

DIARY DATES

12 April

Last day of term 1 Early dismissal 2.20pm

29 April

First day of term 2

1 May

Principal's Tour 9.30am and 3.40pm

8 May

Open Night 5.00pm - 7.30pm

13 May

Governing Council meeting 6.00pm

13 - 24 May

Grow Up Smiling

14-16 May

NAPLAN

27-31 May

Reconciliation Week

11 June

Student Free Day

17 June

Governing Council meeting 6.00pm

20 June

Year 10 Flinders Enrichment Program

21 June

Year 9 STEM Real Science Enrichment Day

28 June

Year 12 Formal

5 July

Last day of term 2

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CRICOS Provider Number: 00018A



FROM THE PRINCIPAL

To parents, caregivers, students and community,

In this first newsletter for 2019 I take the opportunity to recognise the efforts of our entire school community to ensure a smooth and successful start to the year. It has been a complex start, but a term with many highlights and strong evidence of improvement right across the school.

Opening of the new Inclusive Education Centre and STEM facilities have been welcomed and appreciated by students and staff, providing fabulous new learning environments

that are as good as any you'll find in the world of schools. The work done by many people to ensure classrooms were ready to start the year was deeply valued and appreciated, and our students have been the recipients of this wonderful work. We now look forward to seeing high quality learning outcomes and positive engagement in exciting learning.

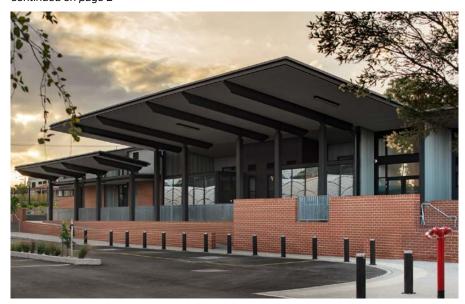
YEAR 7 TO HIGH SCHOOL

There has been lots of recent discussion and information sharing about the move of year 7 students to high school. Christies Beach High School will commence this change in 2022, meaning current year 4 students will be the first group we welcome at that time. Our focus immediately is to create the learning environment and curriculum in readiness for this exciting move, and you'll soon see building commence on our new Middle School centre. The design is centred on creating the ideal learning environment for younger students within our school, where safety, community and access to amazing classrooms are priorities. If you'd like any further information about the changes for year 7 students, please contact me for a discussion.

GOVERNING COUNCIL

The Christies Beach High School Governing Council had their first meeting recently and I congratulate Anne Taylor on being endorsed as ongoing chairperson. We would still like to see a few more parents join the team. It's a great opportunity to be part of whole school matters as a representative of the parent voice. Please keep an eye on calendars and just come along to the next meeting if you're interested.

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FROM THE PRINCIPAL

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OUR LEARNING FOCUS

You will know from communications in 2018 that our school is on a fast track to improvement. One of the focus areas for this year is improving the quality of learning design and the ways we assess students' understanding. Importantly, we are also ensuring our explicit teaching is planned well to meet the needs of every student who attends our school, with necessary support and intervention processes in place. I am pleased to share with you that all staff are working exceptionally hard to achieve this goal with many pieces of evidence building to demonstrate the positive shift. This work never ends, but we are beginning to see real growth, demonstrated by increasing levels of engagement and attendance.

SACE ACHIEVEMENT

It was great to see some outstanding South Australian Certificate of Education (SACE) results at the end of 2018, with a large number of year 12 students achieving their personal goals and a considerable number moving on to university studies. We witnessed a 6% increase in the number of grades at 'C' level or above and some outstanding university entrance scores that provided a gateway to chosen courses. A large number of students continue to access vocational educational programs to complete the SACE and forge direct pathways to employment. A number of strategies are in place across the senior school to monitor and track progress for every student throughout the year, so I invite you to speak with Ms Nagy (Assistant Principal Senior School) or Mr Clancy (year 11 and 12 leader) for any matters relating to the progress of your child through the SACE years. We aim for every student to complete the SACE at the highest level possible to open up multiple pathways to employment.

LEARNING CONVERSATIONS BETWEEN PARENTS/CAREGIVERS AND TEACHERS

Learning Conversations have occurred. It was extremely pleasing to see parents and caregivers turn out in large numbers to discuss the progress of their children. As the first formal part of our assessment and reporting process, the opportunity to discuss early progress is important to enable necessary interventions, refocus strategies and provide specific feedback on learning. At the end of term 2 a written report is provided. I encourage all parents and caregivers to make contact with teachers to monitor learning progress, and if not able to access the face to face learning conversations, we offer telephone calls as an alternative at a time that suits both parent/caregiver and teacher.

OPEN NIGHT - A CARNIVAL OF LEARNING

Please keep an eye out for information about the upcoming Open Night on Wednesday 8 May (week 2, term 2). We'd like to share a celebration of learning in a different way that gives our entire community a chance to see the smorgasbord of opportunities our school provides. Put the date in your calendar and try to come along.

Newsletters are currently published once or twice per term. Please continue to keep an eye on the school's Facebook page and CBHS App for more immediate news and sharing of important information. We use those 2 processes to communicate in a more continuous way.

Enjoy the upcoming holiday break.

FROM THE DEPUTY PRINCIPAL

Term 1 has flown by and the change of season indicates the holidays are fast approaching. Students and staff have been working hard to ensure that relationships are built, students are engaged and learning is at the fore.

Staff have been working through the process of completing Teaching and Learning Plans that are relevant to their cohort of students and in line with Australian Curriculum/SACE requirements. Data is being embedded within these with a strong focus on engagement for students. While this is not a new phenomenon it is an area we believe will enable all staff to gauge and monitor student achievement and progress more effectively.

In 2018 we had fantastic buy-in from parents and caregivers for Learning Conversations. 2019 is no different. We have had a large number of attendees and conversations have been positive, informative and constructive. Thank you to all those who have taken the time to attend and/or contact the school for written feedback from teachers.

This term we have more students engaging in volunteer work. This is occurring through Work Experience programs as well as

Community Connections. Students are working with kindergarten children, the elderly, on community projects, training Ice-Factor teams from other schools, arts focussed community members... the list is endless. The opportunities this has afforded the young people in our school is sensational.

The cooler mornings are upon us and students are accessing Student Services to borrow school jumpers if they do not have one. Should you need support to purchase uniform for your child please do not hesitate to contact the school.

Have a wonderful holiday and see you next term for our Learning Carnival which will be held on Wednesday 8 May from 5.00pm – 7.30pm. More information will be available via our App and Facebook page.

Kirri Minnican Deputy Principal

BREAKFAST CLUB

FREE breakfast for students every Monday, Tuesday, Wednesday and Friday.

8.00am - 9.00am, 3G08 - cereal, toast, fruit, eggs and MiloVolunteers needed - must have a Department of Human
Services (DHS) clearance and be willing to attend Responding to Abuse and Neglect training.



Margaret Rankine Breakfast Club Coordinator

CANTEEN NEWS

Have you checked out the new range of healthy options at the canteen yet?

Salads, sushi, cold rolls, baguettes, wraps, sandwiches, dip and sticks. A selection from the range will be available daily or if you specifically want something on a certain day it can be pre-ordered the day before. Orders need to be placed prior to 2.00pm.

Check out the website for selections and prices. Just choose CBHS from the drop down school menus tab.

https://rorys.com.au/menus/christies-beach/

Bev Canteen Manager

SCHOOL APP AVAILABLE NOW

for iPhone, Android & iPad









CLASS OF 2018

Year 12 is always a year of great change; increased workloads at school, part time work, events to celebrate, changes in living conditions, relationships and more.

Students followed a range of pathways, including TAFE, apprenticeships and employment with many achieving university offers.

We congratulate our students who worked hard to further their education at a university and have received offers for a wide range of courses. These include:

Business and Event Management Torrens University

Bachelor of Creative Arts Visual Flinders University

Bachelor of Medical Science University of SA

Bachelor of Civil Engineering Flinders University

Bachelor of Design University of SA

Bachelor of Design Illustration University of SA

Bachelor of Business University of SA

Bachelor of Arts Primary Teaching Flinders University

Bachelor of Education Primary Teaching Flinders University

Bachelor of Psychological Science Flinders University

Bachelor of Criminology Flinders University

Bachelor of Nursing University of SA

Bachelor of Business Flinders University

Bachelor of Science Chemical Science Flinders University

Bachelor of Tourism and Event Management Flinders University

Christies Beach High School congratulates these students and wishes them success in their future endeavours.

Ilze Nagy Senior School - Assistant Principal



INCLUSIVE EDUCATION CENTRE (IEC)

The brand-new Christies Beach High School Inclusive Education Centre opened at the start of this year. As the term draws to a close it is wonderful to reflect back on the learning that has occurred in this new environment. The building and design are very different to anything the students have previously experienced. Students and staff alike spent the first couple of weeks getting to know the space, personalising classrooms and learning how to best utilise the spaces.

Each classroom includes a kitchenette, enclosed outside space and a shared flexible learning area. The kitchenettes are utilised by students on a daily basis to build and practice important life skills. The outside and shared flexible learning areas are an extension of the classroom, adaptable to the needs of students and staff.

A favourite new addition is the in-ground spinner that is situated in the IEC yard. It is popular with all students across every year level, and is used during break times or when a quick time out is required.

The multi-purpose art space has also been utilised for an IEC

assembly. This was led by 2 of our year 12 students. The assembly showcased student work from IEC classes 1 and 2 and was a great way for staff and students to see what other classes are learning.

It is encouraging to see staff and students quickly adapting to the new surroundings. As the year progresses, more innovative learning ideas and experiences will come through the creative use of our new classrooms.



Sean Bennett
Assistant Principal Inclusive Education Centre

INCLUSIVE EDUCATION CENTRE - NEWTON'S LAWS OF MOTION

Students have been learning about Newton's laws of motion and how they affect everything around us.

They have been designing a range of models and using these models to make predictions and conducting experiments using, toy cars, ramps, tracks, jumps and tunnels with a focus on how friction and weight can affect the speed and distance a car can travel down a ramp. Students are exploring the topics of potential and kinetic energy, friction, inertia, vectors, speed and distance. Students are also using a range of measurement tools including rulers, tape measures, stop watches, scales and angle measuring devices to help record their results accurately.

Sandie Palamountain Teacher Inclusive Education Centre





Ryan Jones, Ryal Furlan, Owen Kidd, Shaun Bain, James Sunderland, Moetu Boost



Sarah Pelentsov, Kira Freeman, Koby Rogers and Kaleb Kube

LADIES OF VARIETY EASTER PARTY

On Tuesday 2 April students from the Inclusive Education Centre (IEC) attended the Ladies of Variety (LOV) Easter party at the Adelaide Zoo.

With 44 students and 18 staff we excitedly headed off for the day. Arriving by bus we patiently lined up and burst through the gates mid-morning. We were spoilt for choice - enjoying acrobatic bouncers, stilt creatures, the real Easter Bunny, and of course all of the resident zoo animals. Students were exceptionally thrilled to see the pandas up and about, as well as the lemur (King Julian) eating fruit. We had a picnic on the grass, devouring the sausage sizzle and hot cross buns that were being handed out.

We are very grateful for the opportunities that LOV provide each year. The Easter picnic welcomed more than 1500 children who are sick, disadvantaged or live with special needs, along with 840 carers and representatives from schools and organisations around the state.

The purpose of the LOV events is to give children a day out to enjoy activities in a safe and suitable way.

It was an action-packed day, with excitement and sensory stimulation around every corner. We arrived back to school late in the afternoon, chocolate Easter bunnies in hand, exhausted, but nonetheless thankful for our day of fun.

Claire Tavender Teacher Inclusive Education Centre



BULLYING NO WAY! DAY

Bullying No Way! day was held on Friday 15 March. This year the theme was 'Take action everyday'.

The 2 weeks leading up to the day, students were learning effective strategies to use against bullying and safe and supportive bystander strategies that students can use if they see bullying happening. They collaboratively discussed their ideas about bullying and what they can do about it individually and as a school community. On Friday 15 March students wore orange accessories to show their support for National Bullying No Way! Day. The students enjoyed an extended lunch break with various activities to interact with including:

- an Inflatable adult obstacle course
- photo booth
- music generated by our awesomely talented music students with Ms Greenshields
- oversized snooker
- face and body painter
- nail polish
- badge making
- Student Voice ran a BBQ and made pancakes
- hospitality classes made finger food to share
- external services like Headspace, Young Carers Support Team and Uniting Communities

We were also lucky to have a visit from Katrine Hildyard MP who came to catch up with staff and students.

It was an amazing day. The dedication of the Student Voice team in their organisation, set up and general helping out on the day is to be commended.

Anna Bren Student Wellbeing Leader







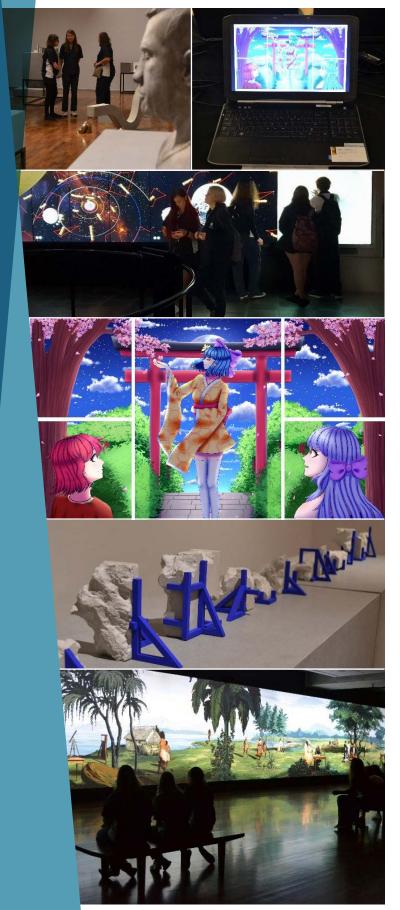












YEAR 12 VISUAL ARTS EXCURSION

On Thursday 28 March, the year 12 art class went on an excursion into the city. We began the day by making our way on the train, this meant we were able to observe the amazing art around our community.

Once we arrived in the city we made our way to the Anne & Gordon Samstag Museum of Art to see the Adelaide/International exhibition. The first work we looked at was a video projecting onto a long wall, that slowly progressed with dozens of characters at a time, portraying different scenarios. This exhibition was titled "In Pursuit of Venus (Infected)" produced by Lisa Reihana, a New Zealand born and based artist. Lisa Reihana's piece was adapted from an 1804, 20 panel scenic French wallpaper, depicting the idyllic life in the Pacific. Reihana's portrayal of the history is a lot darker with more realistic scenarios from around the time of Captain Cook. After this, we moved on to see the work of Brook Andrew. He created artwork that was multilayered, questioning westernisation within Australia, showing old, political style cartoons from the day, negatively portraying native Australians. The final exhibit in the Samstag was Eugenia Lim: The Ambassador. This is a body of artwork, video and photographic work that includes 3 parts, all in which Eugenia Lim is dressed in a gold suit, establishing herself between fantasy and real life.

We moved on to the year 12 SACE Art Show in the Adelaide College of the Arts. This showcased the variety of techniques and styles used by students in 2018, ranging from graphite on paper, acrylic and water paints, to installations, sculptural work using recycled bottles and plastic, and digital artwork. The digital artwork pieces were displayed on screens, this included the artwork of one of our former students. We were given the opportunity at the SACE art show to look at the students' folios to give us a better understanding of their work and to assist us in our preparation for assessment later this year.

We then made our way to the Jam Factory. Here we looked at the exhibition CONCRETE: art design architecture. This was filled with sculptures made mostly, if not completely, with concrete. These sculptures were mostly abstract pieces. We explored around The Jam Factory a bit further, looking into the studios throughout the building. We also spent some time looking at the jewellery pieces, wood, ceramic and glass objects available in the shop.

The final place we visited was the MOD. Museum of Discovery. The group spent a while looking at the Orbitopia exhibition, which is an Earth/Space themed room with interactive screens, showing us statistics on the Earth, such as population, satellites and weather. We then watched a short film called "Trigger Warning". This film is set in a speculative future where social media has continued to influence us, however in this future social media has taken over us, causing conflict.

We caught the train back to school, ending an exciting and interesting day.

Year 12 Art students



YOUTH ENVIRONMENTAL ACTIVISTS (YEA)

Our community connections team went to Christies Beach and scouted for any waste that had washed up onto the sand, rocks and the drains.

Our goal was to collect as much as we could find and place it into bags revealing how much rubbish we found on and near the shores of Christies Beach in one day, to show our community what is going on at our beaches.

Our aim was to bring it back to Christies Beach High School. We placed the rubbish into different categories; one for wood/cardboard, another for plastic, foam, and glass. We found a lot of plastic bags, milk cartons, sandwich bags, etc. We also found rubbish from takeaway places; pizza boxes, cups from Hungry Jacks and other junk. Once sorted into the proper categories they fell under we decided to create a sculpture using the waste.

We made a school of fish, to show an example of what we found, where we found it and what we did with it in the end.



We split off into pairs to create a fish of our choosing, created it using wire and parts of the rubbish we found.

The sculptures are on display in the Resource Centre for visitors, students and teachers to see our work.

Amanda Henry Teacher

STEM ENRICHMENT ACADEMY DAYS

This term the year 9 girls have had multiple opportunities to participate in the STEM Enrichment Academy attending Real Science and Design and Technology experiences with staff and PHD students from Flinders University.

The enrichment days have focused on a range of topics including Biology, Chemistry, Design and Technologies. Students were able to participate in university level practical experiences and speak with female leaders in the STEM industry. Five girls participated in the first session of a 4-part design and technology enrichment experience. Students designed and made a 'Flinbit' which can monitor movement and light similar to the 'Fitbit' devices. Students participating in the chemistry experience discussed what radiation is, it's dangers and how understanding radiation has allowed scientists to use radiation to benefit society. The girls then participated in 2 practicals. The first involved students using chemicals that react to ultraviolet radiation to create a piece of artwork. The second involved students investigating ionising radiation. Students hypothesised which common household material contained the highest ionising radiation and used a Geiger counter to test their hypothesis.

The last experience for this term was held at the Oaklands Park Wetlands where students experienced a biological field experiment lead by Flinders University staff. While at Oaklands Wetlands students collected information about the amount and diversity of flora and fauna species in the area. The wetlands is a unique area which has been designed to support a diversity of wildlife and it provides a clean and precious water source to other parks in the local area. The girls are working together with their teacher to create a newsletter article which will feature at the University explaining the learning during their experience. This enrichment activity will support their learning in Geology and Biology later in the year.

This is a unique experienced which will hopefully encourage and provide confidence in STEM subjects for our female students. All of the year 9 girls will have further opportunities to participate during the year.

Next term we will have more opportunities for the year 9 girls to participate in events as part of the STEM Enrichment Academy and we will also be offering positions for all year 9 students to participate in the Science and Engineering Challenge.

Ilana Heapy Science and Mathematics Coordinator





CHEMISTRY IN THE GARDEN PROJECT

The Chemistry in the Garden Project has involved an enthusiastic group of year 10 science students.

Over a 5 week period the students have participated in a range of garden activities. These included:

- conducting pH, moisture and temperature soil testing, both in small garden beds and the larger Environmental Learning Centre Gardens incorporating satellite mapping of results
- clearing and preparing garden beds for planting
- planting vegetables such as spinach, spring onion, celery and parsley
- investigating different gardening products such as soil wetters, soluble and insoluble fertilisers and seaweed solutions
- measuring solutions and applying correct ratios, boosting trace elements in the soil such as Nitrogen and Phosphorus
- accurately measuring and recording health and growth rates of their plot
- developing scientific reports detailing their findings using a university standard template.

Students have enjoyed learning outside the classroom and working in a social/group environment. The skills learned are transferable into personal settings for students who want to become gardeners at home and also provide opportunity to perhaps start the journey as a future environmental scientist.

Michael Duke Year 10 Science Teacher



F1 IN SCHOOLS

Eleven year 9 students from Christies Beach High School have had the privilege to participate in the biggest STEM challenge for schools.

Established in 2003, F1 in Schools STEM Challenge is multi-faceted and multi-disciplined, where students design, make, and present miniature F1 cars that are capable of traveling from 0-80 Km/h in less than a second using C02 (Carbon dioxide) canisters on a specially designed track. It is the largest competition in the world, with over 17,000 schools in 44 countries registered to compete.

Over the past few weeks students have been working alongside F1 in Schools guru Steve Read, looking at things like team names, team logos, sponsorship, folios, presentations and of course the car designs. All students have produced a digital design for their first car and will be looking to utilise the brandnew STEM facilities at Christies Beach High School to make their first prototype over the coming weeks.

The whole process will culminate at the Royal Adelaide Show where each team of students will set up a trade display that they will man and discuss their task with the public. Also, at the Royal Adelaide Show, the teams will compete in the South Australian state titles, be judged on their car, trade display and a presentation they will need to make. If they do well they have an opportunity to compete at the Australian Finals and possibly the World Finals for the F1 in Schools STEM Challenge.

This is a great opportunity for the students at Christies Beach High School and it is great to see them engaged and willing to put in extra time outside of school hours to be successful at this challenge.

James Wallace F1 in Schools Lead Teacher



Deegan Dickson, Tess Crichton and Peter Bennett



Ollie Smith















TAFE SA MULTI-TRADES PATHWAYS PROJECT

TAFE SA is working with the Southern Adelaide and Fleurieu Secondary Schools Alliance to bring the TAFE SA Multi-Trades Pathways Project to the Noarlunga region in 2019.

The Multi-Trades Pathways Project students attend TAFE SA 3 days per week for 15 weeks and gives them skills and knowledge that can prepare them to one day work in high growth industries. The Noarlunga Multi-Trades Pathways Project has been designed to give school students in year 11 and year 12 up to 80 Stage 2 SACE credits.

Divided into 2 clusters, the project is available to students interested in exploring skills and knowledge and potential employment pathways in the defence and advanced manufacturing, engineering and building and construction industry sectors. Starting in term 1, 2019 and completing at the end of term 2, 2019, the project is running 3 days per week on Tuesdays, Wednesdays and Thursdays.

Approximately 30 students from the Southern Adelaide and Fleurieu Secondary Schools Alliance are attending the course.

Attendance has been excellent as has the progress of all students. Over the coming weeks we will begin bringing industry and employers along to visit the students. The group has already had presentations from Maxima Group Training and the Australian Industry Group about traineeships and apprenticeships.

Thomas Nowak Southern Adelaide and Fleurieu Secondary School Alliance





RAA STREET SMART HIGH

On Tuesday 2 April, 75 year 10 students and 6 staff attended the RAA and MAC Street Smart High event held annually at the Adelaide Entertainment Centre.

We joined thousands of students from schools across the state to learn about driver safety, risk taking and the devastating consequences of road accidents. We witnessed the re-enactment of a fatal crash presented by the Royal Adelaide Hospital Trauma Unit and supported by SA Police, SA Ambulance and the SA Metropolitan Fire Service. Students were shocked and humbled listening to the testimonies of crash survivors and stories told by the family members of those who have lost their lives in road accidents. Over 20 organisations offered interactive exhibits, teaching students skills such as CPR and alcohol awareness. We cheered heartily during the wheelchair basketball game and had the opportunity to ask questions to representatives from RAA and the Emergency Services. Our year 10 students represented Christies Beach High School with pride, showing respect and enthusiasm throughout the day. Thank you to all the organisers of RAA Street Smart for delivering such a poignant experience for our young people.

Imogen Knight Year 10 Leader



Talon Campbell, Toby Jeisman, Ellamay MacDonald and Kie Curzons



Dylan Howieson, Tahlia Smith, Crystal Allsopp, Jen Sweeney and Jacob Heard-Gates



"Overall, the day was fantastic. We watched a real life crash scene acted out for us and learned the role of the different emergency services and that they are all there to help. We listened to people who had experienced road deaths or accidents which was devastating and overwhelming. The main take away messages were to not use your phone while driving as it is a major distraction and we should all respect the road because accidents can have life-changing consequences."

Cameron Chappell and Taylor Stirling, year 10 students



ROAD SAFETY

The Australian Road Rules gives direction on parking restrictions which drivers of vehicles are required to comply with.

The rules that are most prevalent to school parking and those which our Community Safety Officers enforce compliance with are as follows:

- vehicles must not stop in a NO STOPPING ZONE, even for a few seconds to pick up your child
- vehicles may stop in a NO PARKING ZONE for 3 minutes or less to pick up a child who is waiting nearby. You must not park or leave the vehicle
- vehicles must not double park, or stop in the line of traffic, to pick up or drop off a child
- vehicles must not stop in a bicycle lane
- vehicles must not stop in a bus zone
- vehicles must not stop within 20 metres before a crossing or 10 metres after a crossing
- vehicles must not stop within 10 metres of an intersection or junction without traffic lights
- vehicles must not park over driveways
- vehicles must not park on the verge.

Community Safety Officers recognise that vehicle movement around schools create high risks zones for pedestrian safety and will engage and educate drivers, along with issue fines for illegal parking if appropriate in the circumstances.

We wish everyone to have a successful and safe school year and ask parents/caregivers to be mindful of their own behaviour around schools, whether in relation to where they park or the respect shown to our officers trying to ensure safety of others.

Onkaparinga Council



NUNGA TAG

Wednesday 6 March saw Christies Beach High School host the annual Nunga Tag tournament, held in conjunction with the NRL.

Volunteers arrived at sunrise to set up for a day that promised to be bigger and better than ever before. 2019 saw over 400 students participating from around 35 schools, with over 20 community service providers there on the day to provide advice, promotions and freebies for the crowd. It was also pleasing to see so many families, community members and elders being a part of such a significant day for the Aboriginal community.

The competition was fantastic, all students keenly getting involved giving the game of Touch Rugby a go. Christies Beach High School was able to enter 4 teams with a mix of students from year 8 to

12. Their participation on the day set an example for the rest of the schools to follow and their demonstration of the school qualities was exceptional.

While Tag Rugby was the flavour of the day, students were able to display team work, leadership, cooperation and pride to themselves, the school and their culture.

A big thank you must go to the committee for making the day the success it was, to all staff involved, including those that came down to see the action during recess and lunch, and especially the students for making the most of the opportunity they had.

Chris Flavel Senior Leader Aboriginal Education and SAASTA



"The best part of the day was seeing so many people there giving it a go." – Savannah Sable

"The best part for me was competing against other schools and seeing all of the community services around to go see." - Kyal Calyun

KX PILATES

On Tuesday 26 March the year 10 (all girls) Healthy Lifestyles class attended a KX Pilates studio. KX Pilates is a fitness class that uses reformer beds to increase intensity of the original Pilates workout. The exercises build strength, balance, coordination and muscular endurance. Margot, owner of KX Pilates Brighton, generously donated her time as she is passionate about getting young girls engaged and interested in fitness and exercise. All students who attended said they loved the session and would love to go again. They said the exercises were so much harder than they thought but so much fun! They loved doing something they had never tried before.

Anna Bren Physical Education Teacher

SAASTA ABORIGINAL POWER CUP WORKSHOP

As part of the South Australian Aboriginal Sports Training Academy (SAASTA) program in 2019, students work towards the Aboriginal Power Cup, held in June in conjunction with the Port Adelaide Football Club.

Two of the Aboriginal players from Port Adelaide Football Club, Tobin Cox and Joel Garner, plus staff member Braedon Talbot, joined our class on Wednesday 20 March to run a workshop to prepare us. SAASTA holds certain Key Performance Indicator's highlighting the importance of attendance, behaviour, respect, classwork and achievement. Being proficient in all these areas is important for our academy to perform well at the Power Cup.



In the workshop, we learnt about our identity and culture, locating our mob on the Aboriginal Australia map, and recognising famous Aboriginal athletes from the game of AFL, both male and female. We investigated the future, setting goals for ourselves to achieve as we go through school and after school.

Once we had finished the workshop, we took part in a football clinic outside. It was great to have the players join in with us and watch their elite skills on display. It hit home for the students knowing the players had only gone through school a couple of years earlier and reached the highest level of football possible, and if they could achieve their goals, why couldn't we?

We thank them for coming to the school and look forward to taking part in the Aboriginal Power Cup in June. Our class is keen to represent the school and the Kaurna region, while getting to watch one of the Port Adelaide AFL games.

OPEN ULTIMATE FRISBEE ZONE CARNIVAL

On Wednesday 6 March, 16 year 11 and 12 students participated in the Southern Zone Ultimate Frisbee Carnival at Flinders University Stadium (Southern Panthers Football Oval).

Ultimate Frisbee is a 7-a-side sport where the participants umpire themselves. We were able to enter 2 teams into the competition this year: Christies Navy (year 12 students) and Christies White (year 11 students).

The competition was a round-robin tournament with the team who obtained the most wins throughout the round-robin rounds, winning the entire competition. There were a total of 8 teams in the competition from other southern schools therefore each Christies Beach High School team participated in 7 x 20 minute games throughout the day.

Both teams were highly competitive throughout the whole tournament with some of the games determined by a 1 goal difference. Students displayed a high level of fitness and skill. There were countless impressive catches, many insane passes and good sportsmanship on display throughout the whole tournament.

At the completion of the rounds, Christies White ended the carnival in third place with 5 wins and 2 losses. Christies Navy were able to fight off a comeback in their first match against Brighton Secondary School to claim a win and were simply unstoppable from that point on, finishing the tournament undefeated and earning first place.

It was an excellent effort for the year 12 team to finish victorious and claim their forth Ultimate Frisbee Southern Zone Championship during their high school years. Congratulations to both teams.

> **Danielle Palmer Healthy Lifestyles Coordinator**





PRINCIPAL'S TOUR **PROSPECTIVE YEAR 8 STUDENTS**

WEDNESDAY 1 MAY 2019, 9.30AM & 3.40PM

Christies Beach High School invites you and your family to tour our school, meet our teachers and students, learn about our holistic approach to teaching and learning, and explore our impressive grounds and expanding facilities.

Important information for those transitioning to secondary schooling in 2020 will be discussed, so parents/caregivers and students can become familiar with our school culture, and discover all that Christies Beach High School has to offer during this time of change and into the future.

For more information please contact

Amanda Bennett (08) 8329 9700 or amanda.bennett682@schools.sa.edu.au Vanessa Ingram (08) 8329 9700 or vanessa.ingram875@schools.sa.edu.au



CRICOS Provider Number: 00018A





OPEN NIGHT

WEDNESDAY 8 MAY 2019 5.00PM - 7.30PM

Christies Beach High School will open its doors and showcase its programs and facilities during Open Night.

Between 5.00pm and 7.30pm, visitors will be able to view interactive displays from all learning areas and programs on offer at the school. Visitors will also be able to view the new and upgraded STEM and Inclusive Education Centre facilities.

Teachers and students from all year levels will be on hand to work on displays or conduct guided tours around the school.

Tours will leave from the central courtyard every 30 minutes between 5.00pm and 7.00pm.

There will be a presentation from the principal at 6.00pm.

Refreshments will be available.

For more information please phone (08) 8329 9700 or visit www.cbhs.sa.edu.au.

