



**Christies Beach**  
High School

Issue no. 6 - September 2016



# News@ Christies Beach High School

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## From the Principal

**Christies and Proud**  
**Celebrating 50 years**  
**1966 - 2016**

Dear Parents/Caregivers, Staff and Students

It is hard to believe that we are in the last week of Term 3! This term has been another busy term and many students and staff are ready for a break. We have had much illness across the term due to the continuing cold and wet weather so hopefully a break (with some sunny holiday weather) will help all of us to feel much better.

### Improving Learning at CBHS

One of the improvement priorities at CBHS is improved pedagogy. Pedagogy is the 'art or science of teaching'.

At CBHS 'teacher's work' is informed by the agreed whole school Pedagogical and Curriculum Framework. This framework makes it very clear how teachers at CBHS plan and program and how they teach. Much work has occurred in curriculum teams to collaboratively document the school's agreed curriculum in line with the Australian Curriculum. This includes the development of common assessment tasks across year levels. These tasks make it clear to students what they need to understand and do to be successful with their learning. In the near future such information will also be available to parents/caregivers via DapMap. Currently curriculum leaders are working with their teaching teams to 'upskill' how to make this information available as well as how to use DayMap for reporting to parents/caregivers. Although this is a work in progress if parents/caregivers would like to see what information is available on DayMap please ask your child to share.

### Year 12 Work Completion

It is nearly the end of formal study for our Year 12 students. As we move into the school holidays, many of our Year 12 students are finalising the completion of key assessment tasks as part of the SACE assessment process. A number of Year 12 teachers are offering 'holiday' workshops to support the Year 12 students with their study. Students (and families) will receive a letter about the workshops this week. Parents/caregivers please encourage your child to attend the appropriate workshop/s to seek further assistance from teachers during the holiday period.



**Government**  
**of South Australia**

Department for Education  
and Child Development

## Diary Dates

### Wed 28 Sep

Year 8 Immunisations

### Fri 30 Sep

**Last day Term 3  
2:00pm Dismissal**

### Mon 17 October

**First day Term 4**

### Fri 11 Nov

Year 12 Final Assembly

### Wed 16 Nov

Year 7 Transition Parent  
Information Evening

### Fri 18 Nov

Year 12 Formal

### Mon 21 Nov

Sports Day

### Wed 23 Nov

Last day SAFTS VET

### Fri 25 Nov

Year 11 Final Assembly

### Wed 30 Nov

Year 7 Transition

### Wed 7 Dec

Awards Night



### Fri 9 Dec

Year 10 Final Assembly

### Mon 12 Dec - Thu 15 Dec

2:00pm dismissal

### Mon 12 Dec - Tue 13 Dec

Summer School

### Wed 14 Dec

School Aquatics Day

### Thu 15 Dec

Activities Day

### Fri 16 Dec

Activities Day  
End of Term Assemblies  
**Reports Distributed  
1:00pm dismissal**

## Lost property

From time to time students misplace personal items and often these are handed in to Student Services.

There is a large collection of items currently held in Student Services waiting to be claimed.

Anything not claimed by 30 September will be disposed of or donated to Goodwill.

**Kim Hughes  
Business Manager**

## Term 3 Reports

Term 3 reports will be ready for students to take home on the last day of term – Friday 30 September. Please note that normal lessons will occur on this day, although we will dismiss at 2:00pm. Reports will be given to students during the afternoon Care Group. Only students who attend school on this day will be able to collect their reports. Reports will not be available for collection after 2:00pm.

Finally, I would like to wish all students and staff a safe and happy holiday. I look forward to working with you all again in Term 4.

Kind regards

**Sharon Goldman  
Principal**

## Year 8 Zoo expedition

As part of the Mathematics curriculum all Year 8 students were charged with the important responsibility of designing an ethical zoo enclosure for a selected animal – one that catered for the animal's social and biological needs as well as providing safety for zoo-goers.

With the brief in mind, 55 Year 8 students took on a fact-finding mission to the Adelaide Zoo to undertake background research to complete their design.

Despite enduring train cars that were far more cramped than the zoo enclosures, as it was Show Week, the students arrived at Adelaide Zoo keen to take in everything offered. Students were delighted to spend a day with the animals including the hippos, lions, penguins, and the famous (and adorable) Wang Wang and Funi. Some students got up and close with some animals, being able to pet the llamas, chickens and goats.

Several members of the public commented on how well behaved the students were, asking questions and acting in a respectful manner. Before leaving the students were rewarded with a play on the new adventure playground.

**Joanna Eleftheriou  
Teacher**

## Visit from Chris Finnen

Today at the Senior Learning Centre we had the privilege of having one of South Australia's greatest guitarists visit to demonstrate to our students the skills required to play the blues.

When Chris arrived, many students had no idea that he held the South Australian Hall of Fame for Blues Guitar in 1995. When he set his amplifier up onto the table and tuned his guitars he briefly discussed his history and then let loose!



Adam, Chris and Jacob

Many of the students were literally blown away at what was being played. He was a true performer but without the ego. A very generous man who was willing to volunteer his time and skills for our students. The students were so thrilled by his performance that they continued to play guitar and discuss everything music with Chris and, even after he left, they kept playing their guitars saying, "He was awesome! I'm going to play guitar as soon as I get home."

**Glenn Degasper  
Teacher  
Senior Learning Centre**

## South Australian Sports Institute (SASI) Testing Day

On Friday 2 September we had SASI come to CBHS and conduct a series of fitness tests on our students. SASI are responsible for developing elite level athletes that can represent South Australia at National competitions or even International competitions. One notable athlete to come through SASI is Kyle Chalmers who recently won a gold medal at the Rio Olympics.

Our students were required to do the vertical jump test, 20m sprint test and the beep test. In addition, students were also measured for height and wingspan. Through the testing process, students' results were analysed and their elite level athletic potential was identified. A notable mention to Year 11 student, Luke, who was recorded as having the fastest 20m sprint of over 5,000 students tested in SA at 2.96 seconds.

Overall we had 26 students, ranging through Years 8 to 11, that were involved in the testing, with five being identified to go through to the next round of testing.

The five students that were successful and their recommended corresponding sports are:

Connor	Canoe & Cycling
Jonty	Canoe & Cycling
Trae	Canoe & Cycling
Cody	Volleyball & Rowing
Connor	Volleyball & Rowing
Jayke	Volleyball & Rowing

From here, if they are successful, they will be invited to join SASI's talent development programs.

A big congratulation to these students for their participation and efforts during the SASI testing and good luck with the next round of testing.

**Hayley Truskewycz**  
Teacher HPD

## Southern Adelaide and Fleurieu Trade School

### **\*\*VACANCIES in 2017 VET COURSES\*\***

Christies Beach High School is the lead school of a consortium of schools across the Southern Adelaide and Fleurieu region that make up the Southern Adelaide and Fleurieu Trade School (SAFTS). Students are now finalising their selection of VET courses for 2017. Students can use the competencies achieved in VET for the completion of their SACE.

We currently have vacancies in the following VET courses at Christies Beach High School in 2017:

Certificate I & II Conservation and Land Management  
Part Certificate III Civil Construction Plant Operations

There are also vacancies in several other VET courses at our member schools. For further information and to apply for any of the courses above or to find out about vacancies in courses at other schools, please contact Ms Henry, Student Pathways and Career Development Leader. You can make an appointment to see Ms Henry at Student Services.

**Amanda Henry**  
Leader Student Pathways and Career Development

### Wellbeing Builder: Positive Coping Strategies

Wellbeing Element: Strengths and Emotions

Character Strength: Social Intelligence

Wellbeing Fitness Challenges: Years 7-9 – Adventure Eat, Years 10-12 – Discovery Learning



There are many stressors which trigger negative emotions in students which

- cause anxiety in them about their capabilities to cope with peer issues and study demands
- unfortunately, often they only speak up about not coping when they are about to implode and give up.
- having a number of positive coping strategies to reduce these anxious feelings is essential for their wellbeing
- introducing them to new approaches provides them with opportunities to adopt growth mindsets to create their own strategies.

The TED talk by Rita Pierson, 'Every kid needs a champion', provides great stimulation to do the above

Adolescents on the whole are not comfortable in immediately asking for help from adults

- therefore, it is important for us to take the initiative and raise the issue
- positive coping strategies are little positive actions which relieve pressure and they vary from student to student

Positive coping strategies fall into four general categories, which are

- exercise – anything that lifts the heart rate
- positive self-talk – personal assertive messages which work for the individual
- personal support – a trusted adult; their champion who will stick with them
- meditation – mindfully focusing their consciousness on breathing and their thoughts – see Why Self-calming Strategies? (refer to index)

This is an example of some the topics in the wellbeing-planner also known as the school diary, that teachers are using in their Care group time and during skills lessons. Parents can help students to be more informed about their wellbeing by encouraging students to use this at school. The writing of notes to teachers about anything from absences to asking a teacher for some information, is also really appreciated.

**Ilze Nagy, Assistant Principal Senior School**



Luke

## South Australian Sports Institute Testing Day



Cody



# Arts Showcase



Emily



Megan, Shah-Rae, Rhianna, Brayden, Matthew, Angel, Billie and Grace

Congratulations to students and staff who worked enthusiastically to present our 2016 Arts Showcase at Hopgood Theatre on Thursday 1 September.

On arrival, guests were treated to a Visual Arts exhibition of student work in the foyer, accompanied by the energetic melodies of the Year 11 Acoustic Band. The main performance, beginning at 7:00pm, showcased the excellent work produced by students from all year levels in Media, Drama, Dance and Music.

It was great to see the Special Options students on stage presenting their dance item so well. Drama performances included student-written monologues and scenes from Michael Gow's play, *Away*. An extensive array of musical styles offered something for everyone, from the String Ensemble, Choir, Jazz Band, class bands and soloists to the very keen Punk Band. To add to the great variety of presentations, student-produced media films were projected onto the screen to highlight the value of student work in the planning, production and editing processes.

Along with artistic endeavor and excellence, qualities that emerged as usual from this event were team work and care for one another.

Many thanks to all students and staff involved in putting the show together, and also to the audience for supporting the students with such encouraging warmth.

## Annette Greenshields Arts Leader



Radi



Silvana, Ryan and Grace



Steven, Leo and Matthew



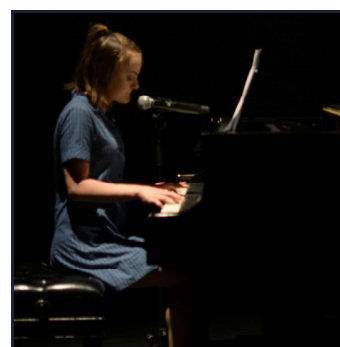
James, Hamish, Rachelle, Atiana, Brook and Natashya



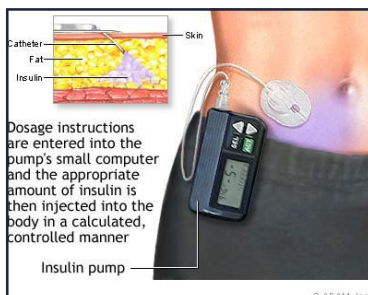
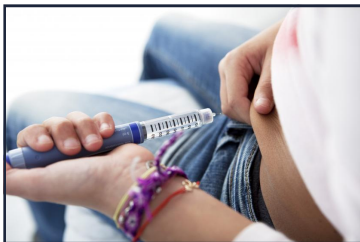
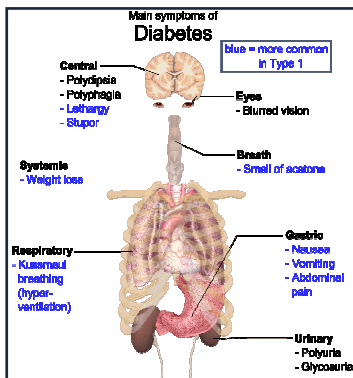
Kathleen, Rachael, Alan, Broedy and Billie



Shah-Rae and Tahlia



Rebecca



## Type 1 Diabetes

Type 1 Diabetes is caused by the body's immune system mistakenly turning on itself, destroying beta cells within the pancreas and removing the body's ability to produce insulin, which allows the body to process sugar to create energy. Without insulin, the body literally starves, as it cannot process food.

### What are the health risks of Diabetes?

If your blood sugar (which gives you energy) goes under a certain level, or too low, you can go unconscious if you don't have ongoing injections of insulin. Dosage instructions for insulin are entered into the pump's small computer and the appropriate amount of insulin is then injected into the body on the lower stomach, where the pancreas is, and is calculated in a controlled manner by the insulin pump. The chemical substances can accumulate and can be life threatening if not treated.

### Interview with Type 1 Diabetes patient

From an interview I conducted with a Diabetes sufferer, she had this to say: "The worst experience that has happened to me was this year in August 2016. My blood sugars dropped over night because I had a big week at work, working many extra hours. My blood sugar was really good before bed and then the next morning I was trying to get out of my bed and fell unconscious. I fell onto my book shelf, breaking it, which ended up cutting my ear open and badly bruising and cutting my shoulder. I ended up needing X-Rays and ultrasounds on my shoulder. My partner had to call 000, the ambulance arrived within 15 minutes and my blood sugars bounced back up to normal within 45 minutes. I did not need to go to hospital as I came alert and all my vital signs were well improved within that time."

### Management, care and treatment?

How is Diabetes managed?

The care and treatment required for people with Type 1 Diabetes involves following a strict diet plan and keeping blood sugar levels to a normal state. People who have Type 1 Diabetes must take insulin as part of their treatment because their bodies cannot make insulin; they need to get the right amount of insulin to keep their blood sugar levels in a healthy range.

### Difference Type 1 Diabetes and Type 2

What is the difference between Type 1 and Type 2 Diabetes?

Type 1 Diabetes has nothing to do with lifestyle or how you treat your body. Some people think it is something they have created but it is genetic. Islet cells in the pancreas, a large gland behind the stomach, stops making insulin after being affected by a virus. The cells that make the insulin have been destroying the body's immune system. Without insulin, the body's cells cannot turn glucose, which is sugar, into energy.

Type 2 Diabetes has several causes such as genetics or lifestyle when people are overweight or elderly. Type 2 Diabetes is different to Type 1 because it develops when the body becomes resistant to insulin or when the pancreas stops producing enough insulin. Excess weight and inactivity, gaining a lot of weight and poor diet, seem to be contributing factors but the real cause of it remains unknown.

### Juvenile Diabetes Research Foundation





Finding a cure for Type 1 Diabetes is taking time because of the large amount of money required to buy more equipment for research and experiments to help this process. The community comes together to raise money to fund events such as the health promoting activity for Type 1 Diabetes, the JDRF One Walk, run by the Juvenile Diabetes Research Foundation. This is one of the world's biggest Type 1 Diabetes fundraising events. Each year, JDRF walks across the world bringing together around a million people to raise over \$85 million for life-changing T1D research.

<http://www.jdrf.org.au/walk/2016>

**Melinda**  
**Care Group 1204**

## 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 ...
<b>1 day per fortnight</b>	20 days per year	4 weeks per year	Nearly <b>1.5 years</b>	 Equal to finishing in Year 11
<b>1 day per week</b>	40 days per year	8 weeks per year	Over <b>2.5 years</b>	 Equal to finishing in Year 10
<b>2 days per week</b>	80 days per year	16 weeks per year	Over <b>5 years</b>	 Equal to finishing in Year 7
<b>3 days per week</b>	120 days per year	24 weeks per year	Nearly <b>8 years</b>	 Equal to finishing at Year 4

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 <b>half a year</b>
20 minutes per day	1 hour 40 mins per week	Over 2.5 weeks per year	Nearly <b>1 year</b>
Half an hour per day	Half a day per week	4 weeks per Year	Nearly <b>1 and a half years</b>
1 hour per day	1 day per week	8 weeks per year	Over <b>2 and a half years</b>

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



# Works PROGRAM TONSLEY

Training and employment initiatives for local people



## Woolworths Pre-employment Program

**Who we are looking for**

Renewal SA's Works Program is looking for motivated and committed people from within the southern suburbs, who are:

- customer service driven
- team players
- flexible with working hours.

**What you can achieve**

Casual employment opportunities at Woolworths stores in the southern suburbs.

Guaranteed work placements.

Post placement support if employed with Woolworths.

**Program details**

Participants will only be selected for the Program after attending the Information Session.

**When**  
From Monday 10 October for five weeks.  
Runs Monday to Friday, 9:00 am to 3:00 pm.

**Where**  
Training is held at TAFE SA Noarlunga Campus, Ramsay Place, Noarlunga Centre

**Cost**  
Training is fully funded for participants that meet the selection criteria. Supported through WorkReady by the Government of South Australia.

Eligibility criteria apply.

**Nationally accredited qualifications in:**

- Certificate II in Skills for Work and Vocational Pathways (FSK20113) incorporating accredited retail units.

**What you need to do**

Contact TAFESA for a telephone screening to ensure your suitability to participate in the Program:

Kim: 7210 3838  
retail@tafesa.edu.au

AN ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITY PROGRAM

# SOUTHERN MENZ-BIZZ-NISS

Men Working Together  
Building the Capacity  
OF OUR COMMUNITY

## WELCOME TO JOIN US

We Doing Bizz-niss  
Together for our Family

FOR MORE INFORMATION CONTACT

0427 397 244 ROSS

0419 212 661 CHRIS



**Who's In Charge?**  
Term 4. 2016

An 8 session course for those struggling with children or adolescents that use violence and abuse towards them and other family members.

**Parenting strategies for coping with difficult situations and behaviours!**

Week 1: Tuesday 25 October  
Week 2: Tuesday 01 November  
Week 3: Tuesday 08 November  
Week 4: Tuesday 15 November  
Times: 10:00am - 12:00pm Morning tea provided

Week 5: Tuesday 22 November  
Week 6: Tuesday 29 November  
Week 7: Tuesday 06 December  
Week 8: Tuesday 13 December  
Morning tea provided

Parents are not the problem but part of the solution...

Junction Australia [www.junctionaustralia.org.au](http://www.junctionaustralia.org.au)

Family Connections Seaford Meadows  
Address: Seaford Scout Hall, 7 Railway Terrace, Seaford Meadows 5169  
Bookings and enquiries to: Junction Australia  
Phone: 8392 3000

CHRISTIES BEACH BLUE LIGHT

# BOUNDS & SOUNDS

Inflatable World, Morphett Vale

Ages 10-14 yrs. 7pm - 9pm \$5 pp

Friday 30<sup>th</sup> Sept 2016

Tickets on sale from Colonnades Info Desk and Inflatable World.

Blue Light

SOL

INFLATABLE WORLD

## Emergency foster carers needed

Foster care agencies are currently seeking emergency and short term foster carers.

What is emergency foster care?

Sometimes children need urgent placement with a foster carer because there are concerns for the child's immediate safety. These placements can occur any time, day or night, including after hours and on weekends.

'Emergency' does not mean you start today. All foster carers receive thorough training and assessment to ensure the children placed with you are safe and that you have the skills needed to provide quality care.

For more information, visit the [Families SA website](http://Families SA website).

**Contact:** Program Officer, Foster Care Services, [Maria Krahling](mailto:Maria.Krahling@families.sa.gov.au), phone 8226 6617.

## Noarlunga United Soccer Club trials

Wednesday 5 and Thursday 6 October and Monday 10 and Tuesday 11 October

For more information contact Monika on 0401 452 806 or [monikakay@optusnet.com.au](mailto:monikakay@optusnet.com.au)