

ISSUE HIGHLIGHTS:

- Year 12 Parade and Breakfast
- Wellbeing
- Year 6 Aquatics
- SAPSASA Term 3 and 4

Pictured: Year 12 Breakfast and Parade

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>

School Calendar

IMPORTANT TERM 4 DATES

See page 3 for list of important dates in Term 4 2023

CONTACT

The Heights School
Brunel Drv, Modbury Heights SA 5092
Ph: (08) 8242 8900
Fax: (08) 8242 8999
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

Welcome to Term 4

Celebrations

This term is the term where we hold our celebratory events. Events to take note of depending on the age of your child include:

- Year 12 Graduation on Wednesday, 22nd November.
- Celebration of Success for Year 7 to 11 students on Tuesday, 28th November.
- Year 6 Celebration Tuesday 28th November.
- End of Year Primary Concert for our Primary Students on Tuesday, 12th December.

Year 12 Students

Year 12 students are very busy preparing for their final exams or completing final assessment pieces. I would like to thank our Year 12 teachers who ran workshops and supervised trial exams during the holidays for our Year 12 students. Last Friday 27th October was the Class of 2023's parade and breakfast. I would like to thank Arthur Roubanis, Year 12 Year Level Leader, and the many staff that helped to make it a special occasion. The last of the scheduled lessons for Year 12 students occurred last week. Study programs continue up to the beginning of the exam period - Week 4, Monday, 6th November. Thank you to all the teachers and curriculum support staff that have supported our Year 12 students this year. Thank you to the Class of 2023 for their contribution to the school community.

We wish our Year 12 students all the best in the weeks ahead and look forward to celebrating their graduation with their families in Week 6.

Year 10 and 11 Examinations

Year 11 students have exams starting Wednesday, 22nd November, followed by Year 10 exams Wednesday, 29th November. Information about the end of year arrangements will be communicated to parents by the relevant staff soon.

Attendance

I would like to take this opportunity to highlight the importance of attendance at school for our students. Other than for reasons of exceptional medical circumstances, more than 10 days absent in a school year is considered to be too many. We continue to follow up student absence if we haven't heard from you. Please endeavour to inform us soon as possible if your child is absent from school and contact your child's Class Teacher or Home Group Teacher if you have any questions.

Boom Gates

To assist with carpark safety, from Monday 6 November 2023, the boom gate times will be adjusted.

Morning and Afternoon Yard Duty Supervision

As mentioned in previous newsletters the safety of our students is of extreme importance to us. Now in Term 4, I would like to take this opportunity to remind our school community that supervision for students begins at 8.25am from Monday-Friday. Also, yard duty supervision finishes at 2.50pm on Monday and 3.25pm Tuesday to Friday. Our OSHC service runs before and after school. This service is accessed by a growing number of families. Our OSHC staff provide a program that involves students accessing school facilities before and after school. To assist us in the delivery of OSHC we request that families please leave the school grounds by 2:50pm on Monday and 3:25pm Tuesday to Friday, unless they are meeting with a member of staff.



Meg Fay, Principal



CONTENTS

Education Research and Innovation	2
Important Dates in Term 4 2023.....	3
Lost Items	3
Library Matters.....	3
Uniform Shop.....	4
Year 12 Parade and Breakfast	5-7
Busking for Change	8
Stephanie Alexander Kitchen Garden - Room 302.....	9
University of SA STEM Innovation Experience (STEMIE) Challenge	10
St John Ambulance SA Youth Member of the Year.....	10
Wellbeing.....	11-12
Year 4 Zoo Excursion.....	13
When Poetry and Science Meet.....	13
National Science Week ..	14
Year 8 Design & Technology	15
Year 6 Aquatics.....	16-18
Year 7 Camp.....	19
Year 8 Ignite Science	20
Pathways and Careers....	21
Student Participation in Overseas Soccer Camp...	21
SAPSASA Term 3 and 4 ..	22
Community Notices.....	23

EDUCATION RESEARCH AND INNOVATION

EDUCATION RESEARCH AND INNOVATION: *Informing our community about education research and innovation from early childhood to senior secondary and post school pathways.*

MINDSET MATTERS!

A powerful combination = Metacognition + Growth Mindset

Metacognition: In the last two newsletters we looked at the important role of Metacognition in learning. At The Heights School we are strengthening the ways in which we support our children and young people to be metacognitive. In other words, we are supporting students to think about their thinking, and learn about their learning. This has been shown to increase students' academic achievement.



Now let's think about the role of a student's MINDSET. Parents and caregivers can help out with this focus. Let's look at how you might do that.

Mindset is a simple idea described by world-renowned Stanford University psychologist Carol Dweck in decades of research on achievement and success. Professor Dweck identified two mindsets: **a fixed mindset and a growth mindset.**

A person's mindset can influence their actions.

When you have a fixed mindset you believe that your abilities and intelligence are fixed traits. For example, you might believe that you can either do maths or you can't, you can either make friends or you can't. With a fixed mindset you also believe that talent alone creates success, without effort. Consequently, when you have a fixed mindset you are often reluctant to take on learning that feels challenging initially.

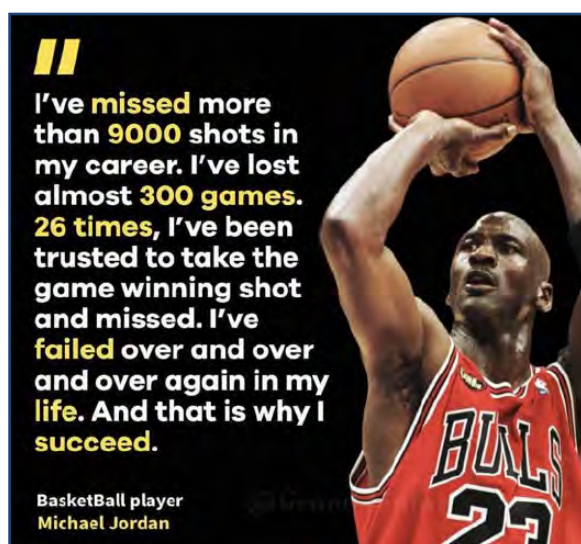


As parents and caregivers, we can accidentally nurture a fixed mindset in children. Have you ever said things like, 'I wasn't very good at art either', or 'Some people are just not maths people.'? If you have, you were probably trying to make a child feel better about themselves. Unfortunately, you have reinforced a fixed mindset because you have suggested that ability is predetermined rather than something we have the power to influence. This mindset can lead to the child believing that it's not worth putting in effort because their abilities are somehow fixed. We can also accidentally lead children to have a fixed mindset when they succeed if we attribute their success to 'being smart' rather than attributing success to the approach they used or the practice they did.

With a growth mindset people believe that they can learn, change and develop skills through dedication and hard work. They are better equipped to handle setbacks and know that hard work and effort helps them accomplish and learn. This view is associated with a love of learning and a resilience that is essential for great accomplishment. Virtually all people who achieved top performance had these qualities. Michael Jordan is a great example of someone who brought a growth mindset to his learning in sport.

More about mindset in Week 6.

Val Westwell|
Deputy Principal



IMPORTANT DATES IN TERM 4 2023

Across School Events

28/11	Celebration of Success (Years 7-11)
15/12	Last Day Term 4 (Early Dismissal 12:45pm)

Year 12 Students

30/10-3/11	Study Week Year 12 Exams
6/11-15/11	Year 12 Exams
22/11	Year 12 Graduation

Year 11 Students

20/11	Last Teaching Day for Year 11 Students
22/11-27/11	Year 11 Exams

Year 10 Students

27/11	Last Teaching Day for Year 10 Students
29/11-1/12	Year 10 Exams

Year 7-9 Students

8/12	Year 6 to 7 Transition Day
12/12	Last Day Years 7-9 Lessons
13/12-14/12	Round Table Assessments (Years 7-9)

Primary Years

23/10-24/10	Year 6 Aquatics
31/10-11/11	Swimming Weeks (Reception-Year 5)
21/11	New Reception Transition Visit 1 (Tuesday Group)
23/11	New Reception Transition Visit 1 (Thursday Group)
28/11	New Reception Transition Visit 2 (Tuesday Group)
30/11	New Reception Transition Visit 2 (Thursday Group)
28/11	Year 6 Celebration Assembly
29/11	Footsteps Disco
7/12	Year 5 End of Year Excursion- Hargrave Reserve
7/12	Year 4 End of Year Excursion- Bounce
12/12	End of Year Primary Concert
13/12	Year 6 End of Year Excursion- Bowling

LOST ITEMS

We recognise it is inevitable that items will be misplaced by students. To assist in reuniting lost items with their owner we would like to highlight the importance of clear labelling with the student's full name and current class on all items.



Primary Years

Lost property for Primary Years will be located in a central collection point; the corridor outside the Stephanie Alexander Kitchen.

Students are encouraged to take responsibility for their own belongings and if missing check appropriate collection area throughout the school day. Primary Years parents seeking lost items should check the lost property before school (8:40am – 8:55am) or after school (3.05pm – 3.30pm) to claim items.

Secondary Years

Lost property for Secondary Years is at the Front Office, please enquire with front office desk staff. We only have a small number of unlabelled jackets/windcheaters. Students are encouraged to also check for lost items in the area of the school that they have lost them.

Name Labelled Items

If an item is labelled with a student name it will be returned to their rightful owner via the class or home group teacher.

Unlabelled Items

At the end of each term any unclaimed uniform items in good condition will be utilised by the school and all non-uniform items in good condition will be donated to a local charity.

Iron-On Labels Available at the Uniform Shop

We would like to remind families that iron on name labels are available to purchase at the uniform shop for \$1.00ea. There is no minimum order on labels and we would like to encourage families to make sure that items display the student name to ensure it can be returned.

Library Matters

Book returns

Please note:

Week 6 is the last week for borrowing from our Library. All returns need to be completed during Weeks 7 & 8.

Thank you for your support!

Ms Simpson
Teacher Librarian



UNIFORM SHOP

BEAT THE RUSH – TO OUR UNIFORM SHOP

We welcome new students starting with us in 2024 and look forward to assisting you with your uniform requirements. To help families we are offering some additional opening times:

Pre-school to Reception Visit 1: Tuesday 21st November 2023 (Tuesday group) Thursday 23rd November 2023 (Thursday group)	Uniform shop opening times: Tuesday – 8.30am – 9.30am Thursday – 8.30am – 9.30am & 2.30pm – 3.30pm
Pre-school to Reception Visit 2: Tuesday 28th November 2023 (Tuesday group) Thursday 30th December 2023 (Thursday group)	Uniform shop opening times: Tuesday – 8.30am – 9.30am Thursday – 8.30am – 9.30am & 2.30pm – 3.30pm
Year 6 to 7 Transition Day: Friday 8th December 2023	Uniform shop opening times: 8.30am – 9.30am & 2.30pm – 4.00pm
Uniform Shop additional opening times in Term 4 – Week 10 (First week of School holidays) Monday 18th December 2023 12.00pm – 3.00pm Tuesday 19th December 2023 9.00am – 12.00pm	

The Uniform Shop can be very busy on Transition Days, but we would love to see our existing families as well and help you prepare for the new school year. Our normal opening hours are listed if you would prefer to visit us at an alternative time.

We have offered these additional opening times to provide extra convenience for families during such a busy period in the hopes of avoiding possible queues at the beginning of 2024.

Our Finance Office will also be open at these times, so if you'd like to settle your 2023 account it would be great to see you.

Uniform Shop Normal Trading Hours DURING SCHOOL TERM ONLY (Closed on Public Holidays, Pupil Free Days, School Closure Days and the first day of Term 1)		
TUESDAYS	THURSDAYS	FRIDAYS
8:30am-9:30am	8:30am-9:30am	8:30am-9:30am
	2:30pm-3:30pm	

YEAR 12 IN 2024 COMMEMORATIVE UNIFORM

Orders can now be placed for 2024 Year 12 Commemorative Seniors Polo Shirts and Jackets. These are not compulsory uniform items, Year 12 students are able to continue wearing the current school uniform.

It is expected that Seniors polo shirts ordered and paid for by Friday 17 November 2023 will be available for collection from the Front Office at the end of Term 4 2023. Families will be notified when the shirts arrive. Orders and payments will be accepted after 17 November 2023, but polo shirts will not be available for collection until Term 1 2024.

It is expected that the Jackets will arrive at the beginning of Term 1 2024, date to be confirmed.

Year 11 students have been given order forms during Homegroup, and were given time during Personal Development to try sample Jackets on for sizing. Students are able to try on sample Seniors Polo Shirts and Jackets at the Uniform Shop during normal opening times. Spare order forms can be found at the Finance Office and Uniform Shop. Please see below for ordering details.

If you are experiencing financial difficulty, please contact our Finance Office to discuss payment options, such as a direct debit payment plan.

2024 Polo Shirts

Cost of Seniors Polo Shirt: \$25.00 each (incl GST)
Last day to return forms and payment for 2023 delivery: Friday 17 November 2023
Students are able to wear either style.

2024 Jackets

Cost of the 2024 Year 12 Commemorative Jacket will be \$130.00.
Last day to return forms and payment: Wednesday 8 November 2023

PLEASE NOTE: Seniors Polo shirts and Jackets are not able to be exchanged once delivered so please ensure you try on a sample jacket at the Uniform Shop before ordering. Normal opening hours apply.

If you have any questions or need assistance, please contact Maria Parry via the school on 8242 8900 or dl.1430.uniformshop@schools.sa.edu.au



YEAR 12 PARADE AND BREAKFAST

The last official day for Year 12 students was held on the 27th October and it has been a long standing tradition for the students to come in a costume, and entertain the entire school in the form of a Parade in the courtyard.

Students witnessed these wonderful costumes and Ms Meg Fay, Mr Ian Benjafield and myself, in the roles as judges announced various winners under different categories. Thank you in particular to Ms Laura Tambe and Mr Trent Feil who helped organise the seating layout of the Junior School and also the "Good Luck" and "Well Wishes" posters constructed by the Junior School Students.

Thank you also to the home group teachers and wonderful staff who cut fruit and cooked a delicious BBQ for the students.

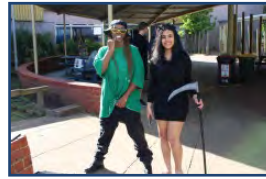
Thank you to Catherine Bourn for the photography as well as the brilliant SSO staff including Julie Williams from Student Services and Ms Alison McNeil who supported students throughout the year. A huge thank you to Mr Ian Benjafield for his support throughout the year as SACE Coordinator.

To the graduating class of 2023, I wish you all the best for your future.

Arthur Roubanis, Year 12 Year Level Leader



YEAR 12 PARADE AND BREAKFAST (CONTINUED)



YEAR 12 PARADE AND BREAKFAST (CONTINUED)



BUSKING FOR CHANGE

Busking For Change, is a new annual fundraising activity developed by Indigenous Literacy Foundation Ambassador Josh Pyke, to engage students in a joyful multi-literacy activity incorporating song, music, movement and language. Schools learn a song and raise funds for the ILF. Funds are used for literacy projects in remote communities to keep First Nations languages alive and to improve literacy outcomes.

In Term 3 The Heights School registered to be part of changing the world by singing a song. We were provided with everything we needed to learn *Words Make the World Go Around*. Sheet music was used by in the middle and senior school instrumental students. All classes from Reception to Year 6 and the Senior Choir learned to sing it.

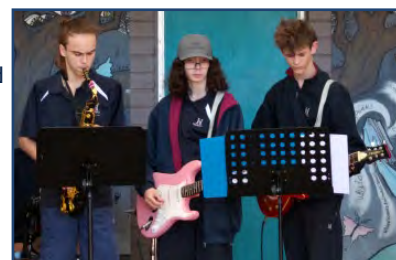
In Performing Arts, Reception to Year 3 students participated in Drama activities which were inspired by books provided by the Indigenous Literacy Foundation. These books included language from remote areas and were written by groups of Indigenous students supported by the Foundation.

The song was performed as the finale of the Winter Concert on August 31st. The whole primary school sang *Words Make the World Go Around* with the Senior Band providing the backing music on our Busking For Change Day, Tuesday 26th September.

We decided that the money raised through the SRC Non-Uniform Day and also the door takings from the Winter Concert would be donated to ILF. Total amount raised was \$1,913.

Please follow the following link to view our performance: <https://www.youtube.com/embed/tYRMjBFDu70?si=GtPDfqheDyW9usE8>

Penny Phillips



STEPHANIE ALEXANDER KITCHEN GARDEN - ROOM 302

We have been having an amazing time making delicious food with Eva in the kitchen. With the students being brave in eating foods they thought they wouldn't like.

We have been following a procedure to make each tasty and healthy item.

We have also used the Play is the Way Values:

- It takes great strength to be sensible.
- Pursue your personal best no matter who you work with.
- Have reasons for the things you say and do.
- Treat others as you would like them to treat you.
- Be brave – participate to progress.
- Be the master, not the victim of your feelings.



UNIVERSITY OF SOUTH AUSTRALIA STEM INNOVATION EXPERIENCE (STEMIE) CHALLENGE

1006 and 1007 Ignite classes have been participating in a STEM challenge on 'Carnival Capers' where they worked on the five key components within The Learning Phase – the Science, Technology, Engineering, Mathematics and Overall Summary components. Three groups got selected for a regional showcase where they were judged by the University panelists on the STEM skills required to plan and run a carnival, including aspects of side show game design, developing a ticket entry system to the venue, investigating the science of show rides and budgeting to make a profit from the event.

We wish the chosen groups the best of luck with this challenge and excited to hear the results from the UniSA in Week 3 of this term.

Jasmeet Bhurji (1006 Science Teacher), Lynda Rymer (1007 Science Teacher) and Maria Provatas (Mathematics Learning Area Leader)



Group representatives STEMIE 2023

(From left to right: Max Szivatz, Bethushan Jeyakumar, Rohit Joseph, Samara Brown, Alexa Lemmo and Ohasha Mahappu Arachchige Dona)

ST JOHN AMBULANCE SA YOUTH MEMBER OF THE YEAR

Year 10 student Aidan Ratcliff was awarded the St John Ambulance SA Youth Member of the Year on Saturday 16 September 2023.

Aidan has been with the St John Playford Youth Team for 6 years, starting when he was 10 years old. He volunteers providing first aid with Adult St John members at community events, participates in the Overnight ANZAC Eve Vigil at Smithfield, and participates in Regional and State First Aid and Drill competitions (and was the Drill Commander for the Playford Team who won the State Competition last year). He has also been Flag Bearer and also Cadet Flag Party Commander at the St John Rededication Services, and annual Government House Awards, for the last 3 years.

Aidan achieved his Corporal Rank 2 years ago, and teaches first aid at Playford, and mentors and supports younger/new members. He was also recently awarded a Special Service Shield badge for 500 hrs of service.

On Saturday, in front of a panel, Aidan had to teach a 10min first aid skill lesson, give a 5min speech about where he sees his future in St John, and undergo an interview. He was thrilled and honoured to receive a call Saturday evening, advising him that he was the successful candidate, and will be awarded Youth Member of the Year at the St John State Awards at Government House in October. For the next year, he will be the St John Ambassador for the Youth Program (11yo - 18yo).

Aidan credits his adult leaders for their support in his growth and development with St John, especially his Superintendent, Ann-Marie Jenkins who is a Heights School volunteer.

If any students are interested in being a part of the St John Ambulance Youth Program, Aidan would be very happy to chat with you.

We would like to congratulate Aidan on this fantastic achievement and his service to the community.



WELLBEING

It has been an enormous year in 2023 for The Heights School. As it is term 4, students are currently working hard on their final subjects ensuring they are up to date ready for the end of the year. Completing work, studying for tests or finalising assessments tasks has been a priority for many students. Heights teachers support students within the classroom to achieve their best possible academic results, but we are always mindful of student wellbeing as well. This includes supporting students when they are experiencing stresses, worries, they are feeling anxious or having a low day. All staff and especially The Wellbeing Team work hard with students to help them to build resilience, developing coping strategies and ensure they feel supported and happy at school. Below are some examples of the work our school puts in to support and promote positive student wellbeing.

Harmony Day



WELLBEING (CONTINUED)

Shine Girl

One of our Wellbeing programs we have started this year is a girl's specific group called Shine Girl. In the program we focus on the themes Worth, Strength and Purpose. This past week focused on theme 'I have Resilience'. As a group we explored what is resilience, how we can recover from our adversities and how we can increase our resilience.

At the end of the session, we were able to spend time reflecting and journaling our achievements and list difficult experiences that we have been able to overcome. This served as a reminder that despite going through difficult times and challenges that we all have resilience within us and are able to overcome.

Rachel Scott

Wellbeing & Inclusive Support



Homework Club

Each week a small group of Year 12 students work together after school for Homework Club. The group appreciates the extra time to work on their studies. Not only does it allow time to work on assessment tasks and revision, it also allows them time to build their relationships and collaborate with one another. It has been a privilege working with these students and we wish them well in the future.



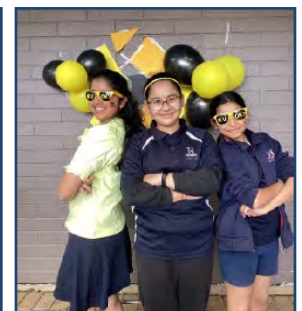
R U Ok? Day

R U Ok? Day was held at The Heights School on Thursday 14th September 2023. R U Ok? Day is an Australian national day of action dedicated to promoting mental health awareness and encouraging people to check in on their friends, family and colleagues to see if they are okay.

The R-12 Student Representative Council (SRC) along with the members of the Student Wellbeing Team hosted a Courtyard Fair. Students were encouraged to wear a "touch of yellow" to celebrate the day. The courtyard itself was decorated in yellow and black balloons. Activities included face painting, chalk art, music and photos, which are great ways to engage and promote a positive and supportive atmosphere. Events like these help raise awareness about mental health and encourage a sense of community belonging in which individuals feel comfortable to check in with their friends and have a proper conversation.

Head to the school's Facebook page to view the video made of the day by 7-12 SRC.

Student Wellbeing Team



YEAR 4 ZOO EXCURSION

On Friday 20th October, the Year 4 students visited the Adelaide Zoo. Students navigated the zoo using their maps and discussed cardinal directions of different locations. While exploring, students needed to read information signs to locate as many animals as possible from South America and Africa which are focus continents in Year 4 HASS curriculum. Students also participated in a Zoo lesson which allowed them to get up close to stick insects and lizards. During their lesson they also completed a frog metamorphic life cycle diagram. It was a fantastic day of inquiry, learning and fun!



WHEN POETRY AND SCIENCE MEET

In a creative and imaginative display of their prior knowledge, the Year 8 Ignite students embarked on a fascinating journey into the world of rock formation. One standout presentation came from Hasini, who skilfully chose to convey her insights through the art of poetry. With eloquent verses and vivid imagery, Hasini took her audience on a poetic adventure, narrating her own interpretation of the process of how a small rock comes into existence. Through her words, she not only showcased her understanding of this geological phenomenon but also demonstrated the power of artistic expression in science education. Hasini's unique approach left the audience both informed and inspired, emphasising the diverse ways in which students can engage with scientific concepts and share their insights.

Pablo, the Small Pebble

Born from Earth's fiery womb, a molten birth of raw design,

In the heart of the planet's core, where forces intertwine.

Beneath the weight of mountains, he began his earthly quest,

As tectonic plates did shift and grind, forging Pablo's chest.

Magma molds his roughened skin, sculpting lines with heat and grace,

A masterpiece of nature's art, in this subterranean place.

*For eons, he lay hidden, in Earth's embrace so deep,
Pressure and time transformed him, while the world above did sleep.*

*Sediments piled high, like blankets of ancient dreams,
Upon this rocky canvas, nature painted silent streams.*

*Through epochs he endured, with patience unspoken,
As minerals and crystals, within him, were awoken.
Invisible hands of nature's touch, crafting him with care,
Each layer a testament to the stories he would bear.*

*And as the eons passed, Pablo rose above the ground,
Emerging from the shadows, his true self was finally found.*

*Exposed to sun and rain, to the whims of wind and sea,
He became a timeless witness, to Earth's evolving spree.*

By Hasini Nelavalli

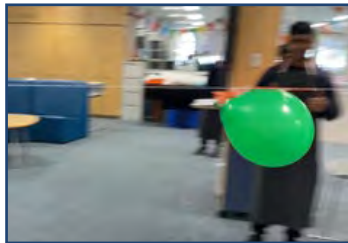
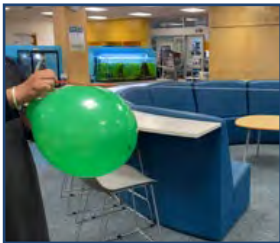
NATIONAL SCIENCE WEEK

National Science Week is Australia's annual celebration of science and technology. 'Innovation: Powering Future Industries' is the school theme for National Science Week in 2023. It incorporates advances in technology in all industries.

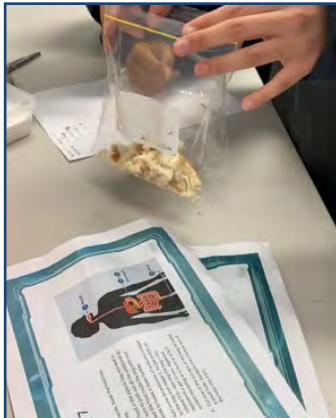
Students in years 7 - 10 were inspired and empowered to become the next generation of innovators who will shape the world and drive future industries through the Science Week Escape Room activities in Term-3.

It was designed to encourage students to take an active role in identifying and developing innovative solutions to real-world challenges. It motivated the students to think critically, creatively, and develop team-building and problem-solving skills. Below is the glimpse of few of many students engaged during Science Week and displaying the aforementioned competencies. The smiles on their faces clearly shows how enjoyable Science Week was.

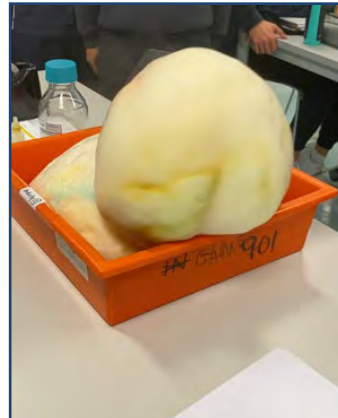
David Eglinton (Science Learning Area Leader), Jasmeet Bhurji (Science Teacher) and Mamta Khanna (Science Teacher)



Balloon Rockets



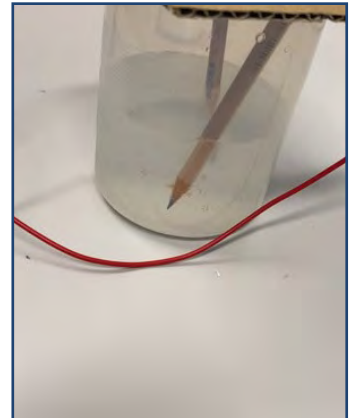
The Digestive System in our Body



Elephant Toothpaste



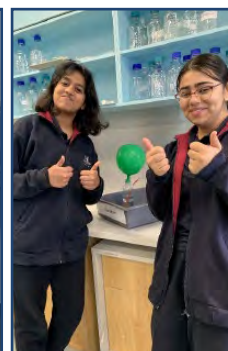
Newton's Law of Motion -
Relationship between Force and
Acceleration



Electricity



Paper Planes



Irrigation System

YEAR 8 DESIGN & TECHNOLOGY

Assessment Task: Phone Stand Design Project

Students were given the design challenge of designing, constructing and evaluating their own mobile phone stand made from radiata pine, plywood, acrylic and other textiles. Each were required to complete segments of a design folio as part of this 7-week task whilst learning appropriate technical terms within a range of technologies and graphical representation techniques. They applied project management skills to document and use project plans to manage production processes. Independently and in a group environment, students completed safety tests that enabled them to use a range of machines, tools and equipment, therefore, safely producing effective designed solutions for the intended purpose. The vast range of quality finishes were outstanding and a credit to each participating student.

Jacobus van Hoof, Design and Technology Teacher



Alex Gilbert



Kirat Jassal (Minnie) and Isla Bunt (Mickey)



Saanvi Shah



Vama Nanavati

YEAR 6 AQUATICS

On Monday October 23 and Tuesday October 24, the Year 6 cohort jumped on the buses for their traditional Aquatics Day down at West Lakes Aquatic Centre. Aquatics replaces the Swimming Program participated in by R-5 students, and involves learning new aquatic skills with a focus on safety around the water. After an early start and a forty-minute drive, students split themselves into groups to undertake four separate activities throughout the day: kayaking, canoeing, sailing (all on the lake) and surfing (a short walk away at Tennyson Beach). Six hours in or on top of the water with only a half hour lunch break meant there were some tired students on the way home, but a fun and successful day was had by all in preparation for Year 7 Aquatics camp in 2024.

Year 6 Team

Aquatics

OCT 23RD MON; 2023

On October 23rd, 604 (my class) and 602 (Mrs Goldstone's class) went to West Lakes Aquatics Centre (WLAC). It was so fun! I was in a group with Maryam, Vanshika, myself, Imogen, Rose, and Kayle. The first activity was Canoeing! It was great, but when Greg (the instructor) stood up to 'stretch' we all started screaming because we thought the boat was going to capsize! It was funny but eventually we stopped screaming. We raced group 6 and won! Canoeing was fun but I would give it 4.5/10 because we almost CAPSIZED!

Then we had the 5min break. Me and Maryam were eating/stuffing down the food like we would never ever eat again! Our 2nd activity was Sailing, it was with Trevor. He kept on making the boat lean to Vanshika's side, we held on to each other for dear life! The wind was so much and the sail boat was leaning so much that Imogen's hat fell into the water followed my Maryam's. I'd give Sailing an 8/10!

35 MIN BREAK LATER:

After the long break we had our 3rd activity. It was... KAYAKING! I LOVE Kayaking it's fun but can get you drenched if the person behind you is splashing you constantly! I was with Maryam, Vanshika and Kayle were together and Rose and Imogen were together. We had Lloyd. Me and Maryam were 'zooooooooooooooooooooooooooooooooooming' ahead! So, the instructor told us to do 360 turns. I wanted to swap with Maryam and go to the back, so we built a raft. Then I wasn't comfortable, so we changed back. I'd give it a 7.5/10. Then we had another 5 minute break.

5 MIN BREAK LATER:

Our last activity was... surfing! Surfing was the best out of all 4 I would have to give it 10/10! We had Trevor and Kane. We had to wear wetsuits, they felt weird. I almost had balance when I stood up but fell and hurt my hip, on rock solid type of sand. Then when it was 5 min to go back to the centre, (because we were at the beach) me and Maryam got on the same surf board and surfed together. But sadly, we had to go back.

After all of the fun, we had to change. The 2 classes had a race and the class that could change the fastest would win a prize. After all of the people it was down to Ronan and Seth. We (our class) kept on cheering for Ronan to get out before Seth but sadly we lost!

Aquatics was the best day of PRIMARY school!!!! Hope to go again and highly recommend you going there! :)

Aadhya Malvaniya



YEAR 6 AQUATICS (CONTINUED)

Aquatics

On 23rd of October 2023, our class and Miss Goldstone's class went to the West Lakes Aquatics Centre (WLAC). We were going to do four activities. Sailing, kayaking, surfing, and canoeing. And between the four activities, we had three breaks. A 5-minute break. A 30-minute break. Another 5-minute break. Between the two classes we were split into 9 groups.

At 8:20am, we were on our way to the aquatics center. It was a one-hour drive. When we got there, Matt, one of the instructors came up to us. He was telling us where the toilets were and where to put out bags and gave a safety talk to us. The safety talk wasn't too long. Maybe about 10 minutes. Then we had to sit in our groups and give our medical forms to the instructors.

After that we went to get jackets and our Personal Floatation Device (PFD) which was a life jacket. We got the jackets because it was cold. Our first activity was sailing, and Matt was our instructor. When we got to the sailboat, Matt was telling us the different parts of the sailboat. Then me, Fenil, Chiruhas, Nav, Taj and Josh got on the boat with Matt. Once we were on the water, Matt was heading straight towards a wall. Before he could hit the wall, Matt did a tic which is a sharp turn. After, each one of us got to steer the boat for about three minutes each.

After sailing we had a five-minute break. Then our next activity was kayaking. Matt was our instructor again. For kayaking we had paddles. On each side of the paddle there was a blade. We push the water using the paddle going left and right. Each kayak was a double seater. I was with Taj for the kayaking. First before we got on the water, we made a landmark. It was a house with four white pillars. We paddled all the way to the house and took a break from all the paddling. Then Matt showed us how to do a spin on the spot. It was called a doughnut. Then we all tried. After, Matt told us to paddle under a bridge and out on the other side. Then we took a little rest and paddled back to the shore where we had started.

Once we got back from kayaking, we had lunch which was half an hour. After lunch our next activity was surfing. Then we went to put our life jackets away to get wetsuits. The wetsuits had a built-in life jacket, so we did not need another one on top. But the wetsuits were very tight. Then our instructor Todd took us to the beach with two other instructors. At the beach, one of the instructors, showed us what position we had to get into when we were surfing. Then all of us gave it a go. It was hard to balance on the board. We surfed for about half an hour, then we got back to the lake to have our final break, which was five minutes.

Once we finished our break, we got to our last activity which was canoeing for us. For canoeing we have a paddle. On one side of the paddle is a blade to push the water. On the other side if the paddle was a handle to hold the paddle. Our instructor was again Todd. In our canoe, it was me, Fenil, Josh, and Nav. Josh was at the front, me and Fenil were in the middle and Nav was at the back steering us. On the other canoe it was Chiruhas, Taj and Todd. We paddle until we reached the 1250-meter mark. Then we made a landmark and paddled to a big rock. Then Todd gave us permission to have a swim in the lake. Except we could not go too deep into the lake. We were swimming for about 5 minutes when we found a starfish. After 10 minutes we got back on our canoes and started paddling back to the jetty. On our way Todd told us to capsize the canoe by purpose. So, we would know what to do if we actually capsized which we did. But we got back on our canoe.

Once we got back to the jetty, we started to pack up our bags and take it to the bathroom to change. Once we changed, we got back on the bus and headed back to school.

The way the Aquatics Centre teaches is very enjoyable. They teach us how to be safe in the water and it is great fun.

Aashrith Guttikonda, 604



YEAR 6 AQUATICS (CONTINUED)

Year 6 Aquatics

On the 23rd of October on a Monday, 602 and 604, (my class) went to West Lakes Aquatics Centre.

In the morning we had to reach school at about 8:15am, so I woke up early and got ready really fast for the first time. I reached school at about 8:13am or something and I also met my friend there. Soon after, my other friend came running because she thought she was late.

At 8:20am, we headed towards the bus. Luckily, we found the back seat and could relax. It was about a half an hour drive, but I wished it was longer. Soon, we could see some wetlands and lakes which made me feel worried.

10 minutes later, we reached West Lakes Aquatics Centre, and the lake was huge! After that an instructor called Matt introduced himself and talked through all the safety instructions, behaviour and what to do if there was an emergency. Then, we had 5 minutes to change into our bathers, go to the toilet and put on sunscreen.

When we were introduced to our group's first activity, canoeing, I started shaking one, because of the wind and two because I was scared. Our instructor was Greg who was nice. He calmly showed us where the life jackets were, and we all got fit into one. We were with group 6 for the whole day and their instructor showed us the technique of using a canoe and the paddles. Then, one by one three people went on a canoe and the other three on the other. Group 6 did the same. Our group started paddling first and I was holding both canoes together to make a raft, which made my hands sore. The scary part came next when we had to let both canoes apart. Once I accidentally screamed, but then it started to get fun.

Finally, we had our first break, but it was only for 5 minutes to eat, go to the toilet and put on some sunscreen. Our second activity was sailing which was my favourite. We just had to sit in the sailboat. The instructor even tilted the boat, that it felt like we'll fall in the water. We also got turns to steer for a while. Then, we had lunch to have a nice calm 35minute break.

It was then our third activity, kayaking, which was also really scary because the instructor paddled away and we were left behind, but we eventually caught up. After that, we had our last 5-minute break, and we started our last activity.

Our fourth and last activity was surfing, where we went to Tennyson beach. Our instructor made us lie on the surfboard and pushed us when a wave came.

Lastly, we had to change into our normal clothes. There was a competition that which class will get ready first and 602 won. My favourite part came after that which was the bus ride back.

Aquatics was a really fun day full of fun activities! First, I thought that it would be scary, but it actually turned out to be an awesome day!

Vanshika Patel



YEAR 7 CAMP

During Weeks 9 and 10 of Term 3, the Year 7 students travelled to Murraylands Aquatic Centre at Murray Bridge for a 2-night camp. The aquatics camp gave students the opportunity to experience a variety of water activities including kayaking, stand up paddle boarding, knee boarding, skiing and sailing.

A fun time was had by all – students and teachers alike!

Where was our camp?

The Year 7 camp this year was in Swanpoint, Murrayland area, South Australia.

What did we do on camp?

During our time spent at camp we did numerous activities such as: knee-boarding/skiing, catamarans (wind sailing), canoeing, kayaking, paddle boarding, boat handling, we also went on a night walk, as well as playing a group game of murder in the dark, and we had a campfire with marshmallows.

What was the most challenging part of camp?

The most challenging part of camp was probably falling asleep because it was very cold. Then when we had to wake up in the morning and get out of bed that was very challenging as well.

What new skills and knowledge have I gained from going on camp?

From going on camp, a new skill that I have gained is I now know how to sail catamarans, and how to drive a boat. I also learned how to knee-board.

What was the most enjoyable part of camp?

The most enjoyable part of camp was probably the night walk we went on for that was fun and it got us out of the camp site.

What advice would I give the future Year 7s going on camp?

Bring a lot of warm clothes with you because it is cold, and bring an extra pair of bathers.

Brooke Dawson



YEAR 8 IGNITE SCIENCE

The Heights' Budding Entrepreneurs

In Australia's challenging climate, creating energy-efficient homes is a well-established concept. While the National Construction Code requires a minimum 6-star rating for new homes, some aim for higher standards. This ambition was recently taken on by our Year 8 Ignite students, who set out to design and construct homes that are not only highly energy-efficient but also eco-friendly, visually appealing, and budget-friendly!

Our young entrepreneurs approached this project from multiple angles. First, they delved into the intricacies of energy consumption in homes. They explored the importance of factors like how houses are positioned, the materials used for construction, energy-efficient appliances, and building techniques that contribute to achieving higher energy ratings. To gain deeper insights, they were fortunate to have a Q and A session with Mr Bankim, an expert in the energy industry. His expertise proved invaluable in guiding them towards well-informed decisions about their house designs.

With their new-found knowledge, Year 8s embarked on creating digital and physical 3D models of their energy-efficient homes. These models showcased their innovative ideas and highlighted the integration of energy-efficient features. The most exciting part of their project was a simulated investment pitch, similar of the popular TV show "Shark Tank." In this setting, our students confidently presented their models and business concepts to potential investors.

This project served as an extraordinary learning opportunity for our students, demonstrating that achieving 8+ star energy-rated homes is possible when clever design and a strong commitment to the environment work hand in hand. These young visionaries have proven that, armed with determination and knowledge, they can pave the way for a more sustainable future in home construction.

Surangi Abeygunawardane



PATHWAYS AND CAREERS

Our new Careers and Pathways posts are designed to connect students and their families with the latest career and industry pathways and opportunities.

Coming up in November is a Screen and Media – VFX Industry Event.

Rising Sun Pictures is one of Adelaide's premier visual effects companies and they are hosting an information session in partnership with the University of South Australia on Thursday 30th November.

The event will include guest speakers from award winning visual effects companies, Rising Sun Pictures, Industrial Light and Magic, MPC, DNEG and Framestore.

The evening will celebrate the global VFX industry and will launch UniSA's new Bachelor of Visual Effects. Attendees will learn about studying VFX at UniSA, view student work, discover what it takes to break into the VFX industry, and see the latest ground-breaking projects from some of the biggest VFX studios in the world.

Spaces will be limited so be sure to secure your ticket via the registration link below:

Date: Thursday 30 November 2023

Time: 5:30pm - 9:30pm

Location: Allan Scott Auditorium, Hawke Building, UniSA City West Campus

Registration: [VFX Celebration Tickets, Thu 30/11/2023 at 5:30 pm | Eventbrite](#)

Program schedule:

5:30pm – 6:00pm | Arrival meet and greet

6:00pm – 6:20pm | Welcome, Introduction, VFX Industry-based learning

6:20pm – 7:45pm | Industry presentations

7:45pm – 8:00pm | Q&A with the panel

8:00pm – 9:30pm | Networking, food and drinks

Khara Rogers, Careers and Pathways Leader



STUDENT PARTICIPATION IN OVERSEAS SOCCER CAMP

Mohammed Zharfan - Japan Camp Write Up

The Football South Australia (FSA) U14 team left Adelaide on the 18 September 2023 to Osaka, Japan for an intensive training camp which includes two-days of invitational soccer tournament involving top J-league I youth teams namely Gamba Cerezo, Sanfrecce Hiroshima and Vessel Kobe. Mohammed Zharfan had the privilege of travelling with the team. The FSA team played 10 matches and recorded remarkable results against their Japanese opponents during the eight days Japan soccer tour. Besides soccer, Mohammed and his teammates had the opportunity to visit a local school in Osaka. The purpose of the school visit is to allow the Australian players to experience school life in Japan. In addition, the FSA team managed to visit the Hiroshima Peace Park, the Universal Studios, and the Panasonic stadium to watch the J-league I match between Gamba Osaka vs Urawa Reds.

Shown are some of Mohammed Zharfan's pictures with the team in Japan.



SAPSASA TERM 3 AND 4

Tennis

On the 25th of August, the Year 5/6 SAPSASA Tennis team competed at the TTG District carnival. Fourteen students competed throughout the day with a mixture of experienced and beginners participating. All students had a terrific day competing against other schools and learning about the sport. Thank you to Megan Williams for her support on the day.



Netball

On Friday 22nd of September, the Yr 5/6 Netball teams headed to the Golden Grove courts to compete against other schools in the TTG District. Thirty students attended with three teams, 1 Boys and 2 Girls teams competing in Divisions 2 & 3 throughout the day. We had a terrific day with all students competing hard and showing great sportsmanship. Highlights from the day included all teams having at least one win.



Thank you to Year 7/8 students Bree Alexander, Mia Tran, Breiya Stephenson and Isabelle Dennis for their support throughout the day in umpiring each of our teams. Furthermore, Thank you to Megan Williams, Jess Hulmes and Alana House for their support in coaching throughout the day.

Cricket

On the 27th of October, 2 boy's teams and 1 girls' team attended the TTG district cricket carnival. All teams played excellently throughout the day and had some terrific matches. Each of the teams learnt a lot about the game of cricket and showed great sportsmanship. A big 'thank you' to Jess Hulmes and Nicole Natale who supported and coached throughout the day.



Come N Try Day

On the 19th of October 61 Year 4 students attended the SAPSASA Come 'N Try day held out Tilley Reserve in Surrey Downs. The Year 4 students learnt about several sports which were run by local clubs and organisations. They learnt about sports such as: cricket, hockey, rugby, softball, tennis, netball, soccer and Aussie rules. This was a terrific day which hopefully inspires students to take up playing for these local clubs. A big 'thank you' to Mrs Di Troia, Ms Lange, Mrs Nguyen, Hannah Davies, Josie Veltri and Megan Williams for their support throughout the day.



District Tennis & Cricket Representatives

Over the past several weeks we have had students from Year 5/6 selected to represent the Tea Tree Gully District at the state SAPSASA carnivals for tennis and cricket.

Aditi Rajaram (Yr 5) and Aanya Govani (Yr 6) have been selected to represent TTG at the Tennis carnival. This carnival will take place in Week 6, Term 4 in which the girls will compete against the best tennis players in the state. Congratulations Aditi and Aanya on this terrific achievement and opportunity to represent the district.

Additionally, Mantra Patel, Gunbir Singh, Zachary Aldous, Madhav Shelat (all Yr 5) have been selected to represent TTG at the upcoming State cricket carnival. These boys will compete in a T20 competition across three days against other districts from around the state. Congratulations boys and good luck during the carnival.

Beau & Flynn Lawson: State Athletics Championship:

On the 19th of September, Beau (Yr 7) and Flynn Lawson (Yr 4) competed at the state athletics championships representing The Heights and TTG. The boys both competed in discus and shotput for their respective year levels: UI2's and UI0's. Flynn was able to win Gold in both the shotput and discus for his age, an outstanding achievement. Beau won silver in shotput and won gold in discus throwing a state record of 44.14m, an incredible feat. The boys will now travel Tasmania as apart of the South Australian team to compete at the national competition. We look forward to seeing how they go and tracking their accomplishments in the future.



COMMUNITY NOTICES

The Aboriginal Communities and Families Health Research Alliance



ACRA Community Accountability Forum

Tuesday 14 November 2023
Community Room 1 Parks Library
46 Trafford St, Angle Park SA 5010
10:00am- 2:30pm



We want to hear from you!
We are inviting the community to come together to discuss the research needs of Aboriginal families.

Come and join the research yarn!

- Your feedback.
- What you think we should be doing moving forward.
- Multiple presentations on current projects.
- Group discussion on what we should be looking at in future.
- Free lunch



You can make a difference for your family's future!

If you would be interested in attending this research event, please email Misha Khan misha.khan@sahmri.com and she will send out the event invitation. **Please contact Misha Khan if help is required for transport.**




COME AND TRY GIRLS FOOTBALL!

WEDNESDAYS 6-7PM
1 NOV - 29 NOV
FOXFIELD OVAL

REGISTER VIA EMAIL TO [JUNIORSREGISTRATIONS@ATHELSTONEFC.ORG.AU](mailto:juniorsregistrations@athelstonefc.org.au)



PlayStart SOCCER

JUNIOR SOCCER PROGRAMS
BOYS AND GIRLS AGES 2-10

TERM 4, 2023
SATURDAYS AND SUNDAYS
VARIOUS LOCATIONS -
WINDSOR GARDENS, STONYFELL, GRANGE,
UNLEY PARK AND MAWSON LAKES

STARTING OCTOBER 21/22
BOOK NOW -
WWW.PLAYSTART.COM.AU

We accept **SPORTS VOUCHERS**
sports vouchers.sa.gov.au