From the Principal... Janette Scott

We have had an excellent start to 2016. All classes have established their learning goals and are focussed on their first major assessment tasks.

Congratulations to our 2015 Year 12 students, 90% of whom completed the SACE. Approximately 90% of the SACE completers received offers for university or TAFE courses. 51% of our 2015 Year 12 students’ grades were As and Bs and this is the highest proportion of As and Bs and SATAC offers ever achieved by our Year 12s!

We are particularly proud of Brittany Latto and Janelle Jackowiak, who achieved the highest ATARs in 2015 (uni scores) and Kate Butcher, who achieved a Merit for the Year 12 Research Project. Congratulations girls!

Thank you to families for your support of the school’s uniform code. Care Group Teachers and Year Level Managers have reported a small number of students out of uniform in relation to

- Shoe colour (must be mostly white or black and with no fluorescent colours)
- Stripes on navy shorts or trousers (stripes not allowed)
- Very tight trousers or tights are not allowed.

For your information, the details of the correct school uniform are in the student diary.

I would like to welcome the following new staff to PHHS:
Anna Simon (IT), Roz Petofy (Drama/History), Alison Keys, Mark Marveggio, Petra Troy, Danielle Kirkman, Dipleen Arneja (Disability Unit), Delia Krčmarov (Student Counselling) and Rick Fischer in PE.

Congratulations Brittany, Janelle and Kate

You will be aware that school was interrupted on Thursday 11 February when we evacuated because of a bomb threat. I would like to say again how pleased I was with the excellent cooperation shown by students and careful management by staff.

Please don’t hesitate to contact your son or daughter’s Care Group teacher, Year Level Manager, one of the senior school leaders or myself if you have any concerns or questions.

Please see a list of key school Contact on page 2 of this newsletter.

It was lovely to meet parents of Year 8 students recently and I hope to see parents at our Sports Day on 10 March and at the AGM on Wednesday 16 March.
# KEY PERSONNEL 2016

**Please place this on your fridge for easy reference**

## ADMINISTRATION

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Principal</td>
<td>Janette Scott</td>
</tr>
<tr>
<td>Deputy Principal</td>
<td>Guy Harrison</td>
</tr>
<tr>
<td>Assistant Principal</td>
<td>Filomena Mercurio</td>
</tr>
<tr>
<td>Assistant Principal / VET</td>
<td>Sally Stewart</td>
</tr>
<tr>
<td>School Administration Officer</td>
<td>Robert Seedsman</td>
</tr>
</tbody>
</table>

## COUNSELLOR

<table>
<thead>
<tr>
<th></th>
<th>All Year Levels</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leonie Roberts</td>
<td></td>
</tr>
</tbody>
</table>

## COORDINATORS

<table>
<thead>
<tr>
<th>Name</th>
<th>Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jenny Fantinel</td>
<td>English, Humanities, LOTE</td>
</tr>
<tr>
<td>Aaron Struck</td>
<td>Health and Personal Development</td>
</tr>
<tr>
<td>Gillian Higgs</td>
<td>Maths, SACE</td>
</tr>
<tr>
<td>Simon Fuller</td>
<td>Special Education / ASD</td>
</tr>
<tr>
<td>Daniel Roberts</td>
<td>The Arts</td>
</tr>
<tr>
<td>Rhett Swanson</td>
<td>Science</td>
</tr>
</tbody>
</table>

## YEAR LEVEL MANAGERS

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aaron Struck</td>
<td>8</td>
<td><a href="mailto:aaron.struck213@schools.sa.edu.au">aaron.struck213@schools.sa.edu.au</a></td>
</tr>
<tr>
<td>Melissa Calandro-Rossi</td>
<td>9</td>
<td><a href="mailto:melissa.calandro445@schools.sa.edu.au">melissa.calandro445@schools.sa.edu.au</a></td>
</tr>
<tr>
<td>Mathew Rotolo</td>
<td>10</td>
<td><a href="mailto:mathew.rotolo428@schools.sa.edu.au">mathew.rotolo428@schools.sa.edu.au</a></td>
</tr>
<tr>
<td>Rhett Swanson</td>
<td>11</td>
<td><a href="mailto:rhett.swanson418@schools.sa.edu.au">rhett.swanson418@schools.sa.edu.au</a></td>
</tr>
<tr>
<td>Lauren Semmens</td>
<td>12</td>
<td><a href="mailto:lauren.williams422@schools.sa.edu.au">lauren.williams422@schools.sa.edu.au</a></td>
</tr>
<tr>
<td>Mike Tanner</td>
<td>FLO (Flexible Learning Options)</td>
<td><a href="mailto:michael.tanner680@schools.sa.edu.au">michael.tanner680@schools.sa.edu.au</a></td>
</tr>
</tbody>
</table>

## FRONT OFFICE STAFF AND OTHER KEY PERSONNEL

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office Manager and Principal's PA</td>
<td>Stamatia Levendis</td>
</tr>
<tr>
<td>Reception</td>
<td>Annemarie Webber</td>
</tr>
<tr>
<td>Finance / Reception</td>
<td>Andrea Nemeth</td>
</tr>
<tr>
<td>First Aid</td>
<td>Barbara Ashmore</td>
</tr>
<tr>
<td>Aboriginal Educational Teacher</td>
<td>Trudy Surman</td>
</tr>
<tr>
<td>Aboriginal Secondary Education Officer</td>
<td>Donna Kartinyeri</td>
</tr>
<tr>
<td>English As A Second Language</td>
<td>Filomena Mercurio and Michelle Padilla</td>
</tr>
<tr>
<td>School Telephone: 8258 5466</td>
<td>School email: <a href="mailto:dl.0574@schools.sa.edu.au">dl.0574@schools.sa.edu.au</a></td>
</tr>
<tr>
<td></td>
<td>School website: <a href="http://www.phhs.sa.edu.au">www.phhs.sa.edu.au</a></td>
</tr>
</tbody>
</table>
**ATTENDANCE PROCEDURES**

If your son/daughter is late or absent from school, please call the school on 8258 5466 before 9.30am. Should you forget to do this, you will get a phone call from the school.

A medical certificate would also be appreciated if they have been to the doctor. If the absence is likely to be extended please make a time to speak to the homeroom teacher so that work can be arranged.

Regular attendance increases the likelihood of your child successfully completing their schooling.

**Punctuality** is also important; there are consequences for students who choose to arrive late for class as they are then interrupting the learning of others as well as their own.

Students who arrive after 8.50 am must have a note written in their diary by a parent/care-giver indicating the reason and report to the front office before going to class.

**SICKNESS AT SCHOOL**

Any student feeling unwell should report to their teacher to get a diary note, and then go to the Library (First Aid). A decision will be made as to whether the student should lie down for a while or be sent home.

Parents/care-givers will be contacted before a student is sent home and in the event of a serious accident involving their child.

On no account should a student leave the school grounds without going through these procedures.

**Sick students** are not able to leave the school unless the school has contacted their parent/care-giver.

We take a very serious view of any student who leaves the school premises without permission.

**LEAVING EARLY?**

Students who leave early from school must have a parent/giver note, indicating the reason. The note must be shown to the homegroup teacher, subject teacher and front office staff before leaving.

---

**2016 Para Hills High School Governing Council Meeting Dates**

Please join our Governing Council this year. We would love to have your input.

Currently we have 6 parent representatives (we can have up to 12 parents), 2 student reps, 2 staff reps and 2 community reps. We meet 8 times each year. See the dates below.

7pm start, in staffroom, 1st floor of the Administration Building

**Term 1**

- Wednesday 16 March - Annual General Meeting

**Term 2**

- Wednesday 18 May and Wednesday 15 June

**Term 3**

- Wednesday 17 August and Wednesday 21 September

**Term 4**

- Wednesday 26 October and Wednesday 23 November

- Xmas dinner Wednesday 14 December

Ring Janette Scott if you would like a nomination form or more information. Tel 8258 5466.

---

**VET: MAKING A DIFFERENCE IN YOUNG PEOPLE’S FUTURE**

In 2015 just over 100 students in years 10-12 participated in VET (Vocational Education and Training) at Para Hills High School.

- 46 students studied at Certificate III level, 3
- 9 at Certificate II level
- 18 at Certificate I level.
- 14 Year 12 students used their qualification towards SACE and an ATAR.

Highlights for the year included the introduction of a Certificate II Construction and Food Processing course for Unit students and 6 of our students winning NASSSA VET Student awards at the inaugural ceremony held at the Chifley Theatre in December.

So far in 2016, we have 65 students starting VET courses in the next few weeks. Of this group there are 16 students who are continuing their studies from last year, at a higher level qualification.

We also have 3 Year 12’s starting a traineeship in Community Services with Relationships Australia and another Year 12 starting a school-based apprenticeship in panel beating.

In addition, some Music students are going to undertake studies for the first time at Para Hills High School in Certificate 2 in Music.

*Mr Stewart*

Senior Leader, Career Development, VET Co-ordinator
2016 SCHOOL DIARIES
This year’s school diaries include a wealth of brain building and wellbeing support that staff and students will work on week by week. One of the first topics was on building brain pathways. Below is a summary for parents.

BUILDING BRAIN PATHWAYS
Since the beginning of time, parents and teachers have encouraged students to practise and apply what they learnt in class in other settings after school. The push back from students and some members of the school community, has always been understandable, but if they knew how their brains learn new things to build habits, they might well be more open-minded.

The purpose of this wellbeing builder is to explain to students how their brains change when they experience new things. Their brains create new brain (neural) pathways by joining millions of nerve cells, called neurons, together. These pathways enable them to do the thing again should they choose to. When pathways are used often, the bond between the neurons strengthen and messages travel much faster down them, thus in time creating their habits.

But on the other hand when these pathways aren’t used they wither and die. That is why learnt material needs to be revisited for the brain pathways to strengthen. Practising and applying learning to new situations are how students develop the brain pathways in their memories to remember things. The character strength perseverance is an effective one to use to achieve this.

“Thinking to the brain is what exercise is to the body” Saying Week by week we will email out a parent’s guide with advice and interesting articles that support the work students are covering in care group. Please ensure that the school has your email address so that you can receive these updates.

HOMEWORK POLICY AND EXPECTATIONS
Homework is an important aspect of secondary school life because it provides an opportunity for students to finish tasks started in lessons, to revise what has been learned at school, and to develop organisational and study skills.

Secondary students may have homework set throughout the school week across Monday to Friday. Students are expected to use the school diary to record details of homework. Details of the Homework Policy may be found in the 2016 Student Diary.

HOMEWORK CENTRE AVAILABLE AFTER SCHOOL
A regular routine and a quiet location in which to study can assist many students in completing homework to a satisfactory standard. To help students with their homework, the Library is open with a teacher on hand from 3.00 to 4.00 pm on Tuesday, Wednesday and Thursday during school term.

Mr Harrison
Deputy Principal

YEAR 8 PARENT / STAFF ACQUAINTANCE NIGHT 2016
The 17th of February saw the school hold its annual year 8 parents Acquaintance Night for 2016. It was great to see so many parents attend and connect with their child’s Care Group teacher to help build relationships and connections with them as they are a first point of contact within the school. Care Group teachers, parents and students will work together this year regarding reports, parent teacher interviews and course counselling so a strong relationship will help to facilitate these processes.

Care Group teachers spoke about a number of points to do with students day to day running’s here at Para Hills High School. Key points included:
- Ringing through when your child is going to be ill or away
- Ensuring students are using their diary to record homework and notes between staff and parents
- Ensuring that parents had provided emails to the school so that they can access their child’s DAYMAP Portal and be able to monitor their progress online.

It has been a strong beginning to the year and I am happy to report that our early attendance numbers are at 95% within the year 8 cohort. I would like to thank parents for their support ensuring that their child is at school and ready to undertake their learning.

If there are any issues or questions that arise regarding your child’s progress then please don’t hesitate to ring me at the school on 8258 5466

Mr Struck
Year 8 Level Manager

WHERE ARE THEY NOW?
Jemma Nauman is a former student of Para Hills High School. She graduated from Para Hills High School in 2010 and went to Adelaide University to complete her degree in Bachelor of Science Honours. After that she completed a Masters of Science Communication at the Australian National University and a traineeship with Questacon in Canberra. In 2015 she won a position to work in London at the Royal Institution of Great Britain.

We wish every success in her new role!

Photo (top) Jemma as a year 8 student and photo (bottom), Jemma in action during a Questacon performance for middle school students.
10 HABITS OF HIGHLY EFFECTIVE STUDENTS

The key to becoming an effective student is learning how to study smarter, not harder. This becomes more and more true as you advance in your education. An hour or two of studying a day is usually sufficient to make it through high school with satisfactory grades, however sometimes in year 12 there aren’t enough hours in the day to get all your studying in if you don’t know how to study smarter.

The vast majority of successful students achieve their success by developing and applying effective study habits. The following are the top 10 study habits employed by highly successful students. So if you want to become a successful student, don’t get discouraged, don’t give up, just work to develop each of the study habits below and you’ll see your grades go up, your knowledge increase, and your ability to learn and assimilate information improve.

1. Don’t attempt to cram all of your studying into one session.
   Ever find yourself up late at night expending more energy trying to keep your eyelids open than you are studying? If so, it’s time for a change. Successful students typically space their work out over shorter periods of time and rarely try to cram all of their studying into just one or two sessions. If you want to become a successful student then you need to learn to be consistent in your studies and to have regular, yet shorter, study periods.

2. Plan when you’re going to study.
   Successful students schedule specific times throughout the week when they are going to study -- and then they stick with their schedule. Students who study sporadically and whimsically typically do not perform as well as students who have a set study schedule. Even if you’re all caught up with your studies, creating a weekly routine, where you set aside a period of time a few days a week, to review your courses will ensure you develop habits that will enable you to succeed in your education long term.

3. Study at the same time.
   Not only is it important that you plan when you’re going to study, it’s important you create a consistent, daily study routine. When you study at the same time each day and each week, you’re studying will become a regular part of your life. You’ll be mentally and emotionally more prepared for each study session and each study session will become more productive. If you have to change your schedule from time to time due to unexpected events, that’s okay, but get back on your routine as soon as the event has passed.

4. Each study time should have a specific goal.
   Simply studying without direction is not effective. You need to know exactly what you need to accomplish during each study session. Before you start studying, set a study session goal that supports your overall academic goal (i.e. memorize 30 vocabulary words in order to ace the vocabulary section on an upcoming test.)

5. Never procrastinate your planned study session.
   It’s very easy, and common, to put off your study session because of lack of interest in the subject, because you have other things you need to get done, or just because the assignment is hard. Successful students DO NOT procrastinate studying. If you procrastinate your study session, your studying will become much less effective and you may not get everything accomplished that you need to. Procrastination also leads to rushing, and rushing is the number one cause of errors.

6. Start with the most difficult subject first.
   As your most difficult assignment or subject will require the most effort and mental energy, you should start with it first. Once you’ve completed the most difficult work, it will be much easier to complete the rest of your work. Believe it or not, starting with the most difficult subject will greatly improve the effectiveness of your study sessions, and your academic performance.

7. Always review your notes before starting an assignment.
   Obviously, before you can review your notes you must first have notes to review. Always make sure to take good notes in class. Before you start each study session, and before you start a particular assignment, review your notes thoroughly to make sure you know how to complete the assignment correctly. Reviewing your notes before each study session will help you remember important subject matter learned during the day, and make sure studying targeted and effective.

8. Make sure you’re not distracted while you’re studying.
   Everyone gets distracted by something. Maybe it’s the TV or your family. When you’re distracted while you’re studying you (1) lose your train of thought and (2) you’re unable to focus -- both of which will lead to very ineffective studying. Before you start studying find a place where you won’t be disturbed or distracted. For some people this is a quite spot in the Library after school.

9. Use study groups effectively.
   Ever heard the phrase “two heads are better than one”? Well this can be especially true when it comes to studying. Working in groups enables you to (1) get help from others when you’re struggling to understand a concept, (2) complete assignments more quickly, and (3) teach others whereby helping both the other students and yourself to internalize the subject matter. However, study groups can become very ineffective if they’re not structured and if groups members come unprepared. Effective students use study groups effectively.

10. Review your notes, schoolwork and other class materials over the weekend.
   Successful students review what they’ve learned during the week over the weekend. This way they’re well prepared to continue learning new concepts that build upon previous coursework and knowledge acquired the previous week.
This year we have decided to go for a change with the Sports Day and move to a House based competition. Sports Day will be the first event in the year long House Cup Challenge. The House Cup will include school activities such as Premier’s Reading Challenge, Maths Olympics and events from other curriculum areas. We are using local Kaurna names for animals and students were able to vote for the names they liked best.

Our 3 houses will be the Wirltu Eagles (Green colour), Nakudla Sharks (Blue colour) and Tarnta Kangaroos (Red colour). In House based assemblies, students were asked to nominate their peers who they felt would be positive Captains and Vice Captains for their team. Votes were then held in the following week and the following students were nominated as Captains and Vice Captains for their year levels:

Eagles:
House Captains: Costatino Zingoyake and Emily Manning  
Senior Vice Captains: Kasim Al Fenjan and Sonya Stoward  
Year 11 Vice Captains: Bradley Angove and Nikki Thompson  
Year 10 Vice Captains: Terrell Rigney and Ana Jovanovic  
Junior House Captains: Aiden Luke and Caitlin Manning  
Junior Vice Captains: Matthew Crowther and Isabella Webber

Kangaroos:
House Captains: Aaron Musk and Jemma Poulton  
Senior Vice Captains: Michael Penfold and Crystal Giammona  
Year 11 Vice Captain: Milad Akrami and Karla Morrison  
Year 10 Vice Captain: Stefan Oluic and Shyanne Giammona  
Year 9 Vice Captain: Bailey Spackman and Andrea Oluic  
Year 8 Vice Captain: Josh Norman and Jemma Stacey

Sharks:
House Captains: Luke Perry and Emma Thomas  
Senior Vice Captains: Aaron Perry and Caomhe Morgan  
Year 11 Vice Captain: Matthew Stronskyj and Sami Thomas  
Year 10 Vice Captain: Espoir Mbanguka and Tahlia Marr  
Year 9 Vice Captain: Christopher Stronskyj and Brittany Ward  
Year 8 Vice Captain: Cameron Love and Jaqueline Jamal

We look forward to seeing students compete for their houses at Sports Day on Thursday, 10th March.  
PARENTS WELCOME! We would love to see you dressed in your child's house colours.

CONGRATULATONS MATTHEW
Matthew Stronskyj has been chosen to play with Adelaide United Youth Soccer Squad in the Mediterranean International Cup Squad in Barcelona in March.

FROM SAPOL
Keeping children safe and reporting suspected incidents is the responsibility of everyone in the community. In recent times there have been incidents around schools where parents have observed alleged suspicious activities by others and have confronted the individuals concerned. Confronting a potential suspect may expose the member of the public to physical danger or result in having their property damaged. It is important that any suspected crime is properly investigated by police - they have responsibility and the expertise to investigate these situations.

SAPOL are seeking your assistance to protect members of the public who may become involved in altercations with people they suspect are behaving inappropriately. SAPOL are requesting you consider circulating the information below, amongst the school community.

If you witness a person behaving suspiciously in or around the school, Police do not recommend you confront the person because you may expose yourself to physical danger or it may result in your property being damaged.

Alternatively, police recommend you obtain a detailed description of the person and/or a vehicle registration number if applicable and report the matter to the police via 000 in an emergency or 131 444 for police assistance. Police will follow up the information you have provided and take appropriate action where necessary.

Further safety information can be found at https://www.police.sa.gov.au/your-safety

Kathryn Norris  
Acting Senior Sergeant 45575  
Holden Hill Crime Prevention Section  
South Australia Police

South Australia Police  
2a Sudholz Road,  
HOLDEN HILL SA 5088  
(T 08 8207 6130 F 8207 6975)
I manage a program called Saver Plus through Anglicare, it helps people learn lifelong financial skills, it encourages saving for the future, by doing this families are expected to save a minimum of $1 to $50 a month over a 10 month period, Once they complete the program we will match the amount saved up to $500. The money we match must be spent on educational needs for example:

- Computers
- Camps / excursion
- Uniforms
- extracurricular activities
- School Costs

The basic criteria is
- Over 18 years
- Have income other than centrelink
- Be at school or have children attending school
- Have a health care card or pension card

Thank you for your support.

Regards
Jamie Ward
SaverPlus Coordinator Salisbury & Playford
(Tuesday – Thursday)

P 08 8209 5735 | F 8209 5763 (Fax) | M 0466 007 775 | E jward@anglicaresa.com.au

Community Financial Services Intake Line-
1800 759 707

Reminder to all families that Materials and Services charges must be finalised by the end of term 1, 2016.
Payments can be made by cash, EFTPOS, BIZGATE CENTREPAY and cheques (made payable to Para Hills High School).
Payments can be paid over the phone by VISA.
Families must enter into an agreement to pay before the end of term 1. Please contact the finance officer to negotiate payment.

If no agreement is entered into, all outstanding monies will be referred to DECD DEBT Collection Agency to take appropriate action to collect all monies owed to the school.

School Card Applications MUST be applied for every year. We are here to help. Contact us if you have any questions.

Bob Seedsman (School Admin Officer)
Andrea Nemeth (Finance Officer)
Does your teenager have a sleep problem?

Does your teenager:
- have trouble falling asleep?
- not fall asleep until late at night?
- have trouble waking up or getting out of bed in the morning?
- miss school or feel fatigued throughout the school day?

If you answered yes to any of these questions, your teenager could benefit from a new treatment program being run at the **Child & Adolescent Sleep Clinic**, within the School of Psychology, at Flinders University.

For more information please call 8201 7587 or email casc.enquiries@flinders.edu.au

Find us on Facebook

www.facebook.com/cascsleep

---

**About Us**

International research suggests that sleep problems are prevalent across the lifespan. To meet the growing demand for a specialised sleep service in South Australia, the Child and Adolescent Sleep Clinic opened in early 2006 to offer and pioneer evidence-based psychological treatments for a wide range of sleep problems, including Insomnia and Circadian Rhythm Sleep Disorders, including Delayed Sleep Phase Disorder.

**Who We Are**

The clinic is run by a group of registered sleep psychologists.

**What We Do**

Sleep problems can affect young people's mood, motivation, concentration and school, university or work performance. The Child and Adolescent Sleep Clinic offers cognitive and behavioural therapy programs tailored to the nature of client's sleep problems, to help them attain a better night's sleep.

The treatments we currently provide are known as cognitive and behavioural therapies. These treatments involve educating children and families about the nature of sleep and sleep problems, modifying behaviours around bedtime, and teaching children and adolescents how to modify the way they think about their sleep problem. We also use a technique called Bright Light Therapy with adolescents and young adults who have difficulty falling asleep and waking at their desired times. This type of treatment helps to shift sleep rhythms earlier so clients can fall asleep earlier and wake up more alert.

Treatment involves several sessions over a period of 4-8 weeks.

In order to ensure that the treatments we provide at the Child & Adolescent Sleep Clinic are the best, we are constantly evaluating their effectiveness. For the children, adolescents, and parents in the program, this means completing sleep diaries and questionnaires along the way, and where possible wearing wrist monitors to assess sleep.

The Child and Adolescent Sleep Clinic is currently accepting referrals for children, adolescents and Flinders University students.

**Where We Are**

The Child and Adolescent Sleep Clinic is located in the Social Sciences North Building at Flinders University, on level two, in room 253.

**When Are We Open?**

The Child and Adolescent Sleep Clinic is only open on Wednesdays between the hours of 9am-5pm. Appointments run for approximately 50 minutes on the hour.

**How do I obtain a referral to the Child & Adolescent Sleep Clinic?**

You will need to obtain a Mental Health Care Plan from a GP prior to booking an appointment at the Child & Adolescent Sleep Clinic. Be mindful that this may require a longer than normal appointment with your GP.

**For More Information:**

Visit our website by searching “Child and Adolescent Sleep Clinic” on the Flinders University webpage.