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## Important Dates

- Tuesday 31 August 2021
- Year 6/7 Parent/Student Night
- Tuesday 31 August 2021
- Course Counselling Sessions
- Wednesday 1 September 2021
- Course Counselling Sessions
  -
- Tuesday 7 September 2021
- Feeder School Olympics Carnival

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**Government  
of South Australia**

Department for Education

## Principal's Report

*Lesley Okholm*



Dear Parents and Caregivers

Who would believe we are halfway through Term 3? Some days I think I can see an end to winter and others, it is back in a fury.

I thank parents for following up with teachers around traffic light reports. Hopefully these discussions help our young people understand how they can lift their performance towards better achievement. On Monday and Tuesday we welcomed Year 6s and 7s from Kalangadoo and Nangwarry primary schools for transition visits. This is part of an extensive program to ensure their movement to secondary school in 2022 is successful. Our learning as a staff around 'Adolescent Learners' has helped us to observe these students on transition and begin to form some understanding of how they like to play, talk, learn and think. We know there are massive differences from about age 11 until 14/15 and we want to make sure we adapt our teaching and their learning to fit. Our Penola High School teachers all contribute to these days by giving a taster of subjects they may encounter when they attend here. I thank them for taking this extra load in their stride.

### Wellbeing and Research Project

This week Georgia Winter treated dog lovers to a day visit from Schnitzel, the Jack Russell. As part of her Research Project, Georgia is investigating how animals can positively impact on wellbeing, so Schnitzel interacted with staff and students all day. Participants were then asked to rate their wellness before and after and describe using one word, how they felt after playing with the dog. I love this proactive thinking by Georgia, by not only doing her research but also benefitting our own school with a fun day. To keep this joy going, Mike Hentschke brought his beautiful dog Millie on Wednesday, Nikki Cook brought Louie on Thursday and Tara Millard will bring Fig on Friday. We would so love to have a school dog! Maybe one day.

### Staff News

Our school has been saddened to hear that our Science/Biology teacher, Sam Matthews, has needed to take extended leave as he is extremely unwell.

We are thankful that Mark Heyn has agreed to support our Year 11 and 12 Biology students. Mark Heyn had a long and successful career at our school as a Biology teacher. He has been extremely accommodating in taking these classes, wanting the very best for these students. We are currently looking for a replacement Science teacher for Years 8, 9 and 10. The classes have work to go on with until then, so I feel confident their learning can continue fairly smoothly. Sam plans to visit us next week, if able, to say g'day and wish his students well. I am sure the whole of Penola community wish Sam, his wife and young children Audrey and Frank love and every best wish as he begins treatment in Adelaide.

### In the pipeline.....

- The Year 11/12 Homeroom space is about to happen! Relocated to the Drama Room/ Science block, these students have procured a fabulous couch and a pool table, all part of providing them with a respectful and more adult environment for their study. (The pool table is for when they have done their work of course) The students have long dreamed of establishing this space, acknowledging they are Senior students and leaders in our school.

- Café 43 is set to operate, but in the meantime is in the hands of our Year 9 STEM design team who are establishing veggie gardens, clearing weeds and trees and setting out an outside eatery.
- A Year 9 camp is being planned for the end of the year at Tarooki, Robe. We are thankful to Charmaine, Bridgette, Vicki and Tara for their work on this project
- A whole school week long Adelaide trip in 2022 focusing on the World of Work across all Year levels, funded primarily through a grant of \$25000 won by Kathleen Phillips and myself from Salesforce.
- Our school network upgrade is set to begin, moving us to SWIFT. As a non tech-head, all I know is this should give our students flawless internet access. The Department for Education as part of its mission to make SA schools World Class, is funding this rollout across every site, to ensure equitable access from anywhere in the state.

Kind regards



## Year 10 Work Experience

*Olivia Jaeschke*

Week 4 this term was an exciting and nervous time for most of the Year 10 students as they embarked on work experience as part of the Personal Learning Plan (PLP). All Year 10 students must undertake 5 days of work experience in an area of interest to them. A range of workplaces hosted our students including Metro Bakery, PC Zone Computers, Skookums Technology, Penola IGA, Pipers of Penola, Penola Pharmacy and Kellol Veterinary.

All students had positive feedback from employers who described our year 10 students

- “Exceptional work ethic, approached all tasks with maturity and enthusiasm”
- “Polite, tidy and hardworking”
- “Showed great initiative and conversed well with clients”
- “Every task I gave him was done efficiently and with enthusiasm. He would be an asset to the company”
- “He was an absolute pleasure and we would have him back any time”
- “The best work experience student we have ever had!”

A big congratulations to Rhys Fiebiger who was amazing in Naracoorte at Aqua Steel Industries and has been offered a school-based apprenticeship. Thank you to all the businesses who supported our Year 10 student’s work experience.

## Penola High School Laboratory Technician

*Silvana Stephens*



Last week I got the opportunity to brush up on some laboratory skills at Gillies Plains TAFE. I made agar plates and streaked them with bacteria. I got to practice cleaning up hazardous chemical spills and revisited handling radioactive samples and lasers. I really enjoyed my time with other lab managers sharing ideas and techniques used in our schools.

## Wellbeing Report

*Jessie Cope*

Sleep! We all want to make sure we have enough sleep. Often we’re feeling that we’re not getting enough or it’s hard to fall asleep at night or there are so many things that are making us feel overwhelmed that we just can’t seem to get enough sleep across the whole night.

Teenagers are the same. It’s a difficult time being a teenage brain, there is lots going on for them. One big issue for young people is not getting enough sleep. Research says that young people should try and have around 10 hours of sleep each night but regularly they are only having around 7 hours, sometimes less. There are lots of things that lead to this sleep deprivation for teenagers. Some of this due to the changes in a teenagers’ brain that makes them feel sleepy later in the night but due to school hours they can’t sleep in later. Some of the impacts of this lack of sleep can result in teenagers feeling a lack of motivation, depression, difficulty concentrating, difficulty with memory, mood changes, behaviour changes, absences from school.

There are some things teenagers can do to help with better sleep at night and making it easier to fall asleep (or any of us, this advice can work for all ages). These can be little things such as, no screen time for an hour before bed. The light from screens (phones, computers and televisions etc) can send signals to the brain to ‘wake up’ and this results in the brain finding it more difficult to fall asleep. Another is keeping their bedroom dark (not having phone or television light in the dark room) for the same reason that it interferes with the brain’s message about sleeping. Try and avoid or limit the amount of food or drink in the day that contains caffeine and reduce these, especially at night (for example: coffee, tea, soft drinks, chocolate and energy drinks). Set a regular wake time and set a routine that helps you relax at night (for example: meditation or mindfulness). See your GP if there are concerns regarding sleep. As always, students are welcome to make a time to chat to me (I work Monday – Wednesday) or our Pastoral Care Worker, Lucy (who works Tuesdays and Thursdays). I also have resources and service information available if you would like that, please call me at the school or email. [Jessie.Cope810@schools.sa.edu.au](mailto:Jessie.Cope810@schools.sa.edu.au)

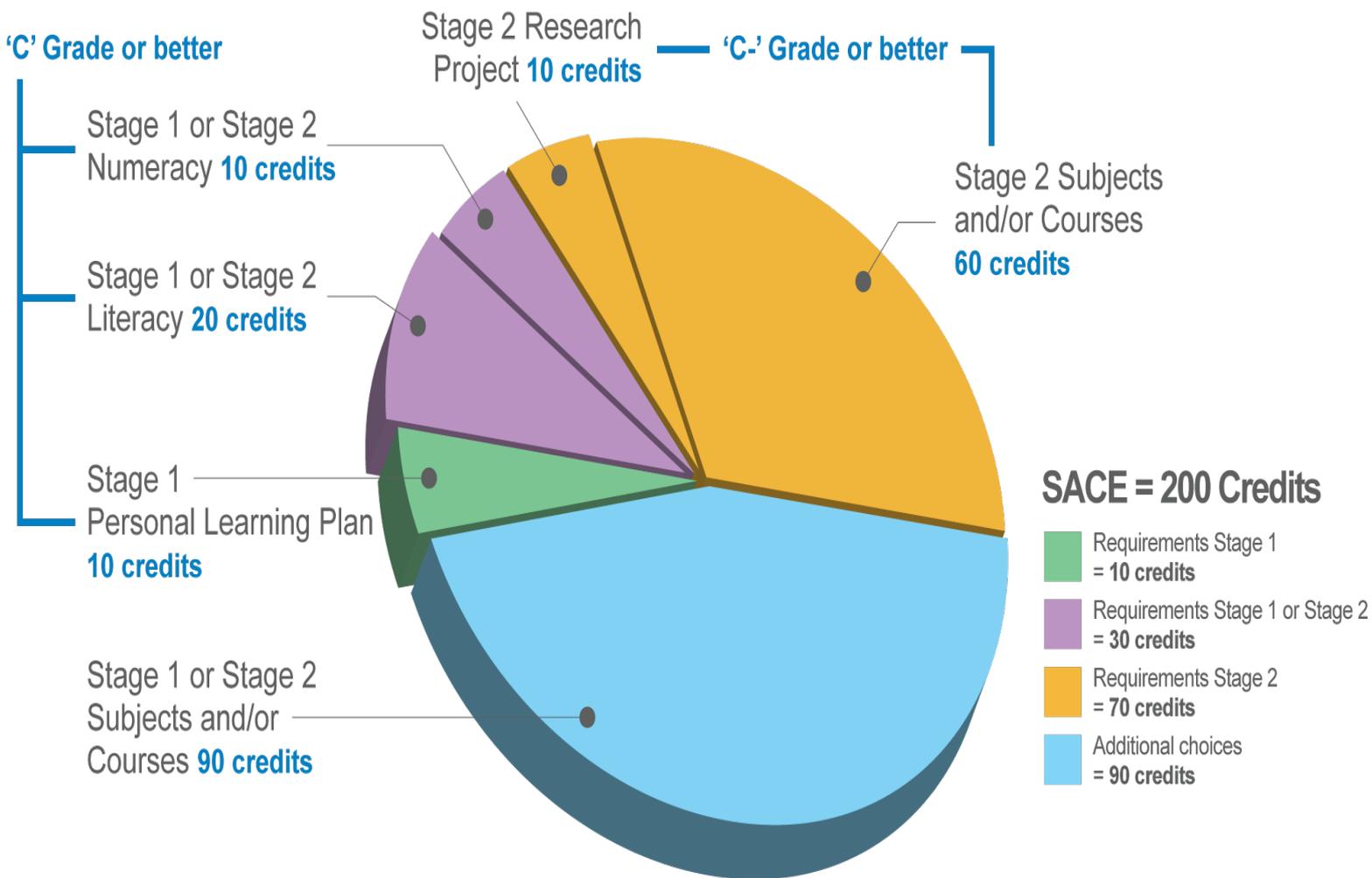
# SACE REQUIREMENTS

- Students need 200 credits to achieve the SACE.
- Most 10-credit subjects are studied over one semester and most 20-credit subjects are studied over two semesters.
- Students need to achieve a C grade or higher for Stage 1 requirements and a C- grade or higher for Stage 2 requirements

There are two 'stages' of the SACE:

- Stage 1 is generally completed by the end of Year 11
- Stage 2 is generally completed in Year 12.

This can vary between schools and students. (e.g. we offer the Personal Learning Plan in Year 10)



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## Transition Visit

Olivia Jaeschke

Monday and Tuesday of Week 6, Year 6/7 Kalangadoo and Nangwarry Primary students came to Penola High school as part of one of their transition visits for preparing for high school.

The Year 6/7 students began their visit with a tour conducted by Year 11 students Georgia Winter and Logan Burr. Students asked lots of questions and visited many new spaces and particularly enjoying walking upstairs where the senior high school students are.

Lessons with Penola High school staff included HASS with Kathleen Phillips, Art with Aimee Moretti, Science with Michael Hentchke, cooking with Andi Zerk, Physical Education with Tara Millard, wellbeing with Jessie Cope and Lucy Williams, and a Library scavenger hunt with Miriam Williams.

Feedback from the primary students during our 3 transition visits has shown that primary students are wary of a large school site and older students, but excited about a new range of subjects and 3 break times. These are things we need to consider and plan for to offer the best support for our new students.

On the next transition visit we will be joined by all three feeder schools for a Mini Olympics in Week 8. This is organised by the Year 11 Physical Education class and Tara Millard. We also have a Parent and Student transition information night in Week 7, Tuesday 7 September 2021 at 5:15pm for which new families have received their invitations.



## Book Week

Shandeen Balshaw

Penola High School's Library celebrated Book Week this week. The children's section was decorated to reflect this year's theme: *Old Worlds, New Worlds, Other Worlds*. Miriam dressed in various costumes throughout the week as different book characters. The week also involved a daily quiz. Give one a go below.

1. In what book do Bagheera and Baloo appear?
2. What is the BFG?
3. Who was shipwrecked in a land of tiny people?
4. How many players make up a Quidditch team?
5. Which book has sold more copies than any other book?

1 The Jungle Book, 2 Big Friendly Giant, 3 Gulliver, 4 7, 5 Bible



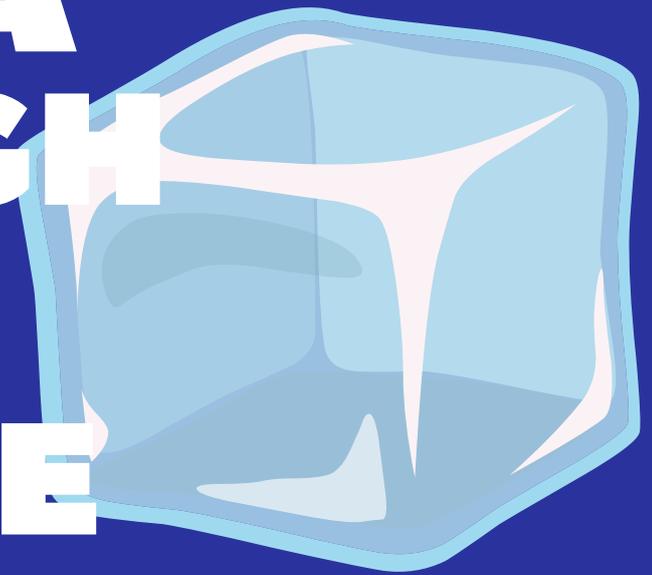
Heather Devlin, Shandeen Balshaw, Miriam Williams

## Millie



Millie, with Indi Venables and Kasey Venables

# PENOLA HIGH BIG FREEZE 2021



FUNDRAISE TO HELP FREEZE MND

**WEEK 10  
FRIDAY**

**SAUSAGE  
SIZZLE  
FUN  
ACTIVITIES**

**WEAR  
FOOTY  
COLOURS**

**ICY  
POLES  
AND  
POP  
TOPS**

**\$20  
BEANIES**



A FIGHT ~~MND~~ EVENT

nurturing individual success

# YEAR 7 TO HIGH SCHOOL IN 2022



## Parent Update

Week 6, Term 3 – 2021

### Student wellbeing during the 7 to high school move

Your child's wellbeing is just as important in high school as it is in primary school. Our public high schools will have a strong focus on pastoral care and orientation as part of their planning to ensure the move to high school is successful for year 6 and 7 students and their families.

### Making friends

New year 7 students starting high school in our pilot program were initially concerned about making friends. But by the end of Term 1, 97% of them reported that they had made friends, and for many, this was a highlight of their high school experience.

Of course, making new friends is not a unique concern for those entering high school. A student starting at a new school at any year level will have this experience. Our schools know how to support students through this time.

Later this year, our high schools will begin offering transition programs to help year 6 and 7 students moving to high school in 2022 feel confident, welcome and ready for the new year.

Transition programs are organised individually by our schools to suit their communities, but they all have an emphasis on forming friendships and connections with their new teachers.

Our pilot schools held transition visits and camps, and ran peer mentor programs to help their new year 7 and 8 students connect with others.

**"You've got to take advantage of every option that's out there for your kids to feel comfortable."** – pilot program parent

**"She has settled in quickly, made great friends and feels safe and supported in the school community."** – pilot program parent

### Support people within our schools

Students will be supported to adjust to new routines and different academic demands through dedicated wellbeing support provided by their high school.

Teachers will also help your child to adjust to high school expectations and help them to build confidence in their learning.

While schools are staffed to suit their individual needs, they all offer wellbeing support for students. This is often in the form of staff counsellors (also known as wellbeing leaders) and dedicated home group teachers.

Peer mentor programs are common across most of our schools, where older students are on hand to support new students and answer their questions.

**"Peer leaders guided us through things and answered all our questions and made us feel better."** – pilot program student

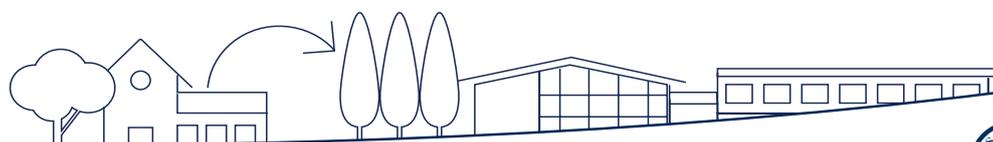
### Don't just take our word for it

Watch our new short video, '[Feeling comfortable in high school](#)' on the Year 7 to High School section of the Department for Education website. You will find it under the heading 'Benefits for your child' at [www.education.sa.gov.au/7toHS](http://www.education.sa.gov.au/7toHS). Click on the 'Safety and wellbeing in high school' tab.

### Where to find out more

Stay informed through your school and the Department for Education's website: [www.education.sa.gov.au/7toHS](http://www.education.sa.gov.au/7toHS).

Or share your feedback with the project team by emailing: [Year7toHS@sa.gov.au](mailto:Year7toHS@sa.gov.au).



Government of South Australia  
Department for Education

nurturing individual success

# SLEEP TIPS AND ADVICE FOR STUDENTS



Get into a regular routine



Create a peaceful sleeping environment



Avoid using your phone, laptop or TV



Aim for 7-9 hours sleep a night



Regular exercise has been hailed as an effective intervention for promoting sleep



Stay calm, breathe and try to relax



Avoid caffeine before bed and be aware of what you eat



Try visualising a peaceful place



Why not ditch the alarm clock for a SAD lamp so light is your wake-up call?



Find your own stress management techniques



Turn off your tv and try to develop a quiet bedroom environment



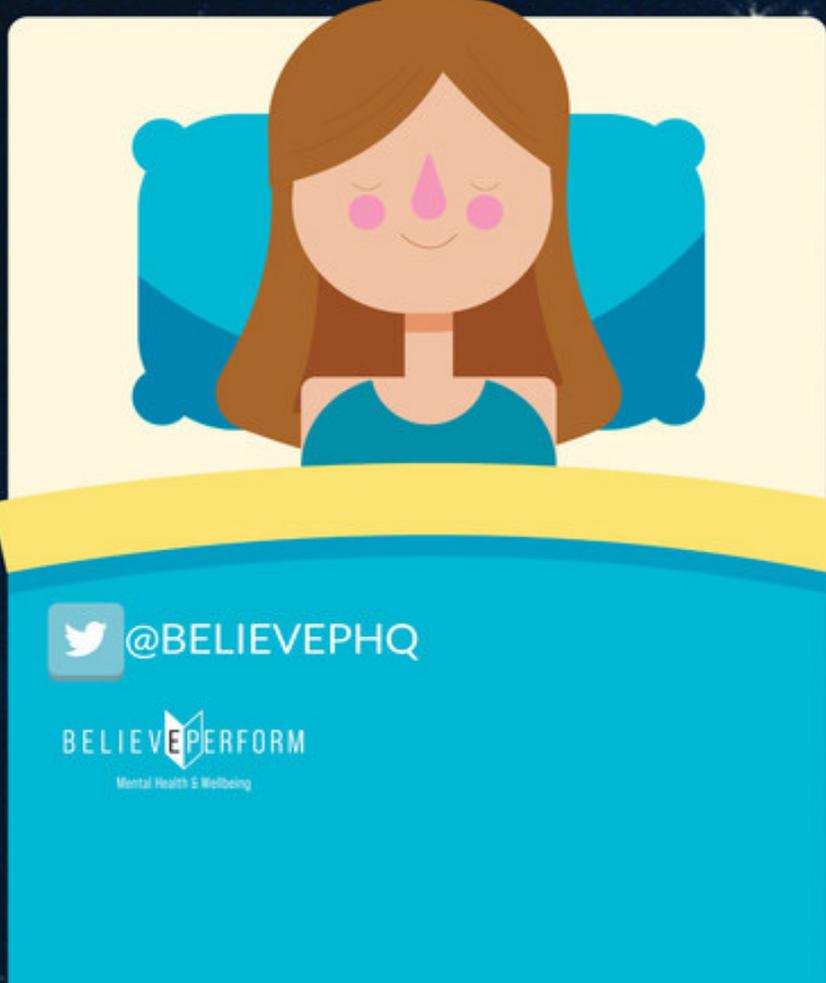
Make sure there is enough air circulation and you find the right temperature to help you sleep



Keep work items separate and outside of your bedroom



Have a notebook near your bed so you can write down any worries before you sleep



 @BELIEVEPHQ

**BELIEVEPERFORM**  
Mental Health & Wellbeing



Take time to find the best mattress for you. Make sure it is supportive and comfortable.



Don't forget about finding some comfortable bed sheets and duvet

**The below course will be offered to Year 11 students in 2022.**

## Multi Trades Pathway Program – Overview

### Get a head start on your trade pathway

The Multi Trades Flexible Industry Pathway Program is a partnership approach delivering a unique experience for students wanting to explore a trade pathway. Students will explore Construction, Engineering, Carpentry, Plumbing, Electrical, Automotive & Civil.

The program will incorporate a range of theoretical and field based experiences providing students with an understanding of the Multi Trades sector in our region and the various pathways they offer.

The learning program has been developed in consultation with local employers and is aimed at equipping students with the skills, knowledge and qualifications to enter into employment or further study in a variety of trade industries, whilst gaining valuable skills for their future as part of their SACE pathway. The skills training will be designed to meet industry needs and developed within SACE subjects so it attracts SACE credits and sets students up for post-school successes.



The pathway program includes multiple options depending on the student, their entry level, overall program of study and the industry requirements. Students will undertake competencies from national training packages which have been nominated by industry to support relevancy and access to future pathways as well as customised SACE curriculum.

Students may choose to complete their Research project as part of the pathway program. Students will also participate in a range of Industry Immersion experiences and hands on learning opportunities.

Trade Pathways are diverse and are one of the largest employing sectors within the Limestone Coast region. Students will gain insight and knowledge in the following key areas;

- Construction
- Engineering
- Automotive
- Plumbing
- Electrical
- Civil

There will be a focus on innovation and technology in the industry as well as emerging skills and careers.