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DIARY DATES

Thursday 2nd May

- Parent Teacher Interviews
2.00pm - 7.30pm
Students dismissed at 1.05pm

Friday 3rd May

- Casual Day

Wednesday 8th - Friday 10th May

- Y9-10 Woodhouse Camp
- Y12 OED

Tuesday 14th May

- Finance Meeting 6.30pm

Tuesday 14th May

- Talent Night 7pm

Tuesday 14th and 21st May

- Vista Sport

Tuesday 14th - Thursday 16th May

- Y9 NAPLAN Tests

Wednesday 15th May

- GG ICT Ref Ctee 6.00pm

Monday 20th May

- Y8 - Hep B and HPV

**Monday 29th April
Student Free Day**



Principal's Column

Paul Wilson | Principal

WELL-BEING

Student well-being is very important to us. For our students we know that feeling good about themselves and feeling safe and supported are critical to experiencing positive learning outcomes at school. Our school places a priority on having a culture and environment that supports optimum student well-being. We are developing a school well-being framework to guide us in ensuring that we are a caring school that attends to the well-being of our students.

In discussing this framework at the last Governing Council meeting the issue of **bullying** was vigorously discussed. Drawing on the work of Michael Grose a parenting educator who provides advice to our school I thought that I would use this newsletter column to discuss bullying and the impact that it can have on well-being.

Bullying is a word that's wrapped in emotion.

For many people bullying is associated with **bad childhood memories**. It's been estimated that around 40% of people have experienced some type of bullying in the past. The ghosts from the past are never far away for parents and can sometimes influence the way we react to current circumstances, including when our own children experience difficulties in their relationships inside or outside school.

Bullying is an insidious behaviour that transgresses children's natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Types of Bullying

Bullying takes many forms and guises including physical and emotional abuse, intimidation, harassment and exclusion. It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyber-bullying now means that kids can't escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the selective, uninvited, repetitive oppression of one person by another person or group. It should not be tolerated or practised by the adults who inhabit their world.

If your child is being bullied - advice from Michael Grose

1. Listen to their story: Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective antisocial acts. Kids can be nasty to each other, yet this doesn't constitute bullying.

2. Deal with their feelings: A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to 'think' language) and feel. It's normal to feel sad, scared or just plain confused.

3. Get the facts: Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

4. Give them coping skills: With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

5. Get the school involved: Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of our schools' anti-bullying procedures and programs, and be willing to work within these guidelines.

6. Help build your child's support networks: Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

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7. Build their self-confidence: Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It's worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.

If you would like a copy of our draft well-being framework and/or would like to talk to us about our anti-bullying program and procedures, please don't hesitate to contact our student counsellors, Toni Carellas (Deputy Principal) or myself.

Paul Wilson
Principal

FROM THE DESK OF ICT

1. Laptops for loan by current Year 8's

We are currently looking at the option of Year 8 students being able to have access to a school loan laptop for use in class. We have recently conducted an audit of current stock and are seeking responses from families as to what choice they would make for their child in relation to a School Loan Laptop or a BYOD [Bring Your Own Device]. We would like all Year 8 families to return the notice of intention to school so that planning can facilitate this. As with other year levels, a BYOD device will need to be Registered and Tag Tested for use at school, at the IT help desk.

2. BYO registration:

Any student who brings their own device to school is required to have their own device registered and have certificates installed at school. This will ensure that the device conforms to DECD regulations and complies with security levels. This stipulation is also protection against inappropriate use of the internet at school.

This process also involves having the device tagged and tested for electrical compliance in line with WHS regulations. If students want their charger at school then it too must be tagged and tested for WHS.

3. Viruses doing the round and be careful what you click on, cyber safety:

With the multitude of laptops at school, and use of USB drives by staff and students, we all need to be vigilant of protection against viruses on our ICT equipment. The school's IT Team is constantly monitoring systems at school for instances of viruses.

Students also need to be vigilant that they protect themselves when a virus infects their device/s. Our processes for a cyber-safe school are very strong and we will continue to run programs that help students to understand the need to protect their digital identity. To help in this regard students are asked to be constantly backing up files in case of virus infection. Students should not share USB drives as that is one way that viruses are transmitted.

~ WHEN IN DOUBT, BACK IT UP ~

4. Use of SkyDrive for storage and synchronisation of files:

The school's access to Learn Link for email allows for remote access to a Sky Drive that allows storage for files. This is a great opportunity to become users of "cloud" technology. More specific details can be searched online and is freely available to all of us. Access to Learn Link and email is possible from home at www.outlook.com and then log in with a suitable school based email login [Learn Link Account] and proceed to use the service. Being approved by DECD, it becomes a safe storage option for students. Details will be released soon in the whole school community

5. Parent teacher interviews, process, what to expect. PTO will give opportunity to update email address:

Parents are reminded that Parent Teacher interviews will be held in Week 1, Thursday May 2nd. A letter will go out with the report with details for logging in to make appointments online. The PTO website allows access to teacher's appointment schedule and availability. If for some reason parents are unable to log in online then they can ring the school to ensure their requests are processed. All details are contained in the letter to parents.

Oryst Tkacz

Senior Leader / ICT Coordinator



INSPIRATIONAL, MOTIVATIONAL LEADERSHIP Defence Force Leadership Day

On Tuesday 26th of March, we went to a Defence Leadership Day at Keswick and Woodside barracks. It was a great experience and we participated in many activities including; an over pool obstacle course, team building activities and the use of the Officer's Mess. These activities helped us develop new skills such as initiative and teamwork. Most of these activities were working with other students, to overcome certain obstacles. The over pool obstacle course was the highlight of our day, as this course required team work as much as persistence. Helping others to complete the course and working as a team to overcome your fears; such as heights.

We made many new friends from schools all over South Australia. The Australian Defence Force personnel were extremely friendly and respectful, everything was well organized and the day ran very smoothly. As we both wish to pursue a career in the Defence Force we found this day very worthwhile and we would recommend that anyone interested in a career in the Defence Force, participate if the opportunity is repeated. We appreciate the school for nominating us to attend this amazing opportunity; and we thank the Defence Force Recruiting staff for organizing such a great day.

by Bradley Balfour and Connor Hill



VISTA ATHLETICS CARNIVAL 2013 – COULD WE MAKE IT 5 YEARS IN A ROW??

On Wednesday 27th March over 100 students travelled down to Santos Stadium to compete in the Vista Athletics Carnival against 7 other schools in Division 'A' of the competition. We had won the event for the previous 4 years and were hopeful of retaining the title with an almost full strength team available for the event.

Our team of athletes competed well and did not disappoint with some excellent individual performances and 3 records being broken. Jed McInnes set a new record in the Senior Boys shot with a distance of 10.34m. Desiree Willington did the same in the senior girls 3000m with a time of 10 minutes 28 seconds and our senior boys won the 4 x 100m relay in a record time of 46.1seconds. In addition to this we had some other notable performances which are summarised below:

Name	Event	Placing
Maxim Bolderoff	100m, 4x100 relay, Long Jump	1st, 1st, 2nd
Monica Brown	100m, 200m, 4 x 100m relay	1st, 1st, 2nd
Jake Buckerfield	100m, 4 x 100m relay	1st, 1st
Luke Copini	100m, 200m, 4 x 100m relay	1st, 1st, 1st
Cameron Dollman	100m, 4 x 100m relay, Javelin	1st, 1st, 2nd
Jamie Faraonio	100m, 200m, 4 x 100m relay	2nd, 2nd, 2nd
Josh Hawgood	100m, 200m, Triple Jump	1st, 2nd, 2nd
Harrison Hunt	4 x 100m relay, 100m, 1500m, 800m	1st, 2nd, 2nd, 2nd
Maya Lange	100m, 400m, Long Jump, 4 x 100m relay, High Jump	1st, 1st, 1st, 2nd, 2nd
Alice March	200m, 4 x 100m relay	1st, 1st
Brady Monaghan	4 x 100m relay, 100m, 200m	1st, 2nd, 2nd
James Poole	4 x 100m relay, 100m, 200m	1st, 3rd, 3rd
Sam Russell	1500m, 4 x 100m relay, 400m, 800m, Triple Jump	1st, 1st, 1st, 1st, 3rd
Cameron Sayner	100m, 200m, 4 x 100m relay, 400m	1st, 1st, 1st, 2nd
Liam Skinner	100m, 4 x 100m relay, Triple Jump	2nd, 3rd, 3rd
Skye Solomons-Foat	400m, 200m, 800m	1st, 2nd, 3rd
Sophie Wallace	4 x 100m relay, 100m, 90m Hurdles	2nd, 3rd, 3rd
Matt Weninger	100m, 4 x 100m relay	1st, 1st
Alex Whiting	100m, 4 x 100m relay, 90m Hurdles	2nd, 2nd, 3rd



At end of that day it was evident that the competition was between ourselves, Modbury, Banksia Park and Norwood Morialta and as the scores were being read out we were all anxious. To our delight we were once again crowned Vista Athletics Division 'A' champions for the 5th year in a row. A fantastic effort by all students and staff involved in the event and worth all the hard work.

At the end of 2013 we will sadly lose some of our best athletes when they complete their Year 12 studies. I would like to acknowledge these students for their contribution to Athletics at Golden Grove High school. A special thank you goes to: Jasmine Antrobus, Rachel King, Ashleigh Jones, Sarah Woodcock, Demi Miller, Jess Chadwick, Sam Russell, Kyle Young, Jake Buckerfield, Josh Hawgood, Rhianna Swanbury and other students that have been a part of our Athletics teams over the last 5 years.

Tim Potter
Sports Coordinator

Positive Parenting

Mums, Dads and Carers are invited to attend this FREE six week Parenting Course

Topics will include:

- What is Positive Parenting
- Communication
- Behaviour Change
- Parents Looking After Themselves
- Why Children Misbehave
- Self Esteem
- Behaviour Management
- Anger Management



Bookings will be accepted from Monday 29th April, 2013

Where:	When (all dates to be attended):
Centacare, 33 Carey Street, Salisbury	Thursday 16 May 2013 Thursday 23 May 2013 Thursday 30 May 2013 Thursday 6 June 2013 Thursday 13 June 2013 Thursday 20 June 2013
Time: 10.00am to 12noon	
Duration: 6 weeks	

A crèche is also available free of charge.

Bookings for the course and crèche are essential.
Please contact Centacare on (08) 8250 3694.

NAPLAN 2013

All Year 9 students will be involved in NAPLAN testing during Week 3 of Term 2.

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an assessment program for Year 3, Year 5, Year 7 and Year 9 students, testing knowledge and skills in aspects of literacy and numeracy.

In 2013 the Year 9 tests will be held on Tuesday 14th May, Wednesday 15th May and Thursday 16th May. All Year 9 students are expected to participate in the NAPLAN tests unless exemption/withdrawal approval is negotiated with the Principal before the 3rd May 2013.

The test results will add to existing assessment knowledge for each student and will assist in identifying intervention strategies that provide the greatest advantage for improvement and progress.

For further information refer to the NAPLAN website www.nap.edu.au or DECD <http://www.decd.sa.gov.au/accountability/pages/Assessments>.

Mr Mike Meredith
Senior Leader

FAMILIES AS CAREER PARTNERS EVENING

On Tuesday May 14, 2013 at
Golden Grove Arts and Recreation Centre,
Golden Way, Golden Grove

6.15pm for light refreshments with the session
starting at 6.45pm and concluding by 8.45pm

This evening is designed for parents and carers of children attending schools in the north eastern region.

Topics include:

- How jobs and pathways have changed
- How to assist your child/children to make decisions about their future education, training and employment
- Resources and strategies to assist with the process



Guest Speaker: Dr Darryl Cross

Darryl is a careers coach and psychologist. He is also an author, university lecturer and international speaker as well as providing both executive and personal coaching for over 13 years in both government and commercial sectors. Darryl has authored an online career interest test called the "Vocational Interest Questionnaire" and has written a book on depression in the workplace, on how to stop self-sabotage, on the power of listening within business, on success and happiness, on adolescence, and parenting. He has published numerous academic papers for national and overseas journals as well as for the popular press. Darryl is regularly on talk-back radio, on various segments on Adelaide television as well as in the print media.

To reserve your seats by Friday 3 May please contact:
Claudia Brewis - Golden Grove High School 82826400



TALENT NIGHT

OUT OF THIS WORLD

Tuesday 14th May

Doors open @ 6pm

Come support our World Vision
children.

Raffle Prizes and Snacks available on the night.