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South Australia 5125

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www.goldengrovehs.sa.edu.au

## DIARY DATES

Monday 11th March

- Adelaide Cup Public Holiday

Tuesday 12th March

- Grounds and Facilities 6.15pm

Tuesday 12th, 19th and 26th March

- Cyber bullying session Y11

Friday 15th March

- Y12 OED Camp

Wednesday 20th - 22nd March

- Excel Y10 Camp Normanville

Thursday 21st March

- Y11 OED Camp

Wednesday 27th March

- Vista Athletics Carnival

Monday 25th - Tuesday 2nd April

- Arts 2 Asia

Tuesday 26th March

- Finance Committee 6.30pm

Thursday 28th March

- Y12 OED Aquatics

Friday 29th March

- Good Friday Public Holiday

Monday 1st April

- Easter Monday Public Holiday

Wednesday 3rd April

- Governing Council 7.00pm

TUESDAY 19TH MARCH  
CAMPUS OPEN EVENING  
4.00PM - 8.00PM  
1.05PM DISMISSAL



Government  
of South Australia

Department for Education  
and Child Development



## Principal's Column

Paul Wilson | Principal

Dear Parents

I thought that for my column this newsletter I would share this information about dealing with teenage stress with you. Thank you to CAMHS who have provided this advice to us.

With the start of the new school year teenage stress levels do seem to rise and we have dealt with a number of matters since school has returned that would indicate this is the case. Student well-being is very important to us as we know that if our kids are not feeling good about themselves then they are probably not learning.

If you have any concerns about your son or daughter's well-being then please don't hesitate to contact us – our student counsellors are always available to support families with issues regarding the well-being of their children.

There are many misconceptions about teen stress as there are about teenagers in general. Yes, the teen years are tough, but most teens balance the requisite angst with good friendships, success in school or outside activities, and the development of a strong sense of self.

Occasional bad moods or acting out is to be expected, but over-stressed is something different. Being over-stressed can destroy the very essence of a teenager's personality, causing an overwhelming sense of sadness, despair, or anger.

### Signs and Symptoms of Teenagers Over Stressed

- Sadness or hopelessness
- Restlessness and agitation
- Irritability, anger, or hostility
- Lack of enthusiasm and motivation
- Tearfulness or frequent crying
- Withdrawal from friends and family
- Loss of interest in activities
- Changes in eating and sleeping habits

If you are unsure if your teenage child is over-stressed or just being a teenager, consider how long the symptoms have been present, how severe they are, and how different your teen is acting from his or her usual self.

### Tips for Talking to an Over-Stressed Teen

- **Offer Support** – Let them know you are there for them unconditionally.
- **Be Gentle but Persistent** – Don't give up.
- **Listen without Lecturing** – Avoid passing judgement.
- **Validate Feelings** – Acknowledge the pain and sadness they are feeling.

### Getting Treatment

It is very damaging if left untreated so if you see the warning signs, make an appointment with your GP for a mental health assessment. Be prepared to give your GP specific information about the symptoms and any patterns you have noticed. They also need to be told about any close relatives who have ever been diagnosed with depression. You could ask your GP to refer your teen to a psychologist – a mental health professional with advanced training and a strong background treating adolescents is the best bet for your teenager's best care.

Information provided from <http://helpguide.org/>

Other Support Services:

**youthbeyondblue.com**

**Kids Helpline – 1800 551 800**

The role of the counselling team at Golden Grove High School is to support the development and improvement in the wellbeing of all learners.

The Access Centre is a place where students can go to and seek support relating to personal, relationship, career and curriculum issues.

Our Access Centre Team consists of two Student Counsellors – Belinda Noack and David Larritt, Career Development Coordinator – Angela Koehler, Defence Force Mentor – Linda DeBoer, Aboriginal Community Education Officer – Mandy Kennett, Student Welfare Officer – Emma Talbot and two School Support Officers – Claudia Brewis and George Hirst.

Please feel free to contact us at any time on 8282 6400 if you have any concerns.

Paul Wilson  
Principal

## FROM THE ICT DESK

2013 is well and truly off and running for Information Communication Technology at Golden Grove High School.

The IT team has been very busy as 2013 unfolds. The start of year has brought more advances to our IT network and infrastructure, while helping all students start the year and engage with learning as use of laptops continues to grow. Our 1:1 laptop program is in place for all Year 9 – 12 students. We are currently conducting an audit of laptop usage to ensure all students have a device to assist with their learning. This includes School Loan laptops, BYOD [Bring Your Own Device], or daily borrowing from Golden Grove library.

Some of the work/advances for 2013 include:

1. Student network usernames were changed to match LearnLink /email logins for easier access.
2. Resetting passwords and logins for many students after the holiday break
3. Citrix advances for BYOD to school to access network improved
4. Improved print accounting system to facilitate student printing

One of the innovations in 2013 has been the introduction of SMS messaging to parents, for students with unexplained absences during home group and lesson 1 and 2. Our trial with Year 8 and 9 has been successful in that many parents are now replying to the SMS and providing reasons for absence. There has been a positive response to this initiative. As a result, we will expand our SMS messaging to include Year 10 and 11 from Week 8 in Term 1. This will mean that parents will be informed if their child is absent, without a known reason during the period before recess. Other messaging will occur on a needs basis to inform parents. Any feedback is always welcome.

As our systems have become larger and more complex there have been many procedures put in place to deal with matters in a consistent manner including:

- Appropriate use of personal electronic devices
- Laptop damage/repair policy and process
- Laptop return procedure
- Laptop issue process for new students, and daily borrowing of laptops
- Recharge stations for flat batteries, currently are ICT Helpdesk and GGRC
- Student user creation process and naming conventions
- Print and internet credit and resource limits

These are available upon request via the new website when it becomes active.

**Families are advised that with the option of BYOD – for personal laptops, students need to have their device configured for the school wireless network for virtual desktops and have their power adaptor tested/tagged in line with WHS at school, prior to using their own cords/chargers.**

Future projects that are currently underway include:

1. Parent Portal for viewing DayMap – More in the next Newsletter
2. Report Writing on DayMap
3. Learner management systems through DayMap
4. Staff Innovations Team to investigate applications of iPads for learning

**IT IS ESSENTIAL THAT PARENTS UPDATE CONTACT DETAILS FOR EMAIL AND MOBILE REGULARLY**

So as you can see there is much happening in ICT at GGHS, and this development continues to grow with increased applications of technology in our ANYWHERE ANYTIME learning strategy.

Oryst Tkacz  
Senior Leader ICT

## STUDENT VOICE UPDATE

The Student Voice team have been busy over the course of the first five weeks of school. With a variety of committee meetings and planning of the upcoming talent night well underway, we have certainly had our plates full.

Talent Night will be our next major event and is always a fun evening. We invite anyone from the school community to come along and support the event. The night raises money for World Vision, showcases some of our best talent and is sure to be an event which is out of this world! So be sure to keep your calendar clear for May 14.

We have also had some feedback from home-groups about ideas that could improve our school and will strive to achieve as many of these as possible. So keep the ideas coming!

Thank you,  
Student Voice Presidents  
Shayal and Caleb.

# ABORIGINAL EDUCATION

Welcome to all students and families. The Aboriginal Education Team works collaboratively to support Aboriginal students in their goals of high achievement and success. Please contact the school with any queries of concerns.



**Vikki Walkom – Senior Leader**  
Vikki oversees the Aboriginal Education Team and their work supporting Aboriginal students.



**Paul Gibbs – Coordinator Special Needs**

Paul works with the AET to organise Individual Learning Plans and support time with School Support Officers in the Learning Centre. Paul supports classroom teaching with curriculum modifications if required.



**Robyn Huzzell (left)**  
and

**Donna Heath (right)**

Aboriginal Education Teachers (AET)



Robyn and Donna are responsible for supporting students so that they are successful at school. Robyn runs the homework club each Tuesday night after school.



**Mandy Kennett – Aboriginal Community Education Officer.**  
Mandy is responsible for supporting students and their families at school and in the community.



**Mary-Lou Horvat (left)**  
and

**Sam Goddard (right)**  
SSO's



Mary-Lou and Sam will be working with Aboriginal students one day a week to support them with literacy and numeracy.

## INTERNATIONAL STUDENTS FROM BRAZIL

We are delighted to be able to host for the first time at Golden Grove High School a group of three students from Brazil. The students are Renatta, Bianca and Richardson. All three students are from Igarassu, which is a city in the Brazilian state of Pernambuco. It is situated on the north coast, approximately 32 km north of the city of Recife. 103 students arrived over three days in Week 2 this term. All students are fully sponsored by the Government of Pernambuco and were selected on academic performance and socio-economic considerations. They are trying their best to improve their English as well as cope with the demands of the subjects they are studying this semester. Their native language is Portuguese which is very similar to Spanish.

We would like to thank the three families who are hosting the students. They are doing an excellent job and the students are very happy. Also a big thank you to all the teachers involved in their education, all of them have made them feel welcome and comfortable in their lessons, a particular mention to the ESL teacher Miss Carrington for such a strong input in their learning of English.

In July this year Renatta, Bianca and Richardson will return to Brazil, and we hope that they will take with them wonderful memories of Golden Grove High School, the students, the teachers and Australia.



Carlos Gallardo  
Coordinator of International Exchanges



## BRAINSTORM PRODUCTIONS



On Tuesday 19th February Brainstorm Productions presented 'The Hurting Game' for all Year 8 and 9 students. The show was about peer pressure and being "true to yourself".

This was an entertaining way to promote discussion about friendships, peer pressure, bullying, body image, our cyber footprint and the way we interact at school and on digital media.

The show assisted students to recognise and resist peer pressure and help create a more positive school environment. If you would like to see more information about the company visit:

[www.brainstormproductions.com.au](http://www.brainstormproductions.com.au)



Belinda Noack  
Student Counsellor





**SSSSA  
SWIMMINGCARNIVAL 2013  
– 'D' GRADE**



On Tuesday 27th February we travelled to Marion Aquatic centre for the annual swimming carnival. Last year we were crowned champions of the 'E' grade competition and this year due to a reshuffle of schools found our team in the 'D' grade category competing against Brighton, Faith, Endeavour, Concordia and campus partner Pedare.

We selected our team based on results from our splash carnival in Week 1. Despite having a number of notable absentees due to Year 8 camp the team consisted of some strong swimmers and also some students who had not spent a lot of time in the pool. Our stand out performers on the day were Ethan Owens and Erin March with a first and 2 seconds, Clinton Ashmore with a first, Liam Porter with 2 seconds and Emily Richards with 2 firsts and a third.

The carnival was a great experience for all those that took part. The facilities were of Olympic standard and despite our team clearly consisting of fewer swimmers than the other schools we had a great day and finished 9th out of the 10 schools that were competing.

Next year we may find ourselves back in 'E' grade and the chance of more silverware in the pool.

Well done to all those students who took part and contributed to what was a great day!!!



Tim Potter  
Sports Coordinator



**TAIKO DRUM AND FLUTES  
OF JAPAN PERFORMANCE**

On Thursday 28th February students from Golden Grove High School and Gleeson College watched a performance on Taiko drums and flutes of Japan. The musicians' names were Toshi and Anne. They showed us a series of Japanese instruments, starting with the Taiko drum. They played very well. Anne played a very old, traditional song on a flute called a Shakuhachi. Toshi asked two students to play chappas (hand cymbals) with him.

Afterwards, we were introduced to the gong which is played very quickly. Next, many students tried Taiko and took part in a small performance, where even our own teachers had a go. All in all, it was a fantastic experience to learn about some of Japan's culture and history.

By Brayden and Riley  
Year 8 students of Japanese



**REGIONAL REPRESENTATIVES**

Needed to encourage towns, schools, clubs, friends to share their lifestyles with students, aged 15-18, selected from Europe, U.S.A., Japan and Brazil.

Also, promote overseas programs for local students.

Quality and financial support from S.C.C.E.

Southern Cross  
Cultural Exchange  
Ph: 1800 500 501  
www.scce.com.au  
scceaust@scce.com.au



**HAVE YOU RECEIVED THE  
SCHOOLKIDS BONUS?**



Do you know about the Schoolkids Bonus? It is a new cash payment to help eligible families and students with the costs of primary and secondary school studies. Around 1.2 million families have already benefitted from the first wave of payments in January 2013 – have you?

If you receive a family or income support payment, including Family Tax Benefit Part A, you could be eligible to receive \$410 a year for each primary student and \$820 a year for each secondary student, with half paid in January and half paid in July.

The Schoolkids Bonus replaces the Education Tax Refund (ETR) and is a much simpler system. You no longer need to collect receipts and payments are made automatically so you don't have to wait months to make a claim via your tax return. Unlike the ETR you can choose how you use the payment to best support your children's education – whether it be school books, stationery, uniforms, school fees, or excursions.

Check your eligibility by visiting [australia.gov.au/schoolkidsbonus](http://australia.gov.au/schoolkidsbonus) and if you think you might have missed out on the January payment, contact Centrelink – either in person at a Centrelink-Medicare Office or by calling 132 468.



Australian Government

Golden Grove High School Science Faculty Presents...

## FSI Future Science Innovators Years 8 to 12

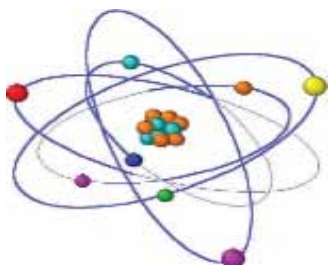
Do you want to have more fun with Science?

Would you like to be selected to participate in zoo sleepovers, simulation excursions, forensic analysis, model building on a large scale, chemical murder mystery, university tours, career expos, guest speakers, all during school time?

All that is needed to become part of this team is a short email or written piece outlining in approximately 50 words why you would be a valuable member of FSI.

NO EXTRA WORK, JUST EXTRA FUN!

Only prerequisite is to be a reliable science student, have an interest in science and be keen to take part!



Email your response to be part of this special team to the Science Co-ordinator: [Sylvie.McLaren783@schools.sa.edu.au](mailto:Sylvie.McLaren783@schools.sa.edu.au) (or give your response to your science teacher who will forward it on.) If you have any questions please contact Mrs McLaren or your Science Teacher.

## YEAR 10 PLP CLEAN UP AUSTRALIA ACTIVITY



Clean Up Australia day was Sunday 3rd March, however five Year 10 classes doing PLP this semester and teachers participated in this event on Friday 1st March. In class groups we made our way around the Golden Grove area picking up as much rubbish as we could, placing it into our plastic bags supplied by the teachers. Some bigger bags were donated by the Shell petrol station as we filled all our other garbage bags. The amount of rubbish that we found was astounding, for example some students collected mattresses, old TV's and large boxes; fortunately we were able to collect the majority of it. The enthusiasm shown by students on the day was outstanding.



After returning to school we enjoyed a sausage sizzle provided by the school and relaxed after our hard work.



The Clean Up Australia activity is part of the community volunteering component of the SACE Personal Learning Plan. All students in Year 10 will be completing further community volunteering throughout the year to successfully complete the subject.

Thank you to all students and teachers for their enthusiasm and hard work helping to ensure our environment is clean.



Alex Whiting, Kaylee Boden  
and Ms Koehler





## GOLDEN GROVE HIGH SCHOOL CANTEEN PRICELIST 2013



### COLD FOOD

Garden Salad with Egg	\$5.00
Garden Salad	
With your choice of Ham/Chicken/Beef/ Turkey/Tuna	\$5.50
Caesar Salad	\$5.00
(Lettuce/Egg/Capsicum/Bacon/ Parm Cheese/Dressing)	
Chicken Caesar Salad	\$5.50
Pasta Salad	\$3.20
Other variations available on request	
Fruit Orange/Apple/Ban.	\$1.00
Fresh Fruit Salad	\$4.00
Yoghurt	\$2.30
Carrot/Banana Cake	\$3.60
Lamington	\$3.40
Finger Bun	\$2.60
Muffin	\$3.50

### HOT FOOD

Steak Sandwich	\$5.00
(Steak/Lettuce/Tomato/Cheese/ Sauce/Bacon/Onion)	
Hamburger	\$4.70
(Lean Pattie/Tom/Lettuce/ Sauce/Cheese)	
Veggie Burger	\$4.70
(Vegie Patty/Lettuce/Tom/Mayo)	
Fish Burger	\$4.70
(Fish/Tom/Lettuce/Mayo)	
Chicken Burger	\$4.70
(Grilled or Schnitzel/Lett/Tom/Mayo)	
Chicko Rolls	\$2.50
Hot Chips	Bag \$3.80
	Cup \$3.30
Wedges	Bag \$4.00
	Cup \$3.60
Nachos/Cheese/Sour Cream	\$4.70

### SANDWICHES & WRAPS



(White/Wholemeal/Multigrain

	<u>S/wich</u>	<u>Wrap</u>
Ham/Cheese/Tom	\$3.50	\$4.30
Egg/Lettuce	\$3.50	\$4.30
Cheese/Tomato	\$3.50	\$4.30
Salad	\$4.00	\$4.80
Chickn/Lett/Mayo	\$4.00	\$4.80
Chicken/Ham/Beef/ Turkey with Salad	\$4.00	\$4.80
Turkey/Lett/Cranb.	\$4.00	\$4.80

### DAILY SPECIALS LUNCHTIME ONLY

Hot Chips available Mondays, Wednesdays  
& Fridays Only

Tuesday	Beef Pasta/Nachos
Thursday	Pasta Carbonara/Baked Potato
Friday	Yiros Lamb/Beef/Chicken

### DRINKS

Flav. Milk	300ml	\$3.30	600ml	\$4.00
Water	600ml			\$2.40
Juice (Apple, Apple&B/C, Pine)		\$2.80		
Juice (Orange Poptop)		\$3.30		
Pepsi Max 450ml	\$3.30	600ml	\$3.70	
Schweppes Flav. Min. Water	450ml	\$3.30		
Fruitbox		\$2.00		
Keyneton Flav. Min. Water				
	Small	\$2.60	large	\$3.30
Hot Chocolate		\$3.00		

Pizza Rounds	\$2.60
Hash Browns	\$1.00
Pizza Slice	\$1.80
Hotdog w. Sauce	\$3.50
Hotdog w. Cheese & Bacon	\$4.00
Chicken Nuggets	\$3.50
Baked Potato	\$5.50
(Coleslaw/Cheese/Sour Cream/Bacon)	
Beef Pasta/Pasta Carbonara	\$4.80
Croissant Ham & Cheese	\$3.50
Chicken, Cheese Mayo Roll	\$4.70
Ham & Cheese Roll	\$4.20
Sweet Chilli, Chicken Chs Roll	\$4.70
Meat Pie/Pasty	\$3.80
Pizza Pie/Potato Pie	\$4.70
Sausage Roll	\$3.30
Villi's or Balfours Available	
Yiros	\$5.00

### VEGETARIAN

Spinach & Cheese Roll	\$4.70
Vegetarian Pizza	\$3.70
Vegetarian Pasty	\$3.80

### ICECREAMS

Juice Cups	\$1.20
Icy Twists	\$1.60
Paddle Pops	\$1.90
Splice	\$2.90
Calippos	\$2.60
Paddle Pop Shakes	\$2.70
Golden Gaytimes	\$3.90

## GOLDEN GROVE CAMPUS UNIFORM SHOP WINTER UNIFORM APPOINTMENTS, TERM 1

COMMENCING TUESDAY, 12th MARCH 2013

TIMES AVAILABLE ARE ON :-

TUES, WED AND THURS AFTERNOONS

FROM 3.00PM - 5.00PM

AND

SATURDAY MORNINGS 9.00AM - 12.00PM

THESE EXTENDED TIMES ARE FOR APPOINTMENTS ONLY, NOT GENERAL TRADE.

If no appointments are booked in after our regular trading times, the shop will not remain open.

Please make an appointment time to pre-order or purchase your students winter uniform requirements.

Orders will be available for pick up during the school holiday trading times.