The Utmost for the Highest



## NEWSLETTER 5

# August 2023



### **From the Principal**

Welcome to the mid Term 3 Newsletter. Students and teachers are currently completing the course selection process for 2024 which enables our timetable team to construct the new timetable.

Thank you to all students and families for supporting the Education Department Policy of 'Phones off and away'. The majority of students have embraced the policy with only a few struggling to put their phones away or forgetting to bring a card for the canteen. A special thank you to the Year 12 students who do not have a locker and have responsibly managed their phones.

The Middle School 400 block renovation continues and is on track for completion late this year. The new basketball courts have stood unfinished for the winter due to the consistent rain. This week the company has announced it can finally start laying the new surface. Once the surface has cured, we can look to opening the courts during Term 4.

A calendar reminder that Monday 4 September is "Show Day" for students and the school will be closed. This follows the state-wide Industrial Action by the Australian Education Union on Friday 1 September. Details have already been sent home to families.

Thank you to the students and teachers who have contributed to the Newsletter. Please enjoy reading about the return of the Year 9 Ski Trip, Instrumental Music, NAIDOC Week, Book Week and the student-led Newsies publication.

Greg Rolton Principal







#### **Instrumental Music Beginner Band Workshop**

Thank you to Michelle Steel (UHS IT team) for capturing these great photos - the scene of the Instrumental Music (IM) Beginner Band Workshop hosted by Unley High School on Tuesday 27 June.

What an amazing turn-out of some 70 primary school band students – most were Year 5's and 6's from primary schools around our area but others had travelled from as far and wide as Tintinara Area School!

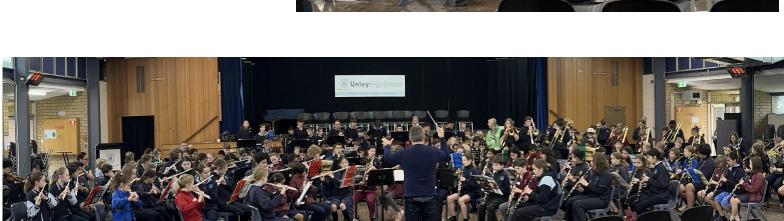
It was a fabulous morning of music learning and experience that Unley High School was happy to host and provide both Year 7 participants and Year 8 and 9 mentors for. The families and friends who attended the short concert at the end of the morning workshop were amazed by the musical progress the massed band had achieved in the three short hours between drop-off and pick-up.

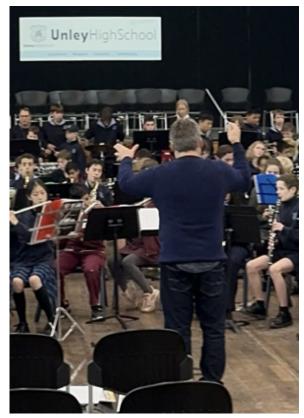
I was very proud of the respect, concentration and assistance our Unley High School students demonstrated.

Thanks to our IM teachers Tim Nott (woodwind), Sarah Butler (brass), George Dinedios (bass) and Michael Gillard (percussion) for their work and support on the day.

Vicki Holland Music/Arts Coordinator











#### **NAIDOC** Week

During NAIDOC week, students and staff paid respects to First Nations Peoples and honoured "For our Elders" through the following cultural activities:

- Dot-painting with Lisa Peters (Aboriginal Secondary Education Transition Officer).
   Based in the library students sat quietly and dot-painted cut out wooden animals and leaves. A huge thank you to Lisa for providing all the resources and organising a spectacular event.
- Lunchtime Lamington Fundraiser
   The SVC Wellbeing team held a lunchtime stall with freshly baked lemon myrtle lamingtons, at a cost of \$1 for one or \$6 for a packet of 6. All proceeds were donated to Reconciliation Australia, and a huge thank you for Kytons Bakery for producing a quality and delicious product.



- Yidaki (Didgeridoo) Lunchtime Performance
   We welcomed Karno an educator at the Marine Discovery Centre and performer with South Australia's traditional Aboriginal dance group, Yelleka. A big thank you to Karno for sharing your stunning Yidaki sounds and for your incredibly important stories and messages about Aboriginal culture.
- Honouring our Elders with Sasha Moore (Middle School Youth Worker) Students were invited to share an experience or fact about First Nations culture, arts and history. In return students were able to select a free NAIDOC bracelet.

# Sasha Moore Middle School Youth Worker









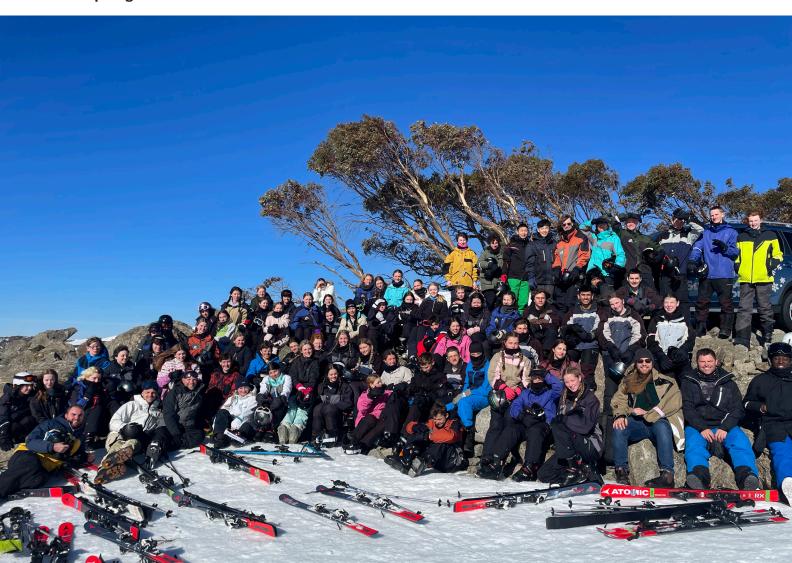
#### Year 9 Ski Trip

After a three-year hiatus we were beyond pleased to be able to reinstate the Unley High School Year 9 Ski Trip. Over the course of a week from July 22nd – July 29th, 73 students, 6 staff and 2 old scholar volunteers headed to Falls Creek to challenge ourselves on the slopes. A vast majority of students had never attempted to ski or board while a small number had previous skiing or snowboard abilities that they were able to draw upon. Most pleasing was the students' commitment to learn and improve their skiing and boarding, challenge themselves and support each other to bring out the best in themselves and their peers.

We were fortunate to have had experienced an excellent dump of snow in the weeks prior which allowed for a decent snow base and excellent skiing conditions. Blue sky days were the order of the week with warmer than average conditions allowing for nothing more than a base layer of clothing and ski jacket. Evenings provided students with the opportunity for some down time, the building of new friendships and the strengthening of old.

Students and staff would all agree that it was a trip well worth the overnight bus rides and we look forward to 2024 when we return to staying on the mountain. Further information will start to flow in the coming weeks, followed by an information evening and expressions of interest for current year 8 students.

Joshua Whitwell & Erica Costanzo 2024 Ski Trip Organisers













#### **Book Week**

Each year, children and books are brought together through Children's Book Week, a time to celebrate books and Australian children's authors and illustrators.

This year we celebrated the theme "Read, Grow, Inspire" and Unley High School staff and students were invited to come to school dressed as their favourite character from a book, film or TV show.

We had a fantastic response with students dressing up from Year 7 through to Year 12 and their efforts were showcased with a parade held in the library during lunchtime.

Many scones were devoured and lots of prizes were won, for best costume and also a colouring-in competition. A special thank you to Sarah Binka for crowd control and judging the parade.

In building community connections, we collaborated with the Mitcham Public Library to showcase students' talents with decorated canvases.

Thank you to all students from Ms Kearsley's Year 7 English class, Ms Daniel's Year 8 English class, Ms Binka's Year 7 French class and the UHS Art Club for their imaginative designs. The completed canvases will be on display in the Mitcham Memorial Library gallery for the month of September.

#### **Library Team**



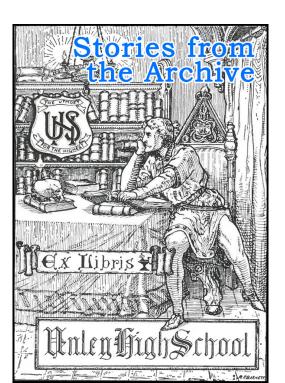












#### Stories from the Archive

#### Hand-written registers document the school's birth

Some of the school's oldest records, our early Admission Registers with their elegant hand-written entries, are securely stored away from the school. However copies are kept on-site in our Archive.

The very first Admission Register documents the school's birth in 1910 as "Unley District High School".

As the photos show, the very first student enrolled, Student No. 1, was Henry Collingwood Bond. Henry was born on September 12, 1896 and was progressing to the new high school from Unley Primary School – on the same site - where he had completed the required six years. His family lived on King William Road, Hyde Park. His father was a carpenter.

The first teacher in charge, from the very first day, January 25, 1910, was Lionel Jeffries who, the Register records, had come to Unley from Adelaide High School.

Then, in charge from March 31, 1913 until the end of 1914, was B.J. Gates.

Gates returned as head from April 12, 1915, the date he recorded in the Register as the opening of the new high school.

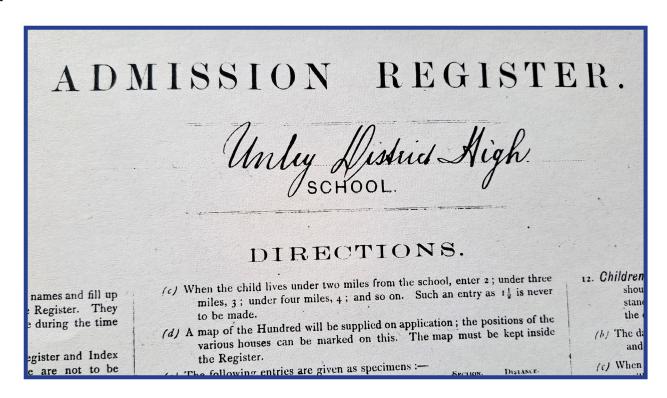
This was when our school became "Unley High School", omitting "District" from the name.

This was also when the school moved from the suburb of Unley, where it had been a "continuation" of Unley Primary School, to Kyre Avenue, Kingswood.

During the school's first year, 176 students attended.

These were humble beginnings in the early 20th century, as the school began to provide for the educational needs of young South Australians.

Stephen Murphy Archivist







#### **Stories from the Archive**

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#### Learning tricks to the trade of archiving

There are many tricks to the trade of archiving, and one person who knows more of them than almost anyone is former Unley High School Council Chairperson, Chris Halbert.

Following a recent tour of the school with husband John hosted by Principal Greg Rolton, Chris offered me as school Archivist the opportunity to visit her current passion and project, the SANFL History Centre, to learn more.

The invitation was gratefully accepted. On Thursday, July 20, I spent a wonderful few hours at the centre in suburban Bowden learning more about the perils of dust and light, whether items are best stored horizontally or vertically, and much more.

It was a great pleasure to meet John there also. It is in his honour that our school house Halbert is named. Of course John is SA football royalty. He's also a former Unley High student and teacher.

I am pleased to report also that John has agreed to share his memories of Unley High School, going back to 1950, in an interview that will be recorded for posterity. More news on this soon.

#### Stephen Murphy Archivist





Term 2 2023 Issue —

The latest news regarding UHS and the world! Let's get write to it.





#### Why is Today's Generation Prone to

#### **Anxiety?**

Written by Issy Brennan (Year 9)
Source(s): Health Match, APA
Illustration: Yiyi Wang (Year 7)

Anxiety is perpetually puncturing today's generation. A now irrefutable number of our youth are subjected to anxiety in comparison to preliminary generations. So why is this generation prone to anxiety? Anxiety is commonly provoked by the societal expectation of perfection, with academic and social pressure becoming a more strenuous weight on teenagers than before. Furthermore, we are also exposed to influential media, economic crises, complex societies and environmental dilemmas. Collectively, these concerns engulf today's generation and result in destructive anxiety and mental illness.

This era of youth has been driven to tolerate anxiety on an alarmingly heightened intensity compared to previous generations. According to the Australian Physiotherapy Association (APA), 90% of this generation has experienced psychological problems due to stress in the past year. A

critical catalyst in this regard is societal development. Society's expectations are now at an unattainable standard; we have evolved to become a perfectionist society. Individuals feel obligated to operate at an impeccable performance standard. This level is unattainable, and anxiety is present in the pursuit of perfection which lingers even when performing at the desired level.



Social pressure from peers brings this to new heights. This defined social pressure occurs simultaneously to academic pressure. Educational environments have an elevated significance on grades acquired over learning and understanding, which consequently prompts anxiety.

Crushing pressure affects adolescence, impacting the current and emerging generations. It will inevitably generate anxiety until we approach it and approach society. If we can identify the roots of anxiety, why shouldn't we uproot them? Why do

we force ourselves to endure it? We shouldn't have to. It is essential to find personalised methods to cope. You can access assistance through journaling, physical and mental exercises, and reaching to those who you trust or to peers for support. We as individuals are the one thing in life we can control, so when that control begins to slip, take it back. Do not force yourself to endure anxiety.



#### 🎅 📘 Fever Candlelight Orchestra - The

#### **Best of Joe Hisaishi**

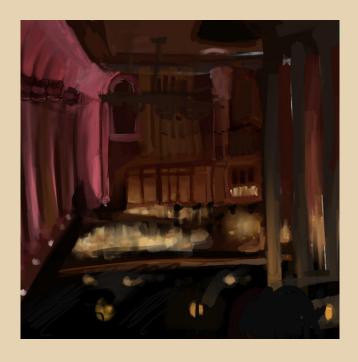
Written by Sofia Leo (Year 12)

Source(s): Author's participation

Illustration: Maya Grandison (Year 12)

The Adelaide Town Hall, illuminated with beautiful pinks and purples - and most importantly, the warm glow of hundreds of candles - was filled with the classical music of Joe Hisaishi on the 15th of April. The Adelaide Concert Orchestra performed some of composer Joe Hisaishi's best works - many of the most notable being the music he composed for the legendary Studio Ghibli films - at the Candlelight Orchestra powered by Fever.

The seats of the Town Hall filled with adults and children alike, the music catering to all niches. Although many audience members enjoyed the nostalgic fanfare of their favourite Studio Ghibli tracks, they did not need to be familiar with the works of Joe Hisaishi to appreciate and immerse themselves in the magical evening. Each piece was introduced by humorous and welcoming conductor Graeme Press, giving introductions and a small background surrounding it to the audience. The talents of the orchestra, combined with the genius of Joe Hisaishi's compositions, made for a memorable and beautiful performance for all who attended.



Surrounding the orchestra, the stage was covered with glowing candles - fake ones, naturally, for safety reasons - but all the while appearing incredibly real and illuminating the room in an enchanting glow, with the addition of pink and purple light across the ceiling and walls. Some of the pieces performed included the popular Ghibli themes such as 'A Town with an Ocean View' from Kiki's Delivery Service, 'One Summer's Day' from Spirited Away, and the well-renowned 'Merry-go-Round of Life' from Howl's Moving Castle. "It was a very large auditorium that created wonderful acoustics for the instruments they played," says AJ Wright, an attendee, "It was only illuminated by faux candles which looked incredibly real, and gave it this dreamy sort of feeling." AJ also appreciated the pieces greatly: "If I had to choose [a favourite piece], I'd have to say 'Carrying You' because of how emotional and ethereal it made me feel. The composition was expertly done, and somehow harboured so much emotion even despite not having the original sung part of the song. Also 'Merry-Go-Round of Life', of course. It's a classic but every arrangement of it always leaves me very speechless." Among many amazing experiences available in Adelaide, the Candlelight Orchestra is a perhaps lesser-known event that is magical for all ages!



#### Unley High School Must Have Winter

#### **Uniforms**

Written by Dia Shah and Elena Moeritz (Year 7)

Source(s): Authors' own participation

Illustrations: Dia Shah and Elena Moeritz (Year 7)

In Australia, most schools prioritise hot weather over cold weather. Because of this in Unley High School, there are more summer options than winter ones. There should definitely be more winter options because everyone gets cold and no one wants to be freezing at school. Some warm clothes that students suggest are beanies, scarfs, gloves, and long socks. Therefore, Unley High School must make some of these part of the winter uniform.

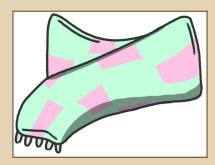
Firstly, having warm clothes is crucial in chilly weather. Unley High School (UHS) should provide school beanies, scarfs, gloves and long socks, all with the school's name on it. Without winter uniforms, students end up freezing in the chilly weather and are at a higher risk of getting a cold, meaning there would be less students in class. Consequently, UHS should definitely provide and make winter uniforms.





In addition, winter uniforms must have comfort, look, quality and durability (CLQD). For it to be comfortable, clothing must feel warm and smooth from the inside. Look refers to the appearance of the winter uniform. It must always have a remarkable semblance of how it looks. Durability is about how long it will last for and it warrants the money that the

parents will spend on that. As a result, the uniform must be appealing to the eye and comfortable for the students.





In conclusion, winter uniforms must definitely be manufactured to suit the requirements of school children, particularly taking into consideration CLQD. I would like the uniform committee to consider beanies, scarfs, gloves and long socks available to purchase for all students.



#### 🤭 🛘 Year 12 Formal

Written by Alec Bastiras and Tessa John (Year 12) Source(s): Authors' own participation

The time has come and gone again for many of the Year 12s' most anticipated night; formal. With both students and teachers dressed up and showcasing their personalities, formal was thoroughly enjoyed by the Year 12 cohort. From the stunning venue to the wide array of activities available, the event was a huge success thanks in no small part to the staff involved in planning the event and the dedicated formal committee.



The lead-up to the formal was filled with excitement, with one student commenting that they had been "looking forward to it for months," a sentiment shared by much of the cohort. It was also a time of significant planning for many, with the need to choose an outfit and book appointments for the day. However, some were less enthused than others due to the high volume of people present and the long length of the event, with one attendee believing "the long weekend will be the best part."

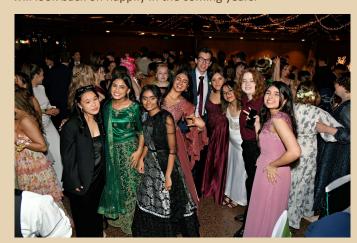




Despite these worries, the event proved to be very well received. People enjoyed the opportunity to take professional photographs and utilise the photo booth, although the high price to purchase said photos was considered by one to be "unreasonable." The music was "very early 2010's," as pointed out by one student, but "fun even though it was loud."



The activities available at the formal included a bingo card, speeches and colouring in, all of which were enjoyable and provided students with enough to fill the four hour time span. However, there were mixed opinions on the meals offered, with one student saying their meal was "really good," but also that they had heard of others who claimed that "their chicken was undercooked." Furthermore, the option for those with a limited diet was extremely lacking, with the main meal consisting of a singular large vegetable and some napolitana sauce; "I felt as though they could have done better." Still, this didn't ruin an otherwise amazing night that most Year 12's will look back on happily in the coming years.







#### King Charles III's Coronation

Written by Nihal Keremane (Year 9) Source(s): Coronation Day, royal.uk

The King's Coronation, a phrase that has been heard frequently as of late. Specifically, the King's Coronation refers to the coronation (the crowning of a King/Queen) of British King Charles III, the third successor to share King Charles' name.

The coronation occurred on 6 May 2023, in which it was the first coronation service since Charles' mother, Queen Elizabeth II, was crowned, back on June 2nd, 1953. Although King Charles' coronation occurred 70 years after the previous one, the traditions remained largely the same, with the monarch's coach departing Buckingham Palace, and travelling 1.42 miles to arrive at Westminster Abbey - the location for Britain's coronation service since King William's in 1066.

The process of the coronation is known as the Order of Service. The Service for this coronation was conducted by the Archbishop of Canterbury, Justin Welby. As the coronation commenced, Their Majesties entered through the Great West Door of Westminster Abbey, accompanied by the numerous choirs singing.



The Recognition was next, in which the King was recognised as the true monarch. His Majesty was required to turn to each of the four points on the compass to be recognised (East, South, West, North). The Majesties then knelt at their

Chairs of Estate, as the choirs sang once again. The King then sat in the Coronation Chair to be anointed by the Archbishop of Canterbury.

The King then received a multitude of items, including the Sword of Offering, the Orb, the Coronation Glove, the Sceptre with Cross and the Sceptre of Dove, all of which were placed in his hands at different stages. The Crowning followed suit, with the Archbishop using St Edward's crown for the process. The Homage occurred shortly after, where the people had the opportunity to have a voice in the Service, if they wished. This was then followed by the coronation of the Queen. Their Majesties then proceeded into the Shrine for Communion, where many hymns and songs were sung.



Finally, the King and Queen enter the Shrine of St Edward the Confessor, before the conclusion of the Service. Their Majesties then proceed out of the Shrine, embarking on their journey back to Buckingham Palace, with the Imperial State Crown atop King Charles' head. Ultimately, the Coronation of King Charles III was a remarkable event, and for most people, a once in a lifetime experience.



#### Law and Personal Finance Excursion

Written by Mia Johinke (Year 9)

Source(s): Author's own participation

"We promised our people we'd make a difference! I demand change!" All ears listening in on the argument, the parliament question time had only just begun. On the 16th of May, Ms

Maitland and Mr Frazis took a year 9 Law and Personal Finance class on an excursion to the city. The class visited the Centre of Democracy, the Mortlock Library wing, and Parliament House.



Watching the question time unfold live, the discussion was a great educational experience that helped all us students complete our main assignment. Sitting on the green cushioned seats, members of parliament (MP's) discussed issues affecting South Australia in representation of the perspectives of their locals. Mr David Pisoni MP guided us around Parliament, explaining the historical meanings of how Australian politics have evolved.



Before visiting parliament, we went to the Centre of Democracy to build our understanding of law. At the museum, we saw posters, artefacts, art works, statistics and interactive displays that educated us on law, particularly Australian Parliament.

Walking through the Mortlock Wing of the State Library, from the ceiling to the floor, thousands of books were displayed. Stories and information about almost everything could be found on those walls. We explored for a little while and then headed to the Myer food court for lunch.

A couple of weeks after our parliament visit, Mr David Pisoni MP came to Unley High School to talk about the letters we had sent him a month earlier addressing issues we were concerned about, including hospital ramping, inflation and the housing crisis. He answered all of our questions about his job as Unley MP and helped us finish off our assessment task. The law unit was useful and very interesting to learn about. The excursion helped the Year 9 class expand their knowledge and learn outside of the classroom.



#### Cost of Living Crisis

Written by Matilda Ruchs (Year 8) Source(s): ABC, 9 News, The Guardian

As rates continue to rise and the cost of living crisis worsens, many Australians are left struggling to make ends meet. But what exactly is a rate rise?

By definition, 'Rate increases are a reflection of economic conditions. Central banks raise and lower interest rates to stimulate economic growth and manage inflation.' In simpler terms, a rate rise occurs when the Reserve Bank of Australia (RBA) comes together and decides to make everything more expensive to compensate for inflation, which is an increase in demand. Although it's a bit more complicated than that...



Currently, due to political and economic issues, such as COVID-19 and wars overseas, there is a lack of importation into Australia. As a result, it appears that demand has increased when, in reality, there is just less stock to begin with. So rate rises are really making it harder for families to have basic necessities rather than decreasing inflation. Consequently, 7% of Australians are having to work two jobs, and 14% are having to work longer hours in order to keep up with monetary demands as a result.

While rate rises continue to hike we can all do our part to help support those in need.



#### Finland's Addition to NATO

Written by Angus Andrews (Year 8) Source(s):ABC, BBC, NATO Website

Finland was accepted into the North Atlantic Treaty Organisation on the 4th of April 2023, an event that the Russian Federation had been trying to avoid, but what does this mean for Australia and the world? Finland has displayed neutrality ever since the Winter War, but since Russia's invasion of Ukraine, Finland has moved to the West to avoid a potential Russian invasion. Finally, in May 2022, both Finland and Sweden submitted a joint application to the military alliance. Australia hasn't been particularly close allies with Finland, but ever since their addition to NATO, our relationship with the cold Nordic country could be improved, along with our relationship to the entire NATO alliance. Russia and her allies are furious about this 'threat' and will "take this into account in the future". However, as far as Australia and the west are concerned, this is a great opportunity for the future that makes the world a safer and more prosperous place.

#### **News Regarding Other Groups**

N/A

<sup>—</sup>Credit to Tamara Jakovljevic (2021) for the design

<sup>-</sup>Founded and organised by Tessa John and Priscilla Stanton

# **ADELAIDE CITY**

COME AND TRY

FREE kick about for girls wanting to play in 2024

September 7th - October 12th **Every Thursday** 

Ages 7 - 11 from 6pm to 7pm Ages 12 - 17 from 7pm to 8pm

Park 19, Unley

To register your interest, please contact Liz liz@adelaidecityfootball.club





GET IN OUICK!

Holiday Swim

WHERE: WAITE OVAL, CNR FULLARTON RD & CLAREMONT AVE WHO: U12, U14, U16, U18 + SENIOR GRADES ALL GAMES PLAYED AT BARRATT RESERVE. WEST BEACH

WHEN: SUNDAY 3, 10 SEPTEMBER, JUNIORS: 9;30, SENIORS: 11AM

**GET IN THE GAME** 

TRY SOFTBAI

CONTACT US AT STURTFALCONS@GMAIL.COM FOR FURTHER INFORMATION



# Women's Players Wanted - Come & Try!

Ever wanted to have a go at baseball? We have spots available for all skill levels and ages, no experience needed!

We are holding a come and try training session for anyone interested in playing.

## Sunday 27<sup>th</sup> August – 1pm-3pm

East Torrens Baseball Club – 24 Turner Street Felixstow

To register your interest or attendance, or for all other enquiries please contact our Womens Coordinator:

Vic McKinlay – 0428177125 or womens.coordinator@etbc.com.au



# MASTERY FOOTBALL ACADEMY



Training Program

Ages: U7 to U16 | 6pm & 7:10pm

Mondays at Parafield Gardens & Wednesdays at Elizabeth

Tuesdays at 166 Greenhill Road, Parkside

Mondays & Fridays at Wylde Street, West Terrace



School Holiday Soccer Clinics - U7 to U16

Ages U7 to U16

3-hour Soccer Clinics | 9am to 12pm

Eastern Clinic UniSA Magill Campus Oval

Central Clinic: Wylde Street, Adelaide



Girls Only Program

Ages: U7 to U16

Saturdays at Parkside | 10:15am & 11:30am Thursdays at Parafield Gardens | 6pm & 7:10pm



Strength & Speed Program

Ages: U7 to U16

Saturdays at Parkside | 10:15am & 11:30am Thursdays at Parafield Gardens | 6pm & 7:10pm



Mini Kickers - Ages 3 to 6

Ages 3-4 and 5-6

Saturdays 9am at Parkside

Mondays 4:30pm at Parafield Gardens

#### Claim Your Free Session Online!



SoccerLifeMastery.com



0423 619 188 (Kyle)



@MasteryFootbollAcademy (



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Now recruiting for the 2023-24 summer season

REGISTER NOW!

# All players welcome!

Juniors (ages 7 - 15) Intermediates and Seniors (ages 16 and above)

Trials

Juniors 6.00pm - 7.30pm

Intermediates and Seniors 7.30pm - 9.00pm

**Dates** 

12 & 19 September 2023

Venue



Netball SA Stadium, Mile End

www.cheerionetball.com



@cheerionetballclub

The Utmost for the Highest



## NEWSLETTER 5

August 2023

#### **Diary Dates**

Term 2 2023

4 September School Closure Day

5 September Year 11 into 12 Course Counselling day

12 September Governing Council meeting 7:00pm

13 September Year 7 Immunisations 14 September Year 8 Immunisations

22 September Extra Curricular photo day

22-29 September Rowing Camps

25 September Student Free Day for staff Professional Development

26-29 September Year 12 Trial exams

29 September Year 7 in 2024 - Enrolment forms due

29 September Year 7 in 2024 - Summit Program applications due

29 September Last Day Term 3 (early dismissal) 2:30pm



Our wonderful staff dressed up for Book Week

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.

