



14 Farley Grove Salisbury North SA 5108 **Subscribe:** https://salisburyhs.schoolzineplus.com/subscribe Email: dl.0892_info@schools.sa.edu.au

Phone: 08 8182 0200

Fax: 08 8182 0201



8 September 2023

Coming events for Term 3 & 4 2023

Monday 4 September – Friday 29 September	PAT Testing
Monday 11 September	Stage 2 Practice Exam –
	• Physics 10:50am – 1pm
	Governing Council
	Meeting 6pm
	 Operation Flinders
	Camp
	Stage 2 Practice Exam –
Tuesday 12 September	• Math Methods 8:40am – 10:50am

Monday 18 September – Friday 22 September	 Musical Week Wednesday – Evening Show Friday – Evening Show 	
Wednesday 20 September	Year 10 Immunisation	
Wednesday 27 September	Student Led Conferences – Parent/Caregivers will need to make a time to meet with Care Teachers	
Thursday 28 September	Youth Opportunities Graduation at 3:30pm	
Friday 29 September	 Last Day of Term – Students Dismissed at 2:10pm End of Term Newsletter 	

Monday 16 October	First day of Term 4
Monday 30 October	Governing Council Meeting 6pm
Wednesday 1 November	Transition – Student Learner Profile Night
Monday 6 November	• Stage 2 Exam – Math Methods 9am - 11:10am • Stage 2 Exam – General Maths 1:30pm – 3:40pm
Tuesday 7 November	• Stage 2 Exam – EAL (e-exam) 9am - 11:40am • Stage 2 Exam – Chemistry 1:30pm – 3:40pm
Wednesday 8 November	Stage 2 Exam – Essential Maths 1:30pm – 3:40pm
Thursday 9 November	Stage 2 Exam — Physics 9am - 11:10am Dance Showcase Youth Environmental Council Sharing Celebration
Friday 10 November – Tuesday 14 November	Diwali
Monday 13 November – Friday 17 November	PE Week
Monday 13 November – Wednesday 15 November	Students with Disabilities Camp

Tuesday 14 November	Stage 2 Exam (e-exam) Psychology 9am - 11:10am SWAN Transition Day
Friday 17 November	Mid Term Newsletter

From the Principal



Greetings and a warm welcome to the families of the 174 students who are all set to embark on an exciting journey at Salisbury High School in the upcoming year. Our incoming Year 7 students and eight new students joining our disability unit mark the beginning of a promising chapter. We eagerly anticipate meeting all of you

next term during the transition visits, parent meetings, and the learner profile night. These events are designed to help us understand your needs better and ensure a smooth transition for your child into our school community.

Empowering Student Growth

As we dive into Term 3, our focus remains steadfast on learning. Education is at the heart of what we do, and we are committed to fostering student agency throughout our campus. We firmly believe that when students develop powerful learner attributes and take an active role in their educational journey, they become better equipped for lifelong learning. Confidence in one's learning abilities fosters quicker and more enjoyable learning experiences. We believe in our students' potential to achieve this, and it's our duty to guide them in cultivating these productive habits and attitudes.

Championing Senior Success

Term 3 is especially busy for our senior students who are diligently working to maximise their opportunities for the future. Many students participated in holiday workshops, collaborating closely with their educators to achieve their utmost

potential. While our Term 2 achievement data is promising, the next six weeks are pivotal for our Stage 2 students as they maintain their momentum towards the final stages of their academic journey. Our Year 12 students are currently researching and preparing for post-school options, and guest presenters are enriching their understanding in this realm. We acknowledge the excitement and uncertainty that accompanies this phase, but our personalised support aims to guide them confidently towards the next steps after graduation.

We are thrilled to offer robust support for post-school options. Brii Daniels and Sophie Milne, our dedicated career advisors, provide valuable insights on careers and further education paths. Year 12 students have already engaged with major South Australian universities, aiding their decisions about their educational future. It's crucial for students to explore and research their options thoroughly, and our care teachers and Senior School team are here to assist with application processes.

Celebrating Achievements

Congratulations to our Year 12 students who recently received their Research Project results. With 19% achieving A grades and 43% securing B grades, a commendable 62% attained A and B grades combined. Each student passed, a testament to their dedication. We extend our gratitude to the Research Project team, including Christine Zientara, Jonathan Houghton, Mel Beer, Valerie Gee, and special mentions to Gabriel Connor, James Love, and the Ab Ed team for their unwavering support.

Youth Opportunities Programme Achievements

In addition to celebrating academic achievements, we are also delighted to recognise the success of the following students who have received awards through the Youth Opportunities Programme. Their dedication and hard work have earned them these remarkable achievements:

- Fatima Al Amary Awarded Driving Lessons
- Sireen Abdalateef Awarded a Laptop
- Bayan Al Nassar Awarded an iPad
- Kouger Shiner Awarded Driving Lessons
- Peyton-Rose Ladhams Prideux Awarded a Laptop
- Marianna Galouzis Awarded Career Guidance

- Benjamin Mettke Awarded a Laptop
- Olivia Williams Awarded Career Guidance
- Hayden Aramoana- Awarded a Laptop
- Tia Curley Awarded an Electronic Keyboard
- Skyla Bath Awarded Driving Lessons
- Jessica Sheedy Awarded a Laptop
- Vinnie Reed Awarded a Laptop
- Jasmine Hawkins Awarded an Office Works Voucher + Laptop
- Bella Danjko Awarded Calisthenics Fees, Costume Fees, and an Office Works Voucher
- Brodie Ashcroft Awarded Driving Lessons
- Jessica Myatt Awarded a Laptop

Attendance and Uniform

We acknowledge attendance's crucial role in success. We urge parents to actively prioritise daily attendance, as consistency in education is paramount. Attending school regularly significantly impacts a student's progress. Additionally, our unified school uniform enhances a sense of belonging and safety. Remember, uniform supplies are available at Lowes, and their sales offer a fantastic opportunity to stock up.

Subject Counselling

Our comprehensive subject counselling process spans Year 7 to 11, a pivotal phase for students to contemplate their academic future. As students' progress, they gain more autonomy in shaping their educational journey. Parents/caregivers, please sign the subject selection form to endorse your child's choices. For Year 10 students, personalised 1:1 course counselling session with an expert will guide their senior school path. Our Senior School Team is devoted to aligning Year 11 students' subject choices with their aspirations for a successful SACE in 2024.

Analysing NAPLAN Results

We've received NAPLAN results for Year 7 and 9 students this term. Analysis of these results will shape our future literacy and numeracy initiatives. It is important to note that the NAPLAN assessment framework has undergone modifications in its grading system. The shift from individual student scores to a proficiency scale, which includes bands such as "Exceeding," "Strong," "Developing," and "Needs Additional Support," emphasises students' skills and capabilities

at different levels of achievement, focusing on their progression in addition to their absolute performance. This transition means that direct comparisons with previous years' scores for measuring student progress may not be appropriate due to the altered grading approach.

Fostering Professional Growth

Our recent Professional Learning Day centred on enhancing among students, fostering critical and independent thinking. Additionally, staff participated in sessions on Positive Behaviour for Learning, affirming our commitment to а positive educational Specialised curriculum team sessions facilitated insights and collaborative planning, pedagogical advancing our approaches.

Exciting Extracurriculars

Our musical production, Henry the 8th, is progressing splendidly. Join us for scheduled performances on September 20th and 22nd to witness our students' talents shine. In the weeks ahead, science week and Operation Flinders await, alongside our vibrant school clubs, sports, and continued teaching and learning.

Engaging Student-Led Conferences

Mark your calendars for Student Led Conferences on Wednesday September 27th, 1:30pm to 7pm. This face-to-face opportunity with your child's care teacher is a chance to discuss their progress and plans.

Gratitude and Unity

In the vibrant tapestry of Salisbury High School, our Support Staff (SSOs) form the unspoken pillars of our community. Their dedication and unwavering commitment play a pivotal role in nurturing an environment of learning and growth. As we approach SSO Week, a time dedicated to celebrating these integral members of our school family, we invite everyone to reflect on the invaluable contributions SSOs make daily. From classrooms to administrative areas, the library to Wellbeing, SWD, and AbEd, SSOs provide essential support, fostering an atmosphere where students can thrive. They bring expertise, care, and a collaborative spirit that uplifts both students and educators. Let us take this week to express our gratitude and appreciation for their tireless efforts, ensuring that our school

community continues to flourish.

Lastly, a heartfelt salute to our dedicated staff who embody the spirit of Salisbury High School. Our community's collective efforts define our success. I would also like to personally extend gratitude to our supportive and loyal SHS staff, students, and parents, making my initial weeks as acting principal truly rewarding.

Here's to a term of growth, achievement, and unity. Together, we nurture excellence and inspire futures.

Finally, I would like to make a special request for assistance from our community. We are seeking to showcase our Old Scholars in our newsletter and on our Wall of Fame. If you have any contact with former students, kindly inquire if they would be interested in being featured in our newsletter. For further information or to make a contribution, please contact Ann-Mare Hurley at 8182 0200.

Old Scholar News

2013 10-year Reunion

"The Class of 2013 - 10 Year Reunion"

Date: Saturday, 16th September 2023

Time: 7:00 PM onwards

Location: Salisbury Hotel, 52 Commercial Road, Salisbury

"Can you believe it? It's been a whole decade since the Class of 2013 bid farewell to Salisbury High School. Join us for a night to catch up around the old stomping ground."

"Yearbooks from our time at SHS will be available on the night. Live entertainment by Face the Music, fronted by our very own Maria Blackmore."

Don't miss this opportunity to reconnect with old friends and reminisce about your high school days. See you there!

Tickets available now through:

Click here book now





Danni Margan Acting Principal

Please note that office hours on Wednesday afternoons will be shortened to accommodate the professional development of our support staff. The front office will be operational on Wednesdays from 8:00 AM to 2:30 PM.

Messages can be left on the answering machine outside of these hours.

We appreciate your understanding and cooperation as we work to enhance the skills and capabilities of our support team. Thank you for your continued support.

Senior School News

Year 12

- Less than 8 weeks left for the vast majority of students... no time to waste!
- 2. Class attendance needs to be the absolute priority...
- 3. Planning your time is crucial, 'little and often', get good sleep, eat well, and be physically active.
- 4. Get to school at 8.40 am if that's what time your classes
- 5. If you haven't finished the Research Project, get it done now... Otherwise, you'll not be enrolled!
- Most students are now working on crucial 'external assessments' or preparing for examinations.
- Submit drafts and improve on those drafts for the best outcomes.
- Make sure school-based assessment grades are strong to help combat reduced 'external assessment' performance.

- 9. Students who are completing examined subjects need to start revising now 'little and often'.
- Use the experience of the 'mock exams' to help you prepare and be ready.
- Attend 'Holiday Workshops' and 'School Holiday Lessons'.
- Cut back on part-time jobs; you'll have plenty of time soon to earn money.
- 13. Ask sooner rather than later if you need support.
- Apply for Uni or TAFESA via SATAC; beware of 'late fees' for 'late entry'.
- 15. If you are applying for work or an apprenticeship, get onto it soon before others finish school.

'With responsibility, comes great power.' At this stage of the year, it is really down to you, but we'll support you if we can.

Year 11

"Currently, many students have been selecting subjects they want to pursue in 2024 at SHS. However, it's important to note that for students to continue their SACE Stage 2 journey at SHS, they must successfully complete Stage 1 studies at a creditworthy level and maintain a proven record of attending school lessons. Consistent attendance in lessons is absolutely crucial."

"If your child intends to be in Year 12 at SHS in 2024, it's essential that they attend lessons and strive for success in their subjects at the highest level. At SHS, we assess students' commitment and suitability for Stage 2 based on their actions, which speak louder than words."

"I will personally review selections and will be in contact with some parents to discuss individual situations."

"There are multiple pathways available to help students reach their desired destinations. Students can explore vocational education options at TAFESA and other Registered Training Organisations (RTOs). Applications for TAFESA Semester 1, 2024 courses are now open, and I encourage students to consider these options promptly."

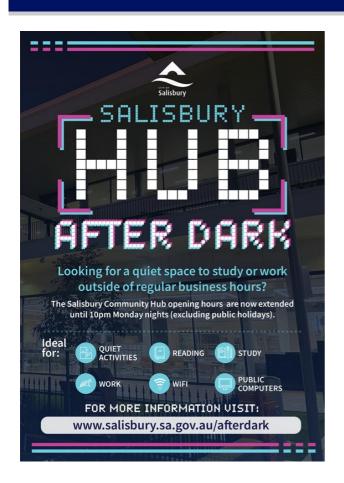
"For students who may be struggling with attendance and require more flexibility in terms of time and workload to complete SACE, alternative options are available."

"Please don't hesitate to reach out to your child's

Care Teacher or any member of the Senior School team if you wish to explore options and seek guidance."

Year 12 Formal – Payments are now due.

Salisbury Study Space







Adrian Mann Senior Leader Senior School

VET News

VET Applications – Current Year 10 Students.

As year 10 students are selecting subjects for year 11, they are encouraged to explore the wide variety of VET courses offered in 2024, including:

- Certificate II Advanced Animal Care
- Certificate II Automotive
- Certificate II Construction
- Certificate II Plumbing (pre-apprenticeship)

- · Certificate II Electrotechnology
- · Certificate II Engineering Pathways
- · Certificate II Salon Assistant
- Certificate II Retail Cosmetics Beauty
- Certificate III Early Childhood Education and Care
- Certificate III Individual Support (Ageing)
- Certificate III Individual Support (Disability)
- · Certificate III in Health Services Assistant
- Certificate II Food Processing (Bakery Focus)
- · Certificate II Hospitality
- · Certificate II Kitchen Operations
- Certificate III Information Technology
- Certificate III Screen and Media Game Art Foundations
- Certificate II Resources, Infrastructure and Workplace Preparation (also for students interested in working in the mines)
- Certificate II in Horticulture
- Certificate II in Community Services

To read more about these courses, visit the link below:

Click here to read more information

To apply for a VET course, students will need to:

- 1. Select a VET course during subject selections.
- Watch the VET course enrolment video: http://nasssa.com.au/students/vet/videos
- Apply for a USI: https://www.usi.gov.au/students/ get-a-usi
- 4. Provide evidence of industry immersion. This can include work experience, research into their chosen career, 'Hear from the Trainer' sessions (recordings available upon request), PLP work, White Card training, First Aid Training, etc. Students are then required to complete a document reflecting on what they have learned. Salisbury High School has been providing immersion opportunities throughout the year, and all students who have registered an interest have attended an application writing session.
- 5. Attend an interview with Mrs Daniels to determine the suitability of the course i.e., career pathway, logistics, grades, attendance, etc.

VET - Year 11

Current VET students must ensure they attend their course every week. For many VET courses, students who have missed four or more days are considered at high risk of not completing their certification. Students must attend all sessions to stay up to date with their coursework. As VET is competency-based, it is not always possible to 'catch up' on missed work. If students are absent for too many sessions, they may not achieve their certificate. Please remember, if students are unable to attend, they need to have a valid reason and inform their trainer and VET Coordinator as soon as possible.

"Student VET reports have been uploaded to their Daymap profile. Please ensure all students read through their reports and inform their trainer or VET Coordinator if they have any questions or concerns.

"If students need additional support, please ensure they contact Mrs Daniels. Upon request, students have access to Learning Support Services through their course and tutoring through Salisbury High School."

"Several VET courses require students to complete structured workplace learning (work experience). This is also a requirement for Certificate II construction students to enrol in a Stackable VET course in 2024. Students can check their VET reports to see if they need to attend structured workplace learning.

The 2024 Year 12 VET courses

Certificate II Construction students who have completed 5 days of structured workplace learning are eligible to apply for a 6-month Stackable VET course. Stackable VET courses aim to provide pre-vocational skills, work preparedness, and the opportunity to explore various vocational areas. The two stackable VET courses offered at Salisbury High School include:

- · Advanced Brick and Block Stackable
- Advanced Carpentry

To read about these courses, Visit the link below for more information:

Click here to read more information

Additional VET courses that can be studied in Year 12 include:

- Certificate III in Health Services Assistance
- Certificate III Individual Support (Ageing)
- Certificate III Individual Support (Disability)
- Certificate III Information Technology
- Certificate III Screen and Media Game Art Foundations

Students who are currently enrolled in an 18–24-month course will continue with their course. However, these students will meet with Mrs Daniels to check their progress and determine their suitability for continuing. These courses include:

- Certificate II Automotive (18 months)
- Certificate II Plumbing (18 months)
- Early Childhood Education and Care (24 months)

VET - Year 12

Salisbury High School would like to congratulate all students enrolled in the Advanced Brick and Block Stackable and Advanced Carpentry Stackable who have successfully obtained their certificates. These courses allowed students to develop pre-vocational skills while exploring a vocational pathway. Within these courses, students completed 140 nominal hours that can be used towards a Certificate III in Carpentry / Bricklaying. Careers in both of these industry areas are in high demand, with many apprenticeship opportunities available. For more information, please contact Mrs Daniels (Briianka.daniels324@schools.sa.edu.au).

Careers – SATAC Applications

Exciting news for future tertiary students! SATAC (South Australian Tertiary Admissions Centre) is now open! To apply, visit the SATAC website, create an account, and carefully follow the step-by-step instructions. Don't forget to research your preferences for courses and institutions beforehand. You can always fine-tune your choices by changing your preferences until the application closing date. Ensure you submit your applications by the 29th of September to avoid the price increase.

Visit the link below for Key dates and to apply for University or TAFE.

Salisbury High School is hosting a range of University presentations for year 11 and 12 students to help explore different University pathways in South Australia.

Click here to visit the Undergraduate Key Dates webpage https://satac.edu.au/undergraduate-key-dates

- 8th of August Adelaide University and The University of South Australia
- 15th of August 1:1 Student advice with Adelaide University - Book an appointment in Senior Central.
- 21st of August Flinders presentation

Adelaide University First GEN

The University of Adelaide's FirstGEN program offers free support and interactive workshops to Year 12 students. This program is designed for students who are the first member of their immediate family to attend university. The program is tailored to meet the needs of the students and provides support during their transition to tertiary education. Students will enhance their understanding of the SATAC process, acquire essential university knowledge, and prepare for life after high school. Eligible students who apply and attend all four workshops at Salisbury High School will have their SATAC applications paid for, regardless of which university they apply to!

Students can register their interest below:

Click here to register your interest

https://docs.google.com/forms/d/e/1FAlpQLSdxQslNlBqsfnMlpOOOFeYD6 E1n_GWghG6Y0l35OvnY6pWe2Q/viewform

Sessions	Outline
1 - Introduction and pathways 4/9/23	Detailing why the FirstGEN program is offered, explaining how students benefit, exploring student interest areas, and discussing alternate entry pathways in detail.
2 - Uni life 11/9/23	Discovering what the university experience is like by detailing class types, explaining what your schedule may look like, indicating how much time you spend at university, and outlining the subjects you take.
3 - Common concerns	
and support	Discussing common concerns that first-year students may have and highlighting the available support.
18/09/23	

4 - SATAC application

25/09/23

Assisting students with their SATAC applications.



Briianka Daniels VET and Careers Coordinator

Careers News

On Friday, 11th August, Milli Donnon and I, along with our liaison from the Smith Family, took 32 senior students to Flinders University Open Day. The university was bustling with the presence of many schools and even young adults accompanied by their parents. The Hub was abuzz with a plethora of activities for students to participate in, many of which showcased the variety of study options available. Some of these activities included 'Double your vision,' 'Nursing in action,' 'Two-minute trimester,' 'Deep Fakes,' and 'VR Swim with sharks.'

Information sessions were held in various lecture theatres, where students had the opportunity to hear from lecturers who often worked in the industry simultaneously. Students attended sessions on Paramedicine, Health (exploring which degree is right for them), Forensic Science, among others.

John P, our Smith Family liaison for the Growing Careers project, had organised catering through the on-site Subway. Each student received a 6-inch sub and a cookie. Travis was more than happy to consume 4 cookies after John kindly offered up the spares.

Both Miss Donnon and John mentioned how impressed they were with the manners exhibited by our students.

Jemima, a Year 12 student, remarked, 'Even within

nursing, there are many other areas you can choose from. Maybe in the next 5 years, you could be doing something else.'

We even ran into Anna Tran, an SHS old scholar who is currently in her first year of Paramedicine. Anna was happy to share some insights with a few current Year 12 students interested in the degree.

The senior cohort expressed gratitude to the Smith Family and Flinders University for their warm hospitality. Miss Donnon and I are hopeful that this visit to Flinders University was insightful and provided students with appropriate resources to make informed decisions regarding their post-schooling pathways.







Briianka Daniels VET and Careers Coordinator



Sophie Milne
PLP and Careers
Coordinator

Junior and Middle School

Junior School News (Year 7 & 8)

School holidays have come and gone, and students and staff have returned to school refreshed and ready to learn. The focus of our Personal Development programme for the coming weeks will be subject counselling for 2024. Students have been exploring career choices and ensuring

they select subjects for 2024 that will continue to motivate their engagement in learning. We encourage parents/caregivers to work with their child and support this process.

A huge thanks to staff and families for making the Term 2 Student-Led Conferences such a success. Junior and Middle School students will be attending a combined assembly on Monday of week 4. This will be a great opportunity to celebrate student success and showcase the hard work students and staff have been demonstrating. We will also have a focus on Positive Behaviour for Learning (PBL) and discuss some whole-school goals for term 3.

Term 3 has seen our final group of Year 10's start the Youth Opportunities Personal Leadership Programme. This Programme is a 60-hour well-being and life skills training programme that provides young people with the tools and skills to increase confidence, self-worth, and motivation, helping them to build resilience and overcome adversity throughout their lives. Students will attend the 12 25 centre every Friday and continue to develop as powerful learners.

The Smith Family and Flinders University will again this term be hosting career workshops and presentations for both year levels. We are incredibly grateful to them for their support and look forward to building a strong partnership. Junior and Middle school students were lucky enough to have Encounter Youth run vaping awareness presentations in week 2. This is a great opportunity to discuss at home the dangers and long-term health risks associated with vaping.

The Year 7/8 cohort has experienced some staff personnel changes this term. With Danni Margan now Acting Principal in the absence of Sylvia Groves, and Cherie Dawkins as Acting Deputy. As such, Tate Giadresco will be Acting Senior Leader of Junior School for Term 3. We thank everyone for their patience, support, and understanding during this transition phase.

For the remainder of Term 3, the Junior school will be focusing on their Snapshot Grades in Week 5, where students will have the chance to see where they are at, reflect, make improvements, and seek support where necessary. In week 7, Mr. Cross will also be running a "School Clubs Expo" where the various school clubs will be on show. This will be another chance for students to find an area of interest to pursue during lunchtimes. Additionally, all Year 7 & 8 care classes

will continue with their weekly Gratitude & Premiers Reading Challenge tasks, which have been a great success thus far. Thanks to all families for your ongoing support; we are very excited about the remaining weeks of Term 3.

Middle School News (Year 9 & 10)

School holidays have come and gone, and students and staff have returned to school refreshed and ready to learn. The focus in our Personal Development programme for the coming weeks will be subject counselling for 2024. Students have been exploring career choices and ensuring they select 2024 subjects that will continue to motivate their engagement in learning. We encourage parents/caregivers to work with their child and support this process.

A huge thanks to staff and families for making the Term 2 Student-Led Conferences such a success. Junior and Middle School students will be attending a combined assembly on Monday of week 4. This will be a great opportunity to celebrate student success and showcase the hard work students and staff are demonstrating. We will also have a focus on Positive Behaviour for Learning (PBL) and discuss some whole-school goals for term 3.

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Mobile Phone Policy



2023 School Year - Mobile Free Zone

In line with new government legislation, we are excited to become a mobile-free zone from the beginning of the 2023 school year.

The new policy requires all public schools to implement a ban on the use of mobile phones and smartwatches for all students from the time they arrive at school until the end of the school day.

This means phones must be out of sight during the school day, including at break and lunchtime. The mobile phone policy aims to promote a safe environment for both teachers and students, and families are asked to work in partnership with the school to enforce the new rules. We understand there may be instances where you need to get an urgent message to your child; please do so by contacting student services on 8182 0200. Students have already been very understanding of the mobile phone policy, and it has been pleasing to see them engaging in conversations rather than turning to their devices. We look forward to your support with this new policy.

Uniform

Uniform Expectations

Students at SHS are expected to wear correct school uniform every day. Students who present to school not in uniform will be provided with appropriate items for the day. If there is a reason that they can't be in school uniform please let us

know and we can assist.

Click here to visit the School Uniform webpage http://www1.salisburyhigh.sa.edu.au/enrolments/uniform.html

Please see below for reference:

Uniform choices

- Unisex striped Polo Shirt with school logo
- Dark blue or navy pants, shorts or skirts.
- Salisbury High School windcheater
- Short sleeve white shirt/blouse and school tie
- No jeans or leggings may be worn







Our school uniform retailer is Lowes, which can be found in the Parabanks shopping centre. Lowes has a 20% sale every term.



The new school Rugby top has been released and is available NOW!

Please see the updated school uniform price list.

Click here to download the Price List

Attendance Expectations

Attendance is compulsory for students who are at least 6 years old but not yet 16 years of age; this is known as being of compulsory school age. Every child of compulsory school age is required to be enrolled at a government or non-government school and is required to fully participate in the education programme arranged and approved by the enrolling school.

At SHS, school starts at 8.40 am and finishes at 3.10 pm (Monday, Tuesday, Thursday, and Friday) and starts at 8.40 am and finishes at 2.10 pm (Wednesday). Students are to go straight to class if arriving between 8.40-9.00 am, after this, they are required to sign in at Student Services. A phone call or note from a parent should accompany the child when they are late.

If a child is absent from school on any particular day, the

parent/caregiver should contact the school before 9.00 am to let the school know the reason for their absence.

A text message is sent between 9.30-10.00 am for Junior and Middle school students and 11.00 am-11.30 am for senior students for those children who have been marked unexplained and no explanation of their absence/lateness has been documented on Daymap. Care teachers will follow up with families if absences/lateness remain unexplained.

Students who need to leave early must have pre-approval organised by families (a note or phone call to the office). Staff will not phone home for students seeking permission to leave unless they are unwell.

Please look at the below link for more info:

Click here to view the SHS Attendance flyer
http://www1.salisburyhigh.sa.edu.au/images/pdf/SHS_Attendance.pdf

Community Service

Community Service occurs on Mondays, Wednesdays, and Fridays for 20 minutes, for students with off-task behaviours, lateness, and other time-wasting issues in class. Students will be required to give back to the school community. Students will meet at the back of the Trade Centre at the start of lunch in Term 1 and must have their name marked off the roll. This has been introduced to support learning within classrooms. Students who do not attend community service, although present at school, will be placed on a full lunch detention (30 minutes) with leadership the next day. Community Service detentions will appear on DayMap, and an email will be sent to care teachers informing them. Failure to attend again will result in the Senior Leader for Middle School becoming involved, and further **consequences will follow.**

Task Completion Time (TCT)

When a task is not completed, a student will be enrolled in a scheduled learning area TCT. TCT sessions will run during lunchtime. This process is for all students in Years 7-12. Students will be supervised by curriculum coordinators, subject teachers, leadership, and TRTs. Completion of tasks is not optional at Salisbury High School, it is essential.





Tate Giadresco Senior Leader Junior School Yrs 7 & 8

Leon Karvelis Senior Leader Middle School Yrs 9 & 10

STEM Update

STEM Day Out



On August 4th, students from years 8 - 12 visited the STEM Day Out 2023 event at the Adelaide Showgrounds as part of Science Alive. There were plenty of activities to see, including hands-on experiences with wildlife, VR experiences, STEM challenges, interactive activities, innovative games, and many more. There were many stalls from various industries to answer questions students had regarding future careers in the STEM world. The feedback from students was very positive, and they enjoyed all of the up-close experiences they were able to have on the day.











Morgan Thorpe Teacher

Year 11 Biology

Monarto Camp

In term 2, the Year 11 Biology class embarked on an overnight camp to Monarto Safari Park. During our stay, we learned about conservation and the roles of zookeepers and park rangers in protecting species in the wild. Students participated in a variety of activities, including collecting North American Bison waste, taking a park tour, and identifying animal specimens. We spent the night at the bush camp area known as Indaba, where we enjoyed a night walk and played games around the campfire. On the second day, we had the opportunity to explore the new visitors' centre before returning to school.

"I had a really great time at camp, but I particularly enjoyed the tour. I've been on the Monarto tour many times, but John was really funny and provided more information than

we usually get, which I loved. The best part of the tour was when one of the male lion cubs stopped in front of the bus, lay down, and his brother came up behind us and followed us to the gate. The sister stayed a bit behind, but she was definitely still watching us and her brothers. It wasn't really tense; it was more exciting than anything, but we were pretty sure Mr. Cross was sweating bullets the whole time." – Jayden

"This biology trip to Monarto was a great experience for me because I got to experience being a zookeeper. We dug and collected bison waste to keep the place tidy and clean. I also got to dump the waste onto a pile, which was being used to turn into soil. The activities where we had to guess and figure out the specific animal from their waste, as well as their features, made my time at the Monarto zoo fun and enjoyable. We also visited the Monarto shop, where the money we spent went towards the zoo. With this in mind, I bought a drawing book and a spider key ring, as well as zoo cards which I still use to this day. The best experience at the zoo was being able to get free food because who doesn't love free food." — Abishek







Kat Parsons Teacher

Dimitroff Shield



Just as football has the Brownlow Medal (created and named in honour of an extremely talented past footballer, Charles Brownlow), ScMaths has The Dimitroff Shield (created and named in honour of an extremely talented past science and maths student, George Dimitroff).

The Brownlow Medal is awarded to the "fairest and best" player in the Australian Football League (AFL) during the season, as determined by votes cast by the officiating field umpires after each game. Similarly, the Dimitroff Shield will be awarded to the student who displays consistent "effort, good behaviour, and outstanding results" in Year 9 at Salisbury High School. This determination will be made by votes cast by their teachers after each week.

Just like the Brownlow, each week, every Year 9 science and maths teacher will be asked to award 3 votes, 2 votes, and 1 vote to the students they regard as the best, second best, and third best in their class, respectively. A tally will be kept until the end of the year, and the winner will receive their name on the perpetual shield, their own miniature trophy, and a gift voucher!

Numeracy Progression Intervention





Mallory Matters
SSO Numeracy

MASA Maths Quiz – Wednesday 9th August

Well done to the 8 students from SHS who gave up their own time after school to compete in the recent MASA Quiz night. Although we did not come away with the win, we fought hard and had fun!

Thank you to Ms Parson and Mrs Benge, who also came along to support and encourage our students.









The Harding Miller Education Foundation Scholarship

What are the criteria to enter?

- Be a female student enrolled at a public/government high school.
- Currently be a Year 8 student entering Year 9 in 2024.

- Demonstrate high academic results and/or academic potential.
- Currently experience low socio-economic circumstances.

You also need to demonstrate motivation to achieve academically and professionally, including an intention to undertake tertiary studies. An interest in extracurricular, community, and leadership activities will be considered favourably.

Successful applicants will receive the following support (over 4 years):

- High-quality laptop and help desk support.
- 4G mobile broadband, including 22GB internet per month.
- \$2,500 of 'face-to-face' or online tutoring per year.
- Subscription to an online study help provider.
- \$650 prepaid care for school expenses per year.
- Mentoring from a personal coach.

Scholars also receive additional tools, including access to a Study Skills program from Enhanced Learning, and opportunities to attend a number of career and educational enrichment programs.

Applications are open until 14th of September.

Use the link below to start your application or see Mrs Ludewig for help or if you have any further questions.

Click here to apply now

https://www.hardingmillereducationfoundation.org.au/apply-for-ascholarship/

Up to \$10,000 STEM Scholarships

A \$1 million scholarship fund has been created through DXC Technology and DECD (Department of Education and Child Development) to support high school students from underrepresented groups in pursuing science, technology, and mathematics (STEM) subjects at the SACE level. Over the last 4 years, 204 scholarships worth up to \$10,000 have been awarded across the state.

The STEM scholarships program was created to encourage underrepresented students from South Australian state schools to pursue STEM-related career opportunities beyond school.

Scholarship money can be used to cover the cost of tutors, laptops, textbooks, excursions, or anything that directly supports the student in achieving success in their chosen subjects.

Salisbury High School has had recipients in all rounds: 2018 Round 1 - 6 students, 2019 Round 2 - 7 students, 2020 Round 3 - 9 students, 2021 Round 4 - 5 students, and 2022 Round 5 - 7 students.

To apply for this scholarship in 2024 you must be:

- in Year 10 in 2023
- enrolled in a government school
- the holder of a school card (Aboriginal or Torres Strait Islander students do not need to hold a school card)
- committed to completing at least 1 of the following STEM subjects at SACE Stage 1 and Stage 2 level: specialist mathematics, mathematical methods, digital technologies, chemistry, or physics.
- achieved a minimum grade of C in Year 10 mathematics and science
- willing to participate in mentoring programs and other activities that support awareness of STEM careers.

See Mrs. Ludewig to find out if you are eligible and start the process as applications open soon.

2022 STEM Aboriginal Learner Congress

Congress departmental initiative that began in 2017 and is designed to engage and inspire the next generation of young Aboriginal and Torres Strait Islander scientists. technologists, engineers, and mathematicians. The Congress is co-designed

facilitated

by

the



YASTA Team, comprising students from 15 schools and their STEM teachers, Aboriginal undergraduates in STEM-related fields, STEM industry experts, and educational leaders. One of this year's mentors was our very own Mitchell Odegaard.



The 2-day (10 and 11 August) program featured amazing keynote speakers and workshops on and off-site. Our school was one of the 15 that ran a workshop, organised by Mr. Young and students: Tyler Leckie-Norris (9), Kyanna Thompson (9), Liana Ogilvy (8), and Teresa Branson (8) - entitled "I'm Kaurna start a fire".





9 I'm Kaurna start a fire | Salisbury High School
Students experience the thrill of creating a traditional Aboriginal fire! They learn about the practical use of fire and how it holds great spiritual meaning through story-sharing and dance. Students get to put their skills to the test and see if they can start their own fire using only traditional methods.

Presenters: Tyle t-Ledie-Normic Nyamma Thompson, Llana Ogilvy, Teresa Branson
Where: Adelaide Convention Centre – City room 1

Deaken Gray (9), Bailey Williams (9) and Tjari Newchurch (7) were also selected to attend as participants.











Tutoring





Rebecca Ludewig
Senior Leader Mathematics, Science
and Numeracy

Literacy Update

Levelled Literacy Intervention

Throughout Semester 2, we'll have approximately 80 students participating in our Levelled Literacy Intervention program here

at SHS. LLI lessons recommenced for Term 3 on Monday (Week 1). We have around 40 students in Year 7 and 40 students in Year 8 taking part in this program. Students attend two 45-minute lessons per week, led by a trained LLI Facilitator. The students have engaged really well so far through Semester 1 and will continue to progress in developing their skills further with additional support in Semester 2.

What is LLI?

Levelled Literacy Intervention (LLI) is an intensive, small-group, supplementary literacy intervention for students who struggle with reading and writing. Students currently working below the SA Department of Education's Standard of Education Achievement (SEA) will take part in the program. The goal of LLI is to improve the literacy achievement of students who are not meeting grade-level expectations in reading.

The majority of LLI lessons take place at 9:30 am and 11:40 am daily, with some additional alternative start times. This has minimised the impact for students and staff involved in the program. LLI continues to run in our Library (Resource Centre), serving as an ideal space to support our students.

The following SSOs oversee the LLI program: Helen Barron, Cate Bell, James Love, and Mark Karvelis.

If you would like any further information about the program or your child's reading, please don't hesitate to contact the school. Students participating in the LLI program have their lessons displayed on Daymap, making it easy to check lesson times both at school and at home.

We've had a positive start to Term 3, and we look forward to providing further support to our students!



Phonics lessons are underway again in Term 3 for approximately 15 students across Year 7 and 8. The goal of Phonics is to assist students in understanding how letters are linked to sounds (phonemes) to create letter-sound correspondences and spelling patterns, and to help them apply this knowledge in their reading. A strong

Phonics knowledge is essential for becoming a successful reader. The students involved in this intervention currently engage in some Phonics-based learning in class, but they will also participate in small group learning sessions to provide more intensive support. Mark Karvelis is the SSO who is currently assisting students with Phonics in 2023.

The 2023 timetable format consists of students attending 3 \times 20-minute sessions spread out across the week. This is designed to keep the sessions concise and more frequent compared to our previous time format. We aim to establish greater consistency through this routine. Phonics continues to operate in our Library (Resource Centre), serving as an ideal space to support our students in their personal growth.

Students participating in the Phonics program have their lessons displayed on Daymap, ensuring that lesson time can be easily checked.



Dynamic Indicators of Basic Early Literacy Skills (DIBELS)

Salisbury High School is in the process of transitioning from Running Record reading level assessments to Dynamic Indicators of Basic Early Literacy Skills (DIBELS) assessments. DIBELS is a series of short tests (1 – 3 minutes) that assess Year 7 and 8 students, identifying student reading levels and deficiencies. It involves a set of procedures and measures for assessing the acquisition of a set of Year 7 - 8 literacy skills, such as phonemic awareness, alphabetic principle, accuracy, fluency, and comprehension.

Reading Levels

SHS currently refers to student reading levels extensively, ensuring that students receive the most appropriate level of support possible. All of our Year 7, 8, 9, and 10 students have their most recent Reading Level information displayed on their Daymap profiles. Reading Levels are determined from their most recent Running Records. This information provides insights into students' reading levels and how best to

further support them. The information displayed on Daymap includes each student's:

- · Reading Level
- Accuracy
- Fluency
- Comprehension
- Reading Age

This information will update on Daymap again after the next Reading Level assessment has been completed. If you would like any further information about the program or your child's reading, please do not hesitate to contact the school.



Social Skills is a program run at SHS for approximately 25 students across Year 7 - 10, led by SSOs Helen Barron and Sam Griffin. This program was put on hold during Term 2; however, it is now up and running again in Term 3.

This program involves small groups of students, where they receive support in developing a variety of social and emotional skills. Students participating will have the opportunity to interact with other students, solve problems, and build confidence. Social Skills is timetabled and accessible on Daymap for all students participating in 2023.

'What's the Buzz' is the program currently used to support our students, with lessons taking place on Tuesday, Thursday, and Friday for 50 minutes each. Students attend one lesson per week, and during each lesson, they help a character named 'Archie' solve the very same social dilemmas that occur in everyday life. This is achieved through activity discussions, role play, puzzles, and games.

Students will be provided support and skills in the following aspects:

- · How to initiate and maintain friendships
- Interpret human differences
- Improve social connections
- · Greetings and farewells
- Social feedback
- Identifying and working with one's emotions
- Self-awareness
- Identifying and navigating tricky social situations

· Building more positivity and resilience

We look forward to supporting our students in further developing their confidence and skills!



Mark Karvelis SSO Literacy



Lachlan Cross
Extra-Curricular
Facilitator & Outdoor
Education Teacher

ARTS update

Student Clubs

The start of Term 3 has seen Salisbury staff and students busy organising, facilitating, and participating in extracurricular clubs. Most of the clubs are offered on a weekly basis at lunchtime. The clubs offered provide students with opportunities to participate in a range of activities, including Art, Board Games, Dungeons and Dragons, Table Tennis, Netball, meditation, and many more. Students who attend a club twice or more throughout the term will be issued a House point for positive behaviour.

To get involved, all students just need to turn up and join in. Times and locations of clubs and activities offered are posted on DayMap daily, as well as displayed on the electronic boards throughout the school.

Additionally, in addition to the clubs, students are able to use the newly established Outdoor Chess and Table Tennis tables at Lunchtime, with bats, balls, and chess sets available to be borrowed from the STEM Office.

Musical Cast Excursion



Review

On Tuesday, 4th July 2023, the cast, and staff of our school musical "Henry!" went to the Festival Theatre to watch the stage show of "Mary Poppins." We attended the show in the evening after school had finished, and it was my first time visiting the Festival Theatre. However, I was among the few kids who had seen the actual movie, "Mary Poppins."

I must say it was somewhat different from what I expected, but it was still enjoyable. I particularly liked the dancing and how everyone was perfectly synchronised. My favorite song was "Step In Time" for two reasons: A) Bert is my favorite character, and B) the dancing was impeccable, especially the tap dancing; it was absolutely fantastic.

There were a couple of things I didn't like:

- The character of the evil nanny, as I'm not a fan of opera.
- The old lady/the bird lady because we never got a reason why she wanted the birds fed, and she was just begging for tuppence.
- The children because of how bratty and annoying they were.

However, there were many things I loved:

- The dad, as I really enjoyed watching his character development.
- Bert because he's Bert, and I liked the chemistry between him and Mary.
- I genuinely enjoyed the songs, especially "Step In Time."
 There's something about an upbeat feel-good song that actually makes me feel good.
- Last but certainly not least, Mary Poppins herself. She was a great role model to those kids and taught them how to be respectful. She was practically perfect!

In conclusion, I think everything was great, from the acting to the storytelling, and I would love to see this musical again. So, thank you to the performers and to The Festival Theatre for the opportunity to see the show.

Gori Govas Student



A huge thank you from the students and staff at Salisbury High School for this truly supercalifragilistic expialidocious experience! We were able to bring most of our 2023 school musical cast along to the performance to inspire them about the brilliance of live theatre. Some of the students had never been to the theatre before, and their minds were blown!

Thank you so much to NASSSA Arts for All, Renee Gibson, and the crew at CentreEd, The Adelaide Festival Centre, and the Mary Poppins Australia team for this marvellous experience! It has inspired us to add some magic to our finale item for "Henry!" - Our 15th SHS musical.

2023 Musical Update



We are firing on all cylinders over in the PAC, with all the students and staff involved in the preparations for this year's musical, coming to the Performing Arts Centre in week 9 of this term. Most of the cast and teachers gave up the first week of the recent school holidays to rehearse scenes, songs, and dance routines, but also had a great time and a heap of laughs along the way.

The Year 11 and 12 Stage Production class is busy working on sets and props for the production and learning quite a few new skills along the way. Mr. Houston and Mr. Phillipson have also been rehearsing with a small group of dedicated music students on a few extra songs that will be a great start to our shows in performance week.

There is just so much happening behind the scenes, and our remaining weeks of rehearsals and preparation will only get busier and more stressful for all involved. But we know it's all worth it because we all love being a part of it and entertaining our audiences.

Tickets will be available to buy from Student Services/Finance Office from Thursday 31st August, For both evening performances; Wednesday 20th & Friday 22nd September at 7pm.







Sarah MacAskill Visual & Performing Arts Coordinator

Sports News

Northern Zone Ten Pin Bowling Carnival – Coached by Mrs. De Pasquale

On July 3rd, ten students travelled to Salisbury Bowland to participate in the Northern Zone Ten Pin Bowling Carnival. Students formed teams to compete in either Boys or Girls Competitions. The Girls' team came Runner Up overall; however, Paralowie was too strong on the day, winning all competitions. Well done to all involved!



State-wide Rock-Climbing Carnival – Coached by Mrs. De Pasquale

On July 5th, five students competed in the Northern Zone Rock Climbing Competition at Vertical Reality in Holden Hill. Students participated in timed climbs against other schools, and all individuals made it to the finals. Individually, Daina Lewis won the overall female competition, and Jayden Williamson was a close runner-up in the male competition. Well done to all involved; it was a great day out!





Northern Zone Year 9/10 5-A-Side Soccer – Coached by Mr. Ryan, Mr. Pipicella & Miss. Butler

On July 6th, thirty-two students competed in the Northern Zone 5-a-side Soccer Carnival at Football SA, Gepps Cross. Teams competed against 11 other surrounding schools in the area. The day was wet and windy; however, all students played their best. Thank you to Mr. Ryan and Mr. Pipicella for organising the students and creating a fun-filled day. Well done to all involved!





Year 7/8 and Year 9/10 Boys & Girls Netball – Weekly Sport Update – Coached by Miss. Chesters

Throughout the term, Salisbury participated in the Northern Areas Weekly Sport competition. Each week, the boys' and

girls' teams travelled to compete against Playford International and Salisbury East High School. All three teams battled through their games, winning the majority, even with many players out due to sickness! All three teams played in the grand final during Week 9 against Salisbury East. Both girls' teams won, showcasing an amazing level of skill and teamwork. Unfortunately, the boys' team lost but demonstrated improvement in skill and knowledge of the game. Thank you to Miss. Chesters for coaching the teams and to Mr. Johnson, Mallory Matters, and Jess Dobie for assisting. Well done!









SANFL Basic Umpiring Course

This term, 23 students took part in the SANFL Basic Umpiring Course. Students were required to participate in a 90-minute course where they learned about the guiding principles for the laws of Australian Rules Football. Students also participated in a practical session to help develop their skills. Students who participated received a certificate and can now seek employment to umpire within their local leagues.

If you are interested in completing this course next year, please see Mrs. De Pasquale for more details.





Saber Academy – Come & Try Session

This term, 21 students took part in the Saber Academy's come-and-try session. Saber Academy is a new martial arts program for beginners that combines Aikido (a Japanese martial art) and Lightsaber (think Star Wars) duelling. Fortunately, students have been provided with the opportunity to continue with an additional 4 weeks of training for free. Thank you to Twelve25 Salisbury Youth Centre for the opportunity!





Lunchtime Sport:

Students have the opportunity to participate in Lunchtime Sport in the Gym daily. The Lunchtime Sport program this term is providing students the opportunity to participate in Volleyball on Monday, LKBA Basketball Tournament on Tuesday, Badminton on Wednesday, Pipicella Cup Futsal Tournament on Thursday, and Netball Staff vs. Students tournament on Friday. If you would like to nominate a team or want to participate, please see Mrs. De Pasquale in the gym foyer or simply show up on the day!

House Points:

Starting last term, teachers can now allocate House Points for positive behaviours. If a teacher believes that a student has demonstrated one of the Powerful Learner

attributes - Resilience, Resourcefulness, Reflectiveness, or Reciprocity - or one of the School Values - Kindness, Respect, and Achievement, they can award that student a house point for their team. Additionally, throughout the year, students have been collecting House Points in areas such as Attendance, Snapshot Grades, House Captain Voting, and Extra-Curricular activities such as School Sport and Leadership Academies. Updates of House Points Totals can be found on the digital displays around the school. Well done to all students who have worked hard to secure points for their House.

House Points Blitz:

In the last five weeks of last term, students were challenged to achieve 12,000 points as a whole school community. Unfortunately, students fell a little short but achieved an outstanding 10,998 points! Due to this, students were still rewarded with free zooper doopers on the last day.

School Sport in Term 3:

This term, students have the opportunity to participate in a wide range of carnivals against a number of different schools throughout the region. The following carnivals will be available:

Week 4

Futsal - Weekly Sport starts

Week 4

Thursday - State-wide Futsal – Year 9-10 Boys and Girls (17th August)

Week 5

Tuesday - Year 9-10 Basketball (22nd August)

Week 7

Wednesday - Year 7-8 5-a-side Soccer (6th September)

Week 9

Friday – Year 7-8 Volleyball (22nd September)

Week 10

Monday – Year 7-8 Indoor Football AFL Max (25th September)

Please register your interest for these events using

the link provided on the Sport Calendar or see me in the gym foyer.

STRIVE Camp:

This year's STRIVE Camp received an enormous **415** student nominations! Student nominations were open for Salisbury High School's STRIVE Camp. Middle school students (Years 7-10) nominated themselves or their peers, and senior students (Years 11-12) nominated themselves to be leaders if they displayed a strong sense of achievement in the following areas:

SUCCESS
TEAMWORK
RESPECT
INCLUSIVITY
VALUES
ENGAGEMENT

Senior Student leaders have already been chosen and Middle School students are currently being interviewed. Successful students will be notified later this term. Good luck to all students involved!

The STRIVE team produced the annual STRIVE Trailer, which was showcased at the Middle School Assembly and around the school on media displays. If you missed out – click the link below!

https://youtube.com/embed/6mNqHraDhQ4? autoplay=0&modestbranding=1&rel=0



Ashley De Pasquale Coordinator Sports

Flexible Learning Option (FLO)

Flexible Learning News

We had a record number of students in the Flo program this year. We started the year with 47 students, and 6 students have left the Flo program over terms 2 and 3 to enter the workforce. Four students are completing apprenticeships in the Automotive and Construction industries, while the other 2 students have gained full-time employment.

We have assisted 12 students in obtaining their White Card, which enables them to work in the construction industry. The White Card serves as evidence of their interest in working in this field and is part of the documentation required to support their enrollment in a VET course for 2024. Additionally, we have supported 3 students in attending and completing a Traffic Management course, qualifying them for employment once they have their P License.

Four of our students have completed a short 2-day course in Hair and Make-Up. One of these students, JS, is now attending TAFE to complete a 10-week Apply Eyelash Extensions course. This will assist JS in opening her own business, as she has expressed a strong interest in starting her own Beauty Salon.

Watch out Salisbury, as we have assisted 8 students in obtaining their Learner's Permit, so we will have more students transitioning from bikes to cars on the road[®]! We have also supported 4 students in obtaining their P's. These are great results for all students involved, and it's awesome to see their hard work paying off.

The rest of our students are diligently working on completing SACE and VET courses, and sometimes they come in to see me to cook up a storm in the kitchen.



Robbie Daly SSO Flexible Learning Options

Library Update

LEGO LIBRARY

The SHS LEGO Library is now open to students, featuring over 70 sets to choose from.

Students now have the opportunity to borrow sets of LEGO to either take home or build at school during recess and lunch times. Students can earn borrowing power as they successfully borrow and return sets, starting with access to Bronze-level sets. As they complete each level successfully, they receive a small incentive prize and gain access to the next level, with more complex sets to master.

This addition to the Salisbury High Library has proven to be quite successful, with many students enjoying the quiet library space to build various creations.

To ensure the library remains fully stocked and available for all students, it operates similarly to our normal library in that students are invoiced for lost or damaged sets to ensure we can replace sets if necessary.

The Lego Library is open at the following times:

Monday: Recess / After School

Tuesday: Recess

Wednesday: Recess / After School

Thursday: Recess

Friday: After School Only

*Please note that the Library will be closed during

recess on Fridays.







Alee Wright SSO Library

Wellbeing Update

Breakfast Club:

Breakfast is considered an important meal because it breaks the overnight fasting period, replenishes the supply of glucose, and provides other essential nutrients to keep energy levels up throughout the day. This helps students' ability to focus, learn, and retain the new concepts they are learning about.

The Breakfast Programme at Salisbury High School runs on Monday to Friday mornings from 8:00 am - 8:35 am. Our Breakfast Programme is completely free and available to any student who would like something to eat in the morning. Toasted cheese sandwiches and Milo are available. We are based outside the B building by the front gates during the warmer months and move inside to the B8 kitchen when things start to get cooler.

Thank you to Kickstart for Kids and Cos We Care who support our school breakfast programme by providing us with the goods needed to run the programme.

Mental Health:

Mental health includes an individual's emotions, psychological, and social well-being. Our mental health affects how we think, feel, and helps us determine how we handle stress, relate to others, and our ability to make certain choices. Over the past year, with the impact of a worldwide pandemic and the risk of COVID-19, we have seen an increase in mental health issues in young people in Australia.

From 2018, studies suggested that two in five young people from the ages of twelve to twenty-five had a decline in their well-being and mental health. From surveys taken in 2020 and during the pandemic of last year, that number had increased to now one in two young people. With now 50 percent of young people impacted by a decline in mental health, studies have shown that this has been linked to COVID-19 and how it has significantly impacted not only their lives but their families and friends. Families have endured extreme lockdown restrictions resulting in loss of work, school closure, and many businesses and activities being forced to close. During this time, we have seen first-hand the financial strain due to a loss of jobs and income, a loss of social and physical interaction. During this time, we still are seeing impacts on political stability and the harm of climate change, which has created uncertainty about what is to occur in the future.

Young people and adolescents at this stage of their lives are trying to develop their own identity, intending to establish a career, travel, and build a family of their own at some point in their lives. Over the past year, we have seen a significant drop in young people being able to manage school, home, work, and a loss of social skills and connection with others, which is detrimental to a decline in mental health and well-being. We are seeing young people relying heavily on social media to stay connected, with research suggesting that teens, on average, are using social media anywhere from six to nine hours per day. With the increase in technology use and access to these platforms, teens are at a higher risk of bullying and cyberbullying, social anxiety, and depression.

If you are a parent or a student seeking help, please contact the Wellbeing team here at Salisbury High School for wellbeing support.

These services can be contacted for more support:

Headspace

Managing stress related to covid-19 virus includes tips to maintain a healthy mindset:

Click here to visit the How to Cope with Stress Related to COVID-19

https://headspace.org.au/explore-topics/for-young-people/stress-related-tocovid-19/

e-Headspace, a free online counselling platform:

Click here to visit the eHeadspace webpage https://eheadspace.org.au/online-and-phone-support/

Kids help line

WebChat counselling:

Click here to visit the WebChat Counselling webpage https://kidshelpline.com.au/get-help/webchat-counselling

Phone counselling: 1800 55 1800 (free and confidential)

Reachout

Self-care tips:

Click here to visit the Self Care webpage https://au.reachout.com/mental-wellbeing/self-care

Professionally reviewed self-help tools-and-apps:

Click here to visit the Reach Out Tools and Apps webpage

https://au.reachout.com/tools-and-apps

Youth Beyond Blue

Mental health information:

Click here to visit the Youth Beyond Blue webpage https://www.beyondblue.org.au/who-does-it-affect/young-people

Online chat

forum:

Click here to view more information https://www.beyondblue.org.au/support-service/Chat

Phone counselling service: 1300 22 4636

Blackdog Institute

Dream On – smart phone app trial for young people experiencing sleep difficulties:

Click here to view more information

https://www.blackdoginstitute.org.au/research-projects/sleep-ninja/

Self-help-tools-apps:

Click here to view more information

https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/

Government search engine for locating information and resources on a range of topics

Sam the ChatBox:

Click here to visit the Sam the Chatbot webpage https://www.headtohealth.gov.au/search



Dale Merrett Senior Student Wellbeing Advisor

School Fees

Thank you to the families who have paid school fees for 2023 or are paying them by instalment. However, some fees still remain unpaid, and this can have an impact on curriculum delivery and the learning environment, such as:

- Reducing the amount that we can spend on equipment for Food Technologies, Design Technology, Physical Education, etc.
- Limiting the purchasing of technology (i.e., computers, software, etc.).
- Reducing improvements to shelter, seating, and other facilities.

If you have not paid school fees or organised part payment for this year, please contact our Finance Office to make arrangements.

School fees are compulsory and represent costs for materials and services that are provided for your child(ren) to undertake

the fundamental elements of educational courses.

Payment of M&S services is due by the end of Term 1 unless other payment arrangements have been made with our Finance Office.

There are several ways to pay school fees:

Payment Options:

- BPOINT
- Cash/Cheque/Money Order/EFTPOS
- Centrelink: (direct debit from Centrelink Payments)
- · Credit Card via telephone
- Direct Debit
- School Card: If as parents/caregivers you believe that you are eligible for School Card in 2023 you must apply as soon as possible. Please note you must apply for School Card every year. Did you know that you can also apply online? Other forms are available from the school if your circumstances are different to those required for School Card eg: 'Hardship' or 'Change of Circumstances'. If you are unsure please speak to one of our Finance Staff on 81820200.

Click here to visit the School Card Scheme webpage

FINANCE OFFICE OPENING HOURS

Monday to Friday for students to make payments:

Before school: 8:30am - 8:40am

During Recess: 10:40am - 11:00am (10:50am - 11:10am

Wednesdays)

During Lunch: 12:30am - 1:10pm (12:50pm - 1:30pm

Wednesdays)

Parents/Caregivers are welcome anytime between 8:30am and 3:30pm.

the school day. Say goodbye to the hassle of dealing with cash and hello to a more streamlined lunch ordering process.

Click here to visit the Parents How To Guide

https://www.rorys.com.au/wp-content/uploads/2016/07/Parents-How-to-Guide.pdf

January 2023 Canteen Menu

Click here to download the Canteen menu

Community Notices

Click here to download the Kids Taekwondo flyer

Click here to download the Cheerio Netball Summer Recruiting flyer



Canteen

Great news! You can now order school lunches online, which means you no longer need to worry about finding cash for your child's meals. This convenient online ordering system makes it easier for parents and caregivers to ensure that their children have access to nutritious and delicious meals during



Holiday Swim

Holiday Swim is a Royal Life Saving Society South Australia initiative that has been providing affordable and educational swimming and water safety lessons at pools and inland waterway locations across Metro and Regional South Australia since the 1950s. The program's aim is to teach children critical lifesaving skills and basic swimming skills, equipping them with the knowledge to stay safe in, on, and around the water.

The goal of keeping the program affordable is to reach families and communities that might otherwise miss out on the opportunity to participate in swimming lessons. As we approach the busy Summer months, now is the time to empower them with the knowledge to save a life.

The program will return in December 2023 and January 2024 with the newly adapted Royal Life Saving Swim & Survive program.

Royal Life Saving also offers pathways into the aquatic industry with their ICONIC Bronze Awards. The Bronze Star, Bronze Medallion, Bronze Cross, Award of Merit, and Distinction levels are designed for those who want to further their knowledge and skill set before entering the

aquatic industry as lifeguards and swim teachers within local communities.



Football Come and Try

Adelaide City is running come-and-try sessions for junior girls of any experience who would like to learn the world game following the completion of the World Cup.

The sessions will be conducted in a safe, friendly environment with a focus on teaching the game and promoting enjoyment.

The location of the pitch is the corner of Greenhill Road and Unley Road, Adelaide 5000.

For further information or to register for these sessions, please contact Liz Zikos at liz@adelaidecityfootball.club.

