Key Dates

Friday 4 - Wednesday 9 December
Grade 10 Exams

Tuesday 8 December
Interhigh Athletics

Thursday 10 December
SRC Speeches

Thursday 10 December
Grade 10 Celebration Dinner

Friday 11 December
Grade 8 Waratah Excursion

Friday 11 December
Grade 10 Taste of Tas

Wednesday 16 December
Presentation Assembly 12pm-2:30pm

Thursday 17 December
School Picnic/Last Day for Students

On Monday 30 November during Block 1, students from the Grade 8 Digital Photography class walked to Romaine Reserve to take photos. The aim of the excursion was to give the class an opportunity to take photographs of subjects that are different to those they find in the school grounds. We had beautiful, sunny weather for the trip, although the sun and shadows provided a number of challenges for the students when they were taking their shots. Many photographs were taken during the walk and it was great to see students practising the skills and techniques they had learnt in class. Well done to the students for their effort on the day and a big thank you to Chris Swain, who came with us on the excursion.
Principal’s Report

Assembly: This week we held our second to last assembly for the year. During this assembly, we were able to celebrate a magnificent range of talent, from the Core Values awards to the athletics carnival champions being recognised with their medals and then of course to listen to the best that our Music department had to offer. I can’t imagine too many high schools, where an assembly featured a skilled recital of “Can’t Help Falling in Love” by Rex Guest and Mrs Perry on strings, supported by Tyler Fordham on guitar, an amazing vocal performance of “Think of Me”, from Phantom of the Opera, by Tori Wilson and then the Rock Band, who certainly got everyone’s feet tapping with “Old Time Rock and Roll”.

We also had a big turnout of parents and friends to this assembly, which is always great to see. I thank them very much for their support as it always means so much to students to have someone there to share the moment.

Orientation Day: Thursday this week was our Grade 6 Orientation Day. It was a very productive day and it was certainly wonderful for me to meet the students, who were certainly excited about their day. Whenever I looked in on groups throughout the day, they were highly engaged. Well done to Mr Blizzard and each of the Grade 7 team, who helped organise the day and ensured that students enjoyed their day.

Grade 10 Exams: Our Grade 10 students will experience what it is like to go through an exam schedule starting today and continuing over the next week. In the past these have always been taken very seriously by students and as such it has been a very valuable experience giving students an idea of what external exams might be like and preparing them further for Hellyer. I wish this year’s Grade 10 the best of luck and look forward to hearing about some good results.

Student Representative Council and Beacon Ambassadors: Next week Parklands will be conducting the selection process for next year’s SRC and Beacon Student Ambassadors. I encourage any Grade 8 or 9 students, who are interested in challenging themselves by learning valuable leadership skills, being in a role where they have the opportunity to contribute to the school as a whole as well as building networks and contacts in the community, to put their names forward and be brave enough to have a go.

Celebration Dinner: Not that anyone needs a reminder, but next Thursday is our Grade 10 Celebration Dinner. I’m sure all of our Gr 10 students are quite excited about this. I urge anyone with questions to contact Mr Frankcombe to make sure they know what is happening with times, expectations etc.

In Conclusion: So much is happening at this time of year. It can get a bit frantic, but of course it’s rewarding as well. Don’t forget to check your dates on the front of this newsletter and please contact our wonderful office staff if there’s anything you need to know.

Sue Barnes
After a last minute decision to change the carnival from two days to one (due to the weather forecast) the 2015 Athletics Carnival got started with a bang in the 100m events. Students were sent on a run to limber up their hamstrings before sprinting down the Parklands High School straight in the hotly contested 100m heats. The Grade Eight boys proving the most intense at the finish line with Mrs Goss making the tough calls with the place cards and Mrs Munday testing out her reaction time on the stop watch. The finals were held towards the end of the day under the watchful eye of the student body. Connor Young and Emily Bath won the Grade Sevens final, Natasha Moretti and Christian Byard the Grade Eights, Georgia Purton and Jack O’Neill the Grade Nine winners and finally Elih Hennessy and Chantelle Moretti for the Grade Tens, after hot contender James Holton tripped mid race.

Mr McCall was under pressure to determine grade winners at the triple jump and long jump all day in what proved to be a tight programme to push through. Elih Hennessy pulling out the most impressive jump of the day for the Grade 10 Boys, with a jump of 9.88m. Mr Wolarczuk and Mrs Jackson were clocking up the students house points at the novelty station, with the spud and spoon race and the popular tug-o-war. Mr Rolls showed what he was made of running the boys discus and javelin stations solo. Kyle Redman showing sheer strength and scoring the biggest javelin throw of the day with a distance of 33.66m.

The final overall results saw Breone take out a massive win! The standings at the end of the day were:

1st Breone 3078
2nd Nairana 2486
3rd Tarapa 2343

All in all the day, was a success given the unfavourable weather conditions and hectic schedule. Students behaved well and participated with pride and determination. The Health and Physical Education staff would like to thank all staff and students for a great day!! The Track and Field champions for the day are as follows;

**Grade 10**
- Mitchell Church (Track and Field champion)
- Hayley Wescombe (Field champion)
- Chantelle Moretti (Track champion)

**Grade 8**
- Joel Boon (Field Champion)
- Christian Byard (Track champion)
- Natasha Moretti (Track and Field Champion)

**Grade 9**
- Jack O’Neill (Field champion)
- Bailey Jackson (Track Champion)
- Storm Willmot (Field Champion)
- Georgia Purton (Track Champion)

**Grade 7**
- Tyson Kingdon (Field Champion)
- Connor Young (Track Champion)
- Alecia Walker (Field Champion)
- Emily Bath (Track Champion)
ATHLETICS CARNIVAL
Over the course of Term 4 I have been extremely busy transitioning our future students of Parklands High School from our feeder primary schools. We have had students from Montello, Romaine, Havenview and Ridgley attend two gala days and an orientation day, where students were able to experience a range of different subjects and find out information to help them settle in next year. Gone are the days where students are dropped off on the door step on their first day of high school with everybody saying ‘good luck’. These days are designed to help relieve any anxiety students may be feeling about leaving primary school and help motivate them about the new beginnings, opportunities and memories they will create here at Parklands over the next four years. I can already tell that the majority of them are extremely excited about starting next year and can’t wait to get into their new classes for next year.

I look forward to working with this wonderful group of students next year in 2016.

Mr Stephen Blizzard
Grade 7 Coordinator
## Australian Mathematics’ Competition Certificate Winners

**Grade 8**
- Shay Barnett
- Christian Byard
- Ryan Dykstra
- Tailey Goninon
- Vera Holton
- Kiralee Howell
- Kyra Lowery
- Danny Martin
- Mitchell McKenzie
- Mileva Savic

**Grade 7**
- Aimee Butler
- Grace Donovan
- Kayla Fisher
- Travis Ford-Franz
- Bell Freestone-Spindle Tree
- Danielle Poke
- Chelsey Radford
- Asnika Sami
- Peter Woodberry

**Grade 9**
- Zac Akhtar
- Grady Bergan
- Dylan Buchanan
- Daniel Carroll
- Jacob Griggs
- Kimberley Merritt
- Alexis Murach
- Annastazia Perales
- Tyson Perry
- Daniel Riley
- William Risk
- Arishma Sami
- Sarah Self
- Hannah Strong
- Ryan Walters-Martin

**Grade 10**
- Thomas Bax
- Emma Coward
- Bronte Dare
- Renee Dykstra
- Rex Guest
- Victoria Hall
- James Holton
- Keith Nicholls
- Melinda Poke

## Athletic Champions

### Grade 10
- Mitchell Church (Track and Field champion)
- Hayley Wescombe (Field champion)
- Chantelle Moretti (Track champion)

### Grade 9
- Jack O’Neill (Field champion)
- Bailey Jackson (Track Champion)
- Storm Willmot (Field Champion)
- Georgia Purton (Track Champion)

### Grade 8
- Joel Boon (Field Champion)
- Christian Byard (Track champion)
- Natasha Moretti (Track and Field Champion)

### Grade 7
- Tyson Kingdon (Field Champion)
- Connor Young (Track Champion)
- Alecia Walker (Field Champion)
- Emily Bath (Track Champion)

## Concert Band
- Ryan Dykstra

## First Aid
- Thomas Bath

## Core Value Awards

<table>
<thead>
<tr>
<th>Class</th>
<th>Student</th>
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<tbody>
<tr>
<td>7A</td>
<td>Cameron Berechree</td>
</tr>
<tr>
<td>7B</td>
<td>Connor Young</td>
</tr>
<tr>
<td>7C</td>
<td>Maddison Rawlings</td>
</tr>
<tr>
<td>7D</td>
<td>Declan Wynwood</td>
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<tr>
<td>8A</td>
<td>Jordan Kay</td>
</tr>
<tr>
<td>8B</td>
<td>Maddison Crawn</td>
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<tr>
<td>8C</td>
<td>Shay Barnett</td>
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<tr>
<td>9A</td>
<td>Annastazia Perales</td>
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<td>9B</td>
<td>Kiara Braslin</td>
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<tr>
<td>9C</td>
<td>Zac Akhtar</td>
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<tr>
<td>9D</td>
<td>Sharni Duncombe</td>
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<tr>
<td>10A</td>
<td>Taylor Cooper</td>
</tr>
<tr>
<td>10B</td>
<td>Emily McCarthy</td>
</tr>
<tr>
<td>10C</td>
<td>Hayley Wescombe</td>
</tr>
<tr>
<td>10D</td>
<td>Kaleb Linger &amp; Tayla Harback</td>
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On Friday 20 November, our Grade 9 students were lucky enough to attend a presentation by Robyn Moore.

Robyn is Australia’s most in-demand female speaker. As a “voice-over artist”, Robyn’s voice has been heard in most homes in Australia, NZ and in many other countries around the world. She is an Ambassador for the Australia Day Council, the Australian Childhood Foundation and has been the National Patron, a volunteer and a Wish-Grant for Make-A-Wish Australia for 16+ years! It was the Make a Wish foundation that made Robyn’s visit possible. Robyn’s presentation on the day was leadership of self and leadership within the school and community setting. Our students conducted themselves brilliantly and lived our core values the entire time.

She started and finished with a mantra to say to ourselves in the mirror every day: “I am breathing, gorgeous and extraordinary!”

On Thursday 26 November, the Beacon Ambassadors held mock interviews for the Grade 10 students. We had employers and business people come in and interview the students before giving them constructive criticism and marking them 1-5 for their resumes, application letters, self-presentation, how they spoke and their employability skills.

The Grade 10 students benefited greatly from this and the students, employers and business people all stated that they learnt from it.

The Beacon Ambassadors would like to thank everyone who attended, the students and the teachers who catered for the event and everyone else involved in making the day possible.

No doubt this will become a yearly event.

By Natarylia Mitchell, Leah Davies and Maddi King.
On Friday 27 November, 12 students from Mr Bryan’s Adventure Education class set off for a full day excursion involving bushwalking and fishing. We departed the Parklands High School at 8:45 and set off for Mt Gnomon in Riana. After a 45 minute drive, we arrived at the Mt Gnomon car park and were greeted by a fresh south-westerly breeze. The cold shivers soon turned to sweat as we started the 45 minute steep walk to the top of the mountain. Once we arrived at the top of Mount Gnomon, we were rewarded for our efforts with great views of Ulverstone and the Dial Range. After a few photos and a quick snack and drink, we headed back down to the car park. We again boarded the bus, this time heading to Natone Hills Fly Fishery. A quick stop at the Riana store for some sustenance and 45 minutes later we arrived at the fishery. Students quickly set up their rods and made their way down to the water. Students rotated in small groups, each taking a turn to try and catch a nice 3lb pound rainbow trout. Lachlan Barry wasted no time, catching a fish on his second cast using a lure he had made from a desert spoon! Within 1 hour, each student had caught a fish, with Aum Vaenkaen being a quick leaner soon mastering how to net a fish and assisting several fellow students with their catch. After the fish were cleaned and placed into the esky we then made our way back to school in time for afternoon buses. Many teachers and staff were happy to receive a freshly caught rainbow trout from students that did not wish to take theirs home.
1. Use Schedules, Calendars, Diaries to forewarn about upcoming events

2. Photos: Take Photographs or find pictures of people, places.

   Take Photos of teacher for next year AND the students in their class. (Likewise: Take Photos of relatives coming to stay)

3. Use Timers: Letting them know how long the Assembly, Concert or Activity will go for will make a huge difference to their anxiety levels. (If activities run overtime allow them to leave if they have stayed for the set time)

4. Give a JOB. In the concert let them be the stage hand, the door keeper. The school photographer. The more focused and clear their JOB the less stress.

5. Limit their choices and be very specific with choices. (ie: sit at end of row, not anywhere in hall!)

6. Give something in their hands as usually calm best when have something in their hands

7. Avoid verbal overload. Use visuals to support verbal and give only one instruction at a time

8. Set up clear rules and boundaries (especially for “special events”)

9. Make social stories of upcoming events, books about holidays, change of teachers etc. Let them refer back to them and reread to prepare for

10. Avoid verbal arguments by redirecting them to what they should be doing. For Example: “Sit Down”, “Start your work”, “Pack away”

11. Give them a “buddy” make sure you pre-warn buddy and reward them for their help

12. Keep the drinks up and ensure go to the toilet. Once they are in busy hall, on bus could have meltdown as forgot to drink or go to toilet

When the above fails what will you do?

**Essential have a Meltdown Plan & everyone knows it.**

This could include: Pre-warning Signs, Non-Threatening Withdrawal, Quiet area strategy or families taking two cars so you can make a fast exit

**FAMILIES:** You might like to think how to adapt the above!

Pre-warn about visitors family visitors: “When Grandma comes she will hug you like this!”

Put labels on outside of present, what is in the inside? This is great! No surprise is a good surprise. Find out if favourite TV shows are OFF over Xmas Break? (I have called ABC before!)

Use a Calendar to mark on all events

Don’t forget to include “go home” from holidays, as they might think they are on holidays FOREVER!

For more information visit - www.suelarkey.com.au
Several Grade 10 students have their artworks entered into BRAG Ha! Summershow Exhibition. They are:

- Melinda Poke
- Abbie Wigg
- Margaux Favoulet
- Ebony Fraser
- Hannah Boyes
- Jaymee Goss
- Callan Morris

**UNIFORM SHOP HOURS**

The uniform shop is open daily from

3 pm—3.45 pm
Penguin Football Club will be running a junior training session on 6th December between 10am and 12pm at the Penguin Football Grounds. All juniors (U14, U16 and U18) are very welcome to attend. There will also be a free BBQ afterwards. We look forward to seeing you all there. If you would like any more information, please call Scott De Groot – 0418 810 823
IMPORTANT

Please be aware we have changed our system for text messages. The new number to text if your child is absent is;

0429 557 990.

Do we have your email address?

As a way to improve our system on book sales day, we can electronically send any receipts straight to your email.

We are also able to send the newsletter via email.

Please phone the school to provide your email address.

Presentation Assembly

Wednesday 16th December 12pm-2:30pm

Please RSVP on 6433 0206 or by txt to 0429 557 990 with your name and number of seats you require

UNIFORM SHOP HOURS

The uniform shop is open daily from 3 pm—3.45 pm