PRINCIPAL’S REPORT

Dear Parents and Caregivers,

This edition Mark Adams, Assistant Principal, Senior School has written an article.

Please have a read below.

Sandra Moran | Principal

THE 3RD QUARTER

Deep into the AFL season, the third quarter is often referred to as the ‘premiership’ quarter and for good reason. It is where the ‘real hard yards’ are done to set up for a successful finish. The same is true for the third quarter of the school year, Term 3, the ‘premiership’ quarter, especially for senior students.

For Year 10 and 11 students, constant reminders to think about future careers, course counselling and choosing Year 11 and/or 12 subjects that will satisfy SACE completion, TAFE entry or Tertiary requirements, all while striving to finish the year, can cause stress and anxiety.

For Year 12 students, Term 3 is when major deadlines approach; exams are just around the corner and the need for students to balance school, life and leisure and to ‘work tough’ become more and more important.

For parents of senior students, particularly Year 12 students, the third quarter can be an equally difficult period as you strive to help your teenager through probably the toughest time of their lives. There are some things you can do to ease the strain, and of course there is help available from the staff at Henley High School.

Some tips that can help:

1. Goals – While most students will have a general idea of a future life and career, many do not. Research shows that students with realistic goals for the future will be more focussed on their studies and be motivated to succeed. Students are assisted, through the Personal Learning Plan and the mentoring program at school, in their exploration of the myriad of courses, jobs, careers and pathways to choose from. However, as their parent, you have a unique awareness of their interests, so it can be helpful for you to discuss their career aspirations with them too. It isn’t crucial that they have their final decisions in place at the start of Year 12, but it can help if they are still in a position where they can choose their subjects.

2. Team approach – Teachers, mentors, The Senior School Team, counsellors, along with parent(s)/caregiver(s) are all working towards the same goal of ensuring the success of your son/daughter in what are very important years. Subject teachers and Mentor Teachers have invariably made contact with you. However, if there are any issues or concerns, do contact your student’s teacher, Mentor Teacher or the Year 10, 11 or 12 Coordinators.

3. Balance & Wellbeing – Illness, prolonged stress and anxiety can severely hamper the success of students at school. Students need to eat properly, get enough sleep, and continue to play sport or exercise. A balanced approach is vital and so parents/caregivers can provide support in this way too. Too much study can be as detrimental as too much socialising. Balance is key!

4. Staying Positive – students have had some exposure through their lessons, assemblies and ‘O Week’ the fact that the way you think about things, determines how you feel and therefore how you act. Realising that it is a difficult period and that you will have to work hard is a given. Students who maintain a mindset that they can do it, it is not too hard, it is a challenge not an impossible feat, will feel better about it and therefore act in positive ways to be successful.

Make your ‘premiership quarter’ a winner – play the game hard right to the end!

Mark Adams | Assistant Principal, Senior School
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

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

THE MINISTER FOR EDUCATION, SUSAN CLOSE AND HON PAUL CAICA MP VISITS HHS

The Minister for Education, Susan Close and Hon Paul Caica MP recently visited Henley High School to tour our current STEM facilities and the F1 in schools program.

Students had the opportunity to showcase their work and chat to Minister Close and Mr Caica.

STUDENT FREE DAYS

MONDAY 5TH SEPTEMBER
Term 3, Week 7
Whole School closure

TUESDAY 6TH SEPTEMBER
Term 3, Week 7

MONDAY 17TH OCTOBER
Term 4, Week 1

PUBLIC HOLIDAYS

MONDAY 13TH JUNE
Queens Birthday

MONDAY 3RD OCTOBER
Labour Day

WHOLE SCHOOL CLOSURE DAY
MONDAY 5TH SEPTEMBER

STUDENT FREE DAY
TUESDAY 6TH SEPTEMBER

Keep your kids smiling

At the School Dental Service, dental care is FREE for all babies, children not yet at school and most children to age 17.

The School Dental Service is a Child Dental Benefits Schedule provider.

Call us now for an appointment!
Your local clinic is: Fulham Gardens Dental Clinic
Phone: 8356 8394
LUDICROUS SPEED

Henley High School will take part in the ‘F1 in school’s program’ at this year’s Royal Adelaide Show, it is the first time our school has been represented in this program and the early signs are looking good. Mr Barrett has lead the team of Alex Dawes, Amy Holland, Blake Robertson and Riley Nicolle through a rigorous development program.

F1 in schools is a program where students design and build a CO2racer, built from scratch, using digital technologies to design and manufacture the vehicle. It is powered by a CO2 canister similar to what is used to make soft drinks at home. The team will take part in the professional class, that is the top level of the racing program. It is more common to begin at the entry level and develop the program over a period of several years.

Our students have designed and built a series of cars that have progressively advanced in sophistication to the Hi Tech racer that will roll out on race day. The development program has seen the students design wheel packages, design and test wing configurations and a variety of axle and bearing configurations. Our team was also required to build a pit display, seek sponsors and record their journey in a detailed folio.

Ludicrous speed will hit the race track at this year’s Royal Adelaide Show on Tuesday 6th of September from 9am onwards, so if you’re at the show please stop by and support the team.

Tim Lepley | Design and Technology Coordinator/Trade Training Centre Manager
**SALA FESTIVAL**

As part of the SALA Festival, Charles Sturt Council invited our Henley High School musicians to perform at Henley Square on Sunday afternoons, to add to the festive atmosphere and join in the celebration of the Arts in South Australia. Over two weeks, our students have given up their time to entertain people and gain valuable real world experience as performers.

A variety of students showcased their talents at the Square; Talitha Anderson and Matthew Groves on piano and vocal; Olivia Coppick and Zoe Miller on guitar and vocal; Erin Schuster on solo vocal and Olivia Hawkins on solo vocal and guitar. The feedback from the public has been excellent and Charles Sturt Council has asked for more musicians from HHS to perform at their next event at the end of September. Congratulations to all the musicians involved and watch this space for more news as to where our incredibly talented students are performing next.

Tania Madigan | Arts Coordinator

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**YOUTH ARTS FESTIVAL**

On Friday 29th July, the Youth Arts Festival officially opened at the Black Diamond Gallery, Port Adelaide. This exhibition is all about celebrating the Visual Arts and the hard work and practical skill the youth of the area have to offer.

Thirteen Henley High School students in years 9 – 12 were selected to be exhibited with 5 students winning a prize.

Congratulations to; Angela Angeloff, Madison Ogg, Zihong Qu and Josh Lewis whom all received a Merit Award with a $50 Prize and Helen Bradley who was awarded a Major Prize of funding towards private tuition from the Adelaide Central School of Art.

Katie Long | Visual Arts Teacher
MEET THE STAFF
Each Newsletter we will introduce you to a few of the Henley High School Staff Members

CHRIS MESECKE
Position: VET Coordinator

How long have you worked at HHS: This is my first year

Number of years teaching: Since 1982

Previous experience/schools: DECD Apprenticeship Broker, Student Pathways, ICAN Flexible Learning Project Officer, Port Lincoln, London, Kadina, Whyalla, Australian Apprenticeship Centre.

Describe what you do: I support students and staff to explore vocational pathways at and beyond school. Manage the delivery of Henley’s 12 VET programs and with the assistance of Chris Gardner, support those students undertaking VET courses off-site as part of our Regional VET network

What subjects do you teach: Workplace Practices, Community Studies, Research Project, PLP.

Why did you choose to teach in this area: I saw the amazing things that young people could achieve in their careers by making use of VET training and flexible learning options that foster and develop their interests.

Career aspirations: To have more time to be able to work 1:1 counselling and supporting students and their families to make good career choices whilst at school.

Tell us 3 non work facts about you:
Have enjoyed travelling, fishing and Go Crows!

YUKA HAYASHI
Position: SSO - International Program & Data Support

How long have you worked at HHS: 4 years

Number of years with DECD: 4 Years

Previous experience/schools: Henley HS is my first school. Previously I worked as an interpreter for students from Japan.

Describe what you do: International student enrolments, timetabling, organising study tour program, school buddy program, Assisting global budget & HR management

Career aspirations: I would like to continue working with International students and get involved in various aspects of Global Education

Tell us 3 non work facts about you:
Born in Japan and moved to Adelaide in 2008
I love dogs!! Toffee, the Cavoodle has joined my family this year
Love travelling and Scuba diving
MIDDLE SCHOOL ACADEMIC MORNING TEA

On Wednesday the 24th of August, the Middle School hosted our Academic Assembly and Morning Tea for the Year 8 and 9 Students who received excellent reports in Semester 1.

We had 79 recipients this term and over 60 parents in attendance of the assembly. There were three awards distributed on the day: Academic Achievements, for those student who received a Grade Point Average of 12.43 or higher; Outstanding Academic Achievements, for those students who received straight A’s or a Grade Point Average of 14.00 or higher. Congratulations to all of the students on their success in Semester 1 and thank you to all of the parents and caregivers who were able to attend. Thank you also to the Sub School Managers and Trevor Cibich: Deputy Principal for assisting with the distribution of the awards, and to Sandi Moram: Principal for assisting with the OAA awards.

Jade Ambler | Middle School Coordinator

ACADEMIC ACHIEVEMENTS:

<table>
<thead>
<tr>
<th>FLOREY</th>
<th>SUB SCHOOL MANAGER – BRETT FITZGERALD</th>
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<tr>
<td>8FL1</td>
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<tr>
<td>Bia Antonia-Roque</td>
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<td>Jared Dacumos</td>
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<tr>
<td>Brooke Robran</td>
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<td>Alicia Mccance</td>
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<td>Tahlia Walton</td>
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<td>Myles Watkinson</td>
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<td>Denny Kravac</td>
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<td>8FL2</td>
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<td>Rachel Smith</td>
<td>AA</td>
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<tr>
<td>Rory Dowell</td>
<td>AA</td>
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<td>Lexi Panagiotidis</td>
<td>AA</td>
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<tr>
<td>Charli Smyth</td>
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<tr>
<td>9FL1</td>
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<td>Jacob Barrett</td>
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<td>Eliza Joynes</td>
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<td>Matthew Knight</td>
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<td>Thomas Stevens</td>
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<td>9LF2</td>
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<td>Hayley Murphy</td>
<td>AA</td>
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<td>Tayla De Beer</td>
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<td>Sian James</td>
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<td>Kiana Ponce Castro</td>
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<td>Caprice Waldron</td>
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<tr>
<th>LOWITJA</th>
<th>SUB SCHOOL MANAGER – ALICE GORMAN</th>
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<tr>
<td>8LW1</td>
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<tr>
<td>Beth Chalmers</td>
<td>AA</td>
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<tr>
<td>Amanda Jayawickrama</td>
<td>AA</td>
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<tr>
<td>Elisha Rea</td>
<td>AA</td>
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<tr>
<td>Nicholas Kontoutsikos</td>
<td>AA</td>
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<tr>
<td>8LW2</td>
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<tr>
<td>Carmen Leong</td>
<td>AA</td>
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<tr>
<td>Samuel Hayles</td>
<td>AA</td>
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<tr>
<td>9LW1</td>
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<tr>
<td>Caitlin Mifsud-Ure</td>
<td>AA</td>
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<tr>
<td>Jack (Kyle) Stevens</td>
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<tr>
<td>9LW2</td>
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<tr>
<td>Sarah Beagley</td>
<td>AA</td>
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<tr>
<td>Riley Meldrum</td>
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<tr>
<td>Jnana Gillett</td>
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OUTSTANDING ACADEMIC ACHIEVEMENTS:

<table>
<thead>
<tr>
<th>Florey</th>
<th>Mackenzy Richardson</th>
<th>OAA Top of Sub School</th>
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<tbody>
<tr>
<td>Lowitja</td>
<td>Alice Guy</td>
<td>OAA Top of Sub School</td>
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<tr>
<td>Lowitja</td>
<td>Vencel Milassin</td>
<td>OAA</td>
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<tr>
<td>Lowitja</td>
<td>Alex Haydon</td>
<td>OAA</td>
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<tr>
<td>Lowitja</td>
<td>Greta Hutchinson</td>
<td>OAA</td>
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<tr>
<td>Lowitja</td>
<td>Jessica Woolman</td>
<td>OAA</td>
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<tr>
<td>Mawson</td>
<td>Lucy Klessens-Broekx</td>
<td>OAA Top of Sub School</td>
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<tr>
<td>Mitchell</td>
<td>Maddy Anderson</td>
<td>OAA Top of Sub School</td>
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<td>Oliphant</td>
<td>Sarah Formston</td>
<td>OAA Top of Sub School</td>
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<tr>
<td>Oliphant</td>
<td>Trey Iannella</td>
<td>OAA</td>
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</tbody>
</table>
MAWSON
SUB SCHOOL MANAGER – BONNIE TRELOAR
8MA1
Kaitlin Chapman  AA
Gia Van Zyl  AA
Top of Sub School
8MA2
Elise Buchanan  AA
Erin Hill  AA
Lucy Rose  AA
Emi Rowden-Tiago  AA
Alyssa Toomey  AA
9MA1
Ella Carlaw  AA
Top of Sub School
Jessica Allen  AA
Yana Krimizi  AA
9MA2
Sam Hutton  AA
Nyah Gollan  AA
Emma Rainsford  AA
Renee Vizgaudis  AA

MITCHELL
SUB SCHOOL MANAGER – CAT CALLERY
8M1
Lilly Daris  AA
Kaila Jones  AA
Samantha Hughes  AA
8M2
Lili Stevens  AA
Mckenzie Allen  AA
Ruby Parker  AA
David Milovanovic  AA
Chloe Way  AA
Eloise Rice  AA
Brayden Treagus  AA
9M1
Leiane Doyle  AA
Sofia Ghezzi  AA
Megan Pettit  AA
Mikayla Sheffield  AA
Olivia Van Kessel  AA

OLIPHANT
SUB SCHOOL MANAGER – FILIPE NOGUIERA
8OL1
Larissa Youels  AA
8OL2
Lara Erlangga  AA
Lucy Stattmann  AA
9OL1
Ebony Betro  AA
Ruby Hickman  AA
9OL2
Toby Evans  AA
Tracy Phan  AA
Katia Leventeris  AA
Olivia Le  AA
VET MARITIME INDUSTRY PATHWAYS

Maritime Pathways and STEM study & career options on show to students experiencing Uni campus life in Launceston, Tasmania.

Students undertaking the VET Maritime Industry Pathways and those considering STEM careers in engineering, architecture, transport & logistics in a maritime field, had the opportunity late in term 2 to visit the Australian Maritime College in Launceston, Tasmania.

The trip, organised by staff at Le Fevre HS, the lead school for the Maritime Industry Pathways programme, included tours of the facilities, talks from current uni students and lecturers, interactive activities and a taste of living on campus for 3 days.

Students were able to participate in simulated training drills and learn about aspects of the courses including robotics, autonomous vehicles, vessel design and testing in the flow & tow tanks, as well as identifying the value of studying subjects such as Maths.

A number of students were keen to explore further the option of a maritime architecture course with 2 years studied at Flinders University (Adelaide) and then 2 years at AMC to complete the degree.

For further information about the VET Maritime Industry Pathways course available to HHS students or potential pathway options via the AMC, contact Liam Narcys, Program Manager at Le Fevre HS on 8449 7004.

Chris Mesecke | VET Coordinator

HAIGH’S CHOCOLATE FACTORY TOUR

The Supported Learning Centre’s Year 9-11 English Pathways class have been studiously reading Charlie and the Chocolate Factory by Roald Dahl this term. Students have practiced reading aloud using a microphone, reading from a paperback novel, reading a PDF format and listening to chapters from a CD. As well as weekly comprehension activities, the class made a delicious chocolate slice, found ‘Golden Tickets’, watched the movie and discussed the story’s characters. On Monday week 6, the class visited the Haigh’s Chocolate Factory at Parkside. The tour included a history of Haigh’s, details about chocolate production and viewing the factory. Students were really impressed with the delicacy in which individual chocolates are made and decorated, and of course enjoyed the many free tastings!! Although a ‘sickly’ ride back by public transport, students practised purchasing and validating tickets, bus etiquette, keeping to a schedule and safe community behaviour.

Natalie Reppenhagen | Coordinator-Supported Learning Centre
CODING CLUB

The Henley High School Coding Club was established in 2015 to provide a space where students who love to code can come together to exchanges ideas and have fun. Everyone has heard of the three R’s: writing, reading and arithmetic and understands their importance. In a future driven by technology a fourth tenet may be added, that of coding!

The way coding is presented in the media and on TV can appear daunting. However coding is very well structured, logical and easy to learn. Through learning to code, students develop logic and problem solving skills which can be applied in all areas of life.

The coding community we have at Henley is slowly building. We have setup online forums so students can discuss various topics including: languages; game design; programming for function; animation; and modelling. Competitions with prizes are held most terms to encourage participation and skill development. In a recent competition students were required to model a character using 3D modelling software and got to create a game!

We are currently looking to recruit new members. If you are thinking of learning to code we would love to have you in our club!

Coding Club meets every Friday lunch time in the Mitchell sub school room 201.

Jason Sienkiewicz | Science and Maths Teacher
WORLD JUNIOR SQUASH CHAMPIONSHIPS

It was an amazing experience going to Poland and playing in my first World Junior Championship at age 15 in an U19 event. All the players from around the world played such a high standard, such as the #1 girl seed who is also currently #4 in the world. I played 4 matches throughout the tournament and took many valuable lessons out of each of them. Overall I finished 46th place, a great starting point for the many years ahead. As I now know the standard I should be aiming for and can’t wait to experience the improvement in my game from everything I have learnt from this trip. I’m currently training hard towards nationals which is in 4 weeks’ time in Sydney where I’ll play in both the individuals and teams event representing South Australia.

Alex Haydon | Student

SSP TENNIS GENERAL PRINCIPLES OFFICIATING COURSE

During week 4 SSP tennis students from Yr 8-11 participated in a tennis officiating course. Kerrilyn Cramer from Tennis Australia who has been an official on the WTA tour for many years ran the half day course at Seaside Tennis Club. Students were involved in developing a greater understanding of the intricate rules of tennis but also line and chair officiating rules and regulations. Students were lucky to be able to have a go at officiating a match and filling out the scoring sheet.

There are many opportunities through Tennis Australia to be involved in officiating – if you would like to find out more please visit the link below or contact SSP Tennis Manager – Jarrod Gillings


Are you good enough to be a tennis line judge? – test yourself in this online game


Jarrod Gillings | Athlete Support Manager

OCEANIA CLOSED ITF JUNIOR CHAMPIONSHIPS

The Oceania Closed Junior Championships were played in Fiji from the 8th August to 12th August. We had 4 of our SSP Tennis students compete in this tournament, Stefan Norodom, Brock Meuris, Selina Turulja and Petra Hule.

They all competed in the single and doubles competition. In the singles competition Stefan got knocked out in the 1st round, Brock and Selina got through to the 2nd round and Petra made it through to the Quarter Finals. In the doubles Stefan got knocked out in the first round, Brock made it to the Quarter Finals, Selina made it to the Semi Finals and Petra and her doubles partner were the winners of the competition. Great work Guys.
OPEN BOYS KNOCKOUT FOOTBALL

Congratulations to our open football team who regained the state school championship title earlier this term. After some impressive performances in earlier rounds the boys went on to defeat Tension Woods High School by almost 100 points. This gave us the opportunity to play Prince Alfred College in the semi-final. After leading by 4 goals at quarter time, Henley lost by 12 points. I was proud of the boys’ effort, the team was led by their inspirational captains Zac Beeken and Lachlan Fairall. We thank the seven year 12 representatives who played their last knockout game for the school. All seven have contributed admirably not only to the SSP program but to Henley Football during their time at Henley High. Their leadership has been outstanding and they should be very proud of their achievements. Thank you Jamie West, Chris Schwarz, Mitch Smart, Josh Gericke, Matthew McDonald, Zac Beeken and Lachlan Fairall.

It is a very exciting time to be involved with the Henley Football Program as the talent we have representing our school has the potential to create history and become the first Henley High School Football Team to be overall state champions in the near future. This will, of course, take lots of hard work and commitment, however the boys can take confidence out of this year’s result.

Ben Kane | SSP Football Manager and PE Teacher

SSSSA OPEN BOYS BADMINTON KNOCK OUT CHAMPIONSHIPS 2016

Henley High School won through to the Open Boys Badminton Finals day by defeating Adelaide High and Nazareth College in Round 1 of competition early in term 3. The finals day was held on Friday 26th August at the Badminton Association of SA at Lockleys. The round robin format included some extremely talented players from Glenunga High School (Winner of the past 6 years), Parafield Gardens High School and St Peters College.

The boys played some fantastic badminton throughout the day. Notable mentions to national representatives Keith and Tristan Edison who are not only talented players but also very good coaches, assisting the other less experienced Henley players with their tactical understanding and game play. Glenunga and Henley were clearly the two best teams on the day however Glenunga had too much depth in their team and defeated Henley in a high quality final 5 sets to 3.

Results

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<thead>
<tr>
<th>Match</th>
<th>Teams</th>
<th>Score</th>
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<tbody>
<tr>
<td>Round 1</td>
<td>Henley High Lost to Glenunga</td>
<td>4 sets all, 134 points to 123</td>
</tr>
<tr>
<td>Round 2</td>
<td>Henley High Defeated St Peters College</td>
<td>6 sets to 2, 148 points to 141</td>
</tr>
<tr>
<td>Round 3</td>
<td>Henley High Defeated Parafield High School</td>
<td>6 sets to 2, 156 points to 100</td>
</tr>
<tr>
<td>Grand Final</td>
<td>Henley High lost to Glenunga</td>
<td>5 sets to 3, 145 points to 122</td>
</tr>
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Jarrod Gillings | Athlete Support Manager
2016 CROSS COUNTRY CHAMPIONSHIPS

On the 19th-22nd August, we had 2 students, Tamika Baynes and Nick Blum, headed over to Canberra to represent South Australia in the School Sports Australia Cross Country Championships.

Nick ran in the 16-17 year age group running a distance of 6kms. He ran it in a time of 21:23 coming 57th out of 71. Tamika ran in the 14-15 year age group running a distance of 4kms. She ran it in a time of 15:30 coming 41st out of 77.

Nick and Tamika both competed in the team event as well having to run in a 2km relay. With Nick’s team finishing 5th overall and Tamika’s team coming 3rd overall. Well done SA.

SCHOOL SPORTS AUSTRALIA NATIONAL FOOTBALL CHAMPIONSHIPS - UNDER 19

In Week 5 of this term Henley High School had 3 representatives in the South Australian School Sport Football (Soccer) Team, Manley Barnett, Dalyce Jenner and Gemma Tuhuro. They travelled to Perth to compete in the School Sports Australia National Football Championships.

In both the girls and boys division they played 5 games throughout the week they drew 1 game and lost 4 games, placing them 6th in the competition.

GOLF

The School Sports Australia Golf Championships were held from the 14th-19th August in the Southern Fleurieu of South Australia. We had 2 students from Henley High represent South Australia, Charley Jacobs and Jamie Smith.

Congratulations to Charley who was second in the Individual Girls Nett competition. Overall the boys came 4th and the girls came 6th.
EVENING OF DANCE 2016

Thursday the 29th of September, 2016 at 7.00pm at the Norwood Odeon Theatre: 57a Queen Street, Norwood

Tickets:
Adults $10
Student and Concession $5

Tickets available to purchase from Student Services. Limited tickets available at the door
WEAR IT PURPLE DAY

On Friday 26th August, Henley High School took part in Wear it Purple Day, an event that recognises gender diverse communities. The day raises awareness and educates society that you can love anyone, no matter their gender or sexuality and not be stigmatised by it. Some of the Year 10 Health students held an informational stall at lunch time outside Home Ec and allowed staff and students to pledge their support by painting a purple hand print onto a banner. Brochures, balloons, stickers, ribbons and wrist bands could also be collected and worn throughout the day. Having run this event over the past 5 years, it is pleasing to see a growing support and having so many people in our school community actively participating in wearing something purple.

Alycia Spencer | Mentoring & Wellbeing Coordinator

HENLEY HIGH SCHOOL OLD SCHOLARS

Every Newsletter we will chat with one of our Old Scholars. You may remember attending school with them. Get in touch and reconnect!

We will also keep you up to date with any Old Scholar events being held at the school.

If you are an Old Scholar, then please register your details via this link

http://www.henleyhs.sa.edu.au/section/community/old-scholars

LIAM HUTTON

Last year at Henley High School: I graduated in 2013

Current City of Residence: Still in Adelaide

Where do you currently work?: I am currently studying a bachelor of Finance at The University of Adelaide and working at Barry’s Burgers in the meantime.

What are 3 things you are passionate about?: First thing I’m passionate about would have to be the work I do for the Sammy D Foundation mentoring young kids from disadvantaged upbringings, secondly is probably sport, and lastly is Port Adelaide Football Club even in these tough times!

Favourite HHS memory: This is tough, there were so many memorable moments at HHS. But the one that really sticks with me is Life Lessons with Mr. Spencer! I wont ever forgot some of those memorable quotes given to me in year 9!
Henley High School invites all Old Scholars

“Bring a School Mate”

Wednesday 21st September
5pm to 7pm

School Tours Memorabilia

Light Refreshments and finger food will be served

All welcome, all year levels, bring your school mates, come & catch up!

RSVP to Donna Richards-Stone by Wednesday 14th September
Phone 8355 7034 or donna.richards-stone@henleyhs.sa.edu.au
ANTIPODEANS QUIZ NIGHT

INVITED: Students, Parents and Teachers

WHERE: Henley High School, School Hall

WHEN: Friday 16th September, week 8, 6pm – 8pm

WHY: Help raise funds for a community project undertaken by 12 Henley high school students travelling to Vietnam, December 2016.

COST: $5 per person, pay on the night.

GRAB A GROUP OF FRIENDS AND COME ALONG TO OUR QUIZ NIGHT, PRIZES AWARDED TO WINNING GROUPS!

Up to 8 people per table

FOOD AVAILABLE FOR PURCHASE ON THE NIGHT:

- Sausage sizzle
- Toasties
- Milkshakes
- Lollies

RSVP: submit your team nomination to Shannon.lim@henleyhs.sa.edu.au final nominations due Monday 5th of September, week 7.
Resiliency Robbers

All parents have the best of intentions when raising kids. Wanting what is best for kids can cause parents to make decisions that are not always in their children's long-term best interests.

If you buy the line that the promotion of resilience is in the best interests of kids then check out the following common parenting mistakes that reduce children's resilience.

ROBBER 1
Fight all their battles for them
Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

Resilience notion Give kids the opportunity to develop their own resourcefulness.

ROBBER 2
Make their problem, your problem
Sometimes parents can take too much responsibility for issues that are really up to children to work out or decide. Here’s a clue if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold!

Resilience notion Make their problem, their problem.

ROBBER 3
Give kids too much voice
In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

Resilience notion Make decisions for kids and expect them to adjust and cope.

ROBBER 4
Put unrealistic or relentless pressure on kids to perform
Expectations about success and achievement are important. Too low and kids will meet them. Too high and kids can give up. Too much and kids can experience anxiety.

Resilience notion Keep expectations in line with children’s abilities and don’t put excessive pressure on them.

ROBBER 5
Let kids give in too easily
Resilient learners link success with effort. They don’t give up because they don’t like a teacher or when confronted with multi-step or more complex activities. Similarly they don’t bail out of a sporting term half way through the season because the team is not winning or they are not enjoying it.

Resilience notion Encourage kids to complete what they have started even if the results aren’t perfect.

ROBBER 6
Neglect to develop independence
Don’t wait until they are teenagers to develop the skills of independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

Resilience notion Don’t routinely do for kids what they can do for themselves.

ROBBER 7
Rescue kids from challenging or stretch situations
There are many times kids are put in situations that are outside their comfort zones for a time. For instance, giving a talk, singing at the school concert or going on school camp may be challenges for some kids. They are all situations that kids usually cope with so show your confidence in them and skill them up rather than opt for avoidance.

Resilience notion Overcoming challenges enables kids to grow and improve.

Sometimes the manageable hardships that children experience such as a friend moving away, not being invited to a party or completing a difficult school project are fabulous learning opportunities. They help kids to stretch and grow. Dealing with them effectively also teaches kids that they are capable of coping when they meet some of life’s curve balls. And that is a huge lesson to learn at any age.
12–15 September 2016

Parent engagement helps children learn best
Free parent information sessions to help you support your child’s learning

Monday 12 Sept
Tuesday 13 Sept
Wednesday 14 Sept
Thursday 15 Sept
Thursday 15 Sept

Dr Margy Whalley
Helping you to get involved in your child’s learning and development in the early years.
Time: 7-9pm
Location: Christies Beach or view online
For parents of children 0-5 years of age.

Kirrilie Smout
Understanding the mysterious world of teens at home and at school.
Time: 7-9pm
Location: Murray Bridge or view online
For parents of secondary school children 13-18 years of age.

An evening with Minister Susan Close and guests
Discussing views on childhood: the role of education, schools, parents and the community.
Time: 6.30-8pm
Location: Semaphore Park or view online
For parents of primary school children 5-12 years of age.

Andrew Fuller
Unlocking your child’s genius.
Time: 7-9pm
Location: Elizabeth or view online
For parents of primary school children 5-12 years of age.

Jodie Benveniste
Understanding your child’s development and learning.
Time: 7-9pm
Location: Elizabeth or view online
For parents of primary school children 5-12 years of age.

Get involved! In person View online
For more information visit www.decd.sa.gov.au/2016PIEWeek
FUN RUN or WALK
A fun run with a difference that will challenge the way you see the world!

Sunday 4th September 2016
2, 4 or 8km Victoria Park Grandstand, Adelaide
8.30am start for 8km
9.00am start for 2,4km

Family fun!
Team or Individual entries
Ride a Tandem Bike
Blind Sports Activities
BBQ & Coffee Van
Random draw prizes

All proceeds go towards providing sporting opportunities for the blind or vision impaired

Enter now at visionchallenge.org.au

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