



CHRISTIES BEACH HIGH SCHOOL

NEWSLETTER

ISSUE 8 | OCTOBER 2017

DIARY DATES

23 October - 17 November

KAY-A-DAY

6-10 November

Year 9 Camp

7 November

Ultimate Frisbee Carnival

7-9 November

Year 10 Surfing

10 November

Year 12 Last Day

13 November

Middle School Aquatics

13-16 November

PE Week Lunchtime Activities

15 November

Year 10 Surfing

Year 11-12 Parent Information Night 6pm

17 November

Year 12 Formal

24 November

Student Free Day

29 November

Year 10-11 Parent Information Night

6 December

Awards Night

15 December

Last Day of Term 4

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www.cbhs.sa.edu.au

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facebook.com/christies.beach.high.school



FROM THE PRINCIPAL

To parents, caregivers, students and community,

I start with recognition for our Year 12 students who are in the final stages of completing schooling with us. The last few weeks and the next couple will keep this group focused on making the final effort to complete all subjects to their highest ability, opening pathways for the next steps in their lives. We all look forward to celebrating the end of year at the fast-approaching Year 12 Formal and recognising achievements more formally at the Annual Awards Ceremony on December 6.

BUILDING BETTER SCHOOLS

Sometimes we get unexpected news that can change our plans in incredible ways. Last week I was honoured to receive a call from our local Member of Parliament, Hon Katrine Hildyard, to inform us of an \$8 Million grant our school will receive to improve learning facilities as part of the State Government Building Better Schools initiative. You may have heard recently about the work we just completed on planning for the future through the Learning Environment Opportunity Study (LEOS). This was done to establish how we could improve learning spaces for students over a long period of time in a structured and staged way within available resources. This injection of funds means the projects identified can be fast-tracked, and rather than take perhaps 10-15 years, instead we can start almost immediately. Keep an eye out for future news as we are about to start transforming our school into a very special place to work and learn using the very best of contemporary design and cutting edge technology.

2018 ENROLMENTS AND TRANSITIONS

Students entering high school with us next year have been part of an intensive and well organised transition process over the last few weeks. The group of current Year 7 students who have selected Christies Beach High School will soon join together in a 3 day camp with our teachers to make the move to high school a really smooth one. They will have a chance to make new friends, meet teachers and become familiar with expectations well before the new school year starts in 2018. This is a first for our school and possibly the state, trying creative ways to make the transition to high school as easy as possible. If you haven't yet completed enrolments forms or know of people who may still be considering which secondary school, I encourage you to get in touch soon to be part of this exciting opportunity.

SCHOOL UNIFORM AND DRESS CODE

Governing Council in partnership with staff and students have been reviewing the items of clothing available in the school uniform range with a view to simplify, improve quality and keep costs as low as possible. There has been a change to the design of the winter fleece jumper and addition of fleece track pants to improve fit and comfort for the diversity of students we cater for. We are also removing a few items to make the total range more simple and ensure all items are smart, tidy and compliant with parent expectations for style, quality and affordability. Further information is available from Student Services and a uniform brochure and price list will be provided to all families via the school website later this term.

I remind all students and parents that school uniform is compulsory at Christies Beach High School and only items from the uniform range can be worn at school.

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Government of South Australia
Department for Education and
Child Development

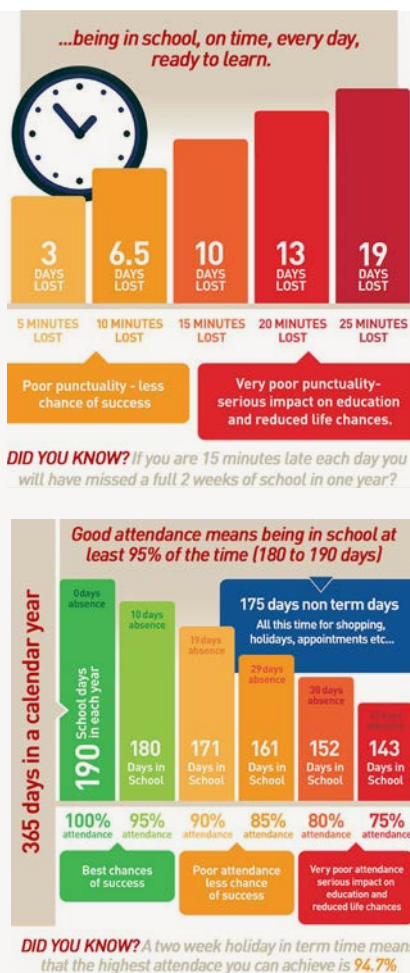
CRICOS Provider Number: 00018A

FAST FOODS AND LEAVING SCHOOL GROUNDS

I seek the support of all parents, families and students in stopping the practice of students leaving the school grounds during the day without permission, and/or bringing foods purchased from adjacent fast food outlets into school and classrooms. Our school is committed to the DECD Healthy Eating Guidelines and accordingly has a canteen on site that provides appropriate foods for consumption in school. Students are not permitted to leave the school grounds at break times and should only leave school during the day with a note from parents explaining why an early departure is required.

During this term we have a number of events scheduled that provide information for parents and students about next year. Please make an effort to attend as the detail is important to assist planning and encourage success. Many will be looking forward to the annual Awards Night, which for 2017 will be a very different event held at school with a carnival type atmosphere. We want all students and families to attend so mark December 6 in your diary and come along for dinner, celebration and fun.

Graham Clark
Principal



FROM THE DEPUTY PRINCIPAL

Welcome back to Term 4. I hope the term has started well for you and your child/children. It is certainly a frantic time, particularly for the Year 12 Students whose time at school is nearing the end.

As you will see later in the Newsletter there is some information about the new school day structure for 2018. Please have a look and should you have any questions do not hesitate to contact the school.

We are required to meet specific targets set by DECD regarding attendance. Currently, we are not meeting these due to the high level of absenteeism occurring across all year levels. We look forward to this improving for the rest of the term and would love to hear from you should you have any ideas on how to encourage attendance.

There continues to be a rise in the number of students bringing fast food on site or having it delivered by friends and/or family members. We have asked students to refrain from this as we have a fantastic canteen that is run by Rory's which we encourage all to support. It has EFTPOS facilities this year to make it easily accessible for all. Our canteen also follows the Departments guidelines regarding healthy eating.

Lastly, I attended a fantastic information evening attended by many parents/caregivers of our 2018 Year 8 Students. We are striving to make our school the best it can be and it was fabulous to see so many come along to find out what we do and how we support an inclusive education for all. I look forward to seeing you at the Year 10 and Year 11 information evenings in the coming weeks.

Have a great Term 4.

Kirri Minnican
Deputy Principal

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 Responding to Abuse and Neglect training.

Margaret Rankine
Breakfast Club Coordinator



THE NEW SCHOOL DAY IN 2018

2018 sees some significant changes to our daily structure across all year levels. We are excited by the opportunities this will provide for our students and staff and the commitment to learning it will encourage. After a rigorous design and consultation period the following has been endorsed by the Governing Council:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM	LEARNING BLOCK	LEARNING BLOCK	LEARNING BLOCK	LEARNING BLOCK	LEARNING BLOCK
10:40AM	RECESS	RECESS	RECESS	RECESS	RECESS
11:00AM	WELLBEING	WELLBEING	WELLBEING	WELLBEING	WELLBEING
11:30AM	LEARNING BLOCK	LEARNING BLOCK	LEARNING BLOCK	LEARNING BLOCK	LEARNING BLOCK
1:10PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:40PM	LEARNING BLOCK	LEARNING BLOCK	ENRICHMENT	LEARNING BLOCK	LEARNING BLOCK
3:20PM					

SOME IMPORTANT POINTS:

- The school day starts at 9:00am and ends at 3:20pm – all days are the same length
- A Wellbeing Program will run for all students across the school each day. This will be an engaging and highly structured curriculum based program based around topics, themes and issues relevant to each age group. These programs will be developed by our Student Wellbeing team.
- Year 8 and 9 students will have just 2 core team teachers for mathematics, science, English and humanities subjects. One of these core teachers will be the Wellbeing teacher for your child.
- All students in Year 8-11 will participate in a new subject called Enrichment for 90 minutes each week. Enrichment is a subject that enables our students and staff to work together in an area of common interest to develop skills and/or knowledge to a deep level.
- Year 11 students will have a full timetable. They will be enrolled in 7 subjects that will occur across the week meaning there are no 'free' lessons.
- Year 12 students will have 3 learning blocks per subject. This will enable them to have more face to face contact time with their teacher. There will be less free study time.
- The Targeted Learning Centre will continue for intensive literacy and numeracy support for our Year 8 and 9 students.

RESPECT

One day after school, we were at the Colonnades bus stop.

There was an elderly lady who was asking other people to help to find her car. The people ignored her. We volunteered to help her together. She was very happy that we helped. It made us feel good to help someone.

Mathew Yanima and Nic Wilson
Special Options 3 Students



YEAR 11 SURFING PRACTICAL

On the Tuesday, Wednesday and Thursday of Week 10 last term, a number of Year 11 Physical Education students took part in a surfing practical at South Port, Port Noarlunga. Conditions varied over the 3 days but our students persevered to overcome the cold September waters, each mastering the basics of technique, surf rescue, surf safety, and managing to ride a wave.

Some students had more success than others, with Shannon Lackner taking out the 2017 CBHS Surf Challenge for a long ride in from the back, and Chloe receiving a special mention for her consistency and almost supernatural ability to catch any semblance of swell, no matter how small.

It was excellent to see our students embrace this opportunity to be assessed on learning outside of the classroom, developing deeper connections with the local community and earning praise from Port Noarlunga Aquatics staff for their positive attitudes, respect and resilience.

Special thanks to Michael Duke for driving the bus and supporting this excursion.

Travis Harriman
Health and Physical Education Teacher



Emily Staska and Shannon Lackner



Emily Staska and Zoe Harris



Shaun Walker, Shayla Parker, Emily Staska, Kimberly Hudson and Zoe Harris



Shannon Lackner and Jassy Shaw



Jassy Shaw



Phoebe Ogier



Shaun Walker



Shannon Lackner

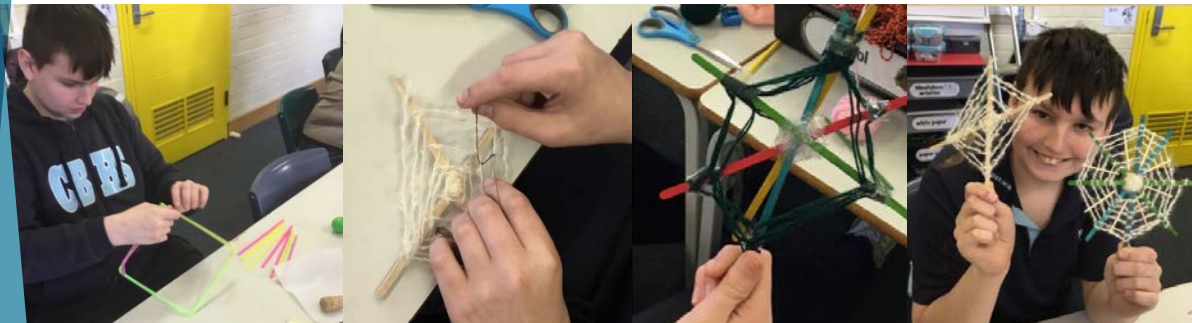


STEM IN SPECIAL OPTIONS 4

In Special Options 4, students have been participating in a wide range of STEM activities. These practical hands on activities have been designed to increase engagement, participation and provide exciting learning opportunities. Students have been using a range of technologies, testing ideas, making and creating models using a range of materials. The students developed design skills using the process of solution fluency Define, Discover, Dream, Design, Deliver

and Debrief. Students have used robotics (Edison and Sphero), designed and built prototypes (egg drop, catapult and webs) and developed technical and engineering skills (lego and knex). This approach to learning allows students to work on challenging problems to create diverse solutions.

Sandie Palamountain
Special Options Teacher



Matthew Hutchins



Chiara Porter



Shannon Hassett, Jasper Ashton and Alyssa Teigeler



Alyssa Teigeler, Nathan Cesareo and Jasper Ashton

WORK EXPERIENCE

Special Options 5 have been attending work experience at Minda Laundry, Lonsdale. Over the past 7 weeks, students have undertaken a range of workplace tasks including sorting laundry, washing laundry and folding both clothes and linen for commercial clients. The students have conducted themselves in a positive and productive manner, developing a range of skills, which they can transfer into their daily lives. The students have also developed their social skills and increased their confidence to speak to and listen to a range of people in the workplace. Well done SP05!

Annette Creer
Special Options Teacher



Wayne Crossfield



Amber Trott, Alyssa Teigeler, Shannon Hassett and Jasper Ashton



Amber Trott

LEAGUE OF LEGENDS SCHOOL TOURNAMENT

During the school holidays the Christies Beach High School Senior Program competed in the League of Legends High School Tournament held at Hybrid World Adelaide, Tonsley Innovation District.

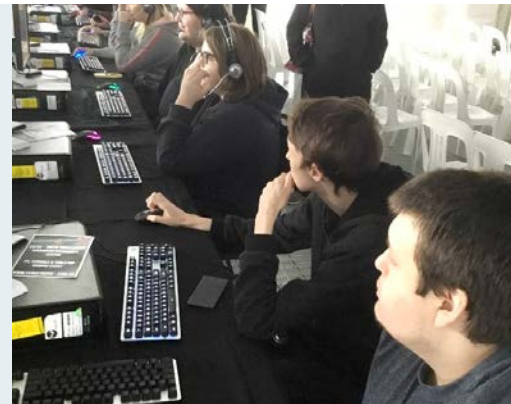
This was the former Mitsubishi car factory site. Riot Oceania sponsored the event. Hybrid World Adelaide was a 5 day technology festival, which was a first for South Australia. This site hosted leading digital and technical industries, which provided an interactive playground of experiences and glimpses into how digital technology and reality will intersect in the future.

Our team, the Bronzed League Legends, competed against several other high schools to go in to win up to 8000 league points to their teams' accounts. The competition was fierce, with running commentary including statistics and live feeds.

Unfortunately, the Bronzed League Legends didn't place in the finals, but they had the experience of competing in an Australian first where they raced drones, stepped back in time with a historical journey and took part in the Portal, where students had the opportunity to talk to people in Canada through a live feed.

The students also participated in the Aspects of Sportsmanship workshop, where students explored components of a team-orientated mindset, discipline, respect, responsibility, resilience and positive attitude.

Glenn Degasperi
Flexible Learning Teacher



ASTRONAUTICAL CONGRESS

The 68th International Astronautical Congress was conducted at the Adelaide Convention Centre from 25 September to 29 September.

As the world's largest space conference, the International Astronautical Congress (IAC) brought together leaders in space from across the globe – heads of major space agencies, astronauts, senior space engineers and policy makers. Special guests were Buzz Aldrin, a member of the first moon landing, Andy Thomas, Adelaide's first Astronaut, and Elon Musk CEO of the Tesla company building batteries, supporting space travel and revolutionizing transportation both on earth and in space.

Christies Beach High School had 3 Year 10 students selected to be volunteers at this prestigious event.

On the Tuesday morning they were to act as volunteers in front of seminar rooms to direct delegates to appropriate areas. For the rest of the day they were able to access IAC sessions. The most popular one was the Space expo where major companies put on displays.

Student volunteers across the state were asked to be involved as part of the of DECD STEM (Science, Technology, Engineering and Maths) learning strategy which aims to engage all students.

Jasmine Harris, Holly Turner and Jack Drury-Mayhew represented Christies Beach High School. They demonstrated reliability and professionalism at all times with organisers commenting that we could be most proud of their efforts. Congratulations to all.

Ilze Nagy
Assistant Principal Senior School



**Jasmine Harris, Holly Turner
and Jack Drury-Mayhew**

STAGE 1 BIOLOGY

"Our ocean has been the guardian of life on Earth. Now it's our turn to be guardians for the ocean"
- "Blue", The Film

On Monday 23 October the Year 11 Biology class went to watch the documentary Blue. The film focussed on the confronting facts about how we, as humans, impact our sea life. It is estimated that in approximately 20 years there will be more plastic in our oceans than fish. In the film there are many confronting scenes and facts that make the viewer realise just what humans can do to this Earth and how 1 person can make a huge difference. "Humans are polluting the seas at an alarming rate with 8 million tonnes of plastic being dumped in the ocean every year. This is the equivalent to a dump truck of plastic every minute." "In the last 40 years, half of all marine life has disappeared. Industrial scale fishing can be blamed for the massive quantities of fish being plundered from the ocean but we are responsible for the destruction of the marine habitats."- <https://bluethemovie.org/explore/>

"We can save our oceans and the life it supports, but it requires action."
- Lucas Handley

You can take action today by not eating unsustainable fish, demanding that shops reduce the amount of plastic packaging, refuse plastic shopping bags, avoid cosmetics with microbeads, clean the beach by picking up 3 pieces of rubbish off the beach each day to reduce the amount of plastic that goes into our ocean. You can also call for the protection of sharks, and invest in ethical companies. But most importantly respect your mother as the ocean is the mother of all life on our planet.

"The world doesn't need people who hope for change right now. It needs people who will fight for it. The future of the oceans is in our control."
- Madison Stewart

Take control today, join the pledge at <https://bluethemovie.org/take-action/> and clean up our oceans!



Kevin McCrohan

Science and Technology Coordinator

ALEX MACDONALD

In Term 1 Alex MacDonald was involved in the rescue of a young boy at Noarlunga Leisure Centre, while participating in the DECD Special Options Swimming Program.

His bravery was witnessed by staff at the centre who nominated Alex for the Lions Children of Courage Award. On September 28, Alex attended Government House where he was presented with a medal by His Excellency the Honourable Hieu Van Le AC. Congratulations Alex!

Sean Bennett

Assistant Principal Special Options



**Honourable Hieu Van Le AC
and Alex MacDonald**



HOPE AGAINST CANCER.

If you or any of your loved ones have been diagnosed with cancer, you need to know there is hope. Being diagnosed with cancer or knowing someone who has can bring up a lot of new emotions, whether that be depression, anxiety, confusion, shock or even fear. However, all of this is normal.

The most commonly diagnosed cancers in Australia are prostate cancer, breast cancer, then colorectal or bowel, melanoma and lung cancer. There are over 100 types of cancer but these five most common types account for 60% of all cases.

Often it is not possible to know exactly why a person develops cancer and another doesn't. When talking about cancer, risk is most often used to describe the chance that a person will develop cancer. Research has shown that certain risk factors can increase a person's chance of developing cancer. Although some risk factors cannot be controlled, such as ageing and genetics, others can. The most common risk factors that can be controlled include:

- Alcohol consumption
- Diet
- Radiation
- Sunlight
- Tobacco

With technology and knowledge on the disease improving every day, doctors are slowly coming closer to finding some kind of cure.

Years ago, most people diagnosed with cancer did not live long. That is not the case anymore. Every year more and more people survive their battle with cancer, and the earlier the cancer is found, the higher the chance of survival.

Good communication is important between those with cancer and their friends and family. It can be hard but showing your support can avoid any misunderstandings. Talking to someone about your feelings can relieve both stress and tensions on relationships.

It is not always easy but with time friends, family and even patients will find their different ways to cope with the reality of cancer.

Cancer Council is a free confidential telephone information and support service run by Cancer Council. If you or someone you know is in anyway effected by cancer, please contact the Cancer Council for support on: **13 11 20**.

Specially trained staff are available between 9am to 5pm, Monday to Friday to answer any questions as well as offer emotional support.

Chelsea Henderson
Year 12 Health Student

WHAT ARE THE EFFECTS OF MODERN TECHNOLOGY ON A TEENAGER'S SLEEPING PATTERNS?

As society grows, so too does the technology. People of younger ages are now being enveloped in new technology, exposing them to more and more digital screens. An article released by The New Daily revealed that in 2017, Australians spend on average about one-third (9.4 hours) of their day in front of a screen. The teenage stages of life are when most information is being absorbed. Sleep is a way for the human brain to sort out new information given to it throughout the day. Certain studies such as ones conveyed by the National Sleep Foundation, found that after a person has slept for an adequate amount of time, they are able to retain and recall gained information easier and perform better on memory tasks.

A study published by Snore Australia revealed the need for specific amounts of sleep. These needs are dependent on the physical makeup of an individual's body. People of younger age tend to require more sleep than those of older age. The average human body requires 8 hours of sleep every night. Adolescent teenagers and adults require 8 hours of sleep, infants require up to 15 hours of sleep, while younger people such as toddlers and young children require around 12 hours of sleep every night.

Melatonin is a natural chemical produced by the human brain to induce tiredness and encourage the body to relax and want to go to sleep. The body's biological clock relies heavily on rhythm. Artificial light can interrupt these rhythms. The amount of light exposed to the body is the determining factor that aids the body in determining when to and how much melatonin to produce. When exposed to low light levels, melatonin production in the brain increases. When exposed to high light levels, melatonin production in the brain decreases. With this information, it becomes obvious that accessing devices before going to sleep can have drastic effects on the production of hormones in the brain. Recent studies have found that exposure to blue light specifically, suppresses the production of melatonin the most. Director of the Sleep to Live Institute, Dr Robert Oexman, states, "To prevent sleeping problems, avoid any exposure to blue light 30 to 60 minutes prior to bed. That means, no TV, tablets, computers or smart phones."

Nathan Henderson
Year 12 Health Student

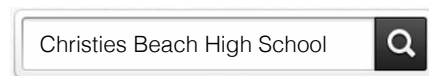




Downloading and using the **CHRISTIES BEACH HIGH SCHOOL** School App

1. SEARCH AND DOWNLOAD

Search for Christies Beach High School on the Apple App Store or Google Play to download the School App.



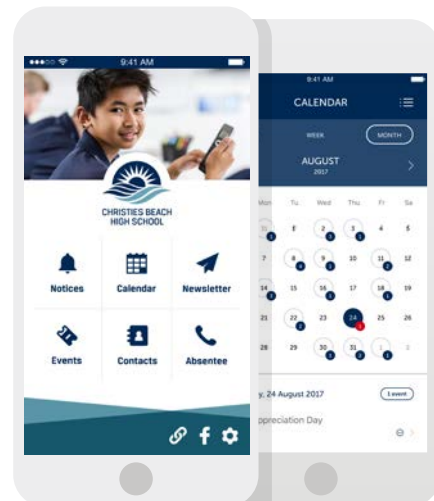
2. STAY CONNECTED

Once you've downloaded the app, you'll be asked to receive notifications. Make sure you allow these so that you can receive important updates from Christies Beach High School.

3. TAKE THE TOUR

Open the app and get to know each feature of Christies Beach High School App by tapping the tiles on your dashboard.

- Notices
- Calendar
- Newsletter
- Events
- Contacts
- Absentee
- Links
- Facebook
- Settings



4. MANAGE YOUR SUBSCRIPTIONS

To ensure that you receive only the information that is relevant to you, you can change your Subscriptions.

Tap **Settings** and then **Subscriptions** and make your selection. You can change your Subscriptions at any time.

