Over the last few weeks Dairy Tas held a series of science classes giving the Grade Ten students the experience of dissecting a sheep’s stomach. From this we learnt how the sheep’s four stomachs work and digest. With cutting the stomach open we found out that each one had a different texture and we also took samples of each stomach. We compared how different they look to each other and what they had digested beforehand. For many people it was hard because of the smell and the sight of the stomach but after getting into the practical side and pushing through the smell, people found it very interesting. At the end of our prac, Tim from Dairy Tas talked to us about the processes in which a sheep and cow digest and about why the four stomachs each have different textures. From the prac it opened a lot of people’s eyes about how many career paths there are in the dairy industry and how a lot more jobs link to the dairy industry than just normal farming jobs.

We would like to thank Dairy Tas for giving us this opportunity to learn more about how animals digest and by showing us more career paths that we might take in the future.

By Reese Collins.
If parents would like the newsletter emailed to them in future, could they please send an email to the school at parklands.high@education.tas.gov.au and make the subject “please email newsletter” so that we can add your email address to our newsletter contacts? Thank you.
Firstly, I would like to thank those parents who completed the School Satisfaction Survey which was sent home last week. We value your feedback and always try to implement your suggestions for improvement. When we receive the data from this year’s survey, we will work as a staff to analyse the responses and plan a path forward. We will keep you updated and involved in the process.

This past fortnight has again been very busy. WotOpera rehearsals continue, building up to the performance on September 10. Please support this wonderful production by attending on the night. Details are on the poster enclosed. We had Grade 10 students involved in a ‘Study Skills’ day last Friday, with all students taking valuable skills and tips away with them. The Beacon Programme has been in overdrive, with Grade 10 students working with Dairy Tas in a VERY SMELLY Science practical lesson, our Grade 7 students visiting Southern Prospect and our Beacon Student Ambassadors helping support Egg and Beacon McMuffin Day at McDonalds on Wednesday.

I am continually overwhelmed by the confidence and integrity our students display when representing our school at so many of these events and initiatives. We are further developing the skills of responsible, confident and mature young adults when giving students these opportunities and I would like to thank staff for their ongoing support of our students in this way.

_Fiona Heazlewood_

**REMINDER**

**Grade 10 Transition Information**

On **Thursday September 17** the first counsellor/parent- Grade 10 interviews will take place in the Parklands High School Library. Hellyer College counsellors will be holding 15 minute interviews with each parent/guardian and student from **3.15pm until 6.00pm** to help students select subjects for Orientation Day which will be held on **Friday November 13**.

Parents/guardians will need to call the Parklands High School office on 6433 0206 to make an appointment **before Monday September 14**, with the course counsellors, to ensure that the transition process runs as smoothly as possible.
Misty Adoniou is a Senior Lecturer in Language, Literacy and Teaching, English as a Second Language at the University of Canberra. Misty has been conducting a series of workshops throughout the year through the Professional Learning Institute (PLI) on how to continue to improve spelling in Tasmanian schools. Representatives from Parklands, Montello and Romaine Park, along with other schools in the state, have participated in the workshops and then shared their learning back to staff in their schools. Some of the strategies introduced in the workshops are the complete opposite of weekly spelling lists, weekly testing and, Look, Say, Cover, Write and Check. Parklands is focusing on implementing some of the strategies in Year 7 & 8 initially and the following article written by Misty will help to give parents and the wider school community an understanding of the thinking behind this approach.

If you would like to further discuss this article please feel free to contact me at the school on 6433 0206.

Dion McCall
Raising the Bar (RTB)
Literacy Coach

How to help children with spelling

Step-by-step guide to helping children improve their spelling, without resorting to weekly spelling tests. By Misty Adoniou

Recently I wrote an article explaining why some children struggle with spelling, where I suggested teachers stop giving spelling tests and start teaching spelling instead. As a result, I received hundreds of emails from parents and teachers. The parents told me of the angst the weekly spelling list was causing their children with no obvious improvement to their spelling. They wished teachers would stop sending them. The teachers told me that they knew their spelling lists/tests weren’t improving the spelling of their struggling students. They wished parents would stop demanding them.

Clearly there is a communication gap around the issue of spelling!

Learning spelling [can be] fun and purposeful – more like a code breaking treasure hunt than a chore.

How hard is English spelling?

English spelling gets a bad rap – most people think it is somewhat random and inexplicable. Why do we have all those silent letters, and so many different ways of writing the same sound? And because we think it is chaotic and unpredictable we tend to think it has to be rote learned – hence those spelling lists. Or we just give up on it, resigning ourselves to the thought that some people have just got the knack for it and some haven’t.

But English spelling is actually very systematic, and we all benefit from being shown the system. It also makes learning spelling fun and purposeful – more like a code breaking treasure hunt than a chore.

Which words should children learn to spell?

With 250,000 words in the English language we are obviously not going to learn them through weekly spelling lists. Our children need to learn strategies for spelling which they can apply to any word. So the best words for spelling work are the ones your children are interested in, but even if you are faced with a long list of spelling words your child doesn’t have much enthusiasm for, here are some things you can do.

Steps for working with words

1. Make sure your children know the meaning of the words they are learning to spell.

I know that sounds logical but so often when I ask children what their spelling words mean - they can’t answer me. What would be the point of spelling words if you don’t know what they mean? If you don’t know what they mean you are obviously not ever going to use them in your writing.

2. Look to see if there are meaningful parts within the word (these are the morphemes) and break the word into those meaningful parts.

Recently I watched a young boy writing about his soccer team. He wrote that they were ‘underfitted’… I followed Step 1 and asked him ‘What does this word mean?’ He replied ‘We weren’t defeated. No one beat us all season’. So I followed Step 2! I said, ‘Let’s take a look at how that word makes its meaning’ and I took three pieces of scrap paper and wrote ‘defeat’ on one, and ‘un’ and ‘ed’ on the others.

We talked about ‘defeat’, how it was the base word inside this longer word ‘undefeated’ and what it meant. Then we talked about ‘un’ and how it turned the base word into its opposite.

Next we looked at ‘ed’ and talked about how it meant something too. A lot of the time ‘ed’ is meaningful because it tells us something happened in the past – like in ‘walked’, or ‘talked’. But sometimes ‘ed’ has another job in words. It turns them into describing words – or adjectives – like ‘interested’, or ‘uninterested’. I asked him to push the three pieces of paper together, to join those three morphemes back together again to make the one word ‘undefeated’. A long word had now become manageable, and even logical.

3. Look at the letter patterns in the word – and see what you can notice.

The sounds we make in English can be written in many ways – it is often this wide range of choices that trips us up and causes spelling errors. But there is usually a reason for why we use one letter combination instead of another and it is often a reflection of the language we originally took the word from – or an indication of how the pronunciation of English has changed over the years. (We used to pronounce all those letters in light a long, e, and n, so now you can work to achieve it.)
On Wednesday 26th August, 14 Grade 9 Students were selected to participate in a Health Careers Day. We had the chance to experience different pathways in the medical field such as theatre nursing, oral health, pathology, pharmacy, paramedics and lots more. Some of the things we learnt included, what equipment you will need to operate on someone, how to put fillings in teeth and the different sizes of gallstones you can get. We also got to compare the blood of a cancer patient and a non-cancer patient, how to make hand cream, learnt what paramedics carry in their bags and much more. We had the opportunity to speak with medical students and ask them any questions we had. We had a great time and would like to thank everyone who gave us the opportunity to participate in this day.

By Hayley Young, Charlotte Cameron, Breanna Bowden and Annastazia Perales.
Asthma is the most common chronic illness affecting adolescents in Australia. On Tuesday September 1st, 16 grade 10 students attended a Triple A (Adolescent Asthma Action) training day at the Rural Clinical School. Triple A is a proven peer led education programme designed to improve asthma self-management and encourage resilience against smoking. The programme aims to train Grade 10 students who then deliver it to Grade 7 students. It also incorporates information about the Tobacco Free Generation. The day was organised and run by fourth year medical students.

Our students participated in a range of games, quizzes, activities and videos that focussed on the things that trigger asthma and how to avoid them, asthma first aid and asthma management including, use of preventers and relievers. They will now present the programme to our Grade 7 students. The training day also provided a great opportunity to interact with the medical students and learn about their backgrounds, why they had chosen to study medicine and their aspirations for the future.
Tori has been successful in gaining a scholarship to attend the UTas WotOpera Camp. The WotOpera UTas Camp will be held in Sydney and students may only apply after completing the high school programme. Only 40 students per year are selected to attend the camp and occasionally, scholarships are given to students who show potential. Students will enjoy classes in singing, composition, stage craft, creative writing and many more areas with professionals from the University Conservatorium of Music. The training held at the UTas WotOpera Camp is so comprehensive that graduates will receive 12.5% credit towards a Bachelor Of Music Arts, so students will already be on their way to a tertiary education.

We wish you all the best Tori and look forward to hearing about it when you return.

‘WotOpera unlocks the creative potential of young people through learning the performing arts.’

On Wednesday the 9th of September, I will be travelling to Shepparton to represent Tasmania in the Australian Junior road cycling championships. The championships are run over three days, with the first day being a 15km Time Trial on the Friday. Saturday is a 67km road race and Sunday is a criterium. I have been training hard over the past nine weeks and look forward to competing against all the other girls from all over Australia.

By Renee Dykstra.
On Wednesday 9th September, Beacon Ambassadors Natarlyia Mitchell, Britney Kelly, Leah Davies and Maddison King held their annual Beacon and Egg McMuffin day at McDonalds for 2015 to raise funds for the Beacon Foundation. We met there at 7:30am, enjoyed a McDonalds breakfast together and then stood outside and greeted customers.

We had several corporate orders come in and had some customers stating that they never buy Bacon and Egg McMuffins, but did to support the fundraiser. We had some significant people supporting Beacon, such as the North West Beacon Business Engagement Manager Jayne Newman, state politicians Joan Rylah and Roger Jaensch, and reality TV show contestant of The Big Adventure, Von Wright.

It was a very successful day for the Parklands Beacon Ambassadors. We sold many Beacon and Egg McMuffins and raised more money for the Beacon Foundation than expected.

We would like to thank McDonalds for allowing the morning to go as planned and everyone supporting us on the day.

By Natarlyia Mitchell, Beacon Ambassador.
Womens Wellness Forum Tasmania
PENGUIN DISTRICT SCHOOL | 3RD OCTOBER 2015
WOMEN FINDING WELLNESS THROUGH SELF-CARE

Meet The Speakers!

Michelle Andrews – Co-founder of the Womens Wellness Forum /Back To Basics Mentoring / Author / Health Coach /Studying Human Nutrition / Our host for the event

Abby Stranly – Co-founder of the Womens Wellness Forum / Founder of The Nourishing Nut / Health Coach / Speaker
* Finding freedom around food and falling in love with your body!

Colin Fuller – Inspirational Speaker / Author / Natural Therapist / Spiritual Teacher
* “Men and Sex and Why women say No” Addressing intimacy with humour and frankness!

Dr Morren Dyer – Specialist in Womens Health and Nutrition
* The new possibilities for menopause - the value of starting early with life balance and self care!

Tannah Lee- Archer – Speech Pathologist / Health Coach
* A journey of healing - foods and lifestyle choices that can “heal” or “harm”

Alison Davies – Registered Music Therapist / Speaker
* Using sound for relaxation, confidence, balance and self expression!

Tickets available at www.eventbrite.com.au
* General Admission - $50

Lucky Door Prizes
Trade Tables
Raffle Tickets
Penguin District School Fundraiser

What if you could make Self-Care a priority - Would you say yes?

9:30am - 1:30pm
Doors open at 9am
For more information please visit our Facebook page https://www.facebook.com/womenshealthtrusttas

Sensory Friendly Movie Event
Organised by Burnie Autism Parent Support Group

LIGHTS UP
All Ages & Abilities

SOUND DOWN
Inclusive Environment

Monday 28th Sept 2015 – 10am – Metro Cinema Burnie

Sensory Friendly Movie Screening
When: Monday 28th September 2015
Time: 10am (Doors open at 9:30am)
Where: Metro Cinema Burnie
Tickets: $10 each Adult/Child
Who: For all families, carers and children with special needs.
Contact: Kym Goldby - 0487493188

CHARITY AUCTION!!
Help Us to Help ADAMAH PEACE
12th Sep 2015 @The Menai, South Burnie
Viewing From 12 noon Auction Starts at 1pm

Living with hemiplegia, autism, intellectual impairment, cortical vision impairment among other conditions.

Money raised will go towards a new car for Adamah and his family, to help improve his independence as he makes his way in life.

For More info phone: Jim 0439 329 205

Supported by
WOTOPERA: TASMANIA
original operas meaningful to the lives of young people

WotOpera unlocks the creative potential of young people. Over 80 students from four Tasmanian high schools have written four operas that showcase their creativity, talents and boundless imaginations, the participating schools are:

- Parklands High School
- Reece High School
- Sheffield High School
- Yolla District High School

The students collaborated to produce their own stories, then composed the music and designed and painted their sets in a series of four one-day workshops representing just 21 hours!

The four schools will come together to perform their individual works at Burnie Arts and Function Centre, Town Hall, Burnie.

You are invited to delight in their journey and enjoy their creations on Monday 14 September at 7pm.

Date: 7pm, Mon 14 Sept 2015
Where: Burnie Arts & Function Centre, Town Hall, Burnie
Bookings: 03 6430 5850
Online: www.burniearts.net
Booking fees may apply.
Tickets: $10 for Adults
$5 for Concessions
WotOpera Artistic Director: Murray Dahm
WotOpera Team: Joe Richards, Travis Hennessy, Danielle Barnett, Danielle Barnett, Stuart Loone
Photographer/Videographer: Bridget Elliot

wotopera.org.au