Dear Families

The end of the term is fast approaching and our students continue to involve themselves in a variety of activities that enrich their learning both within and outside the classroom.

Alana Winter and Georgie Beighton competed in the regional finals of the Lions Youth of the Year last Saturday and both girls acquitted themselves very well by all accounts. Special congratulations go to Alana who won the Public Speaking Award against very experienced competition. We have received a great deal of positive feedback about the nature of our involvement in this competition from the much wider community and we look forward to continuing with this program next year. In the meantime, the Rostrum Voice of Youth will be students’ next opportunity to hone their public speaking skills.

Yesterday I had the pleasure of attending the SESSSA Interschool Athletics Carnival at Naracoorte High School. As always, our students’ behaviour was exemplary, their willingness to compete was outstanding and their support of each other heart-warming. Our size makes it difficult for us to be competitive against much larger schools, but we did our very best and showed great pride in our school. Highlights will appear elsewhere in this newsletter. Thanks to Simone Combe, Mark Heyn, Sarah Walker and Dave Vannini for their work in helping to make the day a success.

Last week all students attended a Cybersafety presentation with Susan McLean. Her down-to-earth and honest approach ensured that our students were engaged and attentive for the whole of the ninety minute presentation and there was considerable discussion about what they had learned after the event. We will continue to provide opportunities to keep our students well-informed about current topics of concern. To that end, the Year 11s and 12s will attend a presentation about the drug, Ice, with Paul Scicluna from the Mt Gambier Police on Friday morning this week.

Finally, on a staffing note, we having been running a panel for a new groundsperson over the past week or so and we should be able to announce who has won that position shortly. In the meantime, we would like to extend our thanks to Pauline Judd, Business Manager at Grant High School, for her assistance in the running of this panel, which has been invaluable.

Kind regards

Fleur Roachock

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**VERY IMPORTANT**

**Please be advised that dismissal time on Thursday 2 April 2015 (day before Good Friday) will be at the normal time of 3.15pm. Buses will run as normal.**
Yr 11 Outdoor Ed and Yr 12 Sailing Camp
Simone Combe

Last week the Year 11 Outdoor Education and Year 12 Physical Education classes ventured to Murray Bridge for an intensive 3 day aquatics camp. The Year 11 students had a taste of a variety of different 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 six Year 12 students who attended the camp completed eighteen hours of sailing. This forms 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, gybing, 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 once again 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 organisation in planning for the camp.

Interschool Athletics
Simone Combe

On Wednesday 19 March 2015, Naracoorte High School played host to the 71st Annual SESSSA Athletics Championships. Competitors, officials and spectators were able to enjoy the perfect conditions with not too much heat being poured out by the sun during the day.

Hundreds of competitors from eight schools battled it out on a beautiful sunny day to claim victory. Traditional rivals Mount Gambier High School, Tenison Woods College and Bordertown High School took an early lead and scores from the three schools remained very close for the entire day. Mount Gambier High School was eventually crowned winner by a narrow margin, making it back-to-back victories for them. Grant High School took out the Improvement Shield – improving their score from the previous year by 13%.

The Penola High students were a credit to themselves and the school community, regularly chatting with their competitors and congratulating them on their performance. Their friendliness and sportsmanship was very pleasing to see, and they should be very proud of their efforts. The day was an excellent rehearsal for the SSSSA competition which will be held in Adelaide on Wednesday 1 April 2015, where Penola High will compete against other schools of similar size.

Penola High School students who experienced individual success with a top 3 placing included:

- Imahgen Hecht 3rd U15 High Jump
- Nick Rowe 2nd U15 Javelin
- Ella Kain 2nd U16 1500m
  3rd U16 800m
- Scott Merrett 3rd U20 Javelin

Student Absence SMS (only)

Notification number: 0400 134 993
Interschool Athletics Carnival

nurturing individual successes
FRUIT & VEG SWAP

The next Mt Gambier Fruit & Veg Swap will be held THIS SATURDAY 21 MARCH from 10-10.30 am at the Mt Gambier Public Library Verandah.

The Fruit & Veg Swap works on a model not of selling, trading or bartering, but of sharing. Goods are simply spread out together, and then attendees select what they want and need, roughly in proportion to their contribution. There’s no weighing or calculating and no money changes hands.

Please bring along any excess produce, seedlings/cuttings or herbs and swap for other local home-grown produce. Bags are provided to share large quantities of items amongst attendees. Any excess produce is donated to the local Sunset Kitchen.

The next meet will be held on Saturday 4 April - Easter Saturday!