24 August 2012

Principal’s Report

The first half of third term has been a whirlwind of events and activities with upper school students attending camps for Biology and Outdoor Education and Sea Trek, students from the Autism Unit enjoying a camp at Rottnest Island and a multitude of educational excursions. These have included the Fremantle Sailing Club Underwater Clean-up camp, the WA Museum Diamonds to Dinosaurs Exhibition, the Art Gallery of WA “Picasso to Warhol” Exhibition, students completing their Certificate in Sport and Recreation and the Green Action Team of students working on the rehabilitation, weeding and mulching of trees at Lake Claremont as part of our Carbon Neutral project.

All of these activities contribute to rich and diverse learning experiences for students and enable students to apply their learning in real and relevant ways.

Last week our top achieving senior school students attended a luncheon at Murdoch University, hosted by Professor Gabriel Moens. This luncheon was to acknowledge and celebrate the achievements of the top achieving senior school students of the Fremantle Public Schools Partner, Applecross, Hamilton and Melville Senior High Schools and North Lake Senior Campus. The principals of each school attended the lunch with their students.

From South Fremantle SHS, Yr 12 students Ashleigh Taylor and Ellie Partridge and Year 11 students Marko Cuijanovic and Christopher Frayne attended with me. Congratulations to Ashleigh, Ellie, Marko and Chris on their Semester 1 achievements.

As we are well into second Semester, all students are in a position to consolidate their success and build on their achievements as we move towards the end of the year. All students are encouraged to continue a strong focus on completion of school assessments, assignments and put some time towards study each evening, as a priority, to ensure success at the end of the year.

Yesterday we hosted the Prime Minister Julia Gillard in our school as part of our celebration for officially being named by Low Carbon Australia as the first Carbon Neutral School in Australia.

This is a significant achievement and we were proud to have our students participate on this momentous occasion. Thankyou to all of those parents and school supporters who attended this event and shared in our excitement as the very best of our school was shared with those in attendance and the WA media. I will provide a more detailed article and photographs in the last newsletter of this term.

Kind Regards

Geri Hardy
Principal

Semester 1 Award Winners – Senior School

Top Students Year 12 Semester 1 2012

<table>
<thead>
<tr>
<th>Name</th>
<th>Subject</th>
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<tbody>
<tr>
<td>Billy Danna</td>
<td>1A Music</td>
</tr>
<tr>
<td></td>
<td>1C Media, Production and Analysis</td>
</tr>
<tr>
<td>Marcus Friend</td>
<td>1A Food Science and Technology</td>
</tr>
<tr>
<td>Saskia Leenards</td>
<td>1C Outdoor Education</td>
</tr>
<tr>
<td>Dylan L’Herpiniere</td>
<td>2A/B Mathematics</td>
</tr>
<tr>
<td>Riley Minciullo</td>
<td>3A Music (Contemporary)</td>
</tr>
<tr>
<td>Ellie Partridge</td>
<td>2A Music (Contemporary)</td>
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<td></td>
<td>3A English</td>
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<tr>
<td></td>
<td>3A/B Biological Sciences</td>
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<td></td>
<td>3A/B Mathematics</td>
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Year 12 Combined Outdoor Education and Biology Camp

It was a chilly Wednesday morning when the year twelve biology and outdoor education classes joined forces, ready to embark on an adventure to Margaret River. After a wonderful four hours of sing-a-longs to frustratingly catchy tunes, we had arrived at our campsite: a small square of sand and grass, surrounded by nothing but harsh Aussie bush. We set up camp, Rory, Saskia, Ashliegh, Marcus, Alicia, Holly, Josh, Billy and I bunking together, with each teacher having the luxury of their own tent.

We ate a little, most of us realising the impracticality of the food we brought to survive off over the next few days as we unloaded the energy drinks, lollies, two minute noodles and marshmallows from our backpacks. Thirty minutes later we were pulling up at Eagles Heritage where we witnessed an incredible free flight display, during which the bird of prey expert was a little too fond of throwing decaying pieces of meat at the audience and watching the kite hawks dive towards us. Those who were brave enough were able to hold the bird, and finally, we set off on a stroll around the property, looking at several different types of owls, eagles, falcons and hawks.

From here, we set off to Prevelly beach, soaking up what would be the last of the heat we’d feel for the next three days.

After a brief trip into town, we returned to camp and set aside the rest of the night building a fire that never quite became anything more than a lot of smoke and a spark or two, and watching scary movies in the tent. The next morning, after a mere two hours sleep, we were up and driving to the famous Giants Cave where we braved steep descents, terrifying ladders, uneven floors and sinking sand.

Later, we sat through a very informative presentation on sustainable and renewable timber farming with John Anderson from the Department of Environment and Conservation, who then took us on a trip into the bush, showing us all different types of bush medicine and tucker. Finally, under John’s guidance, we split up into two groups and engaged in a range of different activities including measuring leaf litter, canopy cover, tree heights and circumference and density.
After such a busy day, we all crashed by the roaring fire thanks to Mr Maybury, and awaited a visit from another lady from the Department of Environment and Conservation, who never came. It was another late night by the time all we happy campers were in bed.

The next morning was a blur of disassembling tents, eating the last of our Coco Pops and packing up the trailer. We were back at school just under four hours later, all exhausted after our trip, aching for a hot shower and some decent food.

By Ellie Partridge

Year 11 Marine & Maritime Studies in Coral Bay

In the last week of term two the year 11 Marine & Maritime Studies class travelled by bus with the year 10 Marine Studies class to Coral Bay. The teachers who drove the illustrious school bus – there and back & ran the camp were Ms Brady, Mr Maybury & Ms Miller.

Kane Simpson’s Adventure Campsite in Coral Bay provided an excellent facility and is perfectly located to form a base for such Marine based camps.

The yr 11 Marine & Maritime Studies students, completed 6 SCUBA dives over three days - all off a purpose built dive vessel and under the normal regulations specified by the dive industry.

Key personnel; Vikki (Dive Instructor) from Ningaloo Reef Dive with dive Master Lindsay and the associated skippers & boat crew provided excellent informal tutelage for our students on all manner of issues related to diving, boating and marine conservation. We were indeed fortunate to engage such well informed people who took the time to individually address students.

Kane Simpson; manager of the Adventure Camp, ensured a local expert Manta Ray scientist and conservationist was on hand to deliver an exceptionally informative lecture on the status of Manta Rays in the area. Marine Sanctuary and historical contexts were also explored.

I would like to take this opportunity to acknowledge the efforts of the yr 11 Marine & Maritime Studies students who completed this camp & the associated dives, under cold & sometimes quite trying currents. There was very good reason for them to be tired – but also exhilarated.

Che Dunbar, Jackson Baynes, Mitch Petley, Nick Miedzyblocki, Jackson Miller, Aidan Chidgley, Chris Frayne, Brendon Cross & Byron (the basking shark) Turner.

Great Effort Boys!!

Ms Miller

Year 10 Marine Studies Camp

This year on Saturday 31st of June, the year 10 Marine Studies class went on camp to Coral Bay along with the year 11 Marine class, Ms Brady, Mr Maybury and Ms Miller. After the long bus ride from school to Coral Bay that took roughly about 15 hours we arrived at the camp site at Coral Bay, where we were introduced to Kane, the owner of the camp site. He told us the rules and some information about the campsite before we unpacked and went back to our tents for the night.

During the next couple of days our year 10 class participated in a series of activities including a tour of Coral Bay, a trip on a glass bottom boat, kayaking and swimming with the manta rays. We enjoyed a presentation on the many different types of coral and fish in Coral Bay by Fraser, a marine biologist, we then surveyed the beach to find out what sort of animals we could find as well as snorkelling with the many different kinds of fish and coral. Through these activities we were able to learn about the Ningaloo Reef, the marine life and how they are affected by global warming, pollution and how tourism affects the reef. We also learned about what the people of Coral Bay do to try and protect and preserve the reef and how they are trying to keep their impact to the environment as minimal as possible. It was really good that we were able to learn about the reef from up close and in person instead of in the classroom and I think it was an interesting and fun way to learn in a new sort of learning environment.

Carrie Mayjes, Year 10

Fremantle Sailing Club Underwater Cleanup

Peter McMahon (on the trayback to the right of the photo), from the SCUBA Section of Fremantle Sailing Club, delivers the ‘Dive Briefing’ on Sunday 19th August – SFSHS students are in their Red Sun Protection shirts at the back and to the left of the photo.

Below shows group one ‘down’ while group 2 plans removal of the quickly collected ‘first load of rubbish’

The intrepid group of 6 x yr 11 students who were not involved in competitive Sunday sport (we have Soccer & Hockey players amongst our Marine & Maritime Studies group) or engaged in their part-time jobs, sacrificed their regular Sunday ‘sleep in’ to do their bit for the local Ocean Environment. While this is the fourth time SFSHS Marine & Maritime Studies students have participated in the event it is most important to remind ALL ‘boaties & beachies’ that to continue to enjoy their marine recreational pursuits, it is their responsibility to do their bit to maintain the Oceans good health in order to ensure future generations are able to likewise, enjoy it.
It is in this spirit that Jackson Bayens, Che Dunbar, Nicci Botha, Jackson Miller, Mitch Petley, our exchange student Eleanora Alfieri (debris recorder) and Julie / Daaron Holmes (MMS teacher & husband) braved the rather chilly waters to collect and remove as much debris from the ocean floor as they could within the designated dive time.

Wow! And what litter / refuse / debris there was. The most common items recorded were chip packets, plastic bags, coffee take away cups & lids / ropes / twine / plastic plastic plastic and more plastic items – from tape to tic tac and chewing gum wrappers.

While they might be clowning around on land – the students worked mighty hard to remove the debris within the given time and in cold & often silty / grimy circumstances. I am VERY proud of their efforts and so should the extended SFSHS community be!

Jackson Bayens (back left), Jackson Miller, Che Dunbar Mitch Petley, Nicci Botha (Front ) and Italian exchange student :- the delightful Eleanora Alfieri.

Well done kids.

Julie Miller (Holmes) SFSHS Marine & Maritime Studies Specialist Teacher

New Technology Initiative

Winthrop Australia has been working with our school during 2012, both with supplying MacBooks and working with staff to develop curriculum that embeds the use of technology where appropriate.

Winthrop are offering parents of their partner schools a deal for those students who will be leaving secondary studies and needing their own computers for further studies.

To find out more about purchasing one of their packages, please visit this site:


Please note that this offer is for students who are leaving South at the end of 2012. It is not a request for parents to purchase their child a MacBook or iPad whilst they are still studying at South.

Julie Duthie IT Coordinator

Year 11 & 12 ATAR Macbooks

All Year 11 and 12 ATAR students were supplied with a Macbook this year to assist with their studies. As this was the first year the ‘take-home’ model has been used we have had some teething problems but with the patience and support of staff and students the network has become more efficient.

Some students have had to be reminded that the Macs have been provided to them for educational use and if they do not use it for the appropriate purposes they will have the Mac taken off them until they are able to understand their personal responsibility in using technology appropriately.

A reminder to all Year 12 ATAR students that they will need to return their Macbooks (including the box and charger) by Monday of week 10 this term. Students will still have access to computers where needed and may either use a cloud server or USB to save and transfer their work but the Macbooks need to be returned to assist with the rollover for 2013.

Thank you to parents for your support this year in making sure the Macs were being used appropriately.

Julie Duthie IT Coordinator

Chaplains Report

Every Monday, Tuesday and Friday Breakfast is served at the caravan. We serve things like toast, spaghetti, smoothies and pancakes.

There is plenty of food and we would like to see more students using the facility.

At the moments mainly year 8 students are coming in for some food. But there are days when a whole group from another class comes in.

Well done kids.

Julie Miller (Holmes) SFSHS Marine & Maritime Studies Specialist Teacher

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From the Health Centre

Enjoying lunch at school - packed from home

Kids who eat well are more focussed, have more energy and learn better at school. Here’s your guide to filling them up with nutrient-rich goodies they’ll love. Lots of the food used in a lunch box is easy for young adolescents to pack for themselves, the parent’s job in the system is to provide a variety of healthy and nutritious items which will be acceptable in the lunch pack.

Most parents want their children to take a healthy lunch box to school. After all, studies have shown that a nutritious lunch helps kids perform better educationally, also the economics are appealing. At the same time, parents want their children to actually enjoy and eat the lunch! – filling the pack for themselves will encourage them to become more independent as well as hopefully taking an interest in a healthy meal at lunchtime, which will carry on into adulthood.

Not all young adults enjoy eating sandwiches, even when the sandwich has been freshly made rather than sitting inside a warm lunch box all morning.

While sandwiches are the easiest lunch box option, if your teenager won’t eat them, then a creative approach needs to be found for healthy lunch box ideas. Why not try these ideas:

- Risotto cakes
- Healthy family pizza
- Quiche
- Honey soy chicken legs
- Lunch box pasties
- Egg and bacon pies
- Sweet potato frittata
- Vegetarian pasties
- Meat loaf
- Pasta leftover

The food pyramid helps kids to receive all the nutrients growing children need each day from the five food groups.

These are: (in a 24 hour period)

- Fruit
- Vegetables
- Protein - this includes lean meat, fish, poultry, eggs, nuts, legumes
- Grains - this includes bread, cereals, rice, pasta and noodles
- Dairy - this includes milk, yoghurt, and cheese

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<thead>
<tr>
<th>Ages</th>
<th>Grains</th>
<th>Vegetables</th>
<th>Fruit</th>
<th>Dairy</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children 4-7 yrs</td>
<td>3-4</td>
<td>4</td>
<td>2</td>
<td>3</td>
<td>1/2-1</td>
</tr>
<tr>
<td>Children 8-11 yrs</td>
<td>4-6</td>
<td>4 - 5</td>
<td>1 - 2</td>
<td>3</td>
<td>1 - 11/2</td>
</tr>
<tr>
<td>Adolescents 12-18 yrs</td>
<td>4 - 7</td>
<td>5 - 9</td>
<td>3 - 4</td>
<td>3 - 5</td>
<td>1 - 2</td>
</tr>
</tbody>
</table>

Sample serves from the Australian Guide to Healthy Eating.

How big is one serve?

Fruit:

- 1 medium piece - such as an apple, banana or pear
- 2 small pieces - such as a kiwi fruit, passionfruit, plum
- 1 1/2 tablespoons of sultanas, raisins or currants
- 4 pieces of dried fruit - such as apricots, pears or figs
- 1 cup of tinned fruit

Vegetables:

- 1 potato
- 1/2 cup (75g) of cooked vegetables
- 1 cup of salad vegetables
- 1/2 cup (75g) of cooked legumes - dried beans, peas or lentils

Protein:

- 65-100g cooked meat or chicken
- 80-100g of fish fillets
- 2 small eggs
- 1/2 cup of cooked dried or tinned beans - such as lentils or red kidney beans
- 1/3 cup of nuts - such as almonds, cashews or peanuts
- 1/4 cup of seeds - such as sunflower or sesame

Grains:

- 2 slices of bread
- 1 medium bread roll
- 1 cup of cooked pasta, noodles or rice
- 1 1/3 cup breakfast cereal
- 1/2 cup muesli

Dairy:

- 1 cup of milk
- 200g of yoghurt
- 40g of cheese
- 1/2 cup evaporated milk

While there are plenty of foods that don’t fall clearly into one of these categories - chips, chocolate - it’s best to keep these ‘extras’ to minimum as they are usually high in empty calories, salt, sugars and fats.

If you are not keen to fill your own lunch box the School Canteen has a variety of foods and drinks available every day to buy, make sure you choose wisely.

***Cautionary*** note regarding nuts at school, these are not recommended due to an increasing number of children having severe allergy to nuts please be sensitive to their
needs and avoid bringing any nuts/ nut products to school and get around any accidental consumption.

Lastly, do not forget the water, an adult can drink up to 1.5 – 2 litres easily, more during very hot weather.

Mrs A Carswell Community Health Nurse

Year 8 Indonesian Excursions Week 7 & 8

A Reminder to parents and students, to please return their permission slips and money by the 24th of August.

If only a few students have returned their slips and money by this date a smaller bus will be booked, therefore limiting the number of students able to attend the excursions, both the Indonesion Film Festival on September 7th and Music and Cultural day at Murdoch University on September 14th.

Ms P Morrow

The Hulbert Street Sustainability Fiesta September 22 & 23 2012 10am – 4pm

For over five years now Hulbert Street, a local street in South Fremantle has hosted a Spring Sustainability Fiesta. Last year nearly 6,500 visitors enjoyed the weekend, so don’t miss out this year!

The vision behind the Fiesta is one of celebration and inspiration, allowing people and local community groups to celebrate and share sustainable changes they have made, and inspire others to take on a more sustainable lifestyle.

Local Hulbert Street residents will again be showcasing their homes, creativity, work and sustainable lifestyles. The Painted Fish (37 Hulbert Street) and Ecoburbia (21 Hulbert Street) will be open and informative signage will enable visitors to wander and learn at their leisure. Other gardens in the street will be open to members of the public, including a native water wise garden and several showing different styles of food production. There are seven practising artists living in Hulbert Street, and most will hold open studios over the weekend.

During the Fiesta several “Show and Tell” Tents are set up to allow different groups and individuals to share ideas, skills and information informally. Last year topics ranged from worm farming to preserving, ginger beer making to bike maintenance.

The Fiesta is designed for people to linger and meet others. Cafe style seating is set up in several spots along the street. A carefully selected blend of stalls nearly 70 food, artist and sustainable product stalls add to the colour and energy of the Fiesta.

Family focused activities this year will include a sand sculpture competition aims to bring a “country show” feel to the sharing of food, artist and sustainable products.

First Ever Hulbert Street Preserving Competition. A local preserves display and competition aims to bring a “country show” feel to the sharing of these old skills that are becoming more popular.

Our Refashioning Project will feature local “remaking” fashion, culminating in a fashion show of items created during the Fiesta. A team of volunteers with sewing skills will be on hand to help you design you own garment, and a photo booth will mean you can take home a reminder of the day and garment.

Helpers are still needed for this year’s Fiesta – from entrance greeters, to open home guides, buskers to speakers at the Show and Tell Tent, there is something for everyone. The goal for volunteers is to aim for each person to donate just two hours of their time. Please contact Shani Graham on stay@thepaintedfish.com.au if you can help.

Norfolk Lanes Youth Festival Volunteer Positions

The Norfolk Lanes Youth Festival is set to take place on Saturday 10 November from 12 - 8pm.

This year will also feature “The Lab”, a special pre gig to get you all warmed up for Norfolk Lanes. The Lab will be held at the Fly By Night Club on October 10. The festival day will have 2 stages of constant revolving music of talented young acts as well as stalls, interactive art, demos and more. On the day there will be a number of roles that we are seeking to fill as event staff volunteers. These roles include:

• Festival Gurus: as well as being a walking program guide if you want to know where something is on or who’s playing next... these friendly festival gurus will be keeping a look out for anyone in need of a bit of shade, maybe a water bottle or uncool behaviour.

• Photographers: want to capture the day and assist with the after stories? Be part of our photography crew. You’ll need your own camera and be able to upload photos to your facebook page.

• Video Crew: Same deal, different instrument. Capture some of the live acts, art in motion or maybe a spot interview with a band you love. You’ll need your own camera and be able to upload the footage to your facebook page.

• Survey gatherers: got the gift of the gab. We need people to get a quick survey done from people attending.

• MC: ever wanted to get a crowd wildly excited and movin! Here’s your chance. You’ll get to intro bands before their set and inform people when the next act is on.

• Green Room Attendant: Some lucky person gets to make sure the bands are chilled and relaxed before they perform. You’ll get to work closely with the bands and help out with anything they need.

• Roadies and Stagehands – The Lab, Norfolk Lane stage and Numbat Stage: work with industry professionals including Sound operators, Stage managers and event manager to help the stage run smoothly. You’ll be loading and unloading equipment as per the artists requirements and playing schedule, some heavy lifting is involved.

Volunteer perks: Being involved doesn’t just mean you’re at the biggest youth event in Freo. There’s also the back stage tours, you’ll get to meet your favourite bands or performers and a free event bag.

Interested? Contact festivals@fremantle.wa.gov.au or 9432 9951 or 9432 9874 to register your interest. Volunteers need to be between 14 and 25 years old.

There will be a volunteer info session held on Wednesday 10 October at the Fremantle Town Hall 3pm where you can find out more about these roles.

South Fremantle Senior High School Newsletter
# ACROD Valid permits

The ACROD Parking Program is introducing the plastic pocket version of the Australian Disability Parking Permit in Western Australia. The new look permit will be phased in over a period of two years from 1 July 2012 as permit holders renew their permits.

The new look permit will only be valid when displayed with the plastic pocket version of the Australian Disability Parking Permit Card inserted into the plastic pocket. The ACROD Parking Program Card is made of paper and contains the permit number and expiry date.

To be valid, the new permit should be displayed with the expiry date and permit number showing. It should be placed on the front dashboard or attached to the front window via a suction cup through the hole.

**Blue ACROD Parking Cards** will be issued to permanent permit holders from 1st July 2012.

**Red ACROD Parking Cards** will be issued to temporary permit holders from 1st July 2012.

The Hook style of the Australian Disability Parking Permit will continue to be used for organisational permits.

Old style paper ACROD Parking permits will be phased out gradually over 2 years from 31 July 2012. These permits will not be valid after 30th June 2014.

Parking enforcement officers must recognise all permits displaying the International Symbol for Access (ISA).