PRINCIPAL’S REPORT

Dear Families & School Community,

This week, I have passed my front page space to Student Claudia Ciccarello. Claudia is a year 11 Student and also part of the Student Executive group.

Enjoy the School Holidays.

Liz Schneyder
Principal

THE ARTS.....WHAT A TERM!

The Arts Faculty at Henley High School provides brilliant, comprehensive courses and programs to all students. Over the past term, many of the Arts subjects have been busy with events at school and in the wider community and have achieved great things. All students have put in a great amount of effort and have shown a lot of passion towards their subjects. Some events that have taken place over the past term include: year 12 Creative Arts- Digital Media display, year 10 and 11 Drama productions, years 9-12 Music Nights, years 8-12 Choreographic Evening and the musical “Little Shop of Horrors”. Collectively, these events were a great success, resulting in Henley’s Arts faculty leaving a big impression on parents, students, staff members and local schools.

In week 4, one of the year 10 Drama classes performed “School Dance”. It was a play about three nerdy teenage boys who get themselves in a big dilemma when one of the boys begins to turn invisible. This light-hearted comedy was an excellent representation of what Henley’s brilliant Drama courses have to offer. More recently, in week 7 of this term, the year 11 Drama students performed their play “So You Think you’re a Superhero”. This was about a superhero who wishes to be an average, powerless human whilst those around him are wanting to become superheroes. Overall, both these performances were successfully executed and all students who were involved should be very proud of their achievement.
TERM DATES
TERM ONE
27th January - 10th April
TERM TWO
27th April - 3rd July
TERM THREE
20th July - 25th September
TERM FOUR
12th October - 11th December

UPCOMING EVENTS
TUESDAY 21ST JULY
Year 9 - 11 Parent Info Evening
THURSDAY 23RD JULY
Year 12 Parent Teacher Interviews
MONDAY 27TH JULY
Optional Parent Interviews re: Subject Selection

PUBLIC HOLIDAYS
MONDAY 5TH OCTOBER
Labour Day

STUDENT FREE DAYS
MONDAY 7TH SEPTEMBER
Whole School Closure Day
TUESDAY 8TH SEPTEMBER
Show Day
MONDAY 12TH OCTOBER
First day of Term 4

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

EARLY DISMISSAL
FRIDAY 3RD JULY AT 1.20PM

.....continued from page 1.

Over three different nights in week 5, Music students from years 9, 10, 11 and 12 performed in bands as part of their semester assessment. All students performed very well and these Music Nights were thoroughly enjoyable. The musicianship and team work amongst the students is very impressive. The year 12 Music Night was the students Ensemble and Solo Performance exam which contributed 30% to the students overall grade. The night was entertaining with all music students displaying their talents and strengths. These Music Nights are an excellent opportunity for music students to display their dedication and hard-work that has been put into learning and practicing their instruments and working as a team.

Henley also provides a comprehensive Dance program to all students. In week 2 of this term all Henley Dance students (Yr. 8 – 12) performed teacher/choreographer devised works as well as student compositions by senior Dance students at the 2015 Choreographic Evening at The Parks Community Centre. The Yr. 12 Compositions were highly engaging and well executed. A highlight of the evening was the Yr. 8 Dance Troups performance of Uptown Funk. Dance students, Laura Dimas and Sarah Dimas competed at Norwood Dance Competitions and were highly successful. Laura won First place three times, Second place three times, two Third places and one Honourable Mention. Laura also won the Senior Tap Championship, Champion Soloist, 12 Years and over, Open Aggregate and Senior Theatrical Champion. Sarah Dimas won two First places, three Second places, two Third places, one Honourable Mention and Runner Up of the Senior Classical Scholarship. Both girls dance for Tevi’s School of Dance, and are in the SSP Dance and mainstream Dance programs here at Henley. On Thursday the 25th of June, the year 8-12 SSP Dance students attended an all day excursion at the Adelaide College of the Arts, the only facility offering a tertiary Dance degree in Adelaide. Students had the opportunity to participate in a workshop with local choreographer, Katrina Lazaroff. They then watched two performances from the second and third year dance students.
The Visual Art, Design, Digital Media and Creative Arts students have been working very hard over the past term. Art works created by year 10 and 11 students were displayed in a whole school assembly on the Monday of week 5. This allowed the school community to see what work is produced by Visual Art and Design students at Henley. In week 6, the year 12 Creative Arts-Digital Media class displayed their work in an exhibition in our School Gallery. The evening was designed to show parents and other students what has been achieved in Creative Arts-Digital Media so far this year. Some very successful art works and folders were on display as well as those in the process of being developed. The art work displayed by these Creative Arts-Digital Media students was part of their mid-year folios meaning that the work was graded for semester reports. Due to the excellent feedback from families that attended, this Creative Arts-Digital Media exhibition will happen again next year.

This year is the first since 2007 that Henley has put together a school musical production. This musical was offered to years 10 and 11 as a Stage 1 SACE subject. The musical performed was “Little Shop of Horrors”, a fun play about a poor, mistreated young botanist who suddenly becomes famous after discovering a strange and fascinating plant. This production involved many different Arts subjects: Music, Drama, Dance, Visual Art, Digital Media and VET Technical Production. The performances were in week 6 at the Park’s Community Centre in Angle Park. There were a total of four performances, two matinee shows which were provided for classes from Henley and local primary schools and two evening shows. There were two classes involved in the production process, roughly 60 passionate Arts students and there were two separate performing casts. The band consisted of music students from Henley, with a helping hand from one of the cast member’s Dad. There was a large backstage crew who helped with props, set design, and costume design whilst VET Technical Production students operated audio and lighting. This certainly was a big project for all who were involved. The entire experience was extremely enjoyable and enabled students to develop skills in their areas of interest as well allowing them to cooperate and work as part of an ensemble. All four shows were tremendously successful and really demonstrated the great talent within the school. It is a great privilege to say that I was involved in Henley High’s production of “Little Shop of Horrors” (2015).

The achievements in all aspects of arts in the past semester have given an insight into how hard-working, dedicated, talented and creative the art students at Henley are. The staff’s application in teaching creativity, setting and working towards goals, problem solving, organisational skills and teamwork is highly valued.

Claudia Ciccarello
Year 11 Student
TERM 2 REPORTS

Your child/s report will be available online via the Parent Portal after 4pm Friday 3rd July.

Below is the path to access your child/s report.

1. www.henleyhs.sa.edu.au
2. Scholaris Portal Login
3. Login using Username and Password previously provided.
4. Click on My Child
5. Click Progress Tab
6. Select ‘Student Report Term 2 2015’

Please email Nat.Harrison@henleyhs.sa.edu.au if you have any issues at all with this process or if you require your passwords.

Please note Passwords will not be distributed over the phone, only via email due to the sensitive nature of the information. Please be aware that it is school holidays and most staff will not be available immediately. Your queries/concerns will be attended to as soon as possible.

YEAR 12 PARENT TEACHER INTERVIEWS

Parent/ Teacher/ Student Interviews will be held on Thursday 23rd July, starting at 3.30pm and continuing until 5.00pm. Interviews will be restricted to 10 mins in length for student/parents who have concerns. These will take place in the Senior Centre.

To make an appointment, please click here or go to www.henleyhs.sa.edu.au.

Bookings can be made from 6pm Friday 3rd July. To log in you will need;

i. Username: firstname lastname
   (Student Name eg. bob smith)
ii. Password : Birthdate - dd/mm/yy (eg. 23/02/95)
iii. Then select Appointments tab

PARENT/ MENTOR SUBJECT SELECTION MEETINGS

Parent/ Mentor/ Student Meetings will be held on Monday 27th July, starting at 2:40pm and continuing until 5:00pm. This is an opportunity for parents to discuss their child’s subject selections for 2016. These will take place in PLP rooms (for students in years 8-10) and Senior Centre for year 11 students.

To make an appointment, please click here or go to www.henleyhs.sa.edu.au.

Bookings can be made from 8am Monday 20th July. To log in you will need;

i. Username: firstname lastname
   (Student Name eg. bob smith)
ii. Password : Birthdate - dd/mm/yy (eg. 23/02/95)
iii. Then select Appointments tab

IMPORTANT INFORMATION FOR YEAR 9, 10, 11 PARENTS

PARENT INFORMATION EVENING

TUESDAY 21ST JULY 2015, 7.00 PM, MAIN HALL

Further details will be emailed to all Parents/ Caregivers

Parents are formally invited to attend the Parent Information Evening for key information about:

Senior School Expectations - Mark Adams, Assistant Principal Senior School
SACE - Nick McNamara, Assistant Principal Director of Studies
Subject Selection Process - Adam Spencer, Career Development Coordinator
Curriculum Coordinators will also be available to discuss courses offered at HHS
**HOMESTAYS URGENTLY NEEDED**

We are urgently looking for people to host a Japanese student from Koishikawa Secondary School. The tour dates are 3rd to 14th August, 2015.

We require places for 7 girls and 7 boys. With just under a month until their arrival, we are seeking families to host one of these students.

As the timeline is very short you must have a current DCSI Child Related Employment Screening.

If you are able to assist, please contact the International Office on 8355 7007.

*Naomi Bond*
Assistant Principal, International/ Languages

**BREAST CANCER AWARENESS STALL**

In Australia, 15,270 women will be diagnosed with breast cancer in 2015. Amongst these are women with hereditary cancer genes. Breast cancer is becoming increasingly common in this generation, specialists and doctors suggest screening for women between the ages of 50 and 75. Younger females should have the recommendation to have their breasts checked if family history is present. Studies have shown 15% of women who are diagnosed have an established family history of cancer. Getting younger women in the habit of having their breasts checked will promote successful treatment, saving thousands of women’s lives.

For my health promoting activity of this topic for Stage 2 Health, on the 16th of June I held a ‘Breast Cancer Awareness Stall’ outside of the Home Economics Centre. This was an effective way to influence younger people to be aware of any family connections to Breast Cancer, and other cancers for that matter. Many people came and showed their support, and learnt a few things about cancer genes and early detection.

*Savannah Ireland*
Stage 2 Health student
BOOKS FOR BURMA AND TALL STORIES
A Term 2 Middle School Initiative

One Middle School initiative this term was to promote a greater sense of social justice amongst our students. Therefore, the English department elected to support Develop Ed, a not-for-profit charity, based in Melbourne, Victoria with their BOOKS FOR BURMA project.

One of Develop Ed’s current initiatives is the BOOKS FOR BURMA project, where they are asking for donations of old/spare children’s books (aged 5-12) to send to an orphanage and a primary school in rural Burma. Whilst some Burmese children do have access to basic education, many don’t. For thousands of Burmese children resources like books are limited and often unavailable.

Our aim was two-fold and simple. Firstly, we asked students to contribute to this very worthy cause by donating spare children’s books during the course of this term. Last week the students in each sub-school finalised their tally to reveal a combined total of 3,280 books collected. In particular, Lowitja sub-school collected a staggering 1044 books and were awarded points towards the Middle School Shield. The individual sub-school tallies are listed below:

<table>
<thead>
<tr>
<th></th>
<th>LOWITJA</th>
<th>1044</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>MAWSON</td>
<td>858</td>
</tr>
<tr>
<td>3</td>
<td>OLIPHANT</td>
<td>717</td>
</tr>
<tr>
<td>4</td>
<td>MITCHELL</td>
<td>491</td>
</tr>
<tr>
<td>5</td>
<td>FLOREY</td>
<td>170</td>
</tr>
</tbody>
</table>

Secondly, each sub-school participated in the TALL STORIES competition, held on Friday the 26th of June. This competition invited sub-schools to create a sculpture with all of the books that they had collected responding to theme HOME.

Students in each of the five sub-schools (with the help of their teachers) worked hard to build their respective sculptures within a constrained timeframe. Pleasingly, each sub-school presented innovative and original responses to the theme and it proved very difficult for the judges to reach their final decision. It was however, Mawson, with their 3D Burmese temples whom the judges agreed had most successfully met the criteria. Honourable mentions must go out to Lowitja, whom presented a 3D replica of the Burmese flag and Mitchell, whose map of Australia was considered and clever.

A big thank you to Mr. Jason Forrest (HHS English Coordinator) for establishing the connection with Develop Ed and implementing the project. Additionally, thank you to Ms. Sandi Moran (Assistant Principal, STEM and Quality Teaching) for her judging expertise and Ms. Jade Ambler (Middle School Coordinator) for leading the project. Finally, we must thank the Sub School Managers and Mentors for promoting the project/event and of course, the students, whom have overwhelmed us with their generosity.

By contributing in some way, large or small, our students are taking steps to develop their global consciousness and gain a greater understanding and knowledge of Asian perspectives.

For additional information about Develop Ed and their Books for Burma project, go to:
http://www.developed.org.au/whatwedo/books-for-burma/
SCIENCE AND ENGINEERING CHALLENGE

The Science and Engineering Challenge is a day-long competition designed to provide high school students with a positive experience of science and engineering.

The day started off with a short talk, giving us a run down on what was going to happen during the day. We then moved to our stations. We were assigned to the challenge of creating a hovercraft that ran via a remote control along the ground. Every school was given a table with materials on it to construct a hovercraft. We had 4 hours to complete it. Once we finished making our hovercraft we were able to test each of the hovercrafts over a series of obstacles. The first obstacle was to steer the hovercraft in a straight line as fast as it could go over several metres. The 2nd obstacle was to drive the hovercraft over 8 bumps along a track.

The more along the track the hovercraft went, the higher the bumps got. The 3rd obstacle we did was to weave the hovercraft in and out some orange cones. Our hovercraft held the fastest time for the time trial and could cope with rough terrain the best. We were able to get over 7 of the 8 bumps, but we didn’t have the best control which slowed us down in the third obstacle. Overall we won our challenge and our school came 5th in the whole competition, it was a really good experience.

Written by Jessica Woolman, Caitlin Mifsud-Ure and Greta Hutchinson

SA RUBIES NETBALL TEAM IN 2015
MARIE LITTLE OAM SHIELD

National competition for Netballers with Intellectual Disabilities

Congratulations to Isabella Ivancic-Holland & Stephanie Koutroumbis who have been selected to represent SA Rubies Netball Team; South Australia’s state netball team for players with an intellectual disability.

The SA Rubies will compete for the annual Marie Little OAM Shield on Sunday 19 July at Netball SA Stadium.

This will be Isabella’s fifth consecutive year and Stephanie’s second consecutive year of representing the state.

Keen netballers were introduced to Inclusive Sport SA (formerly Sasrapid) and Netball SA C6 Program through Health and Physical Education Program.

A life changing experience providing the girls with an opportunity to play netball at a national level, meet new people and travel interstate.

We are all very proud of Isabella’s and Stephanie’s contribution and high achievement in their sporting commitment and wish both girls best of luck!

Kerrie Dianos
Teacher – SLC
SUCCESS FOR ALL NETBALL PROGRAM

The Specialist Sport Netball Program students organised and held a successful netball carnival for the Para athletes on Wednesday 24th June at Netball SA. The netball students umpired, scored and coached the Para athletes during the carnival.

The carnival included 5 teams from 3 different schools. 3 of the teams were from the Henley High School Supported Learning Centre and they were involved in a round robin competition.

The event was a resounding success with positive feedback indicating the enjoyment that the Para athletes experienced. We hope that next year we have more schools involved working with Netball SA and SSSSA again.

Sammy Nutt
Assistant Principal, SPRESS

JIGSAW - MOTIVATIONAL MEDIA

On 11th June all students were treated to a 40 minute presentation from Motivational Media shown on a massive 5m x 10m screen. Amazing visuals, powerful music and fascinating interviews were used to introduce 5 young people who have found the strength and courage to overcome some daunting obstacles and ultimately achieve success and happiness in their lives. The presentation was both confronting and inspiring.

Here are some of the powerful messages students were given:

Concentrate on what you can do!
Don’t compare yourself to others.
Know who is your biggest supporter?
Don’t get hung up on one piece of the puzzle – look at the big picture.
Do you like who you are when you are alone with yourself?
Who will you follow? Have your own boundaries.
Do you always believe other people’s opinions? Think for yourself.
What do you give to your world? One person can make a difference!

Gill Panton
School Counsellor
DANCE STAR COMPETITIONS – STATE FINALS

On the 27th of June the SSP Dance students competed at the Dance Star State finals, held at Norwood Town Hall. Henley entered two teams, a contemporary (choreographed by Year 12 SSP Dance student, Sarah Dimas) and a hip hop team (choreographed by SSP Hip Hop coach, Ryan Turner). It was a successful day, with the contemporary team coming 1st and the Hip hop team coming in 2nd in their categories. Both teams have been invited to compete at the National competitions held in Brisbane later this year.

Laura Eitel
Performing Arts and SSP Dance Teacher

ZONE HOCKEY CARNIVAL

Henley entered two mixed teams in the Zone Hockey Carnival held at Port Adelaide Hockey Club on Thursday 11th June. It was an emotional day with all schools and students holding a one minute silence in respect of a young Yorke Peninsula hockey player who tragically passed away as the result of a car accident when returning from the State Junior Championships held in Adelaide over the long weekend.

Both teams were a mixture of our year 8/9 Specialist Sport players and other interested students.

The year 10 and 11 SSP students acted as umpires, coaches, tech bench and ground controllers. Marg Smith from Secondary School Sports was particularly impressed with these students’ professionalism and organisational skills.

Both teams participated in a competitive and sportsmanlike manner showing great respect for all players and umpires. Henley 2 finished in third place and Henley 1 had a close 3-1 victory over Portside Christian School in the final.

Team members of the victorious side were: Dylan Lawrence, James Heyzer, Nicola Higgins, Xanthe Bertossa-Kirner, Kloe Schiller, Rebecca Dostan and Jacob Couch.

Trevor Cibich
Assistant Principal, Middle School
SPORTING SUCCESS

ALEX HAYDON

We wish to acknowledge a fantastic 12 months of squash for Year 8 student Alex Haydon. In 2014 Alex was ranked number 1 in Australia after her national title win. From this Alex travelled to compete in Penang, Kuala Lumpur and Singapore. Alex also received the Richard Newman School Sports Award at the KPMG awards night last year.

Alex is also on consecutive National Title wins for 2013, 2014 and will be travelling to Cairns in September to defend her title and hopefully win for the third year in a row. We wish Alex all the best and look forward to hearing of her success.

Please also see The Messenger article below from 2014 School Sports Award


ELLA DUNGEY

Year 10 SSP Student Ella Dungey has recently returned from competing for Australia at the International Youth Diving Meet held in Germany. Ella had a successful trip finishing 7th on the 1 meter board and 17th on the 3 meter board.

This is just one of Ella's many achievements, her next adventure is to Melbourne later this year in December to compete in the Australian Opens Domestic Grand Prix. We would like to congratulate Ella on her fantastic results and wish her all the best for her competition later in the year.

Please see below the top 10 results for the Springboard 1M Girls Group B Final

<table>
<thead>
<tr>
<th>Name</th>
<th>Country</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lena Hentschel</td>
<td>GER</td>
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<tr>
<td>Michelle Heimberg</td>
<td>SUI</td>
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<tr>
<td>Tatiana Stepanova</td>
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<tr>
<td>Ella Dungey</td>
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<tr>
<td>Sayaka Mikami</td>
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</tr>
<tr>
<td>Madelenine Sweet</td>
<td>GBR</td>
<td>299.30</td>
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</tbody>
</table>

BAILEY CAPEL

Year 9 SSP cricketer Bailey Capel has recently returned from a very successful tournament at the U15 Cricket National Championships held in Darwin.

Bailey totalled 171 runs for the week leaving him with an average of 57. These figures gave him the highest batting average, ranking him the number 1 batsmen of the week. Along with Bailey’s batting success he also took 2 catches, 3 stumpings and made 2 run out assists.

With points given for runs and dismissals Bailey totalled 36.1 points therefore receiving the Champion Player of the carnival. These achievements have led to Bailey being selected as a reserve for the U16 Australian Team which will feature for the first time as a stand-alone team in the National Under-17 titles in October and play another match against Bowral in November.

Congratulations to Bailey on a fantastic tournament and the rewards it brought. We look forward to following his success!

Please also see SACA Article below on Bailey’s success

STATE CROSS COUNTRY CARNIVAL

On a crisp but sunny morning, a bus load of students headed off early to Oakbank Racecourse on Thursday 4th June to compete in the State Cross Country Carnival for 2015. The event is a big day with hundreds of students aged between 10 and 18 from schools all around the state competing. Among our bus load, we had 16 runners including 3 from the Supported Learning Centre and 12 Sport and Recreation students who played an important role in recording results on the day.

All of our students performed well in sometimes wet and slippery conditions, with special mention of Amelia Hutchinson who finished third in the Open Girls, and Nick Blum who finished 5th in the U16 Boys. We also had a number of athletes finish in the top 20 which considering many of the age groups had up to 200 runners, is a fantastic effort. A highlight of the day was our U14 Girls runners. We had six girls compete in this age group and all did an excellent job. So good, that when the results of the top four runners were tallied we finished second in the teams event! This meant that Ruby Hickman, Tamika Baynes, Emma Kitto and Kiana Baynes all received a medal for their efforts.

A big congratulations must go to our students from the SLC who competed. Nicholas Schulz and Ben Fuss ran an excellent race and they were well supported by William Vandenberg on the side lines.

Well done to all competitors and their representation of Henely High School.

James Treagus
Sports Manager

NETBALL SA SPECIALIST NETBALL PLAYOFFS

On Monday the 22nd June the Specialist Sport Netball Program Year 8 to Year 11 students participated in the annual Netball SA Special Sport Netball Playoffs at Trinity College. The schools involved in the carnival included Trinity College, Gleeson, Mount Gambier, Blackwood High and St Mary’s College. The carnival was a great opportunity for the students to put all their training into game practice. The Year 8 team were undefeated and the Year 11 team which included year 9 and 10 students only lost one game.

The teams:

Year 11 Team
Isabelle Roberts – Yr 11
Hayley Friel – Yr 11
Renae Bennett – Yr 11
Shay Muegel – Yr 10
Sarah Caire – Yr 10
Jess Wiseman – Yr 9
Holly Battersby – Yr 9
Grace Robins – Yr 9
Asia McMillan – Yr 9

Year 8 Team
Beth Prestwood
Ella Carlaw
Emily Harby
Hollie Brown
Kate Webber
Olivia Van Kessel
Ruby Hickman
Yana Krimizi
Millie Pearce

Sammy Nutt
Assistant Principal, SPESS
MT GAMBIER EXCHANGE

Week 4 of Term 2 saw approximately 60 students travel up from Mt Gambier for the first part of our annual Exchange with Mount Gambier High School. Athletics, Football and Netball kicked off the exchange where they competed in a number of events over two days as well as other specialist fitness and coaching sessions.

The SSP Athletics program began their program with the day at Santos stadium. The morning consisted of 3 teams mixed with Henley and Mount Gambier students competing in a knockout style competition. The afternoon saw them involved in a training and coaching course. Day 2 the results of the competition were announced before heading down to Henley Little Athletics Oval to further develop their coaching skills.

The SSP AFL program spent 2 days with the Mt Gambier students where they were exposed to workshops, team building sessions and also some competitive matches.

The Tuesday saw Mt Gambier arrive at Henley High, in the morning, and the group went in for a workshop run by Mr Thomas. This workshop was based around getting students to develop a positive mindset for their footballing. There were also media presentations from former HHS student Sam Durdin where he spoke about his pathway and transition into the AFL system.

After the session all HHS and MGHS AFL students participated in a training session held at Henley High Main oval. This session got the students working through some competitive scenarios as well as game play situations. All students then travelled to Woodville bowl for an afternoon of bowling/team building.

The Wednesday saw HHS, MGHS and also SAASTA (Indigenous Academy) involved in several matches across the day. The first match saw HHS 8/9 team play MGHS. This showed to be a good hit out for both teams, with Henley coming off the victors in the modified time game. The second game between HHS 10-12 and SAASTA was much more of a physical game. The bigger bodies of the SAASTA students intimidated the HHS students early, but they responded well to this. SAASTA came off winners in this game, holding on to their lead for the entirety of the game.

The Third game saw HHS 9/10 team come up against MGHS 10-12 team. This was also quite a physical game, with some very solid hits being made by both teams. Henley rallied after a slow start to overrun MGHS by a narrow margin, a very good day of competitions that gave some valuable match experience to all involved.

On Tuesday the Mount Gambier Netball students were involved in the ‘Three Cheers Netball SA Community Program’ conducted by Leigh Waddington at Henley High School. In the afternoon the Henley Special Sport Netball students combined with Mount Gambier and conducted a training session that was conducted by three Adelaide Thunderbird players Leigh Waddington, Samantha Poolman and Nicola Gray.

On Wednesday all the girls were involved in a netball carnival which St Michaels and Cabra were invited to as well. The Henley team consisted of a mixture of Year 8 and 9 students and Mount Gambier had two teams of Year 9 students. It was a great way to finish the exchange and allowed the students to apply their skills to game situations.

The annual exchange was a success for both Henley and Mount Gambier students creating new friendships. We look forward to sending Cricket, Tennis, Dance and Basketball down to the Mount in Term 4.

James Treagus
Sports Manager
ATHLETE PREPARATION PROGRAM

The Athlete Preparation Program (APP) has been running successfully at Henley High School for over three years and is aimed at assisting our student athletes reach their goals through increasing their individual fitness and understanding of basic training techniques.

WHAT IS INVOLVED? -

Students are involved in three one-hour sessions per week, two of which are strength and conditioning lead by Personal Trainer and old-scholar Matthew Morton, in addition to one Pilates session run by qualified instructors from Leading Edge Physiotherapy. Sessions run from Week 3 to Week 10 each term and are run from 7.30 to 8.30 each morning. Students will have their individual program set up based around their previous experience, individual goals and sporting commitments. All participants are tested twice a Term in order to alter programs and set new goals.

WHAT ARE THE BENEFITS? –

The benefits of the APP are many, ranging from increasing core strength and flexibility to gaining a deeper understanding of goal setting, correct training techniques and methods. Programs are individualised so that exercises are athlete-specific enabling students to get the most out of their sessions, the benefits then transferring to their sport. Ultimately students will develop the skills to be responsible for their own program and understand their specific requirements.

HOW DO STUDENTS GET INVOLVED? –

Involvement in the APP is an opt-in basis, that is students are required to apply to be involved should they feel as though it would benefit them in complimenting their current training. Information and applications are found on the school website and intake is done each term so that students can involve themselves when it will benefit them most. Applications are judged based on the level the students are currently involved in and the goals they have set.

TESTIMONIALS –

“Being part of APP is extremely valuable to Eliza and it is certainly helping her with her sport – we can see evidence of this in her games!” - Parent

“Patrick is enjoying the program and it is noticeable his increased strength and flexibility through the core. This has improved his soccer” - Parent

“They have a great Athlete Preparation Program, with supervised strength and conditioning sessions before school etc.” - Parent

James Treagus
Sports Manager