



Renmark High School

www.renmarkhs.sa.edu.au

Trust

Respect

Responsibility

Accountability

Fun

From the Principal's Desk

Dear Parents, Caregivers and Friends, Interschool Sports Day

Well done to the students who have been selected to represent Renmark HS at the Interschool Sports Carnival Day held at Loxton HS next Wednesday, where you will be competing with students from Glossop, Loxton and Waikerie High Schools. We wish you all the best in your events. The following week we will have selected Renmark HS students in the team that competes in Adelaide.

Professional Development

As staff we are continuously developing our skills to better support our students. Often this development is in teaching and learning (such as next week's Student Free Day) however health and wellbeing are also important to student success. Last night Renmark HS staff were joined by some staff from Renmark

Youth Opportunities Positive Empowerment Program

The Youth Opportunities Positive Empowerment Program is endorsed by the school and will be offered to all Year 10s during 2017. It is a 10 week program that sees a maximum of 18 students take part in a transformational program that focuses on creating success and happiness, forming and maintaining good habits, and personal leadership. Throughout the course students will also build their confidence and increase their motivation towards school and work and, further develop their sense of self-worth; helping them to overcome challenges, reach their full potential, achieve and thrive. Successful completion of the program will also give students 10 SACE credits. The Youth Opportunities trainers, Kerrie Robertson and Tracy-Lee Jones, supported by Tom Cleland a Senior Trainer from Adelaide, spoke to 10.1 and 10.3 regarding the term

PS and Renmark West PS for professional development on Responding to Self-Harm & Suicidal Ideation. This included supporting students who are self-harming or express suicidal ideation, developing a greater understanding of the issues behind suicidal ideation and self-harm, and Site Safety and Support Plans.

Student Free Day Thursday 13th April

On the last day of term staff will be involved in professional development on moderation, assessment design and reporting. Student Free Days are a fantastic opportunity for us to develop our skills together, learning from and with each other as a staff group and we appreciate the alternative plans that families make to enable this to happen.

Mat Evans, Principal

2 program on Wednesday during Beyond Tomorrow. Former graduates Callie, Brock and Sophie recounted their positive experiences of the program and listed the numerous skills they had learned and still regularly use. The Youth Opportunities Positive Empowerment Program will run for one day (Wednesday) over term 2 at Renmark TAFE. After the presentation, students had the opportunity to nominate themselves for the program and speak to the trainers in a short interview. If they were successful, students and care givers will be contacted by the trainers before the end of the term. Students in 10.4 and 10.5 will be offered the program in term 3 and 10.5, with interested students from School Production this semester, will have the opportunity in term 4.

Mandy Smith, Year 10 Coordinator

Week 9, Term 1
Friday, March 31
2017

Upcoming events

Week 10

Wed	5/4	Interschool Sports Day
Fri	7/4	Immunisation

Week 11

Wed	12/4	Adelaide Athletics
Wed	12/4	Assembly
Thur	13/4	Student Free Day
Fri	14/4	Good Friday

In Brief

The RHS Canteen will be closed on Wednesday, 5th April due to Interschool Sports Day.

Immunizations for year 8 and Meningococcal B Swabs for year 10,11 and 12 students are Friday, 7th of April at school.

Congratulations to Benedict who recently competed in the Athletics State Titles and won gold in the U15 boys Javelin, silver in the U15 boys discus and has been named in the State U15 Athletics team.

RHS library - Book Clubs

Both the Senior Book Club (BookFest) and the Junior Book Club (we are still coming up with a name) have started. The Senior Book Club are currently reading One Flew Over the Cuckoo's Nest and one of our Junior Club members chose Shadow and Bone for us to read. The Kindles (eReaders) come in very handy when we need more than one copy of a book. If students are interested in joining please see Ms Smith.

Mandy Smith,
Teacher Librarian



Harmony Day Celebrates 'Everyone Belonging'

Last Wednesday during Beyond Tomorrow the whole school came together at assembly to celebrate Harmony Day. This annual event is a celebration of and an opportunity to embrace our school and the wider community's great cultural diversity to ensure that everyone has a sense of belonging.

The assembly is the culmination of a number of activities involving each year level during the weeks prior to assembly. In Beyond Tomorrow sessions in weeks 6 and 7, all five year levels participated in activities, discussions, simulations, crafts, cooking and role-plays to highlight the central message of Harmony Day, 'Everyone Belongs'.

The Harmony Day assembly brought all this great sharing and learning together. The importance of our Indigenous community was acknowledged and students were privileged to hear Barney play the didgeridoo. The school band was impressive in its performance of 'Advance Australia Fair' and John Lennon's 'Imagine'. Representatives from each year level described their activity and its significance. Student, Vanessa spoke about the value of cultural diversity from the point of view of being Vietnamese and her experiences as a Rotary Exchange student in France. Principal, Mat Evans reflected on "the many ways our cultural diversity contributes to the rich learning environment at Renmark High." To complete the assembly, SRC Leaders Brooke and Josh issued flags

from 46 nations to representatives in the audience.

Year 8's Harmony Day Activity

For the past 3 weeks during Beyond Tomorrow in preparation for Harmony Day celebrations, the 4 Year 8 Care Groups have undertaken a variety of activities and discussions.

During Week 4 and 6 each Care Group examined the topic of bullying and harassment. We looked at what it felt like to belong and identified behaviours and situations that excluded people, making them feel like they do not belong. We also looked at ways of ensuring our behaviours made people feel like they belong.

Last week during Beyond Tomorrow each Care Group watched a video about former Renmark High School student and now Adelaide University student Marziya Mohammadi. Marziya talked about the importance of belonging and the difference in feelings between belonging and not belonging.

We were also given the chance to examine why many cultures use body decorations such as hand painting. We created our own hand and body painting designs using signs and symbols important to each of us. These activities and discussions were a fun, yet serious way for year 8 students to be made aware of how extremely important the issue of belonging is. It also helps us be more aware of our actions and better members of the community.

Simon Turk, Hass Coordinator

SAASTA Connect visit Port Power

Six Aboriginal students from Renmark High School participate in the SAASTA Connect Program which is a program designed for year 8 and 9 students with an aim at delivering healthy living skills, cultural knowledge, and leadership skills. It is designed to prepare the students for the SAASTA program at Glossop High School in years 10,11 and 12.

On Friday, the students went down to Alberton Oval to participate in an activities day which involved some cultural activities, some sporting activities and a tour of the Port Power Club rooms by Russell Ebert.

Nadia Mills, AET



Courtney, Jemma and Amy pictured with Marlon Motlop

From Pammy

I was in Adelaide recently and went to a lovely stationary shop in Rundle Mall and bought a beautiful book on letter writing. Is it a lost art? Personally, I hope not. Anyway the book has DIY letter writing paper and funky envelopes and the book talks about "Why Write Letters?" I want to share a couple of lines, "Writing letters inspires us to get offline, express gratitude and live in the moment. It takes us away from screens and gives us something to focus on. Gratitude can inspire great happiness in our everyday, so simply by putting pen to paper and expressing your gratitude, you can help yourself feel happier and spread that happiness to the letter receiver." I fell in love with the concept and I am now trying hard to find the time to write letters to people. I also use this exercise to reflect on my own emotions and happenings. I quote from the book, "Happiness is receiving a handwritten letter." I so hope this is true for the letters that I send. So have fun creating your own letters and post with love. Have a great week and keep smiling.

Pammy, PCW



The Harmony Day Flag Ceremony 'Everyone Belongs'