Dear Parents/Caregivers

With the year almost over, one would think things are starting to slow down, that certainly isn’t the case. Last week saw numerous PE events held, both here and at other local schools to acknowledge and celebrate PE Week. Students from Penola High were involved in Soccer last Monday, Lawn Bowls on Wednesday and then most of the South East schools were here for a Touch Football competition last Friday. It was great to see such a large number of our students actively participating in this variety of events across the week, especially last Friday which saw students supporting, umpiring and coaching, in addition to playing.

Last Friday 18 November 2016, I had the pleasure of attending the Year 12 Graduation Dinner at Hollicks Winery. This was a fantastic event with everyone enjoying the evening and having the opportunity to celebrate the completion of not only a tough year of Year 12 study but also the completion of 12 years of education. Our Year 12s are to be congratulated on their efforts this year and I am sure they trying to relax as much as possible before results are released on Tuesday 20 December 2016.

Today there is a Results + Expo here at Penola High. Results + is an initiative designed to provide intellectual challenge for students regardless of their starting point. At this stage it is primarily focused on Literacy and Numeracy but there is certainly the opportunity for the strategies and ideas to extend across multiple subject areas. It is excellent for Penola High to be selected to host this expo as it includes work and presentations from schools across the Limestone Coast, both primary and secondary.

Last Tuesday our Year 11 students travelled to Mount Gambier Hospital to attend a P.A.R.T.Y event. This was an educational exercise aimed at increasing and improving student knowledge about the consequences of choices they make and the dangers of drink driving and the decisions they will be faced with over the next few years, and beyond. It is always fantastic when our students have these opportunities. While I have no doubt the vast majority do, and will continue to, make smart decisions regarding their safety and that of others, it never hurts to have the message reinforced by someone removed from their family and our community.

It’s just over a week until our group of students head off to Vietnam as part of World Challenge. From everything I hear all are ready and keen to go. Both Scott and Jackie have done some great work getting students organised and maintaining regular contact with parents. While I am sure there will be some nerves and apprehension come next Saturday there is no doubt this is an amazing opportunity for students and one I am sure they will cherish and have fond memories of in the years to come.

I look forward to reflecting on what has been an incredible year in my final Principal’s Report in a fortnight’s time.

Kind regards

Andrew Stockley

Penola High School

55th Annual Presentation Night

Wednesday 14 December 2016 at 7.30pm

Nibbles and drinks from 7.00pm.

2016 Art Exhibition Opening at 7.15pm

All students required to wear school uniform

Fire/Emergency Phone App

Please note the CFS phone app has been decommissioned and will no longer work. The CFS advise to install the AlertSA app, which is available free of charge from the App Store.
Last week Penola High School celebrated PE Week. There were a number of activities that took place during the week: students were involved in a 5-A-Side Soccer tournament, a Come and Try Bowls day, Touch Football and Volleyball as well as participating in a school-run Health, Sport and Fitness Quiz in home group each morning.

5-A-Side Soccer
On Monday 14 November 2016, three Penola High School teams competed in the SESSSA 5-a-side Soccer competition held at Grant High School.

The 4 teams consisted of a Year 8/9 girls’ team, as well as a Year 8 boys’ and 2 Year 9 boys’ team. They competed against students from all around the South East region, and played up to five matches throughout the day. All teams managed to record at least one win, making it a very successful day. The Year 8 boys’ team gelled well, and managed their large number of subs smoothly. The boys worked well as a team to score goals, with Caleb and Zac showing their skills all day.

The Year 8/9 girls’ team kept up a cool, calm approach throughout the day, although when Kate Skeer kicked the first goal you could hear the cheers back in Penola. Chloe Lindner and Ebonie Moulton showed their competitive side all day. The girls gelled well, and showed all the other schools that having a giggle and trying your hardest is more fun than winning every game.

With big numbers in the Year 9 competition the boys where split into 2 teams, with year 8 students filling in the numbers. The first game of the day saw Penola 1 Vs Penola 2. The boys started the game with more banter than soccer skills.

Penola 1’s second game was played against a much stronger team. However, they sweet talked Mount High into ‘letting’ them have some goals so they could celebrate as though they played FIFA.

Penola 2 spent the day trying to score through trick shots: this started with Sam Gartner scoring a full field goal, which was beaten by Jesse kicking a goal backwards. Sam Klemm spent the day running off the bench, coming on the field to kick goals and running straight off again.

It was lovely to see great sportsmanship, resilience, and occasionally even some soccer skills, on display. Special thanks must go to Jason Plunkett and Dave Vannini for their coaching expertise and enthusiasm.

Lawn Bowls
On a damp, cold and overcast Wednesday 16 November , Penola High School was represented by an excited group of Year 8, 9 and 10 students. The start of the day was somewhat slow and difficult for the students, however, as the day progressed the sun started to shine and so did the students, resulting in some pretty intense competition.

Although the young team was physically outmatched, they showed tenacity on the green. Our students were fine ambassadors for our school and acquitted themselves beautifully, with honourable mentions to Jack Cliffon, Katie Colbert, and Jack Walker for their leadership on the day. Also thanks to Tom Sutterby for his fine supervision and coaching.

To finish off the week on Friday we held the Festival of Sport, an annual event that takes place at our school. Over 200 students from Penola, Millicent, Mount Gambier, Grant, Tenison and St Martins competed in Year 8/9 Touch Football and Year 10 Volleyball. With low numbers in Year 10, the students decided to form a mixed team so they could play. Playing in the boys’ competition, the students showed that our girls can hold their own, winning multiple sets across the day.

The Year 8/9 girls had a very enjoyable day, showing new skills and enjoying getting more of the ball without the boys hogging it. Kate Skeer showed strong leadership throughout the day helping the Year 8 girls develop their skills. The Year 8 boys were undefeated, and some excellent passages of play were on display. The hard work that was completed in PE lessons was evident, as our students had an excellent understanding of the tactics involved with the
the game. The boys worked as a team to drive the ball forward in attack to allow Joel Virtanen and Ryan Zerk to work the wings for tries.

The Year 9 boys’ team started the day off strongly, showing their development from last year. Sam Gartner scored the first try of the day with a run down the wing. Jesse showed off his skills all day scoring 5 tries. James Foggo and Sam Gartner also had a good day out scoring 6 tries between them. The team worked well together to get all players a score for the day.

The last game of the day was a grudge match between the Year 8 boys and the Year 9 boys. With a PlayStation 4 and Nintendo Wii on the line the boys and their coaches prepared for battle. The first score of the game went to the Year 8 boys with Joel making an easy try. However, the Year 9 team made a quick return to level the scores. Both teams played a high intensity match with good defence and lots of scoring opportunities. At half time the scores were level at 2 all. The 2nd half of the game saw the Year 9 team starting to crumble with in fighting and silly plays. The Year 8s showed the Year 9s that their ‘sheep dog defence’ was full of holes, with Caleb breaking through the line to score 2 tries to give the Year 8 boys the win.

Huge thanks must go to Nathan Rowe for being a great help with marking the fields with Justin and me. Thanks must also go to Ella, Romi, Bentley, Josh, Logan and Hayden for enthusiastically coaching the touch teams, and to all students for their excellent efforts in setting up as well as packing up all equipment. It was great to show off our school and our wonderful students to the other schools in the South East.

(P.E. Week continued)
From the Deputy’s Desk
Jason Plunkett

Exams
The Year 12 exams have now finished, and whilst the students are relieved and enjoying their break from study, there is now the anxious wait for results. We wish them all the best and hope the students get the results they deserve. Year 11 exams now begin, preparing students for next year.

STEM Expo
This year has seen the introduction of a STEM subject for Year 9s where they combine Science, Technology, Engineering and Maths. Although the students are working on a product, this project is more about the learning journey. This coming Tuesday students will present their projects, explaining to the broader community the process they have undertaken.

PE Week
Last week students participated in PE week activities, these included soccer, lawn bowls, touch football and volleyball, with the school hosting the touch football and the volleyball. It was a well-attended week with some excellent behaviour from our students.

White Ribbon
As you would be aware Penola High School is a White Ribbon School. The White Ribbon campaign is about breaking the silence on domestic violence. This Friday is the official day that we raise awareness of this cause, with activities to occur at the school. If you would like to know more please contact me for information.

Transition
As I head off to Adelaide for SACE moderation next week, transition will start in my absence. Andrew will be running the parent information session on Monday evening, with students attending their transition days on Wednesday and Thursday. We welcome these new families to our community.

Shell Questacon Science Circus
Mark Heyn
Penola High School Year 8 students were given a trial presentation by the Shell Questacon Science Circus on Friday 11 November 2016. They viewed a variety of exciting demonstrations around the theme of pressure, and how this varies with temperature. Icing up of food, exploding lids, crumpling cans, and exploding water all entertained the students - often with the aid of supercool liquid nitrogen.

Year 12 Graduation Dinner
Rob Thorne
Friday evening of Week 5 brought together the Year 12 Penola High School students of 2016, their families, friends, and teaching staff. The students had taken a great deal of trouble to present themselves as the young adults they have become.

As with previous graduation dinners, it was a relaxed and pleasant evening with an opportunity for students to take a breath and reflect on 12 years of school education and what the future may hold.

Thanks go to the students who made the evening a successful night, notably Alana Winter and her helpers Cory O’Connor and Montana Freeman. To Kristen Bence, once again, and for the last time at Penola High School, many thanks for your tireless and professional efforts of recording the evening. Winsley Wighton, although an apology due to exam marking duties in Adelaide, made sure to provide every student with a rose to commemorate this milestone in their lives. The friendly and helpful Hollicks restaurant staff also provided a fine meal.

Fire Season
The fire season is upon us and this is a timely reminder to ensure your bushfire emergency plans are in place. Just a reminder that on ‘catastrophic days’, bus runs will not operate, however the school will remain open. Further, in the event of a bushfire, some bus runs may be cancelled requiring you to collect your child from school (if safe to do so). Our close proximity to Victoria means that we need to consider two zones when considering bus runs and excursions. We thank you for your support.
Penola High School Remembrance Day
Rob Thornett

On Friday 11 November 2016 staff and students used the Learning for Life lesson to commemorate Remembrance Day. The MCs for the event were Aliza Pfizner and Camryn Schriever. Henry Berkin read the acknowledgment to Land. Speeches were made by Phoebe Tregenza (the Significance of the Poppy), Cheyenne Faux (For Memory’s Sake) and Mr Thornett (Animals in Wartime).

The school then gathered by the flagpole while Year 8 SRC representatives, Ally Jones and Ebonie Moulton, accompanied by Mr Plunkett, laid a wreath. The Ode was recited by Jack Clifton with the assembled students and staff taking a moment to reflect on the sacrifices made by previous generations.

The Year 9s also attended the Penola community Remembrance Day in Penola Park with Phoebe and Cheyenne laying the wreath for the school. Both students also did an excellent job of presenting their speeches to the gathered Penola residents.

EXCITING OPPORTUNITY IN PENOLA

Lana-Joy is a highly regarded psychologist who specialises in child and adolescent psychology. Lana-Joy is offering her brilliantly reviewed workshop on anxiety in Penola. ‘Teaching children to manage anxiety and to bounce back when things don’t go to plan.’

This practical workshop is relevant to teachers, SSO’s, early childhood staff, parents, caregivers and grandparents. We will be sharing strategies for teaching children how to manage anxiety. It will also include some general coping strategies that can be utilised in the home, preschool, childcare and school settings.

The anxiety workshop focuses on helping to understand what ‘anxiety’ is in terms of the connection between mind, body and behaviour and then talking about strategies to help support young people at home and school and where these strategies can be applied if the child is feeling anxious/stressed/angry or sad.

Penola Primary School
Wednesday 30 November 2016 - 6.45-9.00pm
Cost: $60.00pp
Payment can be made in cash to Olivia Thomas at Penola Primary School by Monday 28 November 2016
Minimum numbers apply.

For queries, please contact Olivia Thomas, Early Years Coach
Penola Primary School - 8737 2300
Olivia.Thomas142@schools.sa.edu.au

Penola Ambulance Needs Your Help!

Penola, Robe, Beachport, Port MacDonnell and Kingston are calling for more volunteers to keep their stations operating locally. In Penola there is a great need for more ambulance volunteers as the station currently has to call on volunteers from Mount Gambier station to fill the roster 24/7.

Regional Team Leader Jarred Gilbert said it’s important to keep recruiting volunteers in the town. “We only have three or four nights covered by our volunteers at Penola so we get cover from the Limestone Coast Volunteer Regional Response Team (LCVRRT) at Mount Gambier. However it is more beneficial if we can staff this station locally,” said Mr Gilbert. “If a Penola volunteer is on roster they can stay at home and wait on a call, they don’t have to go into the station. We have been currently gaining support from the LCVRRT team who attend the station and man it all shift on our roster.”

Penola volunteer Greg Hutchesson is mid-way through his training. He works during the day doing farm work and driving trucks. He goes on shift a few nights a week and says it’s a really good way to keep active. “There’s a lot to take in and every situation is different, but we rarely deal with blood and I found that surprising,” said Mr Hutchesson.

“The Penola crew is very supportive and there’s always someone that I can ask for advice if I need to. “People see you in your green uniform and say ‘good on you’ and that’s a real motivator. I also do it for my kids so can show them it’s important to give back to your community.”

If you would like to know more about volunteering in Penola or to find out how your local station operates, please phone Jarred Gilbert or Ross Elliott on 0419 037 602.

Vietnam Trip

The staff and students of Penola High School wish good luck and safe travel to Scott McCulloch, Jackie Poumako and the 11 Penola High School students who will be departing Australia next Saturday 3 December 2016 on their much awaited trekking expedition in Vietnam.

Farewell and Best Wishes

nurturing individual successes
Stand up
Speak out

Prevent men’s violence against women

THE GATHERING
JOIN US FOR A FRESHLY COOKED HOT BREAKFAST & COFFEE
WHEN: FRIDAY 25TH NOVEMBER 2016
TIME: 7:30 AM - 9:30 AM
WHERE: FREW PARK, MOUNT GAMBIER

THE SHOUT
SHOUT NO! TO VIOLENCE AGAINST WOMEN IN OUR COMMUNITY
WHEN: FRIDAY 25TH NOVEMBER 2016
TIME: 11:45 AM - 12:45PM
WHERE: THE CAVE GARDENS, MOUNT GAMBIER

THE WALK
JOIN AS ONE AND MAKE A STAND
WHEN: SUNDAY 27TH NOVEMBER 2016
TIME: 5:00PM - 6:00PM
WHERE: MEET AT THE BLUE LAKE CAFE, MOUNT GAMBIER

Take the oath

White Ribbon
Australia

nurturing individual successes