



Issue No. 18

Thursday 22 November 2018



#### Dear Families

We are well over halfway through the term and still so many things happening! At the time of publication, Year 12s will have finished their exams, and Year 11s will nearly have done so before Introductory Lessons begin next week. We wish all of our students the very best in these final assessments and look forward to what the future brings for them. In the meantime, Friday night's Graduation Formal will be an excellent celebration of our Year 12s' secondary schooling and we thank Cambell Baker for his excellent work in supporting students to organize this important event.

The past two Friday nights have been an outstanding celebration of our students' creative talents as we saw the opening of the Year 12 Exhibition at the Main Corner on the 9th November – showcasing the work of our Visual Arts; Design; Furniture and Construction; Photography and Textiles students. Entertainment was provided by our many talented Music students. Congratulations to Pariya Ziakas for being the organizational force behind this event and thank you to Koonara Wines and the Side Project for their involvement in the evening.

On the 16th of November, Imagined Worlds occurred in the courtyard at school, where the beautiful murals students have been creating over the past term and a half were unveiled.

This project has been a fantastic authentic learning experience for our students and it will leave a lasting legacy. That part of the school has been even further re-vitalised, complementing Di Dowling's amazing gardening – the legacy of which exists all over the school. We congratulate the Visual Arts faculty on their excellent innovation and also congratulate our performing artists who entertained our guests on Friday night.

To balance out our artistic and academic pursuits, PE Week occurred last week, giving students the chance to take part in a number of activities that celebrate the importance of physical activity in our lives. We thank the PE faculty for their organisation and commitment to these opportunities for our young people.

We are very much looking forward to Presentation Night shortly, where we will celebrate the outstanding achievements of our school over the past twelve months. We encourage all members of our school to secure their tickets for this wonderful event!

Kind regards,

*Fleur Roachock*

Fleur Roachock, Principal



#### COMING EVENTS

21-23 November

- Year 11 Exams

23 November

- Year 12 Formal

26 November

- Governing Council 7:30pm

27 November

- Presentation Evening

White  
Ribbon  
SCHOOL

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#### GRANT HIGH SCHOOL ABSENTEE LINE

For all absentees

Phone 87263105

Please leave your child's name, homegroup, your name and the reason for the absence. Thank you.

Hosking Avenue, Mt Gambier SA 5290  
PO Box 8221, Mt Gambier East 5291  
T 61 8 8726 3100  
F 61 8 8725 0173  
E dl.0928.info@schools.sa.edu.au  
W www.granths.sa.edu.au



Government of South Australia  
Department for Education

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# LAWN BOWLS

On Wednesday 14th November, the Lawn Bowls tournament for Years 8- 10 students was held at the RSL Bowls Club in Mount Gambier. Grant High School fielded four teams to compete on the day who came up against strong Tenison Woods College, St Martins College, Mount Gambier, Penola and Millicent High School teams.

There were mixed abilities in the teams, ranging from experienced players to those who had never played competitively before. All students were in good spirits, listened to advice from the veteran coaches and gave their all on the greens. All students represented our school well, demonstrated excellent sportsmanship and showed improvement as the day progressed. Despite only dropping a few shots, we finished second, just missing out on the shield by 10 points to St Martins College.

Well done to the RSL Bowls Club for hosting such a great event and providing over 40 helpers. A huge thank you also goes to Mr Zadow for coaching one of the teams, and providing training sessions for all participants at the start of the day.



## 5 A-SIDE SOCCER



R E S P E C T

T R U S T

C O M M I T M E N T

WANT TO TRY SOMETHING

DIFFERENT IN 2019?

Then, the Australian Army Cadets may be for you!

### Activities include:

- Weekend Camps
- Fieldcraft
- Weapons Handling
- Teamwork
- Leadership Skills
- Week Long Annual Field Exercise

### To join:

- Open to Females and Males
- You must be at least 13 years old
- You must have commenced Year 8

### Interested?

- Come along to our Information Night on the 30<sup>th</sup> of November starting at 7pm.
- Location: Army Depot, Shepherdson Road, Mount Gambier
- To register your interest, please email: [48acu@armycadets.gov.au](mailto:48acu@armycadets.gov.au)
- More info? [www.armycadets.gov.au](http://www.armycadets.gov.au)
- Find us on [f](#) 48 Army Cadet Unit – Mount Gambier

## STAGE 1 CANOE CAMP

All three Stage 1 Outdoor Ed classes completed canoeing for their final camp of the year. Their previous experience with canoeing consisted of paddling in the Valley Lakes to learn the basics as well as how to rescue a capsized canoe. The trip took them along the Glenelg River where they challenged their teamwork skills as well as their navigation and time management. Each group took an alternate route but they all posed different challenges. We would like to again thank Ross and Marg Atkins from Paestan Canoe Hire for their help within the Outdoor Education faculty this year.

Jacob Height, Outdoor Ed Teacher





# IMAGINED WORLDS

Visual Art Students from Years 9 – 11 have been involved in the creation of Street Art spaces within designated parts of the school during terms three and four.

Groups of Visual Art students have worked through planning, conceptualisation and application on all surfaces. Discussions with students and teachers occurred throughout the process to determine what style of works were implemented.

Once again, Visual Art, Music and Technology staff worked collaboratively to present Street Art spaces to the community with an official opening on Friday 16th November, held at Grant High School. The night included a photography display in the drama room, Media Arts in the dance room and live Music and Drama performances in the courtyard throughout the night.

Congratulations to all involved.

**Pariya Ziakas, Visual Art Teacher**



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# DELICIOUS BURGERS



## COMMITMENT



# DESIGN AND TECHNOLOGY

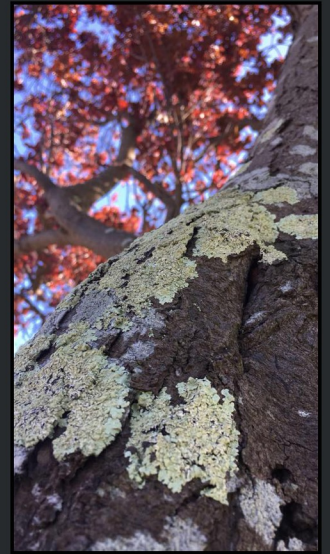
## YR 9 PHOTOGRAPHY



ALANA SOMMERS



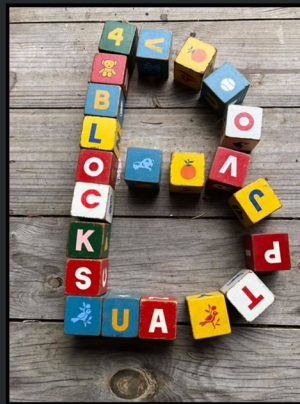
ALEX JOLLEY



ASHLEE RADLEY



BRADLEY HARRY



MATILDA JONES



CHLOE GEELAN-HULL



ANGUS WIDDISON



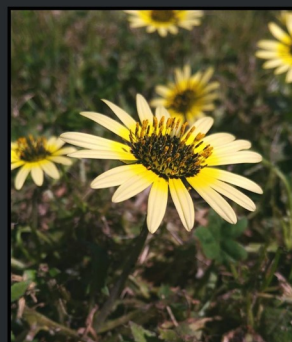
PIPER KILICK



HARRY ROBINSON



EDWARD NEW



JACK STOCKER



JAMISON KLINGBERG



# WELL BEING AND BEING WELL

When discussing health and well-being, we focus on the 4 main areas: Your physical health, social health, mental health and emotional health.

This “well-being and being well” page is designed to help disseminate information to students and parents so we can all be in the best possible positive space.

One area of concern that affects a couple of these areas is the use of mobile devices. Below is some advice to help manage the influence they have on our lives.

## 7 WAYS TO HELP BUILD POSITIVE DEVICE USE

The goal is to have a positive relationship with our devices and the way we do that is by setting up boundaries, here are 7 to get you started.

### 1. Set a device curfew

Teenagers need between eight 8 and ten 10 hours of sleep each night. The problem is that smartphones, iPads and tablets are all highly addictive and it's easy to lay in bed scrolling for hours on end or replying to group messages.

**It's important to get devices OUT of the bedroom at night.**

**TIP:** Set a rule that Charge all devices are charged in a central location like the kitchen or lounge room from 8pm onwards so that your tween or teen isn't checking or sending messages into the early hours of the morning.

### 2. Get outside and active, device-free

Start doing weekly family activities where it's physically impossible to hold a phone in your hand, like rock climbing, bike riding, tennis. Sports is a mental health break and helps to combat those bad physical habits we get from technology, such as hunching over at the desk, staring at a screens. Whether it's half an hour or half a day; get outside and get active together.

### 3. Create quiet zones

Create some device-free zones in your home (and car!).

Most people know not to have devices at the dinner table, but you can also create some no phone zones in other areas: the kitchen, a lounge room and even your car. Yes, your car! Your kids may protest but forcing them to make conversation, listen to the radio or sit in silence with their own thoughts in the car may be the mental health break they need.

### 4. Activate greyscale

Want a super-fast way to make your phone instantly less-attractive? Grey scale the screen. This subtle change makes your phone far less tempting to pick up. Your phone will seem less 'shouty' and attention-grabbing.

### 5. 'Break up' with your phone while you're studying

Even when our phones are on silent or turned off – they still have a tendency to distract us. Just looking at our phones makes us wonder what conversations or interesting information we're missing out on!

Study skills expert Dr Prue Salter says that trying to study with an iPhone in your bedroom (on your desk, for example) will take you 5 and half times longer. So when it comes time to hitting the books, leave your phone outside your bedroom where you can't see it. You'll be studying more effectively and get it done faster.

### 6. Make a plan together

You'll find great examples of family internet agreements on the Federal Government's [ThinkUKnow website](#). But when you make a plan, do it together as a family. Make sure your kids also get a say. That might mean that as parents you can no longer post photos of your kids without asking their permission first! The rules need to go both ways. And when you think about it – that's a perfectly reasonable request.

### 7. Set up a Google Alert

Depending on your tween or teen, it may be worthwhile setting up a Google Alert for their name. That way, anytime your child is mentioned online in a public space, you should get an alert with a link to where and how your child's name is being used. This will let you keep across what's happening in your child's world while you build relationships and install rules around social media and devices.





# WELL BEING AND BEING WELL

## SLEEP AND REST AND EXAMS

### Restorative Sleep and Stress.

As exams arrive getting effective sleep has many wide ranging implications. According to renowned sleep researcher Dr. Dan Pardi, there are three components that determine the restorative quality of sleep.

Have a read and see if you can improve your sleep patterns.

**Timing:** The human body prefers a consistent bedtime and wake time. If you normally are in bed from 10pm to 6am, sleeping from 2am to 10am will not be as restorative—despite sleeping the same number of hours. Two additional notes on timing:

**Know your chronotype.** Your preferred timing of sleep and activity is known as your chronotype. And knowing your chronotype, which is genetically determined, can be tremendously important for setting the best bedtime for yourself.

**Respect the sleep cycle.** Generally speaking, the average sleep cycle lasts about 90 minutes. Along those lines, you are likely to experience the most wakefulness if you get up at the end of a sleep cycle—instead of in the middle. Maybe you slept for 8 (5 1/3 sleep cycles) hours but still felt dog-tired or maybe you've slept for 6 hours (4 sleep cycles) and felt bright-eyed and bushy-tailed. It's a good idea to make sure that you give yourself enough time in bed to ideally get 5 – 6 sleep cycles, letting yourself wake up naturally when your body is ready.

**Duration:** Make sure you're in bed enough time. You cannot get 8 hours of sleep if you're only in bed for 6. Since you have less control over when you have to get up, set an appropriate target bedtime.

**Intensity:** This refers to the depth of sleep, and although you have less control over this than you do timing or duration, try to minimise distraction, get a good pillow, have a routine 30 min before targeted sleep time etc.

Now that you're familiar with these components, put it into practice to get restorative sleep.

## STAGE 1 BISTRO MEALS

On Friday of Week 4 a group of staff members were invited to enjoy some delicious bistro meals cooked by Mr. Praolini's Stage 1 Food and Hospitality class. The students created a menu of three choices for the main and two choices for dessert. Students then worked together throughout the whole process, from prepping the meals to serving them to the staff members.

One of the students, Jacob Dowdy, also delivered some meals to the ladies in the front office who could not make it down to the home economics rooms. He even set up a beautiful table, topped with flowers from the Ag Farm.



R E S P E C T

T R U S T

C O M M I T M E N T



# Main Corner SACE Exhibition

SACE Stage 2 Visual Arts, Design, Media/Creative Arts, Photography, Textiles, Music and Furniture Construction students exhibited their works at The Main Corner, with an opening on Friday 9th November night by Dr. Melentie Pandilovski, Director of the Riddoch Art Gallery. Grant High School students performed live Music and Drama shows throughout the night in the Dress Circle. We congratulate Chloe Pendrey, who was the winner of the 2018 Principal's Choice Acquisitive Art Prize. The exhibition will remain open to the public until Friday 23rd November 2018.

I would like to congratulate all students involved.

**Pariya Ziakas, Visual Art Teacher**



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