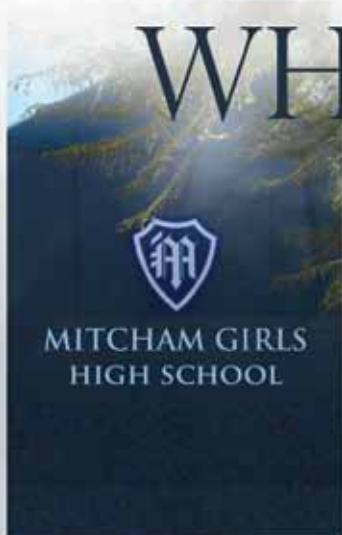


# WHAT, WHEN & WHY

No. 5, Friday 15 August, Term 3



Kyre Ave  
KINGSWOOD SA  
P 8272 8233  
F 8373 3013

[www.mitchamgirlshs.sa.edu.au](http://www.mitchamgirlshs.sa.edu.au)  
[dl.0903.info@schools.sa.edu.au](mailto:dl.0903.info@schools.sa.edu.au)



## *From The Principal*

### **Laptop Program at Mitcham**

The use of technology has become an integral part of teaching and learning; students are used to having unprecedented access to information without the barriers of distance, location or time and teachers have access to educational resources at their fingertips.

Technology offers opportunities to personalise learning, improve communication between teachers and students and teachers and parents; most importantly students, especially girls, want to use technology to work collaboratively and to interact with their peers and teachers at school and from home.

Over the past four years Mitcham Girls High School has been able to provide students with laptops which were originally paid for by the Federal Government through the Digital Education Revolution funding.

However, the current laptops are getting far too old and the school does not have the means to replace them, therefore, like many other schools, we will be asking students to provide their own device.

With the support of the Chair of the Governing Council, Mr Andrew Piggin, we have been investigating best practice by visiting other schools and talking to principals who have implemented the "bring your own device" program, so we can make an informed recommendation to parents.

We seem to be leaning towards recommending that students buy the same model laptop from a specific firm who will image the computer, complete with software, according to our specifications. The school will also negotiate for parents to be able to pay for the computer over a three year period.

New computer models are released in October each year, therefore, we will not be recommending a specific model until then. Please do not buy a computer until we make a final decision.

As a school, we have not yet decided whether we will only make it compulsory for parents of Year 8 students to purchase our specified laptop in 2015, and strongly recommend that other students buy the same model. We are highly aware that some parents of existing students may have purchased a new laptop recently and know it would be unreasonable for them to have to purchase another one.

There is an urgent need for us to move forward with this issue, but there are still many unanswered questions and we would like all parents to help us with our decision making.

Andrew Piggin will give parents more information on 19 August (Parent Information Evening) and will seek input from parents.

*continued over page*

## ***From the Principal (cont.)***

### **Korean Study Tour**

The nine students from South Korea will be heading home on Saturday 17 August. I would like to take this opportunity to thank all the Homestay parents and sisters for welcoming these girls into their homes and for making their stay a comfortable and joyous one.

Officials from Korea visited the school recently and they too wanted me to pass on their thanks and their gratitude for your generosity. They commented that, after having visited more than 210 students in more than 20 schools, our group seemed to be the happiest both at school and with their Homestay parents. It is certainly a credit to you and to the students who supported them in every way possible.

There will be an article, with photos, about this study tour, in our next newsletter.

### **Newly Appointed IT School Services Officer**

We welcome Lathish Namath to Mitcham Girls High School. Lathish is highly skilled in Information Technologies and, along with Michael Rayner, he will support the implementation of our new IT programs.

***Antoinette Jones***

## ***Science News***

### **Science and Engineering Challenge**

The Year 10 Gift class represented the school at the challenge at Flinders University. They worked well in groups using critical thinking and problem solving skills. To their credit they won the Flight Challenge and came second in both the Electra-City and Bridge Building Challenges. Well done girls !



## **Year 10 Opportunities**

### **Space School**

Year 10 students are you interested in space?

Would you like to go to a camp that includes visiting a planetarium, flying rockets and talking to astronauts?

Applications are due by Wednesday 27 August. Download your application form [www.spaceschool.com](http://www.spaceschool.com).

### **Air Force Flight & Engineering Camp for Girls**

Enjoy some hands on flight experience and experience Air Force life.

Interested? Apply at [www.defence.gov.au/workexperience](http://www.defence.gov.au/workexperience) via "Current Work Experience Placement".

***Helen Marussinszky***  
*Science Coordinator*

## ***Science News***

### **RoboRoos FIRST Robotics Team Open Day**

The RoboRoos FIRST Robotics team Open Day is on Sunday 24 August from 2:00-4:30pm at Glenunga International High School.

Have you ever heard of FRC? FRC stands for FIRST Robotics Competition, and is basically a program where students in Years 8-12 build robots. When you say this to the average person on the street, they think either tiny robots the size of their feet, or big transformers. We are kind of in the middle of those two extremes.

Our robots are approximately 1 cubic metre, and are built to complete a challenge. These challenges are new each year but have included basketball and frisbee – the aim is to score as many points as possible and work in a team with other robots, three on three.

Teams all around the world are given just 6 weeks from a January kick off, to design, build, wire up and program their robots to complete the year's challenge. The robots are then shipped off to the closest competition, usually in March or April. The robots are controlled by members of the team on joysticks. It's an intense test of the brain, teamwork skills, and the struggle not to lose your voice from screaming too much.

Our team is the RoboRoos, and we have been competing in this program for three years. We have won multiple awards in the past and even qualified for and attended the World Championships in St Louis USA to compete against the best robots in the world, which was pretty exciting.

So what's it like being part of this team? Well, we can help you find out! If you have an interest in electronics, mechanical, software, CAD, design or media, and would like to become a part of the RoboRoos, come along to our Open Day on 24 August at Glenunga International High School.

***Ali McDonald (11.38)***



## ***Middle School News***

### **Meet the Writers**

On Thursday 19 June approximately 25 students and 2 teachers attended the 'Meet the Writers' festival at the Adelaide Convention Centre. This event was attended by over 2,000 students from around the state, and provided an opportunity for students to hear Australian authors, poets and illustrators, speak about their work.

At the festival this year, students heard from two key note speakers: Morris Gleitzman and Isobelle Carmody. Gleitzman shared insights into the process of selecting a book cover, and shared comical anecdotes from his novels. Carmody spoke about how she became a storyteller; left in charge of her younger siblings, she would scare them with horror stories in order to make them behave.

Students enjoyed hearing both keynote speakers and, in addition, attended workshops with a range of other local and Australian writers. A common theme amongst presenters this year was the realities of being a struggling artist, and many expressed the importance of having a day job to support their writing. Despite this, the students came away from the festival feeling inspired and a little star struck.

We are now looking forward to attending the 2015 'Meet the Writers' festival.

***Laura Harvey***  
*English Coordinator*

## ***Senior School News***

### **Year 10 and 11 Course Counselling and Subject Selection for 2015**

Students are currently in the process of selecting subjects for 2015 using a program called 'Web Preferences'. Accessed on-line, Web Preferences allows students to lodge their subject selections directly, doing away with much of the paperwork and data entry processes used in the past. This reduces the risk of lost paperwork and data entry errors.

Students have been emailed a personalised login, password and subject selection instructions for Web Preferences to their school email address. Due dates for lodgement have also been given by Care Group teachers. After time spent explaining the process, instructions have been shown to students in Care Groups. In many cases, opportunities to access Web Preferences have been given in Care Group time. Once subjects have been chosen and 'locked in' on Web Preferences, we ask that your confirmation be printed and returned, signed by a parent/guardian, to the Care Group teacher. This ensures the subjects selected are approved by parents/guardians.

Course Counselling will take place on Wednesday 27 August (2:45 - 8:00pm) and Thursday 28 August (9:00am - 3:00pm) where students in Years 10 and 11, and their parents, will have the opportunity to discuss their subject selections with trained staff members. Appointment request forms have been distributed to students and are also available on the school's web site.

We encourage you to discuss subject selection with your child/children in the light of school and post-school pathways.

***Anne Carpenter***  
*Assistant Principal Timetabling*

***Tony Sims***  
*Deputy Principal*

### **Road Safety and Driver Education at Mitcham Girls High School**

One of our School Goals is that our students will be active, responsible and informed citizens. We encourage and support our students to understand road safety and develop a responsible attitude to driving.

We often remind Middle School students about pedestrian safety, especially around the busy school car parks and bus zones.

In Year 10 we begin to support students to learn about driving and the laws and consequences of making decisions as a driver with the Rotary Youth Driving Program at Flinders University.

In Year 11, when most students are gaining their L and/or P licences, we involve students in both SAPOL and SA Fire Brigade programs which clearly reinforce road rules, penalties and give students a clear message with real life stories of victims of road accidents.

Provided below is a link to the SAPOL 'Talkin' Road Safety' School Edition Newsletter which in this edition includes:

- an update on the new changes to P plate laws
- information about new cycling lanes
- an interesting article on 'complacency' when driving

[http://www.sapolice.sa.gov.au/sapol/road\\_safety/road\\_safety\\_section\\_newsletters/schools.jsp](http://www.sapolice.sa.gov.au/sapol/road_safety/road_safety_section_newsletters/schools.jsp).

***Meredith Arnold***  
*Year 11 Manager*

## ***Senior School News***

### **Year 10 Mock Interviews**

On Friday 20 June Semester 1, PLP students were involved in Mock Interviews. Interviewers from outside the school spent the day interviewing the Year 10 students who had written cover letters and prepared their resumes for a fictitious job. Students were required to dress in job interview attire and prepare as if they were being interviewed for a position in retail or hospitality. They were given both written and verbal feedback by their interviewer.

Many thanks to all involved - PLP teachers and students, VETNetwork, David O'Mahoney, Kym Cook, Steve Trickey, Kate Dellar-Evans, Teri Ward, Sam Ricci, and Russell Attwell.



***Jill Olifent***  
*PLP Teacher / Student Counsellor*

### **Year 10 Tonsley TAFE Excursion**

In week 2 of this term all of our Year 10 students visited the new Tonsley TAFE facility as part of their Care Group Course Counselling and future pathways planning.

In groups, they toured many different work areas including Electrical Instrumentation, Electrical Engineering, Plumbing, Refrigeration, Carpentry, Solar Power, Interior Design and Decoration, Residential Drafting and Building Design, and wet trades including Painting, Bricklaying and Tiling.

The girls were fully informed about the different trades and the extensive number of courses available to them at Tonsley TAFE.

***Sandy Alston***  
*Year 10 Manager*



### **Year 12 Mid Year Exam Results**

Results for the Year 12 Mid Year Exams held in week 3 will be posted to parents on Friday 22 August. Results only apply to those students who did practice exams and assessment tasks.

Please contact the school if you do not receive your daughter's results by Friday 29 August.

***Sue Howlett***  
*SACE Coordinator*

## Senior School News

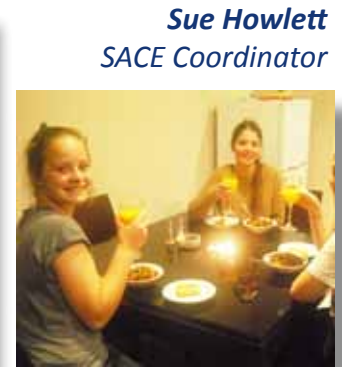
### Year 12 Retreat

This year we changed the program location and incorporated more variation in activities in response to student feedback. This was Ms Naughton's final Retreat and it enabled her to see the students who were in her first Year 8 classes through to this special year. As well, it was Bek's swansong, in a sense, before she goes on maternity leave. Both teachers have had enormous impact in enabling the Retreat to function so well and their enthusiasm has made each event get better.

The girls did Zumba, they cooked, they chatted, they listened, they reflected on their journey through high school, they meditated, did Tai Chi, thought about words to be encouraging for themselves and painted. They had incentives to leave their apartments spotless and did so.

All of the day activities took place at the University of Adelaide which gave the students a chance to look at university environment before they start to make the really important and difficult choices about options beyond school.

As well they shared some really important time with their friends, families and teachers in an oasis of calm and relaxation at a busy and exhausting time of the year. As teachers, we really appreciated the positive support from the students and the many people who said thank you. It makes such a difference!



**Sue Howlett**  
SACE Coordinator



## ***Senior School News***

### **Study Skills Tip for August - Finding Help**

Where can you find help when you are struggling at school?

#### ***Personal Issues***

If things in your life are upsetting you or stressing you this will affect your ability to learn effectively. Talk to your family, talk to your friends or other people you are close to or teachers you feel comfortable sharing with. However, if you need additional support, make sure you find it rather than let things get worse.

You can approach the counsellors at school and they can give you some professional help or find someone who can help you with your specific problems. If you want someone to talk to, you can call **Kids Helpline**, a free confidential service: 1800 551 800 or use the online service at [www.kidshelp.com.au](http://www.kidshelp.com.au). It is much better to talk to someone rather than lock it all inside you.

#### ***Subject Specific Issues***

If you are finding a particular subject difficult, the first place you should seek help should be your classroom teacher. Firstly ask questions in class as problems arise. If you find you have too many questions to ask in class (as you'd end up disturbing the class) then ask your teacher if you can make a time to see them before or after class or during lunch or after school. Teachers are happy to help students who do their best and are keen to improve.

Other places you might be able to find help are: books or extra textbooks in the school or local library, other students in the class, students in older years, other teachers at the school, family members, family friends. If you try all of these options and are still having problems, then you might consider looking for a tutor. Often ex-students from your school who are at university might be interested in doing some tutoring or even teachers at other schools. You can ask your teacher if they can recommend anyone.

#### ***Learning Issues***

If you aren't having trouble with a specific subject, but are finding learning for school in general difficult, the first people to talk to are your parents. You might like to write down your feelings or what you are experiencing so you can explain things to them clearly.

Your parents can then help you decide what steps to take next. It is probably a good idea for them to talk to your teachers first to get their perspectives. They might make an appointment with one of the pastoral care staff like a Year Level Manager to sit down with you and your parents to talk through the issues you are experiencing. The school might also have learning support staff who can help you work out what your issues are and who the best people are to help you. If the learning support staff can't help you, they will be able to refer you to outside services who can diagnose and address any learning issues you might have.

Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through the units on [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) - our school's access details are:

Username: mitchamgirlshs

Password: 76success



## ***Sport News***

### **Open Knockout Netball Team Makes State Finals**

On Friday 1 August, the Open Knockout Netball team played Oceanview College in the second round of the state-wide competition. The first quarter was a close affair, with Mitcham heading into the break with a 11-9 lead. The second quarter was a dominant performance by Mitcham as they scored 20 goals to Oceanview's 2, leaving the halftime score at 31-11. This strong performance continued in the third and fourth quarters where the final scoreboard read 67-13 in Mitcham's favour.

This win means Mitcham makes the final round of competition, to be played on Monday 18 August. The finals consist of a full day carnival, played against five other schools before the top two teams on the day face off in the Grand Final.

Congratulations to the following girls who represented the school in the competition:

|                      |       |
|----------------------|-------|
| Cecilia Ronson       | 8.08  |
| Dani Green           | 10.45 |
| Miki Harmsten        | 10.09 |
| Kaitlyn Tucker       | 10.45 |
| Amy Skingsley        | 10.45 |
| Holly Reeves         | 10.44 |
| Nicola Sulley-Beales | 11.31 |
| Rebecka Jury         | 11.32 |
| Ashleigh Beales      | 12.01 |
| Bianca Davey         | 12.01 |



### **Term 2/3 Competition**

Term 2/3 Zone Sport has been running since week 4 of Term 2 and is almost nearing the end of the competition as the finals commenced in week 4.

The current positions of the Mitcham teams are as follows:

|                        |     |                |     |
|------------------------|-----|----------------|-----|
| 8/9 Netball:           |     | 8/9 Soccer     | 7th |
| Mitcham 1 (De Angelis) | 5th | Open Soccer    | 2nd |
| Mitcham 2 (Clarke)     | 3rd | Open Badminton | 8th |
| Mitcham 3 (Parsons)    | 3rd |                |     |
| Open Netball           | 7th |                |     |

Good luck to all teams in the final few weeks of competition. Thank you also to all coaches and umpires who have given up their time throughout the season.

### **Term 3/4 Competition**

The Term 3/4 Zone Sport competition commences in week 7 of this term and runs through to week 5 of Term 4. The process of students signing-up for teams is currently underway.

Sports on offer in the upcoming competition include:

|           |  |
|-----------|--|
| Tuesday   | 8/9 and 10/11 Volleyball                       |
| Wednesday | 8/9 and 10/11 Basketball; 8/9 and 10/11 Tennis |
| Thursday  | 8/9 and 10/11 Badminton; 8/9 Indoor Soccer     |

***Georgina Sulley-Beals***  
*Sports Assistant*



## ***Whole School News***

### **Year 12 Drama Production**

The Year 12 production this year is Robert Galley's, *The Meeting*, which gives the audience an exciting insight into the world of community cooperatives, but this group is anything but normal. As the performance evolves it is clear there are strong personality differences through the group. With a mixture of lust, jealousy, male bravado, coupled with Australian working class, this will be a feast of laughter and confusion for anyone who comes to see it.

This comedic play will be performed in Week 6 of Term 2, over two matinee performances on Monday 25 August and Tuesday 26 August and for one night only, on Wednesday 27 August at 7:00pm. All performances will be held in the Performing Arts Centre (PAC).

Tickets will be on sale for the Wednesday night performance from the Finance Office at \$7:00 each. There is limited seating so get your tickets early. We hope to see you there!

***Coby Baker (12.02)***  
*Promotions Manager*

### **University of Adelaide Children's University**

Mitcham Girls High School is currently entering an agreement with the University of Adelaide which allows students to have extra-curricular learning accredited by the Children's University.

Students purchase a special passport, in which hours spent in accredited learning programs are recorded. On reaching certain goals, they attain diplomas and degrees. Out of school learning could be participation in sports teams, clubs and similar. At school they could include participation in Debating, Choir and the SRC for example. Students can supplement these hours by attending a range of holiday programs offered by the University itself.

We believe that it is important to acknowledge the learning which occurs outside of the classroom, and to look for ways to support individual interests and learning preferences; this is an ideal opportunity to achieve this aim. More general information can be obtained from <http://www.childrensuniversity.com.au>.

At the school level, Expression of Interest forms are available from Ms Ozolins, who will also speak at year level assemblies. The benefits for students are well detailed, so we would like to see as many students as possible taking on the challenge to enrich their own learning.

***Zinta Ozolins***  
*Assistant Principal, Middle School*

### **Korean Study Tour**

On Thursday 7 August – the SRC committee, their Korean exchange student buddies, and their homestay sisters, together with our Japanese students, Ms Ozolins and Ms D'Ambrosio went to the Gorge Wildlife Park. They fed wallabies, cuddled koalas, took lots of photos and saw animals they had never seen before.

*"My favourite animal is the wallaby. It was very soft and cute. I like taking pictures of the animals. I had never seen a kangaroo before. It was bigger than I thought it would be. I got to hold a koala, it was very soft and heavy. I also liked the emu. It looked like an ostrich! I liked petting the animals. There aren't many parks like this in Korea. My favourite part of the day was being with the animals and my friends. I liked the bird that copied what I said."*

***Gwanghee Jang***

*"It was great being with our buddies at the park. The animals were really tame, and we could pat them and even play with them. The exchange students had never seen some of the animals before, so it was awesome for them to experience an excursion like this on the other side of the world."*

***Alina Jansons (8.08)***

## ***Whole School News***

### **Entertainment Book**

Great news, selling for just \$65! The new Entertainment™ Digital Membership has been designed so it can be shared with your partner or immediate family, just like you have been able to do with your Entertainment™ Book. That's value your family can count on all year!

Order your new 2014 | 2015 Adelaide Entertainment™ Membership from Mitcham Girls High School and 20% of your Membership purchase goes towards our school.

Entertainment™ Memberships are packed with hundreds of up to 50% off and 2-for-1 offers for the best local restaurants, cafés, attractions, hotel accommodation, travel and much more! Available as a traditional Entertainment™ Book OR the new Entertainment™ Digital Membership for your Apple or Android device, your Membership gives you over \$20,000 worth of valuable offers valid through to 1 June 2015!

Tell your family and friends, as the more Memberships we sell, the more funds we'll raise!  
Buy your new Membership now.

Visit this link to order via the secure online order page <https://www.entertainmentbook.com.au/orderbooks/161m056> or contact: Mitcham Girls High School on 8272 8233.

## **Quiz Night**

|                |  |
|----------------|--|
| <b>Date:</b>   | <b>Friday 29 August 2014</b>                                     |
| <b>Venue:</b>  | <b>Goodwood Community Centre<br/>32-34 Rosa Street, Goodwood</b> |
| <b>Time:</b>   | <b>6:30pm for a 7:30pm start</b>                                 |
| <b>Tickets</b> | <b>\$15.00 each purchased from the Finance Office</b>            |

We invite members of our School Community to join us for our annual MGHS Quiz Night. To book your table of 8-10 people, or if you would like to be placed with a group, contact the school on 8272 8233 or email [jennifer.stewart490@schools.sa.edu.au](mailto:jennifer.stewart490@schools.sa.edu.au).

Join us for a tasting of our 50th Year commemorative wine prior to the Quiz at 6:30pm.

BYO Supper & Drinks!

We would be grateful for donations of any sort to be used as prizes on the night. Donations can be left at Student Services.

All members of our school community can assist us with business contacts they may have. If you know of anyone; family, friends or business acquaintances, or you work in a business who can donate prizes please contact Jenni Stewart in the front office (email address above) or your daughter's care group teacher and they will pass this information on to us. The more prizes the more winners. Nothing is too big or too small. All donations will be acknowledged through our newsletter and our web site.

## *Tertiary / VET News*

### **VET Network Semester 1 Graduation**

On Thursday 26 June eight Mitcham Girls High School students received their certificates at the VET Network Graduation ceremony. Six students completed their studies in Cert II Community Services (Child Care focus), one student completed an Interior Design course, and one student completed a Certificate III in Fitness.

Congratulations to Meg Bird, Amber Clark, Emily McClintock, Ashlee Murray, Shayna Parker, Shyanne Pinch, Isabelle Entwistle and Amelia Seidal. The above courses will assist students in gaining SACE credits, in addition to allowing students to commence a career pathway before they leave school. Thank you to the parents who attended.



### **University and TAFE Open Day Information**

#### ***Flinders University***

University of Adelaide (North Terrace campus)  
University of South Australia (City West and City East campus)  
Tabor College

Friday 15 August and Saturday 16 August  
Sunday 17 August  
Sunday 17 August  
Saturday 16 August

#### ***TAFESA*** [www.tafesa.edu.au/open](http://www.tafesa.edu.au/open)

Adelaide College of the Arts, Currie Street  
Regency campus  
Gilles Plains campus

Sunday 17 August  
Wednesday 27 August  
Friday 29 August

#### ***Le Cordon Bleu*** [www.lecordonbleu.com.au](http://www.lecordonbleu.com.au)

Wednesday 27 August

#### ***Torrens University Australia***

Torrens University Australia is a new university offering degrees in Accounting & Finance, Business, Education and Media Design. Most of their degree courses are offered in trimesters meaning completion is shorter than normal. Scholarships are available for most of their under graduate courses. For more details visit their website [www.tua.edu.au](http://www.tua.edu.au).

### **Attention Year 12 Students and Parents**

- Flinders University-assistance with SATAC selections on line chat available from 4 August <http://www.flinders.edu.au/future-students>

Email: [success@flinders.edu.au](mailto:success@flinders.edu.au)  
Phone: 1300 657 671 (local call) or 0416 905 366  
Facebook: [Facebook.com/FlindersUniversity](https://www.facebook.com/FlindersUniversity)  
Twitter: [Twitter.com/Flinders](https://twitter.com/Flinders)

- University of Adelaide 1-1 sessions at school with advisors on 1 September
- Flinders University 1-1 sessions at school with advisors on 22 September

Individual appointments can be made with Ms Olifent throughout Term 3 for assistance with SATAC and pathway decision making.

## ***Tertiary / VET News***

### **Flight and Engineering Camp for Girls**

The Women in Air Force and Defence Work Experience Programs have partnered to offer a Flight and Engineering Camp for girls at RAAF Edinburgh on 25 to 29 August 2014.

The Camp offers girls aged between 16 and 18 years, with an interest in Maths and Science related subjects, the opportunity to experience Air Force aviation and engineering careers.

Please note that this Camp is only available to females, has a specific flight and engineering focus and participants will need to stay overnight at the RAAF Base Edinburgh.

See Ms Olifent for further information.

## ***Counsellor News***

### **Street Smarthandbook**

The Street Smarthandbook is an initiative by the AUSPOL - Police Welfare Foundation that is a practical life guide for 16 and 17 year old school leavers that is designed to help prepare today's youth for life after school.

The handbook covers important topics from sexual health and the effects of drug and alcohol abuse to legal rights and applying for a loan. It offers information specific to the school leaver, providing invaluable assistance for those who are considering buying their first car or living away from home. The handbook is also a handy guide for teens that are pondering their future career choices and supplies them with advice on apprenticeships, university and TAFE. It provides teens with straightforward, factual information about issues they will face.

The information contained in the Street Smarthandbook is written by a collection of topical experts, such as the Australian Drug Foundation, Beyond Blue and Quit, who are working together to address the needs of teens. Content in the handbook is also localised to reflect the unique laws of each State and Territory in Australia.

To view the online edition of the Street SmartHandbook, please click the below link:  
<http://www.cwaustral.com.au/emag-1407/11220-2192-19380433/index.html>.

### **How to Reduce Your Child's Risk of Depression and Clinical Anxiety**

The University of Melbourne, with funding from Beyondblue, has developed new guidelines for parents of primary school aged children and teenagers to reduce the risk of their children developing depression or anxiety.

How to reduce your child's risk of depression and clinical anxiety: Strategies for parents of secondary-school aged children is a general set of recommendations that may also be useful for parents whose child is already experiencing some symptoms of depression or anxiety. The University of Melbourne and Beyondblue recognise that each family is unique, and so parents may need to adapt these strategies to their specific situation.

To view the guidelines, please visit <http://www.parentingstrategies.net/depression/>.

***Jill Olifent***

*Student Counsellor / VET Co-ordinator / Careers*

## ***Community News***

### **Free Parenting Seminars: Sleep and your Teenager**

Are concerned about your child's sleep? There are seminars on Tuesday 9 September and Tuesday 16 September. Book online <http://parentingsa.evetbrite.com.au/> or telephone 8303 1660 or go to [health.parentingsa@health.sa.gov.au](mailto:parentingsa@health.sa.gov.au).

### **The Butterfly Foundation presents Body Confident Children & Teens Information and Tips for Parents**

The Butterfly Foundation is offering parents a presentation that aims to equip you with knowledge, information and tips to help you better understand and promote positive body image at home! This presentation is designed to help parents feel empowered to support your child and their body confidence as they move through puberty and adolescence.

Topics include:

- Background on body image and importance of prevention
- Overview of eating disorders and warning signs
- Key influences on body confidence
- Importance of role modeling positive body image and healthy behaviours
- Understanding 'Fat Talk'
- Awareness around behaviours that increase or decrease body satisfaction
- Referral information

Date: Thursday 11 September 2014, 7:00 - 8:30pm

Venue: EDASA, 199 Sturt Street, ADELAIDE

Cost: \$25 per person

Book online – [www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au). For more information contact Helen Bird on (02) 8456 3908 or email [helen.bird@thebutterflyfoundation.org.au](mailto:helen.bird@thebutterflyfoundation.org.au).

### **Does Your Child Have a Sleep Problem?**

The Child & Adolescent Sleep Clinic in the School of Psychology at Flinders University is running treatments for adolescents aged 13 to 20 years, who are unable to fall asleep at a conventional time and experience difficulty waking up early for school or work.

For more information call 8201 7587 or email [casc.enquiries@flinders.edu.au](mailto:casc.enquiries@flinders.edu.au).

### **Parenting Teenagers Seminar**

Help Teens Navigate Sex, Drugs and Alcohol: 1 evening session

Date: Wednesday 31 August

Time: 7:30 – 9:30pm

Venue: Effective Living Centre, 26 King William Road, Wayville

Cost: \$15 / \$10

Bookings: 8271 0329

### **Youth Workshops 2014**

These workshops are an annual workshop for gifted students in Years 8, 9 and 10. They run over three days and include a variety of topics to choose from. All South Australian secondary schools are invited to nominate students for these courses.

This year, the workshops will be held on 1, 2 and 3 October from 9:00am - 4:00pm at Flinders University.

## ***Community News***

### **School Dental Service**

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

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

ALL children are very welcome to continue to access dental care at the School Dental Service. Dental care is FREE for most children and the School Dental Service will bulk-bill Medicare. Children who do not qualify for the Child Dental Benefits Schedule can also attend – a small fee will apply for each course of general dental care provided.

School Dental Clinics are located across Adelaide and regional SA. To locate your local School Dental Clinic, and for more information about the Child Dental Benefits Schedule, visit [www.sadental.sa.gov.au](http://www.sadental.sa.gov.au) or phone the Mitcham School Dental Clinic on 8271 0371.

### **Driver Education Course**

Allan Miller Driving School recommended by RAA, offers students learning to drive the opportunity to participate in a comprehensive driver education course. The course is designed to create better, safer drivers through a program combining road safety education with professional driving lessons. They also provide support to parents/guardians who are supervising the compulsory 75 hours of driving practice.

For students at Mitcham Girls High School, the theory classes are available from Pulteney, Mercedes or Hamilton College, Wednesday or Thursday after school from 4.00 – 5.30pm, and driving lessons are scheduled by appointment.

Semester 2 enrolments close Thursday 21 August and limited places are available. For more information or to enrol please contact Lesley Fitzgerald on 0433 795 385. The course will be offered again in Semester 1 and 2, 2015.

### **Helen O’Grady Drama Sessions with GTCASA**

In these workshops, your child will learn the craft of drama, improvisation, basic theatre and mime through a variety of fun drama games and activities which will enhance their creativity and social confidence.

Dates: 30 August, 20 September, 18 October and 8 November.

### **Southern Cross Cultural Exchange**

The Southern Cross Cultural Exchange is offering two new exciting Scholarships to the student’s choice of France, Italy or Germany for Years 11 and 12 students, December 2014 - 2 month program OR Year 9, January 2015 – semester program.

This is an exciting, once-in-a-lifetime opportunity for students who are interested in joining an overseas exchange program which departs either late November 2014 for the December two month program and returns to Australia late January 2015, or depart January 2015 for the semester program, returning at the beginning of July.

Full details of the scholarship and application instructions are located at [www.scce.com.au](http://www.scce.com.au). The scholarships are valued at \$3,925 and \$4,475 respectively towards the full program fee.

Applications close 1 September 2014 for the Year 11 and 12 December Scholarship and 15 September for the Year 9 January 2015 Scholarship.

# SCHOLARSHIPS

## HELPING CHILDREN TO A BETTER FUTURE



Photo courtesy of the University of Adelaide

The Australian Veterans' Children Assistance Trust (AVCAT) is a not-for-profit organisation. AVCAT administers scholarships to help children, and in some cases grandchildren, of the Australian ex-service community with the costs of full-time education. The most deserving candidates are provided with financial assistance to facilitate their tertiary studies.

*"It means the world to me that someone I don't know cares about my education and believes I have potential."*

*2014 Recipient*

AVCAT relies on the generosity of the ex-service and business community as well as private donors. If you would like to find out more about supporting AVCAT or applying for a scholarship, please contact us:

**T: 02 9213 7999    E: [avcat@dva.gov.au](mailto:avcat@dva.gov.au)    W: [www.avcat.org.au](http://www.avcat.org.au)**

## APPLICATIONS OPEN 18 AUGUST



AUSTRALIAN VETERANS'  
CHILDREN ASSISTANCE TRUST

# Uniform Management Services



Advanced Apparel Solutions

## MITCHAM GIRLS SCHOOL UNIFORM

IS AVAILABLE FROM THE FOLLOWING 2 LOCATIONS:

### MITCHAM GIRLS HIGH SCHOOL

Ph: 0409 178 994

Trading Hours During School Terms Only  
Terms 1, 2 3 & 4 Thursdays 8:00am - 1:30pm

### UNIFORM MANAGEMENT SERVICES

Unit 1 / 6 Montrose Avenue, Norwood  
(note change of address)

Ph: 08 8363 5255

Fax: 08 8363 5244

Email: [adelaide@umspl.com.au](mailto:adelaide@umspl.com.au)

Trading Hours: Monday - Friday 9:00AM - 5:00PM

## Diary Dates

|                  |     |  |                 |
|------------------|-----|--|-----------------|
| <b>August</b>    | 19  | Principal's Tour                               | 9:15am          |
|                  | 22  | Old Scholars 1990s Morning Tea                 | 10:30am         |
|                  | 27  | Course Counselling Years 10 & 11               | 2:45 – 8:00pm   |
|                  | 27  | Year 12 Drama Production                       | 7:00pm          |
|                  | 28  | Course Counselling Years 10 & 11               | 9:00am – 3:00pm |
|                  | 29  | <b>Quiz Night</b><br>Goodwood Community Centre | 6:30pm          |
| <b>September</b> | 1   | Governing Council                              | 7:00pm          |
|                  | 5   | <b>SCHOOL CLOSURE</b>                          |                 |
|                  | 5-8 | Ski Trip and Melbourne Trip                    |                 |
|                  | 8   | <b>STUDENT FREE DAY</b>                        |                 |
|                  | 12  | What, When & Why No. 6 published               |                 |
|                  | 15  | MMAD Day                                       |                 |
|                  | 26  | <b>END OF TERM 3</b> Reports distributed       | 3:10pm          |