Dear Parents/Caregivers

Since the last Newsletter, Unley High School has celebrated a new concept of Multicultural Arts Week made up of various elements including the Stage 2 Solo Music assessments where students performed with confidence, and an impressive display of instrumental and vocal skills. The Middle School Art Exhibition was an excellent showcase of student perspective on Indigenous culture, and the Multicultural Food Fair proved to be a vibrant and happy affair where it was great to see teams of students working with autonomy but well supported by dedicated staff. There were many staff and parents involved, and a big thank you goes to Andrew Cawthorne, Phillipa Holland, Leigh-Anne Williams, Matoula Kouzionis, the rest of the Committee and all those who contributed. Teams of students cooked, served, helped, supervised and cleaned up. Their efforts were appreciated by avid purchasers who enjoyed the wonderful array of food from the many cultural groups making up our school community. The recent Greek Spring Dance celebrated more cultural richness, and will be covered in detail in the next edition of the Newsletter.

Unley High School students have contributed successfully within the wider community, too. The School was invited to be part of the filming for the documentary *Embrace*, working with old scholar Taryn Brumfitt and her production team. The producers heard students’ perspectives on body image, and were impressed with our young people who are now looking forward to the Adelaide premiere.

Students Cassie Warren, Lauren Wisgard, Courtney Size and Jessie Cao were excellent representatives for Unley High School at a Women in STEM Breakfast attended by Minister Close and Minister Gago, where we heard Dr Sana Mustafa, Centre for Nanoscale Bio Photonics Fellow explore career opportunities in STEM.

The Tournament of Minds team performed well in recent competitions, and you are invited to read about the ultimate success of the Senior Debating Team later in this Newsletter.

Flinders University hosted the US Ambassador at a Round table, and Alastair Correll, Georgina Trotta and Sophie Muusse represented Unley High School well with their insightful questions at this unique event.

In Facilities news, the builders plan will lay foundations for the Trade Training Centre by the end of the holidays using a full site closure on Friday 2 October and across the long weekend. Progress should speed up with work shifting to day rosters once all asbestos removal is completed. Our neighbours are looking forward to this, and we thank them for their goodwill and patience during the build so far.

Subject Reports were sent home with students on Friday 25 September, and some outstanding efforts and results were noted across all year levels. Subject Selection for 2016 using the new online Web preferences program was very successful, and it means timetabling is well underway.

Our Stage 2 students are working toward final assessments and examinations, and we wish them all the best for their Graduation and these final weeks of their Secondary Education. I hope you enjoy reading about the many Unley High School successes.

*Brenda Harris, Principal*

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**Year 12/13 Graduation Ceremony 2015**

A significant event for Year 12 students is their Graduation Ceremony on Friday 23 October 2015, in the George Cresswell Hall. The Ceremony commences at 9:00am and is followed by a morning tea in the Rose Garden. Parents/Caregivers are invited to attend.

Two Graduation tickets will be given to each graduate. Applications for additional tickets will only be accepted after the initial ticket distribution, however, as seating is at a premium there is no guarantee spare tickets will be available.

Please contact sonya.parkin@uhs.sa.edu.au if you require special access or seating for guests, or to request extra tickets.

*Cherie Pickering, Assistant Principal*
Curriculum News

Science

STEM Information Evening
On Wednesday 12 August 2015, more than 180 parents and students attended an information evening focusing on future studies and careers in the STEM (Science, Technology, Engineering and Mathematics) fields. We were pleased to have a number of interesting and informative speakers present on the evening, including:

- Tania Meyer from the Royal Institute of Australia (RIAus)
- Dr Vijah Suppiah, lecturer in Pharmacy at the University of South Australia
- Vanya Bosiocic, Science Communications Officer, Flinders University
- Delwyn McInnes, former Unley High School student and third year Engineering student
- Rachel Crees, Flinders Centre for Science Education in the 21st century
- David Hart, CEO of Dematec

The take home message from the evening was that choosing to study Science and Mathematics subjects through Stage 1 and 2 and beyond keeps a multitude of career options open and helps to develop transferrable skills such as problem solving, critical thinking, data analysis and more, which will be advantageous in any future career in the 21st Century.

The Stage 1 Food and Hospitality class prepared and served a high-class multicultural selection of canapés for those in attendance.

Did you attend the evening? We would love to hear your feedback or suggestions for future STEM events. Please complete a short two-minute survey at https://www.surveymonkey.com/r/ZT37SSZ

UniSA Pharmacy Laboratory visit
On 7 and 14 August 2015, all Stage 1 Chemistry classes visited the University of South Australia’s undergraduate pharmacy laboratory to conduct a Chemistry practical comparing the Vitamin C content of commonly available Vitamin C supplement tablets to the advertised amount. University lecturers and tutors, including our Scientist in Schools mentor Dr Vijay Suppiah, demonstrated titration techniques to the students, who enjoyed the experience of working in the university laboratory environment.

Southern Science Expo at Tonsley TAFE
On Thursday 20 August 2015, ten students from Unley High School together with students from eight secondary schools in the Southern Adelaide region, attended the Southern Science Expo at Tonsley TAFE. This Expo showcased learning experiences in STEM subjects.

David Messer, Science teacher, supported Persia Tuckey, Behtash Golshani, Joshua Cudmores and Emily De Maid with their display relating to the Year 8 Physics topic Energy. Robbie Kop, Science teacher, supported Maddison White, Emily Sapounas and Caterina Schinella to showcase their Year 10 Challenge work related to the topics The effects of artificial lighting on living organisms and Using sustainable building design to minimise lighting costs. Arslan Khan, Mohammad Moosavi and Milton Djietror acted as guides for the Primary school students also in attendance.

Two awards were given on the day. The first award was the People’s Choice Award, judged by visiting Primary School students, for the best display based on presentation. The criteria was based on students’ ability to explain the STEM concepts and interactivity of the display. The second award for the most innovative display and was judged by a panel. This year, our Year 8 team won both awards with their fantastic Energy-themed display. Well done to the team, and all of the students who represented Unley High School on the day!

David Messer, Science Teacher
Science continued...

Southern Science Expo at Tonsley TAFE continues...

On Thursday, 20th of August, we took a chartered bus to Tonsley TAFE where we set up a display including many different items to explain how energy works, like a marble roll, remote control cars, a pendulum and more. We also demonstrated Makey Makey technology with carrots that played different sounds when touched and also a video game using carrots as controls.

We had about an hour to set up before 400 Year 7 students came to learn about and judge our display. There were also seven special judges. All of us had to explain all of our items and their relation to types of energy. It was really tiring standing up for four hours. Luckily we were given a Subway lunch and water to quench our thirst and hunger.

To our surprise we won both the Innovation award, which was decided by the special judges, and the People’s Choice award decided by the Year 7 students. It was an amazing day and experience that we all enjoyed.

By Josh, Behtash, Persia and Emily

English

Unley High School Senior Team wins debating Grand Final!

On Saturday 19 September 2015, Unley High School’s Senior team defeated Pembroke School in the Debating Grand Final held at Parliament House, convincing adjudicators the development of artificial intelligence was not an acceptable threat to humanity. Jack Cheshire, Alastair Correll, Nick Endenburg and Isaac Thiele-Swift overcame controversial adjudication decisions in the preliminary rounds to reach the finals, defeating Aberfoyle Park High School in the Quarter Finals and then Prince Alfred College in the Semi Finals.

This very successful team of students has done extremely well since they began debating in Year 8, winning the trophy in Year 9, coming second in Year 10 and now victorious in the Senior division consisting on both Year 11 and 12 students. They will be awarded their trophy by the Governor next term.

Isaac Theile-Swift was also awarded best speaker of the match for his sterling effort as third speaker in rebutting all the opposition’s arguments. It made me very proud to have been associated with such talented and dedicated debaters who have represented the school so well over many years.

Their coach Dr Georgie Swift also needs to be congratulated for all her efforts in supporting the team over the last four years and guiding them to such success, not to mention for supplying all those donuts! Thanks also needs to go to all the team’s supporters, family and staff who have attended all the debates and rallied to support the team when they really needed it. It has been a joy to help organise the team who have developed such outstanding skills and become such excellent role models for other students at Unley High School.

Sue Wendt, Debating Coordinator
In Week 8, an inaugural Staff/Student House Volleyball competition was held in the gym on Tuesday at lunchtime to kick off a series of House Sport competitions.

Year 12 students and staff representing the same House played in a round robin tournament against each of the other Houses. Impressive skills were on display with all games played in great spirit. Kitchener House was undefeated and all participants are to be congratulated for their efforts.

Over the final two weeks of Term 3, House Captains organised Year Level Competitions;

- **Year 8**  Mixed Touch on Fridays
- **Year 9**  Mixed Volleyball on Thursdays
- **Year 10**  Mixed Basketball on Mondays
- **Year 11/12**  Mixed Netball on Tuesdays.

Students across all year levels also participated in a Table Tennis Competition held on Wednesdays.

Those students who took part have enjoyed the opportunity to interact with a variety of people and compete in good spirit. At this point, Kitchener House is leading the ladder with Kyre just two points behind.

**House/Sports Captains – 2016**

Applications for House/Sports Captains are now open. The Year 11 cohort has received an application form by email which must be returned to Ms Hall by Friday 16 October 2015. Applications will be considered by the Sports Committee and successful students will be inducted at the Year 8-11 Awards Ceremony on Friday 20 November 2015.

**Jenny Hall, HPE Coordinator**

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### Beautiful Fallacy

The wind whipped my cheek
Dragging me closer
To the toasty arms
Of the fire.

Enchanted,
by the harmony
Hypnotized like an admirer,
Beguiled, by the deadliness;
I was captivated,
By this portent of destiny.

Wherever they roamed,
With the flash of light
Gleaming and glittering
Illuminating the sky
With the flickers of brilliance
Like the vivacity of lovers
They danced
And danced
Until they could,
Dance....
No more.

Falling together,
In the dying of their light
They left in their wake-
Glowing jewels fading away
As a grey ribbon of ash,
Fluttered away
It revealed
Not a perfect bliss,
But desolation
Fit for Tartarus.

**By Danielle Stafford**
LOTE

Students have been focusing on their oral skills this term in class and several Year 8 classes had the opportunity to use what they learned in real ‘life’ situations.

Ms Wilson’s and Ms Stocks’ Year 8 French classes took part in an excursion to a French Crêperie in the heart of Adelaide called Carpe Diem - all in the space of a double French lesson. They travelled into Adelaide by bus and spent a wonderful hour in the Heart of Paris! This chic little café with French décor, food and drinks gave students a really authentic ‘Parisian’ experience. They were served by welcoming French waiting staff and the students were able to practise their speaking skills by ordering in French.

As a result of class discussions about various differences between living in Australia and Italy, our Year 8 students of Italian were given the opportunity to try authentic Italian pizzas and traditional sweets. The practice of buying ‘Pizza al taglio’ by the slice rather than a whole pizza, allowed students to taste different toppings and then practise asking about and expressing preferences in Italian.

With students having completed their subject selections, it is a timely moment to share a worrying trend which appears to be emerging in Western Australian schools. A recent article, published in EducationHQ suggested that students were “disinterested” and “not choosing to study a language at school because they had more subject options”. There is no doubt that schools today offer a smorgasbord when it comes to subject choices but at what cost? Our students will in the future be “competing on the international world market and without a second language it puts them at a real disadvantage.”

Earlier this year, I outlined the many benefits students gain from learning a second language. I urge parents to discuss with their child the advantages of continuing to study a language other than English. Let’s buck the trend and give our young people every advantage possible in today’s very competitive job market!

Christina Tedesco, Coordinator LOTE

Library

Book Week

The 70th Anniversary of Book Week was celebrated in the Library during Week 5.

The theme this year was “Books Light up our World”

During Book Week celebrations, several classes attended the Library to hear Samuel Williams from Mostly Books talk about the top ten most popular titles in the category of Young Adult Fiction.

Thank you to the Senior Vocal group who also attended the Library to help us celebrate Book Week with a wonderful performance at lunchtime.

Jenny Brisbane, Librarian
Unley High School Quiz Night

Unley High School’s biannual Quiz Night was held on 8 August 2015, to raise funds for facility improvements around the school grounds. It was a fantastic night that was extremely well supported by the school community with over 300 people in attendance and a large amount of local businesses and families donating prizes for the evening.

I would like to acknowledge the hard work of the Fundraising Committee in organising the night. In particular Helen White who did a fantastic job throughout the planning period and spent a huge amount of time at school in the week leading up to the night organising the prizes and the George Cresswell Hall. Other members of the Committee Josie Koerner, Rebekah Palmer and Kathy Doley also did a large amount of work including writing all the questions, organising games and assuring everything ran smoothly on the night. I would also like to acknowledge parents, Janita Giles, Caroline Hill, Katherine Ireland and Annie Piper who assisted Helen in preparing the prizes and decorating the Hall. Thank you also to our very generous sponsors listed below.

We look forward to enjoying the UHS Rowing Club Quiz Night in 2016.  

Casey Freeman, On behalf of the Fundraising Committee

ABC Radio  
AMF Bowls, Westbourne Park  
Amcal Max, Mitcham  
Avon - Andrea Benny  
Banana Boys  
"The Perch" @ Middleton - Rebekah Palmer  
Billy Baxter’s Mitcham  
Billy Baxter’s Hilton Plaza  
Black Hair Blonde  
Body Shop, Hyde Park  
Booked at Unley  
Bruce’s Meat  
Café Symphony  
Caffé Buongiorno  
Cellarations, Highgate Bottle Shop  
Charlesworth Nuts  
Cheap as Chips  
Chemist Warehouse  
Claridge Holden  
Cleverdicks  
Colonel Light Gardens Meats  
Community Bridging Services  
Concourse Café Wine Centre  
Cottage Crafts  
Crazy Dave’s Lighting  
Custom Sofas  
Dancing Daze & Fancy Nites  
Darrwil Farm  
David Jones  
Degas for hair  
Diamond Clinic on Unley  
Dolci  
Dorans  
Duthy Pizzeria and Pasta  
Duthy Street Deli / Café  
Edinburgh Hotel  
Eidos Café  
Extra Newsagency  
Flourish  
Flowers By Alice  
Flower House  
Frames and Finishes  
Framing Land  
Freedom Fitness Personal Training  
Freedom Furniture  
Funky Chicken  
Fuss Pots Mitcham  
Garden Party  
Gauci Hairdressers  
Gilbert Dashorst, Artist  
Godfrevys  
Gulf Seafoods  
Hair on Duthy  
Heidelberg Cakes  
Highgate Cafe  
Highgate Chicken & Seafood  
Highgate Fashions  
Highgate Pharmacy & Newsagent  
Highway Inn  
Hilton Hotel  
Home Hardware Westbourne Park  
Hyde Park Grocer  
IGA, Highgate  
Integrated Coaching Solutions  
Invitations for all Occasions  
Jam the Bistro  
Jayne Ayliffe and Family  
Kudos Spa  
La Scala Cafe  
La Tombola Cafe  
Lebara Mobile  
Lenzerheide Restaurant  
Lightspot  
Linda’s Beauty Therapy  
Luna Rosso Restaurant  
Made in Japan  
Maple Homewares Highgate  
Matten Saddlery  
Metropolitan Fresh Fruiterers  
Michel’s Patisserie, Mitcham  
Milk Fashion  
Mint FashionBoutique  
Mitcham Antique Gallery  
Mostly Books Mitcham  
Mulots Patisserie  
Myer  
Needle Nook  
Nursery Industry of South Australia  
Officeworks  
Organic to Go  
Out of Eden  
Pot-A-Cake Bakery  
Dr Pazios & Dr Parvar  
Peaches & Cream Nail & Beauty  
Peter’s Bargain Shop (eBay)  
David Pisoni MP  
Presence, Hyde Park  
Rathjen & Associates  
Raymond Poulton Shoes  
Repca, Ben Jones  
Roll On In Photoshop  
Romeo’s Retail, Mitcham  
SA FM Radio  
Sawdaddie Thai Taste  
Samtass Brothers Seafoods  
Sandy Nelson Teamwear  
Smallacombe Real Estate  
Snowy’s Outdoors  
Sofa Shop  
Spirit of Bonsai  
Sports Power, Mitcham  
Steven Professional Hairdressing  
Supercuts Hairdressing, Col. Light Gdns  
Telstra shop, Castle Plaza  
Terry White Chemist, Castle Plaza  
The Bookshelf of Oz  
The Complete Garden  
The Good Guys  
The Pet Haven  
Thirsty Camel Bottle Shop  
Tonsely Hotel  
Top Notch Haircutters  
Torrens Arms Bottle Shop  
Uniform Management Services  
Unley Motor Bodies  
Urrbrae Agricultural High School  
Walters & Blooms of Kingston  
West Adelaide Football Club  
Windsor Meats
Multicultural Arts Week

Our first Arts Week at Unley High School saw a merger with our annual Multicultural Week. This merger created a focus on the theme of Diversity. To mark the official opening of the Unley High School Multicultural Arts Week, a committee was formed to plan a diversely different Assembly, held on Monday 24 August 2015. The main focus of the assembly was performance based.

A big thank you to Lil Flava hip hop crew, our Unley High School Greek dancers, and our musical duo Georgina Trotta and Emily Downing for their fabulous performances. Thank you also to International student Ray Wang, who gave a wonderful speech. During the Assembly Year 9 student, Soobin Choi, was acknowledged for her deeply personal and reflective portrait that was displayed in the Royal South Australian Portraiture Prize. Thank you to Art Teacher Kate Osborne for her guidance and assistance in helping Soobin achieve this honour.

Our outgoing Arts Captains Tara Asikas, Josh Batic and Tessa Cartlege were farewelled and acknowledged for their hard work and dedication to increase the profile of The Arts in our school community. I would like to thank them for their huge efforts throughout the year and for being the first Arts Captains at Unley High School for the 2014/2015 year. Our new Arts Captains Brooke Bowering, Jake White, Lawson Dodd and Hannah Crocket-Naini were sworn in for the 2015/2016 year. We look forward to their contributions.

Workshops

The Arts were extremely busy with workshops during lunchtime engaging students who would not normally have the opportunity to do practical based tasks. A popular workshop was the Ukelele Making Workshop, run by John Sellar, Design and Technology teacher. I thank John for his contributions and dedication in working cross-collaboratively with another Learning Area. This was a great success and students even got to paint their Ukes!

Lantern Making and Mask Making Workshops were offered by Art teachers Trish Colman, Jim DeGregorio and Sarah Boni with both very popular amongst students. Art teachers Kate Osborne and Sophie Aitken also offered students the opportunity to take part in a Textile Dyeing Workshop, which was also well attended. The students’ collaborative textile piece and lanterns were displayed in the Middle School Indigenous exhibition, Ceremonial.
**Multicultural Arts Week continued...**

*Ceremonial Exhibition Opening*

The *Ceremonial* exhibition was the highlight of Multicultural Arts Week. It was held in the South Gallery at Unley High School on Wednesday Evening, 26 August 2015 and officially opened by artist Ms Coby Edgar.

Ms Edgar is the Assistant Curator of Taranthi, (pronounced tar-nan-dee), an Indigenous Art Festival taking place at The Art Gallery of South Australia during October 2015. This exhibition was well attended by students and parents.

The student work exhibited was exceptional and diverse, from the music and voiceover of animation dreamtime stories, to a contemporary take on the ‘Vessel’ and the importance of acknowledging the traditional gathering and ceremonial items used by Indigenous people.

A big thank you must go to The Arts staff and Year 8 Art and Music students for their contributions, attendance and enthusiasm in planning and curating. It was an important and successful week acknowledging the Arts and the culturally diverse nature of our school and wider community.

*Rheanna Dougherty, Arts Coordinator*
Multicultural Food Fair

One of the highlights on the Unley High School Calendar is the annual Multicultural Food Fair, held this year on Friday 28 August 2015.

As soon as the extended lunch period began, long queues formed at each of the food stalls with busy student helpers working hard to keep up with demand. Food from a total of thirteen different cultures were available and all were popular with the hungry crowd, eager to sample as many different cuisines as possible. The success of the day was measured by the fact that at the end of lunch food was completely sold out.

The event turned a profit of nearly $2000, which will help fund the building of facilities at the Blue Sky School in Kathmandu, Nepal.

Special thanks go to staff and student participants for all their hard work to ensure this celebration of Unley High School’s cultural diversity was such a success.

Andrew Cawthorne, International Programs Coordinator
Healthy, happy and organised = successful Teenagers

In order to do their best at school, teenagers need to be healthy and have clear routines. Here are some ways you can help your teenager to look after themselves and help them to be successful:

Sleep – Teenagers need 8-10 hours sleep per night for their brains to function effectively. Is your teenager getting this? TV’s, game consoles, mobile phones and/or computers in their bedroom can have a negative impact on the amount of sleep your teenager is getting.

Nutrition – all of us, and teenagers especially, need to ensure we are eating healthy and nutritious foods. As the advertisements say, two serves of fruit and five serves of vegetables are an important part of the diet. It is also important that teenagers are getting enough calcium and iron. Remember: FRESH IS BEST!!!

Fitness – it is important that we all stay as healthy as possible and teenagers are no exception. At least 30 minutes of physical activity every day is important to maintain good levels of health. Examples of appropriate physical activity are: walking (briskly), running, swimming, playing a sport.

Study Space – for teenagers at school, it is important that they have a dedicated study area. Whether it’s a desk in their room, or the ability to use the kitchen table at certain times, they need to be able to study in a place free from distractions like the TV.

Routine – A fairly regular routine is important. Getting up and going to bed at the same time every day is a good start. Trying to have dinner at a particular time and having particular chores for your student to do are all good ways of keeping a positive structure.

Friends – having social time is important for anyone. However, it is also important that the amount of time spent with friends doesn’t impact on family time or homework time.

Family support – asking how their day was, even if you only get the response of ‘ok’ will show you are interested and care about what is happening for them. Checking what homework they have and ensuring it is completed is another way you can help your teenager to look after themselves and help them to be successful. The Unley High School Parent Voice pamphlet, Revision 4 Rewards (available from the school) can help with suggestions.

iPads – Whilst these are a useful tool, one that we encourage students to use to support their learning, they are just a tool, and do not need to be permanently attached to your child! Learning how to function “unplugged” at times is a vital skill. Putting in time-limits, regardless of whether or not they tell you they need it for homework, is essential for students to have a balanced existence.

These are just a few of the areas in which families can help their teenager to be successful. By ensuring they get enough sleep, that they are eating healthily and talking to them about what they are doing, you will help and support your teenager.

The Battle Within

On a different and heavier note, reading an article in the SA Weekend health section from last week’s The Advertiser newspaper, entitled The Battle Within by Katie Spain, made me again consider how we can help young people who may be struggling with Eating Disorders or other Mental Illnesses. Katie’s words were powerful, outlining her personal struggle with an eating disorder, and highlighting some ways to get support.

One option is the support group run by Eating Disorders Australia, South Australia (EDASA) which is a non-government, not-for-profit, incorporated association based in Adelaide. They provide practical advice, empathic support and guidance for those affected by eating disorders in our community.

I encourage anyone in our Unley High School community who may be suffering with this condition, or who has a friend or family member who is suffering to have a look at EDASA’s website at http://www.edasa.org.au/ or the Butterfly Foundation http://thebutterflyfoundation.org.au/

A Safety Seminar

For women living and working in our community

The Soroptimist International, Eastern Districts of Adelaide, assisted by the South Australian Police Association is presenting a Seminar concerning general safety for women.

Bburnside Community Centre

Wednesday 14 October 2015

7:00pm to 9:00pm

No cost

Soroptimist International is a world-wide organisation concerned with the welfare, safety and education of women everywhere. Eastern Districts of Adelaide Club has organised this Seminar so that women of all ages can learn more about keeping themselves as safe as possible while moving and living in our community.

A Police Officer from SAPOL will speak at the Seminar and the topics covered will include problems such as:

- Safety in the car
- ATM/Banking
- Shopping/football/public events
- Personal safety
- Safety on your property or in your home

More information about Soroptimist International can be found on their website www.siswp.org or http://www.siswp.org/South-Australia/

Tam Hood, Student Counsellor
Body Image Documentary

Taryn Brumfitt, a former student of Unley High School, has founded the Body Image Movement in Australia, which aims to redefine and rewrite the ideals of beauty for women all across the world. Taryn aims to harness and facilitate positive body image activism by teaching women the value and power of loving their bodies...from the inside out!

As part of the Movement, Taryn is directing a feature length documentary entitled Embrace to be released next year for screening at international film festivals and cinematic release in Australia and the US.

Unley High School students were given the exclusive opportunity to be involved in the documentary. On Friday 28 August, thirteen passionate students from Years 9, 11 and 12 were interviewed and filmed discussing issues relating to body image, such as the impact of advertising and media on self-esteem, the pressure to conform to beauty ideals and how they as individuals felt about their own bodies.

The producers were really pleased with the honest perspectives shared by our students. We look forward to the film premiering in Adelaide. For more information about the Body Image Movement and the film, go to https://bodyimagemovement.com.au/

Kimberley McLean, Science Teacher

Pastoral Support Worker News

My Pastoral Support work has been very positive and busy this term.

- Students taking part in the World Vision 40 hour Famine during Week 4 raised almost $8,000, which is a fabulous effort.
- A Table Tennis Competition ran alongside other lunchtime sports organised by the House Captains. The competition has proven to be very popular.
- The Friday Year 12 Coffee Lounge has supported Year 12 students, as they reach potentially the most stressful part of Year 12 Final exams. Lunches have been supplied by local youth workers from Edge Church.
- Year 8 Breakfasts in the Counselling Centre on Thursday mornings has been well attended throughout Term 3. Thank you to Mr Sellar and Mr Hall who have provided some great background music, and helpers from local Churches who also assist.

Jodi Quast, Pastoral Support Worker
Jodi.quast@uhs.sa.edu.au

Congratulations to Luella Rosella-Stevenson

Luella, a Year 11 student, has been accepted to participate in a student exchange to Italy where she will experience life in Italy on a three month program, departing in November 2015.

Luella will stay with a host family, attend a local high school and take up activities in her host community.

We wish her all the best.

Canteen News: Thank you

Hi to all our volunteers and a very big thank you for giving up your time to help in the Canteen these past weeks. Elaine Liz and I appreciate you coming in and helping us out. Wishing you a happy and safe holiday and we will see you next term.

10 August to 11 September 2015

Jan Hardwick
Jenny Boyce
Leonie Rowe
Hasmik Anassian
Kerri Sinderberry
Anna Chin
Carla Davison
Anja Cark
Katherine Ganley
Amanda Froggatt
Lorraine Brennan
Tammy Whittington
Trudie Cain
Anja Leih
Meredith Hough
Sahena Bibi
Geraldine Sweeney
Kathryn Ireland

Regards Helen White
**Rowing News**

**Spring Rowing Camp**
Between the 3rd and 7th of September, the Unley High School Rowing Club attended its annual Spring Rowing Camp at Ankara Youth Camp, Walker Flat. Spring Camp provides our rowers with the perfect launching pad for the 2015/16 rowing season. Time spent at this idyllic location allows our rowers to focus on their technical abilities while building a sound aerobic base that will allow them to achieve to the best of their ability when the regatta season begins on the 17th of October.

I would like to take this opportunity to thank everyone involved, in particular, parent volunteers who provided the catering and assisted with essential jobs such as boat maintenance and dinghy driving, and the coaches who sacrificed their university commitments and paid employment to ensure that our rowers were provided with the best tutelage possible.

The Rowing Club is already looking forward to its next scheduled Rowing Camp which will once again take place at Walker Flat between the 24th and 28th of January, 2016.

Anyone interested in becoming involved in Rowing at Unley High School is encouraged to make contact via email joshua.whitwell@uhs.sa.edu.au

*Joshua Whitwell, Rowing Manager*

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**Important Rowing Club Dates**

**Saturday 10 October 2015 – Club Event**
- Parent’s Come ‘N’ Try: 9:00am to 10:00am
- Matthew Draper Cup: 10:00am to 12:00noon
- Paddle Boat Regatta: 12:30pm to 3:00pm

**Sunday 11 October 2015**
- Year 7 Come ‘N’ Try: 11:00am to 1:00pm

**Saturday 17th October 2015**
- Season Opening Regatta (West Lakes)
Sport News

With the arrival of Spring we say goodbye to our Winter sports for 2015. We have already started competing in some of our weekly Summer season sports with mid-week Indoor Soccer and girls’ Basketball. Term 4 will see the resumption of Cricket, Badminton and girls’ Touch on Saturday mornings. Good luck to those teams for a great Spring/Summer season.

Knockout Soccer campaigns have finally and sadly come to an end. Congratulations to all players as they progressed further through the competition than we have in many years. In particular, our Year 8-9 boys who only lost the quarter final after overtime and then penalty shots, which was a fantastic effort. The senior mixed Badminton team played really well to defeat Woodville High School but were unfortunately knocked out by Henley High School. After some early wins we still have the Year 8-9 boys’ and the Year 10 girls’ Basketball teams in the knockout competitions. Hopefully we will have more successful games for those teams to make finals. Knockout Table Tennis and Softball are yet to commence.

In the middle of Term 2 the senior girls’ teams played in a 9-a-side Football competition. Both teams displayed excellent sportsmanship coming 4th and 6th out of 14 teams. A large number of our senior students will be taking part in a mixed Netball competition and some junior students in a ‘come n try’ Touch tournament.

Our Sports Captains are also running lunch time competitions for various year levels. They include Touch, Table Tennis, Volleyball, Netball and Basketball. They also arranged a fantastic staff v’s student lunch time House Volleyball tournament. Teams made up of a mixture of students and staff. Although all Houses had at least one win, it was Kitchener House who came out as the ultimate winners.

This year three Unley High School teams were entered into the Volleyball SA Junior League competition. All teams did very well to make the quarter finals but huge congratulations to our girls’ team who were Grand Final winners. Congratulations also to Zoe Andrews who was awarded best on ground. This is a fantastic achievement and is very encouraging for the Melbourne Volleyball Trip at the end of the year.

Congratulations to Rachel Tonkin in Year 11 who has been selected in the SA Secondary School Sport Softball Championship team competing in Adelaide in November. Congratulations also to the following students who have received awards from Basketball SA for their Basketball referring skills:
Tom Lanthois - Encouragement award, Pasadena Stadium
Elizabeth Petrie - Encouragement award, Wayville Stadium
Maddison Shaw - Most Dedicated Referee, seniors/youth league
Anna Henderson, Sports Coordinator
Community News

“The Sammy D Foundation was founded in 2008, after Sam Davis, 17 years old, fell the victim of a violent and unprovoked one punch assault that cost him his life. The Foundation was founded with the ultimate aim of providing skills to young people in order to prevent such a tragedy from happening in our community again.

Facts:
• One in 8 deaths of Australians under 25 is now related to alcohol consumption
• 60% of all police call outs are alcohol related (90% of late night calls)
• One in 5 hospitalisations of people under 25 are due to alcohol
• 20% of Australians drink at levels placing them at risk of lifetime harm
• 95 people have died from one punch assaults across Australia (2008-2014)

The vision of the Foundation is ‘To develop a youth culture in SA where violence is always unacceptable and young people have the skills and attitudes to reach their maximum life potential.’

As you may or may not know the Sammy D Foundation has developed three core programs: Impact, Party Wise and Connect that are delivered to young people in schools and community organisations through-out South Australia, as well as through one-on-one mentoring.

97% of participants felt better equipped to hold a safer party after attending a Party Wise forum.

The Red Shoe Ball is an initiative to raise funds to continue these life saving programs."

LIONS Youth of the Year

Are you aged 15-19 and have skills?
Leadership
Sportsmanship
Citizenship
Cultural appreciation
Public speaking

You could be the next National winner!

“Youth of the Year is designed to encourage student interest in leadership and the qualities required to take an active and constructive role in the community. A high level of academic, leadership, sporting, public speaking and citizenship achievement is sought in its potential winners. By emphasising these qualities it hopes to provide outstanding role models for the youth of Australia and an overall increase in the confidence of young men and women.”

More informations can be found at www.lionsclubs.org.au/yoty

School Uniform

Uniform Management Services is the only authorised supplier of Unley High School Uniforms and as such you are ensured of being supplied the correct uniform items.

Any purchases through Uniform Management Services at our 2 locations (School Uniform Shop & 1/6 Montrose Ave, Norwood) helps support your school.

OPENING HOURS
School Shop - 0419 004 522
Tuesdays(During School Terms) 9:00am - 4:00pm
1/6 Montrose Ave, Norwood - 8363 5255
Monday - Friday 9:00am - 5:00pm
## Term 4 2015 Diary Dates...

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>Oct 12</td>
<td>Students commence Term 4</td>
</tr>
<tr>
<td>Oct 23</td>
<td><strong>YEAR 12 GRADUATION CEREMONY</strong> - George Cresswell Hall 9:00am</td>
</tr>
<tr>
<td>Oct 26-30</td>
<td>Year 10 Work Experience/Year 10 Challenge</td>
</tr>
<tr>
<td>Oct 26</td>
<td>Finance Advisory Committee (FAC) Meeting</td>
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<tr>
<td>Oct 27</td>
<td>Parent Voice Meeting</td>
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<tr>
<td>Oct 27</td>
<td>Unley High School Council Meeting</td>
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<tr>
<td>Oct 28</td>
<td><strong>PRINCIPAL’S TOUR</strong> 9:00am - 10:30am</td>
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<tr>
<td>Nov 2-18</td>
<td><strong>YEAR 12 EXAMS</strong></td>
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<tr>
<td>Nov 11</td>
<td>Remembrance Day Ceremony</td>
</tr>
<tr>
<td>Nov 18</td>
<td>Year 12 Art &amp; Design Exhibition - UHS South Gallery 6:00pm</td>
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<tr>
<td>Nov 20</td>
<td><strong>YEAR 8 - 11 AWARDS CEREMONY</strong> - George Cresswell Hall 9:00am to 10:30am</td>
</tr>
<tr>
<td>Nov 23-27</td>
<td><strong>YEAR 11 EXAMS</strong></td>
</tr>
<tr>
<td>Nov 23</td>
<td>Finance Advisory Committee (FAC) Meeting</td>
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<tr>
<td>Nov 23</td>
<td>Parent Voice Meeting</td>
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<tr>
<td>Nov 27</td>
<td><strong>LAST DAY FOR YEAR 11</strong></td>
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<tr>
<td>Nov 30-Dec 4</td>
<td>Basketball Championships, Canberra</td>
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<tr>
<td>Dec 1</td>
<td>Fundraising Committee Meeting</td>
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<tr>
<td>Dec 1</td>
<td>Unley High School Council Meeting</td>
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<tr>
<td>Dec 4</td>
<td><strong>LAST DAY FOR YEAR 10</strong></td>
</tr>
<tr>
<td>DEC 7-11</td>
<td>Volleyball Trip, Melbourne</td>
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<tr>
<td>Dec 11</td>
<td><strong>LAST DAY FOR YEAR 8 &amp; 9</strong></td>
</tr>
<tr>
<td>Dec 11</td>
<td><strong>EARLY DISMISSAL</strong> 12:30pm</td>
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## Term 1 2016

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>Feb 1</td>
<td><strong>YEAR 8 &amp; 12 STUDENTS COMMENCE</strong></td>
</tr>
<tr>
<td>Feb 2</td>
<td><strong>YEAR 9, 10 &amp; 11 STUDENTS COMMENCE</strong></td>
</tr>
<tr>
<td>Feb 10</td>
<td>AQUAINTANCE NIGHT - YEAR 8 &amp; 9 6:00pm</td>
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<tr>
<td>Feb 16</td>
<td>AQUAINTANCE NIGHT - Year 10 6:00pm</td>
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<tr>
<td>Feb 16</td>
<td>AQUAINTANCE NIGHT - Year 11 6:30pm</td>
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<tr>
<td>Feb 16</td>
<td>AQUAINTANCE NIGHT - Year 12 7:00pm</td>
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<tr>
<td>Feb 19</td>
<td>Student Leaders’ Induction Ceremony - George Cresswell Hall 9:00am to 9:30am</td>
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<tr>
<td>Feb 22</td>
<td>Fundraising Committee Meeting 6:00pm</td>
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<tr>
<td>Feb 22</td>
<td>Parent Voice Meeting 6:30pm - 8:00pm</td>
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<tr>
<td>Feb 23</td>
<td>Unley High School Council Meeting 7:00pm</td>
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<tr>
<td>Mar 9</td>
<td>TWILIGHT OPEN EVENING 6:00pm - 8:00pm</td>
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