

Term 2 Update



Robyn McLean
Principal

Roy Webb
Head of Secondary Years

Mari Terreri
Dean of Student Well Being
and Engagement

Allyson Goodale
Head of Early Years

Chan Welfare
Head of Primary Years

Teresa Maiolo
Coordinator of the Centre for
Hearing Impaired (CHI)

Danielle Smith
Business Manager, B-12

From the Principal...

Term 3 is an important time in the academic calendar year, as our students consolidate learning from the first semester, and begin to choose pathways for the next year...

Our Year 12 students are busy undergoing investigations, assessment tasks and finalising their learning for the completion of their SACE.

Staff at the school will support all Year 12 students finalise their University and TAFE options and submit their SATAC applications. The web address for SATAC (who process all applications for university and TAFE in South Australia) is www.satac.edu.au

Applications are now open – and close on Friday September 28 (after this date a late fee applies).

If you have questions that are not answered on the website, please contact us for assistance.

Students in Year's 9 to 11 are considering subject choices for next year, using our online program for selection.

We are receiving high numbers of enrolment enquiries from families with children entering Preschool, Reception and Year 8 in 2019. If you know of families wanting to enrol, please encourage them to contact us soon to enable us to plan effectively for our classes next year. If you know that your child will not be returning to us in 2019, please let us know as soon as possible.

Student Free Day

Friday August 31 will be a Student Free day, in which our staff will work with teachers in other secondary schools to improve learning and teaching; and our Early and Primary staff will be focussing on improvement of Oral Language and Reading.

Monday September 3 is a School Closure Day, recognising the local significance of the Adelaide Show. Some of our students are performing at the show – go along and encourage them!

I recognise the inconvenience that such days can create for families, and thank you for the cooperation that ensures that our educators have these opportunities to learn.

Dental Clinic

Returning Week 2 next term, please contact the school if you need a consent form.

Book Week Celebrations

Students across our school have taken the opportunity to celebrate books in costume; with our Preschool and Primary students dressing up to "Find their Treasure" in stories and our Secondary students and staff celebrating "200 Years of Frankenstein"

I was pleased to join parents who attended the parade at Beatty Ave this morning, and share lunch time activities in our Resource Centre at McKay Ave this afternoon. As you can see in the photo below, we were blessed with at least two characters from the Harry Potter series. Our senior students and staff included several brides of Frankenstein, a few witches and warlocks and a pumpkin! Chan and Ewen, CJ and Cat were happy to pose!



Robyn McLean, Principal

Avenues College Birth to Year 12

Diary Dates

Student Free Day: Friday 31st August

School Closure Day: Monday 3rd September

End of Term 3: Friday 28th September
EARLY DISMISSAL—2pm

First Day of Term 4: Monday 15th October

Avenues College Secondary Campus

McKay Avenue, Windsor Gardens SA 5087

T: 8261 2733 F: 8261 0827

E: dl.0906.info@schools.sa.edu.au

W: www.avenues.sa.edu.au

Avenues Primary Campus

Beatty Avenue, Hillcrest SA 5086

T: 8261 3339 F: 8266 1471

E: dl.0146.info@schools.sa.edu.au

Avenues Northern Oval Track Project Survey

We want to thank those who've responded to the survey as we really appreciated the ideas and interest in the project. Thank you.

The information helped to show community interest and involvement with the end goal of gaining a grant from Port Adelaide Enfield Council to start the development of the oval.

We would still encourage people to complete the short survey because your answers will provide useful data for future grant applications which often need to be submitted at short notice.

Musical Theatre Troupe

Term 3 has seen the introduction of a Musical Theatre Troupe at the Beatty Avenue campus. Rehearsals have begun with enthusiasm from all students. Our students will be rehearsing throughout the next two terms to deliver a production at the end of Term 4. We have been working closely with Cherie from the McKay Avenue campus to develop student's vocal confidence and ability. More information regarding performance time will be released closer to the date.



Our year 6/7 class has been working hard on the repertoire for the Northern Regions Festival of Music. This choir is an excellent opportunity for the class to demonstrate their learning and work collaboratively with students from other schools to deliver a fantastic performance. Students will continue to work on the songs throughout the term for the performance in



Week 2 of Term 4. For the first time, we have had students audition for solo singing parts within the festival. This was a fantastic opportunity for the students to gain experience in Performing Arts.

With such fantastic response to instrumental lessons, we continue to offer lessons in violin, piano, drums and voice in the primary years. Any students wanting information regarding this opportunity should speak to Josh.

Year 8/9 Boys Football



Senior Girls Football- Champions!



Year 12 Integrated Learning students

On Tuesday 19 June, our Year 12 Integrated Learning Students visited the Australian Centre for Ancient DNA at the University of Adelaide. This excursion was relevant to their program focus on Palaeontology and aimed to offer students an insight on the scientific viewpoints of megafauna extinction.

We were warmly received by Professor Jeremy Austin and led to a conference room, where we listened to a presentation by Prof Austin and Dr Kieren Mitchell, leading megafauna researchers. We learnt interesting scientific facts about megafauna extinction and about the techniques being used for investigating life in the past. We also had the privilege of visiting one of the research labs and looked at some of the most sophisticated equipment being used. It was indeed interesting to discover how this centre provides international standard facilities for extinct life research across the southern hemisphere.

The highlight of the excursion was looking at the bone samples such as the skull, jaws and teeth of animals that were once part of the Australian megafauna. The students had the opportunity to ask questions relevant to their assignment and discuss future career options in ancient DNA research, making this excursion an exciting experience.

Deepa, Jha
Integrated Learning Teacher



NAIDOC Week

NAIDOC Week B-12 breakfast in the Parndendi Cafe celebrating this year's theme of 'Because of her, we can'.



Science alive, careers, expo & STEM challenge

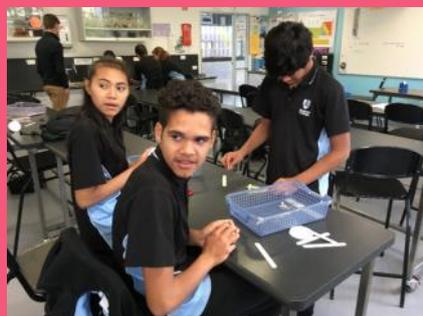
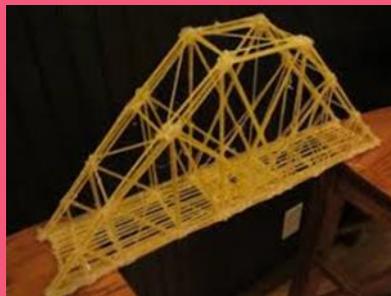
 **national science week 2018**

The theme for science week this year is 'Game Changers and Change Makers'. On Friday the 3rd of August all Year 10,11 & 12 students studying Science at Avenues College had the opportunity to explore becoming change makers through a career in Science at the Science Alive Careers Expo. The Careers Expo provided students with a hands-on chance to explore their interests and career pathways in time for 2019 subject selections.



STEM CHALLENGE

To celebrate Science week, 11th -19th August 2018, Year 8 & 9 students took part in the Avenues STEM challenge. Students demonstrated and practiced the game changing skills of teamwork, creativity and problem solving by competing against each other in the Snowball Catapult, Spaghetti Bridge Building, and Crystal Growing challenges to win house points.



Festival of Music Auditions

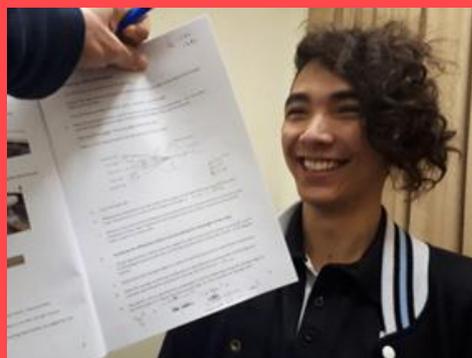
Beginning last year, our Year 6/7 students have been participating in the Northern Regions Festival of Music. On Tuesday the 14th of August, we sent five students to audition for solo roles in the festival. These included singing soloists for various songs and compere roles to host the event. It was fantastic to see these 5 students have the courage to nominate themselves to audition for these roles. We are very excited to announce that three students won the parts they auditioned for. We will have Evelyn Donaldson performing a solo for *Glorious*, Kye Williams-Courtney and Tegan Revolta as the comperes for the event. We are all so proud of the courage and achievements of these students and look forward to watching the festival.

The Northern Regions Festival of Music will be performed on Wednesday the 24th of October (Term 4, Week 2) and we invite all to join us. Information can be obtained from Lisa on 8261 3339.



Senior Physics 2018

This term the senior Physics' students attended their 3rd and final practical at UniSA. During their visits the students have investigated collisions and manipulated the pathways of electrons using magnets and electric fields. In their most recent visit they explored the behaviour of light using lasers and compared the thickness of different colours of hair as well as calculating the wavelengths of different colour lights. The staff at UniSA were amazed how well everyone participated and remained entirely focused on their work continuously for over 2.5 hours for each visit. Congratulations to you all and I hope Lochlain and Alex are as happy with their end of year exams as they were with their results from the last visit. Great effort to all.



Winners & Grinners!

Year 8 and 10 students attended a two day basketball carnival held at The Gardens Recreational Centre on Thursday and Friday of week 5. There were 11 schools and 32 teams participating in this annual event held over two days.

All players showed great team work and the two days were a huge success.

We are proud to say our teams took out the grand final prize in the B division and each player was awarded a trophy.

Congratulations to each and every player.



Avenues Environmental Group

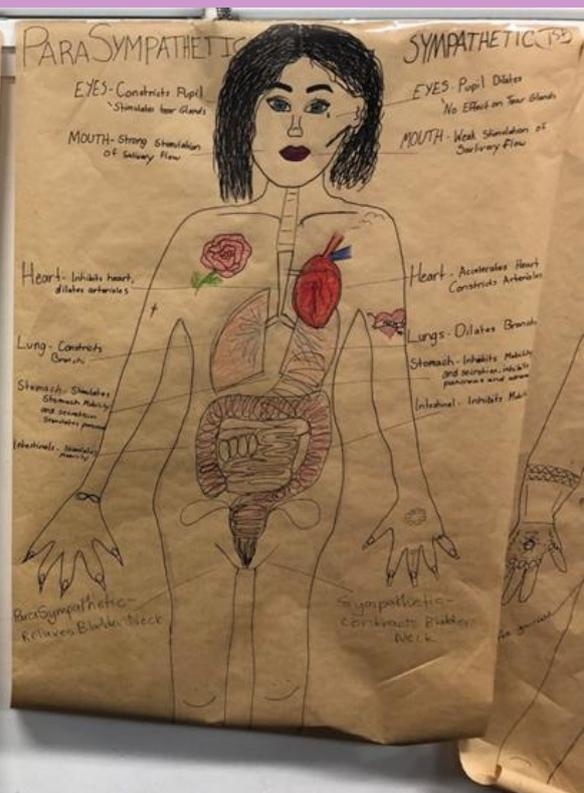
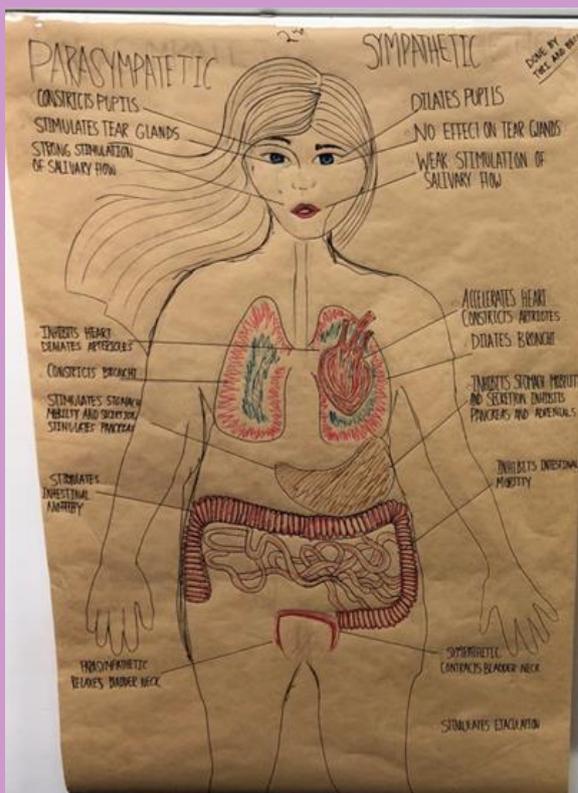
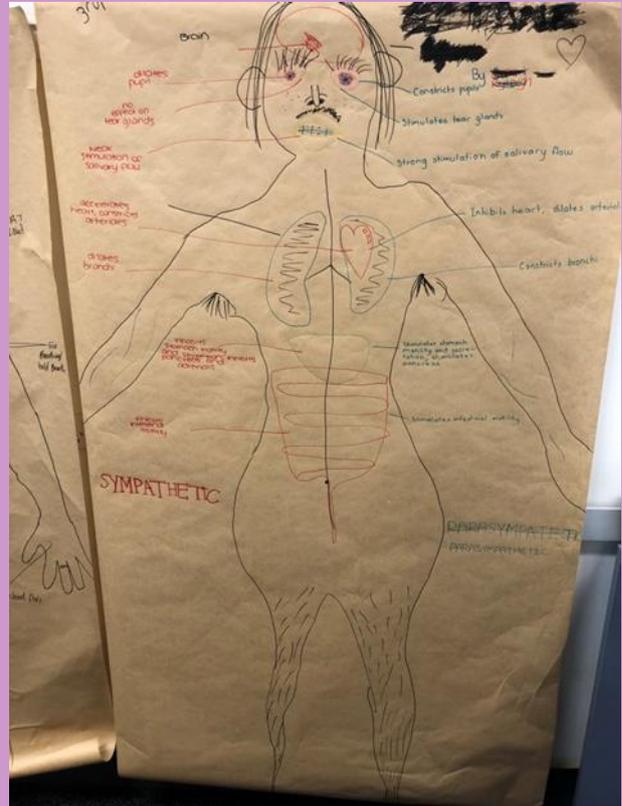
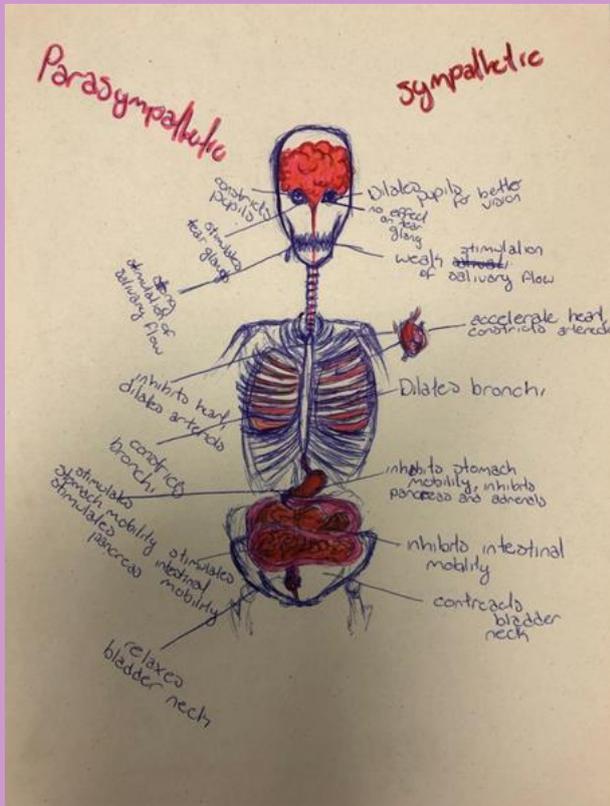
The Avenues College Environmental Group would like to introduce themselves and their new logo. This group started late last year and have been meeting all of the first semester. Their aim is to increase the awareness of the environment to the community as well as improving the school environment. There are two Year 11 ringleaders, Rebecca and Tori who last semester arrange the Australian Youth Climate Coalition to speak to Year 8 Science classes. This semester to coincide with National Tree Day the group organised the successful planting of 96 native plants that aim to attract butterflies. Great effort by everyone who came out and was involved, including the hungry caterpillar that we found already on one of the plants before it had even been planted.



Year 11 Psychology

Throughout Term 3, the Year 11 Psychology class has been learning about the experience of Emotions, and the way that the body's Autonomic Nervous System responds to them. Students had a go at drawing a life size representation of the impact of Emotions on the human body. Next term we will be looking at Human Psychological Development and the human brain!

Vanessa Guerin – Psychology Teacher



ANIME DRAWING COMP

Winners



◆ 1st Prize—
Toby Smales



◆ 2nd Prize—
**Shakira
Anderson**



◆ 3rd Prize—
Jack Silvester



Thank you

Ingle Farm Little Athletics Centre
Golding Oval, Redhill Rd, Para Vista
inglefarmlittleathletics@gmail.com

What is Little Athletics?

Little Athletics is a modified version of Athletics (track & field), to suit the needs of children from the age of 3 to 16. We are open to all athletes, of any ability, because the emphasis is on personal improvement and fitness.

Come and Try Little Athletics!

Before you need to sign up as a member, you have the opportunity to Come & Try. For only \$5 you can attend two of our competitions, and if you later join as a member, we'll give you \$5 off your uniform. To help things run smoothly, and minimise paperwork, please register in advance at salaaportal.myrcrm.com

We start on Sunday 16th of September, at 9am, and continue most Sundays until March. Please email us, or see our website, for more dates



REGISTRATION & INFORMATION DAY



NORTH HAVEN SURF LIFE SAVING CLUB
Saturday 13th October
12:30—2:00pm

If you're interested in finding out more about Nippers and want to become a member of our family friendly club, join us for a free 'Come and Try' session.

There will be scheduled activities for Nippers aged 5-13 years but anyone can come along to learn more. Learn surf life saving skills, join in beach activities and meet new friends.

Membership—\$60 per child or \$150 per family.

North Haven Surf Life Saving Club—44 Australia 2 Ave, North Haven
For further info email—nippers@northhavenslsc.com.au

Deadly Fun Run

The Event: Port Adelaide Deadly Fun Run – Thursday 20 September, 2018

Athletics SA (in association with the Port Adelaide Athletics Club and their Aboriginal Athletics Program) will be holding a Fun Run on Thursday 20 September, 2018. This fun run/walk will start and finish at Hart's Mill, Mundy St, Port Adelaide and follow the Port Loop Path.

About the Organisers:

Athletics SA is a not for profit, community focused organisation offering athletics competitions and services for participants of a variety of ages and abilities. The Port Adelaide Athletics Club operate an Aboriginal Athletics Squad that encourages local Aboriginal people (of ages 11 and above) to participate in athletics and fitness in a fun, friendly and positive environment.

The aim of this Fun Run is to improve physical activity, encourage school attendance and academic performance and promote mental health and wellbeing.

About the Event:

Entry fee: FREE

Date: Thursday 20 September

Location: Hart's Mill, Mundy St, Port Adelaide

Arrive by 9.30am

Event Start time: 10am

Finish time: 12.30pm (this is the time the finish line festivities will conclude, and students will depart back to school)

Distance: Choice of 5km run or 3km run/walk. The main emphasis is on participation and completion of the distance.

The key target of the Fun Run is Aboriginal and Torres Strait Islander students, however all students, parents, teachers and friends are invited to participate.

We are arranging for many local organisations to have displays and stalls promoting positive health and lifestyle messages for all our participants after the event on the lawns of Hart's Mill.

What you can do / How to join in...

We are encouraging schools to participate in the event and are seeking your assistance to promote the event to all students (Year 6 and above for primary schools) to enable as many students that would like to participate to be able to attend.

As we are still working on the finer details, we will be provide you with more promotional material and entry forms for the students to complete and obtain parent permission soon.

Athletics SA are excited to be hosting this Deadly Fun Run event, in the effort to improve healthy lifestyle choices and mental wellbeing for all students.

If you would like any more information please feel free to contact Athletics SA on 8354 3477 or via email at recurring@athleticsa.com.au.



Sleep



Sleep is a really important part of our life. It helps us to feel well, focused and happy. Most people experience a bad night's sleep now and again, but if you regularly don't get enough sleep it can really affect how you feel and what you can get done during the day.



How much sleep do I need?

Everyone is different, and the amount of sleep you need might be different to what your friends need. In general though:

People aged 14-17 need between



People aged 18-25 need between



Why is sleep important for good mental health?

Good sleep habits have been shown to improve mood, concentration and performance at school or work. They may also help control overeating and help prevent obesity.

Lack of sleep is linked to symptoms of depression such as feeling down, hopeless, irritable, having thoughts of suicide, and using alcohol or other drugs.

Research suggests that for every hour of sleep you miss at night, there is a:



increase in risk of unpleasant emotions or feelings that affect day to day function



increase in the chance of feeling sad and hopeless



increase in the chance of having thoughts of suicide



increase in the chance of suicidal behaviour



increase in the chance of using tobacco, alcohol or marijuana.

People who regularly go to sleep very late each night and don't wake up until the afternoon may have Delayed Sleep Phase Syndrome, and are at an increased risk of developing insomnia and depression.

Very short sleepers (less than five hours each night) are more likely to experience long-term mental health issues than people who get enough sleep.

On the other hand, if you sleep more than the recommended amount each night, find it hard to wake up in the morning or still feel tired during the day, something else might be going on.

If you're worried about any aspect of your sleep, or are experiencing any of the negative consequences of bad sleep, get in touch with your GP.

What gets in the way of a good night's sleep?

For young people, not getting enough sleep might be caused by:

Biological factors: such as puberty or changes in your body clock

Environmental factors: such as social pressures, school or university workload, use of electronic devices, or using alcohol or other drugs



Sleep



Some tips for a good night's sleep

If you're having trouble falling asleep or staying asleep, here are a few things you can try:

- **Aim to get to bed and wake up around the same time each day**, including on the weekend. This helps your body to get into a routine. Try not to take naps in the day as this affects your body's routine.
- **Turn off your screens (such as your phone, TV and laptop) at least 30 minutes before bed time.** The light from screens can stop your brain producing the sleep chemical melatonin, which is important in helping you get to sleep.
- **Try not to worry about having a bad sleep.** A lot of people underestimate how much sleep they get – so you might find it useful to use a sleep app to see how much sleep you're getting.

However, if you find that this makes you focus on how much sleep you're not getting, you may be better off without it.

- **Natural sleep cycles are based on your body clock, which is mainly set by when you're exposed to light.** Light is needed in the morning, so aim to be outside for 30 minutes, sit by a bright window, or use a specially designed artificial light sources. In the evening, your body needs less stimulation, so try dimming the lights.
- **Exercising during the day is a good way to make you tired at night.** This might mean going to the gym, walking around the block at lunchtime or playing sport. Try to avoid exercising last thing at night though, as this can keep you awake.

• **It's best to try and keep your bed for sleep and sex.** Working, watching TV or being online in bed can cause your brain to associate bed with being alert and awake.

• **Your bedroom should be dark, cool (around 16-18°C) and quiet.**

• **Try to limit how much caffeine you have, including coffee, energy drinks and soft drinks.** Also, try to avoid caffeine entirely after lunchtime.

• **Avoid drinking alcohol before bed.** It might make you sleepy, but you're less likely to get good, restful sleep with alcohol in your system.

• **Avoid smoking before bed.** Discuss ways to quit smoking as well as any other problems with drugs or alcohol with your GP.

• **Sleep medications are not usually required to help with sleep problems.** While they can help in the short term, they also have a number of side effects and may not give good quality sleep. Your body can also get used to these medications quickly so the effect wears off.



For more information about sleep, go to

www.sleephealthfoundation.org.au

www.reachout.com

Getting help

If you find it hard to fall or stay asleep, or you feel tired a lot of the time, a healthcare professional may be able to help. In a first instance try contacting **headspace** or get in touch with your GP.



headspace

National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au

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Come and Play NETBALL

Cheerio Netball Club is welcoming new players of all ages for the current winter season and upcoming summer season.

Register now!

Ph: 0419 810 656

Email: secretary@cheerionetball.com

Website: www.cheerionetball.com

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Sprout Cooking School & Health Studio

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To join Saver Plus, you must have a Centrelink Health Care or Pensioner Concession Card, be at least 18 years old, have some regular income from work (you or your partner), and have a child at school or attend vocational education yourself.



Saver Plus is an initiative of the South Australian Government, delivered in partnership with Berry Street, The Salvation Army and The Smith Family and other local community agencies. This program is funded by ANZ and the Australian Government Department of Social Services. Go to www.saverplus.org.au for more information.



OPEN NIGHT

Wednesday, August 29th - 6pm to 8:30pm

Wirtlu Yarlū Aboriginal & Torres Strait Islander Year 10, 11 & 12 Student Open Night

JOIN US for a night of informative presentations designed to answer some of the biggest questions about pathways into university; including SATAC preferences, course pre-requisites, study support, scholarships and much more.

BE BETTER PREPARED to make decisions about your future educational pathway with our Karnkanthi high school student program.

Pizza dinner from 6pm*. Giveaways and prizes to be won: including \$50 Officeworks, GooglePlay, or iTunes vouchers; an iPad Pro and much more.

To Register

*Registrations are essential for catering purposes. Register via eventbrite : <https://bit.ly/2vFMdW1>

ENQUIRIES wirtlu.yarlul@adelaide.edu.au
TELEPHONE +61 8 8313 3623
FREE-CALL 1800 651 763
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