Dear Parents and Caregivers,

At this time of year, especially with Year 12 deadlines and exams rapidly approaching I feel it is timely to raise the importance of physical, psychological, social and emotional wellbeing for all students and staff. Increasing pressures on students to manage school, work, family and personal life, place great demands on wellbeing and it is important to ensure that there is a balance. In order to maintain a positive and healthy outlook, it is important to: sleep well, exercise, eat well, engage in positive self-talk, be self-reflective, set goals, build strategies, stay connected and not be reluctant to seek help and support. Our recent school professional development day focused on the importance of staff wellbeing and feedback was unanimous in the positive benefits of participating in the sessions offered on the day. Further information on wellbeing is available from Headspace the national youth mental health foundation dedicated to improving the wellbeing of young Australians. https://www.headspace.org.au/

This leads me on to the next topic. Recently I attended the DECD Results Plus professional development for leader’s conference where Martin Westwell from Flinders University spoke to us about Professor Carol S. Dweck’s research on “Powerful learners”. Carol is a Professor of Psychology at Stanford University and recently published her research findings stating that ‘Powerful learners’ have the curiosity, creativity and confidence to:

• actively participate in their learning
• make decisions based on sound evidence
• skilfully solve problems and deal proactively with new situations
• communicate effectively in a variety of forms
• collaborate with others

Powerful learners also have what Professor Carol Dweck terms a ‘growth mindset’: the belief that they are capable of learning and achieving with effort. With a ‘fixed mindset’ we praise the outcome, whereas with a ‘growth mindset’ we praise the process, with multiple entry and exit points.

Characteristics of a ‘fixed mindset’ – intelligence is static and leads to a desire to look smart and therefore a tendency to: avoid challenges, give up easily, see effort as fruitless or worse, ignore useful negative feedback, feel threatened by the success of others. As a result, they may plateau early and achieve less than their full potential.

Characteristics of a ‘growth mindset’ – intelligence can be developed and leads to a desire to learn and therefore a tendency to: embrace challenges, persist in the face of setbacks, see effort as the path to mastery, learn from criticism, find lessons and inspiration in the success of others. As a result, they reach ever-higher levels of achievement. Video clip: Sara Blakely business owner “Then life opens up to you in many ways”.

In an world environment of increasing complexity and demands it is important that we support all students to maintain a ‘growth mindset’, positive attitude and sense of value by developing the skills of resilience, perseverance and collaboration.

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

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 FREE DAYS
MONDAY 17TH OCTOBER
Term 4, Week 1

PUBLIC HOLIDAYS
MONDAY 3RD OCTOBER
Labour Day

IMPORTANT UPCOMING DATES
YEAR 12 GRADUATION
Thursday 27th October

SPORTS PRESENTATION EVENING
Monday 21st November

YEAR 10 EXAMS
Monday 21st & Tuesday 22nd November

YEAR 11 EXAMS
Wednesday 23rd to Friday 25th November

YEAR 7 TO 8 TRANSITION
Thursday 1st & Friday 2nd December

YEAR 8 - 11 PRESENTATION
Wednesday 7th December

YEAR 11 TO 12 TRANSITION
Monday 28th to Wednesday 30th November
Monday 5th & Tuesday 6th December

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
STAFF WELLBEING DAY

During the Student Free Day on Tuesday 6th September, all staff attended a Wellbeing Professional Development day at school. The day began with a coffee cart, random door prizes and an informational session about Mind Matters at Henley High School. The Action Team spoke about our priorities, successes so far and staff filled in a survey to gain data and feedback about what we need to work on in mental health at our site. This was followed by a 30min presentation from Ben Wells from Head Space Woodville discussing stress management strategies and resources to utilise in the workplace. One quote that has stuck out is identifying that you can always want to give and help others, but “make sure you put YOUR oxygen mask on first” so you can effectively keep giving without burning yourself out in the meantime.

After recess, staff signed up for 4 sessions run by guest speakers and other staff, with a variety of strategies and resources surrounding improving overall wellbeing and mindfulness. Activities included: yoga, clay making, boxing, positive psychology, colouring for mindfulness, archery, cooking, nutrition, face reading, book club and numerous hands on activities that had staff engaged and positive.

To end the day, there was a whole staff meditation in the Hall. Everyone got comfortable and allowed themselves to ultimately relax and unwind. As staff left, they appeared refreshed and positive, a great way to continue the “premiership quarter” of the school year. Here’s hoping that these strategies learnt can be implemented into classrooms and improve the mental health and wellbeing of our entire site - students, staff and the wider community included.

Some staff feedback included:

“Perfect weather for a wellbeing day and collaborating with staff that we normally wouldn’t talk to, lots of different activities, good vibe, relaxing meditation and yummy food.”

“Fantastic day, so well organised! There was a great variety of activities to cater for all needs. Everyone was very relaxed and happy, it is refreshing to see!”

“This year’s program covered a variety of activities for everyone to participate and it was great. I would like a similar program next year.”

Alycia Spencer | Mentoring & Wellbeing Coordinator

PREVENT ALCOHOL AND RISK-RELATED TRAUMA IN YOUTH (PARTY) PROGRAM

On Thursday 1st September, Student Executive and students from Mr. Whitford’s 10 Geography class participated in the Prevent Alcohol and Risk-related Trauma in Youth (PARTY) program. In a full day excursion to the Royal Adelaide Hospital, we were exposed to confronting, hands-on scenarios and presentations from trauma doctors, ambulance officers and specialised nurses and physiotherapists. During the day, Student Executive members were taken out of the program to attend a media event with a State Government Minister and television presenters for an official launch of the program. We were filmed conducting a simulated medical exercise in which we had to tend to the injuries of a 19-year old in a critical condition due to a serious car crash. Mr. Whitford’s geography class also ran through a similar exercise. That and other hands-on activities that we did with simulated patients were confronting and realistic, however it helped us have a greater understanding of the consequences of some of our actions.

Later in the day, Joe, who is permanently in a wheelchair, came to speak to us about his experiences before and after jumping off of a roof into a pool at a gathering with mates. He told us about his life and how much he depended on others to live as much of a normal life as he could. It really showed just how much your actions affected not only your life but the lives of those around you. Friends, family, relatives, colleagues – everyone is impacted if you make a bad decision.

We all came out of the day with an increased awareness of how our consequences affect others. The day gave us an increased sense of mortality and an appreciation that we still have everything ahead of us to look forward to. It was a great opportunity that we were all lucky to get.

Kai Neagle and Amy Edgar-Barcelo | Students
YEAR 11 RAP

On Friday 2nd September, all Year 11 students attended the RAP (Road Awareness Program) in the Hall. RAP is provided free of charge by the SAMFS (SA Metropolitan Fire Service) and their partners to secondary schools throughout South Australia in hope to raise awareness of road safety and making smart choices. The respect shown from the students to the presenters was commendable, both presenters came away feeling very positive.

At the end of the presentation, students completed a feedback form, which have been developed to help identify changes in attitude that can lead to changes in behaviours in students as road users. Students nominate on the evaluation form what type of driver/road user they were prior to the RAP presentation then indicate the type of driver/road user they intend to be moving forward after the presentation.

From our group of 179 students, 140 students nominated that they were RISK TAKERS as drivers/road users prior to seeing RAP. Then, 178 students checked the box indicating they choose to be a RESPONSIBLE DRIVER/ ROAD USER after participating in the RAP presentation. In response to the question, “Following the program will you adopt safer road behaviours?” 179 out of 179 students said yes. This is an excellent result and the written comments were fantastic from the students, highlighting our students’ clear understanding of the content presented.

“This program changed my views. Definitely an eye opener. Highly recommend!”

“I found this program very eye opening, any teenage driver should participate and have the chance to see the presentation.”

“It was a very good presentation and changed the way I see things and how I will act. I think everyone should see this as it has a very powerful impact.”

“This program gave me a really big insight into the dangers and consequences of being a reckless driver and how to prevent it.”

“Made me realise how many people can be effected from a single person crash.”

“The videos were kinda graphic and confronting, but I think they were necessary. The guest speaker (Michael Holbrook) sent out the most effective message.”

“This program really made me realise to take care of the passengers I will be driving in the car with me.”

“This program has opened up my eyes on the dangers of driving under any influence. I realised that it just takes one simple stupid decision to change the lives of the driver, passengers and the lives of family and friends.”

“Everyone needs to see this, not just teenagers.”

We have RAP booked in for Year 11 students the same time next year and hope it is just as successful.

Alycia Spencer | Mentoring & Wellbeing Coordinator

YEAR 12 GRADUATION

Invitations have been emailed to Parents/ Caregivers for the 2016 Year 12 Graduation on Thursday 27th October at 7pm.

Please RSVP online (details in the email) no later than Friday 30th September.

We look forward to your attendance.
MEET THE STAFF
Each Newsletter we will introduce you to a few of the Henley High School Staff Members

CHRIS CILENTO
Position: Teacher

How long have you worked at HHS: 2nd Year as a teacher. Completed Year's 8-12 at Henley as a student.
Number of years teaching: 3 years
Previous experience/ schools: East Adelaide School and Mercedes College
Describe what you do: In my lessons I try to bring as much energy and humour as possible into the classroom in order to create an engaging lesson. I believe that the best way for students to learn is to ensure they are enjoying themselves throughout the 100 minute lessons.
What subjects do you teach: Year 8 Science, Year 8 Maths, Year 9,10 & 11 Physical Education, Year 10 PLP
Why did you choose to teach in this area: I was heavily involved with sports throughout high school and have always had a strong passion relating to physiology and health. When I decided that I wanted to go to university, it was an easy choice to combine these two interests and elect to study human movement in a double degree with education.
Career aspirations: In my teaching career, I would love to be teaching Year 12 Physical Education and working partially in leadership. It is also an aspiration of mine to one day complete a master’s degree in the field of exercise physiology.
Tell us 3 non work facts about you: Mr Kane & I are in the middle of a prank war currently being held in the PE office (I’m winning). Dirk Nowitzki from the Dallas Mavericks is my favourite athlete. Mr Treagus was my care-group teacher when I was in Year 9.

PAT FUSS
Position: Canteen Manager

How long have you worked at HHS: 11 years employed plus 4 years as a volunteer
Number of years with DECD: I am employed by the Henley High School Governing Council
Previous experience/ schools: I have only worked at Henley but I have volunteered at Grange, Fulham Gardens and West Beach Primary Schools.
Describe what you do: I do all the orders, make sure that all the students and staff are well fed and I have to make sure that the canteen is kept a clean and safe place to be.
Career aspirations: Just to keep working here at Henley
Tell us 3 non work facts about you: I have one daughter and two sons I love hockey. I am a Henley Old Scholar.
RACHEL DARLING
ARTIST IN RESIDENCE WORKSHOP

The ISEC (Intensive Secondary English Course) students were fortunate to have the opportunity to work with Adelaide based visual artist, illustrator and writer, Rachel Darling.

Rachel demonstrated a variety of water colour techniques with Australian flora as the subject matter. The students created their own illustrations which they will later use to create a digital design using Adobe Photoshop. The students thoroughly enjoyed working with Rachel. They learnt new techniques and came away with a collection of very creative works to present in their folios.

Naomi Bond | Assistant Principal International/Languages
SOCIETY AND CULTURE

On the 7th of August, 2016, Ms Emes’ Year 11 Society and Culture class were generously invited to visit the South Australian State Library to learn valuable skills that will assist the students in their current and future studies. The librarians showed the students around the premises, showcasing their many resources (which they made readily available to students) and how to access them. Amongst these resources was the online database which contains documents and articles as old as our country’s founding. We were also shown around the basement, which contains all sorts of documents relating to the entire history of the state of South Australia. Not only books were held in this library, but they also had journals and diaries belonging to historical figures who helped to shapes Australia’s history. They also possessed a variety of tapes and oral histories, and copies of every single newspaper ever published in South Australia. We were also lucky enough to have been given a tour of the Mortlock Wing in the library, home to hundreds of ageing books that are readily available to anyone interested. The Mortlock Wing has been around since 1884, and the Library has gone to great lengths to preserve this library in all of its Gothic-esque glory. In parting, this trip was an invaluable experience for students and will surely assist us in our future educational endeavours in Year 12, university, and beyond. We are grateful to the school and the librarians at the State Library for this illuminating experience, and for the opportunity to study in a great and productive environment such as a library.

Busby Cavanagh | Year 11 Student

UNIVERSITY OF SOUTH AUSTRALIA CONNECT – VX SPORT

During week 2 of this term, Senior School the Physical Education students had the opportunity to visit University of South Australia at Mawson Lakes to engage in their Connect Program. This provided the students with an opportunity to collect personal GPS tracking and heart rate data to take back to their Physical Education lessons. This data collection allowed the students to gain a better understanding of the intensities and measurement methods in order to develop training programs to improve athlete’s fitness components and energy systems.

Chad Winstanley | PE Curriculum Coordinator - SSP Basketball Manager & SS Mentor

TORRENS UNIVERSITY VISIT – SSP ATAR

During week 6 of Term 3, the year 12 Specialist Sport Program (SSP) students were invited to attend an information session at Torrens University as part of Henley High Schools ongoing relationship. The session was designed to give students a greater understanding of the possible post school educational pathways available to them particularly through Torrens University. The Business Manager of Adelaide United, Mark Pangallo was an invited guest speaker. Mark shared his experiences and what assisted him in getting to in his journey.

For more information about Torrens University please visit http://www.torrens.edu.au/#SuZLCz4GXISJmLYB.97

Chad Winstanley | PE Curriculum Coordinator - SSP Basketball Manager & SS Mentor
KNOCKOUT HOCKEY

The State-wide Knockout Hockey championships were held at the State Hockey Centre in week 6. Henley had 4 teams that qualified for the finals; 8/9 Girls and Boys and Open Girls and Boys.

Once again it was a very strong competition with Henley up against private schools in Walford, PAC, St Marks College (Port Pirie) and Trinity College (Gawler), all of whom play regularly as a team in Saturday morning competitions.

Results were as follows.

• Open Girls. Missed out on playing in the final on percentage and finished the competition in 3rd position. Special thanks to Year 12 students in Melissa Garner, Zoe Carter, Erica Feeney and Helen Bradley for the contribution they have made to the HHS Hockey program over the last 5 years.

• Open Boys. Lost two games against PAC and St Marks in the last few seconds of both games and consequently missed out on the final. Finished in 3rd position also. Cameron Higgins has given the program outstanding service and special thanks is extended to him as he leaves HHS after 5 years.

• 8/9 Girls. The success story of the championships from HHS perspective. Coached by Year 12 students as part of an assessment task they made the final against Grant High School and put up a remarkable performance in losing 1 nil, finishing the competition in 2nd place.

• 8/9 Boys. A very inexperienced team battled manfully all day against more hockey hardened opponents. Needed to defeat eventual winners Grant in their last minor game and then rely on an upset result in the last game to qualify for the final. They did their job but unfortunately the other results did not go their way and they finished in a creditable 3rd position.

I would like to thank all the SSP hockey players along with Cameron Higgins, Emily Lewis, Monty Hill and Jamie Ciantar who are not in the SSP program. Special thanks also to a number of year 8/9 students who were recruited to help make up the numbers. Two students in particular need special mention as they volunteered to play the position of goalkeeper, an extremely daunting task. However, both acquitted themselves brilliantly, stopping numerous shots on goals. The students were Matthew Renfry and Alysia Bialous.

Trevor Cibich | Deputy Principal

SSSSA HOCKEY

Melbourne, Victoria hosted the 16 and Under Hockey that was played in Week 3 of this term. We had 3 students represent SA, James Heyzer, Dylan Lawrence and Nicola Higgins.

The boys lost to QLD in their classification final, ending up 6th after the week. The girls had a tough week finishing in 7th spot. Well done.
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
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

DR DAVID SQUIRRELL

MB BS Dip Obst RACOG FRACGP FACRRM Grad Dip Disaster Management Grad Dip Musculo Skeletal Medicine
Grad Dip Rural Health Dip Business CEMST Dip Theo

Last year at HHS - 1972 (year 12 Matric)

Current city of residence – Hallett Cove, Southern Suburbs of South Australia

Where do you currently work - Prematurely retired 2008 due to vision loss after a highly successful career;

• Retired Rural Procedural Dr with main focus in Anesthetics, Obstetrics, Surgery and trauma (Ceased in 1993 due to vision changes)
• Rehabilitation Medicine – physicians training
• Dir Noarlunga Hospital ED
• Dir Noarlunga Rural Training Unit
• Senior Academic Flinders University School of Medicine – Rural Health (9 years)
• Dir Clinical Training Unit
• Srn Consultant Aged Care assessment and Rehabilitation (Ceased due to severe visual impairment)
• 13 Tertiary degrees

What are 3 things you are passionate about - Advocacy & caring for vulnerable people, Origins debate, Genealogical research

Favourite HHS memory - Being informed by my English teacher, Mr Janzow, that I did not have a hope of passing English in year 11 – I ended up with three 1’s & three 2’s with the distinction in English & a commonwealth scholarship for overall performance.

Committees -

• Blind Citizens Australia (Adelaide Branch) President
• BCA National Policy Development Committee
• Able Australia (Deaf Blind) Let’s Connect Project South Australian Representative

WESTERN TEACHERS COLLEGE REUNION

Looking for students who attended Western Teachers College, South Rd, Torrensville in the late 1960’s/ early 1970’s.

Please contact Vincent Johnson

Email vincej_nbn@iinet.net.au or mobile 0498 007 057
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