Dear Parents/Caregivers

Well what an end to the term, no power, no phones, but plenty of students and teachers and learning taking place. Hopefully the last two days don’t bring the same number of complications as we have been facing over the last 24 hours or so.

It’s hard to believe we are at the end of term three. Only 9 weeks of school left before we break for Christmas and 2017 hits us. This term has been another busy one, as they all are these days. There’s been plenty of knockout sport, with particular success in netball and basketball; Café 43 has been running very successfully over the last few weeks; there have been transition visits from Kalangadoo and Nangwarry; Results Plus visits to the school; Year 9 Initiative; Course Counselling and Subject Selection; Maths Quiz Night and several visits to the school by various organisations to deliver important safety messages to our Year 10, 11 and 12 students.

As most of you will be aware I won’t be returning to Penola High in 2017. A new Principal, Ngaire Benfell, has been appointed and will begin here at the start of next year. Ngaire comes to us from the APY Lands and has many years’ experience as a school Principal. She will be visiting Penola for a few days in November and I have no doubt she will be a great acquisition for the school.

While the majority of our students will no doubt make the most of the next weeks to relax and avoid school work if possible, spare a thought for our Year 12s who have hit the busiest and most stressful few weeks of their entire schooling. The last assessment tasks will be finished off and exam revision will be a priority. While the focus must be on successfully completing the year I would also encourage them to take a break sometime over the holidays, just not for the entire two weeks.

Finally, I’d like to wish everyone a good break and if you’re travelling, stay safe and we, will see you all again next term on the downward run to the end of the year.

Kind regards

Andrew Stockley

Principal's Report

SCHOOL CLOSURE DAY
Friday 28 October 2016
(Week 2, Term 4)

Parent/Guardians please ensure you notify the school about student absences either by phone call or note or by sms to the school mobile on 0400 134 993.
From the Deputy’s Desk
Jason Plunke

Thanks to all who have participated in subject counselling this term, we are now in the process of collating information and working out the timetable for next year. As we go through this process, some re-counselling of subjects may occur. Families will be kept in the loop about any changes that are made.

As many of you would be aware, Suzanne Gray has been away over the last few weeks due to some significant health issues. Scott McCulloch stepped up during this time, undertaking the counselling role. We appreciate the work he has done over this time and look forward to welcoming Suzanne back next term.

Café 43 has been open again this term, again with significant numbers of families and community members attending. We appreciate the support and hope everyone enjoyed their meals. This term the Café has been supported by Ryan Dear who has given up his time to support the students. We would like to acknowledge the contribution he has made assisting the students. Finally a big thank you to Jodie Allen and the Café 43 students who at times have had large numbers to cater for and have handled this in their stride.

Reading
Did you know that the biggest factor in improving a student’s literacy levels is ensuring they read each night? Simply making a “bedtime” routine change where a child reads for 30 minutes before going to bed can significantly improve their literacy levels. Can you fit in some reading time?

RYDA
Jason Plunke

The Year 10 students attended the RYDA program at the Mount Gambier TAFE on 16 September 2016. The flagship RYDA Program is delivered each year to over 50,000 senior high school students from more than 650 participating school’s.

The purpose of the day is to challenge student thinking in relation to road safety. The day included a stopping distance activity, personal stories and information from hospital workers and police on the impact of crashes.

The year 10s had a great day, although they struggled to leave the warmth of the inside heaters during break times. They participated fully and were acknowledged during their day for their exemplary behavior. An efficient end of the day, meant a quick visit to McDonalds, keeping everyone happy.

Year/10 Girls and Boys Yoga Class
Kristen Bence and Chloe Long

This term as part of National Health and PE Day, which aims to promote our PHS school value of Healthy Lifestyle, we organised a girls’ and boys’ Yoga class, run by local instructor Bec Wight-Moore of ‘Stay Tuned Yoga’. Yoga is a perfect form of exercise for teenagers as it encourages and promotes:

- Awareness of their mind and body
- Correct breathing
- The alleviation of stress
- The ability to deal with emotions
- The regulation of menstrual and growth pain
- Balanced hormones
- The strengthening of core and back muscles
- Better posture
- Flexibility
- Improved body image, whilst decreasing self-consciousness

This has been a focus of our Health curriculum across the middle school, where we have been discussing topics such as self-esteem, well-being and resilience, all linked to the Australian Curriculum. All students who participated said it was extremely beneficial and the boys actually got into it the most; dressing up in some exciting “Yoga” styled outfits, which was very amusing! Bec is holding regular Yoga sessions for teenagers in our school hall at 3.30-4.30pm every Tuesday after school, and the cost is $8.00. Any queries please ring the school on 87370000.

RYDA
Chloe Long

On Thursday 22 September 2016 Year 8, 9 and 10 students were invited to be part of a Touch Football clinic run by Touch Football SA. Twenty one students took part in the clinic run by Mat Swan.

The clinic went for 2 hours and saw the students participate in a range of activities. Students learnt the basic rules of touch football, tactics and tricks of the game. The students’ skills improved quickly over the 2 hours. The students finished off the session with a competitive game of touch football highlighting the new skills that they learnt. A big thank you to Mat Swan for coming down to run the session.
Community Studies
Kristen Bence

Felicity Drury, one of our Year 12 Stage 2 Community Studies students has been studying an Aged Care Certificate at TAFE one day a week, whilst completing her Year 12 this year. Through her Community Studies subject she has been using her talent for conversation, by organising and hosting various activities at our local Pinchunga Nursing Home over the last two weeks. Felicity first held a “Biggest Morning Tea” as a fundraiser for the Cancer Council of Australia, where she prepared, along with the Café 43 students, beautiful cakes, biscuits and sandwiches for the residents and staff. She raised nearly $250 dollars for the cause. Then yesterday she worked with residents, completing a craft activity, which was then donated for display at the nursing home. The residents really engaged with making leaves for a tree canvas artwork, with fabric and buttons. She has found it an extremely valuable experience, as it has given her insight into her future career and also supported some of the learning occurring through her TAFE course.

Breakfast Program

Penola High School’s Breakfast Program began early in Term 2 and has been hailed as a resounding success. The program runs every morning from 8.30-8.40am and provides students who have been unable to have breakfast at home with some nutrition before the school day begins. Student Ebonie Moulton said, “I think the breakfast program is really great as it allows students who were unable to have breakfast due to different circumstances to have something at school, because breakfast is the most important meal of the day.” The school would like to once again thank Windara Bakery for their donations of bread throughout the year. If any families would like to donate spreads such as vegemite, jam etc it would be greatly appreciated by the school community.

Benefits of regular breakfast
- Improves your energy levels and metabolism.
- Provides many beneficial nutrients, and boosts your fibre and calcium intake (compared to no breakfast).
- Reduces you chance of over-consuming high kilojoule foods later in the day.
- Stabilises your blood sugar levels.
- Improves memory and concentration.
- Term 3 in Pictures -

Year 9 & 10 Students
- Yoga

Joe French, Gorgia Robbie, Jack Walker, Phoebe Tregenza
- Rotary Visit (Science & Engineering)

Emma Ryan
- Year 10 Work Experience

Ruby-Lee Robinson
- Year 8 Drain Excursion

Ally Jones
- Year 9 Initiative

Cameron Perry, Jack Kain, James Krieger, Darcy O’Connor
- Science & Engineering Challenge (Adelaide)

Open Knock Out Netball
The benefits of Yoga for Teens are MANY and some include –

- Reduce stress and anxiety
- Improve focus and school performance
- Improve self-esteem, self-worth and body image
- Increase confidence
- Help develop self-discipline and willpower
- Improve fitness and physical and mental health

**Tuesdays**
Yoga for teens at Penola High School
straight after school finishes.
3.30pm – 4.30pm
$8.00 per class – mat provided – all fitness levels!
Please phone call Bec 0428398002 (bookings are essential)
Friends of the Community Market is moving to the 1st Sunday of the Month
Our next Market is Sunday 2nd October 2016 9am - 1pm
Sandford Football Reserve, Sandford Reserve Rd. Sandford, Victoria 3312
Contact Kerrie: Tallangower2@gmail.com Ph: 03 5582 0191

Welding Course
At Naracoorte Campus - Nationally Accredited Competencies:
Fabricate & Repair Metal Structures (AHCINF204A) & Use Hand Tools (MEM18001C)

Tuesday evenings, commencing 18 October 2016
Limited positions, Enquiries to Lynnley Selig, phone: 87628309
**Small Regional Funding available to eligible participants**
($50 incidental/materials fee will apply)
$350 fee will apply to non-eligible participants

nurturing individual successes