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## Important Dates

Friday 25 September 2020

- Last Day of Term 3

Monday 12 October 2020

- First Day of Term 4

Tuesday 13 October 2020

- Year 10 First Aid

Tuesday 20 October 2020

- Year 8/9 Basketball

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**Government  
of South Australia**

Department for Education

## Acting Principal's Report

*Lesley Okholm*



Dear Parents and Caregivers

In reflection, Term 3 has had some testing times for all of us. What is exceptionally satisfying is watching how Penola High School acts as a well oiled machine in tough times, pulling together and getting things done. This is a credit to staff, students and families.

### Attendance

Attendance has been, and continues to be, a significant concern however, and therefore in Term 4 will be a relentless focus.

Around one-third of students attend less than 90% of the time, many of these less than 80%. Many absences are unavoidable however we urge you to avoid days off for things like

- birthdays
- trips to Mount Gambier
- sleeping in
- late nights
- I don't like the subjects on this day

These are all unacceptable reasons for non-attendance and can lead to poor work ethic in students. You can expect to hear from home group teachers and leaders if your young person has continued absences, so we can support you to improve this. This may include home visits on days students are absent.

### School Community Library Rerence Group

Four community members recently joined school staff, 2 student representatives, Ella Hutchesson and Stella Glynn and Janice Nitschke from Millicent Library (representing Wattle Range Council) to begin work on revisioning our School Community Library. A big part of their role is to ensure we communicate widely and in varied ways to the whole community regarding events and opening hours as we begin to reopen a little as COVID restrictions ease. Beginning Term 4 we have an after hours opening time added on Wednesday until 6.00pm. Your representatives are:

Ulrich Grey-Smith

Megan McGuiness

Janice Nitschke

Lesley Okholm

Heather Stone

Miriam Williams

Stella Glynn

Ella Hutchesson

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Please contact them or the school directly through Miriam Williams if you have ideas of how we can revitalise and re-energise after the COVID hiatus.

**Vision. Resilience. Mindset Presentation by Eloise Wellings and Rory Darkins**

Rory partnered with 2 x Olympian Eloise Wellings to deliver presentations that empowered students to pursue their dreams with passion, perseverance and purpose. Eloise shared her story of overcoming 11 potentially career ending injuries to reach her Olympic dream. Rory then unpacked the key mental skills that have enabled Eloise to thrive.

The most impactful for our students was FOPO : Fear of Peoples’ Opinions. I am certainly none of us could say this fear hasn’t affected them at some point, and is especially crippling in the teenage years. Adult support to work through this fear is critical to them becoming resilient. And always remember, we cannot and should not take their pain from them. Our role as parents/caregivers is to support the small steps they make. If you have any concerns about your young person’s mindset, please contact Olivia Jaeschke , our Wellbeing Co-ordinator, their Home Group teacher or Chloe/myself.

**Reports**

Mid semester reports will come at the end of the term. Please consider carefully the comments from subject teachers. Your input to your young people can make a significant difference to their effort and achievement.

**End of Term Dismissal**

Students will be dismissed for Term 3 holidays at 2.15pm on Friday.  
We look forward to a happy and productive 4th term as our senior students finish their SACE learning and prepare for exams, and younger students consider the changes emerging for them in ascending the school.

Thank you to all staff, students and parents for your support this term as I filled Ngaire Benfell’s Principal position whilst she took well earned leave. I have felt hugely supported and especially enjoyed putting faces and names together when I met all Year 8 families and did course counselling. WE most certainly have a fabulous community.

I would publicly like to acknowledge Chloe Long who has exceptionally filled the Deputy Principal role and proven she is a leader of the future.

Kind regards



Flinders University is offering a new Year 11 grades admission pathway and Preference Counselling online.

Important information to note:

- You’ll need to apply to SATAC before 30 September 2020
- Complete the online form by 25 September 2020
- Conditional offers sent from 23 October 2020 onwards

At the online year 12 Preference Counselling you’ll have the opportunity to find out more about your career options, course selection, pathway options, how to apply, and much more. You can also watch on-demand presentations and head to the networking lounge to chat online to student advisors. This is available 10.00am-5.30pm Monday to Friday.

More information can be found at the link below:  
<https://www.flinders.edu.au/year12>



The University of Adelaide Accommodation Services team have provided the following information which may be of interest to some of your students.

**Accommodation Webinar Series** – a five part webinar series titled ‘Once in a Lifetime – how you live affects how you study’.

**Key to Success** – register for a Guarantee of an Accommodation Place. A ‘no obligation’ alternative to making a formal application for an accommodation place.

**Book a virtual tour** – feature now available on our website. Under the banner of The Village, students can make a formal application, register for a webinar and book a virtual tour of The Village.

Please do not hesitate to contact the team at Accommodation Services at [accommodation@adelaide.edu.au](mailto:accommodation@adelaide.edu.au) if you have any questions.



# Footy Colours Day

Georgia Winter

On Friday 18 September 2020 Penola High School held a Sports Colours Day to raise money for the “Footy Colours” Foundation who support kids with cancer. The day was action-packed with fun activities for all students, starting with dressing up in their favourite sport team’s colours. Many activities were on offer, from ‘Longest AFL Kick’ to competitive games of Spike-ball. Not only were the students being physically challenged, but mentally too as students took part in a whole school sports quiz. Lunchtime proved very popular among the students with sausages, hot chips and milkshakes on offer – thanks to assistance from generous donations from Penola IGA Fresh and J.O. Berkefelds. Overall, it was great to see such positive school spirit among the students at Penola High School.



**PLEASE NOTE**

Parents of bus students are reminded if they have a bus issue it must be directed, in the first instance to the Principal of that young person’s school, and then if need be, to Penola High School who manage the buses. Parents should NOT be contacting bus drivers directly.

# Tumblein Program

Olivia Jaeschke

Penola High School students had the opportunity to undertake the Tumbelin Adventure Therapy Program this term. “Tumbelin” a Ngarrindjeri word meaning “Awaken and Live” is run by Baptist Care SA. The program gave students the opportunity to discover, challenge and create an opportunity for their learning and personal growth. Students were also able to develop self-esteem and confidence and were given the support to build resilience. Penola High School was extremely fortunate to be able to offer this first-time experience to our students. Students participated in many different challenging activities such as horse riding, bush walking, climbing through the Naracoorte Caves, and a four-day expedition around Loxton which included canoeing, kayaking, and camping. The program also allowed students to follow the “challenge by choice” quote, meaning that it was up to the individual to push themselves to succeed in the challenges that were offered to them. From the very beginning students created a cardboard contract which each participant had a part in creating. This cardboard contract allowed for many positive interactions between group members to play out and strong relationships were formed. “I enjoyed the experience, and I learnt a lot about resilience.” Amelia Henry. “I enjoyed being in nature” Sophie Clifton. The program concluded with a celebration last week in the hall with a photo slideshow of student’s achievements. Penola High School are looking forward to working with Baptist Care through their Tumbelin Program again soon and for more eager students to be part of such a supportive program.





# Outdoor Education Camp

Chloe Long

In Week 8 the Year 12 Outdoor Education camp travelled to Cape Jervis to complete their Self Reliant expedition. Students have spent the last term planning and preparing for this trip, where they travelled along the Heysen Trail for 3 days. This Camp is under indirect supervision, meeting Miss Long at check points along the way. Day one saw hot and windy conditions with the longest distance to travel. This didn't discourage the students from smashing out the first half of the trek in record time. This Heysen trail follows the cliff lines and sandy beaches, with beautiful views the whole way. Camp on the first night with a hidden away hiker's camp next to a creek. The second day had perfect hiking conditions, the sun was shining and minimal wind. The students conditioned along the ridgelines to some more breath taking views. The final day was along the Tunkalilla coastline and the beautiful white beaches made for the perfect finis to the trip. Overall the students travel 32kms over 3 days, this is a huge effort and a excellent showcase of their outdoor abilities.



## Presentation Night

Pre-organisation for the annual 2020 Presentation Night has commenced. Initially we are planning to proceed as in other years, on Wednesday 9 December 2020 at 7.30pm. However, we are aware COVID-19 restrictions may impact the event regarding social distancing, contact tracing and allowed catering. To comply with restrictions in place at the time, possible variation options already discussed include:

- The evening going ahead in a similar style as previous years, but with social distancing in place, limited seats available for parents (which will need to be booked), as well as contact tracing and no catering.
- In an extreme situation, the event be held during the normal school day with social distancing for presenters and contact tracing, no catering and only open to students with live streaming/videoing of the event for parents/caregivers.

We are hopeful the Presentation Night can still go ahead in a similar style as previous years, but we will keep you well informed on the final decision of the format we will follow.

# Open Girls Football

Chloe Long

On Tuesday 22 September 2020, students Stella Glynn, Shandeem Balshaw, Reese Balshaw and Ebony Wurst travelled to Adelaide with Miss Long to compete in the State Knockout Football Finals. Having been victors in the first round played in August, the girls once again joined with students from Naracoorte High School to make a combined team. This was a stand alone final against Gleeson College. From the first bounce it was clear that Penola/Naracoorte were in for a tough game with Gleeson showing great skills and ball movement. However, this didn't discourage the girls with all the players digging deep and having passages of great play. Ebony Wurst worked tirelessly in the forward line to provide many options. A highlight of the game was Ebony's chase down tackle leading to a holding the ball and set shot on goal. Shandeem played a solid 4 quarters of football, leading from the front, laying hard bumps and fighting for the ball to create many options. Stella Glynn took countless intercept marks in the backline to stop goals and keep us in the game. Starting in the midfield we had Reese Balshaw who used her explosive power and ability to read the play to move the ball forward. Stella Glynn and Shandeem Balshaw were recognised in the best player awards.

The girls had great fun and made some new friends over the two days. Overall, the team finished 2nd in Pool B. All the girls should be very proud of their efforts making it all the way to the state finals.





Our term has been very busy with a variety of Transition activities, including site visits by primary and high school students, students' interviews, as well as leadership meetings and staff updates.

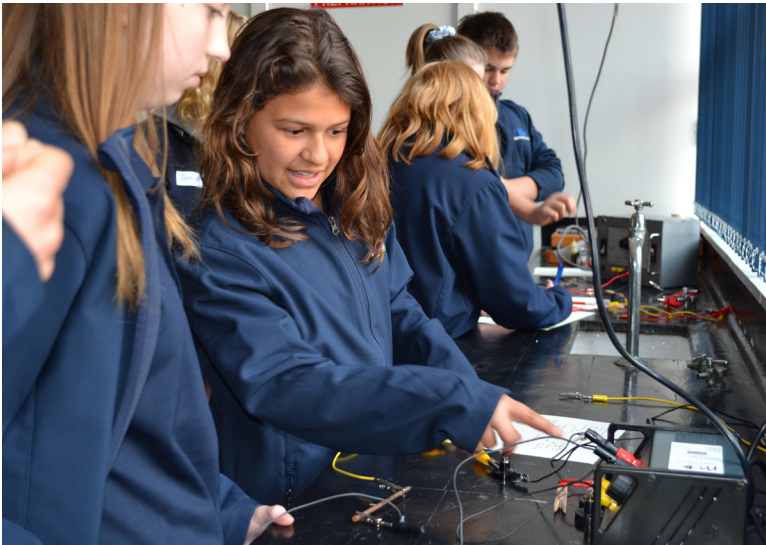
It is essential that students begin to know more about their journey into high school, getting to know teachers and the various structures at high school. Individual student interviews were held recently at each of the feeder primary school sites for those students transitioning next year. Students were given opportunities to talk about their learning styles, favourite subjects, friendships and personal interests. Their views on transitioning to high school were also an important part of the conversations. The majority of students indicated they were very excited about the prospect of being in high school. Only a few suggested they were a little nervous, but were certainly still looking forward to the challenge. Students willingly shared their thoughts and views providing valuable insights into their readiness to transition to high school at the end of the year.

In Week 5 students from Sam McDougalls' Year 6/7 class from Penola Primary school engaged in their learning at the Penola High School site. Literacy and Numeracy tuition with their teacher occurred in the morning sessions and various teachers from the high school provided lessons for the remainder of the days. Discussions have taken place about the Year 6/7 students from Nangwarry and Kalangadoo Primary schools, and the remaining Year 6 students from Penola Primary School, sharing their learning at the high school for a full day early in Term 4. This is yet to be confirmed after further consultation with staff and leadership.

Students from the high school have spent time engaging in sporting activities with students at the different sites. It is particularly important for the primary students to get to know the older students through working together and thus breaking down any age barriers. A sense of belonging and being valued is essential to all students. The Sports Carnival at the high school was again a highlight and very successful. Interactions were positive and there was an air of excitement among all of the students as they experienced the coaching and competition together. Sharing practices is imperative to ensure the smooth delivery of the curriculum across all subject areas. It is hoped that high school staff will have the opportunity to engage in shared professional practices during the next term.

Currently plans are being prepared for Term 4 activities. Year 7 students from all feeder school sites will spend two days at the high school at the end of the term. We are preparing to interview Years 5 and 6 students early in Term 4 to begin their journey to transition in 2022. Further planning for classroom observations and professional development interactions with staff are envisaged for Term 4 to enhance

working relationships with primary school staff. Penola High School staff are certainly looking forward to further collaborative interactions across sites. Term 4 will be busy and challenging as we move towards another group of students transitioning next year.



**Defence Force Visit**  
*Michael Hentschke*

Chris Mohr and Sam Davies from the Defence Force addressed the senior students regarding potential careers in the Defence Forces, and the pathways to create careers and undertake trade training or tertiary study as a defence employee. They spoke of the opportunities they have experienced in the Air Force and Army respectively as each has had a long term career in the forces. Students were made aware of the various entry requirements as well as the opportunity to undertake a gap year in one of the defence areas. Importantly they highlighted the need to commence any applications early due to the number of requirements to be met prior to being accepted into a position. Early applications during Year 11 allow students to enter the forces upon leaving school as it may take 12 months to undertake all the pre-testing for Defence positions. Further information on Defence careers is available from the information they provided to the school.





# Term 3 in Pictures



Phillip Davis  
- Year 9 Science Terrarium



Noah Hayes, Ryan Jones, Blake Perry, Matthew Boutcher  
- Year 9 HASS



Kaleb Moulton  
- Year 8 Food & Textiles



Taylah Burr  
- Year 8 Technical Studies



Aaron Edwards, Jacob Robbie and Ryan Zerk  
- Genius Hour



Breanna Lythgo and Logan Burr  
- Cafe 43



Indi Venables, Amber Boutcher, Olivia Berkin, Kasey Venables,  
Ebony Wurst, Sophie Clifton and Lily Clifford-Finch - KO Basketball





# ACTION CALENDAR: OPTIMISTIC OCTOBER 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**"Choose to be optimistic.  
It feels better" - Dalai Lama**



**5** Start your day with the most important thing on your list

**6** Do something constructive to improve a difficult situation

**7** Remember that things can change for the better

**8** Make progress on a project or task you have been avoiding

**9** Avoid blaming yourself or others. Just find the best way forward

**10** Take time to reflect on what you have achieved this week

**11** Focus on a positive change that you want to see in society

**12** Look for the good intentions in people around you today

**13** Put down your To-Do list and let yourself be spontaneous

**14** Do something to overcome an obstacle you are facing

**15** Look out for positive news and reasons to be cheerful today

**16** Thank yourself for achieving the things you often take for granted

**17** Share your most important goals with people you trust

**18** Make a list of things that you are looking forward to

**19** Set hopeful but realistic goals for the week ahead

**20** Find the joy in completing a task you've put off for some time

**21** Let go of the expectations of others and focus on what matters

**22** Share an inspiring idea with a loved one or colleague

**23** Write down 3 specific things that have gone well recently

**24** Recognise that you have a choice about what to prioritise

**25** Plan a fun or exciting activity to look forward to

**26** Start the week by writing down your top priorities & plans

**27** Be kind to yourself today. Remember, progress takes time

**28** Ask yourself, will this still matter a year from now?

**29** Find a new perspective on a problem you face

**30** Set a goal that links to your sense of purpose in life

**31** Think of 3 things that give you hope for the future



**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/optimistic-october](http://www.actionforhappiness.org/optimistic-october)

Keep Calm · Stay Wise · Be Kind

# THINKING OF UNI? Need a place to stay in Adelaide in 2021/22?

## COLLEGE ACCOMMODATION IN ADELAIDE



### **AQUINAS COLLEGE** 1 Palmer Place, North Adelaide SA 5006

- 180 students
- Cost 1st year - \$22853
- Meals prepared everyday
- Parking on street
- On site library



### **FLINDERS LIVING** Hall Terrace, Bedford Park SA 5042

- 354 student (shared accommodation in village)
- Cost per year - \$19830-\$25850
- Meals prepared Monday-Friday
- Secure parking on living campus



### **LINCOLN COLLEGE** 45 Brougham Place, North Adelaide SA 5006

- 200 students
- Cost 1st year - \$20580
- Meals prepared everyday
- Parking on street
- On site library



St Mark's College

### **ST MARKS COLLEGE** 46 Pennington Terrace, North Adelaide SA 5006

- 200 students
- Cost 1st year - \$22385
- Meals prepared everyday
- Secure parking on site
- On site library



### **ST ANN'S COLLEGE** 187 Brougham Place, North Adelaide SA 5006

- 180 rooms
- Cost 30 week contract - \$16000, 44 week apartment room only - \$20020
- Extra costs may apply
- Parking on site for 40, parking on street
- On site library

All colleges have:

- security and locked rooms which you will be provided with a key or key card.
- Tutors and counselling.
- Laundry facilities and room cleaning.
- WI-FI and printing.
- Most colleges offer 40 week contracts, but can extend for holiday season (if working).
- Scholarships are available at all colleges.
- Flinders Living only available to Flinders University students

nurturing individual success