PHS Athletics  Thursday 27th March
The Athletics Carnival was held in near-perfect conditions with keen athletes giving their all. Students competed in individual and team events, with the tug-o-war providing quite a spectacle – particularly when it came to the students versus staff event. The Senior Boys High Jump was particularly popular, with most of the school watching as the last men standing battled it out, flying through the air at heights well above the heads of many of the spectators. Bailey Walker emerged as the ultimate victor, clearing 1.73m. The Under 15 Girls 200m race ended spectacularly, with just 0.04 seconds separating Ella Kain and Alana Winter.

‘Legends Awards’ were introduced this year in recognition of commitment by a student to his or her House and selflessness. The recipients were Chad Dinnison, Yalluminga, Connor Eastwood, Moyanga and Luke Frankling, Torilla. The SRC’s best dressed award was won by Madeline Powell.

The competition for points began on the previous Monday with the running of the 1500m event, with Moyanga placed narrowly ahead of Torilla and Yalluminga at the end of the day. However, Yalluminga came out strong right from the first race on Thursday and managed to hold on to a comfortable lead for the entire day. The day ran magnificently, and provided an excellent test run for the Interschool Athletics carnival to be held on Wednesday 19th March. The new timing gates were used for the first time, and ran very smoothly once some teething problems were worked out. The help from staff and parents with official duties and setting up was very much appreciated by myself, and continues to be a mark of the wonderful nature of the entire school community.

Cork and Fork our Japan duo shine again
Ashlee Sullivan and Taylah Tranter were asked to assist Celebrity Chef, Justine Schofield, at the recent Fork and Cork Festival held in Mt. Gambier. The girls were involved in working with the Main Head Chef, Josslyn Lee, as well as Justine. This provided them with useful insights into related career pathways and enabled them to build their local and interstate networks. The girls assisted Justine on stage as well as working with local chefs presenting demonstrations in the foyer of The Main.

Ashlee and Taylah had a wonderful day, met lots of different people and represented Penola High School and Café 43 in a very professional manner. Dee Hutchinson, their teacher and mentor said ‘I am very proud to see what they have achieved and the manner in which they have accepted responsibility, taken opportunities to further their skills and give back to the community who so willingly supported them.’
French Traditions Pastry Workshop at Metro Bakery  28th February

Dee Hutchinson seized another opportunity for our students when she arranged for Aliza Pfitzner, Kaitlin Cornish, Amy Wetherall and Josh Woodbridge to attend a workshop at Metro Bakery as part of the Educational program offered to Secondary students in association with the recent Fork and Cork Festival.

The students’ task for the day was to work as bakers in the Metro Bakery ‘Bakehouse’ where they were ably assisted by the Bakehouse apprentices. Experiences included making tart shells, rolling croissants and baking cheesecakes. The day was a huge success and the bakers wanted to hire the students! It was a great opportunity for the students to be involved and see the running of a very successful commercial enterprise. The students’ hard work was rewarded with a free choice of a plated meal from the extensive lunch menu. Toni, the owner/operator of the Metro, spent time explaining menu items and gave the students the challenge of trying new food experiences. It was an amazing learning experience for our students.

Lions Youth of the Year  6th March

Six of our Stage 2 students entered the local heat of the Lions Youth of the Year Quest and acquitted themselves with great aplomb. Prior to the day, the students completed comprehensive applications which formed the basis for interviews with the three judges, Bill Murray, Helen Edwards and Wendy Hollick, during the afternoon prior to the Public Speaking event.

The evening was overseen by Mr John Zwar, whose friendly manner put the students at their ease while they awaited the opportunity to present their prepared speeches and respond to two impromptu questions.

The students who participated were Shannah Faulds who spoke on ‘Role Reversal: Children Taking the Role of Parent’, Ben Martin, whose speech was entitled ‘Video Games Don’t Create Murderers’, Laura Price, who argued that ‘Smoking Should be Banned’, Lewis March who presented a strong case that ‘Hydraulic Fracturing Should Not Take Place in the Limestone Coast Region’, Melyssa Steed who considered ‘Should We Be Grateful for What We Have?’ and Kara Martin who asked ‘Are country Students Disadvantaged by the Youth Allowance?’

The impromptu questions were ‘Does Reality TV do more harm than good?’ and ‘Should animals be used for scientific testing?’ All the students made interesting comments in response to these questions. The judges pronounced Melyssa Steed the winner of the Public Speaking section of the Quest and Lewis March the overall winner. Lewis then went on to represent Penola in the Regional final held in Kalangadoo on Saturday 15th March.

We wish to thank the judges and the Lions Club for their continuing support for our young people.

Camping par Excellence: Stage 2 Phys. Ed. and Stage 1 Outdoor Ed.  4th-7th March

The Stage 1 Outdoor Ed students, taught by Mark Heyn and the Stage 2 Phys Ed students in the care of Simone Combe set sail for the Murray and a combined camp. Here is Simone’s account.

The Year 11 Outdoor Education and Year 12 Physical Education classes ventured to Murray Bridge for an intensive three-day aquatics camp. The Year 11 students had a taste of a variety, participating in various aquatics activities, including sailing, windsurfing, kayaking and even knee boarding. They were required to plan the menu for the camp and purchase the food, as well as keep a journal and research the history and environment of the Murray River.
The four Year 12 students who attended the camp completed eighteen hours of sailing. This formed a third of the practical component in the Year 12 PE course. The course required students to learn the basic skills required in sailing, such as tacking, jibing, sailing into and with the wind, and adjusting sails based on the wind. Students were also required to complete more complex skills such as capsizing and rescues. The Year 12 students were initially apprehensive about sailing, but their confidence grew quickly and they were soon performing all skills instinctively and with great poise. The instructors commented on the entire group’s ability to pick up new skills quickly and were also impressed with the positive interactions and cohesiveness amongst the group.

The camp was a huge success with the Year 12 students achieving excellent results to go towards their course, as well as the Year 11 students demonstrating great maturity and organisational skills in the planning of the camp.

**Stage 1 Chemistry Trip to Wynns Winery  13th March**

Stage 1 Chemistry students travelled to Wynns winery where they were warmly met by acclaimed Winemaker, Luke Skeer. The students, duly safety-vested and hard-hatted, were given an intensive tour of the site including the old barrel cellar, the laboratory and tasting room, the reception bays, presses, three kinds of fermenters, the marc bay and the weighbridge, where students were intrigued to discover that the combined weight of seven students, one wine maker, one teacher and Dave Marshall was 820kg. This led to an interesting discussion of the precision of measurements and tied in very well with work the students had already undertaken back at school – a delightful if unexpected outcome! Students were also able to taste three varieties of juice at different stages of fermentation. They became quite expert at spitting! We are indebted to Luke for conducting the tour and imparting much knowledge in a student friendly manner and to our friends at Wynns who allow us to visit.

**Andrew Fisher Motivates  13th March**

The peaceful air of the quadrangle was shattered at lunchtime when motivational speaker and racing ute driver, Andrew Fisher, arrived and revved up the engine of his Jesus ute. A whole school assembly, organised by John Stayte and supported by the Chaplaincy Support Committee, followed with Andrew keeping students riveted in their seats for over an hour as he talked about the need for courage in decision making. Andrew illustrated his talk with footage of some of his more dramatic moments on the race track, involved one of our students, Jonathan, Daniel Meek, in a demonstration of reflexes and spoke from the heart about challenges faced by his family. He went on to speak about areas such as drugs, alcohol, sex, fast cars and faith, where students will undoubtedly be faced with difficult decisions and urged courage in dealing with these situations. At the end of the presentation, students were able to obtain a signed poster and a copy of the gospel of Luke with Andrew’s story included. The consensus of opinion amongst students and staff was that this visit was very valuable and highly worthwhile.