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Principal's Report

Lesley Okholm



Dear Parents and Caregivers

Again this week I marvel in how lucky we are in South Australia as we watch the entire Eastern seaboard in dire straits. I have been so impressed by the level of understanding and cooperation from each and every student in wearing face masks. Daily someone asks me, "How much longer will we have to wear these masks?" and daily my response is, "for the foreseeable future". Frustrating, horrible to wear, impossible for those with glasses, yet we are able to have an almost normal life. How lucky we are!

Traffic Light Reporting

In just over a week you will receive what we call our Traffic Light Report. This is a little like a health check, but in school terms it is a quick way we can communicate to you how students are performing in their Semester 2 subjects. Just like traffic lights, **RED** is of biggest concern. It means this teacher has big concerns with regard to part of the learning. eg attendance, task completion etc. A **red** means action. It means we need to work with you, and your young person, on ways we can turn this around before we get too far into the semester. I am asking teachers to contact you rather than you getting surprises with these reports. So please keep an eye out for phone calls or messages next week. Please do NOT wait. Call us, make a time and come in.

Subject Selection/Course Counselling for 2022

The process of meeting with families and young people to plot their learning pathways for next year is about to start. It is a little earlier this year, however this means we can use this extra time to ensure every student has a range of choices to fit their needs. All of this takes time. Judy Goodes and Mike Hentschke will meet with 2022 Year 11 and 12 students and their parents, Mike being quite an expert in ensuring students keep their options open and that they pick subjects required for entry to further learning after school. As parents/caregivers, we ask that you dedicate time to have a thorough discussion prior to these meetings, and formulate questions you may have. Forms for 2022 Year 9 and 10s will also come home soon, if not already. These are simple and consist of 1 or 2 choice subjects only. We are happy to assist, however generally a meeting is not required.

Teachers Supporting Teachers

Currently every teacher is going into another teacher's class to see how they work and to check how well students understand what they are learning and why. This is eye opening for each one of us, at times affirming we are on the right track, and at other times challenging us to try new and well proven ways of improving our teaching. I commend the staff for their willingness to work in this way. We know the outcome will be improved learning for our young people.

Library Changes Are Happening

Last week Miriam Williams and Heather Devlin took delivery of some fabulous new furniture as the first part of a big upgrade. Two sets of booth seating and bright new tables have arrived. We will soon receive a new check out desk, and finally, an entrance from the street and fresh outside painting will bring the Library to life. Hopefully soon library groups can recommence and benefit from the improvements. Well done ladies.

Kind regards

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**Government
of South Australia**

Department for Education

Course Counselling and Subject Selection

Judy Goodes

During Term 3 course counselling and subject selection for our 2022 Year 9 to 12 students will take place. This will require counselling interviews with Year 10 and 11 students as they select subjects for Stages 1 and 2 of their SACE. There will also be a Parent Information Night on Wednesday 25 August 2022. Information for senior students including subject selection with the SACE will be available on this night. The roles of Flexible Industry Pathways will also be covered in this session. Students will receive information during Learning for Life sessions and Personal Learning Plan (PLP) lessons to allow them to make the most suitable selections for their future. Well considered selections are important as they provide the data for class allocations and timetabling for 2022. We encourage parents to discuss the options and selections with their child to help them complete the relevant subject selection forms.

The key dates for the counselling process:

- Mon 16 Aug - Curriculum Booklet available online
- Wed 25 Aug - Parent Information Night
- Fri 27 Sep – Subject Selection Forms finalised
- Tue 31 Aug/Wed 2 Sep - Course Counselling Day (students in Year 10/11 in 2021)

A Course Counselling session cannot occur without the Subject Selection Form being returned to the school.

Flexible Industry Pathways

Kathleen Phillips

Over the past 12 months there have been changes made to Vocational Education and Training. The state government has spent time working with industry, Registered Training Organisations and the Education Department to create Flexible Industry Pathways (FIPs). FIPs are a new way of approaching the delivery of vocational pathways in schools and have been designed to prepare students for the world of work, as well as meeting industry and employer’s needs. In 2022 Flexible Industry Pathways in our region will be developed and introduced in the following areas:

- Primary Industries & Agriculture
- Forestry
- Health & Community Services
- Tourism, Event Management & Hospitality
- Automotive Industry
- Building & Construction Industry
- Engineering & Civil
- Education, Early Childhood and Care

Over the next few weeks information will be provided to Year 10s and students interested in any of these pathways. Students will need to fill out an expression of interest form and bring it along to their course counselling session. There will be more information about the application process in future newsletters.

Year 9/10 Art

Aimee Moretti

Students in Year 9 and 10 Visual Arts have been working hard on an assignment regarding places and spaces. Students has been focusing on places of significance or importance to each of them, such as home, place of work or local places they love visiting. Skills they are developing currently are applications of watercolour and texture through mark making techniques with felt-tip pen. Home, friends or relatives places, Royal Oak, Windara Bakery and Toffee & Treats of Penola are just some of the many places students have a connection to in our community.



Secondary School Enrolment Offers

Lesley Okholm

This term enrolment offers for secondary school will be sent to the families of Year 6 and 7 students. It is important for you to know that not all schools will send out their enrolment offers at the same time, but they will be sent as close as possible to 13 August 2021.

Most families will receive their offer via email. If you think you have not received your enrolment offer from your secondary school, you need to check your junk folder for an email from education.noreply@sa.gov.au

If you did not provide an email address on your Registraton of Interest form, you will receive your enrolment offer in the mail or it will be handed to you by your child.

If your enrolment offer has not arrived by 20 August 2021, please let Louise at Penola High School know and we can follow it up. If you need support to accept your enrolment offer, it is best to contact your allocated secondary school and they can step you through the process.

Student Success - Lockdown Learning Awards

Lesley Okholm

THEY DID IT!! What a time of learning new skills and adapting to new ways during the recent lockdown. It was nothing short of incredible to watch students shift their classroom learning to online in what seemed like an overnight process. To celebrate the success of some students, the school awarded 'Lockdown Learning Awards' for many reasons, including for:

- answering questions
- being first online
- logging onto every lesson
- keeping in constant contact
- completing all tasks set

We wish to congratulation all the students who did a wonderful job with their quick transitioning to the home learning that was required of them. Some of the students who received multiple awards are shown below.



Year 7 Penola Primary School Transition

Olivia Jaeschke

Monday and Tuesday of Week 4, Year 7 Penola Primary students came to Penola High school as part of one of many high school transition events this year. Having primary students visit multiple times throughout the year allows them an opportunity to adjust to the surroundings, structures and processes of the new environment. Year 7 teacher, Sam MacDougall also taught his Literacy and Numeracy lessons during the two day event to allow students consistency with their primary learning programs. The Year 7 students began their visit with a tour conducted by Year 9 students Shelly Crawford and Dianne Wilson. Students asked lots of questions and visited many new spaces.

Lessons with Penola High school staff included: Biology with Sam Matthews, a Library Scavenger Hunt with Miriam Williams, Physics with Mike Hentschke, Art with Aimee Moretti, cooking with Andi Zerk, Wellbeing with Jessie Cope and Lucy Williams, and a PE lesson with Tara Millard.

At the conclusion of the two-day visit Year 11 student, Georgia Winter, answered questions from Year 7 students. Questions asked included:

- What sports events happen in high school, and are they different to primary school?
- How much homework do you get in high school?
- Where can I play at break times, and where is out of bounds?

The successful visit is just one of the many transition events Penola High school has run so far this year. Year 6 Penola Primary students came for 2 days last term and Kalangadoo and Nangwarry also came to celebrate Harmony Day. We look forward to having Kalangadoo and Nangwarry primary schools Year 6 and 7 students on site in Week 6 for their two day transition visit. We will then be joined by all three feeder schools for a Mini Olympics in Week 8.



Hi all, as a part of my Year 12 Health inquiry I am studying body image and the affects it has on adolescents. Through this I have to create a social action, and as a part of it, I am writing a small article for the school newsletter. This article is aimed at parents/caregivers and will provide tips on how to assist someone that may be suffering from low self-esteem and body image issues.

As a parent of a teenager, it probably already feels like your child spends endless amounts of time on their technology. With the ongoing Covid Pandemic, more and more people are finding the time to waste scrolling through different media outlets. Tik Tok has gained more and more popularity over the last year and a half and for some teens it can be a really addicting thing. I conducted a whole school survey earlier this year based on body image and the ways teens at Penola High view themselves. 75% of girls and 64% of boys said that they compare their body to people on social media platforms. As parents it is important that you check in with your child/children on how they feel and make it known to them that it is okay to talk about their feelings. If you are unsure of how to start a conversation about the topic here are some tips from the Butterfly Foundation that can help:

- Discuss your concerns with the person in an open and honest way, aiming to be non-judgmental, respectful, and kind.
- Try not to focus solely on weight, appearance, or food. Instead, focus on your concern for their health and how they are feeling and behaving.
- Avoid blaming anyone (their friends) for the problem and avoid making assumptions about the reasons why.
- Let them know you are raising your concerns because you care and want to support them. Reassure the person that they are deserving of help and love and let them know you want them to be healthy and happy.
- Offer to assist them in getting the help they need but be careful not to overwhelm the person with information and suggestions or make promises you can't keep.

I know this may sound like a lot of information, but here at Penola High we want each individual to strive for success, and as parents/caregivers we need you to try and support your children as much as possible (as I know many of you already do). This support does not only mean with the schoolwork but what is going on inside your teenager's mind about many different things that they may be struggling with.

Many kids are dissatisfied with their bodies, and society's body appearance ideals are highly unrealistic.


Body image is really important for self-esteem, which is crucial to a young person's development, and disorders linked to poor body image can result in serious mental and physical health issues.

Get involved

- Tune into kids' lives (ask about friends, school, and feelings).
- Nurture a positive self-image.
- Step in when kids need support



Children as young as 5 express dissatisfaction with their bodies.



More than half of girls and 1/3 of boys as young as 6 to 8 feel their ideal body is thinner than their current body size.

Body image concerns start earlier than you think; even preschoolers learn that society judges people by how they look.

Ideas and habits formed young last a lifetime.

Start early

- Emphasize health not weight.
- Teach appreciation for all types of people.
- Focus on talents and strengths.

You are your child's first teacher.

You have a lot of power to shape their attitudes, values, and behavior.

Ban "fat talk"

- Say why you appreciate your own body.
- Watch your comments about other people's bodies and appearance.
- Be active and eat well for health, not size.



5- to 8-year-olds who think their moms are dissatisfied with their bodies are more likely to feel dissatisfied with their own bodies.

This week I got to spend some time with the Penola Primary School Year 7 students, who are getting ready for their transition to high school next year. In the session we spoke about what happens to our bodies when we feel anxious or stressed. Students were able to identify things such as, sweaty palms, racing heart, tight throat and wobbly knees. We then talked about why our body has these responses and how this is part of our ‘fight, flight and freeze’ response to danger.

This comes from when our ancestors would need to be ready to escape from danger, such as a Sabre Tooth Tiger coming to attack. They would need to have a surge of adrenaline to decide whether to run, hide or fight.

However, these days our stressors aren’t always related to physical danger or Sabre Tooth Tigers, so we don’t always need that reaction, but our brain still sends those messages to our bodies. Part of the discussion was around how we can try and bring our bodies back from these stressors and calm ourselves, so we aren’t always getting all that adrenaline that isn’t needed.

After having these conversations with the students, we looked at ways we can take care of our wellbeing when we are feeling stressed or overwhelmed. Something we all often need to remind ourselves of are ways we can help ourselves or others when we’re feeling stressed or anxious about things. These help to lower our response and re-regulate our bodies. The Year 7s had some excellent suggestions such as, going outside, exercising, eating some yummy food, talking to a friend or someone you trust, hanging out with your dog or doing something you enjoy like watching a movie or playing a game. 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 if you would like. Please call me at the school or email: jessie.cope810@schools.sa.edu.au

5 Tips TO HELP TEENS COPE WITH STRESS

GET SOME SLEEP



Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about **8-10 hours each night**.



FOCUS ON YOUR STRENGTHS



Take time to **think about what you're good at** and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.



DO THINGS THAT MAKE YOU HAPPY



Find activities or hobbies that make you happy and incorporate them into your daily life.



ENGAGE IN PHYSICAL ACTIVITY



Exercise takes our mind off stress and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.



TALK TO SOMEONE



It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find ways to manage your stress.

MENTAL HEALTH FIRST AID

MHFA.org/teens



PATHWAYS TO A PAY PACKET

CAREER EXPO & INFORMATION EVENING
MONDAY 23RD AUGUST 7-9PM
WILLIAMSON HALL
NARACOORTE HIGH SCHOOL

nurturing individual success

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

Tourism, Hospitality & Event Management

GET A HEAD START ON YOUR CAREER IN THE GLOBAL INDUSTRY

The Flexible Industry Pathway Program is a partnership approach delivering unique experiences for students within the hospitality sector. The course/program will include a range of theoretical and field based experiences providing Tourism, Hospitality and Event Coast and the different

The learning program has been and in consultation with local equipping students with skills be designed to meet industry subjects so it attracts SACE credits and sets students up for post-school success.



students with an understanding of the Management sector in the Limestone pathways it offers.

designed as a result of industry sprints employers, the program aims at and knowledge. The skills training will needs and developed within SACE



The pathway program will include competencies from national training packages which have been nominated by industry to support relevancy and access to future pathways as well as customise the SACE curriculum.

The hospitality industries sector is diverse and is one of the largest employing industries within the Limestone Coast region.

Students will gain insight and knowledge in the following key areas:

- Hospitality
- Kitchen Operations
- Event Management
- Tourism



YEAR 7 TO HIGH SCHOOL IN 2022



Parent Update

Week 3, Term 3 – 2021

Feeling comfortable in high school.

Starting at a new school is a big step for any student. Many of our current year 6 and 7s will be starting high school in a new school next year, with new adjustments like moving between classrooms for some subjects.

We know from our pilot program that our year 7 students are well and truly ready for high school. The pilot has involved three public high schools that started welcoming year 7s in 2019, providing early insights on the move for the rest of the state.

Many of the families we spoke to at the start of the pilot initially wondered how their children would find their way around high school. They also wanted to know how their children would fit in with older teenagers and what the workload expectations would be.

By the end of Term 1, 90% of parents said their child's year 7 experience met or exceeded their expectations overall and these factors were no longer concerns.

Navigating high school settings.

High school campuses are generally larger than primary schools, with higher volumes of students. An initial concern for many students in our pilot program was that they might get lost in high school, but in reality, they quickly found their way around.

Your child's wellbeing is just as important in high school as it is in primary school. Our high schools help all new students to adjust to routines, find their classrooms, get organised and read timetables.

"I liked to know the teachers were always ready for a question"
– pilot program student.

"In our diary we've got a map of the school, so we know where we're going and, if we ever get lost, there's always people to help you."
– pilot program student.

Fitting in with older teenagers

Some families of students involved in the year 7 pilot were initially concerned their children might find interactions with older teenagers challenging. Our schools are very aware that most 7s will be 11 or 12 years old when they start high school. This is also the case in all other states and school sectors across Australia which already have year 7 in high school.

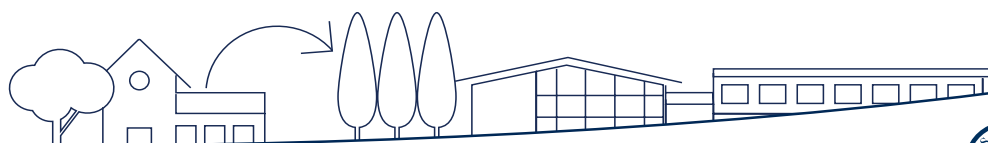
Frameworks already exist to manage interactions between students of different ages in our Birth to 12, Reception to 12, Area schools and primary schools. For example, many have peer mentoring programs or different lunch and recess areas for different age groups.

Our pilot schools initially established dedicated spaces just for year 7s and 8s, but quickly found they were no longer needed after a few weeks.

Ask your school what they will offer to support younger students on site.

"I really did think they (older children) were scary but, after a while, they're literally just like everyone else."
– pilot program student.

"We have a spot where it's only year 7s and 8s that can go into so that is kind of good"
– pilot program student.



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YEAR 7 TO HIGH SCHOOL IN 2022



Workload expectations

All South Australian school students learn the Australian Curriculum. This will not change under the year 7 to high school move. Students will be supported to adjust to new routines and different academic demands through support systems provided by their school. Teachers will also help your child to adjust to high school expectations and build confidence in their learning.

Don't just take our word for it

A new video titled 'There's a lot to look forward to in 2022' is available on the Department for Education website at www.education.sa.gov.au/7toHS.

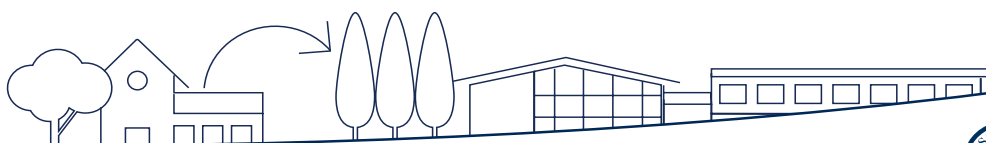
It features, students, teachers and principals from high schools that have already welcomed year 7s talking about their experiences.

Find it on the year 7 to high school section of the site, under the heading 'Benefits for your child'.

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

nurturing individual success



COME AND TRY BEING A BALLKID!

Would you like to share the court with the world's top tennis players, along with the rising stars of the sport?
Become a Ballkid and join a select team of children to experience these amazing opportunities.

We are recruiting children aged 12-17 to join our 2021/22 Ballkid Squads.

Sunday 5 September - 3.00 pm-5.00 pm at Olympic Park Complex, Margaret Street, Mount Gambier

REGISTER YOUR ATTENDANCE: Email attendee names to adelaideballkids@tennis.com.au by COB, Wednesday 1 September
FOR MORE INFORMATION, PLEASE EMAIL: adelaideballkids@tennis.com.au



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