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Important Dates

- Monday 4 December 2023
- Year 12 Introductory lessons
- Tuesday 5 December 2023
- Year 12 Introductory lessons
- Wednesday 6 December 2023
- Youth Opportunities Graduation
- Monday 11 December 2023
- Market Fete
 - PHS Presentation Night
- Wednesday 13 December 2023
- PHS Splash Carnival
- Thursday 14 December 2023
- PHS Big Day Out
- Friday 15 December 2023
- Robin Ey Tennis Tournament

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Principal's Report

Steve Carli-Seeböhm



"The pessimist sees the difficulty in every opportunity. The optimist sees the opportunity in every difficulty..."

As the year progresses towards its celebratory end, I reflect on the many opportunities that have been presented within our school. And with that, comes the reflection on how people take-on those challenges.

One of the concepts and constructs being discussed at the moment, is the ability to "fail forward" or have a "successful failure". This means we are providing experiences where the outcomes might not always be successful, and the learning comes from the mistakes made.

With regards to achievements and defeats, this isn't always a protected space for our students, or our staff. No one likes the idea of failure, and its human nature to actively avoid these situations, either by designing solutions before engaging in a problem, or by not engaging at all. I am a firm believer in the notion, that we either get it right, or we learn - we are never wrong. The attitude and choice to take on challenges, with a perspective that we are part of a learning process, forms a very strong part of the rich tapestry or educational experiences within our learning journey. Taking time to reflect on what worked, and what needs further conceptual development and adjustment, is integral to this growth. As stated, we have engaged in many different approaches at Penola High School this year. Continually seeking the successful way to complete a task, undertake an activity, or engage in a program.

Our scheduled program to complete the year is going to again present challenges. Challenges in organisation, meeting time frames, lining up the moving parts and pushing each other in that final run to the finish line.

The attitude we take into these challenges, will often determine the level of success we land in each project. So my statement is around, are you choosing to look for the positives and the success? Or are you going to focus on the challenge and the negatives? All things in life have a measure of what you get out of the experience is largely determined by what you put into it. I'm asking everyone for the remainder of the year to consider this, so we finish at the highest point in what has been a truly epic year.

Kind regards

Penola High School

cordially invites you to the

62nd Presentation Night

Monday 11 December 2023
6:45pm for a 7:00pm start

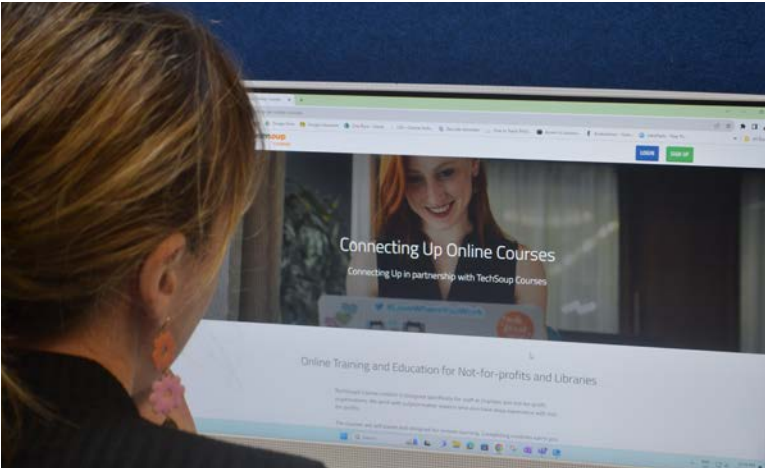
Please RSVP to Penola High School on 8737 0000 by Wednesday 6 December 2023

Let's look in...the Library
Elissa Hiotis

As the school year draws to a close, it's time to tidy up our loose ends, and that includes returning your library books! We encourage all students to check their lockers, backpacks, and even under the bed, for any library books that need to be returned. Let's start the break with a clean slate and ensure that our library remains a well resourced haven for everyone to enjoy.

In exciting news, Heather and Elissa will be engaging in a Public Libraries funded Digital Mentoring Training. This initiative aims to support the wider community in navigating the increasingly digital world we live in. Heather and Elissa's dedication to this program is not just about technology; it's about connecting and empowering our community.

We are now looking for tech enthusiasts among our students who are eager to be a part of this program next year. This is your chance to engage with the community on important issues like cyber security, digital literacy, and much more. It's not only a fantastic opportunity to give back, but also a great way to earn SACE credits! Interested students should see Elissa to discuss participation in this program. Take up this unique chance to develop your skills, meet new people, and make a real difference in our community.



Year 9/10 Cricket
Lance Pedlow

Earlier this term, Penola High School boy's cricket team faced Naracoorte High School. Despite only having nine players against a full-strength Naracoorte High School team, all Penola High School players managed to bowl, with some boys playing cricket for the first time showcasing strong fielding skills and taking all chances presented.

Archer Virtanen and Noah Virtanen batted really strongly, getting the team off to a solid start, with Harvey Virtanen also impressing with the bat. Although the team finished the day second, staff were very proud of the way students played and the team spirit shown on the day. One student was even lucky enough to be given a free Big Mac meal after the game, due to the fact he had been given out by a Penola High School staff member - hopefully, this put things right.

Lets's look at...Year 11 Material Products
Andi Zerk

The Year 11 Material Products class have been working on their final tasks, including a written folio and a hands-on practical assignment. Throughout the course, students have learnt valuable skills in welding and design techniques, to create very impressive projects. Items include: skillfully crafted fire pits, an outdoor table, tripod BBQ plates, and table bases designed for a red gum table.

While not all tasks have reached completion, the projects will be proudly displayed at the upcoming Penola High School Presentation Night. The class looks forward to your invaluable feedback, on the night.



Year 7 Swimming

Rikki Helps

Over the last 2 weeks Year 7 students have participated in swimming lessons with a focus on:

- water confidence
- survival in the water
- swimming techniques
- rescue of others; and
- water safety

Below are some comments from students about their swimming lessons.

Swimming lessons is really good, because they let us have a little free time at the end of the lesson and it keeps us active. - Megan Edwards

I enjoyed swimming lessons, because I felt it was a good opportunity to engage with my class mates and help me swim better. - Gwen Denton

It was a challenge swimming in our clothes, but now we know what to do when we're in danger. - Jack Barry

I learned the survival swims better than I did in primary school. - Zoe Perry

It was better than expected, and I was better at swimming than I thought. We got to use sinkees this time. - Jordan Edwards

I did so much better than I thought. I improved my survival strokes. - Preston Lydeamore

The swimming instructors are nice because they are patient. - Ryley Roper

Swimming all the way to the deep end is fun. I wish we could do more swimming. - Jacob Lloyd



Lets's look at...Year 8 Science
Matt Strother

In Year 8 Science, students have started to create a model of a cell. They are deciding between a plant or an animal cell. Students will include the main features of a cell and decide how to represent them in a model. Most of the students have decided to use paper mache as a technique to create their cell and are enjoying the process. We look forward to seeing the completed models over the next week.



One Forty One - Thank you
Vicki McDonald-Burgess

Company, One Forty One, recently donated wood off cuts to Penola High School. Students in Year 9 made a trebuchet and individual coffee tables, showcasing the versatility of the material, and the creativity of the students. The school really appreciates companies such as One Forty One for supporting education and providing materials for such projects.



Let's look at...Year 7/8 Global Perspectives

Rikki Helps

Learning Intention: *Calculating the cost price for items is crucial to determine how much an item can be sold for.*

To support students with their \$20 Boss projects students made yummy Milo Balls. Before they could make them, they had to work out how much it would cost per ball. The recipe followed made 36 balls. After many calculations, they worked out the cost price of 17c each (without labour!). What students found challenging was to make each ball the same size. As a result groups ended up with many more than 36 balls!

Easy no-bake Milo balls

These yummy little Milo balls aren't too sweet so they make a great lunch box treat or school cake stall offering.

makes: 36 | prep: 0:30

ingredients

- 250 g Marie biscuits
- 395 g sweetened condensed milk
- 1 cup desiccated coconut
- 1/4 cup Milo
- 1/4 cup desiccated coconut (to coat)

How much of each ingredient do we need to make enough for our whole class?

(5 balls per person)

method

- Crush the biscuits in a food processor until they are fine crumbs.
- Place the crushed biscuits, condensed milk, coconut and Milo powder into a large bowl and stir with a spoon until all combined.
- Use a teaspoon measure to measure out the balls, rolling them between the palms of your hands to create smooth balls.
- Coat each ball in the extra coconut and transfer to a platter.



Let's look at...Year 9/10 Food & Nutrition

Andi Zerk

The Year 9/10 Food and Nutrition class recently completed a successful project, researching different pastries, such as Choux and Shortcrust. Utilising Shortcrust pastry, students crafted an array of pastries, including Apple, mixed Berry, Quiche Lorraine, Beef and Tomato, Chicken, and the creatively named "Ned Kelly."

The goal was to enhance students' pastry-making skills and explore a variety of fillings. Students mastered Choux pastry and created cream puffs that showcased precision in their baking technique.

The project emphasised both sweet and savoury applications, and was enjoyed by all students, with positive feedback indicating a promising future for more cooking exploration in class.



Student Free Day - Literacy

Rikki Helps

On Friday Penola High School staff, along with other educators across our region, shared their six-month learning journeys in developing their knowledge, skills and understandings of teaching literacy in their classrooms. At the beginning of Term 3, staff spent two full days developing their understandings of the interdependence between oral language, writing, and reading. Following this each staff member designed a project to improve literacy learning in their subject areas. Staff projects involved intensive teaching of their literacy area of focus, collecting data to measure student growth and then sharing this back with all staff.

Staff projects included:

- Using 'Talk Moves' (strategies for meaningful discussions) to improve reading comprehension.
- Creating writing scaffolds to improve demonstrating mathematic understandings.
- Focusing on topic vocabulary to improve reading comprehension and writing.
- Explicit teaching of using note taking scaffolds to improve reading comprehension and support writing.

The outcome of Penola High School's commitment to this project is a stronger, shared understanding of strategies that improve literacy outcomes across all subject areas for all students. As we move into our new school year, staff will continue to build their capacity to teach oral language, reading and writing with similar approaches focused on the same outcome; greater achievement in literacy for all students.



Holy Carp Fishing Competition

Hillary Trotter

Students had an excellent time participating in the Holy Carp Competition. Holy Carp is a Mount Gambier High school student run venture, that works to solve the environmental issue of European Carp in the Valley Lakes. Students from a range of sites are invited each year to help solve this problem.

While no fish were caught, it was a good day of fun and team work. Students supported each other, shared ideas, snacks and laughs. The staff organising the event commented on how well students presented themselves and worked together. We look forward to participating next year, and supporting this worthy competition.



Talk-And-Walk-A-Thon - Middle School Ambassadors
Rikki Helps

To build a sense of community in our school, the Middle School Ambassadors held the Talk-and-walk-a-thon which took us out to Greenrise. This activity aims to support students, to build connections with others, develop conversational skills as well as self confidence.

Connectedness is linked to feelings of wellbeing with research finding:

- eight out of ten kids turn to their peers in times of need.
- students who feel connectedness at school have greater academic outcomes than students who don't feel a sense of connection.
- our sense of connectedness to others is a greater indicator of long-term health outcomes than smoking and obesity.

To start the event each home group was challenged with a dress up theme. Year 7s were allocated red with yellow ducks (Mr CS's tie on that particular day!), Year 8s-Sport, Year 9s-the letter 'J' (the first letter of their home group teachers name), Year 10s-food, Year 11s celebrities and staff- animals.

As students talked and walked their way to Greenrise, they changed their walking partner and conversation card at a number of stations along the way. Students were given treats at each station as they set off with their new partner. When everyone involved had arrived at Greenrise, students moved into their house teams for a competitive game of Snake. Students linked arms with their team mates and weaved their way through the course, attempting to not break their chain, which resulted in them having to go back to the start. Moyanga was victorious, earning 100 house points and the 'House Cup', followed by Yalluminga earning 50 house points and Torilla earning 20 house points.

As our seniors led the walk back to school, it was evident new connections had been formed in the way students continued to talk and walk together, and sat as group to enjoy their 'Frog in a Pond' back at school. This is the second year the Middle School Ambassadors have led the event for our school. With it's repeated success the Talk-and-walk-a-thon, will now be a permanent fixture in our annual school calendar.



PE Week

Festival of Sport - Year 7/8

On Tuesday 14 November 2023, the Year 7s and 8s attended the festival of sport at the Blue Lake Sports Park Oval (South Gambier) organised through School Sport SA. The Year 8s competed in Tchoukball while the Year 7 students competed in Buroinjin (an Indigenous game). Year 7 girls team persisted throughout the day, with Aaliana Maclean, Gwen Denton, Zoe Perry and Madison Ellery scoring a touchdown. The Year 7 boys were an unmovable force, dominating throughout with all players scoring a touchdown and going undefeated. In Tchoukball, the Year 8 girls built throughout the day, winning their final three games and developing the skills. Teachers, Josh Pearce and Matt Strother were fair referees and supported all students to improve on the day.



Lawn Bowls

Two teams from years 8 and 9 competed in the regional Lawn Bowls event at Mount Gambier RSL on Wednesday. Both teams were competitive on the day each winning two of their three games, recovering from a shaky start to the day. The volunteers and organisers all commented on their improvement by the students across the day, by being focused on their bowling. I was impressed by the spirit of our players, working as a supportive team, and showing excellent behaviour standards. Overall, our teams placed second on the day being surpassed by Grant. Thanks to Mr Pedlow for his support and supervision on the day. It was a great day for all involved.



Disc Golf

For the final interschool sport event for the year, eight Penola High students took to the Valley Lake to participate in a disc golf tournament. This was a new sport for every student, and there were many laughs throughout the day, as the students learned and developed their new skills. The atmosphere was filled with enthusiasm as they embraced the challenges. Tayte Virtanen and Joel Crawford showed how true teammates work together, playing a perfect par on the first hole, followed by a celebration dance to finish the occasion. Hayden Pierce, brought out the cannons, showcasing his skills with some beautiful throws that covered impressive distances. Once the team of Bodhi Lear, Wyatt Balshaw, and Jordan Dinnison worked out how to use their course map to find the first hole, they were off and throwing. In a remarkable feat, we congratulate Penola High students for being the only school that could accurately tally their scorecard at the end of the event.



Transition

On Monday 27 November 2023, Penola High school hosted the Information Night for transitioning Year 6 students and their families. Families heard about the plans for the Year 7 camp next year, sports carnivals and general school information.

Year 6 students were then welcomed to Penola High School for transition on the Wednesday and Thursday, where they enjoyed a range of lessons in preparation for 2024. Please read some of the enjoyable lessons undertaken over the two days.

Tech Studies

In the woodwork lesson, students were introduced to various tools and equipment, including a tenon saw, coping saw, rulers, square angles, and a marking gauge, with Year 11 students using the drill press. Students crafted wooden whistles, which required them to use precise measurements. Some students found the task challenging, realising the significance of Maths in a Tech lesson. While not all whistles worked perfectly, students followed the steps correctly, and were able to leave the day with working whistles due to the help from Dave Vannini, Andi Zerk, Kaleb Moulton and Arlie Shadbolt.

Home Economics



Year 6 students worked in small groups to cut out Christmas trees from biscuit dough and create stained glass biscuits with boiled lollies. Students made labels for their biscuits and they are packaged and ready to go home to families... if they last that long.



How The World Works

Sticky, slimy, fizzy, tangy were the words used to describe the transition for the Year 6 students in the Science Lab. Students identified differences between a normal classroom and the lab, and continued to develop their inquiry skills based on the five senses. They were immersed in activities that involved a range of content, including: making slime, whizz fizz, Cartesian diver, bending a light ray around a path, and elephants toothpaste. It was a great time filled with wonder and determination, and a touch of fun.



STEM

Students took part in a STEM activity where they had to make a sport using the following items, sticky tape, string, a balloon, 6 cups, a whiffle ball and 2 tennis racquets. Students went through a process of STEM thinking where they ideated, prototyped and gave feedback on the games created. All students took part creating interesting and innovative ideas and were also able to give useful feedback on what they liked about the games and how they could be improved.



Physical Education

The two days concluded with everyone's favourite lesson... PE. Students walked over to the stadium with Mr Pearce before revisiting the Indigenous game of Kabi Kabi Buroinjin. After, a new game was introduced the students called Korfbal. This is a game that has similarities to netball but only allows players of the same gender to defend each other.

MIND Australia

Alex Miles

The first 4 weeks of Term 4 saw our Year 9 students participate in weekly Mental Health & Wellbeing sessions run by MIND Australia – *Always in Mind* Program.

These sessions were facilitated by Ashlie and Andrew – MIND Community Mental Health Practitioners and supported by School Mental Health Practitioner Alex Miles.

The program focused on 4 key areas:

- Resilience
- Emotional regulation
- Relationships and connection
- Help seeking behaviours.

This program aimed to support students in developing a stronger understanding about their own mental health and wellbeing. Students participated in engaging activities which helped facilitate robust discussion and knowledge building.

Each week students were taught practical coping skills and strategies to improve their mental health including: Mindfulness, grounding exercises, creating a resilience plan, journaling, setting goals, identify early warning signs and reduce triggers, reframing negative thoughts, positive self-talk, when and where to seek help, celebrating success. Students were encouraged to reflect on their own strengths and resources and how they could make use of these during times of need.

It was great to see students building peer connection and plant the seed that seeking support for our Mental Health is a strength.

For more information about *MIND Always*, please see poster further in the newsletter.



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Let's look at...Year 8 Textiles

Olivia Jaeschke

Students have designed 'monsters' as part of a design project. They have learnt to use the sewing machines, understand a design brief, and follow constraints. They also learnt to do a design sketch, make a paper pattern for their monster, follow sewing instructions and problem solve. This resulted in successfully made product: a crocodile, Little Miss Zombies and other creatures.



School Formal

Andi Zerk

The Year 11 Student Representative Council recently held a very successful school formal. Students from year 7 to 12 attended the event, with music provided by Toby Zerk. Students participated in a number of activities on the night, with great prizes up for grabs. Jaq Hogg showed his great moves on the dance floor, earning him a box of chocolates, with Riley Flentjar, in Year 7 being crowned the winner of limbo. All students and staff looked amazing on the night in their formal attire. Student were provided with a light supper of sausage rolls, pies, pasties and spring rolls, along with a free drink, as part of their ticket entry. It was fantastic to see so many students having fun with friends, dancing and laughing, and having an enjoyable time. A huge thank you to Toby Zerk for being DJ on the night, and staff who helped out on the night. Students, Arlie Shadbolt, Toby Zerk, Cameron Braendler and Henry Williams are to be commended for packing up on the night. Photos over page.

Lets's look at...Maths and Chemistry

Mike Hentschke

Year 9 and 10 Maths have investigated probability through practical activities, with Year 9 students focused on developing a written report for mathematical investigation. The written tasks are part of the Orbis project, that I am working on with Matt Strother. Year 11 Maths classes are investigating more complex topics including Calculus & Trigonometry. These topics will provide exposure to principles and strategies, setting the stage for their progression into Maths Methods in Year 12. Chemistry students have commenced their last task; Redox reactions. These are reactions that involve electron transfer. Again, there will be a focus on practical activities in their classes.

Driving Lessons

Vicki McDonald-Burgess

Penola High School students have been able to participate in driving lessons during school time, delivered by Robert Black Driver Training. Unfortunately, Robert finishes up at the end of 2023, and at time of publication, the school has been unable to secure another contractor. We regretfully advise until further notice, parents will need to source their own driver training. In the interim the school will continue to pursue an instructor.



DENTAL ASSISTANT TRAINEESHIP

SA Dental is offering up to 30 Dental Assistant Traineeship positions at dental clinics across South Australia.



Dental Assistant Traineeships

SA Dental is offering up to 30 Dental Assisting Traineeship positions at clinics across the State. The 12-month Traineeship contract includes on the job training and attendance at TAFE where you will gain a Certificate 3 in Dental Assisting while earning \$21,388 - \$39,646 a year.

If you are 17 – 24 years of age (or up to 30 years if Aboriginal or Torres Strait Islander) and have finished year 11, you may qualify for a Traineeship.

Applications open 12/01/2024 – 04/02/2024 for the June 2024 intake.

For more information on the Dental Assistant Traineeship please visit: www.dental.sa.gov.au/about/careers



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PENOLA HIGH SCHOOL

MARKET FETE



LOCATION: PENOLA HIGH SCHOOL, 43 CAMERON STREET, PENOLA SA 5277



MONDAY
11 DECEMBER 2023
4:30-6:15PM

\$20 BOSS CRAFT STALLS
SAUSAGE SIZZLE
BEVERAGES

ALL WELCOME

PUBLIC STALLS WELCOME
PHONE: 8737 0000

Always in Mind

A mental health early intervention service for children, young people and families.



Always in Mind service works with children, young people (up to 18 years of age) and their families to provide them with the support they need for good mental health and wellbeing.

We offer families several levels of support, including:

- information and advice
- intensive assistance
- home-based support
- supportive guidance and practical assistance.

The Always in Mind team also runs community education and other activities to promote children's and young people's mental health.

Mind is one of the country's leading community-managed specialist mental health service providers. We have been supporting people to deal with the effects of mental illness and related disability for over 40 years.

Always in Mind is funded by the Australian Government Department of Social Services.

For more information, contact Mind Connect on 1300 286 463.

mindaustralia.org.au

Mind Connect 1300 286 463

Carer Helpline 1300 554 660



Mind is a registered NDIS provider.

Mind Australia Limited ABN 22 005 063 589

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ROYAL LIFE SAVING
SOUTH AUSTRALIA

Online
enrolments
closing soon!!



HOLIDAY SWIM

**\$40 for 5 days
of lessons!***

**Swim
SURVIVE**

*pool entry fees may apply. Higher awards
start from \$50

WWW.HOLIDAYSWIM.COM.AU

**Holiday
Swim**

The Royal Life Saving SA's Holiday Swim Program is fast approaching - with online enrolments are closing soon!

The main aims of the program are

- Teach children critical life-saving skills
- Teach basic swimming skills
- Equip kids with the knowledge to stay safe in, on and around the water.

The program is **AFFORDABLE** so that it remains **ACCESSIBLE** to families and communities that might otherwise miss out on the opportunity to participate in swimming lessons.

Royal Life Saving also offers pathways into the aquatic industry with their **ICONIC Bronze Awards**. The Bronze Star, Bronze Medallion, Bronze Cross, Award of Merit and Distinction levels are designed for those wanting to further their knowledge and skill set, before moving into the aquatic industry as Lifeguards and Swim Teachers within their local communities.

The program is returning in December 2023 and January 2024 with the Royal Life Saving Swim and Survive program.

PROGRAM FEES

\$40 per child (additional pool entry fees may apply)

Higher awards from \$50

LENGTH/DURATION

5 days (may vary based on location)

5yrs+ 45-minute lessons

Under 5s 30-minute lessons.

If you have any questions, please reach out to us by phoning 08 8210 4500

or email holidayswim@royallifesavingsa.com.au

More information can be found on our website: www.holidayswim.com.au

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SAAS VOLUNTEER INFORMATION NIGHT + CPR EDUCATION!

Meet your local Penola volunteers, learn CPR and ask any questions about becoming a volunteer.

Tuesday 5 December 6PM - 8PM:

Penola Ambulance station – Riddoch Highway, Penola