



CHRISTIES BEACH HIGH SCHOOL

NEWSLETTER

ISSUE 5 | SEPTEMBER 2018

DIARY DATES

15 October

First Day of Term 4

18-19 October

Outdoor Ed Hiking

19 October

Year 12 Formal

22-26 October

Grow up Smiling
Enviroweek

24 October

Deadly Start 2 High School
Year 7 Parent information evening 6pm

26 October

World Teachers Day

29 October

Governing Council Meeting

6-8 November

SACE Surfing

12-16 November

PE Week

21 November

Year 12 Graduation

30 November

Student free day

5 December

Awards Night

CALTEX DONATION 2018

Big events such as the Formal can present challenges for many students and those enrolled in the Inclusive Education Centre are no exception. The change in routine and exposure to new experiences can present social and emotional hurdles that require additional support.

Throughout Term 3, Christies Beach High School Inclusive Education Centre staff, have been raising funds to help support the students to attend the Year 12 Formal. Staff across Christies Beach High School heard that some students may need some additional help to attend and they were eager to donate whatever resources they could to assist. This came in many forms, including: coming in on the afternoon to help with make-up and hair; going to local shops to look for clothing; and a relief staff member is even making himself available to transport the students to and from the location.

During an exploration at a local clothes store, Annette Creer (Inclusive Education Centre teacher) was made aware of Caltex Australia's Community donations. Caltex Noarlunga Downs heard about our situation and as a result made a contribution to the Christies Beach High School, Inclusive Education Centre. A huge thank you to Caltex Noarlunga Downs for the amazing donation which was provided directly to the students to support their attendance at the Year 12 Formal. It was presented on Friday 14 September by Lyndsey Tobi, Manager of the Noarlunga Downs Caltex.



The students are already very excited, and a little bit nervous, about the upcoming Formal. Many of the Inclusive Education Centre students have been at Christies Beach High for 5 years and the Formal marks the end of their school journey. The students and staff in the Inclusive Education Centre are incredibly appreciative of the donation from Caltex, as well as staff from Christies Beach High School, which gives the Inclusive Education Centre students the opportunity to participate in this celebration.

Sean Bennett

Assistant Principal - Inclusive Education Centre

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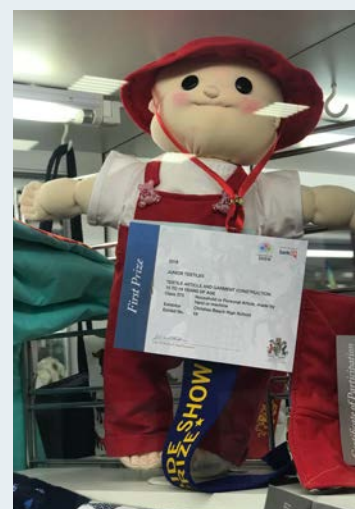
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FIRST PRIZE AT THE ROYAL ADELAIDE SHOW

Earlier this month, Year 11 Fashion student Emma Dowling entered her handmade doll in the Royal Adelaide Show Junior Textiles Division.

It was her final project for Stage 1 Material Products (Fashion) and she spent hours designing, creating and making outfits for the doll. Much to our delight, she won first prize in the state for her age division. Congratulations and well done Emma!

Brooke Nykiel
Home Economics Teacher



Government of South Australia
Department for Education

CRICOS Provider Number: 00018A

FROM THE DEPUTY PRINCIPAL

As the end of Term 3 approaches it creates a wonderful opportunity to reflect on the term that was. We have seen students flourish and excel in ways, at times, they never thought possible. The first example that comes to mind is the Ice Factor Spectacular. Our students being involved in this gave them the opportunity to gain an understanding of how programs are sustained. While this meant they had to give up time on the ice to practice their moves on the catwalk and try on fashion to showcase it was an important lesson in the way in which a program gets funding and the vast array of people who support young people in South Australia.

The Inclusive Education Centre have made many of my days fill with sunshine, however this week was particularly fantastic. I, along with some other staff were invited to see a film that IEC2 class had made about their school and the places within it where they feel safe and happy. Their ability to shine in the limelight was outstanding. They were brave and focussed and spoke with zest about their safe places. What a delightful group of young people.

Learning conversations were a roaring success with over 240 families taking up the opportunity to speak with teachers about their child's progress. Having these conversations enables all; staff, students and parents, to be focussed on best outcomes for the young person and how to support them to be the best they can be and beyond.

Course Counselling was completed without a hitch. Students were organised, thoughtful and prepared for meetings which was fantastic. Having parent/caregiver support at these meetings was excellent and we are thankful to those who could attend as well as to those who signed their child's forms and returned them so punctually. This process now leads in to the development of the timetable for 2019. An arduous and time consuming task but one that is vital at this time of the year.

There are a million and one other things I could write about as everyday there are amazing examples of the outstanding work our students are doing (the Food and Hospitality students sharing their skills and gourmet delights with us every Wednesday lunch time is certainly another example.)

I wish you all a wonderful 2 week break, particularly the Year 12's who only have 4 weeks to go. Rest, enjoy some sunshine and see you in Term 4.

Kirri Minnican
Deputy Principal

COLES SPORTS FOR SCHOOLS

Due to the high amount of Sports for Schools Coles vouchers we received from our community we were able to order over \$500 worth of equipment for our Physical Education Department that we received last week.

The equipment has already been a big hit with students who are using it during break times and PE lessons.

A big thank you to everyone who donated the vouchers they collected to our school.

Danielle Palmer
Healthy Lifestyles Coordinator



ARTS SHOWCASE 2018

Congratulations to all students and staff involved in the 2018 Arts Showcase at Hopgood Theatre.

Visual Arts, Music, Drama, Dance and Media students from Year 8 to Year 12 presented a great night of Arts entertainment. Wonderful Visual Arts works were exhibited in the foyer while students provided live background music. The concert featured a fun variety of drama, dance, music and media presentations. The Year 11 and Year 12 Creative Arts (Performing Arts) students successfully drew the audience in to the enchantment of Shakespeare's *A Midsummer Night's Dream*, performing scenes of the play with engaging flair and creative attention to fabulous costumes and props. The Dance ensemble, made up of students from Year 9 to Year 12, performed an energetic tribute to Michael Jackson who would have celebrated his 60th birthday the day before the Showcase. Year-level class bands and small ensembles performed an engaging array of music genres, and the Year 12 Class of 2018 demonstrated an impressive culmination of 5 years of music studies. Media presentations created by the SACE Creative Arts (Digital Media) students were projected onto the big screen to showcase the imaginative and skilful work that is often done behind the scenes. Also offstage were the students and staff who worked hard backstage to keep the show running.

Thank you to all staff involved in supporting the students to shine on and off the stage, and an extra thank you to family, friends and staff who came along to watch and support this year's Arts Showcase.

Annette Greenshields
Arts Coordinator



BOOK WEEK 2018

Book Week provides us with a time to reflect on the stories that we cherish and share. It was great to see students, through Years 8-12, getting into the spirit of Book Week by dressing up as their favourite story character.

Other activities were promoted around the school through the Wellbeing program. Classes were encouraged to develop a time capsule of memories that will be opened in their final weeks of Year 12. Students were also provided with opportunities to take time out of the classroom and spend time outside with writing activities.

On the Thursday of Week 5, many students dressed up and paraded throughout the Resource Centre and courtyards as their chosen characters. A BBQ was provided for students in the changing weather to enjoy alongside book-related competitions.

Happy reading!

Liam Mawford
English Coordinator



Alyssa Teigeler



Kaleb Kube



Nabeela Goma



Staff



Inclusive Education Centre Students

FIND YOUR TREASURE

Thank you to Annette Creer's class, for creating the "Find your treasure" poster which was proudly displayed in the Resource Centre during Book Week.

The Resource Centre displayed the short-listed books in the Younger Reader and the Older Reader categories. We held a competition for students to guess the winners. Competitions were also held for students to "guess the staff" and staff to "guess the book/movie". Winners were announced during the Book Week costume parade on Thursday.

Margaret Rankine
Resource Centre

FUTURE PATHWAYS EXPO SEPT 2018

At the recent learning conversation evening, Christies Beach High School hosted a Future Pathways Exhibition allowing families an opportunity to discuss employment options for our young people with additional needs in their transition from school to the workplace.

The evening was a huge success, with many providers liaising with parents from across Year 8 to Year 12. Parent, provider and staff feedback was overwhelmingly positive, with an inclusive and energetic atmosphere created.

Thank you to the following providers who attended the evening and discussed local employment services, apprenticeships and work experience opportunities with our students to ensure post-school success:

- Barkuma
- Bedford
- Anglicare SA
- Community Bridging Services
- Job Prospects
- Mission Australia
- MatchWorks
- WISE Employment
- Minda Inc

Due to the success of the evening, we look forward to hosting a more comprehensive exhibition next year with a greater number of providers and services delivering options for the students and their families.

Skai Perkins
Senior Leader – Intervention and Support

Sean Bennett
Assistant Principal – Inclusive Education Centre



BREAKFAST CLUB

The Flinders University students Allie, Wern, Dong, Jai and Anita are studying social work and have originated from China and Malaysia.

During Term 3, we were lucky to have them visit the Breakfast Club to meet and chat with students.

Also thank you to staff, Adrian and Annette for volunteering in the Breakfast Club – their support is appreciated.

Margaret Rankine
Breakfast Club Coordinator

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

8.00am - 9.00am, 2608 - cereal, toast, fruit, eggs and Milo

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



TIPS TO HELP YOUR STUDENT THROUGH YEAR 12

Hello, my name is Chloe I am currently a Year 12 Health Studies student. I chose to investigate what Year 12 stress looks like, is it all worth it for the future? I invited 2 students who have completed Year 12, to talk to our students about what the future looks like after school and what are some strategies to get through the stress. They mentioned that there are other ways to get an ATAR if they did not get the score they needed.

The students really listened to what they had to say and had the chance to ask questions that teachers maybe could not answer for us.



As a current Year 12 student the pressure to pass is HUGE, you do not want to let your family down or yourself. You have a huge weight on your shoulders because you do not want to feel like you failed something so important.

TIPS FOR PARENTS / CAREGIVERS

There are many ways you can help your children with this. You obviously cannot study for your child, but there are some simple ways you can help with Year 12 stress.

- Make sure they are eating a well-balanced diet, sleeping well. (they should be trying to get 8-10 hours a night)
- Encourage young people to take time to exercise and relax from study.
- Do not get upset if they do not want to talk to you. It is possible you are asking questions you do not really understand. (this will only stress them out more)

With your encouragement, your child should be staying healthy as their exams or deadlines approach.

Chloe
Year 12 Health Student

CITY TO BAY

My name is Declan and I attend the Senior Program at Christies Beach High School.

For my Stage 1 Community Studies I had to plan an event with a community focus.

The event I chose to plan was to put a team together and run the City to Bay Fun Run. For this to happen I met with people at Headspace, organised a reliable team, picked up bandanas, wrist bands, water bottles and T-Shirts for all team members. Ms Giles also helped me set up an "Every Day Hero" fundraising page. My initial goal was to raise \$500 it exceeded my expectations and ended up with a generous amount of \$1000. The reason I wanted to fundraise for Headspace was because my sister had passed away in 2014 due to mental health issues and I wanted to help make a difference and raise an awareness of how Headspace can help young people in need. In honour of my sister the team was called "Running for Heidi".

The day was great and at the end of the race I was still full of energy. I was very proud as I ran 6km and finished within 50 minutes and crossed the finish line 1st out of my team. My team and I would like to take this opportunity to thank our supporters and everyone that got involved with the Fun Run. Your generosity and support is greatly appreciated. I'd also like to thank my foster mum for encouraging me and supporting me throughout this experience.

Declan
Student



URBAN DISCOVERY TOUR

In week 6, 36 Year 9 students and 4 staff boarded a coach for the inaugural Urban Discovery Tour to Victoria. The 5 day trip to Melbourne and Ballarat gave students the opportunity to deepen their connection with curriculum and bond with one another outside of the regular school routine.

Some highlights of the tour were visiting the Queen Victoria Markets, the Melbourne Cricket Ground, the Old Melbourne Gaol, Scienceworks and Sovereign Hill. It was wonderful to see Christies Beach High School students proudly representing their school by exhibiting maturity, respect and inclusion throughout. The Urban Discovery Tour was an invaluable learning experience and a wonderful opportunity for staff and students to develop lasting relationships. Thank you to everyone involved with the planning of the Tour, and to the students who made the trip truly unforgettable

Imogen Knight
Year 9 Coordinator



Cheers! Dinner at Universal Italian restaurant, Night 2



Eureka! We found gold!
Sovereign Hill, Day 4.



At our accommodation,
the Melbourne Metro YHA



On 'The Edge', 297m above
Melbourne. Eureka Skydeck, Night 1



On the steps of the Shrine of
Remembrance, Day 3



Our coach en route back to CBHS,
Day 5.

SOME QUOTES FROM THE YEAR 9 STUDENTS REFLECTING ON THE EXPERIENCE:

"It was a great experience. I'd definitely do it again." - Tiff Willis

"I loved going to the Eureka Skydeck. Even though it was scary, the view was amazing" - Shamika Pollard

"The best thing about camp was Scienceworks because it had a whole bunch of interesting facts and was interactive" - Jordan Sharland

"I really liked Sovereign Hill because I got to pan for gold, and I found some!" - Sam Carlson

"I would recommend the UDT because it was definitely fun and good to get away from normal classes" - Alex Nicholson

"The experience was really good. My favourite part would've been the MCG because it's world renowned" - Benjamin Wilson

"The best thing for me was the Old Melbourne Gaol because of the history and the ghost stories" - Tyler Foster

"I liked Sovereign Hill because it was like seeing back in time" - Amelia Roe

"The best thing on camp was staying at the Bell Tower Inn in Ballarat because the rooms were very luxurious" - Cameron Chappell

"It was good, especially playing cards with my mates" - Daniel Kirkbride

"I would have to say I really liked the Queen Victoria Markets because we got to walk around and buy stuff" - Kie Curzons

"I loved being part of the 'Grandpa Brigade' with the walking sticks we bought at Sovereign Hill" - Jesse James Jackson

"There were so many good things it's hard to think of one. I really liked when Miss Knight did our makeup for dinner at Universal Italian restaurant" - Grace Jones

"I would recommend the Melbourne camp because there was no drama and everyone just enjoyed themselves" - Taylor Stirling

"It was great to see everyone getting along" - Nikki Salkeld

Free parenting seminar

The secret life of teenage girls



Are you the parent
of a teen or pre-teen girl?
Come and join us or watch our live webcast.

Dr Justin Coulson, nationally recognised parenting speaker and author will talk about:

- what it's like to be a girl in today's world
- things girls worry about, how to support them and give them hope
- how to stay connected with your daughter when it seems she doesn't want to
- what this means for raising boys.

Register to attend in person or view the live webcast at:

Online: <http://parentingsa.eventbrite.com.au>

Phone: 8303 1660

Email: health.parentingsa@sa.gov.au

This seminar is designed for an adult audience.

Tuesday 6 November

When: 7.00 - 9.00pm

Where: City Rooms
Adelaide Convention Centre
North Terrace, Adelaide

Presented by Parenting SA.
For more information about
raising children and teenagers visit
www.parentingsa.gov.au or
www.cyh.com