



## CHRISTIES BEACH HIGH SCHOOL

# NEWSLETTER

## ISSUE 6 | AUGUST 2017

### DIARY DATES

#### 29 August

Open 5-a-side Soccer  
Literacy and Numeracy Week

#### 30 August

Arts Theatre Rehearsal

#### 31 August

Arts Theatre Showcase  
AFL Coaching Session

#### 1 September

3v3 Basketball

#### 4 September

**School Closure Day**

#### 6 September

Rugby Union Coaching Session  
Year 7 Transition Visit

#### 8 September

Youth Encounter Presentation  
Year 7 Transition Visit

#### 12 September

Multi Sports Day Excursion  
Year 7 Transition Visit

#### 13 September

Rugby Union 7s Carnival

#### 21 September

Year 8 Immunisations  
AFL 9s Excursion

#### 22 September

Year 8-10 Basketball  
3v3 Basketball

#### 29 September

Last Day of Term 3

#### 16 October

First Day of Term 4

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### FROM THE PRINCIPAL

To parents, caregivers, students and community,

#### LEARNING PATHWAYS 2018

Over the past couple of weeks we have all had a big focus on supporting every student to make good choices about their learning pathway for 2018 and beyond. The distribution of our Curriculum Handbook in printed form as well as electronically via the school website has been a big help in supporting families to work through the important process of selecting subjects. This week each student has been able to meet with a course counsellor to identify their best pathway based on

skills, interests and career plans. The next step is for the team of course counsellors to work on developing all the choices into a timetable that works. There is a bit of work to do and this may involve follow-up discussions with individual students and negotiations around final timetables.

Thank you to the many people who came along to the appointments and have been involved in this important step. If you have feedback on the process, we would like to hear it as we always aim to improve.

#### BUILDING PROJECTS

Progress is beginning to show on the site preparation for the new disability unit. While the weather has been a challenge, progress has been good so far with work on track. We will soon begin to see structures emerge from the ground up and start to shape the final project. We thank all members of the community who access the school for their patience and acceptance of inconvenience with car parking and school drops during the building period.

#### YEAR 7 TRANSITION

At this time of year students in Year 7 are beginning to think about the transition to high school. This means we are also thinking about making this process as smooth as possible and supporting our new students to feel safe and comfortable about the next steps in their schooling journey. Our current Year 8 teachers and students are doing an amazing job of connecting with local primary schools and talking with Year 7 students about high school life. An extensive transition program is planned for the remainder of this year which includes some exciting events for everyone involved.

It is also a time when decisions are being made about class sizes and groupings for 2018, so if you know of anyone considering enrolment at Christies Beach High School in 2018, at any year level, now is a good time to collect an enrolment pack from Student Services so we can plan effectively.

#### ARTS SHOWCASE

We hope to see many, many member of our community attending the annual Arts Showcase next Thursday evening at 6.00pm in the Hopgood Theatre. More details are included elsewhere in the newsletter, but get your tickets quickly from Student Services. Tickets are free and we hope to fill the theatre with excited people ready to see and hear the performances of our students.

Please continue to follow us on Facebook to keep up to date with current news and events.

**Graham Clark**  
Principal



Government of South Australia  
Department for Education and  
Child Development

CRICOS Provider Number: 00018A

## FROM THE DEPUTY PRINCIPAL

As Term 3 rapidly flies by there are a number of things on:

- Subject selection packs were sent home with all students and Course Counselling has begun; this is an exciting time for all. I imagine conversations are abounding regarding choices for the future. All students were allocated a time to attend a course counselling session, which parents/caregivers were welcome to attend. It was pleasing to see the thought and organisation that has been put into choices.
- The Arts Showcase is occurring in Week 6 and I was lucky enough to witness a rehearsal. It should be a wonderful event which enables our students to sing, dance and act for a live audience.
- There are a large number of camps and excursions occurring. These are a wonderful opportunity for our students to learn in new and unique environments. It is also a chance to make learning 'real'.
- Congratulations to Student Voice for organising the Casual Clothes Day. It was lovely to see all supporting a worthwhile cause.
- Book Week is one of my favourite times of the year. The celebration of new novels, picture books and non-fiction is always exciting. The library will be showcasing those nominated in this week of magic and wonder.

Should you require any more information regarding any of the above please feel free to contact me at the school.

**Kirri Minnican**  
Deputy Principal

## STUDENT VOICE

Our Student Voice team has hit the ground running this term, busily developing a number of exciting projects.

### SAFE SCHOOLS

On Tuesday 15 August a small group of students took part in the 2017 Safe Schools Action Day anti-bullying initiative. The theme was in keeping with the work we did at the beginning of the year around bullying. The action day enabled students from different schools the opportunity to work together to discuss ideas, support, resources and strategies to build safer and more inclusive schools for same sex attracted, intersex, and gender diverse students, staff and families. It was a fantastic day!

### CASUAL DAY

On Wednesday 16 August we held a casual dress day. This event was a fundraising initiative of the Student Voice team, a gold coin donation was required if casual clothes were worn. It was great to see so many students get involved and make appropriate dress choices.

### BUNNINGS BBQ

On Sunday 20 August Student Voice, with the support of staff, hosted a BBQ fundraiser at Bunnings warehouse, Beach Road, Noarlunga. We had a wonderful day with our students doing a fantastic job representing Christies Beach High School in the local community.

**Cherie Giles Year 12 Leader**  
**Gemma Viselli Student Counsellor**



**Ryan Pratt, Andrew Armstrong, Kevin McCrohan and Kayla Benson**

**Sharni Bowden****Holly Frith****Tahlia Weaver**

## MUSIC STUDENTS CONNECT WITH COMMUNITY AT ZONTA FUNDRAISER

On Thursday 3 August, Year 9 Music students, Tahlia Weaver, Sharni Bowden and Holly Frith, provided wonderful musical entertainment for a breast cancer morning tea fundraiser organised by Zonta Noarlunga Southern Vales.

The community event was held at the Aldinga Bay Bowling Club. Tahlia, Sharni and Holly sang and played piano, guitar and ukulele, while the audience showed great appreciation for their efforts. The students learned that Zonta Clubs volunteer their time, talents and support to fundraise for local and international service projects and scholarship programs. Christies Beach High School students have received valuable support from Zonta each year, and it was great to see Tahlia, Sharni and Holly contributing community service through music while gaining valuable experience in performance. The students were supported by Music teachers, Henry South and Annette Greenshields.

A priority in our Arts faculty is to connect students with authentic learning experiences in the local and wider community. Upcoming community performances and exhibitions for our students include the Arts Showcase at Hopgood Theatre on Thursday 31 August, the CHEER Wellbeing Festival at Rotary Park on 22 October, and the Southern Community Christmas Carols at Hickinbotham Oval on Sunday 17 December.

**Annette Greenshields**  
Arts Leader



## ARTS SHOWCASE 2017

Visual Arts, Media and Performing Arts students from Years 8-12 will be presenting a great night of Arts entertainment on Thursday 31 August (Week 6) from 6.30pm at Hopgood Theatre, Noarlunga Centre.

Visual Art works will be exhibited in the foyer, accompanied by live acoustic music.

The concert, starting at 7.00pm, will feature a fun variety of musical theatre, class bands, dance, media presentations and the feature performance of Karaoke Kafe.

Please come along with family and friends to support the creative work of our students!

Tickets are free this year and will be available from the school from Monday 21 August.

**Annette Greenshields**  
Arts Leader



## MIDDLE SCHOOL FLEXIBLE LEARNING PROGRAM

As part of the Middle School Flexible Learning Program, our students have been taking part in a Garden and Design class.

The aim is to give our young people some skills in designing, planning and budgeting for various outdoor projects, as well as getting some hands on, practical experience in areas such as gardening, irrigation, paving, carpentry, concreting and bricklaying.

As well as gaining valuable skills, the other benefit of this class is that we get to improve the space in and around the Flexible Learning building where many of our students spend a lot of their time.

This enables them to not only create a fun, safe and welcoming place to learn, but allows them to feel a sense of pride and ownership.

The students are really engaging with this class, with their enthusiasm and confidence growing as they continue to see the fruits of their labour.

So far this year the students have created a mini-golf putting green, they've made a paved and landscaped area with a bench as a place for them to sit outside, and they are currently in the process of building a built-in brick barbecue area, which will be getting plenty of use once it's completed.

We are also planning to create a peace garden with a water feature, herb garden, and a vegetable patch during the second half of the year.

Everyone involved is enjoying the different aspects of this class and we look forward to sharing more of our successes in the near future.

**Rick Foster**

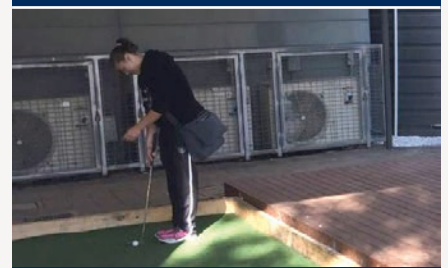
**Teacher Middle/Senior School Flexible Learning Program**



**Jaymz Watson**



**Finished BBQ**



**Nat Rayner**

## YEAR 10 ROAD SAFETY PRESENTATION

SAPOL Road Safety Section recently attended our school and delivered a road safety presentation to Year 10 students entitled, *A Guide to obtaining your L's and P's* presented by a currently serving police officer. This interactive program discussed the methods of obtaining a driver's licence, the conditions relating to Learner and Provisional licences, the risks associated with driving, and why being a passenger in a vehicle driven by a young person is potentially risky. The program included discussions on crash risks, speeding, alcohol, drugs, fatigue and driver attitudes to road safety.

There are a number of web sites which may be of further value to you and the students:

- [raa.com.au](http://raa.com.au)
- [mylicence.sa.gov.au](http://mylicence.sa.gov.au)
- [sapolice.sa.gov.au](http://sapolice.sa.gov.au)
- [howsafeisyourcar.com.au](http://howsafeisyourcar.com.au)

For any further information on Road Safety please feel free to contact the Road Safety Section on 8207 6586 or by Email: [SAPOL.RoadSafetySection@police.sa.gov.au](mailto:SAPOL.RoadSafetySection@police.sa.gov.au)

**Danielle Palmer**  
**Year 10 Leader**

A screenshot of the South Australia Police Road Safety Centre website. The header includes the SAPOL logo and the text 'SOUTH AUSTRALIA POLICE KEEPING SA SAFE'. Below the header is a navigation bar with links: 'About us', 'Online services', 'Police news', 'Your safety', 'Services and events', 'Join us', and 'Contact us'. The main content area is titled 'Road safety centre' and contains information about the Road Safety Centre at Thebarton Police Barracks, including details about traffic education programs and a mock roadway. A sidebar on the left lists various road safety topics like 'Emergency information and alerts', 'Intervention orders', 'Domestic violence', 'Child protection', 'Road safety', 'Impounding vehicles', 'Report a crash', 'Report dangerous driving', 'Road rules and safety', 'Road closures', 'Road safety centre', 'Traffic camera locations', 'Report missing persons', 'Alcohol and drugs', 'Report suspicious activity', 'Crime prevention and security', and 'Download plans'.

## YEAR 10 LATITUDE AIR EXCURSION

As the first semester comes to an end, so does PLP for the Year 10 students. The students who completed Stage 1 PLP successfully and displayed Christies Beach High School values of Tolerance, Respect, Understanding and Excellence throughout the term, were rewarded with a trip to Latitude on Wednesday 5 July.

Latitude boasts a range of activities, from climbing walls, the 'sky walk', duelling and various trampolining activities. It was definitely an experience to remember, as it was a day filled with fun and thrills for everyone that participated.

A huge thank you to all the teachers involved especially Ms Palmer for being a great Year 10 leader this term.

**Brook Saunders, Jessie Trembath, Bethany Rix**  
Year 10 Students



**Brook Saunders and Shauna Shields**



**Shauna Shields, Jeszaln Hewitt and Becky Saunders**



**Brook Saunders**

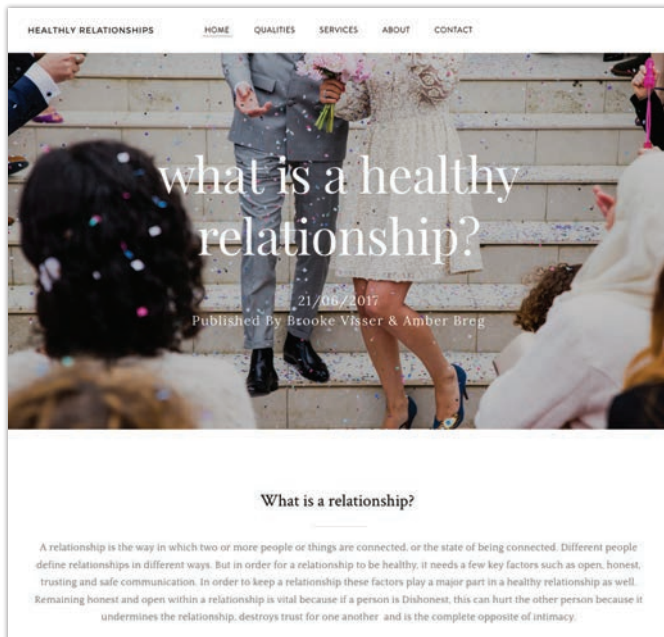


**Jacob Bradley and Daniel Pollard**



**Clinton Calyun, Jordan Burgh, Bethany Rix and Richelle Perriam**





We would also greatly appreciate if you took the time to view our blog in the following link <http://healthilyrelationships.weebly.com>

## YEAR 12 HEALTH STUDIES - BLOG

For our Year 12 assignment we were allowed to choose our own topic to research. Brooke and I chose "What does a healthy relationship look like". We decided to select this topic as we believe that healthy relationships are extremely important. As part of this assignment we agreed to create a blog based on a healthy relationship, vital qualities within a relationship and online services. After extensive research we have found a wide range of factual information on a healthy relationship, which we have also included within our blog. We created this blog to further raise awareness on what a healthy relationship looks like. We also conducted a survey for Year 8 students to fill out. We listed 10 positive qualities within a relationship and they had to choose 5 they thought were the most important qualities and arrange them in their order from 1-5. The survey results we received showed that the top 5 qualities are trust, honesty, maturity, loving and supportive.

**Brooke Visser and Amber**  
Year 12 Health Studies Students

## YEAR 12 HEALTH STUDIES - HEALTH AND FITNESS

During the first term our health class took part in a group assignment which related to different risks and challenges to health. For this assignment my group chose to do a risk that related to health and fitness. Our question was the role of an active lifestyle in maintaining good health.

For our assignment we had to promote this and to do this we chose to do a social action, posters and publish an article in the newsletter. For our social action we decided to run a fitness workshop and do a presentation to a Year 9 class. To promote our social action and promote our health strategy we made posters and have recently put them around the school. One was a 20-minute workout and a healthy eating poster. It has a quick everyday work out plan and also some healthy tips. The other poster we created was 10 things to do instead of eating out of boredom.

**Holly Fruss, Amber and Brooke Visser**  
Year 12 Health Studies Students



## 20 Minute workout

- 15 squat jumps
- 5 push ups
- 25 high knees
- 7 burpees
- 10 lunges
- 7 squats
- **5 PUSH UPS**
- 7 squats
- 15 squat jumps
- 1 MINUTE WALL SIT
- 5 push ups
- **25 high knees**
- Repeat 3 times



- Make sure to consume 2 fruits and 5 veg per day
- Make sure to consume 8 glasses of water per day

## YEAR 12 HEALTH STUDIES PAMPHLET BY STUDENTS:

Holly Fruss, Chelsea Henderson and Nathan Henderson



## YEAR 12 CHILD STUDIES CATERING EVENT

On Wednesday 14 June, Mrs Svagan's Year 12 Child Studies students prepared, cooked and stored a variety of savoury and sweet foods for a charity stall.

In groups the students selected mini meat pies, sausage rolls, quiches, pizzas and a variety of sandwiches. They also chose sweet options of chocolate brownies, white chocolate blondies, mini cakes and mini cheesecakes, to sell at the charity stall. The students were very organised and worked extremely well together in their teams selling all of their items.

They raised a total of \$135.00 for Camp Quality.

**Daina Jarmyn**  
Home Economics Teacher



**Brooke Visser, Tori Knight and  
Tayla Kilponen**



## ASX SHARE MARKET AWARDS

This year the Year 11 and Year 12 Business and Enterprise group participated in the ASX Share Market game as part of their assessment. The share market, with housing affordability at an all-time low, is becoming a focus for young people in their search to create personal wealth. The ASX Australian Investor Study 2017, as prepared by Deloitte, reports that the number of 18-24 year olds investing in shares has doubled in the last 5 years!

The changing employment market is influencing this behavior and with changing jobs, homes and countries becoming more common, shares offer a fixed and easily accessible way of accumulating wealth. It is important for young people to take an interest in planning their financial future and investigate the real opportunities that exist outside of the real estate and employment markets. The groups were allowed \$A50,000 to invest in a diversified portfolio over a period of 9 weeks. There are risks, and not all were successful, but advances in technology make it easier to conduct research and get started than ever before. It is an exciting time for young people in this changing environment.

This year's winners were Zoe Veltman in Year 11 and Caitlyn Merryweather in Year 12. We hope that with their new knowledge they are on their way to becoming the next generation of tech and investment savvy citizens. Congratulations to you both and to all who participated in this opportunity to discover ways to achieve financial security and achieve their individual financial goals.

**Alan Cook**  
Year 11 Leader



**Caitlyn Merryweather**



**Zoe Veltman**

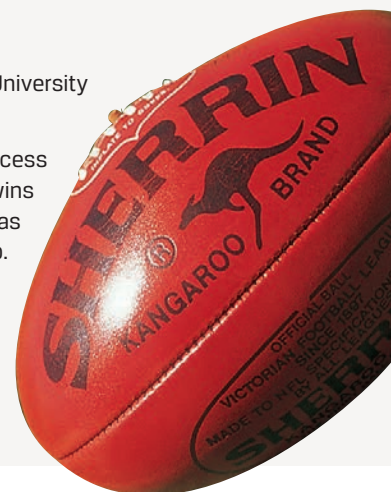
## YEAR 8 AND YEAR 9, 9-A-SIDE AFL CARNIVAL

On Tuesday 21 June, 20 Year 8 and Year 9 students participated in a Zone 9-a-side AFL Carnival at Flinders University playing fields. They competed against other school teams from Southern Adelaide.

The boys team had some great success through the minor rounds and finished undefeated. Their success earned them first place in their pool and automatic entry into the grand final. After some relatively easy wins through the minor rounds, the boys had a challenging match in the final against Reynella East College. It was a tight game and unfortunately, the boys could not get up in the end. An excellent effort to finish runners-up.

All participants represented our school well by displaying qualities of fair play and teamwork throughout the carnival. It was a fun and enjoyable experience for the students.

**Danielle Palmer**  
Year 10 Leader



## BREAKFAST CLUB

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

**7.30am - 8.25am, 2G08 - Cereal, toast, fruit, eggs and Milo**

Volunteers needed - must have a DCSI clearance and be willing to attend Response to Abuse and Neglect training.

**Margaret Rankine**  
Breakfast Club Coordinator



## HOW DO I KNOW IF MY CHILD IS BEING CYBERBULLIED?

The internet can open a world of connectivity and learning for young people, but to help them have enjoyable online experiences, it is critical that you are attuned to any signs of cyberbullying.

These can include:

- being upset after using the internet or their mobile phone
- changes in personality, becoming more withdrawn, anxious, sad or angry
- appearing more lonely or distressed
- unexpected changes in friendship groups
- a decline in their school work
- changes in their sleep patterns
- avoidance of school or clubs
- a decline in their physical health
- becoming secretive about their online activities and mobile phone use.

## WHAT ARE THE STEPS TO ALLEVIATE THE BULLYING?

### START A CONVERSATION AND SEEK SUPPORT

If your child shows any of these signs, or other worrying and out of character behaviours, it is important that you talk with them and maintain a close eye on both their online and offline behaviour and keep them connected to supportive friends and family. There is help at hand if your child is being cyberbullied and plenty of constructive ways to help your child take control of the issue. If cyberbullying involves another student, report this to the appropriate Year Level Leader.

### OPEN THE LINES OF COMMUNICATION

Open communication is so important, whether directly with you or a trusted adult they may feel more comfortable opening up to. This could be an aunt, older sibling or grandparent. Keep the focus off the situation by also encouraging your child to do something offline that they enjoy. Reassure them that you won't block their access to the internet because they have reported a problem to you.

### COLLECT THE EVIDENCE AND REPORT

There are a number of ways to collect appropriate evidence and report cyberbullying:

- report the cyberbullying to the appropriate service provider using their reporting tools and ask for content to be removed
- lodge a complaint about a serious cyberbullying matter with the Office of the Children's eSafety Commissioner via our online complaints form
- use our tips to keep a record of offending emails, text messages or online conversations.

### MANAGE CONTACT WITH OTHERS

Simple, practical steps can be taken to help manage the issue in the short term, including:

- advising your child not to retaliate or respond to any messages from a bully, which may prevent material being further used against your child
- blocking or unfriending the bully to stop contact with your child
- helping your child change their privacy settings to restrict who can see their posts and profile page.

**Gemma Viselli**  
Student Counsellor





Office of the Children's  
**eSafety Commissioner**

# HOW TO REPORT CYBERBULLYING MATERIAL



1

Report the cyberbullying material to the social media service



2

Collect evidence - copy URLs or take screenshots of the material

**If the content is not removed within 48 hours**



3

Report it to  
**[esafety.gov.au/reportcyberbullying](https://esafety.gov.au/reportcyberbullying)**



4

Block the person and talk to someone you trust

If you are in immediate danger, **call 000** (triple zero)  
If you need to talk to someone, visit [kidshelpline.com.au](https://kidshelpline.com.au) or call them on 1800 55 1800, 24 hours a day 7 days a week