stevens Reserve, Ridgehaven.

In consultation with Tea Tree Gully Council our school was selected to be involved in the NAIDOC Warm Welcomes Project which has been funded by a NAIDOC Week Grant from Australian Government, National Indigenous Australians Agency. This project has been developed in consultation with Tamaru, Kurna Elder.

The project involved a number of stages led by Tamaru, Kurna Elder aiming to symbolise the welcoming of all First Nations together around the campfire. Students ages 11 and up were involved in helping create the concept design and decorating logs to symbolise a camp fire. First Nations family names were burnt into the logs to show people coming together. On the day students planted flowering plants to depict fire around the space. This was followed by an opening ceremony and light refreshments.



Cultural Display

This year as part of The Heights School's contribution to NAIDOC Week the Aboriginal Education team along with teachers and staff ran many classes, professional development and cultural learning/art sessions. Of great impact was the cultural display created by Mrs Irini. The display comprised of artworks, artifacts and photos around the Culture of the Warlpiri people from the Northern Territory. A big thank you to Mrs Irini for a fantastic display set up in the Library.

Damper Day NAIDOC Week

For NAIDOC Week celebrations at The Heights School, on Wednesday 28th of June, some Primary Years students were lucky enough to work with the Aboriginal Education Team and SSO helpers to make damper in the kitchen. Traditionally, damper is made by crushing native seeds, nuts and roots and cooking this in coals in the ground. We used self-raising flour, butter, salt, water and lemon myrtle/native wattlesseed to add in (you can only imagine where some of the flour went when having to knead it). A fun and engaging time was had. While the damper was cooking in the oven, students coloured in some NAIDOC Week images. Once the damper was ready, jam and cream was added and enjoyed. Some students took out extras to share with friends which was great to see. A range of native jams were available for those adventurous enough to go out of their comfort zone. A massive thank you to all those involved with the set up and running of the day. See a recipe on the next page if you wish to try this at home.



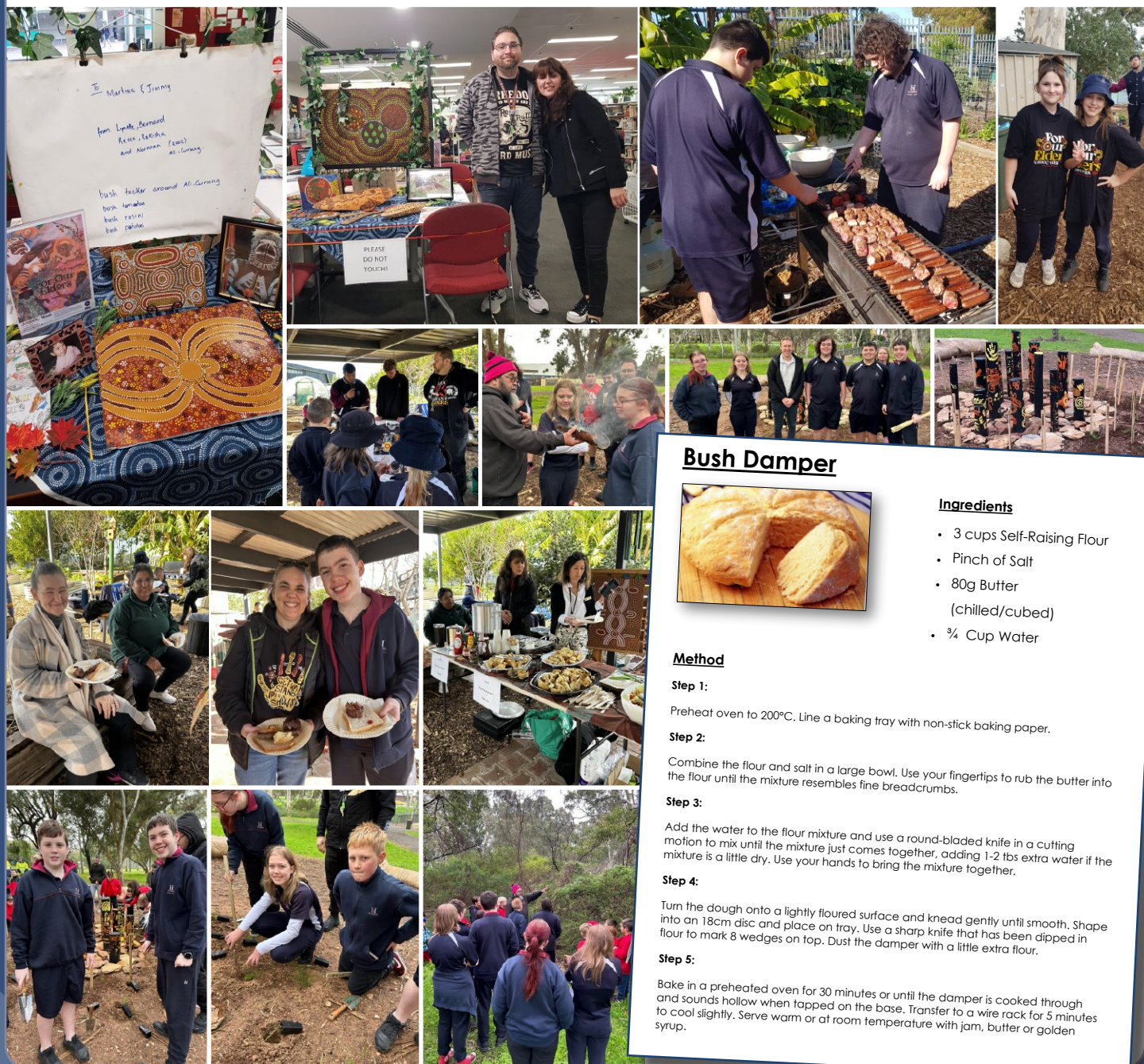
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NAIDOC WEEK (CONTINUED)


NAIDOC Week BBQ

The NAIDOC Week BBQ took place in Week 10 on Wednesday 5th of July. This event celebrates NAIDOC Week with our school and wider community and is getting bigger every year, which we love to see! Firstly, a massive shout out, gratitude and thank you to **Macro Meats** for their generous donations (which nothing went to waste, and was thoroughly enjoyed by all staff, students and attendees at the event). This helped us and showed what it truly means to be a community. ATSI students were invited to bring a friend to share in the celebrations. Many different types of kangaroo meats such as patties, sausages and tail were cooked throughout the day and enjoyed by all. This year's theme being *For Our Elders* we asked our ATSI students and families to send us through some family photos for display on the day to pay our respects. Many students attended at lunch time also and enjoyed a Billy Tea made by Mrs Irini. It is such a great day to be involved in. Thank you to all those involved with the set up/preparation, cooking, serving and clean up. Thank you to all staff and students involved, we appreciate the time you gave up. Thank you also to those family members and wider community that attended. We hope to continue to grow this event in the future.

Luke Barmby, Kirsty Williams and Aaron Murray-Raschella
Aboriginal Education Team



Bush Damper



Ingredients

- 3 cups Self-Raising Flour
- Pinch of Salt
- 80g Butter (chilled/cubed)
- ¾ Cup Water

Method

Step 1:
Preheat oven to 200°C. Line a baking tray with non-stick baking paper.

Step 2:
Combine the flour and salt in a large bowl. Use your fingertips to rub the butter into the flour until the mixture resembles fine breadcrumbs.

Step 3:
Add the water to the flour mixture and use a round-bladed knife in a cutting motion to mix until the mixture just comes together, adding 1-2 tbs extra water if the mixture is a little dry. Use your hands to bring the mixture together.

Step 4:
Turn the dough onto a lightly floured surface and knead gently until smooth. Shape into an 18cm disc and place on tray. Use a sharp knife that has been dipped in flour to mark 8 wedges on top. Dust the damper with a little extra flour.

Step 5:
Bake in a preheated oven for 30 minutes or until the damper is cooked through and sounds hollow when tapped on the base. Transfer to a wire rack for 5 minutes to cool slightly. Serve warm or at room temperature with jam, butter or golden syrup.

LIBRARY



Book Week 2023

A reminder to families that Book Week 2023 – Read, Grow, Inspire will be celebrated during Week 5 this term.

The week will begin with a Book Week opening during our primary years assembly on Monday 21 August at 9.00 am.

On the Thursday 24 August we have a live musical incursion *Way Too Cool* for primary years students. Letters have been sent home – thank you to the families that have already returned the consent form and \$8.00.

Our dress-up day is Friday 25 August. This is where the school community can come to school dressed as their favourite book character. Please note that students can be creative and find something at home to use rather than going to the expense of getting something new!

Parents and caregivers are invited to our assembly and dress-up day. Both activities will begin at 9.00am.

We are looking forward to an exciting week celebrating books and the important role they play in our lives.

Please contact me if you have any questions.

Thank you

Thank you Dr Richard Harris (Thai Cave Rescue) for donating your new book, *The Art of Risk– What we can learn from the world's leading risk-takers* to our Library at The Heights School.

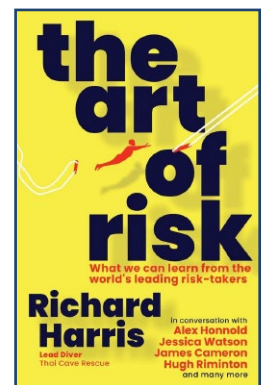
This is in addition to his previously donated books *Against all Odds* and *Alfie the Brave*.

The book is currently being catalogued and will be available for borrowing from our White Fiction section. Students who borrow it are welcome to write a review via Access-It.

... and thank you to Amanda for remembering us to your brother!

Julie Simpson

Teacher Librarian



YEAR 9 PROTEST POETRY

Students in Year 9 have been studying 'Power in Protest' through poetry. In class, a series of poems were read and studied in a variety of analytical ways. Some being individual, annotating, class discussions and using 'Tactical Teaching and Reading Strategies' to further stretch students understanding. Students looked in-depth into context, purpose, target audience and poetic devices and the reasoning poets include certain perspectives to bring their overall theme across to their target audience. Once understanding and answering a series of questions, students chose a central theme from their poem or an individual preference (this could have been a ballad), to create a protest poster, using their poetic techniques and transferring these skills into literary devices to further connect to 'the pen is mightier than the sword: how do we use words as a form of protest.' It was great to see how engaged students were with something connected to real life and societal opinions.

Pictured are some images of Miss Williams and Miss Ryan's class.

Kirsty Williams and Leah Ryan, Year 9 English teachers



PRIMARY MATHS

Being a Mathematician

In Mathematics, from Reception to Year 6, there has been a strong focus on developing productive dispositions, with the aim for all students see themselves as mathematicians and believe in their potential.

The learning students have been doing is helping grow their brains and shape them as mathematicians.

At the end of Term 1, students took a survey to express how they feel about Maths. Below are some of their responses.

Being good at Maths means to...

'Have a growth mindset' – Vyom (201)

'Think deeply, think hard, think effectively' – Aiden (202)

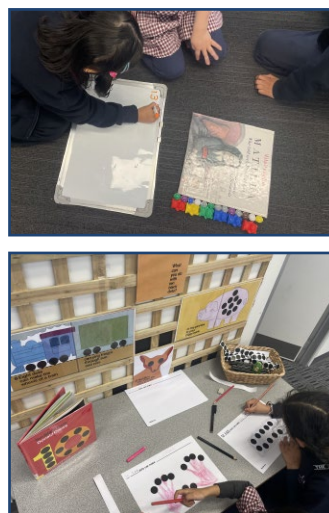
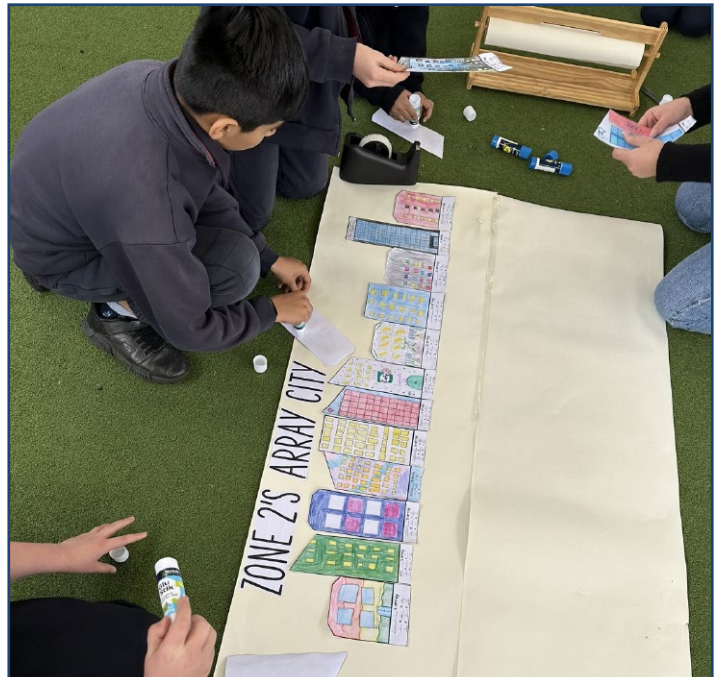
Being a mathematician means...

'Using Maths to help with daily life' – Kirijai (304)

'A person who always tries their best and they can use different strategies to solve Maths problems and it is okay if they have second or third thinking' – Minha (403)

'Being able to overcome failures in Maths and learn the joys of being successful and learning that no problem is too difficult to solve' – Vanya (504)

'To be really thinking out of the box because most Maths questions aren't straight forward' – Vanshika (604)



How families can support this learning:

SCAN ME



YEAR 10 WORK EXPERIENCE

As a group, our Year 10 students brought great credit to themselves, their families and their school during their recent work experience. During Week 8 last term, the majority of them undertook their Work Experience with a business or organisation of their choice. Some students completed their Work Experience during the school holidays or will do so later in the year. This provides students with valuable insights into the world of work and the opportunity to experience a possible future occupation to help them identify one or more career pathways. It also enabled them to learn and develop their employability skills then apply them in a new setting.

Students worked closely with their Home Group teachers to identify potential work sites and then contact them until they were accepted by one of them. For many students, this was their first experience in a workplace. The experience presented a range of challenges to students which they were able to overcome.

Here are some reflections on the highlights of their experience:

The best aspect of my work experience was interacting with optometrists and gaining useful knowledge about my future pathways as well as the anatomy of human eyes.

I learned time management because my work started way earlier than school which made me prepare and plan my day better in order to suit the working hours.

The children were adorable and I had a great time looking after them. I found it challenging to talk to other staff there. I was nervous but everyone was very nice.

The best aspect of my work experience was probably learning the basics of structural engineering.

I learnt that getting to places a little early helps you prepare for things.

A skill that I improved during my work experience was my communication with new people. As I'm extremely awkward socially, I try to stay away from interacting with new people as much as possible, but this experience forced me to come out of my comfort zone and communicate with all of the kids and the other workers.

Being able to work with different reptiles. Getting to handle Bearded Dragons and getting to hold a scorpion.

Overall, work experience was a positive and an enjoyable experience as it has helped me understand the retail industry and possibly has led to me getting a part time job.

Communicating with different people and handling customers was a huge improvement I made. Some customers weren't always the nicest so handling those people and how to do so was something I learnt during the week.

Some aspects of the placement were confronting, such as cancer recipients, and some people having traumatic and disputatious medical histories.

Going into this I thought teaching Reception and Kindy was for me. After it I would rather teach Year 1, 2 and 3 the most.

This work experience significantly helped me identify the fact that I want to work in the engineering industry.

I found it challenging to cope with animals being put down. It also took some time to not be bothered by the surgeries and not be grossed out.

I think my skill in working as a team has improved during my work experience.

The best aspect of work experience was definitely interacting with the residents in the aged care facility. Everyone was very welcoming and I had a lot of fun.

Meeting like-minded people, networking, and learning more about art education.

There were 2 aspects of work experience I really enjoyed. First of all, the company culture was very positive and accepting of anyone, no matter how long they had worked there. Second, I had managed to learn tons of new and interesting things, for example, I've learned the proper way to interact with a customer, the versatile uses of Excel spreadsheets, how to filter information from Excel and cross-check with the software Magship. Finally, I was treated as an equal and was involved in many meetings.

A surprising aspect of my work experience was how draining it was. I didn't think it would be as full on as it was, despite the fact I was working with children, but there was always a lot going on. This made the experience extremely tiring, which I didn't expect that much.

The feedback from supervisors via students' reports and phone calls from teachers was overwhelmingly positive. They were extremely impressed by our students' willingness and ability to learn new skills and procedures, to engage with colleagues and also to show initiative to do more than was expected of them. A number of students were also offered employment as a result of their time with the business or organisation.

There is no doubt that students' experiences have helped them clarify and shape their career and learning pathways for the years ahead.

Finally, I'd like to thank the Year 10 Home Group teachers, Year 10 History teachers and Ms Rogers for the support they provided to our students as they prepared and completed their Work Experience.

David Osborn
Year 10 Year Level Leader



FOOD AND COMMUNITY LOCAL EXCURSION

In Week 10 of Term 2 students enrolled in Stage 2 Food and the Community walked a donation of home made pumpkin soup and focaccia to the Pathways Community Centre. The lunch donation was for the volunteers to say thank you for all the hard work they do to supply those in need with fresh produce.

The students discussed how great it made them feel when they dropped the lunch off to them and we discussed how giving to others can be a really great way to show gratitude that benefits our mental health.



FLEURIEU MILK COMPANY PARTNERSHIP

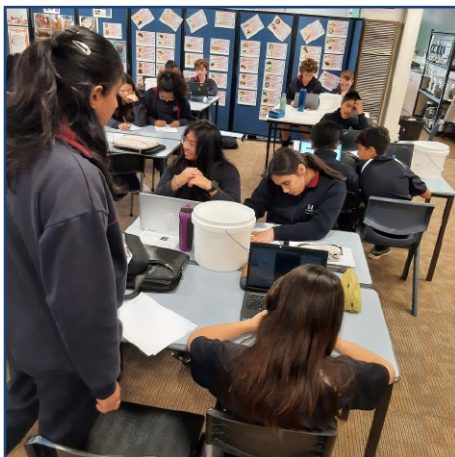
Early in Term 2 we were privileged to be connected with the Fleurieu Milk company who presented us the opportunity to help them solve a problem their manufacturing team were facing. They needed us to help solve a metal handled bucket problem as they could no longer recycle them. These buckets were used to pot set their natural yoghurt in and they needed a new idea as the bucket waste was building up. The Year 7 Ignite classes in their Technologies class were tasked with designing a solution that the company could use. To start the project students spent time learning how to think like a designer and then think like an engineer while looking at basic engineering principles such as the way simple machines are the foundations of most engineered systems.

As the project got underway students worked in small teams to design multiple ideas and using the benefits of peer feedback each group decided on one idea they presented to their respective classes, the top 5 groups then presented their design solution to a representative of Fleurieu Milk Company.

With some excitement the group that the Fleurieu Milk Company decided had the most potential for their business was 'The Vice'. The design idea was to change the fermentation of yoghurt from plastic buckets to plastic bladders and then using a custom built vice press to squeeze the yoghurt from the bladder in the most efficient way with minimal waste.

The engagement with a real world problem was an excellent step of understanding how the learning we do in school can transfer into the 'real world'.

Janna Lewis, Technologies Leader



STAGE 2 CONTEMPORARY BOTANICAL CAKES

Term 2 saw our Stage 2 Food and Hospitality students engage with the highly anticipated cake decorating assessment. This year we looked at contemporary trends and focused our decisions on the current botanical trend. As a class we explored current decorative trends such as rice paper sails, various butter icing piping techniques and royal icing designs. Students individually designed their botanical cake and spent many lessons making the decorative elements and creating their final masterpieces.

Janna Lewis

Stage 2 Food and Hospitality Teacher and Technologies Leader



YEAR 12 AWARDS

Pictured are the Year 12 students who received Certificates at the Year Level Assembly. Students who were awarded the Principals Award received all A grades. Students who were awarded Outstanding Academic Achievement received A and B grades. Congratulations to all.

Thank you to our photographers for the session: Reannah Curl, Alicia Marchant and De Smit.

Regards

Mr Roubanis

Year 12 Year Level Leader



SAPSASA IN TERM 2 2023

SAPSASA Boys Football

On the 16th of June, The Heights SAPSASA Year 5/6 Boy's football team travelled to Petaringa Oval to compete at the Tea Tree Gully district carnival. 18 boys attended and competed in the division 2 competition on the day. Throughout the day the team competed excellently winning 3 out of 4 matches. All boys showed great team spirit and were both supportive of teammates and opponents. A massive thank you to Jess Hulmes for her support throughout the day.

Congratulations to all the boys involved!

SAPSASA Soccer:

On the 30th of June, The Heights SAPSASA Year 5/6 Boy's and Girl's soccer teams travelled to Tilley Reserve to compete in the Tea Tree Gully district carnival. The two boy's teams competed in the division 1 and 2 competitions throughout the day. Supported by Josie Veltri, Nicole Natale and Jess Cameron; each of the team competed very strongly throughout the day. The boy's division 2 team was successful in winning 3 out of 4 games for the day to finish in second place for their division: a huge achievement. The girl's team was made up of mainly new to the sport students and they learnt a lot throughout the day finishing their final game with a win. The boy's division 1 team performed very well throughout the day winning all 4 of their matches to finish 1st in their division. Congratulations to these boys for their terrific win.

Congratulation to all who were involved!

SAPSASA District Representation

Congratulations to Jack and Paige Simpson (501), and Roseleen Aujla (602) who represented the TTG district at the state hockey carnival. This competition was held at West Beach against all the best hockey players in the state.

Congratulations to Adora PH (501) who represented the TTG District at the state cross country event held at Oakbank Racecourse. Well done on this massive achievement!



YEAR 11 BOYS VOLLEYBALL CARNIVAL

The start of Term 3 welcomed an exciting Thursday for our Year 11 Volleyball Team which consisted of Yuki, Matty, Sina, Aditya, Om, Prince and Liam. The carnival was held at The ARC Campbelltown. The day saw The Heights team compete against arguably some of the best high school volleyball teams in the state. The team were formidable opponents and gave 100% all day.

Over the course of the carnival, the team went up against 5 other teams and played hard to win 3 out of the 5 games. Apart from very successful results in the competition, the team had an enjoyable day meeting other enthusiastic volleyball players.

Thank you to Johanna who was our team manager, support person and photographer for the day.



STUDENTS' ACCOMPLISHMENTS

JUMP DANCE CHALLENGE ★★★★★ NATIONALS ★★★★★

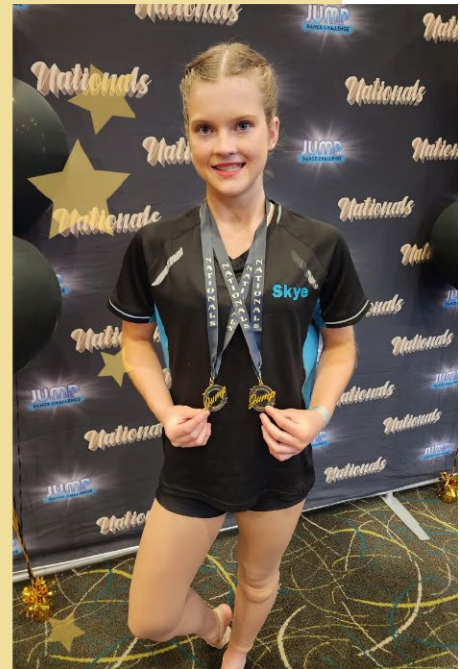
Congratulations to Skye and Dakota

DAKOTA JENKINS 301 AND SKYE JENKINS 903 BOTH PARTICIPATED IN THE JUMP DANCE NATIONALS IN MELBOURNE ON THE 6TH AND 7TH JULY 2023. THEY BOTH PLACED 6TH OVERALL WHICH IS AN OUTSTANDING ACHIEVEMENT.



DAKOTA 301

SKYE ALSO PARTICIPATED IN A DANCE WORKSHOP AND WON A \$50 VOUCHER. WELL DONE!



SKYE 903



CANTEEN

Express collection for pre-paid lunch orders

Pre-paid orders can now be collected by secondary students from the 'Grab and Go' lunch order door. This dedicated entry makes it quicker and easier for students to collect pre-paid lunch orders.

If students wish to purchase any additional items, they will need to line up in the general entry area after collecting their pre-paid order.

Lunch orders for primary students will continue to be delivered to the classroom.



How to guide for online ordering








Step 1. Download Qkr!
Download to your Android phone, iPhone or iPad. iPad users can download the iPhone app. The Flexischool app is no longer used.

Step 2. Register
Select your country of residence as 'Australia' and follow the steps to register.

Step 3. Find our school
Our school will appear in 'Nearby Locations' if you're within 10kms of our school, or search for our school by name.

Step 4. Register your child
When first accessing our school you will be prompted to add a student profile for your child/children. This allows you to make orders. Lunch orders for Rec – Yr. 6 students are delivered to the classroom; orders for Yr. 7 – 12 students are collected at the canteen.

Step 5. Manage Payments
Add up to 5 cards to your wallet. Add, edit or delete cards anytime. Once payments are made you can continue to the home page and view your receipts in the 'Activity' tab.

Having trouble?
Contact the school's ICT Department for support.






Canteen Menu

Making healthy choices for Australian schools

Metro Home Cooked Onsite Meals - On Rotation

- ✓ **Classic Butter Chicken** \$6.00
Slow cooked lean chunks of chicken marinated in yoghurt and an array of herbs and spices served with fluffy white rice
- ✓ **Japanese Teriyaki Chicken** \$6.00
Chicken marinated in Teriyaki sauce with sticky rice, edamame, salad with Kewpie mayonnaise
- ✓ **Classic Mexican Nachos** \$5.80
Crunchy corn chips with light cheese sauce and salsa
- ✓ **Sweet Chilli Quesadillas** \$6.00
Light soft tortilla wrapped with chicken and light cheese and sweet chilli sauce toasted to perfection
- ✓ **Singapore Noodles** \$6.00
Rice noodles with pork and chicken in oyster sauce and stock with egg, bean sprouts, bell peppers, onion and an array of spices
- ✓ **Chicken Yiros** \$6.50
Lean marinated tender chicken pieces with cheese, tomato, lettuce, of course finished off with garlic sauce
- ✓ **Siracha Chicken Nibbles** \$6.00
Chicken pieces marinated in honey Siracha, baked and served on a bed of fluffy basmati rice with a dollop of chipotle and garnished with spring onion
- ✓ **Vegetarian Lasagne** \$6.00
Fresh layers of pasta sheets infused with pumpkin, zucchini, capsicum, eggplant, diced tomatoes with a delicious napolitana sauce
- ✓ **Penne Carbonara** \$6.00
Penne pasta in our creamy sauce with generous portions of bacon with egg and parmesan

Metro Delicious Salads

- ✓ **Falafel Salad** \$6.50
Lightly dressed lettuce with tomato, cucumber, red onion, capsicum and carrot
- ✓ **Roasted Pumpkin & Quinoa Salad** \$6.50
Butternut pumpkin roasted until soft and tender, tossed with quinoa, lemon Juice, coriander and salt and pepper
- ✓ **Pesto Chicken Pasta Salad** \$6.50
Pesto marinated chicken, penne pasta, creamy mayo, cherry tomato, baby rocket sprinkled with parmesan
- ✓ **KMC Crunch Bowl** \$6.50
Baked pieces of kentucky chicken fillet on a bed of fresh slaw and light corn chips and a dollop of Kewpie mayo, super crunchy and super tasty
- ✓ **Fresh Fruit Salad** \$5.00
Selection of diced fresh in season fruits

Oven Baked Hot Foods

- ✓ **Home Made Garlic Bread** \$2.20
- ✓ **Hot Chip Scoop** \$4.00
- ✓ **Spinach & Fetta Frittata** \$4.50
- ✓ **Chicken Nuggets** \$0.90
- ✓ **Wedges with Sour Cream & Sweet Chilli** \$4.60
- ✓ **Honey Soy Chicken Drumstick & Rice** \$4.80
- ✓ **Freshly Made Pizza Scrolls** \$2.20

✓ **Green Foods** ✓ **Amber Foods**
GF Gluten Free | DF Dairy Free | V Vegetarian | VG Vegan





2023

Canteen Menu

Making healthy choices for Australian schools

Standard Burgers 4" Bun

- ✓ Chicken Tender \$5.20
Chicken tenders crumbed and baked with lettuce & mayonnaise
- ✓ Grilled Hamburger \$5.20
Grilled lean beef mince, lettuce, tomato.
- ✓ Beef Cheeseburger \$5.20
Lean homemade beef pattie with cheese, homemade burger sauce
- ✓ Fillo Fish Burger \$5.20
Lightly crumbed fillet of fish with tomato, lettuce and tartare sauce
- ✓ Vegetarian Burger \$5.20
Mixed vegetable pattie lightly crumbed with lettuce and mayonnaise

Gourmet Mega 5" Burgers

- ✓ Chicken Cordon Bleu \$6.20
Chicken breast crumbed with crispy bacon, swiss cheese, lettuce and mayonnaise
- ✓ The Metro \$6.20
Lean home made beef pattie with crispy bacon, caramelised onion, swiss cheese, lettuce and special made burger sauce
- ✓ Kentucky Metro Chicken (KMC) \$6.20
Kentucky style crumbed baked chicken breast with lettuce and light mayonnaise
- ✓ The Spicy Burger \$6.20
Lean home-made beef pattie with, swiss cheese, onion rings and our special BBQ and salsa sauce

Hot Dogs

- ✓ Plain or with Sauce \$4.80
- ✓ Cheese & Sauce \$5.00
- ✓ Cheese, Bacon & Sauce \$5.50



Mega Metro Toasted Subs 8"

- ✓ Grilled Chicken & Mayo \$5.20
- ✓ Sweet Chilli Chicken \$5.20
- ✓ Meatball \$5.20

Croissants

- ✓ Plain \$3.50
- ✓ Cheese \$4.00
- ✓ Cheese & Tomato \$4.50
- ✓ Ham & Cheese \$4.50
- ✓ Ham, Tomato & Cheese \$5.00

Home Made Pastries

- ✓ Classic Large Beef Pie \$5.00
Slow cooked lean chunks of beef with onion and an array of spices
- ✓ Classic Sausage Roll \$4.50
Lean sausage mince with an array of spices with added finely chopped carrot and zucchini
- ✓ Classic Large Pasties \$5.00
Potato, carrot, pumpkin, onion and an array of spices
- ✓ Classic Chicken and Veg Pie \$5.00
Slow cooked lean chunks of chicken with onion, corn, carrots and a creamy white sauce
- ✓ Spinach and Ricotta Triangle \$4.00





Canteen Menu

Making healthy choices for Australian schools

Sandwiches, Rolls & Wraps

White/Wholemeal/ Multigrain

Please note: Sandwiches, rolls, wraps and salads can be made fresh to order. Please have orders into the canteen by 10:30am to be ready for 1:00pm.

- ✓ Cheese & Vegemite Sandwich \$4.00
- ✓ Ham & Cheese Sandwich \$4.50
- ✓ Chicken, Lettuce & Lite Mayo Sandwich \$4.50
- ✓ Cheese & Salad Sandwich \$4.50

- Sandwiches \$5.50
- Rolls \$6.00
- Wraps \$6.00

✓ Turkey & Cranberry

Turkey, swiss cheese, lettuce, cucumber and cranberry

✓ Ham, Cheese with Honey Mustard

Smoked ham, swiss cheese and honey mustard

✓ Roast Chicken, Bacon & Avo

Roast chicken breast, crispy bacon, swiss cheese, lettuce, onion and mayo

✓ Green Goddess Tuna Salad

Tuna mixed with lite mayo, red onion, celery, parsley, lettuce

✓ Italian Salami

Salami, cheddar cheese, tomato with rocket and creamy Italian dressing

✓ Classic Roast Beef

Roast beef, onion, sun-dried tomato, cheddar cheese, baby spinach and mustard

✓ Chicken Schnitzel

Chicken breast schnitzel, coleslaw, cheese and lite mayo



Pizza Huge Range of Various Toppings/Flavours

- ✓ Freshly Made Pizza Slices \$2.20

Krazy Krush Slushies 99% Fruit Juice

- ✓ Small \$2.00
- ✓ Medium \$3.50

Drinks

- ✓ 600ml Spring Water \$2.50
- ✓ 600ml Flavoured Milk (Classic) \$4.80
- ✓ 250ml Flavoured Milk (Nippy's) \$3.20
- ✓ Up and Go \$3.00
- ✓ 300ml Fruit Juice (Unsweetened) \$3.00
- ✓ 475ml Flavoured Mineral Water \$3.30

Snacks

- ✓ Seasonal Fresh Fruit \$1.50
- ✓ Mixed Berry & Passionfruit Cheesecake Cup \$4.00
- ✓ Chocolate Mousse \$2.50
- ✓ Home Made Cookies \$2.50
- ✓ Home Made Muffins \$3.50
- ✓ Homemade Trifle \$3.00
- ✓ Nippy's Frozen Fruit Cup \$1.20
- ✓ Fruit Salad \$5.00
- ✓ Various Sushi & Cold Rolls From \$5.50
- ✓ Selection of Streets Ice Creams

Metropolitan Canteens SA uses local suppliers where possible and is committed to the 'Right Bite' Government initiative. No menu items rated Red are included in our menu.



EFTPOS
& CASH
AVAILABLE

COMMUNITY NOTICES




Now recruiting for the 2023-24 summer season

All players welcome!

Juniors (ages 7 - 15)
Intermediates and Seniors (ages 16 and above)

Trials	Dates
Juniors 6.00pm - 7.30pm	12 & 19 September 2023
Intermediates and Seniors 7.30pm - 9.00pm	

Venue
Netball SA Stadium, Mile End

REGISTER NOW!

www.cheerionetball.com @cheerionetballclub

For any enquiries - Ph: 0419 810 656, Email: secretary@cheerionetball.com

\$500 towards you
or your children's
education



saverplus

Saver Plus is a free financial education program that matches your savings, dollar for dollar, up to \$500

What can the \$500 be used for?

- | | |
|--|--|
|  Laptops & tablets |  Lessons & activities |
|  Uniforms & shoes |  Books & supplies |
|  Vocational education |  Camps & excursions |

To join Saver Plus, you must meet all of the below criteria:

- Be 18 years or over
- Have a child at school or attend vocational education yourself
- Have regular income from paid employment (you or your partner)
- Have a current Health Care Card or Pensioner Concession Card
- Be in receipt of an eligible Commonwealth social security benefit, allowance or payment*

*Many Centrelink payments are eligible

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street and The Smith Family. The program is funded by ANZ and the Australian Government Department of Social Services.

To find out more:
Enquire online at saverplus.org.au
saverplus@thesmithfamily.com.au
1300 610 355

Delivered by:




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THE HEIGHTS SCHOOL
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(Classes are run throughout the school holidays)

TO BOOK IN FOR A FREE TRIAL CLASS,
PLEASE TAKE A PHOTO AND SMS TO 0403 507 049

Name: _____ Date of Birth: _____

Guardian Name: _____

Guardian email: _____

Contact Number: _____ Date: _____

FOR FURTHER INFORMATION, Call EDDE NIO on 0403 507 049