



# MOUNT GAMBIER HIGH SCHOOL NEWSLETTER

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## FROM THE PRINCIPAL

Dear families

We have certainly had a start to the school year like no other!

I want to begin by thanking all of you for your patience and flexibility as we all adjust to the very different way that we are needing to work and learn for the start of the year.

We warmly welcome our year 7 and year 8 students and their families to Mount Gambier High School. Nerves were high on day one, as they always are, but our students have quickly settled into new surroundings and routines. Old friendships are being reaffirmed, and new ones being made, as well as establishing relationships with new teachers. Starting high school is always a milestone, but particularly historic this year. It will be a start to secondary school that many of our students will never forget!

In addition, we also welcome new students and their families to other year levels. Again, very trying circumstance to be new to a school and not be able to be physically present on-site. We all look forward to that changing soon and welcoming our new people in person.

Being new into a school is always a challenge as there is so much to learn and become familiar with, but in the current climate it is even more challenging. I trust that all of our new staff will be as welcomed into the school community as I have been. One of our school values is belonging. I am appreciative of the warm reception that I have received, and our new staff, so that we are able to develop our sense of belonging to the community.

### COVID-19

Now, more than ever, it is important that we all follow the health advice and Department for Education expectations. I'm sure that you are well aware of these. I have been very pleased to see everyone complying with the expectations regarding mask wearing. This is particularly important at the moment. I appreciate the support that all parents are providing to ensure that their child understands the need for mask wearing and are compliant with it.

I do need to reinforce that if your child has any cold or flu like symptoms, even mild, they must stay home from school. Any young person with symptoms needs to be sent home from school, and parents will be contacted if this need arises. If your child has symptoms, they will need to have a PCR test and stay home until a negative result is received.

We are required to notify parents when their child is a classroom contact of a confirmed positive case. Currently we are doing this by text as quickly as we can after the case confirmation, and are following this up with an email. This is a DfE requirement.

If your child is a classroom contact, they continue to come to school unless they are unwell or waiting for test results. If you choose to keep your child at home, or if

## Upcoming Events

### Governing Council AGM

To be rescheduled

### 1500m Races

Monday 28 February

### Middle School Pancake Breakfast

Tuesday 1 March

### Athletics Carnival

Thursday 3 to Friday 4 March

### Year 8 Immunisations

Tuesday 8 March

### School Photographs

Thursday 10 and Friday 11 March

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Government of South Australia  
Department for Education

LEARNING

BELONGING

RESPONSIBILITY

## FROM THE PRINCIPAL (continued)

they are required to isolate, a school based remote learning program will not be offered. This is a statewide Department for Education expectation.

### Governing Council

Due to the current DfE expectations, the Governing Council AGM has been postponed. The new date will be advised as soon as this is confirmed.

The Governing Council plays a critical role in ensuring the success of the school. The Governing Council works closely with the principal (and senior leadership team) to determine the school's strategic priorities and directions, and have input into policy development and review. It is a rewarding role, and certainly deepens knowledge and understanding of the school for parents.

As we begin the new school year, we encourage and invite parents to be part of the Governing Council. If you would like to know more about the Governing Council and how to become involved, please contact Jaime Newell, Principal's Secretary in the first instance. Jaime will ensure that our Governing Council Chairperson, Hanna Persello gets in touch with you.

### In closing

It's usual at the start of the year for the principal to affirm school rules and expectations in the first newsletter. I do draw your attention to these and seek your support in ensuring your child is following them. If you are unsure about our expectations regarding uniform, mobile phones etc, you can find this information on our website.

I particularly want to thank all of the staff, teaching and non-teaching, for their hard work so far this year. There have been obstacles and trials aplenty. I'm so proud of what has been accomplished under trying conditions. Every single person has worked phenomenally hard. I'm grateful for the work that everyone has done and am confident that they will continue to do so.

Schools are fundamentally places built on relationships. We all miss the human connection when we are unable to be together in person. We look forward to welcoming everyone back on-site as soon as possible.



**Annette Ryan**  
Principal



## 2022 NEW STAFF

Welcome to our new teaching and ancillary staff members joining our school community in 2022!

Miriam Alford - Aboriginal Education Teacher, Nick Burns - Solutions, Chris Couchman - Solutions, Susan Dunn - Global Perspectives, Christopher Fleetwood - Special Options/Maths/Science, Josh Fraser - Design and Tech/Other Technologies, Courtney Grosser - Psychology, Leeanne Higgs - Maths/Science, Linda Hamilton - Global Perspectives, Azmir Hossain - Maths/Science, Amila Jayasinghe - Maths/Science, Rebecca Johnson - Visual Arts, Katherine Schofield - Global Perspectives/English, Laura Small - Arts Coordinator/Music & Drama, Nic Tubb - Drama/Media Studies, Aaron Zhao - Maths, Kim Cella - Dance Assistant, Sarah Dally - HPE Trainee, Kaleb Gentile and Jayden Green - SSO in classroom support, Ryan Horrigan - ICT Support, Shannon Pearce - Youth Worker, Loretta Pople - Student Office, Brooke Rzepiela - CLC Support and Adam Salicki - Pastoral Support Worker.

Welcome back also to Conor Wingard (HPE) who returns from parental leave over the past few years and Siobhan Koop (English Coordinator) following maternity leave in 2021.

Amanda Lengyel | Public Relations Officer



## MIDDLE SCHOOL NEWS

Despite the strange start to the school year it has been exciting to welcome our new year 7 and 8 students. The first weeks of school have flown by, with students and staff building relationships and getting to know each other across a range of experiences. Our new Middle School programs including Solutions, Global Perspectives and Impact are providing the students the opportunity to participate in in-depth learning and creating positive relationships with teachers and peers.

Our Impact program has focused on 'Setting up for Success', connecting students with our Mount Gambier High School Code of Conduct, "CARE". Students and teachers also discussed routines, organisation and being "ready to learn" as they navigate their responsibilities in their new high school environment. A big focus has been around respect and what that looks like, feels like and sounds like at Mount Gambier High School, in the classroom and around our school.

Our year 7 and 8 students are in a unique situation, being new to high school but also with the majority of students learning from home they have been able to explore the school, establish routines and get to know each other and their new teachers.

2022 promises to be busy and fulfilling and we encourage our students and families to get involved in as many ways as possible, once COVID-19 restrictions have eased. We look forward to meeting and working with all families, supporting our school community and our future leaders! If you have any questions or concerns about your middle school student, please do not hesitate to get in contact with one of our Middle School Team.

Kathryn Sutton | Middle School Assistant Principal



## SENIOR SCHOOL NEWS

This year we welcome Year 10 students as part of the senior school. Our core focus is on attendance, effort and engagement to drive achievement and success for all no matter what pathway a student is considering.

As a reminder, if a senior student needs to leave for an approved reason such as a medical appointment, they must have a written note, and show this when they sign in and/or out through the Student Office, or parent contact has been made with the Student Office. If a student is late to school, they must also sign in through the Student Office and have a note where possible.

Year 12 students have uncommitted lessons when they are not in subject lessons. The purpose of uncommitted lessons is for students to complete assessment work, revise subject matter and prepare for upcoming lessons. It is an expectation that students remain at school during these times, as well as recess and lunch. The intention is for students to develop sound work habits in order to complete set tasks and be successful in their learning. There are staff members available to assist students during their uncommitted lessons.

Parents can contact their Home Group teacher or a member of our Senior School Team if they have any questions.

Samantha Brown | Senior School Assistant Principal





## 2022 MATERIALS AND SERVICES CHARGES

In establishing the fees for 2022 both the Finance Advisory Committee and Governing Council are sensitive to the fact that some families may require assistance in meeting this commitment and therefore we are once again offering an instalment plan together with a variety of payment options.

Should you require alternative payment arrangements, please contact the Finance Manager or Business Manager on 8721 0200 to discuss.

### Payment Due Dates

1 <sup>st</sup> Instalment <u>or</u> Full Amount	Friday 18 February 2022	\$155.00 <u>or</u> \$465.00
2 <sup>nd</sup> Instalment	Friday 18 March 2022	\$155.00
Final Instalment	Thursday 14 April 2022	\$155.00

### Payment Methods

Payment of the above fees can be made using one of the following options:

Online (BPoint) - Information on how to pay online via the school's website can be found over page.

Qkr! - Information on how to download and register on the Qkr! app is available from [www.mghs.sa.edu.au](http://www.mghs.sa.edu.au).

Direct Credit - Payments can be made to the Mount Gambier High School bank account: BSB 065-504, Account Number 10392015 (please ensure you include your family code in the payment reference).

By Post - Cheque or credit card payment accepted by completing the details at the bottom of the invoice and posting to Brownes Road, Mount Gambier SA 5290.

In Person - Cash, cheque or credit card payment accepted at the Student Office.

### 2022 School Card Scheme

School Card offers assistance with school fees (materials and services) to eligible families. For further information, to check your eligibility or apply online, please visit the SA Gov website ([www.sa.gov.au/education/schoolcard](http://www.sa.gov.au/education/schoolcard)). Alternatively please visit the Student Office for assistance (please bring your Health Care Card with you).

Please note: A School Card Form is required to be completed for each family, each year, regardless of the previous year's status. If a form has been completed at a primary school for younger students, a form is also required to be completed at Mount Gambier High School for secondary students.

Belinda Roughana | Finance Manager

Steph McIntosh | Business Manager

## 2022 NEW MGHS UNIFORM SUPPLIED BY LOWES



It has been fantastic to see all of our new year 7 and 8 students dressed in our new Lowes uniform from the start of this year. The feedback on the uniform has been extremely positive with students well presented each school day. Our year 12 students have also been proudly wearing their senior rugby tops, a first for this cohort who previously shared a senior jumper with the year 11s.

A reminder that our year 9, 10 and 11 students who will be returning to face-to-face learning next Monday 14 February are still able to wear our previous dress code during the two year transition process. It is a reminder however that this dress code does not include black or grey pants, black leggings or ripped jeans.

Lowes will be offering another 20% off day during March. Keep an eye out for advertising for this in the near future.

Amanda Lengyel | Public Relations Officer

## SPORTS CARNIVALS

2022 has started with some School Sport restrictions due to COVID. It is unfortunate that our new year 7 and 8 students will have to wait until Term 4 for our modified Swimming Carnival, but they will hopefully get the opportunity to compete and participate in the Athletics Carnival in Week 5.

If this Carnival goes ahead, students in years 11 and 12 will have the opportunity to nominate for the position of House Captains. Each year, students select one male and one female Captain, and the Vice Captain positions are filled by the students who receive the second highest votes.

This year students will complete event nominations online via Microsoft Forms. Students will be encouraged to participate in as many events as possible as there are no individual event restrictions. We offer the traditional track and field events as well as a range of novelties, including Tunnel Ball, Sack Races and Tug O War. Year 7 and 8 students were able to practice some of these in Week 1.

A decision on the Athletics Carnival taking place will be made once the Department for Education is able to provide some more information relating to camps, excursions and sporting activities in the next couple of weeks.

If restrictions do lift, Mount Gambier High School will also be hosting the 77th Annual School Sport SA South East Zone Athletics competition on Wednesday, 23 March (Week 8). This is a huge day, where students from eight schools compete against one another in a variety of track and field events. Students who perform at a high standard (winning our school Athletics Day events) have the opportunity to represent the school in this competition.

We look forward to the challenge of trying to win back the overall shield which we narrowly missed out on last year.

More information about School Sport in Term 1 will be provided to students, parents and staff once restrictions are lifted. Students are encouraged to continually check Daymap bulletin messages for sign up opportunities to participate in extra-curricular school sport.

Kerran Wingard | Special Sports Coordinator



## REMINDER OF THE 2022 6-LINE TIMETABLE

COMMENCES	LESSON	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.45 (Bell 8:40)	1	1	4	2	6	5
10.05 – 10.25	Morning Recess					
10.25 – 11.45	2	80 Min Block	5	3	1	80 Min Block
11.45 – 12.15	Lunch					
12.15 – 1.35	3	2	6	5	3	4
1.35 – 1.55	Afternoon Recess					
1.55 – 3.15	4	3	1	4	2	6
3.15	Dismissal					



## YEAR 7 AND 8 FIRST DAY ACTIVITIES



## 2021 SCHOOL MAGAZINE *Orders*

Pre orders are being taken for our 2021 School Magazine which will be ready for delivery later this year. Due to amended printing costs, the purchase price of the magazine has been reduced to \$15 each. The cost of each magazine is determined by the amount of books sold so please support this much loved memento that students will be able to look back on over the years.

Orders can be made by contacting the Student Office, with various forms of payment available including Commitment to Pay agreements.





## GOOD HYGIENE IN PE

### 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 Uniform 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



## OFFICE OPENING *Hours*

Please be advised that during 2022 our Front and Student Offices will be open to the public between the hours of 8.00am to 4.00pm, Monday to Friday, during school terms.

If you are unable to pop in during those times, please contact the school to make alternative arrangements.

Thank you

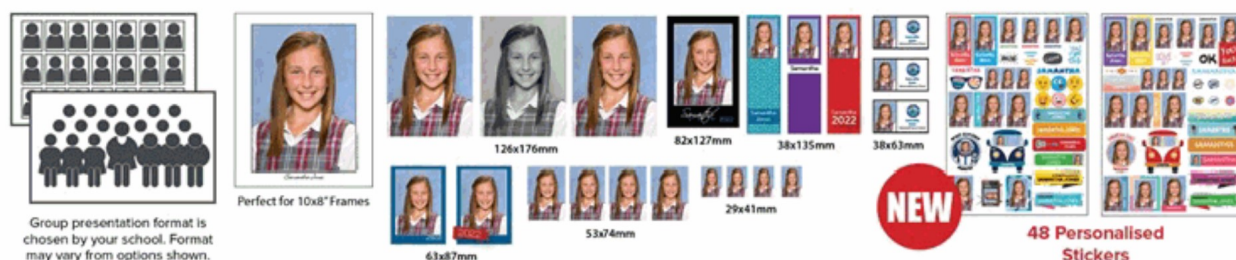
## COLLABORATIVE LEARNING CENTRE *Opening Hours*

The Mount Gambier High School Collaborative Learning Centre is open daily between 8.00am and 4.00pm for students to stay and study everyday.

Wednesday's opening hours are extended to 5.00pm for students wanting a quiet space to complete homework.

# MGHS Student Photographs

## Thursday 10 and Friday 11 March



**Please note:** Traditional or Composite group and the presentation format are chosen by your school. Sibling photos, if available, can also be ordered online and must be ordered prior to your photo day. A late fee will apply for photos purchased after ordering has closed.

## how to order

### order online

Online payment options include Visa, Mastercard and PayPal. Alternatively, you can choose to pay over 10 weeks using LatitudePay.

#### STEP 1

Go to [www.advancedlife.com.au](http://www.advancedlife.com.au) on your computer, phone or tablet.

#### STEP 2

Enter your school code:

**ZDF R9R CD1**

in the 'order and download' box. This will take you to your school's secure online ordering site.



#### STEP 3

Click on 'Order Photos' and complete your details and procedures. During this process you can place orders for additional children at your school and sibling photos, if available



### cash/envelope ordering

Your school prefers orders to be placed online. However, if you are unable to order online, please complete your order using the order envelope provided.

#### STEP 1

Complete a separate order envelope for each individual child's package/s ordered. If ordering for more than one child, payment should be enclosed in the envelope of the eldest child and this should be indicated on the envelope of the other child/children (the envelope that does not have cash enclosed).

#### STEP 2

Enclose exact cash payment in one envelope for the package/s you are ordering. Payment for more than one child should be in the eldest child's envelope and marked at the bottom of the envelope in the space provided.

#### STEP 3

Return your completed envelope/s, with correct cash payment, to our photographers on the day.

**Please note:** You must enclose exact correct payment, as change is not available. Credit card payments can only be made online and we no longer accept cheques. There is a separate envelope for sibling photo orders, should your school choose to offer sibling photos.

**School photographs will be returned to your school 4-6 weeks after the day of photography**

#### IMPORTANT - "not for publication" students

If you have instructed your school that your child's image is "not for publication" (sometimes called "do not publish" or "not for media release" instructions), the school will ensure that your child is not presented to our photographers on photo day and school photographs will not be available for purchase. If you wish to change your instruction, then you must notify your school, so they change their records and identify your child as able to be photographed for school photography purposes. All students presented to our photographers by your school on photo day will be photographed, their images will appear in school photography packages with their fellow students and these packages will be available to purchase by all families.

Contact us: [www.advancedlife.com.au/contact](http://www.advancedlife.com.au/contact)

**advancedlife**  
school photography & print specialists



# A MESSAGE TO PARENTS AND CAREGIVERS FROM

Professor Nicola Spurrier,  
Chief Public Health Officer



## Dear parents and carers,

I am very pleased that all children aged 5 to 11 years can now be vaccinated against COVID-19 in South Australia.

COVID-19 in young children is generally mild, however some children can become more severely ill. Symptoms include runny nose, sore throat, cough, fever, feeling tired, sometimes diarrhoea or vomiting and loss of taste or smell.

Children with other health problems are at greater risk of getting severely ill with COVID-19. These health problems include congenital heart disease, chronic lung problems, being above a healthy weight, and neurological (brain, nerve and muscle) disorders including epilepsy. Children with conditions that impact the immune system (treatments for cancer, treatments for some forms of arthritis and other autoimmune disorders, and congenital problems with immune functioning for example) would also be expected to be more vulnerable.

Vaccination reduces the chances of children becoming infected and reduces the number and severity of symptoms if children do get infected. Children may also be less likely to pass on the infection if they are vaccinated.

While COVID-19 can be mild in children, the more children infected with COVID, the greater the spread of COVID-19 in the community.

Even though schools across South Australia have made an enormous effort reduce the spread of COVID-19, we are expecting more cases in children as schools return because of the significant Omicron outbreak in our state at this time.

You can protect your child, your family and the community by having your child vaccinated against COVID-19 along with all other family members over the age of 5 years.

The Australian Technical Advisory Group on Immunisation (ATAGI) recommends children aged 5 to 11 years receive 2 doses of the paediatric Pfizer COVID-19 vaccine. This is a smaller dose (about a third of the dose) to that given to adults and children older than 12 years.

If you haven't already done so, please book your child's first and second appointments at the following website: [sahealth.sa.gov.au/covidvaccine](https://sahealth.sa.gov.au/covidvaccine).

SA Health has lots of information to help answer questions, including fact sheets, videos, a children's book and a range of other resources. For more information, visit [sahealth.sa.gov.au/covidvaccinechildren](https://sahealth.sa.gov.au/covidvaccinechildren).

Please join me in being a fully vaccinated family.

Best wishes and stay safe

**PROFESSOR NICOLA SPURRIER**  
Chief Public Health Officer  
Health Regulation and Protection

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Government of South Australia  
SA Health