



Ruth Eckert



Grant Henwood



Rob Carthew



Jan Cramey



Bruce Hendry

### *From the Principal.....*

I would like to thank everyone who has contributed to making 2012 such a successful year for Unley High School. In this Newsletter, you will see an outline of the broad range of activities in which our young people are involved. They include sport, science, reading, rowing, art, design, languages and community service. These activities highlight the rich and interesting experiences that contribute to the ethos and character of Unley High School. Also illustrated is the enormous amount of community involvement we undertake as a school, both where our community assists us, and where we assist our community. Thank you to all staff, students, past students, parents and volunteers that enable our students to thrive.

In addition to all of our co curricula programs, our determined focus this year has been on improving student engagement and achievement. Teachers have worked with their colleagues to redesign learning tasks to make them more interesting, more relevant and more ICT rich. Using the same questions each year, we collect a random sample of student opinion to measure how our school is progressing. The results of our efforts are beginning to emerge.

We set the target of 5% improvement for the following three specific questions:

- My class activities are interesting and help me to learn
- My teachers make learning interesting
- I like the kinds of things I am learning this year

We have achieved a 6%, 8% and 6% improvement respectively. It is gratifying to know that our work is making a difference in student engagement.

Our success, particularly in Mathematics, has led to us gaining funding to make a film of what we have achieved and what our students think of our improvement. Students are very clear that more problem based, practical, relevant and IT based activities assist them to learn. Our school community will have the opportunity to view this film next year. Thank you to all of the teachers who have really stretched their thinking and practice for the benefit of all of our students.

A number of our most experienced and outstanding teachers are retiring this year. Ruth Eckert is a truly excellent teacher of English, Classical Studies and Psychology. Grant Henwood has been a leading Outdoor Educator for many years and has enabled so many students to challenge themselves in authentic ways. Rob Carthew has been a caring, skilful Mathematics teacher and a leader in Counselling and Timetabling. However, his strongest legacy at Unley may be his contribution to the environment where hundreds of students have learnt from the lead he has taken regarding planting vegetation, energy saving and litter management. Jan Cramey has led the library into the technology age with skill and wisdom. She has also been an excellent English teacher. Bruce Hendry has been Student Counsellor for many years, guiding students and their families through many career and subject decisions and many personal crises. What is significant about the contribution of all of these people is the outstanding relationships they have built with students, their peers and our community. They are irreplaceable and they will be deeply missed. We thank them for all they have contributed and wish them all the very best for the future.

*Susan Cameron, Principal*

## Finance News

### Material and Service Fee and Subject Charges 2013

A poll was recently conducted to determine whether the approved Materials and Service charge of \$665 plus subject charges, currently deemed a 'standard sum' be endorsed as a 'prescribed sum'. This is an annual process and is legislated as a necessary requirement if schools wish to recover the full amount of the fee.

The poll concluded on the 9th November 2012. There was a clear majority of parents who voted 'YES'. This means our fees for 2013 will now be payable in full or legally recoverable. Thank you for your participation in the Poll.

*Rosemary Wright, Business Manager*

## Science News

### Oliphant Science Awards 2012

The Oliphant Science Awards are conducted each year by the South Australian Science Teachers Association and attract over 2,500 entries each year. They are named after Sir Mark Oliphant a famous scientist, a former Governor of South Australia and also a former student of Unley High School.

The presentation night for the annual Oliphant Science Awards was held on Friday September 14th at the Adelaide Festival Centre. Unley High School was awarded 5 Prizes plus 3 Highly Commended certificates.

Congratulations go to James Swift who was awarded 1st Prize in the Year 8-9 Programming & Robotics section with his "Wireless Surveillance Jeep" and to Bryce Tolley for his winning crystal in the Year 8 Crystal Investigations section.

Ashleigh Chin was 2nd in the Year 9-10 Photography section for her "Carbon Cycle" entry. Jack Cheshire & Alistair Correll were also awarded 2nd Prize in the Year 8 Multimedia section for their DVD "Evolution Explained".

Sophie Mousse & Jake White were awarded 3rd Prize in the Year 8 Models section with their model "Electrical Energy".

Laura Swift, Lauren Fletcher & Marie Li received a Highly Commended Certificate for their photos on the "Carbon Cycle" and Aleina Dearden a Highly Commended for her essay on "GM Foods - Are They Our Future".

Congratulations to all those that participated this year as we had another outstanding group of entries resulting in being the best in the state in two categories again this year as well as several place getters and Highly Commended entries.

*Mick Newman, Oliphant Awards Co-Ordinator*



## Library News

### Premier's Reading Challenge

Eighteen students completed the Premier's Reading Challenge this year.

Additionally, four of our students have completed the challenge for each of the nine years that the challenge has been running. Congratulations to Jack Cheshire, Emily Downing, Tara Evans and Sophie Mousse for this achievement.

A presentation ceremony was held in the library on Monday 12 November 2012 with students and parents present.

Mrs Cramey the Library Coordinator and Principal, Susan Cameron, presented medals and certificates to the students.

Reading does make a difference. Ms Cameron pointed out that as well as parents reading to children while they are young it is important for children and young people to observe their parents reading as a model to encourage their children to read. The more we read, the better we get at it.

In South Australia this year 123,000 students completed the challenge. Congratulations to those who participated at Unley High School.

*Ms Jenny Brisbane, Teacher Librarian*



### Libraries and Holidays

The Teacher Librarians and School Support Officers of Unley High School Library, wish the school community a safe and happy Christmas.

Whilst our Library is closed, the good news is that over the holiday break, our students can continue to reap the many benefits of Library membership by accessing their local Library.

Local libraries now belong to the One Card Network, which means users can access the books, movies, music, and databases from over 40 participating libraries. We can now search the catalogue from home and place holds on items for borrowing.

For membership details and opening times over the holidays, please contact your local library.

*Jan Cramey, Library Coordinator*

## Remembrance Day Assembly

### Remembrance Day Commemoration Assembly at Unley High School 2012

At 11.00am on the 12th day of the eleventh month, 2012 the school community assembled in the central garden area of Unley High School.

We gathered to celebrate the successes and to commemorate the sacrifices of all people who have defended peace and ensured the freedom of their families.

This year we had a guest speaker, Sharon Mascall-Dare a radio producer for the BBC World Service. Sharon has just finished working on a BBC documentary about ANZAC and what it means in Australia today.

Then, at this most memorable hour, our cadets lowered the flag to half mast, read the Ode, and the school fell silent to hear the last post, to stand in contemplation, and then to hear reveille played by Jason Bassani, one of our students.

This was an opportunity for our school community to reflect on the freedom we may take for granted, and on the efforts of people who gave so much to ensure we can be free.

*Kathy Ellis, Deputy Principal*

## CPSW News

The last term of 2012 has really flown by, with all that I have been involved in including: Year 12 Graduation, Year 12 and Year 11 Exams, Peer Support Training, Year 7 visits, and Basketball and Volleyball trips. It's been a good term to be a part of this Unley High School community.

My congratulations go out to the fantastic group of Year 10 Peer Support Leaders this year. Continue to do your best to set a good example for the younger students..... it is well worth it!

To the leaving Year 11 & 12 students, I wish you all the best and miss you already around the school.

I want to wish you all the best over your summer holidays and your Christmas break whatever you may be up to; whether its family gatherings, Christmas services, time with friends or simply relaxing. I hope you are safe, well rested and I'll see you back next year for a brand new year!

Blessings,

*Jodi Quast, CPS Worker Unley High School*

8272 1455 or [jodi.quast@uhs.sa.edu.au](mailto:jodi.quast@uhs.sa.edu.au)

## Link Program News

It was a busy start to the term beginning with our two senior students completing the last of their assignments and exams. Daniella has now completed her SACE to go on to further education at TAFE, and we wish her all the very best. Melissa will return to UHS in 2013 to complete her SACE as a Year 13 student.

Our other students, to their credit, have diligently studied and completed all assignments and exams, so as the term drew to a close we organised a few events to celebrate. The first was a successful Inter-School Boccia Carnival, held at ETSA Park on 15 November 2012, where our students challenged about 16 other schools to become second place-getters!! It was a really fun day, showing off the skills and competitive streaks of our students.

On 20 November 2012, we organised a bowling challenge with the students from Roma Mitchell Secondary College Link Program. We met at the refurbished KingPin Bowling Centre in Norwood, followed by a lovely barbeque in Richards Park. It was a very hot day but that didn't seem to deter the students from socialising with each other and playing 'wheelchair chasey' games in the park afterwards! Everybody had a wonderful time, and Roma Mitchell are planning another challenge early in 2013 to try to win the trophy from Unley!

To celebrate Christmas this year we headed down to the Beachouse at Glenelg. All Link Program students were able to join us for what was a lovely day of fun, food and laughter.

We wish everybody a safe and successful festive season.

*Jane Kettle, SSO Link Program*



**Canteen News** Many thanks to our volunteer parents for their donation of their time to help us in the canteen from 22nd October to 30th November, 2012

*Sarah Thomas*

*Liz Drescher*

*Anna Chin*

*Elizabeth Key*

*Kathryn Aiston*

*Kerrilee Lock*

*Carla Davison*

*Jo Patterson*

*Trudie Cain*

*Jo Donald*

*Zmaragdi Plagakis*

*Kathryn Ireland*

*Orania Barbara*

*Marion Plane*

*Merrilyn Fietz*

*Millie Kolovinos*

*Ra Stretch*

*Jenny Stevens*

We wish all our Parent & Student volunteers a very Merry Christmas and a Happy New Year! *Lorraine, Helen & Elaine*

## Attention Students commencing Year 12 in 2013

Have you ever thought it would be handy to know what university is like before you actually start your degree? And wouldn't it be great if this helped you get your SACE and counted towards your ATAR? You are now able to attend the University of Adelaide part-time in 2013 if you are accepted as a Headstart Studies or Headstart Accelerated Scholarship student.

### *Headstart Studies Scholarship:*

You may now apply for a University subject as part of your Stage 2 studies if you are a high achieving student going into Year 12 in 2013. You will gain credit towards your SACE and can have the grades counted towards your ATAR. Tuition fees and the Student Services and Amenities fee are waived for up to one subject in each semester, and eligibility is based on Year 11 grades.

### *Headstart Accelerated Scholarship:*

Accelerated students who have already completed one or more Stage 2 subjects (or equivalent) and have less than a full workload may apply for a Headstart Accelerated Scholarship. This enables you to study up to 2 first-year subjects each semester at the University of Adelaide and be exempted from tuition and Student Services and Amenities fees. It provides you with a challenge beyond school and the Year 12 curriculum.

Students who subsequently enrol as a full-time student at the University of Adelaide will be granted credit for studies taken as part of Headstart (as long as the course is relevant to your degree). Headstart helps you get used to university life and study before leaving school, and can help you decide which degree is the one for you.

Applications close on Monday 11 February 2013.

You can find more information online at [www.adelaide.edu.au/headstart](http://www.adelaide.edu.au/headstart), or contact Angela Ballantyne (Mon – Wed) on 8313 8381 or email [angela.ballentyn@adelaide.edu.au](mailto:angela.ballentyn@adelaide.edu.au). Unley High School Counsellors have copies of the Headstart Booklet available in their office.

*Kathy Ellis, Deputy Principal*

## Parent Voice News

I would like to say a big thank you to our Parent Voice Committee for their wonderful work this year.

One of their goals has been to find ways to increase the connection parents have with our school. Their work is centred around the understanding that 'the greater the parent involvement' within the school, 'the greater the student achievement'.

In Term 1 the Committee organised a very successful Year 8 Parent, Teacher and Student Sausage Sizzle. This event gave parents a chance to meet other Year 8 parents, watch the Year 8 Camp DVD and chat with teachers. Parents who attended this event commented on how wonderful it was to meet other parents and for the first time, see what their children get up to when they attend camp!

In Term 2 a seminar for parents was organised on "Social networking and Cyber Safety" with over 50 parents attending. Dr Mubarak, a lecturer from Flinders University and Judy O'sullivan from Marion Youth, gave the parents valuable advice on how to support their children to remain safe while using social networking sites.

*The social networking seminar was informative and a real eye opener, giving valuable advice to check Facebook security settings as often as possible was greatly appreciated." (Ourania Ntaffilis)*

*I found it both interesting and somewhat frightening at the number of social media sites, that once you have pressed the "I agree" button the information, YOUR information, is no longer yours, that your profile is not in fact deleted even once you have deleted your information. (Anna Thallas-Lamb)*

In Term 4, the Committee supported our Fundraising Committee in hosting a Year 12 Parent Evening where parents of Year 12 students celebrated their children's successful completion of Year 12. The evening was filled with fun for all, with teachers pleasantly surprised when acknowledged for their work by receiving a medal and a certificate of appreciation from parents. The evening was a real highlight for the Year 12 parents.

The Committee has also been working together to create a Homework Pamphlet for parents. The aim is to support parents with ideas and strategies to help their children successfully complete homework. The Committee had fun debating the merits of homework, sharing their struggles to get their child to complete homework, or even admit they have any homework, as well as sharing successful strategies. Special mention should be given to Mr Charlie Marino our Year 8 Manager who led the discussions and Heather Thompson and Chris Deaden who are putting everyone's ideas and suggestions into very creative publication. The pamphlet will be distributed early next year.

*Being involved in the Parent Voice Committee this year has meant feeling more connected. It has given me the opportunity to meet other parents and to learn more about the school environment (both physical and intellectual), procedures and ongoing plans. It has been great to be able to share parenting/school experiences, thoughts and opinions in an open respectful manner. (Heather Thompson)*

*Parent Voice has improved my ability to respond to any issues my child may have. It makes him aware that his education is important to me. It gives me some knowledge about his school life. (Krista Jenkins)*

The Committee will reconvene in Week 3 of Term 1, 2013. It meets twice per term and any parents who would like to join us are welcome.

*Joanne Costa, Assistant Principal Middle School*

## Community Care Project

On Friday 16 November 2012, our Home Group 9507 attended a meaningful and enjoyable day together in the city.

Over the last few weeks, the students in our class and our teachers Ms. Oliver and Ms. Pouras collected soft toys, board games, colouring in books, textas and crayons, reading materials such as novels and magazines as well as CDs and DVDs. We packaged these items in decorated boxes; they were wrapped and delivered to the Woman's and Children's hospital prior to our visit by Ms. Pouras.

On Friday, our class was able to meet with Sandy Keene the Woman's and Children's Hospital PR Co-ordinator. She met us at the Woman's and Children's Hospital and presented our Home Group class with a card made by the children on the wards, to thank us for our gifts.

One thing that stood out to us was Sandy telling us that the ward nurses and doctors are always grateful for bubble machines as they are used to distract little children who need to have gauzes and dressings removed, or have injections. They also help the children forget their wounds and pains.

After the hospital visit, our class went to the Piccadilly Cinema where we viewed *The First Fagin*, a film built on Charles Dickens' *Oliver Twist* character. A short walk followed in the afternoon to the Central Market devouring the delicacies on offer for lunch.

By 2.30pm we were tired, but happy to have spent a great day checking out the Woman's and Children's Hospital, the lobby lounge of the Hilton, the Cathedral, the Central Market and at last the bus to bring us all back to school ready for home and the weekend.

Thank you Ms Oliver and Ms Pouras for giving us the opportunity to share in this day.



## Ethnic Schools Board News

There are currently 90 ethnic schools operating in South Australia, teaching 48 different languages to over 7,000 students. The following Unley High School students have studied with the Ethnic Schools Board this year.

<i>Ruby Stevens</i>	<i>French</i>
<i>Georgina Key</i>	<i>French</i>
<i>Dimos Hronopoulos</i>	<i>Greek</i>
<i>Irene Charalampakis</i>	<i>Greek</i>
<i>William Tran</i>	<i>Mandarin</i>
<i>Kirush Jeyananthan</i>	<i>Tamil</i>
<i>John Yik</i>	<i>Mandarin</i>
<i>Alisi Tavui</i>	<i>Fijian</i>
<i>Kirrill King</i>	<i>Ukrainian</i>

Congratulations to these students on their achievement.

## Counselling News

### Summer Break - Emergency Numbers

During the summer break, it is important to know that support is available from a range of community agencies.

*Counselling services:*

Kids Helpline phone: 1800 55 1800

Lifeline phone: 13 11 14

Beyond Blue phone: 1300 224 636 or  
[www.beyondblue.org.au](http://www.beyondblue.org.au)  
(Depression/Anxiety Support)

SANE Australia helpline: 1800 187 263 or  
[www.sane.org](http://www.sane.org)  
(Mental Illness Support)

All phone helplines listed above are accessible 24 hours a day, 7 days a week.

The following two websites provide information for young people, about depression and bi polar disorder.

[www.ReachOut.com](http://www.ReachOut.com)

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

The Counselling team wishes all students and families, a happy and safe break.

*Nina Sheehan & Rob Carthew*

## Christmas Compassion – Salvation Army's Toy Appeal and Food Drive

For their Community Care Projects, Home Group 9714 (Markovitch/Waldeck) and 9713 (Jones/Lewis) collected food, toys and other gifts for the needy as part of the Salvation Army's Toy Appeal and Food Drive.

What started out as a two-Home Group project soon escalated into a school-wide operation, with donations coming in from various Home Groups and staff members, with Home Group 8410 (Marsden/Wallace) to be commended on their generous contributions.

The project was a fantastic success and will, no doubt, make the Christmas of those less well-off than us that little bit brighter. Thank you to the students and families of Home Groups 9714 and 9713 and everyone else who helped make this project such a success.

Wishing you and yours a very Merry Christmas, *Donna Markovitch, Greg Waldeck, Helen Jones and Kati Lewis*



## Art & Design News

Our Year 12 Art and Design Exhibition was officially opened by Principal Susan Cameron on Wednesday 21st November at 6pm in our South Gallery area at Unley High School. The Exhibition was attended by approximately 120 parents, students, staff and exhibiting artists and designers with guest speaker, contemporary artist Megan Coles selecting works for significant awards. The Exhibition featured a wide range of media, concepts and diversity in both 2D and 3D art and design works. Congratulations to our 2012 art and design students for their hardwork, dedication to the subject and for producing such a high standard of work. A special mention to Clare Mc Pherson for her sculpture piece, 'Smile' which was selected by the moderators for the 2013 Sace Art Show.

*Terri Moore and Rheanna Dougherty*



## Music News



### Unley High School students performed at 'The Goodwood Groove'

The Goodwood Central Trader and Services Association Centre hosted a free community event on 7 December 2012 on the green lawn space next to the Goodwood Community Centre called The Goodwood Groove.

Unley High School provided some of the entertainment for the Goodwood Groove. Year 10 students Kristy Kyriacou and Jay Mulvaney performed as did the Unley High School Vocal Ensemble

Congratulats to these students for their outstanding performances.

*Chris Martin, Music Teacher*

## AAFC News

The Australian Air Force Cadets (AAFC) have met at Unley High School for a number of years and we are keen to keep this program available to our students and some other students from within our local community. To support this we would like a person to have a liaison position between the school and the cadet squadron.

The position would be paid for two hours per week and the role would involve recruiting students, completing necessary paperwork and involvement in the Monday evening sessions as required. It would be an opportunity (although not necessary) for anyone that has an interest in aviation or defence to participate in the AAFC as an adult instructor.

Further information on the AAFC can be found at [www.aafc.org.au](http://www.aafc.org.au)

If you are a person who thinks you may be interested in this role please telephone or email [kathy.ellis@uhs.sa.edu.au](mailto:kathy.ellis@uhs.sa.edu.au) at the school before 21 January 2013.

*Kathy Ellis, Deputy Principal*



## **Blue Sky - Unley High Link Committee News**

### **Fundraising for Blue Sky Public School Educational Community Science Laboratory**

When the Principal of Blue Sky Public School Educational Community visited Unley High School last year, we learnt from him that Blue Sky does not have a science laboratory, being a disadvantaged school in Kathmandu, Nepal.

He told us that students learn about science in a very out-dated way, by listening to the teacher and writing notes from a blackboard. So from this, the Blue Sky - Unley High Link Committee was formed. We have accepted the challenge of helping Blue Sky to establish a science laboratory and have been fundraising to provide their students with much needed science resources. The committee members are Ben (Chairperson), Lauren, Anna-Maria, Matthew, Liam, Melna, Michael and Charlie.

Our School Community has been very supportive of our quest. So far we have collected text books, microscopes and other laboratory apparatus. We have also purchased some stationary and science activity kits from the National Geographic store with money raised through selling Christmas decorations and cards. We approached the Unley High School Student Voice who voted unanimously to support our cause with a generous donation. This money provided one of our fundraising goals, to purchase a much needed projector.

Students, together with Mr Rob Carthew and myself travelled to Pasadena High School where the much needed resources collected thus far were packaged in readiness to be delivered to Blue Sky.

Thank you to the community for your support. As this project is ongoing, we appreciate any help that you can offer to give students of the Blue Sky Public School educational community opportunities to experience true 21st century learning.

Special thanks to the following for their kind and generous donations in support of this project.

*Friendly Grocer Oaklands Park* for their contributions of stationary and science resources via Ms Melna Puthyedathu.

*Microscopes and More* Thank you to Mr Phil Cartridge for his kind donations of much needed microscopes.

*Hearinglife* retailer and service of hearing aids for the contribution of a set of laptops for Blue-Skye Public School via Mr Andrew Johnston.

*Unley High School Student Voice* for an extremely generous monetary donation which funded the Blue-Sky - Unley High Link Committee costs for transporting resources and the purchase of a much needed projector and sound system which will enable students to see a large screen without crowding or having to wait turns for accessing the screen.

*The Blue Sky - Unley High Link Committee* for their location of resources and monetary contributions and fundraising efforts for purchasing National Geographic science experiment kits.

*Charlie Marino, Year 8 Manager*



**Congratulations** to Matthew Prinsloo who won an award in the subject Business and Enterprise and to Katherine Dunning who won an award in the subject Dance.

Both Matthew and Katherine studied these subjects at Mitcham Girls High School

*Kathy Ellis, Deputy Principal*

**Congratulations** to Aaron Jones on being selected for the '2013 STAR Group/Blue Light Youth Leadership Camp' to be held at the Echunga Police Reserve, between Sunday 13 and Friday 18 January 2013.

*Susan Cameron, Principal*

**Congratulations** to Ariel Reed and Ben Stempel who participated in The Health of the River Forum in the Riverland. They made a presentation to their sponsors, The Rotary Club of Brownhill Creek on 27 November 2012.

*Bruce Stopp, Coordinator SOSE*

## Sport News

Term 4 has wound up well for all of our sport with great participation numbers and some fantastic results.

Our Year 8-9 Touch girls had another fantastic season to finish on top of the ladder. A huge thank you once again to Dad, Glenn O'Hara, for coaching the girls to victory. Our Cricket boys also had successful seasons with lots of winning Saturdays. Thank you to our new cricket coach, Harrison Cumming, and current students Josh Archer, Will Fry, Matt Bradley and Hamish Robinson for coaching the cricket teams so well and responsibly this term. Our Badminton teams also did really well with the Open A team coming first. Thanks to past scholars Robert and Lisa Turnbull for coaching and looking after the badminton players so well. Both our girls Basketball teams came runners up in their Grand Finals which was a brilliant effort. Thanks to Dad, Adrian Couzner and past scholar Lachy Kerr for coaching these successful teams. Also thanks to students Jason Bassani and Tim Caputo for refereeing the girls games each week. The Indoor Soccer teams didn't have quite as much success but certainly had enough wins to feel proud. Thanks to past scholars Brett Ellis and Adam Row for coaching these teams and Stratton Killis for umpiring each week.

All of our Knockout sports have already wound up. Our Year 8 Basketball girls looked like a promising team but unfortunately came up against some very tall teams in their early round games and were knocked out. Our Year 8-9 boys Cricket team suffered a similar fate when they had to face the Adelaide High School team comprising of a number of State players. More successful were the Year 10 Basketball boys who ended up coming 4th on finals day, as did the Year 8-9 Tennis team. The most fantastic result, though, was from the Year 8-9 Mixed Badminton team who won their Grand Final to become State Champions, following in the footsteps of the open mixed team, so it was an extremely successful term for Badminton. Well done to all of the players.

To finish off the term, some of our Year 9 students are taking part in a Beach Day at Somerton. Participants will play Beach Touch, Cricket, Soccer, Volleyball and even Sand Sculpting. This is a new event on the sports calendar and should prove to be a fun way to finish the year.

Other students from all years at school, including returning Year 12's, will be travelling to Victoria to take part in either the Australian Schools Championships for Basketball or the Australian Schools Cup for Volleyball. Each of these events runs for a week and are always a fantastic experience for the players attending. A number of past scholars and parents give up a week of their time to attend as either coaches or supervisors so a big thank you to them along with the Unley High School staff members who also attend. Hopefully we will come home from both trips with some medals!

I hope all of you have a relaxing and happy holiday and Christmas time and look forward to another great year of sport in 2013.

## Australian Schools Championship competition results - Melbourne

Our open boys Basketball team managed to secure a spot in the Championship division of The Australian Schools Championship competition as a wildcard entry. This division is one reserved for only the best open school boys teams throughout Australia who have won their own state competitions.

Unley High School have only once before had a boys team qualify for the Championship division (in 1997). This year our boys have done brilliantly to win bronze, only missing the chance to play the grand final game after losing to the AIS team with Australian representative players.

We are incredibly proud of the boys and thankful to their fantastic coaches Tim Shortt and Andy Thomas and their number one support man, Lachy Kerr.

We're also very proud of our two junior boys teams who played some fantastic basketball and both only just missed out on the finals rounds. Thanks to Mike Shortt and Haydn Grimmer for coaching these teams.

It's been a great trip all round.

*Anna Henderson, Sports Coordinator*





## Rowing News

The Unley High School Rowing Club has enjoyed a busy start to the season with several regattas, fundraising events and an education seminar. The club captains were also announced for the 2012-2013 season.



Congratulations to:

*Senior Girl Captains – Sophie Russell and Ruby Stevens*

*Senior Boy Captains – Hugh Kinnane and Aaron Jones*

*Junior Captains – Verayna Zilm and Jordarn Karpowicz*

*Junior Vice-Captains – Courtney Size and Jack Cheshire*

The club has participated in all of the Rowing SA regattas conducted in Term 4 either at the Torrens, West Lakes or Berri. All crews have enjoyed some close racing, with the Year 8 boy's crews being the most successful with several race wins so far.

More than 60 rowers and their families travelled to Berri for the annual Riverland Regatta on Saturday 1st and Sunday, 2nd December 2012. Most families stayed at Lake Bonney so witnessed a magnificent lightning show above the lake on the Friday evening. The racing over the weekend enabled the participating club members to race in several events, sometimes with students from different year levels, an option not often available at metropolitan regattas.

On Monday 26 November 2012, approximately 130 people attended a Nutrition Seminar in the Performing Arts Centre that was presented by Kerryn Eades, a Sports Dietician from Wakefield Sports Clinic. The rowers and their parents learnt that good diet and nutrition are key elements to success for rowers, and provide significant increases to energy and focus. Kerryn provided lots of valuable information in relation to meeting daily fuel and nutrient requirements, suitable pre-training snacks, recovery nutrition, pre-event snacks/meals, sports drinks and liquid meal supplements, fluid needs, iron levels and protein supplements. It is pleasing to see that most rowers have taken the information 'on board' and are already bringing healthier snacks and drinks to regattas.



The Senior Girls are really enjoying and are benefitting from a new land training opportunity that has been provided by Fit Girl Club, Mitcham. The Rowing Club would like to sincerely thank Fit Girl for their generous sponsorship and hope that such an arrangement may continue into next year.



The next major club event is Summer Camp at Walker Flat on Sunday, 20 January to Thursday 24 January 2013. Any current Unley High School students interested in rowing that would like to attend camp, please contact Anita Hughes at [anita.hughes@uhs.sa.edu.au](mailto:anita.hughes@uhs.sa.edu.au) for more information.

*Anita Hughes, Rowing Manager*





**UnleyHighSchool**

Kitchener Street, Netherby SA 5062

Telephone: +61 8 8272 1455

Facsimile: +61 8 8373 3031

Email: info@uhs.sa.edu.au

www.uhs.sa.edu.au

## Community News

**AMF BOWLING**

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Water safety program for school aged children at pools, lakes and beaches throughout South Australia

Government of South Australia  
Office for Recreation and Sport

SA Water  
VACSWIM  
Department of Water

## SCHOOL UNIFORM

IS AVAILABLE FROM THE FOLLOWING 2 LOCATIONS:

### UNLEY HIGH SCHOOL

PH: 0419 004 522

**Trading Hours During School Terms Only**  
**Terms 1,2,3 & 4**

**Tuesdays 8:00am - 2:00pm**

### EXTENDED HOURS FOR BACK TO SCHOOL PERIOD

Monday	21st January 2013	9:00am - 3:00pm
Wednesday	23rd January 2013	9:00am - 3:00pm
Thursday	24th January 2013	9:00am - 3:00pm

### UNIFORM MANAGEMENT SERVICES

109 Rundle Street, KENT TOWN  
PH: 08 8363 5255

**Trading Hours**

**Monday - Friday 9:00am - 5:00pm**

**JANUARY 2013 - OPEN EVERY SATURDAY 9:00 AM - 12 NOON**  
Closed 20th December 2012 and reopening 2nd January 2013

Thank you to all teachers, parents and students for your continued support. Wishing all a merry xmas and a safe new year.

Kind Regards Sonia De Corso

**Uniform Management Services**

## Term 1 2013

January 28	<b>PUBLIC HOLIDAY - Australia Day</b>	
January 29	Year 8 & 12 commence school	<b>8.45am</b>
January 29	Peer Support students commence	8.45am
January 30	Year 9, 10 & 11 Students commence school	<b>8.45am</b>
February 4	Fundraising Committee Meeting	5.30pm
February 11	School Photos	
February 11	Parent Voice Meeting	6.30pm to 8.00pm
February 12	<b>AGM UHS SCHOOL COUNCIL</b>	<b>7.00pm</b>
February 19 - 22	<b>Year 8 Camp</b>	
February 26	<b>UHS School Council Meeting</b>	<b>7.00pm</b>
February 26	SSSSA Inter-School Swimming Carnival	
March 4	Fundraising Committee Meeting	5.30pm
March 7	'Parents for Career Partners' Presentation	6.00pm to 9.00pm
March 8	<b>SPORTS DAY</b>	
March 11	<b>PUBLIC HOLIDAY - Adelaide Cup Day</b>	
March 12	Parent Voice Meeting	6.30pm to 8.00pm
March 15	<b>Year 12 Formal</b>	
March 18-24	Rowing Nationals - Penrith NSW	
March 26	<b>UHS School Council Meeting</b>	<b>7.00pm</b>
March 29	<b>PUBLIC HOLIDAY - Good Friday</b>	
April 1	<b>PUBLIC HOLIDAY - Easter Monday</b>	
April 6 - May 3	Italy Art & Language Trip	
April 10	SSSSA Inter-School Athletics	
April 12	<b>LAST DAY TERM 1 - early dismissal</b>	<b>2.15pm</b>