



MOUNT GAMBIER HIGH SCHOOL NEWSLETTER

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e. dl.0784.info@schools.sa.edu.au
a. Brownes Road, Mount Gambier
p. (08) 8721 0200
w. mghs.sa.edu.au



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FROM THE PRINCIPAL

As the end of term 3 approaches, we are busy preparing for Year 12 exams, final assessments, and organising excursions. At the same time, we must also look ahead to 2025 to enhance the learning experiences of our students.

Though it may seem distant, important preparations are already underway for the upcoming year. These include subject selection, budgeting, staffing, and tours for incoming Year 7 students. If your child will not be attending Mount Gambier High School next year, please inform us as soon as possible.

2025 Student Leadership

As mentioned in our previous newsletter, we have updated the selection process for School Captains and Vice-Captains based on student feedback. Students expressed a desire for a more equitable process that values skills and dispositions over mere popularity.

This year, nine outstanding students have nominated for leadership roles. They have already delivered speeches at a whole-school assembly and will soon be interviewed by a panel of students. Given the high quality of the candidates, this will be a challenging selection process. I want to thank the student panel members for their important role. Interviews will take place next week, with an announcement to follow shortly. Best of luck to all nominees!

R U OK? Day

Congratulations to our Wellbeing team for organising events and fundraisers for R U OK? Day last Friday, raising over \$700 for the R U OK? Suicide Prevention Unit. The significance of this day cannot be overstated. Life's challenges affect everyone, whether friends, family, colleagues, or teammates. Our school community has faced its share of tragedies, and publicly acknowledging this day demonstrates our commitment to mental health every day. By engaging in regular, meaningful conversations, we build trust and normalise discussions about personal struggles. This open dialogue can be pivotal in offering support and potentially changing lives.

Please make use of the following web support services if you or your child need support:

- **Youth Beyond Blue**—helps students understand what's going on and to do something about it.
- **R U OK?** - support for help-seeking.
- **Kids Helpline**—how to help myself and my friends with mental health issues.

Further support services that can be accessed via a phone call:

- **Kids Helpline** 1800 55 1800
- **Beyond Blue** 1800 224 636



Upcoming Events

Governing Council Meeting

Monday 23 September

End of Term Early Dismissal

2.15pm Friday 27 September

Term 4

Start of Term 4

Monday 14 October

School Closure Day—Mount Gambier Show

Friday 25 October

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Government of South Australia
Department for Education

LEARNING

BELONGING

RESPONSIBILITY

From the Principal continued...

- 13 YARN 13 92 76 (ATSI support line)
- Lifeline 13 11 14

2025 Staffing

Panels are running in earnest this term and next, with a number of leadership positions being advertised as a result of our leadership restructure. The outcomes of these positions will be made public as each panel concludes.

Year 7 Transition Tours

Starting high school can be daunting for many students. Over the past few weeks, students from our Middle School have enjoyed leading school tours with groups of Year 6 primary students due to start at Mount Gambier High School in 2025. I thank all staff and students who have played important roles in making these tours extremely successful and warmly welcoming all of our new students.

School Holidays

Enjoy the holiday break, and I look forward to working with everyone in our community next term, building upon the significant work that has already been achieved so far this year.

Please note I will be taking leave for the first two weeks of next term. Kerran Wingard will be acting principal in my absence.

PRINCIPAL AWARDS

Congratulations to our recent recipients of a Principal's Awards: Scarlett Bilney, James McGinn, Charlotte Bignell and Emren Boparai.



EMPOWERING STUDENTS TO END VIOLENCE AGAINST WOMEN

On Thursday, 29 August, Port Adelaide Football Club delivered a valuable session titled 'End Violence Against Women' and 'Empowered' for our Year 10 students. The program aims to raise awareness about violence against women and promote respectful relationships. The presentation was highly effective, engaging students through interactive discussions rather than a traditional presentation. This approach fostered thoughtful dialogue on respect and stereotypes, making the session both informative and engaging.

With added incentives like prizes for active participation, the session successfully encouraged healthier attitudes towards relationships and addressed critical social issues. The presentation was a success, and we commend the Port Adelaide Football Club for not only involving themselves in a nationwide problem, but also for the work they do raising awareness around this issue.

Sharleah Rainford-Pongritz | Year 10 Student



EXPLORING ANCIENT ROME

Mrs Schofield's Year 7 Global Perspectives class has been diving into the world of Ancient Rome! As part of their investigation into Roman life, the students had a blast dressing up to represent different social statuses from that era.

Katherine Schofield | Global Perspectives Teacher



RECORD BREAKING FUNDRAISING EFFORT FOR R U OK? DAY

Last Friday, staff and students recognised R U OK? Day with activities and fundraising to raise awareness about mental health.

A sizzling BBQ was held with sweet treats like cupcakes and lolly bags, and even some stylish scrunchies—all contributing to our fundraising total. A huge thank you to everyone who contributed and participated; we raised a record \$700!

The annual Staff vs Students sporting match was held in the gym during the lunch break. This year, the competition was in volleyball, with the staff emerging victorious after a three sets to nil win! A big shout out to all the players who made this event a highlight of the day.

We'd like to thank everyone who helped make R U OK? Day a success. Their participation and generosity play a crucial role in fostering a supportive and caring community. We would like to say a special thanks to the following local businesses who kindly donated food items for our BBQ and cake stall: Coles Mount Gambier, Woolworths Mount Gambier, Donut King, and Collins Court Butchers. Also, a big thank you to Alisha Cram for making the scrunchies, Alysha Herrmann for creating the R U OK? Day badges, and Jane Wurst, Margie McKersie, Amy and Adelle Wright, Belinda Roughana, Natalie Piscioneri, and Hannah Fry for kindly baking and supplying the amazing cupcakes!

Remember, checking in with each other and offering support is something we can do every day.

Amanda Lengyel | Public Relations Officer



ADELAIDE 36ERS INSPIRE XVENTURE PROGRAM

On Tuesday 3 September a selection of players from the Adelaide 36ers ran a skills session with our Basketball class as part of the XVenture Program. Mount Gambier High School is one of 20 schools in South Australia selected to take part in The Adelaide 36ers XVenture SACE program to develop essential skills for greater success in life. The Adelaide 36ers not-for-profit, Shooting Hoops Foundation, have partnered and with emotional agility, resilience and leadership experts, to provide a program which is in its second year of delivery at Mount Gambier High School.

The session was thoroughly enjoyable with the 36ers sharing their expertise and passion for the game, conducting drills, offering tips, and helping the students to learn and grow as players.

We thank Nick Marshall, Jacob Rigoni, Isaac Humphries, Lat Mayen, Alex Starling and Kendric Davis for taking time out of their visit to the Limestone Coast to work with our students.

Jess Kennedy | Basketball Program Teacher



FLO JIU-JITSU FUN



As part of their Practical Inquiry task for FLO Sports and Recreation, students participated in a Jujitsu Masterclass led by Adam and Shane from Ascend Jiu-Jitsu Mount Gambier. In the gym, they learned various holds and grapples, even having the chance to take down some staff members.

For their assessment, students will compare Jujitsu to other martial arts and apply key terminology in a practical context. This session continued the class's focus on fitness and alternative sports. It was also great to see other FLO members join in and enjoy the experience.

Michael Brooks | Senior School Wellbeing Leader

STEM ABORIGINAL LEARNER CONGRESS

During week 6, the Aboriginal Education team supported four of our students in attending the STEM Aboriginal Learners Congress in Adelaide. The Congress is designed to immerse students in Science, Technology, Engineering, and Mathematics (STEM) by providing them with hands-on industry experiences and learning opportunities. The goal is to inspire students to pursue challenging subjects both in school and in their future educational endeavours.

The Congress is uniquely tailored to an Aboriginal community context, allowing students to develop the skills necessary to become future STEM innovators and problem-solvers. Over the course of the two-day event, students connected with their own cultural identities while exploring other cultural perspectives through Aboriginal STEM knowledge. This approach aims to open up future STEM pathways for them.

This year's theme, "Cultural Innovators - 65+ Thousand Years in the Making," highlighted the rich STEM knowledge embedded in Aboriginal culture and celebrated the emerging generation of thinkers.

Chelsea Whitfield | Aboriginal Education Coordinator



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WORLDSKILLS CHALLENGE A HUGE SUCCESS

WorldSkills 2024 is an international competition that celebrates and promotes excellence in vocational education and training. It offers a platform for young people from across Australia to showcase their expertise in a variety of technical and vocational fields. By highlighting the crucial role these skills play in global economies, WorldSkills underscores the prestige associated with mastering a particular trade or profession.

The competition not only emphasises the importance of vocational careers but also contributes to bridging the skills gap across industries. For the 15 winners from the Limestone Coast, participating in WorldSkills was more than just a competition; it was an opportunity to gain invaluable experience, learn from peers and experts, and set the stage for a successful career. The event instilled a sense of pride in their chosen fields and motivated them to strive for further excellence.

The local heat of WorldSkills showcased the skills, dedication, and passion of VET students in their trades. It provided them with a valuable opportunity to compete, learn, and grow while also highlighting the significant impact of vocational education on the workforce. As these 15 students advance in their careers, their participation in WorldSkills will undoubtedly be a defining moment in their professional journeys.

This year's local heat involved many talented students, each specialising in the following areas: Cookery, Food and Beverage Service, Electrotechnology, Hairdressing, and Construction.

We wish all the luck to the following successful Mount Gambier High School students as they compete in the upcoming regional finals in Murray Bridge: Jess Watson, Reeghan MacDermott, and Aurora Warden (Food and Beverage), Luka Andrews (Cookery), Beau Hogan (Construction), Aaron Dally, Matthew Pearson, and Riley Waugh (Electrotechnology), and Annabelle Van Dooren (Hairdressing).

Eluisa Crispino | Vocational Pathways Coordinator



HIGH ACHIEVERS MORNING TEA

This Wednesday, we held a High Achievers' Morning Tea to celebrate the academic success from Semester 1 for students in Years 10 to 12. The students received a small gift and certificate to acknowledge their efforts. It was a wonderful opportunity for senior school staff, Principal Kym Grant, and the students to chat about how the year is going, what lies ahead for our Year 12s, and learn more about plans and pathways for our Year 10/11 students. We congratulate the following students on their achievements:

Year 10s: Seth Cain, Venumi Parape Arachchinga, Holly Attiwill, Kelsie Anderson, Holly Jackson, Bree Ridding, Blake Sawyer, Livinia Urquhart and Summer Mackereth.

Year 11s: Anna Anbu, Caitlin Hitchon, Charlie Attiwill, Bayle Newman, Tora Jones, Tully Lindner, Callum McIntyre-Gregory, Nikki Wagener, Aaron Dally, Sebastian Ricketts, Kiah Johnson and Stella Mobbs.

Year 12s: Montana Biggins, Kaitlin Boyd, Amity Sheedy, Indi Dwyer, Harry Martin, Jessica McDonald, Maddie Smulders, Zariah Niemz, Zoe Phelan, Milla Vinko, Elly Bellingier and Brad Cowling.

Samantha Brown | Head of Senior School



BREAKFAST BONANZAS & PORTABLE MEALS

The Year 9 Food and Nutrition students have been busy whipping up some delicious breakfast creations! They kicked off with homemade waffles that were a huge hit, and then each student made their favourite breakfast dish. From breakfast burritos to acai bowls and pancakes, the variety was fantastic!

The Year 7 students have been working on a unit about handheld foods in their Food and Nutrition classes. They were tasked with selecting and preparing a meal that met the criteria of being portable, nutritious, and delicious.

Joanna White | Home Economics Teacher



AUSTRALIAN BUSH BUDDIES NATIVE WILDLIFE PRESENTATION

On Wednesday, Year 11 and 12 Biology classes embarked on an unforgettable adventure with Australian Bush Buddies, a vibrant mobile wildlife education team new to the Limestone Coast. Led by the dynamic duo Louise and Alistair, who bring years of wildlife experience, the sessions were packed with learning and lots of cuddles.

Students were thrilled to meet some incredible Australian animals, including a fascinating saltwater crocodile, a jaw-dropping 2.8-meter black-headed python, and the irresistibly cute squirrel glider.

The energy was contagious! Year 12 students were so captivated that they cheekily asked Louise and Alistair to come back for every lesson, while Year 11 students eagerly requested even more wildlife visits in the future.

It was a fantastic day filled with excitement, laughter, and a newfound love for Australia's amazing wildlife!

Jamie Taylor | Biology Teacher



AN OUTDOOR EDUCATION JOURNEY TO REMEMBER



Our Year 12 Outdoor Education class recently embarked on an epic adventure for their 'Journey's End Camp,' where they put their skills and knowledge to the test! They tackled a 43 km trek along the stunning Great South West Walk, covering breathtaking sections from Batterby's to Moleside, Mount Richmond, and Cape Bridgewater.

The students navigated diverse terrains and enjoyed sightings of koalas, seals, and vibrant wildflowers. They made the most of their time outdoors, unplugged from technology, and embraced the fun of a thrilling game of 'Seek in the Dark.'

Despite having to cut the camp short due to severe windy weather, the students showcased incredible teamwork, navigation skills, and responsible behaviour. Their journey not only created lasting memories and friendships but also equipped them with invaluable lifelong skills.

Conor Wingard | Outdoor Education Teacher

YEAR 12 EXAM TIMETABLE

Week	Date	Morning Session (9AM)	Afternoon Session (1.30pm)
4	Monday 4 November	Mathematical Methods (130mins)	General Mathematics (130mins)
	Tuesday 5 November	Essential Mathematics (130mins)	
	Wednesday 6 November	Chemistry (130mins)	Psychology (130mins)
	Friday 8 November	Biology (130mins)	
5	Tuesday 12 November	English Literary Studies (100mins)	

YEAR 11 EXAM TIMETABLE

Date	Subject	Time	Room	Teacher
Monday 25 November	Psychology	9.00-11.10	Rooms 23/32	Gandhi
	Chemistry	1.00-3.10	SACE Floor	Potts
	History	1.00-2.40	SACE Floor	Collison
Tuesday 26 November	General Mathematics	9.00-10.40	SACE Floor	Trnovsky Rahbari
	Mathematics C	9.00-10.40	SACE Floor	Henman
	General Mathematics	1.00-2.40	SACE Floor	Henman
	Essential Mathematics	1.00-2.10	SACE Floor	Trnovsky
Wednesday 27 November	Biology	9.00-11.10	SACE Floor	Taylor
	Physics	1.00-3.10	SACE Floor	Rahbari
	Tourism	1.00-3.10	Rooms 23/32	Gandhi
Thursday 28 November	English Literary Studies	9.00-10.40	Rooms 23/32	Peach
	Catch Up Exams	9.00-11.10		



**MOUNT GAMBIER
HIGH SCHOOL**

END OF TERM

Early Dismissal

Please be reminded that this Friday 27 September is the last day of term. Students will be dismissed at 2.15pm with all school buses running at the earlier time. We wish all our students and families a relaxing and enjoyable holiday break.

Term 4 will begin on Monday 14 October.

LEARNING | **BELONGING** | **RESPONSIBILITY**



Government of South Australia
Department for Education

Youth Advisory Groups

create
FOUNDATION

Everyone receives
a voucher as a thanks
for your time



YAG's are a great
opportunity to meet others with
a care experience and have
your voice heard.

Join us for a chat about whats
working and what could be
improved within the care
system.

YAGs are for
anyone with a care
experience aged
between 10 and 25
years old.

Mount Gambier

Your next YAG...

When : Wednesday 2nd October 2024

Time : 10am-12pm

Where : Mount Gambier Library Group

Room

6 Watson Terrace, Mount Gambier

RSVP via QR Code or for any
enquires call 08 8212 8898

<https://forms.office.com/r/kXAEHVtbDn>

Young people of all backgrounds with a care
experience are welcome at YAGs!



CREATE acknowledges
the Australian Aboriginal
& Torres Strait Islander
peoples of this nation.
We acknowledge the
Traditional Custodians
of the lands on which our
company is located and
where we conduct our
work. We pay our respects
to Ancestors and Elders,
past and present.



1800 655 105



**SNACKS AND DRINKS
PROVIDED**



Youth trivia night

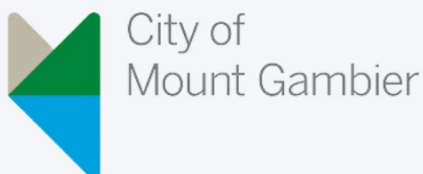
A FREE event for 12-25 year old's

To celebrate headspace Day 2024, headspace is hosting a free trivia event for 12-25 year olds. In teams of 8, participants will have their knowledge of music, health & wellbeing, pop culture, sport & local wisdom put to the test.

6.00pm - 8.00pm

Wednesday 9 October

Mount Gambier City Hall



Register your team of 8 here

BYO Snacks for your team

Food & entertainment provided

For more information, call headspace on 8725 0443

CREATE Foundation- Mount Gambier Sibling Connection Event

Who: Children and Young People with
Care experiences and their families

When: Tuesday 1st October,
10am-12pm

Where: The Riddoch Arts & Cultural
Centre - City Hall
1 Bay Road Mount Gambier



Scan or click the QR code
to register
any enquires contact us on
8212 8898
sa@create.org.au or
[CLICK HERE](#)



Aunty Michelle
will be story
telling at 11am



*Copyright Aunty Michelle Jacquelin-Furr

**Food and Drinks
provided!**

Together with local organisations we will be
creating lots of fun for siblings to come
together!

Activities include Face Painting, Badge making,
sensory play, juggling ball making, giant
games and much more!



CREATE Foundation acknowledges the Traditional
Owners of this land and we pay our respects to them,
their culture, and to Elders past, present and future.

