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Important Dates

Monday 25 October 2021

- Student Free Day

Tuesday 26 October 2021

- Bandanna Day

Friday 29 October 2021

- Year 12 Final Day
- Jonny Shannon Guest Speaker

Wed 8 October-Fri 12 October 2021

- PE Week

43 Cameron Street
Penola SA 5277
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F: 08 8737 0050
E: DL.0931_info@schools.sa.edu.au
W: www.penolahs.sa.edu.au



**Government
of South Australia**

Department for Education

Principal's Report

Lesley Okholm



Welcome back to the always hectic final term of the year. I am much rested from almost a month of leave and excited about ensuring a great ending but more so, planning for an extraordinary 2022 school year.

Goals, success and feedback

This is a critical time for all students to stay focused and ensure they push harder and ultimately achieve their academic goals. All teachers have worked with students to establish personal goals in every subject.

Professor John Hattie's research findings demonstrates that establishing challenging goals, rather than 'do your best' goals, is a more effective way of setting expectations for students. Difficult yet achievable goals have an energising effect which motivates students to strive to the highest levels. Clear learning intentions and success criteria for each learning task also help students to track their own progress and more easily identify where they may need additional support to succeed.

This is my expectation of each and every teacher at Penola High School and should result in tremendous impact on student achievement due to deliberate and consistent focus on setting goals. The next integral step our teachers must implement, is giving students feedback and also receiving feedback. This encourages students to take command of their learning and engage in thinking about how they learn. I liken this process to my passion in life, cooking. When I start to cook, I set myself a goal. The goal is not just that I do not burn the meal, but in my case, it is often about trying out new flavour combinations. Over the weekend I did this when I started to think about preparing chicken wings. I could have repeated my absolutely 'killer' Korean crispy wings recipe which has been my go to for a few months, or fall back on my sticky wings recipe. However my goal was to try new flavours so I googled for recipes and settled on an Argentinian style Chimichurri recipe to satiate my love and craving for chilli and coriander.

So there's my goal set. My success will be determined by whether my finished product looks like the picture on the website, and whether or not I liked them. This decides whether or not I make them again. However, without feedback, I have no gauge of 'how' successful I have been. Sharing with friends, hearing their opinions and adapting the recipe next time means I now have moved from a 'good' version to a 'great' version. I encourage you to discuss the goals your student has for themselves in each learning area. Do this and get insight into how they might go from 'good' results, to 'great' results.

Planning for 2022

Reminder: Pupil Free Day Monday 25 October 2021.

Next Monday all staff will be working hard to analyse our data (NAPLAN, PAT tests, Writing assessments, Attendance and Wellbeing data and A-E grades, in order to ascertain what our priorities will be for improvement in the next 3 years, 2022-2024.

We know that we need to improve and we know there are proven ways to do this if we do so consistently and with rigour. I look forward to sharing our new challenges with you in the next newsletter.

Wellbeing Dog



If you have not heard, we are considering trialling a wellbeing dog at the school. The photo of **Frankie**, who is now 7 weeks old and soon arrives in SA to become part of my family, and also Penola High School if all goes well.

What are the benefits of having a wellbeing dog?

- Evidence shows that just by being near a dog when stressed can reduce anxiety. We all know when young people are more relaxed and less stressed, they're going to learn more.
- School attendance - Students experience a greater willingness to be active in the school environment when there is a Wellbeing dog.
- Communication - A dog in school gives students a shared interest with other members of the school community. This helps them interact and build connections that they may have struggled to do otherwise.
- Leadership - A school dog can give students a sense of responsibility. They learn how to take care of the dog and how to delegate care which can help grow their leadership skills.
- Behaviour Students - can see the impact of their actions on their wellbeing dog. This helps them understand how their behaviour impacts people around them. As a result, they can learn to be more empathetic and understanding.
- Students dealing with trauma - Wellbeing dogs can bring connectedness and ways to manage trauma and anxiety in conjunction with existing strategies and community links.

How does a wellbeing dog at school program work?

- Find a suitable dog that will suit your school community. (done)
- Write policies, risk assessments and building protocol documents in liaison with students, staff and parents (this is happening)
- Set up school and home space so that your wellbeing dog feels like it belongs.
- Train individuals in building authentic connections between members of the community and the wellbeing dog.
- Set healthy and context-appropriate behavioural routines for your wellbeing dog and community.
- Teach social and emotional management strategies with the wellbeing dog while keeping pedagogy in mind.
- Build confidence with the wellbeing dog and become creative by working as a team

Please feed any thoughts, concerns you have around this concept to me if you have them. This is an important part of our decision making around whether this project can go forward. The Wellbeing student committee have started addressing the following: Training, feeding, toileting, his role, his safety, communication, basic commands, safe spaces.

Please understand that if at any stage the issues around having a Wellbeing Dog become unfixable, he will become my own 'home' dog.

Planet Youth Penola Consortium

Our young people, like those across the district and Australia, are living in unusual times. Stresses and anxieties plague us all, and in young people often result in risky activities including alcohol and drug use at a very early age.

Our communities including Nangwarry, Kalangadoo, Coonawarra and Penola are all seeing a similar pattern to other towns, where our youth are often disengaged and lack a sense of belonging and future. For this reason, we have decided to partner with Planet Youth to try to develop some proactive community based actions to support our young people to become fabulous adults. This issue is impacting all parts of our community from sporting groups, to health, education, wellbeing, council.....so our first meeting invites all who have an investment in our youth to meet together to start to make some long and short term affirmative plans for our kids.

Please come along, even if you are just curious. You will not be asked to commit in any way unless you wish to. Tuesday 26 October 2021, 5.10pm at Penola High School. Call Sarah at the school on 8737 0000 if you can come along or to give an apology.

Kind regards



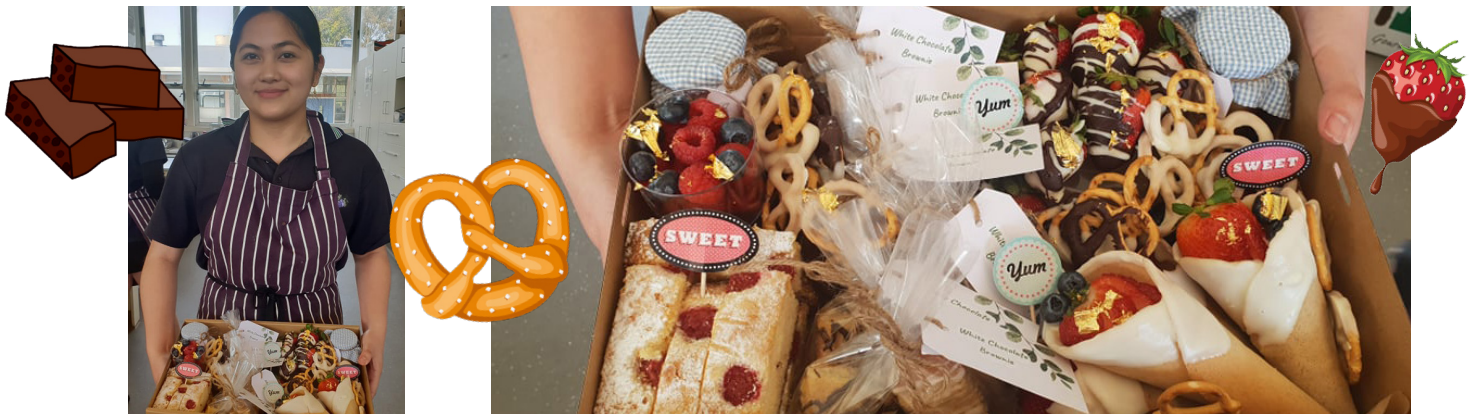
What's happening in the Kitchen....

Andi Zerk

....Year 8 Food and Hospitality students recently took to the kitchen for their first practical lesson. During theory lessons they looked at safety within the kitchen and knife skills. They used this knowledge to cut, dice and slice food products to make pizza. They were very happy with their final product and showed a good understanding of knife skills.



....Students in Year 12 Food and Hospitality were given a task to create a Gourmet Picnic Box. Kiana Cabarrubias created a sweets box which included treats such as white and dark chocolate brownies, white chocolate raspberry slice, lemon curd and strawberry jam cream cheese frosting. Her dedication and attention to detail is exceptional.



.....As part of their Partnership Innovation Project a group of students have been working on social justice and what it means to them. They decided that every student has the right to have food on a daily basis so they began researching ways they could help students within our school community. They made home cooked meals that will be frozen and available for students that forget their lunch, or just need a little extra to eat. Meals include chicken and vegetables, as well as pasta and cheese. A great initiative from Bianca Bovell and Bianca Fiebiger.



nurturing individual success

Year 8/9 Boys and Girls Basketball

Tara Millard

On Wednesday 19 October 2021, a bunch of excited Year 8 and 9 students travelled to Naracoorte to participate in a girls and boys knockout basketball competition. The boys first game was against Bordertown High School who were tough competition, but the team worked hard together, with Lucy Williams coaching from the side. The boys increased their defensive pressure and brought down some handy rebounds. They worked hard to move the ball into their offence and were rewarded with Noah Virtanen scoring a three pointer.

The second game was against Naracoorte, who also proved to be a very tough opponent. The boys played a strong game utilising the height on their team with the likes of Ned Skeer and Harry Marlow taking full advantage of any rebounds. Thomas Currie was also able to use his agility and speed to evade opponents.

The final game against Lucindale was definitely the best of the day. Although they proved to be strong competition at the start, the boys were determined to win. It was a fast-paced game with the boys working as a team to be successful. With some successful penalty shots and three pointers this allowed Penola to end the day on a win.

The girls fixture followed the boys taking on Bordertown High School in their first match. The girls were going out with the attitude to have fun and learn more about the game. Bordertown were a very strong side and made the Penola girls work hard defensively. It was evident the girls wanted to have a go at scoring some three pointers across all three of their games, with Maddison Mitchell being lucky enough to achieve that goal.

The second game was against Naracoorte who demonstrated high quality basketball skills. Dianne Wilson showcased her skills and proved to be a key leader throughout the game, helping the girls move it into offence. The girl's final game was against Lucindale with both teams hoping to end the day with some fun and laughter. This was the girls best game using the skills they learnt throughout the day to work defensively and keep possession of the ball. Well done to all students who participated. Both teams were fantastic sportspeople and gave each game their best efforts. A big thank you to Sarah Walker and Georgia Winter for umpiring , Bob Reece for driving the bus and Lucy Williams for coaching!



School Bus Reminder

Louise Clayfield

Families of bus students please note the following important points.

- If your family will be away for an extended period during term time and your child(ren) will not be travelling on their normal bus route, please make sure you notify the bus driver of the dates your child will be absent so the bus is not waiting at your stop unnecessarily.
- Also, as a courtesy, please keep your bus driver informed if your child(ren) will be not be travelling on the bus on the afternoon run if they are attending after school commitments or the morning run if they are absent due to illness etc.
- Parents are reminded to please be at your stop at least 5 minutes before your allocated pick up time in the morning so that buses are not kept waiting and the timetable can run to time. Drivers are not obliged to wait for students in the morning if they are not at their stop at their designated time.
- **Parents are reminded NOT to park in the bus parking zones at any Penola school between 8:30-8:45am and 3:10-3:30pm. Police and WRC Parking Inspectors will patrol the bus parking zones and infringement notices will be written.**
- Parents of bus students are reminded that if you have a concern regarding behaviour/issues on the bus, 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, as they manage the bus routes. Parents should NOT contact bus drivers regarding any bus issues.

Year 8 Textiles

Andi Zerk

The Year 8 Textiles class were very busy learning sewing techniques this year. Students mastered how to use certain stitches to attach pictures on to their material, as well as seam allowances and sewing around edges. Final products were pencil cases and a face masks. All students should be very proud of their work.



Get Online Week

Miriam Williams

We hosted an event on Tuesday 19 October 2021 as part of the 'Get Online Week' promotion run by The Good Things Foundation. We were fortunate to receive a grant which allowed us to host this, and buy resources, which will be used to support and encourage seniors to become confident users of the Internet.

Patrons learnt about the various platforms available for video calls, online shopping, how to block and get rid of scam text messages and how to access the myGov website. Current restrictions mean we are unable to cater at any events, so goodie boxes were provided with a variety of treats and a voucher from one of our local cafes.



Ronald McDonald House



A group of women from Penola are cooking for families at Ronald McDonald House in Adelaide – calling ourselves With Love from Penola. The families that are currently staying at Ronald McDonald House appreciate one evening of not having to get a meal for themselves or their families during the stressful time of having a child in hospital or undergoing treatment. A small gesture that we can do to help those that are doing it a little bit tough. Unfortunately due to COVID-19 we were unable to cook earlier in the year, but have been reallocated a date of Tuesday 26 October, 2021. We are looking for a donation of goods or money for this event which can be left at Penola IGA.

Media Contact is Anne Johnson – 0419 770 522.

PRIOR NOTICE
STUDENT FREE DAY
MONDAY 25 OCTOBER 2021

School Fees (Materials and Services) 2022

Vicki McDonald-Burgess

School Fees (Materials and Services) have been determined at \$350.00 per student for the 2022 school year. The 'watermarked notice' with the breakdown of the fees is below. All parents are invited to the next Governing Council meeting where the proposed fee is to be approved. In lieu of attendance at the Governing Council meeting, parents can express their views in writing to the Governing Council Chairperson – Tamara Ploenges.

In 2022 the school will offer payment plans. If you wish to apply for School Card we encourage you to do it as early as possible, preferably online. You should be able to do this from early January 2022

Monday 15 November
6.30pm
Penola High School Community Library



Government of South Australia
Department for Education

Penola High School - 0931		
Notice of Materials and Services Charges for 2022		
Notice of Charges for Years 7 - 12		
HEADING	ITEMS AND SERVICES	COST (\$)
Printed and electronic materials related to the educational program and which are provided for the student	Workbooks	\$0.00
	Text Book Hire / E-Book Access	\$0.00
	Photocopied Material	\$100.00
	SUBTOTAL (ZPREM)	\$100.00
Stationery items that are provided for the student	Stationery Items	\$30.00
	Other [please Specify]	\$0.00
	Other [please Specify]	\$0.00
	SUBTOTAL (ZSTAT)	\$30.00
Materials and Services that are provided by the school for the student to consume or use the materials or take ownership of a finished article produced by the student with the materials	Access to Student Information Technology	\$75.00
	Access to Machinery	\$40.00
	Access to Equipment	\$40.00
	Curriculum/Subject Supplies and Services	\$50.00
	Other [please Specify]	\$0.00
	Other [please Specify]	\$0.00
	SUBTOTAL (ZACMS)	\$205.00
Materials for inclusion in the school library and to enable use by the student	Library resources including access to borrowing library resources	\$15.00
	SUBTOTAL (ZACLI)	\$15.00
Total Materials and Services Charge (excluding Subject Charges)		\$350.00

These subject charges are in addition to the Materials and Services Charge above for those students undertaking the following subjects.

Subject Description	Cost (\$)
	\$0.00
	\$0.00
	\$0.00
	\$0.00
	\$0.00

FREE SAUSAGE SIZZLE



**Thanks to a very kind donation from
Penola IGA Fresh**

FRIDAY 22 OCTOBER



YEAR 7 TO HIGH SCHOOL IN 2022



Parent Update Week 1, Term 4 – 2021

There's a lot to look forward to

From specialist learning facilities to new friendships and greater independence, there is a lot for our current year 6 and 7 students to look forward to when they start high school next year.

In 2020 we started welcoming year 7s to three public SA high schools as part of a pilot program, so we could learn from their experiences.

When surveyed early in Term 2 of that year, 91% of pilot students said they felt happy at their new schools, and 90% of parents said the high school experience had met or exceeded their expectations.

Below are some of the benefits you can expect from the year 7 to high school move in 2022.

Opportunities for learning

Our primary schools have been doing a wonderful job of teaching year 7s. But, under the Australian Curriculum, year 7 is designed to be taught in high school, with access to specialist facilities like science laboratories, kitchens and performing arts spaces.

Each high school is different, and the facilities and subjects offered sometimes vary, depending on the needs of their individual communities. Check with your school about the specialist facilities and subjects your child will get to experience in 2022.

Extra-curricular options

High schools generally offer a range of extra-curricular learning opportunities that students can choose to participate in. These may include sports, special programs, clubs and music groups.

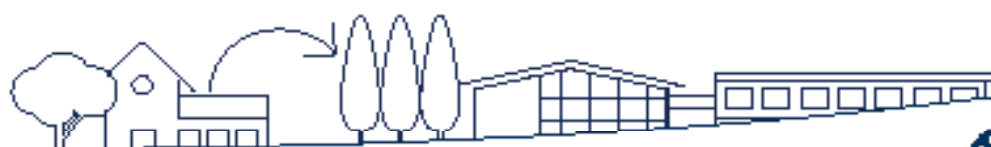
Check with your school to find out what extra-curricular learning it offers and talk to your child about getting involved.

Greater Independence

Going to high school usually means moving between classrooms and learning different subjects from a range of specialist teachers.

More than 90% of pilot students interviewed said they liked using specialist learning areas and 89% said they liked having a range of teachers.

Several parents involved in the pilot told us they were proud of the independence and organisational skills their children gained in high school. Some of their comments are listed below.



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YEAR 7 TO HIGH SCHOOL IN 2022



"He liked that they were trusted to find their way to their own classes."

– pilot program parent.

"Photography, science and cooking have helped her to enjoy interactive experiences."

– pilot program parent.

"Adjusting to a new environment has taught her flexibility and adaptability."

– pilot program parent.

"We definitely get treated like we're older, which makes most of us act like we're older and we get treated with that maturity."

– pilot program student.

Making friends

When interviewed at the end of term 1, 97% of pilot program students said they had made new friends and, for many, this was a highlight of their high school experience.

Most high schools are larger than primary schools and being part of a larger cohort gives your child a good chance of finding new like-minded peers. Our high schools also encourage students to get to know one another through transition programs and group learning activities.

One student from our pilot program had this advice:

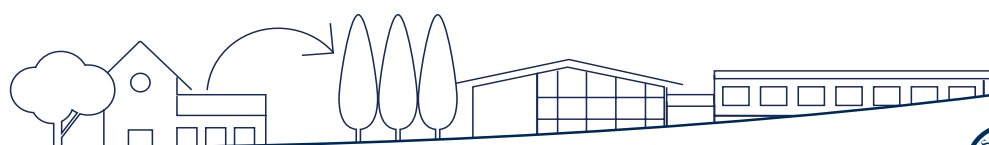
"Just sit next to someone in class that you feel comfortable with or mix it up and sit with someone you don't know and get to know them. Just start talking to them when the teacher's not talking, and you're allowed to."

– pilot program student.

Where to find out more

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

Or share your feedback with the project team by emailing: Year7toHS@sa.gov.au.



Government of South Australia
Department for Education

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Term 4 can bring up a few different kinds of stress and anxiety for young people. It can feel like there is lots to get done before the end of the semester. This can be especially so for our Year 12 students who are getting ready to sit their exams or finish off the last of their subjects before their schooling is complete. Other students might feel anxious about what next year might look like, especially our students going into Year 11 and 12 next year. Everyone can feel stressed or anxious sometimes, but it's important to implement some strategies for how best to manage this when it does come up. Some things to focus on are to try and stay in the moment and be present with where you are and to take some deep breaths. Slowing your breathing down and getting more oxygen to your brain, helps the brain to be able to process information and make decisions. Activities such as the Lazy 8 breathing and the anxiety grounding techniques can be helpful in these situations. It is also important to talk to someone about what's going on and ask them to help you make a plan. Sometimes it helps to get an outside perspective to help you tackle things that feel stressful and overwhelming that might be making you feel anxious.

Students are always 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, so please call me at the school or email: jessie.cope810@schools.sa.edu.au.

WHAT TO DO IF YOU FEEL ANXIOUS WHEN AT SCHOOL

@BELIEVEPHQ



Don't be afraid to talk to a teacher about how you are feeling



Take a few moments to engage in some slow, steady and deep breathing



Stay in the moment and be present with what you are doing



Breathe and slow down what you are doing by using some mindfulness



Write down your thoughts to understand how you are feeling



Find a close friend and ask for some support through the day





Be kind to yourself and look after yourself throughout the day



Come up with solutions to help you solve any worry you experience

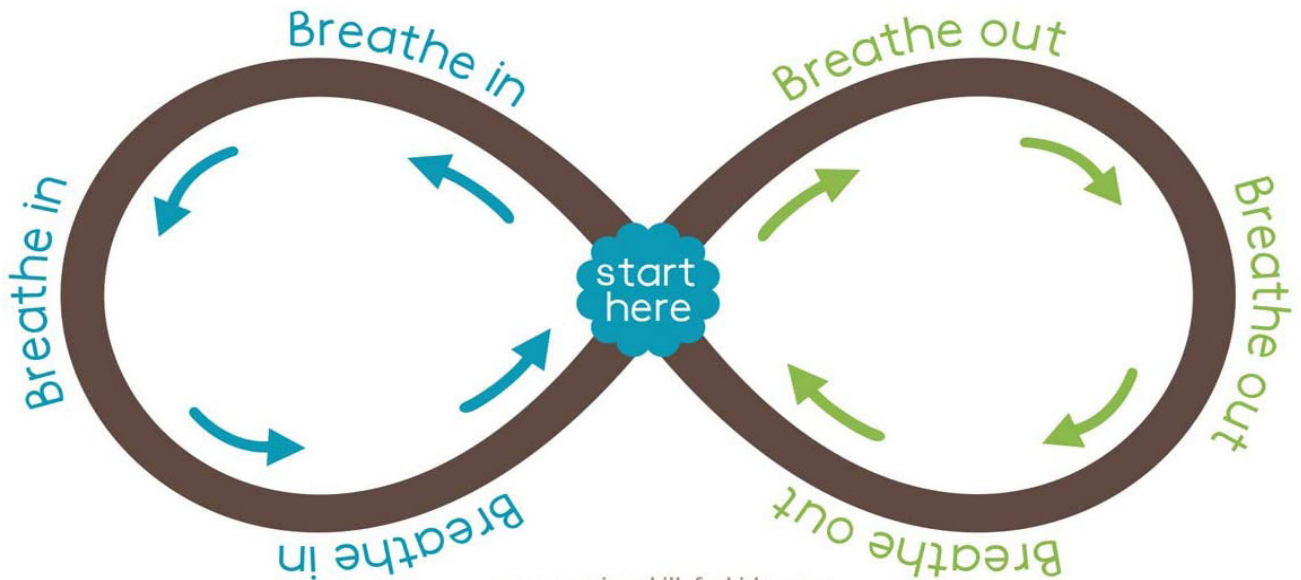


Understand what is making you feel anxious so you can figure out the next steps to managing it



Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



www.copingskillsforkids.com
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ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things
you can
see



3 things
you can
hear



4 things
you can
touch



2 things
you can
smell



1 thing
you can
taste



Pink Up Penola

In recognition that it is two years since Pink Up Penola held a massive month of fundraising for the McGrath Breast Care Foundation it has been decided to hold a fundraiser for Greenhill Lodge, Adelaide. This event will be held on Thursday 28 October 2021 at Chardonnay Lodge and is a stand up cocktail event with raffles, silent auctions, fashion parade by Dress Me Hire Me and gin tasting and talk from Mulligan Gin. This also coincides with the BreastScreenSA Van visiting Penola and the staff from the van shall be in attendance at the night. Colleen Rasmussen will share her experiences of Greenhill Lodge. Tickets must be purchased prior via Eventbrite. Further information please contact Sandra Wallis – 0427 799 244



STAND UP COCKTAIL DINNER AT CHARDONNAY LODGE

OCTOBER 28TH AT 6:30 PM
\$50

Drink on arrival
Lucky door prizes
fashion parade by Dress Me Hire Co
Raffles

It has been 2 years since Pink Up Penola. We would like to show our appreciation that the Breast Screen van is coming to town. Donations from this event to the upgrading of Greenhill Lodge - a facility used by so many in our community. If you can't join us on the night feel free to donate via direct debit

Pink Up Penola BSB 633 000 AC 168 163 608

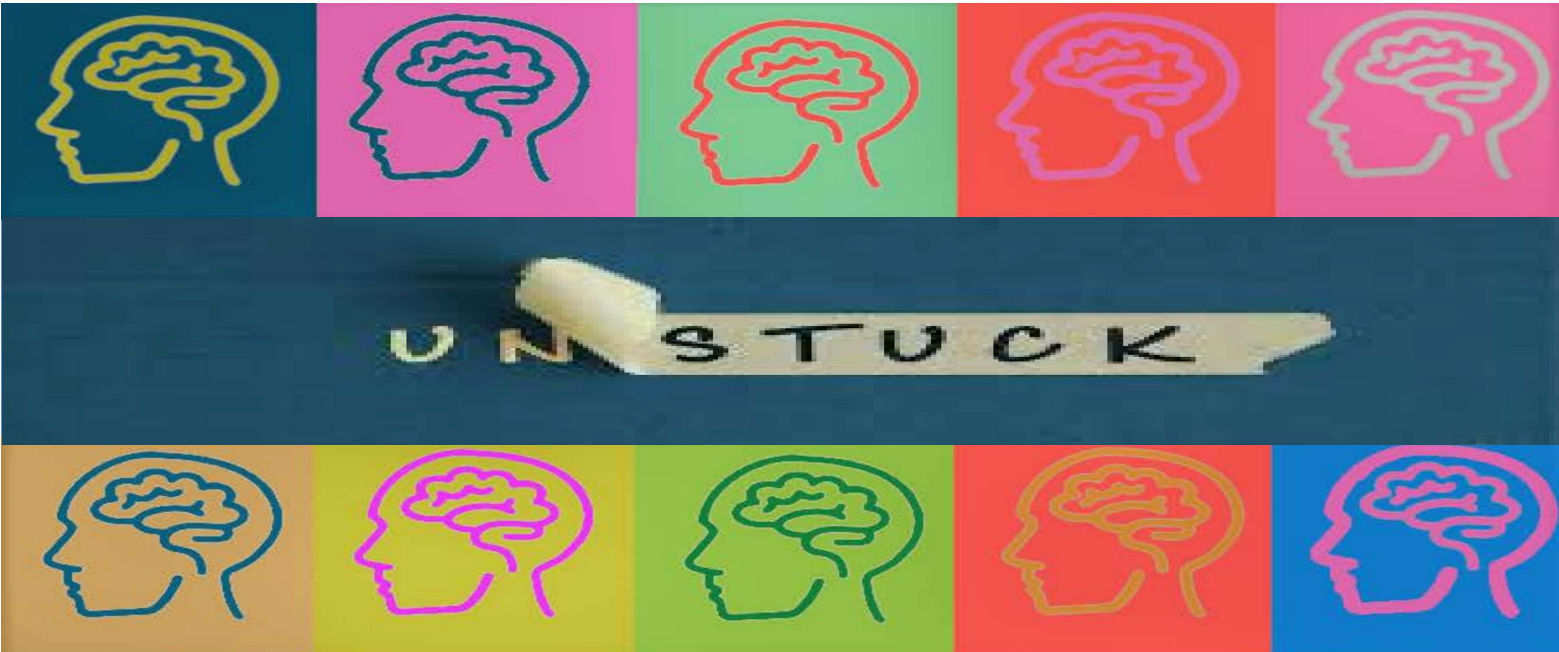
For bookings go to Eventbrite Penola for Greenhill Lodge
Limited numbers

Contact: Sandra Wallis 0427 799 244



Pink Up Penola

Penola Wellness Group are hosting Unstuck at Brands Laira Cellar Door on Wednesday, 24th November, 2021. A mental health session featuring a Jessica Adamson – media identity, Graham Cornes – footballer and media identity, John Mannion – Breakthrough and SA Mental Health Commissioner, Flip Oberholzer – Clinical Psychologist , Anne-Marie Williams – member of Penola Wellness Group. A meal is included in the cost of \$25 per person. Tickets must be purchased via Eventbrite.
Further information please contact Karen Cahir – 0403 171 212



Penola Wellness Group Presents Mental Health Awareness Evening

We all feel stuck sometimes join us to hear stories, gather resources
and make connections to find out about becoming unstuck

Brands Laira Cellar Door
6pm Wednesday 24th November 2021



MC

Jessica Adamson

Journalist, Speaker, Event Host / Facilitator, & former 7 News Presenter

Guest Speakers:

Anne-Marie Williams

Inaugural Member Penola Wellness Group

Graham Cornes

Ex-AFL Footballer and Media Personality

John Mannion

Mental Health Commissioner

Dr Flip Oberholzer

Clinical Psychologist



\$25 entry fee includes light dinner
drinks available for purchase

Tickets for COVID numbers at:

<https://unstuckmentalhealththeevening.eventbrite.com.au>

RSVP By 16th November

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Bushfire Ready



WATTLE RANGE

A free bushfire information meeting for everyone.

Learn about:

- bushfire behaviour and warnings
- property preparation
- where to go and when
- your Bushfire Survival Plan
- Farm Fire Units

A Wattle Range Council representative will be available for questions about clean up notices

Scan with camera
to register



HATHERLEIGH

12:30pm Sun 24 October 2021
Hatherleigh Sport and Recreation
Centre



KALANGADOO

4:30pm Sunday 24 October 2021
Kalangadoo Institute Hall



PENOLA

6:00pm Tues 26 October 2021
Rymill Hall

CONTACT: Megan Hurrell
CFS Community Engagement Officer
M: 0429 411 374
E: cfsregion5commengage@sa.gov.au
To register visit the CFS website