

BORDERTOWN HIGH SCHOOL

Newsletter



As we head into the school holidays, I would like to thank our students who have capably represented the school in the many sporting events that have been organised this term. Not only have our teams been very successful, students have represented the school with pride, committed to doing their personal best and demonstrated their skills in teamwork, as they filled events that needed an extra person to compete. I would also like to thank our staff, who work many extra hours to ensure students have the opportunities they have, to be involved in all of these sporting events.

The SRC has been formed and students have been very active since their induction assembly, running a BBQ at sports day and providing students with Easter activities last week. It was great to see students get involved in the Easter egg hunt and have a little fun at lunchtime.

The Resilience Project began mid way through this term. Students are spending one lesson a week developing their understanding and skills in Gratitude, Empathy and Mindfulness. It is wonderful to see students are willing to explore these areas of their own feelings, which will create future opportunity

The recent Youth Driver Awareness Program run by the Australian Driving Institute was extremely well supported and it was good to hear participants felt the course was extremely worthwhile. I would like to again thank the many businesses in our community that have sponsored this program, their support for all of our young drivers is incredible and we are grateful for their commitment to our community.

As our term reports are published this week, please check Sentral for teacher comments. In week 1 next term Parent Teacher Interviews have been scheduled and bookings can be made through Sentral. Interviews are an opportunity to clarify any comments from your child's reports and ensure you can discuss strategies to support your child to improve their learning. I encourage all families to book times with their teachers and check in on how your child is going and where they can improve their learning.

I hope the school holidays offer you a little time to relax and spend some time with your families. Stay safe and enjoy any time that you can have to take a break.

Alicia Keatley
Principal



IMPORTANT DATES

APRIL

14 Early Dismissal 2:25pm

MAY

- 1 Student Free Day
- 2 Term 2 begins
- 4 -5 Cattle Handlers Mt Gambier
- 10 Year 9/10 Footy Keith
- 11 Immunisations Yr 7, 8, 10
- 18 SAPOL Social Media talk
- 30 7/8 Basketball Naracoorte
- 31 SEZ Cross Country Millicent

REMINDER - Early dismissal 2.25pm Friday 14th April. Last day of term.

Student Free Day - Monday 1st May

We acknowledge the Traditional Custodians of country, the Potaruwutj people and recognise their continuing connection to land, waters and culture. We pay our respect to elders – past, present and emerging.



Agricultural News

Well, it's getting very busy down at Ag with lots of our show animals in and more arriving every day.

We have started our goats (GCL Livestock) out in the newly fenced paddock in the hopes that we can control their weight gain and not end up with little elephants like last year! Of course the never ending challenge is keeping them in – they may have to go back in the shed yet, only time (and the strength of the pig netting) will tell.

We again have Merino wethers from Gary Lock, a long time great supporter of the high school, and this year for the first time we are very grateful to Ryan and Sarah Kluska for the supply of the second group from which we will choose the Merino wether lamb team. All lambs had their official weigh and tag by the Royal Show team on Tuesday the 4th April, which is later than previous years, but we are still hoping for good gains and results!

The steers have just started to trickle in and we will provide more details on the breeders and some updates once they have all arrived.

At the end of last year we were very fortunate to receive community grant funding from Bendigo Bank with which we have purchased a new feeder for the steers and soft shell jackets for the show team. The jackets will make a great addition to the show uniform providing warmth and a professional and unified look for our group.



As we know there are many opportunities in Agriculture to become involved in the industry and the SA Sheep Expo is such an event. We have several students attending this year in the school holidays and they will enjoy the total immersion in the sheep industry that this



Logan Blackwell has won a scholarship through the Poll Dorset Association to attend and we wish him and the other students attending a great learning experience.



Curriculum wise, the 7-8-9's are two thirds of the way through their trimesters. The Year 7s have begun handling the goats, the Year 8's have just wrapped up their chicken investigations which track the growth of the meat birds against the layers and the Year 9's are preparing presentations around their sheep/goat breeds. The Year 10's have just finished their Animal Physiology unit and their various enterprises are well underway. We would like to thank Nathan Tink, Agronomist at Western Ag for visiting the Year 11 class and providing valued insight into the wheat industry, linking it to Verco's farm and providing a start point for their wheat trials. We are looking forward to a visit this week from the Lead Ag teacher of SA, Sue Pratt, to work through our programming, and in addition she will run a workshop with the Year 12 class to fine tune their externals.



SRC SRC SRC SRC

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The Student Representative Council (SRC) have had a successful start to the 2023 school year. They cooked bacon and eggs at Athletics Day that went down very well with spectators and competitors on the day. Thank you to those who supported us.

SRC also ran an Easter hunt and games last Thursday and had a casual clothes day.

We look forward to continuing with our fundraising.



2023



SRC REPRESENTATIVES

• BORDERTOWN HIGH SCHOOL •
Integrity - Respect - Excellence



Miss Feder



Miss Day

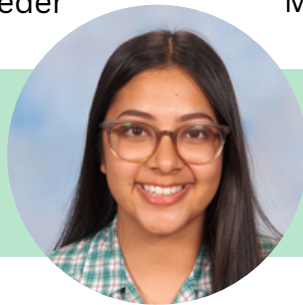


Mrs Berry

YEAR 12



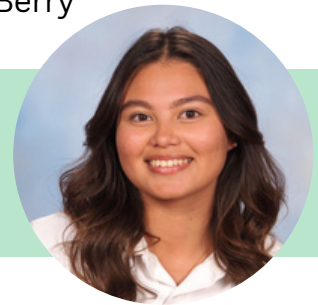
Adrian Saraosos



Aarshi Ghimire



Noah Nankivell-Murphy



Chantelle Smith

YEAR 11



Dylan Couzner



Hayley Twigden



Ryan Mukosera



Zara Faulds

YEAR 10



Leeroy Matutuva



Michaella Biton



Jake Wei



Summer Dimitriadis

YEAR 9

YEAR 8



Spencer Moore



Micaiah Castrence



Harry Ross



Bella Mead

YEAR 7

Interschool Athletics

Bordertown High School participated in the South East Zone Interschool Athletics carnival on Friday the 24th March at Millicent High School

The day ran smoothly with 8 schools competing across all the athletic events. Bordertown High School performed well throughout the day achieving placings in a number of events

Across the day we achieved 21 first's, 20 second's and 16 third placings.

New records were set by some of our student, all in the 13 yr old age group.

Talise Phillips Javelin - 19.15m

Ebony Steele Shot Put - 8.12m

Remi Pilgrim 800m – 2:55.93

Girls 4x100m Relay Olivia Excell, Talise Phillips, Willa Durbidge and Remi Pilgrim - 1:00.62

Overall Bordertown High School finished 2nd overall behind Tenison Woods College, we also won the 16 Yr old age group shield which is a fantastic effort. Many of the schools we were competing against have many more students to choose from than us.

All the students should be congratulated for their efforts, particularly the students that stepped into events at the last minute or competed in older age groups to make up numbers.

Thank you to all the staff that assisted in running events throughout the day.



SEZ Athletics

Tuesday of week 10 a team of 49 students travelled to Athletics SA Stadium at Mile End to compete in the B1 Athletics Championships. This was good as we missed out on competing in 2022 due to restrictions.

Throughout the day Bordertown High achieved 17 first places, 20 seconds and 13 thirds.

The following students won their events

Tom Rogers - 16yr Old Javelin, Discus and Shot Put

Saimon Serentas - 13yr Old 100m, 200m and Triple Jump

Cody Hutchinson - 16yr Old 100m, 200m and High Jump

Talise Phillips - 13yr Old Javelin and 15yr Old Javelin

Remi Pilgrim - 13yr Old 800m

Curtis Weckert - 14yr Old 800m

Sophie Warren - 15yr Old Discus

Georgina Buick Open Javelin

14yr Old Girls 4x100m Relay

16yr Old Boys 4x100m Relay

Cody Hutchinson also achieved a standards badge in his 100m in a time of 11.70s, which puts him in the top 5% of all athletes in that event over the last 3 years.

Other students are to be commended for their efforts, particularly students who participated in older age groups or at the last minute filled in for injured or sick athletes.

The final results had Bordertown High finish 4th in the boys and 3rd in the girls competitions and 2nd in the combined competition. This may mean that we are promoted to A2 division for 2023.

A big thank you to the parents and supporters who attended the day and to the staff who make these opportunities available to our students. Well done to all the students that have committed time and effort to improve their performance throughout the term. This concludes a busy term of sport.



Health and Wellbeing visit from Julia Pfitzner.

On Thursday the 30th, Julia enlightened the Health and Wellbeing (H&W) class with a session on how she began her journey into spinal flow. The students asked several questions and participated in a form of guided meditation. The students learnt what spinal flow entails and the benefits it can have for the body.

On behalf of the H&W class, we would like to thank Julia for taking time out of her day with an engaging and informative session.

Rena Feder



The Resilience Project

All home groups have commenced sessions with the Resilience Project this term. Each group has 1 x 45 minute session focussing on different areas from gratitude, mindfulness, empathy or emotional literacy.

Parents can check students' journals in the back of dairies and discuss what is happening in sessions at home.

Please contact Debra Clarke if you require any further information.

debra.clarke262@schools.sa.edu.au

PROJECT + Parents & Carers

Emotional Literacy

Emotional Literacy is being able to recognise and name our emotions. If we can label our emotions, then we can start to understand the why and begin to problem solve to work through what it is that we're going through.

It is important to know that it is okay to feel all the emotions! The key is to understand these and be able to use strategies to manage our emotions effectively. Below is an example of a mood scale; this is a handy visual to use with children but can also be a handy tool to use for adults! Throughout the day we will move up and down the mood scale as we feel different emotions.

REFLECTING ON EMOTIONS

- Have a think about times when you have felt like you were at the top end of the mood scale, in the orange or red.
- What were the triggers that made you feel like this?
- Think about the emotions you were feeling, it could have been anger, extreme sadness, fury/outrage, high anxiety, etc.

MOOD CHANGERS

- Now think about how you were able to bring yourself back down on the mood scale.
- Do you already have strategies in place, or could you build up your 'mood changer' toolbox?
- Some examples of mood changes could be:

- DEEP BREATHES
- PLAYING WITH YOUR PET
- PLAYING MUSIC
- A HUG FROM YOUR CHILDREN
- MINDFULNESS
- A WALK

Click here or scan the QR code to download a catastrophe scale template that you could print and use as a family.

Click on the image or scan the QR code to listen to Dr. Emily, a psychologist who talks about Emotional Awareness on the podcast, 'the Imperfects'.

Click on the image or scan the QR code to listen to Lael Stone on the podcast, 'the Imperfects'. Lael is an educator and a parenting expert.

If you enjoyed that episode, click here to listen to her most recent episode too.

Proudly supported by **coles**

The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.

education@theresilienceproject.com.au | (02) 9113 9302 | theresilienceproject.com.au

Australian Driving Institute

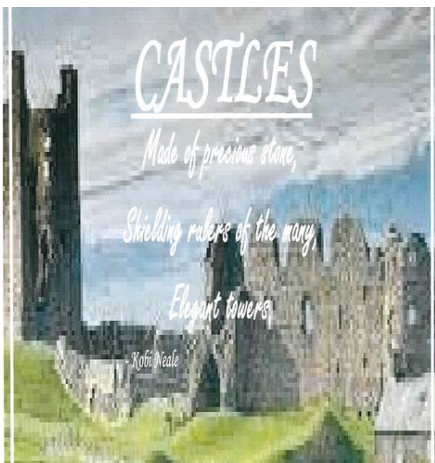
On Saturday 1st April the Australian Driving Institute ran the Youth Driver Awareness Program for our young drivers at Bordertown. Participants were involved in a range of theory and practical sessions to improve their driving skills and being prepared on the road for different situations. Thank you to the ADI for providing the opportunity to our drivers. A massive thank you to the sponsors from our community who have supported this program to make it more affordable for everyone.



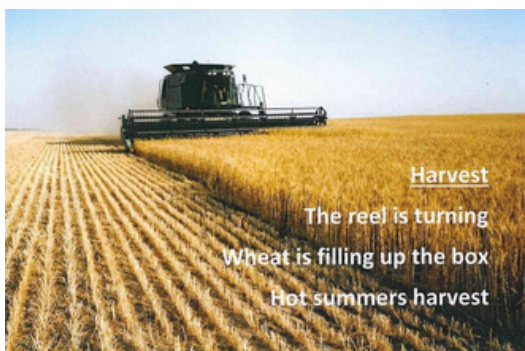
We hope this learning opportunity has been invaluable and the skills learned keep our young people safe on the road.



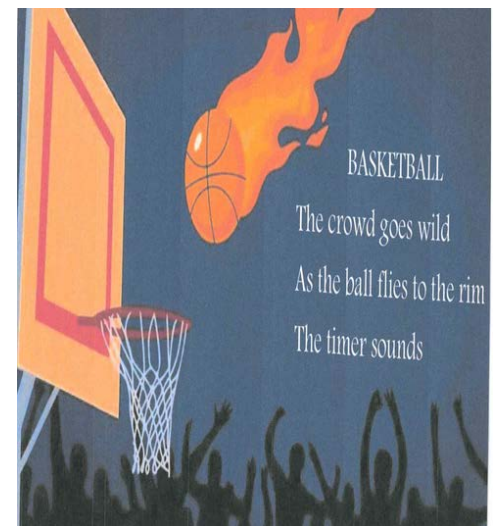
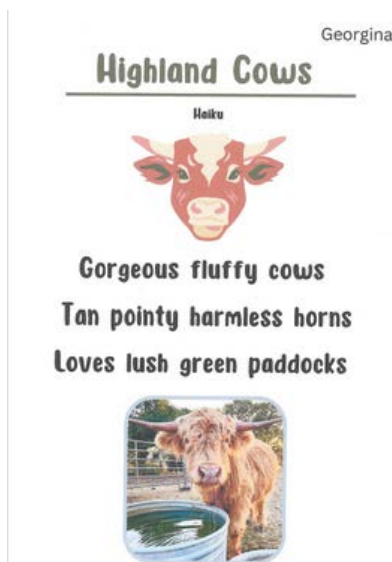
Year 9 English



Year 9 English have been learning about poetry over the last four weeks. Here are a few examples of the work students have written.



Jack Heinrich



Mia

Library News



'The girl who fell from the sky' - Emma Carey

From a terrible accident that left her paraplegic, Emma Carey has become an inspiration for hundreds of thousands online to live life to the fullest and remind us that if we can, we must.

There on that helicopter, somewhere over Switzerland on a Sunday in June, came the first tiny whisper. A voice that would carry me for years to come. 'I'm going to be ok. There's still joy here.'

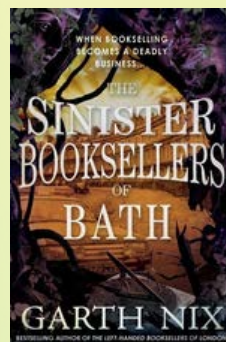
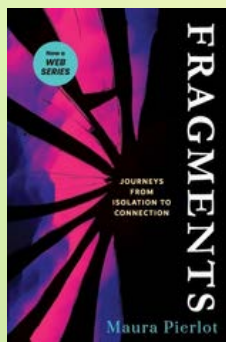
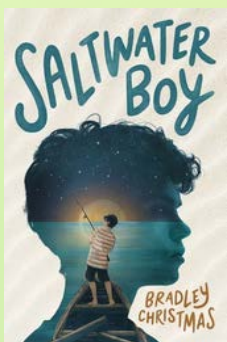
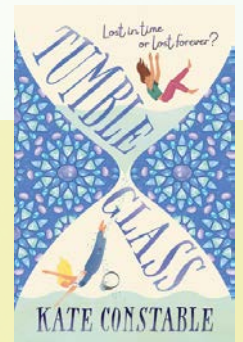
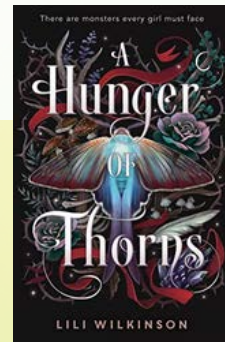
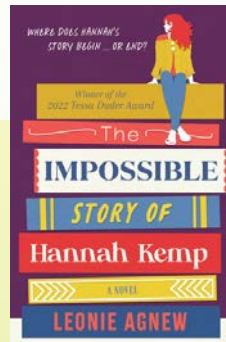
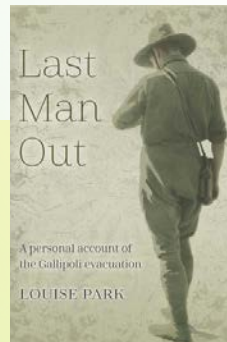
When Emma Carey was twenty, she fell from 14,000 feet and survived. In *The Girl Who Fell From the Sky* Emma tells us the inspirational story of how, through one of her greatest tragedies, she found her truest self.

From waking in the hospital a paraplegic to learning how to use her legs again, through the six-year long court case and now being finally free to make the most of her life, Emma teaches us the importance of courage and resilience.

This heartfelt book is more than a memoir, it's a call to action that reminds us not to take our lives and abilities for granted - to live every day like it could be our last.



Novels in this week...



"If you don't like to read, you haven't found the right book"
-JK Rowling



JUNIOR SOCCER TRAINING IS BACK ON CHILDREN 10 TO 18 YEARS OF AGE

\$25 PER PLAYER TO REGISTER WITH FOOTBALL SA

**8 WEEKS
4 PM TO 5:15 PM EVERY WEDNESDAY
COMMENCES MAY 3 TO JUNE 21
VIRGO PARK SOCCER FIELD**

Enquiries to Tracey Grosser
0431885649
traceygrosser@tatiara.sa.gov.au

Lost Property

At the end of each term, all unnamed and unclaimed lost property is collected and donated to the Salvation Army. Students are reminded to check the lost property table in the main building to collect their lost property before it is donated.

Bus Pass Procedure

1. Contact the driver of the bus that you want your child to travel on to ensure that there is enough space on the bus. (Contact the Front Office for bus driver's details if required.)
2. Write a signed note in your child's diary on the day that they require the bus pass.
3. Have your child bring their diary to the front office to have a bus pass stamped in their diary.
4. Student needs to show the bus driver their bus pass when they embark the bus.

"Mary Poppins"

HOLIDAY PROGRAM FOR CHILDREN AGED 5 TO 14 YEARS

This five day program runs
Monday April 17 to Friday April 21
Mon-Thurs 9am to 3.30pm
Friday 9am to 6pm

Children must attend each day of the program
Every child has a special role to play & lines to learn
Costume suggestions given (but not provided)
The program ends with a performance on Friday April 21
in the Keith Institute at 5pm
Entry for audience members is free

Students must provide their own recess, lunch,
snacks & water bottle each day
During the day they will not be allowed to leave the premises

Limited numbers. BOOKINGS ESSENTIAL
\$100 per child (non refundable). Payment must be made to
secure your place in the program

Children living outside the Tatiara can register their interest but
priority will be given to Tatiara students

BORDERTOWN PUBLIC LIBRARY 8752 1473



Bordertown Public Library & Theatre Bugs present

MARY POPPINS

a school holiday theatre program
for children aged 5 to 14 years

act * dance * sing
and much more!

Monday April 17 to Friday April 21 2023

KEITH INSTITUTE

\$100 per child
LIMITED NUMBERS. BOOKINGS ESSENTIAL
Bordertown Public Library
8752 1473

theatrebugs act • dance • sing
Tatiara the good company
EPL Bordertown Public Library



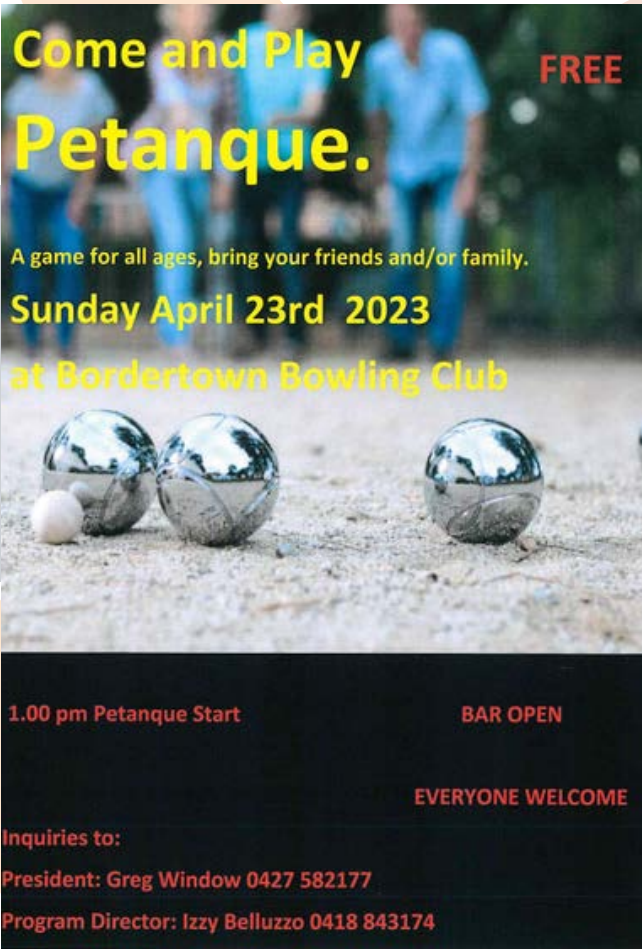
SMAP
Four Reasons Why

LET YOUTH BE ACTIVE!!

Can't afford to play sport?
FRW believes you can't afford not to!
SPORTS MEMBERSHIP ASSISTANCE PROGRAM
Funding available for youth aged 9 – 20 years to participate in, but not exclusive to;


- club sports
- gym memberships
- dance lessons
- horse riding lessons
- school camps
- swimming lessons
- physical activities

EASY APPLICATION PROCESS
Eligibility criteria applies, available to Limestone Coast residents - email us for an application
trudi@fourreasonsway.org.au
Applicants must be from a low socio-economic background and unable to afford the fees involved to participate in their chosen activity. All applicants must have an agency, club or school referee to confirm their circumstances and need.
Funds of up to \$350 per youth, per year are available for each individual applicant. Fees paid direct to the biller.



Come and Play **FREE**
Petanque.

A game for all ages, bring your friends and/or family.
Sunday April 23rd 2023
at Bordertown Bowling Club



1.00 pm Petanque Start **BAR OPEN**
EVERYONE WELCOME

Inquiries to:
President: Greg Window 0427 582177
Program Director: Izzy Belluzzo 0418 843174



NETTIES

GIVE NETBALL A TRY!
THURSDAY AFTERNOONS
DURING TERM 2
4 - 4:45PM
\$65 EACH
LOCATION:
MUNDULLA NETBALL COURTS
REGISTER INTEREST TO
MUNDULLANETBALLCLUB@GMAIL.COM

FOR AGES 5-8
2017 - 2014



ABOVE AND BEYOND
WOMEN'S SOCCER ACADEMY



PLAYERS OF ANY AGE AND EXPERIENCE WELCOME
MONDAY AND TUESDAY NIGHTS - 6:30 TO 8
CONTACT LEIGH ON 0412 591 478 FOR FURTHER INFORMATION

RECESS/BREAKFAST

E—Ham & Spinach Quiche	\$4.00
SC—Hash Browns	\$1.50
SC—Eggs, Bacon & Hash brown Broche Roll	\$6.00
SC—Savoury Toast	\$2.50
SC—Chicken Melt or Wagyu Beef meatball sub	\$4.00
E—Yogurt tubs	\$3.00
E—Yogurt and fresh strawberries (seasonal)	\$4.00
SC—Ham & Cheese Croissant	\$3.50

WRAPS

E—Chicken and Salad	\$6.50
E—Ham & Salad	\$6.50
E—Salami & Salad	\$5.50
E—Cheese & Salad	\$5.50
E—Caesar Chicken Wrap	
(Chicken, bacon, lettuce, cheese, carrot, red onion)	\$8.00
E—Tandoori Chicken Wrap	
(Chicken, spinach, carrot, red onion, sour cream)	\$8.00
E—Chicken BLT Wrap	
(Chicken, bacon, lettuce, tomato)	\$8.00

TOASTED SANDWICHES

E—Cheese	\$2.00
E—Ham & Cheese	\$3.00
E—Ham, Cheese & Tomato	\$3.50
E—Chicken, Cheese & Mayo	\$4.50

TOASTED FOCACCIA

SC—Sweet Chili Chicken & Cheese	\$7.00
SC—Chicken, Cheese & Avocado	\$7.00
SC—Ham, Cheese & Pineapple	\$7.00
SC—Chicken, Bacon, Cheese & Baby Spinach	\$8.00
SC—Sweet Chili Chicken, Cheese & Avocado	\$7.00

HOT FOOD

(Sauce Included)

SC—Pie	\$5.50
SC—Pasty	\$5.50
SC—Party Pie	\$2.00
SC—Sausage Roll	\$5.00
SC—Cheese Sausage Roll	\$6.00
SC—Pizza Pie	\$7.00
SC—Potato Pie	\$7.00
SC—Chicken & Mushroom Triangle	\$7.00
SC—Sweet Chili Vienna	\$6.00
SC—Sweet Chili Tender Wrap	\$6.50
SC—Hot Chicken, Cheese, Mayo Roll	\$4.50
SC—Hot Dog	Plain \$4.50 w/cheese \$5.00
SC—Nachos with Sour Cream & Salsa	\$6.00
-Add Beef Mince	\$8.00
SC—Steamed Dim Sims	\$1.00 each or 6 for \$5
SC—Chicken Garlic Balls	\$1.20 each or 6 for \$6
SC—Pizza Singles	\$2.50
SC—Cup of Noodles	\$2.50
SC—Cup of Noodles	\$2.50

SOUP

Term 2 & 3 soup (changes daily)

\$4.00

Bread Roll

SNACKS

SC—Chips	\$1.20
SC—Biscuits	\$2.50
SC—Donuts	\$4.00
SC—Muffins-	\$4.00
(apple crumble, white choc raspberry, blueberry, chocolate)	

WEEKLY SPECIAL MEALS

\$8.00

The following special foods are on offer Tuesday and Thurs day of each week. Students will be notified on Monday morning in the School Bulletin and on the Specials Boards.

Lamb or Chicken ~~Yiros~~
Homemade Pastas
Stir-frys
Caesar Salad/Ranch Salad/Thai Beef Salad
Baked Potato
Curry of the Week
Hamburger or Chicken Burger w/lot

Brownies for recess every Wednesday \$1
(Must pre-order Brownies to not miss out!)

REFRESHMENTS

Water—600ml	\$2.00
Just Juice	\$2.00
Fresh Juice—Large	\$3.50
Fruit Box	\$2.00
Strawberry, Mocha or Chocolate Nippix's	\$3.00
Flavoured Milk—Large	\$4.00
Nippix's Mineral Water	\$3.50
Iced Tea	\$3.50
Other assorted drinks and Ice Creams available	

**BORDERTOWN HIGH SCHOOL CANTINEEN****Term 2 2023**

E—EVERYDAY (GREEN FOOD)

SC—SELECT CAREFULLY (AMBER FOOD)

Term 2, 2023 Term Planner

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
1 May	1 Student Free Day	2	3	4 Cattle Handlers - Mt Gambier	5 Cattle Handlers - Mt Gambier	6/7 May
2 May	8	9	10 Year 9/10 Footy Kath	11 Immunisations Year 8 & 10	12	13/14 May
Week 2 - Year 11 Careers Trip and Work Experience						
3 May	15	16	17	18 SAPOL Social Media Talk 7-12	19	20/21 May
4 May	22	23	24	25	26	27/28 May
5 May/ June	29	30 7/8 BBall Ncte	31 SE2 Cross Country Millicent	1	2	3/4 June
6 June	5	6	7	8 SSSSA Cross Country Dakbar	9	10/11 June
7 June	12 King's Birthday PUBLIC HOLIDAY	13 Student Free Day	14 Year 11 Ag Study Tour	15 Year 11 Ag Study Tour	16 Year 11 Ag Study Tour	17/18 June
8 June	19	20	21	22	23	24/25 June
9 June	26	27	28	29	30	1/2 July
10 July	3	4	5	6	7 Early Dismissal 2:25pm	8/9 July
Holidays July	10	11	12	13	14	15/16 July
Holidays July	17	18	19	20	21	22/23 July

Off-site sporting event

Off-site camp/excursion