Dear Parents and Caregivers,

How time flies? It seems only yesterday when Anthony van Ruiten announced that he had won the Principal’s job at Willunga High School, and now a month later we are into the second week of Term 2. For the past two weeks I have had the privilege of being the Acting Principal at Henley High School and what a busy two weeks it has been!

Week one commenced with our annual sporting competition with St Michael’s College, the Caica Cup. Congratulations to Sammy Nutt, James Treagus, the SPESS team and their numerous volunteers who organised and ran the day. Twenty different sporting events were conducted on the day, with Henley the convincing winner overall, winning fifteen events to five, which means we retain the Caica Cup for 2016.

Week two saw the Year 12 Arts students travel to Melbourne for three days of artistic immersion, including the best of VCE Art Design, RMIT and the Centre for Moving Image. Our Year 9s’ completed their NAPLAN tests and one hundred and sixty one Year 7s’ trialled for a position in the Specialist Sport program for 2017.

Next Friday night our Year 12’s will celebrate their five years at Henley High School at the Formal, we wish them all a wonderful night. Friday 20th May will also be a student free day. In order to further enhance our focus on Quality Teaching, our staff will participate in professional development activities on improving assessment task design.

Also this term, Year 8-11 students will begin the process of choosing their subjects for 2017. This will occur in Year 8-10 PLP and Year 11 Mentoring, where staff will be working with students to investigate the future possibilities which exist for them in the workforce, study and training. Subject Teachers will provide recommendations for students in each subject for study in the following year level and these will be printed on the Term 2 Report. Students should base their subject choices for the future on their: interest, achievement, subject recommendations and future career pathways. On Tuesday 31st May, 5-7pm Henley High School will be holding a VET Career Expo. This will provide the opportunity for students and their parents to discuss possible future pathways with Industry, University and TAFE representatives.

Now, more than ever, student’s future career possibilities are extensive. It is important that they develop the resilience to overcome obstacles and turn them into opportunities for learning and personal growth. Being adaptable and able to act when an opportunity presents itself is becoming an increasingly important skill to develop as the world of work becomes more flexible and global. We encourage and support all students to strive to achieve their full potential and aim for their dream career. Research has shown that the greatest influence on a child’s future occupation choice is their parents. As a school community we encourage parents to be actively involved in the investigation of their young adults’ future subjects, career pathways and the discussion of subject choices for 2017 and beyond with their Subject Teachers, PLP Teachers and Mentors. We look forward to working with you during Term 2.

Sandra Moran
Acting Principal

STUDENT FREE DAY
FRIDAY 20TH MAY

TERM 2 | WEEK 2
TERM DATES
TERM ONE
1st February - 15th April
TERM TWO
2nd May - 8th July
TERM THREE
25th July - 30th September
TERM FOUR
17th October - 16th December

UPCOMING EVENTS
TUESDAY 17TH MAY
Year 12 Formal Ticket Collection and Sammy D Presentation
FRIDAY 20TH MAY
Year 12 Formal

PUBLIC HOLIDAYS
MONDAY 13TH JUNE
Queens Birthday
MONDAY 3RD OCTOBER
Labour Day

STUDENT ABSENCES
To report a Student absence please report online via our Website or phone Student Services on 8355 7014 or 8355 7015.

A MESSAGE FROM THE FINANCE OFFICE

SCHOOL FEES
Please note that school fees are now due and payable. Please contact the Finance Office on 8355 7000 if you require an instalment plan or application form to apply for school card.

When making payments via the internet please enter your family code (ie abcd00), if you have difficulty finding this required code please do not hesitate to contact the Finance Office.

ONLINE PAYMENTS
Bizgate has now ceased operation – a new bpoint payment system has been introduced. Bpoint has now been installed and is available on our school website, please click on the “Invoice Payment – Pay Online” button to make payments. If you have any queries, please do not hesitate to contact the Finance Office on 8355 7000.

STUDENT FREE DAYS - 2016
Term 2:
Week 3 - Friday May 20th (Student Free Day- School formal)
Week 7 - Tuesday June 14th (Student Free Day)

Term 3:
Week 7 - Monday September 5th (Whole School Closure - Show day)
Week 7 - Tuesday September 6th (Student Free Day)

Term 4:
Week 1 - Monday October 17th (Student Free Day)

2016/ 2017 ENTERTAINMENT BOOK - NOW AVAILABLE
Henley High School is selling the 2016/2017 Entertainment Book. They are now available to purchase, please click on the link below to order.

MIND MATTERS AT HENLEY HIGH

Mind Matters is a mental health initiative for secondary schools that aims to improve the mental health and wellbeing of young people. At Henley High we recognise that the mental health and wellbeing of students is crucial in a student’s learning and achievement at school. The Mind Matters framework, will help us to build our own mental health strategy to suit the priorities of our school community. Mind Matters provides school staff with blended professional learning that includes online resources, face-to-face events, webinars and support. All content has been informed by strong evidence in the area of school mental health and wellbeing. The use of Mind Matters’ comprehensive resources has mental health benefits for the entire school community – including students, families and school staff.

Mind Matters is based on the principle that the best mental health strategy is one that prevents issues from arising in the first place. For this reason Mind Matters helps schools promote positive mental health through the whole school community, and aims to prevent mental health difficulties in students by taking steps to improve relationships and resilience. Mind Matters provides staff with practical advice and guidance so that they can support students who may be struggling with mental health difficulties in a timely and appropriate way. Promotion, prevention and early intervention are central tenets of the Mind Matters’ approach.

A new Mind Matters Action Team has been established in 2016. It consists of representatives from the teaching staff, support staff and students. So far this year we have held two meetings and successfully conducted student surveys to gain information about how students perceive their time at school and how they are/want to be supported in future. We will be creating our priorities for 2016 and beyond in our next meeting, based on this data. If you have an interest in this area and would like to be a part of the action team in making a difference for young people at Henley High please register your interest by emailing me at Alycia.Spencer@henleyhs.sa.edu.au. We will also be asking for your support as parents/caregivers to fill out a survey in the near future to gain community perspectives of how mental health and wellbeing is supported at HHS.

For more information, please visit http://www.mindmatters.edu.au/

Alycia Spencer
Mentoring & Wellbeing Coordinator

Studio321

The Design and Technology Faculty has been lucky enough to have moved its Jewellery classes into a new space. Studio 321 has given students the chance to take ownership of a workshop and the opportunity to work in an environment that has tools and equipment specific to Jewellery manufacturing. Lots of creative work has been produced over the first term with new and exciting projects scheduled for next term. With access to the laser cutter, 3D printer, a soldering station and a fully equipped metal workshop students are producing projects that are a fabulous combination of new and traditional technologies. Students are able to choose Jewellery as an elective in year 9, progress to stage 1 in year 10 and move through to stage 2 to complete their studies. Students also have the opportunity to sell their work by participating in Jewellery stalls held in conjunction with school events. This is a great chance for students to experience the process of developing a concept through to retail sales.
STAGE 1 HEALTH YOGA

Recently the Year 11 ‘Body, Mind & Soul’ Health class have been discovering and researching alternative therapies to improve the health and wellbeing of an individual. We have been researching and discussing such therapies as hypnotherapy and acupuncture and are now onto the topic of yoga as an alternate therapy.

Yoga is an extremely beneficial and challenging practice of physical activity. It improves flexibility, strength, balance, and agility, range of motion and management of chronic conditions. Some of these chronic conditions include high blood pressure, heart disease, depression, anxiety and insomnia. It is an alternative therapy that has been used for over 5,000 years, beginning in Northern India by the Hindu Indian culture. The original purpose of yoga is to teach the mind, body and soul to reach a balanced and disciplined state of moksha. Moksha is known in Hinduism as emancipation, freedom, liberation and release. Starting yoga from a young age (preferably ages 7 and up) is extremely beneficial for ones’ physical and mental health and wellbeing. However, yoga is most common amongst middle aged men and women.

Yoga is not specifically ‘just yoga’, there are multiple styles of it that help to concentrate on improving different aspects of the body and mind. To name a few of these techniques, there are: Foundations Yoga, Antigravity Yoga, Warm Flow, and Hot Yoga. Many yoga studios specialise in these dynamic areas of physical training and can be used regularly or not, depending on a person’s capability.

Numerous classes are available in multiple locations of every suburb in Adelaide. If you or a family member are interested in taking yoga classes, it is strongly recommended (unless seriously injured or ill) to take part in a session. Below are links to yoga businesses in nearby suburbs:


Jade Pryor
Year 11 Student

2016 STUDENT EXCHANGE WITH KOFU DAICHI HIGH SCHOOL, JAPAN

In weeks 7 and 8 of Term 3 this year, Henley High School has been invited to take a group of students accompanied by 2 staff members to Japan as part of our long-standing relationship with Kofu Daichi High School. The trip will take in Hiroshima, Kyoto and Tokyo as well as the amazing opportunity to experience a short homestay with a Japanese family of a Kofu High School “buddy”.

At this stage we have a very limited number of places left to join the tour. We encourage parents/caregivers/students to contact either Filipe Nogueira - filipe.nogueira@henleyhs.sa.edu.au or Tracey Holt - tracey.holt@henleyhs.sa.edu.au if you would like more information.

Filipe Nogueira
Oliphant Middle School Manager / Football (Soccer) Program Manager
THE SPIRIT OF ANZAC

On Friday the 18th March, the Year 9 Lowitja Students, together with the Year 10 EALD class, had the opportunity to visit the Spirit of the ANZAC Centenary Experience held at the Adelaide Show Grounds.

The exhibition commemorated Australia’s involvement in World War One and the 100 year anniversary of the ANZAC legend. We attended the event in order to develop a further understanding of Australia’s involvement in the First World War and how it shaped modern Australian society. Through the presentation of extensive primary sources from The Australian War Memorial Museum, we stepped back in time, learning what life was like for the men and women involved and witnessed their bravery.

Being able to see the photos and real artefacts from the time, such as uniforms, videos and personal items encouraged us to realise the hardships endured during that time.

We walked out of the excursion with heavy hearts but a greater understanding and appreciation of ANZAC Day, the sacrifice Australians make for our country and the millions of lives that are changed because of war.

The exhibit was a valuable experience which has made us look forward to learning more about World War One in History this term.

Lest we forget.

Greta Hutchinson, Alex Haydon and Jessica Woolman
Year 9 Students

MIDDLE SCHOOL SHIELD UPDATE

It is time for another Shield update!

This now includes points for Sub School GPA (Grade Point Average) and Academic Achievements for Term 1.

Jade Ambler
Middle School Coordinator

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**U16 PREMIER LEAGUE CRICKET**

The Western Grit recently won the inaugural U16 Junior Premier League title at Park 25 grounds.

The Grit consisted of Adelaide Cricket Club, West Torrens District Cricket Club and Adelaide University Cricket Club, which included three Henley High School students - Bailey Capel (captain), Josh Pengelley and Jack Lukosius.

The Grit won all three games including the “grand final” against Southern Force.

Bailey won the overall batting trophy with 118 runs and an average of 39.33, with Josh coming 2nd with 97 runs with an average of 97. Jack tied for the bowling trophy with 6 wickets but finished 2nd on average.

Bailey made 74 in the grand final as the Grit chased down Southern’s formidable 8/211. Josh made 54 not out against Northern Mavericks and Jack’s best figures of 4/22 came against Eastern Edge.

A great carnival by all three boys.

James Treagus  
Manager – Sport and Major Events

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**YEAR 12 PHYSICAL EDUCATION AQUATICS**

The Year 12 Physical Education students were involved in a 3 day aquatics camp at Port Noarlunga. The students were assessed on Surfing or Kayaking which goes towards their final practical grade. The aquatic instructors were highly complementary of the students attitude and the way they conducted themselves. It was a great camp and the students came away with extremely pleasing results.

Sammy Nutt  
Assistant Principal – SPESS

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**THOMAS WOODWARD**

In the first week of the school holidays one of our students, Thomas Woodward travelled to Hervey Bay in Queensland to represent South Australia in the School Sports Australia Triathlon.

The distances that he had to cover were 400m swim, 12km bike ride and a 3km run.

In his field they had 35 competitors and Thomas completed his race in 1:00:59 mins. South Australia finished 6th overall.

Great job Thomas!

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**EMMA KITTO**

One of our students, Emma Kitto has just been to represent South Australia at the Under 15 Girls Australian Hockey Championship.

This was held in Wollongong, NSW from 9th to 17th April. South Australia played 6 games - winning 1, drawing 1 and losing 4.

They finished 11th out of 12th.

Well done Emma!

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**CHLOE HULE**

Congratulations to Chloe Hule for accepting a Sports Scholarship with the University of Colorado. Well done Chloe!
MEET THE STAFF

Each Newsletter we will introduce you to a few of the Henley High School Staff Members

JADE AMBLER

Position: Teacher and Middle School Coordinator

How long have you worked at HHS: This is my 8th year at Henley!

Number of years teaching: 7 years

Previous experience/schools: Henley was my first placement after University.

Describe what you do: As Coordinator I facilitate Middle School events such as the Year 8 and 9 camps, the Academic Morning Teas, Shield events and Transition. I support the Middle School team in building our culture in the Middle School and supporting Student Well-Being.

What subjects do you teach: This year I am teaching Year 9 English, History and Geography, as well as Year 12 English Pathways and Year 11 EAL (English as an Additional Language).

Why did you choose to teach in this area: I love to teach English because I am also trained in Media Studies. English allows me to regularly incorporate media throughout the curriculum. English was also my favourite subject when I was at school because I enjoyed reading and writing. EAL allows me to leave mainstream classes and work with our international students. History is a subject I developed more of an interest in as I moved out of University. It allows us to understand where we have come from and what has shaped us into the world and people we are today.

Career aspirations: I wish to continue working in my leadership role, which is still relatively new to me. I started in the role at the beginning of 2015 after being a Sub School Manager in Mitchell for four years. Student Well-Being is my passion so I aspire to continue working in leadership roles in that area.

Tell us 3 non work facts about you:
I would love to visit Spain and learn Spanish
I worked at EB Games for two years during University and therefore love gaming
I played state cricket whilst in High School as well as basketball and AFL.

DONNA RICHARDS-STONE

Position: SSO, Promotions, Website & School Events

How long have you worked at HHS: This is my 4th year working at Henley High School

Number of years with DECD: 10 Years

Previous experience/schools: VET Administrator at Wirreanda High School for 6 years.

Describe what you do: I coordinate and publish the newsletter you are currently reading. I also manage the school website, and social media platforms such as Facebook and Twitter. I organise all major school events including Open Day, Year 12 Formal and Graduation, Certificate Nights and Morning Teas. Other administration tasks are also part of my day.

Career aspirations: At this stage of my career, I am happy to continue what I am doing, I thoroughly enjoy my role. It also gives me a good work/ life balance for my family.

Tell us 3 non work facts about you:
I have 3 children, all boys! They certainly keep me busy.
I have a cupcake business that I run in my spare time (which isn’t much these days).
I enjoy playing social netball
YEAR 8 MEDIEVAL HISTORY
STUDENTS’ PHOTOS AND REFLECTIONS

As a part of the Year 8 History course, we did a project on the Medieval Defence last Term. Our group had four members: Awour, Milla, Josh and Shanti. We made a castle out of foam, a shield out of cardboard, and an informative poster. We learnt that the castle was protected by knights, and was especially safe because of the manmade moat surrounding it. Our group learnt to work well together.

Awour and Josh
Year 8 Students

Our group (Mieke, Harriet and Kaitlin), had great fun researching and making the props for our Punishment in Medieval Europe project. The members of our group all learnt a lot and enjoyed the topic we chose. We shared some laughs, smiles and moments where we said, “EW!” learning about gruesome punishments of Medieval Europe. A Knight’s Sword, the Iron Maiden and the Heretic’s Forks were the stars of our project.

Mieke, Harriet and Kaitlin
Year 8 Students

Our group (Hayley, Kira, Jazz and Gia) – chose the topic of The Life of Peasant Women in Medieval Europe. Much was discovered about the Medieval diet, clothing and life expectancy. We were all glad that we choose this topic and we had lots of fun learning about it. We all contributed to the models and we made a dress which Jazz modelled and a journal that Gia wrote. All of us worked really well together and contributed ideas.

Hayley, Kira, Jazz and Gia
Year 8 Students

Our group (Ethan, Keanu, Lachlan and Jake) did a project on The Knights of Medieval Europe and we learnt about the important role they played. We created an informative PowerPoint, fact sheets and even made a working trebuchet which we enjoyed painting and demonstrating to visiting classes.

Ethan, Keanu, Lachlan and Jake
Year 8 Students
HHS DINGOES ICE HOCKEY TEAM

The HHS Dingoes Ice Hockey Team are back at it this year with the Ice Factor program! The team of Aboriginal and Torres Strait Islander students have been joined by our 2016 year 8 recruits: Mark Sandery, Tisharna Williams and Lachie Cahill and new senior students Tobin Cox and Kobe Rankine. The Dingoes are looking forward to a big year in the program. The students are taking part in a banking course run by Westpac, are skating on a brand new large ice rink, meeting National Hockey League [NHL] players, competing in the Challenge Cup tournament and attending the Ice Factor Spectacular event. The current team consists of:

- Mark Sandery [new recruit]
- Tisharna Williams [new recruit]
- Lachie Cahill [new recruit]
- Callen Nelson-Penfold [Goalie]
- Greg Tilmouth
- Deacon Braun
- Liam Sharp-Wilson
- Tyson Wood
- Mackenzie Pickering
- Izak Rankine
- Jacob Cichowski
- Jack Dempsey
- Mikyle Sgori
- Carlin Stutley
- Tobin Cox [new recruit]
- Kobe Rankine [new recruit]

The Henley High School Dingoes have filmed a segment with Totally Wild which will be airing on channel 11 on Monday May 16th at 8am, make sure you check it out! The students had their normal training session but the cameras were rolling! Jack Dempsey, Callen Nelson-Penfold and Tyson Wood all spoke on behalf of the team. Here are a few photos from the filming.

DINGOES ON TOTALLY WILD
CHANNEL 11
MONDAY 16TH MAY
8AM

We look forward to sharing our updates this year!

Tash Farrier
Aboriginal and Torres Strait Islander Education Manager
Careers Expo

Students and parents will have direct opportunities to discuss possible career pathways with Post-Secondary Institutions and Industry experts

Tuesday 31st May 2015
5pm – 7pm

Henley High School – VET & Careers Expo
Free sausage sizzle

Henley High is proudly supported by: