



Christies Beach
High School

Issue no. 2 - April 2016



News@ Christies Beach High School

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From the Principal

Christies and Proud Celebrating 50 years

Dear Parents/Caregivers, Staff and Students

It is amazing how quickly the term goes by. Already we are writing reports and reflecting on evidence of student learning. Term 1 reports will go home with students on the last day of the term. Early next term parents/caregivers and students will have an opportunity to meet with subject teachers to discuss individual student progress and areas for further development.

Staffing

This term there have been a number of leadership and teacher changes due to short term leadership vacancies, and the resulting backfilling of positions, and ongoing sick leave. In such circumstances school leaders and teaching staff make every effort to maintain continuity of learning for students. However, if you do have any concerns please contact me at school.

Although we are still finalising Term 2 staffing, I would like to thank the following teaching staff who have been on short term contracts during Term 1:

- Kayla Tyas
- Thirza Hayward
- David Butcher
- Alan Cook
- Sean Simper
- Kim Thomson
- Trish Armstrong
- Alex Campbell-Wilson
- Talia Vandyk
- Anita Roberson
- Paula Millar
- Danielle Palmer

Also, as many students and families are aware, we have had only one student counsellor this term – Mr Shane Reeves. We hope to have a second counsellor appointed to the school by the start of Term 2. This will be a female counsellor who will be a much welcomed member of the counselling and wellbeing team at CBHS.

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**Government
of South Australia**
Department for Education
and Child Development

Diary Dates

Mon 11 Apr - Fri 15 Apr
SAASTA Block 1 TAFE

Fri 15 Apr
Last Day Term 1
2:00pm Dismissal

Term 2 Commences
Monday 2 May

Wed 4 May
Parent / Teacher Night

Tue 10 May - Thu 12 May
NAPLAN

Mon 16 May
Governing Council

Wed 18 May
Student Free Day
Staff Professional
Development

Thu 19 May - Fri 20 May
Aboriginal Power Cup

Sun 22 May
50th Birthday
Celebrations



Mon 23 May
School Closure

Mon 13 Jun
Queen's Birthday

Mon 20 Jun
Governing Council

Tue 21 Jun
Operation Flinders

Mon 4 Jul - Fri 8 Jul
SAASTA Block 2 TAFE

Fri 8 Jul
Last day Term 2
2:00pm Dismissal

Morton Road
Christie Downs SA 5164

Telephone: (08) 8329 9777
Fax: (08) 8329 9778

cbhs@cbhs.sa.edu.au

Student Services: (08) 8329 9716
Finance Office: (08) 8329 9713

www.cbhs.sa.edu.au

Student Free Days

Each year schools are entitled to a number of student free days to allow staff to engage in professional learning as a collegial group. The Governing Council has endorsed the following dates as Student Free Days for 2016:

- Tuesday 29 March
- Wednesday 18 May
- Monday 25 July
- Wednesday 24 August

These days are spread through Terms 1 – 3 and will focus on the school improvement priorities of Literacy, Numeracy, Pedagogy and the SACE. Our School Closure day will be Monday 23 May which is the day following our 50th birthday celebration to be held on Sunday 22 May from 11:00am – 4:00pm.

The focus of the student free day held on Tuesday 29 March day was developing 'Positive behaviours for learning'. All teaching and classroom support staff spent time developing an agreed understanding of the role of the 'Care Group teacher' as this is a significant role which supports student attendance, engagement and wellbeing, factors that contribute to student learning and achievement.

Also, staff worked in year level teams to further develop and document the 'Care Group program' for each year level. This year we are utilising the Learning Curve Wellbeing Program which provides a range of resources that support positive behaviours for learning and student wellbeing. The *Student Wellbeing Planner* is key to the program and all students should have a copy. I encourage parents/caregivers to have a look at the planner with your child so that you become familiar with the weekly foci and together we can support and reinforce positive habits.

Open Day – Sunday 20 March

The CBHS Open Day is a very important event in our school calendar as it is an opportunity to 'showcase' our school to potential students and families and the wider community. As a school, we are very proud of the diverse learning programs that we offer and of our wonderful facilities. I would like to thank staff who assisted with the planning in the lead up to the day, and the staff and students who attended the actual day. The day was very successful with many families in attendance. Feedback from families was very positive, and will further reinforce the changing 'story' of CBHS in the local community and beyond.

We will continue to promote the school with 'Principal Tours' early next term.

2016 Governing Council

Since our last newsletter I would like to welcome two additional members to the Governing Council – Anne Linnett and Chris Coomer.

Also, congratulations to Anne who has been elected as the Governing Council Chairperson for 2016.

Finally, I wish all students and staff a safe and happy holiday.

Kind regards

Sharon Goldman
Principal

Christies Beach High School

50th Anniversary Birthday Celebration
1966-2016

Sunday, 22 May 2016

11:00am - 4:00pm



Successful students

The following students have been successful in being accepted into 'Training Guarantee for SACE Students' (TGSS) in external school courses this year:

- Jake - Hospitality
- Bradley - Kitchen Operations
- Xantia - Hairdressing

These courses all contribute to their SACE and ensure post school training in their chosen field.

The nationally recognised, partial Certificate II Hospitality, Barista course, has been facilitated again this year. A wonderful success story for one of our students who participated in the current course is below:

"Amber attended the interview this morning. During the interview the barista course was brought up by the venue manager, who then threw her straight in the deep end and got her to make a coffee on their machine. I am happy to say Amber nailed it and was successful in gaining a part time role and will hopefully commence on their next roster.

Please make sure you congratulate Amber when you see her next, she did very well."

Adam, MADEC

Amanda Henry
Leader Student Pathways
and Career Development



Civil Construction students at the Clipsal

On Thursday, 3 March, the construction students visited the Clipsal 500 in Adelaide.

We had some specific tasks to achieve on the day including reviewing temporary infrastructure and safe work systems for pit crews.

The students also saw some fantastic cars, racing and free public entertainment. One of our highlights of the day was to be allowed into Holden's 888 pit area for a close look at Craig Lowndes car and the pit lane from a perspective rarely seen by the public.

An excellent and worthwhile excursion with the students behaving perfectly all day. Well done to our students.

Paul Barnham
Teacher Civil Construction/ Technology



2016 VET

2016 VET courses commenced in Week 2, Term 1.

Senior School students have the opportunity to access vocational courses across the Southern Adelaide and Fleurieu Trade School region and work towards an industry accredited qualification.

Data for 2016 includes the following:

- We have approximately 550 students across the region undertaking a VET course, most of these courses are being delivered in the Trade Training Centre facilities
- 84 students from Christies Beach High School are enrolled and undertaking a VET course
- 46 students from other schools are attending Christies Beach High School on a Wednesday to do a VET course
- Christies Beach High School hosts – Certificate II Automotive Servicing Technology, Part Certificate III Civil Construction Plant Operations, Certificate III Early Childhood Education and Care, Certificate II and partial Certificate III Conservation and Land Management, Certificate II Health Support Services, Certificate II Information, Digital Media and Technology, Certificate II Small Business Management

Don't forget we have a school to work Apprenticeship Broker who works in our school – Apprenticeship Brokers are here to support you if you are interested in obtaining an Apprenticeship whilst still at school. Chris Houlty works with Christies Beach High School students and you can make an appointment at Student Services to see him.

Should you require any information about VET courses or the Southern Adelaide and Fleurieu Trade School you can come and see Lori in Student Services or make an appointment at Student Services to see your Student Pathways and Career Development Leader, Mrs Henry. More information can also be found at www.safts.sa.edu.au

Lori Turner
Trade School Office Manager

Winter uniform

Are you ready for winter?

In the photo you can see our new CBHS winter uniform items. Claire is wearing a pair of trackpants and woollen/acrylic jumper. Ryleigh is wearing trackpants and rugby top. Also available are navy bootleg pants for girls and navy cargo pants for boys.

Uniforms are available for sale from Student Services at CBHS which is open 8:00am - 4:00pm Monday - Friday, including these school holidays.

If you would like to make a payment plan, please speak to Angela Santinon, Finance Manager, either in person or by phone on 8329 9713.

Please note that denim, leggings and non-school trackpants are **not** permissible.

Footwear should be sturdy, closed-in shoes, preferably black.

Bronwyn Phillips
Assistant Principal
Middle School and Intervention and Support

Christies Beach High School Uniform Items and Price List

Polo shirt – Middle School	\$32.00
Polo shirt – Senior School	\$32.00
Windcheater with hood	\$48.00
Full zip hoodie CBHS	\$58.00
Skirt	\$55.00
Dress	\$68.00
Shorts – Hipster style – navy	\$35.00
Shorts – Cargo style - navy	\$32.00
Pants – Bootleg – navy	\$42.00
Pants – Cargo style – navy	\$38.00
Trackpant - navy	\$35.00
Rugby Top – navy/sky/white	\$62.00
P.E. Short/running - navy w piping	\$25.00
P.E. Shorts Basketball – navy	\$25.00
Wool/Acrylic jumper - navy	\$50.00





Jess and James



P.A.R.T.Y. Program

One choice could change your life, **FOREVER.**

The P.A.R.T.Y. (Prevent Alcohol and Risk-related Trauma in Youth) Program is an in-hospital injury awareness and prevention program originally established in 1986 in Canada. The P.A.R.T.Y. Program is a dynamic, interactive, injury prevention and health promotion initiative designed for young people between the ages of 15-25 years old. This program is run by SA Health and the Central Adelaide Local Health Network, hosted at the Royal Adelaide Hospital.

On March 10 a group of Christies Beach High School senior students attended this program and spent time learning about various trauma services and meeting the people who care for trauma patients, including paramedics, doctors, nurses, organ donor coordinators, allied health professionals and volunteers.

The P.A.R.T.Y. program showed students first hand some of the tragic consequences that can occur if they participate in risk-taking behaviour, as well as the choices they can make to avoid trauma and injury. At the end of the day, students met a trauma injury survivor who spoke about their choices and events that led to their injury. They also spoke about what their lives are like now. Students were given an opportunity to ask questions and develop a deeper understanding of what life is like after being involved in trauma.

Trauma is responsible for 40% of deaths in the 15-25 year old age group. Many more are disabled from injuries sustained through involvement in a trauma situation - often the result of a toxic combination of alcohol and/or drugs and risk-related behaviour. Australian data shows that trauma involving this age group is on the increase. Providing information about trauma to help give young people the skills to recognise potential injury-producing situations and make better choices to minimise their risk of being involved in a trauma situation, was the main aim of the program.

Lucie Walker
Assistant Principal Flexible Learning

Are you getting enough sleep?

Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a teen.

Not getting enough sleep or having sleep difficulties can:

- lead to aggressive or inappropriate behaviour
- limit your ability to learn, listen, concentrate and solve problems
- make you more prone to pimples

As a teenager, you should be aiming for about nine hours sleep each night to feel really good about yourself and to do well at school.

Bronwyn Phillips
Assistant Principal
Middle School and
Intervention & Support

How Much Sleep Is "Enough"?

Sleep is one of the cornerstones of health. Sleeping too much or too little can have adverse effects on your health. Sleeping less than 5 hours per night can double your risk of heart disease, heart attack, and stroke. There is also a persistent relationship between lack of sleep and weight gain, insulin resistance, and diabetes.

AGE GROUP

RECOMMENDED NUMBER OF HOURS OF SLEEP

Newborns (0-3 months)

14-17 hours

Infants (4-11 months)

12-15 hours

Toddlers (1-2 years)

11-14 hours

Preschoolers (3-5)

10-13 hours

School-age children (6-13)

9-11 hours

Teenagers (14-17)

8-10 hours

Young adults (18-25)

7-9 hours

Adults (26-64)

7-9 hours

Seniors (65 and older)

7-8 hours

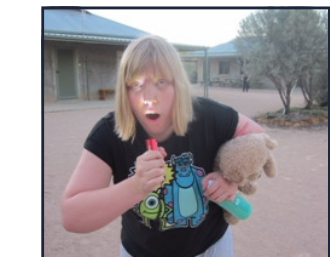


Camp Calperum 2016

Twelve students from Special Options attended another successful *Camp Calperum*, sponsored by Noarlunga Rotary, from 21-24 March.

These Year 9 and Year 10 students had a wonderful experience getting in touch with nature in the Riverland. We would like to thank teachers Vanessa Ingram, Erin Clarke and Dom Cavauiolo for making this a memorable experience for all. A special thanks to Dini Whyte from Noarlunga Rotary in coordinating the sponsorship for a third year!

Sharon Jackson
Assistant Principal Special Options



Sharon presenting a certificate of appreciation to Sue Curtis and Dini Whyte from Rotary



Scooter National Championships

Year 11 students Braiden and Jackson will be attending the Australian Scooter Championships in Brisbane in the 16 and Under Freestyle category on April 9.

Both boys attended three qualifiers held in South Australia where the top five from the three events were selected to attend the Nationals.

Fantastic effort boys and we wish you all the best.

Amanda Henry
Leader Student Pathways and Career Development



Braiden and Jackson



Workplace Health and Safety

Our school has ongoing concerns over students riding bikes, scooters and skateboards on school grounds.

We remind all students and families that bikes, scooters and skateboards must be stored in the racks at the front of the school during school hours.

These items are not to be used or ridden on school grounds; students must walk their bike, scooter or skateboard through the yard.

We do recommend that students lock their device into the rack as we have had theft in the past. Please provide your own padlock.

Peter Charles
Deputy Principal

Apprenticeship Broker

Hi, my name is Chris Houlty and I support students in preparing for the world of work by connecting students into School-Based Apprenticeships. School-Based Apprenticeships are designed to be part of a student's secondary education and assists in SACE achievement and employment security, post school.

I am available on Monday mornings in the Trade School Office to meet with students, parents and caregivers to discuss possibilities in relation to vocational employment pathways. I will be available at Christies Beach High School on the following dates in Term 2: Monday 16 May, Monday 30 May and Monday 27 June.

Appointments can be made through Student Services, Mrs Henry (VET Leader) or alternatively you can contact me directly.

Hope to meet you soon!

Chris Houlty
0488 584029
Chris.houlty@sa.gov.au



What is an Australian School-Based Apprenticeship (ASBA)?

A School-Based Apprenticeship is a great way to start your career while completing your SACE (South Australian Certificate of Education). ASBAs allow Senior School students to combine paid work, training and school, while working towards their SACE and a nationally-recognised qualification. Students undertaking ASBAs commence a Contract of Training through a part-time Apprenticeship or Traineeship. They learn skills (competencies) on-the-job and through training with a Registered Training Organisation.

What are the benefits of undertaking a School-Based Apprenticeship or Traineeship?

- Earning money while going to school
- Working towards or gaining a nationally-recognised qualification
- Gaining hands-on experience in a career-orientated job
- Earning SACE credits as part of your training, and completing your SACE
- Having adult responsibility as a member of the workforce
- Starting your career while you are still at school

Does an Australian School-Based Apprentice get paid?

Yes! The relevant industry Award covers most School-Based Apprenticeships. Students are paid for the time spent in the workplace.

How long does an Australian School-Based Apprenticeship take to complete?

If the ASBA is not completed prior to the completion of Year 12, students can convert to either a part-time or full-time Apprenticeship until it is completed. Apprenticeships are now competency-based, which means that if all the training is successfully completed and the employer believes the Apprentice or Trainee is competent in all areas, their Contract of Training can be 'signed off'. Students commencing a Certificate III or IV (two years plus) generally work part-time while still attending school and continue full-time to complete the Apprenticeship when their schooling is finished (SACE is achieved).

A Certificate III or IV level qualification may take three to four years full-time to complete and require further study and work with your employer after you complete Year 12.

How much time does a School-Based Apprentice spend away from school?

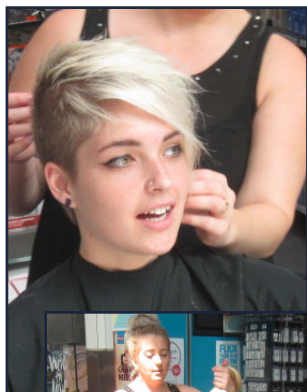
At least eight hours per week on-the-job is required. However, School-Based Apprenticeships can be organised in a number of ways.

It can be by:

- working one or more days a week
- on weekends
- during school holidays
- blocks of time (eg a number of weeks in a row)

This is negotiated between the employer, school, student and the family/caregiver.

Chris Houlty
Apprenticeship Broker
Trade Schools for the Future



World's Greatest Shave

This month is famous for raising money for the Leukemia Foundation. Blood cancer is the third biggest cause of cancer death in Australia. Funds raised go towards families in need of accommodation in a 'home-away-from-home' so that they can attend appointments. Research developments are ongoing and the support of the Christies Beach High School community has been outstanding.

Renee is one of the participants who realised the benefits of the Leukemia Foundation and participated in the World's Greatest Shave. Renee managed to advertise this important fundraiser to her peers and the local community. Renee had organised with the friendly staff at Hairhouse Warehouse to kindly host her fundraising event at the front of their shop. Her fundraising donations were trickling in but the day of her event was rapidly approaching.

On Friday 11 March, Renee sat in front of Hairhouse Warehouse and with the assistance of her teachers, case manager and close friend, she raised \$170 from the local community.

It is occasions such as this that brings a community together and after Renee had her hair cut, the owner of Hairhouse Warehouse refused Renee's money for her haircut. The owner said that it was ridiculous to charge Renee for a haircut when she was raising money for the Leukemia Foundation.

Glenn Degasperi
Senior Learning Centre

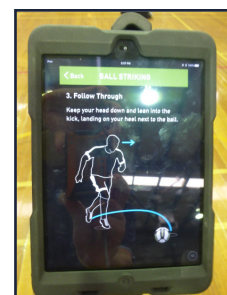
Soccer Science

In the second half of this term UniSA have been working alongside our students from Years 10 and 11 in a program called 'Soccer Science'. The aim of these sessions has been to provide the students of CBHS with an innovative education program delivered via practical soccer sessions to develop and increase the students' competence, enjoyment and confidence with their education by using their interest in soccer through curriculum-linked practical sessions.

Those students who participated in the soccer science program benefitted in the following ways:

- development of self-confidence and teamwork
- physical activity
- increase in motivation to study and participate
- community networks and access to positive mentorship (student volunteers)
- increased awareness of tertiary education institutions.

The students particularly enjoyed using the smart soccer balls which would record the velocity, trajectory and spin put onto the ball. They would be set challenges of shooting the ball at a certain speed with a certain amount of rotations on the ball.



Here are some photographs of the training sessions and the latest technology used in soccer.



Paul Davies
Leader HPE

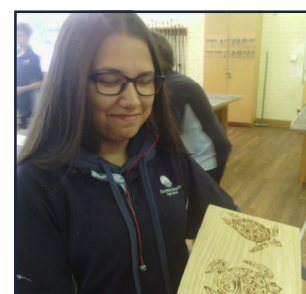
Year 9 Design Technology

The Year 9 students have designed and manufactured a decorative wooden box as part of their Technology course this term.

The bulk of the class has produced excellent results including these fabulous wood projects.

Well done to all the class members for being so positive and producing such great work.

Paul Barnham
Teacher Technology



Kiara

The Learning Curve Wellbeing Planner

The Learning Curve Student Wellbeing Program is designed to enable parents/caregivers to better support their child's education.

The Learning Curve focuses on the following habits:

Living – promoting social emotional growth

The program encourages students to become self-aware, develop self-control, become motivated, and be successful in managing relationships.

Learning - teaching how to learn

The program uses an array of learning approaches and study skills which develop curiosity and a love of learning.

Thinking - teaching how to think creatively and critically

Using Habits of Mind and higher order thinking tools students learn to transfer knowledge and skills across subjects and reflect on what they learn.

The Learning Curve Wellbeing Program connects students, parents/caregivers and teachers. It assists with building sustainable and transparent learning partnerships within school communities. It provides regular opportunities for parents/caregivers to be part of their child's learning.



Wellbeing Builder: Family Teamwork

Wellbeing Element: Relationships and Optimism

Character Strength: Love

Wellbeing Fitness Challenges: Years 7-9 – Strengths Spotting, Years 10-12 – Bright and Light

When students enjoy transparent, honest and caring relationships with their families, they are

- happy in themselves and approach what they do positively
- in a position to make the most of family teamwork

Well functioning families look for what they are doing well

- a great exercise for families is for its members to do the free Character Strengths Survey at www.viacharacter.org
- then each member will know their top strengths
- and conversations can be about how they can use their strengths to achieve what they set out to

Receiving and accepting feedback from family on how they are travelling

- enables students self-assess and then set self-expectations to live by
- they need regular developmental, non judgemental feedback.

The adolescent brain is a turbulent place, with the good decision making centre, the Pre-frontal Cortex, not completely wired up as such, while they can create emotions just like adults, they don't yet have the capabilities to consistently control them. This often leads to any feedback to be seen by them as criticism.

The key is to treat all of their activities equally; an over emphasis on school fires the turbulence in their brains up, discuss how they can use their individual strengths overcomes this.

"All for one and one for all." Alexandre Dumas

Jamie's Ministry of Food - school holiday program

Jamie's Ministry of Food is running a school holiday program to teach young people 12 and over how to cook Jamie Oliver's nutritious and delicious recipes from scratch. Over four days your child will learn loads of Jamie's hints, tips and shortcuts and the cooking skills to set them up for life.

Colonnades Shopping Centre

Course 1: April 19-22 (10:30am – 2:00pm each day)

Course 2: April 26-29 (10:30am – 2:00pm each day)

Cost:

12 – 16 year old students (concession)	\$80 per person (\$20 per day)
17 + year old students (student)	\$120 per person (\$30 per day)
Adult (full price)	\$160 per person (\$40 per day)



Includes all ingredients, recipes and lunch each day plus some to take home – you will all be well fed!

Book now at www.jamiesministryoffood.com or telephone 8326 0123



everyone's family

Morphett Vale Primary
School, Lawrence Street
Morphett Vale

thesmithfamily.com.au

Breakfast Club

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

7:30am - 8:30am
2G08

cereal, toast, fruit, Milo

Special days, pancakes,
toasted sandwiches, eggs,
smoothies, etc.

Students and staff would like
to thank **Foodbank** and
Kickstart for Kids for their
kind donations of basic
breakfast foods and fruit.

Margaret Rankine
Breakfast Club
Co-ordinator

Volunteer Needed

Breakfast Club
Friday Mornings

7:30am - 8:30am

Must have a DCSI
Screening and be willing
to undertake *Response to*
Abuse and Neglect
training.

Please contact Margaret
Rankine on 8329 9777 if
you are interested.

The Smith Family @ CBHS

Every Monday
8:30am to 10:30am

**Tammy & Karl from The Smith Family will be
working alternate weeks from the school
(in the counsellor's office)**

- Learning for Life Scholarship paperwork or questions?
- Want to know about free Learning and Mentoring programs?

Come in and say hi!

Tammy Kennedy
Family Partnership Coordinator

Ph 08 8186 2093

email: tammy.kennedy@thesmithfamily.com.au



CHRISTIES BEACH BLUE LIGHT PRESENTS

BOUNDS & SOUNDS



Featuring DJ Ryan from SOL Events

Inflatable World, 105 Main South Rd, Morphett Vale

Friday 15 April 2016 - 7:00pm - 9:00pm

Ages 12-16 years

Bring your own socks for your chance to win prizes for best socks.

Tickets \$5 from Colonnades Information Desk

BLUE LIGHT (SA) Inc

O'Sullivan Beach/Lonsdale Football Club

Come and play Aussie Rules Football in 2016.

The O'Sullivan Beach/Lonsdale Football Club is currently running
programs to suit you!



Auskick

Ages 5-8 years old

4 year olds turning 5 between January and September 2016 are eligible

Training on Thursdays 3:45pm - 4:45pm

Under 8s/10s/12s

Training on Fridays 5:00pm - 6:00pm

Matches on Sundays

Don't forget to use your Government Sports Voucher!

Under 14s

Training on Tuesdays and Thursdays 4:30pm - 6:30pm

Matches on Sundays

Under 16s

Training on Thursdays 5:00 - 6:00pm

Matches - to be advised




We also field teams for senior grades and reserves.

Drop by the clubrooms on Sherriffs Road, Morphett Vale (next to Morphett Vale
Primary School) or phone Anthony Bernhardt, Vice President, on 0419 476 436,
Shane Clark, Junior Director, on 0419 816 804 or Toni Proctor, Junior Secretary,
on 0430 901 051.



Does attendance really matter?

One or two days a week doesn't seem much but ...

If your child misses ...	That equals ...	Which is ...	and over 13 years of schooling that's ...	Which means the best your child might perform is ...
1 day per fortnight	20 days per year	4 weeks per year	Nearly 1.5 years	 Equal to finishing in Year11
1 day per week	40 days per year	8 weeks per year	Over 2.5 years	 Equal to finishing in Year10
2 days per week	80 days per year	16 weeks per year	Over 5 years	 Equal to finishing in Year 7
3 days per week	120 days per year	24 weeks per year	Nearly 8 years	 Equal to finishing at Year4

Just a little bit late doesn't seem much but ...

He / she is only missing ...	That equals ...	Which is ...	and over 13 years of schooling that's ...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly half a year
20 minutes per day	1 hour 40 mins per week	Over 2.5 weeks per year	Nearly 1 year
Half an hour per day	Half a day per week	4 weeks per Year	Nearly 1 and a half years
1 hour per day	1 day per week	8 weeks per year	Over 2 and a half years

If you want your child to be successful at school then YES, every day counts!
School starts at 8:30am.