FROM THE PRINCIPAL

Dear Parents, Caregivers, Staff and Students

Town Hall Concert
I would like to congratulate Music students and staff on a magnificent Town Hall Concert on Wednesday 28th August. Not only did it showcase the ability and work of our students and staff, it was also a wonderful evening’s entertainment. Our special guests, His Excellency Rear Admiral KevinScarce, Governor of South Australia and Viv Rusk, Regional Director thoroughly enjoyed the evening.

National Assessment Program Literacy and Numeracy (NAPLAN)
Parents and Caregivers of Year 9 students will receive a letter and their child’s Report on Friday 27th September. If you do not receive the Report or wish to discuss any matters associated with it, please contact Ms Friedrichs on 8304 8420 early in Term 4.

Student Safety to and from School
Please ensure that your children are as safe as possible as they move between home and school and discuss strategies they can use if they find themselves in difficult or threatening circumstances.

Outlined below are some strategies students can use to minimise risk:
1. Wherever possible walk with others and wait for public transport with other people.
2. Be generally aware of their surroundings and areas that might provide a safe haven where there are people. Included are shops, service stations, Doctors’ and Dentists’ rooms and other places where there is likely to be numbers of people.
3. Have an emergency communications strategy so they know who to contact for a prompt response in an emergency.

If a student is approached and they feel uncomfortable, they should move away quickly and make noise to attract attention. If there is ever an incident on Portrush Road in the vicinity of Loreto College students should go into the College and staff will provide emergency assistance.

Students who wish to discuss any issues associated with safety can speak with Mr Leech, Ms Hudson or Ms Hunter who are Student Counsellors, or their Home Group Teacher. Inquiries from parents and caregivers can be directed to Ms Ferguson. I would appreciate your support in discussing this matter with your child.

Parents and Friends Fundraising
I would like to congratulate the Parents and Friends for their very successful fundraiser, the Red 2 Movie Night at the Regal Theatre on Thursday 29th August. Early indicators are that $1300 was raised. A great effort.

Course Counselling Day – Tuesday 10th September
Detailed information was provided in the last Newsletter and Mr Leech and Ms Hudson each have an article in this Newsletter.

School Closure – Friday 6th September
As previously advised the school will be closed on Friday 6th September as a Show Day.

Year 12 Drama Production
I would like to congratulate all the students and staff involved in the Year 12 Drama Production “The Trojan Women”. It was a wonderful showcase for the skills and talents of our students and staff.

Building Program
A detailed report on our Building Program will be provided in the next Newsletter.

Term 3 Reports
Student Reports will be issued to all students on Friday 27th September. Please take the time to talk about the Report with your child.

Last Day of Term 3
Students will be dismissed at 2.30pm on Friday 27th September.

Eden Park Garden
I would like to thank the following people for their work in the gardens at Eden Park on Saturday 31st August: Di Banbury, Ross Blue, Coral Campbell, Sharon and Mackenzie Ouwerkerk, Markus and Tina Trezise and Peter Turner.

Working bees for this semester will be held on the following dates please note these in your diaries:
- Saturday 14th September
- Saturday 2nd November
- Sunday 1st December

Please feel most welcome to come to the next meeting on Saturday 14th September from 9.00am to 12noon. There is no obligation to stay the full three hours as any help will be appreciated. There are a variety of jobs that you can choose to do. Enjoy being part of maintaining these wonderful gardens. If you require further details please contact Peter Turner on mobile 0448 889 274 or email edenparkgardenmhs@gmail.com or contact the school office.

Mark Leahy
PRINCIPAL

Governing Council – Report on the meeting held on Tuesday 13th August 2013

Reports were received from the Principal, Finance Advisory Committee and the Student Representative Council. The Principal reported data related to Bullying and shared information about work in relation to Council of International Schools. If you wish to see a copy of the minutes please contact Elaine Casey on 8304 8420.
Four coaches with 161 snow trippers left Marryatville High School on Saturday evening August 3rd bound for Mount Hotham, Victoria.

On the 14 hour overnight bus journey we stopped at Pinnaroo, Cohuna, and at Bright for breakfast.

Travelling up the windy mountain road snow first came into view on the distant mountain tops, then on the road edges, and the black bitumen turned white. Chains went on the buses and slowly, in the fog and falling snow we made our way upward to Mt Hotham. Great excitement with everything being white and snow falling! A busy time ahead as we unpacked the buses, had lunch, collected our equipment, dressed for the slopes and had our first lesson.

No one told me it was an advanced skill just to walk in snow boots and carry skiis and stocks dressed in 4 layers topped by a cozy helmet and fogged up goggles!

Everyone started on the gradual slope at the base of The Summit and then it was onto the Summit Trainer Poma. Most people fell off at first but by the end of the week had become experts. Throughout the week we progressed to riding The Summit and Big D chairlifts and tackled their slopes. With more snow having fallen other runs were opened including Davenport Access which seemed to be everyone’s favourite. As our skills improved our Leaders took us over to Heavenly Valley and we made it down such infamous runs as Slalom Gully, Black Snake, Imagine, Milky Way, Sundowner, Canyon, Brockoff etc. or to be safe, some groups took Mothers Johnson’s Return.

One afternoon the sun came out from behind the clouds so we could see where we were – what a great view over the ranges while riding the chairlifts. However most days it was windy, with times of snow, rain, and fog.

At night we met in our teams (Boarders, Strikers and Falcons) and in meeting time heard of the adventures and antics of students (and Leaders) who were then bestowed with ‘Snowflake Awards’. In the evenings everyone would recount the day’s stories, (many big spills and crashes) catch a movie in the TV room or play board games including Twister which reminded me of some of the feats on the slopes.

On Wednesday night everyone went to Night Skiing held under lights at the Big D. It was great to mix with our entire group, boarders and skiers together and see how everyone had improved. It was cold and wet but was just the best fun.

All Leaders on the tour were so helpful and patient and great at snow sports. The volunteers who came along were outstanding and just the best…. Old scholars David Vincent, Ryan Vivian, Patrick O’Daly, Aaron Widger, Tim Collin, Shaun Crowell, Matthew Bond, Ron Zanker, John Schmarr, Dan Torrelli and Jimmy Lyon.

Thanks to the teachers who worked hard over many months to organise this tour – Mrs. Vivian, Mr. Cassidy, Ms Palombaro, Mr. Matthews, Ms Morgan, Ms Morrissey, Mrs. Hansford, Mr. Nitschke, Ms Lee, Ms. Brookes, and Mr. Byles. Thankfully I never had to bivouac!
A RHAPSODY OF MUSIC – A CELEBRATION OF MUSIC AT THE ADELAIDE TOWN HALL!

This year’s Town Hall concert was another great success. The Governor, who is the patron of the four Special Interest Music Centres, expressed his delight in the concert, and how happy he was to attend our event. The slick production and wide range of repertoire of the Concert helped create a moving and joyous event.

This year the program included five choirs, and seven ensembles. The evening was announced with finesse and humour by Musician and Music Educator Keith Hempton. The quick stage changes were orchestrated by Josie Hawkes with a band of merry helpers: Alastair Price, Alistair Douglas, Jack Strempel, and Lewis Todd.

The program included a wide ranging repertoire from four corners of the world, and significantly also from Australia. The choirs sang in seven different languages, and we heard music from the Baroque to Bollywood. We also heard cutting edge contemporary music with compositions and arrangements by the professional musicians associated with our school.

After the entrance of the Governor and the Viceregal salute the Big Band started the concert with a big bang: A Brazilian Affair by Bob Mintzer and Feline by Maksym Gryynchuk. Maksym is a current Year 12 student.

After the official Welcome to Country by School Captains Inara Goodridge and Henry Doyle, was a short speech by Principal Mark Leahy. This was followed by the Senior Choir with two songs: Kondalilla by Australian composer Stephen Leek and Bohemian Rhapsody by Queen. Kondalilla was conducted by Emma Borgas, and recreates the atmosphere of the Kondalilla Falls in the rain forest of Southeast Queensland with free bird-like melodies, vocalisations and, a variety of vocal timbres.

Bohemian Rhapsody was conducted by Aldis Sils sung by the choir with great animation, accompanied by Jason Hammond on piano, Ben Finnis on electric guitar, Bonnie Aûé on Electric Bass and Lewis Todd on drum kit.

After a stage transformation with additional microphones, Pops Vocal sang two songs. The first was performed a cappella: Silence of Time – made famous by the New York Voices. Then came the 70’s classic Aint No Mountain High Enough. Made famous by Marvin Gaye and Tammi Terrell in 1967, it achieved even more notoriety in 1970 when Diana Ross recorded a very different arrangement, her number one hit since going solo after leaving the Supremes. The concert’s arrangement was by Jason Hammond and draws from both of these versions.

Emma Borgas and the Girls’ Choir performed Bring Me Water, Silvy. This arrangement by Moira Smiley features body percussion ostinato or repeated rhythmic pattern which complements the beautiful simple harmonies.

The Chamber Choir, conducted by Leonie Hempton performed two works: Coraparena from Songs of Passage Stephen Leek, and Dry Bones a Spiritual arranged by Peter Gritton. Coraparena is the third song in the series of five pieces which make up the Songs of Passage cycle. The words are by the Australian poet, Douglas Stewart.

These songs suggest the passing of a period – growing up – moving on, also the notion of travel and journey. Most importantly they represent the realization of an identity that cannot be summed up in any other way than through music making.

Coraparenahas: the Aboriginal word for “flat country”, depicts the beauty, dismalness, heat and isolation of the desert communities in central Australia.

Conjuring up African roots with its powerful yet playful text, Dry Bones is based on the vision of the Old Testament prophet Ezekiel in which he witnesses a desert of human bones coming back to life.

The Concert Choir performed two contrasting works, the glowing Lux Aurumque by Eric Whitacre and Baba Yetu by Christopher Tin.

Of this piece Whitacre writes “After deciding upon the poem by Edward Esch, I was immediately struck by its genuine, elegant simplicity. I had it translated into the Latin by the celebrated American poet Charles Anthony Silvestri. A simple approach was essential to the success of the work, and if the tight harmonies are carefully tuned and balanced they will shimmer and glow”.

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Baba Yetu was composed by the theme song for the game Civilisation IV. It was later released on Tin's first album Calling All Dawns. It has won various awards and was the first piece of music composed for a game to win a Grammy. The lyrics for Baba Yetu are the Swahili translation of the Lord’s Prayer.

The Baroque Ensemble, under the direction of Katrina Brown, rounded off the first half of the concert with selected movements from Telemann’s Water Music. It opened with a French Ouverture, which has a grand opening with the characteristic dotted-rhythm followed by an energetic and fugal-like section. Thetis, the sea goddess in Greek mythology is present in the next two dance movements, first sleeping in the Sarabande and then lively and awake in the Bourrée!

The second half of the concert was introduced by the Music Captains Madeleine Stewart and Louis Cann. Their heartfelt address not only encapsulated the educational philosophy of the SIMC, but also highlighted the personal and emotional and musical growth these students have achieved through the expert guidance of the music staff.

The Senior Band, under the baton of Josie Hawkes, performed the The Hebrides Suite by Clare Grundman. The School Orchestra, conducted by Aldis Sils, performed Danse Infernal from Stravinsky’s Firebird, and the 4th movement of Beethoven’s Eroica Symphony.

This year’s Town Hall Concert audience was taken on a journey through various cultures, historical events, and human frailties. Judging by the faces of the departing crowd the audience was entertained and moved, and left fulfilled and satisfied.

Aldis Sils
Head of Music

COMING EVENTS

September 9th (Mon) Week 8
Adelaide Eisteddfod
Special Award Winners Night
Salvation Army Hall, Norwood
Concert Choir

September 11th (Wed) Week 8
Music Photos performance area

September 19th (Thurs) W9
St Nicholas with ASO
Dress rehearsal
Concert Choir

September 20th (Fri) W9
St Nicholas with ASO
Concert Choir

September 23rd (Mon) W10
Year 12 Concert
The Stables
6:00pm – 8:30pm

SING SAINT NICOLAS

20 September, 7.30pm  Adelaide Town Hall
Benjamin Britten  Saint Nicolas
Adelaide Symphony Orchestra

with Pembroke School, Concordia College,
Marryatville High School, St Mary’s College
Luke Dollman Conductor
Robert Macfarlane Tenor

Including choral works performed by the individual and combined
choirs of the schools.

Tickets $25 or $30 in the Dress Circle
Bookings through BASS www.bass.net.au or 131 246

Aldis Sils
Head of Music
SCIENCE ALIVE EXHIBITION

Last Friday, all the Year 9s went to the Science Alive Exhibition, as part of the Careers Awareness Week. The science exhibition was held in Wayville Showgrounds and was held for the entire weekend. We went there by bus, in two sessions, one in the morning and one in the afternoon. Anna and I went to the morning session, and had a great time.

When we went there, we saw many stands, each displaying different types of careers and interesting things. The first stand we went to was an engineering stand. There we were able to learn about the many different types of engineering. The next stand was one belonging to the University of South Australia. There we were able to sit and admire a green car which was powered entirely by electricity. We were then told that a car like that could be driven around the world on only $200 worth of electricity, which was quite surprising. We were also surprised when we saw how light the car was; it could be easily pushed if it was not on brake even if someone was in it.

After that, we went to a University of Adelaide stand which had many interesting things on marine life including a display of what we were doing that was damaging our sea life. They had two tanks, one with living things, in its proper environment, and one with dead marine life, because of what we were doing wrong. We were also given an explanation as to how a ping pong ball and a small balloon can float onto a pipe that released air.

We then went to stalls on food, where we learnt things about food that we did not know before and got free popcorn. We also were able to see a 3D printer that can print objects that are 3D (like a cube, love heart). This printer uses thin, long wires of plastic and requires a while to make something however the results one could have is amazing and worth the wait. We also used a device that allowed us to feel the weight of objects when they’re on different planets. For example, a cube is a lot heavier on Jupiter than on Earth due to the pull of gravity being much stronger.

Overall, the science exhibition was very fun, and we were able to see many interesting things of which we had never seen before. The both of us had a wonderful time going there.

Anna Haythorpe & Elizabeth Kong
Year 9 Students
KOISHIKAWA SECONDARY EDUCATION SCHOOL SHORT STUDY TOUR

Marryatville High School hosted a two week short study tour in August this year. While at Marryatville High School, the Japanese students lived with Marryatville homestay families. This gave the Japanese students a wonderful opportunity to experience the culture and lifestyle of Australian families. We are extremely grateful to the families who so graciously opened their homes to the Japanese students.

The program consists of extensive English lessons, as well as integrated lessons in subjects such as Japanese and Physical Education. The Koishikawa students demonstrated Japanese cultural activities to Marryatville High School Japanese classes. These were very well received by our students. As well our Japanese guests visited the Central Market, the Aboriginal Museum, the Botanic Gardens and Cleland Wildlife Park.

WORK EXPERIENCE IN 2013

120 Year 10 students participated in Work Experience from Monday 6th to Friday 10th August. Staff supervising students reported very positive feedback from the contact they made with students and workplace supervisors.

The Workplace Supervisor Reports received have been of a high standard and will be an asset to a student’s graduate portfolio. If a student has not handed the report to me for processing, then please do so as soon as possible.

I would be very interested to hear parent’s feedback on the Work Experience program to inform the process for 2014 and support positive experiences for our students. If parents are in a position to offer a Year 10 student a Work Experience placement in a business, we would be very pleased to add your details to our register. Please email laura.hudson700@schools.sa.edu.au or contact Laura Hudson during school hours on 8304 8420.

CONGRATULATIONS

Monique Van der Vleut - Australian Vocation Prize Winner

The Australian Vocational Student Prize recognises Year 12 students who have demonstrated exceptional skill, commitment and achievement while undertaking a VET in Schools program.

Congratulations to Monique Van der Vleut who has won the 2012 Australian Vocation Prize Children’s Services. Monique commenced her VET traineeship in Year 11 Child Studies with Fil Valente.

Sarah Goldfain
Coordinator, International Program
CAREER AWARENESS WEEK

In 2012, Year 12 students who had left school were surveyed to find out how Marryatville High School could have better assisted their senior year and supported their transition from high school to the world of further education, work and beyond.

The data collected showed that students were overall very happy with the programs in place to support their transition but wanted:

• More opportunities to engage with people who worked in businesses and industry;
• Greater opportunity to research in depth with University course advisors.

As a result of the data collected, and advice we received from the SRC, ‘Careers Awareness Week’ was designed. The Highlights of the 2013 Careers Awareness Week were:

• Throughout the week our students were positively engaged in Industry Expos, University Discipline Presentations and University Campus Visits.
• Students went on a myriad of career focus excursions including Rising Sun Pictures, Next Generation, Shine SA, Tourism Glenelg, Ferguson Park, Electro Technology Trade Training Centre, Lions Arts Centre.
• Over 200 parents attended the Preparing for University Forum presented by UniSA on Wednesday evening and feedback was very positive.
• All Year 9 students attended the Science Alive Expo at the Wayville Showgrounds.
• Our student leaders were actively involved in a workshop with Professor Martin Westwell to explore Graduate Qualities at Marryatville High School.
• Students explored Career Development through subject discussions and activities.

By having the opportunity to engage with people from University and Industry students came away with the ability to recognise the types of qualities that they may need for their own career choice as a graduate of Marryatville High School.

I wish to thank staff and parents who supported the week to bring about positive outcomes for our students.

Laura Hudson
Coordinator Counsellor, Pathways

UniSA Campus Tour

Industry Expo

Careers Excursion

Gap Year Presentation

Australian Institute of Accountants
OPERATION FLINDERS
Operation Flinders was an eight day boot camp in which nine Year 9 girls went into the northern section of the Flinders Ranges where we successfully completed over one hundred kilometres of walking. We carried on our backs heavy duty backpacks that weighed almost 20 kilos.

We learnt extreme survival skills including how to put out a bush fire (unintentionally), how to dance and sing to indigenous music, how to squash flies with our hands, how to climb up the two highest peaks in the Yankaninna station and most importantly how to stick together as a team, to share tasks, look out for each other and to provide support for each other.

Our Tango 3 team consisted of Ebony Roche, Nadia Elmasri, Bella Turci, Emma Barwick, Renae Bruno, Georgia Angeletti, Grace Kandalaars, Isabel Dolan and Sophie Van der Vleut. We had amazing support from Ms Hunter and Jaoah Pak as our counsellors on board. Our whole journey was guided by our Operation Flinders Team Leader Connor and his assistant Joslyn.

At the beginning of our eight day journey, we struggled physically to walk with all the weight on our backs and we struggled mentally being in a completely different environment and adapting to the new lifestyle of the next long eight days. But with the cooperative support of our team we successfully managed to push through and complete our amazing journey.

The things that have changed most would be our attitude towards our ability to be successful and work towards achieving goals and we now feel more confident and capable. We also have a greater appreciation for our lives with our families, our friendships and for the things provided to us.

The Year 9 Student Operation Flinders Team

EDEN PARK GARDENING GROUP
Our main focus this month was to weed the garden beds, prune the Cannas, clean and repair the fountain in the lower garden and plant some natives and a replacement Magnolia tree at the front. It was a very productive morning and beautiful weather to be outdoors. We would like to thank the following parents, students and staff - Di Banbury, Ros Blue, Coral Campbell, Sharon and Mackenzie Ouwerkerk, Markus and Tina Trezise and Peter Turner for attending.

The gardens are extensive and we rely on help from parents to keep up with the maintenance. Our volunteers do new planting, pruning, weeding, fertilising, and laying of mulch, to maintain the lovely garden beds at Eden Park. All families benefit as their children reach Year 11 and Year 12 and start using the grounds.

If everyone could consider volunteering once in the second semester that would provide a huge boost to our small group and make a big difference to the grounds.

Working bees for this half of the year will be held on the following dates please note these in your diaries:

2nd Semester
Saturday 14th September
Saturday 2nd November
Sunday 1st December

Please feel most welcome to come to our next meeting on Sat 14th September from 9.00am to 12noon. There is no obligation to stay the full three hours as any help will be appreciated. We also have a variety of jobs that you can choose. Enjoy being part of maintaining these wonderful gardens. If you require further details please contact Peter Turner on Mob 0448 889 274 or email edenparkgardenmhs@gmail.com or contact the school office.

Regards
Eden Park Garden Group - Peter, Ros, Sharon and Markus.
Movie Night Success
Our recent movie night screening RED2 was a big success raising well over $1,000 for school projects. It was wonderful to see so many parents supporting this event which included delicious wine, cheese and nibbles and a fantastic raffle with over 25 prizes.
Thanks so much to everyone who supported the event, Barb Harrison for her tireless effort and enthusiasm and to the members of the P&F committee for all their hard work in making this a fabulous evening. Our thanks also to the Regal Theatre for their support and flexibility; and to all the businesses and individuals who donated prizes for our raffle.
We plan to hold another movie event in Term 1, 2014 – so watch this space.

Invitation To Parents
Parents and Friends would like to invite you to join us at our next meeting.
We’re a friendly bunch, who enjoy meeting every couple of months, and organising events which support the school and raise funds to assist with classroom and school equipment.
In the past we’ve contributed money to buying electronic scoreboards, framing for artwork and science equipment.
You’re welcome to contribute as much or as little time as you can afford. Come along and join us.

Next Meeting – Change of Date
Our next meeting is on Tuesday 24 September at 7pm at the Kensington Hotel, 23 Regent Street, Kensington. All welcome – we hope to see you there!

Mailing List
If you would like to be included in our mailing list, please send your details to:
dl.0817_P&F@schools.sa.edu.au

YEARBOOK 2013
Work is well underway preparing the Marryatville High School Yearbook 2013.
Our Yearbook is a publication to be proud of. It is a celebration of our achievements and an excellent memento of the year, full of photographs, articles and student work.
It is time to invite families to book pre-paid copies. Order Forms will be brought home by students on the last day of Term 3 (Week 10), in the Report Folder.
The cost of this year’s book is $30 (GST inc). As there will only be one printing run, all copies must be pre-paid before production.

Payment can be made:
• Over the telephone via the Finance Office 8304 8461
• Through the Finance Office by cash, cheque or credit card
• By internet payment via BIZGATE on our school website (this is a secure method of credit card payment available for all school accounts. Easy to follow instructions for payment by BIZGATE are available on the Marryatville High School website)

The deadline for payment is 22nd November 2013.
Once the deadline for payment has passed no further orders can be accepted, so to avoid disappointment, prepay as soon as possible, as there will not be any extra copies printed for later purchase. It is anticipated at this stage that pre-paid copies will be available for collection by the end of the school year.

Ms. Glenys Haensel
Coordinator, Visual Arts
20 YEAR REUNION
Class of ’93

Saturday 19th October 2013 at 8pm
The Bath Hotel
232 The Parade, Norwood
(corner Queen Street)
RSVP Friday 4th October
Cost: $20
(includes drink(s) nibbles & venue hire)
The more people that attend, the larger the bar tab!
For bank account details to make payments or any questions email
mhclass93@outlook.com

30 YEAR REUNION
Class of ’83

Friday 27th September 2013 at 6pm
Goodwood (Goody) Hotel
75 Goodwood Road, Goodwood
Interested Old Scholars contact
Jill Fox (Davies) 0415 527 242
or Karen Wright 0400 114 440
or email jillfox22@gmail.com
www.facebook.com/events/1376147799280177

OLD SCHOLARS ANNUAL GENERAL MEETING

Thursday 18th October 2013 at 7pm
At Eden House, The Crescent, Marryatville
We would love for you to attend, see how we fit in the School community and our support to the school.
### Co-Curricular Results 10/8

<table>
<thead>
<tr>
<th>Teams</th>
<th>Scores</th>
<th>Best &amp; lead scoring players</th>
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<tbody>
<tr>
<td><strong>BOYS BASKETBALL</strong></td>
<td></td>
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<tr>
<td>Open A Boys defeated St Ignatius</td>
<td>45 40</td>
<td>All played well</td>
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<tr>
<td>Open B Boys defeated St Ignatius</td>
<td>38 29</td>
<td>All played well</td>
</tr>
<tr>
<td>Open C Boys defeated St Ignatius</td>
<td>28 13</td>
<td>All played well</td>
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<tr>
<td><strong>FOOTBALL</strong></td>
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<tr>
<td>Year 8/9 defeated CBC</td>
<td>55 17</td>
<td>Matt Thompson, Hendrix Marshall, Will Angelberger (1),</td>
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<td></td>
<td>Patrick Sharkey (2), Cameron Fetchen (1), Stefan Jankewicz (1),</td>
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<td>Pete Dalkos (1), Ed Dawes (1), Tom Bednall (1)</td>
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<tr>
<td><strong>SOCCER</strong></td>
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<tr>
<td>Senior A Boys defeated Blackfriars</td>
<td>5 1</td>
<td>All played well</td>
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<tr>
<td>Year 9 Boys Div 1 lost to Gleeson</td>
<td>1 3</td>
<td>All played well</td>
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<tr>
<td>Year 9 Boys Div 2 lost to Gleeson</td>
<td>3 7</td>
<td>All played well</td>
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<tr>
<td>Year 8 Boys Div 1 lost to CBC</td>
<td>0 6</td>
<td>All played well</td>
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<tr>
<td>Year 8 Boys Div 2 drew with Concordia</td>
<td>2 2</td>
<td>All played well</td>
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<tr>
<td>Senior Girls lost to Norwood</td>
<td>1 5</td>
<td>All played well</td>
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<tr>
<td><strong>NETBALL</strong></td>
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<tr>
<td>Senior C4 defeated St Michaels</td>
<td>28 23</td>
<td>All played well</td>
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<tr>
<td>Year 10 B1 defeated Sacred Heart</td>
<td>55 13</td>
<td>All played well</td>
</tr>
<tr>
<td>Year 8 B2 defeated St Michaels</td>
<td>34 21</td>
<td>All played well</td>
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### Co-Curricular Results 17/8

<table>
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<th>Teams</th>
<th>Scores</th>
<th>Best &amp; lead scoring players</th>
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<tbody>
<tr>
<td><strong>BOYS BASKETBALL</strong></td>
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<tr>
<td>Open A Boys defeated Mercedes</td>
<td>49 23</td>
<td>All played well</td>
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<tr>
<td>Open B Boys defeated Mercedes</td>
<td>42 35</td>
<td>All played well</td>
</tr>
<tr>
<td>Open C Boys lost to Mercedes</td>
<td>13 24</td>
<td>All played well</td>
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<tr>
<td><strong>FOOTBALL</strong></td>
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<tr>
<td>Year 8/9 defeated PAC</td>
<td>42 21</td>
<td>All played well</td>
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<tr>
<td><strong>SOCCER</strong></td>
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<td>Year 9 Boys Div 1 defeated St Michaels</td>
<td>2 1</td>
<td>All played well</td>
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<tr>
<td>Year 9 Boys Div 2 lost to Scotch</td>
<td>0 5</td>
<td>All played well</td>
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<tr>
<td>Senior Girls drew with St Michaels</td>
<td>0 0</td>
<td>All played well</td>
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<tr>
<td><strong>NETBALL</strong></td>
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<tr>
<td>Senior B1 lost to Nazareth</td>
<td>7 37</td>
<td>All played well</td>
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<tr>
<td>Senior B2 lost to St Michaels</td>
<td>9 20</td>
<td>All played well</td>
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<tr>
<td>Senior C3</td>
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<td></td>
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<tr>
<td>Senior C5 defeated MHS 4</td>
<td>16 13</td>
<td>All played well</td>
</tr>
<tr>
<td>Year 10 B1 defeated St Michaels</td>
<td>23 20</td>
<td>All played well</td>
</tr>
</tbody>
</table>
## CO CURRICULAR RESULTS 24/8

<table>
<thead>
<tr>
<th>Teams</th>
<th>Scores</th>
<th>Best &amp; lead scoring players</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BOYS BASKETBALL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Junior A Boys lost to Trinity</td>
<td>44 51</td>
<td>All played well</td>
</tr>
<tr>
<td>Junior B Boys lost to Trinity</td>
<td>26 44</td>
<td>All played well</td>
</tr>
<tr>
<td>Junior C Boys lost to Trinity</td>
<td>13 34</td>
<td>All played well</td>
</tr>
<tr>
<td><strong>FOOTBALL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year 8/9 defeated St Ignatius</td>
<td>63 2</td>
<td>Cameron Fatchen, Ed Dawes, Sam Kovacic, Matt Thompson</td>
</tr>
<tr>
<td><strong>SOCCER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Senior A Boys lost to Trinity</td>
<td>1 3</td>
<td>All played well</td>
</tr>
<tr>
<td>Senior B Boys</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year 10 Boys Div 1 defeated</td>
<td>12 1</td>
<td>Anthony Pietrafesa (2), Gianni Celani (2), Sam Freimayer (1),</td>
</tr>
<tr>
<td>Glenunga</td>
<td></td>
<td>Henry Wieszner (1), Josh Holmes (1), Dillon Wright (1), Matt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Amberg (1), Ben Toderico (1), Damian Canala (1), Jean Paul</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Decorso (1)</td>
</tr>
<tr>
<td>Year 10 Boys Div 2 defeated</td>
<td>3 1</td>
<td>All played well</td>
</tr>
<tr>
<td>Pulteney</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year 9 Boys Div 1 lost to Nazareth</td>
<td>2 6</td>
<td>All played well</td>
</tr>
<tr>
<td>Year 9 Boys Div 2 defeated St Johns</td>
<td>6 2</td>
<td>Charlie Miles (3), Liam Dawe (1), Nat Nilsen (1), Edward Callen (1)</td>
</tr>
<tr>
<td>Year 8 Boys Div 1 lost to Gleeson</td>
<td>1 10</td>
<td>All played well</td>
</tr>
<tr>
<td><strong>NETBALL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Senior C4 defeated St Michaels</td>
<td>24 12</td>
<td>All played well</td>
</tr>
<tr>
<td>Year 10 B1 lost to Cardijn (Grand Final)</td>
<td>24 34</td>
<td>All played well</td>
</tr>
<tr>
<td>Year 10 B2 lost to O.L.S.H</td>
<td>10 17</td>
<td>All played well</td>
</tr>
<tr>
<td>Year 9 B2 lost to Mary Mackillop (Grand Final)</td>
<td>16 19</td>
<td>All played well</td>
</tr>
<tr>
<td>Year 8 B2 defeated Mary Mackillop</td>
<td>23 18</td>
<td>All played well</td>
</tr>
</tbody>
</table>
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.

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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au

PO Box 167 Balnarring VIC 3926  P. + 61 3 5983 1798  F. 03 5983 1722  E. office@parentingideas.com.au

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Parent Workshop

Free parenting seminar
Guerilla tactics for parents of teens

Are you the parent of a teen or pre-teen?
Wondering how to survive the emotional rollercoaster?

Come and hear Dr Andrew Fuller, clinical psychologist, author and ABC presenter talk about practical strategies that will help you to:

- have constructive conversations with your teenager
- set limits and boundaries that work for everyone
- achieve cooperation without nagging
- make the most of your teen’s potential

To book:
Phone: 8303 1660
Email: Health.parentingsa@health.sa.gov.au

Monday 23 September
When: 7.15–9.00pm
Where: Florey Lecture Theatre
Medical School
Frome Road (eastern side)
Adelaide

Presented by Parenting SA.
Visit www.cyh.com for information about parenting teenagers, or phone the Youth Healthline on 1300 131 719 for information and referral.
**DIARY DATES TERM 3**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Friday 6th September</td>
<td>Show Day</td>
</tr>
<tr>
<td>Tuesday 10th September</td>
<td>Course Counselling Day</td>
</tr>
<tr>
<td>Wednesday 11th September</td>
<td>Music Photos</td>
</tr>
<tr>
<td>Friday 20th September</td>
<td>Combined Choirs Concert</td>
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</table>

**SCHOOL CONTACTS**

<table>
<thead>
<tr>
<th>Phone</th>
<th>8304 8420</th>
</tr>
</thead>
<tbody>
<tr>
<td>Press</td>
<td></td>
</tr>
<tr>
<td>1 for Reception, 2 for Student Services, 3 for Finance, 4 for Music, 5 for Business Manager</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Direct Lines</th>
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<tbody>
<tr>
<td>Student Services</td>
<td>8304 8426</td>
</tr>
<tr>
<td>Gymnasium</td>
<td>8304 8437</td>
</tr>
<tr>
<td>Music Centre</td>
<td>8304 8431</td>
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<tr>
<td>The Forge</td>
<td>8304 8414</td>
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<tr>
<td>Student Counsellors:</td>
<td></td>
</tr>
<tr>
<td>Christopher Leech</td>
<td>8304 8428</td>
</tr>
<tr>
<td>Jenny Hunter</td>
<td>8304 8482</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Contact Details</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 8 Manager</td>
<td>Janelle Morrissey</td>
</tr>
<tr>
<td>Year 9 Manager</td>
<td>Bryce Woodley</td>
</tr>
<tr>
<td>Year 10 Manager</td>
<td>Kathryn Bereny</td>
</tr>
<tr>
<td>Year 11 Manager</td>
<td>Pauline Hansford</td>
</tr>
<tr>
<td>Year 12 Manager</td>
<td>Geof Bailey</td>
</tr>
<tr>
<td>International Education</td>
<td>Sarah Goldfain</td>
</tr>
<tr>
<td>Career &amp; Transition</td>
<td>Laura Hudson</td>
</tr>
<tr>
<td>Co Curricular</td>
<td>Tony Byles</td>
</tr>
</tbody>
</table>

**ABSENTEES, LATE ARRIVALS, EARLY LEAVERS**

For all absentees please call Student Services on 8304 8426.

For late arrivals from 8.30am, students need to sign in at either Student Services or the Library. Year 12 students can sign in at the Eden Park campus. They are expected to have a note for their home group teacher the next day.

Students who need to leave early need to sign out through Student Services.

Please contact Student Services if you have messages about students arriving late or needing to leave early.