Let’s celebrate!

Salisbury East High School is officially 50 years in the making and will celebrate the occasion with a special day of fun, festivity and friendship next month.

To mark the milestone, former and current students and teachers are invited to join us on Sunday, October 23rd, from 11 a.m. to 3 p.m.

The school’s buildings and landscape has changed dramatically throughout the half century since SEHS was founded in 1966 so past scholars can join a tour and see our amazing new facilities for themselves.

There will be plenty of opportunities to reconnect and reminisce with old friends while music, entertainment and food is provided, and a nostalgic trip down memory lane will be sparked by the memorabilia on display.

Commemorative items will also be available for purchase, including engraved personalised pavers that will be placed in a new ‘50th Anniversary Path’ - a chance for everyone to make an everlasting mark on Salisbury East High School as we embark on our next 50 years of education and innovation.

See page 12 for more details.
The Luke Batty Foundation was established in February 2014 after Luke Batty was killed by his father at his cricket practice.

Luke’s mum Rosie was so overwhelmed by the generosity and support of the public that she was inspired to raise funds to support women and children affected by family violence.

In 95% of reported incidents, violence is mainly committed by men against women, children and other vulnerable people.

The foundation’s website has more information and resources and is at: lukebattyfoundation.org.au

If you or someone you care about is experiencing family violence, please call the national 24/7 helpline on 1800 RESPECT (737 732).

Our Year 9 High Resolves Global Leadership Team raised awareness of domestic violence with a ‘walk of unity’ and balloon release last month.

The sky was filled with purple and yellow on Tuesday, August 23rd, as students from Years 8 to 12 let their helium balloons float up and away for everyone to see.

Prior to that, our school community had been asked to make a donation to the Luke Batty Foundation, be involved in an origami ‘chain of unity’ and walk together around the oval.

As a result, a fantastic $312 was collected for the foundation, which was set up to support women and children affected by the trauma of family violence.

Ms Jeffrey oversaw the big day, which involved the tireless preparatory work of 25 students.

“The day was such a success – the students worked so hard over the previous two months and it eventually all came together,” said Ms Jeffrey.

“To raise so much money for the Luke Batty Foundation from this event alone is an amazing effort.

“It has been such a valuable experience, where awareness of domestic violence has been raised amongst students in all year levels through various presentations, with this event marking the finale of hours upon hours of hard work and organisation.”

Special thanks are extended to Spotlight, Munno Para, for their donation of the helium bottle and to Dale Dredge for organising its collection.

A big thank you also goes to all the SEHS staff who joined the students on the oval for the lunchtime event.

Ms Jeffrey added: “It was an SEHS first for this social action group, who worked face-to-face and through video conferencing, and I am really proud of the students who were involved and how it all turned out.

“We really do have so many truly passionate and socially just individuals who are willing to go the extra mile to make a difference.”

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Up, up and away!

Year 9 group holds a special balloon release fundraiser

SKY HIGH: Students look to the clouds as their balloons raise awareness of people who are affected by domestic violence
Tahlia Grammatopoulos studied the experiences of sailors on HMAS Sydney and pens a winning essay on WWII

History is anything but a mystery to one of our students after she claimed first place in a prestigious statewide essay-writing competition.

For the past two years, the Baxter and Grimshaw Trust, which aims to help young people gain nautical experience, has sponsored the event in association with the History Teachers Association of South Australia (HTASA).

Students are tasked with producing a research-based depiction of the experiences of Australian seafarers involved in World War II and their service between 1939 and 1945.

This year, Year 9 student Tahlia Grammatopoulos chose to research the experiences of sailors aboard HMAS Sydney, a light cruiser operated by the Royal Australian Navy, which was eventually lost in battle along with all 645 on board. As a result, the panel of judges voted the exceptional 2000-word essay as the overall winner, which came with a prize of $1000.

History teacher Mr Williams said: “Tahlia spent a considerable amount of time researching the topic, which included hunting down a book that became her most useful resource. “She then spent many hours drafting and then polishing off her essay.”

“Tahlia discovered midway through this term that she had been announced as the winner of the competition and was presented with her prize and certificate at the HTASA conference on August 26th. “We are all very proud of Tahlia. She worked extremely hard on creating such an excellent piece of work, and winning the competition is testament to that.”

Later in the year, both Tahlia and her parents have been invited to attend the Baxter and Grimshaw annual dinner where Tahlia will describe her work to the attendees. Her achievement will also be recognised at a school assembly during Term 4.

Poets ‘slam’ it at festival

Groups of students from Years 9 and 10 attended two workshops for schools as part of the Salisbury Writer’s Festival during Week 5.

On the Wednesday, students met songwriter Kylie Bryce who has used songwriting as a way of dealing with an anxiety disorder and depression since she was a teenager. The students really appreciated her openness and down-to-earth demeanour, and enjoyed hearing her perform her hit song ‘Journey to Myself’. The Friday workshop was presented by Campbell (Kam) McInnes (pictured right), one of Adelaide’s most prominent spoken word performers, who helped students compose their own slam poetry.

Boys SEAL $250 for charity

This month the Salisbury East Alternative Learning (SEAL) students got a chance to visit Guide Dogs SA with Port Adelaide Football Club. As part of the ‘Empowering Youth’ program, the club gave them $50 to invest into raising funds for a designated charity, which, through sales from their coffee van, was turned into an incredible $250! Guide Dogs SA was chosen as it is close to SEAL’s hearts with a staff member’s youngest son being blind and - unknown to them - they are also a partner of PAFC. Please check out the video they have created online on PATV at: www.portadelaidefc.com.au/pfv (navigate to ‘Guide Dogs and Empowering Youth’).

The SEAL boys then travelled to Golden Grove High School to work a fundraiser for Gulfview Heights Primary until 8 p.m that night. SEAL coordinator Mr Ditz said: “We were extremely busy but raised over $300 and had great feedback from the school. These boys effectively ‘worked’ an 11-hour shift, and we are very proud of them!”

CAPTAIN’S COLUMN

The end of the year, and high school, is looming for the Year 12s and we have already started to say our goodbyes to the place we have often called “home” since 2012. We have been coming to terms with the fact that, in a few short weeks, we will have to farewell our new Senior Centre, teachers, classmates and the year levels below us. Along with all that, we may be saying goodbye to our beloved library as well, as plans are explored to relocate it elsewhere and convert the existing space into an innovative new STEM learning area.

Although the current Year 12s will not be here to take advantage of the proposed changes, we are still tinged with some sadness knowing the library may not continue in its current format. Intense chess games, laughter, Uno games and more amazing books than we could ever hope to read will be fondly remembered. However, we are of course very excited to see our school move forward into a new era, with cutting-edge facilities and programs to further enhance our ever-growing reputation in South Australia.

Salisbury East High School, and the environment that has been provided for us, will be forever remembered by each and every Year 12 student … and all of those who follow us.

Shana Maeder
Well wishes for Willoughby

SEHS hope Olympian has speedy recovery

Students at SEHS are hoping that Olympic Games athlete Sam Willoughby can make a full recovery after a training crash left him with no movement from the chest down.

The BMX star flew back from Rio, Brazil, just one day before the ‘Happiness Cycle’ event took place in South Australia.

He met students in Years 8, 9 and 10 at the Adelaide Super Drome in Gepps Cross on August 25th to support the amazing initiative by Coca-Cola in partnership with Bicycle Network.

However, two weeks later Willoughby was training at his base in San Diego when he crashed his bike and sustained fractures to his C6 and C7 vertebrae.

Teachers Mr Yarwood, Ms Moses and Ms Blesing accompanied our students as they met the 25-year-old, who won a silver medal at the 2012 Olympics.

Designed to give teenagers the opportunity to get active, support the community and have fun through cycling, the Happiness Cycle program provides a FREE bike, helmet and lock to every participant.

“We were all very saddened to hear about Sam Willoughby’s accident,” said Ms Moses. “He is a fierce competitor on the track and I’m sure this character will come out in the next phase of his recovery.”

Our students built their new Reid mountain bike at the velodrome before joining Willoughby to learn some safety skills, tackle an obstacle course and hear about the many health and wellbeing benefits that cycling can provide.

“This is an incredible scheme,” added Ms Moses. “Our students not only received a free bike, helmet and lock, but they learned many valuable safety, maintenance and social interaction skills as well.

“By owning a bicycle, they can also be far more independent and less reliant on parents and public transport to get to school.”

Year 11 Brodie Cullen also lent his maintenance skills to the students and built no less than 12 bicycles as part of his current VET course.

FACT FILE

• Since 2014, The Happiness Cycle team has given away almost 10,000 new bikes at 34 different events held across Australia
• It is 100% free of charge - students just have to register their details
• The program is designed for 13 to 17-year-olds living in selected local communities
• The bikes are “hybrids”, meaning they’re just as useful on paved roads as they are off them
• As well as supplying new bicycles, Happiness Cycle offer help and advice on bike safety, maintenance and exercise
• More details about the program can be found on the websites: www.happinesscycle.com.au and www.bicyclenetwork.com.au
The Year 12s’ kitchen rules!

Our Year 12 Food and Hospitality students cooked up a storm as part of their Stage 2 course. They collaborated in a group task to cater for a buffet-style healthy lunch. The practical assessment required the groups to select healthy lunch recipes with a specific focus on seasonal ingredients. Students also had to make sure there was a range of options available for different dietary needs and requirements.

Teacher Ms Towsyli said: “As this was the second to last practical for the class, it was a lovely opportunity to cook for one another and sit down for a shared lunch experience.”

Year 11s get ‘work ready’

Year 11 Workplace Practices students took part in the Beacon High Impact Program on September 9th. The work readiness program focuses on a range of skills that prepare young people for the world of work. Representatives from different industries were also present on the day, as well as the Commonwealth Bank who presented Mandy Rossetto (Beacon) with a cheque for $500,000 to support programs similar to this in schools across South Australia.

Student Maddi Hutchins explained: “By participating in the High Impact Program I gained a lot of knowledge about the workplace. I learnt what employers look for when hiring people and how to make a great first impression. I also learnt about how the workplace operates and how to deal with any complications or problems that may arise. The information I have gained from this program will definitely help me work more effectively as part of a team as well as independently.”

Daniel creates a Lego mining movie

A Year 11 student is showcasing the benefits of mining with his very own Lego movie.

Daniel Simmonds used his stop-animation skills to create a film for this year’s Dirt TV competition, which is organised by the South Australian Chamber of Mines and Energy.

It gives young people the chance to explore “what mining means for people” and highlight the different impacts of the resources industry, and the use of mined products, through a two to three-minute video.

Daniel combined his love for Lego and animation for the entry, “I wanted to make a video that helped other people understand different parts of the resources and mining sectors,” he said.

“When I found out that even Lego came from petroleum by-products it opened my eyes to a world of possibilities if we didn’t have mining.”

“I’ve really enjoyed researching the topic and then putting all of that knowledge into a short film for the competition.”

Mr Peck supported Daniel with his project and said: “SEHS has entered the Dirt TV competition every year since its inception and has found it to be a very creative way for our students to learn more about the mining industry.

“It raises awareness of the careers and pathways available in this sector as well as the importance of creating a sustainable, environmentally sound future for generations to come. It dovetails into our Science, Technology, Engineering and Mathematics (STEM) curriculum, and is also a great opportunity for students to explore learning through various creative mediums.”

“Daniel spent hours taking hundreds of photographs for his amazing film and has been fully engaged in the entire process.”

You can view, and vote, for Daniel’s video entry ‘What mining means for people’ at www.dirtv.com.au
Our school’s first-ever “Choreographic Awards” were held this term and more than 40 students got involved.

Tasked with creating a unique dance and then performing it in the arts studio in front of an audience of parents, students and teachers, an incredible array of talent was on show on Tuesday, August 30th.

Dance teacher Ms Weston explained: “Anyone from our school could enter and it was open to students from Year 8 to 12. The boys and girls had to choreograph a short dance routine, which included jazz, hip-hop, contemporary, breakdance, traditional and cultural, and they were either solo or group performances.

“It was a huge success and very well-received by the audience. Hopefully this is the first of what will become an annual event.

“As well as our amazing students, a special thank you must go to our guest judges Jenna English, Mikala Wood, Ms Sage and Mr Peck.”

The results were as follows:

Senior (Years 10, 11 and 12) Choreographic Awards
Winner solo: ‘Isolated’ by Annalise Heritage; choreography by Tianna Jones and Annalise Heritage
Runner-up soloist: ‘Jazzy Girl’ by Brianna Radford

Choreographic Awards
Winner group: ‘Young and Beautiful’ by Taylor Walsh, Angela Philp, Georgia McInerney, Brooke Wilkins, and Taylor Matiscasak
Runner-up group: ‘Afro Beatz’ by Kazi Kananga, Sammy Butoyi, Charmante Busasa, Florence Bikorimana, Oda Nkunjimana and Beatrice Anzuruni

Junior (Years 8 and 9) Choreographic Awards
Winner solo: ‘Hurt’ by Brianna Pastro
Runner-up soloist: ‘Pianissimo’ by Tahlia Grammatopoulos and Zara Grobler

Choreographic Awards
Winner group: ‘BBBH’ by Brianna Pastro and Zara Grobler
Runner-up group: ‘Dollhouse’ by Jasmin East and Melissa Balnaves

Overall encouragement award: ‘Spontaneous Combustion’; choreographed by Dakota Lindquist; performed by Dakota Lindquist, Shania Bennett, Aleesha Honeychurch, Thanasi Rantsosoglou, Tayla Oaks and MayAnn Abalos

Dancers step up for new awards
Choreographic event is huge success
Salisbury East High School is offering past and present community a unique chance to become a lasting part of the landscape.

To mark the 50th anniversary of SEHS opening its doors in 1966, a special path will be built, leading from the main gates on Gloucester Avenue to the front office.

And we are providing people with the opportunity to purchase a personalised paver with their name engraved on it that will be placed along the route.

Costing just $30, it is the ideal way to leave a lasting mark for years to come.

The offer closes on Friday, December 16th, and application forms are available from the front office at SEHS or can be downloaded from our website. Go to www.sehs.sa.edu.au/news and click on the ‘50th Anniversary Celebration’ story.

‘Your Name Here’: The location of the 50th anniversary path

Salisbury East High School’s non-teaching staff (NTS) spent a professional development day this month learning about positive psychology.

Delivered by Ms Weston and Mr Peck, they investigated the PERMA+ model of well-being through a series of engaging tasks and activities.

That included a yoga and meditation session, team-building exercises, discussion on positive emotions, relationships and community, and hearing about growth mindset.

It was followed by a fun-filled afternoon taking part in ‘archery tag’. Similar to paintball, except using bows and foam-tipped arrows, the two teams tried to run, dodge and shoot their way to victory on the school oval’s ‘battlefield’!

SEHS supports students to ‘flourish’ and establish well-being through positive education practices, which is the key focus of their Student Development lessons. As part of the school community, NTS staff are also included in the education, investigation and practice of the positive education principles.

Help raise funds for our team and win a TV!

The school’s ‘Active Crew’ aerobics team are holding a fundraising raffle for a 48” TCL full HD LED TV - valued at $699 and generously donated by Harvey Norman - as the prize! Tickets for the raffle can be purchased (GST free) from the front office for $2 (one ticket); $5 (three tickets); or $10 (ten tickets). The draw will be made in November.

NTS hit the target at positive psychology day

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Young people’s lives - their hopes, dreams, struggles and achievements - are currently being portrayed at a youth art exhibition.

Run by the Northern Adelaide State Secondary Schools Alliance (NASSSA), the exhibition has the theme of ‘The Thriving Adolescent’ and is at the Playford Civic Centre until October 6th.

It was officially opened earlier this month and Year 10 art students Matthew Walker and Aleisha Sudgen accompanied SEHS Arts Coordinator Ms Frahn to view the work displayed by our school as well as Parafield Gardens HS, Salisbury HS, Paralowie R-12 School, Craigmore HS, and Gawler and District College.

The Thriving Adolescent is a book by Dr Louise Hayes and Joseph Ciarrochi, which identifies key concepts that underpin student wellbeing, namely the young person as ‘discoverer’, ‘advisor’ and ‘noticer’.

Skills and tips outlined in the book are designed to help adolescents and teens manage difficult emotions, connect with their values, achieve mindfulness and vitality, and develop positive relationships with friends and family.

The visual arts offer young people opportunities to explore ideas and themes that are pertinent to them, their family, their peers, community and world,” he said.

“They make sense of information and messages they are confronted with and are able to process these and create images that enable them to offer their view as a means of empowerment.

“This exhibition of NASSSA students is an opportunity for our students to showcase their ideas to an audience and hence build their capacity to feel valued and have their voices heard.

“An adolescent who is able to express him or herself, and who is confident, builds their own capacity and collectively creates strength and harmony across a community.”

Our school has work by students in Year 10 Art, Year 12 Visual Art and Design, and Years 11 and 12 Photography at the exhibition, which is open every day except Sunday.

Art show helps students ‘thrive’

NASSSA exhibition promotes wellbeing
Families are reminded that debt recovery will be actioned in Week 10 for all outstanding M&S charges (school fees), Year 8 camp fees and instrument hire fees. Please be aware that this process incurs additional fees by the debt recovery team.

Are you aware that if you receive a Centrelink payment then you can access their FREE ‘CentrePay’ service? Centrelink can assist to pay outstanding debts on your behalf and take the stress away from you.

An application form is available to download from the school website at www.sehs.sa.edu.au and by navigating to ‘Information for Families’ and then the ‘Fees and Charges’ page. All families that were eligible for school card assistance last year should be aware they are required to bring their application in by the end of the current term, September 30th.

Please be aware that you need to apply for School Card Assistance each year. Thank you to all families that have paid in the last few weeks after receiving their reminder statement. If the school can be of any assistance then please contact Finance Officer Alison Needham on 8258 2070 - all financial details are treated in the utmost confidentiality.

To acknowledge and commemorate 100 years of ANZAC (2014-2018), SEHS has produced a set of exclusive glass tumblers that feature our newly-installed ‘war hero soldiers’. The soldiers that appear on the glassware are also those who are permanently featured on the walls of our ‘Lest We Forget’ memorial in the grounds of Salisbury East High School.

Chosen by our students, they are John Simpson, Sir Francis George Hassett, Anne Donnell, Ben Murray, Sergeant Martin Theodore Fritsch and Ben Roberts-Smith. Priced at just $50 for a set of six tumblers, they are available to order at the school’s front office now!