



FROM THE PRINCIPAL

Dear Families

The term is passing by very quickly and we are enjoying all the opportunities it is offering at Grant High School. In spite of less than ideal weather, our Aquatics Day was well-attended, with students actively involved in all events. The great success of this day was made even more evident in our second placing at Interschool Aquatics in Bordertown on Friday – an outstanding result, emulating 2018. We congratulate all students who were involved in these events, and thank Travis Clarke and the HPE staff, in particular, for their commitment to these opportunities for our students.

The Governing Council AGM was held on Monday evening and the Annual Report was tabled. It is a great, albeit brief, celebration of 2018 – strong results in SACE and most of NAPLAN; increased enrolments; a healthy budget and excellent Opinion Data from students, staff and parents. There are still places for parent representation on Governing Council, if you are interested – it is a delightful group and the commitment is two meetings a term which generally last an hour. It is a great way to keep up with what's

going on at school – please contact Paula Foote on 87263100 if you would like to nominate.

I am continuing my classroom observations two days each week this year and I have already seen our new teachers in action. I am very pleased with our recruiting for 2019 and really happy with what I am seeing in classrooms. We are looking forward to focusing on writing skills across the curriculum this year, to build student confidence as they head into the senior years and beyond, knowing they have the capability to express themselves effectively and efficiently.

Homework Club continues to grow and we encourage any of our students who have not already taken advantage of this excellent opportunity to further develop their skills and grades to give it a go. The atmosphere is great and the support (and food) second to none. We look forward to seeing more students there!

Kind regards,

Fleur Roachock

Fleur Roachock,
Principal

COMING EVENTS

25-28 February

- GYKG Robe Camp

1 March

- Student Free Day

6 March

- Yr 8 Immunisations

4 - 7 March

- ROKU Robe Camp

8 March

- Interhouse Athletics Carnival

11 March

- Adelaide Cup Holiday

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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.

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PO Box 8221, Mt Gambier East 5291
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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 and
Child Development

INTERHOUSE SWIMMING CARNIVAL

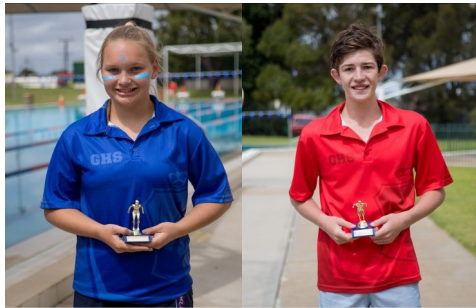
The 2019 Grant High School Swimming Carnival took place on Wednesday the 13th of February at the Mount Gambier Aquatics Centre. The day started off with determined houses Gambier, Gordon and Henty eager to take down the reigning champions Bonney, who had their sights set on a fifth consecutive aquatics day title. A slight shower early in the day failed to dampen the spirit of the teams, with participation and eagerness visible across all colours. Midday saw Bonney take the lead with the other houses enthusiastically searching for an afternoon upset. As the day's events came to a close, Bonney once again took out the top position with a huge 957 points. Trailing the champions by 183 points was Gordon. Gambier took out third position scoring a total of 555 points, and in last place with a commendable 506 points was Henty. Overall a great day was had by all, with inter-house rivalry heightened for athletics day in week 6 to see who will take out the top position.

Final Results

BONNEY	GORDON	GAMBIER	HENTY
957	774	555	506

Age Champions

Age Groups	Females	Males
Under 14s	Mia Kleinig	Ben Young
Under 15s	Jemma Walters	Mitchell Little
Under 16s	Claire Redding	Jack Kleining
Opens	Lucie Whitowrth Alaska Lipscombe	Samuel Saunders



UNDER 14s



UNDER 15s



UNDER 16s



OPENS



SENIOR IRON MAN CHAMPIONS



JUNIOR IRON MAN CHAMPIONS

SPORTS DAY

FRIDAY 8TH OF MARCH



RESPECT

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INTERSCHOOL SWIMMING



On Friday the 15th of February 33 Grant High School students travelled to Bordertown to compete in the 2019 Inter-School Swimming Carnival. Great weather at the Tatiara Memorial Pool boosted the spirits of an enthusiastic Grant High School team who were awarded with 41 podium finishes, a significant improvement upon last year's result. With our students demonstrating a high degree of professionalism, the GHS team finished second overall, attaining a total of 401 points. It was an excellent effort by all team members, with 90% of swimmers improving on their inter-house times. A special mention should be given to the Under 14 competitors who finished the day as age group champions. All students who participated should be very proud!



UNDER 14 AGE GROUP CHAMPIONS

FINAL POSITIONS

Tenison Woods College	526
Grant High School	401
Bordertown High School	391
St Martins Lutheran College	334
Mount Gambier High School	289
Combined High Schools	212

YOUTH EVENT Meet, Chat & Do with headspace

The last Wednesday of each month
4:00pm - 5:00pm
Mount Gambier Library

Join in on some fun activities and meet the headspace team to find out what services and other activities are available for young people

FREE event
for youth
12-25 years

Mount Gambier Library
6 Watson Terrace, Mount Gambier SA 5290
Telephone (08) 8721 2540

HERE TO HELP YOU WITH ANY
OF YOUR EDUCATION NEEDS

SNACKS PROVIDED!

Homework Club

8:00am to 8:45am (Monday to Friday)
3:40 to 5:00pm (Monday to Thursday)

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AQUATICS DAY

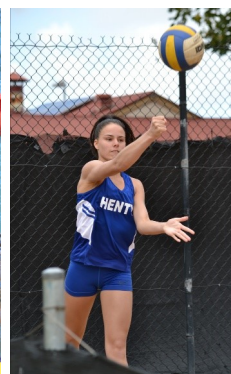
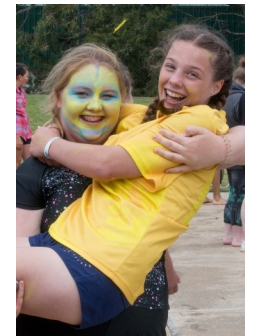
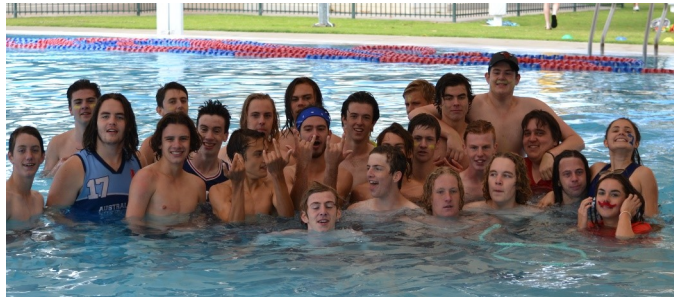


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AQUATICS DAY



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Want a new iPad, Macbook or Apple Watch?
Enter our competition and you could win one each for you and your school!

Tying in with the UN's International Day of Forests 2019 "Forests and Education", we want you to help spread the word about the importance of trees and forests in our region.

We're inviting students and schools from across the Limestone Coast to send us a short video that answers the question: **Why are our local forests important to you and your community?**

Go to www.onefortyone.com for details and to upload your video

Entries close
21 March 2019
International Day of Forests!

ONEFORTYONE




What is the research about?

The research aim is to evaluate whether our new program, TOPS (Therapist-assisted Online Parenting Strategies) can help parents to support their adolescents who are experiencing anxiety and/or depression.

What is involved?

- Participation only takes a few hours over 12 months
- You & your adolescent complete online surveys at 4 time-points: when you first register, before starting the program, and 4 & 12 months afterwards

You receive:

- Access to an individually tailored online parenting program
- Practical strategies to parent more confidently
- Tailored goals to help put these strategies into practice
- Regular contact with a TOPS-coach via videoconferencing to help you apply strategies to your own situation

To say thank-you, you & your teen will each receive e-vouchers over 4 time points (worth up to \$50 in total per person)

Who can participate?

Parents or legal guardians with their adolescent (aged 12-17 years):

- The adolescent needs to be receiving treatment for anxiety &/or depression from a mental health professional/service
- Have internet access, & consider themselves proficient in English

Interested?

For further information or to register, please click here:

bit.ly/TOP5main or contact the TOPS team by email at: med-tops.coach@monash.edu



TOPS:

Therapist-assisted Online Parenting Strategies

Help your teen manage anxiety, depression, & sleep problems

An online tailored parenting program

Weekly coaching via videoconference

Access the program anytime & anywhere

This study is being undertaken by Monash University, led by Associate Professor Marie Yap, and has been approved by the Monash University Human Research Ethics Committee.

Year 11 & 12

SACE Autumn Revision Program

Mon 15 - Thu 18 April, 2019

"If you want a good mark for Year 12, go to AEC." - Henry McQuinn

"This was by far the most helpful and productive way I could have spent my school holidays. Well worth the money spent and highly recommend it to all." Abbey H.

"Can't wait for next holidays seminars." Isabella V

"Yes they lived up to expectations, and were greater than I originally thought. A fantastic investment to revise and gain greater in depth knowledge about your subjects." Nathan P



Phone 82317776 or enrol online: www.aeg.sa.edu.au
Adelaide Education Consultants L30, 91 King William St Adelaide

MONDAY
Tinies
4 - 5 pm
Subjunior Sapphires
5 - 6.30 pm
Senior Comp
6.30 - 9 pm
TUESDAY
Inter Comp
5.30 - 8 pm
WEDNESDAY
Inter Diamonds
4.30 - 6.30 pm
Masters
6.30 - 8 pm
THURSDAY
Junior Comp
4.30 - 7.30 pm



KRYMZON

2019



NEW CLASS TIMES

All classes start the week of Mon 28th Jan except Junior Comp starting Jan 24th.

www.krymzon.com.au

MUSIC PERFORMANCES FROM GHS STUDENTS ART & CRAFT STALLS

SOUND

@ THE RAILWAY LANDS

BITES

FRIDAY 15th MARCH
@ 5pm

KOONARA WINES
AND THE SIDE
PROJECT CIDER
AND CRAFT BEER
AVAILABLE

STREET FOODS
AVAILABLE FOR
PURCHASE

GOLD COIN
DONATION



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CAVALIERS HOCKEY REGISTRATION and COME N TRY DAY Sunday 24th Feb 1pm

LOOKING FOR NEW JUNIOR AND SENIOR PLAYERS

Blue Lake Sports Park Hockey Centre

Jubilee Hwy East

BBQ provided and games

If unable to attend but still interested to play

Contact Andrea 0448872327 or email
cavaliershockeyclubinc@hotmail.com

University of South Australia Mount Gambier Campus
PRESENTS

Brain Health: Managing the brain as we get older

a free public event

We are all aging, and it is a marvellous development that - for most of us - we are taking longer to get to 'old age'. How do we spend this gift of increased years of life so they are happy 'quality' years?

Join Professor Susan Hillier, a clinician and researcher in the area of neuroscience, in particular neurological rehabilitation, to further explore how we can ensure that our brains (and bodies) are as healthy as possible in these gifted years of older age.

**DATE: 6 MARCH 2019
TIME: 6:30PM**

**UNIVERSITY OF SOUTH AUSTRALIA
MOUNT GAMBIER CAMPUS
BOB AND GAYLE COWAN AUDITORIUM
170-174 WIRELESS ROAD WEST
MOUNT GAMBIER**

SUPPER PROVIDED

REGISTER YOUR INTEREST [HERE](#)

FOR FURTHER DETAILS CONTACT MICHELE, 8721 8902

www.unisa.edu.au/mountgambier

FEATURED SPEAKER



Susan Hillier

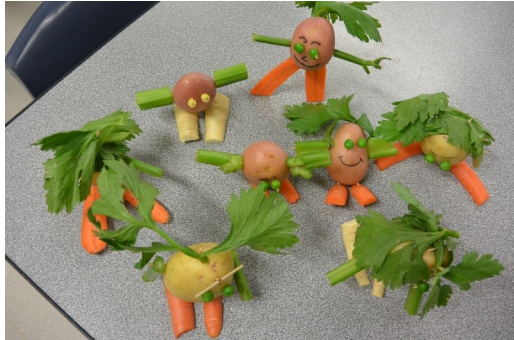
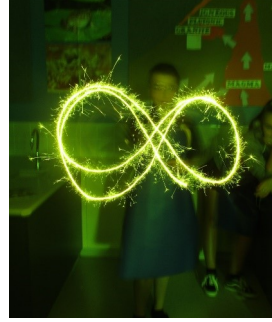
PROFESSOR:
NEUROSCIENCE AND
REHABILITATION



University of
South Australia

Mount Gambier
Campus

SCIENCE



R E S P E C T

T R U S T

C O M M I T M E N T

STAGE 2 OUTDOOR EDUCATION

Moana was the destination for the first camp of the year for both Stage 2 Outdoor Education classes. Surfing was the activity and everyone was excited for some nice weather and great surf. Fortunately, the group were treated to some amazing weather and some decent waves. To the group's credit they went out each day with a high level of enthusiasm and eager to improve their skills. I would like to commend the group for their great effort over the four days and the terrific way they represented themselves. A big thanks also to Port Noarlunga Aquatics for their enthusiastic instructing.

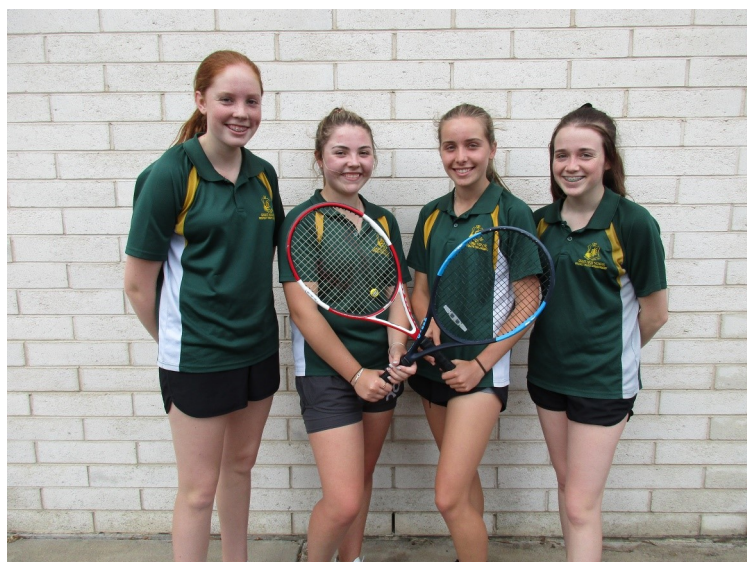


OPEN KO TENNIS

Olympic Park saw four schools from the region come together on Tuesday of Week 4 to battle it out to see which school reigned supreme at Open Tennis. The boys team were the hot favorites going into the day with uncertainty over the girls' side, as two new players had joined the team only 12 hours prior.

The boys showed no weaknesses over the whole course of the day, comfortably beating Tenison Woods, Mount High and St Martins. Brady Cook and Dane Heemskerk played some fast-paced tennis occupying the number 1 and 2 spots for the day. Rylan Ward, Zayne Young and Jesse Plunkett rotated themselves between doubles and singles playing 3 and 4 and showed no weaknesses. Rachel Hamilton and Jas Poel played the 1 and 2 spots for the girls and played strong tennis all day. Bri Scanlon and Jayde Revill stepped up at the last minute to fill the number 3 and 4 spots, won many of their games, and put up a strong fight. The girls narrowly missed out on becoming regional champions by losing to St Martins by 2 sets.

The boys are now off to Adelaide to compete in the second round. Thanks to all players for their dedication and enthusiasm.



R E S P E C T

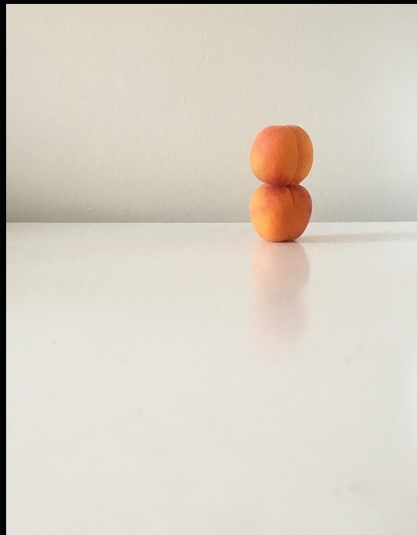
T R U S T

C O M M I T M E N T

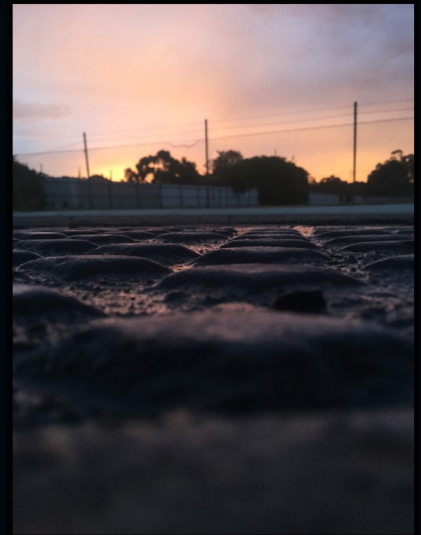
YEAR 10 PHOTOGRAPHY



TAMEKA COPPICK



ALEX JOLLEY



LAURA MURPHY



EDWARD NEW



HANNAH SPENCER



JEMMA
GLYNN



PAIGE
ALLEN



RILEY LOCK



PAIGE ALLEN

R E S P E C T

T R U S T

C O M M I T M E N T

YEAR 10 PHOTOGRAPHY



GEORGIE MANN



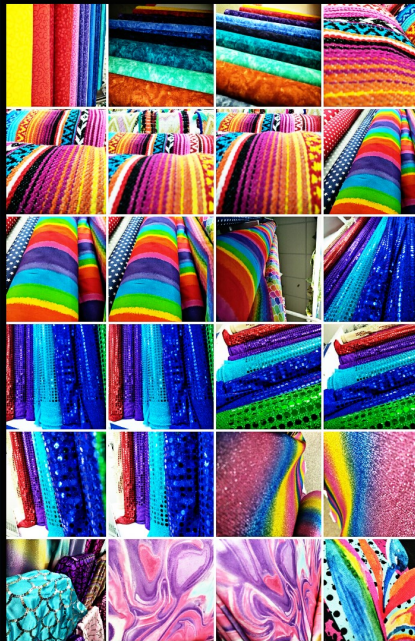
KAITLIN PEBERDY



CAITLIN CLEMENTS



ALEX JOLLEY



RACHEL
CURTIS



EDWARD NEW



JEMMA GLYNN



PAIGE ALLEN



ELLA
SIMMONDS



SHELBY JONES

R E S P E C T

T R U S T

C O M M I T M E N T

YEAR 8 CAMP - OPTR



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ATHLETICS CARNIVAL PROGRAM AT A GLANCE

GRANT HIGH SCHOOL'S "AT A GLANCE" ATHLETICS PROGRAM

	100m	200m	400m	800m	1 5 0 0 m W E D N E S D A Y										RELAY	TRIPLE JUMP	HIGH JUMP	LONG JUMP	DISCUS	SHOT PUT	JAVELIN			
Male	9:23	11:30	1:05	9:50	SACK RACE	TUG OF WAR	STAFF V STUDENT RELAY	11:00	2:15	11:30	10:15	1:30	11:00	9:45	10:45	1:30	11:00	9:45	10:45					
U/14																								
Female	9:20	11:25	1:00	9:50				10:45	2:10	11:15	9:45	1:00	11:30	9:15	10:15	11:30	9:15	10:15	11:30	10:15	11:15			
Male	9:29	11:40	1:15	9:55				11:05	2:25	1:30	11:15	9:45	10:45	1:30	11:30	10:15	9:15	10:45	11:30	10:45	11:30			
U/15																								
Female	9:26	11:35	1:10	9:55				10:50	2:20	1:30	10:45	9:15	11:30	10:15	9:45	11:15	10:15	11:30	1:30	10:15	11:15			
Male	9:35	11:50	1:25	10:00				11:10	2:35	9:45	1:30	10:45	9:15	11:30	10:15	9:45	11:15	10:15	11:30	1:30	1:30			
U/16																								
Female	9:32	11:45	1:20	10:00				10:55	2:30	9:15	11:30	10:15	9:45	11:30	10:15	9:45	11:15	10:15	11:30	1:30	1:30			
Male	9:41	12:00	1:35	10:05				11:20	2:45	10:45	9:15	11:30	10:15	9:15	11:30	10:15	1:30	11:30	10:15	1:30	9:25			
OPEN					SPOKE RELAY																			
Female	9:38	11:55	1:30	10:05				11:15	2:40	10:15	1:30	11:30	10:45	1:10	9:15	10:45	11:10	9:15	1:30	9:15				
					SACK RACE					TUG OF WAR					STAFF V STUDENT RELAY									
					12:00 - Year 11/12 12:05 - Year 10 12:10 - Year 9 12:15 - Year 8					12:25 - Year 11 / 12 12:30 - Year 10 12:35 - Year 9 12:40 - Year 8					12:45 - Year 11/12 12:50 - Year 10 12:55 - Year 9 1:00 - Year 8					2:50				

R E S P E C T

T R U S T

C O M M I T M E N T