



### From the Principal

Welcome to the final newsletter for 2020. It has been a tumultuous year with many interruptions but fortunately students, teachers and parents have been resilient and adapted well to the constantly changing landscape. It has been a relief to be able to finish the year by providing our important ceremonies of Graduation, Year 8 to 11 Award Ceremony and the Year 12 Formal. All have required some major adjustments but we were happy they were not cancelled.

I invite you to read about some of the wonderful achievements of our students in this newsletter. The two Senior School Art exhibitions at Gallery One were exciting and enjoyable. I would like to thank the students for their work, the teachers for their support and thank parents and friends for coming along to make them special events.

Congratulation to HPE Coordinator Sam Kondraciuk for receiving the Howard Mutton Award for Excellence in Secondary Health and Physical Education. Also congratulations to students Matthew Tripodi Mathspace National Winner, Lei Li TA Mural Scholarship, the Open Girls Basketball State Champions and Year 8/9 Girls Volleyball team for winning the Southern Zone Pennant. Also Sum Long (Ian) Wong and Morgan Frost for excellence in Music.

The Capital Works are rolling along nicely. The new front of house will be ready early next year and it is exciting to see the second floor of the new three story building already coming together. At this stage the building company are still confident of completion by the end of 2021.

Please note that the current COVID directions ask us to restrict people from coming onsite. Therefore rather than have students and /or parents coming back to collect paper 'end of year reports' we will be publishing them online via our learner management system Daymap. A communication has already gone home but if parents need help simply email: [tech.support@uhs.sa.edu.au](mailto:tech.support@uhs.sa.edu.au)

I hope everyone can have wonderful summer break and I look forward to welcoming back our students in 2021.

Greg Rolton  
Principal



## **Farewell Charlie Marino**

### **An Enormous Thank You to All**

As I approach the latter phases of my professional career, I am reflectively thinking about all of the wonderful experiences and challenges, that have prompted my growth over the years. My continual improvement, through collaborative practices, interactions and experiences, were all provided to me, by you. Therefore, I am truly thankful to everybody, for providing me with each opportunity for personal development. Your kind, honest and ongoing sharing, played a vital role in my spiritual, mental and physical growth. So, thank you to everyone for enriching my life.

I have been with the Department for 50 years. So, I have decided that it's time for me to change my direction in life. During my continuous 50 years as an employee of the South Australian Public Education system, I have had the pleasure of having taught at the following schools: Mitchell Park H.S., Fremont H.S., Elizabeth H.S., Salisbury H.S., Salisbury East H.S., Modbury H.S., Adelaide H.S., Findon H.S., Charles Campbell S. S., Norwood Morialta H.S., and Unley H.S. I gladly share with you, that working at all of these schools, provided me with opportunities for enrichment, personal growth, satisfaction and a deep sense of fulfillment.

### **To students**

Hence, I take this opportunity to sincerely thank every student that I have had under my care, or encountered throughout my career. I thank all the students, who have courageously helped me to understand their plight, as well as that of their peers. Through sharing your concerns and offering me ideas on how to help, your collaboration was priceless. I thank you for being yourselves and for extending me. Enabling me to continually learn through our interactions, to improve my knowledge about teaching and learning, about people and life. Each of my individual experiences and interactions, with every student, for me, was accompanied by a lesson learnt about many things. This was most significant for my development. Through every interaction with everyone, I can truly conclude, that my life has been enriched. I dearly thank every one of my students for all of this. I would specifically like to thank you for your efforts, in trying to improve your learning, under my care.

### **To parents and caregivers**

I would also like to thank every parent and caregiver inclusively, with whom I have worked directly or indirectly, throughout my career. I thank you for your support, collaboration and the dedication you have shown in helping me, to help the children of our communities.

I have consistently, without prejudice, valued and been inspired, by the caring and nurturing that every parent and caregiver have given their children. Even during the times where we had a difference of opinion on how we could achieve this. Especially when we were under duress, trying to think of ways with determination, to help the children and one another.

This aspect of my learning, has given me hope, that as we progress into the future, parents and caregivers in collaboration with staff, are supporting our young citizens, to develop positively. All based on the foundation of strong community values; underpinned by Respect, Excellence, Diversity and Community. I have observed that these core values, are outstandingly championed by the Unley High School Educational Community, as well as all of the educational communities in South Australia. I note with satisfaction, that The Unley High School motto, "The Utmost for The Highest", is a unique philosophy which, I value as an extension that works for the holistic development of the person. Striving for improvement and excellence in spirit, mind and body, is an ideal basis for all round personal development and growth for each of us. "The Utmost for The Highest", embraces this ideal.

Throughout my career, I have observed that these principles and the spirit of The Unley High school motto, with its implicit meaning and underlying concept, is stated and applied in a diversity of forms at all schools. We are all striving for our best. Whilst working in different schools throughout my career, I have witnessed the application of these ideologies and values of equivalent merit. All being healthily espoused, state-wide and nationwide.



I dearly thank all parents and caregivers, for working with me and helping me to identify and meet the needs of our children.

## **To colleagues**

I would also especially like to take this opportunity, to particularly thank every colleague with whom I have worked. I openly acknowledge your contributions to my professional and personal growth. In this, I include all members of staff, that I have worked with during my entire career, in all sites, at all times. I thank you for your encouragement, help and for all of the ideas, strategies, suggestions, resources and skills that everyone freely and unselfishly shared with me. I thank you for your support, for your magnanimous giving of respect, care, consideration, as well as your empathy and understanding. Your feedback was also most appreciated; especially at the time that I needed it most. I observed that my improvement and growth, was greatest and most significant during these moments.

So, to all of my colleagues throughout my career, I thank you for your collaboration. Thank you for your guidance, support and for helping me improve my teaching. Enabling me to identify, meet and fulfil the needs of our students, whilst receiving personal growth and satisfaction.

Every moment, every lesson and every interaction, has been an enriching learning experience for me. It has been a great pleasure and honour working with every one of my colleagues. This I have highly valued and will cherish throughout my life. Thus, I thank you.

## **To My Family**

I also take this opportunity to thank my family, who through encouragement, patience and love, has been very supportive of me throughout my career. They allowed me the scope to spend the time that I needed, to do all of the things that my job required.

## **To my teachers**

Thank you for your gift of teaching me, for freely sharing your knowledge, skills and for your encouragement. Thank you for instilling in me, a passion for education, with a desire to learn about many things. I value how all of you promoted the importance of lifelong personal improvement, resilience and persistence.

You inspired in me a thirst for knowledge, discovery and understanding, with an aspiration to share this with as many others as possible.

## **To the Department**

I thank the Department for Education for having offered me the opportunity to have an inspirational and gratifying career as a teacher.

I would like to conclude by acknowledging that it has been a great honour being associated with and working with everyone. I have enjoyed serving the Educational Community of South Australia. I take this opportunity to sincerely thank you all inclusively for your respect, friendship, uplifting support and the trust you placed in my abilities and skills.

I take this opportunity to wish everyone a safe, productive, spirited and fulfilling future.

God bless you all

Carmine 'Charlie' Marino





## Introducing Victoria, your school's new Pastoral Care Worker!

Hello, my name is Victoria Ravis and I am the new Pastoral Care Worker, providing a Chaplaincy Service at Unley High School. I am a friendly person who is passionate about helping young people be the best they can be. Together with my background in Psychology and experience in working with teenagers, I am looking forward to working as part of the wellbeing team here at Unley!

Pastoral Care Workers are able to offer a unique dimension of care and support to all members of the school community. I am here to be a positive role model, bringing compassion and understanding to provide ongoing and practical support to students and families. My role involves working alongside the wellbeing staff in the school to promote student wellbeing.

I will be at Unley High School in 2021 and can be contacted through my email: victoria.ravis@uhs.sa.edu.au. Please feel free to contact me at any time! I am really looking forward to assisting staff to provide the best outcomes for students and their families here at Unley High School.



## MUSIC NEWS

### Congratulations to Sum Long (Ian) Wong – Year 8 Music student

Ian has outstanding tuned percussion, snare drum and auxiliary percussion skills and musical abilities which were identified by the music staff at Unley, his IM teacher, Michael Gillard and then Amanda Grigg, Head of Percussion at the Elder Conservatorium, University of Adelaide.

Earlier this year Ian was encouraged to audition and was successful in winning a position within SASPE, Department for Education's premier secondary school percussion ensemble.



More recently however he successfully auditioned and performed with the Adelaide Youth Orchestra. The Adelaide Youth Orchestra is open to 13-24 year old musicians across South Australia. It is the 80-piece, premier orchestra within the AdYO association and is currently conducted by Keith Crellin OAM, former Head of String Department and conductor-in-residence at the University of Adelaide's Elder Conservatorium of Music. Former and current members of AdYO, have studied or are studying Music at the tertiary level in South Australia, interstate and internationally and many are now forging professional careers as musicians globally.

We look forward to hearing more of Sum Long's amazing playing at Unley High School in the years to come and wish him all the best in his endeavours.

### Congratulations also to Morgan Frost

another of our Year 8 Music students for her work with DfE's Festival Orchestra in 2020. This orchestra historically performs with the massed children's choir at the Primary School's Festival of Music in the Festival Theatre. Unfortunately, due to the COVID19 pandemic, the orchestra's performance opportunities were limited this year. Not to be defeated by this, the group went on to learn, rehearse and then record the orchestral accompaniments for the "online" version of this massive DfE event together with some featured orchestral music pieces.

Morgan has been successful in re-applying for this group in 2021 and we wish her all the best with her viola playing and hope there will be many opportunities for her to perform with the orchestra in 2021.







## 2021 Arts Captains

It is my privilege to introduce your Arts Captains for 2021.

Representing Drama: Preston Fernandez and Sophie Jeisman

Representing Music: Finn Larcombe, Heath Norris and Noah Harvey,

Representing Visual Arts – Art: Isabella Roscioli and Lei Li

Representing Visual Arts – Design: Leia Vlahos and Skyla Cho

These students were selected from a very strong field of nominations from our talented Year 11 Visual and Performing Arts students.

Each of the students has:

- achieved high standards in their respective Arts subject or subjects
- demonstrated leadership qualities
- participated in extra and co-curricular Arts activities
- used their artistic skills and abilities to mentor or assist other Arts students

The Arts Captains devise collective goals each year with the aim to increase engagement, celebrate achievements and support the UHS Arts community. In the past these goals have included:

- supporting after school hours musical performances, drama productions and visual arts exhibitions
- promoting involvement in the Torrens Arms Mural Scholarship competition
- proposing and managing a 'Yearbook Cover' competition
- organising student events such as 'Ragefest' and the Year 12 Wellbeing Lunch

I would also like to take this opportunity to thank Ms Sophie Aitken for her leadership of the Arts Captains during the past three years. Ms Aitken's willingness to mentor and elicit creative ideas from our Arts Captains has resulted in numerous activities that have actively encouraged students and the school community to engage positively in school life through The Arts.

We congratulate our Arts Captains and wish them all the best of luck with their work in the school community in 2021.

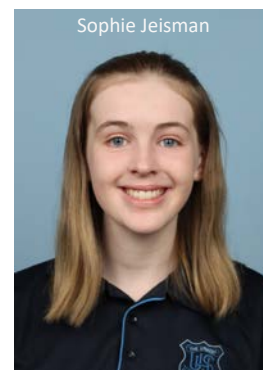
And just remember, as Albert Einstein once said:

*"Logic will get you from A to B, but imagination will take you everywhere",*  
and *"Creativity is intelligence having fun".*

Vicki Holland  
Coordinator of Arts  
and Community Partnerships



Preston Fernandez



Sophie Jeisman



Finn Larcombe



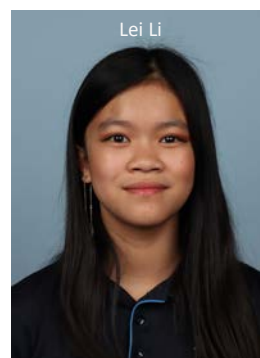
Heath Norris



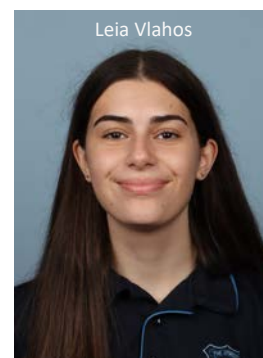
Noah Harvey



Isabella Roscioli



Lei Li



Leia Vlahos



Skyla Cho



## UHS Visual Arts in the community

Congratulations to the Year 12 Visual Arts (Art and Design) and Photography students and their teachers on their recent exhibition at Gallery One (Mitcham Village). The exhibition was fabulously curated and it was a real pleasure to meander around the gallery experiencing some exceptional quality artworks by our senior Arts students during the official opening. Thanks also to Finn Larcombe, Heath Norris and Noah Taylor (Stage 1 Music students) for helping create such a great vibe in the gallery with their chill piano and guitar tunes.



Congratulations to the Year 11 Visual Art, Design and Photography students, selected middle school art students and their teachers on the incredibly diverse Phoenix exhibition currently on display at Gallery-One, Mitcham Village. This exhibition was officially opened on Friday, 13 November by the Mayor of Mitcham, Heather Holmes-Ross. It follows the successful Year 12 Exhibition at the same gallery 10 days prior - the only 2 exhibitions held at the gallery in 2020 due to COVID restrictions. What fortunate timing!



It was a treat to peruse the exceptionally creative, inspired and diverse range of artworks whilst listening to some fabulous ambient music provided by Cedric Talbot, Liam Facci and Khai Larcombe (Year 9 & 10 Music students) and nibbling on yummy Biscotti made by Ms Trinh's Year 11 Food and Culture + Year 11 Barista classes.

You may also like to keep a close eye on the Torrens Arms carpark wall over the next few weeks too as Mike Sander, a young local artist, replaces the 2019 Mural design by UHS student Katie Clark with the 2020 TA Mural Scholarship winning design by UHS student and 2021 Arts Captain, Lei Li. This is the second year of the annual scholarship developed in partnership with the TA to celebrate the artistic talents of Unley High School students in the community and we look forward to seeing the new mural emerge soon.

Congratulations also to Sophie Aitken's Year 8 class whose artworks – "digital blueprints" – are currently being exhibited by the Art Gallery of South Australia (AGSA). The students' works were inspired by artwork of two Quandamooka artists as part of Naidoc Week. Please click on the link below to learn more about this inspired project:

<https://www.agsa.sa.gov.au/education/resources-educators/agsa-student-gallery/secondary-student-gallery/year-8-digital-drawing-unley-high-school/>

2020 GGG – a year of gratitude, growth and getting on with it!

Vicki Holland  
Coordinator of Arts and Community Engagement







## Torrens Arms Mural Scholarship

2020 was the second year the Unley High School Arts Faculty partnered with the local Torrens Arms Hotel team to provide the annual TA Mural Scholarship. We witnessed immense growth of interest, investment and diversity of designs in the project this year with entries received from students across years 8-12. It was a challenging task for the panel of judges from Unley High School and the Torrens Arms Hotel to short-list the 2020 finalists and select the winner from the sea of over 100 beautiful design entries.

Local South Australian mural artist Mike Sander was also in attendance to share with the panel how the short-listed entries could be realised as a mural on the TA's eastern exterior wall. The Arts faculty are impressed with winner Lei Li's winning design "eye" for its striking and enigmatic appearance. Lei Li also proves that "you've got to be in it to win it" by also having the record number of eight entries.

We congratulate Lei, a 2020/2021 Arts captain on her winning submissions, Mya as runner-up for her original and re-crafted entries, and all the scholarship participants for their creativity, courage and efforts.

Lei Li Winning entry "Eye"





## Congratulations Sam Kondraciuk

On Friday 6th November Sam Kondraciuk was announced as the winner of the Howard Mutton Award for Excellence in Secondary Health and Physical Education. This was in part because of the work Sam has been doing to support her colleagues at Unley High School and other schools in implementing the new Stage 2 PE course, including the multiple workshops and webinars she has run and is currently planning in conjunction with ACHPER.

## PE Week

Week 5 was PE week and the HPE faculty organised a range of lunchtime events to celebrate. There was also a daily quiz for home groups to participate in.

**Muscle Monday** – Mr Keough and Ms Sheehan challenged students to see how many push ups or sit ups they could do in 1 minute. Congratulations to Amy Gilson of 8518 who completed 56 sit ups and Connor Donnellan of 11228 who did 61 sit ups. In the push ups, the winners were Lisa Wang of 8518 with 44 push ups, and Aaron Tan of 11337 with a whopping 98 push ups!

**Target Tuesday** – Ms Treloar and Ms Chapple's challenge today was to throw a frisbee from one side of the gym to the other and get it through a hula hoop! The only student to get it in on the first go (out of about 50 who tried) was Ashton Bradley of 8505

**Walk it Wednesday** – Ms Hughes and Ms Hall organised a challenging three-legged obstacle course that students



completed with a partner. 78 students came out and participated in the course, but Lachlan Wiszniewski (9405) and Manny Asbanu (9512) were the winning pair with a time of 30.39secs

**Team Thursday** – students were encouraged to wear their favourite sporting teams' colours to school, and at lunchtime there was a staff vs students volleyball game. The Year 10/11 team showed off the results of their regular trainings and beat the teachers in a close and competitive match. The Year 8/9 team showed that we have a lot of up and coming talent as well.

**Four Square Friday** – Ms DeMarco and Mr Whitwell organised a four-square tournament in the rose garden, which saw a lot of friendly competition, laughter and feel good vibes.

All in all, it was a fantastic week and great to see everyone getting involved in the different activities. A big congratulations to Home Group 8509 who were the overall winners (a combination of participation points and correct quiz answers) and enjoyed a fun games lesson during Pastoral Care in Week 8 and a class supply of Powerade!







## Sport News

We have reached the end of a different and challenging year in sports – well done to everyone involved for their patience, dedication and hard work. It has been a pleasure to coordinate and watch such a vast array of sports and skillsets on display each week from Unley High students. We were able to just sneak in with our Term 4 seasons, where we had teams involved in Volleyball, Indoor Soccer, Badminton, Cricket and Basketball. Notable mentions and congratulations must go to

- Our Year 8/9 Volleyball girls, who won the pennant in B grade of the Southern Zone competition
- The Open A Grade Basketball girls, who finished first in the Saturday morning Catholic school girls competition, capping an amazing year

Congratulations also to Cassie Butschek, who represented Unley at the VIVA All Schools Games for Athletics. Cassie competed in the 100m, 200m and 400m sprints in the Under 16 age group. She achieved personal bests in the 100m and 400m events, making the final in the 400m and finishing sixth!



## Knockout Basketball

Our Open Girls were winners of the B Grade Statewide Championships this year, after winning all seven games during their victorious campaign. They advanced in the minor rounds with slight wins over St Marys and Adelaide High. The finals were held at the state of the art Lightview Stadium, where the girls played 5 games on the day in trying conditions. After impressive defensive displays in wins over Encounter and Reynella, it came down to the matchup with Marryatville to secure the title. A low scoring and tense affair ensued, culminating in a go-ahead basket from Scarlett Nairn with a minute left to give the Unley girls an 18-16 win, and the first Unley Basketball statewide win since 2011!

After being involved coaching Unley Basketball for the last 15 years (and a part of 8 knockout championships...but who's counting!), I can safely say that this group of girls were an absolute credit to themselves and their school for the way they prepared, competed, worked together, received and responded to feedback, and showed humility, resourcefulness and resilience. It was a treat to be involved and to see them all so deservedly rewarded





## 2020 Mathspace Award - Transformative National Task Winner

Congratulations Matthew Tripodi.

If you go to <https://mathspace.co/au/transformative20>

Click on students you will find a familiar Year 8 face of Matthew Tripodi.

Matt had lots of gaps from year 7 and worked incredibly hard to learn everything he could. He did extra Mathspace work so he was up to date and achieved mostly "A"s for his Mathspace tasks. He is one of 20 Nationwide winners for 2020, only 2 are from SA out of 200 000 students nationwide. He is very excited to have won and he was presented with the certificate at the celebration assembly. Unfortunately his trophy did not arrive in time!



## Year 10s and Driver Safety - RYDA

On Monday 7th September, our Year 10 cohort welcomed a visit by guest speaker Jack Annear. Jack spoke about his own experiences and story as a road accident victim, and the different strategies students can use to build resilience in their own lives. Jack used his personal experience with tragedy as a powerful analogy for informing the students about how they too can overcome challenges and be more resilient in the face of adverse circumstances. The messages he delivered were powerful, transferable and relevant for students of this age group, especially when you consider that many of them will be obtaining their Learner's Permit or beginning part-time jobs for the first time this year.

The following week, on Wednesday 16th September, all year 10 students participated in the Rotary Youth Driver Awareness (RYDA) program. Throughout the day, students experienced a series of practical and powerful workshops that challenge students to change the way they think about road safety. There were 6 different sessions, where small groups of students learnt about topics such as hazards and distractions, braking distances and stories from the police and people who had been in car accidents. We are grateful to Vivien Rusk from the Rotary Club of Brownhill Creek for her assistance organising this programme, and the many presenters and volunteers who made the event possible.

RYDA helps lay the foundation for safe road use throughout young people's lives and was once again a very valuable day. Our students continued their driver safety education over the years with presentations from SA Police and the SA MFS. We wish all students and families safety and a positive mindset on our roads.







## Home Group 9714 Community Care Project – FREE CAR WASH

In week 4 of this term, our class conducted their community care project. Students had decided upon giving away a carwash to the local community to spread kindness and community spirit. It was an exciting day and the weather was perfect. Some of our quietest students were the most active and gave so much to this event. Cars carefully drove off with smiling drivers and shimmering paint work! Well done to our amazing homegroup, we are so proud of you and grateful for your generous hearts! Mr Andrew Buchiw & Ms Jenny Brisbane



## THE LINK PROGRAM

### GRADUATION 2020

This year we only had one LINK student graduate, Ethan Kelly. Ethan has worked very hard to get to this milestone and we are very proud of him. Congratulations Ethan!

To find out more about The Link Program please don't hesitate to contact either school or get in touch with us directly.

We'd love to hear from you!! [kate.williams@uhs.sa.edu.au](mailto:kate.williams@uhs.sa.edu.au) ph. 8394 5438



## Parent Voice Committee Term 4 Update

The Parent Voice Committee has continued to discuss and promote the role of parents in the Unley High School community throughout 2020. This year we farewell several long-standing committee members as their students graduate from Year 12, and also wish to extend particular thanks to staff member Charlie Marino for his many years of involvement in the Parent Voice Committee.

In our final committee meeting for the year we had the opportunity to view and discuss the ongoing build works, to discuss the upcoming Transition Days for our new Year 8 students, and provide feedback on the recent livestreamed Year 12 Graduation Ceremony and Year 8-11 Awards Assembly. We also discussed the positive change of timing for the year 12 trial exams, with these being conducted in late Term 3 this year, to better prepare students for their final examinations. Parents were also interested to hear about the progress of the school towards certification for the IB Diploma.

The Parent Voice Committee meets once per term. The particular concern of the Committee is to promote the role of parents within the Unley High School community. Parents who wish to join the Parent Voice Committee for 2021, please register your interest via email to [info@uhs.sa.edu.au](mailto:info@uhs.sa.edu.au).





## UN Youth Corporate Social Responsibility Summit

Corporate Social Responsibility, what really does that mean? Having attended the UN Youth Summit in Term 4, Week 5 with four other students, the answer to this question became clearer. Companies hold great power, power that could help people and save our environment, but it isn't black and white. Sure, there are many ways that companies can act in a more ethical, by treating their employees better, or being more sustainable which would all make a difference however, businesses need to stay afloat in order to create any change. There is a tough balancing act that occurs within businesses and these are just some of the perspectives we considered throughout our many thought-provoking workshops on the day. We found out that consumers don't know as much as they think they do, and it is challenging for businesses to be perfectly ethical, but these businesses can create change with the power they have. They just have to tip the scales and work out the right balance.

Our road to learning this was filled with insightful discussions with fellow high school students from all over South Australia, and so it wasn't just knowledge we gained but our social and public speaking skills were also developed. The best part of the day was the real-world application. We went through a crisis simulation, as all these philosophical standpoints we considered earlier were put to the test. We were split into 3 groups, each had invested interests in a piece of amber containing a dinosaur fossil that had been found in Myanmar. The goal: reach a diplomatic agreement by the end of the simulation, work for your cabinets best interests and think strategically with a real-world lens. This is just one of the events that UN Youth run, others include, Evatt, Voice, Crisis Point (a full day of crisis simulations) and State Conference, but you are sure to have a fun time at any of them!



Kind Regards,  
Jordan Stevens

### Deanna Athanasos

**My school:** Engaging, dedicated, bustling, encouraging, non-divisive.

**In 50 words, how will SA thrive in the future?**

I hope that we will continue to be lucky with COVID-19, and work together to reduce everyone's struggles. Our state could thrive if we could improve our public transport system, continue with our festivals and arts, and look after others more through both government and individual actions.

**In 50 words, how do you hope to contribute to the future of your community?**

I want to continue helping with every possible community event that I can take on. I also hope to become more involved in politics, and campaigning for how I think we need to improve. My goal is to help people to make things better for everyone in the community.



### Mariane Johnstone

**My school:** Community-minded, diverse, welcoming, passionate, academic.

**In 50 words, how will SA thrive in the future?**

SA will thrive by empowering its small businesses. We have so much to offer in this state, everything from gourmet food to technology start-ups. The virus has fractured the routine of our society, and I believe we can use this as an opportunity to address, mitigate and adapt to climate change. This could

create jobs and strengthen industries of the future.

**In 50 words, how do you hope to contribute to the future of your community?**

By actively living and promoting being as sustainable and earth-conscious as possible. Climate change will still be an issue long after Coronavirus and contributing to the future of my community means ensuring we will have one.





## LEADERS STEP UP TO ADULTHOOD



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From left, Brooke Wingard, Deanna Athanasos, Sami Madlur, Meenakshi Pramod Nair, Anthony O'Dea, Mariane Johnstone, Georgia Owbridge, Dino Macri, Josiah Lanthios (back), Sian Parker and Nevie Peart. Picture: Morgan Sette

### MILES KEMP

SOUTH Australia's leaders of the future say they are ready for university, the police force, volunteering, trades and even space exploration, as they prepare to make their mark on their state.

Today The Advertiser pays tribute to school leaders all over SA who in 2020 took on Year 12 struggles with COVID-19 disruption - and won.

As representatives of their generation, each school leader was asked to say a few words about their school, themselves and SA's future.

The gallery has been made possible with the help of Catholic Education SA, the Association of Independent Schools of SA and the Department of Education.

Sujit Krishnan of Prescott College said the students who completed Year 12 in 2020 would bring a unique spirit of perseverance to the adult community.

The strongest themes expressed by the leaders were social justice, economic growth, sustainability, workplace achievement and in volunteering.

Samuel Woolley of

Nazareth Catholic College said he would like to see Adelaide take on larger cities.

"Socially South Australia will become even more of a desired city, between a burgeoning night-life scene and huge sporting and entertainment culture, SA will begin to compete with Sydney and Melbourne alike," he said.

Sian Parker, of Birdwood High School, wants to improve opportunity for women.

"In the future I endeavour to be studying engineering and hope that I can influence other women and younger

generations in choosing STEM careers," she said.

Luke Boyle of Mount Gambier High School sees his future in the regional city.

"I hope to create an environment where every one of all ethnicities and cultures feel appreciated in my hometown of Mount Gambier," he said.

Hassanatou Bah of Thebarton Senior College said she wanted to continue having a positive impact on youth mental health.

Schools which still wish to be part of the honour roll of school leaders can contact [miles.kemp@news.com.au](mailto:miles.kemp@news.com.au)





## Welcome to the Student Newsletter Club!

### **Always Was Always Will Be.**

*(NAIDOC Week)*

By Maya Grandison.

This year, from 8-15<sup>th</sup> November was NAIDOC week. But what is NAIDOC week? Well, the acronym NAIDOC stands for National Aborigines and Islanders Day Observance Committee. NAIDOC week is celebrated to commemorate the achievements and culture of the Aboriginal and Torres Strait Islander peoples. Every year, NAIDOC sets a different theme, this year it was “Always Was Always Will Be”, as the name suggests, it refers to the 65,000 year long connection the First Nations people have to the land, and how they managed to care for such a unique habitat like Australia. Seven Unley Students ranging from year 9 to 10, all from the ‘Social Justice Committee’, set off on a workshop at Hawthornedene Primary School to teach the students about aboriginal tools, and ways of living. As a student who attended the workshop, it was a great opportunity to learn more about the aboriginal culture as well as leadership qualities. I would absolutely take this chance again, it was not only a great learning opportunity, but also lots of fun being able to work with the students and run interactive activities.



### **Lest We Forget**

*(Remembrance Day)*

By AJ Wright

Each year, we get together and pay our respects to those who gave their lives for us out on the battlefield. On November 11, Remembrance Day, the students of Unley High School gathered at the Rose Garden to acknowledge these sacrifices together.

We spoke to Ms Williams about the original poem that she presented on the day. When Tessa and I asked her about her writing process and why she wrote it, she said it was quite simple. Ms Williams talked about her time in the army—stationed in Townsville Queensland—and how she was shown the importance of remembering and recognising the huge sacrifices that people made to allow us to live the lives we live today. She told us that when she was in school, none of her peers ever really took Remembrance Day seriously. Ms Williams felt that this was due to a lack of understanding, so she wanted to create a poem that would be able to strongly connect with young people.







## Let's Get Physical!

(PE Week)

By Riya Sanjith

This year, students from Year 8 to 11 have participated in PE Week to score points for their home-groups. PE Week is an event where students play a different sport or activity each day during lunch for the whole week. This was the first time PE Week was held in Unley High School. The activities for the week were:

**Muscle Monday:** Students competed against each other by doing exercises (E.G. push-ups, sit-ups, weightlifting)

**Target Tuesday:** Students participated by throwing frisbees through hoops.

**Walk It Wednesday:** Students participated in 3-legged races.

**Team Thursday:** A volleyball tournament with teachers and students from all years.

**Four Square Friday:** Students played handball.



The year 8 home-group, 8509, won first place in PE Week. I interviewed a few people on their opinions and experiences on PE Week. On 'Team Thursday' students held a volleyball tournament with Year 8s and 9s on one side of the court and Year 10s and 11s on the other. I interviewed Akshita Rattan from 8408; she had enjoyed the sport because it is one of her favorite sports. She thoroughly enjoyed the experience, rating it 9 out of 10.

PE Week was definitely very engaging for a lot of students. With COVID becoming a big part of everyone's life, this helped us take our mind off the negative impacts and realise how lucky we are to be able to interact and spend time with each other.

## Mural Scholarship

By Sofia Leo

The Torrens Arms Mural Scholarship is an annual opportunity. Each year, the winning student will have their work painted by a local artist (This year it's Mike Sanders), on the Torrens Arms Eastern Wall. It is called a scholarship because the Torrens Arms supplies the paint, and also the artist to paint the mural and of course award the winning student with the prize money!



It all began because the Torrens Arms Hotel wanted to beautify their exterior wall so they asked the school if we would be interested in designing the mural. Student's created original work; it's a celebration of our link to the community with the Torrens Arms and Unley High School. A teacher required to organise it with the students, for a competition, to collect the entries, show the school principal and the panel of judges made up by the managers/workers at the Torrens Arms Hotel.

Art teacher Ms Aitken has made a comment on the mural:

*'I am very passionate about this project because it's a fantastic way to show the community the artistic talent we have at Unley High School and remind everyone about the value of the Arts. I love all types of art but spray painting and murals are actually one of my personal favourite ways to make art because of how it reaches a wide base of people!'*

Lei Li won this year's Torrens Arms Mural Scholarship. She is a Year 11 student who studies art and design and creates work in her own time as well. The beautiful thing about the mural scholarship is that it is a collaboration with the initial ideas and visual created by an Unley student and then artist, Mike Sander puts his own spin on it to turn it into an eye-catching mural.



Greg Rolton  
Principal  
Unley High School  
NETHERBY SA 5062

Dear Mr Rolton

On behalf of the Unley High School Governing Council I seek your approval as the Chief Executive's delegate to approve the school's 2021 materials and services charge as a result of a successful poll that gained majority support to approve the proposed charge.

The following are the results of the poll conducted by the governing council. The poll has been conducted in line with the *Education and Children's Services Act 2019* and the materials and services charges instruction.

The governing council has conducted one poll. The results of each poll is as follows:

Poll number	Year Level	For	Against
1	Year 8 – 12	100	21

I seek your approval of the following materials and services charges amounts for the applicable year levels for the 2021 school year:

Year Level	Material and services charges amount
Year 8 – 12	\$820.00

Yours sincerely

Heinz Schwarzer  
Chairperson

1 December 2020



## WINTER SEASON TRIALS

All players welcome!



**SUNDAY 31 JANUARY, WEDNESDAY 3 & SUNDAY 7 FEBRUARY 2021**

Intermediates and Juniors (ages 8 - 17 years), 6.00PM - 7.30PM

Seniors (ages 18 years and above), 7.30PM - 9.00PM

Priceline Stadium, Mile End



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## I am Media Smart

[mediasmart.flinders.edu.au](https://mediasmart.flinders.edu.au)

### Information for Parents

#### **What is I am Media Smart?**

A research trial of two versions of **Media Smart**, an online, free and confidential program to help 13-25 year-olds of any gender who wish to feel better about their body.

#### **How likely is my child to be concerned about their body image?**

- Body image has been in the top 3 concerns of young Australians for over a decade (and often #1)
- Poor body image impacts over 75% of adolescent girls and 50% of boys
- Research with 1000 Year 7 and 8s found 45% of boys and 52% of girls had displayed a recent eating disorder behaviour. This study also found strong links between social media use and these behaviours.

#### **What does poor body image impact?**

- Many think the only risks of poor body image is an unhelpful relationship with food or exercise
- But it is much broader than this. It is also linked to risk of depressive symptoms, anxiety, poor self-esteem, sleep problems, reduced academic performance and poorer social connections.
- Thus body image has a key impact across psychological, physical and social health

#### **What can Media Smart do for young people?**

Media Smart has been very effective with 18-25 year-old women, where it: helped those with strong body image concerns and concerning eating symptoms as well as those with mild body image concerns and no eating symptoms; reduced the onset of depressive symptoms; increased quality of life and lowered a further 5 mental health risk factors. The findings were that positive that a Rotary Mental Health Grant was received to expand the program to be suitable for adolescents of any gender, and to reduce social media pressures.

Media Smart does not discuss eating disorders and individuals have no contact with other participants. The program was developed based on our internationally-regarded Media Smart school curriculum.

#### **What does the trial involve?**

- Go to [mediasmart.flinders.edu.au](https://mediasmart.flinders.edu.au) and read the study information
- 16-18 year-olds can directly consent to participate, 13-15 year-olds require parental consent (all online)
- Complete the online survey and then be randomly allocated to one of three groups:
  - Media Smart – Weekly: One module per week for 8 weeks
  - Media Smart – Flexible: The user can do the program at the rate they choose
  - Comparison group: A list of 10 tips to help improve body image
- After 8-weeks, participants complete the survey again. The survey is repeated 6- and 12-months later.
- This enables us to understand the most effective way to deliver Media Smart
- A \$30 gift voucher will be sent to those who complete all 4 surveys as an appreciation for time
- The research is approved by the Flinders University Social and Behavioural Research Ethics Committee

#### **What can I do?**

- Share the information with your child and any other parents/networks of people who might be interested
- Please be aware that school holidays can be a time of increased body image concerns due to some young people's mood dropping from less social contact with others. Further, general uncertainty in other parts of life (e.g., changes due to COVID) can also increase these concerns.

**You are worthwhile and worth taking care of. Start Now.**



## I am Media Smart

Participate

**Body image concerns are a serious problem for young people of any gender**

But, I am Media Smart is here to help.

Do you feel unhappy with your body?  
Do you feel guilty about food or exercise?  
Does social media impact your mood?

**Take a positive step forward to a happier you**

**I am Media Smart** is a research trial of two versions of Media Smart, a fully online and confidential program found to help both those with body image concerns and those already showing concerning eating or exercise behaviours.

**Open to 13-25 year olds of any gender from Australia**

**You are worthwhile and worth taking care of**

<https://mediasmart.flinders.edu.au>

**We know time is precious**

As an appreciation of your time, a \$30 voucher will be emailed to participants who complete all surveys.

**You are worthwhile and worth taking care of. Start Now.**



### Diary Dates

#### Term 4

11 Dec	Last Day of Term 4	12:30 Dismissal
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#### Term 1

27 January	First day of Term 1 for Year 8 & Year 12 Students	8:45 am
	Orientation Day for New Students Years 9-11	
28 January	First day of Term 1 for Year 9, 10 & 11 Students	8:45 am
3 February	Year 8 & 9 Acquaintance Night	
5 February	School Photos	
8 February	Student Voice induction Assembly	
9 February	Year 8 Swimming Carnival	
16 February	Unley High School Governing Council AGM	7:00 pm
2 March	Parent Voice Meeting	6:30 pm
5 March	Sports Day	
8 March	Adelaide Cup Public Holiday	
20 March	Head of the River Regatta	
23 March	Unley High School Governing Council Meeting	7:00 pm
29 March	Year 8 Immunisation HPV Dose 1 & Boostrix	
2 April	Good Friday Public Holiday	
5 April	Easter Monday Public Holiday	
9 April	Last Day Term 1	2:15 Dismissal

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](http://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.



**Government  
of South Australia**

Department for Education