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## Important Dates

Monday 24 July 2023  
• Student Free Day

Tuesday 25 July 2023  
• Student Free Day

Thursday 3 August 2023  
• Open Basketball

Tuesday 8 August 2023  
• SACE Information Evening - Year 10/11

Tue 8 Aug-Fri 11 Aug 2023  
• TAFE Immersion Day

Friday 11 August 2023  
• Student Breakfast

Monday 14 August 2023  
• Mates on a Mission Guest Speakers

Tuesday 15 August 2023  
• Course Counselling

Wednesday 16 August 2023  
• Science & Engineering Challenge  
• Athlete Program Guest Speaker

43 Cameron Street  
Penola SA 5277  
T: 08 8737 0000  
F: 08 8737 0050  
E: DL.0931\_info@schools.sa.edu.au  
W: www.penolahs.sa.edu.au



## Principal's Report

Steve Carli-Seeböhm



Dear Parents and Caregivers

"Yes, you can have your cake and eat it too!"

I have always struggled with the concept of the saying around not being able to have your cake and eating it as well. Isn't that the whole point of cake? That you get to eat it? Think of all the times in your life where you have received cake, generally the expectation is that you do indeed get to eat it, as well as share it with those around you! At this moment in time, I genuinely feel like we are all enjoying the cake, every last part of it!

As we have finished out term 2 and made it to the half way point of the year, the school has a very energetic and positive feel in and out of the classrooms. We have faced a number of challenges across the term; however, we have all collectively pulled our colloquial socks up and gotten on with the tasks of engaging in learning, delivering teaching and learning, and moving another step or three along our learning journey. Worthy of celebrating each other's success, hence the whole statement of imagining enjoying a big slice of Penola High School cake!

I had the pleasure recently of attending the 2 netball days at Wulanda to watch our various teams play against other schools. It was exciting watching the teams, which were a mix of skill levels and experience, come together and progress across the day. Exploring opportunities for extra curricula activities, in this case a sporting one, is an important part of the experiences we can offer students at Penola, and I endeavour to make it a priority to be a part of these days and activities where possible.

It's not just sports however, it's all the realms of experiences students gain exposure to as extra curricula. Across the year we have had, and will continue to have, opportunities where students can engage in outside of school and classroom activities that are curriculum based, industry and careers based, academic focused or within visual and performing arts. I encourage all students to look at what is out there to participate in, as it is an integral part of forming a rounded educational experience.

Our teaching staff continue to work on further developing their professional expertise and pedagogical skills. At the start of next term, we will be participating in a 2-day workshop that will build understanding of Literacy within the curriculum. This is an exciting learning opportunity for the teaching staff, and while I can appreciate that having the school closed for 2 days will add a layer of challenge for some, the long-term gain in being able to offer improved educational outcomes for all students is the greater focus of the cause.

We are blessed with an exceptional group of staff at Penola High School. There is a vast range of experience, knowledge, expertise, personality and diversity within the team. As part of my vision around legacy building, this includes all the people that make up the team of staff, be it teacher, SSO, admin, classroom support and maintenance. Each offer something unique to the learning environment created for the students which continually feeds into a culture of high expectations and improvement. It's worth acknowledging the hard work completed across the year to date by this team.

As the term comes to an end, and we head into our mid-year break, make sure you are all indeed having a break. By all means, reflect on what has been, and what is to come. Take stock of your results thus far. But the importance of resetting, recharging, refreshing and refocusing cannot be understated. Grab that cake, and very much enjoy it, for you have deserved it!

Kind regards

# Year 10 HASS Excursion

Elissa Hiotis

The Year 10 HASS students recently had the opportunity to explore different aspects of tourism, as they undertook a busy two-day trip around the Limestone Coast. Firstly, students visited the Mary Mackillop Centre, where they learnt about Mary Mackillop and the history of Penola. This part of the trip provided insights into cultural tourism, and helped students learn the importance of respecting and appreciating the culture of a place. Students then continued on to, Coonawarra restaurant, Ottelia. Students indulged in many different varieties of food, including three starters from the Chef's "Feed Me" menu and an array of pizzas, a delicious way to learn! They also heard a talk about the process of wine production at the cellar door, where wine is made and sold.



The following trip took students to the Tantanoola Caves. This part of the trip provided students an opportunity to engage in heritage tourism, which is about places with important history or have historical value. Students learned about the formation of caves through limestone, and discovered their uniqueness to our area. The final stop was the Little Blue Lake, which is a great spot for environmental tourism and allowed the students to immerse themselves in the beauty of nature. Some enjoyed the scenery whilst some even had a chance to try fishing. Overall, the trip gave the students a hands-on opportunity to understand the different types of tourism within our district. Many of the students returned to school with being able to link their real-life experiences to learning they have been doing in the classroom.



# Let's look at...Year 7 Design & Technology

Andi Zerk

This term the students have been very busy in their practical lessons designing and producing their own chopping and/or cheese boards. Students have learnt valuable many new skills such as sanding, cutting and measuring, as well the use of machinery, including drills and saws.



Students also learnt the different types of timber, such as pine, Australian and Tasmanian, meranti and red gum, introducing them to the various ranges of wood. In creating their products using the different types of timbers, students have gained an understanding of how wood selection can impact their final outcome. The group of students have been a pleasure to teach, watching them not only learn practical skills, but also develop their creativity and attention to detail.



**STUDENT  
FREE DAYS**

**WEEK 1, TERM 3**

**Monday 24 July 2023**

**Tuesday 25 July 2023**



*Elissa Hiotis*

- The Penola Probus group utilised the library, holding their recent meeting in the seminar room, further strengthening community ties.
- The Crafty Kids program on Wednesdays from 3:30-4:30pm, is a wonderful opportunity for children to explore their creativity.
- The lively Book Club also meet on the first Friday of every month from 10:30-11:30am, where book lovers come together and discuss their favourite reads.

Andi Zerk

A group of students in dark blue school uniforms are gathered around a large outdoor grill. One student is using a knife to cut a sausage on a plate. Another student is holding a red lid over the grill. The grill is filled with many sausages cooking over a brick base. The background shows a school building and a fence.

Andi Zerk

Well done to all students, with the completion of the BBQ plates being a testament to their hard work.





## Year 10 Immersion Day - Hair & Beauty

Kathleen Phillips

This week, 5 Year 10 girls were given a fantastic opportunity to attend the TAFE SA Hair and Beauty Immersion Day. The aim of the day was to familiarise students with courses offered through the Flexible Industry Pathway (FIP), and to introduce them to potential career opportunities.

The students were given information about various courses and career pathways associated with the hair and beauty industry. In addition, students also participated in two hands-on activities. The first session focused on nails, where they had the opportunity to paint nails and learn various decorative techniques. The second session was dedicated to hair styling, with the girls learning how to create a Mohawk braid.

We are very fortunate to have access to such events, as they play a crucial role in providing students insight and understanding into possible educational and career pathways.



## Pastoral Care Worker

Kiara Price

Recently, I defined my 'pastoral care worker' role, and I'm now sharing some final thoughts on the word 'pastoral'. When I think of the word 'pastoral' in terms of the pastoral care worker, I also think of the word 'pasture' - farmland that is worked upon so grazing occurs. As you get to know me, you will work out that I love a fair share of metaphors. If I had a favourite metaphor and a lasting vision for Penola, it would be one where the town and school is an abundant pasture that provides for people, like our teachers who provide education to our students.

Part of these provisions also include school breakfasts/lunch packs, community mentoring opportunities, social skill development and support through the *What's the Buzz* program. Students need providing for as needs arise and change. Therefore, my role as 'pastoral care worker' alongside my colleagues, is working upon the pasture of the school, so that it provides for its students, staff, families and community. I have only been a local for over a year, and am still developing my role.


If you would like to connect with me and work with me more, I will be happy to hear more from you and can be contacted at Penola High School Monday-Friday.

Have a great 2 week break. See you in Term 3.

## School Mental Health Practitioner Corner

Alex Miles


As we go into to the holidays it is important to take time to recharge and care for your mental health and wellbeing. Here are some great reminders for us all.



### TAKE A MINDFUL Break


**B**reathe

Take 5 deep, slow breaths




**R**est

Close your eyes until your mind is clear




**E**mpowering words

Say 3 nice things about yourself




**A**bsorb

Check in with your senses. What do you see, feel, hear, smell, and taste?



**K**nowledge

Stop and think before you act



### Simply Rooted Family

Healthy at Home, Strong in The World

**YOU ARE FABULOUS**  
**YOU ARE POWERFUL**  
**YOU ARE CAPABLE**  
**YOU ARE TALENTED**  
**YOU ARE SPECIAL**  
**YOU ARE IMPORTANT**  
**YOU ARE VALUED**  
**YOU ARE INTELLIGENT**  
**YOU ARE EMPOWERED**  
**YOU ARE RESPECTED**  
**YOU ARE DESERVING**  
**YOU ARE BRAVE**  
**YOU ARE LOVED**



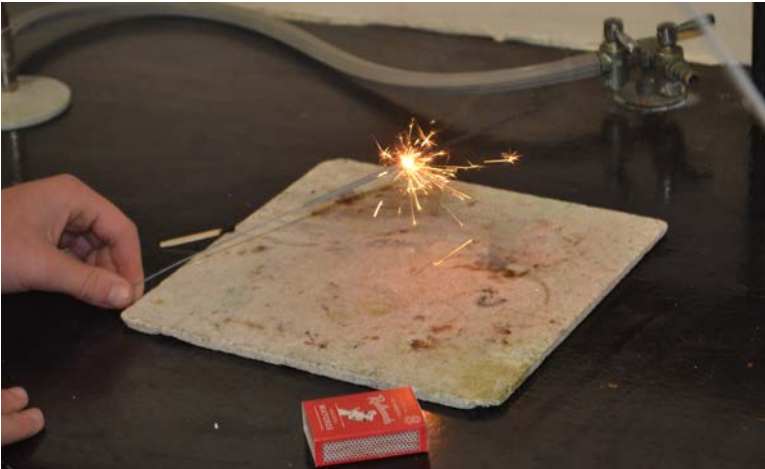
# Let's look at...Year 8 Science

*Matt Strother*

Year 8 Science students recently completed an exciting exploration of chemical and physical changes in their science curriculum. Through engaging experiments, they have observed and documented various transformations, such as heating substances and combining elements.



With growing knowledge and confidence, the students have successfully distinguished between physical and chemical changes based on their observations. These hands-on experiences have nurtured their scientific curiosity and honed their analytical thinking skills. Stay tuned for more updates on their scientific journey!



# Let's look at...Year 11 Agriculture

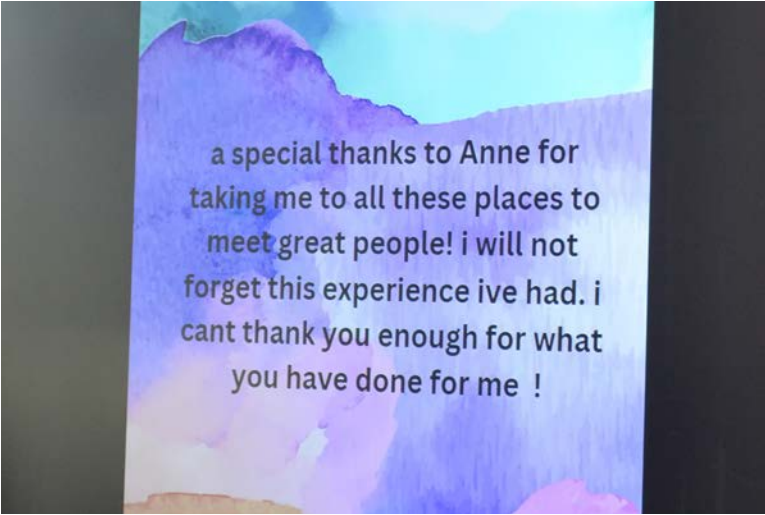
*Cory O'Connor*

Year 11 Agriculture students have been studying seed germination and recently focused on the influence of factors on the germination rate of barley seeds. Students chose to investigate the impact of soil depths on germination and conducted a practical experiment. They found that shallow soil depths resulted in slower and uneven germination, indicating limited nutrient availability and moisture retention. In contrast, deeper soil depths facilitated faster and more uniform germination, suggesting improved nutrient access and moisture retention. This highlights the importance of proper soil preparation for successful seed germination and showcases the students' dedication to understanding agricultural processes.

# Mentor Afternoon Tea

*Rikki Helps*

Penola High School student mentees, took centre stage as they invited their mentors to join them for an afternoon tea to celebrate, reflect and share their invaluable learning journeys. Students confidently presented what they had learned from their mentors, in a creative and impactful way.



The mentors' dedication, expertise, and guidance were recognised and appreciated by all the mentees, and staff in attendance. The feedback received during this gathering reaffirmed the tremendous value of our mentor program.



The projects that our students engaged in through the mentorship program continue to ignite their curiosity, with the school currently seeking interest from students who would like to be part of the mentoring program.





# Let's look at...Year 7 Global Perspectives

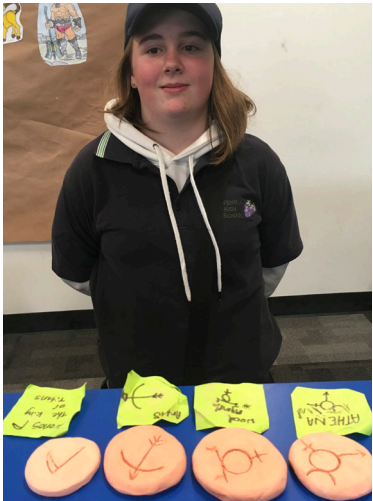
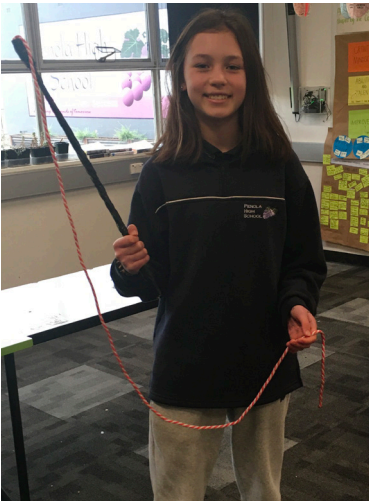
Rikki Helps

Students recently completed their Greek Mythology project with a presentation to their peers. This included an information report about a Greek god, goddess or creature, and a model they made of something significant to this deity.

Students are also continuing to develop oral literacy skills through presenting to their peers. Oral presentations support students in practicing how to present, using features of voice (volume, tone, pitch and pace) while using tools (Google slides), to support what they present.

This project came about when the class began the novel *Percy Jackson and the Lightning Thief*. As we continue to read about Percy Jackson's quest to return Zeus' master bolt, the class is certainly benefiting from the extra knowledge of Greek mythology!

Students were successful in co-designing this learning project, giving them ownership of their learning program, which enabled them to practice literacy skills through a topic they were passionate about.



# Flinders Regional Roadshow

Cory O'Connor

Year 11 and 12 students from Penola High School recently attended the Flinders University Roadshow at Naracoorte for a day of fun, practical and informative workshops across a range of study areas. Students got the opportunity to get a taste of university life, and engage with academics whilst exploring some of the exciting opportunities available to them in the future.



# Knock Out Netball - Senior

Josh Pearce

In Week 8, the Opens girls netball team, comprised of students from Year 9 to 11, took to Wulanda Recreation Centre, competing in the Interschool Netball Competition. The team had a mixture of netball experience, but competed as a unified team, showcasing true Penola High spirit.

First up was Bordertown, and after a quick warm up led by the Year 11s, the team was ready to go. Tegan Lythgo, playing above her age group, worked tirelessly in attack, whilst Dianne Wilson shocked all, including herself, by nailing a long range goal in the opening minutes. Emma and Rachel Jerome fought hard to use a man defence before quickly transitioning into attack when a turnover was made.

The team knew that Game Two would be a tough battle. Mount Gambier High were perhaps the standout team of the carnival. However, the Penola team went out with the same vigour as the previous game. Shelly Crawford proved to be a handful for the opposition defence scoring goals and setting up her partner in crime Tegan. Arriving at halftime, Amber Morton took the court, and played with the standard Morton gusto that Penola has become accustomed to.

After checking the win loss column and realising that Mount High had beaten Grant High School by more, the girls knew that a win against Grant was well within their sights. Kaitlin Roiseter, Maddison Mitchell and Scarlett Black dominated the Grant High team. Playing across the court and utilising their familiarity with one another from club netball, the opposition didn't stand a chance. Maddison scored every goal in the match.



## APPRENTICESHIP APPLICATIONS ARE NOW OPEN

Are you interested in the Engineering Trade? Apply now to be a part of DMK Engineering's successful apprenticeship program for a 2024 start. If you are a school leaver or looking for a career change we want to hear from you!

Since our inception in 2004, DMK Engineering has established itself as a highly respected and innovative company specialising in pipework, structural and food grade engineering projects.

We are a locally owned and operated company with current projects Australia wide.

We are seeking applications from motivated individuals who are interested in undertaking an apprenticeship in Certificate III Engineering - Fabrication Trade at our Mount Gambier workshop.

### Qualifications / requirements:

- Positive attitude and willingness to learn
- Exceptional communication and organisational skills
- Good mathematical and mechanical knowledge
- Ability to work well as part of a team
- Current drivers licence (or willing and able to obtain one)

We offer above award wage rates, long term future and the opportunity to work on a diverse range of projects.

Short listed applicants may be required to complete work experience. Employment is subject to the completion of a pre-employment medical assessment.

If you would like to join our team, please forward a resume to [amanda@dmkengineering.com.au](mailto:amanda@dmkengineering.com.au) by Friday 14th July 2023.



## Let's look at...Year 7 Home Economics

Cory O'Connor

This term, Year 7 students have been busy honing their culinary skills, focusing on breakfast meals. They've whipped up quick, easy, and delicious dishes perfect for starting the day right. They've learned the importance of a nutritious breakfast and acquired essential kitchen skills. As mentioned, earlier in this newsletter, Rikki Helps has captivated these young minds with Greek mythology during their Global Perspective lessons. To immerse themselves further, students embarked on a taste-filled journey to Greece by cooking up delicious lamb souvlaki. This required students to cook their marinated succulent pieces of lamb in fragrant Mediterranean herbs and spices, grilling them to perfection. It's been an engaging and flavourful term for Year 7!



## Let's look at...Year 8 Japanese

Kathleen Phillips

During the term, Year 8 students participated in zoom calls to *Wake Junior High School* in Okiyama Prefecture, Japan. Students introduced themselves and asked questions about favourite sports or foods. This allowed the students to establish connections and learn conversation techniques with people who speak a different language. Students from both schools gained confidence and developed excellent communication skills. The students were very fortunate to have access to experiences like these, to help them gain an understanding and awareness of different cultures in the world.



## Knock Out Netball - Junior

Chloe Clayfield

In an exhilarating display of determination and teamwork, the 7/8 and year 9 Knockout Netball team showcased their burgeoning skills and infectious enthusiasm on a day filled with excitement.

Despite their limited experience in the sport, the year 7/8 netballers had been preparing diligently under the expert guidance of Coach Rikki Helps. With determination, the team embarked on a journey of self-improvement, dedicating lunchtime to training sessions in the lead-up to the big day. As the competition unfolded, their progress became evident as they grew increasingly competitive and confident. The exceptional leadership and sportsmanship displayed by the year 8 students, Maggie Bell, Emmity McElroy, and Madison Ellery, that truly set them apart. These remarkable individuals selflessly supported their teammates, fostering an environment of growth. As the day progressed, the 7/8 Knockout Netball team left an indelible mark on the competition, leaving behind a legacy of determination, teamwork, and resilience. Regardless of the final result, these young athletes proved that success is not solely measured by the scoreboard but by the unity and character exhibited on and off the court.

The Year 9 Knockout Netball team showcased their impressive teamwork and determination, leaving their opponents on their toes in every game. Throughout the tournament, their unwavering commitment was evident as they consistently matched their opponents' level by halftime.- Tegan Lythgo and Haylee Moulton formed a dynamic duo in the goal circle, seamlessly working together to secure crucial goals for their team. The relentless efforts of Nellie Lear, Kiara Epiha, and Kiera Roper in the midcourt ensured a steady flow of passes into the attacking third, applying immense pressure to their opponents. Defensively, Mia Gartner and Holly Dinnison proved to be a formidable force, relentlessly pressuring the opposition within the goal circle. Their defensive prowess forced turnovers and created invaluable opportunities for their team.

As the day unfolded, the team's hard work and tenacity culminated in an exhilarating final game, filled with heart-stopping moments. In a thrilling climax, the girls emerged triumphant, sealing an exciting victory that showcased their resilience and skill. The Year 9 Knockout Netball team's remarkable performance throughout the tournament stands as a testament to their unity, perseverance, and ability to rise to the occasion when it mattered most.

**Student Absence SMS (only)**  
**Notification number:**  
**0400 134 993**

# Let's look at...Year 9/10 Agriculture

Cory O'Connor

In the Year 9/10 Agriculture class, students have been on an exciting adventure, learning how to prepare a steer for the upcoming show season. Working alongside Mason Galpin and Ben Brooksby, two industry experts, they have gained invaluable knowledge and hands-on experience.



Mason's and Ben's showmanship skills have shaped our students' understanding of preparing a steer for the show ring. From selecting the right animal to grooming its coat and mastering presentation techniques, our students have developed a comprehensive understanding of the process.



This immersive experience has also taught them important life skills such as responsibility, teamwork, and perseverance. They have embraced the responsibility of caring for their assigned steers, deepening their appreciation for animal welfare. As the show season approaches, we applaud our students' dedication and extend our gratitude to Mason and Ben for their invaluable contributions.



# Let's look at...Global Perspectives

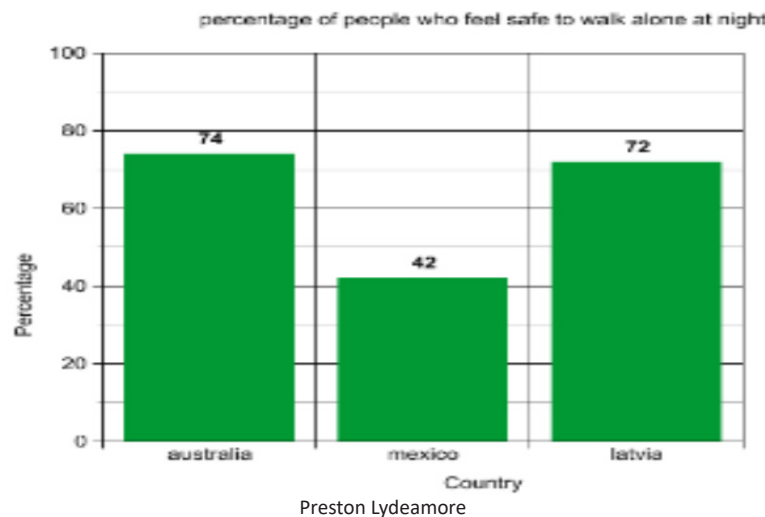
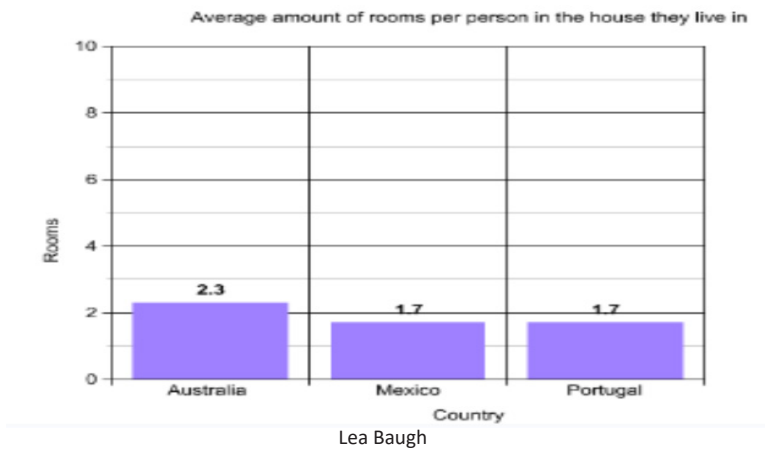
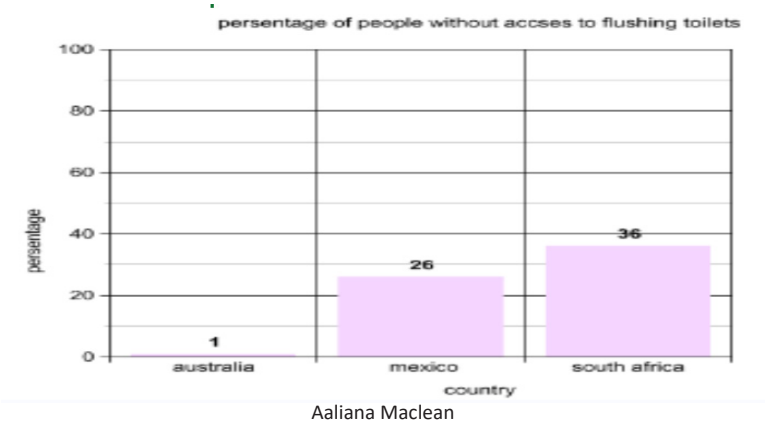
Rikki Helps

Students have recently started investigating the topic of 'liveability' in Geography. This required students to rank, in order of importance to them, 11 topics that make for a better life. We then looked at data from the *The Organization for Economic Cooperation and Development (OECD) Better Life Index* to see how different countries perform according to the ranking given by the students.

**Learning intention (know):** The quality of a place influences the quality of life for the people who live there.

**Success criteria (do):** Create graphs to compare quantitative and qualitative data.

Student work examples





## Let the numbers do the talking: What does attendance mean to your education?

### To the students

No matter how exciting the lesson plan, how engaging the unit of work, how creative the classroom task - if you are not there, you can't learn!

There is roughly 40 weeks of schooling in a year, (give or take a few as you get into the senior years). So, that means across years 7 to 9, the school calendar plans roughly 120 weeks' worth of classes; 200 days a year; or if looking at the same time period above, that's 600 days across years 7 to 9 in schooling.

Now, if we take away a number of public holidays, student free days, and a school closure, that yearly number becomes 190. So, our new total would then be 570.

If we factor in, that on average, most people get a bit crook at some point across the year for a few days, and have the odd day off here and there for family reasons, (holiday, granddad's interstate birthday...), safe calculation could be to take another 15 days off this total, to get 555.

Already, the challenge of maximising 600 days to learn the content of years 7 through to 9 is squeezed into 555 days.

This is made even harder, for those of you choosing not to attend regularly, with it having an impact on your ability to learn the curriculum. What if you took a day off each week? A day where you couldn't be bothered with school. Maybe a day where you just stayed at home - couched it. One day a week each year is 40 additional days, a total of 120 off our total of 555. Obviously, this is an extreme example to consider, but the increased difficulty of trying to complete 3 years of education in 435 days is challenging for anyone to consider!

To let the numbers do the talking, you would be expecting to complete 3 years' worth of education in 1.19 years. If we look at adding similar numbers to years 10, 11 and 12, regular non-attendance potentially robs you of nearly 2 and a half years' worth of schooling throughout your time at school!

Your teachers are continually working on learning goals, teaching programs and learning experiences, that help you develop, grow and build skills across different curriculum, improving your literacy and numeracy. This growth and development does not happen if you are not at school.

Take a moment to count your numbers and days. How much of your school is impacted by the choices made to stay away and not attend?

### To the parents/caregivers

The teachers at Penola High School have been discussing strategies and ways to target attendance of students. We want to see those who are facing challenges, coming to school. We want to find ways to support your student to realise learning opportunities are better by being at school.

We understand that things happen outside of school that can have an impact on attendance, and we understand that the story and context of each individual around attendance has a place in each student's journey. We want to encourage all students to attend as best they can, and maintain high attendance, or improve low to medium attendance. Home groups will be setting group goals/targets to support each other in achieving this. High attendance will be acknowledged, and those that attain the highest attendance possible, will receive special recognition for their efforts.

Next term we will be focusing on helping all students improve attendance to improve learning opportunities.

Thank you



Steve Carli-Seebohm  
Principal



# Taylor Swift

