From the Principal........

During Term 2 we have been working very hard to prepare our students for success. Term 2 can be a challenging term - where work demands at school are clear, pressure from friends, family and work can mount and with long nights and short cold days, it feels like the term will last forever.

There are a number of strategies we put in place to support our students. We have a range of Pastoral Care Programs such as relationships days and peer support to give young people the tools to address challenges. Our teachers, through their Professional Learning Teams, work hard to ensure that they support every child to learn interesting and challenging work. Our Year level Leaders follow up on issues where students need additional support – to attend, to negotiate with teachers, to meet our behavioural expectations.

Our Learning Centre has been designed specifically to support our senior students. Not only is it staffed with teachers of high calibre, we also have a number of students who completed school last year working in the centre as Mentors. These teachers and Mentors are supporting young people to meet their study demands, get more organised and feel more confident to extend themselves. Many students go to the Learning Centre to seek support, while others are referred by their teachers because they are finding work demands difficult. If as a parent, you feel your Year 11 or 12 student would benefit from one to one support from the Learning Centre, you can ring the school and speak to one of the Learning Centre staff – Gill Forster, Helen Jervis, Martin Ellis or Phil McDonald. The Learning Centre doubles as our ‘Time Out’ space for junior school students, where they are also supported to meet work requirements.

We hope that the strategies and programs we give our students has supported them to have a very successful term. Please discuss your child’s report with them. Research shows that an effective way to support students to learn and achieve is for them to set their own goals – reflecting on what they achieved and identifying what they need to do to achieve at a higher level, as well as identifying what assistance they need from their teachers.

Yours sincerely,

Susan Cameron

Congratulations to Sam Gericke

The Pizzey cup is held once a year and each year a different State hosts the event. This year it was held in Perth, Western Australia. Each team comprises eight boys and eights girls.

During the event you play each State in a combination of singles, doubles and mixed doubles. As well as the team events there is also an individual tournament that every player participates in.

The team departed Adelaide on the 3 May 2014 and arrived back on the 11 May 2014, spending a week in Perth. On each of the days we either played one or two of the States or played in the individual event. One day was also allocated for an excursion to the Fremantle Jail.

At the end of the event our team finished 5th overall, but we all played well and challenged the top States. The whole experience was very enjoyable and everyone on the team gelled well together. It was also a good opportunity to mix with the other States and experience the city of Perth with a good group of people.

I would strongly recommend to anyone that has this opportunity to take part in this event because it is a fantastic experience and gives you the chance to make lasting friendships and some great memories in the process.

By Sam Gericke
**Congratulations to Tait Rackebrandt**

Tait Rackebrandt (2007-2010)

After changing his topics during Term 1 of Year 11 (2010) to include Metalwork and Technology Studies, Tait found he had a passion for welding under the guidance and encouragement of Mr Peter Hall, Technology Studies teacher.

After seeing a recruitment information session held by BHP at Unley High School, Tait applied to BHP for an apprenticeship. He was immediately accepted not only at BHP Roxby Downs but also by another Adelaide based company, Renfrey Plant Hire.

Tait commenced a Diesel Mechanic Apprenticeship with Renfrey in December 2010. Renfrey noted Tait’s commitment and passion and consequently offered him other training opportunities within civil construction. He also became the plant’s Social Committee Coordinator and excelled at Trade School. Tait gained even further experience becoming their Workshop First Aid and Safety representative.

One year later, after noticing his particular talent with welding, Renfrey recommenced Tait as an apprentice Boiler Maker. This continued success at work and at Trade School culminated in Tait being awarded the South Australian Civil Construction Federation “Trainee/Apprentice of the Year” in May this year, a prestigious and coveted award.

Tait was also an enthusiastic Rower at Unley High School. He was Vice-Captain of the Seniors Boys Rowing Team, and a much sought after member of numerous Unley High School sporting teams, representing the school competitively on many occasions.

Tait has found his solid education and grounding in teamwork and sportsmanship has been a major asset, not only in life but also with his chosen career.

Well done Tait!

---

**Congratulations to Nicole Tan**

Congratulations to Unley High School past scholar, Nicole Tan, who is currently studying a Bachelor of Architecture at the University of Adelaide. Nicole won The Aurecon Prize in Sustainable Communities.

This award is presented to the student in the course, Designing Sustainable Communities, who has achieved the highest aggregate of marks throughout the year. Nicole studied Stage 1 and 2 Graphic Design and Architectural Studies at Unley High School. We wish her all the best in her future endeavours.

*Rheanna Dougherty, Senior Design Teacher*
Mindfulness in Schools

Our school has been invited to participate in research being undertaken by the Psychology Department of Flinders University. The purpose of the study is to investigate the capacity of a Mindfulness Skills Program to prevent or reduce anxiety, depression, stress and eating disorders and increase student wellbeing.

This research involves Year 8 students participating in either an eight lesson, once a week, Mindfulness Program or undertaking standard classroom lessons, and completing questionnaires. The Mindfulness curriculum will be taught by Catherine Johnson, a qualified adolescent Mindfulness Teacher http://mindfulnessinschools.org/. Catherine is also a qualified physiotherapist with an honours degree in psychology, who is now undertaking a psychology research PhD.

Mindfulness is a secular (non-religious) and scientific approach to increase mental resilience and happiness. The Program sits harmoniously alongside any religious approach including Christianity. Mindfulness involves learning to switch mental gears from our tendency to “live in our heads” (in the past and future), instead become fully aware of what is happening in the present (both internally, our thoughts and feelings, as well as external events). This way we can change from reacting habitually to things in automatic pilot mode (mindlessness), and instead pause, see clearly what is actually happening, and make conscious, skilful choices about our actions. Mindfulness also involves fostering an attitude of curiosity, non-judgement and self-kindness (rather than harsh self-criticism).

Research over the last 30 years show benefits from the adult Mindfulness Programs for stress, anxiety, depression and chronic pain. Mindfulness for youth is a much newer field but evidence is emerging for positive benefits. A recent study in the UK using the same curriculum showed a significant reduction in depression at completion of the eight week Program for 12-16 year olds. At the 2-3 month follow up, effects were not only lasting for depression but had broadened to include a significant reduction in stress and an increase in wellbeing. Students rated enjoyment at 7/10 and most reported that they would continue using the strategies.

The current study will be looking to replicate these effects in an Australian context using the same Program but also extending the study to look at how it works (so we can see if emphasising certain components improves the effects) and assessing additional outcome measures such as weight and shape concerns.

Delivery in the classroom involves short talks, discussion, games and short mindfulness practices with encouragement to practice these skills at home. Mindfulness practices include

- Learning to be still and watch the breath (a way to train attention, and to self-calm)
- Scanning different parts of the body, and learning how the body feels with emotions or under stress
- Performing everyday activities “mindfully” (e.g. really noticing the smells, tastes and textures of eating) so we can savour the positive and notice unpleasant experiences (a necessary part of life) with a sense of curiosity rather than avoidant behaviour

At the completion of the programme, results will be forwarded to the school for dissemination. Use of student questionnaire data is voluntary and requires parental consent. Look out for the information sheet and consent forms coming home with your Year 8 students!

For those students who are in the control group (which makes the results of a study much stronger) a workshop in mindfulness will be offered in Term 1, 2015 at the completion of the study.

Andrew Hall and Tam Hood, Student Counsellor

Arts News

Refugee Week

Cassie Warren, a Year 9 Art student is representing Unley High School at the SA Refuge Week Youth Poster Awards Exhibition which is running from 16 June to 25 July 2014.

Several students and Cassie attended the launch of the Exhibition at the Samstag Museum in the Kerry Packer Civic Gallery, University of South Australia on Monday 16 June 2014.

The Youth Poster Awards Exhibition is an excellent demonstration of young people responding to ideas, issues, multiculturalism and celebrating Refugee Week with works from Primary, Secondary and Tertiary students exhibited.

Terri Moore, Art Teacher
**International Student News**

Welcome to our new student from France; Melina Froidure and new students from Italy; Marta Alterio, Fabiana Tirone and Martina Izzo who are with us on a short Study Abroad Program. Also a number of students from Adelaide Secondary School of English participated in a three day transition program in order to have a taste of Unley High School life before the completion of their intensive English program.

We hope the new students have a wonderful Australian and school experience while they are here.

A warm welcome to the six teachers from West Java, Indonesia who are in Adelaide (and Unley High School) on a short visit as part of a Professional Development Program and for both our staff and our students they have been wonderful to share knowledge with.

*Peter Trethewey, Coordinator International Student Program*

**Counsellors’ Corner**

We often get asked questions, both from students and parents, about particular issues relevant to teenagers and how to manage them. Following is some general information about a few issues that can be of concern for young people. At the end of each section you will find contact information for further information and services that could help. At the end of the whole article you will find information from the Australian Psychological Society (APS) about some possible online ways of finding assistance for you or your child, if going to see someone face to face is not possible.

**Depression**

**What is depression?**

While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods of time (weeks, months or even years) and sometimes without any apparent reason. Depression is more than just a low mood – it’s a serious illness that has an impact on both physical and mental health.

**Signs and symptoms**

Depression affects how people feel about themselves. They may lose interest in work, hobbies and doing things they normally enjoy. They may lack energy, have difficulty sleeping or sleep more than usual. Some people feel irritable and some find it hard to concentrate. Depression makes life more difficult to manage from day to day.

**Types of treatment available**

The encouraging news is that there is a range of treatments, health professionals and services available to help with depression, and there are many things that people with depression can do to help themselves.

**Who can assist**

Different health professionals provide different types of services, treatments and assistance to help people on the road to recovery. It’s very important to find the right mental health professional to meet a person’s individual needs.

**Recovery and staying well**

Recovery can take time. While medical and/or psychological treatment can help with a person’s recovery, there are many other ways people can help themselves to get better and stay well, like getting enough sleep and exercise, eating well and talking to someone they know and trust.

**Further Info and Help**

http://www.beyondblue.org.au
http://www.blackdoginstitute.org.au
http://www.sane.org/information/factsheets-podcasts/178-depression
http://www.headspace.org.au

**Anxiety**

**What is anxiety?**

Anxiety is more than just feeling stressed or worried. While stress and anxious feelings are a common response to a situation where a person feels under pressure, it usually passes once the stressful situation has passed, or ‘stressor’ is removed. Anxiety is when these anxious feelings don’t subside. Anxiety is when they are ongoing and exist without any particular reason or cause. It’s a serious condition that makes it hard for a person to cope with daily life. We all feel anxious from time to time, but for a person experiencing anxiety, these feelings cannot be easily controlled.

**Signs and symptoms**

The symptoms of anxiety can often develop gradually over time. Given that we all experience some anxiety, it can be hard to know how much is too much. In order to be diagnosed with anxiety, the condition must have a disabling impact on the person’s life. There are many types of anxiety, and there are a range of symptoms for each.

**Types of treatment available**

As with depression, there are many health professionals and services available to help with information, treatment and support, and there are many things that people with anxiety can do to help themselves.

**Who can assist**

Different health professionals provide different types of services, treatments and assistance to help people on the road to recovery. It’s very important to find the right mental health professional to suit your individual needs.

**Recovery and staying well**

Recovery can take time. While psychological and/or medical treatment can help with a person’s recovery, there are many other ways people can help themselves to get better and stay well.

**Further Info and Help**

http://www.beyondblue.org.au
https://www.sane.org/information/factsheets-podcasts/158-anxiety-disorders
**Counsellors’ Corner continued**

**Eating Disorders**

Many young people, of both genders, struggle with eating disorders on a daily basis. Eating disorders are serious mental illnesses; they are not a lifestyle choice or a diet gone ‘too far.’ Eating disorders occur in both men and women, young and old, rich and poor, and from all cultural backgrounds. About one in 20 Australians have an eating disorder and the rate in the Australian population is increasing.

Eating disorders defy classification solely as mental illnesses as they not only involve considerable psychological impairment and distress, but they are also associated with major wide-ranging and serious medical complications, which can affect every major organ in the body.

- About one in 20 Australians have an eating disorder and the rate in the Australian population is rising. *(Hay, Mond, Buttner, Darby, 2008)*
- Approximately 15% of Australian women experience an eating disorder during their lifetime.
- The mortality rate for people with eating disorders is the highest of all psychiatric illnesses and over 12 times that seen in people without eating disorders.
- Many people who have eating disorders also develop depression and anxiety disorders.
- It is common for a person with an eating disorder to also present with substance abuse problems.
- Approximately 58% of people with eating disorders present with personality disorders.

**Signs and symptoms**

Due to the nature of an eating disorder many of the characteristic behaviours may be concealed. A person with an eating disorder may go to great lengths to hide, disguise or deny their behaviour, or do not recognise that there is anything wrong.

A person with an eating disorder may have disturbed eating behaviours coupled with extreme concerns about weight, shape, eating and body image.

**Recovery is possible**

Eating disorders are serious, potentially life threatening mental and physical illnesses, however with appropriate treatment and a high level of personal commitment, recovery from an eating disorder is achievable.

Evidence shows that the sooner you start treatment for an eating disorder, the shorter the recovery process will be. Seeking help at the first warning sign is much more effective than waiting until the illness is in full swing. If you suspect that you or someone you know has an eating disorder it is important to seek help immediately.

**Where to get more information or help?**


**Department of Health and Ageing, 2012**

Online and remote psychological treatment services supported by the Australian Government’s e-mental health strategy*.


**The Clinical Research Unit of Anxiety and Depression (CRUAD)** at St Vincent’s Hospital, Sydney maintains the This Way Up Clinic [www.thiswayup.org.au/clinic](http://www.thiswayup.org.au/clinic), a suite of Internet-based courses for people with anxiety and depression. Clinicians (e.g., general practitioners, psychologists and other allied health professionals) have free access to the courses, while clients pay a small fee.

**The Inspire Foundation** hosts Reach Out which offers information, support and resources aimed at helping young people improve their understanding of mental health concerns, promote wellbeing and resilience, consider significant developmental issues such as sexuality and bullying, increase coping skills, and facilitate help seeking, help giving and networking. [www.reachout.com.au](http://www.reachout.com.au)

**The Macquarie University Centre for Emotional Health** runs Mind Spot [www.mindspot.org.au](http://www.mindspot.org.au) a free telephone and online service targeting stress, worry, anxiety, low mood and depression and providing mental health screening assessments, therapist-guided treatment and referrals.

**The Swinburne University of Technology eTherapy Centre** runs Anxiety Online and Mental Health Online [www.mentalhealthonline.org.au](http://www.mentalhealthonline.org.au) a comprehensive online mental health service offering information, assessment, online diagnosis, free access to treatment programs for clinicians, free self-help programs for clients and therapist-assisted treatment programs costing a small fee for clients.

* While this article does not aim to offer a comprehensive review of all online supports, we also mention some additional initiatives as these are either unique (e.g., offering online resources for bipolar disorder — see Mood Swings [www.moodswings.net.au](http://www.moodswings.net.au) or funded by State Government initiatives eg, On Track [www.ontrack.org.au/web/ontrack/home](http://www.ontrack.org.au/web/ontrack/home) a website run by the Queensland University of Technology offering free resources that aim to facilitate mental and physical health and wellbeing. The Beacon and mindhealthconnect portals can be used to source information about other online websites.

An excerpt from an article by By Professor Michael Kyrios FAPS and Dr Neil Thomas MAPS, National eTherapy Centre, Swinburne University of Technology from InPysc June 2014, Australian Psychological Society.
From 4 to 9 May 2014, I participated in Live Below the Line. This was a challenge in which you had to live (and sustain yourself) for $2 a day.

When I first signed up for this challenge, I didn’t really think about how I was going to live for five days, on just $10. In the last week, however, I began to get my act together. I went shopping, and picked up some bread, rice, pasta, jam, crackers and tinned vegetables. The only thing I had trouble buying was fresh fruit and vegetables, as they were so expensive. I decided to go to the central markets for this, where I picked up six potatoes, an apple, a carrot and two onions for $2. I learnt a lot whilst purchasing my food in this challenge; Mainly that good quality food can be bought from places (or brands) that aren’t thought to be good because of the cheap price. In total I spent $9.97.

As the week began, I realised that my food was going to be very basic, and that the whole challenge was going to be harder than I expected. The first two days were the most difficult as my body was withdrawing from sugar. Breakfast was two pieces of white bread with jam. For recess every day I was eating carrots sticks with two crackers. Lunch consisted of either a slice of bread with jam or some pasta. An after-school snack was the most difficult usually just being some crackers or some fruit. Dinner was pasta every single night as the rice I cooked up was plain and gluey (I partially blame my cooking skills).

After the first two days things began to get easier. The whole challenge taught me discipline and restraint. After having to go out and sit at a restaurant whilst watching everyone eat, it taught me a lot about the feeling of wanting something and not getting it.

I recommend this challenge to anyone looking to make a difference for people living in poverty. In total I raised $788, due to the support of my family and friends. Next year in May you could do the same and help thousands of starving people.

by Eloise Cobby-Smith 8.517
Eloise’s blog can be seen at https://www.livebelowtheline.com.au/me/eloisecs

Australian Geography Competition
The Australian Geography Competition is organised each year by the Australian Geography Teachers’ Association Ltd and the Royal Geographical Society of Queensland.

The Competition challenges Australian secondary school students to demonstrate their geographical knowledge and skills. It rewards student excellence with great prizes, including selection for Australia’s international geography teams.

Congratulations to the following Unley High School students for their fantastic results.

High Distinction
Nachapol Charamornburapong

Distinction
Anjelica Heise
Alexander Hill
Helitha Kultatunga

Credits
Nicholas Butterfield
Maggie Gardiner
Callum Townsend

Enjoy the holidays Helen, Elaine and Liz :)

Food for Thought
An ‘assistive technology device’ is defined by education law as ‘any item, piece of equipment, or product system, whether acquired commercially off the shelf, modified, or customized, that is used to increase, maintain, or improve the functional capabilities of a child with a disability.’

The essence is that all students grow with the gift of technology. It gives everybody the chance to exist without barriers. With technology there is no disability. Here’s a wonderful video to watch http://bit.ly/msempoweringvideo

Link Staff
Sport News

We are now two thirds of the way through our winter sport season and our teams have continued to do really well. A couple of our Soccer teams are undefeated and our Football and Basketball teams are having very closely contested games. Our Netball girls are getting some mixed results with some very convincing wins and also some losses but overall all six teams are doing really well. The season will carry over into third term for five more weeks.

Lots of Knockout sport has already been played this term too. Unfortunately our Football teams have come up against some very strong teams early in the competition. The Open Boys had to face the underage Port Adelaide development squad who were extremely quick and skilled so were able to defeat our boys. Our Year 8-9 boys played Blackwood, who have a Football Specialty Program, and only lost the game in the fourth quarter. Our Open Girls faced both Marryatville High School and Roma Mitchell Secondary College whose girls had been playing together for some time.

We have made a start on some of our Knockout Soccer. The Open Boys were defeated in their first game against Henley High School but play in a round robin competition so have another chance to progress if they defeat Brighton Secondary School at the end of the term. Our Year 8-9 Soccer boys have had two convincing wins to progress to the next round where they will face Brighton Secondary School. Our Year 10 boys and Year 8-9 girls Soccer teams have their first round games still to be played.

The Open boys and girls Knockout Badminton teams have done very well with the boys being knocked out by only one game and the girls progressing after not losing a game. The girls will now have to defeat Henley High School and Cardijn College to make the finals. The Open boys and girls Volleyballers also did very well but were both knocked out by narrow margins.

The Open Netball girls also had some difficult first round games and were knocked out by Sacred Heart College. Our Year 8-9 Netball team defeated Hallet Cove but were knocked out by Brighton Secondary School. The Year 10 Netball girls won’t start their competition until Term 3 but they are looking like being strong contenders.

The Knockout Touch competition has been completed with our girls finishing with some fantastic results. The Open girls came runners up to Loreto College after a heartbreaking loss in a drop off situation (a ‘drop off’ being a method of overtime play to break a tie at full time). The Year 8-9 girls had a happier result winning the grand final 3-1 against Kings Baptist College making them the Schools State Champions. This is the fourth year in a row that Unley High School Year 8-9 girls have been Touch Champions. We have been very lucky to have coach Glenn O’Hara for this four year period guiding both the Open and Year 8-9 girls.

In Term 3 we will start our Knockout Basketball, Softball and Hockey competitions as well as some more grades of Badminton and Volleyball.

We had four students competing in the Secondary School Sport Cross Country Championships at Oakbank. All of our competitors finished in the top half of their group (with around 100 runners in each group) so congratulations to all of them.

Next term we will have some students competing in some Orienteering and running events for the Secondary Schools Championship events and Carnival events will be Girls 9-a-side Footy, Handball, Mixed Netball and Come ‘n’ try Touch. To finish of this term with a bit of fun we will be taking a number of students to a Ten-pin Bowling Competition where they will compete against each other and various other schools.

Thanks to our Sports Captains, Jenna Tolley, Molly Dumican, Jason Bassani and Sarah Tonkin who have organised a fantastic Year 8 Friday lunchtime Basketball competition this term. This has been a very successful and enjoyable competition. They are hoping to have the time to organise some other lunchtime sports events before they finish their Year 12 studies.

Anna Henderson, Sports Coordinator
Unley High School Rowing Club Quiz Night

The annual Unley High School Quiz Night is fast approaching and the entire Unley High School community is invited to attend the George Creswell Hall on Saturday, 9 August 2014.

This annual event is a staple on the Unley High School calendar and represents an enjoyable evening filled with interesting quiz questions while providing more than enough opportunity to express your competitive spirit.

Donations for prizes and silent auctions and raffles are currently being sought. Families associated with Unley High School who have contacts with businesses that may be able to assist are asked to contact Joshua Whitwell at the school for more information.

Unley High School
George Creswell Hall
Kitchener Street, Netherby

Saturday, 9th August 2014
7.00pm for 7.30pm start

$15 per person / $10 students
BYO snacks, drinks available at the bar
Tables 8-10 people

Booking forms available from Student Services or http://tinyurl.com/n9h9zzk
Alternatively, please contact joshua.whitwell@uhs.sa.edu.au

Please book, pay and collect tickets at:
UHS Student Services BEFORE 31st July 2014 Ph: 8272 1455

Supporting the Unley High School Rowing Club
Great News for Students
2014 Youth Volunteer Scholarship Awards APPLICATIONS NOW OPEN!

Applications close Friday 25 July 2014

The Youth Volunteer Scholarship Awards provide a great opportunity to reward young people, aged 25 years and under who donate their time and energy volunteering in the community anywhere in South Australia. Unfortunately, Federal Government funding does not extend beyond the end of this financial year. It is hoped that Ron will be able to adapt this invaluable program to secure further funding that allows Rowing Australia to continue delivering this important message.

Important Dates
Unley High School Rowing Club AGM
Sunday 24 August 2014 – 12:30pm
Unley High School Torrens Boathouse
All Welcome

The AGM will be preceded by the Matthew Draper Cup
Sunday 24 August 2014 – 10:00am for a 10:30am start
Torrens Lake in front of the Boathouse

Spring Rowing Camp
4:00pm Thursday 4 Sept. to 4:00pm Monday 8 Sept. 2014
Ankara Youth Camp – Walker Flat

Season Opening Regatta
Saturday 25 October 2014 - Racing begins at approx. 8:00am
West Lakes

Entertainment Books
The Rowing Club is selling Entertainment Books. For $65 you can save hundreds of dollars when using your Entertainment Book.

For the first time you will be able purchase the Entertainment Book as a Digital Membership. Perfect for those of you who are never without your smartphone or tablet. If you wish to reserve a copy please email joshua.whitwell@uhs.sa.edu.au or phone 8272 1455.

Alternatively, you are able to drop past Student Services with your payment to collect your Entertainment Book.

Rowing News
Illicit Drugs in Sport (IDIS) - A Rowing Australia Presentation
On Friday 20 June 2014, Unley High School Rowers were given the opportunity to attend this presentation by Ron Batt. Ron is the National Coach Education and Development Officer for Rowing Australia. Twenty-six rowers were able to attend this important presentation that illustrated how illicit drugs cannot only be harmful but how their use can potentially affect athletes ability to continue to compete in the sport of their choosing.

Over the past three years Ron has presented his illicit drugs message to roughly one thousand nine hundred school age athletes from across Australia. It is hoped that Ron will be able to adapt this invaluable program to secure further funding that allows Rowing Australia to continue delivering this important message.

Stress less, sleep well with meditation
Learn practical skills for managing stress and anxiety, improving concentration, switching off a busy mind and helping you sleep better.

Choice of two sessions—BOOKINGS ESSENTIAL —places are limited
COST: $5 per person
AGES: Secondary students only
Please wear comfortable clothing.

Phone 8372 5180 for bookings
411 Fullarton Road
FULLARTON SA  5063
Phone 8293 8166  for bookings
72-74 East Ave
BLACK FOREST SA 5035

Entertainment Books
The Rowing Club is selling Entertainment Books. For $65 you can save hundreds of dollars when using your Entertainment Book.

For the first time you will be able purchase the Entertainment Book as a Digital Membership. Perfect for those of you who are never without your smartphone or tablet. If you wish to reserve a copy please email joshua.whitwell@uhs.sa.edu.au or phone 8272 1455.

Alternatively, you are able to drop past Student Services with your payment to collect your Entertainment Book.

Rowing News
Illicit Drugs in Sport (IDIS) - A Rowing Australia Presentation
On Friday 20 June 2014, Unley High School Rowers were given the opportunity to attend this presentation by Ron Batt. Ron is the National Coach Education and Development Officer for Rowing Australia. Twenty-six rowers were able to attend this important presentation that illustrated how illicit drugs cannot only be harmful but how their use can potentially affect athletes ability to continue to compete in the sport of their choosing.

Over the past three years Ron has presented his illicit drugs message to roughly one thousand nine hundred school age athletes from across Australia. It is hoped that Ron will be able to adapt this invaluable program to secure further funding that allows Rowing Australia to continue delivering this important message.

Important Dates
Unley High School Rowing Club AGM
Sunday 24 August 2014 – 12:30pm
Unley High School Torrens Boathouse
All Welcome

The AGM will be preceded by the Matthew Draper Cup
Sunday 24 August 2014 – 10:00am for a 10:30am start
Torrens Lake in front of the Boathouse

Spring Rowing Camp
4:00pm Thursday 4 Sept. to 4:00pm Monday 8 Sept. 2014
Ankara Youth Camp – Walker Flat

Season Opening Regatta
Saturday 25 October 2014 - Racing begins at approx. 8:00am
West Lakes

Entertainment Books
The Rowing Club is selling Entertainment Books. For $65 you can save hundreds of dollars when using your Entertainment Book.

For the first time you will be able purchase the Entertainment Book as a Digital Membership. Perfect for those of you who are never without your smartphone or tablet. If you wish to reserve a copy please email joshua.whitwell@uhs.sa.edu.au or phone 8272 1455.

Alternatively, you are able to drop past Student Services with your payment to collect your Entertainment Book.

Rowing News
Illicit Drugs in Sport (IDIS) - A Rowing Australia Presentation
On Friday 20 June 2014, Unley High School Rowers were given the opportunity to attend this presentation by Ron Batt. Ron is the National Coach Education and Development Officer for Rowing Australia. Twenty-six rowers were able to attend this important presentation that illustrated how illicit drugs cannot only be harmful but how their use can potentially affect athletes ability to continue to compete in the sport of their choosing.

Over the past three years Ron has presented his illicit drugs message to roughly one thousand nine hundred school age athletes from across Australia. It is hoped that Ron will be able to adapt this invaluable program to secure further funding that allows Rowing Australia to continue delivering this important message.

Important Dates
Unley High School Rowing Club AGM
Sunday 24 August 2014 – 12:30pm
Unley High School Torrens Boathouse
All Welcome

The AGM will be preceded by the Matthew Draper Cup
Sunday 24 August 2014 – 10:00am for a 10:30am start
Torrens Lake in front of the Boathouse

Spring Rowing Camp
4:00pm Thursday 4 Sept. to 4:00pm Monday 8 Sept. 2014
Ankara Youth Camp – Walker Flat

Season Opening Regatta
Saturday 25 October 2014 - Racing begins at approx. 8:00am
West Lakes

Entertainment Books
The Rowing Club is selling Entertainment Books. For $65 you can save hundreds of dollars when using your Entertainment Book.

For the first time you will be able purchase the Entertainment Book as a Digital Membership. Perfect for those of you who are never without your smartphone or tablet. If you wish to reserve a copy please email joshua.whitwell@uhs.sa.edu.au or phone 8272 1455.

Alternatively, you are able to drop past Student Services with your payment to collect your Entertainment Book.

Rowing News
Illicit Drugs in Sport (IDIS) - A Rowing Australia Presentation
On Friday 20 June 2014, Unley High School Rowers were given the opportunity to attend this presentation by Ron Batt. Ron is the National Coach Education and Development Officer for Rowing Australia. Twenty-six rowers were able to attend this important presentation that illustrated how illicit drugs cannot only be harmful but how their use can potentially affect athletes ability to continue to compete in the sport of their choosing.

Over the past three years Ron has presented his illicit drugs message to roughly one thousand nine hundred school age athletes from across Australia. It is hoped that Ron will be able to adapt this invaluable program to secure further funding that allows Rowing Australia to continue delivering this important message.
**Community News**

**SCHOOL DENTAL SERVICE**

The School Dental Service is the major provider of dental services for babies, children and young people under 18 years in South Australia. Around 130,000 children attend every year.

The Commonwealth Child Dental Benefits Schedule for 2 – 17 year olds started in 2014.**

**ALL children are very welcome to continue to access dental care at the School Dental Service. Dental care is FREE for most children and the School Dental Service will bulk-bill Medicare.**

Children who do not qualify for the Child Dental Benefits Schedule can also attend – a small fee will apply for each course of general dental care provided.

School Dental Clinics are located across Adelaide and regional SA. To locate your local School Dental Clinic, and for more information about the Child Dental Benefits Schedule, visit [www.sadental.sa.gov.au](http://www.sadental.sa.gov.au) or phone the Mitcham School Dental Clinic: ph: 82710371

---

**BRIDGE FOR SCHOOLS**

**IMPROVE YOUR SKILLS WHILE HAVING FUN AND MAKING NEW FRIENDS**

**BY LEARNING TO PLAY BRIDGE AT THE**

**FREE JULY VACATION CLASSES**

SOUTH AUSTRALIAN BRIDGE ASSOCIATION
243 Young St Unley

7th – 10th JULY MON – THURS 10.30 – 2.30
CONTACT TONY LUSK 0415 510 731 or SABA 8373 3995

---

**Letter from Central Adelaide Local Health Network Statewide Services - SA Dental Service**

We recently became aware that a private dentist is promoting a Grow Up Smiling dental program and badging it as a School Dental Program. This is causing confusion for some schools and many have contacted us to clarify.

The School Dental Service has been providing high quality dental care for all children for over 40 years. Children in State schools are able to access dental care through our service and most children have no out of pocket expenses when they access care through the Dental Service.

In January 2014 the Commonwealth introduced the Child Dental Benefits Schedule that entitles eligible children (approximately 75%) to $1,000 worth of dental services capped over a two year period. Children are able to access this through the School Dental Service, who will not charge patients, even if they exceed their $1,000 cap.

If you have any questions or concerns, please contact Ms Jenny Dickson, Director Clinic Operations, 8222 9021 or email Jenny.Dickson@health.sa.gov.au

*Geoff Franklin, Executive Director, SA Dental Service*

---

**Come ‘n Try Water Polo 2014**

Every Sun from 27th July to 21st Sept.
4.30 to 5.30 PM
Adelaide Aquatic
Entry fee applies
- Strong swimmers only
- 10 to 17 yrs

For more information 83420110

---

**SCHOOL DENTAL SERVICE**

The School Dental Service is the major provider of dental services for babies, children and young people under 18 years in South Australia. Around 130,000 children attend every year.

The Commonwealth Child Dental Benefits Schedule for 2 – 17 year olds started in 2014.**

**ALL children are very welcome to continue to access dental care at the School Dental Service. Dental care is FREE for most children and the School Dental Service will bulk-bill Medicare.**

Children who do not qualify for the Child Dental Benefits Schedule can also attend – a small fee will apply for each course of general dental care provided.

School Dental Clinics are located across Adelaide and regional SA. To locate your local School Dental Clinic, and for more information about the Child Dental Benefits Schedule, visit [www.sadental.sa.gov.au](http://www.sadental.sa.gov.au) or phone the Mitcham School Dental Clinic: ph: 82710371
## Term 3 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 21</td>
<td>STUDENT FREE DAY</td>
</tr>
<tr>
<td>July 22</td>
<td>STUDENT FREE DAY</td>
</tr>
<tr>
<td>July 29</td>
<td>Immunisation - Year 9 Boostrix</td>
</tr>
<tr>
<td>August 2-9</td>
<td>Year 9 Ski Trip</td>
</tr>
<tr>
<td>August 4-8</td>
<td>YEAR 12 EXAMS</td>
</tr>
<tr>
<td>August 4</td>
<td>Parent Voice Meeting</td>
</tr>
<tr>
<td>August 9</td>
<td>UHS Rowing Club Quiz Night</td>
</tr>
<tr>
<td>August 12</td>
<td>Principal's Tour</td>
</tr>
<tr>
<td>August 12</td>
<td>Fundraising &amp; Event’s Management Committee Meeting</td>
</tr>
<tr>
<td>August 12</td>
<td>Unley High School Council Meeting</td>
</tr>
<tr>
<td>August 19</td>
<td>PARENT TEACHER INTERVIEWS</td>
</tr>
<tr>
<td>August 25</td>
<td>Year 10 Subject Selection</td>
</tr>
<tr>
<td>August 28</td>
<td>Year 11 Subject Selection</td>
</tr>
<tr>
<td>August 30</td>
<td>Greek Spring Dance - Cyprian Club</td>
</tr>
<tr>
<td>September 2</td>
<td>Parent Voice Meeting</td>
</tr>
<tr>
<td>September 3</td>
<td>Stage 2 Music Performance - Performing Arts Centre</td>
</tr>
<tr>
<td>September 4</td>
<td>YEAR 11 SEMI FORMAL - Stamford Grand, Glenelg</td>
</tr>
<tr>
<td>September 5</td>
<td>SCHOOL CLOSURE DAY - Show Day</td>
</tr>
<tr>
<td>September 15</td>
<td>Co Curricular Photos</td>
</tr>
<tr>
<td>September 16</td>
<td>Fundraising &amp; Events Management Committee Meeting</td>
</tr>
<tr>
<td>September 16</td>
<td>Unley High School Council Meeting</td>
</tr>
<tr>
<td>September 23</td>
<td>Immunisation - Year 8 HPV Dose 3 and Year 9 boys HPV Dose 3</td>
</tr>
<tr>
<td>September 26</td>
<td>EARLY DISMISSAL</td>
</tr>
</tbody>
</table>

## Term 4 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 13</td>
<td>First Day Term 4</td>
</tr>
<tr>
<td>October 21</td>
<td>Principal’s Tour</td>
</tr>
<tr>
<td>October 24</td>
<td>YEAR 12 GRADUATION CEREMONY - George Cresswell Hall</td>
</tr>
<tr>
<td>October 27-31</td>
<td>Year 10 Work Experience/Challenge</td>
</tr>
<tr>
<td>October 27</td>
<td>Parent Voice Meeting</td>
</tr>
<tr>
<td>October 28</td>
<td>Fundraising &amp; Event’s Management Committee Meeting</td>
</tr>
<tr>
<td>October 28</td>
<td>Unley High School Council Meeting</td>
</tr>
<tr>
<td>November 3-19</td>
<td>YEAR 12 EXAMS</td>
</tr>
<tr>
<td>November 21</td>
<td>Year 8-11 Awards Ceremony - George Cresswell Hall</td>
</tr>
<tr>
<td>November 25</td>
<td>Parent Voice Meeting</td>
</tr>
<tr>
<td>December 1-5</td>
<td>Basketball Championships - Canberra</td>
</tr>
<tr>
<td>December 2</td>
<td>Fundraising &amp; Events Management Committee Meeting</td>
</tr>
<tr>
<td>December 2</td>
<td>Unley High School Council Meeting</td>
</tr>
<tr>
<td>December 8-10</td>
<td>Year 9 Presentations</td>
</tr>
<tr>
<td>December 9</td>
<td>Year 8 Showcase</td>
</tr>
<tr>
<td>December 12</td>
<td>LAST DAY TERM - EARLY DISMISSAL</td>
</tr>
</tbody>
</table>

The dates and events have been accurately transcribed from the image and formatted appropriately.