Looking back over the last weeks, there have been many highlights. The Greek Spring Dance was one of these. Once again the Greek Parent Committee and students organised a great cultural and fun event. The school also recently celebrated Book Week, and we were pleased to again be recognised in the Apple Distinguished Program Award for our work in Digital Pedagogies.

We recently acknowledged 20 years of the LINK program at Unley High School. This is our partnership with Adelaide West Special Education Centre. We celebrated with an assembly planned and managed by current students and featuring past LINK students including Member of the Legislative Council, Kelly Vincent. Official guests from DECD and the Disabilities sector took part in this wonderful student run assembly and morning tea. Food and Hospitality students catered for the students, families and guests.

Arts and Multicultural Month saw a whole school gathering featuring interesting speeches by students from a variety of countries, and we took the opportunity to recognise the community engagement of Home Stay and Buddy students. The Identity Art Exhibition showcased excellent student work based on adaptations of cultural iconography. The Multicultural Food fair was a happy event with teams of students well supported by the many staff and parents involved, and a big thank you goes to Richard Whaites and the organising committee. Students cooked, supervised and cleaned, and their efforts were much appreciated by hungry customers. Currently fifty nine cultural groups are represented in our 2016 student body.

The student-led Musical ‘Senior Year’ was a real triumph. Held in the venerable George Cresswell Hall, it was a real tribute to the creativeness and dedication of the student group led by Sharee Grimshaw, and the unflagging support of Arts Coordinator Trish Colman. The recent Semi Formal also saw outstanding organisation from Alice Paterson and the student leaders.

This time last year students were invited to be part of the filming for the documentary ‘Embrace’, working with old scholar Taryn Brumfitt and her production team. The film makers heard students’ perspectives on body image, and were impressed with our articulate, thoughtful young people. The documentary premiered recently in Adelaide, and while the footage of our students wasn’t prominent, the screening by Mitcham Council was well received by the participants, as was the message of acceptance and resilience.

In Facilities news, the official opening of the Trade Skills Centre by Senator Simon Birmingham is planned for early November. Plumbing certificate students have been using this well-appointed training area for some months and it will be good to mark the end of it’s long development period. The STEM works project in the main school building is moving into the planning phase with the chosen architects. Some work will begin on the Science Office during this term break. Work will progress over the next twelve months.

The final decision about the French Bilingual/ Binational program saw success for Unley High and Highgate Schools, and we look forward to seeing this evolve as another strong cultural and academic offering for our students.

I hope you enjoy the achievements of our young people outlined in this newsletter.

Brenda Harris              Principal

Year 12/13 Graduation Ceremony 2016

A significant event for Year 12 students is their Graduation Ceremony on Friday 28 October 2016, in the George Cresswell Hall. The Ceremony commences at 9:00am and is followed by a morning tea in the Rose Garden. Parents/Caregivers are invited to attend. Two Graduation tickets will be given to each graduate. Applications for additional tickets will only be accepted after the initial ticket distribution, however, as seating is at a premium, we cannot guarantee availability of spare tickets.

Please contact sonya.parkin@uhs.sa.edu.au if you require special access or seating for guests, or to request extra tickets.

Joanne Costa, Deputy Principal
LINK 20th Anniversary Assembly

An outstanding 20 Year celebration of the Adelaide West Special Education Centre Link Program at Unley High School was held on Monday 20 September. Invited guests included DECD, Novita and WCHN staff, former Link staff, students and parents as well as current staff and students.

The MC for the event was Callum McBrearty, Year 12 Link Student, who injected his own style of humour into the event. Guest speakers included Brenda Harris, UHS principal, Kelly Vincent, Dignity for Disability member of the Legislative Council in the SA Parliament and Link graduate, Alice Waterman, Link graduate and invitation designer, Ethan Kelly, Year 8 Link Student and Lorna Fenech, Adelaide West Special Education Centre Principal. The official proceedings culminated in a delicious morning tea provided by Unley High School Hospitality students led by Ms Dodgson, and a cake cutting ceremony. A celebration such as this highlights the importance of the Unley High School and Mitcham Primary School Link programs and helps promote their continuing successes.

Lynn Roberts - Link Teacher

Embrace Documentary Viewing

On Monday 22 August a group of Unley High students walked down to Wallis Cinemas to join students from other local schools to view the documentary film ‘Embrace’. This movie was written and produced by former Unley High School student Taryn Brumfitt-who shares her story about negative body image and how she overcame it plus her dreams for her young daughter and other women to not suffer the same agonies imposed on them by media and society. Taryn documents her journey across the world and interviews females of all different shapes, sizes and cultures, discussing the issue of poor body image and trying to figure out ways to help all overcome their body image fears. She shows her struggles, motivation, love and care for all women-in the hope of raising awareness. The students were lucky enough to ask questions at the end of the film, when Taryn arrived, and many selfies were taken. Everyone agreed that it was a very powerful and moving film that has a great message. Embrace is a film for both men and women to see and understand.

Antonia and Chloe – Year 10 Students
French Bilingual Education Partnership

We were very pleased when Minister Susan Close announced on Monday 19 September that Unley High School, along with Highgate Schools, were the two schools chosen to lead the development of the SA’s French Bilingual Education offering. The program will see interested, selected students educated in a combined French/Australian curriculum, and will eventually span Reception to Year 12. Planning at Unley has begun, with a bilingual stream expected to be available in year 8 and 9 in 2018. This exciting opportunity will build the profile of language learning and enhance cultural understandings and global perspectives in our school. It also complements our ongoing Greek, Chinese and Italian language courses. Highgate School will offer a bilingual stream starting with Reception/Year 1 in 2017. Early in Term 4 will see visits to schools in Canberra, Brisbane and Melbourne already successfully working in French Bilingual Education. The development of an enrolment policy is underway. Both schools look forward to sharing this evolving initiative with the community over the next months. Bilingual learning has well-detailed positive educational outcomes for students. Bilingualism opens the door to the possibility of communicating with more people in more places and develops essential skills for living and working in a globalised society. Research tells us that critical thinking and problem solving skills improve, as do flexible thinking abilities, creativity and the ability to concentrate.

Bilingual education:
» maximises students’ linguistic proficiency in both languages
» provides a challenging and engaging academic environment
» enhances academic achievement in all learning areas
» raises students’ awareness of diverse cultures and cultural perspectives
» promotes open-mindedness and a spirit of inquiry
» can improve employment opportunities in Australia and abroad.

L’éducation bilingue:
» Donne à l’élève la meilleure possibilité de réussite linguistique, en anglais comme en français
» Engage l’élève dans un environnement académique stimulant
» Peut améliorer la réussite scolaire de l’élève dans tous les domaines
» Eveille chez l’élève une appréciation de cultures et de perspectives culturelles différentes
» Encourage, de la part de l’élève, une approche ouverte à ses études ainsi que le désir de faire des découvertes
» Peut ouvrir les portes sur de meilleures possibilités d’emploi en Australie et à l’étranger.
In 2016 I have been privileged to be the Musical Director of ‘Senior Year’ Unley High School’s first student led Musical. With the amazing help of Arts Coordinator Mrs Trish Colman, students were able to start the Musical process. The script was written by a group of passionate students Danielle Stafford, Emily Downing, Sofia Dimas and Sudasharee Somers. Lead auditions occurred in week four of term two. Soon after, rehearsals commenced in Week 8 and the set design and publicity began to take shape. For myself and others, it was an eye opening experience to understand all the processes involved in creating a Musical. At times it was stressful, but most of all rewarding to see all the students doing what they love. Many friendships were formed and this experience will be with us forever.

I would like to take this opportunity to thank some key teachers and students. Firstly, Mrs Colman for all she has done for us; we couldn’t have done it without her! I would also like to thank Mr Martin, for his management and assistance in regards to applying for rights and his singing coaching. To Mr Zunic and Ms Boni for their assistance in Set and Stage Design, to Ms Dougherty for her photography and design assistance with publicity, and Ms Harris for her support: Thank you.

And finally kudos to our committed Year 12 students; Olivia Sinderberry who worked tirelessly on choreography, Brooke Bowering on Set Design and Stage Management and Lawson Dodd for the design of the poster, branding and tickets for Senior Year. We learned so many skills and I hope you can see our hard work and dedication reflected in the show.

Sharee Grimshaw Yr 12 Student ,Director of ‘Senior Year’
Multicultural Week Celebrations

Multicultural/Arts Week Celebrations were held in week 6 of this term. An assembly launched the week with some of our International students giving their perspectives on being an overseas student at Unley High School. We also had a fantastic procession given by our Arts and Fashion students. During the week we opened our Art exhibition “Identity” showcasing student’s work. Friday was a highlight with a spectacular International Food Fair with fourteen countries represented at lunchtime in the rose garden. The money raised from the food fair will go to Cancer Council and Blue Sky Nepal. Unley High School has fifty nine cultural groups represented in our school and it was a great week to celebrate our cultural diversity.

Richard Whaites – Assistant Principal

Arts Month

The Multi-Cultural focus week kicked off with an opening procession to the assembly. This was a result of a cross-curricular program from Year 10 Craft, Year 10 Fashion and Year 8 Art students. The Year 10 Craft students were tasked with this live project to design and create a paper sculptured head piece, of a cultural tradition, from their own heritage. Their brief also required them to create the sculpture using only white paper in order to focus on the shape and form of their design. This sculpture had to be elaborate and wearable as part of the procession. Jo Stocks Year 10 Fashion class were also given a live brief. They were required to explore the relevant culture from the head piece they were assigned and design and create a white costume to match. Year 8 art students experienced traditional lantern making skills. Each lantern was to be carried and together created the word Identity to resolve the procession. The project was a huge success, students were very engaged with the live and cross curricular aspect. My warmest thanks to Jo Stock (textiles teacher) for all her support in being on board with the project. To Chris Martin (music teacher) for his recording and editing of the music and to all the students involved particularly the students who modelled the artwork in the procession and Lily Ecclestone and Eva Clarke for the music.

Trish Colman Arts Coordinator
Middle School Debating

Good evening ladies and gentlemen, the subject of this report is the "Unley Year 9 Blue Debating Team", and we, Unley High School, believe that this year has been a fantastic, educational and enjoyable one.

This year has been a year to remember. I personally have never felt more invested, committed and passionate about a team sport like this one before in my life (especially the sport aspect). This year's debating team has consisted of Thomas Krajnc, Huon Coutts, Indya Harkin, Kelsey McBrearty, Sam Head and myself. The team has been coached by Jessica Williams (Maths/Science Teacher) and co-coached by Sue Wendt (English Coordinator). Both have done an absolutely brilliant job of teaching and connecting the students together as well as giving countless hours of their own time to the team. This year has involved a lot of sweat, tears and cue cards. We had a battle of words consisting of five different rounds. Each round has brought different, unique experiences and arguments. For example, we faced St Peter's Girls' School in our second debate and despite losing by only half a point, we were praised for our high intellectual argument and bringing something that was unexpected to the debate by flipping the topic. Our third debate was successful with Henry winning speaker of the night. Our fourth debate, once again had us being praised for our highly intellectual arguments and eloquent debating style, however, unfortunately we missed out by half a point. Finally our 5th and last debate was successful in two different ways. We proved to be victorious and Thomas presented an excellent speech which saw him win speaker of the night. This year has taught me that much can be celebrated and remembered in a team sport without having to win a lot. I also value the time and experiences with my team, sharing laughs and memories. The main lesson learnt is that the "team" part of sport is, definitely the most important part. A special thanks to our teachers and parents for offering moral support and showing up to all of our debates.

So, Ladies and Gentlemen, in conclusion, we the Year 9s, have clearly explained that not just our teams, but our coaches, and parents have given their best.

Henry Thiele-Swift (Year 9) On behalf of the Unley High School Year 9 Debating team

Senior School Debating

This year the Senior Debating team consisted of Alastair Correll, Jack Cheshire, Nick Endenburg and myself. We were coached by Dr Georgie Swift (Parent Volunteer).

Our first topic of the year was that we should repeal Section 18C of the Racial Discrimination Act. We were the affirmative team, a controversial position for our members. Nevertheless, we managed to construct a well-considered case in favour of amending the Act. Unfortunately, however, our opposition forfeited the debate, leaving us with a victory by default!

In the second debate, we argued against Oxford University's decision to maintain a statue of imperialist Cecil Rhodes. After a rugged contest, we were defeated by less than a point! We won our third debate, in which we argued that artificial intelligence poses an unacceptable risk to our humanity. We had successfully argued the opposite position in last year's grand final, and building a case against our original argument was a challenging endeavour!

Dishearteningly, we lost our final debate, missing out on a place in the finals. The debate was a secret topic, and special thanks go to Hannah Crockett-Naini and Johnson Li for helping us to prepare our speeches.

We all extend our thanks to Georgie for coaching us for the last four years (and providing us with doughnuts), to Ms Marsden for coaching us in 2012, to debaters past for their contributions to the team, and to Ms Wendt for facilitating debating at Unley. Now that the final curtain has fallen on our high school debating careers, we wish future Unley High debaters the best of luck.

Isaac Thiele-Swift - Year 12 on behalf of the Unley High Senior Debating Team
Greek Spring Dance

The annual Greek Spring Dance was held at the Cyprian club on 27 August. Over 130 parents and students attended the dance. The night was filled with fun, lots of good food prepared by the Cyprian club, fantastic music and dancing. Student’s Vicki Natafillis and Emily Sapounas were MC’s for the evening. It was wonderful to see them address the guests both in English and Greek. As well as MC duties on the night, the girls had spent many lunch times during the term teaching other students a variety of traditional dances which the students performed on the evening. Their performance was outstanding, as was evident by the applause they received from the crowd. The highlight of the evening was the presentation of the Year 12 graduating students who performed the “Calamtianos” As their names were called they showcased the individual steps to the dance. It was an emotional moment when their parents joined them on the dance floor. As you looked at parents and students dancing together you saw the pride and love shine in their eyes. The evening continued with everyone on the dance floor enjoying the music. As always it was an amazing feeling seeing parents, teachers, and students dancing together and enjoying each other’s company.

Many thanks go to the committee for their excellent work in organizing the event. Special thanks go to Ourania Ntafillis and Vicki Hronopoulos for their leadership of the committee. I would also like to take this opportunity to especially thank Vicki Hronopoulos who has given five years of commitment to the Greek Parents Committee. I know the committee will miss her next year.

Many thanks to our sponsors for their ongoing support. Your support is very much appreciated.

Asikas Family  Bakery on O’Connell  Balthazar Café Pasadena
Dan Murphy’s  Bruce’s Meat Mitcham  Djukanovic Family
Davroe Hair Wellness  Dulwich Bakery  Hassiotis Family
Hellenic Travel  Hronopoulos Family  Kalymnos Pastries
Kopsaftis Family  Kountourogiannis Family  Marco Polo Foods
Michaloudakis Family  Ntafillis Family  Sapounas Foods
Pieriko Society  Pink Carat Jewellery  N & A Triantafillou
Pylon Society of SA  Rosewater Meat Store  Price Attack Castle Plaza

Joanne Costa - Deputy Principal
Sports Report

Winter sports are all done for 2016. We had some fantastic results with both our Year 8/9 girls C2 and B3 grade Netball teams winning their grand final to be 2016 premiers. Our Open Football Boys had a heartbreaking loss to Concordia after leading for the whole game and finishing only 4 points behind. Our Table Tennis teams came second, third and fourth overall which is a fantastic result. Despite the weather thinking differently, we now have our mid-week summer competitions for the term 3-4 season up and running. We have Girls’ Basketball, Girls’ Volleyball and Boys’ Indoor Soccer all underway so we’re looking forward to a fun season for all of those players.

We have continued our knockout competitions this term. The Open Boys’ Volleyball team played really well against some very strong competition and beat Paralowie High School. They lost in a close competition with Westminster and were then knocked out by Adelaide High School. Our Year 8-9 and Year 10 Boys’ Basketball teams were both knocked out early, although the Year 10 Boys did manage a great win against Brighton High School before departing. We’re now looking forward to some knockout badminton, volleyball and softball.

Lots of our students have participated in carnivals late this term. Some dedicated year 8-9 students played in a mixed Touch Football carnival on their student free day. They played a fantastic competition to make it to the final rounds and show great promise for our future Touch Football competitions. Two teams of senior girls played in the Girls 9-a-side Football competition and although they came away with a number of wins, the grand finals eluded them both. Two boys’ team and one girls team played in the European Handball competition. All teams played well, particularly the Year 11 Boys team as they made it to the grand final and finished runner up. The last carnival for this term was the Open Mixed Netball. We had three teams who all played fantastic netball but were sadly outplayed by netball specialty school teams from Blackwood High School. A great day was had by all though.

Congratulations to a couple of students who have been picked for elite level sports teams. Amelia Hall in year 11 has been selected in the South Australian Under 16 girls Christian Football Federation team and Alex Bruno in year 8 in the Australian Under 15 boys Trampolining team. He will be travelling to the Indo-Pacific Championships held in New Zealand. Well done to both of these students on their fantastic achievements.

Anna Henderson - Sports Coordinator
Rowing Club News

Spring Rowing Camp has been an integral part of the Rowing Club calendar for many years and 2016 was no different. This year over ninety rowers, volunteer coaches and parent helpers attended Ankaray Youth Camp, located on the banks of the beautiful Murray River at Walker’s Flat.

The opportunity to engage in four days of focused on water and land training provided our rowers with the perfect environment to continue developing their technical base and aerobic fitness levels for the 2016/17 rowing season. Spring Rowing Camp signifies the commencement of the rowing season and if the skills and abilities already evident are anything to go by, 2016/17 should be even more successful than the 2015/16 season.

Josh Whitwell - Rowing Manager

Term 4 Rowing Club Diary Dates

Sunday 15 October
Head of the Port (Pt Adelaide)
Senior Boys and Girls only

Sunday 16 October
AGM & Matthew Draper Cup (Torrens Boathouse)

Saturday 22 October
Season Opening Regatta (Henley on Torrens)

Saturday 10 & 11 October
Riverland Regatta (Berri)

Thank you to our generous Rowing Club Quiz Night sponsors

Please endeavour to support these businesses in our community

UNLEY HIGH SCHOOL

EXCELLENCE COMMUNITY DIVERSITY RESPECT
My name is Ellie Wheatcroft and I am the new Pastoral Care Worker offering a chaplaincy service at Unley High School. I started work at Unley High School at the beginning of term 3 and have been settling into this new role. The Pastoral Care Worker provides support and care to all members of the school community; staff, students and families. Within this framework I will be a positive role model and support the entire school body with compassion, understanding also providing a connection to community services and resources. I work alongside the wellbeing staff in the school to provide holistic care and support to the whole school community.

I have been a youth worker since 2011 and enjoy supporting young people and building relationships with them and with those that care for them in a home or education setting. Positive relationships and support are key to seeing young people, teaching staff, support staff and families, flourish into a confident and encouraging network of care and wellbeing.

As the Pastoral Care Worker, I will be available in the yard, in my office in the Student Counselling Area in the staff room and also to provide an extra pair of hands to teachers in the classroom and during extra-curricular activities.

I am at the school on Wednesday 8am – 4pm, Thursday 8am – 1pm and Friday 11:30am – 3pm. My office is situated in the Student Counselling area. Contact can be made through the front office or directly via my email ellie.wheatcroft@uhs.sa.edu.au

I really look forward to meeting you and getting to know you.

Ellie - Pastoral Care Worker

Uniform Survey Outcomes
Recently the Unley High School Community was surveyed about some proposed changes to the uniform. Choices were:
1. Choose between three examples of polo shirts
   a) Current speckled grey/blue polo
   b) Navy polo with logo on sleeve
   c) Navy polo with Unley logo on back
2. Choice between grey or navy trousers
3. Choice between two white shirts;
   a) Current white shirt without trim on sleeve & pocket.
   b) New white shirt with trim on sleeve & pocket.

The results (shown right) were mixed; with a 50/50 split on a change to the polo, 50/50 split to change the colour of the trousers and a majority voting to keep the existing white shirt.

Polo Shirt
Our supplier has since raised concerns regarding inconsistencies in the quality and continued supply of the existing grey/blue polo fabric. This information, coupled with a 50% approval for a navy blue polo has necessitated a change to a navy polo. Option 1 with the logo on the sleeve will have buttons at the neck added based on feedback from our survey participants. Samples will be available to view in Term 4 and orders can be placed for delivery by the beginning of the 2017 school year.

The grey and navy trousers will remain, as will the plain white shirts option.

As stated in the survey, the change to the new navy blue polo will have a two year window with all students required to be in the new uniform variation by the beginning of the 2019 school year.

Brenda Harris - Principal

Pastoral Care Worker Introduction
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I really look forward to meeting you and getting to know you.

Ellie - Pastoral Care Worker
### Counsellors Corner

We often get asked questions, both from students and parents, about particular issues relevant to teenagers and how to manage them. Following is some general information about some issues that can be of concern for young people. At the end of each section you will find contact information for further information and services that could help.

*Tam Hood & Andrew Hall - School Counsellors*

<table>
<thead>
<tr>
<th>Depression</th>
<th>Anxiety</th>
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<tbody>
<tr>
<td><strong>What is depression?</strong></td>
<td><strong>What is anxiety?</strong></td>
</tr>
<tr>
<td>While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods of time (weeks, months or even years) and sometimes without any apparent reason. Depression is more than just a low mood – it’s a serious illness that has an impact on both physical and mental health.</td>
<td>Anxiety is more than just feeling stressed or worried. While stress and anxious feelings are a common response to a situation where a person feels under pressure, it usually passes once the stressful situation has passed, or ’stressor’ is removed. Anxiety is when these anxious feelings don’t subside. Anxiety is when they are ongoing and exist without any particular reason or cause. It’s a serious condition that makes it hard for a person to cope with daily life. We all feel anxious from time to time, but for a person experiencing anxiety, these feelings cannot be easily controlled.</td>
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<tr>
<td><strong>Signs and symptoms</strong></td>
<td><strong>Signs and symptoms</strong></td>
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<td>Depression affects how people feel about themselves. They may lose interest in work, hobbies and doing things they normally enjoy. They may lack energy, have difficulty sleeping or sleep more than usual. Some people feel irritable and some find it hard to concentrate. Depression makes life more difficult to manage from day to day.</td>
<td>The symptoms of anxiety can often develop gradually over time. Given that we all experience some anxiety, it can be hard to know how much is too much. In order to be diagnosed with anxiety, the condition must have a disabling impact on the person’s life. There are many types of anxiety, and there are a range of symptoms for each.</td>
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<tr>
<td><strong>Types of treatment available</strong></td>
<td><strong>Types of treatment available</strong></td>
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<tr>
<td>The encouraging news is that there is a range of treatments, health professionals and services available to help with depression, and there are many things that people with depression can do to help themselves.</td>
<td>As with depression, there are many health professionals and services available to help with information, treatment and support, and there are many things that people with anxiety can do to help themselves.</td>
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<tr>
<td><strong>Who can assist</strong></td>
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<tr>
<td>Different health professionals provide different types of services, treatments and assistance to help people on the road to recovery. It’s very important to find the right mental health professional to meet a person’s individual needs.</td>
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<tr>
<td><strong>Recovery and staying well</strong></td>
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<tr>
<td>Recovery can take time. While medical and/or psychological treatment can help with a person’s recovery, there are many other ways people can help themselves to get better and stay well, like getting enough sleep and exercise, eating well and talking to someone they know and trust.</td>
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**Further Info and Help:**

- [http://www.beyondblue.org.au](http://www.beyondblue.org.au)
- [http://www.sane.org/information/factsheets-podcasts/178-depression](http://www.sane.org/information/factsheets-podcasts/178-depression)

- [http://www.beyondblue.org.au](http://www.beyondblue.org.au)
Year Book 2016

Dear Parents/Caregivers

The total cost of producing the Year Book has been borne by the school in recent years and students have not had to pay for a Year Book. After discussion at Finance Committee meetings and at Governing Council this year it has been decided to charge an amount of $15.00 for the 2016 Year Book. This will partly cover costs.

Year 12 students will be invoiced before they graduate for the 2016 Year Book. All other students will be invoiced at the beginning of the year.

Students who have paid this amount will receive a Year Book when they become available.

Brenda Harris
Principal

Betty Smith
Business Manager

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GLANDORE COMMUNITY CENTRE

NATURE PLAY FESTIVAL

Cubby building and junk loose parts for constructing creations and firing their imaginations.
For children aged 5—12 yrs
Wednesday 5 October 10am—1pm
Cost: Free Bookings essential

Strut Your Bollywood Stuff

Join Shweta and learn the steps and groove to the Bollywood Beat. Suitable for ages 8—12 yrs
Thursday 13 October 10am - 12noon Cost $4 Booking Ess.

Digital Day @ Glandore

Learn how to code

With fun, creativity and learning through exploring. Join and get involved in exciting projects that will teach you how to program by making computer games, animations and websites. Be in charge of the computer and make it do what YOU want in a fun, friendly and safe environment.
Tuesday 11 October 1.30pm - 3pm 6yrs and over Cost $4
Did you know?

1 in 5 Australian children has experienced cyberbullying.
(University of NSW, 2014)

Cyberbullying has become increasingly common for children and teenagers due to early exposure to technology. It can have negative academic, social and psychological outcomes for young people, and may result in behavioural changes such as lack of appetite, poor sleep, inability to concentrate, heightened stress, loss of interest in activities, and social withdrawal. It has also been shown that youth that are bullied are at higher risk of having depression or anxiety.

It is important that parents are educated about how to talk to their children about this issue. An excellent website for parents to explore is eSafety (https://www.esafety.gov.au/).

The eSafety website offers an array of useful information in regards to the online safety of children. iParent is a section of the website that provides online safety resources targeted to the specific needs of parents and carers. Under this section, parents can access information about various forms of cyberbullying, tips for staying safe, how to report incidents of cyberbullying, and the online safeguards that they can implement within their home, such as parental controls and filtering software.

The site provides information about the following:
- How to help prevent your child from being cyberbullied
- How to identify forms of cyberbullying and if your child is being cyberbullied
- How to approach your child if you are concerned that they are being cyberbullied
- How to support your child or help them find support
- How you can report the issue and ensure that it is resolved

In addition to this, there are resources about cyberbullying aimed at young people that you can encourage your child to check out. These include information about support services such as Kids Helpline and headspace, as well as how to receive help and report abuse on an extensive list of popular social media sites and apps.

Don’t wait until your child experiences cyberbullying to address this topic with them. Prevention is the most important strategy.

Written by Year 12 Health student
Emily Ryan-Cooper

Visit eSafety @
Term 4 Diary dates......

Oct 17          Term 4 Commences
Oct 23          Come & Try Rowing
Oct 28          Yr 12 Graduation Ceremony
Oct 30          Come & Try Rowing
Oct 31 - Nov 4  Yr 10 Work Experience
Oct 31          Parent Voice Meeting
Nov 1           Governing Council Meeting
Nov 2           PRINCIPAL’S TOUR
Nov 3           Middle School Twilight Concert
Nov 4           Trades Skills Centre Official Opening
Nov 6           Come & Try Rowing
Nov 7 - 23      YEAR 12 EXAMS
Nov 11          Remembrance Day Ceremony
Nov 15          Yr 11 Drama Production
Nov 22          Yr 7 Family Information Session
Nov 23          Yr 12 Art Exhibition
Nov 25          YEAR 8 - 11 AWARDS CEREMONY
Nov 28-Dec 2    YEAR 11 EXAMS
Nov 28          Parent Voice Meeting
Nov 30          Phoenix Art Exhibition - Mitcham One Gallery
Dec 2           LAST DAY FOR YEAR 11 STUDENTS
Dec 2           Unley High School Cabaret
Dec 3 - 9       Volleyball Trip
Dec 6           Governing Council Meeting
Dec 9           LAST DAY FOR YEAR 10 STUDENTS
Dec 12          STUDENT FREE DAY
Dec 13 - 14     Yr 9 Presentations
Dec 14          Year 8 Showcase
Dec 16          LAST DAY OF TERM 4 - Early Dismissal

Term 1 2017 Diary Dates......

Jan 30          Year 8 & 12 Students commence
Feb 1           Year 9, 10 & 11 Students Commence
Feb 17          School Photos
Feb 21          Governing Council Meeting

School phone number change - 8394 5400

The school has changed to a digital phone line which has meant a new phone number. Our current number will be redirected to this new line so will continue to work for another 12 months. The new number is 8394 5400 and will display as the number calling on your phone. You may wish to update your contacts to reflect the new number. Unley High School stationary will be updated over the coming year to reflect the new number.

As part of our ongoing commitment to the environment, all Newsletters are published on our school website. Hard copies are no longer issued to students unless specifically requested. To ensure that you stay informed of our school activities, newsletters and announcements you must register to be notified of new information posted on our website. Visit www.uhs.sa.edu.au click on Announcements and then complete the email subscription request. If you are unable to access our website, please write a brief letter which includes your student’s name, Home Group and your signature, then pass to your student’s Home Group Teacher. Arrangements will then be made for you to receive a hard copy.