

tatachilla NEWS

TATACHILLA
lutheran college



Term 1 | Week 4 | Friday 24 February 2017

from the **HEAD OF JUNIOR SCHOOL**



SCHOOL ROUTINES

With the first three weeks of term over, and importantly, swimming week behind us, classes are settling into their routines.

Routines can be seen as a restriction, or something that stifles creativity and spontaneity. In the Junior School learning spaces, a routine has many benefits. In fact, within a purposeful routine, deep learning and creative thinking can flourish. Routines create the pattern by which the school week unfolds. Many students find the regular rhythm of school life reassuring and familiar. Routines build good habits. The morning routines in many classrooms guide students to organise themselves with their water bottle and other necessary items for the day.

At the end of the day, class routines bring the school day to an end, hopefully with everything that needs to be taken home ready to go. Routines give structure to the week, and within this, the teaching and learning takes place. The broad scope and variety of the curriculum is carried out within a predictable and manageable timetable.

LIFE EDUCATION

All students from Reception to Year 6 will be attending a session in the Life Education Van over the next week, beginning Thursday 23 February through to Wednesday 1 March.

Modules that classes will undertake are as follows:

Receptions: My Body Matters

- Focusing on the importance of personal hygiene
- Choosing foods for a healthy balanced diet
- Benefits of physical activity and sleep
- Ways to keep safe at home, school and in the community.

Year 1: Harold's Friendship

- Focusing on how to build friendships and care for others
- Feelings and emotions
- Safe and unsafe situations
- Early warning signs and safe places and people to turn to for help.

Year 2: Growing Good Friends

- Students will explore what health messages mean
- Identify safety signs

- Recognise how physical activity and nutrition contribute to a healthy lifestyle
- Explore how positive relationships benefit our health and wellbeing.

Year 3: Mind Your Medicine

- Developing students' understanding of medicines and their safe use
- Positive communication, strategies for managing conflict, stress and bullying, explores how feelings influence the choices that we make.

Years 4 & 5: Cyberwise

- Focusing on cyber safety, and cyber ethics
- Building positive relationships with friends online and offline
- Strategies to handle bullying including cyberbullying and skills for building positive relationships with friends.

Year 6: Think Twice

- Using animated and vox-pop videos, this module tackles the topic of drinking alcohol in an age appropriate context
- Students explore concepts such as the effect that alcohol has on body systems, myths and facts surrounding the use of alcohol
- Strategies for responding to encouragement or pressure to drink, physical, social & legal consequences of alcohol use
- Strategies to reduce harmful effects of alcohol on self and others.

from the head of **JUNIOR SCHOOL**



RECEPTION BIBLE PRESENTATION

What do a Year 12 Mathematics class and children's storybook Bible have in common? Both played an important role in last week's Junior School Chapel. Every Reception class receives a Jesus Storybook Bible from the College as a welcome gift to take home and read with their family. This year, Mr Mark Turner's Mathematics class joined us and presented the Bibles to the Reception students. It was lovely to see the eldest and youngest students coming together on this special occasion, and the interaction between the Junior and Senior Schools.

PARENT INFORMATION NIGHT

We had a fine sunny evening for the Parent Information Night (PIN) and a good representation of parents across the year levels. The evening started with a sausage sizzle, which was enjoyed by all. Thanks to Mrs Matena, Mrs Thacker, Mr Prenzler and Mr Wong for their cooking. Thanks also to the teachers and staff who looked after the crèche, which was well patronised.

This year we changed the format of the evening, by having a session led by the Junior School leaders. This was an opportunity to present some of the work and thinking that goes on behind the scenes to promote student wellbeing, develop the classroom curriculum programme, and to meet the individual needs of students.

Many thanks to parents who could attend these evenings. We hope you found them useful, got to know your child's teacher a little, and feel confident about the expectations in each classroom. If you have any feedback on Junior School events, please chat to me in the yard or send me an email.

MERIT AND EXCELLENCE AWARDS

Excellence Awards recognise students who have demonstrated persistence, confidence, organisation and getting along over a period of time. The award does not necessarily recognise high academic achievement, but rather excellence in attitude and self-management – both qualities essential if a student is to do their best.

The family and friends of **Isaac Afonso** and **Shay Wingfield** gathered last Tuesday to see them being awarded an Excellence Award.

LIVE. LOVE. LEARN.

SRC REPRESENTATIVES

Junior School students are elected to SRC to represent student voice on matters of relevance to students. Chosen students for the SRC are to:

- Attend SRC meetings and contribute meaningfully to discussions, following appropriate meeting etiquette.
- Be the mode of communication between their class and SRC.
- Model TLC CARES values in the classroom and on the playground.
- Take part in Junior School Assemblies as required.
- Work collaboratively with other House Captains and leaders to develop community-building initiatives.

Congratulations to the following students for being elected as members of the Student Representative Committee for 2017:

Reception: **Charlotte King, Ryan Zimmer**
Year 1: **Elouise Kendrick, Alexa Stabolidis**
Year 2: **Jamie Holata, Sophie Gordon**
Year 3: **Aimee Hargreaves, Indigo Price**
Year 4: **Seth Pocock, Sasha Thomas**
Year 5: **Beatrice Baker, Maddison Maurice-Jones**
Year 6: **Jett Golding-Holdbrook, Jessica Perrau**

Mr John Dow
HEAD OF JUNIOR SCHOOL



Wow! What a great start the Receptions have had to their first three weeks of school. We are very proud of the way that our students have come to school and have settled in. They have shown great independence with unpacking their school bags, putting reader folders away and organising themselves for the day. The students have engaged in their learning and play times and have made lots of new friends already. Over the last 12 days of school the children have learnt 12 alphabet sounds, 4 tricky words to read and have started to blend sounds to make simple words. Play time is essential to learning and the children have loved the opportunity to paint, draw, cut and glue, dress up, build towers, make train stations and visit the creek for nature play. Last week the students were very courageous and went on stage to receive their Bibles from Mr Dow. This was a very special event for all our Receptions.

Jayne Thelning and **Marlise Gersch**
RECEPTION TEACHERS

from the **JUNIOR SCHOOL**

CURRICULUM MATTERS

Learning occurs in spaces that promote collaboration, flexibility, creativity, independence, curiosity and inquiry.

The above is one of Tatachilla Lutheran College's Learning Principles that forms the basis of all that we do within our community. This term, teachers in the Junior School have been investigating a range of learning environments we can access and create in order to maximise our students' learning experiences. These include areas such as our beautiful creek for investigating life cycles and patterns in nature and the pond where Year 3's were recently investigating life forms in this habitat.

Our amazing EcoClassroom provides numerous opportunities for inquiring into how species rely on, and adapt to, their natural environments, investigating our environmental responsibility and the recycling benefits of our food scraps for the Bettongs.

You may also have noticed some new furniture and equipment in classes that are being used to make new and inviting learning spaces at the back of the Year 1 and 2 classrooms, and between the Year 3 classes. Appealing reading corners and author's chairs are providing a forum in some classes for students to share their writing with real audiences, and options for students to work at sitting or standing areas enables students to learn in their preferred ways. Changes to lighting and experimenting with music as a calm way to enter classrooms after playtimes are also adding to the learning experience of our students.

Stay tuned for more innovative learning spaces as we continue to explore ways to promote collaboration, flexibility, creativity, independence, curiosity and inquiry.

Mrs Ali Thacker

ASSISTANT HEAD OF JUNIOR SCHOOL: TEACHING & LEARNING



WATER SAFETY PROGRAM AT NOARLUNGA LEISURE CENTRE

In Week 3, Years 3-6 students enjoyed the challenge of the Modified Water Safety Program at Noarlunga Leisure Centre.

The focus of the program is now around water safety education rather than stroke technique. Students enjoyed learning skills such as diving to safety, rescuing others and building rafts with resources available.

Students also enjoyed activities such as water polo, the tarzan rope challenge, team games and of course the fun run!

Mrs Tracy McAvaney

YEAR 6 CLASSROOM TEACHER & YEARS 4-6 COORDINATOR



from the head of **MIDDLE SCHOOL**

GROWING ON OUR STRENGTHS TO FIND JOY

As we reach half way through the first term of a new year our young people have been given the opportunity to reflect on their key strengths to help them create goals for their year and find joy in their learning. In the Student Planner students have had the opportunity to complete the Character Strengths Survey to find out their top five strengths. We hope that in students coming to know their strengths they can draw upon these to overcome obstacles, grow and find joy in their learning.

Each student at Tatachilla has many opportunities to use their strengths and talents that they have to achieve, lead and serve. Below is a list of the programs available and staff members to contact if your young person is unsure of who to talk to:

Student Representative Council (SRC):

Elizabeth Bentley (Assistant Head of Middle & Senior Schools: Wellbeing)

Sport (SAPSSA and SSSSA sporting competition):

Tonia Fielke (7-12 Sport Coordinator)

Performing Arts (Music Ensembles):

Isaac White (Bands Director)

Instrumental Music Lessons:

Chris Koop (Performing Arts Assistant)

Visual Art:

Cassandra Norton (7-12 Key Art Teacher)

Dance, Drama & Media:

Sandy Lee (7-12 Arts Coordinator)

Recycling, Fauna Management & Environment:

Karen Lawrence (Environmental Officer)

Mathematics:

Sue Corner (7-12 Mathematics Coordinator)

Science:

Kathy Best (7-12 Science Coordinator)

English:

Richard Rowe (7-12 English Coordinator)

Humanities & Debating:

Stacey Moros (7-12 Humanities Coordinator)



Design Technology:

Ian Proeve (7-12 Design Technology Coordinator)

Languages:

Peter Ward (R-12 Languages Coordinator)

Home Economics:

Meredy Archer (Home Economics)

eLearning:

Margaret Naylor (R-12 eLearning Manager)

Gifted and Talented:

Karen Turner (R-12 Learning Enhancement Coordinator)

Premier's Reading Challenge:

Kate Sautner (Middle School Librarian)

Spiritual Life:

Jon Goessling (Pastor) & Courtney Blake (Youth Worker)

THANK YOU TO OUR PARENT VOLUNTEERS

A special thank you to parents who came along to support the Swimming Carnival in Week 3 at the SA Aquatic & Leisure Centre and parents who volunteered to help out in assisting the smooth operations of this day. Your support makes these events run and is a part of building community. If you are interested in becoming a registered Volunteer please contact Kay Digby at the College to find out how.

As our young people begin to settle into new routines, their subjects and relationships with their teachers and peers, it is our prayer that they draw upon their strengths to enable them to use the gifts and talents that God has given them to achieve, lead, serve and find joy.

Mrs Sarah Hoff-Zweck

HEAD OF MIDDLE SCHOOL

JAPANESE TUTORING / JAPANESE CLUB

Japanese Tutoring this year will be held every Wednesday night after school in the Japanese Room. (room 203) from 3.30-4.30pm. All students are welcome to come along and get some extra help with their Japanese studies.

This year we have also launched a "Japanese Club" to be offered at lunchtime each Tuesday.

Students can bring along their lunch and join in with some different Japanese activities. Some of these include Japanese games, Origami, Japanese movies, Japanese food tasting, Kendo demonstration and much much more. Students may also bring their work along and ask any questions they may have at that time too. Japanese Club will be held in the Japanese Room (Room 203) and all students are welcome to join.

Mr Peter Ward

7-12 LANGUAGE COORDINATOR



from the **MIDDLE SCHOOL**

YEAR 8 BIG ARVO OUT

On Wednesday 22 February the Year 8 cohort ventured to Glenelg and enjoyed an afternoon out at the Beach House.

An excited bunch of 124 students spent the afternoon interacting with their peers outside the setting of a normal classroom. This enabled the students to socially connect with students outside of their normal classes, create new friendships and strengthen their current friendships. Students had a fantastic time with all the different activities on offer.

The very popular water slides were a favourite where students waited patiently for their turn to ride the dual, speed and the raft water side. Other students played arcade games, played mini golf, rode the dodgem cars and enjoyed the bumper boats.

It was a fantastic opportunity to get to know other students and have a great afternoon together as a year level.

Thank you to all the students and teachers who assisted in making it such a great day.

Mrs Jenna Fowler
YEAR 8 COORDINATOR



from the **WELLBEING TEAM**

MINDFUL TRANSITIONS

The start of a new school year is a time of transition for everyone: students, parents and teachers. Every new year brings with it changes, many of which are exciting for students as they embark on the next stage of their educational journey. However, some changes may also bring challenges. How might we help our children “surf the wave of change” successfully? One strategy is helping our children practice mindful meditation on a daily basis.

Mindful meditation is the process of finding a quiet space, sitting or lying down, and engaging in a meditation that focuses on the present: our breathing, the rhythms of our bodies, noticing the space around us and learning to detach from thoughts, worries and plans that flood our minds. It's about regularly finding calm in a busy world.

One place that parents can source guided meditations specifically designed for children is the 'Smiling Mind' phone app, which is free to download from both the Apple and Android stores. Meditations are divided into age-appropriate sections, and then further into categories. For example, there are meditations specifically designed for reducing stress, others for promoting deeper sleep. There are meditations of growth mindset, and others focussed on relaxing the body.

Another resource is the ABC's 'Mindfully' podcast, which is a collaboration between the ABC and Smiling Mind and created specifically for the start of a new school / university year. There are meditations for children and young people of all ages. Again, they are free to access.



Mindful meditation is a practice. Like any Wellbeing building tool, it's the regularity of practice that helps to make a difference in our lives. Things won't necessarily change overnight, but with regular practice we can all become more skilled at stopping, focussing on the 'now' and learning to bring this practice into our daily lives.

I commend both of the resources mentioned above to students and parents, and from personal experience can vouch for the benefits of practicing mindfulness using these meditations.

Mrs Elizabeth Bentley
ASSISTANT HEAD OF MIDDLE & SENIOR SCHOOLS: WELLBEING

from the SPORTS FIELDS

SWIMMING CARNIVAL

Tatachilla's Swimming Carnival was held on Tuesday 14 February at the Marion Aquatic and Leisure Centre. Students and staff enjoyed a fun filled and competitive carnival. Students began the day with some 'Free Swim' time. They competed enthusiastically in numerous novelty and swimming events throughout the day. The day finished with House Relays and the new addition of a Staff Relay. It was fantastic to see the House spirit alive as spectators cheered on participants in each race. At the end of the day Emerald was announced the 2017 winner, followed by Topaz, Sapphire and Ruby. Thank you to all the staff, parents and volunteers that came down to support and assist with timekeeping and duties on the day. The 2017 Year Level Champions will be announced at the R-12 Assembly in Week 6.

SAPSASA SWIMMING TRIALS

On Tuesday 14 February 25 eager Junior School students took part in trials at the school Swimming Carnival. Students swam their best in the various strokes; freestyle, backstroke, breaststroke and butterfly. We wish the selected team all the best as they represent our school at the District SAPSASA Swimming Carnival on 28 February at the Marion Outdoor Swimming Centre.

Maximus Garnett, Juliette Walton, Matilda Davidson, Ryder Pyman, Seth Read, Jackson Smith, Jack Bright, Zalika Cederblad, Makayla Davis, Viktoria Hillen, Angus Hincksman, William Mcavaney, Jessica Reynolds, Ella Roberts, Daisy Bright, Caleb Charlton, Jamie Murphy, Gabriella Nicholls, James Shaw, Jack Smale, Tom Terry, Kenya Thomas

TATACHILLA TRIATHLON

Twelve Tatachilla students had a fantastic day representing the College at the SSSSA Triathlon event held at West Lakes on Wednesday 22 February. **Xabian Cederblad** finished fourth in the Individual event requiring a 600m swim, 17km cycle and 4.5 run. **Tyla Pyman** came sixth and **Felicity Kennedy** eighth in the individual 'Come and Try' event. **Finnegan MacDonald-Hall** (swimmer) **Noah Davies** (cyclist) and **Lachlan Bellen** (runner) came fifth in the teams event out of 30 teams. The other boys team came fourteenth and was made up of **Lachlan Campbell** (swimmer), **Thomas Patton** (cyclist) and **Izaak Logan**. **Ruby Thomas** (swimmer), **Teah Charlton** (cyclist) and **Lexi Denton** represented our girls team which came eleventh. Thank you to all of the parents who came down for support.

Miss Tonia Fielke
7-12 SPORTS COORDINATOR



TLC SPORTS DAY CARNIVAL

Friday 17 March 2017 9am-3pm

Food & Drink Stalls available. Come and support your House!

All Welcome

from the PERFORMING ARTS

TATACHILLA MAJOR MUSICAL 2017

TATACHILLA PROUDLY PRESENTS "MARY POPPINS" THE MUSICAL

Many of you are familiar with the much-loved tale of Mary Poppins, the no-nonsense nanny who literally flies into the home of the Banks family at a time when they need her to spread some love and magic in their lives. The songs from the show are musical classics, including "Spoonful of Sugar", "Let's go Fly a Kite" and "Supercalifragilisticexpialidocious".

Did you know that PL Travers, an Australian author, wrote seven novels featuring Mary Poppins, and it is on the first three in the series that the show is based? This stage version is based on these books and also brings in many of the elements of the 1964 Disney film version, however there will still be some lovely surprises for our audiences!

Rehearsals are well underway for our production of "Mary Poppins", which we will proudly present in May at the Hopgood Theatre, Noarlunga. Cast members and staff are currently devoting many hours of time during the week and on weekends to bring this show to life. We are already excited by the talents being displayed by our lead and chorus performers from Junior, Middle and Senior Schools, and our Specialist Dance Troupe, who are developing as a tight ensemble. Behind the scenes, our staff and students are also working hard on costume and set design to authentically convey the Edwardian era of the production.

As the weeks go by, I will bring you regular updates from the rehearsal room, share some special moments, and let you know when tickets go on sale. The Production Team hopes to see you at the show!

Mrs Elizabeth Bentley
DIRECTOR



2017 CABARET FESTIVAL

Congratulations to Year 12 student, **Mia Reschke** on her selection into the 2017 Class of Cabaret.

Twenty four extremely talented and passionate secondary students from schools across South Australia will be working with an expert team of professionals to prepare and present their own cabaret shows as part of the Adelaide Cabaret Festival in June.



**SPECIAL THANKS TO OUR MUSICAL SPONSORS -
SNAP PRINTING LONSDALE (POSTERS) AND
SEAFORD BUNNINGS & MITRE 10 MCLAREN VALE (SET
CONSTRUCTION PAINT & SUPPLIES)**



2017 FRINGE FESTIVAL

Congratulations to Year 12 student, **Alix Kuijpers** who will be performing at this year's Fringe Festival!

Access Denied returns to the Fringe once again with their hit show "Do You Think They Can Dance". 25 of SA's up and coming dancers battle their way to the number one position.
<https://www.facebook.com/www.adelaideentertainmentgroup/videos/1542833185734668/>

around the **CAMPUS**

LEADERSHIP TRAINING DAY

Student leaders in Years 9 and 12 attended GRIP Leadership Training at the Entertainment Centre on Monday 20 February.

They learned about how to turn an idea into action, how to motivate others, and how to deal with the challenges of leadership.

At the end of the day we had the opportunity to connect with one of the GRIP presenters, who now works with our former Principal, Mr Colin Minke in Queensland!

Mrs Elizabeth Bentley and Mr Tom Harms



SPORTS DAY CARNIVALS VOLUNTEERS NEEDED

R-12 Sports Day, Fri 17 March

SAPSASA District Athletics Carnival, Tues 21 March

Tatachilla will be hosting both the R-12 Sports Day Carnival and the SAPSASA District Athletics Carnival on the grounds this year.

At both events we would like to offer an array of food and refreshments to those in attendance and are now calling for parent volunteers who are able to help with preparation, serving, cooking or baking at these events.

If you are able to help please contact Kay Digby on 8329 4411 or send an email to kdigby@tatachilla.sa.edu.au

Mrs Kay Digby

COMMUNITY RELATIONS & FUNDRAISING OFFICER



STUDENT BUS SERVICES

The College bus service is reserved for full-time/one-way travel users only. All bus use/alterations must be booked via the College and not the bus company.

Due to some buses being at near or full capacity it may not be possible for students to change to alternative buses or to have a guest travel with them.

All alternative arrangements must be made prior to travelling and an approved bus pass obtained from the Bus Coordinator at the College.

COMMUNITY NOTICES

SEAFORD RANGERS SOCCER CLUB: Players wanted for the Under 12 team. For more information contact Susan Fox on 0437 389 980.

SOUTH ADELAIDE PINK PANTHERS FC: Come & Try Day, Monday 27 Feb, 7pm. Vacancies in U9s, 15s, 17s & Senior WSL. O'Sullivan Beach Sports Complex. Contact Leigh Matthews on 0412591478. www.sapanthers.com.au

SPORTING ACHIEVEMENTS

Congratulations to **Tate Walker** who represented U14 SA Country Basketball on the 14-21 January 2017 in Albury, NSW. Tate's team came third out of 12 teams.

Jordan McMillan competed in the Sate Championships on 18-19 February 2017. Jordan won four gold medals in 100m, 200m, 400m and Long Jump and set three PB's.

Congratulations to **Halle Njoroge, Alicia Allan** and **Tessa McDonald** who travelled to Melbourne during the January holidays to represent SA in the Southern Cross Challenge.



NEW UNIFORM SHOP IS NOW OPEN

The Uniform Shop is now open in its new premises located at the southeast corner of the Gym.

Trading Hours: Mondays & Tuesdays 8.20am - 12noon
Thursdays 8.20am - 4.00pm

fundraising & events

TWILIGHT FOOD AFFAIR

A FUN NIGHT
FOR THE WHOLE FAMILY

Side Show
Amusements

Carnival Rides

Food Stalls

local wines

Giant BBQ

Live Entertainment

Silent Auction

Gold Coin Carparking

FIREWORKS

FRIDAY, 24 MARCH 2017 4-9PM

The Twilight Food Affair is the College's major fundraising event of the year enjoyed by the College community.

Held on the Junior School Oval, the event has an array of food and refreshment stalls and a variety of fun activities for the kids. There is also loads of entertainment to enjoy. And to top it off this year's event will conclude with a fireworks display!

STALL HELPERS/VOLUNTEERS

Many hands make light work!

We offer an array of food and refreshments stalls and are calling for parent volunteers interested in lending a hand.

If you are able to spare some time serving on a stall it would be greatly appreciated. Rosters will be drawn up allowing helpers to also enjoy time on the evening with their family and friends.

Some of the stalls this year include:

Curries, Hot Potatoes, BBQ - sausage sizzle & Roast Meat Sliders, Wine & Beer, Soft Drinks, Stirfrys, Hot Chips, Lollies & Lucky Dips, Easter Eggs & Chocolates, Milkshakes & Confectionery, Hotdogs & Toasted Sandwiches, Nachos, and Hot Donuts.

Setup & Breakdown

Calling the strong and the fit out there! If this description sounds like you and you are willing and able to spare a couple of hours during the afternoon or at the end of the night we'd love your help.

SUPPORTING THE COLLEGE

As the major fundraising event of this year your support is requested.

Ways you can help:

- Donations of goods or produce for a particular stall
- Monetary donations to offset the costs of the evening
- Sponsorship of the fireworks display

WINE / BEER STALL SPONSORSHIP

We invite families associated with local wineries who would be interested in being a sponsor (by way of donation) to this year's Wine & Beer Stall.

ROAMING PERFORMERS

Calling for entertainers (jugglers, magicians, and acrobats) interested in being part of a group of roaming performers to entertain the crowd. Equipment supplied.

CONTACT

If you are interested in being involved (in anyway) contact Mrs Kay Digby at the College by phoning 8329 4411 or email kdigby@tatachilla.sa.edu.au

A FUN NIGHT
FOR THE WHOLE FAMILY

Side Show
Amusements

Carnival Rides

Food Stalls

local wines

Giant BBQ

Live Entertainment

Silent Auction

Gold Coin Carparking

FIREWORKS

Twilight Food Affair

24 March 2017

Tatachilla Lutheran College

4pm to 9pm

www.tatachilla.sa.edu.au

TATACHILLA
lutheran college

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211 Tatachilla Rd, McLaren Vale, SA 5171
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THE
TATACHILLA LUTHERAN COLLEGE

PRODUCTION OF



Disney and CAMERON MACKINTOSH's

MARY POPPINS

THE BROADWAY MUSICAL

©Disney/CML

ORIGINAL MUSIC AND LYRICS BY

RICHARD M. SHERMAN AND
ROBERT B. SHERMAN

BOOK BY

JULIAN FELLOWES

NEW SONGS AND ADDITIONAL MUSIC AND LYRICS BY

GEORGE STILES AND
ANTHONY DREWE

CO-CREATED BY

CAMERON MACKINTOSH

THU 4 MAY

11.00AM & 7.30PM

FRI 5 MAY

7.30PM

SAT 6 MAY

2.00PM & 7.30PM

A MUSICAL BASED ON THE STORIES OF P.L. TRAVERS AND THE WALT DISNEY FILM.

HOPGOOD THEATRE, NOARLUNGA CENTRE

ADULT \$30 | CONCESSION \$25 (TRANSACTION FEES APPLY)

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TATACHILLA
lutheran college

calendar
DATES

Term 1 Week 5

27-28 February

JS Life Van

Monday 27 February

JS Chapel

Tuesday 28 February

SAPSASA Swimming Carnival
MS/SS House Meeting
JS Assembly

Wednesday 1 March

JS Peer Mediation Day
Yr 12 Crave Day
MS/SS Chapel

Thursday 2 March

College Twilight Tour

Thursday 3 March

Yr 7/8 Standards Day
JS Chapel

Term 1 Week 6

Monday 6 March

JS Chapel

Tuesday 7 March

SSSSA Swimming Carnival
MS/SS Year Level Meetings

Wednesday 8 March

R-12 Assembly (SRC Badge
Presentation)

Thursday 9 March

Pre Sports Day Events (Javelin)

Friday 10 March

JS Chapel

Term 1 Week 7

Monday 13 March

ADELAIDE CUP PUBLIC HOLIDAY

Tuesday 14 March

MS/SS Year Level Meeting
JS Assembly

Wednesday 15 March

R-12 House Meeting
Parent Education Evening

Thursday 16 March

JS Pre Sports Day Events

Friday 17 March

Sports Day



Helping Senior School Students Focus, Organise themselves and Get Motivated in 2017

My name is Kirrilie Smout and I am a clinical psychologist who works with teenagers. I am from Developing Minds and we are working with the school this year to help the students achieve their best results.

This month we spoke to the students about how they might be able to motivate themselves to study, regularly complete homework and stay organised. We talked about research which shows that “IQ” is only responsible for a small part of success at school. In other words, **it doesn't much matter how smart you are. What matters more is what you do during the year.**

We also talked with the students about how they might motivate themselves to regularly work on study.

Some of the most important strategies included: 1) using written lists and visual reminders rather than relying on their memory for knowing what they have to do; 2) setting up habits and systems to get things done (link an action with some kind of trigger – a time or place or activity) and 3) doing shorter **focussed** periods of homework/study rather than longer distracted periods of study. We suggested they do this by putting phones across the room for 15 minute periods, closing programs and using software to limit access to programs – all for short periods of time.

We also discussed using mini rewards and punishments for themselves to increase motivation, using “chunking” (starting with a small, easy step, or trying to study in short periods rather than wait until a long extended period of time) and motivating ourselves to start by imagining what it will *feel like* to do well or to be disappointed in ourselves.

It was great to work with the students. We have encouraged them to email us with any questions and we will see them next term to talk about revision strategies.

Please feel free to contact me anytime if you have any questions as a parent. If you would like some more support in helping your student through senior school then there are a range of free articles on my website: www.developingminds.net.au or you can access them via our facebook page Developing Minds Psychology and Education.

Kirrilie Smout

Kirrilie Smout is a clinical psychologist and owner of Developing Minds Psychology. She counsels teens facing challenges in their life and presents psychological wellness and study skills seminars to teachers, parents and students in schools across Australia. For more information go to www.developingminds.net.au



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