



MOUNT GAMBIER HIGH SCHOOL NEWSLETTER

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FROM THE PRINCIPAL

To our School Community

I take this opportunity to highlight the expectations of all Mount Gambier High School students in the wider community of our town.

Our values of Learning, Belonging and Responsibility don't start and stop when our students enter and exit our school. Every student is an ambassador and as such must adhere to responsible expectations of our community as well.

Mount Gambier High School students who choose not to abide by responsible expectations of our wider community will face the same consistent consequences actioned at the school.

I also ask parents and students to be mindful that our school day starts at 8:40am with a home group warning bell indicating to students to be in their room by 8:45am.

A reminder of our focus - "Attending to Culture"

I will continue to remind our school community of the ongoing focus we all need to work on:

- **School Dress Code** - all students are required to wear the correct attire in accordance with our Dress Code policy.
- **Positive Behaviour** - it is important to recognise that responsible and respectful behaviour by all participants in a classroom environment is essential for successful learning outcomes. Likewise, every student represents Mount Gambier High School before and after school; that same responsible and respectful behaviour is expected.
- **Mobile Phone Policy** - it is the responsibility of the person owning a mobile phone to be respectful of the environment they are in.
- **Movement "On" and "Off" our school site** - movement off-site without appropriate permission and/or not following designated sign out processes is unacceptable.
- **A litter free environment** - every endeavour will be given to support a litter free, well maintained learning environment for everyone to enjoy. In particular, high caffeine/sugar drinks have become litter concerns, not to mention the unhealthy aspect associated with these drinks. These drinks will be confiscated and returned at the end of the day if seen being consumed during school time.

Staffing News

Ongoing planning for staffing for this year and 2022 is in progress. Adam Box, our Education Director has recently informed our staff and Governing Council that processes have started to advertise for our new principal ready to start term 3. I will keep you informed of updates to this position.

Upcoming Events

Good Friday Public Holiday

Friday 2 April

Easter Monday Public Holiday

Monday 5 April

End of Term Early Dismissal

2.20pm Friday 9 April

Term 2

Anzac Day Public Holiday

Monday 26 April

Beginning of Term 2

Tuesday 27 April

Year 10 Immunisations

Tuesday 4 May

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Government of South Australia
Department for Education

LEARNING

BELONGING

RESPONSIBILITY

FROM THE PRINCIPAL (continued)

I welcome Suze Ricketts back into her role as Deputy Principal after five weeks of Long Service Leave. I also thank Kerran Wingard who took on this role and did an outstanding job throughout this time. Kerran will return to his original role as Special Sports Coordinator.

I wish Sharon Brodie, our Timetabler and Maths Teacher all the very best as she concludes her service at Mount Gambier High School at the end of this term. Sharon has played a vital role in the design and delivery of our 2021 timetable and supported the development of a new timetable design for 2022. Panel processes are currently underway to fill this position.

As we continue forward planning for Year 7 to High School in 2022 staffing design is underway to request a number of new positions that will support Middle Schooling and replace teachers leaving our site at the end of the year.

Parent Teacher Interviews

Thank you to all parents and students who accessed our interviews last week. Parent Teacher interviews are an extremely important moment in a student's learning cycle. Participation by both parents/caregivers and student is always highly recommended. This was a successful evening with high participation, where parents, students and teachers could discuss performance, review existing practices and suggest possible strategies for future success.

Family Participation Committee

Our school celebrates and invites opportunities for parents and families to be actively involved in school activities and learning. We encourage your input and contributions. If you would like to join our Family Participation Committee please email the school at dl.0784.info@schools.sa.edu.au to register your interest.

New School Uniform

At our last Governing Council meeting, the School Uniform Committee and Lowes management presented final adjustments to the new uniform design to council members. After some clarifying questions and analysis of merchandise Governing Council members voted unanimously to accept the new school uniform and its production ready for purchase by October/November this year. More information will be sent home to families regarding the implementation of the new uniform and the phasing out of our existing uniform lines next term, along with information about our uniform supplier, Lowes, and the benefits they provide to families and the school.

Canteen to Café

Over the last few months we have watched our canteen transform into a new and exciting Café with architecturally designed booths, relaxed benches and open design planning for easy access. At the end of this term students and staff will tour the facility and also experience The Café opening on the last day.



Peter McLaren
Peter McLaren
Principal

 **White Ribbon**
Australia School

PRINCIPAL'S AWARDS

Congratulations to Cameron Morale and Richard Ball who were both awarded Principal's Awards recently.



OFFICE OPENING HOURS *School Holidays*

Please note the following school contact arrangements for the holiday period.

Visitors

The school will be closed to all visitors during the school holidays (unless by prior arrangement).

Telephone

Phone lines will be open between 9am and 2pm during the holiday period. Please note however that minimal staff are on-site during the holidays and email messages forwarded to staff may not be attended to until the commencement of term 2.

SANFL TALENT TESTING AND FOOTBALL WORKSHOP

2021 AFL Diversity Talent ID Testing

On Monday 15 March Brenton Phillips (Talent Manager) and Shawn Ford (Diversity Program Manager) from the SANFL visited Mount Gambier High School to run a Talent Identification Program for a number of our Junior School students from multicultural and Indigenous backgrounds.

The initial part of this program involved our students completing a battery of fitness tests and some Football specific drills. This testing aims to identify talented individuals who may be eligible to enter these Talent Pathway programs, with the ultimate goal of selection into AFL Leadership Programs where students would have the opportunity to represent the AFL in national multicultural and Indigenous representative teams.

Brenton and Shawn were both highly impressed by the athletic ability on show and the enthusiastic way in which our students approached each test.

SANFL Football Program Session

Our Mount Gambier High School Football Program students were taken through an extra training session with Brenton and Shawn on Tuesday 16 March. Sharing their Football knowledge and experience, Brenton stressed the importance of 'getting the basics right' if students want to progress to higher levels in the game and spent a large part of the 90-minute session focussing on student's kicking skills.

Football Program class member Tom Bellinger thanked both Brenton and Shawn for their time, along with the valuable insights they provided.

Stephen Day | Teacher



PE HYGIENE

PE Classes

For best hygiene practices it is recommended that all students participating in PE and Specialist Sports Classes change into clean, comfortable and appropriate clothing to participate in their lessons. When the lesson is finished students are asked to then change back into their Mount Gambier High School Dress Code outfit in a timely manner. Outlined below are a few facts in regards to gym clothing/trainers.

Trainers

Our feet contain the highest concentration of sweat glands, which can create a hot and sweaty environment and the ideal atmosphere for fungus and bacteria to thrive.

To prevent germs harbouring and multiplying in your trainers, you should allow your trainers to dry out between each use. If you exercise every day or even twice a day, you should consider having two pairs of trainers, which you alternate between. You should also always wear socks and wash them on a high wash - above 60°C - after each use. There is no hard and fast rule for when to wash trainers, if indeed they can be washed.

Gym Clothes

Your workout clothes are a key source of germs, since they absorb your body's sweat as well as other bacteria found in the environment. Germs are more likely to harbour on polyester sports clothing, causing odour as opposed to cotton materials. When washing polyester clothes a washing temperature above 60 degrees is ideal to kill bacteria.

If you practise good hygiene and opt for high-quality clothing, your gym kit should stay fresh for longer. Do not let your children share gym kits with friends - if one has a skin infection it can be passed to others.

Containing items such as trainers in a separate plastic bag within your gym bag will stop harmful bacteria from spreading. You should take items out of your gym bag when you return home, ensuring everything has an opportunity to air. It would be recommended to replace your gym bag when you can no longer get it clean and fresh.

Reusable Water Bottle

Water is essential for any workout and most of us will have a re-useable bottle. However, they can be a hot spot for germs and bacteria.

If you do not wash your bottle regularly, bacteria will harbour under the lid and at the bottom of the bottle. If you are using a re-useable water bottle you should wash it out daily. Bottle brushes will also help clean the inside base of the bottle and scrub around the cap. Putting the bottle in a dishwasher upside down usually kills all bacteria.



Jan Longbottom | HPE Coordinator

CANTEEN VOLUNTEERS NEEDED

Our Canteen is looking for volunteers to assist with Canteen duties between approximately 10.30am to 2.00pm during the week. Hours can be negotiated to suit and morning tea and lunch is provided.

All volunteers must have a current DHS Working with Children Check and complete a Responding to Abuse and Neglect - Education and Care sessions for volunteers. Both of these requirements can be completed for free.

If you are interested in volunteering for our Canteen or would like further information please give our Front Office staff a call on 8721 0200.

END OF TERM *Early Dismissal*

Reminder that next Friday 9 April (end of term) is an early dismissal day. Students with early dismissal authorisations will be able to leave school at 2.20pm

PEER SUPPORT LEADERS ORGANISE HARMONY DAY ACTIVITIES

On Friday 19 March Mount Gambier High School celebrated Harmony Day and National Day against Bullying with an array of activities throughout the school. Days such as this gives us a chance to show respect for cultural and religious diversity and provides opportunities for all members of our school community to feel like they belong.

During the day the Peer Support Leaders ran a variety of activities that included:

- Scavenger Hunt— Students moved around the school in teams looking for Harmony Day clues that were written on paper people. Prizes were given to the group with the most correct answers in the fastest time. The scavenger hunt gave students a opportunity to work in teams to get to know each other and to learn more about the messages of Harmony Day.
- Colour Explosion—year 8/9 students participated in a fun run that involved plenty of water and colour!
- Orange helium balloon messages of encouragement—year 8 students helped to deliver orange filled helium balloons to fellow students and staff that had a positive message and a treat attached . There were around 150 balloons given out on the day with lots of positive feedback from those that received a balloon and promoted the message of 'Everyone Belongs'
- Orange Cupcakes— Peer Support students worked with Miss Jared's Year 8 Maths class to decorate Harmony Day themed cupcakes. The students enjoyed getting involved and learning more about Harmony Day.

It was lovely to see our students mixing and working together to help create a caring, accepting and positive school culture.

Peer Support Leaders



MORE FROM HARMONY DAY

The Year 8 Italian and Year 12 Food and Hospitality classes planned a Harmony Day celebration focusing on preparing a range of healthy Italian street foods. Mixed groups of stage 2 and year 8 students worked in the Trade Centre to prepare Arancini Balls, Gnocchi, Baked Pasta, Pizzas and Tiramisu'. The stage 2 students had adapted the original, traditional recipes to improve their nutritional content. A variety of fresh herbs, seasonal vegetables and low fat products were used. The Year 8 Japanese class visited in the last half an hour to do some taste testing.

In their language class the year 8s explored the capabilities of cultural understanding and discussed the influences of Italian products on the way we prepare our meals in Australia. We were very proud of the end results of the task and the processes undertaken to ensure a successful outcome.

We look forward to our next collaboration!

Jan Longbottom | HPE Coordinator

Eluisa Crispino | Italian Teacher



Students from our New Arrivals Program created beautiful artwork in celebration of Harmony Day.

NAMING OF NEW BUILDINGS

With construction of our two new buildings well underway, we are starting to prepare for their opening later in the year.

An important step in this process is consideration of what the buildings should be named. With this in mind, Governing Council would like to invite submissions from members of our school community. All naming submissions should include information or documentation supporting the name chosen. Previous buildings have been named after past principals and individuals who have made a valuable contribution to the school in some way.

Submissions must be received by 3.30pm on Friday 30 April 2021 either in person (Front Office), by mail (Brownes Road, Mount Gambier SA 5290) or by email to (dl.0784.info@schools.sa.edu.au).

Steph McIntosh | Business Manager



2021 GLOSSOP EXCHANGE

Due to the ongoing complexities around COVID-19 guidelines and restrictions the annual exchange between Glossop High School and Mount Gambier High School will again be a modified one-day program similar to that undertaken in 2020. Both schools are committed to continue the strong connection and relationship through the annual exchange however, for 2021, we cannot return to the traditional four-day exchange format.

Each year the host school is challenged by the number of families who are willing to host students from the visiting school. Moving towards the re-introduction of the traditional exchange from 2022 (hosted by Glossop High School), we require ongoing support from our families in 2023 taking billets to ensure the longevity of this wonderful, long standing tradition. Any family can volunteer to billet students from the visiting school, provided all persons 18 years and over in the household have completed the relevant clearance which are provided free of charge when organised through the school.

The modified exchange for 2021 will still occur in week 10 term 2. More details about team nominations, selection and specific program information will be released in early term 2. If you have any questions, please contact the school on 8721 0200.

Kerran Wingard | Special Sports Coordinator



INTERSCHOOL ATHLETICS

On Wednesday 17 March our Athletics team travelled to Penola High School to compete in the annual South East Zone Interschool Athletics Carnival. 70 students made up the team which was attempting to defend all age group trophies and the overall shield won in Bordertown in 2019. The weather was warm and for the first time in a long while, the spread of schools being presented ribbons on the dais was noticeable.

We had a number of students on the winner's podium with highlights including Hayden Crowe, winner of the Open Boys 100m, 200m, 400m and relay, Tori Redemski, winner of the Open Girls 100m, 200m and relay, Tara Bryant, winner of the Open Girls 1500m, 800m, 400m and relay and Zeb Chant, winner of the Under 15 Boys 200m, Triple Jump, Long Jump, relay and second in the 100m. Each and every one of our students would have a story about their personal achievements as well as those highlighted above.

Our school should be proud of our students' commitment to performing at an exceptionally high level and the outstanding sportsmanship that was shown, not only to support their fellow team mates but also fellow competitors from other schools.

At the end of the day we were successful in winning two Age Group Shields (Under 15s and Open), coming second in another (Under 16s) and our Under 14 team finished 5th. Unfortunately this meant that as a team we came second overall by a mere 10 points (the same number of points given for winning one event).

We look forward to hosting the Interschool Athletics competition here at Mount Gambier High School in 2022 and the chance to once again claim back the winning shields.

Kerran Wingard | Special Sports Coordinator



NATIONAL RURAL YOUTH AMBASSADOR FORUM

The Rural Youth Ambassadors program, founded in Victoria 10 years ago, aims to provide young people in rural and remote communities with the opportunity to develop their leadership skills and to provide a voice on rural and remote education. I was fortunate enough to be chosen among 14 other South Australians, to be involved in the inaugural South Australian Rural Youth Ambassadors Program, facilitated by Rural Inspire and the Country Education Partnership. After a number of online discussions throughout 2020, our group had the opportunity to meet in Adelaide in week 3 of this term. We were fortunate to have the opportunity to present our ideas to the Chief Executive of The Department for Education, Rick Persse, and the Minister for Education in South Australia, John Gardner. Our work and discussions have resulted in the development of two business cases, as well as the announcement of the Rural Inspire Program, in which I have had the opportunity to be involved in developing and refining, to be promoted in all regional schools across South Australia.

My commitment and involvement with the South Australian program, led to my selection in the National Rural Youth Ambassador Forum, which was held in Canberra from 23 to 26 February. I was joined by 17 other rural and remote students from across Victoria, New South Wales and South Australia to discuss the challenges and limitations surrounding rural education. Our role was to provide a collective voice and represent rural, regional and remote students across Australia, as we met with senior bureaucrats from the Department for Education and key stakeholders across all levels of Government. This included four National Ministers whose portfolios relate to Education and Regional Australia: Andrew Gee, Alan Tudge, Dan Tehan, and Luke Howarth. Our discussions centred around three key areas; encouraging a partnership between schools in a nearby radius that enables them to work together to share resources and offer a broader range of subjects and extracurriculars to students; a proactive approach to mental health issues that is student driven and better allows for teachers and parents to help students deal with mental health issues; and bringing post-school pathways information to the bush via a travelling careers expo.

The response we received from all four ministers was incredibly positive and encouraging. They were highly impressed with our presentations and discussions and have requested us to provide more detail around our ideas to present to the Department for Education, Skills and Employment, and the National Education Council. They also acknowledged that they would like to continue working with us in the future to continue working towards better education for regional students. I also had the opportunity to meet with our local Minister for Education, Tony Pasin, as we toured Parliament House and discussed my role in the program, and my experiences living in Mount Gambier.

I was fortunate to have the opportunity to meet a meeting with Robbie Beale from the National Careers Institute, which involved reviewing the support regional school leavers receive. We also met with representatives from the Regional University Department to discuss how the Country University Network could best support rural and remote young people looking to attend university and further education.

Our final day in Canberra involved conversations with members of the Rural Education and Communities Research group at the University of Canberra, followed by a video conference with members of the National School Resourcing Board, who provide recommendations to government on where funding should be allocated in education.

Over the course of the three days, we as a group developed incredible connections and initiated a number of conversations in which we hope can contribute to significant change in the education system for young people living in rural Australia. On a personal level, the program has enabled me to build incredible relationships, improve my leadership skills, and find like-minded individuals who share similar passion, initiative, and drive, in supporting rural students.

Sarah Dally | Year 12 Student



SAPSASA ATHLETICS CATERING

The Year 10 Food and Enterprise and Stage 1 Food and Hospitality students had been very busy over the course of a couple of weeks preparing food for sale at the annual SAPSASA Athletics day held on Tuesday 23 March. Students prepared sausage rolls, cheese and bacon toasties, cupcakes, biscuits and a range of slices. Rob Berlin, with the help of the year 10 students ran the Café for the day- producing a range of coffees and hot chocolates.

We were very proud of our students' organisation on the day and their helpful manner when asked to complete tasks. Our fundraising on the day will go towards purchasing a new treadmill for the Weights Room.

Jan Longbottom | HPE Coordinator



YEAR 10 CHILD STUDIES

The Year 10 Child Studies class are finishing a topic looking at nutrition during pregnancy. This topic provides information regarding the importance of eating in a healthy way for optimum development for the baby, while also giving the class a taste of how tasks are presented in SACE Child Studies.

Joanna White | Teacher



DESIGNER SHARES EXPERIENCE

On 17 March, local clothing designer, Lucy Ridley visited the Year 9 Clothing and Textiles class to talk about her growing textiles business, 'Lucy in Paradise'.

Lucy shared about how she makes her own clothing such as ladies dresses, skirts and pinafores in her spare time for her family, friends and online customers.

You can find what designs Lucy makes for her business by going to her Facebook and Instagram pages, 'Lucy in Paradise'.

Trent Malin | Year 9 Student





City of
Mount Gambier

YOUTH
MONTH

04
21

ARE YOU AGED 12 - 25? THEN APRIL IS YOUR MONTH!

During April the City of Mount Gambier is celebrating our local youth (that's YOU!) by giving you and your mates an opportunity to come together for some fun, meet new people and learn new skills.



POLYMER EARRING MAKING

Tues 13 April / 2:30pm - 4:00pm @ The Riddoch

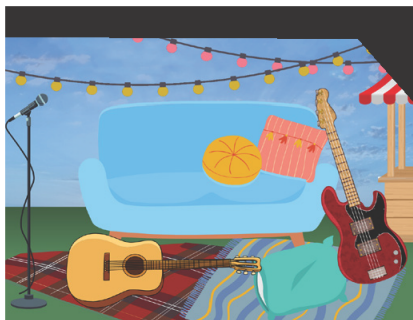
Roll, twist, kneed and shape oven baked clay into one-of-a-kind earrings. **COST: \$10.** To book, please call 8721 2563 or come in and speak to one of our friendly staff at reception.



TWEEN CROCHET - WRIST BANDS - SESSION 1 OF 2

Wed 14 April / 10:00am @ Mount Gambier Library

Learn the basic technique of crocheting and create a funky wrist band. Attendance at two sessions required. Delivered by a local volunteer. **FREE.** To book* please call 8721 2540 or book online via mountgambier.sa.gov.au/library (under 'programs & events'). *Bookings open 6 April.



OUTDOOR LIVING ROOM: YOUTH MARKET STALL & BUSKING

Fri 16 - Sun 18 April / 10:00am - 1:00pm

@ Mount Gambier Library

A chill out space just for you! Let's take the couch outside, practice your music in front of a crowd, sell your products to the community, come and hang out, play games, enjoy! Bring some coin for spending! **FREE ENTRY.**

*To be a stall holder or a busker, register now by calling Terasa on 8721 2540 or message the Mount Gambier Library Facebook page facebook.com/TheMountGambierLibrary

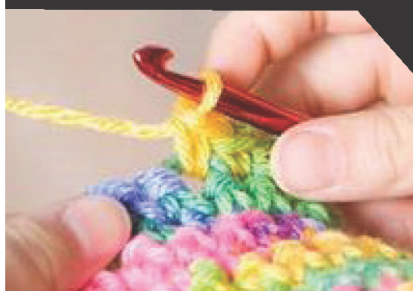


YOUTH SCREEN PRINTING

Tues 20 April / 10:30am - 12:00pm @ The Riddoch

Come along and try screen printing! We will have calico bags, or you can bring a new clean t-shirt to print on.

Learn how a cricut machine works and then, using prepared vinyl cut outs in funky themes, we will guide you through the process of screen printing. **COST: \$25.** To book, please call 8721 2563 or come in and speak to one of our friendly staff at reception.



TWEEN CROCHET - WRIST BANDS - SESSION 2 OF 2

Wed 21 April / 10:00am @ Mount Gambier Library

Learn the basic technique of crocheting and create a funky wrist band. Attendance at two sessions required. Delivered by a local volunteer. **FREE.** To book* please call 8721 2540 or book online via mountgambier.sa.gov.au/library (under 'programs & events'). *Bookings open 6 April.



POSCA ART WITH JEREMY IEVINS

Fri 23 April / 10:00am - 4:00pm @ The Riddoch

Want to express your art and personalise your very own surfboard, helmet, skateboard, shoes or piece of clothing? Bring along your own item to work on and local artist Jeremy Ievins will share tips and techniques on how to bring it to life using Posca pens. **COST: \$45.** To book, please call 8721 2563 or come in and speak to one of our friendly staff at reception.



Mount Gambier Library
6 Watson Terrace, Mount Gambier
Phone 08 8721 2540



The Riddoch Arts & Cultural Centre
1 Bay Road, Mount Gambier
Phone 08 8721 2563