



## Para Hills High School Newsletter

### From the Principal... Janette Scott



Our Year 12 students and their teachers are working exceptionally hard right now to complete their assessment tasks and keep on track to make this year successful. I wish them all the best in the coming weeks.

Congratulations to Sally Stewart, the head of our Senior School and Career Development Strategy. Our school was shortlisted to become one of four Entrepreneurial Schools and we were invited to make a 'pitch'. Sally did a great job 'pitching our school' so now we just have to wait!

Many students have been completing their reading for the Premier's Reading Challenge, which has been excellent. It's so important that our students read in school and at home, for fun and for study. I'm sure that you agree, reading is a fundamental life skill as well as being a great way to relax.

How can parents get teenagers reading? The following ideas come from the Gawler District B-12 College. I hope you can use some of them to encourage your son or daughter to read more.

1. Young adult novels tackle the edgy issues teens struggle with, from peer pressure and romantic longing to grief and trouble at home or school. Teens gravitate toward subject matter that's relatable.
2. Merge movies with books. Hollywood is turning to teen lit for ideas more than ever. Offer your teen the print version to read before or after the film comes out, and ask them about the similarities and differences between the two.
3. Get graphic. Gone are the days when graphic novels were dismissed as comic books. Now recognised as literature, they may be the key to getting some teens hooked on books. They're available in a wide range of genres from

4. adventure and fantasy to historical fiction, memoir, and biography—so certainly there's a graphic novel out there to suit your teen's taste. Entice them with adult fiction. Also look for nonfiction titles on subjects your teen is curious about, such as climate change, race, political corruption, or true crime. Check adult non-fiction best-seller lists. Funny adult books work (by David Sedaris or Tina Fey, as do horror (Stephen King), mysteries (Agatha Christie), thrillers (James Patterson, John Grisham), fantasy (George R.R. Martin), science fiction (Isaac Asimov), and sports (Michael Lewis).
5. Try poetry. Novels in verse are a popular trend. All that white space on the page makes them easy to read. Try Sarah Crossan's *One*, Stasia Ward Kehoe's *The Sound of Letting Go*, or Ellen Hopkins' *Rumble*.
6. Let them listen. Spark teens' interest by getting an audio book to listen to on the way to school or on long drives. Let them download audiobooks to their smartphones. (They won't look uncool, because they'll be under headphones or have their earbuds in.)
7. Model reading. Read at home where your teens can see you. Talk about what you're reading, and express your enjoyment. Always take a book or magazine along when you go out. Send your teen the message that reading is a pleasure, not a chore.
8. Keep reading material around. Kids who grow up

### DIARY

Course Counselling Day	04/09/18
Show Day/School Closed	05/09/18
Year 10 Work Experience	24—28/09/18
Term 3 Reports handed out	28/09/18

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with lots of books around tend to read more.

Stock the bathroom, car, kitchen-table—where ever there's a captive audience - with comic books, graphic novels, and magazines geared to your teens' interests; first books in hit YA series; or classic sci-fi and mysteries. There's nothing wrong with "micro-reading."

9. Give the gift of reading. Hand your teen a gift card to your local bookstore. They'll discover the treasure-hunt fun of looking for a good book.

*P.S. I am pictured reading Pride and Prejudice, one of my all-time favourite books during a summer holiday!*

## SCIENCE AND ENGINEERING CHALLENGE

On Wednesday 1<sup>st</sup> August, 31 students from years 8-10 competed in the Science and Engineering Challenge at the Adelaide Super-Drome.

During the day the students had to collaborate with their team, using their critical and creative thinking skills, as they solved problems. Groups built bridges to support a cart carrying weight, a catapult that flung a tennis ball the furthest distance, a hand that could pick up objects, a tower that could support weight in an earthquake and a turbine powered by running water.

Other activities included communicating with coloured light, powering a city and a networking task.

It was great to see all students having fun, doing their best and persisting when their initial efforts were not so successful.

Well done to the entire team.

**Carolyn Naumann**  
Science Teacher



## ROMEO AND JULIET PERFORMANCE

Our Year 10 English students have been studying William Shakespeare's famous play "*Romeo and Juliet*".

In Week 3 of this term they were treated to a live performance of the play by the Waxing Lyrical Theatre Company, an Adelaide based group which formed in 2006. This theatre group performs in schools all over South Australia. They mainly perform Shakespearean plays.

*Romeo and Juliet* is arguably the most popular of all Shakespeare's plays – a universal tale of forbidden love and family rivalry.

Our Year 10 students were spellbound by the performance, which was humorous, energetic and riveting. The actors interacted with the audience and answered questions after the performance.

Not only was this very entertaining but also educational and relevant to their English work. The students themselves were extremely well behaved and engaged.

Overall a fantastic and rewarding experience for our Year 10s.

**Jenny Fantinel**  
English / Humanities Coordinator





## PARENTS IN EDUCATION WEEK

The Parents in Education (PiE) week speaker program was a series of free parenting seminars presented by education experts. Each seminar was different, but they all focused on the importance of getting involved in your child's learning from birth through school. Practical advice about how to support your child's education was also given.

The speakers and panel offered strategies relevant to parents, caregivers, and educators of children of all ages (0 to 18 years).



### About the seminars:

#### **How to live positively in a digital world, with Linda Cranley and Genevieve Johnson**

What parents need to know to balance children's learning, development and their use of technology.

#### **Behaviours for learning and wellbeing, with Dr Justin Coulson**

Which behaviours and skills can support children's learning and wellbeing for life and what can parents do to help children develop these?

#### **No more bullying, with Lesley Harrison, Brett Murray, and Andrew Fuller**

How to support your child to develop behaviours and skills to stop them being bullied or becoming a bully.

Every seminar was recorded, so you'll be able to watch them on YouTube. The recordings will be available until November 30.

## CYCLE OF CHANGE PROGRAM

Every second Thursday, 10 students from Year 10 and 11 in the Unit go to Elizabeth Skate Park for Cycle of Change.

This program covers work and life skills including apprenticeships, budgeting, work safety and mental health. Students are also given the opportunity to learn bike riding skills and maintenance.

All students are enjoying the program and it's great to see their growing confidence in their bike riding skills as well as them learning some very useful life skills.

Come to the Unit on Course Counselling Day to see a great Cycle of Change display.

**Alison Kies**  
**Unit Teacher**

## PHHS DEBATING TEAM

It's been a tight call since our first debating win, but on Friday of week 5 of this term the Para Hills High School debate team argued for 'Space travel not being worth the cost' and won by a staggering eight points!

Congratulations to Billy Wu for taking home the award for Best Speaker and to the whole team for making it through to the Quarter Finals in week 7!



**Best Speaker**

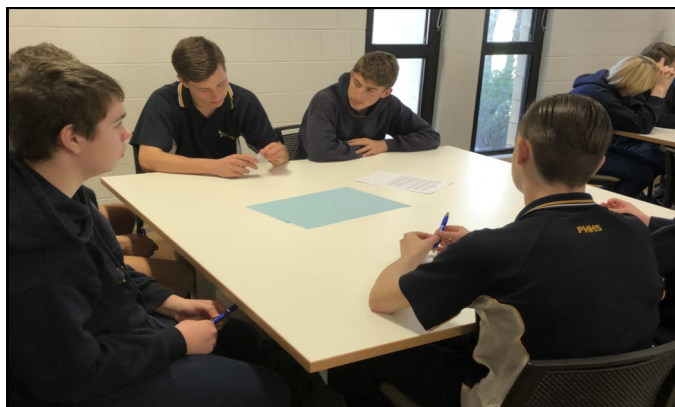
**Tina Beer**  
**EALD / English / Peer Support Teacher**

## YEAR 9 STUDENTS AT FLINDERS UNIVERSITY

On Wednesday 22nd August, all the Year 9s visited Flinders University as part of 'The River Journey' Program. The students participated in various hands-on activities in difficult streams such as Law and Free Speech, Amazing Race and Marine Biology.

It was a fun filled and very informative day for the students.

**Dipleen Arneja**  
**Year 9 - Year Level Manager**





# YEAR 9 CAMP





# YEAR 9 CAMP





# Parenting *ideas* INSIGHTS

*Building parent-school partnerships*

WORDS Michael Grose

## Is your teenager sleep-deprived?

Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Many teenagers today are sleep deprived because they don't get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less. Sleep deprivation is akin to jet lag, where they don't function at their optimum. The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children.

Most teens secrete melatonin, which makes them sleepy, around 11.00pm, which makes the time before then a sleepless zone. Children secrete melatonin far earlier than this.

Cortisol, the chemical that wakes them up, is secreted at 8.15am for many teens. It seems the teen brain wants to be asleep just when most have woken up.

One US study found that 20% of teens were asleep in class in the morning, which had catastrophic effects on learning. As a result a number of high schools have delayed the start of school time to accommodate the teen sleep-wake cycle. This enables teens not only to get more sleep but to be at their best (or at least awake) when they are at school.

The results were startling and immediate, including better learning, better behaviour, less fights and fewer kids dropping out of school.

Sleep maximises brain growth, which occurs during adolescence. Sleep also consolidates learning. Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

### Good sleep habits include:

- 1 **Regular bed-times** Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
- 2 Have a **wind-down time** of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
- 3 **An established bed-time routine** that makes the brain associate behaviours such as cleaning your teeth and reading in bed with sleep.
- 4 Keeping **bedrooms for sleep** and not for TV. Bedrooms that resemble caves seem to be recommended.

- 5 Maximising the **three sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits, will go a long way to helping kids and teens get a good night's sleep.

### Sleep tips for teens:

- 1 Allow them to catch up on lost sleep during the weekends.
- 2 Help your young person schedule their after school activities to free up more time for rest.
- 3 Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.
- 4 Afternoon naps are good ways to recharge their batteries.
- 5 Make sure they go to bed early each Sunday night to prepare for the coming week.



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at [parentingideasclub.com.au](http://parentingideasclub.com.au). You'll be so glad you did.





## ASTHMA WEEK 1—7 SEPTEMBER



# Busting asthma myths Get the facts



**Asthma** Australia

### Fact One

#### Asthma impacts most Australians

Two-thirds of Australians are impacted by asthma. Most people know 1 of the 2.5 million Australians who have been diagnosed with asthma. You probably know someone with asthma.

### Fact Two

#### Asthma is a long term disease

Asthma can develop at any age, even adulthood. Most people don't grow out of asthma – even though 1 person in 4 may think that – but it can be managed with medication.



### Fact Three



#### Asthma is a life-threatening disease

More than 400 people die because of asthma each year. The right medication, knowledge, and a written Asthma Action Plan can help keep asthma under control. Almost 1 person in every 3 don't realise asthma is life-threatening.

### Fact Four

#### Asthma triggers are varied and include pollen, smoke, physical activity and exercise, colds and flus and thunderstorms.

Most people know that asthma has many common triggers, including pollen, smoke, physical activity, and viruses. But are you 1 out of every 2 Australians who know that thunderstorms can trigger asthma flare-ups? Everybody experiences asthma differently.



#### Using an asthma preventer every day is the best way to reduce asthma symptoms and flare-ups.

Using preventers each day reduces symptoms of asthma and flare-ups for most people. These medications mimic the body's natural response. Only 1 in 4 people under 24 years old know this. Preventers are the mainstay of asthma management and we want everyone to know.

### Fact Five



#AsthmaWeek • 1 – 7 September • [asthmaweek.org.au](http://asthmaweek.org.au)

## Community Corner

### Salisbury South East Training

## COMMUNICATION SKILLS FOR SUCCESS

Would you like to learn in a relaxed and supportive environment? Do you feel like you need to increase your communication skills to help you in the future? Are you looking for the chance to increase your employability skills and develop knowledge for future study?

**When:** Starting Friday 19 October 2018 (10 weeks)

**Time:** Thursdays and Fridays 9.30am to 12.30pm

**Where:** Para Hills Community Hub  
Wilkinson Road, Para Hills

The program will include:

- Planning Employment Pathways
- Developing Oral and Written Communication Skills
- Developing Presentation Skills
- Building Self Confidence

(Creche will be available please discuss when enrolling)

This program will provide a unit which is accredited from Certificate I Access to Vocational Pathways. A Statement of Attainment will be issued by TAFESA upon completion. Certificate I Access to Vocational Pathways (TP00603). Competency: Participate in simple spoken interactions at work (FSK00M03)

#### Expressions of Interest

Contact Zoe  
P: 8406 8488 or 0432 487 611  
E: [plccfoundationskills@gmail.com](mailto:plccfoundationskills@gmail.com)  
[facebook.com/SalisburySouthEastTrainingFoundationSkillsPrograms](https://www.facebook.com/SalisburySouthEastTrainingFoundationSkillsPrograms)



MORELLA COMMUNITY CENTRE IS HOSTING...

## RAISE YOUR VOICE AGAINST RACISM: YOUTH FORUM

**Tuesday 25 September 2018**

**9.00am to 2.30pm**

**City of Salisbury / John Harvey Gallery,  
12 James Street, Salisbury**

The forum will explore racism and discrimination and the issues impacting young people in our local community.

Key topics and discussin include:

- Welcome to Country
- Guest Speakers Scott Tathman and Khadija Gbla
- Aboriginal Persepctive: History to Present
- Culturally Diverse Communities: A sense of belonging
- Performance by Hip Hop Artist Caper
- Strategies for identifying and addressing racism

Youth participants will have an opportunity in a safe and respectful environment to increase knowledge and awareness of the impacts of racism and join likeminded people to respond to racism together.

Free event for young people 15 to 25 years of age.  
To Register: Contact Ina or Renee at 8406 8484 or [communities@morella.org.au](mailto:communities@morella.org.au)



## ARE YOU READY FOR AN EMERGENCY



Discover how you can prepare your household for an emergency at a dynamic Red Cross preparedness session. Receive your free award winning 'Emergency RediPlan' which will help you to plan ahead to manage the health, financial and material consequences of emergencies.

Prepared with real-life anecdotes, facilitated discussions and activities, sessions, sessions re engaging and focus on practical ways you can get prepared.

There are lots of simple things you can do to get prepared!

For more information  
Contact Jocelyn Galvez on  
T: 8100 4563 or  
E: [jgalves@redcross.org.au](mailto:jgalves@redcross.org.au)

89% of people felt better prepared to deal with an emergency after attending a session

[redcross.org.au](http://redcross.org.au)

**THE  
POWER OF  
HUMANITY**



## Ingle Farm Little Athletics



**Ingle Farm Little Athletics Centre**  
Golding Oval, Redhill Rd, Para Vista  
[inglefarmlittleathletics@gmail.com](mailto:inglefarmlittleathletics@gmail.com)



### What is Little Athletics?

Little Athletics is a modified version of Athletics (track & field), to suit the needs of children from the age of 3 to 16. We are open to all athletes, of any ability, because the emphasis is on personal improvement and fitness.

### Come and Try Little Athletics!

Before you need to sign up as a member, you have the opportunity to Come & Try Little Athletics. For only \$5, you can attend two of our competitions, and if you later join as a member, we'll give you \$5 off your uniform. To help things run smoothly, and minimise paperwork, please register in advance at [salaaportal.mycrm.com](http://salaaportal.mycrm.com)

We start Sunday 16th of September, at 9am, and continue most Sundays until March. Please email us, or see our website, for more dates.



**Government of South Australia**  
Department for Education

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